



EXCHANGE ACROSS VIRGINIA

THE VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

February 1, 2021

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Dear Fellow Exchange Club Members,

We are midway through this club year and we are doing well considering all our challenges. There are several clubs continuing to meet virtually; if your club is not meeting with Zoom, I encourage you to try it! It is not hard, and it is great to actually "See" your fellow club members and share your club happenings. As we move forward, I want to encourage you to think outside of the box, think of ways we may have to shift, pivot, or reinvent to connect and serve our communities.

The Virginia District Mid-Winter conference was held virtually Saturday January 30th and it was good to see so many members join this event. Many thanks to Donna Hodges for a great presentation on Child Abuse Prevention. She continues to do an amazing job of providing information and communicating useful ideas for projects and activities for the district.

Our other guest, Leif Welhaven, Region 2 Vice President, gave an awesome presentation. Leif has a real passion for Exchange, and you can just see it when he talks. He has brought in more than 300 people into Exchange and has been instrumental in starting 7 clubs. His example of "Children, Community and Country", is his conversation starter and he rolls from there, sharing all the wonderful things Exchange does. His excitement and simply "Asking" those he talks with, "Are you interested in hearing more?" works.

Each of us as community members has the opportunity to impact the lives of others. Participating in a club activity like building a handicap ramp for someone, or providing information to assist parents regarding child abuse, acknowledging a student who has worked extremely hard to accomplish their goals, or recognizing a member of the community for displaying the American flag are just a sampling of the activities we are involved in as part of Exchange.

"It isn't where you came from. It's where you're going that counts". Ella Fitzgerald

Where do we want to go to from here? What can we do to continue to impact those around us? What one thing can we do today? These are questions we must ask ourselves, then each day try to focus on these ideas. I challenge each of you as members of your community, look for those opportunities to give and to include those around you in this opportunity to be a part of an amazing organization of Exchange; the rewards will be tenfold in return.

Remembering your "why" and being excited to show others what made you join Exchange will be all we need to continue the legacy of Exchange.

I appreciate you and all you do to make our communities better places to live.

Yours in Exchange,

Lynne Creasy
Virginia District President 2020-2021
lynne@lynnecreasy.com

Virginia District Exchange Clubs 2020-2021 Calendar

April 17, 2021	Virginia District Board Meeting, Location TBD
April 30, 2021	Club Officer Election Reports due to National District Awards Application due: All-American Award, Honor Roll, Youth of the Year, ACE
June 1, 2021	National Awards Application Due: Outstanding Service, Fundraising, and Care
June 4-5, 2021	Virginia District Convention/Board Meeting, Lynchburg, VA
June 30, 2021	Conduct a Program Development Meeting (PDM) Awards Application due: Big "E", Outstanding Club President, Outstanding Club Secretary, Outstanding Club Treasurer, Quality Club Award
July 7-11, 2021	103rd National Convention, Memphis, TN

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

Quote:

"When you can't do what you do, You Do What You Can" ...

Song lyrics by Bon Jovi and Jennifer Nettles

If you have not heard the Pandemic Anthem, *Do What You Can*, check it out on YouTube. The peppy tune and lyrics will make your day!

Editor's Note

After attending the Exchange Club of Lynchburg's "One Nation Under God" lunch, I was motivated to come home and read George Washington's Inaugural Address, and I encourage each of you to do the same. Though the language is a bit more stilted than today's, it is still clearly understandable. It is a reminder of Washington's petitions to God for his blessing and his appeals to God as the only adequate explanation of how the United States came to be. Even more amazing, after Washington was sworn in as President and delivered his Inaugural Address, both houses of Congress followed the President as he left Federal Hall and walked up Broadway to St. Paul's Chapel for a church service. In today's climate, it is hard to imagine our current Congress walking anywhere together, especially to a church service.... but the first Congress did. Exchangites set aside a time each year for a "One Nation Under God" event to reflect on the rich heritage upon which our country was founded. Exchangites begin all meetings with an invocation and The Pledge of Allegiance. "One Nation Under God" was added to the pledge in 1954.

What is the Virginia District Exchange Clubs Honor Roll?

Honor Roll is the highest award that can be earned in the Virginia District Exchange Clubs. The first award was presented in 1975 to Earnest Bolton, Walter Boswell, Curtis Craddock, Harold Cumberledge and Dr. Jack Fisher. Sixty-eight (68) Exchangites have been recipients of this award.

A superb Exchangite, who has made a long-term contribution to Exchange at both the local level and District or National level, is recognized with election to the Virginia District Honor Roll. Each local club may nominate one Exchangite annually.

