



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

August 1, 2023

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE



Welcome to our 85th year! I am honored to be chosen by you to lead us through the next year. I love Exchange and am dedicated to its success as I am sure you are, or you wouldn't be here. Last year proved that you were dedicated to Exchange. We won the Outstanding District Award for 2022-2023. Way to go Virginia!! I am looking forward to seeing us continue to succeed and grow in Exchange.

I would like to introduce this year's board - President-Elect Jesse Wood, Treasurer Claude Carmack, Secretary Bill Trimble, and Lynne Creasy Immediate Past President. Our District Directors returning this year are Division 2 Steve Geiger, Division 5 Phil Everhart, Division 6 Margaret Moore, and Division 7 Marie Warren. Joining our team as District Director in Division 1 is Judy Goding. Welcome to the team Judy! 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, update and continue our website and Facebook presence, and continue to grow our District by actively building new clubs and helping to strengthen our existing clubs. I am here to support and be there for every club. One way that I can support and get to know your club is to visit. So please send me those invitations. I thank the clubs that have already invited me this year and for all the great times we have had so far! I expect to visit many more times this year.

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. Achieve the National Service Award and the Big "E" Award. Grow your clubs by at least 2 members. More are a bonus and are greatly appreciated which benefits us all.

I am a firm believer that 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, 2023-2024

Virginia District Exchange Clubs Foundation

Enthusiastic participants in a 50/50 raffle, eager bidders for silent auction items, and a challenge to match \$500.00 held at the Virginia District Convention helped raise a total of \$2,565.00 for the Virginia District Exchange Clubs Foundation. The Foundation provides monies for the district's scholarship winners. As college expenses continue to rise, it is our hope that the Virginia District Foundation funds will continue to grow, and scholarship amounts can be increased. Special thanks to the Exchange Clubs and individuals that provided donations for the silent auction, to those who purchased raffle tickets, and all who helped meet the matching challenge.

If you were unable to attend the convention and participate in the exciting fundraisers, the foundation continually accepts contributions. Please consider the Virginia District Exchange Clubs Foundation in your club and personal giving plans. Contributions may be made payable to VDECF and mailed c/o Claude Carmack, 5604 Cold Harbor Rd., Mechanicsville, VA 23111.

Editor's Note

A cliché is a trite expression that as beginning writers our English teachers cautioned us not to use. We were encouraged to be more original. However, clichés can be found in literature and serve the purpose of expressing concepts without having to elaborate. If you grew up in the South, you probably heard a lot of clichés, often referred to as “old sayings”. Parents found them useful when getting a point across to children in a short, concise way. “Honesty is the best policy,” and “One bad apple can spoil the whole barrel” are two that come to mind. In meeting our Virginia District Exchange goal of **growth** this past year some of these timeworn expressions came to mind... so pardon me while I digress... “Where there is a will, there is a way,” “You can do anything you set your mind to,”, and “Many hands make light work”. I hope these three clichés resonate with each of you as we set our **goal of continued growth** this year.

Scholarships – Investing in Our Youth

Youth of the Year Award Winner



Exchange member Nancy Trimble presents the Youth of the Year Award to Alyssa Wright.

The Youth of the Year recipient for 2022-2023 is Alyssa Wright. Alyssa graduated from Poquoson High School where she was involved with the National Honor Society, the Spanish Honor Society, the History Honor Society, and the Math Honor Society. Additionally, she was President of the Exchange Excel Club, drum major in the marching band, Exchange Club of Poquoson's student of the month in April, dance team captain, and band section leader, just to name a few of her many personal achievements. Her community service activities include an impressively long list of volunteer hours with the Excel Club, at her church, and through the National Honor Society. She will be attending Liberty University in the fall, where she will major in psychology and minor in apologetics. Alyssa was sponsored by the Exchange Club of Poquoson.

Accepting the Challenge of Excellence (ACE) Award Winner



Exchange member Mike Spencer presents the ACE Award to Lacey Campbell.

