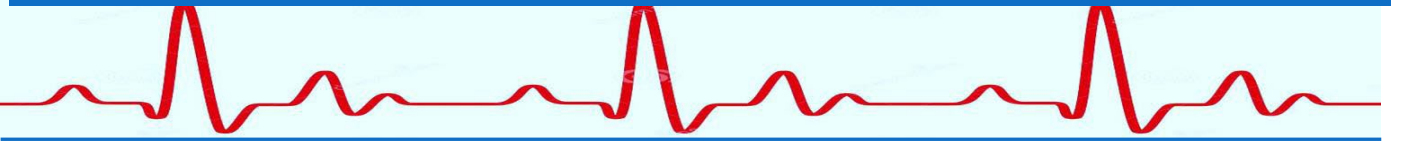


THE ALABAMA PULSE



EXCHANGE
ALABAMA DISTRICT EXCHANGE CLUBS

The Alabama Pulse-Published Monthly Alabama District Exchange Clubs Volume 4 Number 1 August 15, 2023

ALABAMA DISTRICT EXCHANGE CLUBS WELCOME THE EXCHANGE CLUB OF PHENIX CITY-AL TO OUR DISTRICT

What a joy to hear that the **Exchange Club of Phenix City** wished to join our Alabama District this new club year! The Exchange Club of Phenix City, Alabama was chartered more than 38 years ago (on 5/11/85)! The club was started by Georgia Exchange club members. The club petitioned National Exchange Club to join the Alabama District Exchange Clubs, and this was approved July 1, 2023. The club is growing, and currently has 32 active members. For the 2023-2024 club year, President **Lance Brooks**, President-Elect **David Johnson**, and Immediate Past-President **Kara VinZant**, along with other officers and board members, will lead the club. During the week of August 7th, ADEC Treasurer **John Schoen**, ADEC Secretary **Linda Schoen**, and ADEC VFR **Donna Jones** visited the club, The club meets Thursdays at Noon (Eastern time) at T-Bones Steakhouse Grill in Phenix City, AL.



ADEC Treas. John Schoen, ADEC Sec. Linda Schoen, and VFR Donna Jones visit Phenix City Exchange Club in Aug. 2023.

Below are the 2023-2024 Officers and Board of the Exchange Club of Phenix City, AL.



CLICK on the
“PULSE” of EXCHANGE:

National Exchange Club
<https://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

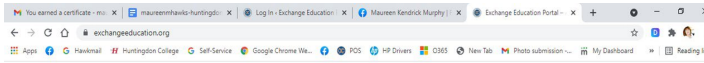
Alabama District Exchange
Website
www.alabamadistrictexhcnge.com

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**Congratulations to the
Alabama District
Exchange Clubs for
positive growth (+0.2 %) for the first month of the
2023-2024 Club Year!**



2023 ADEC Youth Award winners at Convention-left-to-right: ADEC President **Tim Spafford**, Zeke Curvin-Oratorical Contest winner, **Anna Dickey**-Youth-of-the-Year awardee, **Julie Brandcup**, A.C.E. Award winner, and **John Schoen**-ADEC Treasurer and Awards Chair.



The National Exchange Club has launched a vibrant and useful portal for **FREE** training and professional development for its members. You can register at the NEC Member Resources page after login or at exchangeeducation.org. These courses are very timely, interesting, and helpful. **Go to the portal and start a course today! All officer training and District Director Training is highly recommended to be done at this portal!**

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, New Club Building, Business Ethics, Coaching & Mentoring, Entrepreneurship, High Performance Teams, Our Individual Health & Wellness, and Leadership & Influence and more!*



2023 ADEC Youth Awards

Awards Presented at the 102nd ADEC Convention

The Alabama District has an extensive awards program and recognizes individuals at our annual convention each year. Below are the awards presented at the 101st Alabama District Exchange Club Convention, held at Bald Rock Lodge-Cheaha State Park, June 9-11, 2023:

