



The Lakes & Prairies EXCHANGITE

lakesandprairiesdistrict.com

March/April 2022

Event Calendar

- Mar 6 Exchange Club of Waseca chartered in 1982.
- Mar 24 Celebrate Exchange event hosted by Exchange Club of Owatonna at the Country Club.
- Mar 26 Exchange Club of Steele County chartered in 1971.
- Mar 27 Exchange founded in 1911.
- Apr 15 Good Friday; Submission deadline for Lakes & Prairies District Awards.
- Apr 17 Easter.
- Apr 24 Sunrise Exchange Club of Waterloo chartered in 1970.
- Apr 28 Exchange Club of Waterloo chartered in 1948.

OFFICIAL CALL TO CONVENTION

The Lakes & Prairies District Board



Invite You to the Annual



Lakes & Prairies District Exchange Club Convention

MAY 19 - 22, 2022

Best Western - Rochester - Empire Event Center

SAVE THE DATE!



Convention details and registration in this edition of the Exchangite newsletter



The Exchange Club of Little Falls recently supported the Morrison County Sheriff's Office with an \$8,500 donation for safety upgrades and enhancements to the armored vehicle used by their SWAT Team members, which also includes those from the Little Falls and Pierz police departments. Pictured left to right is: Dr. Tom Stoy, Club member; Morrison County Sheriff Shawn

Larsen; Joe Czech, Belle Plaine Junction; and Jeffrey Stumpf, Club member.

Congratulations to those clubs who have earned their National Service Award so far during the 2021-22 Exchange year: Cedar Falls, Owatonna, Steele County, Waverly, and the Moonlighters of Owatonna!



To: All Members of the Lakes & Prairies District Exchange Clubs

We are super excited to share with you some of the NEW things that will be happening at our District Exchange Club Convention coming up in May in the



Minnesota City of Rochester.

In addition to all the usual business activities we have some fun new things for you to experience throughout our Convention Time.

Starting with our Optional Tours on Thursday and Friday. AND we're planning a Golf Outing for those hardy dedicated Golfers. But we are adding some FREE Fun Family activities as well. Family Pizza Movie Night, Bingo and Pool Party. For the Young and the Young at Heart...

We are also offering a new opportunity for both Exchange Clubs and Individual Exchange Members. A Mini Vendor Show. Yes, you heard correctly. We are offering you, for a small fee, Vendor Space to set up a Table to Promote either an Exchange Project/Fundraiser or a Member's Individual business you'd like to promote. (Remember, Exchange did include Networking from the start.) This will also promote some Interclub Fellowship. Any fees collected will be used to offset the cost of the convention so we may be able to keep our package prices reasonable for folks to attend. This is a great way to promote your upcoming activities or just get the word out about what your club does and how you contribute to your community.

Next, we are asking each club in the District to donate a Silent Auction Basket or Item so that we may raise funds to help support the Scholarships for our Youth of the Year and our A.C.E. of the year Students as well as support for our Two Exchange Club Child Abuse Prevention Centers. We would encourage individuals Exchangites to also contribute items as well. The more the merrier. Along with

(District Convention plans continued from Page 2)

that, every year the District donates an Auction Basket to the Silent Auction event at the National Convention. The proceeds go to the National Exchange Foundation to help support ALL of Exchange's programs. If your club or someone in your club would like to donate One item to this basket, please bring to our Convention and label that separately.

In addition, we will conduct a 50/50 raffle throughout the convention with the winner being drawn at the Awards Banquet Saturday evening.

Back by popular demand...we have not forgotten our First Timers. This year we are offering our First Timers a \$ 20 discount on their full convention package. They will also be recognized at each Convention Event. So, Club members please reach out and encourage your fellow Exchangites to attend and experience Exchange in a whole new way. Do that personal Invite. Folks love to be asked.

And for more Fun we will have drawings and prizes at each of the Events, along with a **Photo Selfie Wall . . .** You'll take away a real personal souvenir of your participation. Who doesn't want to be in Pictures?

Last but certainly Not Least. We would like all the Clubs to bring their CLUB Banner. AND for each club to choose a representative who will proudly carry their banner in the opening parade of Banners at the One Nation Under God Breakfast. After which the banners will be on display in the main convention hall.

Well Folks just a few things to wet your whistle. We are looking forward to a lot of fun, food, fellowship, and just time spent with our Fellow Exchangites. Please plan to join us as we gather to celebrate all our successes.

From your Dedicated Convention Committee

Oh, and check out our New Logo. You'll be seeing a lot of it in the next couple of months. Include in your Club Bulletins, Newsletters, Websites and of course your Facebook Pages.



See you in Rochester!

