



The Lakes & Prairies

EXCHANGITE

lakesandprairiesdistrict.com

April 2026

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Event Calendar

- Apr 24 Sunrise Exchange Club of Waterloo chartered in 1970.
- Apr 28 Exchange Club of Waterloo chartered in 1948.
- May 1 Deadline to reserve hotel room for district convention at discounted rate. (See Pg 3)
- May 4 Exchange Club of Albert Lea Officer of the Year program.
- May 5 A.M. Exchange Club of Mankato chartered in 1979.
- May 10 Mother's Day.
- May 15-17 Lakes & Prairies District Convention in Owatonna.
- May 21 Moonlighters Owat. Police Officer Recognition Banquet

Importance of attending your district's convention

By Dennis Keboe,
2025-26 Lakes & Prairies District President



District conventions are one of the most valuable tools we have in helping our clubs become stronger, more energized and more knowledgeable.

Unfortunately, this powerful tool is not taken advantage of by most of our members. We need to understand the importance of attending conventions as they are essential to our future as our clubs need to be strong, impactful and an inspiring part of our community.

I ask each club to have as many members as possible attend our district convention in Owatonna, Minnesota at the Double Tree Hotel. Mark the dates of May 15th through the 17th on your calendar for this important event.

Here are several reasons why as dedicated Exchange members we should attend this convention:

Education - Our district convention has seminars and workshops to help us learn how to better promote our clubs through social media, whether it be a club website, Facebook page, bulletins, or newsletters. We will have a workshop to engage our members,

grow our club and raise our profile in our community. At the convention you will learn new strategies for retention, fundraising ideas, and learn new leadership skills. And since this is the year of America 250, you will learn new ideas to celebrate this rare occasion.

Fellowship - One of the best parts of a convention is meeting dedicated members from other clubs and being inspired by their drive to make Exchange as impactful and important to our communities. Our One Nation Under God breakfast keynote speaker is former national president Scot Warren (pictured right), who will impress you with his passion for Exchange. Our national representative is Region 11 Vice President Kara Wright (pictured right), who has boundless energy and will inspire you to share your own passion



(District President continued on Page 2)

The Lakes & Prairies District wishes to recognize the newest members who joined their respective Exchange club in late March and April:

Owatonna: Owatonna Heating & Cooling (Amy Kain), Thomas Kuntz; **Waseca:** Riley Lynch, Mary Pascua, Josh Sorensen; **Waterloo:** Hector Salamanca; **Waverly:** Ron Lenth.

Why Exchange matters—from our communities to our conventions

By Lynn Limberg,
2025-26 Lakes &
Prairies District
Secretary



Exchange clubs play a vital role in the health and strength of our communities.

At the local level, our clubs are often the driving force behind initiatives that protect children, recognize and support youth, promote Americanism, and deliver meaningful community service. These are not abstract ideals—they are visible, tangible efforts that improve lives every day. Whether it's supporting families through Prevention of Child Abuse programs, honoring students through Youth of the Year, and A.C.E. (Accepting the Challenge of Excellence) awards, or bringing communities together through patriotic events, Exchange members are consistently making a difference where it matters most.

What makes Exchange especially effective is its grassroots nature. Each club understands the unique needs of its community and responds with programs and service that are relevant and impactful. This local focus, combined with a shared mission across our district and nation, creates a powerful network of service that extends far beyond any one club.

That connection is where our district and national conventions become so important.

At the district level, the convention is where ideas are exchanged, leadership is developed, and clubs are strengthened. It is an opportunity to learn what is working in other communities, to discover new approaches to membership growth and retention, and to bring back practical strategies that can be implemented immediately. Just as importantly, it is where we conduct the business of the district—electing leadership, discussing proposals, and ensuring that our organization remains strong and forward-focused.

The value extends even further at the national level. The National Exchange Club Convention brings together members from across the country, offering a broader perspective on how Exchange is making an impact nationwide. It is an opportunity to see the full scope of our organization, to gain insight from experienced leaders, and to return with renewed energy and vision. The national convention also reinforces that we are part of something larger—an organization committed to service, community, and country.

