



# EXCHANGE ACROSS VIRGINIA

THE VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

NOVEMBER 1, 2019

EDITOR: FRANCES CARMACK

## PRESIDENT'S MESSAGE

We are now well into the 81<sup>st</sup> year of the Virginia District Exchange Clubs. Much has occurred in the past almost four months. Currently we are down 15 members as of October 1<sup>st</sup> in traditional club membership. The York Club has decided to cease operation and we are currently working on a plan to either rebuild the club or build a new club in the area. There are two other club building efforts that are ongoing. We are working on a new club in the Norfolk/Virginia Beach area and a new club in Gloucester. If you know of anyone who would be interested in being a part of any of these three clubs in particular, please let Carol Wood, Claude Carmack, or me know.

A good number of our clubs have already won the National Service Award for this year. Congratulations to them! As your club completes projects and fundraisers, please enter them into the National website. This information is useful and necessary for National to use in applying for grants or other monetary awards to help us continue to do the good work in our communities. If you need help in submitting your projects, contact your Division Director. We are here to help and assist.

I will be contacting each club to find a time that will be convenient for me to meet with them at either a meeting or event. Please let me know of your upcoming activities and if I am able, I will attend. I have been to several Charter Night celebrations and look forward to visiting all our clubs in the District. My email is [wtrimble1@verizon.net](mailto:wtrimble1@verizon.net) and my cell phone number is 757-810-1370. Together, we can do great things and make our communities even better places to live.

Please be reminded of several deadlines that are approaching. The IRS Form 990 is due by November 15. It is generally an online postcard for most clubs. **(Be advised that failure to file the 990 for three consecutive years will result in forfeiture of your club non-profit status by IRS).** Please submit a copy of the 990 to both District Treasurer Jim Puckett, ([cvc73@aol.com](mailto:cvc73@aol.com)) and National ([finance@nationalexchangeclub.org](mailto:finance@nationalexchangeclub.org)). Your club submission for the Exchange of the Year is due to Glenda Hall ([glendajhall@comcast.net](mailto:glendajhall@comcast.net)) and the Distinguished Virginian to Mary Britt ([brittm2t@gmail.com](mailto:brittm2t@gmail.com)) by November 30, 2019.

You will hear me say this over and over again: 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  
2019-2020

## Webmaster Needed



**Webmaster:** Virginia District Exchange Clubs needs a Webmaster. Includes set up and maintenance. If interested, please contact Bill Trimble [wtrimble1@verizon.net](mailto:wtrimble1@verizon.net).

## Editor's Note

I hope you immediately noticed the new, updated look of *Exchange Across Virginia*. It is the first color enhanced edition of the Virginia District Newsletter. Hopefully "the new look" will entice you to read about the many things that Exchange does and perhaps give you ideas for things your club can do. I hope that as you read *Exchange Across Virginia*, you will be proud of your membership in this outstanding organization and share the newsletter enthusiastically with others who may be interested in Exchange.

Remember to send pictures, articles and other information of interest to [frances@carmackcpa.com](mailto:frances@carmackcpa.com) or to 5604 Cold Harbor Road, Mechanicsville, VA 23111.

## Yes Virginia, There is a Foundation!

Yes, we have a new foundation! The Virginia District Exchange Clubs Board of Directors authorized the establishment of a foundation to support the youth scholarships awarded by the Virginia District each year. In August 2019, the Virginia District Exchange Clubs Foundation, Inc. (VDECF) was established and approved by the Internal Revenue Service as an IRC Section 501(c)(3) not for profit non-stock corporation. In other words, VDECF can receive tax deductible charitable contributions from individuals, businesses, clubs and other entities.

For many years, the District has provided a \$1,000 scholarship, paid out of the operating budget, to the District Youth of the Year and ACE award winners. However, the current district budget cannot support these scholarships. To be able to continue paying for these scholarships, the District would have to increase membership dues. This was not a desirable option. Thus, the board approved the establishment of the foundation. Hopefully, for the year 2019-2020, the foundation can pay for the scholarships and raise enough money to increase the amount of the scholarships. The purpose of the VDECF is to support the youth scholarships and other programs of Virginia District Exchange Clubs as approved by the board of the VDECF.

The VDECF will be setting up the procedures for the clubs to pass through the foundation the charitable contributions they receive at no cost to the clubs. For example, if someone wants to give a club money and would like for it to be a charitable contribution, the club could have the individual contribute to the VDECF and the club would apply to the foundation in the form of a grant. If the grant is within the purpose of the foundation and approved by the board of the foundation, the foundation would reward the grant to the club. The VDECF will not charge a fee for this benefit.

