



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

February 1, 2022

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Happy New Year Fellow Exchange Club members,

We have some great news to share, the Virginia District has seen net growth of 17 members since July 2021, and one new club chartered on November 17th with 38 new members, the Exchange Excel Club of Poquoson High School. Many thanks to Carol and Jesse Wood for cosponsoring this new club. They are also working on building a new club in Gloucester. The trend for growth is exciting and something we all can be involved in. Please keep these three areas of focus in mind, "Children, Community and Country", and then share your passion with others of "Why you joined Exchange".

It is going to be fantastic to see all the many projects and activities clubs participate in this New Year. Hopefully you are putting together ideas for February, which is Community Service Month and it's a good idea to start planning your child abuse prevention projects for April; get supplies ordered, like pinwheels, banners, or ribbons to wear for Blue Mondays.

I know I keep reminding you about this, but it seems to be something clubs have a hard time doing. Please make sure you are sending in pictures, with explanations to frances@carmackcpa.com and jwood481@verizon.net for your club projects to be shared in the newsletter and on the district Facebook page. Also, don't forget to use the www.vadistrictexchange.org website in your club's communications to help us promote the site. If you haven't visited the website, please do. A lot of work went into its development.

The Virginia District mid-winter conference was held virtually on January 29th. It was an Americanism themed conference, and we enjoyed "seeing" everyone in their red, white, and blue on our screens! Our guest speakers were John Quarstein, a local historian, and David Johnson, the National Exchange Club President-Elect. The District Awards were presented for the 2020-2021 club year and will be delivered to recipients. Congratulations to all the club and individual recipients for their hard work, especially during a challenging time. Although held by Zoom, the conference proved to be FUN and educational.

Please mark your calendars for the Virginia District Convention which will be held in Lynchburg on Saturday June 4. More details to follow.

I want to continue to encourage you to invite a friend to your next meeting, and always be on the lookout for ways to tell others what you LOVE about Exchange.

I appreciate each of you and all you do to make Exchange and your communities better.

Yours in Exchange,

Lynne

Lynne Creasy

Virginia District President 2021-2022

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National Convention 2022

Mark your calendar and make plans to attend the 104th National Convention and 39th Symposium to be held July 13-16, 2022, in Greenville, SC. Greenville is a friendly city, listed as one of the country's top 10 downtowns. Come early or stay longer and explore its restaurants, boutiques, museums, and more!

Editor's Note

When my husband and I travel throughout the United States, one of the things I enjoy is getting off the interstate and traveling through the rural countryside and small towns of America. Not only is there a slower pace to be enjoyed and beauty to be seen that otherwise would be missed, but there is also a way of life to be observed that is refreshing. We have seen streets lined with American flags for the Fourth of July, light posts decorated to celebrate the holidays in December, and beautiful little churches of every denomination standing proudly on nearly every corner, hillside, or dale. Recently, we drove down a three-mile stretch of U. S. Route 60 in White Sulphur Springs, West Virginia, renamed Sam Snead Boulevard, in honor of the legendary golf pro. Hung proudly along both sides of the boulevard are blue and white banners honoring those who serve and have served, and those who have fallen in the line of duty. The banners have the picture of the individual and give the branch, dates of service, conflicts served in or peacetime. It was truly an impressive display of honor, pride, and patriotism. Small towns are truly one of America's virtues.

Court of Honor 2021 Inductees

Past National President Claude Carmack and his wife Frances were honored to attend the National Exchange Club Court of Honor Celebration on October 16, 2021, in Toledo, Ohio. It was an impressive event on a beautiful, fall day, and what a great way to be inspired to keep serving!

Congratulations to the new inductees who earned the highest and most lasting recognition an Exchange member can receive. They are Phil Howard, Exchange Club of Donelson-Hermitage Area, TN; Janet Jacobs, Exchange Club of Naperville, IL and Exchange Club of DuPage County, IL; Ron Lashmett, Crossroads Exchange Club of Orange County, CA and Exchange Club of South Orange County, CA; Anne Marie Logue (2020 inductee), Exchange Club of Gettysburg, PA. These are most deserving individuals who have contributed above and beyond to our incredible organization.



(Lf.-Rt.) Anne Marie Logue, Janet Jacobs, Phil Howard, and Ron Lashmett.

