



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

May/June 2022

Event Calendar

- Jun 14 Flag Day; Owatonna Veterans Memorial pork chop supper fundraiser conducted by the Moonlighters of Owatonna at the Elks Club at 6 p.m.
- Jun 19 Father's Day; Juneteenth.
- Jun 20 30th Annual Golf to Prevent Child Abuse for Exchange Club Center for Family Unity; 11 a.m. start at the Owatonna Country Club.
- Jun 21 First day of summer.
- Jun 24 Moonlighters Exchange Club of Owatonna chartered in 2013.
- Jul 1 Start of the 2022-23 Exchange year.
- Jul 13-16 National Exchange Club Convention in Greenville, South Carolina.

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

- A.M. Mankato; May 5, 1979

Attendees enjoy Rochester's destination for district's Exchange convention

Lakes & Prairies District board installed for 2022-23 Exchange year

With nearly 80 attendees in Rochester, Minnesota to enjoy the attractions of the Lakes & Prairies District Convention, May 19-22, it allowed an opportunity to enjoy experiences that played well from the Best Western Empire Event Center, including the district introducing a Silent Auction with baskets contributed by Exchange clubs in attendance.

For those who chose to make the convention an extended weekend getaway, attendees were able to tour Rochester's impressive Freedom

Shrine at the Soldiers Field Veterans Memorial, and enjoy a group dinner at the Wildwood Grill.

On Friday, May 20, as weather negated any golf opportunities, a trolley tour of historic Rochester was available in the afternoon for convention attendees who had signed up during registration. The day ended with a group dinner opportunity at Twigs Restaurant, and a chance to socialize in the hospitality room and play bingo.

(District convention continued on Page 2)



District convention attendees had an opportunity to participate in a trolley tour of historic Rochester. This group photo was captured Friday, May 20, at the Soldiers Field Veterans Memorial, home of the Exchange Club of Rochester's Freedom Shrine.

Congratulations to those clubs who have earned their National Service Award so far during the 2021-22 Exchange year: Cedar Falls, Faribault, Moonlighters of Owatonna, Omaha, Owatonna, Steele County, Waterloo, and Waverly. Submissions must be entered on The National Exchange Club website by June 30, 2022.

(District convention continued from Page 1)



Socializing over dinner was available to convention attendees Friday evening, May 20, at Twigs Tavern & Grille in Rochester.

A full day on Saturday, May 21, started with the One Nation Under God Breakfast. The Presentation of Colors was conducted by the Steele County Color Guard. A parade of Exchange club banners followed representing the 12 clubs in attendance for the district convention. Rochester Mayor Kim Norton welcomed attendees to the city and spoke briefly of the happenings in Rochester.

The keynote speaker was Reverend Emily Carson, who lives in Rochester with her husband, Justin, and their Redbone Coonhound, Finn. Emily is the director of communication for the Southeastern Minnesota Synod of the Evangelical Lutheran Church in America, has been a weekly columnist for the Rochester Post-Bulletin since 2011, and also provides individual coaching staff development facilitation, boundaries workshop, and exploring the world with a notebook in one hand and a camera in the other.

Emily shared her appreciation of the history of Exchange, and Exchange's observance of history, and believed being observant of history makes for more thoughtful Americans. She also reflected on the Pledge of Allegiance and how we continue to strive and struggle with the ideals of the Pledge. "We're all part of this project that will never be complete," said Emily. The breakfast concluded with the singing of, "God Bless America."

Division caucuses were conducted for the consideration of board officer candidates, division directors, and resolutions for delegate consideration. Breakout sessions were conducted on questions submitted during the One Nation Under God Breakfast, and a presentation on navigating The National Exchange Club website by District President-Elect Annette Duncan.

The Youth Awards Luncheon recognized the Lakes & Prairies District Exchange recipients for the A.C.E. (Accepting the Challenge of Excellence) and the Co-Youths of the Year.

