



The Lakes & Prairies EXCHANGITE

lakesandprairiesdistrict.com

October/November 2021

Event Calendar

- Nov 4 Exchange Club of Owatonna chartered in 1953.
- Nov 5 Exchange Club of East Minneapolis chartered in 1955.
- Nov 7 Daylight saving time ends.
- Nov 11 Veterans Day; 20th Annual One Nation Under God dinner & program at Hilton Garden Inn, Cedar Falls. Hosted by the Cedar Falls, Cedar Valley, Waterloo, Waterloo Sunrise, and Waverly Exchange clubs.
- Nov 12 IRS Form 990 due.
- Nov 14 Moonlighters Exchange Club of Owatonna Pancake Breakfast at VFW.
- Nov 18 Mayor's Prayer Breakfast hosted by the Exchange Club of Owatonna at the Country Club.
- Nov 25 Thanksgiving Day.

Lakes & Prairies District Exchange wishes to congratulate the following clubs for having a charter anniversary during October:

- Faribault; Oct. 6, 1947
- Rochester; Oct. 14, 1947
- Little Falls; Oct. 26, 1948

Omaha provides worthwhile experience for Lakes & Prairies District Exchange Fall Conference

The Exchange Club of Omaha welcomed over 40 registrants at the DoubleTree by Hilton Hotel in downtown Omaha for the Lakes & Prairies District Exchange Fall Conference, Sept. 30 to Oct. 3, for socializing, sightseeing, and Exchange activities.

One Nation Under God

Exchange events took place early Saturday, Oct. 2, with the One Nation Under God breakfast. The keynote speaker was Bill Williams, who with his wife, Evonne, founded Patriotic Productions in 2011. Their mission is to honor our military from today's war on terror, going back to World War II, including those who have died while serving the United States.

Prior to 2011, the Williams' began organizing Honor Flights to fly Nebraska veterans of WWII, Korea, Vietnam, Iraq, and Afghanistan back to Washington, D.C., to honor those veterans, and to see the memorials of those conflicts. To date the Williams have raised over \$3 million, making it possible for 3,500 veterans to participate in one of a dozen flights to Washington, D.C. Williams described the appreciation of veterans and their families to have that experience.

Another focus of Patriotic Productions is Remembering Our Fallen, a traveling photo memorial to honor our nation's fallen since 9/11/2001. "The mission is so these men and women are not forgotten," said Williams.

There are 19 state-specific memorials including Nebraska and Iowa, and a national memorial was unveiled in 2017 at the steps of the Lincoln Memorial in Washington, D.C., and has since traveled to over 75 cities in 35 states.

Bill and Evonne this year organized



McKenna Burgess, 2021 Lakes & Prairies District A.C.E. recipient, is pictured (left) with her award and Exchange Club of Waverly's Dave Arns, who holds the 2020 A.C.E. award intended for Germain Sagbo, but due to the virtual district conventions held as a result of the coronavirus pandemic, both awards were presented during the district's fall conference in Omaha. The background was referenced during the One Nation Under God breakfast as it was displayed, Oct. 2, to conference attendees and is the Remembering Our Fallen traveling photo memorial to honor the nation's fallen men and women since 9/11.

the inaugural Memorial Day Patriotic Parade and Concert held in downtown Omaha honoring all military service members and Gold Star families. Lee Greenwood was the special guest singer at the event. The Exchange Club of Omaha provided financial support and handed out American flags along the parade route. "We're doing everything to make it bigger and better," said Williams regarding the event in 2022.

Most recently, the Williams were re-
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IRS & TAX INFORMATION

FILE YOUR 990-N FORM!

Clubs are at risk of losing their tax-exempt status if they have not filed a Form 990-N information return (or other required form) during the last three years. Form 990-series returns and e-Postcards are due by November 15th each year. Additional information is available from the IRS site, www.irs.gov.

All clubs are instructed to send a copy of the e-postcard to the finance department in order to ensure that all clubs have met the IRS filing requirements.

Please help verify that all clubs have filed the proper form. District leaders can use the following website to search for clubs in their district to ensure they have filed the proper forms: www.irs.gov/990n

For questions, contact the finance department at financial@nationalexchangeclub.org or 419.535.3232.

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sponsible for coordinating the Honor Procession for Marine CPL Daegan Page. Daegan was from Omaha and one of 13 service members killed in Afghanistan by a suicide bomber at the Kabul Airport. The procession covered 20 miles as thousands turned out waving flags and saluting as the body of CPL Page passed by.

