



EXCHANGE ACROSS VIRGINIA

THE VIRGINIA DISTRICT EXCHANGE CLUBS NEWSLETTER

AUGUST 1, 2019

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE



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

Welcome to the start of the 81st year of the Virginia District Exchange Clubs. That's right, the Virginia District, not the Colonial District. On July 1, 2019 we changed our name back after several years of being the Colonial District. We are now a month into the year, and I want to again express my thanks to Immediate Past District President Claude for his exceptional leadership this past year. "Each One, Bring One" was his theme and it enabled us to have growth for the year. We will continue using it to encourage growth for the 2019-20 year.

When our new year began on July 1, our current goals of growing Exchange by recruitment of new members, retention of current members, and building new clubs remain the same. 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 had a unique and wonderful opportunity a few weeks ago as our District hosted the 101st National Convention at the Waterside Sheraton Hotel in Norfolk, July 17-20. It was the best attended Convention in five years with 600 members and guests attending. Despite the excessively hot weather, the attendees were very complimentary of the hotel and us as hosts. The Virginia District was recognized with more than its share of awards for the 2018-19 year. Go on the National website to see the list of awardees. You should be very pleased at how your District achieved exceptional recognition, nationally.

As we work through the "dog days of summer", remember that our work to make our communities better places to live begins with you. 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

Virginia Peanuts vs Georgia Peanuts

Peanuts were brought to the Southern part of the United States in the 1700's by slaves from West Africa. The sandy loam soil in the Southeastern part of Virginia made it an ideal place for growing peanuts and Virginia quickly became the nation's leading producer of peanuts. Today, ten states grow 99% of the United States' peanuts of which Georgia is the largest producer, growing 42% of the United States' peanuts. So what is the difference between a Virginia peanut and a Georgia peanut? Virginia peanuts are highly prized for their extraordinary large kernels, crunchy texture, delicious flavor and high nutritional value. They are the peanuts used in gourmet snacks and are great for gifts. Georgia peanuts are smaller and mostly used for making peanut butter. So, there you have it in a nutshell!

Editor's Note

A reminder to all that as of July 1, 2019, The Colonial District became The Virginia District. The Colonial District Board voted to change the name because there are no longer any Exchange Clubs in Maryland or Delaware which were part of the Colonial District. The newsletter also reflects the name change. It is now ***Exchange Across Virginia***.

A lot has taken place throughout the District since the last newsletter was published in April. There have been special celebrations, a Freedom Shrine rededication, officers' training, a convention, a new club built and a National Convention held right here in Virginia! In this edition you will be able to read about these events. I hope you took advantage of the opportunity to attend the events to learn more about Exchange and enjoy the friendship of your fellow Exchangers. Also, be sure to read the upcoming calendar of events on the back page of the newsletter and plan to attend these events as well.

I am always looking for articles and pictures about your clubs. Please send them and any other information of interest to frances@carmackcpa.com.

District's 80th Anniversary Celebration

On Saturday, April 27, 2019, the Colonial District celebrated its 80th Anniversary at the Hampton Yacht Club. This lovely evening included a social hour, a delicious dinner, special music provided by Jerry Sowers, and a brief presentation of the District's history by Bob Moore. Bob has continued to add to the history of the District through the end of the year. The history is available on a USB thumb drive. Let Bob Moore or Bill Trimble know if you would like one. It would be a great gift to share with members of your clubs.



Mike and Cindy Spencer enjoying the view of the marina.



Mingling during social hour, (Lf.-Rt) John Harris, Brian Deibler and Charles Southall.

Colonial District Training

The Colonial District Exchange Clubs Club Officers' Training was held on April 16, 2019 at Liberty Baptist Church in Hampton, Virginia. Training included reviewing the duties of club officers, as well as, going over awards' procedures. These topics were spearheaded by Volunteer Field Representatives (VFRs) Bob Moore, Susan Brewer and Claude Carmack. In addition, Marie Warren reviewed "How to win the Big "E"". It was clearly pointed out that if the guidelines to win a Big "E" are followed, it is a great way to keep your club on track as a quality club.

