



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

February 2023

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Event Calendar

- Mar 6 Exchange Club of Waseca chartered in 1982.
- Mar 14 Exchanging Ideas session on Zoom at 5:30 p.m. *(Details in District President Annette's column on Page 2)*
- Mar 22 Lakes & Prairies District Exchange board meeting on Zoom, 5:30 p.m.
- Mar 26 Exchange Club of Steele County chartered in 1971.
- Mar 27 Exchange's anniversary—founded in 1911.

Tremendous!!

The National Exchange Club has announced Omaha, Nebraska will be hosting the national convention in 2026!!

Bringing awareness while positively impacting our communities

By Annette Duncan,
Lakes & Prairies
2022-23
District President



In our past two Exchanging Ideas Zoom get-togethers, there has been quite a lot of discussion around our national project, the Prevention of Child Abuse, and how we may bring awareness this April.

In case you've missed these meetings, a lot of great ideas have been shared, so I will share a few here:

1. **Community Day/Picnic.** Bring the community out to a local park, have food available either as free will, or for a cost, and sell blue balloons (environmentally safe, please). Invite a speaker to address the group, and bring awareness to the prevention of child abuse, and why it is important. At a designated time, release the balloons. Exchange club members release white balloons for the children we have lost this past year.

2. **Blue Ribbon Sale.** Purchase paper blue ribbons from The National Exchange Club store and partner with local grocers, downtown businesses, and convenience stores to sell these ribbons on your behalf, and hang them up in the store. Include informa-

tion that can be distributed that shares an awareness message. Send volunteers into the store to help the store out while they are selling these (i.e. bagging, etc.).

3. **5k for the Prevention of Child Abuse.** Everyone is eager to get out of their homes. Plan a 5k walk/run with your local Park & Rec. Bring in a speaker or a local prevention of child abuse center to talk about the importance of supporting parents in the prevention of child abuse. Have a few games for the kids, or place at a park, and bring in food vendors.

There were a lot more ideas, so please reach out to your nearest club and ask them what they did. If it makes sense logistically to join forces—even better! If you don't have a club near you, then we need to do something about that! Contact the Volunteer Field Representatives (VFRs) Katie, Sharon, or myself, and let us know that you'd like help building a neighboring club, so you can double your impact.

In this month's Exchangite newsletter you will find registration and awards information for our district convention, May 19-21, in Waterloo, Iowa. Our theme this year is, "Red, White, & 'Loo." The convention committee has done a great job pulling together what I believe will be our best convention yet!

(Bringing awareness continued on Page 2)

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

Omaha: Jonathan Davis, Jan. 17

(Bringing awareness continued from Pg 1)

This is a family-friendly convention, so bring the family and make a week-end of it. We have a fantastic lineup of speakers including Kelly Sullivan, the granddaughter of Albert Sullivan, one of the five Sullivan brothers, born in Waterloo, and known for their dedication and service to this country. Sign up early and get ready to be energized and equipped to go back into your communities with renewed enthusiasm.

Each month Exchangites across the district are coming together for Exchanging Ideas, and all are welcome! Moved to the second Tuesday of the month from 5:30-6:30 p.m., via Zoom (Meeting ID 858 3539 1452 and Password 229135).

Please continue sending invites to your events, I would love to join as many as I can.

It's time to start pulling together your achievements this year to be submitted to the Lakes & Prairies District Awards Committee (and National, I know you've already earned your National Service Award!). I can't wait to celebrate all that you and your clubs have accomplished at our District Convention!

(Do you have an event you'd like Annette to attend coming up? Email, text, or call her today so she can get it on her schedule.)



EXCHANGE CENTER FOR FAMILY UNITY HOUSEWARMING

POSTPONED

DATE February 28, 2023

TIME: 4:00-6:00 Come and Go as you please

LOCATION: 1820 Hartle Avenue, Owatonna

THE CENTER HAS MOVED AND NOW WE NEED TO HAVE A HOUSEWARMING FOR THEM. Many of you are downsizing, and may have some of these items. They Need Not be new!

