



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

February 1, 2023

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Hello Fellow Exchange Members,

Wow, can you believe that we're halfway through the 2022-2023 Exchange Year? We may be halfway through our year, but we are not finished yet. Let's finish big and get our projects in the computer, get the National Service Award, and then work on our plus two for year-end towards the Big-E. It's time to evaluate the goals you submitted in your Program Development Report at the beginning of the year. Nine clubs turned in this information at the beginning of this Exchange Year, look at what you have done and check the boxes and see what you have left to do. It's not too late "Make the Attempt." You still have time to achieve your goals and plan the rest of your year. Thank you for all you have done and continue to do for your family, communities, and country!!!

We hosted David Johnson, National President, and Kathy Johnson, South Carolina's District President and First lady who served as our National representatives at the Virginia District Mid-Winter Conference. Our regional representatives Billy and Sue Wineholt were also with us. We had a great speaker, Mike Spencer, from Lynchburg, who spoke on the ACE program's recipients and the differences we have made in their lives. Jim Puckett talked about the handicapped ramps the Wythe Club builds and the differences their projects have made. The Mayor of Poquoson, Gordon Helsel, Jr., spoke on his experiences in Vietnam and how God got him through this tough chapter in his life. Angela Glaspell from CASA opened our eyes to how we can become volunteer advocates for children. Becky Morrison spoke on her national award-winning veterans' project that she runs at Poquoson High School. What a great conference we had, but it would not have been as successful without the great team that helped me put on this conference and all the club members who attended our event. Thank you all for being there!!!

We rolled out some exciting news about a new Growth Award Program at the conference with the competition running from July 1, 2022, to April 30, 2023, listed below: 1. The club with the largest % of growth (this will consider retention as a factor). 2. The club with the largest % of members added since the beginning of the year (this will not consider retention). 3. The club with the greatest number of new members. 4. The member with the greatest number of new members recruited. The award will be a Virginia District 2022-2023 convention registration. If you want something go get it! Don't let them tell you it can't be done.

We all can make a difference! Take the time to make it great!!

Carol Wood

Virginia District President, 2022-2023

From Your Growth Committee:

Growth Tips: Advertise Exchange! Wear your Exchange Club pin and Exchange branded clothing outside of Exchange events, as well as, to Exchange Events. Be prepared to discuss your club.

Editor's Note

I have a friend who leads a senior citizens' Bible study group, ages 101 and below! However, their discussions are not limited to the Bible, but extend into other important topics such as safety and purpose. Regarding safety, since many are widows or widowers living alone, the importance of using a buddy system and having a cell phone always at hand is discussed. The buddy system is a two-person system where the buddies check on each other daily. The telephone conversation may be short and sweet; or longer, shooting the breeze or sharing events. Having a cell phone always at hand means it should always be within reach; when walking to the mailbox, going to the basement, outside gardening, or bathing. An emergency can happen anywhere at any time, often when least expected, so be prepared. Women's slacks often do not have pockets, making a place for the cell phone a bit more challenging; enter creativity. One of the ladies in the group now crochets a special pocket that can be placed around the neck like a lanyard; a perfect carrying case for cell phones. For this lady, she is being safe, and she has found purpose crocheting these items for others.

I hope your club will strongly consider implementing a buddy system if there isn't one already in place. Find a buddy...a neighbor, a friend, a relative, a veteran, or a fellow Exchangite, and commit to the buddy system. Ask if there is anything they need, listen to their ups and downs; in these times it is important to stay connected. Buddies will thank Exchangites for their love and support.

Member Spotlight – Glenda Hall



Glenda Hall joined the Exchange Club of Martinsville on October 14, 1999, when asked by a member of the club. She was already familiar with Exchange because her husband, Arnold, was a member and she had been helping him with Exchange projects for several years. She knew it was a great organization, she wanted to help, and her husband encouraged her to join. She has continued in Exchange because it continues to be a great organization.

On the Club level Glenda has held the offices of President and Treasurer. On the District level, she was District President in 2009-10 and District Newsletter Editor for many years. She was recipient of the 2009 Best District Bulletin Award in the category of districts with 799 or fewer members given at the National Exchange Club Convention in Jacksonville, Florida.

