



# The Lakes & Prairies EXCHANGITE

[lakesandprairiesdistrict.com](http://lakesandprairiesdistrict.com)

September 2024

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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; Lakes & Prairies Board Retreat in Mason City.

## Club building update

The Lakes & Prairies District has people working behind the scenes to start a couple of new clubs. If you have relatives, friends, or acquaintances in either the Des Moines or Cedar Rapids area that may be interested in Exchange, please contact Katie Smith (Des Moines) at [katiemrsmith@gmail.com](mailto:katiemrsmith@gmail.com) or Mike Knapp (Cedar Rapids) at [laird.knapp@gmail.com](mailto:laird.knapp@gmail.com).

## First quarter pride, "new adventures" ahead for Exchange's second quarter

By Sharon Klein,  
2024-25 Lakes &  
Prairies District  
President



As we end our first quarter and start our second, I am so very proud of the programs, projects, and events that have taken

place in our district over the past three months.

Our clubs are busy promoting Exchange, meeting new people, and welcoming new members.

The second quarter will bring new adventures, new events, several holidays, and fun. Myself, I have some plans to start visiting clubs, having Zoom gatherings with local officers, (Next quarter preview continued on Pg 3)

## Exchange Club of Cedar Falls dedicates Freedom Shrine



Courtesy: Waterloo Courier

The Cedar Falls Exchange Club (pictured above) dedicated a Freedom Shrine (displayed on wall above) on Tuesday, Sept. 3, at the Americans for Independent Living (AFIL) facility.

The club had copies of America's founding documents and other historically important documents framed and installed on a wall at AFIL, located at 4020 University Ave., in Waterloo.

There are 26 total documents included in the Shrine.

"It's basically replicas of all the major documents" from U.S. history, said Dennis Kehoe, president of the club. Among them are founding and early American history documents like the Declaration of Independence, the U.S. Constitution, the Monroe Doctrine,

(Freedom Shrine continued on Page 3)



### Quilts of Valor

The Exchange Club of Owatonna held their 3rd Annual Quilts of Valor on Thursday, Sept. 19, honoring nine individuals who have served their country with military service.

### Bylaws Amendment

*The convention fee was amended as follows. This takes effect October 1 dues billing as follows:*

Up to 25 members = \$25  
 26-50 members = \$35  
 51 or more members = \$40

The National Exchange Club | 419.535.3232 | [commun@NationalExchangeClub.org](mailto:commun@NationalExchangeClub.org)  
 | [NationalExchangeClub.org](http://NationalExchangeClub.org)



### Check presentation

The Exchange Club of Steele County Friday, Sept. 20, presented The Exchange Club Center for Family Unity a \$5,000 check for their continuing work of preventing child abuse through their parent mentoring and supervised visitation programs in southcentral Minnesota. The ceremonial check presentation was made by Club President Dean Schuette (pictured left) to the Center's Executive Director Beth Hortop. The Club raised nearly \$4,000 from their work at the parking gates during this year's Steele County Free Fair. The other \$1,000 were funds budgeted by the Club for their quarterly donation to the Center. The Club's board of directors approved the motion during their Sept. 6 meeting to appropriate the funds to reach the \$5,000 mark.

## Best Dam Run - September 28, 2024

Starting Gate: Waverly Civic Center  
 5K Walk/Run, 10K Run, Half Marathon

Sponsored by The Wartburg-Waverly Sports and Wellness Center (The W), Waverly Health Center, Thrivent - Monica Severson and Waverly Pizza Ranch.

Online registration is closed. Please register in person on Friday from 4 to 6 p.m. or the day of the races from 6:45 to 8 a.m. Cash or check only.

5K Route - 2024

10K Route - 2024

Half Marathon Route - 2024





***Congratulations to the NEW 2024-2025 Volunteer Field Representatives!***



Lakes & Prairies District Exchange's newest Volunteer Field Representative (VFR), Mike Knapp, is pictured fourth from the right. Mike is a member of the Exchange Club of Waterloo.

**The Lakes & Prairies District wishes to recognize the newest members who joined their respective Exchange club in the past month:**

**Excel Club of Waverly-Shell Rock High School:** Amelia Ackerson, Maris Carlson, Ava Dermody, Mia Englin, Rachel Foster, Elizabeth Frazell, Lauren Gade, Addi Hamilton, Lindi Hubbard, Julia Johnston, Addi Jorgenson, Carlee Meester, Michaela Mitchell, Addie Ott, Anaka Ott, Regan Pries, Harmony Reingardt, Elliot Schneiderman, Kennedy Shea, Morgan Smith, Lynston Souhrada, Aubrey Victor, and Anika Wrage;  
**Little Falls:** Lindsay Keller, Tom Hendricks, and Purva Watten; **Sunrise Waterloo:** Michelle Meaney; **Waseca:** Jay Bulfer

*(Next quarter preview continued from Pg 1)*  
 assisting anywhere I can and getting to know more and more about people on an individual basis.

The VFRs from Region 3 spent a lot of time putting together training for local club officers. I have the Zoom presentations, and I have learned new things. For those that were fortunate to be part of these Zoom trainings—thank you!

National Day of Service is Oct. 26. If you complete an event or project, please be sure to report that to The National Exchange Club. Also as you complete any projects, events, fundraisers, please take the time to enter those as soon as possible after you have them completed. It is so much easier to report it, as they happen, than to try and catch up later in the year.