(District Convention information continued on Page 4)

Silent Auction Basket Ideas

- | | |
|---|--|
| Wine | Father's Day |
| Wine & Cheese | Veterans |
| Gourmet | Candles |
| Spa | Spring Theme |
| Holiday Basket – Easter, May Day, Valentines, St Patrick, 4 th of July | Summer Fun |
| Celebration, Halloween, Christmas, etc etc | Romantic Dinner |
| Mother's Day | Picnic |
| Father's Day | Sports or sports memorabilia – Golf – Camping- Fishing-Kayaking- |
| Veterans | Boating |
| Candles | Cookies |
| Spring Theme | Chocolate |
| Summer Fun | Coffee |
| Romantic Dinner | Hot Chocolate |
| Picnic | Candy |
| Sports or sports memorabilia – Golf – Camping- Fishing-Kayaking- | Local Craft Beer |
| Boating | Wreaths – Spring, Summer, Fall, Halloween, Christmas |
| Cookies | Family Games |
| Chocolate | Movie Night with Popcorn |
| Coffee | Gourmet Popcorn |
| Hot Chocolate | Nothing Bundt Cakes |
| Candy | Homemade Candies – Jellies-Jams |
| Local Craft Beer | Mexican – With Salsa Chips etc |
| Wreaths – Spring, Summer, Fall, Halloween, Christmas | Italian – Stuff to make Spaghetti supper with wine |
| Family Games | Grilling basket with utensils, sauces, gift certificate for the food |
| Movie Night with Popcorn | |
| Gourmet Popcorn | |
| Nothing Bundt Cakes | |
| Homemade Candies – Jellies-Jams | |
| Mexican – With Salsa Chips etc | |

ETC ETC ETC



EXCHANGE
LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS



**Lakes & Prairies 2022 District Convention
Tentative Schedule**

Not scheduled yet is Community Service Project Assistance; Exchangites helping the local community !

Thursday May 19th

Early Bird OPTIONAL FUN Day

- | | |
|-------------|--|
| Noon - 5:00 | Registration Open – Lobby of the Best Western Hotel. |
| 1:00 – 3:00 | Optional Private Exchange tour Historic Rochester – sign up on Registration Form |
| 3:00 – 5:00 | Hospitality Room Open |
| 5:00 – 7:00 | Group Dinner at Wildwood Grill & Bar On your Own |
| 7:00 – 9:00 | Hospitality Room Open |

Friday May 20th

Early Bird OPTIONAL FUN Day

- | | |
|--------------|--|
| 8:00 – 5:00 | Registration Open – Lobby of the Best Western Hotel |
| 8:00 – 9:00 | Exchange Club Booth Expo SETUP Empire Event Center |
| 9:00 - 5:00 | Exchange Club Booth Expo Empire Event Center |
| 9:00 – 12:00 | Optional Golf Outing Soldiers Field Course – 18 & Cart – Pay for Golf at the Course |
| 1:00 – 2:00 | Exchange Freedom Shrine & BOGD Tour |
| 4:00 – 5:30 | District Exchange Board Meeting Empire Event Center |
| 5:30 – 7:30 | Group Dinner at Twigs On Your Own Hotel Suttle OR
Family Pizza & Movie night at the Hotel |
| 7:30 – 9:00 | Bingo Fun |

(Tentative District Convention schedule continued on Page 5)

(Tentative District Convention schedule continued from Page 4)

5:00 – 9:00

Hospitality Room Open

ADDITIONAL OPTIONAL ACTIVITIES -

Shopping – Apache Mall, Downtown, Miracle Mile, Specialty Boutiques and

Consignment Shops throughout the city

Site seeing – Mayowood Mansion, Olmstead County Historical center, Assisi Heights,

Plummer House & Building, Soldiers Field Complex

Great Restaurants – Downtown and surrounding area

CONVENTION DAY

Saturday May 21st

7:00 – 5:00

Registration Open – Lobby of the Best Western Hotel

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

12:00 – 1:30

Youth Awards Lunch

1:30 – 2:00

Business Meeting Two - Election of District Officers

2:00 – 4:00

Break out sessions

FREE TIME

5:30 – 6:00

Social

6:00 – 8:00

Awards Installation Banquet

8:00 – 10:00

Hospitality Room Open

Sunday May 22nd

Convention Wrap Up

9:00 – 10:00

District Post Convention Board Meeting

10:00 – 11:00

District Board Training

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 !

(District Convention registration form is on Page 6)

Call for District nominations

Lakes & Prairies District Nominations Chair Dennis Kehoe is seeking nominations for the following district positions:

- **District President-Elect** (3-year commitment: 1st year as District President-Elect, 2nd year as District President, 3rd year as Immediate Past District President);
- **District Secretary**, 1-year term;
- **District Treasurer**, 1-year term;
- **District Director** for the following: **Division 1** (Faribault, AM Mankato, Waseca), 1-year term; **Division 2** (East Minneapolis, Little Falls), 2-year term; **Division 4** (Owatonna, Steele County, Moonlighters of Owatonna), 2-year term; **Division 6** (Mason City, Waverly, Excel Club of Waverly-Shell Rock High School), 2-year term.

