

THE COLONIAL DISTRICT EXCHANGE CLUBS
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EXCHANGE

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DISTRICT NEWSLETTER — APRIL 1, 2019

PRESIDENT'S MESSAGE

April is Child Abuse Prevention Month. It is the National Project of Exchange and every club should be participating in projects to keep children from harm. A very easy project is wearing blue on each Monday in April. Ask your club members to wear blue and post a picture on social media. Another project is sponsoring your community law enforcement training in "Cyber-Bullying and Sexting Investigations with Appropriate Consequences." The National Exchange Club has partnered with Detective Richard Wistocki and BeSure Consulting Law Enforcement Training to sponsor a cutting-edge WEBINAR training session on August 9, 2019. The cost is \$100.00 per officer. Find more information and register for the training at <https://www.besureconsulting.com/webinar-training>. Your club officers have been sent additional details about this training.

This will be the last newsletter for the Exchange year 2018-2019. I want to thank the newsletter editors, Frances Carmack and Mary Stephens, for the great job they have done in producing the newsletter. This is not a simple job and takes time and patience to gather information.

The last newsletter for the year reflects that we are approaching the Exchange year-end, June 30, 2019. On this date, two critical measurements for club success end for the year. The first is membership. As of March 30, 2019, we have a net growth for the District of 1 member. We need to have better growth for the year. In past communications, I have discussed that National considers our district to be an at-risk district since we do not have 300 Exchange members. We have 295 members as of March 31, 2019. We have three months to recruit new members and take our district out of the at-risk status. That is why I am asking each member to double his/her effort to EACH ONE, BRING ONE. Let's finish the year strong!!!

The second critical measurement for your club is service to your community and reporting the projects. The clubs in the District have done so many projects to help others and to make their communities better places to live. Be proud of what your club has done by reporting the projects to National through the National website. We want 85 percent of the clubs to be awarded the National Service Award. Make sure your club wins this award. As of March 31, 2019, we have had 8 of our 19 clubs earn the National Service Award. Many other clubs are very close to winning. Please make sure your club wins this National Service Award.

The Colonial District Convention will be held at the Norfolk Sheraton Waterside, Norfolk, Virginia on June 1, 2019. This will be an important event for all clubs to attend. We have two great speakers. The first is Leif Welhaven, Region 2 Vice-President. You will not want to miss hearing his presentations. The second is Dr. Ken Priddy. Dr. Priddy will be addressing club growth, why we struggle to grow and new strategies for growth. For the future of your club, you must plan to attend. Come to the convention and plan on participating and having fun.

IN MEMORIAM



— We are saddened by the loss of our Exchange Club Friends —

Martha Ailor — August 17, 2018 — Hampton Exchange Club

Pat Minetti — August 27, 2018 — Wythe Exchange Club — Honorary member

Steve Farrar — December 28, 2018 — Regional Exchange Club of Lynchburg — Charter member

Lewis Yowell — February 5, 2019 — Regional Exchange Club of Lynchburg — Charter member

Charles Taylor — February 10, 2019 — Wythe Exchange Club

Brian Wilson — February 17, 2019 — Regional Exchange Club of Lynchburg

Arnold E. Hall — March 4, 2019 — Exchange Club of Martinsville - Past Colonial District President

PRESIDENT ELECT'S MESSAGE

As we enter into the last quarter of the 2018-19 Exchange year, I want to first express thanks to President Claude for his exceptional leadership this year. He has communicated regularly with the membership, encouraging participation in all the Exchange Programs of Service. Membership District-wide is holding steady with an increase in membership to date. "Each one, Bring One" is a theme that has enabled us to have this growth for the year. My plan is to continue using it to encourage growth for the 2019-20 year. President Claude has provided several hints for us in growing Exchange, and I encourage you to look again at the March 1 newsletter and review them on a regular basis. (*con't. on page 2*)

PRESIDENT ELECT'S MESSAGE (CON'T. FROM PAGE 1)

When our new year begins on July 1, I plan on continuing with our current goals of growing Exchange by recruitment of new members, retention of current members, and building new clubs. Developing and training more of our members to lead the District in the future is important and necessary for us to set the example for other Districts. We will continue to review and improve our strategic plan knowing that it is a constantly evolving document.