Virginia District Exchangites got to know Anne Marie and observe her dedication and hard work when she served as Region 11 Vice President for two terms, 2007—2011. She continued to be a close friend of the District after serving as Regional Vice President, working on and heading the Strategic Planning Committee for a number of years.

Virginia District Award Winners - 2021

The following Virginia District Award Winners for 2021 were recognized at the 103rd National Exchange Club Convention held September 8-11, 2021, in Memphis, TN. Congratulations to the recipients for their outstanding accomplishments and thank you to all the hard-working members of Exchange who helped make these accomplishments possible.

Distinguished Club Secretary Award: Stephanie Suter-Exchange Club of Lynchburg and Carol Wood-Exchange Club of Poquoson.

Distinguished Club Treasurer: Joan Silver-Exchange Club of Lynchburg and Cecelia Ambrose-Exchange Club of Poquoson.

Retention Award 96.1%: Exchange Club of Henrico, Exchange Club of Old Point Comfort, Exchange Club of Richmond, Regional Exchange Club of Lynchburg, Special Friends Exchange Club of Hampton.

Retention Award 92%-96%: Exchange Club of Peninsula Networking, Exchange Club of Hampton Roads Networking.

National Service Award: Exchange Club of Hampton Roads Networking, Exchange Club of Hampton, Exchange Club of Henrico, Exchange Club of Lynchburg, Exchange Club of Martinsville, Exchange Club of Old Point Comfort, Exchange Club of Peninsula Networking, Exchange Club of Poquoson, Exchange Club of Wythe, Special Friends Exchange Club of Hampton.

Virginia District Exchange Clubs Foundation

Every gift to the Virginia District Exchange Clubs Foundation, no matter how large or small, is important and has the power to change lives by providing for District Youth of the Year awards, ACE awards, and pass-through grants. Contributions are tax deductible to individuals and corporations and may be mailed to VDECF c/o Claude Carmack, 5604 Cold Harbor Rd., Mechanicsville, VA 23111. If you have questions regarding the foundation, please call Susan Brewer at 757-898-6002 or 757-570-1253 or Claude Carmack at 804-427-1040.

Member Spotlight – Wesley (Wes) Harlow



Wesley (Wes) Harlow joined Exchange in the early sixties as a charter member of the Exchange Club of Culpepper, Virginia. He was sponsored by Stuart Hicks. He held the office of Club President and served as a District Director. While Wes was serving as Club President, the Exchange Club of Fredericksburg was built. When his job took him to Blackstone, Virginia, Wes became a charter member of the Exchange Club of Blackstone, Virginia in 1981. Wes and Herb



Maxey, who was his sponsor, worked together to charter this new club. Wes knew Herb from a District function held in Staunton, Virginia. Wes has held the offices of secretary and treasurer in the Exchange Club of Blackstone, where he continues to be an active member. Wes is truly a dedicated Exchangite, having missed only one meeting and one fundraiser since joining Exchange. When asked why he has been a dedicated Exchangite nearly sixty years, Wes did not hesitate to answer that he enjoys the fellowship with such good people, likes what Exchange stands for and enjoys helping the community.

Wes was born in Charlottesville, Virginia and has always lived in Virginia except from 1962-1968, while serving in the United States Army. Two of these years were spent in Germany where he was secretary to the General of the 24th Infantry Division.

Wes worked in the insurance industry but most of his career has been spent in banking. He took courses in banking at the University of Virginia and retired from Citizens Bank and Trust in Blackstone where he was controller for 15 years.

“One Nation Under God” Event

The Exchange Club of Poquoson hosted the Eastern area of the Virginia District Exchange Clubs’ “One Nation Under God” breakfast event on Saturday, November 13th at Trinity United Methodist Church in Poquoson, Virginia. The following clubs were represented: Exchange Club of Hampton, Exchange Club of Hampton Roads Networking, Exchange Club of Henrico, Exchange Club of Peninsula Networking, Exchange Club of Poquoson, Exchange Club of Suffolk, Exchange Club of Tidewater, and Exchange Club of Wythe. A delicious breakfast and fellowship were enjoyed, followed by an outstanding speaker, Mr. John Jernigan. Mr. Jernigan reminded us that the founding fathers purposely included religious freedom, faith, and balance of powers in the United States Constitution, and that intelligent debate and compromise were used to create a government for “We the People” unlike any other government. He encouraged us to educate ourselves on the actual words spoken by our Founding Fathers so that we can recognize when their words are taken out of context.



