



# THE NOON NEWS

"Exchange, inspiring communities to become better places to live"

A publication of the Exchange Club of Waterloo

Volume 1 Number 7

Week of August 19, 2024



## Update Meeting Reveals Much Going on at Exchange

August 20, 2024

Membership committee updates and founding of a new committee highlighted the Update Meeting this week.

President Jillian Rutledge

The newly created Community Engagement & Volunteer Committee is poised to begin its mission. The committee's primary objective is to discover and arrange community volunteer activities throughout the year, aiming for at least one per quarter.

Partnership is key to the committee's mission. Speakers and partnering organizations will be invited to join us in club efforts. Collaboration with the Exchange Club is an essential part of the mission.

For example, our speaker last week was Tracy Grandy, Garden & Interpretive Coordinator for the Arboretum. She talked about the arboretum's need for volunteers. The volunteers would engage in activities such as planting, weeding, cleaning up, and working in the welcome center. That would be an ideal opportunity for Exchange in one of its programs, community service.

Additionally, the committee will actively explore avenues to enhance Exchange Club's presence, participate at local events, and leverage platforms such as Grow Cedar Valley for promotional opportunities.

Committee members will develop or receive ideas on possible volunteer or engagement opportunities. Members will review ideas and suggestions and select those to implement at least one per quarter. Michelle Temeyer is the board liaison. Interested parties should reach out to Michelle at [temeyerm@gmail.com](mailto:temeyerm@gmail.com)

## UPCOMING at Exchange

**8/27 Megan Gloede - Family & Children's Council**

Chicken Salad Croissant  
Invocation: Diana Sash. Pledge: Mark Little

**9/03 Pam Wright - Splash of Pearl Boutique**

Pulled Pork w/coleslaw  
Invocation: Donald Faris Pledge: Larry Bortomt

**9/10 Paul Huting - Leisure Services**

Southern Fried Chicken w/Mashed Potatoes  
Invocation: Jim Aronson Pledge: Diana Sash

**9/17 Business Meeting**

Fish Tacos w/Cilantro Lime Rice  
Invocation: Mike Knapp Pledge: TBD

**9/24 Frank Zahn- Restore Independent Mobility (RIM)**

Salad orders must be submitted to Frank Magsamen by Friday morning prior to the meeting unless signed up for a standing order. [fmagsbhc@hotmail.com](mailto:fmagsbhc@hotmail.com)

## BIRTHDAYS

September 7th Kelly Martin  
September 11th Jim Aronson  
September 18th Mike Knapp  
September 19th Beth Paulson  
September 23rd Don Schmidt  
September 29th Bill Beck

## CLUB'VERSARIES

Lori McNamee September 11, 2008 (16 Years)

## Club Officers

Jillian Rutledge - President (June 2025)  
Brian Lynch - President-Elect (June 2025)  
Bailey Moore - Vice President (June 2025)  
Sharon Droste - Secretary (June 2025)  
Diana Sash - Treasurer (June 2025)  
Trent Hunter - Past President (June 2025)

## Board of Directors

Donald Faris (June 2026)  
Mark Little (June 2025)  
Joshua Stevens (June 2025)  
Christine Rolf (June 2026)  
Michelle Temeyer (June 2026)  
Zach Tompkins (June 2025)

The Noon News is a publication of the Exchange Club of Waterloo

Editor: William Kay

The Exchange Club of Waterloo  
P.O. Box 1404  
Waterloo, Iowa 50704-1404

The Exchange Club meets Tuesday at Noon at the Elks Club, 407 E. Park Ave., Waterloo, Iowa

Club Established - April 28, 1948

## Exchange Club Family Picnic

Wednesday, September 4th  
5:00 pm social, 6:00 pm meal,  
Bingo to follow.



