

THE ALABAMA PULSE



EXCHANGE

ALABAMA DISTRICT EXCHANGE CLUBS

The Alabama Pulse-Published Quarterly Alabama District Exchange Clubs Volume 2 Number 3 Feb. 16, 2022

ADEC MIDWINTER MOMENTUM AND INSPIRATION HIGH IN IRONDALE!



Thank you to Exchange Club of Irondale members at 2022 Mid-Winter Conference: (L to R): Joyce Franklin, John Schoen, Linda Schoen, Caroline Foster, Uta Jones, and Sue Miles!

It was a sunny cold morning in Irondale, AL when ADEC members and guests gathered for the 2022 ADEC Mid-Winter Conference at Jubilee Ministry Building.

Members of the Exchange Club of Irondale served as fabulous hosts for our meeting! The food, catered by Urban Cook House, and coordinated by Joyce Franklin, was outstanding and was provided free by the ADEC.

Barbara Orr, NEC Treasurer, VFR, Past Region 10 VP, and member of the Exchange Club of Mooresville, NC inspired ADEC members with her talk to us, especially when she said, **"The way to grow yourclub is to build new clubs!"** She also got us all excited about going to the 104th National Exchange Club Symposium & Convention, July 13-16, 2022 in beautiful Greenville, SC. Barbara finally got her Alabama clay eagle when Joyce Franklin presented her with the surprise!



Barbara Orr and Joyce Franklin, shown at left.

Stacy Hopkins, Executive Director of the Exchange CAP Center in Birmingham, updates us on the needs of theCAP Center now.

CLICK on the "PULSE" of EXCHANGE:

National Exchange Club www.nationalexchangeclub.org

National Exchange Club Foundation www.nationalexchangeclub.org/foundation

Exchange Club's National Project www.PreventChildAbuse.com

Believe in the Blue www.believeintheblue.org

National Exchange Club On-Line Store www.BuyExchange.org

Alabama District Exchange Website www.alabamadistrictexhcange.com

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**Congratulations to the
Alabama District
Exchange Clubs for
positive growth (+2.6%)
for the 2021-2022 club
year so far!**

Welcome Our Newest Members to Exchange Clubs in Alabama



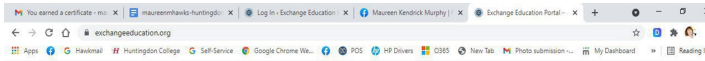
ALABAMA DISTRICT

Since the start of the new club year on July 1, 2021, Alabama District Exchange Clubs has added **34** new members! This is exciting, as now is the time to get new members into our clubs and show them what Exchange is all about. Getting new

members involved in programs of service (POS) is a great way to introduce them to Exchange. Each new ADEC member who joins from July 1, 2021-June 30, 2022 will receive a \$50 Amazon Gift e-card via email. Let's all welcome these newest members to Exchange:

New Member Exchange Club

Josh Brolin	Florence
Rolan Jackson	Florence
Aisha Bryant	Irondale
Denton Kimberly	Jacksonville
Bethany Lewis	Jacksonville
Joyce Downey	Mobile
Annesia Miller	Mobile
B.J. Martin	Mobile
Danyelle Schmidt	Mobile
Michael Conaway	Troy
John Huggins	Troy
John Anderson	Troy
Michael Bunn	Troy
Bryant Smith	Troy
Scott Huffman	Tuscaloosa
Garrett Clark	Collegiate Exchange of NWSCC
Tesley Callahan	Collegiate Exchange of NWSCC
Ezra Glauser	Collegiate Exchange of NWSCC
Leah Grimes	Collegiate Exchange of NWSCC
Hannah Hendon	Collegiate Exchange of NWSCC
Colyn Humphres	Collegiate Exchange of NWSCC
Elijah Paul Johnson	Collegiate Exchange of NWSCC
Jonathan Cagle	Collegiate Exchange of NWSCC
Johnathan Morgan	Collegiate Exchange of NWSCC
Lili Marquez	Collegiate Exchange of NWSCC
Reece Townsend	Collegiate Exchange of NWSCC
Sarah Cotham	Collegiate Exchange of NWSCC
Keirstin Cramer	Collegiate Exchange of NWSCC
Seth Armstrong	Collegiate Exchange of NWSCC
Michael Murphy	Collegiate Exchange of NWSCC
Maureen Murphy	Collegiate Exchange of NWSCC
Hannah Hurst	Collegiate Exchange of NWSCC
Sheyenne	Collegiate Exchange of NWSCC
Amy Colvin	Collegiate Exchange of NWSCC



