



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

June/July 2021

Event Calendar

- July 4 Independence Day.
- July 23 Exchange Club of Steele County 50th anniversary celebration at Elk's Club in Owatonna.

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

Lakes & Prairies District Exchange wishes to congratulate the following club for having a charter anniversary during June:

- Moonlighters; June 24, 2013



Accepting the divine privilege of single and collective responsibility as life's noblest gift, I covenant with my fellow Exchangites:

- ★ To consecrate my best energies to the uplifting of Social, Religious, Political and Business ideals;
- ★ To discharge the debt I owe to those of high and low estate who have served and sacrificed that the heritage of American citizenship might be mine;
- ★ To honor and respect law, to serve my fellowmen, and to uphold the ideals and institutions of my Country;
- ★ To implant the life-giving, society-building spirit of Service and Comradeship in my social and business relationships;
- ★ To serve in Unity with those seeking better conditions, better understandings, and greater opportunities for all.

Lakes & Prairies District Exchange Zoom Business Convention experiences 71% club participation

Twelve of 17 Exchange clubs in the Lakes & Prairies District eligible to make a quorum participated in the district's convention through Zoom, Saturday, May 15. In all, 32 club members represented their respective club on Zoom.

Lakes & Prairies 2020-21 District President Dennis Kehoe emceed the convention. It included club member delegates approving the district's financial report, and the election of district officers and directors for the 2021-22 Exchange year, starting July 1.

The installation of district officers and directors was conducted by National Exchange Club Representative and Immediate Past National President Russ Finney. They include: President, Michael Knapp, Waterloo and Cedar Valley; President-Elect, Annette Duncan, Moonlighters; Im-

mediate Past President, Dennis Kehoe, Cedar Falls; Secretary, Rhonda Guthier, Moonlighters; Treasurer, Nicole Wacek, Moonlighters; Vice President, Katie Smith, Moonlighters and Owatonna; Vice President, John Waychoff, Sunrise Waterloo; Division 5 Director, Pam Wright, Waterloo; and Division 7 Director Tom Helligso, Omaha. Also up for election were directors in Division 1 (Faribault, Waseca, Mankato) and Division 3 (Rochester and Albert Lea). Division 1 has been without an elected director and has been represented on an interim basis by Volunteer Field Representative Katie Smith. The district board after the convention appointed Gail Buckingham, Owatonna, as Division 3 director.

Guest speakers for the convention included Finney, National Exchange (*District Convention continued on Page 2*)



National Representative and Immediate Past National President Russ Finney installed the 2021-22 officers and directors for the Lake & Prairies District during their Zoom Business Convention, Saturday, May 15. Among those installed for the new Exchange year starting July 1 (top row, left to right): Michael Knapp, district president; Dennis Kehoe (third from left), immediate past district president; and John Waychoff (far right), vice president; middle row (left to right): Jim Brandau, Division 6 director; Tom Helligso, Division 7 director; and Rhonda Guthier (far right), district secretary; bottom row (left to right): Katie Smith, vice president; Annette Duncan, district president-elect; and Nicole Wacek (far right), district treasurer. Not pictured: Sharon Klein, Division 4 director, and Pam Wright, Division 5 director. Also pictured: Randy Sobrack (top row, second from left), Interim Division 2 director; Janet Jacobs (middle row, second from right), National Exchange Club Foundation trustee; and Dawn Portner (bottom row, second from right), Region 3 vice president.

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Club Foundation Trustee Janet Jacobs, Region 3 Vice President Dawn Portner, and Exchange Club of the Cedar Valley President John Kramer.

The district's youth award recipients were recognized during the convention. McKenna Burgess of Waverly-Shell Rock High School was the recipient of the A.C.E. (Accepting the Challenge of Excellence) Award, and nominated by the Exchange Club of Waverly. Megan Nelson of Waseca High School was the recipient of the Youth of the Year Award, and nominated by the Exchange Club of Waseca. Each recited their written essays to convention attendees on Zoom. Each will also receive a \$1,000 scholarship from the Lakes & Prairies District, and be among the candidates for the respective National Exchange Club awards presented during the National Convention, Sept. 8-11, in Memphis, Tennessee.

