



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

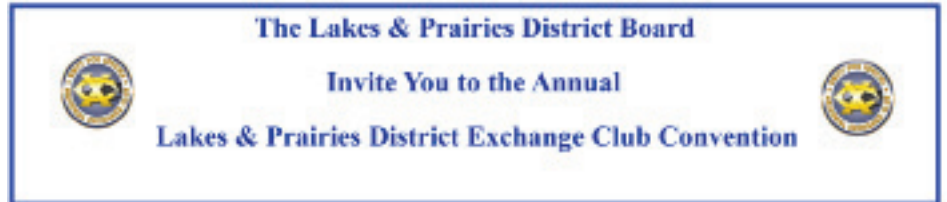
February 2024

Table of contents

- Pg 2 District President column continued; The National Exchange Club summary report for January 2024.
- Pg 3 Tentative District Convention agenda.
- Pg 4 District Convention registration form.
- Pg 5 District awards introduction with deadlines.
- Pg 6 District awards criteria.
- P g s District award nomination forms. 7-14
- Page The National Exchange Club calendar for March. 14
- Page Lakes & Prairies District Officer and Director contact information. 15

Event Calendar

- Mar 3 "The Star-Spangled Banner" became the U.S. national anthem in 1931.
- Mar 6 Exchange Club of Waseca chartered in 1982.
- Mar 7 Exchange Club of Waterloo Police & Fire Rescue Awards Banquet at Elk's Club. Social at 6 p.m.
- Mar 10 Daylight saving time starts.
- Mar 19 First day of spring.
- Mar 26 Exchange Club of Steele County chartered in 1971.
- Mar 27 Exchange founded in 1911.



OFFICIAL CALL TO CONVENTION

**District
Convention
registration and
award
information
start on Page 4**



Achievements of Exchange clubs

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



February seems to be the month of tracking successes within each club.

It is the time of the year to look inward and see who is accomplishing acts of achievements. I'd like to shout out to the following Exchange clubs for earning their National Service Award: Albert Lea, Cedar Falls, Owatonna, Waterloo, Waverly, and the Moonlighters of Owatonna. Every club has this opportunity and should be reaching the mark of the National Service Award, but each club must record their activities to The Nation-

al Exchange Club website to receive this award. Please let me know if you have any questions on recording your projects.

Along with the National Service Award, keep in mind the deserving members within our district to receive the coveted district awards such as the Exchangite of the Year, Rookie of the Year, and All-American Volunteer of the Year, and more! The Lakes & Prairies District Awards Committee will be reviewing the nominees submitted for these awards.

Reporting district growth is a highlight! Since our last newsletter, I would like to welcome the following new Exchange club members to the Lakes & Prairies District: Sara McKay, Owatonna; Bob Johnson, Waseca; Zachary Wells, Waverly; Tim Combs, (Club achievements continued on Page 2)

(Club achievements continued from Pg 1)

Waterloo; and Jim Hoffmann, Moonlighters.

Before we know it, April, the Prevention of Child Abuse Month will be here. Each club within our district should be doing some awareness project for the Prevention of Child Abuse. The Exchange Club of Albert Lea in recent years has been able to access a digital billboard to promote the prevention of child abuse. The Exchange Club of Owatonna has tied blue ribbons around the trees at Central Park and other locations. Show your support through your time, effort, and financial support for the prevention of child abuse!

Plan to attend the Lakes & Prairies 2024 District Convention in Rochester, Minnesota, May 16-19. Tours and fun games with prizes, and learning break-out sessions are being planned. And, for first-time attendees, there is

a special “First Timers” convention package discount just for you! Please plan to attend this event! Clubs, remember to bring your club banner!

The Interclub Fellowship Bell has moved again! Members from the Exchange Club of Little Falls visited the Exchange Club of East Minneapolis to present them with the bell. East Minneapolis assures us the bell will be on the road soon to be presented to another club. The intent is to have the bell reach all clubs in the district before the May convention in Rochester. Five clubs have had the bell so far. We might have to push the pedal to the metal to accomplish this goal!


Congratulations to the Exchange Club of Albert Lea for being a chartered club for 44 years, and to the Exchange Club of Cedar Falls for being chartered 47 years! Both remarkable clubs who are doing great things in

their communities!

Always know I am here to take your call! My return rate of all calls is 100%!