The National Exchange Club has launched a vibrant and useful portal for **FREE** training and professional development for its members. You can find it at exchangeeducation.org. Officers should have received an email to join from Kristie Landau. I have found the courses to be very timely, interesting, and helpful. **Go to the portal and start a course today!**

Courses available: *Effective Management for Club Treasurers, Effective Management for Club Secretaries, Important Role as a Dist. Director, Leading as Club President, Women in Leadership, Business Ethics, Coaching & Mentoring, Entrepreneurship, High Performance Teams, Our Individual Health & Wellness, and Leadership & Influence*

**Alabama District Exchange Club Convention
at Lake Guntersville State Park
June 3-5, 2022**



Join us at this beautiful location for the Alabama District Exchange Club Convention. The lodge has comfortable rooms and delicious food. But the view overlooking Lake Guntersville is absolutely amazing!

In the very near future you will be receiving a Call to Convention email with registration information as well as information to make your hotel reservations. Reservation will need to be made by April 1st to secure a room at our convention rates. Booking after April 1st will be allowed but only if there are rooms available.

You'll enjoy the fellowship of many of your Exchange family members from all across the state. A representative from the National Exchange Club will be the keynote speaker. The Youth of the Year winner, the A.C.E. winner as well as oratorical candidates will be highlighted on Saturday. New district officers will be elected and installed Saturday evening.

Check out the Lake Guntersville State Park website to see all the different activities available. <https://alapark.com/lake-guntersville-state-park>

EXCHANGE CLUB OF SHOALS HELPING IN CHILD ABUSE PREVENTION

In December 2021, the Exchange Club of Shoals presented the Family & Consumer Science class at Phil Campbell High School with a Reality Works shaken baby to help students prevent child abuse.



2021-2022 ADEC Board and Meeting Schedule

District Board Meetings (on ZOOM)

FIRST QUARTER Sat., July 24, 2021 10-11 a.m.

SECOND QUARTER Sat., Oct. 16, 2021 10-11 a.m.

THIRD QUARTER Sat., Jan. 22, 2022 10-11 a.m.

FOURTH QUARTER Sat., May 21, 2022 10-11 a.m.

**NEC Mid-Year Leadership Summit-Jan. 6-8, 2022
Greenville, SC for District Presidents**

District Conference & Convention

ADEC Mid-Winter Conference Sat., Jan. 29, 2022

Jubilee Ministry Building, Irondale, AL

101st Annual ADEC Convention June 3-5, 2022

Lake Guntersville State Park and Convention Center

Visit: <https://www.alapark.com/parks/lake-guntersville-state-park/conference-venues-0>

ADEC and NEC Membership Update

ADEC District (as of 2/16/22)

Number of Clubs:	23
New Clubs Built:	1
Club Disbanded:	0
Current Members:	583
Members on July 1, 2021	568
YTD Increase in Members	+15
YTD % Change-Membership:	+2.6%
YTD Retention:	86.1%

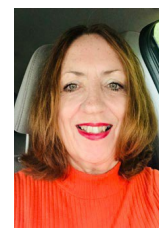
NOTE: Since Jan. 2022, ADEC has added 58 new members and dropped 57 (due to loss of members in the Excel Club of Pike Liberal Arts School in Troy, AL, which also decreased our overall YTD Retention.

***Only the NC and Alabama Districts had positive growth for the 2020-2021 club year! Let's keep the ALABAMA momentum going and keep finding new members to join Exchange and complete our ambitious NEW CLUB BUILDING projects for 2021-2022!**

2021-2022 "Inspiring Each Other Again"

From Your 2021-2022 ADEC President...

