



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

November 2022

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Event Calendar

- Nov 24 Thanksgiving Day.
- Nov 30 Lakes & Prairies District board meeting, 5:30 p.m., on Zoom.
- Dec 3 Region 3 Town Hall Meeting, 9 a.m., on Zoom. It will be an open forum on fundraising. Contact a district officer or director for preregistration info.
- Dec 7 National Pearl Harbor Remembrance Day.
- Dec 14 Exchanging Ideas session on Zoom at 6:30 p.m. (See Pg 2 for details.)
- Dec 21 First day of winter.

One nation under God

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



November has been filled with numerous celebrations of One Nation Under God across the district.

I have attended small affairs, to quite large engagements, side by side with my fellow Exchangites, all having one thing in common—our passion for this country and our firm belief that together we can and do impact our nation.

Americanism, one of Exchange's programs of service is the foundation for which all we do is based on. Educating our communities as to the importance of honoring our country

and those who have fought so hard to ensure every person that crosses her threshold is protected under her freedoms.

We are Exchange, God, Country, Community. Therefore, we start every meeting with an invocation thanking God for our daily blessings, the Pledge of Allegiance where we proclaim that we are one nation under God, placing our right hand over our heart, an ode to our fallen soldiers, and ending every meeting with the Covenant of Service, a commitment to our community.

One nation under God, the heart of patriotism in America, a call for unity, and a commitment to the freedoms of every person. "We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable

(ONUG continued on Page 2)



The Exchange clubs of Cedar Falls, Waterloo, Waterloo Sunrise, and Waverly collaborated for their One Nation Under God Banquet, Nov. 10, at the Elk's Club in Waterloo. Keynote Speaker Pat Kinney reflected on the five Sullivan brothers and other local heroes who served our country. (Photo courtesy of Exchange Club of Waverly Facebook page.)

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rights,” namely life, liberty, and the pursuit of happiness, as proclaimed in our Declaration of Independence.

Our founders believed firmly it is not our government that gives us our freedoms, but our creator. While we have not always lived up to the declaration as a nation, we have come a long way since these words were written, and our journey is not yet complete. I believe that we, Exchangites, can achieve this vision, through our words and actions united. I encourage you to recommit to this vision every day, and remember, we have the power to positively impact not only our communities, but our entire nation.

Thank you to the following clubs that invited me to celebrate this honored tradition with you: Cedar Falls/Waterloo/Waterloo Sunrise/Waverly, Faribault, Owatonna, Rochester, and Steele County. If your club is having a One Nation Under God event, no matter the size, please let us know so your fellow Exchangites can celebrate with you.

If you don't currently have an event and would like to know how to get one started, or in the case of COVID shutdown, restarted, please reach out. Or better yet, join us at our next Exchanging Ideas Zoom call. We meet monthly on the second Wednesday of each month from 6:30 p.m.-7:30 p.m.; the Zoom meeting ID: 858 3539 1452; Password: 229135. Come and get your next great idea!

I appreciate each of you for waking up every day, being your best self, and representing what it means to be a good steward of our communities and our nation. Thank you!

(Do you have an event you'd like Annette to attend coming up? Email, text, or call her today so she can get it on her schedule.)



Reverend Mike Walerius of First Lutheran Church, Blooming Prairie, addressed attendees, Nov. 17, at the Mayor's Prayer Breakfast as part of the Exchange Club of Owatonna's One Nation Under God program. Rev.

Walerius' message was to abide in God's love, and love your neighbor as God loves you.

Good Shepherd Lutheran Church Senior Pastor Greg Schlicker was the guest speaker for the Exchange Club of Steele County's One Nation Under God program at the VFW in Owatonna.



Pastor Schlicker spoke of the perceived cultural shift in our country away from God, but remains hopeful for the future of One Nation Under God based on the opening line of the First Amendment regarding religion.



**Share your club's news!
Email Randy at
rsobrack@yahoo.com**



In remembrance

2017-18 Lakes & Prairies District President Larry Shollenbarger died Sunday, Oct. 23. He was a long-time member of the Exchange Club of Waterloo. A celebration of life will be held in the Spring 2023 at the Irv Warren Golf Course, Hole #2, where a tree will be planted in Larry's honor.

The Lakes & Prairies District wishes to recognize members who have joined their respective Exchange clubs during October 2022

Albert Lea: Lisa Alcalá, Oct. 18; **Owatonna:** Jennifer Robertson, Oct. 27; **Waterloo:** Dick Cole, Pam Dowie, and Jared Smith, all Oct. 12; Bailey Moore, Oct. 13.



