



# EXCHANGE ACROSS VIRGINIA

THE VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

February 1, 2020

EDITOR: FRANCES CARMACK

## PRESIDENT'S MESSAGE

With the year now seven months old, we are down approximately 20 members as of January 1 in traditional club membership. There are several Clubs that have potential members and the York Club rebuilding effort is ongoing. The first meeting was held on January 21 with 3 strong potential members present. Since that meeting approximately 6 more good prospects have been approached. The next meeting will be in early to mid-February with the goal of having at least 6 new members signed up. There is one other club building effort that is getting started in Gloucester. If you know of anyone who would be interested in being a part of either of these two clubs in particular, please let Carol Wood, Claude Carmack, or me know.

Last year the Virginia District had 18 of the 19 Clubs win the National Service Award. We currently have only about half of our Clubs that have already won the NSA. I know that more Clubs than that have done the required number of projects to qualify for that award. If your Club is having trouble entering the projects and fundraisers, communicate with your Division Director or any District Board member. We will be happy to assist you in submitting the projects. This information is used by National to apply for grants or other monetary awards nationally. The grants and awards are used to help us continue to do the good work in our communities.

I have been fortunate in visiting a number of our Clubs since the last newsletter. I will be contacting the remaining Clubs to find a convenient time to visit with them at either a meeting or event. My email is [wtrimble1@verizon.net](mailto:wtrimble1@verizon.net) and my cell phone number is 757-810-1370. Together, we can do great things and make our communities even better places to live.

Although the IRS Form 990 deadline of November 15 is past, if you did not get it submitted, please do so. It is generally an online postcard for most clubs and there is not a penalty for filing late. **(Be advised that failure to file the 990 for three consecutive years will result in forfeiture of your club non-profit status by IRS).** Please submit a copy of the 990 to both District (Jim Puckett, Treasurer, [cvc73@aol.com](mailto:cvc73@aol.com)) and National ([finance@nationalexchangeclub.org](mailto:finance@nationalexchangeclub.org)).

To date, Mary Britt ([brittm2t@gmail.com](mailto:brittm2t@gmail.com)) has not received any Distinguished Virginian nominations. Each Club should have a potential winner, particularly if they present a Book of Golden Deeds. That recipient would be a great nominee. She will accept nominations until February 29, 2020. You will be receiving requests for the All-American Volunteer, ACE Award, and Youth of the Year awards in the near future. Please take note of the deadlines for submission.

You will hear me say this over and over again: You joined Exchange in order to make a difference. Seek out others that feel the same way as you, serving in unity with those seeking better conditions, better understandings, and greater opportunities for all. Thank you again for all you do for Exchange!

William "Bill" Trimble  
Virginia District President, 2019-2020



### Webmaster Needed

Webmaster: Virginia District Exchange Clubs needs a Webmaster. Includes set up and maintenance. If interested, please contact Bill Trimble [wtrimble1@verizon.net](mailto:wtrimble1@verizon.net).

## Editor's Note

We've all heard the old saying, "A picture is worth a thousand words" and our *Exchange Across Virginia* readers probably concur. Therefore, I want to encourage all clubs to send pictures to the newsletter and I will include as many as space allows and I will choose from the best. It is important to see the Exchange banners, the Exchange Logo and the American flag against a plain background. It is also important to see members wearing their nameplates and dressed in Exchange hats, shirts and aprons at events. All these things help communicate who we are and what we do in Exchange. A few simple tips to help us improve our photography are: 1. Frame what is important and move to the middle. 2. Put distance between the camera and the subject, then zoom in a lot. 3. Take at eye level (shoes are not important). 4. Watch focus. 5. Pay attention to light (use flash, avoid too bright or too dim, sun should be behind or to the side of subjects, avoid reflections from mirrors and windows). 6. Everybody smile. 7. Shoot two, just to be sure. 8. Have fun! I look forward to hearing about your club and its impact in the community, along with lots of accompanying pictures.

Frances Carmack  
frances@carmackcpa.com

## Virginia District 2020 Exchangite of the Year—Douglas "Doug" Gray

Congratulations to Douglas (Doug) Gray, recipient of the 2020 Virginia District Exchangite of the Year Award. Doug, a long-time, dedicated member of the Exchange Club of Wythe, has been very active in his club since December 1, 1977, serving as Secretary, Treasurer, President-Elect and President (1981-82). He has been the club's photographer, bulletin editor, and board member, and served on many committees including, Americanism, Crime Prevention, Ramp building, Scholarships, Award and Nominations, and Induction of New Members. He has chaired several, most notably the Christmas Tree Fundraiser which he has chaired since 2002. The Christmas Tree Fundraiser is active several months of the year. It not only involves ordering and selling trees, but also requires the work of taking down, cleaning up, paying bills, repairing and storing equipment, and reviewing "lessons learned" to assure continued excellence from year to year. Additionally, meticulous planning and scheduling to make sure all three-and four-hour shifts are covered is necessitated. A major benefactor from the tree sales is the Wythe Scholarship Program. His love for children makes Doug a perfect fit for the Scholarship committee as well. He usually narrates and directs the scholarship portion of Wythe's Annual Youth Night.



