



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

May 2023

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Event Calendar

- Jun 1 National Convention credentials deadline to The National Exchange Club headquarters.
- Jun 14 Flag Day.
- Jun 18 Father's Day.
- Jun 19 Exchange Club Center for Family Unity Golf to Prevent Child Abuse fundraiser at Owatonna Country Club. Registration starts at 10; Shotgun start to golf at 11; Juneteenth; Exchanging Ideas through Zoom.
- Jun 21 First day of summer.
- Jun 30 End of 2022-23 Exchange year.

Waterloo delivers on quality district convention experience

Approximately 90 attendees representing 12 of 17 clubs in the Lakes & Prairies District made their way to the Waterloo Convention Center for the district's annual convention, May 19-21.

Friday afternoon tours, May 19, included the Grout Museum/Planetarium Tour followed by the Single-Speed Brewery Tour within walking distance of the Best Western Plus & Executive Residency, where rooms were reserved for Exchangites attending the convention. A group dinner at Bryan's Blue Plate followed by an open hospitality room at the hotel concluded the first day of festivities.

Saturday morning's One Nation Under God breakfast opened the day with the parade of Exchange Club banners. The Presentation of Colors was conducted by the Waterloo East



High JROTC (pictured above right). District President Annette Duncan (District convention continued on Page 2)



Convention attendees learned the intricacies of brewing beer at SingleSpeed.

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

Cedar Falls: Jeannette Husome, April 10; **Waseca:** Jeanne Sexton, April 13; **Waterloo:** Christine Rolf, April 17.

(District convention continued from Page 1)
 recognized special guests, and Waterloo City Councilman Rob Nichols delivered the official welcome to their community.

The keynote speaker was Cedar Falls Elementary School Teacher Kelly Sullivan. She's a native of Waterloo and known for being the granddaughter of Albert Sullivan, the youngest of the five Sullivan brothers killed during World War II when their ship, the USS Juneau, was struck by two Japanese torpedos Nov. 13, 1942, during the Battle of Guadalcanal.

Kelly reflected on how the brothers decided to enlist together after learning a good friend had died during the bombing of Pearl Harbor.

"Sullivans represent all veterans and all people who have served our country," said Kelly, noting her great grandparents were presented with Purple Hearts for each of their sons who died in service.

Following the death of all five brothers, Franklin Delano Roosevelt had the ship named "The Sullivans" in 1943. In 1995, a second USS The Sullivans was christened by Kelly as she became that ship's official sponsor. She explained the Navy's tradition is to have a woman christen a ship. That ship would be commissioned in 1997.

Kelly encouraged attendees to visit



Among those socializing over dinner at Bryan's Blue Plate Friday, May 19, were (left to right) Division 4 Director Sharon Klein, Immediate Past Foundation President Scot Warren, Volunteer Field Representative Katie Smith, Region 3 Vice President Dawn Portner, former Foundation Trustee Janet Jacobs, and Exchange Club of Omaha President Melvin Koenig.

the Sullivan Brothers Iowa Veterans Museum, and watch the 1944 movie, "The Fighting Sullivans."

After a standing ovation following Kelly's presentation, the breakfast concluded with the singing of "God

Bless America."