The Colonial District Officers' and Directors' Training was held June 22, 2019 at Hampton Baptist Church in Hampton, Virginia. Duties of the District Treasurer, District Secretary and District Directors were reviewed; criteria for the Big "E" Award were explained, an overview of District Awards were expounded and criteria were reviewed for Exchangers of the Year and Honor Roll applicants. VFRs Susan Brewer and Claude Carmack were the instructors for this training.

This valuable training is well worth your time. Training provides better leadership and better leadership provides for a more successful year in your clubs and in the district.

Colonial District Exchange Club's Convention Highlights



Leif Welhaven, National Representative, Region 2, Regional Vice President

The Colonial District Exchange Club's 2019 Convention was held on Saturday, June 1, 2019, at The Sheraton Norfolk Waterside Hotel in Norfolk, VA. The District Board Meeting was held prior to the convention on Friday evening, May 31, 2019.

The Convention had excellent educational speakers, beginning with National Representative from Region 2, Vice President, Leif Welhaven, who gave us an update from National and later spoke on "Creating a Culture of Growth"; followed by our own Paul DeMarsh, from The Downtown Hampton Club, who spoke about the "Child Abuse Prevention Program" that they have implemented in the Hampton Schools, specifically targeting raising awareness of "Shaken Baby Syndrome". This is a well-received program that they will continue to tweak and expand into more of the Hampton City Schools. Our third speaker was Dr. Ken Priddy, whose topic was "Understanding and Overcoming Organizational Life Cycle". Dr. Priddy explained the three Macro stages - incline, recline and decline of the cycle and how each is to be recognized and dealt with in order to keep our organization "right-side up".



Dr. Ken Priddy, Speaker

The Convention included an Awards Luncheon at which time the recipients of the All-American Volunteer, Distinguished Virginian, Youth of the Year, ACE and Honor Roll awards were recognized and concluded with an Installation Dinner at which time the new 2019-2020 officers were installed. A special Presidential Award was given and the President's Banner was transferred.



Paul DeMarsh, Exchange Club of Downtown Hampton.



ACE Award winner, Shane Spencer, with Mike Spencer. Submitted by the Exchange Club of Martinsville.



Youth of the Year winner, Nathaniel Doggett, with his parents. Submitted by the Exchange Club of Poquoson.



All American Volunteer Award winner, Phil Everhart, Jr., with Bill Trimble.



Distinguished Virginian Award winner, Matt Hartman, with Margaret Moore.



Phil Everhart, Jr. receives for his father, Phil Everhart, Sr., (posthumously) the Honor Roll Award.



Mike Spencer receives Honor Roll Award.

Colonial District Exchange Clubs Convention Highlights (con't. from page 3)



Frances Carmack, President of the Exchange Club of Henrico, transfers the Virginia District President's Home Club Banner to Phil Everhart Jr., President of the Exchange Club of Wythe.



Carol Wood receives the Presidential Recognition Award from Claude Carmack.



District Officers and Directors for 2019-2020. (Lf. - Rt.) Bill Trimble, Claude Carmack, Alma Dietz, Carol Wood, Leif Welhaven (installing officer), Marie Warren and Jim Puckett.

Freedom Shrine Installation Rededication

On May 9, 2019, a Freedom Shrine Installation Rededication was held at Benjamin Syms Middle School in Hampton, Virginia. This rededication was made possible by the joint efforts of the following Colonial District Exchange Clubs: Exchange Club of Wythe, Exchange Club of Downtown Hampton, Exchange Club of Hampton, Exchange Club of Hampton Roads Networking, Exchange Club of Henrico, Exchange Club of Old Point Comfort, Exchange Club of Peninsula Networking, Exchange Club of Poquoson, Exchange Club of Suffolk, and Exchange Club of York.