We have a unique opportunity this year as our District will be hosting the 101st National Convention at the Waterside Sheraton Hotel in Norfolk, July 17-20. This is your chance to experience the fellowship and excitement of Exchangites from around the country. We are expecting a great crowd and are planning to make it a memorable experience for all attendees. Committees will be looking for volunteers from the clubs in our District to help make this happen. Please consider volunteering.

As I close this message, I hope to see many of you at the 80th Anniversary celebration dinner at the Hampton Yacht Club on Saturday April 27, 6:00 pm social and 6:45 dinner. It will be a great event. Also, put our District Convention, May 31-June 1 at the Waterside Sheraton in Norfolk on your calendar. Thank you for all you do for Exchange!

William "Bill" Trimble
Colonial District President-Elect

MEMBER SPOTLIGHT — ROBERT (BOB) L. MOORE, JR.



Mike Schetting (left), President of the Wythe Club, presenting Bob Moore with his 50-year jacket.

At the District level, Bob has also been very active for many years. He served as President of the Colonial District Exchange Clubs, 1999-2000 and as District Director in 2015. He was the recipient of the District Exchangite of the Year Award in 1992, and was placed

on the District Honor Roll in 1991. Presently, he is an outstanding District Director for Division 3, chairs the New Club Building and Membership Recruitment, Retention and Attendance Committee, and serves as Historian for the District, working diligently to put together a timeline and written history of the Colonial District for its 80th Birthday Celebration in April 2019.

At the National Level, Bob currently serves as Regional Vice President for Region 11 on the National Board. He was elected to this position at the 99th National Convention, July, 2017, in Jacksonville, Florida. He has served as a Volunteer Field Representative since 1993. He has sat on a number of committees, including Awards and Growth, for which he also chaired. He has recruited more than ten members and has been a new club builder for four new Exchange Clubs. He was chosen National Volunteer Field Representative of the year in 1998, 2009 and 2011. He was honored in 2015 by being inducted into the Court of Honor, where his name is permanently inscribed on one of the granite pylons in the courtyard at The National Exchange Club Headquarters in Toledo, Ohio. It is the highest and most lasting recognition an Exchangite can receive.

Bob earned a Bachelor of Science degree in Mathematics from Virginia Polytechnic Institute and State University. He is a retired shipbuilder from the Northrop Grumman Shipyard in Newport News, Virginia. He served in the Marine Reserves. In addition to his faithful attendance at local and district meetings and activities, Bob has attended numerous National Conventions. He is active in his local church, and he and his wife Margaret, who is also an Exchangite, reside in Suffolk, Virginia. They are the proud parents of three children, grandparents to five grandchildren, and have two great grandchildren.

WHAT IS A VFR?

A VFR (Volunteer Field Representative) is an experienced Exchangite, trained in club leadership and management by The National Exchange Club, who can supplement the activities of the National and District leadership. VFR's have been given the tools, techniques, and materials generated by the National Headquarters to aid in their endeavors to improve the capabilities of all members of Exchange and to ensure that new clubs are properly organized and trained and that new leaders are cultivated.

A VFR initially serves a term of four years. They are required to update their training yearly. The National Exchange Club's objective is to have Volunteer Field Representatives (VFR's) strategically located throughout the United States and Puerto Rico. The Colonial District is fortunate to have three VFR's at the present time. These recognized leaders are Susan Brewer, Claude Carmack and Bob Moore. If you have any questions or need any help, call on these VFR's. They have been trained and are willing to serve you.

COLONIAL DISTRICT EXCHANGE CLUBS — 2019 CALENDAR

April 16, 2019	New Club and District Officer Training, Liberty Baptist Church, 1021 Big Bethel Road, Hampton, Virginia at 6:30 p.m.	June 30, 2019	Conduct a program development meeting Applications due: -Big "E" Award -Outstanding Club President -Outstanding Club Secretary -Outstanding Club Treasurer -Quality Club Awards
April 27, 2019	Celebration of the 80th Anniversary of Colonial District Exchange Clubs, Dinner at Hampton Yacht Club	July 17-20, 2019	101st National Convention, Norfolk Sheraton Waterside, Virginia
April 29, 2019	80th Anniversary of Colonial District Exchange Clubs	August 15, 2019	District Director Report A
April 30, 2019	Election Reports due to National Applications due: -District All-American Award -Honor Roll -Youth of the Year -ACE Award	September 14, 2019	Virginia District Board Meeting Location TBA
May 15, 2019	District Director Report D	September 26-29, 2019	Fall Leadership Summit Detroit Michigan
May 31-June 1, 2019	Colonial District Exchange Clubs Convention, Norfolk Sheraton Waterside, Virginia	September 28, 2019	Court of Honor Induction Toledo, Ohio
June 1, 2019	Applications due: -National Outstanding Service Award -National Fundraising Award -National Care Award	November 15, 2019	Form 990 due to IRS with copy sent to District and National
		November 30, 2019	Award application for Exchangite of the Year and Distinguished Virginian



