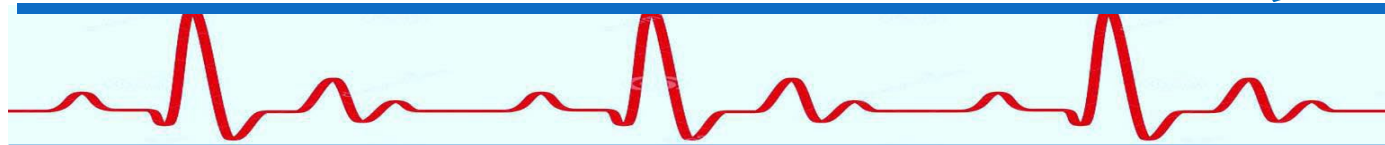


# THE ALABAMA PULSE



## EXCHANGE

ALABAMA DISTRICT EXCHANGE CLUBS

The Alabama Pulse-Published Quarterly    Alabama District Exchange Clubs    Volume 6 Number 1    January 31, 2026

### HAPPY NEW YEAR! TELL US ABOUT YOUR PROGRAMS OF SERVICE (POS) FOR THE 2025-2026 CLUB YEAR

**Happy Spring to all the Exchange Club members of the Alabama District!** We are about to start the last quarter of the National Exchange Club's 2025-2026 club year. As I travel around the state, I am inspired by the service and leadership of our Alabama District Exchange Clubs. In the next quarter's newsletter, we will focus upon programs of service (POS) throughout the state of Alabama. This information is to be obtained from club secretaries, club Facebook pages, and other social media posts. Here are some reminders for you and your club:

- Please send updates and photos to Maureen ([murphdog53@gmail.com](mailto:murphdog53@gmail.com)) so we can include your club in our newsletter and ADEC website at: <https://www.alabamadistrictexchange.com/>.
- Remember to report your club's Programs of Service (POS) at your club's page under "Projects" at the National Exchange Club website: <https://www.nationalexchangeclub.org/>. The deadline for your information to be entered for this club year is June 30, 2026.
- Strive to earn the **National Service Award** by completing 6 POS, including at least one project each in the category of youth, Americanism, community service, and the prevention of child abuse.

Thank you for all you do for Exchange and make plans to attend the 2026 ADEC Convention (location and date TBD) and the NEC Convention July 9-11, 2026 in Omaha, NE!

*Maureen Kendrick Murphy*

### CLICK on the "PULSE" of EXCHANGE:

**National Exchange Club**  
[www.nationalexchangeclub.org](http://www.nationalexchangeclub.org)

**National Exchange Club On-Line Store**  
[www.BuyExchange.org](http://www.BuyExchange.org)

**Alabama District Exchange Website**  
[www.alabamadistrictexchange.com](http://www.alabamadistrictexchange.com)

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### JOIN EXCHANGE CLUB YouTube Video Link:

[https://youtu.be/qFud\\_Alftlc?si=Lc2uL2cYD7ezLsO8](https://youtu.be/qFud_Alftlc?si=Lc2uL2cYD7ezLsO8)



Congratulations to the  
**Alabama District  
Exchange Clubs** for  
positive growth (+7.2 %) for Dec. 2025 of the  
2025-2026 Club Year!

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](https://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.**

## ADEC and NEC Membership Update

### Alabama District Exchange Clubs

#### TOPS IN GROWTH in NEC

(As of Dec. 31, 2025)

Number of Clubs:	19
<b>New Clubs Built:</b>	<b>0</b>
Clubs Disbanded	0
Current Members (+42)	625
<b>Members on 7/31/25</b>	<b>583</b>
YTD % Change in Growth:	<b>+7.2%</b>
YTD Retention:	<b>93.5%</b>

### Top Five Districts in NEC (12/31/25)

#### % YTD Growth in Members

As of Dec. 31, 2025

<b>ALABAMA</b>	<b>+7.2%</b>
CA/Nevada	+6.9%
TN	+2.6%
GA	+2.2%
Northwest	+ 1.9%
<b>National</b>	<b>- 1.5%</b>

500 NEC clubs; 13,880 members

(NEC lost 208 members since July 1, 2025)

## Visit our ADEC Website:

[www.alabamadistrictexchange.com](http://www.alabamadistrictexchange.com)



### At our ADEC website, you can find:

- Updated news & Contact Us Button
- ADEC Clubs and Meeting Times
- ADEC Officers and Div. Dir. Contact Info
- ADEC Convention Information
- Photos of ADEC Events
- NEC "Join Exchange" video
- 2026 ADEC Youth Awards Information

## **Get the National Exchange Club App for your Phone!**

Go to Google Play or Apple Store and download the **FREE** National Exchange Club app.

