



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

May 1, 2023

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

The earth is alive. It's electric as every creature big and small awakens from its winter slumber and says, "Hello Spring". The Virginia District planted seeds two years ago to start a new club, but those seeds did not germinate. They lay dormant due to Covid while others were being planted. This year they grew and bloomed starting off great with 7 new members joining the Tidewater Club. This set the pace for this year. Since then, we have had growth from Wythe, Lynchburg, Poquoson, Regional Exchange Club of Lynchburg, Career & Technical Exchange Excel Club of New Horizons, and the Exchange Excel Club of Poquoson High School. And just as soon as the daffodils began to bloom, the Exchange Club of Poquoson and the Peninsula Networking Exchange Club chartered a new club. We welcome the Exchange Club of Gloucester-Mathews to our district. I cannot thank you enough for the hard work that you have done.

I know that there are other clubs out there still trying to grow to meet the goals they set at the beginning of the year. I am here to help, just reach out we will be there. There is still time to cultivate and grow our district and keep up the hard work. I want to encourage you to tell your family, friends, neighbors, and coworkers about "Children, Community and Country", which is short for our Exchange programs of service, the prevention of Child abuse, service to youth, service to community, and Americanism. Spread the seeds and continue to grow Exchange so others can enjoy and experience what we experience every day.

It's that time of the year as we wind down to get all service projects for this year posted. We currently have 6 clubs that have earned their National Service Award and I know there are more, but the projects aren't posted to prove you have. If you need help with posting projects just let us know. You still have time to post your projects for the year.

We have our District Convention coming up on June 2nd and 3rd with our National Representative Barbara Orr coming to visit us and help us wrap up our great year. The details are in this newsletter. Also, the National Convention will be in Phoenix, AZ on July 12-15th. Please plan to attend these great events.

Thank you for the great year we are having. Let's keep up the momentum! I appreciate all you do and thank you for all you do to make Exchange and your communities better. We all make a difference!

Carol Wood

Virginia District President, 2022-2023

Virginia District Exchange Clubs Convention

Mark your calendar and make plans to attend the annual Virginia District Exchange Club Convention to be held on June 3, 2023, at the Hilton Garden Inn located at 180 Regal Way, Newport News, VA.

The District Board Meeting will be held on Friday night, and all are welcome to attend. There will be a hospitality room on Friday and Saturday nights. Please join us and get to know your Exchange friends.

Barbara Orr, National Exchange Club Treasurer, will be our National Representative. There will be lunch and dinner on Saturday. Virginia District Awards will be presented during lunch and officers will be installed at dinner.

Editor's Note

During the last few years, Covid caused anxious times for everyone. There were interruptions, unpleasantness, and for some trauma and grief, but now is the time to turn the tide and look forward to a great new Exchange year. The start of a new Exchange year begins on July 1, bringing a chance for a fresh start and a new beginning. Consider stepping up into a leadership position on the Club or District level, resolve to support those who have accepted offices, actively participate in your club's projects, find new ways to meet your community's needs and strive to help grow your club by talking up Exchange and inviting someone to join. Use July 1 to jumpstart a personal commitment to Exchange and remember research shows that people who volunteer regularly have less stress and lower blood pressure. Wow! What a bonus!

Virginia District Welcomes New Exchange Club of Gloucester-Mathews



We are so excited to announce the addition of a new club into the Virginia District! The newly formed Exchange Club of Gloucester-Mathews held their opening event on March 15, 2023, at the Gloucester County Library located at 6920 Main Street in Gloucester, VA. Susan Brewer conducted the opening event. The club chartered with 30 members. Sponsoring Clubs were the Exchange Club of Poquoson and the Exchange Club of Peninsula Networking. Club builders were Jesse and Carol Wood and Susan Brewer. Charter members are Steven Kreiger, Jesse Wood, Joseph Spohn, Mallory Kreiger, Michael Bousquet, James McConville, Robert Griffin, Tavis Albright, James Nealon, Kurtis

Hoar, James Ramos, Nancy Weber-Deptola, Lynn Arway, Melanie Hummel, Chuck Davis, Tricia Bynum, Nancy Dixon, Paula Smith, Ken Walker, Kristin Smith, Paul Jenson, Debbi Davis, Cindy Bousquet, Travis Bousquet, Catherine Carter, Mike Mekanik, Lynn Arway, C. J. Adkins, Grace Baumgartner, and Carol Wood. Newly elected officers for the club are President, Steven Kreiger; President-Elect, Joseph Spohn; Secretary, Lynn Arway; and Treasurer, Nancy Weber-Deptola. The Board Members are Jesse Wood, Kurtis Hoar, Robert Griffin, Mike Mekanik and Mike Albright. The club is off and running, having already planned service projects and fundraisers. Congratulations and a warm Exchange welcome are extended to this newly formed club!

