



EXCHANGE ACROSS VIRGINIA

THE VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

May 1, 2020

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

As of this time, we are down 25 members in traditional club membership. Due to the continuing pandemic accompanied by the Stay at Home order by the Governor, our club rebuilding and building efforts are on an indefinite hold. There are 3 paid members of the York rebuild and at least 2 more solid prospects waiting to be able to meet again. The Gloucester Club build is also continuing to look for potential members in spite of the current hardship. Again, if you know of anyone who would be interested in being a part of either of these two clubs, please let Carol Wood, Claude Carmack, or me know.

I stated in the last Bulletin that last year the Virginia District had 18 of the 19 Clubs win the National Service Award. We currently have 11 of our Clubs that have won the NSA. There is still about two and a half months left to get this Award. If your Club is having trouble entering the projects and fundraisers, communicate with your Division Director or any District Board member. As a reminder, this information is used by National to apply for grants or other monetary awards nationally. The grants and awards are used to help us continue to do the good work in our communities.

It is highly unlikely that I will be able to make any more club visits this year. I will miss seeing those of you that I did not get to see. Should you want or need to contact me, my email is wtrimble1@verizon.net and my cell phone number is 757-810-1370. Let's hope that we can get back to some kind of normalcy in the near future.

I want to remind all clubs that although the IRS Form 990 deadline of November 15 is past, if you did not get it submitted, please do so. It is generally an online postcard for most clubs and there is not a penalty for filing late. **(Be advised that failure to file the 990 for three consecutive years will result in forfeiture of your club non-profit status by IRS).** Please submit a copy of the 990 to both District Treasurer Jim Puckett (cvc73@aol.com) and National (finance@nationalexchangeclub.org). The deadlines for the All-American Volunteer, ACE Award, and Youth of the Year awards are due soon. Please get these submitted to the proper Committee Chair.

The District Convention will be held June 6, 2020 by way of a Zoom meeting. The details are included in this newsletter. I hope many of you will take advantage of this opportunity to be able to stay at home and still participate in our Convention. We will be presenting several awards, installing new District Officers and Division Directors, and have updates from National.

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

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

Webmaster Needed



Webmaster: Virginia District Exchange Clubs needs a Webmaster. It includes set-up and maintenance. The webmaster will be compensated. This opportunity is not limited to Exchange members. If interested, please contact Bill Trimble wtrimble1@verizon.net.

Editor's Note

This is a time of crisis and uncertainty; different from the wars we have fought and the natural disasters we have faced. In the past we knew who the enemy was and where they were. We can track hurricanes and know when a tornado is forming. We know when heavy rains or melting snow will cause rivers to rise and crest. The COVID-19 virus is different. It changed the rules. We do not know if the people we meet are carriers. We do not know if the grocery cart we select is contaminated. Tests are necessary for us to know if we are infected. We have had to learn how to practice social distancing. I am sure we will survive the coronavirus but presently fear of the unknown and invisible is real and it is impacting our lives, our country and the world. Obviously, Exchange has been affected, but it is more important than ever for Exchangites to stay connected and help those in need. Exchange's strength, as we move forward, will be in its adaptability. As we proceed in these uncharted waters, our organization will make modifications as we practice social distancing. We will need to be more creative, think "outside the box", and depend more on email, conference calls and virtual meetings. See page 3 for using Zoom at our upcoming District "Convention-like" experience with you on June 6, 2020. It will be intriguing to see how history books will describe this crisis and the effect this virus has had on our culture. In the meantime, let us pray, strive to stay safe, help others and proceed with hope and optimism.

History of the National Exchange Club - What do we Exchange?

The first Exchange Club was founded in Detroit, Michigan, on March 27, 1911, by Charles A. Berkey and twelve of his friends and business associates. Prior to the official formation of the club, some of these men had been meeting informally during lunch as far back as 1896. The second Exchange Club was formed on January 3, 1913 in Toledo, Ohio. Later, Exchange Clubs were formed in Cleveland, Ohio, and Grand Rapids, Michigan. These four Exchange Clubs were the first to be chartered by The National Exchange Club. Through the years, what started as a single club of businessmen has grown into a national organization of hundreds of clubs throughout the United States and Puerto Rico with thousands of members, including men, women and students from all walks of life. The National Exchange Club Headquarters is in Toledo, Ohio.

Exchange continues to be guided by its founding principle, that members should exchange ideas and collaborate to make communities better places to live. The motto is Unity for Service. The National Project is the Prevention of Child Abuse, adopted in 1979 at the urging of Dr. Edward North, Jr. Today, National Headquarters and local clubs support a variety of activities that are designed to educate and inform the public, including Exchange Child Abuse Prevention Centers. Exchange Programs of Service are Americanism, Community Service and Youth. Through the decades, Exchange has met the challenges of the times by supporting aviation in the 1920s, the Recovery Crusade following the Great Depression as requested by President Franklin Roosevelt in the 1930s, focusing on Crime Prevention in the 1940s, and advocating for the addition of "One Nation Under God" to the Pledge of Allegiance in the 1950s.