ACROSS THE DISTRICT – PROJECTS FOR CHILD ABUSE PREVENTION MONTH

Exchange Club of Henrico: pinwheel garden display for the 28 children who died last year in Virginia from child abuse and neglect with a large banner to tell the public what the pinwheels represent; pinwheel bouquets distributed along with literature to several local churches/preschools; encouraged members to wear blue on Mondays; plan to fill ExchangeCares backpacks with proceeds from the upcoming BBQ.

Exchange Clubs of Downtown Hampton, Hampton, Peninsula Networking, Hampton University Collegiate, Special Friends and Wythe: joined with Hampton City officials, and community members from several other organizations on Monday, April 1, 2019 for a ceremony that marked the start of Child Abuse Prevention Month. The ceremony concluded with the Light up Hampton City Hall Blue Ceremony to show the city's commitment to keeping our children safe.

Regional Exchange Club of Lynchburg: made and delivered pinwheels to churches along with information about child abuse prevention.

Exchange Club of Poquoson: First got a proclamation from the city, then put pinwheels around the city marquee and followed up at the baseball complex handing out free snow cones to the children and literature to the parents.

Exchange Club of Lynchburg: Speaker for April 5th monthly meeting was Robert Day from Patrick Henry Family Services. Also, placed pinwheel gardens in both local hospitals and at the Bridges Treatment Center with 4- x 8-foot banners to tell the public what the blue pinwheels represent and asked members to wear blue ribbons on Mondays to encourage others to ask, "What does that blue ribbon represent?" On April 27th, they will conduct a Child ID program at the local Y that is having a Healthy Kids Day program.

Exchange Club of Martinsville: Annual event to raise awareness is their field of American Flags with Prevent Child Abuse signs displayed at Roselawn Burial Park; partnered with CASA who added pinwheels and their signs. Thousands of cars pass through the intersection daily.

Peninsula Networking Exchange Club: In addition to attending the Light up City Hall Blue Ceremony, they planted a pinwheel garden, distributed Parenting Tip Cards at a church nursery and at a food pantry distribution center and will be sponsoring a Paint Night with proceeds to be given to the National Exchange Foundation for the CAP program.

Hampton Road Networking Exchange Club: Filled 15 ExchangeCares backpacks with handmade blankets, stuffed animals and children's toothbrushes/toothpaste for Newport News CASA. Extra bags with supplies were given to the CASA representatives at their April 1st meeting; planted pinwheels at Egan Family Chiropractic.



COLONIAL DISTRICT CONVENTION

The Colonial District Convention will be held at the Norfolk Sheraton Waterside, Norfolk, Virginia on May 31–June 1, 2019. This is an important District event that you will not want to miss. ACE and Youth of the Year awards will be presented; the recipients of whom are always amazing. In addition, the prestigious Honor Roll Award will be presented, as well as the All American Volunteer Award. The speakers lined up for the event are Leif Welhaven, Region 2 Vice-President representing National, who promises to be informative and lively, and Dr. Ken Priddy, who will be speaking on various aspects of club growth. Mark your calendar and plan to attend. A registration form is included in this newsletter.

SUSAN Z. BREWER – RUNNING FOR REGIONAL VICE-PRESIDENT



Susan Z. Brewer will be running for Region 11 Vice President at the National Convention in July. Susan is a dedicated Exchangite that is knowledgeable about Exchange and has served outstandingly in many capacities since joining Exchange in 1986 as a Charter member of the James River Club.

Offices and committees held on the Club level include Director, President-Elect and President of the James River Club, Treasurer of the York Club, and Director, Treasurer, President-Elect, President and Immediate Past President of the Peninsula Networking Club. She was awarded Exchangite of the Year by the James River Club in 1993-94 and Peninsula Networking Club in 2017-18.

