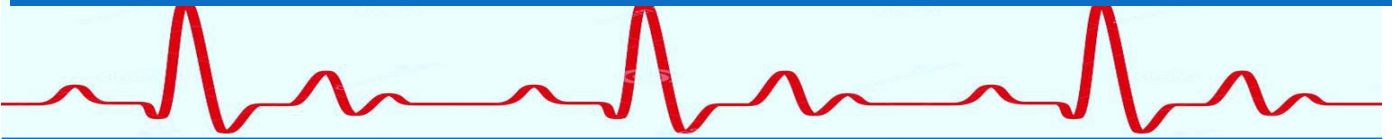


THE ALABAMA PULSE



EXCHANGE
ALABAMA DISTRICT EXCHANGE CLUBS

The Alabama Pulse-Published Monthly Alabama District Exchange Clubs Volume 2 Number 1 July 14, 2021

ALABAMA DISTRICT EXCHANGE IS BACK! STRONGER AND MORE RESILIENT AT 100th ADEC CONVENTION

What a great time for Alabama District Exchange Clubs to gather for our 100th Annual Alabama District Exchange Club (ADEC) Convention at the Hotel Capstone in Tuscaloosa, AL June 11-13, 2021. **Alabama District Exchange is Back!** Most of us had not seen each other in person for months, so it was pure joy reuniting with old friends as well as making new friends in Exchange. Friday night started off with a fantastic dinner and entertainment from Wiley Cutts, Exchange Club of Montgomery member, former Div. Director, Exchange Club of the Year, and more. Wiley shared his "Tales from the Schoolhouse," which gave us an in-depth look at what it was like to be a high school Principal for decades at various schools in Alabama. Wiley had us bent over from laughing so much and brought tears to our eyes with his true stories. Bev Leigh III of the Exchange Club of Tuscaloosa won the Exchange Club Member of the Award, and Coach Nick Saban accepted the 2020-2021 Court of Honor Award via video. ADEC awards were given to clubs, members and some outstanding



youth, A.C.E. winner and oratorical contest winners. We honored those members who have passed on and enjoyed NEC Reg. 10 VP David Johnson's "Exchange Trivia" game and his eloquent installation ceremony. On Saturday, we partnered with the Exchange Club of Tuscaloosa Foundation to award \$18,000 in grants to three non-profits. Sunday's ONUG breakfast was awe-inspiring with Judge Robertson using his analogy of layers of parts and their connectedness in a transmission as a metaphor for our lives serving God. We toasted ADEC and more and are ready, stronger, and more resilient to serve Exchange in 2021/2022!



NEC Region 10 VP David Johnson speaks to ADEC members at the June 2021 ADEC Convention.



2021-2022 ADEC Officers and Division Directors

**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

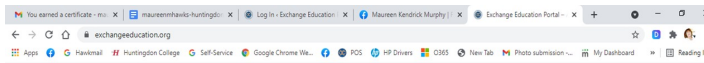
**Alabama District Exchange
Website**
www.alabamadistrictexchange.com

Inside This Issue....

Alabama is Back!.....	1
Links for You.....	1
Exchange Education.....	2
Coach Saban Accepts Award.....	2
Community Grants Awarded.....	2
ADEC/NEC Membership	3
President's Message.....	3
New Officers and Div. Directors.....	3
NEC Convention in Sept.....	4
Our Club Year in Pictures.....	5-7
New Club Building.....	8
Elevator Speech for You.....	8

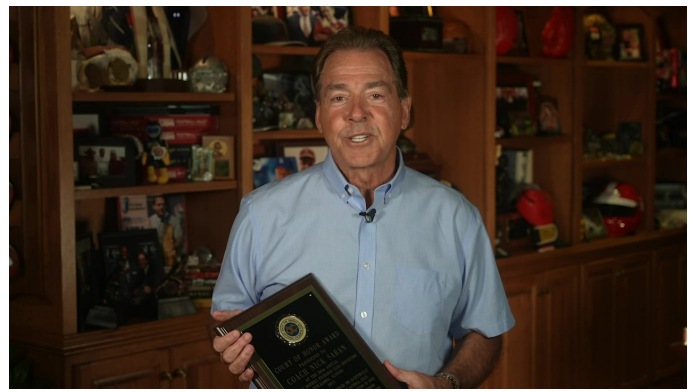


**Congratulations to the
Alabama District
Exchange Clubs for
positive growth (+1.1%)
for the 2020-2021 Club
Year!**



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*



Coach Nick Saban accepts the 2020-2021 Court of Honor Award from Alabama District Exchange



Nick Saban, head football coach at the University of Alabama-Tuscaloosa since 2007, was the recipient of the ADEC 2020-2021 Court of Honor Award. Coach Saban accepted the award via video. Nick's Kids is the official charity of Coach Nick Saban and his wife Terry.