The A.C.E. recipient was Elijah Hammonds, sponsored by the Exchange Club of Faribault. Even though his first dozen years were filled with countless transitions, trauma and substantial obstacles, Elijah,

according to his counselor, has navigated and fostered both the life skills and perspectives that will propel him far into the future.

Based on his personal experience, he has developed the perspective that people are not inherently bad or necessarily poorly intentioned. "At the end of the day I would like to have it be where I can be a positive influence and inspiration to people who need one," stated Elijah, who will be attending St. Cloud State University to major in film studies. He is the recipient of a \$1,000 scholarship from the district, and said in accepting his award that he is looking to come back to Faribault and benefit youth in the community.

This year's Youth of the Year recipients were Mira Keeran, sponsored by the Exchange Club of Cedar Falls, and Cora McCabe, sponsored by the Exchange Club of Waseca. Each are receiving a \$1,000 scholarship from the district. Each read their essay themed by The National Exchange Club, "The COVID-19 Pandemic drastically changed every aspect of our lives, in every way imaginable. Reflecting (District convention continued on Page 3)



The district recognized their A.C.E. and Youth of the Year recipients during the Youth Awards Luncheon Saturday afternoon, May 21. Pictured left to right at the convention's newly featured Selfie Wall are Keynote Speaker Cesar Castillejos, Youth of the Year Cora McCabe, A.C.E. Award Recipient Elijah Hammonds, Youth of the Year Mira Keeran, and District President Mike Knapp.

(District convention continued from Page 2)

on what you learned during this time about yourself, your community and the world, explain how your perspectives on success, empathy, prioritizing, social inequalities, and leadership have been reshaped.”

During Mira’s high school years, she was active in tennis and orchestra. She was awarded the Governor’s Volunteer Award and the Arizona Distinction Award. Her belief to be successful is to turn a failure into an opportunity for growth and improvement. Mira will be attending the University of Arizona majoring in human physiology and medical sciences.

Cora is active in a variety of sports including cross country, soccer, swimming, and track & field. She is a member of the National Honor Society and was a member of her school’s homecoming court. She was awarded the Waseca Cross Country Bluejay Award which honors the qualities of leadership, fairness, hard work, and inclusiveness. Cora will be attending the University of Minnesota-Duluth majoring in medical science.

The keynote address was delivered by Cesar Castillejos, who captivated those in attendance with his life stories and experiences. He is the Young Life Director in Richfield, which is a faith-based non-profit, and conducts personal development sessions with Kris Lindahl Real Estate in Coon Rapids.

Cesar reflected on Exchange’s core values of family, community, and country. “Your foundation shapes your focus,” said Cesar. “You can’t trust a foundation that isn’t tested.” He reflected on the joy of the birth of his son, but his loss with the death of his brother within the same year.

He explained your character is

something that is not seen, but your reputation is built by your character.

He related how we can feel like a piece of a puzzle, not knowing if we fit in or are part of the big picture. He challenged the youth being recognized that it isn’t the title of your profession that is important, but “Do you love what you do?” and “Are you good at it?”

The Youth Awards Luncheon included the Lakes & Prairies District Exchange presentation of \$1,000 checks to the Exchange Club Center for Family Unity in Owatonna, and the Family and Children’s Council of Black Hawk County in Waterloo.

The luncheon concluded with district award presentations of **Best Club Bulletin** to Sharon Droste, Exchange Club of Waterloo; **Best Club Facebook Page** to Gail Buckingham, Exchange Club of Owatonna. Growth and Retention Awards were presented to the Exchange clubs of Steele County, Owatonna, Moonlighters of Owatonna, and Cedar Falls. Retention recognition was also given to the clubs in Mason City and Waseca.

