



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

March 2023


Table of contents

- Pg 2 Lakes & Prairies District Convention online registration information.
- Pg 3 Exchange clubs earning their 2022-23 National Service Award; Craft and Vendor Sale hosted by the Exchange Club of Cedar Falls; April is Prevention of Child Abuse Month.
- Pg 4 National Exchange club summary report through February; Cunningham attends National leadership Zoom meeting.
- Pg 5 Lakes & Prairies District officers and directors contact information.


Event Calendar

- Mar 20 First day of spring.
- Mar 22 Lakes & Prairies District Exchange board meeting on Zoom, 5:30 p.m.
- Mar 26 Exchange Club of Steele County chartered in 1971.
- Mar 27 Exchange's anniversary—founded in 1911.
- Mar 31 Fish Fry at the Owatonna Knights of Columbus, 5-7 p.m., to benefit The Exchange Club Center for Family Unity.
- Apr 15 Lakes & Prairies District Exchange award submission deadline.

The Lakes & Prairies District Board



Invite You to the Annual



Lakes & Prairies District Exchange Club Convention

OFFICIAL CALL TO CONVENTION
See Page 2 for online registration information

Who better to share about Exchange than YOU!

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



In case you are not aware, your up and coming District President Gail Buckingham is pretty amazing.

She is always thinking about how she can do things in new ways to promote Exchange and the work we are doing in our communities.

Gail is a visionary, an out-of-the-box thinker, passionate about Exchange, and always willing to go above and beyond to help those around her.

I had the opportunity to sit down with Gail a week or so ago to discuss the district and she shared an idea she

has incorporated into her own club that I would like to share with you.

Who better to share about Exchange than YOU! Gail has started a video series of short clips from members of Exchange about why they joined and more importantly why they stay. I know we share these stories with each other; however, when is the last time you shared with a complete stranger why you dedicate the time you do toward the mission of Exchange? For most, I am going to guess we have some room for improvement.

So, let's have some fun! I challenge you (I know what you are saying, Annette and her challenges) to select one seasoned member of your club, one member that has been in the club for several years, but not as long as the seasoned member, and one newer

(Sharing Exchange continued on Page 2)

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

Rochester: Beth Hortop, Feb. 9; **Steele County:** Dom Korbel, Feb. 28;
Waterloo: Jim Koch, Feb. 8; Charles Lott and Teri Miller, Feb. 20;

(Bringing awareness continued from Pg 1)

member, someone who started with in the last two to three years. That is a total of three people (minimum for you overachievers).

With these three fabulous Exchangites, I would like for you to take out your smartphone, and if you feel like you've got this, create a Facebook LIVE video, and publish to your club's Facebook account. If you would like a little room for edits, then record to video (unlimited takes) and then you can download the version you're happy with to your club's Facebook page. Do this for each of the three members and tag me in the post so I get notified. Or at least tell me you did it so I can go look for them. THEN...make your reservations to attend the Lakes & Prairies District Convention because every club that accepts this challenge will receive special recognition (and a prize) at the district convention in Waterloo.

Now I am about making this fair for everyone. What if you don't have a Facebook page? Well, remember that amazing president-elect I was telling you about? She's pretty good at getting Facebook pages set up, so if you reach out to me and let me know you need help, between Gail and I, we've got you covered! If you run into any technical issues, same thing, reach out and we'll do everything we can to help.

I can't tell you how excited I am to see you at the convention this year. REMEMBER...if you have never attended the district convention before, you get \$20 off your convention package. If you have been to the district convention before, you know how awesome it is, so who needs \$20, right!

I am looking forward to seeing record-breaking numbers in Waterloo this year. Let's show Waterloo what Exchange is made of! Keep up your amazing work in your communities because even when it's hard—remember—it MATTERS!



LAKES & PRAIRIES DISTRICT CONVENTION REGISTRATION

Welcome to Red, White & Loo! We're looking forward to seeing you at this May's convention. Please complete the (link) registration form below and click submit. Choose your preferred payment method as directed below.

- **ONLINE PURCHASERS:** Please consider adding the \$4 1-Time Fee option to your cart with your other convention selections. This helps defray the cost of online ticket purchases and will help keep convention costs down.
- **MAIL PURCHASERS:** If you are not comfortable completing the online registration & purchase process. Please complete and submit the registration, calculate your fees based on the chart below and mail to: Exchange Club of Waterloo, PO Box 1404, Waterloo, IA 50704-1404.

Need Assistance? Call Pam at: 319-230-6656, or
Email: district.convention.2023@gmail.com.

<https://lakes-prairie-district-convention.square.site/>

The Lakes & Prairies District Convention will be held May 19-21, 2023 in Waterloo, Iowa at the Waterloo Convention Center, 200 W. 4th St.