Mr. John Jernigan

Additionally, Amber Hodges, from the Exchange Club of Wythe, presented a special star to those in attendance who served or are serving in the military. The stars can be carried with these individuals as a reminder that they are not forgotten. The stars were once part of an American flag that flew over a home in Tennessee but can no longer fly. “In the sun and the wind, I have been tattered and torn but not forgotten.”

If you have never attended an “One Nation Under God” Exchange Club Event, you are encouraged to put it on your “Dates to Remember” next November, and if your local club has never planned an “One Nation Under God” program, it is recommended that you add this to next year’s calendar of events. Perhaps the Western area of the Virginia District Exchange Clubs could plan a joint event. It is a project well worth your consideration.

History of “One Nation Under God” National Exchange Club Program

On July 30, 1964, The National Exchange Club adopted The One Nation Under God project. The purposes of this project are to strengthen individual and moral responsibility, heighten awareness of America’s rich religious heritage, and encourage praise and thanks to God for the blessings of liberty. November is observed as “One Nation Under God” Month, and local clubs in the United States and Puerto Rico join to raise awareness of the important roles religious faith and freedom have played in our nation’s history and build greater respect for the history and meaning of the American flag.

Source: The National Exchange “One Nation Under God” resource pamphlet

Honoring the U. S. Flag - “Old Glory” - Long May She Wave

In 1923, the United States adopted a flag code to establish rules for display and care of the national flag of the United States of America. The code does not contain any penalties or enforcement provision for noncompliance because its aim is to show people how best to honor and respect our nation’s flag. Written below, in simple language, are certain basics of the code to help citizens treat the U. S. flag respectfully.

Proper Flag Displaying

- Never fly the flag upside down except in cases of extreme distress.
- Always make sure the flag never touches the ground or anything below it.
- Do not display the flag in inclement weather unless it is an all-weather flag.
- When flying the flag after sunset, keep it properly well lit.
- Flag lapel pins should be worn on the left lapel to be closer to the heart.
- The flag should always be at the top of a flagpole even when several flags are flown from the same pole. Exceptions are printed in *The Flag at Half-Staff* article below.
- Flags displayed on a wall should be shown with the union stars (blue section) uppermost and to the observer’s left.
- The U. S. flag from a staff should be at the center and at the highest point when it is displayed among a group of subordinate flags, like those for states, schools, and organizations.
- When used for an event and from a staff, the flag should be prominently displayed to the speaker’s right (facing the crowd or audience). All other flags should be displayed to the speaker’s left.
- In multi-national flag situations, the U. S. flag should be displayed first (to its own right) followed by the flags of all other countries (in alphabetical order and at equal height) to its left.
- When carrying the flag to its display area, let it be free. Never carry it flat or horizontally.

** Always dispose of a worn flag properly, preferably by burning it.*

Proper Flag Folding

Keep in mind always hold the flag carefully so that it does not touch the ground or anything else beneath it.

1. Facing each other and holding on to each flag’s end, two people stretch the flag at waist height horizontally and fold lengthwise in half.
2. Fold the flag lengthwise in half again. The edges should be held together with the union (stars) on the outside.
3. As one person holds the flag by the union, the other begins a triangular fold at the opposite end.
4. Continue the triangular fold until the flag is a triangle with only the union showing.

The Flag at Half-Staff

The flag should be flown at half-staff only upon the death of a prominent person of the U. S. government, state governors, certain presidential declarations, and specific holidays. (Peace Officers Memorial Day, May 15; Memorial Day, last Monday in May; Korean War Veterans Day, July 27; Patriot Day, September 11; National Pearl Harbor Remembrance Day, December 7.)

To position the flag at half-staff, first raise it to the staff’s peak for one second before lowering it to half-staff, which is halfway between the staff’s top and bottom. Before removing it for the day, raise the flag again to the peak for one second.

Source: United States Code, Title 4, Chapter 1

Remember: When saying the Pledge of Allegiance, do not pause in the phrase “one nation under God.”