During Saturday afternoon, the election of officers took place with a quorum present, and no contested positions on the board of directors. Those elected by unanimous consent include: **District President-Elect**, Gail Buckingham, Owatonna; **Secretary**, Rhonda Guthier, Moonlighters; **Treasurer**, Nicole Wacek, Moonlighters; **District 2 Director**, John

Rheinberger, East Minneapolis; **District 4 Director**, Sharon Klein, Owatonna, and **District 6 Director**, Jim Brandau, Waverly. In addition, reports from the secretary and treasurer were presented and ap-



National Exchange Club Representative Shirley Lashmett (left) and National Exchange Club Foundation President Scot Warren pose Thursday, May 19, with the Exchange Club of Rochester’s Book of Golden Deeds monument located on the grounds of Soldiers Field Veterans Memorial.

proved.

The National Exchange Club Foundation President Scot Warren was in attendance to report on the status of the Foundation, and the variety of ways to donate beyond your quarterly donation included in your National dues. A free will donation toward the Foundation was collected with Warren, past Foundation Trustee Janet Jacobs, and current Foundation Trustee Katie Smith agreeing to match donations up to \$250.

The afternoon concluded with attendees completing a personality test and divided into groups to develop respective fundraising projects.

The awards installation banquet Saturday night announced the Foundation donations with the matching donations amounting to \$1,247. The Silent Auction raised \$1,220; those funds will go toward future district scholarships and donations to the Family & Children’s Council and Exchange Club Center for Family Unity in Waterloo and Owatonna respectively.

Following a memorial remembrance of deceased Exchangites in the district, and dinner, awards were presented including: **Rookie of the Year**, April Paxton, Owatonna; **Exchangite of the Year**, Sharon Klein, Owatonna
(District convention continued on Page 4)



Club banners from participating Exchange clubs were on display during the Lakes & Prairies District Convention in Rochester.

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Sharon Klein, Owatonna, was presented with the Exchangite of the Year Award Saturday night, May 21, during the Awards & Installation Banquet for her contributions to Exchange during 2021-22.

na; **Exchangite Hall of Fame** with at least 25 years of experience contributing to their respective clubs: Saul Austin, Cedar Falls; Lowell Miller, Steele County; Jerry Vallem, Waverly; Dan Branstad, Owatonna; and

Katie Smith, Owatonna. The **Outstanding Club of the Year** was the Exchange Club of Owatonna ending the impressive two-year run achieved by the Exchange Club of Waverly.

Region and National Exchange Club updates were delivered respectively by Region 3 Vice President Dawn Portner, which consists of the Dakota Territory, Lakes & Prairies, and Lincolnland districts; and Region 1 Vice President Shirley Lashmett, who was the National representative at the Lakes & Prairies District Convention. Shirley's districts include the Sierra Pacific, and California/Nevada districts. She has been a member of Exchange for 30 years, and has chartered 59 new members during that time. Lashmett also installed the Lakes & Prairies District officers and directors for the 2022-23 Exchange year, which starts July 1.

District President Mike Knapp reflected on his past year and experiences in the position and introduced the 2022-23 Lakes & Prairies District President Annette Duncan. In her brief address, Annette stated, "I look forward to getting out to the clubs and learn how I can best serve you."



The Exchange Club of Owatonna was awarded the title of Best Club for the 2021-22 Exchange year during the Awards & Installation Banquet, May 21, in Rochester. The club unseated the two-year run achieved by the Exchange Club of Waverly. Club members in attendance include (left to right) Scott Lundberg, Katie Smith, Diane Wilson, Sharon Klein, Gail Buckingham, Dallas Ketchum, and Jack Reuvers.