- Best Club Bulletin (paper):** Exchange Club of Irondale (Class B)
- Best Club Bulletin (electronic):** Exchange Club of Irondale (Class B)
- Best Yearbook (paper):** Exchange Club of Florence (Class A)
Exchange Club of Irondale (Class B)
- Club Attendance Award:** Exchange Club of Mobile
- Club Membership Award:** Exchange Club of Florence
- Court Of Honor Recipient :** Curtis Pilot, Mobile
- Exchange Club Member of the Year:** Donna McLaney Jones, Troy
- Outstanding Division Director:** Lisa deShazo, Div. 4, Mobile
- President's Award-Outstanding Club:** Exchange Club of Florence
- New Club Builder Award:** Donna McLaney Jones, Troy
- Youth-of-the Year Award:** Anna Dickey, Montgomery
- A.C.E. Award:** Julie Brandcup, Irondale
- Oratorical Contest Winner:** Zeke Curvin, Jacksonville
- Turn-Around Award** Exchange Club of East Central AL



A.C.E. Award Winner -**Julie Brandcup**, sponsored by the Exchange Club of Irondale, and John Schoen (middle), ADEC Youth Awards Chair.



Tim Spafford Elected Alabama District Exchange Club President for 2023-2024

Tim Spafford, ADEC President for 2022-2023, was installed as the **ADEC President** for 2023-2024 at the 102nd ADEC Convention at Bald Rock Lodge-Cheaha State Park. Tim is an outstanding member and leader in the Exchange Club of Mobile, Tim has some fresh and exciting new ideas for the Alabama District. We look forward to Tim's leadership in this new club year!

ADEC and NEC Membership Update

Alabama District Exchange Clubs (Preliminary as of 7/31/23)

Number of Clubs:	22
New Clubs Built:	0
Clubs Disbanded	0
Current Members	563
Members on July 1, 2023	562
YTD % Change in Growth:	+0.2%
YTD Retention:	99.8%

Top Five Districts in the United States Year-to-Date Membership Growth

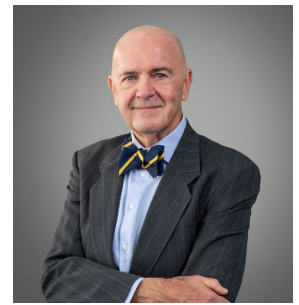
% YTD Growth in Members As of July 31, 2023

Four Corners	+1.3%
New England	+1.3%
Ohio/WVA	+1.1%
CA/Nevada	+ 0.9%
North Carolina	+ 0.4%

National - 0.4%
539 clubs, 14,918 members

Meet Your New NEC Region 9 Vice-President Joe Walsh

Joe Walsh, of Vero Beach, FL, was elected NEC Region 9 VP at the 2023 NEC Convention in Phoenix, AZ. Joe leads Region 9, which includes Alabama, Florida, and Puerto Rico. We look forward to "Zooming" with Joe and meeting him in person!



EXCHANGE

ALABAMA DISTRICT EXCHANGE CLUBS

Welcome to Our 2023-2024 New ADEC OFFICERS and DIVISION DIRECTORS

President: **Tim Spafford**

Immediate Past-President: **Maureen Murphy**

President-Elect: **Derrick Cunningham**

Volunteer Field Representatives: **Tommy Holliman,
Lisa deShazo, Donna McLaney Jones**

Secretary: **Linda Schoen**

Treasurer: **John Schoen**

DIVISION DIRECTORS

Division 1: **Carolyn Chandler**

Division 2: **Diana Cline**

Division 3: **Linda Schoen**

Division 4: **Lisa deShazo**

Division 5: **Open, TBA**

Division 6: **Donna M. Jones**

Division 7: **Judy Friday**

Division 8: **Mickey McDonnell**

See our ADEC Website: www.alabamadistrictexchange.com



New ADEC Board for 2023-2024 (left-to-right): Diana Cline (Div. 2 Dir.), Carolyn Chandler (Div. 1 Dir.), Judy Friday (Div. 7), Donna Jones (Div. 6 Dir., VFR), Lisa deShazo (Div. 4 Dir., VFR), Mickey McDonnell (Div. 8 Dir.), Tim Spafford (ADEC President, not pictured), John Schoen (ADEC Treas., Linda Schoen (ADEC Sec.), Derrick Cunningham (ADEC President-Elect), and Maureen Murphy (ADEC Immed. Past Pres.).