Firefighter of the Year

Exchange Club of Waterloo Community Programs Chair Katie Harn announced, Oct. 25, the Club's Firefighter of the Year award recipient was Lt. Sean Schott (pictured left). Lt. Schott has been a firefighter for 25 years, and has also worked as a paramedic. His nomination was recognition for his strong work ethic, positive attitude, sense of calm in dangerous situations, being a family man, and dedication to the Waterloo community.



Book of Golden Deeds

David Oeth reflected on his dedication to the Rochester community after receiving the Exchange Club of Rochester Book of Golden Deeds award, Nov. 2, at the Empire Event Center. Among his notable achievements, Oeth was recognized for his work with the United Way, Salvation Army, and Rochester Foundation.

Taking place in Owatonna



Silent Auction

Raffle

Bag Bingo

JOIN US FOR THE 2ND ANNUAL
SANTA BOWL!



**DECEMBER 11
11AM-3PM**

SPARETIME ENTERTAINMENT

Exchange Club Center for Family Unity

**Save the date: May 19-21, 2023, for the
Lakes & Prairies District Convention**

It's being held at the Waterloo Convention Center. Lodging will be at the Best Western Plus, which is connected to the Convention Center by skywalk. Among the scheduled guest speakers: Kelli Sullivan, a granddaughter to one of the Sullivan brothers (all five brothers died on the same ship in World War II); Waterloo School Superintendent Jared Smith, who has written books on child development and education. Friday's plans include a visit to the Iowa Veterans Museum, and new state-of-the-art planetarium, a brewery tour, and dinner at the renowned Brown Bottle restaurant. Saturday night of the convention will include a silent auction and Bingo!



EXCHANGE

THE NATIONAL EXCHANGE CLUB
America's Service Club

National Summary Report

October 31, 2022

District ID / Name	#of Clubs	JUL 1 2022	Oct 1 2022	Oct Adds	Oct Drops	Oct 31 2022	MTD Change	YTD Change	YTD% Growth	YTD% Retention
1 / Alabama District	23	603	542	22	-2	562	20	-41	-6.8%	83.1%
3 / California-Nevada District	30	588	584	11	-17	578	-6	-10	-1.7%	94.6%
4 / Connecticut District	34	973	929	19	-8	940	11	-33	-3.4%	92.9%
32 / Dakota Territory District	8	280	282	1	-2	281	-1	1	0.4%	97.1%
5 / Florida District	33	801	776	51	-42	785	9	-16	-2.0%	90.5%
21 / Four Corners District	20	325	320	1	-7	314	-6	-11	-3.4%	88.9%
6 / Georgia District	36	1607	1596	17	-7	1606	10	-1	-0.1%	96.4%
50 / Indiana District	17	437	435	7	-5	437	2	0	0.0%	95.2%
39 / Lakes and Prairies District	17	424	419	6	-1	424	5	0	0.0%	97.9%
49 / Lincolnland District	30	799	785	2	-12	775	-10	-24	-3.0%	94.0%
11 / Michigan District	21	508	484	5	-9	480	-4	-28	-5.5%	91.5%
12 / Mid-America District	12	292	295	4	-2	297	2	5	1.7%	95.5%
20 / Mid-Atlantic District	23	564	563	3	-3	563	0	-1	-0.2%	97.0%
13 / Mississippi District	28	591	588	6	-3	591	3	0	0.0%	92.0%
14 / New England District	14	485	474	2	-5	471	-3	-14	-2.9%	92.4%
17 / North Carolina District	29	778	743	77	-40	780	37	2	0.3%	70.7%
18 / Northwest District	12	307	307	6	-1	312	5	5	1.6%	97.7%
47 / Ohio-West Virginia District	24	550	546	4	-6	544	-2	-6	-1.1%	96.2%
29 / Puerto Rico District	10	155	149	0	0	149	0	-6	-3.9%	96.1%
31 / Sierra Pacific District	12	227	219	18	-11	226	7	-1	-0.4%	89.9%
48 / South Carolina District	23	1198	1180	30	-45	1165	-15	-33	-2.8%	92.2%
24 / Tennessee District	28	662	658	13	-29	642	-16	-20	-3.0%	87.8%
25 / Texas District	25	806	785	14	-4	795	10	-11	-1.4%	95.0%
43 / Texas-Louisiana Gulf Coast District	21	626	560	25	-21	564	4	-62	-9.9%	85.0%
27 / Virginia District	15	287	304	29	-20	313	9	26	9.1%	91.3%
28 / Yellowstone District	21	712	732	17	-38	711	-21	-1	-0.1%	92.8%
Total	566	15585	15255	390	-340	15305	50	-280	-1.8%	91.7%

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7 Pearl Harbor Remembrance Day	8	9	10
11	12	13	14	15	16	17
18 Hanukkah Begins	19	20	21	22	23	24
25 Christmas Day	26 Hanukkah Ends	27	28	29	30	31 New Year's Eve