To qualify for the Honor Roll, an Exchangite must be an active member (or deceased member who was active upon his or her death) of the Virginia District Exchange Clubs and may be nominated to the District Honor Roll if he or she:

- Has made significant contributions to Exchange by actively serving in numerous leadership capacities in the local Club and District.
- Has at least ten years of active service in Exchange.
- Has regularly attended District and National functions.

Importance is placed on leadership and participation at the District level since this is a District award.

The award application is sent to the Club President and Secretary in April each year by the Chairperson of the Honor Roll Committee. The District President appoints the Chairperson of the Honor Roll Committee, who selects four Honor Roll recipients as committee members. Currently, not more than two active Exchangites are elected to the Honor Roll annually. The committee reserves the right not to make the award in any given year. The selection to the Honor Roll is announced at the District Convention annually. **Look at your membership to determine who qualifies for this award and complete the application that is sent out in April.**

Member Spotlight



Bob Speechley joined the Exchange Club of Poquoson in January 1982 as a charter member and is the only remaining charter member of the club. On the club level, he has served as President twice, has been chairman of most of the club's standing committees, and served on the Board of Directors all but one year. On the District level, he has served on the Virginia District Board as a director, served on several District committees, and attended many conferences and conventions. He attended the National Convention that was held in Washington, DC in July 1990.

Bob is originally from New York. He has had a variety of jobs including working on a dairy farm. After high school, he served several years in the United States Air Force. He received numerous awards and honors including the Master Technician Award with an E-5 select at the time of discharge. He has worked on KC-135 and FB-111 Aircraft in the in-flight refueling and hydraulics field. After serving in the United States Air Force, he worked for electrical contractors in New York and Virginia. He worked in the utilities field in York County and Poquoson for thirty-seven

(37) years and retired from the City of Poquoson in December of 2018. Bob attended Thomas Nelson Community College and has taken several night school and vocational classes in plumbing, heating, HVAC, and general construction courses.

In his spare time, Bob enjoys RVing and working on construction and home repair projects. He also enjoys his

Clubs in Action

The Exchange Club of Wythe – Fundraiser

Unfortunately, due to the pandemic The Exchange Club of Wythe's annual pancake jamboree had to be cancelled, but the 2020 Christmas tree fundraiser was held beginning in November and continued into December 2020. Members set up the lot, filled the racks with freshly cut trees, put on their masks, followed social distancing guidelines, and were prepared to help customers safely find the perfect Christmas tree! The tree lot would not have been possible without the support of family, friends, and the community who gave of their time to help. For some customers it was their first time picking out a live tree, for others it was a longtime family tradition. Customers were asked to send pictures and the club posted them on their Facebook page.



Longtime customer, Erin Christine Montigny sent this photo of her beautifully decorated tree! It looks like it is straight from a Christmas card! She said "Thank you for yet another beautiful tree! Visiting your lot has been a family tradition for several years now, and this year the Christmas joy it brings was more needed than ever."



The coaching staff and some of the young ladies from the Peninsula CoPilots Fastpitch 757 got in the Christmas spirit and volunteered at the tree lot. (Lf. – Rt.) Kristy Ehrlich, Ashleigh Beamon, Anne King, Kimberly Beamon, and Coach Bob Ehrlich.

(Lf. – Rt.) Members setting up the tree lot are: Bob Kimssey, Phil Everhart, Jr., Bill Barnes, Bill Trimble, Tom Bryan, and volunteer, Phillip Everhart (Phil's son).



The Exchange Club of Suffolk Continues Projects

Despite Covid-19, the Exchange Club of Suffolk continues to contribute to their community. In December they donated Christmas cards, ornaments, and personal hygiene items to nursing home residents and sent care packages and thank you cards to the HM14 command in the South Korea Detachment based out of Norfolk for the sailors. In January the club provided food and a night's stay at a hotel to an elderly homeless person.



- Congratulations to the **Exchange Club of Hampton** on their thirty-year (30) anniversary in November 2020.
- Kudos to the **Peninsula Networking Exchange Club** for successfully implementing their first online Auction.
- Welcome to **Gloria Hopkins** our newest Exchangite inducted into the **Exchange Club of Poquoson** on December 9, 2020.
- Congratulations to the **Exchange Club of Poquoson** for successfully implementing their first Facebook money raffle.
- Thank you to **all** who attended the District's virtual **Mid-Winter Educational Conference** on January 30, 2021.
- Thank you to **Donna Hodges** for her outstanding job as Virginia District's Child Abuse Prevention Chairperson.
- Give a shoutout to **All Exchangites** for completing 919 projects in 2019-2020.