Glenda and her late husband, Arnold, received the District Exchangite of the Year Award in 2001, and she was the District Honor Roll Recipient in 2010. Glenda and Arnold were an Exchange team who faithfully attended District and National Conventions for many years.

Glenda loves Exchange and is known for her ability to have a good time. She planned lots of fun activities at District events throughout the years. Who can forget the "Womanless Wedding" or the arrival of Elvis at District Conventions or her assumed role as "Protector of the President" at the National Convention in Jacksonville, Florida? Claude Carmack was installed as National President at the convention and Glenda had a great time protecting the newly installed president from all who entered the Colonial District hospitality room!

Glenda attended Patrick Henry Community College and worked as a bookkeeper in the local bank. Her hobby for many years was rebuilding computers for youth in the community. She has been an Officer of Youth Board of Martinsville-Henry County and was named Woman of the Year among Martinsville Business and Professional Women in 2000. She has been youth director in five churches and currently attends Kearfott Memorial Baptist Church, in Martinsville, VA.

Glenda is the mother of one son and one daughter and grandmother to four grandchildren.

Virginia District Foundation

Many of you have asked about our Virginia District Exchange Clubs Foundation and how you can support it. The Foundation was formed as a tax-exempt organization to support the programs of the district and its clubs. The primary services thus far have been funding and increasing our Youth of the Year and ACE Awards (without raising District dues) and providing opportunities for pass-through grants for clubs.

Our youth awards have been increased from \$1,000 to \$1,500 each. As the balances on hand increase, the goals are to increase the amounts of these awards, and to create an endowment to guarantee funding for them in the future.

As you know, donations to clubs are not tax-deductible as charitable contributions. If a business or individual wants to

Virginia District Foundation (con't from page 2)

make a deductible contribution to a club for a project, the donation can be made to the Foundation, and then the club can apply to the Foundation for a grant, which will be “passed through” to the club. This is done at no charge to the club.

How can you help your Foundation?

- Make a personal contribution.
- Contribute to the Foundation in honor or in memory of a fellow Exchangite or friend.
- Encourage your club to include a line item for the Foundation in its budget.
- Designate a portion of the proceeds of a fundraiser as a Foundation donation.
- Shop on Amazon Smile and designate Virginia District Exchange Clubs Foundation, Inc., as your charity (but please note that Amazon will discontinue this program on February 20, 2023).
- Find creative ways to help and share them with the rest of the District.

Your contributions in any amount are always welcome and should be sent to VDECF, 5604 Cold Harbor Rd., Mechanicsville, VA 23111.

One Nation Under God



Virginia District’s annual “One Nation Under God” Breakfast was held on November 12, 2022, at Trinity United Methodist Church in Poquoson. The Exchange Club of Poquoson hosted the event. Delicious breakfast casseroles were enjoyed by the attendees and the dynamic guest speaker was Gary Porter, who spoke on the Constitution and the framers, and how their principles apply today.

Recap Mid-Winter Conference - Poquoson, VA.

Virginia District Exchange Clubs Mid-Winter Conference was held on January 28, 2023, at the Poquoson Yacht Club. It was an outstanding event filled with motivational speakers, good information, proud accomplishments, and an opportunity to widen our circle of friends. Guests included National Exchange Club President David Johnson and First Lady Kathy Johnson; Region 11 Regional Vice President, Billy Wineholt and his wife Susan; Newport News CASA Program Director, Angela Glaspell; former member of the Virginia House of Delegates, Mayor of Poquoson, VA, and Vietnam veteran, Gordon C. Helsel, Jr.; and Poquoson High School US and AP history teacher and award winner of the 2018 National Community Service Project given by the Friends of the National World War II Memorial, Becky Morrison. Additionally, Exchangites Mike Spencer, Exchange Club of Lynchburg, and Jim Puckett, Exchange Club of Wythe, spoke on Exchange service projects that they have been involved with that made a positive impact on the lives of others.



