



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

November 2023

Table of contents

- Pg 2 National Exchange President Leif Welhaven addresses Lakes & Prairies club presidents; Exchange Club of Little Falls celebrates 75 years.
- Pg 3 Exchange Club of Rochester's Book of Golden Deeds; One Nation Under God programs; Exchange Club of Waterloo check presentation; Santa Bowl.
- Pg 4 Moonlighters Exchange Club dedicates Veterans Memorial in Owatonna.
- Pg 5 The National Exchange Club Summary Report for October.
- Pg 6 Lakes & Prairies District Officer and Director contact information.

Event Calendar

- Dec 2 The Exchange Club Center for Family Unity's Santa Bowl in Owatonna.
- Dec 7 National Pearl Harbor Remembrance Day.
- Dec 21 First day of winter.
- Dec 25 Christmas Day.

Holiday Spectacular!!
Craft and Vendor Sale

Free Admission

Thunder Ridge Mall
2302 West 1st Street
Cedar Falls

December 2nd
9:30 - 3:00



Sponsored by the Cedar Falls Exchange Club

New members share their experience on joining Exchange

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



There is so much to be thankful for in the Exchange world! Communities in the Lakes & Prairies District are so busy with their fall happenings! One Nation Under God events, Book of Golden Deed banquets, giving to the community whether it be a collection of hats and mittens, or helping with yard work; making foster care bags, preparing a meal for the veterans, or displaying the flag being carried by 30-plus people on a football field; meat raffles, calendar cash raffles, selling pancake breakfast tickets, beginning the Student of the Month activity, managing Toys for Tots, craft and vendor sales, and dedicating a veteran's memorial wall are among the actions done by Exchange clubs in our district this fall, and this is outstanding!



Taking time for a photo during the serving of their Veteran's evening meal were Exchange Club of Waverly members (left to right) David Arns, president; Adam Folkerts, and Gregg Piehl.

I ask the question, "Where would your community be without your Exchange Club?" Yes, this is the time to be thankful, grateful, and appreciative of the actions of Exchange!

With that said, how can we not be appreciative of our newest members! Please help me welcome Tony Pollastrini to the Exchange Club of Waverly; and William Beck, Northeast Iowa Food Bank's Jared Feigenbaum, and Pura Vida Salon & Spa's Beth Paulson (each with the Exchange Club of Waterloo)...congratulations and welcome!

I decided it was a great time to ask a selection of new members questions about their membership. Randomly drawn, Jennifer Losen from the Exchange Club of Waseca and Jamie Wright with the Exchange Club of Albert Lea were asked the following questions:

1. Who brought you to Exchange? (Who was your sponsor?) How was this action carried out?
2. What interested you most about Exchange?
3. What do you do for employment (or did)?
4. Are you enjoying Exchange so much that you would share the "Gift of Exchange" with others?
5. Why do you think it is important to share Exchange with others?

Jennifer's response: Exchange member Caryn Wendt was out recruiting members to their club. She stopped at an insurance agency



(New to Exchange continued on Page 2)

(Interclub fellowship continued from Pg 1)

and asked the owner if he would like to take membership. He declined but felt his newly-hired employee could benefit from it as she was from out of town and this would be a perfect way to know more about the area, meet new people, and do good things within the community through Exchange.

If you were to ask Jen what she likes about Exchange, she would tell you it is the structure. Having a set agenda, speakers and engaging in the Exchange projects is what sold her. She is so new to Exchange her interests are still trying to decide what direction to go, but she knows Americanism is in her family and heart, and being a para to special needs children before her employment change steers her to youth projects. Jen said she has enjoyed learning about Exchange and labeled Exchange a "Club of Valor." Jen, welcome to the Exchange family!

Jamie's response: When asked who brought her to Exchange, her

answer dates way back as she said, "My parents have been involved with Exchange Club for many years and asked if my sister and I would be interested in helping to pass out flags during the Fourth of July parade for the kids. We enjoyed that so much that we decided to join! The message of Exchange Club is something that's very meaningful to me. Child abuse is everywhere and the more awareness that's brought to it, the more likely people are to break cycles of abuse in their own families. Every child deserves to be set up for success!"

