



# EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

May 1, 2022

EDITOR: FRANCES CARMACK

## PRESIDENT'S MESSAGE

Hello Fellow Exchange Club members,

Spring is here and it is evident with all the beautiful colors, blooms, and new growth. We are in our last quarter of the Exchange year for 2021-2022 and it has been a great year so far. Thank you to all our clubs for your efforts in growing Exchange, the Virginia District has had growth, and it's because of all your hard work.

April is Child Abuse Prevention Month and I'm looking forward to seeing and hearing about all the different projects our clubs have taken part in to show the passion of Exchange for the Prevention of Child Abuse. **Thank you**, Donna Hodges, for all the wonderful ideas in your March newsletter: planting pinwheel gardens, sharing a "bouquet" of pinwheels with a business associate or office, wearing your blue-ribbon lapel pin to spark conversations, or sending a note or talking to a neighbor to share the principal mission of Exchange. All are excellent ideas. Also, the handouts available to use from the National website are great resources and Donna sent the links to all the tip cards in her newsletter.

Listed below are a few Deadline Reminders for **April 30, 2022**:

Club officer election reports are due to National  
ACE Award Applications due to Mike Spencer [m\\_b\\_spencer@msn.com](mailto:m_b_spencer@msn.com)  
Youth of the Year Applications due to Nancy Trimble [nancytrimble2@gmail.com](mailto:nancytrimble2@gmail.com)  
Honor Roll Applications due to Claude Carmack [claud@carmackcpa.com](mailto:claud@carmackcpa.com)

Another Important Reminder: Our Virginia District Convention will be held ***In Person*** for the first time in the last couple of years. It is scheduled for Saturday June 4<sup>th</sup> in Lynchburg, VA at the Hilton Garden Inn. The deadline to make hotel reservations is May 4<sup>th</sup>. Listed below is the booking link to make your hotel reservations. Registration forms will be sent out to all club presidents to share with members. I'm excited about this convention and seeing everyone. We are going to have a couple of very special guests, some great education, a few surprise activities and best of all FUN Fellowship together.

**Booking Link:** <https://group.hiltongardeninn.com/jcjc6b> Please note, the entire URL must be copied and pasted for it to work properly. **Hotel:** Hilton Garden Inn Lynchburg **Group Name:** Virginia District Exchange Clubs **Arrival Date:** 2022-06-03 **Departure Date:** 2022-06-05.

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

[lynne@lynnecreasy.com](mailto:lynne@lynnecreasy.com)

## Editor's Note

When I interview members for the Member Spotlight, one of the questions I always ask is ... "Who invited you to join Exchange?" Funny thing is... no one has ever answered, "Nobody" or "I don't know." Without hesitation, Exchangites quickly recall the name of the person who invited them. This leads me to believe that having been asked to join Exchange is an important event in a person's life.

Currently, community needs are greater than ever, so we must continue to focus on serving. To best serve our communities, we must keep our clubs and District strong. One way to do this is to increase membership. Tell someone about Exchange and the positive experience it has been in your life, invite the person to your next meeting, and ask him/her to join. Every additional member will help strengthen your club's impact in the community!

CORRECTION: February 1, 2022, Newsletter

In the Member Spotlight – Wesley (Wes) Harlow article (February 1, 2022) page 3, the last paragraph was left off in error. It should have read: His hobbies include walking, listening to music and reading. He also enjoys video recording for Dundas Baptist Church, Dundas, Virginia where he attends.

## Virginia District Exchange Clubs Convention to be held in June

In anticipation of a return to normalcy, we're headed back to an in-person meeting at our upcoming Virginia District Exchange Clubs Convention on June 4, 2022! It will be held at the Hilton Garden Inn located at 4021 Wards Road, Lynchburg, VA. Room rates are available at \$119.00 a night including breakfast for those who would like to come on Friday night. **Make your reservations before May 4, 2022, to get this rate** and tell them you are with the Virginia District Exchange Club.

The District Board Meeting will be held on Friday night, and all are welcome to attend. A hospitality room will be open on Friday night for all to enjoy time together. Jennifer Sweeney, Region 7 Vice President, will be our National Representative, a lunch buffet will be served on Saturday, and the Virginia District Awards will be presented after lunch.

Mark your calendar and make plans to attend the convention. This will be the first in-person Virginia District Exchange Club Convention, after being unable to meet in-person at this event the last two years!

## National Exchange Club Convention 2022 to be held in July

Mark your calendar and make plans to attend the 104<sup>th</sup> National Exchange Club Convention and 39<sup>th</sup> Symposium to be held July 13-16, 2022, in Greenville, SC. Greenville is within driving distance, so pack your bags, plan to carpool or share a room; whatever helps you get to the convention. While there, learn more about Exchange, meet a great group of people, and return rejuvenated and ready to help your community be even better!

