



# EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

November 1, 2023

EDITOR: FRANCES CARMACK

## PRESIDENT'S MESSAGE



Hello Fellow Exchange Members,

Happy fall Yall!!! The fall weather teasers have started and hopefully will stay with us. The district is down in growth since July, I know that we can turn this around quickly if we all work together to make it happen. We all have many opportunities to ask others to join our great organization. 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 in October and provided a great chance for clubs to pull their resources together with ideas or events to assist our neighbors in many ways. We have clubs that have already started inputting great projects that they have completed this year, and we are off to a great start with some clubs already receiving their National Service Award. Congratulations!!

Jesse and I have enjoyed several Charter Night celebrations and club visits, and we look forward to visiting all our clubs in the district. My email is [gowood13@verizon.net](mailto:gowood13@verizon.net) and my cell phone number is 757-817-4289. Please 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 37 years, the Exchange Club of Wythe for 71 years, the Exchange Club of Mechanicsville for 86 years, and the Exchange Club of Hampton for 33 years of providing awesome service to their communities.

Here are a couple of reminders for everyone: 1) Please make sure you are sending in pictures, with explanations to Frances Carmack at [frances@carmackcpa.com](mailto:frances@carmackcpa.com) and Alma Dietz at [atticfull@icloud.com](mailto:atticfull@icloud.com) 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](http://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 15<sup>th</sup>. 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 Claude Carmack, ([claudc@carmackcpa.com](mailto:claudc@carmackcpa.com)) and National ([finance@nationalexchangeclub.org](mailto:finance@nationalexchangeclub.org)). 3) District Award Deadlines: 1) Distinguished Virginian nominations need to be submitted to Alma Dietz at [atticfull@icloud.com](mailto:atticfull@icloud.com) by November 30, 2023. 2) Exchangite of the Year nominations need to be submitted to Mike Spencer at [m\\_b\\_spencer@msn.com](mailto:m_b_spencer@msn.com) by December 1, 2023. Another important date to remember is Saturday, January 20, 2024, 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

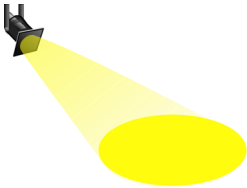
Virginia District President, 2023-2024

Gardens of kindness never fade.

*Greek Proverb*

## Editor's Note

Summer has always been too short for me, and if I could bottle up some of summer's pleasures to savor long past Labor Day, a few I would pick would include sliced Hanover tomatoes on a toasted BLT, juicy chunks of bright red watermelon, farm-fresh Silver Queen corn-on-the-cob, glorious beds of blooming flowers, tiny blinking lights of fireflies, iced tea, and cold lemonade. Autumn is now upon us with its own unique pleasures, and a few I would pick to savor long past November would include, plump orange pumpkins and odd-shaped gourds, freshly picked apples, colorful palettes of falling leaves, hot apple cider, and cool temperatures. Fall is also a time when thoughts turn toward holiday gatherings with all their splendor and traditions. The fall holidays march in so quickly and then, oh yes, Christmas comes in less than 2 months! As we go about our daily routines, enjoy life's many simple pleasures, and enter the holiday season, let us remember those who are less fortunate and do all we can to help make their lives a little better.



### Member Spotlight – Phillip (Phil) Brown

Longtime Exchange member Phil Brown joined the Exchange Club of Lynchburg in 1982. He has held the offices of secretary and treasurer of the club and has served on the Board of Directors. He was recognized as Exchangite of the year in 2005 and 2020.

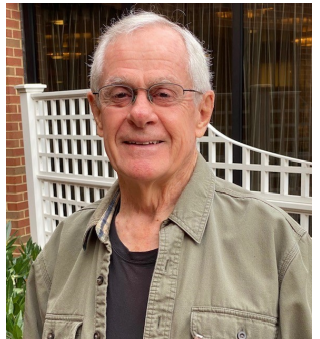
Phil graduated from the University of Colorado where he obtained a B. S. Degree in Engineering (Electrical) and a B. S. Degree in Business (Industrial Management). He was employed by L. M Ericsson, a Swedish telecommunications company, and General Electric where he worked in radio communications technical marketing and proposal management for public safety radio systems - police, fire, and public transit. He retired from both companies in 1996.

For 6 years, Phil served in the U. S. Army Reserve and left as a Captain in the U. S. Army Signal Corps. He has attended Timberlake Church (formerly Timberlake United Methodist) in Lynchburg, VA for 29 years.

A hobby Phil enjoyed for about 20 years, starting in 1950, was an amateur radio operator. He presently sings in a barber-shop quartet and for the past 27 years has been a member of a barbershop chorus. The chorus and quartet sing throughout Central Virginia. Phil and his late wife shared a passion for traveling, visiting Europe several times, and traveling for 24 years (approximately 120,000 miles) via motorcycle to many locations in the Eastern United States and Canada. Their last trip was 4 weeks in Newfoundland in 1998.