We are asking the members of Exchange and clubs in the Virginia District to support the youth scholarships by giving to the VDECF. This will be a tax-deductible donation for individuals and businesses. It will be a good investment for the clubs to support the foundation. Please consider the VDECF in your giving plan. Please make checks out to VDECF and mail to:

VDECF  
5604 Cold Harbor Road  
Mechanicsville, VA 23111

## Virginia District Exchange Clubs Foundation Elects Officers

Officers for the new Virginia District Exchange Clubs Foundation were elected at the October 19, 2019 Virginia District Exchange Clubs Board meeting. They are President, Susan Brewer; Secretary, Marie Warren; Treasurer, Claude Carmack; and board members Mike Spencer and Lynne Creasy.

## Facebook

Did you know that the Virginia District Exchange Clubs is on Facebook? Send pictures and messages that you would like added to the District's page to Jesse Wood [jwood481@verizon.net](mailto:jwood481@verizon.net). Also, be sure to "like us" on Facebook. It's a fantastic way to let others know about the great things The Virginia District Exchange Clubs do to improve the lives of others throughout our communities.

## Awards

In addition to the many 2018-2019 award winners recognized at the 101st National Exchange Club Convention and listed in the August, 2019 edition of *Exchange Across Virginia*, there are additional winners that need to be congratulated and thanked for a job well done.

- Distinguished Club Secretary Award: Michael Staley, Exchange Club of Lynchburg; Judy Torrey, Exchange Club of Peninsula Networking; and Amber Hodges, Exchange Club of Wythe.
- Distinguished Club Treasurer Award: Joan Silver, Exchange Club of Lynchburg and Jim Puckett, Exchange Club of Wythe.
- Individual Membership Award: Carol Wood, Exchange Club of Poquoson (3 members' pin).
- Club Superior Membership Achievement Award: Exchange Club of Poquoson (Net increase of 8 and 90% retention).
- Club Excellence Award: Exchange Club of Poquoson.

## Member Spotlight - Fred H. Norvelle



Fred Norvelle was urged by John Gleason, a long-time Exchange member, to join the Exchange Club of Lynchburg, and as Fred states, "I finally did". Fred joined the club on December 1, 1969. During his fifty (50) years as an Exchangite, he has had the honor of serving as President, President-Elect, Treasurer and Board Member. He has enjoyed the friendships incurred in Exchange and he was particularly impressed by the Healing Field project and the veterans' bus trips to Washington. The veterans got to see the monuments; something they appreciated very much.

Fred was educated at Lane High School and furthered his education at the University of Virginia, where he received a BS Degree in Commerce. He worked with others before operating his own CPA firm. Fred served in the United States Navy for four years. In his community, he has served as President of the Lynchburg Estate Planning Council, President of the Lynchburg Chapter of the UVA Alumni Association, member of the Board of Central Virginia Community College and member of the Board of Historic Sandusky. Presently, he serves as Head Usher and Board Member at the Chestnut Hill United Methodist Church where he and his family are members. His hobbies include most sports, old westerns, detective stories and World War II movies and magazines.

He and his wife, the former Sue Chapman, reside in Lynchburg, Virginia. They have been married for sixty years and have two children, Tom and his wife Tracey and Terry and her husband Ken Palazzi. They are the proud grandparents of three, Will Norvelle and Chris and Joe Palazzi.

## Welcome Billy Wineholt - Our New Region 11 Regional Vice President

Billy Wineholt was elected as Region 11 Regional Vice President at the July 2019 National Exchange Club Convention in Norfolk, Virginia. Region 11 includes the Virginia, Mid-Atlantic and New Jersey/New York Districts. These Districts currently have clubs in Virginia, Pennsylvania, Maryland, New Jersey and New York.

Billy is a member of the Exchange Club of Hanover, Pennsylvania, where he has been an active, dedicated member since 2003. Offices held at the club level include Board of Directors, President-Elect and President. He has chaired several committees at the club level including the Builders Home and Garden Show, the 10<sup>th</sup> Anniversary Healing Field and the 15<sup>th</sup> Anniversary Healing Field. At the District Level, he served on the Board of Directors and held the offices of President-Elect and President.



Additionally, Billy is active in the community having been a Wrestling Coach for the Hanover YMCA for seven years, South Western Youth Coach for four years, and Youth Football Director for five years. He was also on the Building Committee for the Red Cross, 2002-2005 and Consistory of St. David's United Church of Christ and Consistory President from 1996-2006.

## Welcome Billy Wineholt - Our New Region 11 Regional Vice President (con't. from page 3)

Awards Billy has received include YMCA East Region Facilities Director of the Year, 1998; Exchange Club of Hanover Exchangite of the Year, 2006-2007 and 2011-2012, and Mid-Atlantic Exchangite of the Year, 2009.