(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 THE NATIONAL EXCHANGE CLUB <i>America's Service Club</i>		National Summary Report January 31, 2024									
District	# of Clubs	Active as of Jul 1, 2023	Active as of Dec 31, 2023	Jan 2024 Adds	Jan 2024 Drops	Active as of Jan 31, 2024	MTD Change	YTD Change	YTD % Growth	YTD % Retention	
Alabama District	22	562	581	3	12	572	-9	10	1.80%	86.80%	
California-Nevada District	27	553	534	9	10	533	-1	-20	-3.60%	90.40%	
Connecticut District	34	929	895	14	18	891	-4	-38	-4.10%	89.90%	
Dakota Territory District	7	280	283	2	10	275	-8	-5	-1.80%	92.90%	
Florida District	29	762	716	1	5	712	-4	-50	-6.60%	83.90%	
Four Corners District	19	302	312	3	0	315	3	13	4.30%	92.40%	
Georgia District	33	1545	1510	9	17	1502	-8	-43	-2.80%	92.80%	
Indiana District	16	427	426	12	5	433	7	6	1.40%	93.40%	
Lakes and Prairies District	17	411	402	4	2	404	2	-7	-1.70%	86.40%	
Lincolnland District	24	589	535	5	15	525	-10	-64	-10.90%	85.90%	
Michigan District	22	506	501	3	3	501	0	-5	-1.00%	96.00%	
Mid-America District	11	278	244	2	9	237	-7	-41	-14.70%	77.00%	
Mid-Atlantic District	24	545	529	25	3	551	22	6	1.10%	93.60%	
Mississippi District	23	586	571	12	12	571	0	-15	-2.60%	86.00%	
New England District	13	446	459	2	3	458	-1	12	2.70%	93.30%	
North Carolina District	28	746	793	4	16	781	-12	35	4.70%	77.30%	
Northern California District	12	220	195	6	3	198	3	-22	-10.00%	73.60%	
Northwest District	11	299	291	1	6	286	-5	-13	-4.30%	93.30%	
Ohio-West Virginia District	24	542	541	1	9	533	-8	-9	-1.70%	93.00%	
Puerto Rico District	8	117	127	0	0	127	0	10	8.50%	83.80%	
South Carolina District	20	1116	1039	4	23	1020	-19	-96	-8.60%	83.40%	
Tennessee District	28	678	688	4	8	684	-4	6	0.90%	92.80%	
Texas District	25	835	813	1	6	808	-5	-27	-3.20%	91.40%	
Texas-Louisiana Gulf Coast District	19	599	738	7	4	741	3	142	23.70%	69.80%	
Virginia District	16	360	350	8	4	354	4	-6	-1.70%	79.70%	
Yellowstone District	21	750	661	14	22	653	-8	-97	-12.90%	80.10%	
Total	533	14983	14734	156	225	14665	-69	-318	-2.12%		



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS



Lakes & Prairies 2024 District Convention Tentative Agenda

Thursday May 16th

Noon - 5:00
3:00 - 5:00
5:00 - 7:00
7:00 - 9:00

Early Bird OPTIONAL FUN Day

Registration Open – Empire Event Center
Hospitality Open
Group Dinner TBD On your Own
Hospitality Open

Friday May 17th

8:00 - 5:00
9:00 - 12:00
1:00 - 3:00
4:30 - 5:30
5:30 - 7:30

7:30 - 9:00
5:00 - 9:00

Early Bird OPTIONAL FUN Day
Registration Open – Empire Event Center
Optional Golf Outing Soldiers Field Course – 18 & Cart – Pay for Golf at the Course
Tours TBD Possible – Mayowood / Mayo Clinic
District Exchange Board Meeting Empire Event Center
Group Dinner TBD On Your Own AND
Kids Pizza & Movie night at the Hotel

Bingo Fun

Hospitality Open

ADDITIONAL OPTIONAL ACTIVITIES -

Shopping – Apache Mall, Downtown, Miracle Mile, Specialty Boutiques and
Consignment Shops throughout the city
Site seeing – Mayowood Mansion, Olmsted County Historical center, Assisi Heights,
Plummer House & Building, Soldiers Field Complex
Great Restaurants – Downtown and surrounding area

Saturday May 18th

7:00 - 5:00
8:00 - 9:30
9:30 - 10:00
10:00 - 12:00
12:00 - 1:30
1:30 - 2:00
2:00 - 4:00