Nick's Kids is a non-profit organization dedicated to supporting children, family, teacher, and student causes. Nick and Terry Saban dedicate time to Nick's Kids by planning and executing multiple events throughout the year, as well as promoting adoption and foster children's programs.



\$18,000 in Community Grants Awarded at 100th Annual ADEC Convention in Tuscaloosa

Under the leadership of Mickey McDonnell, ADEC Inter-Club Fellowship Chair and Glen Smith, Exchange Club of Tuscaloosa Foundation, three west Alabama non-profits each received \$6,000 for their organization. ADEC members and clubs combined their donations to the "Community Grants" program with substantial donations from the Exchange Club of Tuscaloosa Foundation for the Inter-Club Fellowship Service project, held by ADEC twice each year. In the photo at the left, front row, are representatives from One Place, Boys & Girls Club, and Big Brother/Big Sister. In the second row, left to right: Glen Smith- the Exchange Club of Tuscaloosa Foundation, Maureen Murphy-ADEC President, and Mickey McDonnell-ADEC Inter-Club Fellowship Chair. What a great way to serve our communities!

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	Fri., Jan. 28, 2022	7- 8 p.m.
FOURTH QUARTER	Sat., May 21, 2022	10-11 a.m.

District Conference & Convention

ADEC Mid-Winter Conference Sat., Jan. 29, 2022
Jubilee Ministry, Irondale, AL

101st Annual ADEC Convention June 3-5, 2022
-Tentatively Scheduled-
Lake Guntersville State Park and Convention Center
Guntersville, AL

2021-2022 "Let's Grow Together"

From Your 2021-2022 ADEC President...

I cannot tell how very good it was to see many of you at our 100th Annual ADEC Convention in Tuscaloosa, AL in late June! ADEC is back meeting in person and hopefully we can continue to meet face-to-face with caution, care, and respect. We had a great time at the convention celebrating our 100th anniversary and our year of community service with Exchange. Our ability to endure, pivot and stay together as clubs and as a district during the COVID-19 pandemic was quite extraordinary. We also met some outstanding youth on Saturday at the convention and partnered with the Exchange Club Foundation of Tuscaloosa to award \$18,000 total to three non-profits in the west Alabama region. I am so thankful for all our ADEC members who conducted more than 89 Programs of Service (POS) during our club year and found creative ways to serve our communities during this time. Thank you for your confidence and prayers as we start our new club year and "Let's Grow Together."



Regards, Maureen Murphy

ADEC and NEC Membership Update

ADEC District (as of 6/30/21)

Number of Clubs:	22
New Clubs Built:	1
Club Disbanded (Shelby Cty, -7)	1
Current Members:	568
Members on July 1, 2020	562
YTD % Change in Growth:	+1.1%
YTD Retention:	76.5%

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

% YTD Growth in Members

2020-2021

North Carolina	+12.7%
Alabama	+1.1 %
Dakota	- 1.9%
NJ/NY	- 3.5%
Texas	- 4.3%
National	- 9.2%

***Only the NC and Alabama Districts had positive growth for the 2020-2021 club year!**

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**

See our ADEC Website: www.alabamadistrictexchange.com

For contact information and updated club meeting information!

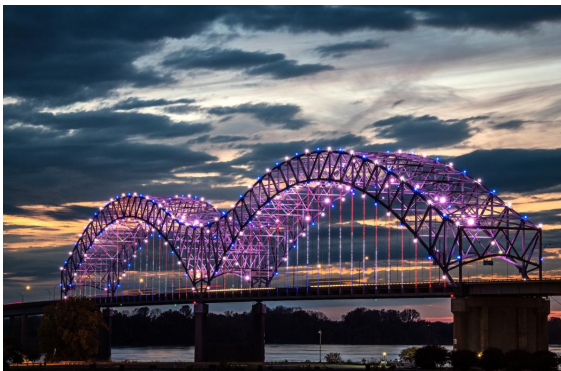


2020-2021 Youth of the Year, A.C.E., and Oratory Award Winners





103rd National Exchange Club
Annual Convention
The Peabody Hotel
Sept. 8-11, 2021



