



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

June 2023

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Event Calendar

Jun 24 Moonlighters Exchange Club of Owatonna chartered in 2013.

July 1 Start of the 2023-24 Exchange year.

July 4 Independence Day.

July 12-15 The National Exchange Club Convention in Phoenix, Ariz.

Sharing the gift of Exchange

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



I look forward to getting to know you this year! I have been a member of the Exchange Club of Owatonna since 2003.

I was invited by a member of the Exchange Club to “give Exchange a try.” Thinking back at it, I think it was the members of the Club that really snagged me to Exchange.

This connectivity has been 20 years for me, and 112 year for our Exchange clubs. Exchanging ideas or connectivity with others—they both hold the high standards of our Exchange clubs today.

This past year I have been able to attend many National Exchange Leadership Series meetings via Zoom. In these meetings, one hears from our

leaders. I would like to share some bullet points with you. Communication is the cohesion of the Club:

- By listening without interruption.
- Use your eye contact. Let your members know you are interested in what they are saying.
- Show your interest in them by responding back.
- Get a little personal so your relationships are not just surface. Find ways to build trust and share emotions/goals. Know facts about each member.

Leif Welhaven, our upcoming National Exchange President, often says, “Exchange is a Gift! Share the gift with others! Give the Gift that someone gave to you!”

Never underestimate the POWER of Exchange! We received the Gift of *(Sharing Exchange continued on Page 2)*

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

Waverly-Shell Rock Excel Club: Reagan Alexander, Megan Arjes, Sydney Beinemann, Emily Bittinger, Jaide Bittinger, Sydney Bochman, Nevaeh Bouska, Carla Bustos, Ramey Dahlquist, Kiara Djoumessi, Shay Doyle, Ariana Ellerbroek, Indy Epley, Isabella Feldhake, Elizabeth Frerichs, Katelyn Friedman, Darla Gramotieieva, Megan Groth, Ella Hansel, Sydney Hansel, Paige Henricks, Anthony Hobson, Adyson Huisenga, Cecilia Jerome, Kiyrah Karstens, Lucy Korth, Christoph Letsche, Luke McMillin, Lauren Munson, Malaika Mwangi, Lance Myers, Norah Poppe, Jack Renn, Carson Reznicek, Paulina Robles, Lindee Rohne, Eliot Schneiderman, Maya Schneiderman, Addyson Schut, Sara Shannon, Gabriel SmolikHagen, Anna Stromberg, Ellie Weber, and Rebecca Zheng (all joining May 4-5).

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



Congratulations to an amazing Exchange year!

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



As we wrap up another Exchange year, I find myself reflecting on just how amazing each and every one of you are.

Despite the challenges you've faced, you have persevered and fought for everything that Exchange believes in...Stronger Communities. I am so proud to be a part of this amazing organization and to have had the opportunity to serve as your Lakes & Prairies District President!!

Many of you have had the opportunity to meet Gail Buckingham, your incoming president; however, if you have not, I know you will be impressed! Her passion for Exchange is evident in everything she does.

Before I say goodbye, I owe you a follow-up from the session I taught at the District Convention, and because we share in Exchange, I thought I would share the fabulous ideas and feedback with all our District!! In this session, we focused on engaging the next generation of club members. We learned that regardless of our age or life experience, we had a lot of similarities to start with, including finding our purpose in family, friends, and community. With this, we brainstormed on five concepts around engagement:

1) Provide opportunities for members to network.

- Introduce to programs of the club, get all members involved, learn about personal interests, and create social opportunities.
- Invite people fundraisers and other clubs and organizations involved with.
- Provide free child care during meetings.
- Highlight people's businesses at

meetings.

2) Engage them early by providing volunteer leadership opportunities.

- Invite to co-chair a committee and use as a stepping stone for board engagement.
- Identify leadership qualities and pair people with a corresponding opportunity.
- Always lead with the "Why."
- Ask people what they are interested in and create new opportunities based on people's interests.
- Create resume-building opportunities and clearly articulate how one achieves a leadership position in the club.