When asked if Jamie is ready to share the Gift of Exchange, her response was, "Absolutely! I wish more people would join an Exchange Club! There is power in numbers and the



Jamie Wright

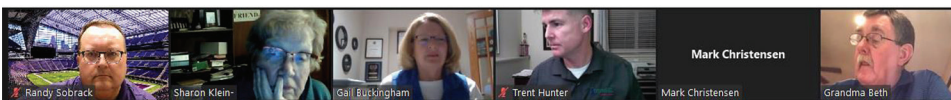
more people we have, the more ideas we can brainstorm and the bigger difference we can make in the lives of others! Sharing about Exchange also brings more awareness and gives a voice to those who need it."

Jamie was previously a mental health practitioner and now she is a nurse! Both are professions where the message of Exchange is prevalent!

The Lakes & Prairies District is so lucky to have you both as new Exchange members Jennifer and Jamie!

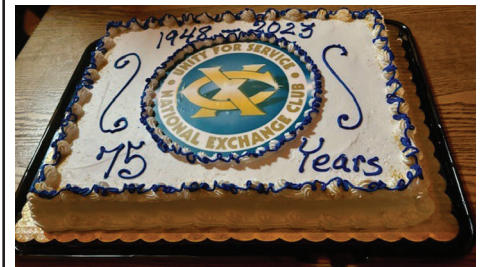
The Interclub Fellowship Bell is on the move! From Mason City to Rochester to Owatonna to Little Falls! Is it time for a member in your club to visit the Exchange Club of Little Falls? Let's circulate this bell and receive the Interclub Fellowship Bell Award for our district!

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



National president joins club president Zoom meeting

The National Exchange Club President Leif Welhaven addressed club presidents during their Zoom meeting, Nov. 6, with Lakes & Prairies District President Gail Buckingham. Welhaven said personal invitations never go out of style for reaching prospective new Exchange club members whether inviting them to a project, or simply out to coffee to talk about Exchange. "The meeting is not the product," said Welhaven.



Celebrating 75 years

The Exchange Club of Little Falls formally celebrated their 75th anniversary with a social, Nov. 16, at the Cass Gilbert Depot (below photo). A decorated cake (above photo) was enjoyed by those in attendance.





Exchange Club of Rochester's Book of Golden Deeds

This year, the Exchange Club of Rochester presented their Book of Golden Deeds award to three of their longtime members. The trio have been active members since they first joined the Club in the 1950s. Collectively, they have almost 200 years of membership! During those years the Club contributed and developed numerous projects including the Freedom Shrine at Soldier's Field, the freedom plaques at city hall, plus many other locations throughout the city, and a van for Meals on Wheels. Most recently they have been involved with the ongoing distribution of American flags, by the Club, into every classroom in Rochester. The three honorees were Bill Adamson, who joined in February 1957 (pictured in far right photo sitting with Club President David Gibson, fellow Honoree I.J. Lewison, who joined in 1959 and is still an active member today; and Immediate Past President Wayne Linander standing behind Bill from left to right); and Gene Harnack, who joined in March 1959 and died Sept. 27 this year. In the upper left photo, I.J. reflects on his years with Exchange during the awards banquet, Nov. 1. The middle photo includes Linander (far left), I.J. (next to Gibson, second from right), along with family members of the honorees.

One Nation Under God

The Exchange clubs of the Cedar Valley (Waterloo, Waterloo Sunrise, Cedar Falls, and Waverly) conducted their One Nation Under God program, Nov. 9 (pictured in the adjacent photo below). In the bottom photo, the Exchange Club of Steele County conducted their One Nation Under God program, Nov. 17, at the VFW in Owatonna featuring guest speaker, Rev. Brent Carlson.

Check presentation

The Exchange Club of Waterloo presented a \$500 check, Oct. 31, to the Boys/Girls Club of the Cedar Valley. Club President Trent Hunter (far right) made the presentation to CEO Brian Burton (center). The Boys/Girls Club has been in operation for more than 50 years and provides program opportunities to nurture youth of the community.



Speaker, Tatiana Ivaschenko Jackson



Silent Auction Raffle Ornaments Face Painting

JOIN US FOR THE 3RD ANNUAL
SANTA BOWL!
DECEMBER 2
11:30-3:30
 SPARETIME ENTERTAINMENT

Exchange Club Center for Family Unity
 Register online  Questions? Call 507-455-1190

Owatonna formally dedicates Veterans Memorial

by Annie Harman, Associate Editor, Owatonna People's Press, APG Southern Minnesota

Despite the cold wind cutting through the crowd of people, it was clear hearts were warm Saturday morning during the formal dedication of the Owatonna Veterans Memorial.