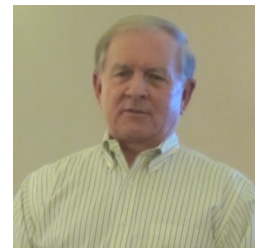
*National Exchange Club
President David Johnson*



Angela Glaspell, CASA Speaker



*Becky Morrison, Veterans'
Projects Speaker*



*Gordon C. Helsel, Jr.
“One Nation Under God”
Speaker*

From Your Growth Committee:

Growth Tip: Display your Service Banner at all events. This is a great way to advertise your club.

Thank You Exchange Volunteers

Service project awards were presented at Mid-Winter. The total projects in the district for the year 2021-2022 was 642. This includes Excel Clubs, which do not participate in the district awards program, but do submit to National. These projects represent our volunteer gifts of time, energy, skills, and talents that are so generously given to our communities. Your efforts and dedication help make Exchange a better organization, our communities stronger and our world brighter. Congratulations on a job well done, and a sincere thank you for taking time to care.

VIRGINIA DISTRICT EXCHANGE CLUBS SERVICE PROJECTS 2021-2022			
Club	Projects	Club	Projects
Blackstone	2	Tidewater	45
Old Point Comfort	9	Hampton Roads Net- working	46
Hampton	12	Peninsula Networking	76
Regional Exchange Club of Lynchburg	17	Poquoson	94
Martinsville	19	Suffolk	95
Lynchburg	28	Wythe	210

VIRGINIA DISTRICT EXCHANGE CLUBS SERVICE AWARDS 2021-2022	
OUTSTANDING CLUB SECRETARY	
Juanita Hartman	Exchange Club of Peninsula Networking
Carol Wood	Exchange Club of Poquoson
Margaret Moore	Exchange Club of Suffolk
Elaine Doxey	Exchange Club of Tidewater
OUTSTANDING CLUB TREASURER	
Sis Ambrose	Exchange Club of Poquoson
Julie Van Gosen	Exchange Club of Suffolk
Mary Britt	Exchange Club of Tidewater
OUTSTANDING CLUB BULLETIN EDITOR	
Carol Wood	Exchange Club of Poquoson
OUTSTANDING DISTRICT DIRECTOR	
Barry Stephens	Division 1
Jesse Wood	Division 3
Marie Warren	Division 5
Bill Trimble	Division 6
Margaret Moore	Division 7
NEW CLUB BUILDING	
Exchange Club of Poquoson	
INCREASED MEMBERSHIP	
Exchange Club of Poquoson	
Exchange Club of Suffolk	
OUTSTANDING CLUB PRESIDENT	
Steve Geiger	Exchange Club of Poquoson
QUALITY CLUB	
Exchange Club Poquoson	
Exchange Club of Suffolk	

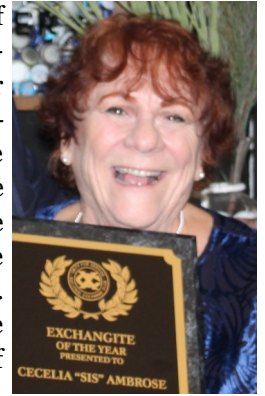
District Exchangite(s) of the Year 2021-2022 Awarded at Mid-Winter

Annually, the Virginia District presents the Virginia District Exchangite of the Year Award to an Exchange member who has made significant contributions to Exchange and the local community. The award is presented each year at the Mid-Winter Educational Conference.



Roy Austin, an active member of Exchange for 46 years, received the award, posthumously, at the Virginia District Mid-Winter Conference held on January 28, 2023, in Poquoson, VA. Roy served Exchange in every capacity and personified the spirit of this award. He is sorely missed.