I sure want to thank everyone who came to our 2022 ADEC Mid-Winter Conference in Irondale in January! Many members said they were inspired and challenged by the speakers and ideas that we shared. Joyce, the lunch was fantastic again!



I am very proud of the excellent club- building projects and goals we have ongoing as well as how you all have worked hard to strengthen our existing clubs by recruitment of new members. We have an outstanding district that is dedicated to Exchange, completes excellent fundraising projects, serves our community and youth, promotes Americanism and pledges to the prevention of child abuse. Please contact me if I can help you or if you have time for me to visit your club this spring. I hope you all will join us in Lake Guntersville, AL on June 3-5, 2022, for our 101st Annual ADEC Convention with NEC Representative Joe Dudek from Connecticut speaking to us on Saturday of the conference. Our Convention Co-Chairs Joyce Franklin and Lisa deShazo have been working tirelessly to make the convention a great ADEC experience.

Yours in Exchange, Maureen

2021-2022 ADEC OFFICERS and DIVISION DIRECTORS

President: **Maureen Murphy**

Immediate Past-President: **Lisa deShazo**

President-Elect: **Timothy Spafford**

Volunteer Field Representative: **Tommy Holliman**

Secretary: **Linda Schoen**

Treasurer: **John Schoen**

DIVISION DIRECTORS

Division 1: **Carolyn Chandler**

Division 6: **Donna M. Jones**

Division 2: **Diana Cline**

Division 7: **Judy Friday**

Division 4: **Joyce Franklin**

Division 8: **Mickey McDonnell**

Division 5: **Gayle Atchison**

Division 3: **OPEN**

See our ADEC Website: www.alabamadistrictexchange.com

For contact information and updated club meeting information!



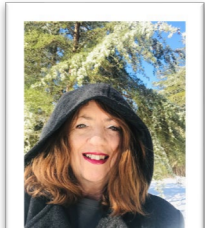
Here are some inspiring women leaders of the Alabama District Exchange Clubs! From left-to-right-Joyce Franklin, Lisa deShazo, and Linda Schoen. Look for their stories in the new booklet- "Women of Alabama Exchange," to be introduced at our ADEC Convention @ Lake Guntersville in June 2022!

Members at 2022 Alabama District Exchange Clubs Mid-Winter Conference



Div. 5 Director Gayle Atchison and Sheriff Derrick Cunningham-Exchange Club of Montgomery

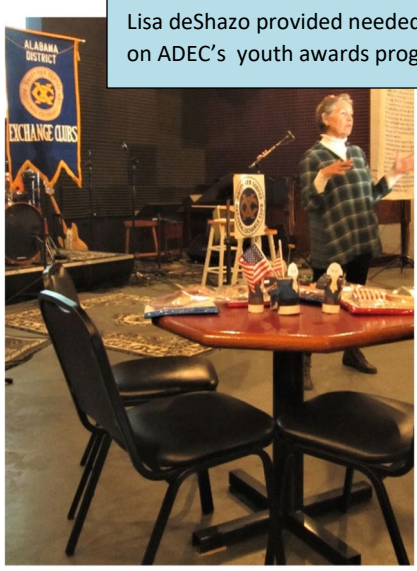
Billy and Donna Jones from Exchange Club of Troy, AL.



Barbara Orr, NEC Treasurer, speaks!



Lisa deShazo provided needed info on ADEC's youth awards program.



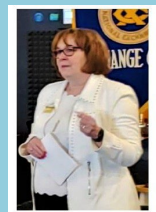
Div. 1 Director Carolyn Chandler presents fundraising ideas.



Judy Friday and Exchange Club of Mobile!



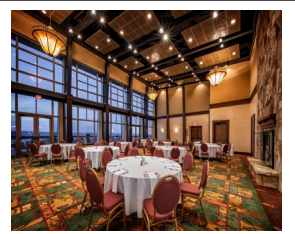
Wiley Cutts and Joel Kelly from Montgomery Exchange!