Participants from the school included Principal, Mr. Michael Blount; Assistant Principal, Mr. Mario Barkley; a student SCA representative and several teachers. Colonial District speakers included Bob Moore, Susan Brewer, Bill Trimble, and Claude Carmack. In addition, each of the sponsoring clubs had a representative read a brief history/excerpt from nine of the plaques. These readers were: Jim Puckett, Marie Warren, Ellena Christian, Rosie Greene, Mike Schetting, Paulette Wilson, Frances Carmack and Carol Veneris.

In addition, awards were given to the students who were the winners in the Essay Contest. They were Eryn Stackhouse, first place; Courtney Conner, second place; and Kellen LaRoche, third place.

This was an impressive program and the plaques were gratefully accepted and appreciated by the school both for their historical significance and for their value as a teaching tool. The plaques are displayed proudly and prominently in the school hallway. The school also was given a new American flag and a new Commonwealth of Virginia flag to fly at the school.

After the program and a photo-op, refreshments were served by the school.



(Lf. - Rt.) Principal, Michael Blount, Bill Trimble, Eryn Stackhouse (1st place), Kellen LaRoche (3rd place), Claude Carmack, Courtney Conner (2nd place).

The Exchange Club of Tidewater - Permanent Organizational Meeting



(Lf.-Rt.) Doyle Blasingame, Charter Club President; Marie Warren, Secretary; Mary Britt, Treasurer; Margaret Moore, Acting President-elect; Tom Webb, Board Member; Joan Little, Board Member.

The Exchange Club of Tidewater - Permanent Organizational Meeting , con't from page 4

Exciting news! The Virginia District's newest Exchange Club is The Exchange Club of Tidewater. On June 27, 2019, the club was formally organized and met at Berea United Congregational Church of God in Suffolk, Virginia for a lovely dinner meeting. The new club was sponsored by the Exchange Club of Hampton Roads Networking and the Exchange Club of Suffolk. Club builders were Margaret Moore, Marie Warren and Bob Moore. The new club President is Doyle Blassingame. The club is off to a good start with Doyle's capable leadership. He brings with him many years of prior Exchange experience from Louisiana, having served as Volunteer Field Representative, Past District President of the ArkLaTex District (now Texas Louisiana Gulf Coast District), Regional Vice President of Region 5 and Past Club president. Please support this new club in any way you can and if you know of anyone who lives in the Smithfield/Suffolk/Surry/Carrollton/Isle of Wight areas of Virginia that would be interested in joining the club, please let Doyle eagleb52@gmail.com or the club builders Margaret Moore rmmooore121@charter.net, Marie Warren Warrenmarie1957@gmail.com or Bob Moore rmmooore121@charter.net know.

National Exchange Club Convention - 2019 Recap



The 101st National Exchange Club Convention and 36th Symposium was held July 17-20, 2019 at the Waterside Sheraton in Norfolk, Virginia and had the largest attendance, with 600 present, since 2014 in New Orleans. Among the attendees were thirty-six (36) Exchangites and their guests from the Virginia District, representing nine (9) clubs from our District. The comments that we, as the host District, received were positive and complimentary. Despite the heatwave, Exchangites ventured out to enjoy the city of Norfolk, and surrounding areas, as well as, enjoy the convention. The convention officially began with a trip to the ballgame (Norfolk Tides vs Rochester Redwings) preceded by a picnic for a fun time together! As the week progressed, it was great to meet Exchangites from all over the United

