



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

November 1, 2021

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Hello Fellow Exchange Members,

I hope you are enjoying this beautiful fall weather. It's hard to believe that we are already into our second quarter of the year for Exchange. Good news; the district has seen growth of 14 members since July, and it would be awesome for this trend to continue. The Poquoson and Peninsula Networking clubs are currently working on building a new club in Gloucester and the Poquoson Club is currently working with the Poquoson High School to form an Excel Club. Building new clubs and adding new members is exciting. Please keep these three areas of focus in mind, "Children, Community and Country", and then share your passion with others of "Why you joined Exchange".

National Day of Service was on October 23rd and provided a great chance for clubs to pull their resources together for ideas or events to assist our neighbors in many ways. I'm looking forward to hearing some of the wonderful examples of giving back our clubs were a part of on National Day of Service. Also, October is the month to recognize our community first responders. Clubs are encouraged to invite speakers from the local fire or police departments as guest speakers to share important safety information and ideas for possible service projects for our clubs. Don't forget to record all the projects your club participated in during October on the National site.

Donna Hodges, the District Prevention of Child Abuse committee chair, continues to send out valuable information each month. Club Presidents please share this information with your clubs and as she reminds us to "Take up the Challenge to discuss Child Abuse" in social settings to help bring awareness.

Here are a couple of reminders for everyone: **1)** Please make sure you are sending in pictures, with explanations to frances@carmackcpa.com and jwood481@verizon.net for your club projects to be shared in the newsletter and on the district Facebook page. Also, don't forget to use the www.vadistrictexchange.org website in your club's communications to help promote the site. If you haven't visited the website, please do. A lot of work went into its development. **2)** November 15th is the deadline to file your 990. Please make sure the club treasurer files the 990 report on time.

District Award Deadlines: **1)** Distinguished Virginian nominations need to be submitted to Alma Dietz at atticfull@icloud.com by November 30, 2021. **2)** Exchangeite of the Year nominations need to be submitted to Debbie Stoddard at debbiestoddard@gmail.com by December 1, 2021.

Another important date to remember, **Saturday January 29, 2022**, for the Mid-Winter Conference, which will be held in Hampton at the Hampton Baptist Church, 40 Kings Way, Hampton, VA 23669. I'm hoping everyone will make plans to attend.

Finally, I want to encourage you to invite a friend to your next 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, 2021-22
lynne@lynnecreasy.com

Editor's Note

A volunteer, according to Webster's Dictionary, is a person who chooses freely to do or offer to do something. Volunteers are not promised compensation, but they do experience a joy and satisfaction that is not easily explained. In the Bible, one of the Beatitudes simply states, "It is more blessed to give than receive." (Acts 20:35). Volunteers make communities better places to live through the gift of their time, energy, skills, and talents. Volunteers never really know how many lives they touch or change, but it is well documented that volunteers do make a difference. Volunteers don't like to brag or "toot their own horns" but they do value their volunteerism, especially in community services. They like the idea of helping their neighbors and caring for others and they are motivated by values such as freedom. An additional personal benefit is the improvement of the volunteer's mental and physical health.

Volunteerism has been a part of American culture from its beginning, but statistically American volunteerism is decreasing at an alarming rate. Unfortunately, Exchange is declining in numbers, too. **Now is the time for Exchange, America's Service Club, to "toot its own horn"**. Exchange does so much good through its Americanism, Community Service, Youth, and Child Abuse Prevention projects. Members of Exchange are priceless volunteers whose efforts and dedication help make our communities stronger and brighter. Hopefully, you will find something in this newsletter to inspire your continued commitment to the volunteer work we do and recruit others to join us. Just think how much greater the positive impact on our communities will be if Exchange increases its number of volunteers.

4 Programs of Service Make Our Communities Great

Exchange projects that support the programs of service are made possible with monies raised through various club fundraising events and generous donations from individuals and businesses. Listed under each Program of Service are a few of the many ways Exchange supports the programs.

◇Americanism: Place Freedom Shrines in schools and other public places; hand out American flags to children; recognize individuals and businesses that properly display the American flag; support veterans and American troops; and display Fields of Flags.

◇Community Service: Feed the hungry; build handicapped ramps; Adopt-A-Spot; conduct Child ID programs; collect items for the homeless; make cards and favors for nursing-home residents; help needy families; recycle grocery bags; recognize and support First Responders and Police Departments; and help schools and parks with specific needs that will make them better and stronger.

