



# The Lakes & Prairies

## EXCHANGITE

lakesandprairiesdistrict.com

September 2023

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### Event Calendar

- Oct 6 Exchange Club of Faribault chartered in 1947.
- Oct 14 Exchange Club of Rochester chartered in 1947.
- Oct 26 Exchange Club of Little Falls chartered in 1948.



#### Best Dam Run

Participants make their way through the course, Sept. 23, for the Exchange Club of Waverly's Best Dam Run to prevent child abuse.

## Sharing success of Exchange clubs growing

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



It is with excitement that I start this month's newsletter to share the Lakes & Prairies District has added 15 new members since July 1.

I would personally like to welcome Jamie Wright and Emily Honsey to the Exchange Club of Albert Lea; Candi Schafer and The Hospitality House of Owatonna represented by Angela Wagner to the Exchange Club of Owatonna; Ashley Ameal to the Exchange Club of Cedar Falls; Melissa Wood to the Exchange Club of Mason City; Mikail Rostislavovich, Jennifer Losen, Amy Schmidt, Jessica Stuckmayer, and Dwight Tostenon to the Exchange Club of Waseca; Shari Wickman to the Moonlighters Exchange Club of Owatonna; Bob Peralta to the Exchange Club of Omaha; Cyndi Campbell and Jerrod Stack to the Exchange Club of Waverly.

Fall is in the air and our clubs are busy! Here are some upcoming activities I have heard about. Help support each other by attending events when you can. Contact the club presidents for more information:

- Exchange Club of Albert Lea, Big Island Rendezvous & Festival, Oct 7-8.
- Exchange Club of Owatonna, Firefighter of the Year banquet, Oct

12; One Nation Under God Mayor's Prayer Breakfast, Nov. 16.

• Exchange Club of Rochester, Book of Golden Deeds, Nov. 1.

• Exchange clubs of Waverly, Cedar Falls, Waterloo, and Waterloo Sunrise, One Nation Under God, Nov. 9, social hour begins at 5 p.m.

• Moonlighters, Owatonna Veterans Memorial Dedication, Nov. 11, 9 a.m.

• Exchange Club of Faribault, One Nation Under God, Nov. 21.

Have you logged on to the new National Exchange Club website? It is user friendly and offers many valuable Exchange opportunities for you to learn and enjoy! Log on by going to: <https://www.nationalexchangeclub.org/>.

With our Exchange district in the Midwest, that means travel must happen before the snow falls! I am scheduling club visits. If you haven't heard from me and would like a visit, just let me know!

It is never too early to plan for the Lakes & Prairies District Convention in Rochester, May 16-19. The planning stages of this event promises to be a FUN time!

The Exchange clubs of Faribault and Owatonna submitted photos of their Give-A-Kid-A-Flag-To-Wave and Quilts of Valor respectively (see Page 2). Thank you for sharing!

The difference you are making in your communities by your Ex-

(Growing Exchange continued on Page 2)

(Active Exchangites continued from Pg 1) change commitment is outstanding!

(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.)

**Give A Kid A Flag To Wave**

The Exchange Club of Faribault along with friends of the Club posed with their float prior to handing out flags during the Heritage Days Parade in Faribault this past June.



**Quilts of Valor**

The Exchange Club of Owatonna presented local veterans with a quilt as part of the Club's Quilts of Valor program, Sept. 7, at Torey's Restaurant & Bar. Among this year's recipients pictured left to right: Exchange Club of Owatonna member Gordon Meiners, Robert Mollenhauer, Todd Schwanke, John McNulty, Gary Stoltz, Jarrod Schmoll, and Jim Klukas.



**Check presentation**

The Exchange Club of Steele County, Sept. 15, presented a \$3,871 check to The Exchange Club Center for Family Unity in Owatonna. The funds were raised by the Club, and friends of the Club, working the gates during the Steele County Free Fair in August. The check presentation was made by Club President Randy Sobrack to Center Executive Director Beth Hortop (pictured left).

