



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

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Event Calendar

- All Feb National Community Service Month.
- Feb 2 The Exchange Club of Albert Lea chartered in 1980.
- Feb 5 The Exchange Club of Cedar Falls chartered in 1977.
Club secretary meeting with District through Zoom.
- Feb 6 District board meeting 6-7 p.m. on Zoom.
- Feb 8 Club treasurer meeting with District on Zoom.
- Feb 14 Valentine's Day.
- Feb 19 President's Day (The National Exchange Club Headquarters will be closed).
- Feb 20 Club president/president-elect meeting with District on Zoom.

Striving for the National Service Award during the second half of the Exchange year

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



Hats off to the six clubs within our Lakes & Prairies District who have met their National Service Award distinction as of Jan. 31.

They include the Exchange clubs of Albert Lea, Cedar Falls, Moonlighters, Owatonna, Waterloo, and Waverly—35% accomplished! Keep recording and entering all the good accomplishments to The National Exchange Club so the recognition is received for your Club.

The Interclub Fellowship Bell is on the move! The bell spent time over the holidays at the Exchange Club of Little Falls. It has now moved to the Exchange Club of East Minneapolis! The goal is to visit all clubs before our District Convention, May 16-19, in Rochester. Let's keep this moving!

Help me welcome Daniel Dolezal to the Exchange Club of Omaha, Gregory Wessel and Leah Feldhaus to the Exchange Club of Waverly, and Bill Effertz to the Exchange Club of Owatonna. Thank you to their sponsors for giving the "Gift of Exchange."

Speaking of new members, our District has 30 new members since July 1. This to me shows growth and a desire to connect with a community service group. I would like to highlight two of our new members: Cyn-di Campbell from the Waverly club, and Mikhail Rostislavovich from the Waseca club. I asked them to respond to the following questions:

1. What interested you most about Exchange?
2. What do you do (or did) for employment?
3. Are you enjoying Exchange so much that you would like to share the "Gift of Exchange" with others?
4. Why do you think it is important to share Exchange with others?

Cyndi Campbell:



1. I serve on the Waverly Senior Center board of directors. We have a monthly fundraising meal called the 506 Cafe. The Cafe partners with local non-profit organizations like the Waverly Exchange Club. They have participated in the fundraisers for a couple of years.

Dave Arns was one of the Exchange volunteers at the 506 Cafe. While setting up the parking lot for curbside service, Dave and I had an opportunity to visit. I asked Dave to tell me more about the Exchange Club. Its purpose, the meetings, and membership etc.

Soon after that conversation, Dave asked if I would like to attend the meeting as a guest. I accepted the invitation.

2. Several things that Dave talked about interested me. I went to the meetings and quickly realized the collection of people were a representation of integrity and great values. They were active in their families, professions and communities, and committed to service. They also represented a cross section of women
(2nd half Exchange continued on Page 3)



To: All Members of the Lakes & Prairies District Exchange Clubs

We're excited to announce that plans for our District Exchange Club Convention are under way. And May 16th – 19th we will be back in Rochester, Minnesota.

We hope to make your Convention experience an enjoyable one with some old favorite activities and some new. In addition to all the usual business activities we have some fun things for you to experience throughout our Convention Time. Starting with Optional Tours AND a Golf Outing and Bingo will be back but with a Fun Twist. We'll have a 50/50 raffle and fun giveaways throughout. We have a Kid's Pizza Movie Night again this year, so plan to bring the kids or even the grandkids.

And back by popular demand, we will once again host our District Silent Auction. We are asking each club in the District to donate a Silent Auction Basket or Item. The funds we raise help support the Scholarships for our Youth of the Year and our A.C.E. of the Year Awards as well as support for our Two Exchange Club Child Abuse Prevention Centers. We would encourage individual Exchangites to also contribute items as well.

AND...we have not forgotten our First Timers. We will again be offering the First Timer's Discount. Each New Convention Attendee will receive a \$20 discount off the Full Convention Package price. So, Club members please encourage your fellow Exchangites to attend and experience Exchange in a whole new way. Do that personal invite. Folks love to be asked.

And for more Fun, we will have drawings and prizes at each of the Events, along with the Photo Wall. Who doesn't want to be in Pictures?

Last but certainly Not Least. We would like all the Clubs to bring your CLUB BANNER. AND for each club to choose a representative who will proudly carry your banner in the opening Parade of Banners at the One Nation Under God Breakfast. After which the banners will be on display in the main Convention Hall.

Well folks, just a few things to wet your whistle. We are looking forward to a lot of fun, food, fellowship, and just time spent with our fellow Exchangites. Please plan to join us as we gather to celebrate all our successes.

From your Dedicated Convention Committee ...

See you in Rochester!

