



# EXCHANGE ACROSS VIRGINIA

THE VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

November 1, 2020

EDITOR: FRANCES CARMACK

## PRESIDENT'S MESSAGE

Hello Fellow Exchange club members:

Fall is here and time to enjoy the cool weather. During the last couple of months there have been lots of activities in our District. On the National Day of Service, October 24, there were handicap ramps installed, bunk beds built, cards sent to nursing home residents, school supplies donated to local schools, a quarterly adopt-a-spot cleanup day at Wythe Creek Road, an additional newly established roadside cleanup area, and I'm sure several other terrific projects completed that I'm not aware of. Thank you, club members, for all you do to give back to our communities.

Also, there were two Freedom Shrines installed recently. One was installed at Hampton Christian Academy where 9 clubs participated, which is an awesome way to have so many clubs be a part of a project. The other was in Lynchburg at Fort Hill Community School.

Congratulations to several clubs that have already achieved the National Service Award for this year. Please continue to enter your projects and fundraisers in the National website. This information is useful and necessary for National to apply for grants and other monetary awards to help us continue to do the good work in our communities. If you need any assistance, please contact your division directors.

It is that time of year when clubs need to submit the IRS form 990, due by November 16<sup>th</sup>. Make sure that it is filed and that your club is up to date with the filings. Be sure to send a copy of it to National ([finance@nationalexchangeclub.org](mailto:finance@nationalexchangeclub.org)) and to our treasurer, Jim Puckett ([cvc73@aol.com](mailto:cvc73@aol.com)). Call National if you have any problems completing it.

Award Deadlines: The District Exchange of the Year needs to be submitted 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, 2020.

Please mark your calendars for the upcoming Mid-Winter Conference to be held January 29-30. The conference will probably be held virtually, allowing more members to attend. Detailed information will be sent out as soon as all the plans have been finalized.

Finally, I want to encourage you to invite a friend to your next meeting, even if it is a virtual meeting, and always be on the lookout for ways to tell others what you LOVE about Exchange.

I appreciate each of you and all you do to make Exchange and your communities better.

Yours in Exchange,

Lynne Creasy

Virginia District President 2020-2021

[lynne@lynnecreasy.com](mailto:lynne@lynnecreasy.com)

Quotes to Live by...

"...every person can make a difference and every person should try."

-President John F. Kennedy

"We can't help everyone, but everyone can help someone."

-President Ronald Reagan

Thank you Exchangites for all you do to make a difference in the lives of others.

## Editor's Note

You do not have to reinvent the wheel...just send pictures/articles of what you are doing.

- Projects (Americanism, Community and Youth)
- National Project (Child Abuse Prevention)
- New members
- Speakers
- Fundraisers
- Club Milestone Anniversaries
- Special Recognitions
- Charter Nights
- Youth and ACE Awards

Correction: August 1, 2020 Newsletter

In the Distinguished Virginian Award article (August 1, 2020) when referring to the Freedom Hunters and Heroes to Heroes, to be more specific, the last sentence should read: "Combat veterans who are struggling with post-traumatic stress, traumatic brain injury or self-destructive tendencies are urged to apply through either group." The use of the term "mental problems" is a broader area than these two organizations address.

## Child Abuse Prevention – Meet Donna Hodges



The prevention of child abuse became Exchange's National Project in 1979 at the 61<sup>st</sup> National Exchange Club Convention. This year, Virginia District President Lynn Creasy has set specific goals for Child Abuse Awareness in the Virginia District, including the selection of a District Committee Chairperson for Child Abuse Awareness and Education and have a District Child Abuse Prevention (CAP) Project.

Donna Hodges is the new contact person and Chairperson for the District Child Abuse Prevention Committee. Donna is a member and Immediate Past President of the Peninsula Networking Exchange Club. She is excited to work on this very important project and looks forward to keeping us focused and engaged in Child Abuse Prevention. She states that she welcomes all input, ideas, suggestions, and constructive criticism; and her goal is to keep Child Abuse Prevention in the forefront of club discussions and activities.