The ACE Award Winner for 2022-2023 is Lacey Campbell. Lacey is an outstanding young lady who has worked hard to overcome multiple obstacles in her life and has flourished in the process. She has had to overcome two learning disabilities and endure the loss of her home and family dog due to a house fire when she was in middle school. She has persevered, kept a positive outlook on life, and excelled academically. She has been able to participate in organizations such as the National Honor Society and participate in sports as a member of the girls' soccer team at her high school. After graduation from Amherst County High School, Lacey will continue her education at Virginia Tech where she plans to major in Hospitality/Business Management. Lacey was sponsored by the Exchange Club of Lynchburg.

Both young ladies attended the Virginia District Convention in Newport News, VA with their parents where they were awarded plaques and their scholarship monies. These students who have worked their way from the club level to the district level were entered in the National competition.

Inspirational Quote

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead (1901-1978) American anthropologist

Recognizing Outstanding Individuals in Our Communities

Distinguished Virginian Award



The recipient of the Distinguished Virginian Award for 2022-2023 is a couple this year! Dave and Marcia Austin are Co-Presidents of the Hampton, Virginia Chapter of Sleep in Heavenly Peace. Dave and Marcia started with Sleep in Heavenly Peace (SHP) in 2018 after seeing a show on Facebook called “Returning the Favor”. Three months after seeing the show, they traveled to Twin Falls, Idaho for training, and the VA-Hampton Chapter was officially established on May 19, 2018, as the first chapter in Virginia. The organization believes in the mission of getting children off the floor into beds. Having a bed to sleep in provides a basic need for the physical, emotional, and mental support of a child. Dave and Marcia’s mission is to see that “NO KID SLEEPS ON THE FLOOR IN OUR TOWN!” The sturdy beds are built,

assembled, and delivered by volunteers and come complete with a mattress, sheets, blankets, and a pillow. According to Dave, “Nothing compares to seeing the joy on the kids’ faces once the beds go together and they realize that it’s their bed.”

David was on the worksite that was assembling beds and Marcia was on her way back to the site on the day the award was presented. What a dedicated couple!

Dave is a native of Suffolk, Virginia. He works as a Maintenance Technician and Machinist for the Hormel Foods Company at the Planter Peanut facility in Suffolk. He is a veteran of the U. S. Air Force. He graduated from ECPI.

Marcia is a Native of Mesa, Arizona, but moved to, and grew up in York County, VA from age 8 as the child of an Air Force Veteran. Marcia works for Hampton City Schools as the School Financial Specialist at the Hampton Adult and Alternative Learning Center.

Recognizing Members of Exchange for Outstanding Service

Honor Roll



*Honor Roll Recipient Jim Puckett (Lf.)
with Past National President Claude
Carmack.*

Acceptance into the Virginia District Honor Roll recognizes a superb member of Exchange who has made a long-term contribution to Exchange at both the local level and District or National level. No more than two can be honored each year. This year two outstanding individuals were recognized. They are Jim Puckett and Lynne Creasy.

Jim Puckett joined the Exchange Club of Wythe on January 18, 2005, and has been an active member ever since. He is active in every aspect of Exchange. His involvement in three areas stand out and are worthy of mention: 1) He faithfully attends and involves himself in construction of the ramps that the club builds when a city approved need is established. Jim, along with six to ten members use their skills on this project. 2) He is very involved in the club’s Christmas Tree Sales Fundraiser that lasts from Thanksgiving through Christmas week. He signs up for the expected eight three-hour shifts. This project also involves planning during the year, maintaining and/or replacing equipment, and it takes manpower. Jim is always in the mix. 3) Jim contributes to the assembling and installation of the club’s Freedom Shrines. He is also the planner and organizer for this project. Jim and his crew use their skills and talents to meet the challenges of this project and make the club proud of their professional job. Additionally, Jim has served as the club treasurer since 2013 and is actively involved with the Budget and Finance Committees. On the District level, he has been District Treasurer and Chairman of the Budget and Finance Committee (2019-2023). He regularly attends District Conventions and most District Mid-Winter Conferences, and he attended the National Convention in Norfolk, VA (2019). Awards he has received include Club Exchangeite of the Year (2013), District All-American Volunteer of the Year (2016), and National and District Awards as Club Treasurer (2013-present).