After more than eight long years of planning, advocating and building, the Moonlighters Exchange Club celebrated with the community on Veterans Day alongside the impressive memorial on the corner of 18th Street and Austin Road near the Steele County History Center.

While the program was in fact a celebration, honoring all those who have served in every military branch, it was not without heavy hearts, as the absence of Mike Pierce was noticeable. Pierce, a driving force behind the project, died in July before construction of the monument was complete.

As a United States Army Vietnam War veteran deeply dedicated to honoring all veterans, Pierce championed the project from the very beginning, making it well known the importance of recognizing local veterans.

"American veterans have remained committed to our great country that remains the land of the free and sure-



The Steele County Color Guard raises the flag Saturday at the Owatonna Veterans Memorial dedication ceremony. To the right, Wayne Starman stands next to the memorial for Mike Pierce, a Vietnam War veteran who helped spearhead the project with the Moonlighters Exchange Club. (Annie Harman/southernminn.com)

ly the home of the brave," said Pierce during a 2021 presentation of the monument after the final location had been secured by the Moonlighters. "For many in our country, today is just another day—they may be at home or at work or running errands...but for those of us here today, we know the importance of the day. We're honor-

ing the sacrifice of the few that afford each and every American the opportunity to live free."

During the dedication Saturday, Nicole Wacek with the Moonlighters gave a special, albeit tearful, tribute to Pierce. Wacek worked closely with Pierce on the project throughout the years, and said it is impossible to sum up all Pierce had done for others throughout his lifetime.

"We can start by saying Mike was a champion of many causes, but none were more important than remembering our veterans," Wacek said. "Recognizing the service and sacrifices of our men and women in uniform was a driving force behind many of the project and programs he initiated."

In attendance Saturday were Pierce's wife, Trudy, and other members of their family. They all smiled in remembrance of him.

Wacek said while Pierce never wanted to be front and center of the project, he worked diligently behind the scenes to help check items of the to-do list to make the dream of a local monument a reality, working side-by-side with Jim Hoffmann.

"Mike embodied the spirit of giving,

(Veterans Memorial continued on Page 5)



Trudy Pierce, seated in the front right, listens on as Nicole Wacek with the Moonlighters Exchange Club reads a special tribute to Pierce's late husband, Mike. (Annie Harman/southernminn.com)

(Veterans Memorial continued from Pg 4)

especially your time. He proved it always, the importance to give back,” Wacek said. “He was an honest, honorable and humble man.”

Following words from other Moonlighters, including Katie Smith, Annette Duncan and Ben Cass, the crowd moved inside the History Center to view a specially curated video from U.S. Sen. Amy Klobuchar (D-MN).

“Amid all the uncertainty in the world right now, we remain grateful for those who put their lives on the line to defend our freedom, but we must never forget that it has come at a significant cost,” Klobuchar said. “That’s why every year on the 11th day on the 11th month, we pay special tribute to the heroic men and women who fought for and defended our country like Owatonna’s own Mike Pierce, who we lost earlier this year.”

“He was the embodiment of the Army’s principle of selfless service,” she continued after listing off the many ways Pierce gave to others. “It didn’t just end when his service ended, he

came home and served more. Served Owatonna, our state and our nation.”

Klobuchar said the memorial in Owatonna helps honor the promise the country makes to service men and women who put their lives on the line when they enlist, including their families.

“I’ve always believed that when we ask our service members to sign up to defend our nation, we make a promise that we will give them the support they need when they come home,” she said, noting the recently passed PACT Act in Washington, D.C. “We all know there is more to do. When our service member signed up to serve, there was no waiting line, and when they come home and they need a job or education or healthcare, there should never be a waiting line in the United State of America.”


State Rep. John Petersburg (R-Waseca) and State Sen. John Jasinski (R-Faribault) also played an important role in the dedication that morning, laying the memorial wreath

on the monument. Jasinski, who is a U.S. Navy veteran and served in the Persian Gulf leading up to Desert Storm, said he was honored to be asked to play a role in the dedication. He’s happy to see more and more community creating such spaces.

“It’s a great gathered spot for people to come together, share memories and be reminded of the importance of the people who serve in our military,” Jasinski said. “It’s grassroots, there is no doubt about that. It’s our local active military groups that are the force behind these memorials and get these things done, bringing people together.”