Kim Prado, Region 9 Vice President, gave an excellent presentation on tips on how to start and maintain Excel and Jr. Excel Exchange



Right: Stacy Hopkins, Director of the Child Abuse Prevention Center, shared activities they are doing to help many families in area.



Goldenrod Room at Lake Guntersville State Lodge

ALABAMA DISTRICT BUILDS NEW CLUB IN FEBRUARY 2022

Welcome to the Collegiate Exchange Club of Northwest-Shoals Community College!



Club Opening Event
COLLEGIATE EXCHANGE CLUB OF
NORTHWEST-SHOALS COMMUNITY
COLLEGE
February 16, 2022



Using a combination of in-person and ZOOM format for the Club Opening Event (COE), **Tommy J. Hollman**, NEC Volunteer Field Rep., presided over the formal installation of Alabama District's newest club—the **Collegiate Exchange Club of Northwest-Shoals Community College**. Tommy, Louise Kachmarik and Andrew Mehling from NEC as well as **Timothy Spafford**-ADEC District President-Elect, participated via ZOOM, while the club members, officers, and club builders participated in-person. The club chartered with 19 members and has already begun doing programs of service. This is the first collegiate club at a 2-year community college in Alabama.

Welcome to these new energetic club members!



OUR ADEC 2021-2022 YEAR(so far) in PICTURES



District Presidents took a short culinary course at Greenville Tech & Culinary Institute while at the NEC Mid-Tear Leadership Conference in Greenville, SC.



Officers of Alabama's newest new club- the **Collegiate Exchange Club of Northwest-Shoals Community College** prepare Valentine's Day cards and candy for 40 residents of a nursing home in Haleyville, AL.



Barbara Orr is delighted to receive the Alabama clay eagle from Joyce Franklin!



Operation Christmas Child 2022 in November.

EXCHANGE Presents
EXCHANGE CLUB OF FLORENCE, AL
ONE NATION UNDER GOD PRAYER BREAKFAST
Guest Speaker: **BRODIE CROYLE** Executive Director Big Oak Ranch and former Alabama & Kansas City Chiefs Quarterback

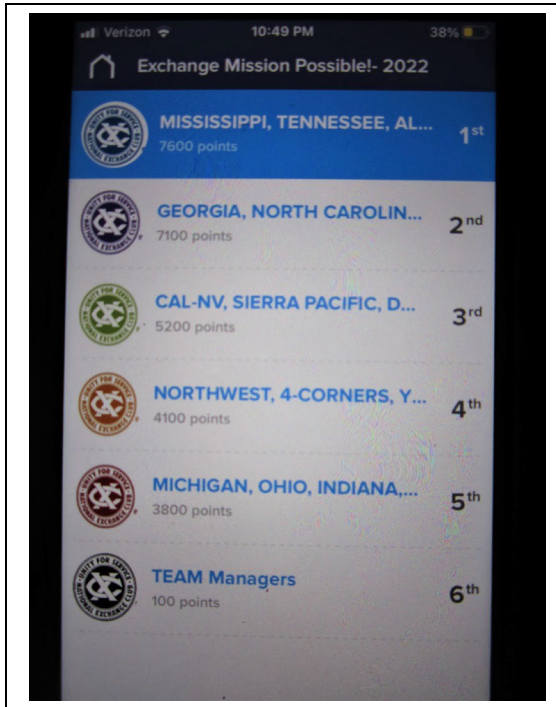
Ticket Info: bert@agentbert.com or 256-648-3470
November 9 • Marriot Conference Center

Nearly 400 people participated in the "One Nation Under God Breakfast" at the Marriott Conference Center in Muscle Shoals, AL on Nov. 9, 2021. **Brodie Croyle**, Executive Director of Big Oak Ranch and former University of Alabama and Kansas City Chiefs quarterback gave an inspiring talk that uplifted participants. Thanks to all the Exchange Club of Florence members who sold tickets and helped set-up the event.



Exchange Club of Shoals charter members **Dawson Mosley** and **Sarah Cotham** were married in October 2021 in Phil Campbell, AL. Congratulations to Sarah and Dawson!