Phil's wife died in 2018. In 2019 he became a resident at Westminster-Canterbury Retirement Community in Lynchburg, VA. He volunteers on several committees there. He presently serves as a speaker and in an inspirational role in his church's grief ministry supporting those who recently have lost a spouse or other family member.

Phil has a daughter who lives in Reston, Virginia and a son who lives in Richmond, Virginia. He has two grandchildren from their daughter. One attends Virginia Tech., and the other attends Temple University, in Philadelphia, PA.



### Welcome - Region 11 Vice President

Kara E. Wright was elected as Region 11 Vice President at the National Convention held in Phoenix, AZ on July 12-15. Kara is a member of the Hanover, PA Exchange Club, and the Mid-Atlantic District where she has served as District President 2021-2022 and District Director 2019-2020; 2022-present. She has recruited 16 new members into Exchange. Kara is very passionate about Exchange. She has already visited the Virginia District's July Board Meeting, bringing an abundance of excitement, energy, enthusiasm, and encouragement. Be sure to let her know when your club has upcoming meetings and projects. She will be there to support you!

Do what you can with what you have where you are.

*Theodore Roosevelt*

## National Convention – Phoenix, AZ – Announces 2023 Awards

The 105<sup>th</sup> National Exchange Club Convention & 40<sup>th</sup> Symposium was held in Phoenix, AZ on July 12–15, 2023. District President Carol Wood and District President-Elect Jesse Wood were honored to represent the Virginia District and proud to accept the Virginia District awards that our clubs and individuals earned.

Congratulations to the award recipients recognized by National for their outstanding accomplishments and thank you to the hard-working members of Exchange who helped make these accomplishments possible.

**Outstanding District: Virginia.**

**Distinguished District President:** Carol Wood - Exchange Club of Poquoson.

**Distinguished District Directors:** Marie Warren, Barry Stephens, Margaret Moore, Steve Geiger, Phil Everhart.

**Big E Award:** Exchange Club of Peninsula Networking, Exchange Club of Poquoson, Exchange Club of Tidewater (banner), Exchange Club of Wythe.

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

**\*Club Hat Trick Award:** Exchange Club of Poquoson.

**Distinguished Club President:** Jesse Wood - Exchange Club of Poquoson, Margaret Moore - Exchange Club of Tidewater, Carmen Torres-Nisbet - Exchange Club of Peninsula Networking, Vickie Servais - Exchange Club of Wythe.

**New Club Project Banner:** Exchange Club of Gloucester Mathews.

**Distinguished Charter Club President:** Alyssa White - Exchange Excel Club of Poquoson High School.

**Distinguished Club Secretary:** Carol Wood - Exchange Club of Poquoson, Juanita Hartman - Exchange Club of Peninsula Networking, Alma Dietz - Exchange Club of Wythe.

**Distinguished Club Treasurer:** Jerry Toren - Exchange Club of Poquoson, Susan Brewer - Exchange Club of Peninsula Networking, Jim Puckett - Exchange Club of Wythe.

**25 Member Recruitment Award Pin:** Jesse Wood - Exchange Club of Poquoson, Carol Wood - Exchange Club of Poquoson.

**Membership Retention Award: 92% - 96%:** Exchange Club of Poquoson, Exchange Club of Peninsula Networking, Exchange Club of Wythe.

Be sure to display your club's awards, including banners and patches, at events, fundraisers, and meetings. This is one way to show your community what Exchange does.

**\*Club Hat Trick – 90% retention/5 - member growth/new club built.**

## 106<sup>th</sup> National Convention & 41<sup>st</sup> Symposium to be held in San Antonio, TX

The 106<sup>th</sup> National Exchange Club Convention will be held July 10-13, 2024, at the Hyatt Regency in San Antonio, Texas. This is a fun and interesting place to have a convention, and you will have the opportunity to meet a great group of people, discover new ideas and return home inspired and full of energy. Plan to attend so you won't be missing out!

## Virginia District Exchange Clubs Foundation – Reaching into the Future

Remember that through the Foundation, our efforts can not only make an impact during the current Exchange year but also well into the future. One way to reach into the future is to consider making the world a better place beyond our time on earth by leaving a legacy through a gift to the Foundation. As funds grow, we can accomplish our goals of increasing youth scholarships and reaching more individuals. Personal and club donations may be sent to VDECF, 5604 Cold Harbor Rd., Mechanicsville, VA 23111. Let's show our support and help the Foundation reach into the future.