LISTED BELOW ARE ITEMS THEY ARE IN NEED OF TO COMPLETE THEIR HOME:

Kitchen Supplies

Other Supplies

- Whisk
- Cupcake Pans (2)
- Cookie Sheets (2)
- Strainer
- Toaster
- Mixing utensils
- Spatulas
- Mixing Bowls
- Apron and kids aprons
- Kitchen Towels and washcloths
- Cake Pans
- Pizza Cutter
- Pizza Pan
- Knives

- Silverware
- Hot pads
- Cooling Racks
- Air Fryer
- cupcake liners
- Plastic Wrap
- Parchment Paper
- Measuring cups and Spoons
- Cutting Board
- 2 qt. pitcher
- hand mixer
- salt, pepper, spices
- canisters

- craft supplies for kids
- popsicle sticks
- Construction paper
- washable paints
- Play Dough
- Totes of all sizes
- Holiday decorations
- Mirror for Bathroom

Share your club's news!
 Email Randy at
rsobrack@yahoo.com



The Exchange Club of Steele County Friday morning, Feb. 17, presented their "Peace Officer of the Year" award to Steele County Sheriff's Office Investigator Kari Woltman during a breakfast program at the VFW in Owatonna. Kari reflected on her responsibilities since joining the Sheriff's Office, and answered questions from those in attendance for the event. Steele County Sheriff Lon Thiele (pictured far right) shared the accomplishments Kari has achieved since joining the Sheriff's Office in introducing her for the award. Club President-Elect Randy Sobrack (pictured left) presented Kari with a plaque to commemorate the recognition. Law enforcement officer recognition is part of the "Community" component of The National Exchange Club's Programs of Service.

District awards information and forms

Enclosed are the 2022-2023 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 Saturday, April 15, 2023. The district winners will be announced at the District Convention in Waterloo, Iowa on May 20th.

The District Awards will include "***The Exchangite of the Year***", ***Rookie of the Year***, ***Outstanding Club***, ***Outstanding Club Bulletin***, ***Outstanding Club Website*** and ***Outstanding Club Facebook Page***. And this year we are reintroducing "***The All American Volunteer of the Year***". 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 20, 2023. 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 **Saturday, April 15, 2023**. Please use the official nomination forms found on the National Exchange Club [website, www.nationalexchangeclub.org](http://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 Lunch** scheduled for Saturday May 20, 2023.

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 or 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](http://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
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Owatonna, Mn. 55060
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507-676-0405(C)
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(District awards information and forms continued from Page 3)



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 2022-2023 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, 2021. 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 2022 and March 15th of 2023. 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 WEB-SITE AWARD – websites will be rated on the content, structure, visual design, and functionality. It follows much of the same guidelines as the Bulletin/Newsletter award.

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

(District awards information and forms continued on Page 5)

(District awards information and forms continued from Page 4)

**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 2022-2023)

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 (2022-2023)

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 6)

(District awards information and forms continued from Page 5)

ROOKIE OF THE YEAR AWARD
NOMINATION FORM

NOMINEE Name: _____

*Must have joined Exchange after July 1, 2021

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 (2022-2023)

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 6)

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 7)

**OUTSTANDING CLUB AWARD
NOMINATION FORM**

CLUB Name: _____

Date Club Chartered: _____

Number of Current Members: _____ **Number of Members July 1, 2022** _____

List Only Activities for the 2022-2023 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 9)

(District awards information and forms continued from Page 8)

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, 2022 and March 15, 2023
(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 9)

**OUTSTANDING CLUB WEB-SITE AWARD
NOMINATION FORM**

CLUB Name: _____

Website Name: _____

URL or Web Address of site: http:// _____

Web Master Name: _____

Number of Current Club Members: _____

Website is Updated _____ **Daily** _____ **Weekly** _____ **Monthly**

Please submit five copies of Web Cover Page with list of content July 1, 2022 and March 15, 2023 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 10)

**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, 2022 and March 15, 2023 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 11)

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, 2022 to April 15, 2023.

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 a separate page. Feel free to list any additional community volunteerism on behalf of the Exchange Club.

Signature of Club Officer:



The Lakes & Prairies District Convention will be held May 19-21, 2023 in Waterloo, Iowa at the Waterloo Convention Center, 200 W. 4th St.

Convention Costs

Full Package (Early Bird – prior to May 1) - \$115.00

Full Package (Early Bird – 1st Time Attendee) - \$95.00

Full Package (after May 1) - \$130.00

Full Package (after May 1 – 1st Time Attendee) - \$110.00

Individual Event Costs

One Nation Under God - \$25.00

Youth Luncheon - \$35.00

Awards Banquet - \$70.00

Hotel Accommodations

Best Western Plus Executive Residency

205 West 4th Street, Waterloo, Iowa 50701 - (319) 888-1000

Call the Best Western directly and say you are with the Lakes & Prairies District Exchange

Room Rate: \$119/per night plus tax

The Planning Committee is planning an educational and fun event. More information regarding convention events and optional tours will be available in the March district newsletter along with the Convention Registration form. Options for electronic registration and credit card payment will be available.