Billy recently retired from the Hanover YMCA Association where he was the Property Director. He and his wife Susan live in Hanover, Pennsylvania. They have two adult children, Brad and Stacie, and are the proud grandparents of grandson, Myles.

## Congratulations to the 2019 Court of Honor Inductees



We are very proud of Susan Z. Brewer and William F. (Bill) Trimble from the Virginia District who were among the five outstanding 2019 Court of Honor inductees given permanent recognition at a special ceremony on Saturday, September 28, 2019 in Toledo, Ohio. In addition to Susan, a member of The Exchange Club of Peninsula Networking and The Exchange Club of Hampton, VA and Bill, a member of The Exchange Club of Downtown Hampton and The Exchange Club of Wythe, Hampton, VA, other inductees included Elizabeth Grantham, Exchange Club of Isles of Palms; Evening Exchange Club of Charleston; Exchange Club of Berkeley County, SC; Clifford F. Kiernan, Exchange Club of Naugatuck, CT; and

Jeffrey L. Young, Exchange Club of Hancock County and Exchange Club of Johnson County, IN.

Tracey Edwards, National Exchange Club CEO, introduced each presenter, followed by each presenter introducing an inductee. The presenters briefly talked about the accomplishments and attributes of the inductees. Past National Exchange Club President Claude Carmack presented Susan Brewer; Past Region 11 Regional Vice President Bob Moore presented Bill Trimble; Past National Exchange Club President Dan McQueeney presented Elizabeth Grantham; Cliff Kiernan's daughter spoke on his behalf; and Past National Exchange Club President Tom Karnes presented Jeff Young. After the introductions, each inductee spoke briefly, followed by National Exchange Club President Russ Finney presenting each inductee with a Court of Honor lapel pin and a replica of the "Birth of the Atomic Age" statue. The accomplishments of these five outstanding Exchangites both individually and collectively are impressive and inspiring, and it is fitting that they received the highest and most lasting recognition an Exchangite can receive.

Due to threatening rain clouds, the ceremony and the social gathering were held inside the National Exchange Club Headquarters in a beautifully renovated room that looks onto the courtyard. The courtyard is a lovely area with a statue, "Birth of the Atomic Age," created by renowned sculptor Marshall Fredericks, a refectory pool with a flowing fountain and a backdrop of seven granite pylons. Court of Honor recipients' names are permanently etched on the pylons. During the gathering, honorees and their guests were given the opportunity to tour the National Exchange Club Headquarters building.

The weekend concluded with an evening meal at the Detroit Metro Airport Marriot. The inductees and their guests were seated together for good food and fellowship, and guests were given an opportunity to speak informally and have a little "fun" at this event. Claude and Frances Carmack relayed a few funny stories that had happened to Susan at past Exchange Club events. Bill's daughter, Sarah, shared a few things that she and her sister enjoy doing with their dad, and Nancy, Bill's wife, told a few funny stories including sharing her life with Bill's other woman – Mrs. (first name: Exchange) (last name: Club).



Lf.: Susan Brewer, Court of Honor Honoree.

Rt.: Bill Trimble, Court of Honor Honoree with his wife, Nancy and daughters, Sarah Puckett and Betsy Trimble.



## Congratulations to the 2019 Court of Honor Inductees (Con't. from page 4)

### Celebration Dinner Honoring the Court of Honor Inductees



Lf.-Rt.: Susan Schwartz, Sarah Puckett, Betsy Trimble, Nancy Trimble, Bill Trimble, Bob Moore, Ray Carlson, Marge Sharlow and Marc Schwartz.



Lf.-Rt.: Russ Finney, Steve Douglas, Jill Douglas, Susan Brewer, Jim Brewer, Frances Carmack, Claude Carmack, Billy Wineholt, Ed Harvey and Kathie Finney.



### Spotlight on Clubs

#### Exchange Club of Lynchburg Child ID Program

On Saturday, August 17, The Exchange Club of Lynchburg, along with numerous vendors and organizations from the area, participated in a community event called Milkapaloosza hosted by Virginia Baptist Hospital. The event celebrates World Breastfeeding Month and families from across Central Virginia attend. This was the second year that The Exchange Club of Lynchburg participated and conducted Child IDs for families attending the event. This year was particularly successful in that the club ID'd fifty-two (52) children. This is a very worthwhile program that gives parents a little peace of mind knowing they have fingerprints and information concerning their child readily available for law enforcement if it should ever be needed.