## Virginia District Exchange Clubs Foundation

Our Virginia District Exchange Clubs Foundation has made good progress in its brief existence. We have been able to fund the Youth of the Year and ACE Awards from Foundation funds instead of District dues, and those awards have been increased to \$1,500.

Much of the growth in the fund balance has come from your participation in the matching grant challenge last year and from memorial donations. To fund these awards in the future and increase the award amounts in the face of increasing college costs, we need to continue to grow the Foundation's assets. Your individual and club donations are vital to the growth effort.

As we near the end of the Exchange year, your contribution can help position the Foundation for continued growth and service. If your clubs have unspent funds in this year's budget, a donation to the Foundation would be a great way to help the mission, as well as providing an easy additional youth project for the club. (continued on page 4)

## Virginia District Exchange Clubs 2020-2021 Awards

Virginia District Exchange Clubs awards were announced at the Virginia District Mid-Winter Conference held via Zoom on January 29, 2022. Service projects completed by each club for the year were also announced, for a total of 659 projects. Tracking projects accurately and sending the numbers to National is very important. For example, when National applies for grants, these statistics are needed. Congratulations to all the recipients for their outstanding accomplishments and thank you to all hard-working members who helped make these accomplishments possible.

<b>VIRGINIA DISTRICT EXCHANGE CLUBS</b>	
<b>2020-2021 AWARDS</b>	
<b>OUTSTANDING CLUB SECRETARY</b>	
Stephanie Suter	Lynchburg
Carol Wood	Poquoson
Margaret Moore	Suffolk
Marie Warren	Tidewater
Vickie Servais	Wythe
<b>OUTSTANDING CLUB TREASURER</b>	
Joan G. Silver	Lynchburg
Tricia Lewis	Peninsula Networking
Sis Ambrose	Poquoson
Julie Van Gosen	Suffolk
Mary Britt	Tidewater
Jim Puckett	Wythe
<b>OUTSTANDING CLUB BULLETIN EDITOR</b>	
Carol Wood	Poquoson
<b>OUTSTANDING DISTRICT DIRECTOR</b>	
Claude Carmack	Division 1
Jesse Wood	Division 3
Bill Trimble	Division 5
Margaret Moore	Division 6
Carolyn Phaup	Division 7

### Inspiring Quote

“The only gift is a portion of thyself.”

Ralph Waldo Emerson, American writer

## Virginia District Exchange Clubs Foundation (continued from page 2)

As your club develops its budget for the 2022-2023 year, please consider including a line item for the VDECF. Personal and club donations may be sent to VDECF, 5604 Cold Harbor Rd., Mechanicsville, VA 23111. Let's show our support and help the Foundation finish the year strong!

### Member Spotlight – Richard (Dick) Byrne

Richard (Dick) Byrne joined the Exchange Club of Lynchburg in 1986 when Phil Brown asked him to join. He has been a very active member, regularly participating in numerous club activities such as Give a Kid a Flag, Club Social, Child ID, Veterans' events and the club's annual fundraiser, the Pancake Jamboree. He has chaired the "Proudly We Hail" program for numerous years and assisted with putting the Roster booklet together for many years. As a Board Member his knowledge and experience have served the club well. Dick was recently named Lynchburg's Exchangite of the Year.



Dick earned his BS Degree in Metallurgical Engineering from Virginia Tech and worked for Babcock and Wilcox at Mt. Athos for thirty-five years before his retirement. His hobbies include working on computers and electronics, but mostly he considers volunteering his hobby.

Timberlake Methodist Church has been Dick's home church for 59 years, where he taught an Adult Sunday School Class for fifty years.

Dick and his wife, Elsie, currently reside at Westminster-Canterbury - Lynchburg, VA. They have two grown children; a son who lives in Falls Church, Virginia and a daughter who lives in Vancouver, Washington.

### Child Abuse Prevention

Donna Hodges, Chairman of the Child Abuse Prevention Committee, communicates with our clubs the first of every month via all club presidents, and club presidents share the information with club members. If you have not received this information, please contact your club president. Topics shared during the past three months included:



February: ◦Statistics from the Commonwealth of Virginia Department of Social Services on Child Abuse and Neglect Statistics. ◦Information about **Families Forward Virginia**, a nonprofit organization headquartered in Richmond, that works to combat the problem. ◦“Hugs and Kisses”, an elementary school outreach theatrical production now in its 35<sup>th</sup> year, that educates children about how to keep safe from, or report, sexual abuse.

