



# The Lakes & Prairies

## EXCHANGITE

lakesandprairiesdistrict.com

January 2023

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### Event Calendar

- Jan 25 Lakes & Prairies District Exchange board of directors meeting on Zoom, 5:30 p.m.
- Jan 28 Exchange Club of Mason City chartered in 1948.
- Feb 2 Exchange Club of Albert Lea chartered in 1980.
- Feb 5 Exchange Club of Cedar Falls chartered in 1977.
- Feb 8 Exchanging Ideas session on Zoom at 6:30 p.m. *(Details in District President Annette's column on Page 2)*

## Innovation in Exchange

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



I had the opportunity to attend The National Exchange Club Mid-Year Leadership Summit in Phoenix, Arizona earlier this month.

We are pretty fortunate to be part of such an amazing organization that supports each of us in making our communities a better place to live for all.

We continue to lead in service because we never stop innovating. Some of the innovations shared, that will help us to share the value of Exchange with those around us, include the new National Exchange Club (NEC) app and The National Exchange Club podcast.

Each club should be incorporating Exchange education into your meetings. You can assign a podcast to your clubs and then use your Exchange education to talk about what you learned.

The National Exchange Club has an amazing short video on the app that showcases what it means to be a part of Exchange, and is the perfect way to share with friends and family why Exchange is the service club they should consider joining.

Besides all the great work we do together in our communities, we also provide top notch educational opportunities for every member through our Exchange education portal. Did you know that some service organizations charge their clubs to access online education? Crazy, but true! With Exchange, this is all part of your membership. So, mark your calendars and consider joining our district and region at The National Exchange Club Convention in Phoenix July 12-15, 2023, and learn from other clubs across the nation about how we can have the largest impact on our communities.

Now speaking of amazing opportunities to network and strengthen our communities, let's not forget we have our own district convention coming May 19-21 in Waterloo, Iowa. Our theme is "Red, White, & 'Loo." We have a phenomenal lineup of local events, speakers, and of course—education—you are not going to want to miss! We encourage you to bring your family and extended families to share in this experience, which will certainly not be lacking in Katie Smith's favorite action word—FUN! Our convention committee has been working diligently to ensure this convention is the best yet.

Don't forget, each month Exchanges across the district are coming together to Exchange ideas and all are

*(Exchange innovates continued on Page 2)*

**The Lakes & Prairies District wishes to recognize members who joined their respective Exchange club during December 2022**

**Waterloo Sunrise:** Makell Magley, Dec. 13; **Little Falls:** Debra Bultnick, Dec. 2; **Steele County:** Bill Arthur, Dec. 1

(Exchange innovates continued from Pg 1)

welcome! Every second Wednesday of the month from 6:30-7:30 p.m., via Zoom (Meeting ID 858 3539 1452 and Password 229135).

Remember, together we are greater than we are individually. We are a united district, region, and nation. If your club needs support, lean into our network of Exchange clubs. Your Lakes & Prairies District Exchange board of directors serve for the greater good, which means we support you, your club, and the work you are doing in your communities. We are Exchange Awesome!

(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.)



**Check presentation**

The Exchange Club of Waterloo, Dec. 27, presented a \$3,000 check to their local Salvation Army. Dollars were raised as part of the club's annual Salvation Army raffle, along with dollars budgeted for the Salvation Army.

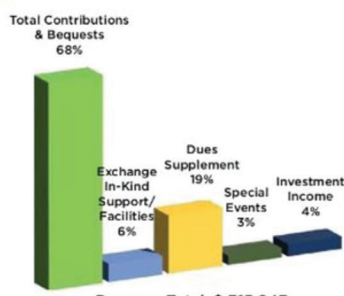
2021-2022 Annual Report



**NATIONAL EXCHANGE CLUB FOUNDATION**

**2021-2022 REVENUE**

Total Contributions & Bequests	\$ 487,893
Exchange In-Kind Support/Facilities	\$ 41,122
Dues Supplement	\$139,530
Special Events	\$ 19,049
Investment Income	\$ 28,349

**2021-2022 EXPENSES**

Programs	\$ 597,477
Administration	\$ 66,996
Fundraising	\$ 113,424


The Lakes & Prairies District is seeking to build a club in Cedar Rapids, Iowa. Exchange club members who may have contacts are encouraged to share that information with Volunteer Field Representatives Katie Smith or Sharon Droste; their contact information is found on Page 5.

**Save the date: May 19-21  
Lakes & Prairies District Convention  
Waterloo, Iowa  
Theme: Red, White & 'Loo**

The 2023 Lakes & Prairies District Convention is being held May 19-21 at the Waterloo Convention Center in downtown Waterloo. The adjoining hotel is the Best Western. Presently, the Friday afternoon optional tours include the Five Sullivan Brothers Museum; new state-of-the-art planetarium; SingleSpeed Brewery Tour; and an evening dinner at a location yet to be finalized. Saturday's programs include the One Nation Under God Breakfast featuring guest speaker, Kelly Sullivan, the granddaughter to one of the Sullivan brothers (all five brothers died on the same ship during World War II); the Youth Awards Luncheon featuring guest speaker, Dr. Jared Smith, author and Waterloo school superintendent, who is also an Exchange club member. Plans are to have the convention registration form published in the February 2023 *Exchangite* newsletter.