Donna is doing a fantastic job gathering excellent information and sending it out monthly to Virginia District Presidents. This information includes a variety of well-written, valuable information such as helpful sites, statistics, and ideas of what clubs can do for Child Abuse Prevention Projects. Virginia District Presidents should be getting this information to Club Presidents and Club Presidents should be sharing it at club meetings. If you have not received this information, ask for it.

Each month, Donna also includes a monthly challenge for all members of Exchange.

- August's challenge: Talk about child abuse to at least one person and ask them to share the information with at least one person. Sharing information about the importance of our children's well-being will help facilitate change.
- September's challenge: Wear your blue ribbon pin every day. When someone asks about the pin, it opens an opportunity to talk about Child Abuse Prevention. Secondly, be more observant of all children - their clothes, their expressions, how they are treated, etc.
- October's Challenge: Discuss Child Abuse Prevention in a social setting.

Each of these challenges gives us a chance to share that we are a member of Exchange, an organization that focuses on Child Abuse Prevention, and gives us the opportunity to make a difference in a child's life. Are you meeting these challenges? We can make a difference!

## Who, What, Where, and When for Reporting Child Abuse or Neglect.



**WHO:** Anyone can report child abuse or Neglect.

**WHAT:** What shall I report when I suspect child abuse or neglect? Provide a complete, honest account of what you observed that led you to be suspicious. Any reasonable suspicion is sufficient.

**WHERE:** The number for the National Child Abuse Hotline is 1-800-4-A-CHILD. (1-800-422-4453). They are open 24/7, in over 170 different languages. The hotline offers crisis intervention, information, and referrals to thousands of emergency, social services, and support resources.

**WHEN:** Call when you suspect abuse or neglect! Always be observant. After you make a report, it will be sent to a Child Prevention Services (CPS) worker to review and determine if an investigation is needed. It is important to note that the CPS worker can help the parents or caregiver get services, education, or other assistance that can be very helpful for all.

Reference: <http://www.childwelfare.gov>

## Member Spotlight – Roy Austin



Roy Austin has been a member of Exchange for forty-four (44) years. He joined the Exchange Club of Wythe on February 1, 1982, after spending six years in the Nansemond-Suffolk Club which he joined in 1976 as a charter member. When he moved to the peninsula area, he moved his membership to the Wythe Club where he has been an outstanding member for 38 years. He has been an exceptionally hard worker, participating in many projects each year. He has served several times on the Board and as various Club Officers. He was Club President twice, in 1984-1985, and in 2001-2002. He has been on countless boards over the years and is always willing to serve.

Roy has been involved in many club service projects and fundraisers. Under his leadership the club won the National Community Project of the Year twice for building handicap ramps in the City of Hampton. He has chaired or co-chaired many of the Club projects that required skilled supervision, such as building Freedom Shrines, putting up and taking down Christmas Tree lots, the Pancake Jamboree, and the Sleep in Heavenly Peace project.

He currently serves as Chair of the House Committee, Spring Party/Fish Fry Committee and Co-Chair of the Wheelchair Ramp Committee. He is a member of the Christmas Tree Lot, Awards and Nominations, and Charter Night Committees. Also, he has been selected as the Wythe Exchangeite of the Year twice.

## Virginia District Exchange Clubs Foundation

The Virginia District Exchange Clubs Foundation has been in existence for a little over a year, and your donations have allowed the foundation to fund and increase the District Youth of the Year and ACE awards.

In addition, the foundation has processed one pass-through grant. As you know, donations to individual Exchange Clubs are not deductible as charitable donations. If you have an individual or business that wants to make a tax-deductible donation to your club, they can make it to the foundation (which is a 501(c) (3) tax-exempt organization), then you can apply to the foundation for those funds as a grant for your club's project. The foundation does not charge for this service to the clubs.

With your help, our foundation will continue to grow and establish an endowment to fund our youth awards for many years to come. Some of our members have chosen to honor or remember friends and family with donations to this ongoing effort. Here are a few additional ways you could help:

- Everyone seems to have a box or jar of coins. Consider depositing those coins in your financial institution to help with the national coin shortage and donating a portion of the amount to the foundation. (Check with your financial institution first to see if they want you to roll the coins or if they have a machine to do it for you.)
- Include the foundation in your annual charitable giving plan.

