



# The Lakes & Prairies

## EXCHANGITE

lakesandprairiesdistrict.com

August 2023

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### Event Calendar

- Sep 7 Exchange Club of Owatonna Quilts of Valor.
- Sep 11 Patriot Day.
- Sep 16 Third Annual Hunter Alexander Frank Car and Bike Show & Memorial Ride. Registration starts at 9 a.m., Steele County Beer Gardens.
- Sep 18 Exchange Club of Omaha's 35th Annual Tee Off Against Child Abuse Charity Golf Classic.
- Sep 19 Lakes & Prairies District Exchange board meeting through Zoom at 6 p.m.
- Sep 23 Exchange Club of Waverly's Best Dam Run; First day of autumn.

## Active opportunities through Exchange

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



August has been a busy month! The first club visit took me to the East Minneapolis club for their summer social event (pictured below) and installation of officers. The president gavel was passed from John Rheinberger to Julian Pishko.

Their club is busy selling raffle tickets, benefiting the Northeast Minneapolis youth programs and prevention of child abuse. If you would like a raffle ticket, contact 612-597-4194 (more information is available on Page 3 in this month's *Exchangite* newsletter).

Also, the Exchange Club of Faribault had their summer social event Tuesday, Aug. 22. George and Arna Farmer provided a feast for all who attended.

*(Active Exchangites continued on Page 2)*



**The Lakes & Prairies District wishes to recognize members who joined their respective Exchange club during July 2023**

**Albert Lea:** Jamie Wright, 7/19; Emily Honsey, 7/24; **Cedar Falls:** Ashley Ameal, 7/19; **Mason City:** Melissa Wood, 7/4; **Moonlighters:** Shari Wickman, 7/29; **Waseca:** Mikhail Rostislavovich, 7/10.

*(Active Exchangites continued from Pg 1)*

This past month, I was able to host Zoom meetings with club presidents, president-elects, secretaries, and treasurers. Each Zoom meeting had great conversation. The purpose of getting similar officers together is to meet, greet, and share. I hope to repeat this on a quarterly basis. Everyone seemed to appreciate this connective opportunity.

Many clubs are gearing up for their fall activities. Here is a list of the September activities that were sent to me:

- The Exchange Club of Waverly is conducting their Best Dam Run Saturday, Sept. 23. For more information, visit [www.waverlyexchangeclub.org/best-dam-run.html](http://www.waverlyexchangeclub.org/best-dam-run.html). In addition, they are working the concessions at the University of Northern Iowa football game for the first time on Sept. 30.

- The Exchange Club of Owatonna will be conducting their Quilts of Valor Thursday, Sept. 7. Quilts will be awarded to seven local veterans to say, "Thank you for their service." The event will be at Torey's Restaurant starting at 5:30 p.m. To attend, tickets must be purchased in advance. The cost is \$25.

Continue to share your club events so they can get noted in the newsletter.

The National Exchange Club website has been revamped! Notices have went out to assist you on your first sign-in. There is only one sign-in now, which makes the flow of the website more user friendly.

**T**hank you for making a difference in your communities through Exchange! And remember, share that gift of Exchange that you were given to another person.

*(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.)*



You can now log into the newly updated Member Resources area and set your password. Your USERNAME is your email address; [click here to set your password](#). Next, access the [Member Resources](#) section of Exchange's website. While you are logged in, please be sure your contact information is correct. If you need assistance accessing your account, please contact [MemberServices@NationalExchangeClub.org](mailto:MemberServices@NationalExchangeClub.org).

**Browse this area** to learn about the many tools offered to help Exchange Clubs succeed, including the Exchange Education portal; marketing and public relations; club expansion; project and fundraising support and ideas; best practices for club operations; administrative support; and more!

You have seen the incredible impact of The National Exchange Club network in your own community, and beyond. You join with clubs across the United States and Puerto Rico, all striving together to fulfill Exchange's Mission: *Inspiring communities to become better places to live.* Together, we work toward one common Vision, *a strong America, safe communities, and unified people.*

Your Exchange Club membership offers many worthwhile opportunities:

- **Build relationships** with your community through service, networking, support, and collaboration.
- **Connect** with a national network of Exchange Club members.
- **Develop** leadership skills to help you grow personally and professionally.
- **Make** a positive impact serving your community.
- **Honor** Americanism in your community and country.
- **Provide** a brighter future for your community's youth through scholarships, leadership programs, and prevention of child abuse education.
- **Grow** Exchange and expand the impact of its programs and services.

To help you stay current, visit [NationalExchangeClub.org](http://NationalExchangeClub.org) and connect with Exchange via [Facebook](#), [Twitter](#), [TikTok](#), and [Instagram](#). Please also download the Club Growth app ([Apple/iOS](#) or [Android](#)), and listen to the [Talk Exchange](#) podcast.

**We count on support from members like you** for youth scholarships, the prevention of child abuse, and more. Host a Facebook fundraiser for your birthday or special event, make a tribute or memorial gift, include Exchange in your estate plans, or simply make a donation in support of Exchange through a tax-deductible gift on the [Donate page of Exchange's website](#).