OUR ADEC 2021-2022 YEAR(so far) in PICTURES



All District Presidents and DPEs are participating in “Goose Chase, an online scavenger hunt using mobile phones that promotes fellowship and team building. Each team consists of four districts with 8 person per team. The “Blue Team” consists of the DPs and the DPEs from Alabama, Mississippi, Florida, and Tennessee. At this writing the Blue Team is in first place but can easily be replaced by the Northwest-Four Corners Team. The “Exchange Mission Possible-2022” runs from Feb. 14-March 14, 2022.

Exchange Club of Montgomery prepares for Dec. meeting.



ADEC President **Maureen Murphy** opens the 2022 ADEC Mid-Winter Conference held in Irondale, AL at the Jubilee Ministry Building on Jan. 29, 2022. About 30 people participated in the meeting and renewed their passion for Exchange through education and fun.

Irondale Exchange News



Guest speakers from United Way Area Agency on Aging



Valerie Lawson shared with guests and members many of the great benefits available through the United Way Area Agency on Aging. Many of the programs are for seniors over 60 years of age but there are several that allow those seniors who are 55 or older.

Just a few of the programs mentioned were: Alabama Care which is a support service for unpaid caregivers. Homemaker and Personal Care program provides assistance to seniors who need care in their home. Legal assistance is also available. Long Term Care Ombudsman advocates for a better quality of life.

There are many more programs available through the agency. For more information, contact the agency at 1-800-9lighter (243-5463).



NEXT MEETING
Feb. 22nd at 5:30 PM
Guest speaker: Laura Motes with Barber Motorsports Museum

Contact club secretary, Ulla Jones, at 205-541-2396 by Monday Feb. 21st to reserve your seat.

Invite potential members. First time guests receive a complimentary meal.

Irondale Exchange News



Alabama District Exchange Club Conference Highlights



Left: ADEC District President, Maureen Murphy, welcomes attendees to the 2022 ADEC conference.



Right: Councilman Robert Box welcomed all to the City of Irondale.



Barbara Orr, National Exchange Club treasurer, gave an update on all the many positive changes for Exchange Club members.



Kim Priddy, Region 9 Vice President, gave an excellent presentation on tips on how to start and maintain Excel and Jr. Excel Exchange.



Left: Lisa deStano presented needed information on youth awards.



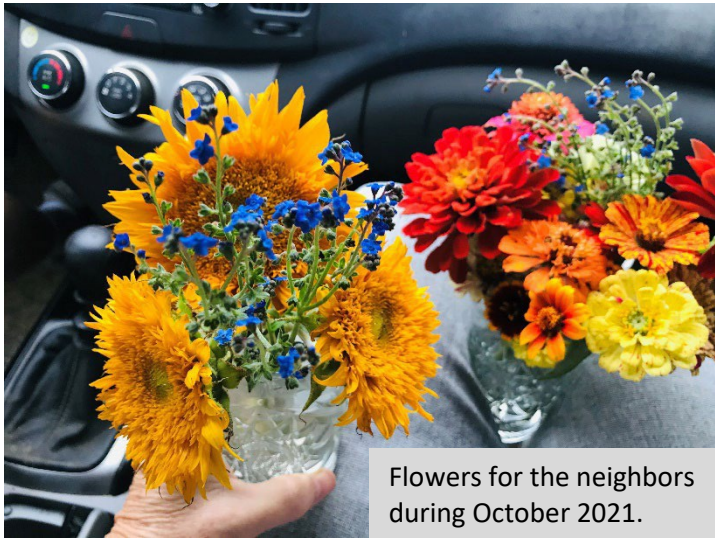
Right: Sara Hopkins, Director of the Child Abuse Prevention Center, shared activities they are doing to help more families in our area.



The conference was well attended by Exchange members from around the state. Irondale members attending pictured on the left: Joyce Franklin, Ulla and Ulla Jones, Caroline Foster, Ulla Jones, and Sue Miles. Also attending but not pictured: Major James Stewart and Theresa Bennett. Thanks to all who presented and attended!