## Virginia District Exchange Clubs Foundation (con't from page 3)

- If you are taking Required Minimum Distributions from an IRA and have decided not to do so this year, you can still make a tax-free Qualified Charitable Donation from the IRA.
- If your club is meeting in person, “pass the hat” at your meetings to collect members’ change (or bills) for the foundation.
- Designate a portion of a club fundraiser for the foundation and/or include the foundation in your club’s annual budget.

All contributions may be mailed to VDECF c/o Claude Carmack, 5604 Cold Harbor Rd., Mechanicsville, VA 23111.

If you have questions about the foundation, please call Susan Brewer at 757-898-6002 or 757-570-1253 or Claude Carmack at 804-427-1040

## Virginia District Awards 2019-2020

Exchange’s 102<sup>nd</sup> National Convention and 37<sup>th</sup> Symposium was held July 22-25, 2020. It was the first National Convention to be held virtually. Congratulations to the Virginia District Award recipients who were recognized for their outstanding accomplishments at this event and thank you to all the hard-working members of Exchange who helped make these accomplishments possible.

<b>DISTINGUISHED DISTRICT DIRECTOR</b> Virginia District	<b>Officer</b> Wood, Carol	<b>RETENTION AWARD 92%-96%</b> Exchange Club of Peninsula Networking, VA Exchange Club of Martinsville, VA
<b>DISTINGUISHED CLUB PRESIDENT</b> Exchange Club of Wythe, Hampton, VA Exchange Club of Poquoson, VA	<b>Officer</b> Philip Everhart Jr. Jesse Wood	<b>NATIONAL SERVICE AWARD</b> Career and Technical Center Exchange Excel Club of New Horizons, Hampton, VA Exchange Club of Blackstone, VA Exchange Club of Downtown Hampton, VA Exchange Club of Hampton Roads Networking, VA
<b>BIG E</b> Exchange Club of Poquoson, VA Exchange Club of Wythe, Hampton, VA	<b>Club</b> Poquoson, VA Poquoson, VA	Exchange Club of Hampton, VA Exchange Club of Henrico, VA Exchange Club of Lynchburg, VA Exchange Club of Martinsville, VA Exchange Club of Old Point Comfort, Hampton, VA Exchange Club of Peninsula Networking, VA Exchange Club of Poquoson, VA Exchange Club of Suffolk, VA Exchange Club of Tidewater, VA Exchange Club of Wythe, Hampton, VA Regional Exchange Club of Lynchburg, VA Special Friends Exchange Club of Hampton, VA
<b>MEMBER RECRUITMENT AWARD PINS</b> Carol Wood- 3 member Jesse Wood - 3 member	<b>Secretary</b> Wood, Carol	
<b>Distinguished Club Secretary Award</b> Exchange Club of Poquoson, VA	<b>Treasurer</b> Ambrose, Cecelia	
<b>Distinguished Club Treasurer Award</b> Exchange Club of Poquoson, VA		
<b>RETENTION AWARD 96.1%+ (drawing for conv. Package)</b> Exchange Club of Blackstone, VA Exchange Club of Wythe, Hampton, VA Exchange Club of York, Yorktown, VA Special Friends Exchange Club of Hampton, VA		



On December 19, 2020, the Exchange Club of Henrico will be placing wreaths on grave sites of fallen service personnel at the Cold Harbor National Cemetery. We ask for your help in REMEMBERING the Fallen...HONORING those who Serve...TEACHING our children the value of Freedom. There are two ways you can help. First, you can go to the website for this event and purchase one or more wreaths. Wreaths cost \$15.00 each. The website is [Wreathscrossamerica.org/pages/162109](https://wreathscrossamerica.org/pages/162109). Please use this website so the Exchange Club of Henrico will get credit for your purchase. For each wreath purchased, the club will receive \$5.00. We appreciate individual and club sponsors. This is the major fundraiser for the club, and we appreciate your help. Secondly, you may help place wreaths on December 19, 2020. Please email me at [claude@carmackcpa.com](mailto:claude@carmackcpa.com) to reserve a spot.