Morning Breakout Sessions

Following the One Nation Under God program, District President-Elect and Volunteer Field Representative (VFR) Annette Duncan led a session on The National Exchange Club's website, nationalexchangeclub.org, which included the new Exchange Education Portal. The portal replaces the formerly known Exchange University intended for individual train-



Among the dignitaries in attendance for the fall conference's One Nation Under God program (pictured left to right): Region 3 Vice President Dawn Portner, National Exchange Representative and Region 7 Vice President Jennifer Sweney, and Lakes & Prairies District President Mike Knapp.

ing. If you need assistance for logging in, email member services at The Na-

tional Exchange Club headquarters, memberservices@nationalexchangeclub.org.

District Vice President and VFR Katie Smith led the next session on getting to know Exchange and fellow Exchange Club members which allowed interactive activities with those club members who have seldom or never met before.

Youth Awards Luncheon

During the Youth Awards Luncheon, the Lakes & Prairies 2021 A.C.E. (Accepting the Challenge of Excellence) recipient McKenna Burgess, and 2021 Youth of the Year recipient Megan Nelson were recognized.

McKenna was able to attend the luncheon in person with her father, Alan, and sister, Cameo. She is a graduate of Waverly-Shell Rock High School and sponsored by the Exchange Club *(District Conference continued on Page 3)*

The screenshot shows the website header with the logo and navigation links. Below the header is a 'MEMBER RESOURCES' section with a 'RETURN TO FULL SITE' button. A 'RECENT CONTACTS' sidebar is on the left. The main content area features two promotional banners: 'NEW Exchange Education Portal' with a 'Request Your Club's Logo!' button, and 'Club Leadership Guide' with the text 'Lead Your Club Successfully!'. The footer includes 'Club Operations' and 'District Operations' links.

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of Waverly.

After the death of her mother in 2016, McKenna was on a spiral down as a 12-year-old, confused and not sure where life was taking her. She felt like an outcast at her school, and fell into a deep depression. With help from her dad and therapists, McKenna began to turn her life around and became a true role model for her younger sister. As a result, she became very active in school and excelled in her affiliations with FCCLA (Family, Career and Community Leaders of America). At the same time, McKenna began to really develop her art by lending her skills to design and paint murals for the school. McKenna is attending Central College in Pella, Iowa, with plans to major in biochemistry with pre-optometry prerequisites. She is committed to giving back to the community, joining clubs, and volunteering in several different capacities.

McKenna addressed those in attendance for the luncheon for the “wonderful honor,” and thanking those who have been part of her life.

Nelson, the daughter of Jacob and Brenda Nelson of Waseca, is a 2021 graduate of Waseca High School, and was sponsored by the Exchange Club of Waseca. She is attending South Dakota State University in Brookings, South Dakota, and was unable to attend the luncheon, but provided a video thanking the district for the award, and read her essay submitted for the award. While athletics was important to Megan during her high school career, she stated serving as the drum major of the marching band was her greatest leadership experience, especially during the pandemic. At college, Megan is participating in the honors program majoring in human biology with an emphasis in pre-med. Her plans are to go to medical school, and eventually be a family doctor.

The luncheon’s keynote speaker was Kevin Kush, who has been involved with coaching and teaching for over 30 years. Kush spent 21 years working with at-risk youth at Boys Town in Omaha, Nebraska. He compiled a remarkable record of 164 wins and



Youth Luncheon Keynote Speaker Kevin Kush.

just 58 losses with 13 of those teams finishing in the top 10. He now speaks full time to a variety of groups including teachers, youth organizations, and companies. In 2005, Kush was featured on ABC World News Tonight as their “Person of the Week.”

Kush is the author of three books, “The 100 Yard Classroom,” “Competing with Character,” and “A Piece of the Puzzle — Eight Traits of a Quality Teammate,” which he addressed during his remarks.

“Everyone affects team morale,” said Kush, as he reflected on accountability in doing your job, don’t make excuses, and don’t blame others.

He reflected on the setbacks in life and termed them, “What an opportunity,” as he reflected on his own son’s inability to participate in athletics due to injury, but found the opportunity to be the best academic student he could be, and how that impacted his choices as an adult. Kush’s remarks were well received during the luncheon.