Plan Now...

**106th Annual National Exchange Club
Convention**

***Hyatt Regency San Antonio Riverwalk
July 10-13, 2024***



**The Hyatt Regency San
Antonio Riverwalk**

123 Losoya St., San Antonio, TX, 78205



Reservation details will be posted as the events nears.

Why Go to a National Exchange Club Annual Convention?

- Meet new Exchange friends and renew existing Exchange friendships
- Learn about programs of service and fundraisers from other clubs
- Attend seminars
- Be inspired by great speakers and entertainers
- Help elect new leaders for National Exchange
- Have fun in a great city!

OUR ADEC 2022-2023 YEAR in PICTURES



Florence Exchange Club 2023 ADEC Awards



Carolyn Chandler, left, 2023 ADEC Best Yearbook Award-Class A. ADEC members (right) at Bald Rock.



2023-2024 Exchange Club of Florence Officers and Board Members at annual banquet in June.



Exchange Club of Florence 2022-2023

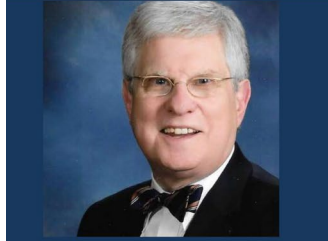
Dr. Carlos Nelson, Tuscumbia Supt. and leader of the non-profit *Sleep in Heavenly Peace of the Shoals*, received the Book of Golden Deeds Award (above left) from the Exchange Club of Florence, and **Carolyn Chandler**, (above right) was awarded the 2022-2023 Florence Exchange Club Member of the Year.

Meet Your National Exchange Club Volunteer Field Representatives (VFRs)



Lisa deShazo
Alabama District President 2019-20
Distinguished District President
Exchange Club of Mobile, AL
loyolamom15@gmail.com

Cell: (251) 591-1077



Tommy J. Holliman
Alabama District President 2013-14
Distinguished District President
Outstanding District
Exchange Club of Montgomery, AL
tjh246@gmail.com

Cell: (334) 312-0652



Donna McLaney Jones
Alabama District President 2017-18
Exchange Club of Troy, AL
donnamclaney@yahoo.com

Cell: (334) 268-2553



Billie J. Martin, center, 2023 Exchange Club Member of the Year-Mobile.



Exchange Club of Mobile 2022-2023

Officer induction and Shrimp Boil hosted by **Jere Marques**
Lisa deShazo wins Outstanding Div. Director Award-2023



So Proudly We Hail Award-PC Title Loan, Phil Campbell, AL given by **Collegiate Club, NWSCC.**



OUR ADEC 2022-2023 YEAR in PICTURES



Sarah Mosely, Pres. of Exchange Club of Shoals, helps pack shoeboxes for children in November 2022 for Operation Christmas Child.



Alabama's newest club, the **Exchange Excel Club of Crenshaw Christian Academy**, chartered Nov. 30, 2022, with 40 new members. **Donna McLaney Jones**, VFR, and **Billy Jones** were the New Club Builders. The Exchange Club of Troy sponsored the new club.



Linda Schoen of the Irondale club has fun with Michigan Exchange Club members at the 2023 NEC Convention in Phoenix, AZ. New NEC leaders were inducted below.

We completed 140+ Programs of Service across Alabama. **15 clubs (60.8%) completed at least one Prevention of Child Abuse project during the 2021-2023 club year!**



We honored 4 Exchange Club members who died this past club year at our 102nd ADEC Convention.



The Alabama state flag flew over NEC headquarters in Toledo, OH in Nov.-Dec. 2022 to honor the building of a new club in Alabama.



2022-2023 National Service Award (NSA) Club Winners-Congratulations!

1. Collegiate Exchange-Huntingdon
2. Collegiate Exchange-NWSCC
3. Exchange Club of Florence
4. Exchange Club of Irondale
5. Exchange Club of Mobile
6. Exchange Club of East Central AL
7. Exchange Club of Shoals
8. Exchange Club of Tuscaloosa
9. Exchange Club of Jacksonville
10. Exchange Club of Troy

Ten (43.5%) of ADEC's Clubs earned the NSA Award during this club year!