◇Youth Programs: Give Youth of the Year and ACE (Accepting the Challenge of Excellence) Scholarship Awards; collect school supplies; and support prom nights.

◇National Project - Child Abuse Prevention (CAP): Recognize April as Child Abuse Prevention Month; display blue pin-wheels; turn on blue lights, wear blue ribbons, distribute brochures, utilize Time-Out Teddy, and donate supplies to CASA, SCAN, and other Child Abuse Prevention efforts.

During 2019-2020, the Virginia District Exchange Clubs recorded a total of 919 service projects - quite an impressive total for a year hampered with pandemic restrictions! The District averaged 833 projects for the past three years.

Welcome Region 11 Vice President: Billy J. Wineholt

Billy Wineholt was re-elected as Region 11 Vice President at the National Exchange Club Convention held September 8-11, 2021 in Memphis TN. Billy is a longtime Exchangite from Hanover PA, where he has served in leadership roles on the Club, District and Regional levels, and he has sponsored 26 new members into Exchange! Keep Billy informed of your club's activities. He enjoys getting to know fellow Exchangites and he does not mind "rolling up his sleeves" to help at fundraisers or any other event where he can be of assistance.



An Exchangite is...

Appreciated, awesome, caring, committed, compassionate, considerate courteous, dedicated, dependable, efficient, energetic, enthusiastic, exceptional, fair, fine, flexible, friendly, generous, giving, hard-working, helpful, honest, inspired, invaluable, kind, loving, loyal, outstanding, passionate, patient, pleasant, reliable, respectful, responsible, supportive, trustworthy, truthful, valued... A VOLUNTEER!

Feel the spirit of volunteering –join a local Exchange Club and become a Virginia District Exchangite!

Member Spotlight - Susan Z. Brewer



Susan was asked to join Exchange by Edna Haggerty who invited her to one of the early formational meetings of the James River Club. Susan became a Charter member of the James River Club in 1986. She has served outstandingly in many capacities on local, District and National since joining Exchange and holds the distinction of being the first woman on the Virginia District Board.



Offices and committees held on the Club level include Director, President-Elect and President of the James River Club, Treasurer of the York Club, and Director, Treasurer, President-Elect, President, and Immediate Past President of the Peninsula Networking Club. She was awarded Exchangite of the Year by the James River Club in 1993-94 and Peninsula Networking Club in 2017-18.

On the District Level, she has served as Director, Treasurer, Secretary, President-Elect, President, Immediate Past President and Vice President. She has chaired the Education and Training for the District for 12 years, has been Awards chairperson for 12 years, and serves as the District's Parliamentarian. In addition, she has graciously served when called upon to be a judge for the Exchangite of the Year, ACE Award, All-American Volunteer, Honor Roll, and Distinguished Virginian. She also assisted the Chairman of the Conferences and Convention for many years and served on the welcoming committee for the National Convention held in Norfolk, Virginia. Presently, she is serving as Vice President for Foundation Education. Awards Susan has received include District Exchangite of the Year, 1993-94 and induction into the District Honor Roll in 1986.

On the National level, Susan has served as a VFR from 1997 until the present, and was named National VFR of the Year, 2010-11. She has served on the Court of Honor Committee and the Awards committee. She has also presented at numerous National seminars.

Susan was honored in 2019 by being inducted into the Court of Honor, where her name is permanently inscribed on one of the granite pylons in the courtyard at The National Exchange Club Headquarters in Toledo, Ohio. It is the highest and most lasting recognition an Exchangite can receive.

In addition to her faithful attendance at local and district meetings and activities, Susan has attended numerous National Conventions.

Susan was recipient of the Cenname-Furick Award for service to Safehaven in 1997. She is married to her high school sweetheart, Jim (also an Exchangite), and they live in Yorktown, Virginia.