March: ◦Creative ideas and printable tips from the National Exchange Club website all in one place for an easy way to get ready for Child Abuse Prevention Month coming up in April.

April: ◦Daily call out via social media to remind people April is Child Abuse Prevention month. ◦List of suggested things to do with children each day in April that is without cost and appropriate for any age. ◦History of Child Abuse Awareness Month. ◦A Proclamation on National Child Abuse Prevention Month, 2022.

### Pins, Pins, Pins



One of the popular activities at the National Exchange Club Conventions is trading Exchange Club pins. Trading pins is a great icebreaker and lots of fun, especially among first timers and young attendees. Each district or region designs a pin to bring to the National Exchange Club Convention to trade. Pins typically have identifying information on them, such as the district's name, date, Exchange logo and a picture of something that is representative of the district. Most Exchangites trade willingly and are especially generous with children who are just learning how to trade. Occasionally there may be a serious collector that

wants two for one! Among the more challenging pins to collect are those that have matching parts. For example, a region might have a two-part pin to represent its two districts. The two parts fit together to complete the pin. Or a region might have a four-part pin that represents its districts, and the collector must find all four parts to complete the pin.

(continued on page 5)

## Pins, Pins, Pins (continued from page 4)

The selection of Exchange Club pins is colorful, varied, and vast. Virginia District pins are no exception. For example, from 1996 to 2004 the district had a series of eight pins that represented Virginia, the “Mother of Presidents.” (The series was interrupted in 2000 with a dogwood pin). There have also been heart shaped pins to depict the motto, “Virginia is for Lovers”, and some have been designed to include the cardinal and the dogwood representing the state bird and flower.



In addition to the district pins, each National Exchange Club President has a uniquely designed class pin for the year he/she holds office. National Exchange Club Presidents might also have a pin that is uniquely theirs to give out when running for office. These pins can be traded but are not as readily available due to limited numbers produced. Members of Exchange sometimes have extra pins to put out on a table at the conventions. Attendees enjoy looking through the “extras” to find additional pins to trade.

A small pin collection might be attached to a hat, cap, colorful ribbon, or tote bag. Larger collections are usually attached to vests. Pin collections on vests sometimes become so heavy that the owner can no longer afford to travel with them via airplane! A very talented pin collector might create a unique item such as a quilted United States map and display the pins on it accordingly. The possibilities are limitless and pin collections can tell the story of a person’s Exchange experiences.

The value of Exchange Club pins is debatable. There are a few single pins for sale on eBay – various kinds at various prices. Nicely displayed pin collections occasionally appear at the National Exchange Club Convention’s silent auction. These collections are cherished for their sentimental value because the previous owner is usually a dearly beloved Exchangite. If an individual has a collection of pins that he/she likes to look at, wear and talk about, then it is valuable; both sentimentally and perhaps monetarily. But more importantly, all those little pins, singly and collectively represent what Exchange does for communities across the United States and Puerto Rico.

## *Clubs in Action*

### Exchange Club of Poquoson

The Exchange Club of Poquoson presented their Book of Golden Deeds to Mike Bryant. Mike is a most deserving individual who has spent countless hours volunteering as a sports announcer for the youth of Poquoson. He began as an announcer in 2006 at some of the football games and has continued through the years at more and more community and school events for both girls’ and boys’ sports. Mike is known as “The Voice of Poquoson” and his popularity as an announcer extends into requests for many youth activities.

Additionally, Mike has volunteered at After Prom Night, Christopher Newport University softball and at the Virginia Beach Amphitheater during the concert season, where he helps individuals who have mobility issues.



*(Lf. - Rt.) Project Chairman Crosby Forrest, Mike Bryant, and President Steve Geiger.*



### Exchange Club of Wythe

The Exchange Club of Wythe built another ramp on March 12, 2022. This is one of their great community service projects. What a blessing for the recipients who need help with their mobility!



### Exchange Club of Lynchburg

The Exchange Club of Lynchburg Freedom Shrine installation was held at Desmond Doss Christian Academy in Lynchburg on April 14, 2022. A formal dedication ceremony will be held later. Pictured are club members Richard Byrne, Tom Creegan, Mike Wise, Ed Tinsley, Mike Spencer and Andy Vest.

## April - Child Abuse Prevention Month

Each year during the month of April, Exchange Clubs throughout the nation help raise awareness of Child Abuse and Neglect using the color blue. They often wear blue ribbons or blue shirts, display blue pinwheels, turn on blue lights or handout brochures. The staggering statistics of Child Abuse and Neglect (July 1, 2020 - June 30, 2021) in just the Commonwealth of Virginia: 5,261 children involved in 3,047 founded investigations; 55 founded fatalities, 22 cases pending or appealed.