Please send me your newsletters, events that have happened (or going to happen) in order for me to post them on our Lakes & Prairies District Exchange's Facebook page.

**H**ave a great October and find some joy in each and every day.

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

*(Freedom Shrine continued from Pg 1)*  
 and the Gettysburg Address and then continuing through documents of the World War II era.

**K**ehoe said club members felt AFIL would be a good location because it works with and supports military veterans. Members of the public are welcome to view the documents when the facility is open.



**Check out this week's Talk Exchange episode!**

Each episode contains unique conversations and information on many topics, such as member engagement, Unity for Service, networking, and more.

new releases every Wednesday!

**Talk Exchange**

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



National Summary Report August 31, 2024

District	# of clubs	Active as of Jul 1, 2024	Active as of Jul 31, 2024	Aug 2024	Aug 2024 Drops	Active as of Aug 31, 2024	MTD Change	YTD Change	YTD % Growth	YTD % Retentio
Alabama District	22	585	583	6	5	584	1	-1	-0.20%	97.60%
California-Nevada District	26	538	541	4	1	544	3	6	1.10%	98.70%
Connecticut District	33	824	817	4	3	818	1	-6	-0.70%	97.50%
Dakota Territory District	6	254	260	5	1	264	4	10	3.90%	99.60%
Florida District	27	704	698	0	9	689	-9	-15	-2.10%	96.90%
Four Corners District	19	306	306	0	5	301	-5	-5	-1.60%	97.40%
Georgia District	31	1491	1504	10	16	1498	-6	7	0.50%	98.70%
Indiana District	17	444	445	4	3	446	1	2	0.50%	98.60%
Lakes and Prairies District	17	407	414	4	2	416	2	9	2.20%	99.00%
Lincolndland District	24	509	504	7	35	476	-28	-33	-6.50%	92.10%
Michigan District	22	488	483	1	7	477	-6	-11	-2.30%	97.10%
Mid-America District	10	241	241	1	2	240	-1	-1	-0.40%	98.30%
Mid-Atlantic District	24	551	540	0	4	536	-4	-15	-2.70%	97.30%
Mississippi District	22	554	547	4	12	539	-8	-15	-2.70%	95.50%
New England District	13	475	473	1	21	453	-20	-22	-4.60%	94.90%
North Carolina District	26	770	766	1	2	765	-1	-5	-0.60%	98.40%
Northern California District	10	192	188	5	2	191	3	-1	-0.50%	96.90%
Northwest District	11	256	256	23	3	276	20	20	7.80%	97.30%
Ohio-West Virginia District	25	545	546	1	4	543	-3	-2	-0.40%	99.10%
Puerto Rico District	7	118	102	0	0	102	0	-16	-13.60%	86.40%
South Carolina District	19	986	986	5	8	983	-3	-3	-0.30%	98.70%
Tennessee District	27	665	661	3	6	658	-3	-7	-1.10%	98.00%
Texas District	25	833	827	4	8	823	-4	-10	-1.20%	98.20%
Texas-Louisiana Gulf Coast District	20	715	720	2	4	718	-2	3	0.40%	98.60%
Virginia District	16	330	334	1	2	333	-1	3	0.90%	98.80%
Yellowstone District	18	551	538	3	4	537	-1	-14	-2.50%	96.40%
Total	517	14332	14280	99	169	14210	-70	-122	-0.9%	

# October 2024

September '24							November '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14		3	4	5	6	7	8
15	16	17	18	19	20	21		10	11	12	13	14	15
22	23	24	25	26	27	28		17	18	19	20	21	22
29	30							24	25	26	27	28	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Excel Club Annual Dues & Collegiate Club Bi-Annual Dues Billing at National Headquarters.	2	3	4	5
6	7	8	9	10	11	12
FIRE PREVENTION WEEK						
				Dues Payment to National Headquarters		
13	14 National Headquarters Closed Columbus Day/ Indigenous Peoples' Day	15	16	17	18	19 Court of Honor at National Headquarters
20	21	22	23	24	25	26 National Day of Service
27	28	29	30	31 Halloween	1	2
3	4	Notes CRIME PREVENTION MONTH				

# Lakes & Prairies District Exchange

## 2024-25 Officers & Directors

**District President**

**Sharon Klein**, Owatonna Club  
240 15<sup>th</sup> St. SW  
Owatonna, MN 55060  
507-363-0143  
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**District President-Elect**

**Dennis Kehoe**, Cedar Falls Club  
5608 Summerland Dr.  
Waterloo, IA 50701  
319-464-6336  
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**Immediate Past President,****Volunteer Field Representative (VFR),  
& Region 3 Vice President**

**Annette Duncan**, Moonlighters Club  
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Medford, MN 55049  
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**District Secretary**

**Lynn Limberg**, Moonlighters Club  
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**District Treasurer**

**Diana Sash**, Waterloo Club  
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**Vice President-IA**

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**Vice President-IA**

**Jerome Risting**, Mason City Club  
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**Division 1 Director, VP-MN, VFR**

**Katie Smith**, Owat. & Moonlighters Clubs  
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**Division 2 Director, VP-MN**

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**Division 4 Director**

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**Jeff Magsamen**, Waverly Club  
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The bylaws list the following purposes of a district:

1. Building local Exchange Clubs.
2. Increasing fellowship among clubs in the district.
3. Strengthening established clubs.
4. Promoting the participation of local clubs in the Programs of Service of The National Exchange Club.