



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

March 2024

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Event Calendar

- Mar 31 Easter.
- April National Prevention of Child Abuse Month (wear blue on Mondays).
- Apr 15 Income tax filing deadline; Lakes & Prairies District awards submission deadline.
- Apr 24 Sunrise Exchange Club of Waterloo chartered in 1970.
- Apr 28 Exchange Club of Waterloo chartered in 1948.

Noting Exchange longevity in its clubs and members

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



March has been an active month with celebrating Exchange and visiting clubs along the way!

It was my pleasure to visit the Sunrise Exchange Club of Waterloo, the Exchange Club of Cedar Falls, and attend, March 7, the Waterloo Police and Fire Rescue Awards Banquet (photo below).



Here's a big shout out to the Excel Exchange Club of Waverly-Shell Rock High School. They celebrated their fifth year as a club on Monday, March 25.

We have three people in our Lakes & Prairies District who have a special 45-year membership anniversary, having celebrated March 1. Congratulations to: Tom Partridge, Exchange Club of Owatonna; Patrick Rogers and Ken Saffert, each with the Exchange Club of Mankato.

Also a welcome to the newest members: Next Generation Wireless (James Rozendaal), Exchange Club of Cedar Falls; Lyndsea Bulfer and Waseca County Pioneer (Eli Lutgens), Exchange Club of Waseca.

Please continue to report your successes to The National Exchange Club so your club may earn their National Service Award, if you haven't done so already.

The Interclub Fellowship Bell is on the move. The Exchange Club of East Minneapolis brought it south to present to the Exchange Club of Faribault, and they have since presented it to the Exchange Club of Waseca with plans to keep it moving!

Barker will be National Exchange representative at district's convention in Rochester

The National Exchange Club Region 5 Vice President Kevin Barker (pictured right) will be the National representative at the Lakes & Prairies District Convention



tion, May 16-19, in Rochester.

Barker's life was changed when he joined Exchange on May 20, 2009. He is a member of the Exchange Club of Sugar Land, Texas, and the After Hours Exchange Club of Greater Fort Bend, Texas. Kevin has served in different officer roles at the club and dis-
(Barker introduction continued on Page 5)



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

Lakes & Prairies 2024 District Convention

Tentative Agenda

Thursday May 16th

Early Bird OPTIONAL FUN Day	
Noon - 5:00	Registration Open – Empire Event Center
3:00 – 5:00	Tour / TBD
5:00 – 7:00	Group Dinner Wildwood Bar & Grill
7:00 – 9:00	Bingo
7:00 – 9:00	Hospitality Open

Friday May 17th

Early Bird OPTIONAL FUN Day	
8:00 – 5:00	Registration Open – Empire Event Center
10:00 – 12:00	Optional Tours Plummer House – Plummer Building / Mayo Clinic Museum
12:00 – 1:00	Lunch on your own downtown restaurants
1:00 - 2:00	Optional Tour / Mayowood Mansion or Free Time
2:00 – 3:30	Club Leadership Training
3:30 – 4:00	Facebook Presentation
4:30 – 5:30	District Exchange Board Meeting Empire Event Center
5:30 – 7:30	Group Dinner Twigs On Your Own AND Kids Pizza & Movie night at the Hotel
7:30 – 9:00	Bingo Fun and Continued Kids Party
5:00 – 9:00	Hospitality Open

ADDITIONAL OPTIONAL ACTIVITIES -

Shopping – Apache Mall, Downtown, Miracle Mile, Specialty Boutiques and Consignment Shops throughout the city, Wineries & Museums
 Site seeing – Olmsted County Historical Center, Assisi Heights, Soldiers Field Complex – Exchange Book of Golden Deeds & Freedom Shrine
 Great Restaurants – Downtown and surrounding area

Saturday May 18th

7:00 – 5:00	CONVENTION DAY
7:00 – 5:00	Registration Open – Empire Event Center
8:00 – 9:30	One Nation Under God Breakfast with Banner Parade
9:30 – 10:00	Business Meeting One
10:00 – 12:00	Break out sessions A) B)
12:00 – 1:30	Youth Awards Luncheon
1:30 – 2:00	Business Meeting Two - Election of District Officers
2:00 – 4:00	Break out sessions A) The Leadership Secrets of OZ B) Members Tell it All Open

Forum

FREE TIME

5:30 – 6:00	Social - Reception
6:00 – 9:00	Awards Installation Banquet
9:00 – 10:00	Hospitality Open

Sunday May 19th

9:00 – 10:00	Convention Wrap Up
	District Post Convention Board Meeting - Training will be at Board Retreat.