Did you know that you can show off **Exchange** during these uncertain times by wearing a Made in America **Exchange Logo mask**? or surprise that special man in your life with a new **Exchange Club necktie**? Both are available, along with many other items, at your National Exchange Club Marketplace.

Clubs in Action

Peninsula Networking Exchange Club – Community Service Project

In early December, Peninsula Networking Exchange Club (PNEC) delivered a sack full of gifts to six (6) Edmarc Hospice for Children families to make the season a little brighter for these folks. Edmarc helps critically ill children stay comfortably at home with families whenever possible. Edmarc was founded in 1978 by members of Suffolk Presbyterian Church and named in memory of their pastor Edward, who died of cancer, and Marcus, a young couple's only child, who needed hospice care. It was the first hospice in the nation to be designed specifically for children. Its headquarters are in Portsmouth, Virginia, where a large geographic area of Virginia is served, including the Peninsula and Southside Hampton Roads.

PNEC is proud to be a small part of Edmarc's support system. This year Mr. and Mrs. Santa had to leave the gifts at the doorsteps, rather than arrive on the fire engine, a modification due to Covid-19.



Santa and Mrs. Claus, AKA PNEC treasurer, Tricia Lewis, and her husband Roy, delivering bags full of gifts to Edmarc.

Exchange Club of Poquoson – A Big Supporter of their Community



The Exchange Club of Poquoson continues to support and improve their community in a variety of ways. They build ramps and repair steps for those who need better access to their homes; recognize a Student of the Month; clean up areas that need beautification; give to Food Share, support the local schools and first responders where needs arise, and many more. The projects add up to an impressive number of volunteer hours that help countless people.

Exchange Club of Poquoson Golfers are ready for the club's 10th Annual Golf Tournament.

Exchange Club of Lynchburg – “One Nation Under God”

Lunch

The Exchange Club of Lynchburg held their “One Nation Under God” lunch/meeting at Charley's Restaurant on November 20, 2020. Mark Fesmire, pastor of Grace Evangelical Free Church, was the speaker. He did a great job telling how the beginning history of our nation and the faith of our founding fathers are woven together and how the services Exchanges provide in their communities today fit into the fabric of our nation.

Due to Covid-19, the club's December meeting had to be cancelled, however, the club continued to serve the community throughout the month. Veterans in need were given Walmart gift cards and a monetary donation was given to Daily Bread to help with the significant increase in need they are experiencing. The club also continues to clean-up their Adopt-A-Spot location on Timberlake Road from Old Graves Mill Road to the city limits.

Exchange Club of Henrico

On December 5, 2020, the Exchange Club of Henrico provided adult and children's masks to SCAN of Greater Richmond to be used by the parents and children that they serve. Club members also stuffed Christmas stockings for the Salvation Army, donated much needed staples to a food closet and participated in Wreaths Across America.

The club would like to thank everyone who supported the Exchange Club of Henrico's fundraiser, Wreaths Across America. This is a great tribute to those who gave so much for our freedom and enables the club to give back to the community with the funds raised – a win-win.



Member Spotlight (con't from page 2)

membership at the 17th Street Anglers Club in Virginia Beach and the Poquoson Yacht Club in Poquoson. He is a charter member of Saint Kateri Tekakwitha Catholic Church in Tabb, VA.

In October 1996, Bob married the love of his life, Iris Howington Diggs. They have two sons, Steve and Chris and two grandsons, Dylan and River.

Prevention of Child Abuse

Are you continuing to meet the monthly challenges set forth by our Prevention of Child Abuse Committee Chairperson, Donna Hodges? If you missed a month, then make it up in the coming months; it is that important! You never know when you have made a difference in a child's life.



- November: When you gather at Thanksgiving, share with your child or grandchild what they have taught you and watch their faces light up! This is a great way to let them know why they are so valued.
- December: In the spirit of the season, reach out to a child in your community, or a parent that is stressed, and offer kindness. Leave a little surprise, a note of encouragement or share a kind comment.
- January: Be an advocate for children, read to your grandchildren or family friend. Spend time with children. Be that positive influence – that learned loving behavior will be passed on to future generations.
- February: Be an advocate for children by sending a letter of support to your members of Congress asking them to take concrete steps for children's rights and welfare to protect children from abuse and neglect in our country. Congressman Bobby Scott introduced legislation recently (The Stronger Child Abuse Prevention and Treatment Act) which represents a legislative overhaul of the flagship bill addressing child welfare in the U. S.