Assembling and installation of the club’s Freedom Shrines. He is also the planner and organizer for this project. Jim and his crew use their skills and talents to meet the challenges of this project and make the club proud of their professional job. Additionally, Jim has served as the club treasurer since 2013 and is actively involved with the Budget and Finance Committees. On the District level, he has been District Treasurer and Chairman of the Budget and Finance Committee (2019-2023). He regularly attends District Conventions and most District Mid-Winter Conferences, and he attended the National Convention in Norfolk, VA (2019). Awards he has received include Club Exchangeite of the Year (2013), District All-American Volunteer of the Year (2016), and National and District Awards as Club Treasurer (2013-present).

Honor Roll (con't from page 3)



Lynne Creasy joined the Exchange Club of Lynchburg on March 21, 2008, and has been a very active member, serving as Club President (2013-2015) and (2018-2019), serving on the club fellowship committee (2016-2017) and the new club building committee (2016-2017). On the District Level, she served as President-Elect (2019-2020) and President (2020-2022). She attended District Conventions (2019 - 2022) and District Mid-Winter conferences (2019-2022). She has attended three National Conventions (2019, 2020, 2022). Club awards she has received include Exchangite of the Year (2013) and the Distinguished /Outstanding Club President's Award (2013-2015 and 2019). Lynne is hardworking, enthusiastic, and dedicated.

Virginia District Convention Celebrates Growth!

Balloons swaying in the air, a colorful banner hanging on the wall, and lots of red, white, and blue throughout signaled that something special was going to happen at the Virginia District Exchange Clubs 84th Convention. The convention, held on June 2-3, 2023, in Newport News, Virginia, was led by our superb cheerleader, President Carol Wood, and we celebrated our **District's growth and accomplishments - the largest absolute number of any district in the nation (+73 as of June 30th), and the largest percentage in the nation (25.4%)!** Under her continued leadership for the Exchange year 2023-2024, we are revved-up and ready to keep up the momentum! It is an exciting time for the Virginia District!

Twelve clubs were represented at the convention and there were seven first timers in attendance! Guests included Billy Wineholt, Region 11 Vice President, Kara Wright, candidate running for the office of Region 11 Vice President, and Barbara Orr, National Exchange Club and National Exchange Club Foundation Treasurer. Guest speaker Marcia Austin gave a slide presentation about the Sleep in Heavenly Peace Organization and guest speaker Rebecca Krupa of Sky's the Limit, a Direct Sales and Marketing Company, spoke about overcoming labels, natural healing, the power of positivity, and accomplishing what you want with a simple mind shift!

A big thank you to the Exchange Club of Poquoson who hosted the hospitality room, providing a welcoming place to relax and mingle with members and guests. The weekend concluded on Saturday evening with the installation of new officers and directors for 2023-2024.

We welcome you to join in on all the fun, fellowship, and experiences Exchange offers. Plan now to join us at District functions as we head into our 85th year!



*Getting to know Exchange Friends!
(Lf. - Rt. Front table) Alma Dietz,
Richard Dietz, Gayle Robertson-
House, Mike Spencer, Ralph Law-
son, Barbara Orr.*



*(Lf. -Rt.) Ready to take notes, per-
haps! Bob Moore, Steven Kreiger and
Jesse Wood.*



*Time for Lunch! (Lf. -Rt. Front table) Carol Dees, Elaine Doxey
and Mary Britt.*

Installation of Virginia District Officers



Barbara Orr, National Exchange Club Treasurer and National Exchange Club Foundation Treasurer, installed the new officers for the year 2023-2024 on June 3, 2023, at the Virginia District Exchange Clubs 84th Convention in Newport News, VA. Barbara joined Exchange in 1991. She is a self-employed CPA, and resides in Mooresville, NC. She has one daughter.

Virginia District Board Executive Committee Officers



President-Elect Jesse Wood and President Carol Wood.



(Lf. -Rt.) Secretary Bill Trimble and Treasurer Claude Carmack.



VP for Foundation Education Susan Brewer

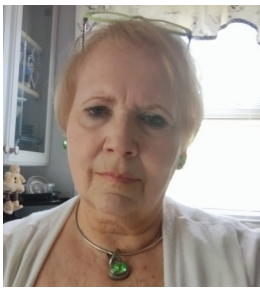


VP for Training and Education Bob Moore.