Source: Virginia Department of Social Services as of 12-9-2021 and Virginia Child Welfare Outcome Reports Retrieved December 2021, Version 4.91

### Virginia District Exchange Clubs Child Abuse Prevention Projects - 2022

The pinwheel is used as a National symbol for Child Abuse Prevention, as it reflects the bright future that we want every child to experience.

#### Exchange Club of Poquoson

The Exchange Club of Poquoson did a splendid job spreading awareness of Child Abuse Prevention Month. Their projects included a city proclamation, stuffing and distributing Make-N-Take bags, creating a land of pinwheels throughout the city and setting up an awareness tree. Additionally, they spread the word by posting "Prevention Tips" and pictures of their pinwheel displays on their Facebook page. Be sure to read their posts and share their messages with others.



Main Entrance Marque – City of Poquoson

#### Exchange Club of Poquoson & Exchange Excel Club of Poquoson High School - Joint Project

A new project this year that was a joint effort of the Exchange Club of Poquoson and the Excel Club of Poquoson High School was an awareness tree set up in the public library as a physical reminder of the love and support we want for all children. Members of the community were encouraged to take a blue ribbon off the tree and wear it to show their support of Child Abuse Prevention.



Front of City Hall – City of Poquoson

Pinwheel garden "planted" at the home of Exchange Club members Claude and Frances Carmack.



Awareness Tree

## April - Child Abuse Prevention Month



(Lf. - Rt.) Members of the Exchange Club of Lynchburg - Richard Pugh, Lynne Creasy, and Shirley Vest.

### Exchange Club of Lynchburg

Exchange Club of Lynchburg raised awareness for Child Abuse Prevention Month with a display of pinwheels on Timberlake Road in Lynchburg. This high traffic area will give great exposure to Exchange and the awareness of child abuse prevention.



●Congratulations to Judy Goding who won the red/white/blue spirit award at the Virginia District Mid-Winter Conference. She was decked out in red, white, and blue stars galore! ●Thank you to Susan Brewer, Awards Chairman, for a job well done! ●Kudos to Donna Hodges for an awesome job as Child Abuse Prevention Chairman! ●A Big Shout out to the Excel Club of Poquoson High School and the Exchange Club of Poquoson for their joint efforts on projects to support their community. ●Thank you to all Exchange members for continuing to help make your communities better. ●Give yourself a big pat on the back if you brought in a new member(s) during the 2021-22 Exchange year! ●Thanks to each of you that has agreed to take a leadership role in your club or in the Virginia District for the coming year.



*-We are saddened by the loss of our Exchange Club Friends -*

Linda Cole - June 2, 2021 - Exchange Club of Lynchburg - The club's Youth of the Year Scholarship has been renamed the Linda Cole Youth of the Year Scholarship due to her work with youth programs throughout the years.

Eddie Patterson - June 28, 2021 - Special Friends Exchange Club of Hampton.

Frank Kreiger - November 1, 2021 - Exchange Club of Poquoson - Long time and valued member of the club.

James D. Brewer (Jim) - December 16, 2021 - Jim was a former member and past president of the Exchange Club of York and was a current member of the Exchange Club of Henrico.

John D. White, III - January 18, 2022 - Exchange Club of Lynchburg.

Jo Ann Blasingame - January 20, 2022 - Exchange Club of Tidewater.

Marvin A. Gaylor, Jr. - March 13, 2022 - Past District President 1981, and past member of the disbanded Exchange Club of Warwick-Newport News.

**Virginia District Exchange Clubs**

Lynne Creasy, District President  
5604 Cold Harbor Road  
Mechanicsville, VA 23111-6921

[WWW.vadistrictexchange.org](http://WWW.vadistrictexchange.org)

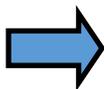
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**Virginia District Exchange Clubs 2021-2022 Calendar**

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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 3, 2022	Virginia District Board Meeting, Lynchburg, VA
June 4, 2022	Virginia District Convention, Lynchburg, VA
June 30, 2022	Conduct a Program Development Meeting (PDM), National and District Award Applications due
July 13-16, 2022	104 <sup>nd</sup> National Convention, Hyatt Regency, Greenville, SC
August 1, 2022	Club Officers and Division Directors complete Exchange University
November 15, 2022	Form 990 due to IRS with copy sent to District and National
November 30, 2022	Award application for Exchange of the Year and Distinguished Virginian

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



**Stay Connected**

Make sure your club secretary has your up-to-date mailing address, phone number, and email address. Your club secretary can easily up-date your information at National.