Joyce Franklin, Editor of the Exchange Club of Irondale’s newsletter, provides an accurate and up-to-date report with gorgeous photos of all the happenings in the Irondale Club. Why not get on her mailing list and enjoy the news from Irondale? Contact Joyce at joyce35210@gmail.com.

OUR ADEC 2021-2022 YEAR(so far) in PICTURES



Flowers for the neighbors during October 2021.



Lisa deShazo, Pres. of the Exchange Club of Mobile, presents Jere Marques with a gift to commemorate his 56 years as a member of the Exchange Club of Mobile. Jere joined the club in Nov. 1, 1966!



ADEC Clubs Earning the National Service Award (NSA) to Date

Exchange Club of Irondale

Exchange Club of Mobile

Collegiate Exchange Club of Huntingdon

Club Secretaries: Please remember to enter your Programs of Service (POS) on your club page on the national website:

www.nationalexchangeclub.org



Evie Faye Chapman was born in December 2021 to **Brittney Chapman** (Exchange Club of Florence, AL) and husband Nick. Congratulations to Brittney and her family on their new addition!



Mobile City Councilman- (District 6) **Scott Jones**, second from right in picture, presents President **Lisa deShazo** of the Exchange Club of Mobile with a resolution from the City of Mobile celebrating the 85th anniversary of the Exchange Club of Mobile. With Lisa are **Jere Marques**, left, and **Mickey McDonnell**, far right.



New Club Building 2021-2022

Growth and Retention for 2021-2022

Grow Alabama Exchange by 4%, “each one get one,” from Past-President Don Wright.

- Grow Alabama Exchange in 2021-2022 by building the following 6 clubs (sponsoring club in parentheses):

Collegiate Exchange Club of the University of South Alabama (Exchange Club of Mobile) IN PROGRESS-Tim Spafford, New Club Builder

Collegiate Exchange Club of the University of North Alabama (Exchange Club of Florence) IN PROGRESS-Maureen Murphy, Bert Bretherick, James Barnett, New Club Builders

Exchange Club of Guntersville, AL (Exchange Club of Irondale)

Excel and Junior Excel Clubs at Alabama Christian Academy (Exchange Club of Montgomery)

After Hours Exchange Club of Montgomery, AL (Exchange Club of Montgomery)

BREAKING NEWS:

Collegiate Exchange Club of Northwest-Shoals Community College (Collegiate Exchange Club of Huntingdon)-COMPLETED CHARTER 1/31/22, 19 Members. COE (Club Opening Event: 2/16/22.

Elevator Speech

We are a National Community Service Club.

The National Exchange Club is an organization making communities better places to live through projects focusing on Americanism, Youth, Community Service and our National project of Prevention of Child Abuse.

Our membership is open to all those who share the same passion.

What is your passion?

Visit:

alabamadistrictexchange.com

LEVEL UP! MULTIPLAYER

GET PERSONAL

EXPAND YOUR NETWORK
TALK TO GROUPS & CHAMBERS
PROMOTE AT EVENTS
ENCOURAGE FAMILY TO JOIN:
ADD A SECOND FAMILY MEMBER FOR ONLY \$10 NATIONAL DUES/QUARTER
*SEE CONDITIONS REGARDING THIS CATEGORY.

BOGO 1/2 OFF JOINING FEES!

Level Up Together! All pairs of new members joining the same club, in the same quarter, can enjoy these exclusive perks.

RUNNING JANUARY 1 - JUNE 30, 2022

ADEC President Promotes New Membership Campaign- “LEVEL UP! MULTIPLAYER”

National Exchange Club lost more than 1500 members during the 2020-2021 club year. In order to encourage new members to “join”, NEC has introduced the “Level Up! Multiplayer” campaign.

Add a second family member for only \$10 National Dues/Quarter!

The campaign ends June 30, 2022.

Join Exchange Video

(about 2.5 minutes)

https://youtu.be/qFud_Alftlc



EXCHANGE

ALABAMA DISTRICT EXCHANGE CLUBS