The other district awards included: Best Club Bulletin, Sharon Klein, Owatonna; Best Club Facebook Page, Heidi Solheim, Waverly; Rookie of the Year, Amy Carter, Cedar Valley; Exchange Club Member of the Year, Nicole Wacek, Moonlighters; Outstanding Club of the Year, Exchange Club of Waverly. District Hall of Fame inductees for at least 25 years of service to their clubs included: Dave Arns, Waverly; Craig Holdiman, Waterloo; Keith Messenger, Sunrise Waterloo; Jack Reuvers, Owatonna; Jim Schafer, Steele County; and Caryn Wendt, Waseca.

A 30-minute breakout training session was conducted for club officers, directors, and club committees.

Upon reconvening, 2020-21 District President Dennis Kehoe provided remarks regarding his year as president. He was followed by 2021-22 District President Michael Knapp, who emphasized his intent to visit every club in the district, and having clubs move forward in connecting with past members, renewal of projects put on hold due to the pandemic, and re-engagement of Exchange clubs with their respective communities in attracting new members.

As COVID ends, new beginnings to look forward to

By Dennis Kehoe,
Lakes & Prairies
2020-21 District
President



As the 2020-21 Exchange year and my term as district president ends, I would like to remember the past 12 months in a very positive way.

Despite the hard times of the past year (actually 16 months), the Lakes & Prairies District has shown we can be very resilient. Our virtual district convention was very successful, and featured inspiring talks by our past National President Russ Finney and

National Foundation Trustee Janet Jacobs.

One of the highlights of the convention was the district awards. The best club award went to the well-deserving Waverly club. They have shown, despite the difficulties of the past year, they can adapt to the situation by combining live meetings with Zoom, doing fundraisers that involve the entire community, and actually grow their club by continuing to invite new members to attend their meetings. I would like to personally thank them for all their hard work. The District Exchange Club Member of the Year went to Nicole Wacek, who despite her busy schedule not only stepped

(New beginnings continued on Page 4)

It's time to say, we are back!

By Mike Knapp,
Lakes & Prairies
2021-22 District
President



I am excited about the coming year as your district president!

Things are beginning to return to normal, albeit it's a new normal than our pre-COVID-19 experiences. For many of you it means finally returning to in-person Exchange meetings and activities after a prolonged pandemic absence.

For most of you who remained active over Zoom during this time, it means you are now free to meet your fellow Exchange members outside of your computer screen. Now's the time to reach out to those you haven't seen in the past 14 months and make it a date to renew your friendships in person at your next Club meeting. In short, it's time for Exchange to say, "We Are Back!"

There are lots of exciting things awaiting our district in the coming months and I invite you to join me at any or all of them:

- The National Exchange Club has launched its new *Exchange Educa-*

tion Portal and I encourage you take advantage of this advanced learning portal designed to provide enhanced and concentrated courses for leadership, personal, professional, and civic development.

- The National Convention is taking place Sept. 8-12, 2021, in Memphis, Tennessee. I will be there, and hope many of you can join me.

- Our in-person Lakes & Prairies District Conference is Sept. 30-Oct. 3, 2021, in Omaha after a two-year absence due to the pandemic. I expect to see you all there as we rekindle our district club relationships.

Finally, be sure and take some time for yourself this summer in addition to Exchange. Enjoy being outdoors again. Have some fun. Connect with family and friends again. Besides my new Exchange duties and opportunities, I will be doing just that. July finds me on RAGBRAI, a weeklong bicycle trip across Iowa. August will find me playing my bagpipes at the Iowa Irish Fest in Waterloo. Be sure and tell me what you did when I meet you in Omaha for our district conference.





Lakes & Prairies

District Exchange Clubs

Conference Registration







September 30 - October 3, 2021
Downtown DoubleTree Hotel
1616 Dodge Street, Omaha, NE



ACTIVITY	COST	NUMBER ATTENDING	TOTAL \$
One Nation Under God Breakfast (Saturday 10/2/21)	\$45	_____	\$ _____
Youth Awards Lunch (Saturday 10/2/21)	\$45	_____	\$ _____
Installation Awards Banquet (Saturday 10/2/21)	\$65	_____	\$ _____

CONFERENCE PACKAGE - INCLUDES ABOVE MEALS

+ all exciting speakers and sessions	Early Bird Special (before 9/1/21)	\$130	_____	\$	_____
+ unlimited drinks in spacious Hospitality Suite!	Package Price (after 9/1/21)	\$150	_____	\$	_____
Total Payment: Make Checks payable to Exchange Club of Omaha			_____	\$	_____