The Exchange Club of Lynchburg began this project about five (5) years ago when they purchased a program called EZ ChildID. Since that time, they have participated in close to fifty (50) projects identifying hundreds of children. For information about how Lynchburg's Child ID program works – purchase, set-up, ease of use, etc., contact Mike Staley [staleybugg@gmail.com](mailto:staleybugg@gmail.com) or Dave Burch [bullat372@outlook.com](mailto:bullat372@outlook.com) with the Exchange Club of Lynchburg, VA.

#### Exchange Club of Poquoson Aiming High

The Exchange Club of Poquoson is off to a great start having already completed 35 projects. One of the projects was "Adopt-a-Spot", a great community project to help keep their city clean and beautiful.

On July 24, 2019, they held their First Responders Awards' ceremony. First Responder Sergeant Pankoke with the City of Poquoson Police Department and William "Eric" Willis a Paramedic/Firefighter with the City of Poquoson were recognized at this ceremony. The Exchange Club of Poquoson presented each recipient with a First Responders' Plaque and \$100.00.



SouthPaw gets fingerprinted, too! Hopefully, Southpaw's parents will never have to provide his information to law enforcement!

## Exchange Club of Poquoson Aiming High (Con't. from page 5)

Sergeant Pankoke responded to a code blue on the tennis courts at the high school. A city resident commented on how impressed he was with Sergeant Pankoke's actions. Sergeant Pankoke is dedicated to the Poquoson community and works hard every day to make it a safe place to live.

Paramedic/Firefighter Eric Willis has excelled at his job and has proven himself to be a model employee. He received specialized training as a Fire Inspector and Drone Pilot. He always carries himself in a professional manner, routinely encourages others and demonstrates the qualities of a good leader to all. Paramedic/Firefighter Willis is always concerned with the well-being of the citizens of Poquoson when on a call.

In October, the Club has been busy working on many projects, several were multi-day projects. It is the time of year when they work on handicap ramps. So far this fall, they have rebuilt steps for an elderly couple and completed a new ramp. Additionally, they rebuilt garden boxes at Dominion Village for the residents to enjoy, constructed and installed a picnic table and a grill at the Outdoor Aquatic Interpretive Center (OAIC), installed a tennis back-stop at the high school and distributed sports programs in the community. The club also donated to two charities and a foundation during the month, recognized the youth of the month and participated in two fundraisers.

The Exchange Club of Poquoson stays busy and visible in their community. They emulate the covenant of service. They are Exchange Strong!



The Exchange Club of Poquoson cleaned their "Adopt-a-Spot". Front row: (Lf.-Rt.) Carol Wood, Josie Parisher, Barry Miller, Gay Geiger, Ed Hartman. Middle row: (Lf.-Rt.) Jeff Sylvia, Al Sledd, Steve Geiger, George Nellos, Jesse Wood. Back row: Jerry Toren.



Exchange Club of Poquoson building a handicap ramp.



Jesse Wood, President of The Exchange Club of Poquoson, presented a First Responders' Award to Paramedic/Firefighter Eric Willis (center). Also pictured is Battalion Chief John Young.



Jesse Wood, President of The Exchange Club of Poquoson, presented a First Responders' Award to Sergeant Joshua Pankoke (center). Also pictured is Police Chief Cliff Bowen.

Exchange Club of Peninsula Networking Making a Difference



Annual Fundraiser Basket Bingo



ExchangeCares Bags donated to the Hampton Police Department.



Adopt-A-Spot (Lf.-Rt.): Judy Torrey, Carmen Torres-Nisbet, Rosie Greene, and Juanita Greenwood.

Exchange Club of Downtown Hampton, Exchange Club of Hampton, and Special Friends Exchange Club of Hampton Working Together



Three clubs participated in the 6th Annual Crawl' Crab Fundraiser in Downtown Hampton on Sunday, October 6, 2019 by manning a water station.



**Virginia District Exchange Clubs**

William Trimble, District President  
5604 Cold Harbor Road  
Mechanicsville, VA 23111-6921

Thank you Sponsors

The Virginia District Exchange Clubs would like to thank the following for their support for the 80<sup>th</sup> Anniversary Celebration and The National Convention: Corporate Sponsors - The Carmack Company Certified Public Accountants & Consultants and James Bales Financial, LLC.; Club Sponsors - The Exchange Club of Wythe; Individual Sponsors- Jim and Susan Brewer, Carol L. Dees, Michael B. Spencer, Bill and Nancy Trimble and Jesse and Carol Wood.

**Virginia District Exchange Clubs 2019-2020 Calendar**

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November 15, 2019	Form 990 due to IRS with copy sent to District and National
November 30, 2019	Award applications are due 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 <sup>nd</sup> National Convention, Colorado Springs, Colorado

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