Cecelia R. (Sis) Ambrose, an exemplary member of the Exchange Club of Poquoson, was also a recipient. As club treasurer, Sis has received the Outstanding Treasurer Award at the District and National level for the past four years, and as treasurer she undertook the task of getting the club's tax reporting in line with the National Exchange Club standards. She was recognized as the Exchangite of the Year for the Exchange Club of Poquoson 2021-2022. She has served on multiple committees at the club level including co-chairing Charter Night Celebrations for several years, playing a major role on the club's Child Abuse Prevention Projects for several years, serving on and chairing some of the veterans' projects and playing a major role on the club's largest fundraiser, The Golf Tournament. Additionally, she has sponsored four new members into the club and helped significantly with the formation of the Exchange Excel Club of Poquoson High School. Sis is an outstanding member of Exchange who is always willing to help and often comes up with ideas on how to make things better.

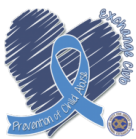


And We Grow!!!

Congratulations to the Virginia District Exchange Clubs on their year to date growth of 29 members. As of January 31, 2023, the District has 242 traditional members and 74 Excel members. The District is expected to have at least 300 traditional members, so we still have work to do. Please keep bringing new members into your clubs, and when you ask individuals to visit and join your club, be proud and loud and if they say no, ask again. Many of our current members were asked more than once.

To encourage growth the District Board of Directors has approved a membership campaign. The winners of the first competition will receive a free registration to the 2022-2023 Virginia District Convention (travel and lodging not included). The Exchange Club of Tidewater currently leads in all Categories of the Growth Competition for clubs (see President's Message on page 1 for the four categories). The member with the greatest number of members recruited is unavailable at this time. All clubs need to challenge the Exchange Club of Tidewater!

Child Abuse Prevention



A short summary of the child abuse prevention tips distributed to us monthly by our child abuse prevention chairman, Donna Hodges, is listed below. If you need a copy of the complete articles, contact your club president or district director. Take the time to read the entire articles to become informed about the problem of child abuse and neglect and understand the role you can play in helping prevent it.

- November – Information on mental health for adolescents provided by the Center for Disease Control and Prevention (CDC) was included, as well as a poem written by an abused child.
- December – Important tips for protecting children from abuse and stress during the holidays, suggested activities and experiences to share with children during the holidays, and charitable events and activities that Exchange can support during the holiday season.
- January – Information on building strong families provided by Center for the Study of Social Policy and a positive story about *One Simple Wish*, an organization that helps former foster children.
- February – Information on raising awareness of child abuse and ideas to prepare for the upcoming Child Abuse Prevention Month in April.

Exchange Club of Lynchburg

The Exchange Club of Lynchburg continues to hold monthly lunch meetings, invite outstanding speakers, support youth of the month/year and ACE awards, clean up their designated Adopt-A-Spot, recognize dedicated volunteers in the community with the Book of Golden Deeds Award, and much more. They are especially pleased to have been able to return to their primary fundraiser this year which was held on November 4, 2022. The Annual Pancake Jamboree is a tradition that came back after a short break to celebrate its 61st year! Funds from this annual fundraiser have invested approximately \$10,000 each year back into the community to improve the community's less fortunate, recognize achievements of the outstanding and promote love for our country. Visit their website to see the impressive list of community initiatives that the club supports.



Regional Exchange Club of Lynchburg

The Regional Exchange Club of Lynchburg has been very busy during the past quarter. Their projects included preparing Halloween candy bags for a local church, ringing the Salvation Army Red Kettle Bell at the local mall, collecting items for the annual Christmas Child Shoebox Program, distributing thank you cards at the weekly Support the Troops rally at Lynchburg's Monument Terrace to be delivered to veterans at the National Center for Healthy Veterans in Altavista, VA, and assembling Christmas gift bags for the Veterans on December 20 at the center. The leadership of this Exchange Club is to be commended for organizing projects that were uplifting to so many.



Exchange Club of Peninsula Networking – Adopt-A-Spot Cleanup Day

Judy Torrey, Donna Hodges, Carmen Nisbet, Jim Dees and Carol Dees participated in the club's icy Adopt-A-Spot cleanup day on January 16, 2023. They had to break the ice to get to the trash! What a dedicated crew!