On the District Level, she has served as Director, Treasurer, Secretary, President-Elect, President, Immediate Past President and Vice President. She has chaired the Education and Training for the District for ten years, has been Awards chairperson for ten years, and serves as the District's Parliamentarian. In addition, she has graciously served when called upon to be a judge for the Exchangite of the Year, ACE Award, All-American Volunteer, Honor Roll, and Distinguished Virginian. She also assisted the Chairman of the Conferences and Convention for many years. Presently, she is on the District's welcoming committee for the upcoming National Convention. Awards Susan has received include District Exchangite of the Year, 1993-94 and induction into the District Honor Roll in 1986.

On the National level, Susan has served as a VFR from 1997 until the present, and was named National VFR of the Year, 2010-11. She has served on the Court of Honor Committee and the Awards committee. She has also presented at numerous National seminars. Susan was recipient of the Cenname-Furick Award for service to Safehaven in 1997. Please plan to attend the National Convention in July and support Susan Brewer. You will need to register as a voting delegate.

101ST NATIONAL EXCHANGE CLUB CONVENTION – JULY 17-20, 2019 IN NORFOLK

Virginia is ...for Lovers of Exchange!

Virginia is for lovers of all kinds: lovers of history, lovers of vineyards and wine, lovers of breweries and craft beer, lovers of great food and dining, lovers of lively festivals, lovers of fall-colored mountains and scenic valleys, lovers of coastal beauty, and come July, lovers of Exchange!

Come enjoy the coastal beauty and all Norfolk has to offer at the 101st National Exchange Club Convention and 36th Symposium, July 17-20. Did you know that Norfolk was named the #1 Favorite City in America in 2018 by a well-known travel magazine? So, come and have fun, bring your children and grandchildren and experience a vibrant city and a great National Exchange Club Convention, where you can reunite with old friends, make new ones and spend quality time with Exchange Club friends and family from across the United States and Puerto Rico. Our own Colonial District will be the host for this event!

If you would like to help on a committee for this exciting event, the contact person(s) for the committees are:

Welcoming: Susan Brewer (szbrewerexchange@verizon.net) • Transportation: Bill Trimble (wtrimble1@verizon.net)

Hospitality: Marie Warren (warrenmarie1957@gmail.com) and Margaret Moore (rmmoore121@charter.net)

Registration information regarding Event Packages and Single Event Tickets is available online. Purchase the Early Bird Package before June 21, 2019 to save money. Online convention registration is available at NationalExchangeClub.org/Convention. If you prefer, there is a Registration Form on page 21 of the Spring 2019 Exchange Today.

NEW PROJECT FOR CHILD ABUSE PREVENTION MONTH



The National Exchange Club has introduced ExchangeCares, an excellent new project in which your club may want to participate. Our communities, unfortunately, have children who have been displaced due to neglect, abuse, house fires, homelessness, or natural disasters. The goal of ExchangeCares is to provide items of necessity and comfort to these children. The National Exchange Club will provide your club with 50 bags FREE of charge; call National at 419-535-3232 to request the ExchangeCares bags. Additional bags can be purchased for \$1.00 each. The child size bags are backpack-type bags suitable for filling with small items and given to agencies that are aware of children in emergency and stressful situations. Possible agencies to contact include shelters, child protective services, resource centers, sheriff/police departments, EMTs, emergency rooms/centers, the American Red Cross, and schools. Suitable items that are suggested for placing in the bags include a small blanket, a small stuffed animal, a book, a small toy, winter gloves and hat, socks, travel-sized toiletries such as a toothbrush, toothpaste, comb, shampoo, etc.

THE COLONIAL DISTRICT TO BECOME THE VIRGINIA DISTRICT

The Exchange Clubs of Norfolk, Newport News and Richmond were all chartered in 1937 and culminated on April 29, 1939 with an organized and accredited district. In the beginning and continuing until 1966, the district was known as the Virginia State Organization. In 1966, the name was changed to the Virginia District. In 2007, the district merged with three clubs in Maryland and Delaware and became known as the VA/MD/DE District. In 2008, the district was renamed the Colonial District. There are no longer any Exchange Clubs in Maryland or Delaware. Therefore, the Colonial District Board voted to change the District's name back to the Virginia District, effective July 1, 2019.

THE EXCHANGE CLUB OF WYTHE SHERIFF'S RECOGNITION BANQUET.

The Exchange Club of Wythe had its Sheriff's Recognition Banquet on February 28, 2019. Pictured are the award recipients: Lt. Michelle Nolley (Sheriff's Award), Deputy Kathy Zapata (Deputy of the year), Deputy Marlene Harding (Outstanding Performance Award for Sworn Personnel), Debra Wilson (Outstanding Performance Award for Civilian Personnel), Deputy Timothy Gorham (Community Service Award). The Wythe Exchange Club is the only organization in Hampton that recognizes the Sheriff's Department for their outstanding performance and accomplishments.



