



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

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Event Calendar

Aug 13-18 Steele County, Moonlighters, & Owatonna Exchange clubs cooperate with Steele County Free Fair parking gate fundraiser.

Aug 17 The Exchange Club of Omaha chartered in 1951.

Aug 25 The Exchange Club of Waverly chartered in 1984.



Exchange Club of Waverly members navigate a huge American flag along a community parade route in July. You may view additional photos by visiting the Lakes & Prairies District Exchange page on Facebook.

Lakes & Prairies District Exchange clubs earn National Convention recognition

By Sharon Klein, 2024-25 Lakes & Prairies District President



We are starting the new Exchange year off with bang! For those who attended The National Exchange Club Convention in San Antonio, Texas, what a way to start the year. Our district alone had 23 people attending, which is so exciting. I had a chance to sit down with almost everyone of the members and get to know each one on a more personal basis.



National President Mike Reichek will be serving Exchange nationally (National Convention continued on Page 2)



The Exchange Club of Waseca was recognized with a C.A.R.E. Award at The National Exchange Club Convention in San Antonio. Pictured with the banner (left to right) is National President Mike Reichek, Division 1 Director Katie Smith, Club Member Dwight Tostenson, Club President Mikhail Rostislavovich, and National Chief Executive Officer Tracey Edwards.

(National Convention continued from Pg 1) throughout the year. Mike is a down-to-earth kind of guy—easy to talk to—and has a genuine caring attitude toward each and every member. The newly elected president-elect is Joe Dudak.

Within our district, we had several clubs that took home honors for their club including:

• **Exchange Club of Waseca:** 1) Big E Award; 2) 3-member and 10-member award; 3) Distinguished President Award; 4) C.A.R.E. Project selected for Care Award for their category.

• **Moonlighters Exchange Club:** 1) Big E Award (received the Big E banner for being a first-time recipient); 2) Distinguished President Award; 3) Distinguished Secretary Award; 4) Distinguished Treasurer Award; 5) Americanism Project for their Veteran's Memorial earns National Convention award in their category.

• **Exchange Club of Owatonna:** 1) Big E Award; 2) Distinguished President Award; 3) Distinguished Secretary Award.

• **Exchange Club of Cedar Falls:** 1) Distinguished Secretary Award; 2) Distinguished Treasurer Award.

Next year I hope to see many more clubs earning these awards. How? You ask. Please go to The National Exchange Club website, nationalexchangeclub.org, look under Resources for Awards and then National. You will see the steps needed to accomplish different awards.

One item that many of the attending members focused on was how the National Convention was run. As you may or may not know, 2026 will bring The National Exchange Club Convention to Omaha, which is in our district and Lakes & Prairies District Exchange will be the main sponsor.

A number of us met several times throughout the National Convention sharing ideas. A committee has been formed and you will be hearing a lot more about it as the year progresses.

Last year, the district president held

Zoom meetings for club presidents, president-elects, treasurers, and secretaries. I plan on continuing that practice. I have been working on getting all the names secured for each club, and I will be setting up a yearly schedule in the next couple of weeks.

I hope each Exchange club in the district has held their plan of action meeting, and prepared their budget for the new Exchange year and have recorded this with The National Exchange Club. If you need help with any of this, please reach out to me.

The general theme for this new Exchange year is growth and retention. Adding members to clubs, retaining members within clubs, and starting new clubs. We have several opportunities for new clubs this year including Des Moines, Cedar Rapids, Medford, and others. If you know people in those communities that would be interested in learning more about Ex-

change, please let me know and I will pass it on.

I wish to have you join me in congratulating past District President Michael Knapp (pictured right) for completing his volunteer field representative (VFR) training, and is now a certified



VFR. The district is so fortunate to have four VFRs, two in Minnesota, and now two in Iowa. Next month, I will go into more detail on what a VFR is and how they can help you.

Take time to enjoy your summer!

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

(National Convention continued on Page 3)



The Moonlighters Exchange Club of Owatonna was recognized at The National Exchange Club Convention for earning The Big "E" Award for meeting the requirements in extension/expansion, efficiency, and education. First-time recipients receive a banner for the award. Club members pictured left to right include: Lynn Limberg, secretary; Annette Duncan, president; Katie Smith, Rhonda Guthier, president-elect; Trudy Pierce, and Nicole Wacek, immediate past president.

(National Convention continued from Pg 2)



The National Exchange Club Convention awards for clubs in the Lakes & Prairies District included (above left) National President Mike Reichek presenting a Distinguished Club President Award to Owatonna's Sharon Klein; (above center) the Moonlighters earned the Americanism Project Award for their Veterans Memorial dedication with Katie Smith and Nicole Wacek accepting the banner from Reichek; (above right) Cedar Falls Club President Dennis Kehoe accepts the Distinguished Club Secretary and Treasurer awards on behalf of Marvin Anderson; (below right) Moonlighters Lynn Limberg and Annette Duncan display their respective secretary, president award, and treasurer award for Lori Arnold.