Both conventions serve another critical purpose: connection. The relationships built at these events strengthen our organization in ways that cannot be measured on a report. When members share ideas, challenges, and successes, it creates a culture of collaboration that benefits every club.

As district secretary, I see firsthand how important communication, structure, and participation are to our success. Our conventions are where those elements come together—where information is shared, decisions are made, and members are inspired to take the next step in their Exchange journey.

Exchange matters because our communities need engaged, service-minded individuals. Our conventions matter because they ensure we remain effective, informed, and united in that mission.

Encourage every member to take full advantage of these opportunities. When we come together—locally, district-wide, and nationally—we strengthen not only our clubs, but the communities we are proud to serve.

(District President continued from Page 1)

for Exchange. There will be a picnic Friday evening, May 15, where you can meet Scot and Kara, and the district leaders. Make plans to attend that.

Recognition - At the convention we realize an important aspect of Exchange is celebrating our clubs, individual members and the outstanding youths in our district.

Awards are an important part of our conventions that motivate and inspires us all in making Exchange the best service club in America. This year we have added a youth award. The Legacy Award goes to a graduating child or grandchild of one of our Exchange Club members.

Personal Growth - A seldom-mentioned benefit of Exchange is personal growth. Meeting other inspired members, gaining a sense of unity, learning new techniques and taking them back to your club will help you in being a stronger, more enthusiastic Exchange member.

To sum it all up, a district convention isn't just another meeting. It actually is an investment in your club, your dedication to be an inspiring leader and shaping the future of Exchange. So make plans to "Celebrate and Educate" in Owatonna, May 15-17.



District dues increase to be voted on at convention in Owatonna

Lakes & Prairies District Convention delegates will have an opportunity to vote on the proposed dues increase of \$2 per quarter during Session #2 Saturday, May 16, in Owatonna.

District President Dennis Kehoe reported on the proposed increase in the February 2026 Lakes & Prairies Exchangite newsletter. The newsletter may be found at the following link: <https://lakesandprairiesdistrict.com/newsletters>

**LAKES AND PRAIRIES 2026 DISTRICT EXCHANGE CONVENTION
MAY 15, 16, & 17, 2026
REGISTRATION FORM**

# Attending	EVENTS	UNIT PRICE	TOTAL
	Early Bird Package - Member Full Convention MAY 4 DEADLINE	\$135.00	
	Early Bird - First Time Attendee - Member full Convention MAY 4 DEADLINE	\$125.00	
	Member Full Convention - After May 4th	\$145.00	
	First Time Attendee - Member Full Convention - After May 4th	\$135.00	
	Youth Meal Package (10 and under)	\$60.00	
	Friday Fun Time Event (not included in any package price) incl. meal, games, bingo)	\$30.00	
	INDIVIDUAL EVENTS	UNIT PRICE	
	Saturday One Nation Under God Breakfast	\$35.00	
	Saturday Youth Awards Luncheon	\$45.00	
	Saturday Installation/Awards Banquet	\$65.00	
	TOTAL AMOUNT:		

CLUB NAME:	
MEMBER NAME:	
CURRENT OFFICE:	
CONTACT PHONE:	
ADDRESS:	
EMAIL:	
DIETARY RESTRICTIONS:	

SIGN UP ONLINE: <https://givebutter.com/LP2026>
 or mail form to: Diana Sash 5410 11th Ave, Dysart, IA 52224 ~ Email ddsash@fctc.coop ~ Phone: 319-240-8977
 Make checks payable to: LAKES AND PRAIRIES DISTRICT EXCHANGE

QUESTIONS: Sharon Klein 507-363-0143 sharonk1949@gmail.com

HOTEL ACCOMODATIONS
RESERVE BY MAY 1ST FOR DISCOUNTED RATE
DOUBLETREE ~ 2365 43rd St NW, Owatonna, MN 55060 ~ PHONE: 507-888-7300 ASK FOR EXCHANGE BLOCK RATE
 Online Booking Link: [Click Here](#)