Throughout the convention we will have an Exchange Photo Wall where you can take your own fun selfies of your Group, Club, Family to keep as a memory of the Fun you had !

We hope to see you all here in Rochester to share our successes and to Celebrate Exchange !

Lakes & Prairies 2024 District Exchange Convention May 16,17,18,19, 2024 Registration Form

Attending	Events	Unit Price	Total Amt
	Member Full Convention Early Bird Package	\$115.00	
	Youth Meal Package	\$40.00	
Early Bird Registration GOOD ONLY till MAY 1st. After that Package is \$ 125.00		\$125.00	
Attending	INDIVIDUAL EVENTS	Unit Price	Total Amt
	Saturday One Nation Under God Breakfast	\$30.00	
	Saturday Youth Awards Lunch	\$30.00	
	Saturday Installation / Awards Banquet	\$65.00	
OPTIONAL TOURS THURSDAY & FRIDAY		Unit Price	Total Amt
	Thursday: Group Dinner on your own.	N/A	
	THURSDAY: Plummer House / Plummer Building	TBD	
	FRIDAY: Mayowood Mansion / Mayo Clinic Tour	TBD	
	Friday: Dinner on your own.	N/A	
	Friday: Adult BINGO	\$20.00	
	Friday: Kids Pizza & Movie Night	FREE	
		TOTAL AMOUNT	

CLUB NAME: _____

Member Name: _____ Current Office: _____

Guest Name: _____

Contact Phone Number: _____

Address: _____

Email: _____



FIRST TIME ATTENDEE	YES	\$95.00	NO
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NOTE: First Time Attendees will receive a \$20 Discount on a Full Package.

DIETARY RESTRICTIONS _____

ENCLOSED AMT	\$
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Make Checks Payable to **LAKES & PRAIRIES DISTRICT EXCHANGE.**

Mail Form to: *Sharon Klein @ 240 15th St SW Owatonna, MN 55060 or sharonk1949@gmail.com*

OR SignUp ON-Line: <https://givebutter.com/LP2024>

Questions: *Katie Smith @ katiemrsmith@gmail.com 507-676-0405*

HOTEL ACCOMODATIONS

BEST WESTERN Empire Event Center Rochester
1517 16th St. SW Rochester, MN 55902

Link...https://www.bestwestern.com/en_US/book/hotel-rooms.24148.html?groupId=8G2A18C3
OR: Call the Best Western Directly 507-289-8866 & State you are with Lakes & Prairies District EX

KING Room	\$89.00	Plus Tax
QUEEN Room	\$89.00	Plus Tax



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS

Awards submission reminders...

We would like to encourage each club to recognize their outstanding members at the local level and then submit your local winners to the District. Each club has outstanding Exchangites. Let's show our appreciation for their efforts. Please submit your club's nominations to the District Awards Committee no later than Monday, April 15, 2024. The district winners will be announced at the District Convention in Rochester, MN on Saturday May 18th.

The District Awards will include *"The Exchangite of the Year"*, *Rookie of the Year*, *"The All-American Volunteer of the Year"*, *Outstanding Club*, *Outstanding Club Bulletin*, and *Outstanding Club Facebook Page*. In addition the *Exchangite Hall of Fame Award* for those members celebrating at least 25-year memberships and significant contributions to their clubs will be recognized. ***PLEASE NOTE:** It is strongly recommended that the nominees for the individual awards attend the District Convention Awards Banquet scheduled for May 18, 2024. It is also strongly recommended that a Club representative be in attendance for the club awards.