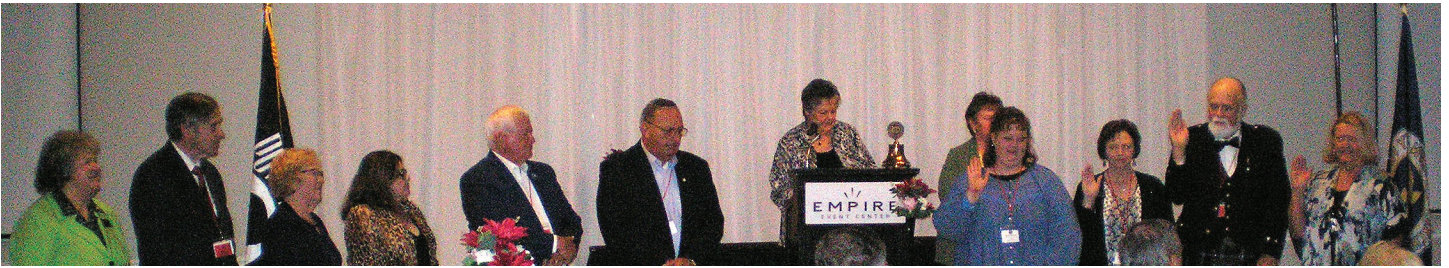


Exchange Club of Faribault President Lori Christensen wipes tears as Awards Committee Chair Katie Smith (pictured left) presented Lori with a special recognition award for her efforts in handling multiple officer duties during this past Exchange year. The presentation took place Saturday night, May 21, at the Awards & Installation Banquet.

The district board at their wrap-up meeting on Sunday, May 22, decided the district convention in 2023 will be in Waterloo, and will start on Friday, May 19, instead of Thursday due to expense and the number of attendees arriving on Thursdays. A survey was sent to this year's convention attendees to evaluate their views of what went well and what should be considered in 2023. In addition, with Division 3 Director Gail Buckingham of Owatonna becoming District President-Elect, Randy Sobrack of Steele County was appointed Division 3 Director consisting of the Exchange clubs in Rochester and Albert Lea.



Lakes & Prairies 2022-23 District President Annette Duncan (pictured front right) was installed, May 21, by National Exchange Representative Shirley Lashmett (left).



Lakes & Prairies District Officer and Director Installation

National Exchange Representative Shirley Lashmett (at podium) installed the Lakes & Prairies District Officers and Directors for the 2022-23 Exchange year during the convention's banquet Saturday night, May 21. The officers being installed with their right hands raised include (left to right) Nicole Wacek, treasurer; Rhonda Guthier, secretary; Mike Knapp, immediate past president; and Gail Buckingham, district president-elect. The directors installed earlier include (far left to right) Katie Smith, Division 1 (Faribault, Waseca, and A.M. Mankato); John Rheinberger, Division 2 (East Minneapolis and Little Falls); Sharon Klein, Division 4 (Owatonna, Steele County, and Moonlighters of Owatonna); Pam Wright, Division 5 (Cedar Falls, Sunrise Waterloo, and Waterloo); Tom Helligso, Division 7 (Omaha); and Jim Brandau, Division 6 (Mason City, Waverly, and Excel Club of Waverly-Shell Rock High School).

Exchange Club of Omaha participates in Patriotic Parade and Concert

For the second year in a row, the Exchange Club of Omaha took part in Omaha's Annual Patriotic Parade and Concert Saturday, May 28.

Members of the Club handed out American flags to those lining the parade route.

This year's downtown Omaha parade featured the U.S. Army Fife and Drum Corps, a mounted Color Guard and portrayals of Presidents George Washington and Abraham Lincoln.

The parade through Omaha's Old Market also included nearly 70 entries and led by a Purple Heart inflatable and Gold Star families from several states.

Among the popular parts of the parade for kids were the numerous free-



bies such as candy and stickers. The youngsters scrambled for the sweets, which rivaled trick or treat for the volume passed out by various parade

entries.

Members of Club who participated in handing out over 1,000 flags were Lee and Jen Handke, Jim Torres and Kari, Larry and Sharon Welch, Ann and Bob Galley, Jim Perkins, Mel Koenig, Don Wrieth, and Tom Helligso (pictured below).