CONVENTION DAY
Registration Open – Empire Even Center
One Nation Under God Breakfast with Banner Parade
Business Meeting One
Break out sessions
Youth Awards Lunch
Business Meeting Two - Election of District Officers
Break out sessions

FREE TIME

5:30 - 6:00
6:00 - 8:30
8:30 - 10:00

Social
Awards Installation Banquet
Hospitality Open

Sunday May 19th

9:00 - 10:00
10:00 - 11:00

Convention Wrap Up
District Post Convention Board Meeting
District Board Training


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: Planetarium	FREE	
	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 @ katiemsmith@gmail.com 507-676-0405**

HOTEL ACCOMODATIONS

BEST WESTERN Empire Event Center Rochester
1517 16th St. SW Rochester, MN 55902

Link...https://www.bestwestern.com/en_US/book/hotel-rooms.24148.html?groupId=8G2A18C3
OR: Call the Best Western Directly 507-529-7322 & State you are with Lakes & Prairies District EX

KING Room	\$89.00	Plus Tax
QUEEN Room	\$89.00	Plus Tax



Dear Exchange Club President:

Enclosed are the 2023-2024 Nomination Forms for this year's District Recognition Awards. Please pass this information on to the designated *Awards Chairperson* for your club.

We would like to encourage each club to recognize their outstanding members at the local level and then submit your local winners to the District. Each club has outstanding Exchangites. Let's show our appreciation for their efforts. Please submit your club's nominations to the District Awards Committee no later than Monday, April 15, 2024. The district winners will be announced at the District Convention in Rochester, MN on Saturday May 18th.

The District Awards will include *"The Exchangite of the Year"*, *Rookie of the Year*, *"The All-American Volunteer of the Year"*, *Outstanding Club*, *Outstanding Club Bulletin*, and *Outstanding Club Facebook Page*. In addition the *Exchangite Hall of Fame Award* for those members celebrating at least 25-year memberships and significant contributions to their clubs will be recognized. ***PLEASE NOTE:** It is strongly recommended that the nominees for the individual awards attend the District Convention Awards Banquet scheduled for May 18, 2024. It is also strongly recommended that a Club representative be in attendance for the club awards.

District Youth Awards will also be presented for *"Youth of the Year"* and *"A.C.E. of the Year"*. These nominations are due to the District Awards Committee no later than **Monday, April 15, 2024**. Please use the official nomination forms found on the National Exchange Club Website, www.nationalexchangeclub.org. ***PLEASE NOTE:** The recipients of these awards are required to include a photo (head and shoulders) and must be in attendance at the Lakes & Prairies District Exchange Convention Youth Awards Luncheon scheduled for Saturday May 18, 2024.

The National Exchange Club offers an additional Youth Award called the *"Legacy Award"*. This award is a little different than the other youth awards. It recognizes high school students who are children, grandchildren, or great grandchildren of a current Exchange Club Member. Candidates will submit their original applications directly to the National Exchange Club Headquarters and *a copy to the District Awards Committee*. We will acknowledge our club nominees at the District Convention. The official nominations form is also located on the National Exchange Club website, www.nationalexchangeclub.org.

Thank you for taking the time to say thank you to our fellow Exchangites and recognizing them for their outstanding contributions to our clubs, communities, and our country.

Lakes & Prairies District Awards Committee
C/O Katie Smith
614 Prospect St.
Owatonna, Mn. 55060
507-455-1343(H)
507-676-0405(C)
katiemrsmith@gmail.com

(District awards information and forms continued on Page 6)

(District awards information and forms continued from Page 5)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

AWARDS CRITERIA

EXCHANGITE OF THE YEAR AWARD – This award is given to an individual who has excelled in Exchange during the current 2023-2024 year. It includes efforts in membership, leadership, volunteerism, and active participation in Exchange activities at all levels including District and National.

ROOKIE OF THE YEAR AWARD – This award is given to an individual who joined Exchange after July 1, 2022. It is awarded to an individual who has really stepped up to the plate as a NEW Exchangite. The criteria is the same as for the Exchangite of the Year but must fit within the less than two year membership date parameters.

ALL AMERICAN VOLUNTEER OF THE YEAR – This award is given to an individual for their contributions at the club level in a NON-Leadership role. It is designed to recognize and acknowledge the multiple hours and contributions made toward club projects and programs, including regular attendance at club meetings and events. The nominee should not have served in a Leadership capacity and is considered the worker bee or the backbone of the club.