Child Abuse Prevention

Child Abuse Prevention Chairman Donna Hodges continues to send out important monthly messages to keep us focused on child abuse prevention. In August, she reminded us not to lose sight that child abuse is a serious problem that needs constant attention for prevention, and she asked that we be vigilant in our observations and report all suspicions of child abuse. The Child Abuse Hotline is 1-800 4 A CHILD. To grab our attention, she included newspaper headlines from recently published child abuse articles. *Source for articles: The Associated Press website.*

In September Donna reminded us to set a good example for children and not be part of unnecessary drama as we continue through the challenging and emotional times caused by Covid. Our challenge for the month was to be observant of children as they get off the school bus or walk home. Look for torn clothes, sad faces, or unusual bruises, and notice if they are alone or look hungry. Observe the parents' behaviors as well. Donna included two poems about child abuse told from the child's point of view. They are powerful and will have a lasting impact. *Source: <https://www.familyfriendpoems.com/poem/hush-little-sister>.*

October's message included a link to Champions for Children, a nonprofit organization for child abuse prevention in the Hampton Roads area. Our challenge for October was to continue to advocate for all children with whom we may come in contact and be extra observant for signs of concern if you see children at Halloween activities.



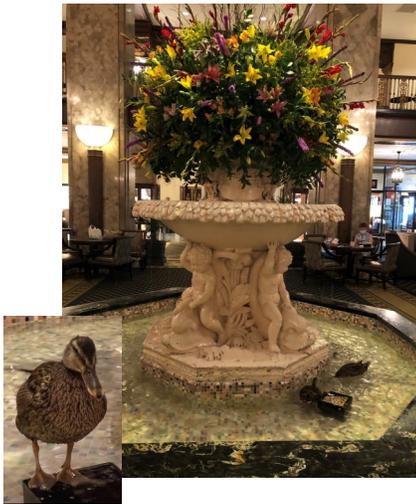
If you have not received Donna's messages, please ask your Club President or District Directors for a copy.

National Convention – Together Again!

September 8-11, 2021, the following attendees were honored to represent their local clubs and the Virginia District at the 103rd National Exchange Club Convention in Memphis, TN: District President Lynne Creasy and her husband Thomas from the Exchange Club of Lynchburg; Virginia District President-Elect Carol Wood and her husband Past President Exchange Club of Poquoson Jesse; Past National President Claude Carmack and his wife District Newsletter Editor Frances; Exchange Club of Poquoson President Steve Geiger and his wife Gay. The convention, as always, was a great way to meet other Exchangites, attend a variety of sessions, learn more about Exchange, have a lot of fun, and return rejuvenated, enthusiastic, and proud to be a member of this great American volunteer organization!

Additionally, it was enjoyable to take extra time to see the city of Memphis, sample the local cuisine and have fun socializing with old and new friends.

Highlights from the Convention



The ducks enjoy their daily swim in the lobby fountain.

What a nice happenstance! Past National President Russ Finney and his wife Kathi (standing) reconnected with Poquoson Exchange Club President Steve Geiger and his wife Gay (seated) after over 40 years! They were stationed together in Stuttgart, Germany from 1986-1989!



Past First Ladies and Gentleman of Exchange pose for their annual convention picture.



A beautiful display in memory of the 13 Americans who recently lost their lives in Afghanistan.



Carol and Jesse Wood and Lynne and Thomas Creasy get ready to exchange pins.



600 beautiful American flags waved in a nearby grassy field to honor those who died on 9/11/01, courtesy of The National Exchange Club and Colonial Flag Foundation.

Sightseeing Around Memphis



Beautiful bridge over the Mississippi River in Memphis.



Blues Hall of Fame - a quick photo op on the city tour!



Beale Street – a great place to sample Memphis BBQ and listen to the sounds of Memphis.