Doug is a retired schoolteacher and principal, a leader in his church and the proud father of one daughter and two grandchildren. His 42 years of service to Exchange have been characterized by his willingness to work long hours, his ability to lead club members to higher standards and his planning capability that has resulted in better club performance and increased service to the community. For his continued service to the Exchange Club of Wythe and his community, Doug won the District All American Volunteer Award in 2005-2006. He also won the Exchangite of the year for the Exchange Club of Wythe in 1982-83.

## Virginia District Exchange Clubs Foundation, Inc.

Our Virginia District Exchange Clubs Foundation is now a reality! Thanks to the hard work of Claude Carmack, we now have a 501(c)(3) foundation that can accept tax-deductible donations.

The primary purpose of the foundation is to fund our District Youth of the Year and ACE awards. Historically these awards have been funded from District dues, but decreasing membership and increasing costs will soon make this impossible without a dues increase.

We hope in the future to grow a large-enough nest egg to fund the awards from earnings on principal. In the meantime, we will be funding these awards from current-year donations. For 2020, the Youth of the Year and ACE awards have been increased to \$1,500.00 each.

For those of you who have reached the magic age when you must take a Required Minimum Distribution (RMD) from your 401(K) or IRA, you can make a tax-exempt donation of part of that RMD directly to the foundation (even if you don't itemize deductions). Please consider this and consult your financial advisor on the mechanics.

For those of you not at that magic age, we encourage you to consider the Foundation in your personal annual giving plans, as well as your club's budget. This is also a good way for any of us or our clubs to honor or remember members or loved ones. Our scholarships are a valuable investment in the future of young people in the Commonwealth.

## Virginia District Exchange Clubs Foundation, Inc. (con't. from page 2)

In addition, the foundation will have the ability to provide pass-through grants for clubs. As you know, donations to individual Exchange Clubs are not deductible as charitable donations. If you have an individual or business that wants to make a tax-deductible donation to your club, they can make it to the Foundation, then you can apply to the Foundation for those funds as a grant for your club's project. The District Foundation does not make a charge for this service to the clubs. The pass-through grant is also available through the NEC Foundation, but they now charge a 2% processing fee.

Donations may be sent to: VDECF, 5604 Cold Harbor Rd., Mechanicsville, VA 23111.

Should you have questions, please email Susan Brewer at [szbrewerexchange@verizon.net](mailto:szbrewerexchange@verizon.net) or call her 757.898.6002 (home) or 757.570.1253 (cell).

## Member Spotlight – Ronald Stone



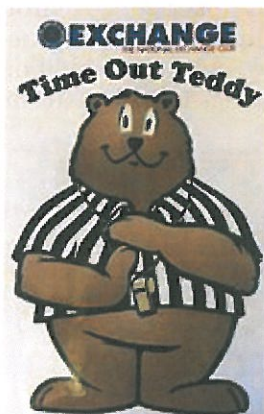
Ronald Stone joined The Exchange Club of Martinsville in 1971 when Woody Carter asked him to join. He joined for social and business relationships and has continued to be an Exchangite for 49 years because he enjoys the friendships and the work that Exchange does in the community. While in Exchange, he has served as both treasurer and president. Ronald was President of the Exchange Club of Martinsville in 1998-1999 and in 1999-2000; both times he was awarded the Distinguished Club President Award, an award given by the National Exchange Club, and the club earned the Virginia District Exchange Club Quality Club Award during his 1999-2000 term in office. In addition, he received the "President in Recognition of Outstanding Service Award" in 1998-1999 and in 2008-2009.

