



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

September 2022

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Event Calendar

- Sep 22 Moonlighters Exchange Club of Owatonna hosting their Police Officer Recognition Banquet, VFW, social starts at 5:30 p.m.
 - Sep 24 Exchange Club of Waverly conducting their Best Dam Run fundraiser to prevent child abuse starting 8 a.m., at the Civic Center.
 - Oct 6 Exchange Club of Fari-bault chartered in 1947.
 - Oct 12 Exchanging Ideas session on Zoom (see adjacent column).
 - Oct 14 Exchange Club of Rochester chartered in 1947.
 - Oct 26 Exchange Club of Little Falls chartered in 1948.
- Lakes & Prairies District board meeting, 5:30 p.m., Zoom.

We've got some pretty awesome people in Exchange!!

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



Have you heard? Lakes & Prairies District Exchange clubs are hitting the streets, celebrating great people, and making a huge impact in our communities.

Isn't it great to be part of something so much bigger than each of us!! Every day we get the opportunity to share our passion for Americanism, Community Service, Youth, and our National Project: the Prevention of Child Abuse.

In February of this year, I celebrated 20 years with Exchange. I am the person I am today because of amazing mentorships and friendships I have received over the years from so many of you, BUT did you know it took over a year to get an invite into this prestigious organization?

Now you might be thinking, what?—we invite people all the time, but think about it. Have you given every person you know the chance to be a part of this amazing experience? Probably not. I don't know where I would be without my Exchange family, and I know there are many others who feel the same, so I propose a challenge.

7-day Challenge

For the next seven days, with the start date the day you email me, I want

you to call, email, or text one person in your contacts that is currently not a member of Exchange, and tell them about an exciting event or activity you have coming up, and ask them if they will help you with a task or two. If you don't have anything coming up, tell them about a future speaker presentation and that you'd like them to join you. If you don't have an activity, event, or speaker, then invite them to lunch and ask for their help with brainstorming your club's next big idea!

Do you accept? If so, email me at president@unitedwaysteelecounty.org, and state, I accept the challenge. When you do, I will send you a little something to inspire you on this journey, and when you succeed in fulfilling this challenge—which I know you will—I'll have something even more special for you.

This is a simple activity that will generate a lot of interest in your club and can be repeated several times throughout the year.

Don't forget, after they have had a chance to experience your Exchange Club, invite them to join!! Don't wait a year because you think the timing isn't right for them. People determine where they find value and place their time accordingly. Show the value, and they will join!!

Another great way to share Exchange is through stories and experiences. The 2nd Wednesday of every month, Gail Buckingham, district president-elect, and I get the opportunity to Exchange ideas with club officers across the district. During this

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time, we talk about what is working great and where are our opportunities. This last meeting, we had representation from 6 clubs in the district and pretty much solved world hunger, so if you want to solve your club's biggest challenges, you're not going to want to miss the next meeting. Shoot me an email if you are interested and I'll send you the invite!! And I promise next meeting we won't end with an episode of the Blair Witch Project...not sure what I'm talking about, well you'll just have to attend our next Exchanging Ideas session.

Do you have an event you'd like me to attend coming up? Please email, text, or call, so I may get it on my schedule.

Tremendous!!

Division 7 Director Tom Helligso reported to the Lakes & Prairies District Board the Exchange Club of Omaha hosted their 36th Annual Tee Off Against Child Abuse Golf Tournament Monday, Sept. 12. The tournament "was a highly successful and well attended event." Net proceeds will be over \$31,000.



Quilts of Valor


The Exchange Club of Owatonna conducted their first Quilts of Honor ceremony Thursday, Sept. 15, at the local VFW. Five veterans were presented with their own handmade quilt that says unequivocally, "Thank you for your service and sacrifice in serving our nation." According to the event's program, a Quilt of Valor is a quality, handmade quilt that is machine or hand quilted. It is awarded to a service member or veteran who has been touched by war. The recipients were nominated for this recognition. Owatonna Club members and the person making the nomination placed the respective quilt around each recipient, who are pictured at the top and include (left to right): Steve Carroll, U.S. Air Force—Sr. Airman, 1989-92; Rene Gilormini, U.S. Army—Sr. Sergeant, 1979-2004; Michael Meyer, U.S. Navy—Petty Officer First Class, 1979-99; Scott Lundberg, U.S. Army—Staff Sergeant, 1988-2009; and John Iverson, U.S. Army—Sergeant, 1969-72. A sit-down dinner was part of the event with a decorated cake (above left) served for dessert. Carroll and Lundberg are also members of the Owatonna Club.



Club Activity Report - Preliminary
August 31, 2022

Report Criteria

		Lakes and Prairies District						
		2022 Jul-01	Aug-01	Aug-Adds	Aug-Drops	Aug-31	YTD% Growth	YTD% Retention
# of Clubs	18	343	343	0	-3	340		
# of Clubs Built	0 (0 club(s) added in August, 2022)	13	13	0	0	13		
# of Disbanded	0 (0 club(s) disbanded in August, 2022)	13	13	0	0	13		
		2	2	0	0	2		
		24	24	0	0	24		
		25	25	0	0	25		
		4	4	0	0	4		
		424	424	0	-3	421	-0.7%	98.8%



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.



Check presentation to Center for Family Unity

The Exchange Club of Steele County during their meeting Friday morning, Sept. 16, presented the Exchange Club Center for Family Unity with a \$3,600 check from funds raised by Club members and friends working at the parking gates on the fairgrounds during this year's Steele County Free Fair in Owatonna. The presentation included Club President Mary Wencl (left), Exchange Volunteer Fair Parking Coordinator Randy Sobrack (middle), and Center Executive Director Beth Hortop. The Center provides parent mentoring and supervised visitation services in Steele, Rice, Waseca, Dodge, and Freeborn counties in southern Minnesota.

Exchange's National Day of Service is coming up on October 22nd. Collaborate within your clubs and districts to create projects and celebrate this day of service.



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



Patriot Day commemoration

The Moonlighters Exchange Club of Owatonna commemorated Patriot Day, Sept. 11, with a field of 21 American flags at the site of their future Veterans Memorial in Owatonna. The number of flags was for the 21 years since the towers went down on 9/11.



Award presentation

Lakes & Prairies District Volunteer Field Representative Katie Smith Friday, Sept. 2, presented District Exchangite Editor Randy Sobrack with the EDIT Award earned by the district and announced during The National Exchange Club Convention in Greenville, South Carolina in July.

Save the Date! Our 2023 National Convention in Phoenix, Arizona will be from July 12th-15th.

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7 <small>Dues Payment to National Headquarters</small>	8 <small>Court of Honor at National Headquarters</small>
9	10 F I R E <small>Columbus Day</small>	11 P R E V E N T I O N	12	13	14 W E E K	15
16	17	18	19	20	21	22 <small>National Day of Service</small>
23 30	24 Halloween 31	25	26	27	28	29