Who is the the Spotlight member? See Page 3



The Annual Friends of NCC Barn Bash  
**August 24, 2024**

Electric Park Ballroom at 6:30 PM for a fun night filled with..... Live Music!  
Fantastic Fair Food! Legacy Awards!  
NCC Memorabilia! Live & Silent Auctions!  
and a Sneak Peek of the 2024 NCC Fair!!!

Get your tickets at [www.etix.com/.../friends-of-ncc-barn-bash...](http://www.etix.com/.../friends-of-ncc-barn-bash...)

## Cedar Valley Veteran's Resource Fair

VALLEY VETERANS AND THEIR FAMILIES ARE INVITED TO ATTEND:  
Sponsored by: **WEDNESDAY, SEPTEMBER 11, 2024** Sponsored by:

3:00 PM - 7:00 PM

AMERICANS FOR INDEPENDENT LIVING  
4020 UNIVERSITY AVE. WATERLOO  
(IN FRONT OF THE VETERAN'S AFFAIRS BUILDING)



THE FAIR WILL FEATURE INFORMATIONAL BOOTHS WITH RESOURCES FOR VETERAN'S AND THEIR FAMILIES, AS WELL AS COMPLIMENTARY FOOD AND CAMARADERIE IN AFIL'S COMMUNITY ROOM.



To assist at this event, Exchange members will be asked to volunteer with either set up, tear down, serving food, or providing a side dish or dessert for the attendees.



**Sushi Roll Band** - Formed in early 2012, Sushi Roll quickly perfected their own unique blend of high-energy dance music and rock n roll swagger and then topped it off with memorable stage costumes, inspired by Cosplay, Anime, and Super heroes. Founded by music industry vets and fronted by two of the most mesmerizing young lead singers in Chicago,

**FRIDAY LOO**  
ALWAYS FREE!...  
ALWAYS FUN!...  
ALWAYS FRIDAY!  
Friday Loo is 5:30-9:30PM in Lincoln Park

Sushi Roll is made up of one part driving rock band, one part light-hearted pop, and one part over-the-top theatrical verve. They easily transition between revved-up versions of your favorite pop and rock hits by artists like Bruno Mars, Rick Springfield, Lady Gaga, Nelly, AC/DC, Pink, Neon Tree's and the Jackson 5 connecting them into one a non-stop musical journey.

**WHAT TO DO IN WATERLOO**  
From shopping and restaurants to beauty salons and nightlife, Downtown Waterloo has something for everyone to enjoy! Check out Main Street Waterloo <https://www.mainstreetwaterloo.org/what-to-do>



**Celebrate Local Business**  
Join KWWL in celebrating local businesses. The Local Business Directory highlights trusted businesses in Eastern Iowa at [KWWL.com](http://KWWL.com). Remember to celebrate and shop local all year round!

## SAVE THESE DATES

## NATIONAL CATTLE CONGRESS

The Entertainment Capital of Eastern Iowa

### National Cattle Congress Fair

Fair Dates

**September 18-22**

An Exchange Club Partner

**August 31, 2024**

### Food Truck Festival

11am to 7pm - RiverLoop Expo Plaza

The festival will once again take-over RiverLoop Expo Plaza and more, and will feature some of the best food truck vendors from throughout the region.



**Good Morning Cedar Valley**, the quarterly morning networking breakfast for Grow Cedar Valley investors, is on Thursday, **September 19** at Western Home Communities - Diamond Event Center (5307 Caraway Ln, Cedar Falls) from 7:30-9 am. For questions or to inquire about future host sites and sponsorships, contact Bonita Cunningham, Director of Events & Sponsorships at [bonita@growcedarvalley.com](mailto:bonita@growcedarvalley.com).

