



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

August 1, 2022

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE



Welcome to our 84th year and I am honored to be chosen by you to lead us through this next year. I love Exchange and am dedicated to its success as I am sure you all are, or you wouldn't be here. I am looking forward to seeing us all succeed and grow in Exchange.

I would like to thank Lynne Creasy for her hard work and leadership this past year. I would like to introduce this year's board, President-Elect Jesse Wood, Treasurer Jim Puckett, Secretary Bill Trimble and Lynne Creasy Immediate Past President. Our District Directors returning this year are Division 1 Barry Stephens, Division 6 Margaret Moore, Division 7 Marie Warren. Joining our team as District Directors are Division 2 Steve Geiger and Division 5 Phil Everhart. I am looking forward to all the great successes this team will have this year!!!

Our goals for the year are to continue to publish our District Bulletin, updating and continuing our website and Facebook presence, continuing to grow our District by actively building new clubs and helping to make our existing clubs stronger.

We need the clubs and club presidents to participate in our programs of service by providing a variety of Child Abuse Prevention, Americanism, Community Service, Youth programs and other projects that are important and relevant and of urgent interest for the betterment of your communities. Set a goal to achieve the National Service Award and the Big "E" Award. Growing your clubs by at least 2 members is a bonus that would be greatly appreciated and a benefit to us all.

I am a firm believer if you do nothing, nothing will happen but if we all make the attempt to reach our goals, we will be stronger and better for it. So, make the attempt and let's see what we can do to make Exchange stronger and better!!

Carol Wood
Virginia District President, 2022-2023

Volunteer Field Representative (VFR) – Bill Trimble



Congratulations to Bill Trimble who became Virginia District's newest VFR. He completed the training held March 20-23, 2022, in Dallas, Texas. A VFR is an Exchange volunteer trained to improve the capabilities of members, clubs, and districts, and must have served as District president before becoming a VFR. Bill joins Virginia District VFRs Claude Carmack, Bob Moore, and Susan Brewer. Don't hesitate to ask these four Exchangites for help.

Inspirational Quote:

Don't judge each day by the harvest you reap, but by the seeds you plant.

Robert Louis Stevenson (1850-1894) Scottish Writer/Poet

Editor's Note

We have all noticed an obvious change in people's behavior over the last few years. There seems to be more agitation and confrontation. We see it on television, it appears in social media, we witness it on our highways, and unfortunately, we encounter it first-hand. Recently, I witnessed a person have a melt-down on an airplane. It made me feel badly, and I wanted to exit.

In contrast, think about how much better it makes us feel to encounter pleasant people as we go about our daily lives. There are the tellers, cashiers, and clerks that say "thank you" as they send us on our way, the people who wait patiently in lines with us, or the delivery people who smile and wave as they drop off our packages.

One of the ways to reconcile the differences in these very different behaviors is to "be kind to one another" (Ephesians 3:32), which is one of the very first Bible verses children can learn. Kindness is not keepable. Kindness is something that we give away. One of the things that I have noticed about Exchangites is they have developed a habit of giving away kindness to everyone they meet. What a great group of people!

Scholarships - Investing in Our Youth

Accepting the Challenge of Excellence (ACE) Award Winner



The ACE Award Winner for 2021-2022 is Ashton Vinson. Ashton is a courageous young man who has experienced much loss and trauma. At age 13, Ashton was diagnosed with Ewing Sarcoma. While he was fighting his battle with cancer, his mother lost her battle with liver failure. He then went to live with his maternal grandparents and within a few years his grandfather, with whom he was extremely close, passed away from pancreatic cancer. He and his younger siblings live with their elderly grandmother who does her best to care for them. Despite these hardships, Ashton graduated on time with his classmates and has been accepted at Old Dominion University where he plans to study Business and Supply Chain Management. Ashton's award application was submitted by the Exchange Club of Poquoson.



Recognizing Outstanding Individuals in Our Communities

Distinguished Virginian Award



Alma Dietz presents the Distinguished Virginian Award to Dr. Jeffery Smith.

The recipient of the Distinguished Virginian Award for 2021-2022 is Dr. Jeffery O. Smith, Superintendent of Hampton City Schools. Since July 15, 2015, under his leadership, the Hampton City Schools academic success has soared. For the first time, all the division's 32 schools and centers became fully accredited without conditions in 2019. Additionally, the school division has strengthened its dual enrollment program with Thomas Nelson Community College, the on-time graduation rate has increased from 88% (2015) to 96.86% (2021), and the dropout rate has decreased from 5.1% (2015) to 0.34% (2021). Additionally, the Hampton City community has earned the distinction of being the first Ford Next Generation Learning Community in the Commonwealth of Virginia.