# Clubs in Action

## Exchange Club of Lynchburg – Thinking Outside the Box

Kudos to the Exchange Club of Lynchburg who continued to have their monthly meetings in July and August despite the pandemic. How? By meeting outside in the American Legion Pavilion, with plenty of fresh air, lots of space and a delicious, catered picnic lunch; all overlooking a beautiful tree-lined lake. (Note: the lovely backdrop in the pictures below).

## Exchange Club of Lynchburg – Guest Speaker



*Dr. Margaret A. Kadree*

Dr. Margaret A. Kadree, MD from the Johnson Health Center (JHC) was the guest speaker at the August 21, 2020 meeting. Dr. Kadree is a board-certified Internist and sub-specialist in Infectious Diseases as well as the Chief Medical Officer at JHC with over 35 years of broad-based experience in the healthcare arena. Johnson Health Center is an independent, non-profit, Federally Qualified Health Center that provides health care for all. It has been serving Lynchburg and the surrounding counties of Amherst, Appomattox, Bedford, and Campbell since 1998. Dr. Kadree spoke on the very timely topic, COVID-19, and the upcoming flu season. She did a great job of covering the subject including the Covid-19 tests and what the results mean; Isolation and Quarantine, what is the difference? When is it safe to resume normal activities? and Living with Someone with COVID-19 who is not sick enough to need a hospital – ways to help them recover at home and protect your own health.

## Exchange Club of Lynchburg – Recognizes Law Enforcement Officer of the Year

The Exchange Club of Lynchburg presented Investigator Jon Maddox with the 2020 Ralph Frank Memorial Award Law Enforcement Officer of the Year at their August 21st meeting. Investigator Maddox is an exceptional law enforcement officer that has distinguished himself as a true servant of the citizens of Bedford County, VA. Maddox was promoted to the Criminal Investigations Unit on October 1, 2016 and quickly established himself as a hardworking and capable investigator. Since March 27, 2017, he worked tirelessly along with investigators from multiple agencies across several states to be able to identify and arrest several gang members responsible for a local homicide. While working on this large and difficult case, he was accepted into and graduated from the Virginia Department of Forensic Sciences Academy. In addition, he most recently was given the responsibility of organizing a food drive for those in need in the community during the COVID-19 pandemic. He was responsible for coordinating with local churches and food banks, and he helped with delivering the much-needed food and supplies all while carrying a full case load.



*Lt. – Rt. Investigator Jon Maddox, Law Enforcement Officer of the Year recipient, with Sheriff Michael W. Miller, Bedford County Sheriff's Office*

The Ralph Frank Award is given once a year in recognition of any outstanding First Responder in the area. The Exchange Club of Lynchburg established the Ralph Frank Memorial Award in memory of Mr. Ralph Frank, a long-time dedicated member of the Exchange Club of Lynchburg. Mr. Frank was also active on the District level, serving as District President in 1984 and placed on the District Honor Roll in 1987. Mr. Frank was a wonderful mentor to those who joined Exchange. He and his wife, Ruth, attended many District and National Conventions.

# Clubs in Action

## Exchange Club of Lynchburg - Blood Drive

The Exchange Club of Lynchburg held their 4<sup>th</sup> Annual Blood Drive in September. They met their goal of 29 units donated.



*Lf. – Rt. Club member Mike Gaydas assisting club member Mike Hammer.*

## What is a Freedom Shrine?

A Freedom Shrine is a display of a collection of historic document replicas that serves to remind 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 such as the United States Constitution and Abraham Lincoln's Gettysburg Address. The tour provided Americans the opportunity to reflect on the meaning of American citizenship. Today, Exchange Clubs carry on this tradition by installing Freedom Shrines in schools and public buildings. The shrine will serve to reinforce the documents students learn about in history class and the persons who wrote them. Through the years, Exchange clubs have installed numerous shrines throughout their communities.

## Exchange Club of Lynchburg – Freedom Shrine Dedication

The Exchange Club of Lynchburg dedicated a Freedom Shrine at the Fort Hill Community School on July 30, 2020. Pictured are club members Shirley Vest, Jim Christian, Andy Vest, Mike Spencer, and Ed Tinsley.