Exchange Club of Poquoson

Energetic, enthusiastic, busy, and community focused are some of the words that describe this dynamic club! The club raised almost \$6,000.00 at the Seafood Festival this year helping to park cars and running a coffee booth; a nice amount to put back into the community! They also had a Pancake Breakfast with Santa event, set up a Memory Tree with the Exchange Excel Club of Poquoson High School, and had a Hot Beverage Booth at the Christmas Parade. Some of their community service projects included a Parish Thrift Food Bank donation, cleaning up their Adopt-A-Spot, beautifying the city's welcome area, and supporting the Mobile Food Bank. Youth projects included the Student of the Month and a donation to the Excel Club.



The club also has outstanding speakers at their meetings. Recently they had an outside demonstration of border collies herding ducks. Since 1997, *Flyaway Geese* has provided businesses, corporations, airports, military installations, and golf courses with humane and effective solutions to migratory bird problems. Numerous community members joined in to see the demonstration.

Exchange Excel Club of Poquoson High School - Increases Membership!

Congratulations to the Exchange Club of Poquoson High School for increasing their club membership to 59 this year! This is a 55.3% increase. The Virginia District is being out-paced in the area of growth this year only by the Yellowstone District as of January 31, 2023. We want to thank the Poquoson High students and their excellent leader for promoting Exchange and the spirit of volunteerism into the community.

Exchange Club of Suffolk

Narendra Pleas, Esq., Commonwealth Attorney, Suffolk, VA, spoke to the club about her goals and objectives for the upcoming year. She is very interested in community events and getting involved with her community.



Exchange Club of Tidewater – Supports Troops

At their October meeting the Exchange Club of Tidewater wrote Christmas cards that were sent mid-November to deployed troops.



Exchange Club of Wythe – New Project

The Exchange Club of Wythe has a new project to show appreciation to veterans, police, firefighters, and other first responders who serve their community. Exchange club member, Amber Hodges, makes small, laminated cards with a star from a flag that was once in service. After she saves the stars, she coordinates with an organization to make sure the flag is disposed of properly. Passing out the cards is a great way to thank others for their service and talk to them about Exchange.

Exchange Club of Wythe – Successful Christmas Tree Lot Fundraiser

The Exchange Club of Wythe is grateful for Kecoughtan High School student volunteers that generously helped at their Christmas Tree Lot Fundraiser that raised money for high school scholarships, After Prom Parties, and much more. The students were able to earn as many as 25 service-learning hours for their participation.

Many thanks to Coach Sears and the Phoebus High School Phantom Wrestling Team for helping the club take down the Christmas tree lot after the fundraiser. Each of these civic-minded students earned more than three service-learning hours for their participation.

The club also held their first ever Christmas Tree Pop Up Sale at Oozelfinch Brewery during their Channel the Flannel. Members, Alma and Rich Dietz and volunteer Madison Deitz got their flannel on and operated the booth.



Bobby Dietz shared his wish list with Santa who visited the Christmas tree lot.



Exchangeite Richard Deitz helping customers.

Exchange Club of Wythe Supports Mayor's Book Club



December's Mayor's Book Club was a very busy month for Exchangeite Amber Hodges, so Santa came along with her. They visited twelve elementary classes in Hampton City Schools. The students enjoyed their surprise visit from Santa.

Virginia District Exchange Clubs

Carol Wood, District President
5604 Cold Harbor Road
Mechanicsville, VA 23111-6921

www.vadistrictexchange.org

Virginia District Exchange Clubs 2022-2023 Calendar

April 22, 2023	District Board Meeting - (TBA)
April 30, 2023	Election Reports due to National
April 30, 2023	ACE Award Application due
April 30, 2023	Youth of the Year Application due
May 1, 2023	Honor Roll Application due
May 12, 2023	All American Volunteer Application due
June 2- 3, 2023	Virginia District Convention - Newport News, VA
June 30, 2023	Conduct A Program Development Meeting
June 30, 2023	Award Applications for Quality Club, Club Bulletin, District Directors, Club President, Club Secretary, and Club Treasurer due
July 12-15, 2023	National Exchange Club Convention and Symposium 2023

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

THANK YOU for reading **Exchange Across Virginia**, our Virginia District Exchange Clubs District Newsletter. We want to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.