



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

December 2023

Table of contents

- Pg 2 Exchange Club of Owatonna presents checks to community organizations.
- Pg 3 Exchange Club of Waverly's Peace Officer of the Year; Talk Exchange podcast information; Exchange Club of Waterloo raises funds for The Salvation Army; Exchange Club of Omaha awards grant to Bikers Against Child Abuse; Save the date reminder for the Lakes & Prairies District Convention.
- Pg 4 National Exchange Eras Tour; How to encourage new Exchange Club members; The National Exchange Club's Programs of Service, National Project, and supporting their Foundation; Exchange Club of Steele County donates to Community Pathways in Owatonna.
- Pg 5 Exchange Club of Cedar Falls locally coordinates Toys for Tots; The National Exchange Club's Member Resources Area, and calendar of events.
- Pg 6 Lakes & Prairies District Officer and Director contact information.

Event Calendar

- Jan 14 Exchange Club of Steele County Pancake Breakfast at VFW in Owatonna.
- Jan 15 Martin Luther King Jr. Day.
- Feb 6 District board meeting 6-7 p.m. on Zoom.

Reflect and share Exchange Club successes in 2023

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



As we approach the entrance of 2024, please take time to reflect and praise your clubs for their successes in 2023! Each club has made a difference in their communities, in their own way.

"We must find time to stop and thank the people who make a difference in our lives." - John F. Kennedy

Often, after the holidays of De-

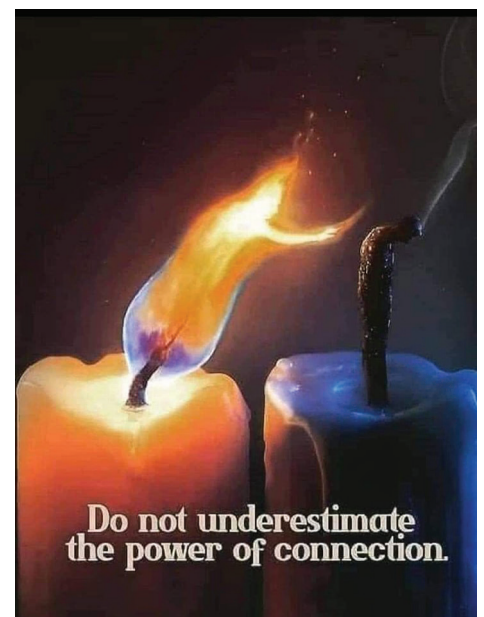


The Exchange clubs in Owatonna collaborated, Dec. 1, to ring the bell for The Salvation Army's Red Kettle campaign. District President Gail Buckingham (far left) joined fellow Exchange Club of Owatonna member Candi Schafer in taking the next shift at Cabela's replacing Exchange Club of Steele County Member Bruce Kubicek (far right).

cember are over, we slumber on our connectivity. Reaching out might be on the back burner. This is actually a great time to connect! People are looking to connect in January, to do good, to become more involved.

This is a great time to improve your social media appearance. Are you capturing your speakers, saluting the youth of the month, posting winter activities? Are you growing your Facebook club page by inviting your friends to like your Exchange Facebook page? It is so easy to do and by doing this, you grow your viewers who will see what you are doing and "like" what they see. These are awesome candidates for new members! To do this, go to your Exchange Facebook page and find the three dots (...). Click on these three dots. You will then see, "invite friends." Do just that. By doing this you are promoting

(Year end reflections continued on Pg 2)



(Year end reflections continued from Pg 1)
 your club and bringing more views to your club's Facebook page.

Along with growing club support, let us not forget our Centers. After the holidays can be a stressful time because in many families we serve, the bills are now coming in. Be there for your Center. Ask what is needed. Volunteer when needed. Be the connectivity the Center needs from our clubs.

