



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

April 2024

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Event Calendar

- May 5 A.M. Exchange Club of Mankato chartered in 1979.
- May 6-10 National Teacher Appreciation Week.
- May 6-12 National Nurses Week.
- May 12 Mother's Day.
- May 15 Peace Officers Memorial Day.
- May 16-19 Lakes & Prairies District Convention in Rochester.
- May 27 Memorial Day.

Reflecting on volunteerism within Exchange

By Gail Buckingham, Lakes & Prairies 2023-24 District President



April 20 is nationally known as Volunteer Recognition Day. It's a day to honor, recognize, and celebrate the selfless individuals who volunteer their time and energy to help others and promote good causes.

Volunteers do all this without expecting compensation or appreciation for their efforts and this is what is so inspiring.

There are so many layers of volunteerism, but I want to recognize the layers of volunteerism within Exchange. Let's begin with our members. We are all one of them. You are the foundation and the drive to do good deeds within the community you live in. I salute the members who remain faithful in the years of commitment to Exchange, and to the new members who have joined because something linked them to the mission of Exchange. And to the members in between the newest and oldest members, you, along with the others mentioned are the foundation of Exchange.

As we thank our membership, we thank our officers of our club and of

our district. Without the leadership they provide, our Exchange ship would not sail.

We need strong, dedicated leaders. We thank all board of directors for their supportive measures, and we give a special thank you to the officers of our local/district board who have graciously said "Yes" to the position of leadership. When you begin a conversation with a leader within your club/district, take time to thank them for their leadership!

Our fiscal year is in the changing of leadership roles time frame. Some leaders will remain on, some will be leaving. Thank the ones who gave their time and energy, and welcome the new leaders as they begin their leadership roles.

Volunteering is a noble, worthy act that should be carried out by all of us who see a need in our communities.

Thank you for serving as a member of Exchange and thank you to all clubs who dedicated April as the Prevention of Child Abuse within their communities!

I wish to recognize Exchange Club of Rochester's Steve Strauss for his 25th anniversary with Exchange taking place April 21.

Always know I am here to answer your call. I will always direct you in the path of your inquiry. If I

(Volunteerism continued on Page 6)

The Lakes & Prairies District wishes to recognize members who joined their respective Exchange club during late March and April 2024

Moonlighters: Kaylin Hanson; **Owatonna:** Rhonda Spatenka; **Waterloo:** Paychex (Betty Bartram); **Waverly:** Ben O'Hare, Calvin Ver Mulm.



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS



Lakes & Prairies 2024 District Convention

Tentative Agenda

Thursday May 16th

Early Bird OPTIONAL FUN Day

Noon - 5:00	Registration Open – Empire Event Center
3:00 – 5:00	Assisi Heights Tour
5:00 – 7:00	Group Dinner Wildwood Bar & Grill
7:00 – 9:00	Bingo and Silent Auction Tables
7:00 – 9:00	Hospitality Open

Friday May 17th

Early Bird OPTIONAL FUN Day

8:00 – 5:00	Registration Open – Empire Event Center	Silent Auction Tables
10:00 – 12:00	Optional Tours Mayo Clinic Museum and Plummer Building	
12:00 – 1:00	Lunch on your own downtown restaurants	
- 1:00 – 4:00	Club Leadership Training	
4:30 – 5:30	District Exchange Board Meeting Empire Event Center	
5:30 – 7:30	Group Dinner Twigs On Your Own	AND Kids Pizza & Movie night at the Hotel
7:30 – 9:00	Bingo Fun and Continued Kids Party	
5:00 – 9:00	Hospitality Open	

ADDITIONAL OPTIONAL ACTIVITIES -

Shopping – Apache Mall, Downtown, Miracle Mile, Specialty Boutiques and Consignment Shops throughout the city, Wineries & Museums
 Site seeing – Olmsted County Historical center, Assisi Heights, Soldiers Field Complex – Exchange Book of Golden Deeds & Freedom Shrine
 Great Restaurants – Downtown and surrounding area

CONVENTION DAY

7:00 – 5:00	Registration Open – Empire Event Center and Silent Auction Tables
8:00 – 9:30	One Nation Under God Breakfast with Banner Parade
9:30 – 10:00	Business Meeting One
10:00 – 12:00	Break out sessions A) Using Social Media to Grow Members; B) Come One Come