EXCHANGITE HALL OF FAME AWARD – This award is given to those individuals who have been a member of Exchange for a minimum of 25 years. It is based on the continuous contributions of the individual throughout the 25 plus years and includes all aspects of Exchange: club, district, and national. It is a Lifetime Achievement Award designed to recognize your fellow club members.

OUTSTANDING CLUB AWARD – Criteria for this award include, but are not limited to, community service projects, Americanism projects, Youth projects, and Club projects involving Child Abuse Prevention, including all Fundraising efforts. Membership growth and retention are also key. The Award is a traveling Best Club Banner for your club to display at club meetings and events. The club will retain possession of the banner until the awards ceremony the following year. The club will also receive a Gift Card to the National Exchange Market.

OUTSTANDING CLUB BULLETIN/NEWSLETTER AWARD – Choose five bulletins/newsletters that the club has printed between July 1st 2023 and March 15th of 2024. Criteria is based on content; (does it include specific club information), is it balanced, promotes participation and significant news, and contains the appropriate Exchange logos; readability, and eye appeal. More specific criteria can be found on the National website – www.nationalexchangeclub.org

OUTSTANDING CLUB FACEBOOK PAGE - Facebook pages will be rated on the content, visual design, functionality and relevance of the posts and outreach results in participation through Likes, Comments, Fundraising results etc.

(District awards information and forms continued on Page 7)

(District awards information and forms continued from Page 6)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

EXCHANGITE OF THE YEAR AWARD NOMINATION FORM

NOMINEE Name: _____

Club Name: _____

Date Nominee Joined Exchange: _____

List and describe nominee's involvement in your local Exchange club (only activities for 2023-2024)

Membership:

Number of new members sponsored: _____

Leadership:

Served on Board of Directors: _____

Served as a Committee Chair: _____

Chaired a Major Fundraiser: _____

Bulletin Editor: _____

Other: (May include letter from individual(s) submitting nomination)

List and describe nominee's involvement in the Lakes & Prairies District Exchange (2023-2024)

Leadership:

Served on Board of Directors: _____

Served as Officer: _____

Chaired District Committee: _____

Served on District Committee: _____

Attended District Convention: _____

Other:

List and describe nominee's involvement in the National Exchange

Attended past National Conventions: _____

Describe any other Exchange or Community Involvement: (may use separate sheet of paper)

Signature of Club Officer

(District awards information and forms continued on Page 8)

(District awards information and forms continued from Page 7)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

ROOKIE OF THE YEAR AWARD NOMINATION FORM

NOMINEE Name: _____

**Must have joined Exchange after July 1, 2022*

Club Name: _____

Date Nominee Joined Exchange: _____

List and describe nominee's involvement in your local Exchange club within the last two years

Membership:

Number of new members sponsored: _____

Leadership:

Served on Board of Directors: _____

Served as a Committee Chair: _____

Chaired a Major Fundraiser: _____

Bulletin Editor: _____

Club Meeting: Invocation: _____ Led the Pledge _____ Greeter: _____ Room Set UP: _____

Other: (May include letter from individual(s) submitting nomination)

List and describe nominee's involvement in the Lakes & Prairies District Exchange (2023-2024)

Leadership:

Served on Board of Directors: _____

Served as Officer: _____

Chaired District Committee: _____

Served on District Committee: _____

Attended District Convention: _____

Other:

List and describe nominee's involvement in the National Exchange

Attended past National Conventions: _____

Describe any other Exchange or Community Involvement: (may use separate sheet of paper)

Signature of Club Officer

(District awards information and forms continued on Page 9)

(District awards information and forms continued from Page 8)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

EXCHANGITE HALL OF FAME AWARD NOMINATION FORM

NOMINEE Name: _____

**Must have been a member for 25 years. If there was a gap in membership, all years of membership should be included in the total.*

Club Name: _____

Date Nominee Joined Exchange: _____ **or Total Years of Membership** _____

List and describe nominee's involvement in your local Exchange club over the 25 years

Membership:

Number of new members sponsored: _____

Leadership:

Served on Board of Directors: _____

Served as a Committee Chair: _____

Chaired a Major Fundraiser: _____

Bulletin Editor: _____

Other: (May include letter from individual(s) submitting nomination)