Immediate Past District President Lynne Creasy

Virginia District Board of Directors



*Division 1
Judy Goding*



*Division 2
Steve Geiger*



*Division 5
Marie Warren*



*Division 6
Phil Everhart*



*Division 7
Margaret Moore*

Leadership Training

The Virginia District Exchange Clubs held their leadership training for all club officers on June 13, 2023, in Hampton, VA. and via Zoom. The training is designed to help officers understand their responsibilities and become better Exchange leaders, ultimately leading to a successful year in the District.

Officers from the Exchange Excel Club of Poquoson High School had excellent attendance. How thrilling to see these young people take on the task of leading their club successfully in the upcoming year. The volunteer “bug” has bitten these wonderful young people and they are off to a great start planning and preparing for a successful year of service to their community. This kind of dedication bodes well for the future of their Excel Club.



Exchange Club of Hampton Roads Networking attendees: President-Elect Kevin Green and Treasurer Mary Green.



Exchange Excel Club of Poquoson High School attendees: (Lf. - Rt.) President Isaac Wines, Treasurer Zak Kendrick, Newsletter editor Haley Davis, (not pictured Secretary Samuel Nelson).

Clubs in Action

Exchange Club of Lynchburg Installs Freedom Shrine

The Exchange Club of Lynchburg completed the installation of a Freedom Shrine on June 5, 2023, at Virginia Episcopal School in Lynchburg, VA. This is the 30th Freedom Shrine installed by the Exchange Club of Lynchburg!

“The Freedom shrine is an impressive display of a collection of historic document replicas that serves to remind all of us of the great efforts that have been taken to ensure our freedom. The Freedom Shrine originated with the Freedom Train that toured the nation in 1947 carrying an exhibit of historic documents. It serves as an educational tool in schools and as a motivational display in public arenas.”

Source: National Exchange Club Website.



Exchange Club of Gloucester-Mathews – Showing their Awesomeness!



Did you know that our newest club won the “Exchange Awesome” Award the week of March 12-18, 2023? They showed their awesomeness by sharing their pictures and videos with the Exchange Club Members Facebook Group – be sure to look at it. Each week the National Exchange Club chooses a winning club, and the winner receives a \$25.00 Exchange Marketplace credit. Congratulations to the Exchange Club of Gloucester-Mathews for their Awesomeness!

Not only are they awesome but this energetic club does not sit still! They have formed a partnership with GUEST to help supply needed resources for the homeless. They donated an air fryer to the facility and a microwave to a guest moving into a permanent home. Also in May, they volunteered to help Mount Zion United Methodist Church install extended gutters, helped the first annual Gloucester Farmers’ Market setup (which they continued in June), and planted American flag gardens in front of Patriots Grill and Walmart Circle. In June, with the assistance of the children of Matthews Boys and Girls Club, they planted a blue pinwheel garden outside their club and gave the children summer gift baskets as a thank you! The baskets were also given to Social Services of Gloucester and YMCA in Mathews for distribution. In July, they planted an American flag garden at the YMCA in Mathews for July fourth. The children of the Boys and Girls Club enjoyed helping with this project. Wow, what great projects!

They held their 1st annual BBQ & Bags Event on June 24. This event included a cook-off tournament, cornhole tournament, petting zoo, vendors, and children’s games – something for everyone! They had great support from local business sponsors. This fundraiser raised over \$4,000.00. Their next fundraiser will be a yard sale on August 12, 2023, at Singleton United Methodist Church, Wareneck, Virginia. Monies are used to support needs in the community.

American flag garden planted on Memorial Day.



Justin from the YMCA posing next to one of the summer gift baskets.

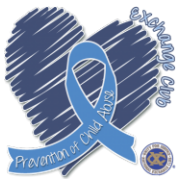
Exchange Club of Poquoson

The club ended 2022-2023 with a well-attended picnic and installation of officers for 2023-2024, and began their new year “on a roll,” increasing membership, raising funds, and giving back to the community in countless ways. Recent projects for the youth included awards, scholarships, supplying graduation cords for the Excel Club, and donating to Boys State. Recent community service projects included supporting the mobile food bank, installing lifts for the handicapped, beautifying the city sign area with flowers, donating plastic bags, donating to the Poquoson Museum, helping the Woman’s Club with their clean-up day, and recruiting at the Farmers Market. Recent fundraisers included the Golf tournament (over \$8,000.00), Raffle Ticket Sales (\$4,000.00), and Langley Speedway 50/50 Raffle (\$400.00). Wow!