Ronald graduated from Martinsville High School in 1964, served in South East Asia while in the United States Air Force from 1966-1970 as a Staff Sergeant and graduated from Indiana College of Mortuary Service in 1972. He is employed at Stone Funeral Home and Lee Telephone company, is owner of Stage Door Movie Store and is Founder and President of Stone Convalescent Supply and Stone ambulance Service. He has always been actively involved in his community, serving over 60 years in EMS. He is a life member of Martinsville and Henry County Rescue Squads and was asked by Governor Dalton to be on the Virginia State

Emergency Medical Service Advisory Council 1978-1979. Additionally, he served on the Martinsville City Strategic Plan for Public Safety, 1994; Zoning Board of Appeals, 1997-2001; Transportation Safety Committee, 1999-2001; Crime Stoppers Board; Drug Task Force; and is a member of the American Red Cross and member of Citizens on Patrol (COP) Program through the Sheriff's Office in Franklin County. He has supported the community's youth as PTO President at Albert Harris Elementary School and PTO President-Elect at Joseph Martin Elementary School. Ronald is a member and Chairman of Deacons at Calvary Christian Church and a member, Elder, and Chairman of the Board of Deacons at Stone Memorial Christian Church. His hobbies include genealogy and stamp collecting.

He and his wife, Anne Shelburne Stone, reside in Moneta, Virginia. They have been married for 52 years and have two children, Ronald Stone, Jr. and Michelle Stone-Agee and three grandsons ages 9, 8 and 18 months.

## Time Out Teddy



Do you know who Time Out Teddy is? Did you know he has a very important job? Has he visited your Exchange Club events recently? Did you know you can borrow the Virginia District Exchange Clubs' Time Out Teddy? If you answered "no" to any of these questions, then you need to let Time Out Teddy introduce himself.

Hi, I am Time Out Teddy and I am the big, loveable "national mascot spokesbear" that can help make a child feel loved, happy and safe. How do I do these things? Well, I can teach your parents and caregivers how to be calmer and disciple in a more positive way.

Parenting is easier when parents understand their child's behavior and have tips to help them along the way. Time Out Teddy brochures provide positive tips for effective child-rearing skills and are available online through the National Exchange Club MarketPlace. The brochures are attractive and easy-to-read and are available for all ages: Infant, Toddler, Preschooler, Elementary and Teenager. Order your Time Out Teddy brochures to help me share my message. Plan to distribute the materials at all your community service and fundraising events. Also, obtain permission to leave some brochures at pediatrician, family practice and obstetrician offices, at local

hospitals for new parents, daycare centers, churches, schools, PTA meetings, public libraries, and any other places that parents or soon-to-be parents frequent.

## Time Out Teddy (con't. from page 3)

There are also nine (9) inch stuffed Time Out Teddy Bears available online through the National Exchange Club MarketPlace for \$12.00 each. Exchange clubs can distribute these to local police departments where they can be used to calm children in time of crisis, to rescue squads where they can comfort children who have been in accidents and to centers where parent aides can use them as a way to break the ice when entering the homes of families at risk. They can also be used for raffle prizes, gifts, and tokens of appreciation.

Remember, Time Out Teddy is available to create positive publicity. Don't forget to bring him along to your events! To borrow the Virginia District's mascot, contact Claude Carmack, Keeper of the Suit – [Claude@Carmackcpa.com](mailto:Claude@Carmackcpa.com), Home (804) 781-0804, Work (804) 427-1040.



## Exchange Club of Poquoson continues Ramp Building Projects

One of the Exchange Club of Poquoson's primary service projects is building handicap ramps for the community. The club has developed a 3D design program that is available for free. The software is a plug-in Trimble Sketchup Make which is also free. If your club is interested in this project, for more information contact Edward Hartmann of the Exchange Club of Poquoson who chairs and oversees the club's ramp building projects. His contact information is email [edward.hartmann@yappydog.net](mailto:edward.hartmann@yappydog.net), home phone (757) 868-5043, cell phone (757) 771-3859 and address 21 Wornom Farm Road Poquoson, VA 23662.



Another Handicap Ramp Completed at 49 Rens Road.



Sixth Ramp Completed this Year at 196 Cedar Road.

## Exchange Club of Wythe - 27<sup>th</sup> Annual Pancake Jamboree

The Exchange Club of Wythe held its 27<sup>th</sup> Annual Pancake Jamboree at Hampton High School on October 26, 2019 from 7:00 am to 1:00 pm. This event is one of their major fundraisers. Local celebrities who helped "flip" pancakes included the Hampton mayor, fire chief, city council members, and the superintendent of the Hampton City Schools. In addition, the Sheriff's Department was available to "Identi-Kid" for free and they brought their tracking dog, Buckshot, to the event.



Left picture:

Left to Right; Jason Monk, Hampton Fire Chief; Eleanor Weston-Brown, Hampton City Council; Jimmy Gray, Vice Mayor; Donnie Tuck, Mayor.

Right picture:

Left to Right; Karen Bowden, Hampton Sheriff's Department; Linda Curtis, Hampton City Council.