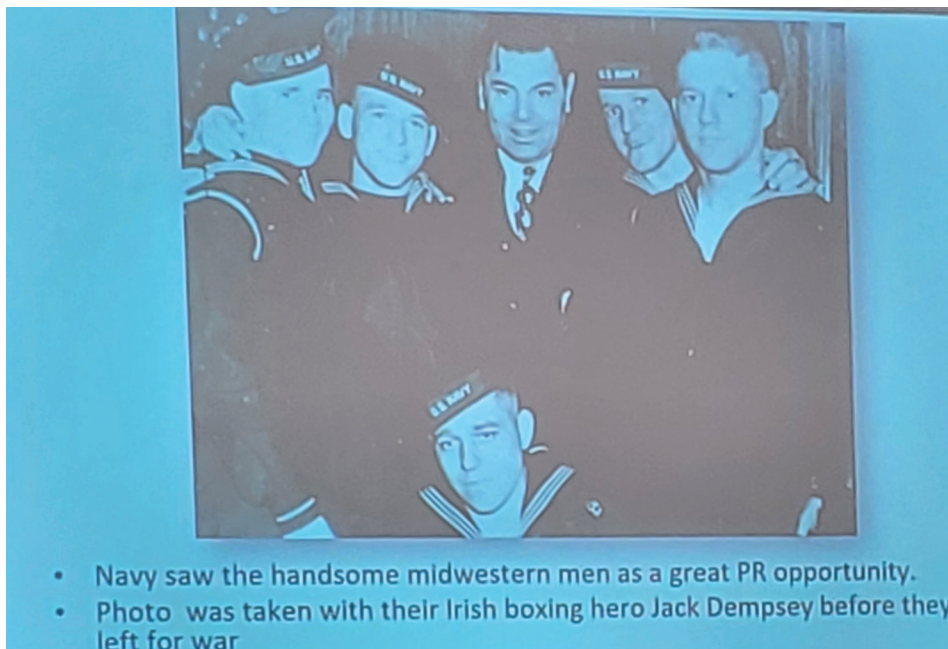
Following the opening session of the convention that took role for the clubs in attendance, and allowed time for clubs to meet with their district director, sessions were conducted in "Leading Forward," "Engaging the Next Generation-Club Strategy," and "Media Relations & Social Media."

The convention's popular Youth Awards Luncheon recognized the district's A.C.E. Award recipient and the district's Youth of the Year.

The keynote speaker was Dr. Jared Smith, superintendent of the Waterloo Community School District, who is also an award-winning blogger, professional speaker, and author. During his address, he referenced material from his latest book, "Turning Points."

Smith noted the amount of anxiety and depression there is post-COVID in today's youth and adults. He said the impact of life's trajectory changes when someone takes the time to point out what you are good at. Smith highlighted how his life changed with the

(District convention continued on Page 3)



- Navy saw the handsome midwestern men as a great PR opportunity.
- Photo was taken with their Irish boxing hero Jack Dempsey before they left for war

Kelly said the photo above was one of the last ones taken of the brothers together.

(District convention continued from Page 2)



Youth Awards Luncheon Keynote Speaker Dr. Jared Smith.

encouragement he received from a math teacher, language arts instructor, and middle school counselor during his school age years. He encouraged attendees to reach out and thank those people who changed their life trajectory.

The district's A.C.E. (Accepting the Challenge of Excellence) Award recipient was Shane Edwards, sponsored by the Sunrise Exchange Club of Waterloo.

Shane shared his earliest memories of youth were neglect and lost hope at a place suppose to be home. "As soon as that sun rises I knew it would be OK," said Shane. He shared of his struggles in second grade and telling the school counselor that he wanted to end his life by drowning.



Shane Edwards, the district's A.C.E. award recipient receives his plaque (above left photo) from Youth Awards Chair Sharon Klein. Anna Scannell, the district's Youth of the Year recipient is presented with her plaque from Klein after sharing her essay with those in attendance.

Edwards admitted to getting involved with others who were a bad influence on his choices. His adopted parents finally convinced him that he needed to invest in others who will walk with him instead of leading him astray.

Shane lives in Waterloo and is graduating this school year from the Expo Alternative Learning Center. He is an intern at Young Plumbing and Heating, and will be attending Kirkwood Community College this fall to further his education in plumbing and heating.

"I want to help make positive changes in my fellow community member's lives by not judging them for what they look like or how they act, but treating them with respect and dignity no matter who they are, what have done, or what has been done to them," wrote Shane in his application. "I want to be that one person that makes the changes in people's lives because I took the time to know them."

The district's Youth of the Year was Anna Scannell, sponsored by the Exchange Club of Cedar Falls. She is graduating from Cedar Falls High School this school year, and will be studying biology this fall at Colorado College in Colorado Springs.