ROOMS \$119.00 KING OR DOUBLE/DOUBLE



EXCHANGE

LAKES AND PRAIRIES DISTRICT EXCHANGE CLUBS



Lakes and Prairies 2026 District Convention

Friday, May 15

- 11:00-5:00 Registration Open
- 11:00-12:00 Pre-Convention District Board Meeting
- 12:00-1:00 Lunch on your Own
- 1:00-2:30 Community Project Blankets for the Exchange Center @ Hotel
- 2:30-4:30 Tours of the Exchange Center for Family Unity, Veterans Memorial, History Center & Freedom Shrine
- 5:00-7:30 Friday Fun Night Picnic: Includes Meal, Games & Bingo (extra cost must preregister) {Mineral Springs Park}
- 7:30-9:00 Hospitality Open

Saturday, May 16

- 7:00 – 5:00 Registration Open
- 8:00--9:30 One Nation Under God Breakfast
 - Welcome: Owatonna Mayor Matt Jessop
 - Presentation of Colors – Honor Guard
 - Parade of Club Banners
 - Breakfast
 - Keynote – Scot Warren (Past National Exchange President)
- 9:30-10:00 Convention Session #1
 - Appt. of Parliamentarian
 - Appt. of Resolutions Committee
 - Nominations Committee Report – Sharon Klein
 - Caucuses
 - Announcements
- 10:00-10:15 Break
- 10:15-11:45 Workshop # 1: Promoting Exchange – How to build a Social Media Presence, Website, Facebook, Club Bulletin / Newsletter
- 2025-2026 Media Awards Presentations
- 11:45-12:00 Break
- 12:00-1:30 Youth Awards Luncheon
 - Youth of the Year, A.C.E. of the Year, and Legacy Award presentations
 - Speaker – Jeff Elstad (Retired School Superintendent)
- 1:30-1:45 Break
- 1:45-2:45 Convention Session #2
 - District Secretary Report
 - District Treasurer Report
 - Credentials Committee Report
 - Nominations Committee Report / Floor Nominations
 - Election of District Officers & Directors
 - Proposed Dues Amendment
 - Report on Omaha 2026 Convention Committee
 - National Candidate Forum
 - Announcements

(Current District Convention schedule continued on Page 5)

(Current District Convention schedule continued from Page 4)

2:45-3:00	Break
3:00-4:15	Workshop 2: Engaging Our Members and Strengthening our Clubs 2025 – 2026 Growth & Retention Awards Presentations
4:15-5:00	Round Table Open Forum
5:00- 6:00	Free Time
6:00-6:30	Open Social
6:30-8:30	Convention Awards & Installation Dinner Memorial Service Recognize past District Presidents Awards Presented All American Volunteer of the Year Rookie of the Year Exchangite of the Year Outstanding Club of the Year Lifetime Achievement Awards National Representative Address Installation of Officers & Directors
8:30-10:00	Hospitality Room

Sunday, May 17

Breakfast on your own

9:00-10:00	District Board Post-Convention Meeting 2025 – 2026 Board Members 2026 – 2027 Board Members
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****Throughout Convention: ****

Silent Auction, benefiting L&P Scholarship Fund
50/50 Raffle, benefiting National Exchange Club Foundation
Specialty Raffle
Photo Selfie Wall
Hospitality Suite

Awards—What's in it for my club?

By Sharon Klein,
2025-26 Lakes &
Prairies Immediate
Past District President



This year I was asked to take the district leadership role of awards chairperson.

Over the past couple of weeks, there have been some very interesting results. Our clubs are INVOLVED, DEDICATED, and INSPIRING.

If you don't mind, I would like to make a few suggestions for future awards. I would suggest that if your club is interested in awards and being

recognized for what they do, an awards chairperson should be selected in your club. This person needs to be comfortable using The National Exchange Club website. That awards person starts now.

An example, for a Distinguished Club Secretary Award, the newly elected club officers need to be added to your club's national roster by April 30. New officers need to take the training courses on the National website for their position by June 30.