## Announcements

It is expected that every Club Member work a minimum of one shift during National Cattle Congress (September) and the Home Show (February). The following Links allow on-line sign up:

### Sign Up for Cattle Congress - Fair Dates September 18-22

<https://bit.ly/3McvJvn>

### Committee Captains and Members

<https://docs.google.com/document/d/1S1AbxOQ0CONd8egUwo67b7b0AvtlyXyF/edit>

### Invocation and Pledge Signup

<https://docs.google.com/spreadsheets/d/116EtvfJcxLVU1URXrzMx5nIOiUswurwdwh7qOts4IWg/edit?gid=0#gid=0>

### Speaker Suggestions Requested

Exchange is always looking for relevant speakers for our noon meetings. Guest speakers should align with our club programs of service. Contact Brian with suggestions at [brian.lynch1206@gmail.com](mailto:brian.lynch1206@gmail.com)

## Quotation of the Week

If you're not failing every now and again, it's a sign you're not doing anything very innovative. Woody Allen  
All Newsletter mistakes are explained by this quote.



**For the Treasurer's Report see page 5**

## Member Spotlight Christine Rolf



Christine will soon be married for 29 years. She was in high school when she received the name of a soldier in Iraq and started a pen pal arrangement. Without knowing each other, they began corresponding. After the correspondent, whom the teenage Christine had never met, arrived home, she received a letter about a month later. The rest is history.



The couple have two children: a daughter, 24, with a master's from UNI, and is a licensed therapist. Her son is 28, a car detailer at Deery is married, and Christine is patiently waiting for grandchildren. Christine has been a cancer survivor for almost a year. She has been a Mortgage lender for 25 years and is on the board of AFIL and the board of Exchange. She is the director of the membership, media, finance committees, and the newly formed community involvement committee. Christine enjoys gardening and loves flowers, which she claims are her best friends. Other activities include camping, kayaking, and doing anything else outside.



## Thoughts on Membership

According to a Western Connecticut State University report, "Volunteering allows you to connect to your community and make it a better place. Even helping with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need."

The effectiveness and strength of our Exchange Club is directly related to member involvement. The membership committee, working closely with club officers, is developing an ongoing program to stimulate the attendance and participation of current members.

The executive officers will continue their policy of running a quality Exchange Club meeting with interesting programs, following the planned agenda, and starting and ending on time. This policy is one way to boost attendance.

Good meals, service, and networking are essential to a member's continued participation. Another effective means of stimulating interest in meetings is through a well-written club newsletter, social media page, and website, updated often. The newsletter should include news on all club activities, special district and national programs, and information about members' personal and professional accomplishments.

Some of the discussions emanating from the Membership Committee are:

### Business connections:

- Create a flyer to hand out at events and send to the target organizations. (e.g., businesses, nonprofits, educational and vocational institutions, medical facilities)
- Determine who is the best candidate to contact each entity
- Solicit recommendations from members on target organizations and how Exchange members can connect them. Consider developing sponsorships that will lead to partnership relations with Exchange for the benefit of the community

### Current members engagement:

Suggestions on how to retain members.

- Spotlight a member in the newsletter and once a month at the informational update meeting. Create a directory with information and photographs.
- Communicate the benefits of a "corporate" membership to members
- Determine why current members are absent from weekly meetings and volunteer activities (Use a mailed card, provide a survey or questionnaire, for example).

For example, when members miss three or more consecutive meetings, a friendly telephone call or email should be made to let them know they are missed and update them on club activities. Communication will emphasize each member's importance and let them know they are essential to the club's continued success.

### Create a Mentor Program:

- The Membership committee will facilitate the mentor appointment for each new member.
- Create expectations of the mentor.

### Community Engagement:

- Community engagement committee—The committee leaders will work to establish a program to educate the community on the Exchange Club and how they can obtain membership or partnership.

All members and prospective members should know the Exchange value statements:

- VISION: A strong America, safe communities, and unified people.
- MISSION: Exchange, inspiring communities to become better places to live.
- CORE VALUES: Family, Community, and Country
- MOTTO: Unity for Service

"Far and away the best prize that life offers is the chance to work hard at work worth doing."---Theodore Roosevelt.