## Exchange Club of Wythe – Freedom Shrine Dedication

On September 18, 2020, The Exchange Club of Wythe installed a Freedom Shrine at Hampton Christian Academy. Even during COVID-19, the Wythe Club members can be found hard at work. The Freedom Shrine was dedicated on October 21, 2020, with nine Exchange Clubs participating. Pictured Lf. – Rt. are: Bob Gurley, President Phil Everhart, Jr., Jose Inchausti, Bill Trimble, Doug Gray, Bob Kimsey, Pat Garvey, Richard Dietz, Roy Austin, and Jim Puckett. Not pictured: Mike Schetting.

# Clubs in Action

## Exchange Club of Wythe - Adopt-A-Spot

On October 17, 2020, Exchange Club of Wythe did its part to keep their city clean and beautiful! Lf. – Rt. Matt Hartman, Bob Kimsey, Mike Schetting and President Phil Everhart, Jr. Not pictured: Jim Puckett.



Lt.- Rt. Lieutenant Clay Cooper (Fire Department), Randy Wheeler (Poquoson City Manager), Retired Police Chief Cliff Bowen

## Exchange Club of Poquoson Recognizes First Responders

At their August meeting, The Exchange Club of Poquoson recognized Retired Police Chief Cliff Bowen for his outstanding leadership during his more than thirteen years of service to the community. The Poquoson community has been routinely recognized as one of the safest communities in Virginia. Chief Bowen's high degree of professionalism and integrity leaves behind a leadership legacy that has set the stage for the department's continued success.

The Club also recognized Lieutenant Clay Cooper from the Fire Department. Lt. Cooper commanded a marine rescue response involving a commercial fishing vessel in distress. Netting had gotten entangled in the motor during rough seas causing the boat to take on water. The fisherman was safely transferred to the Fire Department's Marine One as the vessel sank.

## Exchange Club of Poquoson – Community Service Projects

The Exchange Club of Poquoson is known for their many community service projects. Some of the projects completed this summer include donating an AE Screen to the City of Poquoson Police Department, installing several handicap ramps, and the completing a Waterman's Memorial dedicated to the fishermen from Poquoson who perished while working the water.



## Exchange Club of Tidewater 9/11 Remembrance

### Ceremony

The Exchange Club of Tidewater remembered the victims of 9/11 in a very moving ceremony held at Gosnold Hope Park in Hampton, Virginia. Each member read more than two hundred fifty (250) names of victims. The Mayor of Hampton, Donnie Tuck, was the guest speaker; Senator Bobby Scott was in attendance; and Langley Air Force Honor Guard posted the colors.



Lf. – Rt. Margaret Moore, Elaine Doxey, and Mary Britt. Not pictured: Bob Moore.

## The Exchange Club of Tidewater - Charter Night

The Exchange Club of Tidewater celebrated their Charter Night on July 14, 2020. The members enjoyed a delicious meal together.



**Virginia District Exchange Clubs**  
5604 Cold Harbor Road  
Mechanicsville, VA 23111-6921

### Virginia District Exchange Clubs 2020-2021 Calendar

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October 24, 2020	Virginia District Board Meeting, Zoom meeting at 10:00 am
October 31, 2020	District Directors Report B due
November 16, 2020	Form 990 due to IRS with copy sent to District and National
November 30, 2020	Award applications for Exchangeite of the Year and Distinguished Virginian due
January 2021	National Mid-Winter Meeting,
January 29-30, 2021	Virginia District Mid-Winter/Board Meeting, location TBD
April 17, 2021	Virginia District Board Meeting, Location TBD
June 4-5, 2021	Virginia District Convention/Board Meeting, Location TBD
July 7-11, 2021	103 <sup>nd</sup> National Convention, Peabody Hotel, Memphis, TN

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

**Thank you** for reading *Exchange Across Virginia*, the Virginia District Exchange Clubs Newsletter. We want to produce a newsletter that has great content and is enjoyable and valuable to you. Your constructive feedback is always welcome. **And...**we would love to hear about your clubs’ projects, programs, and meetings so you can be included.