The 103rd National Exchange Club Convention is being planned. Check the NEC website for current updates to the schedule and information about registration:

www.nationalexchangeclub.org



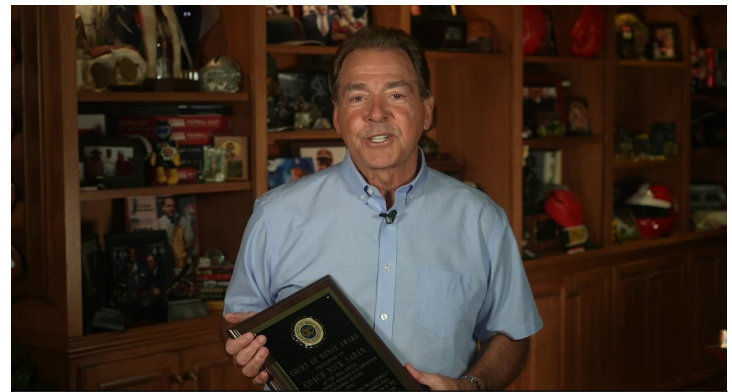
OUR ADEC 2020-2021 YEAR in PICTURES



Exchange Club of Dothan raised \$40,000 for the CAP Center in Dothan, AL!



The Exchange Club of Tuscaloosa and other Exchange clubs honored law enforcement officers and departments.



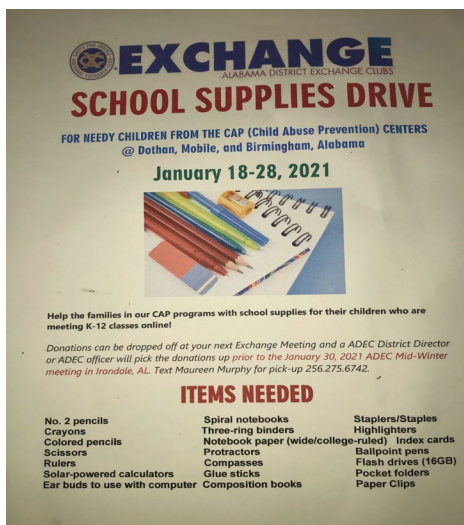
Coach Nick Saban accepted the Court of Honor Award.



We celebrated the 100th Anniversary of ADEC, and Exchange Club of Florence (left), Montgomery, and Selma!



We enjoyed violin music as we dined at our convention. Thank you, John Schoen!

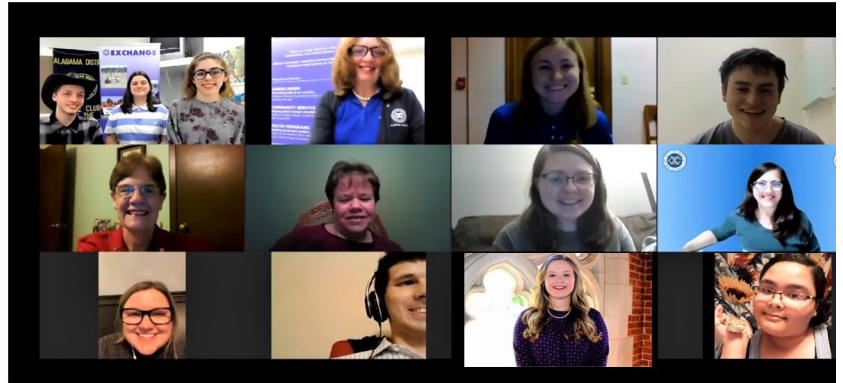


Florence High School Senior **Jonavin D. Smith** receives a \$2,000 college scholarship from Joe Patterson, Florence Exchange Club Pres. and Doug Evans, Board Member.

OUR ADEC 2020-2021 YEAR in PICTURES



Our newest club in the Shoals packs shoeboxes for children in December 2020.



Alabama's newest club, the Exchange Club of Shoals, chartered online on November 12, 2020, with 21 new members.



We brought pizza to health care workers and fed essential workers all across the state!



We completed 89 Programs of Service across Alabama.



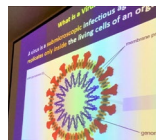
We honored 8 Exchange Club members who died this past club year.



The Alabama state flag flew over NEC headquarters in Toledo, OH in November 2020 to honor the building of a new club in Alabama.



Dr. Tina Hubler, UNA Geneticist, educated us about coronaviruses and how vaccines work.