District Youth Awards will also be presented for *"Youth of the Year"* and *"A.C.E. of the Year"*. These nominations are due to the District Awards Committee no later than **Monday, April 15, 2024**. Please use the official nomination forms found on the National Exchange Club Website, www.nationalexchangeclub.org. ***PLEASE NOTE:** The recipients of these awards are required to include a photo (head and shoulders) and must be in attendance at the Lakes & Prairies District Exchange Convention Youth Awards Luncheon scheduled for Saturday May 18, 2024.

The National Exchange Club offers an additional Youth Award called the *"Legacy Award"*. This award is a little different than the other youth awards. It recognizes high school students who are children, grandchildren, or great grandchildren of a current Exchange Club Member. Candidates will submit their original applications directly to the National Exchange Club Headquarters and *a copy to the District Awards Committee*. We will acknowledge our club nominees at the District Convention. The official nominations form is also located on the National Exchange Club website, www.nationalexchangeclub.org.

Thank you for taking the time to say thank you to our fellow Exchangites and recognizing them for their outstanding contributions to our clubs, communities, and our country.

Lakes & Prairies District Awards Committee
C/O Katie Smith
614 Prospect St.
Owatonna, Mn. 55060
507-455-1343(H)
507-676-0405(C)
katiemrsmith@gmail.com

Past Lakes & Prairies
Exchangite newsletters may
be found at
lakesandprairiesdistrict.com.

(District awards information continued from Page 4)

AWARDS CRITERIA

EXCHANGITE OF THE YEAR AWARD – This award is given to an individual who has excelled in Exchange during the current 2023-2024 year. It includes efforts in membership, leadership, volunteerism, and active participation in Exchange activities at all levels including District and National.

ROOKIE OF THE YEAR AWARD – This award is given to an individual who joined Exchange after July 1, 2022. It is awarded to an individual who has really stepped up to the plate as a **NEW** Exchangite. The criteria is the same as for the Exchangite of the Year but must fit within the less than two year membership date parameters.

ALL AMERICAN VOLUNTEER OF THE YEAR – This award is given to an individual for their contributions at the club level in a NON-Leadership role. It is designed to recognize and acknowledge the multiple hours and contributions made toward club projects and programs, including regular attendance at club meetings and events. The nominee should not have served in a Leadership capacity and is considered the worker bee or the backbone of the club.

EXCHANGITE HALL OF FAME AWARD – This award is given to those individuals who have been a member of Exchange for a minimum of 25 years. It is based on the continuous contributions of the individual throughout the 25 plus years and includes all aspects of Exchange: club, district, and national. It is a Lifetime Achievement Award designed to recognize your fellow club members.

OUTSTANDING CLUB AWARD – Criteria for this award include, but are not limited to, community service projects, Americanism projects, Youth projects, and Club projects involving Child Abuse Prevention, including all Fundraising efforts. Membership growth and retention are also key. The Award is a traveling Best Club Banner for your club to display at club meetings and events. The club will retain possession of the banner until the awards ceremony the following year. The club will also receive a Gift Card to the National Exchange Market.

OUTSTANDING CLUB BULLETIN/NEWSLETTER AWARD – Choose five bulletins/newsletters that the club has printed between July 1st 2023 and March 15th of 2024. Criteria is based on content; (does it include specific club information), is it balanced, promotes participation and significant news, and contains the appropriate Exchange logos; readability, and eye appeal. More specific criteria can be found on the National website – www.nationalexchangeclub.org

OUTSTANDING CLUB FACEBOOK PAGE - Facebook pages will be rated on the content, visual design, functionality and relevance of the posts and outreach results in participation through Likes, Comments, Fundraising results etc.

(Barker introduction continued from Pg 1)

district levels, and is currently a mentor for two Exchange Excel clubs.

Kevin is the director of Intellectual and Developmental Disabilities Provider Services for Texana Center. He oversees services for children, youth, and adults within a six-county area

who have intellectual disabilities.

Barker lives in Richmond, Texas, with his wife, Jeanne Wallace. They are blessed with three adult children: Trista, Bryson, and Lauren; and four grandchildren: Sophia, Brianna, Colin, and Lincoln.