Membership Growth Winners

To encourage growth within the Virginia District in the 2022-2023 Exchange year, the District Growth Committee established growth competition between the clubs and individual Exchangites. The categories of competition were the club with the largest number of members added, the club with the largest percentage of growth and the individual with the greatest number of members recruited. The period of competition ended April 30, 2023. The winner of each category will receive one free registration (not including lodging) to the 2022-2023 District Convention. The winners are:

- Largest number of members added – Exchange Club of Gloucester-Matthews with an increase of 6 members since their Opening Meeting.
- Largest percentage of growth – Exchange Club of Tidewater with 50% growth.
- Exchangites recruiting the greatest number of members – Carol and Jesse Wood

Congratulations to the winners! Will your club or name be listed in 2023-2024?

From Your Growth Committee:

Growth Tip: Look at all individuals who attend a club meeting as potential members. This includes speakers, guests of youth award winners, Proudly We Hail Award winners, etc. Discuss your club with the visitors and hand out Gold Cards.

Virginia District Exchange Clubs Foundation Supports Youth Awards

Many thanks to all the clubs and individuals that have contributed to our Virginia District Exchange Clubs Foundation this year. Your donations and support of the 50/50 raffle at the Midwinter Conference have provided funding for the Youth of the Year and ACE awards to be presented to two deserving young people at our District Convention.

At the convention we will also have a silent auction and a 50/50 raffle to provide a head start on funding next year's awards. As you develop your clubs' budgets for the upcoming year, please consider including a line item for the Foundation so that we can continue to provide these awards.

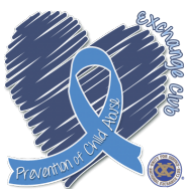
New Reimbursement Policy for Club Building

The District Board approved reimbursement of club builders to assist and encourage the building of new clubs. The club builder(s) will be reimbursed up to \$500 for expenses incurred for each club-building project. The expenses must be reasonable, necessary, and directly incurred in building a club. Expenses could include but are not limited to advertising in public media, Facebook and other social media page(s), meals, and meeting room rental. To obtain reimbursement, follow these steps:



- Obtain approval by the District's Growth Committee for the proposed budget before the club-building project starts.
- After the opening meeting, prepare an expense reimbursement request for approval by the Growth Committee.
- The reimbursement will be made as follows:
 - Half (1/2) immediately after the Club holds its opening meeting.
 - The balance of the expense reimbursement plus any additional incurred and approved expenses will be reimbursed at the first anniversary of the opening meeting. To obtain the second reimbursement, the club membership must be equal to or greater than the membership at the time of the opening meeting.

Child Abuse Prevention



Donna Hodges, Child Abuse Prevention Chairman, continues to research child abuse prevention and pass it on via email to Exchange members. If reading the information and acting upon it can save just one child, our efforts will not have been in vain. Please contact your District director or club president if you need a complete copy of Donna's correspondence. A short synopsis of the monthly information is below:

- March – Advice and information to raise awareness about online risks of websites children are using and the importance of discussing website concerns to protect children from dangers. Source: <http://fbi.gov>
- April – Child Abuse Prevention Month- Reminders: print off CAP resources from the National Exchange Club Website, display pinwheels, use the list of activities provided with children each day of the month, read and act upon the powerful quotes provided, and remember positive words and simple acts of kindness make a huge difference in a child's future.



- We are Saddened by the loss of our Exchange Club Friends -

Beverly Outlaw – June 4, 2022 – Exchange Club of Suffolk.

Roy T. Austin - August 15, 2022 - Exchange Club of Wythe - Roy enjoyed sharing his gift of woodworking, carpentry and building maintenance as a volunteer in Exchange and other nonprofits.

Barbara Helen Wargo - October 1, 2022 – Exchange Club of York.

Mark Howard Friedman – November 21, 2022 - Exchange Club of York - Long time member.

Jeanette B. Brooks - January 1, 2023 – Wife of longtime member, James Brooks - Exchange Club of Wythe. Jeanette had a servant's heart and was very supportive of the club's activities.

Dr. Elmer Fisher – March 24, 2023 – Exchange Club of York.

National Exchange Club Project - Prevention of Child Abuse

The National Exchange Club officially adopted the prevention of child abuse as its National Project in 1979 at the 61st National Convention.