THE EXCHANGE CLUB OF HENRICO WELCOMES MEETING SPEAKERS



The Exchange Club of Henrico member, Nancy Bovenizer (center), with February speakers, Bobby Shabinian (left) and Marie Fleming (right) from Personal Defense Concepts, LLC. Bobby spoke on personal safety tips and training and Marie showed the members safety items available for personal defense.



The Exchange Club of Henrico member, Linda Davidson (left), with March speaker, Lt. John Cosby, Retired Fireman, from the Chesterfield County Fire Department. Lt. Cosby spoke on Home Fire Safety, including a checklist of things to be cognizant of regarding smoke alarms, cooking safety, electrical and appliance safety, candle safety, carbon monoxide alarms, smoking safety, heating safety and having a home escape plan.

80TH ANNIVERSARY CELEBRATION OF THE COLONIAL DISTRICT

April 29, 2019 is the actual 80th anniversary of the Colonial District. A celebration of this event is planned for April 27, 2019 at the Hampton Yacht Club. This special celebration will include cocktail hour, a delicious dinner, special music, and a presentation of the District's history. Come join your Exchange Club friends for a nice evening. A registration form was in your previous newsletter. If you need another form, contact your club president.

WHAT IS A FREEDOM SHRINE?

The Freedom Shrine is one of the best known Americanism projects of our Exchange Clubs. The Freedom Shrine was developed by the National Exchange Club after the Freedom Train toured the United States in 1947 carrying an exhibit of historic documents to all the U. S. states that existed at the time. The purpose of the Freedom Shrine is to show all Americans, especially our youth, that the freedom and greatness we enjoy today was not purchased easily and that these gifts must be cherished and protected. The Exchange Club of Santa Monica, California presented the first Freedom Shrine to Santa Monica High School on May 26, 1950.

The Freedom Shrine is a permanent collection of 32 of America's most historical and important documents. The Mayflower Compact (1620) is the first. Even though it was written before the concept of the United States of America was born, it was brought to America by its settlers and is considered to be part of our American heritage. Documents added to update the Freedom Shrine include John Fitzgerald Kennedy's "Ask not..." speech (1961), Martin Luther King, Jr.'s "I have a Dream" speech (1963), and Ronald Reagan's "Tear Down this Wall" speech (1987). The Declaration of Independence, the Constitution of the United States and the Gettysburg Address are among the many other documents included in the Freedom Shrine. All of these American documents were carefully chosen to exemplify the beginnings of our nation and the ensuing turning points of importance which shaped our nation and built it into what we enjoy today and hope for in the future. These documents show our youth the strength and courage of their forefathers and puts before them the immortal words of great Americans who changed the course of history.



The Exchange Club of Lynchburg's Freedom Shrine installed at a local high school.

It is the goal of Exchange to place a Freedom Shrine in every middle school and high school in the nation. Freedom Shrines can also be installed in universities, libraries, state capitols, airports, city halls, U. S. warships, U. S. military facilities and other public places where they can be studied and admired. Thousands of the Freedom Shrines have been placed throughout the United States and Puerto Rico by Exchange Clubs, many with the help of co-sponsors such as businesses, industries, and private individuals.

The Freedom Shrine is a beneficial community relations project, giving Exchange and any co-sponsor an opportunity to present a community with a gift of value and prestige. Both Exchange and the co-sponsor share the spotlight of the dedication ceremony and a permanent bronze plaque with the Shrine. Both 20-piece and 30-piece Freedom shrines are available with suggested wall arrangements. Freedom shrines can also be rededicated if they need to be expanded, updated or repaired.

As a follow-up program, there is a Milestone of Freedom Quiz that can be implemented after an Exchange Club has dedicated or rededicated a Freedom Shrine. The youth are given a book entitled The Freedom Shrine Documents Text book, published by The National Exchange Club, which is theirs to keep. Based on the documents, there is a quiz containing 50 multiple choice questions that the school can administer. There is no cost to the students, parents or schools. Exchangites grade the quizzes. Winners can be recognized at the next club meeting. A Miles of Freedom Award (available from the National Exchange Club's Market Place) or a U. S. savings bond are appropriate awards that can be given to the winners.