List and describe nominee's involvement in the Lakes & Prairies District Exchange

Leadership:

Served on Board of Directors: _____

Served as Officer: _____

Chaired District Committee: _____

Served on District Committee: _____

Attended District Convention: _____

Other:

List and describe nominee's involvement in the National Exchange

Attended past National Conventions: _____

Describe any other Exchange or Community Involvement: (may use separate sheet of paper)

Signature of Club Officer

(District awards information and forms continued from Page 9)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

OUTSTANDING CLUB AWARD NOMINATION FORM

CLUB Name: _____

Date Club Chartered: _____

Number of Current Members: _____ Number of Members July 1, 2023 _____

List Only Activities for the 2023-2024 Year:

List and describe club's community service projects:

List and describe club's Americanism projects:

List and describe club's Youth projects:

List and describe club's Child Abuse Prevention projects:

List or describe other community-related activities or involvement: (projects, activities, fundraisers, awards programs, etc.)

What makes your club stand out from other clubs? Why are you the "OUTSTANDING" club?

Signature of Club Officer

(District awards information and forms continued on Page 11)

(District awards information and forms continued from Page 10)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

OUTSTANDING CLUB BULLETIN/NEWSLETTER AWARD NOMINATION FORM

CLUB Name: _____

Bulletin Name: _____

Editor Name: _____

Number of Current Club Members: _____

The Bulletin/Newsletter is published: _____ Weekly _____ Monthly

Is the Bulletin/Newsletter: _____ Hard Copy or _____ Electronic or _____ Both

Does Bulletin Include:

- Location / time & day of Meeting
- List of Current Board Members
- Contact Information

- Correct Exchange Logo
- List of Current Programs
- Motto – Vision - Mission

Please submit five club Bulletins/Newsletter published between July 1, 2023 and March 15, 2024
(attach to this nomination form)

Add any additional comments or attach special editions.

Club Officer Name: _____ Title _____

E-Mail Address: _____

I certify that the above site is the official site of the _____ Club.

Signature of Club Officer

(District awards information and forms continued on Page 12)

(District awards information and forms continued from Page 11)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

OUTSTANDING CLUB FACEBOOK PAGE NOMINATION FORM

CLUB Name: _____

Facebook Name: _____

Administrator Name: _____

Number of Current Club Members: _____

Facebook page is Updated _____ Daily _____ Weekly _____
Monthly _____ or at time of Club Event _____

Please submit five samples of posts to [Page](#) with list of content July 1, [2023](#) and March 15, 2024 and attach to this nomination form.

Add any additional comments or attach special editions.

Club Officer Name: _____ Title _____

E-Mail Address: _____

I certify that the above site is the official site of the _____ Club.

Signature of Club Officer

(District awards information and forms continued from Page 12)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

ALL AMERICAN VOLUNTEER OF THE YEAR NOMINATION FORM

The Exchange Club of _____ places in nomination
_____ for the All American Volunteer of the Year.

Activity and points shown are for the time period of July 1, 2023 to April 15, 2024.

1. Served on how many Club-Level committees: Please list all that apply:

2. How many days during the year did nominee work for Exchange? _____

3. How many hours did the nominee work for Exchange? _____

4. In how many different projects did nominee participate? _____

5. Nominee attended at least 75% of Club meetings: YES NO circle one

6. Nominee attended at least 80% of club events: YES NO circle one

7. Nominee participated in 75% of Club Fundraisers: YES NO circle one

8. Please complete Narrative on Page 2. Feel free to list any additional community volunteerism on behalf of the Exchange Club.

Signature of Club Officer:

(District awards information and forms continued on Page 14)

(District awards information and forms continued from Page 13)

All American Volunteer Narrative

Page 2

Club Activities

Community Activities on behalf of the Club

Other Community Volunteer Efforts

District Activities

- Has Attended District Conventions**
- Has served on District Committees**
- Has Attended a National Convention**

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 First Day of Women's History Month	2
3	4	5	6	7	8	9
10	11	12 Daylight Savings Time Begins	13	14 Suggested Candidate for National Office Deadline	15	16
17 St. Patrick's Day	18	19	20	21	22	23
24 Easter Sunday 31	25	26	27 Exchange's Anniversary Founded in 1911	28	29 National Headquarters Closed Good Friday	30