



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

November 1, 2022

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Hello Fellow Exchange Members,

Happy fall ya'll!!! The fall weather teasers have started and hopefully will stay with us for awhile. The district has seen growth since July, and it would be awesome for this trend to continue since we are off to a great start. 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 22nd and provided a great chance for clubs to pull their resources together for ideas or events to assist our neighbors in many ways. We have clubs that have already started submitting great projects that they have completed so far this year and we are off to a great start for clubs that have already received their National Service Award.

Jesse and I have enjoyed visiting several Charter Night celebrations and club meetings, and we look forward to visiting all clubs in the Virginia District. My email is gowood13@verizon.net and my cell phone number is 757-817-4289 to contact me for a visit. Together, we can do great things and make our communities even better places to live. We need to congratulate and say Happy Anniversary to the Exchange Club of Old Point Comfort for 36 years, the Exchange Club of Wythe for 70 years, the Exchange Club of Richmond for 85 years, and the Exchange Club of Hampton for 32 years of providing awesome service to their communities.

Here are several reminders for everyone: 1) Please ensure you send 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. 2) Please make sure the club treasurer files the 990 reports on time by November 15th (Be advised that failure to file the 990 for three consecutive years will result in forfeiture of your club's non-profit status by the IRS). Please submit a copy of the 990 to both District Treasurer Jim Puckett, (cvc73@aol.com) and National (finance@nationalexchangeclub.org). 3) District Award Deadlines: 1) Distinguished Virginian nominations need to be submitted to Alma Dietz at atticfull@icloud.com by November 30, 2022. 2) Exchangite of the Year nominations need to be submitted to Claude Carmack at claudio@carmackcpa.com by December 1, 2022. Another important date to remember is Saturday, January 28, 2023, for the Mid-Winter Conference, which will be held in Poquoson at the Poquoson Yacht Club, 417 Messick Road, Poquoson, VA 23662. Post this date on your calendar so you can start planning now! 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.

Carol Wood

Virginia District President, 2022-2023

From Your Growth Committee:

Growth Tip: Specify a club meeting (either a regular or an additional meeting) as a [new member prospect meeting](#) and have each member bring a guest to this meeting. There should be no costs to the guest(s) at this meeting and the member should be rewarded. The program should promote the club and the National Exchange Club. Hand out Gold Cards at the end of the meeting.

Editor's Note

I hope you read with care the suggestions and ideas Donna Hodges set forth in her August correspondence and that you or your club have been inspired to act upon additional ways to expand the impact your club can make in the prevention of child abuse in your communities. Having spent more than thirty years in education, I read with particular interest Donna's "Create a Caring Program" suggestion. This type of program requires forming a partnership with a local school. Some schools already have programs in place, others would welcome such programs. Two examples of caring programs that were successfully implemented in the school where I worked were the Lunch Buddy Program and the Reading Buddy Program. Caring programs help children feel better about themselves, improve their behavior, and help improve their academics.

Member Spotlight - Jerry Cole



Jerry Cole joined Exchange in 1981 as a Charter Member of the Exchange Club of Blackstone. He was sponsored by Dick Brown, Herb Maxey and Larry Lynch of the Exchange Club of Richmond. Herb Maxey, who had an automobile dealership in Blackstone, met with Jerry several times encouraging him to join Exchange. Jerry continues in Exchange because of the emphasis on community service, Americanism, youth, and prevention of child abuse. He is especially passionate about the community service and Americanism components as he is a strong believer in "God and Country". Jerry is a hard worker who actively participates in projects and fundraisers. Just to name a few, he orders the American flags and helps give them out

at parades, picks up the donuts in Richmond that the club sells as a fundraiser, mows the grass at Madeline's House, which is a refuge for battered women, and takes calls and screens applicants for HELP (Helping Every Life Possible), an organization for people in need of rental assistance and help with payment of their electrical bills. Jerry has held the offices of President and Vice President at the club level and served as a District Director for two (2) years.

Jerry attended Louisburg College in Louisburg, NC and completed his education at Atlantic Christian College (now Barton College) in Wilson, NC, where he received a degree in Business Administration. He began working in retail with his brother in a men's apparel store in Blackstone and later opened his own ladies' apparel store, Cole's Lady's Shop, in 1979. He ran the shop for about thirty (30) years, and is now semi-retired, spending time maintaining his rental houses.

