



# EXCHANGE

## WEST FARGO EXCHANGE CLUB



*The West Fargo Exchange Club meets each Tuesday at Noon at the VFW Post 7564 on Sheyenne Street in West Fargo. Guests or individuals wishing to find out more about the Club are encouraged to attend. We are always looking for new members!*



***Inspiring communities to become better places to live.***

### OUR CORE VALUES....

Each member of Exchange holds near to their hearts three core values - Family, Community and Country.

**Commitment to Family** is interpreted not only as one's own family needs, but also those of all American families. Strengthening families, with a focus on youth, is addressed in many ways through Exchange's Programs of Service.

**Commitment to the Community** where an Exchangite resides is the focal point for each club's efforts. Exchange is unique as a service organization in that it has flexibility to structure projects that target the needs of a particular geographic location, rather than being restricted to a certain cause.

**Commitment to Country** was born in the aftermath of World War II, a time of unquenchable patriotism. Exchangites are proud to join veterans and other civic groups in promoting Americanism as the rich blessing of democracy and freedom, and in educating today's youth to cherish its values.

### CONTACT INFORMATION

**West Fargo Exchange Club**  
**Post Office Box 522**  
**West Fargo, ND 58078-0522**

#### 2023-24 Officers and Directors

- President ..... Todd Clark
- President-Elect ..... Jake Lauritsen
- Vice President ..... Jim Jonas
- Past President ..... Tim Keller
- Treasurer ..... Chad Rieth
- Secretary ..... Chris Heise
- Director ..... Andrea Berg
- Director ..... Jana Samek
- Director ..... Justin Gustofson
- Director ..... Samantha Kiecker
- Director ..... Kevin Skoog
- Director ..... Tammy Askew

#### Website -

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

#### National Exchange Club Website -

[www.nationalexchangeclub.org](http://www.nationalexchangeclub.org)

#### Facebook -

[www.facebook.com/westfargoexchangeclub](http://www.facebook.com/westfargoexchangeclub)



# We Still Stand for Freedom.

*Making our communities better places to live.*

## SOME OF OUR EXCHANGE CLUB PROGRAMS....

### AMERICANISM

#### **Give A Kid a Flag To Wave-**

Our Club supports this National Program by handing out flags at the West Fest Parade each September.

#### **One Nation Under God-**

November, observed nationally as One Nation Under God Month, is a special time of year when Exchangites join together to increase public appreciation of the important roles religious faith and freedom have played in our nation's history.

#### **Freedom Shrines in West Fargo Schools and other Public Buildings-**

The Freedom Shrine is an impressive, permanently mounted collection of 30 of the most important and historic American documents, including the Declaration of Independence, the Constitution of the United States and the Gettysburg Address.

### COMMUNITY SERVICE

#### **Book of Golden Deeds-**

The Book of Golden Deeds is a prestigious award given to a person in our community who generously volunteers and donates of their time and talents to make our community a better place to live.

#### **Senior Appreciation Event-**

The Club recognizes the contributions that our Senior Citizens have made to our community now and in the past.

#### **Meals On Wheels-**

We deliver Meals On Wheels to Senior Citizens on the first and third Wednesdays of each month as one of our community service projects.

#### **Adult Changing Table Program-**

The Club donates adult changing tables to local public venues to assist in the care of handicapped individuals.

### YOUTH

#### **Student of the Month/Year-**

Each month during the school year, a West Fargo, Horace and Sheyenne High School senior is selected as Student of the Month for their school. The student is recognized at our quarterly Youth Recognition Luncheon. Winners are eligible to apply for the Student of the Year award which includes a \$1,000 Scholarship from the Club.

#### **Keeping Kids Cozy and Snacks for Schools Programs-**

Our Keeping Kids Cozy program provides schools with emergency clothing items such as socks, underwear, gloves and snow pants. We also supply healthy snacks to West Fargo Elementary Schools to distribute to children who do not have them.

### CHILD ABUSE PREVENTION

#### **Night to Unite-**

On the 1st Tuesday of August, we participate in the Night To Unite program by providing assistance to the Police Department and Park District at this community event.

## ORGANIZATIONS & PROGRAMS THAT THE CLUB HAS SUPPORTED

- American Red Cross
- Anne Carlson School
- Baby Think It Over
- Box of Balloons
- Boy & Girl Scouts
- Camp Good News
- First Link
- Fraser Ltd.
- Furniture Mission of the RRV
- HERO
- Hometown Heroes
- Hope, Inc.
- Horace Hawks Boosters
- Junior Achievement
- Make-A-Wish ND
- North Dakota Autism Center
- North Dakota Heart Gallery
- Night to Unite
- Rape & Abuse Crisis Center
- Red River Children's Advocacy Center
- Sheyenne Mustangs Booster Club
- Special Olympics ND
- TNT Kids Fitness
- Vitalant
- West Fargo Educational Foundation
- West Fargo Packer Backers
- West Fargo Post Prom/Grad Parties
- West Fargo Rural Fire Dept.
- YWCA