OUR ADEC 2022-2023 YEAR in PICTURES

Exchange Club of Irondale

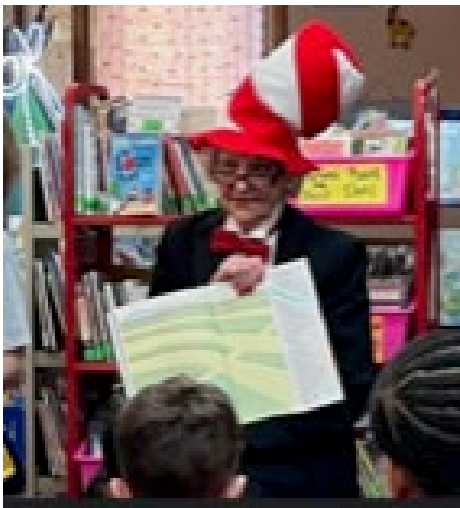


The Exchange Club of Irondale cooked and gave away 100 free waffles at the Farmer's Market.



John and Linda Schoen with Mayor Stewart at the "I Love Irondale" celebration.

Exchange Club of East Central AL (aka Clay County)



Carolyn Smith of the Exchange Club of East Central AL reads to children at one of five sites in the club area on "Read Across America Day 2023."



Dana Travis, President of the Exchange Club of East Central AL receives the "Turn Around" Award at the ADEC state convention June 9, 2023 at Bald Rock Lodge in Cheaha State Park.



The Exchange Club of East Central AL partnered with five churches in the area and local students to place flags on the graves of veterans in church cemeteries in November 2022.

New Club Building

2023-2024

Growth and Retention Plan for 2023-2024

- **Grow Alabama Exchange by "each one get one," from Past-President Don Wright**
- **Grow Alabama Exchange in 2023-2024 by building new clubs. Build a new Exchange Club, a new Excel/jr. Excel Club, and a new Collegiate club.**
- **These clubs (and maybe more), are planned to be built 2023-2024:**
Collegiate Exchange Club of Faulkner Univ.-Montgomery, AL
Exchange Club of Luverne, AL
Excel and Junior Excel Clubs at Alabama Christian Academy
After Hours Exchange Club of Montgomery, AL
- **Increase membership to at least +2% growth through ADEC President's recruitment program.**
- **Membership growth for past three administrative years:**

2019-2020	+0.2%
2020-2021	+1.1%
2021-2022	+7.2%
2022-2023	-4.3%

Happy End-of-Summer to All Members, Friends, and Families



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:

www.alabamadistrictexchange.com



THE EXCHANGE CLUB OF PHENIX CITY, AL

PRESENTS THE 25TH ANNUAL PHIL BROOKS
MEMORIAL SPORTING CLAY SHOOT
on
OCTOBER 7, 2023

GOLD SPONSOR \$1,000.00	INCLUDES: Two teams of 4 persons in the shoot. Signage promoting your business at two of the stations. Lunch provided for all shooting team members. Your sponsorship promoted on all advertising for the shoot. Recognition of your business at an Exchange Club meeting.
SILVER SPONSOR \$500.00	INCLUDES: one team of 4 persons in the shoot. Signage promoting your business at one of the stations. Lunch provided for all shooting team members. Your sponsorship promoted on all advertising for the shoot. Recognition of your business at an Exchange Club meeting.



LOCATION

Argosia Plantation
915 Lee Road 244
Salem, AL 36874

TIMES

Morning shoot 10:00 am est
Afternoon shoot 1:00 pm est

FOR INFORMATION CONTACT
STEVE ARGO - 706-577-3149
LANCE BROOKS - 706-718-1362

All proceeds to benefit Exchange Club partner organizations, such as the Russell County CAC, the Russell County Drug Program, area Student of the Year and multiple other charitable organizations.



Join Exchange Video (about 2.5 minutes)

https://youtu.be/qFud_Alftlc



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