Exchange Club meetings always begin with a prayer and the Pledge of Allegiance and always end with reciting The Exchange Club Covenant of Service. The Covenant of Service was officially adopted by The National Exchange Club as the philosophy which characterizes the individual Exchangite.

Many years ago, it was also customary to allocate a portion of each meeting, preferably near the beginning, to singing. It was believed that singing developed "a spirit of congeniality and good fellowship" and it was the genial atmosphere created by singing that contributed to "a good club". According to the guidelines, there was an official song leader, chosen not necessarily based on his ability to sing but his ability to put "zip" into the singing. The song leader was also forewarned not to use the same songs over and over as "such a practice would lead to monotony and loss of interest by the membership". The booklet, *Songs of the Exchange Club*, published by The National Exchange Headquarters, Toledo, Ohio, c1954, contains a variety of inspirational, patriotic, religious, silly and old favorite songs – the type songs most children of that era learned in elementary school, church, or youth camps. There are also nineteen (19) Exchange songs listed. Some were originals such as *Forward! Men of Exchange* by Edward E. Van Deursen, Detroit, Michigan; *E-X-C-H-A-N-G-E* by the Exchange Club Revelers of Denver and Exchange member, Al N. Berube; and *Unity of Service* by Professor E. J. Gatwood, Nashville, Tennessee. Others were songs with familiar tunes rewritten with "Exchange words"; some are serious, others hilariously funny.

People often ask: What do we Exchange? The word exchange means to swap, trade or barter. In the business world exchange is parting with something in return for its equivalent. A great answer to this question specific to The Exchange Club is "giving of self for the privilege in return of serving others;" as stated in "The Spirit of Exchange" in an early Exchange publication. Another way to say this, as stated in this same publication, paraphrases the Exchange Covenant of Service – "parting with selfishness and receiving in return the satisfaction of discharging our duty to our Fellowmen, to our Community and to our Nation."

Zoom Meetings and Etiquette

Zoom is a cloud-based platform for chats, webinars, video conferencing and audio communication. Once you have registered for the District Convention and provided an email address, a link will be emailed to you with the date and time of the meeting. This email will be coming from warrenmarie1957@gmail.com. All you need to do is click on the link in the email or copy and paste it into your web browser, allow the Zoom portal, and enter the meeting. Please visit <https://www.utc.edu/walker-center-teaching-learning/pdfs/zoom-participant-guide.pdf> for information and tips on improving your Zoom experience. If you are unfamiliar with Zoom, please contact Marie Warren (757-508-8864) or Carol Wood at gowood13@verizon.net and we will arrange a demo for you.

Do you need a Zoom account to join a meeting?

No. A **Zoom** account isn't required to **attend a meeting**. Anyone **can join a meeting** using the **Zoom** mobile **apps** or desktop applications for Windows and Mac.

Can you use zoom on your phone?

If **you're on mobile, you can** go with **the Zoom** app available in Apple's App Store for iOS or Google Play for **Android** devices.

Etiquette during the meeting:

- Only 1 person at a time can speak and be heard. Please Mute your microphone unless it is your turn to speak. This also helps keep down extraneous background noises. (pets/people/coughs, etc.)
- Please use the CHAT feature to type in any questions or comments you may have. Include the person's name to whom you are asking the question or addressing the comment.
- Remember that each participant on Zoom can see everything you are doing as you are in the meeting. If you need to walk away from your phone or computer, please click stop video and make sure you are muted. You will still be able to hear the speaker, but you will not be visible to everyone.

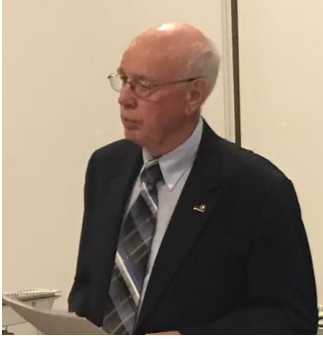
Registration for Zoom Convention

The Virginia District Exchange Clubs Convention will be held on June 6, 2020. Due to Virginia's Shelter in Place Order, we will be holding the convention via Zoom. Advance registration is required. To register, please send a confirmation of your email to Marie Warren at warrenmarie1957@gmail.com. See details above on how to use Zoom.