## 60<sup>th</sup> Annual Exchange Club of Lynchburg Pancake Jamboree

In the heart of downtown Lynchburg stands an old brick building known as the Lynchburg City Armory. The beautiful wooden doors are heavy and arched and the wooden floors are suitable for court sports. But on November 1, 2019, the doors were opened once again for a special event, the Exchange Club of Lynchburg's 60th Annual Pancake Jamboree. By 6:00 am the building was abuzz with people and the air was filled with the scent of pancakes and dripping syrup, and as the day continued, the people just kept coming, the lines kept growing and on it went until 7:00 pm. Two thousand nine hundred thirty two (2932) were served!



Most of us know that this is the Exchange Club of Lynchburg's big fundraiser that puts a lot of money back into the community, but just as amazing is the day itself. It is truly a community event that brings great pleasure to many for a variety of reasons. Friends, family and community celebrities work with Exchangites to make it a happy, successful day, and attendees are a diverse group, as well. Some come alone, some come with special groups and others come with their families. Some are in attendance for the first time; others have come more times than they can remember. The Armory is a large facility that can comfortably accommodate a crowd, so the attendees enjoy being able to eat pancakes and relax without feeling rushed. As a worker, I was asked many questions and got to listen to a lot of stories that people wanted to share. It was rewarding to know that we were putting a little "sunshine" in others' lives. Let me share a few of the stories....There was an elderly lady who came with a group from a senior citizen facility who was so enjoying herself because it had been such a long time since she had been inside the Armory and it was bringing back wonderful memories she had as a young girl attending many parties and other events in the Armory. There was a child, about age twelve, who was so happy because he got to eat six pancakes!! Then there were two ladies who were enjoying "people watching" and were amazed at the number of people. They wanted to know, "How many people do you feed?" and there was a young lady who said, "Yum!!! First time we've ever done this and its good."

Mike Staley is to be commended for an outstanding job as chairman of the 2019 Lynchburg Pancake Jamboree. He worked tirelessly all year on this event. The preparation, co-ordination, co-operation and execution were remarkable.

Submitted by Frances Carmack



Left to Right: Celebrity Cooks: Tyler Cash, Kenny Roberson, Brittany Minard.



Left to Right: VIP Chef, Todd Swisher; Club member, Eugene Wingfield; VIP Chef, Marko Galbreath.

## Exchange Club of Henrico Delivers Carebags

The Exchange Club of Henrico delivered twenty-four (24) Exchange Carebags to Greater Richmond SCAN (Stop Child Abuse Now). Each bag was filled with an assortment of individually prepackaged snacks to be used for children in their preschool program. SCAN was founded in 1991 in response to the rapidly increasing rate of child abuse and neglect in the City of Richmond and its surrounding counties.





## Collegiate Exchange Club of Hampton University - Homecoming Parade

Mr. Hampton University Exchange Club and Miss Hampton University Exchange Club participated in Hampton University's Homecoming Parade on October 26, 2019. The parade started in downtown Hampton and ended at the campus.

## One Nation Under God Breakfast

The Exchange Club of Poquoson hosted the annual "One Nation Under God" breakfast held on November 23, 2019 at Trinity United Methodist Church. Breakfast casseroles were provided by Sis Ambrose, Pat Green, Gay Geiger, Tom Bales and Carol Wood. Participating Clubs included Exchange Club of Poquoson, Exchange Club of Peninsula Networking, Exchange Club of Hampton Roads Networking, Exchange Club of Downtown Hampton, Exchange Club of Hampton, Exchange Club of Suffolk, Exchange Club of Old Point Comfort, Exchange Club of Wythe, and Exchange Club of Tidewater. The speaker, John Gately, talked about the greatness of our nation and how we help one another.

## Members Spent Countless Hours Making the Holidays Brighter for Others

Exchangites spent countless hours making the holidays brighter for others through fundraisers and projects. Exchange Club of Poquoson sold Christmas trees and held their annual Pancake Breakfast with Santa on November 23 at Poquoson High School. The Exchange Club of Wythe held their annual Christmas tree Fundraiser in December and the Exchange Club of Henrico filled eight stockings for the Salvation Army Christmas stocking program and participated in *Wreaths Across America*. The Exchange Club of Lynchburg presented the Book of Golden Deeds Award to Robert Day at their club's Christmas Dinner and celebration.



Exchange Club of Wythe sells Christmas Trees annually as one of its main fundraisers. Billy Wineholt, Region 11 Regional Vice President helped at the tree lot on Saturday, December 7, 2019.



Exchange Club of Poquoson held their annual Pancake Breakfast with Santa on November 23, 2019.



Mike Spencer presented the Book of Golden Deeds Award to Robert Day, Executive Director of Patrick Henry Family Services, at the Exchange Club of Lynchburg Christmas Celebration.