If interested in any of these district positions, please have your club president or secretary submit a letter or email expressing your club's support of your candidacy to Dennis (kehoe3@yahoo.com). Also, if anyone is interested in serving on a District Committee, please contact Annette Duncan (annetteduncan78@gmail.com) or Katie Smith (katiemrsmith@gmail.com).



**LAKES AND PRAIRIES
DISTRICT**

Lakes & Prairies 2022 District Exchange Convention May 19,20,21,22, 2022 Registration Form

Attending	Events	Unit Price	Total Amt
	Member Full Convention Early Bird Package	\$110.00	
	Youth Meal Package	\$40.00	
Early Bird Registration GOOD ONLY till MAY 1st. After that Package is \$ 125.0		\$125.00	
Attending	INDIVIDUAL EVENTS	Unit Price	Total Amt
	Saturday One Nation Under God Breakfast	\$25.00	
	Saturday Youth Awards Lunch	\$30.00	
	Saturday Installation / Awards Banquet	\$70.00	
	OPTIONAL TOURS THURSDAY & FRIDAY	Unit Price	Total Amt
	Thursday Afternoon: Rochester Historical Trolley Tour	\$25.00	
	Thursday Evening: Group Dinner - Wildwood on your own.	N/A	
	FRIDAY AM GOLF: Soldiers Field ***Pay at the Golf course***	N/A	
	Friday Afternoon: Rochester Exchange Freedom Shrine Tour	FREE	
	Friday Evening: Family Pizza Party / Movie Night	FREE	
	Friday Evening: Group Dinner - Twigs -On Your Own & Bingo	N/A	
	Saturday: Kids Pool Party	FREE	
TOTAL AMOUNT			

CLUB NAME: _____

Member Name: _____ Current Office: _____

Guest Name: _____

Contact Phone Number: _____

Address: _____

Email: _____



FIRST TIME ATTENDEE YES NO

NOTE: First Time Attendees SUBTRACT a \$20 Discount from Your Full Package.

DIETARY RESTRICTIONS

TOTAL ENCLOSED \$

Make Checks Payable to LAKES & PRAIRIES DISTRICT EXCHANGE.

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

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

HOTEL ACCOMODATIONS

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

Call the Best Western Directly 507-289-8866 & State you are with Lakes & Prairies District Exchange

<i>KING Room ONE Bed \$89.00 Plus Tax</i>	<i>QUEEN 2 Beds \$ 89.00 Plus Tax</i>
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The Exchange Club of Steele County in collaboration with the Exchange Club of Owatonna and the Moonlighters Exchange Club of Owatonna presented the Hospitality House of Owatonna with financial, household, and personal item donations from respective club members during the Steele County meeting Friday morning, March 4, at the VFW in Owatonna. The Hospitality House offers temporary and emergency accommodations for men who are transitioning through homelessness. The collective financial donations amounted to \$750. The presentation included the following from left to right (top photo): Dan Wolfe, Hospitality House board director; Sharon Klein, Exchange Club of Owatonna vice president and Lakes & Prairies District Exchange Division 4 director; Tim McManimon, Hospitality House board director; Ashley Von Ruden, Hospitality House Program Manager; Dean Schuette and Randy Sobrack, Exchange Club of Steele County board directors; Rhonda Guthrie, Moonlighters Exchange Club of Owatonna and Lakes & Prairies District Exchange secretary; and Katie Smith, Exchange Club of Owatonna and Moonlighters Exchange Club of Owatonna member, and Lakes & Prairies District Exchange vice president and volunteer field representative. The second photo shows the household and personal items donated by the respective club members being loaded for transport to the Hospitality House following the March 4 meeting. Securing the load from left to right was Schuette; Dallas Ketchum, Exchange Club of Owatonna member; Bruce Kubicek, Exchange Club of Steele County board director; and Wolfe.