**Share your club's news!  
Email Randy at [rsobrack@yahoo.com](mailto:rsobrack@yahoo.com)**

**HOW ARE WE GOING TO GROW?**



- How do we attract new members?
- How do we bring in younger members?
- Recruit 10, and when they each recruit one, your club will have 20 new members!
- Be relatable, be willing to change, and grow.
- Have a membership connect and recruit event.
- Publicize meetings, events, and activities to let the community know about the good news of Exchange.
- Get busy and get excited!
- **Make it FUN!**

**MEMBERSHIP COMMITTEE**

- ▶ Do you have one? If not, create one!
- ▶ Pool the talents of others to find promoters!
- ▶ Do you create ownership of the club's growth/retention?
- ▶ Use social media, personal invites to inviting guests to open houses.
- ▶ Do you recruit at your projects and fundraising events?
- ▶ How about your speakers/program attendees? They are prospects!
- ▶ Brainstorm within your committee on how to reach your target market.
- ▶ Use tools from National Headquarters!



**Membership Prospects  
for the Exchange Club of**  
\_\_\_\_\_

My relatives.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My close friends.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My daily contacts with people.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My associates in other organizations.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My neighbors, new and old.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

MY NAME  
\_\_\_\_\_

My customers, clients, patients.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My vendors & service suppliers.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My business colleagues.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My knowledge of businesses to be represented in our club.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My former fellow Exchange Club members to be reinstated.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*(Growing your club continued on Page 4)*

*(Growing your club continued from Page 3)*

# Prospective Member Worksheet

## Prospects List

### **Arts, Entertainment, Sports & Media**

Actor, Artist, Decorator, DJ, Entertainer, Editor, Florist, Film Developer, Frammer, Golfer, Graphic Designer, Illustrator, Interior Designer, Journalist, Marketing Coordinator, Musician, News Reporter, Photographer, Videographer, Webmaster, Writer

### **Business & Financial Operations**

Accountant, Auditor, Banker, Chamber Leaders, Financial Planner, Income Tax Advisor, Investment Analyst, Risk Management, Underwriter

### **Computer & Mathematical**

Computer Programmer, Database Administrator, Economist, Quality Technician, Quality Manager, Research Assistant, Software Developer, Statistician

### **Construction, Manufacturing, Production & Mining**

Contractor, Engraver, Jeweler, Kitchen Remodeler, Printer, Publisher, Roofer, Surveyor, Technician, Tool and Die Maker, Welder

### **Counseling, Community & Social Services**

Clergy, Daycare Worker, Elected Official, Marriage Counselor, Occupational Therapist, School Counselor, Social Worker, Therapist, Youth Counselor

### **Education, Training & Library**

Coach, Curator, Educator, Librarian, Teacher, Teaching Assistant, University Administrator

### **Elected Officials**

City and County Official, Community Official, Federal and State Official, Mayor

### **Engineering & Architecture**

Architect, Building Inspector, Engineer, Mapping Technician, Surveyor

### **Farming, Fishing, Forestry & Landscaping**

Agricultural Worker, Dairy Farmer, Farmer, Fishery Worker, Landscaper, Naturalist, Wilderness Instructor, Wildlife Assistant

### **Health Care Practitioners**

Clinical Laboratory Technician, Dentist, Dermatologist, Doctor, Dietician, EMT, Hospital Worker, Nurse, Nutritionist, Oncologist, Optometrist, Orthodontist, Paramedic, Physical Therapist, Physician, Veterinarian, X-Ray Technician

### **Installation, Maintenance & Repair**

Fabric Mender, Locksmith, Mechanic & Service Technician, Plumber, Utility Worker

### **Legal**

Arbitrator, Attorney & Hearing Officer, Court Reporter, Judge, Law Clerk, Paralegal, Title Examiner

### **Life, Physical & Social Sciences**

Biologist, Chemist, Forensic Scientist, Geographer, Geologist, Historian, Meteorologist, Scientist, Taxidermist, Urban Planner, Zoo Keeper, Zoologist