States and Puerto Rico, trade pins, attend training sessions and seminars, listen to motivational and inspirational speakers and visit hospitality rooms. Our Virginia District hospitality room featured delicious Southern cuisine, including moonshine punch and tasty sweet potato biscuits with country ham; a magician for entertainment and for decoration, a large Virginia tourism map showing places of interest, as well as, the location of our Virginia District Exchange Clubs. Probably the most fun was experienced by our crazy peanut parade participants who won the Spirit Award. Mr. Nutty McBuddy (in full costume) led the parade, followed by a strange assortment of kazoo playing characters dressed in peanut hats and peanut shirts and tossing small bags of peanuts onto the tables. Rumor has it that one participant had never been seen at a convention before in casual attire! On a more serious note, Bill Trimble, chairman of the transportation committee and his team, worked tirelessly getting our VIPs to and from the airport, and Susan Brewer, chairman of the welcoming committee and her team, spent many hours greeting Exchangites, giving out complimentary packages of Virginia peanuts, handing out brochures of places to eat and visit while in Norfolk, and answering questions, many regarding Virginia Peanuts! In addition to showing that Virginia Exchangites know how to have fun, our Clubs and District also won several awards for which we should all be very proud. Our District won the Outstanding District Award – only one of two given, four clubs won the Big “E” Award; Claude Carmack won Distinguished District President award; Frances Carmack and Mary Stephens won the Editor Award for our District Bulletin; and best of all, Bill Trimble and Susan Brewer were chosen for the National Exchange Club Court of Honor.



Mr. Peanut, Susan Brewer, Jim Brewer and Claude Carmack at the Welcoming Table.



Peanut Parade led by Mr. and Mrs. Buddy McNutty.



Magician, John Kingry, entertains Keith Gumpman and Sarah Mundy in the Virginia District Hospitality Room.

Awards, Awards, Awards!

Congratulations for a job well done to all of the award winners recognized at the National Convention held July 17-20, 2019 in Norfolk, Virginia, and many thanks to all the club members who supported them in making their year outstanding.

- Outstanding District Award: Virginia District (one of only 2 given).



- Outstanding District President Award: Claude W. Carmack.

- Distinguished Director Awards: Carol Wood (Division 3), Alma Dietz (Division 5) Bill Trimble (Division 6), and Carolyn Phaup (Division 7).

- Big “E” Award: Marie Warren, President, Exchange Club of Hampton Roads Networking; Rosie Greene, President, Exchange Club of Peninsula Networking; Carol Wood, President, Exchange Club of Poquoson, and Lynne Creasy, President, Exchange Club of Lynchburg. Marie, Carol, and Lynne were also Outstanding Club Presidents.

- District Bulletin’s Editor Award for Best District Bulletin under 800 members: Frances Carmack and Mary Stephens.

- Spirit Award: Virginia District for having the best spirit at the National Convention. Many thanks to Mr. and Mrs. Nutty McBuddy (Jesse and Carol Wood) and their lively “peanut gang” (Virginia District Exchangite attendees) for their spirit-filled, noisy parade “kazooing” to the tune of “Found a Peanut” as they paraded around the ballroom tossing small bags of peanuts on the tables!

- Court of Honor: Susan Brewer and William F. (Bill) Trimble. This is the highest and most lasting recognition that an Exchangite can receive.



Claude Carmack received The Distinguished District President Award from Scott Warren, President of The National Exchange Club.



Big “E” Award—Lynne Creasy, Lynchburg; Marie Warren, Hampton Roads Networking; Carol Wood, Poquoson; Rosie Greene (not pictured), Peninsula Networking .



Editors Award— Frances Carmack and Mary Stephens (not pictured).



Accepting the District Spirit Award, (Lf.-Rt.) Claude Carmack, Carol Wood, Bill Trimble, Susan Brewer, Jesse Wood, Frances Carmack, Jim Brewer, Bob Moore.

Awards, Awards, Awards! (Con't. from page 6)

In addition, the District would like to recognize the following clubs that achieved growth at the end of the year: Exchange Club of Poquoson + 12, Career and Technical Center Exchange Excel Club of New Horizons + 4, Exchange Club of Lynchburg + 3, Exchange Club of Peninsula Networking +2, Regional Exchange Club of Lynchburg +1. Additionally, congratulations to club builders Bob Moore, Margaret Moore and Marie Warren for building the new Exchange Club of Tidewater with 15 charter members. Their endeavor took us from a good Exchange year to a great Exchange year.

