



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

June/July 2022

Event Calendar

- Jul 1 Start of the 2022-23 Exchange year.
- Jul 13-16 National Exchange Club Convention in Greenville, South Carolina.
- Aug 17 Exchange Club of Omaha chartered in 1951.
- Aug. 25 Exchange Club of Waverly chartered in 1984.

Honored to Serve

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



The start of a new year for Exchange brings with it much promise for an even brighter future for our communities.

The past couple of years have been difficult; yet as Exchangites we have overcome. We figured out a way to seek better conditions, better understandings, and greater opportunities for all because that is what we do as Exchangites.

We learned new ways to communicate and engage with our members and the rest of the world. We continued to support Americanism, Youth, Community Service, and Prevention of Child Abuse projects, raise the funds needed to bring these projects to fruition, and, as my good friend Katie Smith would say, all while having FUN!!

I am so honored to serve this great district as the 2022-23 district president and am fortunate to come behind leaders like Dennis Kehoe and Mike Knapp. These two wonderful leaders led with their whole hearts and helped this district to stand together through these difficult times. Now with my new leadership team beside me, we will continue this legacy of resiliency.

Our communities need us now more than ever and the role Exchange plays in your community is vital. I encourage you, if you haven't already, complete a community needs assessment. What does your community need and



Scan the QR code displayed above for Exchange training.

how can Exchange fill that need?

Talk to your community leaders, talk to your school districts, connect with your local United Way. Most importantly, just get out into your community. If you aren't sure how to address the needs that you are presented with, I encourage you to talk to other Exchange clubs.

I plan to continue monthly leadership meetings so your club will have the opportunity to make new connections. I was so excited to see all the new connections and exchanging of ideas that took place at our 2022 district convention. If this last convention was any indication of what we can accomplish this year, hold on tight!!

I want to work, learn, and celebrate with each of you. Please reach out and share what you have going on in your community, and better yet, what I can do to help. I love Exchange and I can't wait to covenant with my fellow Exchangites!

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

You can also get involved by:
Supporting the
NATIONAL EXCHANGE CLUB FOUNDATION
and
SPREADING THE SPIRIT OF EXCHANGE!

NationalExchangeClub.org
NationalExchangeClub.org/Foundation

Reflecting on the past Exchange year as district president

By Mike Knapp,
Lakes & Prairies
2022-23 Immediate Past District
President



It's hard to believe it has been a year since I became president of the Lakes & Prairies District. The past 12 months have been a challenging one for us all as we made our way to the new "normal" under COVID.

While we were not successful in meeting the challenge for the 10% membership growth I set in Omaha (guess I get to keep my ponytail!), the Cedar Falls, Owatonna, Steele County and Moonlighters clubs are to be congratulated for bringing a total of nine new members into Exchange during the past year!

The Mason City, Owatonna, Steele County, and Moonlighters clubs should also be recognized for their 100% retention rates over the same period.

Congratulations are also in order for the Cedar Falls, East Minneapolis, Faribault, Omaha, Owatonna, Rochester, Steele County, Waterloo, Waverly, and Moonlighters clubs for earning their National Service Award. East Minneapolis and Rochester were able to complete and submit their fi-

nal project to The National Exchange Club to earn their respective club's National Service Award by the June 30 deadline.

My goal this past year was to help breakdown a feeling of isolation between the district's clubs in Minnesota, Iowa, and Nebraska, and increase communication within the district. New this past year was the introduction of our leadership calls over Zoom to club presidents and president-elects. These calls were useful in sharing fundraising ideas and events between clubs, and new District President Annette Duncan will be continuing these calls going forward.

This past year has been a fun one for me as I met my goal to meet every club in the district. In doing so, I have traveled to each of our district clubs at least once, meeting many of you for the first time, and renewing acquaintances with others.

Some of the visits that really stand out were attending the Little Falls Club's Halloween Party, the Owatonna Club's "Celebration" even in March, the collaborative "One Nation Under God" event by the Waverly, Waterloo, Sunrise Waterloo, and Cedar Falls clubs; visiting the "Remembering of our Fallen" tribute in Mason City, Rochester's Book of Golden Deeds and Freedom Shrine

memorials, and baking bread with Marti of the East Minneapolis club. I especially like winning the Owatonna Exchange Club's "Calendar" fundraiser event—not once, but twice! And while it did not happen this year, I am looking forward to attending the Albert Lea Club's "Rendezvous" in 2023!

My thanks to all of you in the Lakes & Prairies District for allowing me to serve as your president this year. I want to especially thank my district board, who have given me their support and guidance during the past 12 months.

I would be remiss too, if I didn't recognize Katie Smith, Sharon Klein, Annette Duncan, and their planning crew that brought you our recent district convention in Rochester, and to Tom Helligso and the Omaha Club for the makeup conference in Omaha last October.

In closing, I look forward to serving with Annette Duncan, your new district president for the 2022-23 Exchange year. I have found her to be very dependable and efficient, and will bring much experience into her presidency. I know you will be in good hands as I passed the gavel to her.