The Exchange clubs are maintaining their memberships nicely. New members in December include: Kevin Larsen, Exchange Club of Little Falls; and Judy Johnson with Curt's Truck and Diesel Service, Inc., Exchange Club of Owatonna. I also want to recognize the newest members to join the Exchange Excel Club of Waverly-Shell Rock High School: Amelia Abben, Grace Abben, Lilly Betts, Graham Bochmann, Brenna Bodensteiner, Brittney Bodensteiner, Rhett Dahlquist, Abby Elsamiller, Jailyn Kent, Kysa Klein, Madeleine Leary, Milena Mihajlovic, Karissa Oldenburger, Jami Rohne, Jenna Rohne, Autumn Sorenson, and Amaya Weber. A hearty welcome to all!

Hats off to Newsletter Editor Randy Sobrack for doing such an awesome job with each monthly Exchangite! This is a vital part of our district. Please take time to read it as it is the heartbeat of our district. You were challenged last month to search for answers within the November Exchangite newsletter for a \$25 Amazon card drawing. The drawing was held and Ray Bauer with the Exchange Club of Faribault was the winner of the November newsletter challenge! We will do this again in an upcoming month. If you are not receiving the



Strengthen economic supports to families

- Strengthening household financial security
- Family-friendly work policies



Change social norms to support parents and positive parenting

- Public engagement and enhancement campaigns
- Legislative approaches to reduce corporal punishment



Provide quality care and education early in life

- Preschool enrichment with family engagement
- Improved quality of child care through licensing and accreditation



Enhance parenting skills to promote healthy child development

- Early childhood home visitation
- Parenting skill and family relationship approaches



Intervene to lessen harms and prevent future risk

- Enhanced primary care
- Behavioral parent training programs
- Treatment to lessen harms of abuse and neglect exposure
- Treatment to prevent problem behavior and later involvement in violence

district newsletter, please let Randy know by emailing, rsobrack@yahoo.com.

As for the Interclub Fellowship Bell, who has it? It is a known fact the bell has traveled from Mason City, to Rochester, to Owatonna, and is currently with the Exchange Club of Little Falls. To keep this bell moving, contact either Club President Mark Christenson at 612-741-0903, or District Vice President and Club Member Robb Orr (see contact information on Page 6). The goal of this bell is to visit all clubs within the district before our May 16-19 District Convention being held in Rochester.

"Always have an attitude of gratitude." - Sterling K. Brown

Dates to remember: District board meeting Tuesday, Feb. 6, through Zoom; Lakes & Prairies District Convention, May 16-19, Rochester, Minn.; The National Exchange Club Convention, July 10-13, San Antonio, Texas.

(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.)



Light, \$500; The Hospitality House, \$500; Young Life, \$250; and Beyond the Yellow Ribbon, \$250.

Check presentations

The Exchange Club of Owatonna, Dec. 7, presented \$4,000 in checks to community organizations from funds raised through their calendar sales. Each of the organizations shared with Club members of the work they're doing in their community. Among the recipients were the Veterans Memorial, \$1,000; the Owatonna High School Firefighter Program, \$1,000; Rachel's



Peace Officer of the Year

The Exchange Club of Waverly, Dec. 14, recognized Troy Schneider (pictured right) as the Bremer County Peace Officer of the Year. Schneider has been an officer for over two decades, which included 15 years as an investigator. Presenting the award was Capt. Jason Leonard.

Save the date!!!

The Lakes & Prairies District Convention is May 16-19 in Rochester, Minnesota



Supporting The Salvation Army

The Exchange Club of Waterloo President Trent Hunter (far right) reported at their meeting, Dec. 19, \$2,701 was being presented to their local Salvation Army. The Club raised \$1,951 through a four-week raffle, and donated an additional \$750 as one of the projects supported by their Club.

Have you listened to Talk Exchange yet?

Each episode contains unique conversations and information on many topics, such as member engagement, Unity for Service, networking, and more. Visit the link below to listen to the newest episode and look out for new releases every Wednesday!