The Waverly Exchange Club is proud to celebrate its 40th anniversary!

You and your spouse/guest are cordially invited to a party
 Saturday, Aug. 24, 2024
 6 p.m. Buffet dinner followed by a brief program
 Ballrooms
 Saemann Student Center
 Wartburg College

\$30 per person
 Please RSVP by August 1 [here](#).
 Indicate dietary restrictions and payment method on the form.


- Menu:
- Mixed Greens Salad
 - Dinner Rolls with Herb-Infused Butter
 - Dijon Pork Medallions
 - Tuscan Chicken
 - Roasted Baby Red Potatoes
 - Green Beans Almondine
 - Chocolate Raspberry Cake
 - Coffee and Iced Tea



See you in Louisville, KY,
July 9-12, 2025!

Lakes & Prairies District Exchange wishes to congratulate the following clubs for earning their National Service Award during the 2023-24 Exchange year:

Albert Lea, Cedar Falls, East Minneapolis, Faribault, Mason City, Moonlighters, Omaha, Owatonna, Rochester, Steele County, Sunrise Waterloo, Waseca, Waterloo, Waverly, and Excel Club of Waverly-Shell Rock High School



EXCHANGE
THE NATIONAL EXCHANGE CLUB

Vision: A strong America, safe communities, and unified people.

Mission: Exchange, inspiring communities to become better places to live.


Programs of Service Projects

AMERICANISM
Promoting pride in our country...
Freedom Shrine, One Nation Under God, Proudly We Hail

COMMUNITY SERVICE
Helping others through volunteerism...
Book of Golden Deeds, Crime Prevention, Fire Prevention

YOUTH PROGRAMS
Building tomorrow's leaders...
Youth of the Month (Year) and A.C.E. Month (Year) Scholarships, EXCEL Clubs

NATIONAL PROJECT
Prevention of child abuse...
Exchange Club Child Abuse Prevention Centers, Believe In The Blue, Campaign for Kids

 EXCHANGE THE NATIONAL EXCHANGE CLUB <i>America's Service Club</i>		National Summary Report June 30, 2024									
District	# of clubs	Active as of Jul 1, 2023	Active as of May 31, 2024	Jun 2024 Adds	Jun 2024 Drops	Active as of Jun 30, 2024	MTD Change	YTD Change	YTD % Growth	YTD % Retention	
Alabama District	22	562	582	4	1	585	3	23	4.10%	84.20%	
California-Nevada District	26	553	535	11	8	538	3	-15	-2.70%	84.80%	
Connecticut District	34	929	888	2	66	824	-64	-105	-11.30%	80.80%	
Dakota Territory District	6	280	255	2	3	254	-1	-26	-9.30%	82.50%	
Florida District	28	762	713	5	14	704	-9	-58	-7.60%	78.00%	
Four Corners District	19	302	309	0	3	306	-3	4	1.30%	87.40%	
Georgia District	31	1545	1509	14	32	1491	-18	-54	-3.50%	88.30%	
Indiana District	17	427	454	0	10	444	-10	17	4.00%	88.80%	
Lakes and Prairies District	17	411	413	2	8	407	-6	-4	-1.00%	81.80%	
Lincolland District	24	589	517	0	8	509	-8	-80	-13.60%	79.30%	
Michigan District	22	506	493	3	8	488	-5	-18	-3.60%	90.90%	
Mid-America District	10	278	239	5	3	241	2	-37	-13.30%	68.70%	
Mid-Atlantic District	24	545	555	1	5	551	-4	6	1.10%	91.00%	
Mississippi District	22	586	552	3	1	554	2	-32	-5.50%	80.00%	
New England District	14	446	457	18	0	475	18	29	6.50%	90.40%	
North Carolina District	27	746	788	2	20	770	-18	24	3.20%	71.00%	
Northern California District	10	220	192	0	0	192	0	-28	-12.70%	70.00%	
Northwest District	10	299	262	0	6	256	-6	-43	-14.40%	77.60%	
Ohio-West Virginia District	25	542	551	2	8	545	-6	3	0.60%	88.00%	
Puerto Rico District	7	117	127	0	9	118	-9	1	0.90%	76.10%	
South Carolina District	19	1116	1013	6	33	986	-27	-130	-11.60%	73.70%	
Tennessee District	27	678	670	5	10	665	-5	-13	-1.90%	84.20%	
Texas District	25	835	832	5	4	833	1	-2	-0.20%	85.90%	
Texas-Louisiana Gulf Coast District	20	599	718	6	9	715	-3	116	19.40%	59.30%	
Virginia District	16	360	345	8	23	330	-15	-30	-8.30%	69.70%	
Yellowstone District	18	750	618	6	73	551	-67	-199	-26.50%	62.70%	
Total	520	14983	14587	110	365	14332	-255	-651	-4.34%		