Virginia District Exchange Clubs Convention Schedule - June 6, 2020

8:45-9:00 am	All Award winners, guests, registered members gather on Zoom
9:00-9:15 am	District President Welcome, Introduction of Guests, Invocation and Pledge of Allegiance
9:15 am-10:00 am	Presentation of Awards, A.C.E., All American Volunteer, Distinguished Virginian, Youth of the Year
10:00 am	Election and Installation of Officers for 2020-2021; remarks by Lynne Creasy
10:30 am	National's video address to the District Convention
10:45 am	National Update - Region 7 Vice President Kim Prado
	Closing of morning session by William Trimble
	BREAK
1:00 pm	District Officer and Division Director training
2:00 pm	Adjournment of the Convention

Member Spotlight – James (Jim) Thomas



James (Jim) Thomas joined the Exchange Club of Wythe on June 1, 1973, where he has been an outstanding member for 47 years. Soon after joining the club, Jim accepted the responsibility of Crime Prevention Chairman. This was no small task as crime prevention projects were, at that time, the premier service projects of the Exchange Club of Wythe, involving many community service efforts. He quickly accepted the office and duties of Club Treasurer and proceeded “through the chairs” to Club President in 1979-1980. His year as club president was exemplary. Club and individual honors included: Outstanding District Club, Outstanding Projects in all three categories (at that time it was Americanism, Community Service and Youth), Outstanding Club President Award, and Outstanding Club Bulletin.

Jim has been involved in many of the club service projects, fundraisers, and has been a member and chairman of many key committees. He is currently chairman of the Budget committee and has undertaken this awesome responsibility since 2008. Jim is always available and willing to go the extra mile and does not wait to be asked if he is aware of a need. He has received the club Exchangite of the Year Award.

Jim attended Furman University and finished his studies at Virginia Polytechnic Institute and State University (Virginia Tech) graduating with an honors degree in Sociology. He retired from the Hampton Probation Department as Director of Youth Services.

Jim married Ruth Campbell. They have two children, Jimmy and Kelcy and two grandsons. Jim is a member of Ivy Memorial Baptist Church in Hampton where he has accepted the responsibilities of Deacon.



Special Friends Exchange Club of Hampton February Project

Special Friends Exchange Club of Hampton fed the homeless on February 15, 2020. They helped wrap the silverware and made Valentine cards to be put at all place settings. The project was held at First United Methodist Church in Downtown Hampton. Approximately 80 people were served.

Special Friends Exchange Club

Exchange Club of Suffolk Welcomes New Member



(Lf. -Rt.) Bob Moore inducts, Liz Edwards, the newest member into the Exchange Club of Suffolk. Her sponsor was Jollen Flota.

Important!

Always update the following information at National. Your District depends on this information, including *Exchange Across Virginia* which relies on it for mailings.

- Mailing address
- Contact information
- Meeting dates/times and locations

Virginia District Supports Child Abuse Prevention Month



Hampton City Hall Lit in Blue

The annual Light Up City Hall Event kicking off Prevention of Child Abuse Month was cancelled due to the COVID 19 pandemic restrictions, however, the city of Hampton did agree to light up City Hall on Monday March 30 and presented a Proclamation recognizing April as Child Abuse Prevention Month.



Exchange Club of Poquoson

The Exchange Club of Poquoson placed blue pinwheels in the Poquoson entranceway to raise awareness that April is Child Abuse Prevention Month.



Chrisman Creek Lit in Blue

Exchangite, Jim Brewer, lit blue lights for the month of April on his beautiful gazebo overlooking the water. Jim is a member of the Exchange Club of Henrico.

Virginia District Exchange Clubs

William Trimble, District President

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Snapshot

●Congratulations to the **Special Friends Exchange Club of Hampton** on their ten (10) year anniversary. ●A big Exchange welcome to two new members, **Angel Mazzella** and **Jessica Adams** who joined the **Exchange Club of Poquoson** in February. ●A big round of applause for the **Exchange Club of Wythe** +2 membership growth, **Special Friends Exchange Club of Hampton** +1 membership growth and **Career and Technical Center Exchange Excel Club of New Horizons, Hampton, VA** +1 membership growth (as of April 30, 2020). ●Kudos to **all Virginia District Exchange Clubs** for continuing to conduct business via email, conference calls, etc. so that we can continue to serve and make an impact in our communities during these challenging times.

Virginia District Exchange Clubs 2019-2020 Calendar

April 18, 2020	Virginia District Board Meeting, Zoom Meeting
April 30, 2020	Club Election Reports due to National
June 1, 2020	National Outstanding Service Award application due
June 5, 2020	Virginia District Board Meeting, Zoom Meeting
June 6, 2020	Virginia District Convention, Zoom Meeting
June 30, 2020	Conduct a Program Development Meeting (PDM), Awards Application due
July 22-25, 2020	102 nd National Convention, Colorado Springs, Colorado

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