At the app, you can

- Register for NEC Hotel in Omaha, NE.
- Connect to the "Talk Exchange" podcast.
- Click on the magazine button to view issues of **Exchange Today** magazine.
- Find a club.
- Share the app with other members.
- Donate to the NEC Foundation.
- Even more options!

## Meet Your NEC Region 9 Vice-President George "Gem" Mann

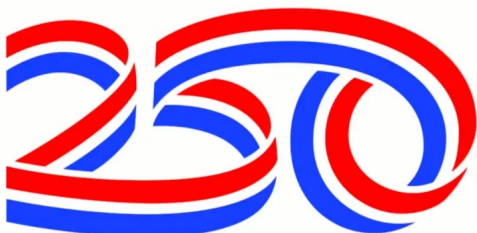


A dedicated member of the Downtown Jacksonville, FL Exchange Club since September 9, 2013, "Gem" proudly served in several leadership roles including Club President, District Director, and District President. One of the most rewarding aspects of his Exchange experience has been attending National Conventions, where he reconnected with longtime friends, forged new relationships and drew inspiration from the shared commitment to community service that defines our organization. Professionally, he recently retired after more than 35 years in the insurance industry, with over three decades focused on Claims and Operations management. He is married to his wife, Athena, and together we have two children, Anastasia and Alexander, and one grandchild, Frances. He is passionate about the outdoors, especially hiking and traveling, and have been honored with several accolades including Arbitrator of the Year for the State of Florida by Arbitration Forums, Inc., and the Archangel Michael Award from the Greek Orthodox Diocese of Atlanta. He holds an MBA from the University of North Florida, a LEAN certification from Cardiff University, and multiple professional insurance designations.

Contact information:

[georgemann8076@comcast.net](mailto:georgemann8076@comcast.net) 904.563.1789

# AMERICA





## 2025-2026 ADEC OFFICERS and DIVISION DIRECTORS

**President:** **Sheriff Derrick**

**Cunningham**

**Immediate Past-President:**

**Tim Spafford**

**President-Elect:** **To Be Determined**

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

**Secretary:**

**Maureen Murphy**

**Treasurer:**

**John Schoen**

### DIVISION DIRECTORS

**Division 1:** **Carolyn Chandler**

**Division 2:** **Dana Travis**

**Division 3:** **Lisa deShazo**

**Division 4:** **Mickey McDonnell**

**Division 5:** **Donna Jones**

**Division 6:** **Tommy Holliman**

**Division 7:** **Kathryn Bryant**



# EXCHANGE

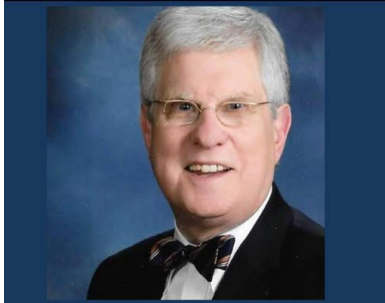
*Meet Your National Exchange Club  
Volunteer Field Representatives (VFRs)*



***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  
**donmcljon@gmail.com**

Cell: (334) 268-2553



# EXCHANGE

ALABAMA DISTRICT EXCHANGE CLUB

**TALK**  
**EXCHANGE**  
A Podcast of The National Exchange Club



Register Now for the 2026 National Convention in Omaha!

Kick off 2026 by securing your spot at The National Exchange Club Convention, happening July 9–11 in Omaha, Nebraska.

## 108<sup>th</sup> Annual National Exchange Club Convention July 9-11, 2026

**Hilton Omaha**

**1001 Cass Street Omaha,  
Nebraska 68102 USA**

**Book Online**

**<https://book.passkey.com/e/51146647>**

**Book by Phone:**

Call 1-800-315-1066 and reference “2026 National Exchange Club National Convention” and/or the group’s 3-letter code, which is “NEC”.