All... Exchange for ALL Members

12:00 – 1:30	Youth Awards Luncheon
1:30 – 2:00	Business Meeting Two - Election of District Officers
2:00 – 4:00	Break out sessions A) Building Your Team; B) Members Share it All Open Forum

FREE TIME

5:30 – 6:00	Social - Reception
6:00 – 9:00	Awards Installation Banquet
9:00 – 10:00	Hospitality Open

Sunday May 19th

9:00 – 10:00	District Post Convention Board Meeting - (The Mayowood Mansion will be open for tours on Sunday and you can buy tickets on their website)
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Throughout the convention we will have an Exchange Photo Wall where you can take your own fun selfies of your Group, Club, Family to keep as a memory of the Fun you had !

We hope to see you all here in Rochester to share our successes and to Celebrate Exchange!

Lakes & Prairies 2024 District Exchange Convention May 16,17,18,19, 2024 Registration Form

Attending	Events	Unit Price	Total Amt
	Member Full Convention Early Bird Package	\$115.00	
	Youth Meal Package	\$40.00	
Early Bird Registration GOOD ONLY till MAY 1st. After that Package is \$ 125.00		\$125.00	
Attending	INDIVIDUAL EVENTS	Unit Price	Total Amt
	Saturday One Nation Under God Breakfast	\$30.00	
	Saturday Youth Awards Lunch	\$30.00	
	Saturday Installation / Awards Banquet	\$65.00	
OPTIONAL TOURS THURSDAY & FRIDAY		Unit Price	Total Amt
	Thursday: Group Dinner on your own.	N/A	
	THURSDAY: Plummer House / Plummer Building	TBD	
	FRIDAY: Mayowood Mansion / Mayo Clinic Tour	TBD	
	Friday: Dinner on your own.	N/A	
	Friday: Adult BINGO	\$20.00	
	Friday: Kids Pizza & Movie Night	FREE	
TOTAL AMOUNT			

CLUB NAME: _____


Member Name: _____ Current Office: _____

Guest Name: _____

Contact Phone Number: _____

Address: _____

Email: _____

	FIRST TIME ATTENDEE	YES	\$95.00	NO	
	NOTE: First Time Attendees will receive a \$20 Discount on a Full Package.				
DIETARY RESTRICTIONS		_____			
			ENCLOSED AMT	\$	

Make Checks Payable to **LAKES & PRAIRIES DISTRICT EXCHANGE.**

Mail Form to: *Sharon Klein @ 240 15th St SW Owatonna, MN 55060 or sharonk1949@gmail.com*

OR SignUp ON-Line: <https://givebutter.com/LP2024>

Questions: *Katie Smith @ katiemrsmith@gmail.com 507-676-0405*

HOTEL ACCOMODATIONS		
<i>BEST WESTERN Empire Event Center Rochester</i>		
1517 16th St. SW Rochester, MN 55902		
Link... https://www.bestwestern.com/en_US/book/hotel-rooms.24148.html?groupId=8G2A1BC3		
OR: Call the Best Western Directly 507-289-8866 & State you are with Lakes & Prairies District EX		
<i>KING Room</i>	\$89.00	Plus Tax
<i>QUEEN Room</i>	\$89.00	Plus Tax



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

And back by Popular demand we will once again host our District Silent Auction. We are asking each club in the District to donate a Silent Auction Basket or Item. The funds we raise help support the Scholarships for our Youth of the Year and our A.C.E. of the Year Awards as well as support for our two Exchange Club Child Abuse Prevention Centers. We would encourage individual Exchangites to also contribute items as well.

Silent Auction Basket Ideas

Wine Wine & Cheese Gourmet
Spa
Holiday Basket –
Easter, May Day, Valentines, St Patrick, 4th of July Celebration,
Halloween, Christmas, etc etc
Mother's Day Father's Day
Veterans Patriotic
Candles
Spring Theme Summer Fun Fall Winter
Romantic Dinner
Picnic
Sports or sports memorabilia –
Golf – Camping- Fishing-Kayaking-Boating
Cookies Chocolate
Coffee Hot Chocolate
Candy
Local Craft Beer
Wreaths – Spring, Summer, Fall, Halloween, Christmas
Family Games
Movie Night with Popcorn Gourmet Popcorn
Nothing Bundt Cakes
Homemade Candies – Jellies-Jams
Mexican – With Salsa Chips etc
Italian – Stuff to make Spaghetti supper with wine
Grilling basket with utensils, sauces, gift certificate for the food
Gift Card Wreath
Quilts or Throws
Kitchen Collection
Bakers Basket
Cooking – BBQ
Outdoor grills
Made from (Minnesota, Nebraska, Iowa etc. Pick a state or town.)