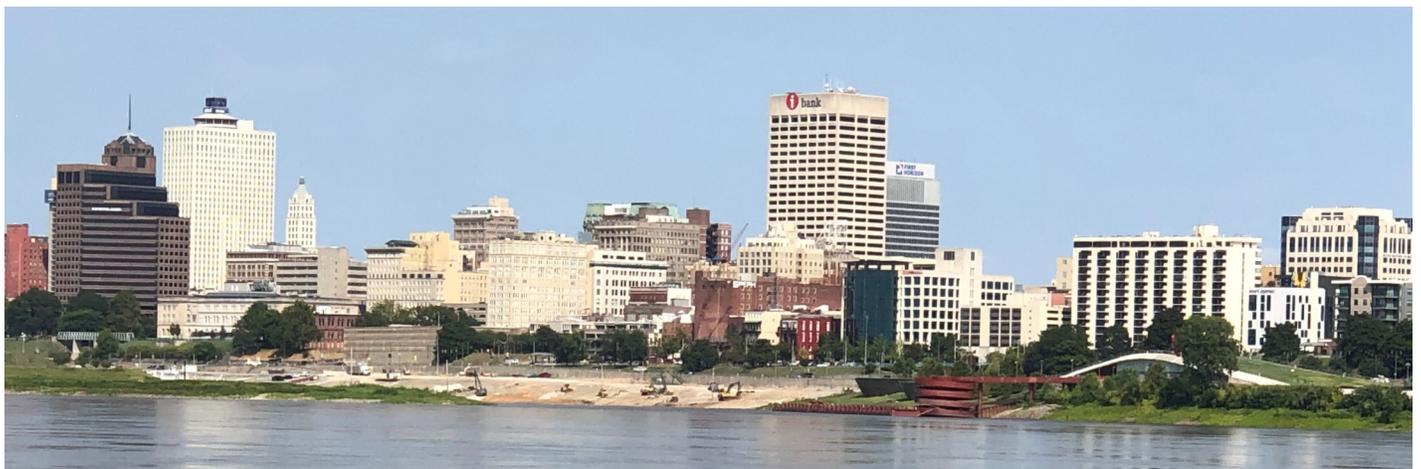
Bass Pro Shops - a unique pyramid.



B. B. King



Elvis



City of Memphis as seen from the Mississippi River.

Clubs in Action

Exchange Club of Lynchburg - Community Service Project



The Exchange Club of Lynchburg held an Adopt-A-Street clean-up on September 23, 2021. The City of Lynchburg recently installed a sign on Timberlake Road coming into the city and a second sign on Timberlake Road near Graves Mill Road announcing that the Exchange Club has adopted this section of the road. What great exposure for the Exchange Club of Lynchburg!

Award Presentation

Award recipients were announced at the Virginia District Exchange Clubs Convention held virtually on June 5, 2021 and later presented to recipients when in-person meetings resumed at the club level. Virginia District Exchange Clubs President, Lynne Creasy, and Exchange Club of Lynchburg Immediate Past President Mike Spencer, presented The Distinguished Virginian Award to David Harker at their August 20th meeting.



Exchange Club of Wythe Welcomes Speaker



Sergeant Erik Rummel from the Hampton Police Department Community Engagement Division shared summer safety tips with the Wythe Exchange Club at their July 22, 2021, meeting. Attendees learned that the Hampton Police Department will provide a free home safety check and give expert advice on changes that can be made to keep homes from becoming an easy target for criminals. As a thank you, President-elect Vickie Servais presented Sergeant Rummel with an Exchange Club coffee mug.

Exchange Club of Wythe Supports Mayor's Book Club

On July 8, 2021, Sandra Chong from Healthy Families shared exciting updates about the Mayor's Book Club. To promote literacy and instill a love of reading in young children, the Mayor's Book Club partners with organizations like the Exchange Club of Wythe to ensure families have books in the home. President Phil Everhart, Jr. of the Exchange Club of Wythe presented Sandra Chong with a check for \$800.00 to ensure the continued good work of the Mayor's Book Club.



Exchange Club of Poquoson - Working for the Betterment of their Community

The Exchange Club of Poquoson continues to make a huge impact in their community with their annual projects as well as one-time projects that meet specific needs. Recently, they helped the police department with a specific need. Using grant money, the department acquired an all-terrain vehicle that will enable them to get to scenes in places cars cannot access. However, the grant money they were allotted did not allow for the purchase of a windshield. As in the past, the Exchange club of Poquoson was more than glad to meet a need. They donated the windshield for the department's new ATV.

One of their recent annual projects was the recognition of first responders. Officer Alan Lester of the Poquoson Police Department was recognized for his commitment and dedication. He especially goes beyond the call of duty with his efforts to engage with the youth of Poquoson.

Lieutenant John Linton was recognized from the fire department. Lieutenant Linton is the Lead Fire Inspector who proudly represents the department and the City of Poquoson. He is a strong, respectful leader that always puts his crew and the citizens of Poquoson before himself. There is one incident, when he was the first to arrive on a scene involving fire, that stands out due to his quick and decisive action. The fire was successfully extinguished, and all occupants were safe and uninjured.

Despite the summer heat and humidity, handicapped ramps continued to be built. Kudos to the hardworking team of Poquoson Exchangites that met this need in their community.

Clubs in Action

Exchange Club of Poquoson (con't from page 6)



Exchange Club of Poquoson helped the police department with acquiring a windshield for their new ATV.