The staggering statistics of Child Abuse and Neglect for fiscal year 2022 in just the Commonwealth of Virginia: 4,911 children involved in 3,161 founded investigations, 29 deaths from abuse or neglect, 55 cases pending or appealed, and 28 human trafficking assessments conducted.

Source: Virginia Department of Social Services (July 1, 2021 - June 30, 2022) and Virginia Child Welfare Outcome Reports Retrieved October 26, 2022.

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Pinwheels are used as a physical and touching reminder of the need to protect our children! The displays stay up for the entire month of April.



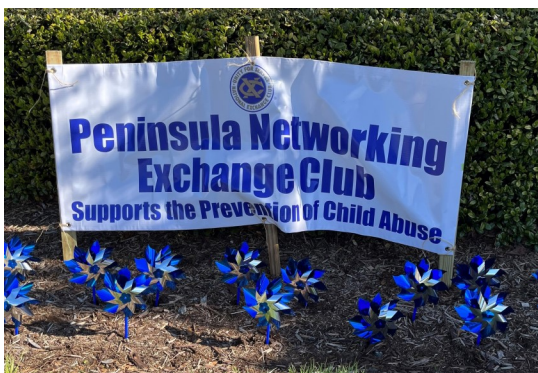
Exchange Club of Lynchburg - Pinwheels prominently planted in front of Karl Miller Real Estate Office on Timberlake Road, a high traffic area.



The Exchange Club of Wythe, along with their friends at Hampton University Treasurers Office, partnered with Hampton Healthy Families, Inc. to plant a pinwheel garden at Carousel Park.



Exchange Club of Tidewater - Three club members, Lisa Nichols, Nick Nichols and Craig Marshall, are shown with the club's sign and pinwheel display at First Christian Church in Hampton.



Members of the Exchange Club of Peninsula Networking planted a beautiful garden of pinwheels in front of Ivy Memorial Baptist Church.



Regional Exchange Club of Lynchburg - Spinning in a local churchyard, these pinwheels reflect the bright future we want for every child.



←A large display at Roselawn Burial Park in Martinsville grabs the community's attention that every child deserves to be loved and protected.

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

In addition to their Awareness Tree that was decorated with blue ribbons and pins for members of the community to remove and wear, this year the Exchange Excel Club of Poquoson High School painted the school's Spirit Rock and placed pinwheels in front of it to indicate the joy and happiness they wish for all children.



The Exchange Club of Poquoson and the Exchange Excel Club of Poquoson High School planted seven sites in the city as a physical reminder that we want all children to have a bright future. The places chosen were the marquees in front of the Parks and Recreation Building on Poquoson Avenue, the marquee on Victory Boulevard, the front of City Hall, and all four corners of Wythe Creek Road and Victory Boulevard.



Importance of Our Adopt-A Spot Projects



Litter is a senseless eyesore that endangers our environment, wildlife, and economy. Exchange Clubs, along with many clubs and organizations are helping to solve this problem by having clean-up days or Adopt-A-Spots. Take the time to thank these community minded people and even better, choose to join them in their endeavors. Adopt-A-Spot and clean-up projects beautify our communities and improve our environment. Additionally, they are helping to protect our nation's



largest estuary, the Chesapeake Bay, and are helping reduce the millions of dollars spent on litter control each year.

Picking up litter along our roadsides, ditches, and creeks, keeps it from eventually getting into the land and the rivers that flow into the Bay. Virginia, Maryland, and Pennsylvania have seven large rivers and many smaller rivers that flow into the Bay and the entire watershed includes three additional states (New York, West Virginia, and Delaware), and the District of Columbia. These rivers have a large influence on water quality in the Bay. Historically, keeping the bay clean focused on nutrients and sediment, but researchers are now beginning to understand that plastic pollution is causing a major adverse effect on our waters, wildlife, and land. According to the *Bay Journal*, some alarming facts are 98% of the samples taken from the Chesapeake Bay surface water in 2012-2013 contained micro plastics, an estimated 93% of plastics that go into the Bay and its waters never leave, and the water quality continues to show little improvement.

Plastic waste or its micro plastic breakdown can now be found everywhere from the top of Mount Everest to human breast milk. The most littered plastic item in the United States is cigarette filters, followed by plastic film from food and other items, non-film plastic food packaging, beverage packaging, Styrofoam, single-serve wine and liquor containers, plastic bags, and plastic water bottles.