Afternoon Breakout Sessions

The first afternoon breakout session was “7 Steps to Increasing Engagement,” by Life Coach Susan Koenig. “What is your why?” asked Koenig regarding engagement as often to become involved you’re “Willing to be uncomfortable to make a contribution,” said Koenig whether you are donating your time, money, or both.

For those seeking to find others for

engagement whether it is participation in a project or to join a group or club, find the strengths of those individuals, “You work to make it easy for them to say yes,” said Koenig. “Be curious about their interests.”

As for participation in anything, Koenig stressed the importance of making it enjoyable and invite feedback, “Anything not enjoyable is not sustainable.”

Koenig encouraged the impact of acknowledging sincerely. She noted a thank you is for what someone did. Acknowledge is what people are being, and as a group activity revealed acknowledgment is from the heart and has more sincerity.

The final breakout session was “Going for Gold,” a panel discussion on making clubs vital, vibrant, and fun! The panel provided experiences that led to club success whether it was club building, retention, or a project and/or fundraiser that went well or has led to consistent success. A common theme that came up was the importance of a personal approach. You can send out mailers, reach out through social media, but the greatest success is achieved with personal contact, which has been a challenge

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District Awards Committee Chair Katie Smith (left) presented Exchange Club of Waverly Immediate Past President Adam Folkerts with the 2020-21 Outstanding Club in the Lakes & Prairie District. The club also earned the same award during the 2019-20 Exchange year under the presidential leadership of Colleen Miller.

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with an ongoing pandemic, but provides the best chances for success.

Awards Banquet

The conference day of Exchange concluded with the awards banquet. With the pandemic forcing two consecutive virtual district conventions, awards were presented to those recipients announced during the May 2020 and 2021 Lakes & Prairies District conventions.

Remarks were shared by Region 3 Vice President Dawn Portner, which includes the Lakes & Prairies, Dakota Territory, and Lincolnland districts; Region 7 Vice President Jennifer Sweeney, who served as the conference’s national representative, and serves the Michigan, Indiana, and Ohio-West Virginia districts. She reflected on her experience in Omaha for the conference, and being the mother of two children presently serving in the Armed Forces. Remarks were also shared by Immediate Past District President Dennis Kehoe, and District President Mike Knapp. “I want to say I think Exchange is back this year.” He also is challenging clubs in the district to help achieve a 10% membership growth. If it happens, he’ll let District President-Elect Annette Duncan cut his ponytail at the 2022 District Convention in Rochester, Minnesota, May 19-22.

Sunday’s wrap up included a post-conference meeting of the district board, and Knapp meeting with club presidents and president-elects.

Photos are courtesy of respective club Facebook posts and District Secretary Rhonda Guthier.



The Moonlighters Exchange Club of Owatonna recognized their Owatonna Police Officer of the Year with a program, Sept. 23, at the local VFW. Detective Christian Berg (above left) was recognized and accepted the award from the Club’s Immediate Past President Ben Cass.



The Exchange Club of Waterloo, Oct. 5, recognized Waterloo Firefighter of the Year Marc Mahood (above). He is a 17-year veteran with the department.



The Exchange Club of Waverly, Oct. 21, recognized Nate Koehler (above left) as their Firefighter of the Year.



The Exchange Club of Owatonna recognized Brody Dalland (above right) as their Firefighter of the Year, Oct. 14, at the local VFW. Immediate Past Club President Gail Buckingham was among the presenters recognizing Dalland.



Article I of the District Bylaws list the following purposes of a district:

1. Building of local Exchange Clubs.
 2. Increasing fellowship between clubs within the district.
 3. Strengthening established clubs.
 4. Promoting the participation of local Exchange Clubs in the Programs of Service of The National Exchange Club.
- Administrative experience at the district level also provides individuals with the skills and background needed to rise to the national level of leadership in Exchange, providing the organization with a larger, more diverse pool of talented, capable leaders.

ONE NATION UNDER GOD MONTH

NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 Election Day	3	4	5	6
7 Daylight Savings Time Ends	8	9	10	11 National Headquarters Closed 11/11@7 Event Veterans Day	12 IRS Form 990 Due	13
14	15	16	17	18	19	20
21	22	23	24	25 National Headquarters Closed Thanksgiving Day	26 National Headquarters Closed	27
28	29	30	1	2	3	4

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7 Pearl Harbor Remembrance Day	8	9	10 Hanukkah Begins	11
12	13	14	15	16	17	18 Hanukkah Ends
19	20	21	22	23	24	25 Christmas Day
26	27	28	29	30	31 New Year's Eve	1