### **Personal Care & Hospitality**

Funeral Director, Hairdresser, Home Health Care Worker, Homemaker, Hotel Manager, Fitness Instructor, Tour Guide

### **Protective Service**

Animal Control Worker, Bailiff, Correctional Officer & Sheriff, Criminal Investigator & Special Agent, Fire Inspector, Fish & Game Warden, Fire Fighter, Military Personnel, Police Officer

### **Sales and Related**

Car Salesperson, Cashier, Customer Service Representative, Insurance Salesperson, Real Estate Agent, Telemarketer, Travel Agent

### **Transportation & Material Moving**

Air Traffic Controller, Baggage Handler, Bus & Limousine Driver, Freight and Cargo Inspector, Loading Dock Worker, Pilot, Truck Driver



**EXCHANGE**  
THE NATIONAL EXCHANGE CLUB  
America's Service Club

National Summary Report August 31, 2023

District	# of Clubs	Active as of Jul 1, 2023	Active as of July 31, 2023	Aug 2023 Adds	Aug 2023 Drops	Active as of Aug 31, 2023	MTD Change	YTD Change	YTD % Growth	YTD % Retention
Alabama District	22	562	563	7	6	564	1	2	0.4%	98.8%
California-Nevada District	27	553	558	7	0	565	7	12	2.2%	99.8%
Connecticut District	34	929	932	2	5	929	-3	0	0.0%	98.9%
Dakota Territory District	7	280	276	0	0	276	0	-4	-1.4%	98.2%
Florida District	29	762	734	4	35	703	-31	-59	-7.7%	91.2%
Four Corners District	19	302	306	2	1	307	1	5	1.7%	99.0%
Georgia District	33	1545	1538	14	36	1516	-22	-29	-1.9%	96.5%
Indiana District	16	427	425	3	1	427	2	0	0.0%	99.1%
Lakes and Prairies District	17	411	407	3	2	408	1	-3	-0.7%	97.1%
LincolInland District	25	589	576	0	5	571	-5	-18	-3.1%	96.6%
Michigan District	22	506	506	0	3	503	-3	-3	-0.6%	99.0%
Mid-America District	11	278	277	2	6	273	-4	-5	-1.8%	97.5%
Mid-Atlantic District	23	545	541	4	3	542	1	-3	-0.6%	98.5%
Mississippi District	24	586	587	14	8	593	6	7	1.2%	96.8%
New England District	13	446	452	1	2	451	-1	5	1.1%	99.3%
North Carolina District	28	746	749	2	3	748	-1	2	0.3%	99.3%
Northern California District	12	220	217	2	0	219	2	-1	-0.5%	98.2%
Northwest District	11	299	298	0	0	298	0	-1	-0.3%	98.7%
Ohio-West Virginia District	24	542	548	5	3	550	2	8	1.5%	98.9%
Puerto Rico District	8	117	117	0	0	117	0	0	0.0%	100.0%
South Carolina District	21	1116	1096	18	24	1090	-6	-26	-2.3%	95.5%
Tennessee District	29	678	677	8	1	684	7	6	0.9%	98.2%
Texas District	26	835	832	4	12	824	-8	-11	-1.3%	97.4%
Texas-Louisiana Gulf Coast District	19	599	600	5	6	599	-1	0	0.0%	98.7%
Virginia District	16	360	354	6	3	357	3	-3	-0.8%	96.7%
Yellowstone District	22	750	752	5	7	750	-2	0	0.0%	98.3%
Total	538	14983	14918	118	172	14864	-54	-119	-0.8%	

**CRIME PREVENTION MONTH**

**OCTOBER 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 National Headquarters Closed Columbus Day/ Indigenous Peoples' Day	10 F I R E P R E V E N T I O N Dues Payment to National Headquarters	11	12	13	14
15	16	17	18	19	20	21 Court of Honor at National Headquarters
22	23	24	25	26	27	28 National Day of Service
29	30	31 Halloween	1	2	3	4