Additionally, Jerry is active in Crenshaw United Methodist Church, where he belongs to the Methodist men's group, is Superintendent of the Sunday School, and a lay servant. He recently was a Lay Delegate at the United Methodist Conference held in Norfolk, VA. He is President of Nottoway Council of Christian Churches in Crewe, VA, a week-day religious education program for primary age children, and he is the Executive Director of HELP.

His hobbies include golf and tennis. Currently he is concentrating on his tennis game. He is a member of USTA and plays in Richmond Leagues at 4.0 level. His newest hobby is bird surveying, a hobby introduced to him by his son, and one in which he is sharpening his skills.

Jerry has been married to his wife, Daphne for 40 years. They have a son, Sterling, who lives in California and a daughter Ann Lee who lives in Wilmington, NC. They have two grandchildren, ages two and five.

Attention Amazon Shoppers!

Our Virginia District Foundation is now registered with Amazon Smile so that you can support our programs each time you shop. When you designate the Foundation as your charity, Amazon Smile donates 0.5% of your eligible smile.amazon.com purchases to help fund our youth awards and other projects.

As you start your holiday shopping, and as you place orders throughout the year, please take advantage of this free, painless way to support our Foundation.

There are two ways to get started. You can use our unique link: <https://smile.amazon.com/ch/84-2640068> which will take you directly to the Amazon Smile site where you can order as usual. Alternatively, you can go to smile.amazon.com and select Virginia District Exchange Clubs, Inc., as your charity for all purchases. The important point is that you must use Amazon Smile each time you shop to get the donation. This works with your existing Amazon account and does not affect your Prime benefits.

As always, your individual and club contributions are always welcomed and appreciated. When you plan your year-end giving, please keep your Foundation in mind. You may send donations to VDECF, 5604 Cold Harbor Rd., Mechanicsville, VA 23111.

Child Abuse Prevention

Donna Hodges has so graciously agreed to continue as chairman of the Child Abuse Prevention Committee, and as usual her emails arrive right on time each month keeping this important topic and National Exchange Club project in the forefront. Short summaries of her monthly correspondence are listed below:



- June – Members of Exchange were challenged to write to CEOs advocating for a change in their policy that allows young children to be interviewed by journalists after traumatic experiences. It is abusive to exploit young children by having them re-live horrific trauma that they have endured.
- July – A review of the sad child abuse statistics for the Commonwealth of Virginia, and a music video of Martina McBride singing *Concrete Angel*, a powerful song about child abuse were shared. The song is about Angela Carter who was abused by her mother, resulting in the little girl's death. The song is a true story about Martina's niece who was abused by her mother, Martina's sister.
- August – Listed were five great ideas that Exchange clubs could add to their agendas that would extend support and make a difference regarding the prevention of child abuse.
- September – A possible project for you or your club was given: if schools in your community are no longer providing free lunches, your club may want to help pay the lunch bill for a needy child. Also, Donna included information from Better Help, a therapy organization, listing the long-term Effects of Child Abuse and Neglect.
- October – Information from an article entitled "Supporting Victims of Child Abuse" from the Association for Supervision and Curriculum Development (ASCD) website. The information would be helpful to anyone who leads or teaches children.

If you have not received the complete information from the above summaries, please contact your Club President or District Director.

Virginia District - At Risk



The Virginia District needs to be congratulated on its growth in the year ended June 30, 2022, with an increase of 36 members and a total district membership of 287 members. The membership breakdown was 236 Exchange members and 51 Excel members. Since June 30, the district has grown an additional 5 Exchange members and 12 Excel members. This growth is to be celebrated.

However, the Virginia District is an "at risk" district because we do not meet the membership minimum of 300 Exchange members as required by the National Board. The Virginia District meets or exceeds all other expectations that are required such as number of clubs, administrative expectations, educational requirements, and leadership development. The number of members for purposes of an "at risk" district does not include Excel or Collegiate members. The term Exchange members is used for the purpose of this discussion.