Registration is open — so reserve your place, book your hotel, and start planning now for an unforgettable experience in one of the Midwest’s most vibrant cities.

This year’s convention brings members together from across the country to:

- ❖ Celebrate Exchange’s achievements and future opportunities
- ❖ Connect and network with fellow members
- ❖ Participate in personal and professional development sessions
- ❖ Hear from a dynamic panel of expert speakers
- ❖ Make some new friends!

Everyone is welcome! Stay tuned on social media and through our publications for updates on speakers, entertainment, and special events. Share these announcements with your club leaders and members — and encourage them to register early so they don’t miss out on Omaha 2026!

**Register for the Convention:**

**<https://whova.com/portal/registration/BglaTRSjYLjsFkSlVSNh/?source=m2xetccn>**

**Learn More about Omaha, NE:**

**[https://youtu.be/s5fYPyp\\_2QY](https://youtu.be/s5fYPyp_2QY)**

# Why Go to the National Exchange Club Annual Convention?

- *Meet new Exchange friends and renew existing Exchange friendships*
- *Learn about programs of service and fundraisers from other clubs*
- *Participate in the Awards Program*
- *Attend seminars and the celebrate being a “Berkey Fellow!”*
- *Be inspired by great speakers and entertainers*
- *Help elect new leaders for National Exchange*
- *Have fun in a great city!*
- <https://member.nationalexchangeclub.org/national-convention/>
- *Pictures from the 2025 NEC Convention in Louisville, KY are below.*





## ALABAMA DISTRICT EXCHANGE CLUBS

### Programs of Service Completed as of January 31, 2026

(from NEC Website)

**The Florence Exchange Club and the Collegiate Exchange Huntingdon College have earned the National Service Award Thus Far!**



CIVICRM Report

### Project Snapshot Report

January 30th, 2026 12:10 PM

Contact Sub Type	Is Club										
Project Start Date	Between Tuesday 1 July 2025, 12:00AM and Tuesday 30 June 2026, 11:59PM										
District	Is equal to 201										
Contact Name	Amer	PoCA	CS	Youth	Fund	Total	NSA	Region	District		
Exchange Club of East Central, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Dothan, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Florence, AL	2	1	2	1	2	8	Sent	Region 9	Alabama District		
Exchange Club of Jacksonville, AL	0	0	2	18	0	20	Not yet achieved	Region 9	Alabama District		
Exchange Club of Mobile, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Montgomery, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Opelika, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Phenix City, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Troy, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Tuscaloosa, AL	1	0	2	0	0	3	Not yet achieved	Region 9	Alabama District		
Exchange Club of Union Springs, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Irondale, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Collegiate Exchange Club of Huntingdon College, AL	1	2	1	3	0	7	Sent	Region 9	Alabama District		
Exchange Junior Excel Club of Jefferson Christian Academy, Irondale, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Club of Shoals, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Collegiate Exchange Club of Northwest-Shoals Community College, Phil Campbell, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Excel Club of Crenshaw Christian Academy, Luverne, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Junior Excel Club of Pike Liberal Arts School, Troy, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Exchange Excel Club of Pike Liberal Arts School, Troy, AL	0	0	0	0	0	0	Not yet achieved	Region 9	Alabama District		
Row(s) Listed	19										

### Plan Ahead & Save the Dates!

Exchange Clubs have some powerful opportunities to serve and inspire in the coming months. Start planning now to make a meaningful impact in your community!

#### 115th Exchange's Anniversary Day of Giving - March 27, 2026

Join us in celebrating the founding of The National Exchange Club and its enduring legacy of service, unity, and commitment to communities across the nation.

#### April Prevention Month - All of April

Raise awareness for prevention of child abuse with creative and compassionate projects:

- Plant a Pinwheel Garden to symbolize a happy childhood and the prevention of child abuse.
- Assemble Exchange Care Bags from the Marketplace with comfort items or school supplies.
- Launch a Blue Lights Project to illuminate your community in support.

#### America250 - All of July

Celebrate America's 250th birthday all month long with projects that highlight patriotism, community pride, and the spirit of service. It's a great opportunity for Clubs to showcase Exchange's commitment to strengthening our nation.