Dr. Smith believes in academic excellence for every child, every day. He co-chairs the Academies of Hampton's operating and steering committees that has transformed the four high schools from five pocket academies to 16 wall-to-wall academies and from 18 to 43 offered career pathways. The Academies provide young people opportunities based on high-demand, high-wage jobs aligned with regional and

Distinguished Virginian Award (con't from page 2)

state workforce data. He believes this transformation will ultimately prepare young people to be college, career, and life ready. This important work was featured in the 2018 State of the Region report for Hampton Roads as The Next Generation of Learning in Hampton Roads, as well as The Center for American Progress as one of the four models working across the country, and the class of 2021 graduated as the inaugural AoH graduating class.

He strongly believes in school division/community partnerships. To this end, he is a member of many boards and organizations, serving in leadership rolls of many. He served as the president of the Virginia Association of School Superintendents (VASS) (May 2018 to May 2019) and was the superintendent-in-charge for New Horizons Regional Education Centers (July 2017 to June 2019). He is a 2017-2018 graduate of the Civic Leadership Institute.

Dr. Smith received the 2019 Peninsula Humanitarian Award from the Peninsula Chapter of the Virginia Center for Inclusive Communities (February 2019) and was named the Region II Superintendent of the Year and the 2020 Virginia Superintendent of the Year. Dr. Smith was named as one of four national finalists for the 2020 AASA National Superintendent of the Year Award, is the recipient of the 2020 Mary Peake Award for Excellence in Education Equity (School Leadership) and was recognized as the 2022 Martin Luther King, Jr. Community Leader by the Urban League of Hampton Roads.

Dr. Smith and his wife Lorianne are the proud parents of two grown children.

Source: Hampton City Schools website

Recognizing Exchangites for Outstanding Service

Congratulations Margaret Moore – Virginia District Exchangite of the Year 2020-2021



Margaret is a most deserving recipient who joined Exchange in 1999 as a charter member of the Exchange Club of Peninsula Networking. She is now a member of the Exchange Club of Hampton Roads Networking, the Exchange Club of Tidewater, and the Exchange Club of Suffolk. Margaret is known as a workhorse for Exchange. She is involved in most of the community service projects and fundraisers. If there are tickets to be sold, she usually sells more than her share. She has held several offices in the clubs and has served on the District level as District President in 2016, District Director of Division 6 and presently as District Director of Division 7. Margaret has sponsored 71 members since she has been in Exchange and gets them involved in serving their community. Margaret has received several significant awards at Club, District and National levels, including National All American Volunteer Award in 2008 and District Honor Roll in 2013.

Congratulations Bob Speechley – Virginia District Exchange Clubs Honor Roll-2022



Acceptance into the Virginia District Honor Roll recognizes a superb Exchangite who has made a long-term contribution to Exchange at both the local level and the District or National level. Bob Speechley is a most deserving recipient who joined the Exchange Club of Poquoson in January 1982 as a charter member and is the only remaining charter member of the club. On the club level, he has served as President twice, has been chairman of most of the club's standing committees, and served on the Board of Directors all but one year. His fingerprints have been on most of the club's projects through the years, especially the ramps built for the handicapped, and the blue reflectors at fire hydrants. Bob exemplifies the Exchange spirit in action. and for forty (40) years he has helped keep the Poquoson Exchange Club alive and actively serving the community. On the District level, he has served on the Virginia District Board as a director, served on several District committees, and attended many conferences and conventions. He attended the National Convention that was held in Washington, DC in July 1990.

Jennifer Sweney, Region 7 Vice President – Installs Virginia District Officers



Jennifer Sweney, Region 7 Vice President, installed the new officers for the year 2022-2023 at the Virginia District Convention held on June 4, 2022, in Lynchburg, VA. Jennifer has been involved in Exchange since 1999. Since then, she has taken on the roles of Club President, Club Secretary, Bulletin Editor, and chaired various committees for the Exchange Club of Saginaw. She served as Michigan District President in 2017-2018 and continues to serve on several district committees. She is a Volunteer Field Representative for her district. She was elected to a second term as Region 7 Vice President during the 2021 National Exchange Club Convention in Memphis, TN. She works closely with District Presidents from Michigan, Indiana, and Ohio. Jennifer enjoys spending free time with other Exchange members. She and her husband Steve have three children.