What are the consequences of an "at risk" district? An "at risk" district works with the National Board to be removed from the "at risk" status by providing a growth plan, leadership plan, strategic plan and more. If the National Board does not see progress toward the removal of the "at risk" status, National can dissolve the district and move the clubs into another district. Therefore, being an "at risk" district should not be taken lightly.

What does the Virginia District need to do to be removed from the "at risk" status? Membership needs to be increased to at least 300 Exchange members. We are currently at 241. Each person in the Virginia District needs to bring a new member into the district. How do we do this? Ask people to join your club or other Exchange clubs in the district. New members need to be supported by the club by having quality, friendly, and fun meetings, active programs of service, social media exposure of the club, visible fundraisers in the community and becoming the club people want to join. Strong active clubs grow!

Check it Out - Cleanup Supply Kits

For those of you living in the peninsula area that do cleanup projects as a service to your community, this may be of interest: Hampton Public Libraries have cleanup kits that can be checked out year-round, then returned after a cleanup. All that is needed to check out the supplies is a library card! The kits come with items for a group of five people. Call your local library branch for further details.

Recap National Convention - Greenville, SC

July 13-16, 2022, the following attendees were honored to represent their local clubs and the Virginia District at the 104th National Convention and 39th Symposium held in Greenville, SC: District President Carol Wood and her husband District President-Elect Jesse, Exchange Club of Poquoson; Immediate Past District President Lynne Creasy and her husband Thomas, Exchange Club of Lynchburg; Past National President Claude Carmack, and his wife District Newsletter Editor Frances, Exchange Club of Lynchburg; District Secretary, Bill Trimble and his wife Nancy, District Youth of the Year Chairman; Exchange Club of Wythe and Exchange Club of Hampton, respectively; Division 2 Director, Steve Geiger and his wife Gay; Exchange Club of Poquoson; and President of the District Foundation, Susan Brewer; Exchange Club of Peninsula Networking and Exchange Club of Hampton. It was an outstanding convention with excellent speakers, a variety of sessions, lots of fun and, as always, a great way to meet other Exchangites! Additionally, the weather was mild for a summer day in July, with a gentle breeze blowing in the lovely tree-lined city; just right for experiencing local restaurants and shops!

[Congratulations to the award recipients from the Virginia District](#) who were recognized for their outstanding accomplishments at this event and thank you to the hard-working members of Exchange who helped make these accomplishments possible.

Distinguished District Directors: Division 1 - Barry Stephens, Division 2 - Jesse Wood, Division 5 - Marie Warren, Division 7 - Margaret Moore

Big E Award: Exchange Club of Lynchburg, Exchange Club of Poquoson, Exchange Club of Suffolk.

National Service Award: Exchange Club of Poquoson, Exchange Club of Tidewater, Exchange Club of Wythe, Exchange Club of Lynchburg, Exchange Club of Martinsville, Exchange Club of Henrico, Exchange Club of Peninsula Networking, Exchange Club of Hampton Roads Networking, Exchange Club of Suffolk, Exchange Club of Old Point Comfort, Exchange Club of Hampton, Exchange Excel Club of Poquoson High School, Regional Exchange Club of Lynchburg.

Club Hat Trick Award: Exchange Club of Poquoson.

Distinguished Club President: Dan Eich - Exchange Club of Suffolk, Steve Geiger - Exchange Club of Poquoson.

Distinguished Club Secretary: Carol Wood - Exchange Club of Poquoson.

Distinguished Club Treasurer: Sis Ambrose - Exchange Club of Poquoson.

3 Member Recruitment: Herbert Green and Becky Morrison - Exchange Club of Poquoson.

10 Member Recruitment: Jesse Wood, Carol Wood, Herbert Green, Becky Morrison - Exchange Club of Poquoson.

Retention Award 96.1%: Exchange Club of Blackstone, Exchange Club of Hampton, Exchange Club of Martinsville, Exchange Club of Old Point Comfort, Exchange Club of Richmond, Regional Exchange Club of Lynchburg, Exchange Club of Peninsula Networking, Exchange Club of Lynchburg.



(Lf. – Rt.) District President Carol Wood accepts The Hat Trick Award on behalf of the Exchange Club of Poquoson from National President Kathy Mize. The Club received this award for their accomplishments of building a new club, having 90% retention, and having growth.