Club Activity Report - Preliminary
June 30, 2022

Report Criteria

Lakes and Prairies District								
	2021 Jul-01	Jun-01	Jun-Adds	Jun-Drops	Jun-30	YTD% Growth	YTD% Retention	
Active	364	344	3	-4	343			
Active-Family-Primary	18	13	0	0	13			
Active-Family-Addl	19	13	0	0	13			
Active Honorary	0	1	0	0	1			
Honorary	1	1	0	0	1			
Business	26	22	2	0	24			
Excel	25	25	0	0	25			
At-Large	6	4	0	0	4			
Total	459	423	5	-4	424	-7.6%	85.8%	

Exchange Club of Omaha hosts Arkansas Razorback baseball team

Courtesy: Don Wrieth, Exchange Club of Omaha secretary

The Exchange Club of Omaha rolled out the welcome mat for the Arkansas Razorback baseball team as they chased after the national title at the College World Series in June.

Using the recipe of clutch hitting, air-tight defense, and sizzling pitching, the Arkansas Razorbacks catapulted themselves back into the College World Series with a 4-3 victory over the North Carolina Tar Heels in the Chapel Hill (N.C.) Regional.

Omaha Exchange Club members relish the host role, which entails everything from greeting the team and their families at the airport upon arrival, loading and unloading equipment, hosting a brunch, organizing outings, providing extra meals and snacks, rooting for the team, and more.

The NCAA® Men's College World Series® was first played in Omaha in 1950 and boasted a total attendance of 17,805. In the 1960s, College World Series, Inc. (CWS, Inc.) enlisted the help of the Exchange Club and seven other local service clubs to host a team, allowing the NCAA and CWS, Inc., to focus on the logistics of the series itself. It's one of numerous things community leaders have done over the years to make the series a



The Exchange Club of Omaha hosted the Arkansas Razorbacks during this year's College World Series in June. According to Club CWS Coordinator Tom Helligso, Club members are available to the team 24/7. "We do it all, and have a blast doing it!"

premier college championship event.

"During the series, the Exchange Club members are available to their team 24/7," said Tom Helligso, College World Series coordinator for the club. "We do it all, and have a blast doing it!" It's a community role the Exchange Club has perfected after serving as a CWS host for 60 years.

"The Exchange Club of Omaha is proud to be the first service club to serve in this role," said Helligso.

A warm welcome

At the welcome luncheon, Club members hosted players and coaching staff at their tables, while some of their children and grandchildren secured prized autographs.

Helligso congratulated the players and coaching staff for making it to the series. It was Coach Dave Van Horn's seventh trip to Omaha with the Razorbacks, and his ninth overall (he made trips with Nebraska in 2001 and 2002). This was the 11th time the Razorbacks have played in the CWS, playing for the title twice, with narrow losses in the 1979 and 2018 finals.

"When we found out we were going to host Arkansas, we followed your regionals and super regionals. We wish you the best," said Helligso.

To motivate the Razorbacks, Helligso shared a few stories about past CWS teams the club hosted. One

story recounted the 2009 Arkansas team's visit to Omaha, the struggles of one player on that team, and the ultimate late game, late inning success this player had in the CWS.

Coach Van Horn told those in attendance, "The Exchange Club makes it easy for his team to just stay focused on the game while they are in town. We are not just out on an island somewhere."

"I have warm memories of Omaha," said Van Horn. "It's not easy to be here. We fought our way here." He added, "It never gets old. What never gets old is the satisfaction and smiles on the player's faces. I mean, it's something they'll never forget. That's probably what I enjoy the most."

Economic boon to Omaha

Not only do the Exchange Club of Omaha members take pride in helping the host teams, they know the event strengthens the local economy. The value of the NCAA Men's CWS to Nebraska's economy has grown substantially, according to a study conducted by Creighton University Economists Ernie Goss and Scott Strain. The event had an economic impact of \$88.3 million and supported 1,103 year-round jobs in 2019, up from \$63.7 million and 777 jobs in 2014.



Members of the Exchange Club of Omaha, along with their children and grandchildren, rolled out the welcome mat for the Arkansas Razorback baseball team, who competed in this year's College World Series in Omaha during June.

The Lakes & Prairies District wishes to welcome and recognize the newest Exchange Club members who joined their respective clubs during the second half of the 2021-22 Exchange year:

A.M. Mankato: Leigh Pomeroy, 4/13; **Cedar Falls:** Maxine Anderson, 4/27; **East Minneapolis:** Reagan Mock-Nelson, 5/24; Paul Jablonsky, 6/14; **Faribault:** Steven Hauer, 2/4; **Omaha:** Travis Svendgard, 6/19; **Moonlighters Owatonna:** Charlene Wolff, 3/9; Lynn Limberg, 3/29; Elise Ferguson, 5/18; **Owatonna:** Jan-nell Tuftte, 3/14; **Rochester:** Sherry Irvin, 3/24; Carol Ausrud, 6/9; **Sunrise Waterloo:** Amy Carter, 5/31; **Waterloo:** Ryan Cose, 6/11; David Sturch, 6/11; **Waverly:** Matthew Johnson, 4/12.

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



Officers recognized in Waterloo

The Exchange Club of Waterloo in June recognized their Police and Reserve Officers of the Year during the club's regular meeting. Waterloo Mayor Quentin Hart (pictured right) was in attendance and praised the police department for the great job they do in the community. The Reserve Officer of the Year was Brian Nolta (left); the Police Officer of the Year was Steven Thomas.

PLANNING CALENDAR **JULY 2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 Administrative Year Begins	2
3	4 Independence Day	5	6	7	8 Dues Payment to National Headquarters	9
10	11	12	13 104 th National Convention / 39 th Symposium Hyatt Regency, Greenville, SC	14	15 Club Program Development Meeting Report Due to Nat'l HQ	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30