Virginia District Board Executive Committee Officers



*District President
Carol Wood*



*District President-Elect
Jesse Wood*



*Secretary William
(Bill) Trimble*



*Treasurer James
(Jim) Puckett*



*Immediate Past
District President
Lynne Creasy*



*VP for Training
and Education
Robert (Bob)
Moore*



*VP for Founda-
tion Education
Susan Brewer*



*VP for Growth
Claude Carmack*

Virginia District Board of Directors



*Division 1
Barry Stephens*



*Division 2
Steve Geiger*



*Division 5
Marie Warren*



*Division 6
Phil Everhart, Jr.*



*Division 7
Margaret Moore*

Clubs in Action

Freedom Shrine Dedication – Cooper Elementary Magnet School

Ten Exchange Clubs participated in the Dedication of the Freedom Shrine at Cooper Elementary Magnet School on April 21, 2022. The clubs were Excel Club of Poquoson High School, 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, Exchange Club of Tidewater, and Exchange Club of Wythe. The dedication was live streamed into the classrooms so all students could be in attendance.

Going forward into the 2022-2023 Exchange year, remember that two of the most difficult steps in your club obtaining the prestigious “Big E” National Award are participating in the dedication of a Freedom Shrine and a net gain of two club members for the year. Additional requirements for the “Big E” are listed in the back of your District Roster. Make obtaining the “Big E” your club’s goal for the new Exchange Club year.



(Lf. – Rt.) Exchange members Nancy Trimble, Susan Brewer, Carol Dees, Gail Roberts-House, Carol Veneris, Bill Trimble, Pat Garvey, Steve Geiger and Marie Warren with two students who presented.

Exchange Club of Hampton Roads Networking – Installs new Board Members and Officers

Bob Moore installed new board members and new officers for the club at the June 6, 2022, meeting of the Exchange Club of Hampton Roads Networking.

Exchange Club of Lynchburg – Making a Difference

At their June 17, 2022, meeting, the Exchange Club of Lynchburg recognized one graduating senior with an ACE scholarship, and two graduating seniors with scholarships based on academic achievement and service to their community. Congratulations to the recipients. The club also had an excellent speaker, Dr. Andrew Moroz, at the meeting who talked about his mission to Ukraine.

Dr. Moroz is from Ukraine and came to America when he was eight (8) years old. He is the Lead Pastor for Gospel Community Church, which has two campuses, the Rivermont Avenue Campus, and the College Hill Campus. He shared some of his experiences from his first mission trip to Ukraine and immediately left the Exchange Club meeting to catch a flight to Ukraine for his second mission trip there. Dr. Moroz took much needed supplies to the people and checked on relatives and friends that are there. The Exchange Club of Lynchburg is grateful to Dr. Moroz for rearranging his busy schedule to speak at their meeting.

The club has had several Veteran projects this summer, including a visit to Valor Farm and the National Center for Healthy Veterans which they support, and supporting Veterans’ Appreciation Night at the Bank of the James Stadium, formerly known as Lynchburg City Stadium.



(Lf. – Rt.) Club Officers: Secretary, Jane Ables, Treasurer, Debbie Stoddard, Installing Officer Bob Moore, and Board member, Kevin Green.



Dr. Andrew Moroz

Exchange Club of Poquoson – Meeting the Needs of the Community



The Exchange Club of Poquoson continues to have a calendar full of projects including youth projects community service projects and fundraising projects. They support the mobile food bank, build handicapped lifts, help clean-up the Women’s Club where they meet, give out American flags, and improve the city sign area. Their big spring fundraiser was a successful golf tournament. The money they raise and the time they give continues to make a big impact in supporting the needs of their community. They ended their year with a BBQ picnic and Installation of Officers.

Claude Carmack, Exchange Club of Lynchburg, presents the Virginia District Exchange Clubs Home Club Banner to Carol Wood, President of the Virginia District Exchange Clubs, and member of the Exchange Club of Poquoson.

Clubs in Action

Exchange Club of Wythe - Awards Scholarships

On April 28, 2022, the Exchange Club of Wythe honored four graduating seniors with \$2,000 scholarships based upon their outstanding academic achievement and service to their community. Congratulations to the recipients.