I hope each of you is also receiving the reference materials that Donna sends out to the Club Presidents each month. If you have missed these monthly handouts, please ask your Club President or District Director to send them to you. Educators are taught to recognize signs of child abuse, but many of our school districts are currently teaching virtually making our ability to be alert to signs of possible child abuse and how to report it more important than ever. Please note that Donna's February handout includes a sample letter to send to your Congressman regarding the new legislation that proposes an overhaul of the previous bill addressing child welfare.

Ten Things You Can Do to Prevent Child Abuse

Volunteer your time. Get involved with other parents in your community. Help vulnerable children and their families. Start a playgroup.

Discipline your children thoughtfully. Never discipline your child when you are upset. Give yourself time to calm down. Remember that discipline is a way to teach your child. Use privileges to encourage good behavior and time-outs to help your child regain control.

Examine your behavior. Abuse is not just physical. Both words and actions can inflict deep, lasting wounds. Be a nurturing parent. Use your actions to show children and other adults that conflicts can be settled without hitting or yelling.

Educate yourself and others. Simple support for children and parents can be the best way to prevent child abuse. After-school activities, parent education classes, mentoring programs, and respite care are some of the many ways to keep children safe from harm. Be a voice in support of these efforts in your community.

Teach children their rights. When children are taught they are special and have the right to be safe, they are less likely to think abuse is their fault, and more likely to report an offender.

Support prevention programs. Too often, intervention occurs only after abuse is reported. Greater investments are needed in programs that have been proven to stop the abuse before it occurs - such as family counseling and home visits by nurses who help with newborns and their parents.

Know what child abuse is. Physical and sexual abuse clearly constitute maltreatment, but so does neglect, or the failure of parents or other caregivers to provide a child with needed food, clothing, and care. Children can also be emotionally abused when they are rejected, berated, or continuously isolated.

Know the signs. Unexplained injuries aren't the only signs of abuse. Depression, fear of a certain adult, difficulty trusting others or making friends, sudden changes in eating or sleeping patterns, inappropriate sexual behavior, poor hygiene, secrecy, and hostility are often signs of family problems and may indicate a child is being neglected or physically, sexually, or emotionally abused.

Report abuse. If you witness a child being harmed or see evidence of abuse, make a report to your state's child protective services department or local police. When talking to a child about abuse, listen carefully, assure the child that he or

[Ten Things You Can Do to Prevent Child Abuse \(con't from page 3\)](#)

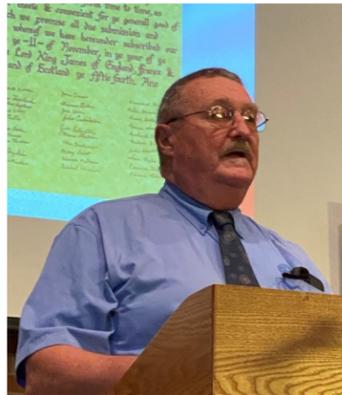
she did the right thing by telling an adult, and affirm that he or she is not responsible for what happened.
Invest in kids. Encourage leaders in the community to be supportive of children and families. Ask employers to provide family-friendly work environments. Ask your local and national lawmakers to support legislation to better protect our children and to improve their lives.

Source: Washington State Department of Children, Youth and Families

Clubs in Action

Freedom Shrine Dedication

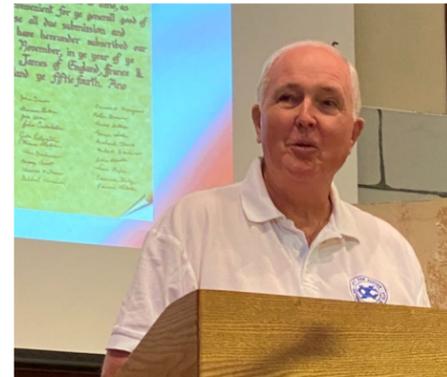
On October 21, 2020, a Freedom Shrine Installation Dedication was held at Hampton Christian Academy with nine Exchange clubs participating and sixteen members in attendance. The participating clubs were: Exchange Club of Poquoson, Exchange Club of Henrico, Exchange Club of Hampton Roads Networking, Exchange Club of Tidewater, Exchange Club of Wythe, Exchange Club of Peninsula Networking, Exchange Club of Hampton, Exchange Club of Old Point Comfort and Exchange Club of Suffolk. Dr. Miriam Shipman, Principal, welcomed everyone and Bob Moore introduced the guests, sponsoring clubs, and members of the Exchange Club of Wythe who assembled and installed the Freedom Shrine. Phil Everhart, Jr. gave the Freedom Shrine presentation, Bill Trimble presented the Freedom Shrine Documents, and nine plaques were selected for a representative from each sponsoring club to read a brief history/excerpt. These representatives were: Stephen Geiger, Margaret Moore, Marie Warren, Elaine Doxey, Pat Garvey, Carol Dees, Carol Wood, Ellena Christian and Peg Eich. Third, fourth and fifth grade students participated in the program.