ETC ETC ETC



Hospitality Room requests

Convention attendees are encouraged to donate beverages, snacks, and paper products to complement the room. In addition, volunteers are needed to assist with staffing the room. For more information, contact the Exchange Club of Waterloo's Mike Knapp (Email: lairdknapp@gmail.com).

Last but certainly Not Least. We would like all the Clubs to bring your CLUB BANNER. AND for each club to choose a representative who will proudly carry your banner in the opening parade of Banners at the One Nation Under God Breakfast. After which the banners will be on display in the main convention hall.

Help to prevent child abuse

By Beth Hortop, Exchange Club Center for Family Unity executive director

The Exchange Club Center for Family Unity is celebrating 40 years this year.

We are thankful and blessed for the many years of support from the community. We could not do what we do without the ongoing support from all of you.

Our mission at the Center is to educate and support families and community to prevent child abuse.

The Center provides an evidence-based parent mentor program which is free to all parents. Our mentors provide support and educational materials and curriculum to parents as they work through the program.

Parents can work on improving their parenting skills and learn positive discipline techniques. We also teach life-long skills such as budgeting, nutrition, setting and achieving goals.

Many parents work on their self health too by gaining more confidence and finding their voice. This program helps strengthen family relationships while reducing the risk of abuse or neglect.

Supervised Visitation is another service provided at the Center. Supervised visits are a way to reunify a parent and child. These visits could be court ordered due to allegations of neglect or abuse. Visits may also be suggested for a parent who has been absent for a period of time. Our staff will observe the visit between the non-custodial parent and the child and document what they observe.

Safe exchanges are offered at the Center too. A safe exchange is where two parents need to exchange custody of a child but may not or cannot have contact with the other parent.

Lastly, the Center offers Parent Circle groups. This group allows parents to come together and discuss topics of concern or a topic they would like to learn more about.

The Parent Circle group allows parents to meet others and build a support network. Share ideas, tips and tricks from budgeting, meal prep and how to handle behaviors. Many of

the areas that are covered in our parent mentor program but now set in a group environment to discuss as a group. Occasionally a guest speaker may attend to speak about a topic of interest.

April is Child Abuse Awareness Month. We encourage everyone to support prevention programs. This year the Center is wanting to focus more on providing education and being proactive. It is proven that educating people on abuse and neglect can reduce the risk of abuse. Here are some things to try:

1. Volunteer your time. Get involved with other parents in your community. Help vulnerable children and their families. Start a playgroup.

2. Discipline your children thoughtfully. Never discipline your child when you are upset. Give yourself time to calm down. Remember that discipline is a way to teach your child. Use privileges to encourage good behavior and time-outs to help your child regain control.

3. Examine your behavior. Abuse is not just physical. Both words and actions can inflict deep, lasting wounds. Be a nurturing parent. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling.

4. Educate yourself and others. Simple support for children and parents can be the best way to prevent child abuse. After-school activities, parent education classes, mentoring programs, and respite care are some of the many ways to keep children safe from harm. Be a voice in support of these efforts in your community.

5. Teach children their rights. When children are taught they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender.

6. Support prevention programs. Too often, intervention occurs only after abuse is reported. Greater investments are needed in programs that have been proven to stop the abuse

before it occurs—such as family counseling and home visits by nurses who provide assistance for newborns and their parents.

7. Know what child abuse is. Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care. Children can also be emotionally abused when they are rejected, berated, or continuously isolated.

8. Know the signs. Unexplained injuries aren't the only signs of abuse. Depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy, and hostility are often signs of family problems and may indicate a child is being neglected or physically, sexually, or emotionally abused.

9. Report abuse. If you witness a child being harmed or see evidence of abuse, make a report to your state's child protective services department or local police. When talking to a child about abuse, listen carefully, assure the child that he or she did the right thing by telling an adult, and affirm that he or she is not responsible for what happened.