CONVENTION COSTS

\$ 95 - Early Bird First Time Attendee / After 5/1 - \$ 110

\$ 115 - Early Bird All Convention / After 5/1 - \$ 130

\$ 25 - One Nation Under God Breakfast

\$ 35 - Youth Award Lunch

\$ 40 - Youth Meals (Luncheon & Banquet) Ages 12 and under

\$ 70 - Awards Banquet Dinner

TOURS

\$ 10 - SingleSpeed Brewery Tour

\$ 14 - Museum Tour / Planetarium

Hotel Accommodations

Best Western Plus Executive Residency

205 West 4th Street, Waterloo, Iowa 50701 - (319) 888-1000

Call the Best Western directly and say you are with the Lakes & Prairies District Exchange

Room Rate: \$119/per night plus tax



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

As of March 16, congratulations to the following Exchange clubs earning their 2022-23 National Service Award:

Cedar Falls; Moonlighters; Owatonna; Steele County; Waterloo Sunrise; and Waverly

Craft and Vendor Sale

**Thunder Ridge Mall
2302 West 1st St.
Cedar Falls**

No Admission fee

**April 22nd
9:30 - 3:00**

Sponsored by the
Cedar Falls Exchange Club



APRIL IS CHILD ABUSE PREVENTION MONTH

**SHOW YOUR SUPPORT ...
WEAR BLUE EVERY MONDAY IN APRIL!**

**#BLUEMONDAYS
#BELIEVEINTHEBLUE**

SHARE A PHOTO!



NATIONALEXCHANGECLUB.ORG



EXCHANGE

THE NATIONAL EXCHANGE CLUB
America's Service Club

National Summary Report

February 28, 2023

District ID / Name	# of Clubs	JUL 1 2022	Feb 1 2023	Feb Adds	Feb Drops	Feb 28 2023	MTD Change	YTD Change	YTD% Growth	YTD% Retention
1 / Alabama District	23	603	583	3	-8	578	-5	-25	-4.1%	76.9%
3 / California-Nevada District	29	588	575	16	-1	590	15	2	0.3%	91.0%
4 / Connecticut District	34	973	925	7	-5	927	2	-46	-4.7%	87.4%
32 / Dakota Territory District	7	280	279	4	-2	281	2	1	0.4%	94.6%
5 / Florida District	32	801	808	4	-14	798	-10	-3	-0.4%	85.6%
21 / Four Corners District	19	325	308	1	-3	306	-2	-19	-5.8%	82.5%
6 / Georgia District	36	1607	1601	7	-9	1599	-2	-8	-0.5%	90.9%
50 / Indiana District	16	437	422	2	-1	423	1	-14	-3.2%	90.4%
39 / Lakes and Prairies District	17	424	403	5	-1	407	4	-17	-4.0%	91.5%
49 / Lincolnland District	28	799	729	0	-21	708	-21	-91	-11.4%	84.0%
11 / Michigan District	22	508	481	22	0	503	22	-5	-1.0%	87.8%
12 / Mid-America District	12	292	284	2	-1	285	1	-7	-2.4%	87.0%
20 / Mid-Atlantic District	23	564	559	3	-6	556	-3	-8	-1.4%	93.3%
13 / Mississippi District	27	591	592	4	-11	585	-7	-6	-1.0%	88.2%
14 / New England District	14	485	468	3	-4	467	-1	-18	-3.7%	89.3%
17 / North Carolina District	29	778	760	3	-3	760	0	-18	-2.3%	66.5%
18 / Northwest District	12	307	318	5	-12	311	-7	4	1.3%	91.5%
47 / Ohio-West Virginia District	24	550	541	6	-7	540	-1	-10	-1.8%	92.2%
29 / Puerto Rico District	10	155	144	0	0	144	0	-11	-7.1%	75.5%
31 / Sierra Pacific District	12	227	222	1	-4	219	-3	-8	-3.5%	76.2%
48 / South Carolina District	21	1198	1177	23	-66	1134	-43	-64	-5.3%	84.6%
24 / Tennessee District	28	662	652	12	-7	657	5	-5	-0.8%	83.5%
25 / Texas District	25	806	807	17	-8	816	9	10	1.2%	92.4%
43 / Texas-Louisiana Gulf Coast District	20	626	603	1	-8	596	-7	-30	-4.8%	75.9%
27 / Virginia District	15	287	316	4	-1	319	3	32	11.1%	90.2%
28 / Yellowstone District	22	712	755	7	-6	756	1	44	6.2%	88.8%
Total	557	15585	15312	162	-209	15265	-47	-320	-2.1%	86.2%

NATIONAL CHILD ABUSE PREVENTION MONTH

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 Observe Blue Mondays	4	5	6	7 National Headquarters Closed Good Friday, Dues Payment to National Headquarters	8
9 Easter	10 Observe Blue Mondays	11	12	13	14	15
16 N A T I O N A L	17 O B S E R V E B L U E M O N D A Y S	18	19	20	21	22
23	24 Observe Blue Mondays	25	26	27	28 Report Officers in Club Database, Club Officer Election Reports Due	29
30						

Cunningham attends National Exchange leadership Zoom meeting

Lakes & Prairies District President-Elect Gail Buckingham in March attended The National Exchange Club leadership meeting through Zoom.

Gail noted some dates to consider regarding The National Exchange Club: On March 29, National is hosting a Zoom meeting at 6 p.m. (CDT), on building a new Exchange club. The Lakes & Prairies District is attempting to form clubs in Des Moines and New Hampton, Iowa. For those areas, or any others wishing to learn more, an opportunity exists through National; On April 5, at 6 p.m. (CDT), The National Exchange Club will be conducting a Zoom meeting on “encouraging members to bring in new members.”; With Exchange entering their 112th year on March 27, The National Exchange Club is asking all members to consider a Foundation donation of \$112. There is a “DONATE” button in the upper right hand of their website, or contact National for other donating options.