"Running cross country and track has been one of my favorite parts of high school, and I plan on trying out for the college team," wrote Anna in her application. "At school, a few things I'm involved with are Rocket Club, Student Senate, Fellowship



District Awards Chair Katie Smith (left) highlighted the accomplishments of the Excel Club of Waverly-Shell Rock High School in earning a special district award presented during the Youth Awards Luncheon. Accepting the award was Club President Christoph Letsche (middle) as presented by District Vice President Dennis Kehoe.

of Christian Athletes, and DECA (a business club). I also enjoy working with others to coach youth running programs and lead Sunday School, and I love spending time outdoors with my friends and family." Among her future goals is having a positive impact on other's lives.

Anna read her essay that was part of the Youth of the Year application. This year's theme was about someone who has impacted your life and the lives of others, and why they have impacted you and your future. Anna reflected on her English instructor and how the instructor impacted her and fellow classmates.

Shane and Anna each earned \$1,000 from the district that will be forwarded to their respective postsecondary institutions to help cover educational expenses.

A special youth award was presented this year to the district's Excel Club of Waverly-Shell Rock High School. Volunteer Field Representative Katie Smith reported the club presently has 44 members, and have worked on a variety of projects addressing bullying, homelessness, and putting together 18 beds for youth in need for the Beds for Kids organization.

The officer and director nomination session took place after the youth luncheon. A quorum was established with 49 voting delegates on hand. Among the nominations: President-Elect, (District convention continued on Page 4)

(District convention continued from Page 3)
 Sharon Klein, Owatonna; Secretary, Sharon Droste, Waterloo; Treasurer, Diana Sash, Waterloo; Division 1 Director, Charlene Wolff, Moonlighters; Division 3, Randy Sobrack, Steele County; Division 4, Kathey Huisman, Owatonna and Waseca; Division 5, Sandi Sommerfelt, Waterloo; and Division 7, Tom Helligso, Omaha. Division 6 didn't have any changes and was not up for election this year. Each of the officers and directors were elected by a voice vote by the delegates in attendance.

After the election, breakout sessions were conducted on "Club Membership" and "Fundamentals of Fundraising." The afternoon concluded with an organized table topic session regarding topics submitted by attendees earlier in the day.

The Saturday evening Awards & Installation Banquet conducted a Memorial Remembrance Service prior to dinner being served in honor of those Exchangites in the district who died in the past year.

Following dinner, the following awards were presented to the selected recipients: **Best Club Bulletin**, Sharon Droste, Waterloo (pictured below); **Best Facebook Page**, Gail Buckingham, Owatonna (pictured middle below); **Awards for greater than 90% retention** were presented to Cedar Falls, Omaha, and Waverly; **Awards for club growth and greater than 90% retention** were presented to Steele County and Owatonna;



Rookie of the Year, Linda Breyer, Steele County; **All American Volunteer of the Year**, Dean Schuette, Steele County; **Exchangite of the Year**, Jeff Magsamen, Waverly; **Hall of Fame**: Scott Lundberg, Owatonna; Dallas Ketchum, Owatonna; Jeff Meyers, Waverly; David Sash, Waterloo; and John Johnston, Waverly; **Club of the Year**, Waverly.

District President Annette Duncan presented a special **District President Award** to Immediate Past President Mike Knapp (pictured below right) for his service mentoring Duncan during her year as district president. Awards Committee Chair Katie Smith also announced the introduction of the **Interclub Fellowship Bell Award** with details published on Page 6 in this edition of the *Exchangite* newsletter.

Dignitaries in attendance who briefly addressed attendees included The National Exchange Club Foundation Immediate Past President Scot Warren, and Region 3 Vice President Dawn Portner, whose term is expiring June 30.

Region 6 Vice President Mike Brownlee was the convention's National representative. Mike expressed how impressed he was with the welcoming of him by the district. Brownlee also conducted the installation of officers and directors for the 2023-24 Exchange year starting July 1.