Kevin enjoys cooking, traveling, live music, theater, new and different cuisine, and serving his community. He is working with the Mid-America, Texas, and Texas-Louisiana Gulf Coast District Exchange clubs to grow Exchange.

Things to consider before the end of the Exchange year

By Sharon Droste,
Lakes & Prairies
Volunteer Field
Representative



The end of the 2023-24 Exchange year is fast approaching. Exciting things

have happened throughout the Lakes & Prairies District. Clubs have given hundreds of volunteer hours to community projects and made a huge difference in their communities.

Individuals have stepped up into leadership roles whether it be serving on club boards, committees, or participating in club projects. It has truly been a successful year for the Lakes & Prairies District.

It's now time to start planning for the 2024-25 Exchange year. Here are a few important things to consider/act upon prior to the end of the year:

- Enter all completed club projects on The National Exchange Club website. Every club in the district should be able to earn the National Service Award. To earn this award a club must complete a project in each of the programs of service areas (Americanism,

Youth, and Community Service), the National project, Prevention of Child Abuse, and two additional projects in any of the previously mentioned categories.

- Submit individual/club award nominations to the Lakes & Prairies District by April 15.

- Prepare a slate of members to serve in club officer positions, as well as on the board. Election results need to be completed and reported to The National Exchange Club by April 30.

- The incoming club president should conduct a club program development meeting to chart a course for the upcoming Exchange year. The meeting should be held by June 30, with the report submitted to The National Exchange Club.

- Arrange for the transfer of secretary and treasurer archives to the new electees, as appropriate.

- Arrange for new signatories on club financial accounts, as needed. This should be completed as soon as possible after July 1 to ensure club expenses are paid in a timely man-

ner. Remember, you will need documentation from a board meeting that shows who is authorized to access the financial accounts.

- Submit credential materials to The National Exchange Club by June 1 for those members serving as delegates to the National Convention this year in San Antonio, Texas.

- Complete officer/board member training for the upcoming Exchange year. Volunteer Field Representatives (VFRs) are available to assist with this training at the district convention in May, or at individual club sites.

- Complete training (officer/board member) on The National Exchange Club website's education portal.

There are three VFRs in the Lakes & Prairies District: Katie Smith, Annette Duncan, or Sharon Droste. Please contact any of these individuals if you have questions regarding the above-listed items. Their contact information is listed under the district officers and directors on the last page of the *Exchangite* newsletter. With planning, next year will be great!!

Setting the stage for the 2024-25 Exchange year

By Sharon Klein,
Lakes & Prairies
2023-24 District
President-Elect



First, let me introduce myself.

I am the district president-elect for the Lakes & Prairies District. I have been married for 55 years to the same man. Unfortunately, he has Alzheimer's and resides in a memory care facility. We have three children, five grandsons, four great-grandsons, and will soon have our first great-granddaughter.

I have been a member of the Exchange Club of Owatonna since 2001, and have served in every capacity except treasurer; also have served as district secretary way back, and as district director 2020-23.

Elections are right around the corner—district and local. Local election results need to be reported to The National Exchange Club by April 30. Don't hesitate to add some new blood to your local officers and board. I believe there is no better way to learn about Exchange than serving on a board.

District elections will take place Saturday, May 18, at the Lakes &

Prairies District Convention in Rochester. Open spots include district president-elect, treasurer, secretary, and district directors for divisions 2, 4, and 6. Again, new faces are welcome.

To be a district director, you must have served as a club officer. So if my name or Annette's (Duncan) name show up on your phone log, guess what we are calling about.

I am excited to serve as your 2024-25 district president, and looking forward to meeting you.

"Life is a journey to be experienced, not a problem to be solved." - Winnie-the-Pooh



Banner pride

Exchange Club of Cedar Falls Secretary/Treasurer Marv Anderson mailed a photo to Exchangite Editor Randy Sobrack showcasing one of their award banners. Marv wrote this service award banner has six layers featuring patches and stars earned by the club over the last 15 years...tremendous!!



Anniversary date: March 27

NATIONAL CHILD ABUSE PREVENTION MONTH

APRIL 2024

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