President Jesse Wood presents check to Frank Rezek for the Poquoson Museum.

Child Abuse Prevention



A big thank you goes out to Donna Hodges for a job well done! She has served as the CAP representative for the Virginia District the past three years, sending timely and much needed information about the prevention of child abuse. Her dedication and passion have been unwavering. Donna has agreed to continue a little longer while the search continues for a new CAP representative. As always, her communication was sent right on time in June and July.

June: Valuable information was shared on techniques for teaching children how to deal with conflict. Source: Child Mind Institute. This life skill is needed more than ever as we witness the loss of this skill in our society, resulting in uncivilized behaviors. A second life skill discussed was to always look for the good. It makes a huge difference in quality of life, and it is a valuable trait that needs to be passed on. Examples include kindness, patience, compassion, a door held open, a friendly smile, neighbors enjoying conversations, beauty in our surroundings.

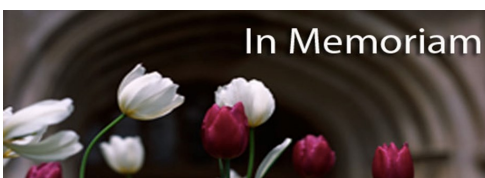
July: *11 Tips on Building Self-Esteem in Children* by Randi Chapnik Myers, and a book by Jim Taylor, *Your Kids Are Listening: Nine Messages They Need to Hear from You* were discussed. Did you know to build self-esteem, stepping back and letting children take risks, make choices, solve problems, and finish what they start – all of which help children become competent in the world are better than heaping praises for everything they do?

National Convention – Phoenix, AZ

District President Carol Wood and District President-Elect Jesse Wood, Exchange Club of Poquoson, were honored to represent the Virginia District at the National Convention. They had a wonderful time and came home with a suitcase full of awards for our awesome Virginia District, Clubs, and individual members of Exchange.

Virginia District Exchange members are looking forward to another awesome year of success!

The November 2023 *Exchange Across Virginia* newsletter will recap convention details.



We are saddened to learn of the death of two Exchange Club friends after *In Memoriam* was published in the May 1, 2023, *Exchange Across Virginia*.

Myrtle Irene Griffin Smith - May 8, 2023 – Past member, Exchange Club of York.

P. Gregory McCarthy - Exchange Club of York. Greg was active on the Local and District Levels for over fifty years. He was a Volunteer Field Representative, Exchangite of the year (1995), inducted into the District Honor Roll (2002), and attended most District and National Conventions.

Virginia District Exchange Clubs

Carol Wood, District President
5604 Cold Harbor Road
Mechanicsville, VA 23111-6921

WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2023-2024 Calendar

| | |
|---------------------|---|
| July 31, 2023 | Last day to complete club officer training on Exchange Educational Portal |
| October 7, 2023 | Virginia District Board Meeting, Hampton Baptist Church, Hampton, VA |
| October 22, 2023 | National Day of Service |
| November 15, 2023 | Form 990 due to IRS with a copy to District and National |
| November 30, 2023 | Distinguished Virginian Application to Alma Dietz |
| December 1, 2023 | Exchangite of the Year Application due to Claude Carmack |
| January 19-20, 2024 | District Mid-Winter Educational Conference at Poquoson Woman's Club/Poquoson Yacht Club |
| April 20, 2024 | Virginia District Board Meeting, Hampton Baptist Church, Hampton, VA |
| April 30, 2024 | Election Reports due to National ACE Award Application Due to Mike Spencer Youth of the Year Application due to Nancy Trimble Honor Roll Application due to Claude Carmack |
| May 31-June 1, 2024 | Virginia District Convention and Board Meeting, Location TBD |
| June 15, 2024 | District Officer Training, Hampton Baptist Church, Hampton, VA |
| June 30, 2024 | Conduct a Program Development meeting District Awards due to Susan Brewer |
| July 10-13, 2024 | National Exchange Club Convention, San Antonio, TX |

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