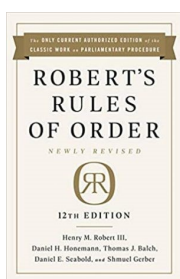
## One Nation Under God Annual Event to be held on November 11, 2023

Virginia District Exchange Clubs will hold its annual One Nation Under God event at Trinity United Methodist Church, 1294 Poquoson Avenue, Poquoson, VA at 9:00 a.m. on November 11, 2023. Angela Costello will be the guest speaker. The cost is \$12.00. Your club will be billed after the event. **Mark your calendars and plan to attend this great event!**

This powerful program not only aims to increase appreciation of our rich religious heritage but also seeks to remind Americans that we must always trust in a higher power for guidance, protection, and strength. The famous words of the program's title are, of course, taken from the Pledge of Allegiance to the United States of America Flag. One Nation Under God Month is observed annually during November.

Exchange implements this program in a variety of worthwhile ways, such as organizing community-wide prayer breakfasts, distributing pamphlets describing the American Flag's history and proper flag etiquette, sponsoring One Nation Under God essay or poster contests in schools, and encouraging attendance at religious services.

## Robert's Rules of Order



I was first introduced to Robert's Rules of Order by my seven-grade teacher, a stern woman who taught her students everything she thought an educated person should know. She had her students elect class officers and taught them how to conduct a properly run meeting. This laid the groundwork for my understanding of how a meeting is correctly conducted and has served me well as an adult.

Have you ever wondered who invented Robert's Rules of order, the set of parliamentary procedures used by Exchange and other organizations? Well, his name is Henry Martyn Robert, a South Carolinian, who in 1857 graduated fourth in his class, at the age of sixteen, from the U. S. Military Academy at West Point. He was commissioned as a second lieutenant and quickly rose to first lieutenant after helping to plan defenses around Washington D. C. and Philadelphia during the Civil War. He was transferred to Massachusetts where he was elected chairman of a public meeting held at the First Baptist Church in New Bedford to discuss harbor defense. The discussion became chaotic and disorderly, embarrassing Mr. Robert, so he began to collect information about parliamentary procedure. When he was transferred to San Francisco, while again taking a leadership role in a meeting, he learned people there had a different view on how to run a meeting. Thus, he recognized the need for a basic set of rules on parliamentary procedure, so he began to study the English rules of order. In 1869, because of his research, he had a small fifteen-page reference guide that he and his friends used. By 1874 he had a more thorough guide but was unable to find a publisher for his work. His wife suggested that it was too complicated, so he added two sections that were more practical. Unable to secure a publisher, Mr. Robert used his own money to pay a publisher to print it. Finally, published officially in 1876, 1000 copies of the first edition were free to civic leaders, educators, and parliamentarians across the United States. This created a demand for the remaining 3000 copies that were all sold by May of that year.

(Continued on page 7)

## *Clubs in Action – Making a Positive Impact through Projects and Programs*

### Exchange Club of Peninsula Networking – Adopt-A-Spot



On August 24, 2023, the Exchange Club of Peninsula Networking cleaned up their Adopt-a-Spot at Nickerson Catch Basin in Hampton. Six bags of trash were collected from the site. This great project helps keep their community healthy, clean, and beautiful.

*(Lf. - Rt.) Carol Dees, Donna Hodges, Rosie Green, Juanita Greenwood, & Judy Torrey. Not pictured, Jim Torrey.*

### Lynchburg Exchange Club – Child ID Event

The Child ID Event was held on September 9, 2023, in Miller Park as part of the Annual City of Lynchburg’s “Day in the Park.” The Project was a tremendous success having processed 36 children. Each child’s fingerprints and information were downloaded onto a USB drive, and the information was given to the parents for safekeeping. Hopefully a child will never go missing, but in case this were to happen, the information could be provided to law enforcement. Thank you to members Mike Staley, David Burch, Richard Byrne, Eugene Wingfield, and Mike Spencer, and to Eugene’s granddaughter, Jaiden, for their help with this event.



### Regional Exchange Club of Lynchburg – Americanism Project



The club has been very busy this fall completing thank you cards for police officers, firefighters, and first responders and filing buckets with candy that they delivered to various sheriff and fire stations. They also had a booth at “Day in the Park” celebrating with an Americanism theme. They gave flags, pencils, booklets, tattoos, stickers, bracelets, small toys, yoyos, bubbles, and pinwheels, all with an Americanism theme, to the children who stopped at their booth.

*(Lf. – Rt.) Members Sharon Robinson, Leanne Bass and Judy Goding found an exciting way to promote Americanism.*

### Exchange Club of Poquoson – Showing Compassion and Support

Through the years, this active club has compassionately supported their community by building ramps to help families access their homes as needed. The club is continuing this compassionate project, but they have switched to installing electric lifts. The lifts are easier and faster to install, are more cost effective and are easier to move and reuse. Most importantly, the lifts work just as well as ramps for those with disabilities or limited mobility. Twelve lifts have been installed so far this year!