(Lf.-Rt.) Police Chief Steven Keatts, Exchange Club of Poquoson President Steve Geiger, Officer Alan Lester (recipient), Mallory Lester (spouse), and Lt. T. J. Farrington.



(Lf.—Rt.) Fire Department Battalion Chief Clay Cooper, Exchange Club of Poquoson President Steve Geiger, Lt. John Linton (recipient), and Jamie Linton (spouse).



Handicapped ramp project on Maria Court.

“A life is not important except in the impact it has on others.”

Jackie Robinson, American baseball champion

“I believe...that every human mind feels pleasure in doing good to another.”

Thomas Jefferson, 3rd U. S. President

Exchange Club of Hampton Roads Networking Welcomes Speakers

Speakers at the August meeting of the Exchange Club of Hampton Roads were three ladies from Catalyst Effect, an organization that educates people about the effects of not speaking up or taking action when they witness or experience violence. Their mission is to bring the community together and give impactful actions and support to those in need. They Empower, Encourage and Engage.



(Lf. - Rt.) Victoria Bergstrom, Anita Gonzales, and Cenian Higgs

Club Building - A Must for the District

District President Elect Carol Wood is a passionate Exchangite who is currently working with a team on new club building for an Exchange Club in Gloucester and an Excel Club at Poquoson High School. She has a strong belief that we **can** make this happen and have strong clubs in the future. Her first step toward making things happen was to contact the National Exchange Club and research club building. They have a five-step plan. It is a wonderful tool to help get started, follow, and reach the goal. Step 1: Assemble core team and build a prospect list. Carol's response, "This is not so bad!" Step 2: Determine purpose and recruitment goals. Carol said, "We can do this!" Step 3: Determine leader and team, start working the prospect list, look for people interested that may be good candidates for office and get them more involved. Carol's response, "Done, Hooray!" "We are moving right along". Step 4: Invite/inform interested members of the club's purpose and invite to meetings. Get a commitment form from individuals. Fill out applications to join and ask them to invite a friend to be a new member. Carol states, "The brakes go on at this point because people who are excited but are still unsure themselves have trouble asking others to walk this path with them. This is when I remind myself that anything in life worth doing takes work." When obstacles and challenges are put in the way, Carol says, "the team faces them head on, breaks them down into workable pieces, keeps on pushing, keep each other motivated, and moves forward with a positive attitude, never losing site of the goal." Step 5: This step is reached when the club is ready for an opening event and charter celebration. Carol finds that working on a club building project is very satisfying knowing that she is making a difference, helping our great organization grow, and making our communities better places to live, work and play.

Carol's team continues to work on both clubs and move forward with the expectation that the goal will be met!!! Carol states. "Club building is not easy but is worthwhile if you are willing to put in the commitment". If you know of anyone in the Gloucester area that would like to be a charter member of the Gloucester Exchange Club, please contact Carol wood gowood13@verizon.net, C: (757) 817-4289 or H: (757) 868-8173.

Virginia District Exchange Clubs

Lynne Creasy, District President
5604 Cold Harbor Road
Mechanicsville, VA 23111-6921

Virginia District Exchange Clubs 2021-2022 Calendar

November 15, 2021	Form 990 due to IRS with copy sent to District and National
November 30, 2021	Award application for Exchangite of the Year and Distinguished Virginian
January 5-9, 2022	National Mid-Winter Meeting, Hyatt Regency, Greenville, NC
January 29, 2022	Virginia District Mid-Winter/Board Meeting, Hampton Baptist Church, 40 Kings Highway, Hampton, VA 23669
April 23, 2022	Virginia District Board Meeting, Location TBD
April 30, 2022	Club Election Reports due to National
June 1, 2022	National Outstanding Service Award and other National Youth Award applications due
June 3-4, 2022	Virginia District Convention/Board Meeting, Location TBD
June 30, 2022	Conduct a Program Development Meeting (PDM), National and District Award Applications due
July 13-16, 2022	104 nd National Convention, Hyatt Regency, Greenville, SC

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



WREATHS
across
AMERICA

Sponsor a wreath to honor the sacrifice of veterans. Please use this website to purchase one or more wreaths www.wreathscrossamerica.org/VA0703P so the Exchange Club of Henrico will benefit from your generosity with part of the proceeds going to the club. We appreciate individual and club sponsors.