“I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.”

New Club Announced - Exchange Excel Club of Poquoson High School

The Exchange Club of Poquoson, The Virginia District Exchange Clubs and The National Exchange Club are proud to announce a new club in the Poquoson community. The Exchange Excel Club of Poquoson High School was officially chartered on November 17, 2021, with thirty-eight members. Leading the Exchange Club members as they serve the community are President Alyssa White, Vice-President Emma Barefoot, Treasurer Rio James, Secretary Stephanie Freeman, Historian Will Cannella and Newsletter Editor Mitchell Clapp.

The new club will serve the community through Exchange's Programs of Service – Americanism, Community Service, and Youth Programs – as well as the organization's National Project, child abuse prevention. It was sponsored by the Exchange Club of Poquoson in Poquoson, VA, and built by President-Elect Jesse Wood, Secretary Carol Wood and Board Member Herbert "Buddy" R. Green, Jr. The official appointment, known as the Club Opening Event, was performed by Bob Moore of the Exchange Club of Wythe in Hampton, VA.

"The City of Poquoson is a wonderful community and members of the Exchange Club of Poquoson are excited to give back to their neighbors through service," said Jesse Wood. "The Exchange Excel Club of Poquoson High School is dedicated to upholding Exchange's Programs of Service and National Project, and to inspiring Poquoson to become an even better place to live."

For additional information about the Exchange Excel Club of Poquoson High School, including details about how to become a member, please contact teacher advisor Becky Morrison at Poquoson High School.



Pictured are those who attended the Exchange Excel Club of Poquoson High School Opening Event.

Child Abuse Prevention



Donna Hodges, Child Abuse Prevention Chairman, continues to provide great information each month that is helpful to all of us. If you have not received this information directly or via your club Presidents, please ask for copies.

-November: Information about World Children's Day, November 20th, and a short annotation from the book, *A Child Called "It"* by Dave Pelzer.

-December: A Reminder that the holiday season is a joyful and exciting time of year for children, but sadly for some their joyfulness is interrupted with fear, abuse, and pain. Donna included articles about *Increased Child Abuse and Neglect During the Holidays* and *How to Identify and Prevent Child Abuse*, and *How to help an Abused Child Who Discloses to You*. Additionally, she shared a brief annotation from Dave Pelzer's book, *The Lost Boy*.

Sources: The Haddonfield Child Protection and Permanency Lawyers at The Law Offices of Theodore J. Baker, and <http://www.healthyplace.com>

-January: To begin the New Year in a positive way, the story of someone able to overcome years of child abuse was shared; the story of Designer Erin Cole. It relates how positive influence from just one adult in a child's tumultuous life can make a life-saving difference. Be sure to read the 9 things Cole says everyone gets wrong about child abuse and neglect – and what you can do to help, or for more in-depth reading, her memoir, *The Size of Everything*, tells about her journey from a painful life as a child to the life she now enjoys.

Clubs in Action

Exchange Club of Blackstone

After the long hiatus caused by COVID, The Exchange Club of Blackstone is happy to be active again. On December 10, members of the club handed out American flags at the Blackstone Christmas Parade.

Exchange Club of Henrico

Two children had a brighter Christmas thanks to gifts they received from The Exchange Club of Henrico. The club also participated in Wreaths Across America on December 18, at the Cold Harbor National Cemetery.

Exchange Club of Poquoson

By November, The Exchange Club of Poquoson was back to pre-pandemic times busily participating in fund raising and projects. They are a great group of volunteers that put a lot of volunteer effort into making their community a great place to live. Some of their recent projects included, handing out American flags at a Veterans Day ceremony, and distributing food to the needy. Some of their recent funding was raised from a Pancake Breakfast with Santa, and a raffle.

Exchange Club of Lynchburg

The Exchange Club of Lynchburg held their 2021 Christmas luncheon on December 17, at Charley's Restaurant. Included in the program were their awards presentation for the Book of Golden Deeds, Student of the Month and Exchangite of the Year. The keynote speaker was Mr. Robert Day, Director of Patrick Henry Family Services. In December, they also Cleaned up their Adopt-A-Spot and participated in the Wreaths Across America program held at the Historic Presbyterian Church Cemetery on Grace Street in Lynchburg. The beautiful old cemetery with its elaborate and unique tombstones was founded in 1823 and now has over 12,000 graves, including many men and women from all branches of the military.