**Reminder** --- Volunteers play an essential role in helping the Cedar Valley Arboretum's growth. Volunteers assist with planting and caring for the gardens, maintaining machinery and buildings, bookkeeping, leading tours, and more. Those interested in volunteering can fill out an application found online at . A staff member will provide information on the options for large and small groups, individuals, or corporate volunteer groups.

Online link for application: [www.cedarvalleyarboretum.org/](http://www.cedarvalleyarboretum.org/)





Josh Stevens

Josh Stevens [jstevens@neifb.org] has taken over updating the Photo Directory. An email has been forwarded, which can be returned to Josh or filled out and physically brought to an upcoming meeting. Directory information will be displayed on the Exchange website but not publicly unavailable.

Be sure to update any changes occurring on the profile to ensure the receipt of the newsletter and any club communications. This project is an initiative of the Membership Committee.

EXCHANGE CLUB MEMBER DIRECTORY

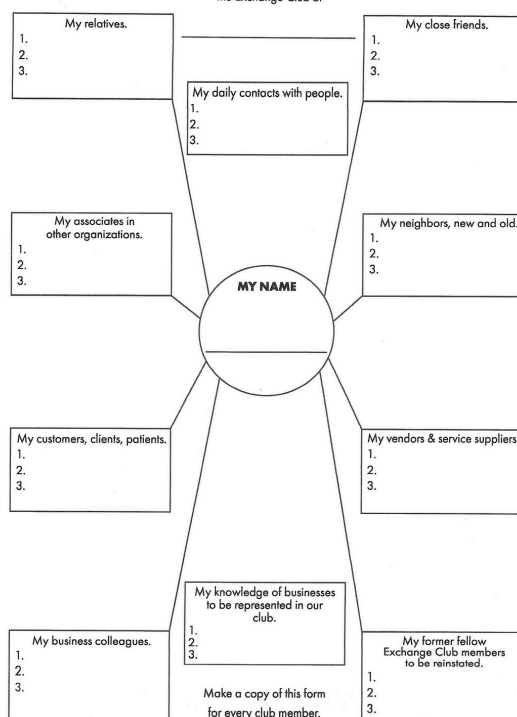
WATERLOO

	Membership Status / Date Joined	_____
	Organization	_____
	Spouse / Family	Married to _____
	I am passionate about	_____
	About me (one paragraph)	_____
		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Example

	<b>Sarah Johnson</b>	Membership Status / Date Joined	Active / October 3, 2005
		Organization	Donor Relations Manager, Northeast Iowa Food Bank
		Spouse / Family	Married to Mark Johnson
		I am passionate about	Volunteering and making America a better place to live.
		About me (one paragraph)	_____
			<input type="checkbox"/> sarah.johnson@example.com <input type="checkbox"/> (555) 555-1234 (Personal) <input type="checkbox"/> 456 Oak Street, Smalltown, USA

MEMBERSHIP PROSPECTS FOR  
The Exchange Club of



APPENDIX

50

This sheet will be available at Club meetings and sent to each member by Email. Be sure all information is updated.

This sheet will be available at Club meetings to help in personal brainstorming for potential members.

The Exchange Club of Waterloo Website



Home Get Involved Areas of Impact

About Us eStore Member Account

WELCOME TO Empowering Waterloo Together

Join us in creating a vibrant and caring community for all. Together, we celebrate unity and resilience.

The Exchange Club of Waterloo Website is currently under construction. The date of release is coming soon. A sneak preview of the unfinished site can be found at [exchangeclubofwaterloo.org](http://exchangeclubofwaterloo.org).