NATIONAL CHILD ABUSE PREVENTION MONTH

APRIL 2022

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



Club Activity Report - Preliminary
February 28, 2022

Report Criteria

		Lakes and Prairies District						
		2021 Jul-01	Feb-01	Feb-Adds	Feb-Drops	Feb-28	YTD% Growth	YTD% Retention
	Active	364	349	1	-2	348		
	Active-Family-Primary	18	16	0	0	16		
	Active-Family-Addl	19	16	0	0	16		
	Honorary	1	1	0	0	1		
	Business	26	24	0	0	24		
	Excel	25	25	0	0	25		
	At-Large	6	4	0	0	4		
	Total	459	435	1	-2	434	-5.4%	90.8%
# of Clubs	18							
# of Clubs Built	0 (0 club(s) added in February, 2022)							
# of Disbanded	0 (0 club(s) disbanded in February, 2022)							

LEVEL UP! MULTIPLAYER

GET PERSONAL
 EXPAND YOUR NETWORK
 TALK TO GROUPS & CHAMBERS
 PROMOTE AT EVENTS
 ENCOURAGE FAMILY TO JOIN:
 ADD A SECOND FAMILY MEMBER FOR ONLY \$10 NATIONAL DUES/QUARTER
**SEE CONDITIONS REGARDING THIS CATEGORY.*

BOGO 1/2 OFF JOINING FEES!

Level Up Together! All pairs of new members joining the same club, in the same quarter, can enjoy these exclusive perks!

RUNNING JANUARY 1 - JUNE 30, 2022

*CLUB TREASURERS; PLEASE REVIEW INVOICES AND EMAIL FINANCIAL@NATIONALEXCHANGECLUB.ORG FOR ADJUSTMENTS.

**BOGO JOINING FEE APPLIES TO NEW ACTIVE STANDARD MEMBERS.

2021-22 Lakes & Prairies District Exchange Officers & Directors

District President

Mike Knapp, Waterloo & Cedar Valley Clubs
1141 Independence Ave.
Waterloo, IA 50703
319-610-0834
lairdknapp@gmail.com

District President-Elect & Volunteer Field Representative (VFR)

Annette Duncan, Moonlighters Club
20 6th St. SE
Medford, MN 55049
507-363-1118
annetteduncan78@gmail.com

Immediate Past President

Dennis Kehoe, Cedar Falls Club
5608 Summerland Dr.
Waterloo, IA 50701
319-464-6336
kehoe3@yahoo.com

Vice President & VFR

Katie Smith, Owat. & Moonlighters Clubs
614 E. Prospect St.
Owatonna, MN 55060
507-455-1343 home
507-676-0405 cell
katiemrsmith@gmail.com

Vice President

John Waychoff, Sunrise Waterloo Club
668 Sheridan Rd
Waterloo, IA 50701
319-290-8828
johnwaychoff@hotmail.com

VFR (No voting rights)

Sharon Droste, Waterloo & Cedar Valley Clubs
1400 Maxhelen Blvd #2101
Waterloo, IA 50701
319-290-3734
skd913@msn.com

Region 3 Vice President (No Voting rights)

Dawn Portner, Naperville & DuPage County Clubs
11610 S. Marathon Ln
Plainfield, IL 60585
630-301-4054
jkportner@msn.com

District Secretary

Rhonda Guthier, Moonlighters Club
410 Havana Road
Owatonna, MN 55060
507-456-4596
rguthier@owatonna.org

District Treasurer

Nicole Wacek, Moonlighters Club
7845 NW 27th St.
Owatonna, MN 55060
507-456-8822
nwacek@hotmail.com

Division 1 Director (Interim)

Katie Smith, (See Vice President & VFR info)
Faribault, AM Mankato, and Waseca

Division 2 Director (Interim)

Randy Sobrack, Steele County Club
Little Falls, E. Minneapolis
108 2nd St. SE
Medford, MN 55049
507-220-1539
rsobrack@yahoo.com

Division 3 Director

Gail Buckingham, Owatonna Club
Rochester, Albert Lea
10 Kirk Place
Owatonna, MN 55060
507-455-3656 home
507-456-4456 cell
Gail@homesofowatonna.com
Gailbuckingham1953@gmail.com

Division 4 Director

Sharon Klein, Owatonna Club
Owatonna, Steele County, and Moonlighters
240 15th St. SW
Owatonna, MN 55060
507-455-0229
507-363-0143 Cell
sharonk1949@gmail.com

Division 5 Director

Pam Wright, Waterloo Club
Cedar Falls, Sunrise Waterloo, Waterloo, & Cedar Valley
705 N. Canfield Rd
Waterloo, IA 50703
319-230-6656
paw6834@aol.com

Division 6 Director

Jim Brandau, Waverly Club
Mason City, Waverly, and Excel Club of Waverly-Shell Rock High School
308 5th Ave. NW
Waverly, IA 50677
319-352-4730
69wolfhounds@gmail.com

Division 7 Director

Tom Helligso, Omaha Club
Omaha
15456 Dewey Circle
Omaha, NE 68154
402-740-5300 cell
402-330-2121 home
thelligso@npsdodge.com

Please be sure your club's information is always up-to-date on The National Exchange Club's website. A current list of officers, contact information, and correct meeting dates, times and locations ensures the club receives important materials from National headquarters and also provides accurate information for the public and prospective new Exchange Club members.