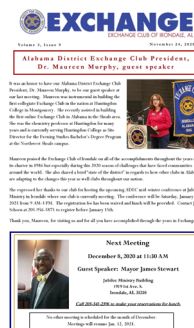
Our favorite ZOOM meetings were often Exchange club, board, and NEC meetings!



2020-2021 National Service Award (NSA) Club Winners

1. Shelby County
 2. Shoals
 3. Opelika
 4. Irondale
 5. Florence
 6. Tuscaloosa
 7. Collegiate Exchange of Huntingdon
 8. Mobile
 9. Jacksonville
- 9/22 or 41% of clubs earned the NSA!**

Irondale Exchange News



The Exchange Club of Irondale consistently produces an excellent newsletter with Joyce Franklin serving as Editor.

OUR ADEC 2020-2021 YEAR in PICTURES



NEC Mid-Year Leadership Summit was held for DPs and DPEs in March 2021 at The Peabody Hotel in Memphis, TN- site of our 2021 NEC convention planned for Sept. 2021. Dessert left shared with ADEC President and Puerto Rico District President Aramil Cruz.



The Exchange Club of Mobile hosted a One Nation Under God breakfast in Sept. 2020. Retired USAF Exchange Club member Paul McShane was the guest speaker.



Irondale Club members the 2021 Mid-Winter conference at Jubilee Ministry in Irondale, AL in January 2021.



NEC Region 10 VP David Johnson and his wife Kathy (President of SCDEC, enjoy the Alabama District convention in Tuscaloosa.



In Memory of Art McConnell

We mourned the loss this year of one of Alabama District Exchange Club's legacy members-Art McConnell of the Exchange Club of Birmingham and the Exchange Club of Irondale. Art was an NEC regional VP and was inducted into the NEC Court of Honor.



Carolyn Chandler of the Exchange Club of Florence, displays her club's scrapbook, which won the "Best Yearbook Award" for clubs with more than 40 members.



Many Exchange clubs in Alabama held meetings, socials, and picnics outdoors during the 2020-2021 club year.

New Club Building



2021-2022



Growth and Retention for 2021-2022

- Grow Alabama Exchange by “each one get one,” from Past-President Don Wright
- Grow Alabama Exchange in 2021-2022 by building the following 7 clubs (sponsoring club in parentheses):
 - Collegiate Exchange Club of the University of South Alabama (Exchange Club of Mobile)
 - Collegiate Exchange Club of the University of North Alabama (Exchange Club of Florence)
 - Exchange Club of Madison, AL (Exchange Club of Shoals)
 - 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)
- Increase membership to at least +4% growth through “Level Up Exchange” and ADEC President’s recruitment program.

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!

The past 18 months weren't what we were expecting ... now is the time to get back on track! **Grow** your club. **Reinvigorate** your potential members. The time to **Reengage** in community service is NOW. **Your new members ARE ready. Your community needs THEM, and THEY need community!**

The National Exchange Club is grateful for your past service to your local members Exchange Club and your community. We understand the pandemic caused everyone to change their priorities, and thankfully things are changing for the better! **We'd love to help you welcome past members back to Exchange.** We're offering reduced dues for members who left March 2020 - June 30, 2021. Contact your previous Exchange Club members to rejoin you and your club.

Returning members will also be entered into a raffle. PRIZES INCLUDE:

- \$1,000 CASH
- ALL-EXPENSES-PAID TRIP to the 2022 Greenville, SC, National Convention (includes airfare, accommodations, All-Events package)
- ALL-EXPENSES-PAID TRIP to any Exchange Club event (includes airfare, accommodations, tickets)
- \$1,000 DONATION to the National Exchange Club Foundation, making YOU a Berkey Fellow; with a ticket to the exclusive Berkey Dinner!
- 1 FULL YEAR OF FREE CLUB DUES (includes National and district)!

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

National Exchange Club lost 1560 members during the 2020-2021 club year. In order to encourage members to “rejoin”, NEC has introduced the “Level Up with Exchange” campaign. Members who left Exchange during the March 2020-June 30, 2021 time period will receive a postcard in the mail from NEC with a link to a video on the program. Members who “rejoin” will enjoy reduced membership dues, will pay no rejoining fee, and will be entered into a drawing for a 2022 Greenville, SC NEC convention package and other fantastic prizes.. Those regions with at least +25 members “rejoining” will receive prizes.

Join Exchange Video (about 2.5 minutes)
https://youtu.be/qFud_Alftlc



EXCHANGE

ALABAMA DISTRICT EXCHANGE CLUBS