Michael Spencer presented the Exchange Club of Lynchburg's Book of Golden Deeds to Ms. Heather Mayberry. She is an Adult Health Clinical Nurse Specialist with Centra Health in Lynchburg, VA., specializing in critical and COVID-specific care, along with the management of those diagnosed with pulmonary hypertension. She has contributed to the care and outcomes of patients since the onset of the pandemic, and has been invited by U.S. Senator Tim Kaine to advocate for legislation aimed to prevent suicide, burnout, and mental health decline of healthcare professionals caused by the pandemic. She has been recognized by the following organizations:

2019 - Awarded the 2019 Henderson Research Award for Advanced Practice

Nominated for the 2019 Magnet Advance Practice Nurse Award

2020 - Recognized as the 2020 Virginia Nurse Foundation Nurse Award for her contributions to pandemic care

2020 - Inducted as a Fellow into the Clinical Nurse Specialist Institute.



←David Burch (rt.) presented Lynchburg's Exchangite of the Year award to Richard Byrne (lf.) who was recognized for being Chairman of the club's "Proudly We Hail" project for many years, as well as participation in many club projects.

→Robert J. Day, keynote speaker, spoke about a prophetic vision/idea to replace a broken foster care system with a better system; one where "every child is with a thriving family and supported by a faithful community."



Clubs in Action

Exchange Excel Club of Poquoson High School

This brand-new club jumped in and helped the Exchange Club of Poquoson set up their Christmas tree lot on November 20, 2021. What a nice, big turn out!



ABCs of Exchange

Answering a call
Building better communities
Committed to core values -family, community, country
Developing friendships
Educating youth
Forming partnerships
Growing leaders
Helping others
Inspiring communities to become better places to live
Joining America's service organization
Keeping busy
Leading by example
Making good use of time, energy, skills, and talents
Networking opportunities
Organizing projects
Promoting Americanism and democracy
Quieting others' concerns
Recruiting members
Spreading love and kindness
Targeting community needs
Uplifting others
Vitalizing programs of service
Working together for the greater good
eXchanging ideas
Year-round activities
Zeroing in on solutions to problems

By: Frances Carmack



●Congratulations to the **Exchange Club of Old Point Comfort** for 35 years of service to their community as of August 2021. ●Congratulations to

Charlie and Peggy Gatz, Exchange Club of Poquoson, for maintaining the beautiful flower beds around the city signs. ●A big Exchange welcome to two new members, **Diane Bales and Ray Shaner**, who joined the **Exchange Club of Poquoson** in October. ●A BIG HOORAH goes out to **Becky Morrison** for a wonderful job getting students organized and signed up to join the newly formed **Exchange Excel Club of Poquoson High School**. ●Congratulations to the **Exchange Club of Poquoson** for 40 years of service to their community as of January 2022. ●Thank you to **all Exchangites** who attended the District Mid-Winter Conference held virtually in January.

Who We Are

Vision:

A strong America, safe communities and unified people.

Mission:

Exchange, inspiring communities to become better places to live.

Core Values:

Family, Community, Country

Motto:

Unity for Service

Virginia District Exchange Clubs

Lynne Creasy, District President
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Mechanicsville, VA 23111-6921

www.vadistrictexchange.org

Virginia District Exchange Clubs 2021-2022 Calendar

April 23, 2022	Virginia District Board Meeting, Hampton Baptist Church @ 10 AM
April 30, 2022	Club Election Reports due to National
June 1, 2022	National Outstanding Service Award, National Youth Awards and other National Awards applications due
June 4, 2022	Virginia District Convention/Board Meeting, Lynchburg, VA
June 30, 2022	Conduct a Program Development Meeting (PDM), National and District Award Applications due
July 13-16, 2022	104 nd National Convention, Hyatt Regency, Greenville, SC

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

Thank you for reading *Exchange Across Virginia*, the Virginia District Exchange Clubs Newsletter. We want to produce a newsletter that has great content and is enjoyable and valuable to you. Your constructive feedback is always welcome. **And...**we would love to hear about your clubs’ projects, programs, and meetings so you can be included.