District President Annette Duncan presented pins to the incoming officers and passed the gavel to the 2023-24 District President Gail Buckingham. She reflected on her start with



The Exchange Club of Steele County's Linda Breyer was presented the district's Rookie of the Year Award Saturday evening, May 20, at the convention in Waterloo. Presenting the award is District Vice President Dennis Kehoe.



Exchange, "It was the members of the club that really snagged me."

Buckingham encouraged attendees, "Communication is the cohesion of the club." Adding, "Exchange is a gift, share the gift."

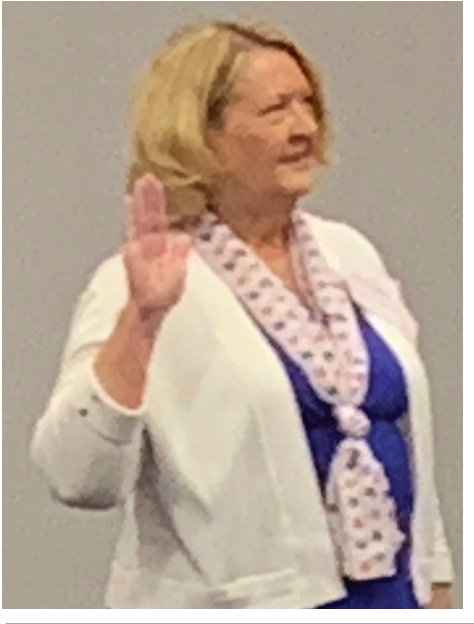
The Lakes & Prairies District Board is seeking to utilize their volunteer field representatives in June for training club officers. The training may be done through Zoom, or a scheduled visit by a VFR to the club. Incoming club officers should be receiving information in the next couple of weeks.

The Lakes & Prairies District Convention in 2024 will be in Rochester, May 17-19, so circle that date!



2023-24 Lakes & Prairies District officers and directors

Gail Buckingham (left) was being installed as District President by Region 6 Vice President Mike Brownlee (at the podium on stage) as the remaining officers and directors for the 2023-24 Exchange year stood at the front of the stage Saturday night, May 20. The officers and directors installed for the upcoming Exchange year, starting July 1, include (left to right) Immediate Past President Annette Duncan, Secretary Sharon Droste, Treasurer Diana Sash, Division 7 Director Tom Helligso, Division 3 Director Randy Sobrack, Division 1 Director Charlene Wolff, Division 2 Director John Rheinberger, Division 4 Director Kathey Huisman, Division 5 Director Sandi Sommerfelt, and Division 6 Director Jim Brandau.



Club of the Year

Exchange Club of Owatonna President Scott Lundberg humbly kneels Saturday night, May 20, to present the traveling Best Club banner to Dave Arns with the Exchange Club of Waverly. The club has won top club honors in three of the last four years...congratulations on reclaiming the title!



"The Interclub Fellowship Bell"

AWARD

PURPOSE

The purpose of the Interclub Fellowship Bell is to encourage more frequent Inter-Club visits.

TYPE OF AWARD

The Interclub Fellowship Bell Award is a certificate and will be presented annually at the District Convention to each club that has participated in securing the Bell. The club with the highest number of possessions will receive an "Outstanding" Certificate and a Gift Certificate to the National Exchange Market Place.

ELIGIBILITY

All active Exchange Clubs in the Lakes & Prairies District are eligible to compete for and to receive the award, irrespective of membership category.

AWARD CRITERIA

To receive this award, a club must have acquired the District's Bell at least once during the year preceding the Annual District Convention. Criteria for acquiring the Bell are as follows:

- A. The visiting club must send a member or members to attend a regular club meeting of the club currently holding the Bell (the host club). Scheduled visits are encouraged, and prior reservation is required.
- B. Upon receiving the Bell, the visiting club shall notify the District Interclub Fellowship Committee Chair as soon as the Bell has been claimed. E-mail correspondence is highly recommended. The notice shall state the date of the Bell transfer.
- C. If no club has requested to retrieve the Bell within a reasonable amount of time, an individual from the host club may *deliver* the Bell to another club. A Division Director may **NOT** be the person delivering the Bell to a club within his/her own Division. The host club is responsible for notifying the District Interclub Fellowship Committee Chair as to the change of the Bell's location.
- D. The District Interclub Fellowship Committee Chair shall notify clubs of the location of the Bell via e-mail as soon as the clubs report the most recent move. For a "Bell Grab," instead of a "Bell Delivery," it shall be the responsibility of the host club with the Bell to inform the visiting club about any deviation as to time and location of the host club's meeting, if different from what is posted on the National or District Websites.
- E. If a club has reserved the pick-up of the Bell but fails to attend the meeting at the set time, and if another club has a member or members present, the second club may claim the Bell. The club forfeiting the Bell by its absence must place a new request with the next host club to reserve another time for a Bell pick-up.
- F. Once the Bell has been transferred from the relinquishing club to the visiting club, the relinquishing club cannot reclaim the Bell until it has been transferred to a third club. This is to encourage more visits with different clubs.
- G. District Officers and Board members are **not eligible** to be representatives of a visiting club to claim the Bell for their local clubs. They may accompany a "regular" club member but may not be the sole representative for pick-up of the Bell. Division Directors may claim the Bell from a club if that club is outside their own Division.
- H. One month prior to the Annual District Convention, the District Interclub Fellowship Committee Chair shall tabulate the transfers of the Bell to determine which club has received the Bell the highest number of times during the year. Then he/she will report the results to the District Awards Chair.
- I. A Certificate and National Exchange Club Market Place Gift Certificate shall be presented to the club that received the "Outstanding" rank at the District Convention.

EXCHANGE
THE NATIONAL EXCHANGE CLUB

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.

Vision: A strong America, safe communities, and unified people.

Mission: Exchange, inspiring communities to become better places to live.



What are you and your club doing to #GrowExchange by the end of the year on June 30th?

We want to encourage you to "Do Good. Bring Friends!"

Be sure to enter your projects in the database for your club to qualify for the National Service Award.



**Proposed Amendment to the Bylaws of
The National Exchange Club**
*To be considered at the National Convention in
Phoenix, AZ July 12-15, 2023*

Method of Amending the Bylaws of The National Exchange Club

Proposed Amendments are to be considered by the Representatives of Exchange Clubs and other members of The National Exchange Club in Convention assembled. The Bylaws may be amended by a majority vote of the accredited delegates present and voting, except Articles I, II, III, IV, V, VI, VII, VIII, IX, X, XI, XVII and XVIII, which require a two-thirds (2/3) vote of the accredited delegates present and voting. An asterisk (*) is shown after any Proposed Amendments that fall into the category requiring a two-thirds vote.

The following Proposed Amendment was received by the Chief Executive Officer sixty (60) days prior to the date of the National Convention. Proposed Amendments must be mailed to the President and Secretary of each club not later than thirty (30) days prior to the date of the convention. The form and language have been approved by the National Committee on Jurisprudence and Laws. Dissemination of information on proposals does not necessarily imply endorsement by The National Exchange Club or any official committee or board. The presenter is noted with each Proposed Amendment.

Tracey Edwards
Chief Executive Officer

PROPOSED AMENDMENT NO. 1*
ARTICLE XVII, Fiscal Matters

RESOLVED that Article XVII (*Fiscal Matters*), Section 11, of the Bylaws of The National Exchange Club be amended by replacing the Trust & Surety Bonds information with insurance policy information; to read:

Section 11. ~~Trust or Surety Bonds shall be furnished by the Treasurer and Secretary and such other officer or committee chairman as the Board of Directors shall designate. The amount of such bond shall be determined by the Board of Directors. The cost of such bond shall be paid by the club.~~ The National Exchange Club's insurance policy for affiliated clubs & districts will provide commercial crime coverage for all members in good standing. The cost of this coverage will be assessed to each club on a quarterly basis, based on club size.

Submitted by: 2022-2023 Jurisprudence & Laws Committee