## How is \$2.50 of your quarterly National dues utilized by The National Exchange Club Foundation? Learn how they're utilized in combination with other Foundation donations and bequests:

# Giving Back!

## Exchange's National Project - the Prevention of Child Abuse

While the National Exchange Club Foundation provided funding to numerous programs during the year, one of the biggest single programs was in support of Exchange's National Project, the prevention of child abuse.

- The National Exchange Club Foundation provides support for the Annual Symposium. The symposium provides valuable training to the directors and staff of Exchange Club Centers for the Prevention of Child Abuse.
- The National Exchange Club Foundation funds the Believe in the Blue tip cards and other prevention of child abuse awareness materials that are distributed in April, National Child Abuse Prevention Month, and all year. Tip cards were provided online to centers and clubs all over the country at no charge.
- New this year: Blue Ribbon table runners were provided to Exchange Prevention of Child Abuse Centers at no cost.
- Additional support provided to Exchange's National Project includes New Director Orientation. This training was held virtually this year for all new directors of Exchange Club Prevention of Child Abuse Centers. Other similar organizations charge a fee for this same type of service and education. New Director Orientation is regularly held every 1-2 years or more often, if needed.
- The National Exchange Club Foundation provided \$100 in credit to Exchange Prevention of Child Abuse Centers to purchase what they may need through the Exchange Marketplace.



## Youth Programs

The National Exchange Club Foundation funded scholarships for the National Youth of the Year Award, the National Accepting the Challenge of Excellence (A.C.E.) Award, and the Legacy of the Year Award. Each of the three winners were awarded a \$15,000 scholarship for continuing education.

### Americanism

The National Exchange Club Foundation continues to provide One Nation Under God brochures to any club upon request (50 free per club, per year).



Contact:

memberservices@nationalexchangeclub.org

### Berkey Fellowship

The Berkey Fellowship, named after founder Charles Berkey, was established to honor outstanding supporters of the ideals of The National Exchange Club. Berkey Fellowship is granted for donations totaling \$1,000\* or more during the fiscal year! There was a total of 148 Berkey Fellowships in 2021-2022, raising more than \$148,000! Contributions to the Berkey Fellowship are donor designated to the endowment or left unrestricted. The Berkey Endowment, which is permanently restricted and maintained in perpetuity, at year end was valued at \$759,850.

\*Excludes donations to sponsorships, Disaster Relief, Veterans Matter, and Passthrough Grants.

### Veterans Matter

This year marked the eighth year of The National Exchange Club's partnership with Veterans Matter. Exchange is the second largest funder of Veterans Matter; housing thousands of veterans and enabling them to expand their footprint across the country. Exchange's total financial contribution to Veterans Matter is nearly \$440,000 to help house homeless veterans.

### Disaster Relief

The National Exchange Club Foundation assists Exchange Club Centers for the Prevention of Child Abuse, club members and their families who have been affected by disasters through our Disaster Relief Fund. As always, donations to this fund go directly to help Exchange Club Centers for the Prevention of Child Abuse, Exchange Clubs, and members in need.

### Passthrough Grants

The National Exchange Club Foundation continues to assist Exchange Clubs by offering The Passthrough Grant program. Many clubs and their local donors have been able to benefit from the NEC Foundation's ability to maximize their donor's tax advantage. Thank you to all clubs and their contributors. The NECF received and awarded nearly \$230,000 in Passthrough Grants in 2021-2022. This includes donations raised through Eventgroove, the online fundraising platform, which clubs use to help raise additional funds.

**The most recent financial report of The National Exchange Club Foundation is on Page 2 of this month's Exchangite newsletter.**






**Club Activity Report** - Preliminary  
December 31, 2022

Report Criteria

		Lakes and Prairies District						
		2022 Jul-01	Dec-01	Dec-Adds	Dec-Drops	Dec-31	YTD% Growth	YTD% Retention
Active		343	338	3	-9	332		
Active-Family-Primary		13	13	0	0	13		
Active-Family-Addl		13	13	0	0	13		
Honorary		2	2	0	0	2		
Business		24	26	0	-2	24		
Excel		25	25	0	0	25		
At-Large		4	4	0	0	4		
<b>Total</b>		<b>424</b>	<b>421</b>	<b>3</b>	<b>-11</b>	<b>413</b>	-2.6%	94.3%

# of Clubs	17
# of Clubs Built	0 (0 club(s) added in December, 2022)
# of Disbanded	1 (0 club(s) disbanded in December, 2022)




**TALK EXCHANGE**  
A Podcast of The National Exchange Club

## 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](mailto:info@NationalExchangeClub.org) and THANKS for listening! Produced by Applo Multimedia Group - Toledo, OH



EPISODES	HOSTS
<div style="display: flex; align-items: center;"> <div> <p><b>Episode 5 - Charleston Fair/Member Engagement</b></p> <p>JANUARY 18, 2023</p> </div> </div>	
<div style="display: flex; align-items: center;"> <div> <p><b>Recognize Your Awesomeness!</b></p> <p>JANUARY 11, 2023</p> </div> </div>	
<div style="display: flex; align-items: center;"> <div> <p><b>Episode 4 - Preventing School Shootings</b></p> <p>JANUARY 04, 2023</p> </div> </div>	