(Lf. – Rt.) Past District President Lynne Creasy accepts the "Big E" Banner on behalf of the Exchange Club of Suffolk from National President Kathy Mize.



Jesse Wood - Distinguished District Director Award.

Recap National Convention - Greenville, SC (con't from page 4)



Check out Exchange's new patriotic cap that Billy is so handsomely wearing! (Lf. - Rt.) Sue & Billy Wineholt with Claude Carmack.



Virginia District attendees.

(Lf.-Rt.) Back Row: Bill Trimble, Jesse Wood, Carol Wood, Lynne Creasy, Thomas Creasy, Steve Geiger. Front Row: Nancy Trimble, Claude Carmack, Frances Carmack, Gay Geiger, Susan Brewer.



Having a little fun! Do you recognize these legs?

Save the Dates:

November 29, 2022 - Giving Tuesday.

January 27, 2023 - District Board Meeting

January 28, 2023 - District Mid-Winter Conference at the Poquoson Yacht Club

Clubs in Action

Exchange Club of Suffolk - Successful Fundraiser

After a long hiatus due to COVID, the Exchange Club of Suffolk had a successful Outback Dinner Fundraiser held on April 20, 2022. Exchange members served the dinner. Monies raised and the volunteer time given supports the needs of the community.



Nellie Carbaugh, charter member of the Exchange Club of Suffolk was honored at the club's July 18, 2022, meeting. She has been cooking for the membership meetings for twelve years!

Serving at the Outback fundraiser (front) Cindy Osbourne, (back) Julie VanGosen, Buddy VanGosen and Kim Taliaferro.



Exchange Club of Suffolk - Installation of Officers



District Director Marie Warren installed the 2022-2023 officers for the Exchange Club of Suffolk on June 20, 2022. (Lf. - Rt.) Dan Eich, Ginny Tackett, Kim Taliaferro, Julie VanGosen, Nancy Jones, Valarie Yanku, and Peg Eich.

Clubs in Action

Exchange Club of Peninsula Networking - Making an Impact

On October 11, 2022, a group of club members put on their blue jeans and reflective vests, pulled up their tall rubber boots, grabbed their gloves and clean-up tools, and headed out to their Adopt-A-Spot. When the day ended, they had filled numerous orange bags with an abundance of trash and had turned an eyesore into a beautiful spot. More importantly, they had helped save the environment from harmful pollutants. What an impact a few people working together can make in their community!



← Exchange member Donna Hodges, working hard at the club's Adopt-A-Spot. →

An Adopt-A-Spot crying for help. →



Exchange Club of Peninsula Networking - Basket Bingo

The 23rd Annual Basket Bingo Fundraiser of the Exchange Club of Peninsula Networking, along with a bake sale and raffle was held on September 24, 2022. The monies raised fund the club's charity work that goes right back into the community.

← Loyal supporters Mary Britt, Devra Kline, Barbie Fuller-Lilly and others enjoy the game!

Exchange Club of Hampton Roads Networking - Keeping their Community Clean

The Exchange Club of Hampton Roads Networking held their Bluebird Gap Farm Adopt-A-Spot on August 20, 2022. Club members participating in this community service project were Carol Veneris, Jane Ables, Kevin Green, Mary Green, and Bob Egan.



← (Lf. -Rt.) Carol Veneris, Jane Ables, and Kevin Green.



(Lf. - Rt.) Nick Nichols, Sally Nichols, Craig Marshall, Lisa Nichols, Gladys Pratt, Michael Staton, Penny Staton and District President Carol Wood.

Exchange Club of Tidewater - Inducts New Members

District President Carol Wood inducted seven new members at the Exchange Club of Tidewater's Charter Celebration on August 20, 2022.



(Lf. - Rt.) Back Row: Nick Nichols, Marie Warren. Front Row: Lisa Nichols, Gladys Pratt, Craig Marshall. Not pictured: Sally Nichols, Bob Moore, and Margaret Moore.

Exchange Club of Tidewater - Supports Special Olympics Event

Members from the Exchange Club of Tidewater helped at a Special Olympics Meet and Greet at Gosnold's Hope Park on August 27, 2022, in Hampton, Virginia.