10. Invest in kids. Encourage leaders in the community to be supportive of children and families. Ask employers to provide family-friendly work environments. Ask your local and national lawmakers to support legislation to better protect our children and to improve their lives.

If you would like to learn ways you can support the Exchange Club Center for Family Unity, feel free to contact me at eccfudirector@gmail.com.

(Beth's column was published, April 18, in the Steele Talkin' section of the Steele County Times.)



The Exchange Club of Mason City were displaying pinwheels during April's Prevention of Child Abuse Month. They were at North Iowa Community Credit Union's west branch, the North Iowa Christian School, and the above display was at the Pioneer Animal Hospital's hill by Culver's restaurant.



The Exchange Club of Waseca was appreciative of the City Council and Waseca Mayor Randy Zimmerman's (pictured right) proclamation of April being the Prevention of Child Abuse Month. Pictured with the mayor is Club President Mikhail Rostislavovich.



Exchange Club of Waterloo's Sandi Sommerfelt joined fellow club members, April 1, in the elements to tie blue ribbons around trees in Lincoln Park to recognize Prevention of Child Abuse Month in April.



The Exchange Club of Steele County prepared 100 Care Bear bags in March and they were distributed in April during Prevention of Child Abuse Month. The bags contained a Teddy bear, coloring book, crayons, and other items to ease the burden of children going through a traumatic situation. Club President Randy Sobrack (center, above right photo) presented bags, April 24, to Blooming Prairie Police Chief Greg Skillestad (pictured above right) and Officer Dan Peach. Other presentations were made to the Steele County Sheriff's Office, The Exchange Club Center for Family Unity, and the Crisis Resource Center in Owatonna.



Exchange Club of Omaha presents TOACA grants

The Exchange Club of Omaha in April recognized their TOACA (Tee Off Against Child Abuse) grant recipients.

Seven programs through their non-profit organizations were awarded the grants at an awards luncheon. Each program promotes the prevention, intervention, and/or treatment of

child abuse and neglect. The 2024 one-year grants were awarded to: 1) Growing Great Kids/Parenting Support Program; 2) Kid-Ability (Girls, Inc.); 3) Youth Mental Health First Aid Training (Girl Scouts); 4) Animal-Assisted Therapy Program (Scatter Joy Acres); 5) SMFP Sex Trafficking Curriculum

(The Set Me Free Project). Year two of the five-year TOACA grant commitments went to: 1) Darkness to Light Program (Project Harmony); 2) Theatrical Educational Programs (RESPECT). Funds are raised through the Club's TOACA golf fundraiser. This year's event will be held Sept. 9.

(Volunteerism continued from Page 1)

don't have an immediate answer for you, I will follow up with you when

I receive it.

(Do you have an event you'd like Gail to attend coming up? Email,

text, or call her today so she can get it on her schedule.)



Exchange Club of Waverly President Dave Arns (pictured left) presented a check, April 9, for \$1,000 to support the Center for Pediatric Therapies at Waverly Health Center. Receiving the check was Lindy Ibeling, WHC's community relations and foundation director. These funds will be applied to a capital campaign to create an integrated, pediatric-focused physical, occupational and speech therapy center in Waverly.



After receiving the Interclub Fellowship Bell from the Exchange Club of Albert Lea, April 19, the Exchange Club of Steele County Immediate Past President Mary Wencil (adjacent left photo) presented the Bell, April 22, to the Moonlighters Exchange Club of Owatonna. Where will it be presented next?



**OWATONNA POLICE OFFICER
RECOGNITION BANQUET**

Please join us as we celebrate our Owatonna Police Department
and the brave men and women who protect our community.

MAY 9, 2024
5:30PM SOCIAL | 6:00 MEAL | 6:30 PROGRAM

Tickets available for \$25 at:
Owatonna VFW
Owatonna Law Enforcement Center
Moonlighters Exchange Club members
Call 507-456-4596




FREEDOM SHRINE MONTH

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 First Day of Asian Pacific American Heritage Month	2	3	4
5 Cinco De Mayo	6	7	8	9	10 Proposed Amendments Deadline	11
12 Mother's Day	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 National Headquarters Closed Memorial Day	28	29	30 Award Submission Deadlines (see right) Convention Credentials Due to National Headquarters	31	1