#### National Convention July 9-12 in Omaha, Nebraska

Registration is open — so reserve your place, book your hotel, and start planning now for an unforgettable experience in one of the Midwest's most vibrant cities.

Capture the day! Post your service photos and tag [@NationalExchangeClub](https://www.instagram.com/NationalExchangeClub) to celebrate your impact.

## ELEVATOR SPEECH @ EXCHANGE

We are America's oldest 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](http://www.alabamadistrictexchange.com)

### ALABAMA DISTRICT EXCHANGE CLUBS 2026 YOUTH PROGRAMS

**Youth of the Year Award**-Recognizes high school seniors who attain high levels of scholastic achievement, community involvement, and leadership. Applications can be found on the NEC Website (<https://www.nationalexchangeclub.org/>) and are to be submitted to the ADEC Youth Awards Chair, John Schoen, by May 15, 2026. He or she will submit them to a review panel comprised of three (3) professionals. The panel will determine, based upon the application scores and the attached 800–1200-word essay, the 2026 ADEC Youth of the Year. The winner will be invited to attend the 2026 ADEC Annual Convention (location and date to be determined) where he or she will receive a check for \$1,000. An application on behalf of the winner will also be submitted to the National Exchange Club for consideration for the National Youth of the Year Award, which is \$15,000.

**Accepting the Challenge of Excellence (A.C.E.) Award**-Recognizes high school seniors who have made a dramatic change in their attitude and performance during their high school years. These changes have enabled the student to overcome adversities and prepare for graduation. Applications can be found on the NEC website (<https://www.nationalexchangeclub.org/>) and are to be submitted to the ADEC Youth Awards Chair, John Schoen, by May 15, 2026. He will submit them to a review panel made up of three (3) professionals. The panel will determine, based upon the application scores and two 250-word narratives, the ADEC A.C.E. Award Winner. The winner will be invited to attend the 2026 ADEC Annual Convention, where he or she will receive a check for \$1,000. An application on behalf of the winner will also be submitted to the National Exchange Club for consideration for the National A.C.E. Award, which is \$15,000.



**Oratorical Contest**-Six (6) youth (3 males and 3 females) from around Alabama are invited to participate in an oratorical contest held at the 2026 ADEC Annual Convention. The youth will present speeches based upon the yearly theme of Americanism and will be judged by a panel made up of three (3) judges. Each participant will receive a check for \$300 and the male and female winners will each receive an additional \$300. Applications should be submitted to John Schoen, ADEC Youth Awards Chair, by May 15, 2026.

**The Legacy of the Year Award** is a National Exchange Club award and recognizes high school students who are children, grandchildren, or great grandchildren of Exchange Club members. Candidates must also display exceptional community involvement and leadership skills. Candidates for this award must submit their applications directly to the National Exchange Club Headquarters via the NEC website <https://www.nationalexchangeclub.org/>.

**The theme for the 2026 Youth of the Year Essay and Oratorical Contest will be announced in March 2026.**

For more information about ADEC youth programs, please contact:

John Schoen, ADEC Youth Awards Chair

P.O. Box 100192

Irondale, AL 35210

[schoenfinancial@charter.net](mailto:schoenfinancial@charter.net)

Cell: (205)-317-0168

FAX: (205)-756-5980

## **Register to Watch the February 11th NEC Board of Directors Meeting**

**You are invited to register to view the live stream of The National Exchange Club Board of Directors Meeting on:**

**Wednesday, February 11, at 5 PM (Eastern).**

**Register in advance for this webinar:**

**[https://nationalexchangeclub-org.zoom.us/webinar/register/WN\\_8TdwJL4lTuuX76ZyfHgu9g](https://nationalexchangeclub-org.zoom.us/webinar/register/WN_8TdwJL4lTuuX76ZyfHgu9g)**

**Once registered, you will receive a confirmation email with instructions on how to join as a viewer. If you need assistance with registration or accessing the livestream, please contact National Headquarters at [memberservices@NationalExchangeClub.org](mailto:memberservices@NationalExchangeClub.org) before 5 PM (Eastern) on February 11.**

**We look forward to having you join us as a viewer!**