Clubs in Action

Exchange Club of Poquoson - Off to Another Great Year!



(Lf.-Rt.) Exchange Club of Poquoson members Dutch Merryman, Jeff Brown, Tom Bales, and Wayne White at a recently installed lift.

By the end of summer, the Exchange Club of Poquoson had already welcomed a new member, installed four handicapped ramps/lifts, picked up trash at their Adopt-A-Spot, supported the Mobile Food Bank, donated to Child Development Resources, distributed American flags, recognized first responders, and prepared for their upcoming fall fundraiser. This dedicated group of volunteers is to be commended for their outstanding community support.

The club is especially known for the installation of handicapped lifts and ramps and has completed more installations recently than usual. This much-needed project helps a diverse group of people, including veterans, children, and the elderly. Ed Hartmann and his group of volunteers are to be commended for their dedication to this project that helps so many individuals gain a little more freedom and independence.

Exchange Club of Wythe - Building Handicapped Ramps for 32 Years!

The Exchange Club of Wythe has been spreading kindness in their community for 70 years through its projects of community service, youth, Americanism, and prevention of child abuse. President Vickie Servais led the Exchange Club of Wythe on September 22, 2022, in celebration of their 70th anniversary of service to their community! The club received letters of congratulations from the National Exchange Club and the City of Hampton.

One of their big community service projects has been building ramps for the handicapped. In 1990 the club built their first ramp, and to date they have built approximately 250 ramps! The Club won the National Best Community Service Project Award for this project in 1995 and 2000.



A handicapped ramp recipient expresses the joy he feels upon receiving a much-needed addition to his home.



Exchange Club of Wythe - Presents Book of Golden Deeds

The Book of Golden Deeds is awarded to individuals who go about quietly performing good deeds that enhance the quality of life in their community. At its Charter Night, the Exchange Club of Wythe presented this prestigious award to Dave and Marcia Austin for founding the Hampton VA Chapter of Sleep in Heavenly Peace. The organization handcrafts bunk beds so that no child sleeps on the floor.

(Lf.-Rt.) Exchangeite Jim Puckett, Marcia Austin and Dave Austin.

Exchange Club of Wythe - Supports Early Literacy

On Sept. 24, 2022, Exchange Club of Wythe members joined the Mayor's Book Club to highlight the importance of early literacy. Amber Hodges entertained Hampton youngsters with an exciting reading of Chicken Little. The children were able to take an active part in the storytelling and receive a free copy of the book to take home! In addition, thousands of books for all ages, including grown-ups, were collected and attendees at the Book Swap were invited to bring a box, bag or wagon and fill it up with free books.

Exchange Member Amber Hodges reading to the children. →



Exchange Club of Wythe - Participates in Community Giving & Resource Fair



On August 22, 2022, the Exchange Club of Wythe participated in the first annual Community Giving & Resource Fair with The Heart of Giving, Inc. at the Boo Williams Sportsplex. The venue provided an opportunity to interact with the public and promote awareness about what Exchange is and what Exchange does for the community. The club members passed out freebies, club literature and recruitment information.

← Exchange member Alma Dietz promotes Exchange at the Community Giving & Resource Fair.

Virginia District Exchange Clubs

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

WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2022-2023 Calendar

November 15, 2022	Form 990 due to IRS with copy sent to District and National
November 29, 2022	Giving Tuesday
November 30, 2022	Award application for Exchangite of the Year and Distinguished Virginian due
December 1, 2022	Exchangite of the Year Application due
January 27, 2023	District Board Meeting - Poquoson, VA
January 27, 2023	Mid-Winter Conference - Poquoson, VA
April 22, 2023	District Board Meeting - (TBA)
April 30, 2023	Election Reports due to National
April 30, 2023	ACE Award Application due
April 30, 2023	Youth of the Year Application due
May 1, 2023	Honor Roll Application due
May 12, 2023	All American Volunteer Application due
June 2- 3, 2023	Virginia District Convention - Newport News, VA
June 30, 2023	Conduct A Program Development Meeting
June 30, 2023	Award Applications for Quality Club, Club Bulletin, District Directors, Club President, Club Secretary, and Club Treasurer due

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