Talk Exchange

National Exchange Club

Talk Exchange is the official podcast for the National Exchange Club. Each episode will bring a fun, fresh conversation with the NEC executive staff and guests. Please contact us with feedback, requests and ideas for the show at: info@NationalExchangeClub.org and THANKS for listening! Produced by Applo Multimedia Group - Toledo, OH



Episodes Hosts

- 
New Years Resolutions
DECEMBER 27, 2023

- 
Year End Greetings From Tracey
DECEMBER 20, 2023

- 
End of Year Giving
DECEMBER 14, 2023

- 
Episode 30 - Giving Thanks for Our Clubs
DECEMBER 06, 2023




Bikers Against Child Abuse

The Exchange Club of Omaha recently awarded a grant to the group, Bikers Against Child Abuse (pictured above). Grant funds were raised through the Club's Tee Off Against Child Abuse golf fundraiser.

Welcome to the Exchange Eras Tour!



Are you Fearlessly building a new club in your community? Creating a Reputation as the best service club around? Or painting the town Red and recruiting new members? This is your chance to Speak Now! Welcome to the Exchange Eras Tour, where your club will explore a new era of Exchange each month by completing challenges and sharing your progress on the Facebook Members Page, using **#ExchangeEra**.

A grand winner will be selected at the end of this Exchange year and all clubs that complete every monthly challenge will be recognized as well. Follow **@NationalExchangeClub** on Facebook and Instagram today for updates.

How to Encourage New Members:

- 1.** Introduce guests/member prospects to as many members as you can when they attend meetings or club projects – especially early in their membership.
- 2.** Make prospects feel welcome. A warm welcome and positive environment will feel inviting to new members.
- 3.** Encourage prospects to “jump right in” and become a key member of the club. As new members attend more meetings and work on more projects, the more comfortable they will become.
- 4.** If new members miss a project or meeting, check in with them and make sure they know they were missed.

EXCHANGE

THE NATIONAL EXCHANGE CLUB

Vision: A strong America, safe communities, and unified people.

Mission: Exchange, inspiring communities to become better places to live.

Programs of Service Projects

AMERICANISM
Promoting pride in our country...
Freedom Shrine, One Nation Under God, Proudly We Hail

COMMUNITY SERVICE
Helping others through volunteerism...
Book of Golden Deeds, Crime Prevention, Fire Prevention

YOUTH PROGRAMS
Building tomorrow's leaders...
Youth of the Month (Year) and A.C.E. Month (Year) Scholarships, EXCEL Clubs

NATIONAL PROJECT
Prevention of child abuse...
Exchange Club Child Abuse Prevention Centers, Believe In The Blue, Campaign for Kids

You can also get involved by:
Supporting the

NATIONAL EXCHANGE CLUB FOUNDATION
and
SPREADING THE SPIRIT OF EXCHANGE!

NationalExchangeClub.org
NationalExchangeClub.org/Foundation



The Exchange Club of Steele County presented, Dec. 1, member donations of gloves, hats, and mittens for those in need utilizing Community Pathways of Steele County, located in Owatonna. Club President Randy Sobrack (pictured left) and fellow member, as well as, Community Pathways Executive Director Dom Korb display the donations.



Toys for Tots

The Exchange Club of Cedar Falls coordinated with the U.S. Marine Corps and Community Motors to conduct the annual Toys for Tots drive in their community.



Have you checked out the newly updated Member Resources Area?



With some exciting new updates, you can now connect to the Member Resources Area AND the Exchange Education Portal with ONE easy login!

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.

JANUARY 2024

Collegiate Club Bi-Annual Dues payment Due at National Headquarters

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 National Headquarters Closed Christmas Break	1 New Year's Day	2	3	4	5	6
7	8	9	10 Dues Payment Due at National Headquarters	11	12	13
14	15 National Headquarters Closed Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	January 24-27 National Exchange Club Midyear Leadership Summit for 2024-2025 District Presidents San Antonio, TX			
28	29	30	31	1	2	3