“I’m happy we have that there now in Owatonna,” he added. “I’m happy it’s there for people to just remember.”



|  EXCHANGE THE NATIONAL EXCHANGE CLUB America's Service Club | | National Summary Report October 31, 2023 | | | | | | | | |
|---|------------|--|--------------------------|---------------|----------------|---------------------------|------------|-------------|---------------|-----------------|
| District | # of Clubs | Active as of Jul 1, 2023 | Active as of Oct 1, 2023 | Oct 2023 Adds | Oct 2023 Drops | Active as of Oct 31, 2023 | MTD Change | YTD Change | YTD % Growth | YTD % Retention |
| Alabama District | 22 | 562 | 568 | 17 | 20 | 565 | -3 | 3 | 0.50% | 94.10% |
| California-Nevada District | 27 | 553 | 567 | 2 | 3 | 566 | -1 | 13 | 2.40% | 98.90% |
| Connecticut District | 34 | 929 | 936 | 10 | 49 | 897 | -39 | -32 | -3.40% | 93.40% |
| Dakota Territory District | 7 | 280 | 274 | 7 | 2 | 279 | 5 | -1 | -0.40% | 96.80% |
| Florida District | 29 | 762 | 715 | 22 | 48 | 689 | -26 | -73 | -9.60% | 84.90% |
| Four Corners District | 19 | 302 | 310 | 0 | 3 | 307 | -3 | 5 | 1.70% | 93.40% |
| Georgia District | 33 | 1545 | 1508 | 16 | 5 | 1519 | 11 | -26 | -1.70% | 95.10% |
| Indiana District | 16 | 427 | 429 | 7 | 5 | 431 | 2 | 4 | 0.90% | 97.40% |
| Lakes and Prairies District | 17 | 411 | 417 | 2 | 2 | 417 | 0 | 6 | 1.50% | 96.40% |
| Lincolnland District | 25 | 589 | 563 | 7 | 11 | 559 | -4 | -30 | -5.10% | 93.20% |
| Michigan District | 22 | 506 | 501 | 7 | 6 | 502 | 1 | -4 | -0.80% | 97.20% |
| Mid-America District | 11 | 278 | 253 | 4 | 3 | 254 | 1 | -24 | -8.60% | 87.40% |
| Mid-Atlantic District | 23 | 545 | 537 | 0 | 3 | 534 | -3 | -11 | -2.00% | 96.90% |
| Mississippi District | 23 | 586 | 591 | 10 | 33 | 568 | -23 | -18 | -3.10% | 88.70% |
| New England District | 13 | 446 | 451 | 8 | 2 | 457 | 6 | 11 | 2.50% | 96.60% |
| North Carolina District | 29 | 746 | 741 | 149 | 93 | 797 | 56 | 51 | 6.80% | 84.60% |
| Northern California District | 12 | 220 | 219 | 23 | 50 | 192 | -27 | -28 | -12.70% | 75.50% |
| Northwest District | 11 | 299 | 295 | 0 | 0 | 295 | 0 | -4 | -1.30% | 96.70% |
| Ohio-West Virginia District | 24 | 542 | 548 | 6 | 7 | 547 | -1 | 5 | 0.90% | 96.70% |
| Puerto Rico District | 8 | 117 | 117 | 0 | 0 | 117 | 0 | 0 | 0.00% | 100.00% |
| South Carolina District | 21 | 1116 | 1055 | 8 | 20 | 1043 | -12 | -73 | -6.50% | 89.20% |
| Tennessee District | 28 | 678 | 678 | 11 | 4 | 685 | 7 | 7 | 1.00% | 95.10% |
| Texas District | 26 | 835 | 806 | 18 | 2 | 822 | 16 | -13 | -1.60% | 94.10% |
| Texas-Louisiana Gulf Coast District | 19 | 599 | 706 | 36 | 3 | 739 | 33 | 140 | 23.40% | 72.10% |
| Virginia District | 16 | 360 | 341 | 13 | 7 | 347 | 6 | -13 | -3.60% | 82.20% |
| Yellowstone District | 22 | 750 | 750 | 10 | 25 | 735 | -15 | -15 | -2.00% | 94.00% |
| Total | 537 | 14983 | 14876 | 393 | 406 | 14863 | -13 | -120 | -0.80% | |