Exchange Club of Albert Lea innovation

The Exchange Club of Albert Lea utilized an opportunity to promote Child Abuse Prevention Month in April 2022. According to Club Member Cindy Bodensteiner, the billboard was available at no cost to the club. The home office of the Chevrolet dealership, which is in Wisconsin, controls the sign. They have five or six images that rotate every 30 seconds. One image is designated for community service, which is donated. Since it had not been utilized much since the pandemic, the home office was happy to display the image, which is also visible on the other side of the sign. Cindy worked with The National Exchange Club to set up the templates and customize it for their club. The billboard was visible at Wuerflein Chevrolet on Bridge Avenue in Albert Lea.

How To Report Programs of Service and Officers



Did you know that Exchange has a secure database on its Member Resources page with functions allowing clubs to report Programs of Service projects and fundraisers, track projects, and enter/update club officer information? This easy-to-use tool is designed to help Exchange Clubs by simplifying processes that had once been known to take a great deal of time.

The benefits of the database sell themselves! When Exchange Clubs enter their Programs of Service projects online, they open the door to tracking progress toward earning the National Service Award and planning for those projects still needed, as well as ensuring accurate recording of their activities – in just a few, quick steps!

How to Report Programs of Service Projects

Entering Programs of Service Projects:

Please note that only a club officer can enter Programs of Service projects.

1. Visit NationalExchangeClub.org,
2. Login to the Member Resources area,
3. Locate the "Manage My Club" option and click 'go' to view club details,
4. Proceed to the Programs of Service (POS) tab,
5. Select "Add New Program of Service" and enter the details of the project/ fundraiser; each project/fundraiser will be entered individually.

Once a project's details have been submitted, the POS summary will appear on screen.

Retrieving Programs of Service Reports

1. Select the "POS Detail Report".
2. Click on the "Report Menu" and select the desired report.

Once the desired report is selected, the report criteria and filters can be used to locate the desired data.

All Exchange Club District officers are given "POS Snapshots" which provide summarized report of all projects entered within their districts, as well as information about Exchange Clubs earning the National Service Award.

How to Report Club Officers

Club election results should be reported to National Headquarters, through the Member Resources page of the website, by April 30. Current functionality for reporting officers includes adding new officers, entering term end dates, editing officer information, and updating club address and meeting information.

Adding an Exchange Club Officer:

Please note that only a current club officer can enter information about new officers.

1. Visit NationalExchangeClub.org,
2. Login to the Member Resources area,
3. Locate the "Manage My Club" option and click 'go' to view club details,
4. Proceed to the officers tab,
5. Select "Add Officer" and enter the necessary information about the new officer.

Once the officers have been entered, the offices and the members' names will be displayed on the Officers tab.

Any changes that need to be made throughout the year can also be edited in this section of the Member Resources page. Upon entering officers, please ensure the contact information is current.

Please be sure your club's information is always up-to-date. A current mailing address and other contact information, as well as correct meeting dates/times and locations, ensures the club receives important materials from National Headquarters and also populates accurately on the public website.

JUNE 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|--------|---|---|----------|--------|----------|
| 29 | 30 | 31 Award Submission Deadlines (see right) Convention Credentials Due to National Headquarters | 1 June 1, Award Deadlines: Nat'l Outstanding Service Project, Nat'l Outstanding Fundraising, CARE Award, Nat'l Exchange Club Member of the Year, EDIT District Bulletin, Best Web Video, Public Relations, Nat'l A.C.E. of the Year, Nat'l Youth of the Year, Nat'l Legacy | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Exchange's Children's Day | 13 | 14 Flag Day | 15 | 16 | 17 | 18 |
| 19 Father's Day | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |

June 30, 1. Administrative Year Ends, Dpdm Completed
 2. Awards (see right) & Exchange Strong Giving Campaign Submission Deadlines
 3. Activities Summary Due
 Award Deadlines: Big "E", Distinguished District Director, Distinguished District President, Distinguished Club Secretary, Treasurer Award
 Outstanding District, Club Representative Distinguished Club Secretary, Distinguished Club Treasurer

JULY 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---------|-----------|----------|--------|----------|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 3 | 4 National Headquarters Closed Independence Day | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

104th National Convention / 39th Symposium
 Hyatt Regency, Greenville, SC