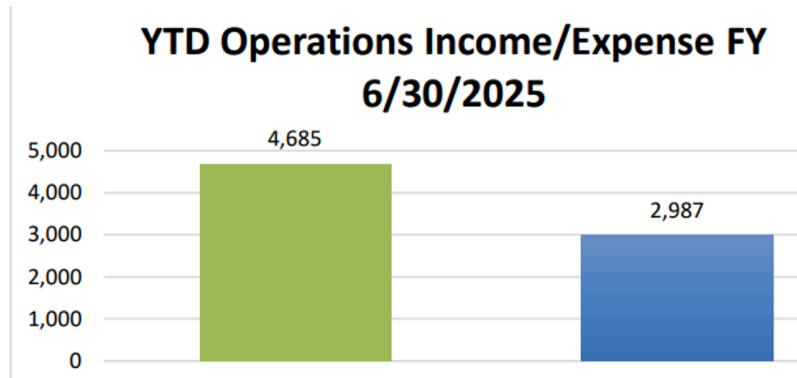
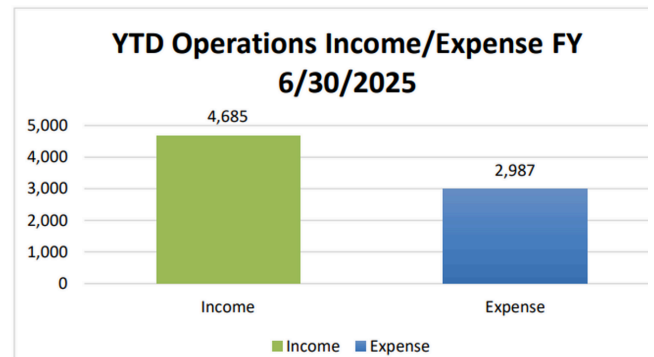
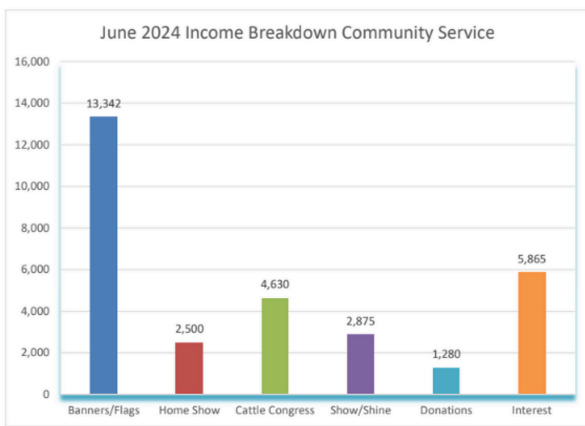
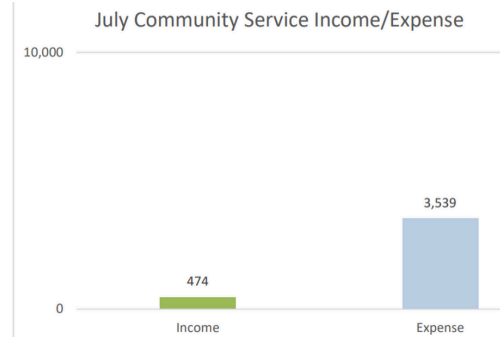
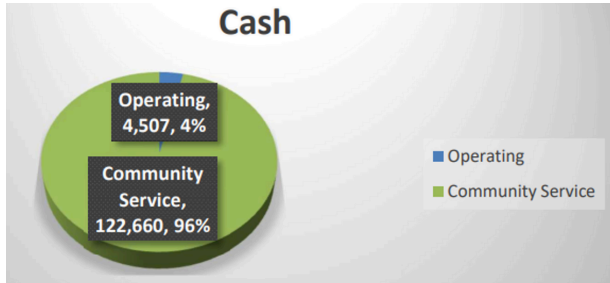


Warning the information contained is not up to date at this time!



# TREASURER'S REPORT

## Treasurer's Report (Graphic Summary)



For detailed information that is contained in the Treasurer's Consolidated Report contact Diana Sash at [ddsash@fctc.coop](mailto:ddsash@fctc.coop)

Feedback, suggestions, and comments should be directed to [wkay7@live.com](mailto:wkay7@live.com).

Place Attention Editor in the subject line.