Virginia District Exchange Clubs with designated Adopt-A-Spots are Exchange Club of Martinsville, Exchange Club of Lynchburg, Exchange Club of Poquoson (Exchange Excel Club of Poquoson High School helps them), Exchange Club of Suffolk, Exchange Club of Hampton Roads Networking, Exchange Club of Peninsula Networking and Exchange Club of Wythe. Reginal Exchange Club of Lynchburg does not have a designated Adopt-A-Spot, but they participate in trash collection along the bike trail at Riverfront Park. Thank you Exchangites for your part in helping keep our Earth clean. Your community involvement matters!



*Exchange Club of Wythe (Lf. - Rt.)
Doug Gray and Phil Everhart*



Exchange Club of Poquoson and a future Exchangite!



←Chilly weather does not discourage the dedicated members of the Exchange Club of Suffolk from cleaning up their community. (Lf. - Rt.) Dan Eich, Wallace VanGosen, Joleen Flota, Nellie Carbaugh, and John Maxwell.

Regional Exchange Club of Lynchburg →



Clubs in Action

Regional Exchange Club of Lynchburg - 10th Anniversary



This active club celebrated its tenth anniversary on April 22, 2023, with a luncheon at Monte Carlo Italian Restaurant.

Recent projects included filling school backpacks and manning a rest stop table of water and snacks for walkers in the fundraiser for Miriam's House, that serves homeless men, women and children.



Exchange Club of Lynchburg – Celebrates 85 Years

On March 17, 2023, at their monthly meeting held at Moose Lodge #715, the Exchange Club of Lynchburg celebrated eighty-five years of service to their community. They are the second oldest club in the Virginia District. The club members enjoyed lunch and a delicious anniversary cake for dessert. Guest speaker for the celebration was Past President of the Exchange Club of Lynchburg, Past Virginia District President, and Past National President Claude Carmack who gave a brief history of the Exchange Club of Lynchburg and described the characteristics of a successful Exchange Club.

Some of their recently completed and soon-to-be completed projects included youth scholarships, installation of a 30-piece Freedom Shrine at Virginia Episcopal School, recognizing several establishments for properly displaying the American Flag, and participating in a Child ID event.

Exchange Club of Poquoson – New Sign Helps Advertise Exchange



The club is grateful to the Poquoson Woman's Club for allowing them to meet in their building and advertise on their sign and they are thankful for Exchange member Ed Hartmann who made the new addition to the sign.

The club continues to have good speakers at their meetings and commit to a wealth of good Youth, Americanism, and community service projects. A recent project involved a six-hour effort to help the York/Poquoson Master Gardeners clean and spruce-up the York Learning Garden & Arboretum, an educational garden established for the public's enjoyment.

Exchange Club of Suffolk

Exchange members Peg Eich, Valarie Yanku, and Nancy Jones volunteered on March 23, 2023 at the Beech Grove United Methodist Church Easter Egg Factory. The 145-year-old church has been making chocolate covered Easter Eggs as their fundraiser since 1979. Church members and volunteers participate.



Exchange Club of Wythe – Receives Community Award!!

The Exchange Club of Wythe has been selected by Volunteer Hampton Roads as the 2023 recipient of the Hampton Roads Community Volunteer Group of the year. The club was recognized for their incredible community service at the 47th Annual Hampton Roads Volunteer Achievement Awards Gala held on April 27, 2023, in Virginia Beach. Congratulations to the Exchange Club of Wythe for this special recognition!



Exchange Club of Wythe Honors Hampton Sheriff's Office

The Club hosted a dinner and awards ceremony in February to recognize their community partnership with Sheriff Karen E. Bowden and the Hampton Sheriff's Office.

(Lf. - Rt.) Sgt. I. Manley-Lee, Ms. F. Simmons, Deputy M. Young

Virginia District Exchange Clubs

Carol Wood, District President
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Mechanicsville, VA 23111-6921

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Virginia District Exchange Clubs 2022-2023 Calendar

April 30, 2023	ACE Award Application due
April 30, 2023	Election Reports due to National
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.

National Exchange Club Convention to be Held in Phoenix Arizona

Mark your calendars for the 105th National Exchange Club Convention and 40th Symposium to be held in sunny Phoenix, Arizona, July 12-15, 2023, at the Hyatt Regency. The National Convention is an opportunity to meet and fellowship with amazing Exchangites from all over the United States and Puerto Rico, attend educational sessions, and listen to motivational speakers. You will return home with new ideas, excitement and ready to continue to raise awareness and funds to better serve your community.

If you are attending, make sure your club secretary includes you on the Convention Credential Form to establish voting eligibility at the National Convention.