Starting July 1, the awards person can start keeping track of projects, fundraisers, bulletins, and Facebook. This way when awards are due in April next year, it is not a mad scramble to get ev-

erything together.

What I will be doing for April 2027 judging is sending out to each club in August of this year, the forms that are used for submission. This year has been a year of change, and I don't believe there will be many changes made for next year, but will not know that until after the National Convention.

If you ever have any questions on awards, please do not hesitate to email, call, or text me. I am available to help you.

JOIN US FOR A

Mother's Day

BREAKFAST FUNDRAISER

..... Hosted by the

MEDFORD EXCHANGE CLUB

♥ Celebrate Mom ♥ Support Medford ♥ Enjoy a Meaningful Morning



**SATURDAY,
MAY 9**



9:00 – 11:00 AM



UNITED CONGREGATIONAL CHURCH
Medford, MN

BREAKFAST



**Scrambled Eggs
& Pancakes**

ACTIVITIES



**Card-Making
Table for Kids**

INCLUSIVITY



**Sensory-Friendly
Quiet Zone Available**



All proceeds from this event support **community programs, family initiatives,** and local events in Medford.



Who can vote at a district convention?

ARTICLE IX Conventions, Section 3. Delegates. There shall be two (2) types of voting delegates as follows: A. Club Delegates. 1. Each chartered club in good standing shall be entitled to voting delegates at any convention of the district by the Club's President, President-Elect, Immediate Past President, Secretary and Treasurer, and three (3) voting delegates for its first twenty-five (25) members and one voting delegate for each additional twenty-five (25) members based on the membership reported as of March 31 preceding the convention. The charter membership figure of a new club chartered after March 31 will determine the number of voting representatives allowed the new club at any convention. At the time of electing delegates, the club shall be entitled to elect an alternate for each delegate from the Active, Active Honorary, Life, At-Large, or Business (primary contact only) Members in good standing in the club that they represent. The Club's Secretary shall give written notification of the delegates to the District Secretary prior to any Convention. In the event any chartered club fails to certify the election

of delegates and alternates as herein set forth, the District Convention Committee to Credentials shall have the right to determine the seating of the delegates or alternates for the club.

B. At-Large Delegates. The following individuals shall be voting delegates: 1. District Officers and members of the District Board of Directors; 2. Past District Presidents having membership in a club within the district; 3. National Officers and members of the National Board having membership in a club within the district; 4. Past National Presidents having membership in a club within the district.

Section 4. All delegates listed in Section 3 of this Article shall be entitled to vote on any question submitted at any convention provided the delegate is registered on the rolls of the convention no later than beginning of the business session at which District Officers and members of the District Board of Directors are elected. There shall be no voting by proxy.

Section 5. Each delegate shall have one (1) vote on any question coming before the convention and may take part and vote only in person. A majority of those members present and voting shall govern. No At-Large delegate may at the same time be a delegate from a club and no individual may be a delegate from two clubs at the same time.

Section 7. A Convention quorum shall be representation from not less than thirty-three percent (33%) of all chartered clubs within the district. Excel Club and junior Excel Club membership numbers shall be kept separate from all other Exchange Clubs and shall not be considered for quorums for any district or national meetings. *(This article makes Exchange Excel Club members ineligible for voting at the district convention)*



Win a Three-Night Stay and Two Premium Convention Packages!

Package Value: \$1185

The Three-Night Stay and Premium Convention Package for Two include:

- Three (3) nights at the Hilton Omaha (one room)
- The National Project Luncheon
- One Nation Under God Luncheon
- Friday Evening Entertainment
- Saturday Annual Banquet festivities, and access to all open events for two.

Entries are:

1 for \$25

5 for \$100

10 for \$200

National Convention is almost here!

Enter the NEC Foundation Convention Raffle today and get your tickets now!

The link is: <https://go.exchangefundraising.org/d23061/Campaign/Details>

Share your club's news!

**Email Randy at
rsobrack@yahoo.com**