You will want to add some Exchange branded items to your wardrobe to help show your pride. Official Exchange-branded items can be purchased by navigating to [Shop](#) on Exchange's website.

I hope your journey in Exchange continues to be rewarding!

Tracey Edwards  
Chief Executive Officer

***Thanks for being a valued member of Exchange!***

#### Vision

*A strong America, safe communities, and unified people.*

#### Mission

*Exchange, inspiring communities to become better places to live.*

#### Motto

*Unity for Service*

***East Minneapolis Exchange Club***  
 Invites You to Our  
**New 2023 'On Your Own'**  
**Youth Benefit Fundraiser**



April 1 thru Oct 31, 2023

**Jax Café Dining & Cash Raffle**



Join in as the East Mpls Exchange Club hosts its biggest fundraiser of the year benefiting worthy youth programs on the Eastside.

The Exchange Club is trying a NEW Fundraiser as we recover from COVID disruptions and rebuild the Club.

**\$200 Ticket gets you:**

- \* A \$125 Gift Card to Jax Café<sup>1</sup>, giving you the flexibility to enjoy a great personal dining experience with family and friends at your convenience
- \* Entry into a Cash Raffle<sup>2</sup> with a \$1,000 grand prize & three \$150 prizes, the odds are better than Powerball!
- \* That Doing Good in 'Northeast' Feeling! by 'one-stop' support of the Exchange Club you're supporting multiple youth programs in our NE community

For Tickets contact Tom at 612-597-4194; or [Tom@Stweklumber.com](mailto:Tom@Stweklumber.com); or an Exchange Member

The East Minneapolis Exchange Club is a non-profit volunteer service organization whose mission is "inspiring communities to become better places to live." Thru our fundraising activities and donations received, we support various local non-profits serving our NE community

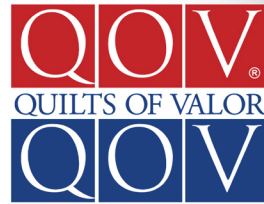
<sup>1</sup>Jax Café Gift Card expires 10/31/23 <sup>2</sup>Cash Raffle held at Holy Cross Sept Fest band stage, 9/9/23 at 8pm

The East Minneapolis Exchange Club serves the unmet needs of our community with special emphasis on Youth and promotes American ideals of good citizenship & volunteerism.



[exchangeclubmpls@gmail.com](mailto:exchangeclubmpls@gmail.com)  
[www.eastmpls-exchange.org](http://www.eastmpls-exchange.org)  
[www.facebook.com/eastminneapolisexchangeclub](https://www.facebook.com/eastminneapolisexchangeclub)





# A Time to Honor Veterans

On September 7th, The Exchange Club of Owatonna will be presenting local Veterans with Quilts of Valor.



*'Quilts of Valor are awarded to active service members or living veterans who have been touched by war'*



Please join us in honoring these Veterans



*Date: Thursday September 7th. 2023*

*Time: 5:30p.m.*

*Location: Torey's Restaurant*

*208 N Cedar / Owatonna, MN*

**Tickets - \$25**

*Meal to be served prior to ceremony*

**Available at Kottke Jewelers and Insty Prints**



*For more information please contact April at 507-475-0817*

*or apaxton@mohshomes.com*



**EXCHANGE**  
EXCHANGE CLUB OF OWATONNA, MN





# Waverly Exchange Club

Home About Us Join Us Programs Club Scrapbook Best Dam Run

## Best Dam Run - September 23, 2023

Starting Gate: Waverly Civic Center  
5K Walk/Run, 10K Run, Half Marathon



### Race Starts:

- 8 a.m. for Half Marathon
- 8:30 a.m. for 10K
- 8:45 a.m. for 5K walk
- 9 a.m. for 5K run

Sponsored by The Wartburg-Waverly Sports and Wellness Center (The W), Waverly Health Center, Thrivent - Monica Severson and Waverly Pizza Ranch.



### Club Activity Report - Preliminary July 31, 2023

Report Criteria

Lakes and Prairies District										
		2023 Jul-01	Jul-01	Jul-Adds	Jul-Drops	Jul-31	YTD% Growth	YTD% Retention		
	Active	311	311	5	-9	307				
	Active-Family-Primary	14	14	0	0	14				
	Active-Family-Addl	11	11	1	0	12				
# of Clubs	17									
# of Clubs Built	0 (0 club(s) added in July, 2023)									
# of Disbanded	0 (0 club(s) disbanded in July, 2023)									
	Honorary	2	2	0	0	2				
	Business	25	25	0	0	25				
	Excel	44	44	0	0	44				
	At-Large	4	4	0	-1	3				
	<b>Total</b>	<b>411</b>	<b>411</b>	<b>6</b>	<b>-10</b>	<b>407</b>	<b>-1.0%</b>	<b>97.6%</b>		