OPTIONAL ACTIVITIES LOCATED NEAR THE CONFERENCE LOCATION

	Yes	No
★ Thursday: 18 Holes of Golf-Dodge Riverside Golf Club, Regular Green Fees: \$40, Seniors: \$29	_____	_____
★ Thursday: Dinner and Drinks at the Downtown DJ's Dugout Sports Bar, 1003 Capitol Ave., 7pm	_____	_____
★ Friday: Dinner at Spaghetti Works in the Old Market, 11th & Howard St. 6:30pm	_____	_____
★ Optional Activities for Thursday, 9/30 & Friday, 10/1 include...		
<ul style="list-style-type: none"> ➤ Experience the vibrant life and shops of Omaha's Historic Old Market...maybe take a carriage ride! ➤ Walk among the sharks (and see lots of other cool stuff!) at Omaha's world famous Henry Doorly Zoo. ➤ Step back in time with a visit to the Durham Western Heritage Museum. ➤ Visit the beautiful and fun Lauritzen Botanical Gardens...including Trains and Tram! ➤ Enjoy an exhilarating stroll high above the Missouri River on the scenic Bob Kerry Pedestrian Bridge. 		

HOTEL RESERVATIONS @ Downtown DoubleTree Omaha
 Call Directly for Discounted Rate of \$99/Nite + tax. Ask for Becca Palmer 402-636-4919
 Group Name is: Exchange Club of Omaha; Group Code is EXC;
 We suggest making hotel reservations soon!

NAME _____	CLUB _____
GUEST _____	
Email Address _____	Plan on attending the conference with your fellow Exchange club members & kiss the pandemic goodbye!
Phone _____	
First Time Attendee Yes _____ No _____	
Club Officer? _____	Position _____
District Officer? _____	Position _____
National Officer? _____	Position _____
<p>Please send all Registration Forms & Payment to:</p> Trice Ciurej 3102 N. 194th St. Elkhorn, NE 68022 Phone: 402-677-8724 • Email: tpciurej@msn.com	
<p>Direct any Questions to:</p> Tom Helligso 402-740-5300 THelligso@NPDodge.com	

(New beginnings continued from Page 2)

up to be her club’s president, but also district treasurer. On the district level, we all appreciate her hard work.

Our Rookie of the Year is Amy Carter which is great to see from our newest chartered club, the Exchange Club of the Cedar Valley.

This past year for me was an educational and pleasant one because of all the dedicated and inspirational people we have in this district. I would like to thank all of the district board members for their assistance in making this year a very positive experience.

I was especially lucky to have people supporting me like Randy Sobrack, who received national awards a year ago as Distinguished District President and District President of the Year. Katie Smith, who serves as a volunteer field representative (VFR), district vice president, and interim division director, and is a National Exchange Court of Hon-

or member. Sharon Droste, who last year was awarded the National VFR of the Year; Tom Helligso, a division director, is the current National Exchange Club Member of the Year. I am very fortunate to have the best district secretary a president could have in Rhonda Guthier. Our District Treasurer Nicole Wacek has one of the toughest jobs and does it very well. I must mention our Region 3 Vice President Dawn Portner, who is really dedicated in helping her district presidents and president-elects. District Vice President John Waychoff, a former district president, was very encouraging. Division directors Sharon Klein, David Gibson, Jim Brandau, and Sandi Sommerfelt brought much knowledge and enthusiasm to the district.

Now I would like to look forward and to tell you how confident I am about the next few years. Our new

District President Mike Knapp is ready to hit the ground running. He has a genuine desire to assist and to grow each club. Now that COVID restrictions are being lifted, he really wants to meet and get to know all of you. When he reaches out to you, please invite him to one of your meetings as he has many good ideas for the coming year. Our new District President-Elect Annette Duncan not only brings a wealth of experience, but a real knowledge of all things Exchange. The best part is they are both technologically savvy, something that is very important in these changing times.

So in parting I want to thank all of the board and every one of you who make the Lakes & Prairies District one of the very best. I hope to see all of you at our district conference in Omaha, Sept. 30-Oct. 3.

PLANNING CALENDAR

JULY 2021

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



Registration for Exchange's 103rd National Convention and 38th Symposium are now open!

Register online today!

Registration information can also be found on the [Convention page](#) of Exchange's website.



Reservations for The Peabody Memphis

Exchange Club members rates are \$175 for both single and double rooms. ***Make your room reservation no later than August 4.***