3) Tailor your educational content to the needs and interests of your potential next generation members.

- Share and utilize the Exchange portal.
- Use current leaders and veteran members to share their knowledge through mentorship opportunities.
- Utilize your Volunteer Field Representatives.
- Be consistent—every member should go through a member orientation.
- Identify learning styles and adjust learning opportunities accordingly.
- Utilize the blue book—Leadership Guide.

4) Recognize your potential next generation members for their contributions.

- Take photos and post them on social media.
- Involve on committees and recognize efforts.
- Utilize ice breakers to get to know new people.
- Invite new people to community events as your guest and introduce them to others.
- Ask for their ideas on programs and events, and incorporate them when you can.

(Sharing Exchange continued from Page 1)

Exchange. Now, it is up to us to share with our community. Continue the Gift of Exchange so when you are out in your community, they say to you, "I want to JOIN EXCHANGE!" Your example has spoken!

Thank you for your involvement in your Exchange club. You are making a difference!

(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.)

- Write a news release on new members and add it to your newsletter.
- Always introduce your new and potential members to the group.
- Utilize Member Spotlights to share personal stories.
- Say thank you and recognize in a way that is meaningful to the person.

5) Be a resource for potential members career and personal development.

- Get to know members and what their personal and professional goals are.
- Invite to participate in opportunities that develop skills.
- Partner with another member in the club that can help the person stay on track with their personal and professional goals.
- Consider bringing in speakers that promote personal and professional growth.
- Utilize personal and professional development training on the Exchange portal.

There are several nuggets that can help your club to better engage the next generation of club members, so please review these ideas and talk to your members about how you could start incorporating these ideas into your club culture.

Thank you again for giving me the opportunity to serve you this past year! I look forward to continuing to serve you as the Immediate Past District President and as one of your Volunteer Field Representatives. Thank you for your service and making a difference.



Officers of the Year

The Exchange Club of Waterloo, June 6, recognized their officers of the year. The Police Officer of the Year was awarded to Jessica Brownell (second from right). She has been with the Waterloo Police Department since 2010. She is presently assigned to the third shift in the patrol division, and serves as a field training officer and crime scene investigator. The Reserve Officer of the Year was awarded to Robert Damme (second from left). He has been a Reserve Officer since 2015. This past year, Robert volunteered over 100 hours to the police department along with monthly training sessions. Also pictured are Waterloo Police Chief Joe Leibold (far left) and Mayor Quentin Hart.



Local golf champions

Exchange Club of Owatonna golf team members (left to right) Dallas Ketchum, Scott Lundberg, and Jack Reuvers share a light-hearted moment as their team had the best Exchange Club golf score, June 19, during The Exchange Club Center for Family Unity Golf Fundraiser at the Owatonna Country Club. Other participating Exchange Club teams were from Faribault and Steele County. (Courtesy: The Exchange Club Center for Family Unity Facebook Page)



Proudly We Hail

The Exchange Club of Waverly, June 15, presented their Proudly We Hail award to Karen and Rick Snyder (each holding plaque). The award recognizes community residents who proudly display the U.S. flag. (Facebook photo)



Collaborative effort

The Exchange clubs of Steele County, Owatonna, and Moonlighters joined forces to hand out flags, June 16, at the Medford Straight River Days Parade. Ready to supply flags (left to right) were Sharon Klein, Owatonna; Rhonda Guthier, Moonlighters; and Katie Smith, Owatonna and Moonlighters.



Exchange Club of Omaha hosts Wake Forest baseball team

The Exchange Club of Omaha continued their tradition of hosting a team during the Men's College World Series recently completed in Omaha. This year the Club hosted the Wake Forest Demon Deacons baseball team, who made it to the Final Four before losing to the eventual champion LSU Tigers. Club members and the team are pictured above. (Courtesy: Exchange Club of Omaha Facebook Page)