Phil Everhart, Jr. - Introducing the Freedom Shrine



Freedom Shrine – Hampton Christian Academy



Stephen Geiger – Reading from the Mayflower Compact (1620)

Exchange Club of Hampton - National Day of Service

The Exchange Club of Hampton participated in the National Day of Service, October 24, 2020, cleaning their Adopt-A-Spot.



Lf. – Rt. Kim Deibler, Ann Harris, Paul DeMarsh, Susanna McKendrick, Nancy Trimble, Bill Trimble

Photo by Michele Benson

Clubs in Action

Peninsula Networking Exchange Club – Americanism Project

At their November 19, 2020 virtual meeting, the Peninsula Networking Exchange Club presented a “Proudly We Hail” Plaque to Claude Carmack in grateful recognition for his ongoing efforts to proudly fly the American Flag.



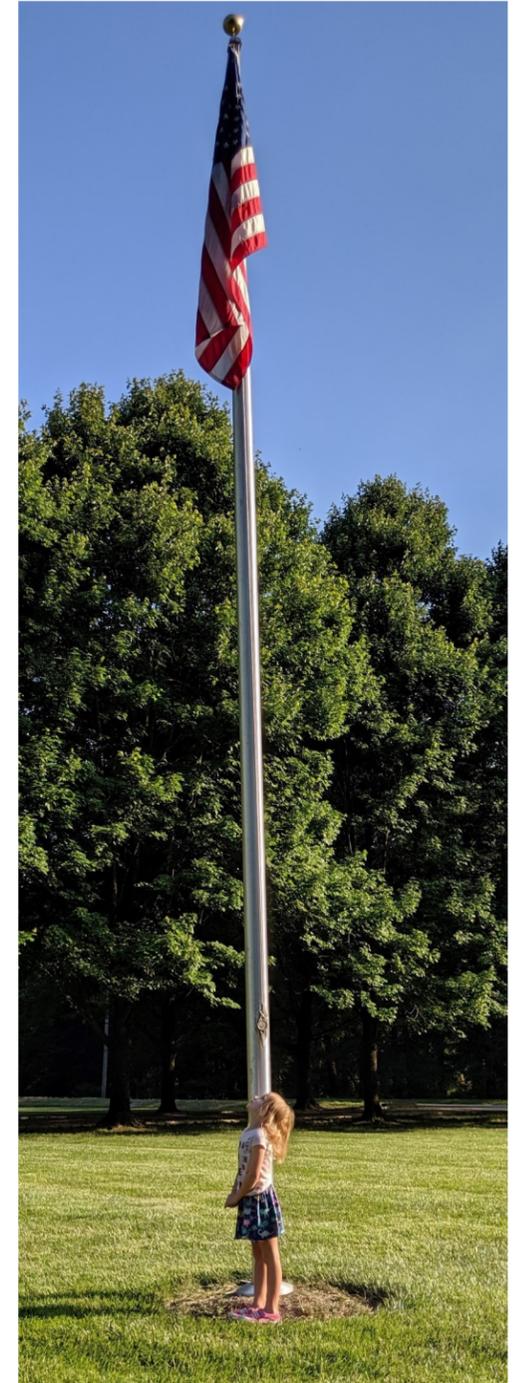
Claude Carmack receives “Proudly We Hail” Plaque.

Peninsula Networking Exchange Club – Lego Project

Peninsula Networking Exchange Club delivered 60 Lego Kits to Children’s Hospital of the King’s Daughters (CHKD) in Norfolk on October 29, 2020. These kits are given to the young patients fighting cancer. Exchange member, Carol Dees, lost her grandson at age 13 to cancer. When he was in the hospital, building with Legos was something he liked to do. Providing the Lego kits is an ongoing project of the club given in memory of Carol’s grandson. The only adjustment needed this year due to Covid-19 was to encase the Lego kits in plastic bags.



Carol and Jim Dees deliver Lego kits to Children’s Hospital of the King’s Daughters (CHKD).



They say “a picture is worth a thousand words.” This is one of them!