National Exchange President Leif Welhaven resigns

The National Exchange Club Chief Executive Officer Tracey Edwards issued the following statement Wednesday, Jan. 17:

“We are writing to inform you that National President Leif Welhaven (pictured right) has resigned his position, effective immediately. Leif’s

leadership has been on display for the past 19 months as National President-Elect and then National President, during which time he has also juggled personal and professional com-



mitments.

“We thank him for his service to Exchange and wish him well. The National Exchange Club Board of Directors will meet on January 25 to plan the remainder of this administrative year. National President-Elect Mike Reichel will serve as Acting National President until his July installation as National President.”

(2nd half Exchange continued from Pg 1)

and men of different backgrounds and positions. I felt welcomed, included and needed by their response to my presence. The dedication, values, and involvement to the mission of Exchange was evident. I wanted to be a part of this powerful group and make a hands-on difference in the people and communities served.

3. I am a third-generation florist. I worked as a kid growing up in our family business. I went on the payroll at 13-years-old and assumed ownership in 1978 with my husband, Lyman. I am still working, even now past retirement age.

4. I am not only enjoying Exchange, but I am also learning. I do not hesitate to share my experience with my friends and family about Exchange, however as a relatively new member, I have not yet shared the “Gift of Exchange” with others.

What I have learned is the Exchange, while out in the public serving and aiding others, is a bit stealth about it. Quietly and steadily doing good for others. Every effort and every deed is to benefit, recognize and uplift others, to encourage and support with acceptance to the human condition. It’s quite remarkable and needed.

I already knew or was acquainted with most of the members of the Waverly Exchange Club prior to joining. These friendships have grown into a deeper meaning with the common interests of the Exchange’s purpose. I’m looking forward to having more time and opportunities to be engaged with the club’s mission as I inch toward partial retirement.

Cyndi, Lakes & Prairies District Exchange welcomes you and can’t wait to see the great things you accomplish!

Mikhail Ros-tislavovich: The Exchange Club has always been at the periphery of my comings and goings during my lifetime and throughout my career.



Due to the nature of my career, constant traveling and never in one spot long enough to be able to commit to our or any other organization. When I finally retired, I went looking to find civic organizations that I felt I could stand behind and support.

The entire time that I was working my way to that golden age of retirement, I had made a promise to myself that I would give back to the community in which I lived an equal amount of time as the community had given me the chance to become successful and thriving. So here I am, a newly minted member and president of the Waseca Exchange Club.

The individual who first brought my attention to Exchange was Sally Takala, the past president. She kept engaging me at our church suggesting I should see what Exchange was all about.

After going to my first meeting, I decided to do some sleuthing of my own. I talked with other members of the club like Mark Butterfield and Perry Berg, and then to others who were past members like Kent Schultz. Finally, I would talk to other individuals in our community, Ann Fitch, the Chamber president; Carroll Galvin, president of the Waseca Art Council; and Joan Mooney, the executive director of the Waseca Historical Society.

It was then that I was compelled to

delve into what Exchange had to offer our community that I could get my arms around and support. I found that Exchange had a National Project—Prevention of Child Abuse. I had been the state director for another child abuse project called the Royal Family Kids Camp and spoke throughout the country about child abuse and raised major dollars for local chapters of the RFKC. Next, the Americanism Project struck a chord and pulled at my heartstrings with our Freedom Shrines, Give A Kid A Flag, and our general support of the great men and women who served our nation. I was sold. My career has culminated after 48 years in the political arena on the International, National, and State levels.

I had the opportunity to work with Margaret Thatcher, Benjamin Netanyahu, Mikhail Gorbachev, and others. On the national scene, I worked for President Reagan, Congressman Jack Kemp, Vin Weber, and Newt Gingrich along with Senator Rod Grams and the list goes on. Here in Minnesota, my last and final years were spent as the finance director for Governor Tim Pawlenty and the Episcopal Bishop of Minnesota Brian Prior as his liaison officer.

I have truly found a home among my fellow Exchangites. I am full of enthusiasm for our club and have spread the word about us and what we do to the point that we have grown our club here in Waseca 100% of where we were before I started. I am thankful that the Exchange Club is here in Waseca to give back and support so many in our community.

Mkhaail, we are so fortunate you have found Exchange and are heartfelt of its mission. We thank you for your service to Exchange!

ACTION

5 Things Your Club Should Be Doing at the Start of the New Year

1

Evaluate the status of your club's membership and determine what you can do to **grow Exchange's membership** during the remaining six months of the Exchange year.

2

Execute and publicize a project for Exchange's new additional National Day of Service, Martin Luther King, Jr., Day on January 15, 2024.

3

Plan a project and consider how your club or members can **support The National Exchange Club** in honor of the 113th Anniversary on March 27, 2024

4

Plan projects for the **National Child Abuse Prevention** Month in April and think about how your club can better use these events to grow Exchange, serve the community, and bring awareness to the prevention of child abuse as Exchange's National Project.

5

Encourage members to think about **taking on a club officer or leadership role** in the upcoming Exchange year and plan to have the club's election reported in your club's database record.