Exchange Club of Henrico participated in the FOX Holiday Socks project of FOX Richmond by filling stockings for children at Christmas. FOX Holiday Socks is in partnership with The Salvation Army Christmas Stocking Program.

## The Exchange Club of Henrico *Wreaths Across America* Project

The Exchange Club of Henrico helped place wreaths on the head stones of 2100 graves at the Cold Harbor National Cemetery on December 14, 2019. The club was also recognized as a sponsor of the event. The Mechanicsville Chapter of the Veterans of Foreign Wars organized and was Master of Ceremonies for the event. Over two hundred (200) individuals participated in placing the wreaths. Brigadier General Bill Jones was the keynote speaker and the program included a twenty-one (21) gun salute and taps.

The national cemetery was established in 1866, following the end of the Civil war. There are 889 unidentified soldiers buried in mass graves in the cemetery; the remaining are identified individual graves. The Cold Harbor National Cemetery is one of six (6) national cemeteries historically related to the Union assault on the Confederate capital in Richmond, Virginia. It was placed on the National Register of Historic Places in 1995.

Thank you to all who purchased wreaths. Each purchase helped honor a fallen service member and helped support the Exchange Club of Henrico. The wreaths of live greenery were handmade and delivered to the national cemetery and by using the specific website, the Exchange Club of Henrico received credit for the purchase of fifty-one (51) wreaths. Wreaths can be purchased year-round at \$15.00 each. Please use the website below so the Exchange Club of Henrico will receive \$5.00 from the sale of each wreath to use toward its mission of making our community a better place to live. You can get started now for the December 2020 project.

To place an order, go to the website:

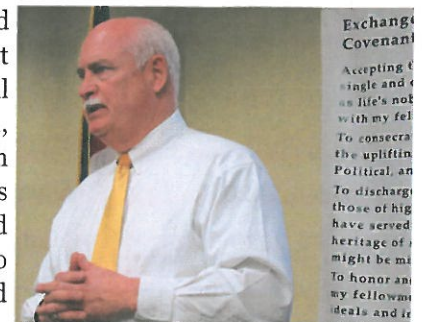
<https://wreathscrossamerica.org/VA0703P>



Cold Harbor National Cemetery

## Midwinter Education and Awards Conference

The Virginia District 2020 Midwinter Education and Awards Conference was held January 24-25, 2020 at Hampton Public Library. Russ Finney, National President 2019-2020, gave an update from National and conducted three excellent educational sessions. Other speakers included Billy Wineholt, Region 11 Vice President, 2019-2021, and several members from the Virginia District, including: Marie Warren, Minimum Standards and Strategic Plan; Claude Carmack, Virginia District Foundation; Frances Carmack, Little Things Make a Difference; and Carol Wood, New Club Building and Rebuilding. Susan Brewer, District Awards Chairperson, presented numerous awards to outstanding Club Officers, Club Bulletin Editor, New Club Building, Quality Clubs, and District Directors for the 2018-19 year.



**Virginia District Exchange Clubs**  
William Trimble, District President  
5604 Cold Harbor Road  
Mechanicsville, VA 23111-6921

## Snapshot

Thank you to **John and BabRhetta Maxwell** of Suffolk for flying the American flag. They received the “Proudly We Hail Award” from the **Exchange Club of Suffolk**. Thank you to **Aileen Aronson, Tom Bales, Gay and Steve Geiger, Jesse and Carol Wood**, and **Barry Miller** for their super teamwork putting together the “One Nation Under God” breakfast. Thank you to **all who attended the Mid-Winter Conference**. Thank you to **the Exchangites who presented at the Mid-Winter Conference**. Congratulations to the **Virginia District Exchange Clubs** for completing **983 Service Projects** last year.

## Virginia District Exchange Clubs 2019-2020 Calendar

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|                  |                                                                      |
|------------------|----------------------------------------------------------------------|
| March 7, 2020    | Virginia District Board Conference Call Meeting @ 9 AM               |
| April 18, 2020   | Virginia District Board Meeting, Hampton Baptist Church @ 10 AM      |
| April 30, 2020   | Club Election Reports due to National                                |
| June 1, 2020     | National Outstanding Service Award application due                   |
| June 5-6, 2020   | Virginia District Convention/Board Meeting, Richmond, VA             |
| June 30, 2020    | Conduct a Program Development Meeting (PDM), Awards Applications due |
| July 22-25, 2020 | 102 <sup>nd</sup> National Convention, Colorado Springs, Colorado    |

•As in all calendars for a year’s activities, additions, deletions, and adjustments are always possible.