First row (Lf. – Rt.) Marcus Triggs (Hampton High), Kayla Wiggins (Phoebus), Kendall Jones (Bethel), and Zomara Lee (Kecoughtan). Row two, there to support them are their administrators and Hampton City Schools' Superintendent, Dr. Jeffery Smith.

Exchange Club of Wythe – Yard Sale

On May 21, 2022, the Exchange Club of Wythe held its Spring plant/yard sale fundraiser. The weather was hot and humid, but it did not deter eager customers looking for a bargain. They are thankful to their supportive community and hardworking members for making it their most profitable sale yet!



Yard sale - set up and waiting for customers to arrive.



Virginia District Exchange Clubs' Convention – “Reunited and it Feels so Good”

The Virginia District Exchange Clubs' 2022 Convention was held on Saturday, June 4, 2022, at the Hilton Garden Inn in Lynchburg, VA. The District Board Meeting was held prior to the convention on Friday evening followed by a chance to “reunite” in the hospitality room using the theme for the weekend, “Reunited and It Feels so Good!”

The convention had excellent educational speakers, beginning with National Representative Jennifer Sweney, Region 7 Vice President, who gave an update from National, spoke on “Grow your membership” and included handouts to share with the local clubs. The “One Nation Under God” luncheon speaker was David Harker who spoke about his combat and POW experiences and his continued service to God, family, and country. He emphasized the inherent goodness of America that is Biblically based; we feed and clothe the poor (Matthew 24) and we love one another (John 15). Our third guest was Billy Wineholt, Region 11 Vice President who reminded members he is available to visit and help the clubs and reminded us that he is working on a joint educational conference for the region, designed to increase the benefit to each District in Region 11.

The afternoon session included the presentation of awards to the Distinguished Virginian, ACE winner, Exchangeite of the Year and Honor Roll recipient, the Installation of Officers 2022-2023, and a Memorial Service for the loss of our Exchange Club friends over the past two years.

Hospitality Room



David Burch seated in the “King’s Chair”!

Exchange friends from across Virginia, Jesse and Carol Wood (Poquoson) and Mike Spencer (Lynchburg). →



Mike Spencer (lf.) enjoys chatting with Thomas Creasy.

Virginia District Exchange Clubs' Convention – "Reunited and it Feels so Good" (con't from page 6)

Speakers



Billy Wineholt, Region 11 Vice President.



Jennifer Sweney, Region 7 Vice President



"One Nation Under God" speaker, David Harker

A small Gideon New Testament helped him survive 5 years in a POW camp.

Lunch Break!



(Front to Back) Alma Dietz, Sue Wineholt, Billy Wineholt, Richard Dietz, Jennifer Sweney and Thomas Creasy.

Installation of Officers



Jesse Wood pins President Carol Wood.



Carol Wood pins newly elected President-elect Jesse Wood.



Immediate Past President Lynne Creasy pins Secretary William (Bill) Trimble.



Immediate Past President Lynne Creasy pins Treasurer James (Jim) Puckett.



Thomas Creasy pins Immediate Past President Lynne Creasy.

Virginia District Exchange Clubs

Carol Wood, District President
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Mechanicsville, VA 23111-6921

WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2022-2023 Calendar

October 1, 2022	Virginia District Board Meeting-Hybrid,* Hampton Baptist Church, Hampton, VA
October 8, 2022	Court of Honor Induction, Toledo, OH
October 22, 2022	National Day of Service
November 15, 2022	Form 990 due to IRS with copy sent to District and National
November 30, 2022	Distinguished Virginian Application Due
December 1, 2022	District Exchange of the Year Application Due
January 27-28, 2023	District Mid-Winter Conference and Board Meeting, location to be announced
April 22, 2023	Virginia District Board Meeting-Hybrid,* Hampton Baptist Church, Hampton, VA
April 30, 2023	Following Due: Election Reports due to National ACE and Youth of the Year Applications
May 12, 2023	All American Volunteer Application Due
June 2-3, 2023	Virginia District Convention and Board Meeting, location to be announced
June 30, 2023	Conduct a Program Development Meeting for the year 2023-2024
June 30, 2023	Quality Club, Outstanding Club Bulletin, Outstanding District Director, Outstanding Club President, Outstanding Club Secretary, and Outstanding Treasurer Award applications Due

*In person/zoom

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