It is important to remember that it is through continued growth, good leadership and hard work by all of our Exchange volunteers that we are able to serve our communities and make them better places to live and raise our families.

Court of Honor

Susan Z. Brewer and William F. (Bill) Trimble were announced as winning candidates for induction into the Court of Honor at the 2019 National Exchange Club Convention in Norfolk, Virginia. Candidates are inducted by nomination and review only. This is the highest and most lasting recognition an Exchangite can receive. Their names will be inscribed on one of several large granite pylons that stand at the rear of a central courtyard at the Exchange Club National Headquarters and will be among the more than 90 previous inductees. Only two other candidates from the Virginia District have been inducted into the Court of Honor since its establishment in 1957, Claude Carmack (2010) and Robert L. (Bob) Moore, Jr. (2015).

You are invited to come to Toledo, Ohio on September 28, 2019 to attend the annual induction ceremony. You will also have an opportunity to tour the National Exchange Club Headquarters, and meet some of the staff members who work so diligently for America's greatest service organization.



Court of Honor recipients pictured with their spouses. (Lf.- Rt.) Jim Brewer, Susan Brewer, Bill Trimble, and Nancy Trimble

SNAPSHOT

- A BIG thank you to **The Exchange Club of Wythe** for spearheading the Rededication Installation of the Freedom Shrine at Syms Middle School.
- Kudos to **Jim Puckett** for his expertise in the configuration and installation of the Freedom Shrine.
- Congratulations to **18 of the 19 Clubs in the Virginia District** for achieving the National Service Award.
- Congratulations to **5 of the Clubs in the Virginia District** for ending the year with membership growth.
- Many thanks to **all** who contributed their time and talents in preparation as the host District. You made us shine at the National Convention in Norfolk.
- Thank you to **Marie Warren, Margaret Moore, Carol Wood** and their committees for their creativity and implementation of Virginia spirit and hospitality throughout the National Convention.
- A gold star and a cookie to **Susan Brewer** and her committee for procuring the brochures, peanuts, etc. for the welcoming table and for patiently explaining “the Virginia Peanut” to all who asked.
- A gold star to **Jim Brewer** for his daily trips to and from the welcoming table, keeping it well stocked.
- Thank you to **Jesse Wood** (AKA Mr. Nutty McBuddy) for faithfully leading the crazy peanut parade, **Bob Braun** for the wooden cut-out of Mr. Peanut, **Margaret Moore** for her brainchild, “those crazy peanut hats!”, **Carol Wood** for drawing the HUGE Virginia map for the hospitality room, **all** who joined in the parade with their “Peanut” hats, “Peanut” shirts and kazoos,
- **Bill Trimble** and his committee for coordinating the transportation of VIPs to and from the airport to the National Convention, and **all** who joined us for the fabulous 101st National Exchange Club Convention.

Virginia District Exchange Clubs

William Trimble, District President
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Virginia District Exchange Clubs 2019-2020 Calendar

July 1, 2019	Beginning of the Administrative Year
July 15, 2019	Program Development Meeting Report due at National
July 17-20, 2019	101 st National Convention, Norfolk Sheraton Waterside
July 27, 2019	Virginia District Board Meeting, Hampton Baptist Church @ 10 AM
August 1, 2019	Club Officers and Division Directors complete Exchange University
September 26-29, 2019	Fall Leadership Summit, Detroit, MI
September 28, 2019	Court of Honor Toledo, Ohio
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
January 8-11, 2020	National Mid-Winter Meeting, Colorado Springs, Colorado
January 24-25, 2020	Virginia District Mid-Winter/Board Meeting, Hampton, VA
April 18, 2020	Virginia District Board Meeting, Hampton Baptist Church @ 10 AM
April 30, 2020	Club Election Reports due to National
June 1, 2020	National Outstanding Service Award application due
June 5-6, 2020	Virginia District Convention/Board Meeting, Hampton, VA
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.