The club supports their community through many additional service projects. Some of their projects are installation of “cat eyes” that reflect in roadways opposite fire hydrants, contributing to the Peninsula Angel Quilters, cleaning an Adopt-a-Spot, supporting the Mobile Food Bank, donating plastic bags, participating in National Night Out, handing out American flags, supporting student of the month, and recognizing first responders.

*This handicapped Lift was installed recently. Thank you, Ed Hartmann, Bob Speechley, Wayne White, and Mike Greenwood for working on this project.*



# *Clubs in Action – Making a Positive Impact through Projects and Programs*

## Exchange Club of Poquoson – Showing Compassion and Support (con't from page 5)



← Firefighter Steven Katona recognized for his hard work and dedication at the Poquoson Fire Department.

→ Sergeant David Whitley recognized for his outstanding leadership and commitment to keeping Poquoson safe.



## Exchange Club of Gloucester-Mathews – Providing Exceptional Service

In September, the club had a vendor booth at the Ware Farmer’s Market to inform people about the club. They gave away free T-shirts, had a gift basket raffle, and sold tickets to their cash raffle. In October, several members got together to wrap shoe boxes for Operation Christmas Child. They have 76 boxes ready to be filled! Also, during October club members held two collaborative partnership events. They helped clear out trails at the Gloucester Moose Lodge for a Haunted Trail Event held at the end of the month, and helped Rural Housing Partnership clean up heavy brush around the historical W. J. Stokes Road House.

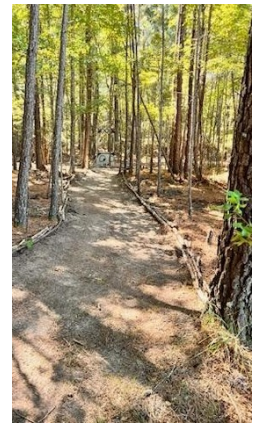


Vendor’s tent... A great way to be visible in their community!



75 shoeboxes will make an “Amazing Journey” from the Exchange Club of Gloucester-Mathews to a child in need.

The path has been cleared to “Come get Spooked” by the Exchange Club of Gloucester-Mathews!



Helping clear out brush at the historical W. J. Stokes Road House site.

## *Clubs in Action – Making a Positive Impact through Projects and Programs*

### Exchange Club of Wythe – Showing their Awesomeness!

On August 16, the club showed their appreciation for returning teachers by preparing a hearty Welcome Back Breakfast for the staff and administration at the Alternative Learning Center in Hampton. Pancakes, sausage, bacon, fruit, and beverages were on the menu. What a way to wish the teachers a great start of the school year!

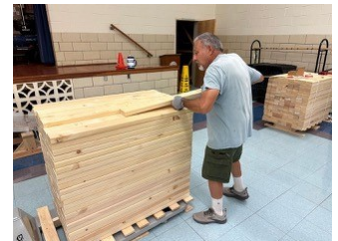
*(Lf. – Rt.) Doug Gray, Benn Trask, Jose Inchausti, Alma Dietz, Pat Garvey, Phil Everhart, Jr., Lonnie Servais, Bill Trimble, and Jim Puckett.*



Wythe Exchange Club member Amber Hodges has found a creative way to help Sleep in Heavenly Peace, VA., a bunk bed building organization. She has recruited a group of ladies to meet once a month to crochet afghans so every child who gets a bed gets an afghan crocheted with love. Many thanks for giving time and talent to this worthwhile cause!

On August 25<sup>th</sup> and 26<sup>th</sup>, Exchange Club members Mike Schetting, Bob Kimsey, Phil Everhart, Jr., Benn Trask and Marcia Austin worked diligently with Dave Austin, the newest club member, to pre-cut four wood shipments that will be transformed into bunk beds. The bunk beds are made for children who would otherwise sleep on the floor.

*Mike Schetting gets pre-cut wood ready for the bunk bed build day.*



The Wythe Exchange Club collected nearly 80 gently used books and donated them to the Mayor's Book Club to ensure that community members have access to reading materials.

*Exchangite Alma Dietz (2<sup>nd</sup> from lf.) along with Mayor's Book Club volunteers. Not pictured, Exchangite Amber Hodges.*

Exchange club member Bob Gurley presented a donation to The Foxhill Athletic Association on behalf of the Exchange Club of Wythe to support youth athletics in the community.



### Robert's Rules of Order (Con't from page 4)

Mr. Robert retired from the military as a Brigadier General at the age of 64 and spent the rest of his life writing new rules and revising old ones. In 1915, *Robert's Rules of Order, Revised* was published. Mr. Robert died in 1923 at the age of 86. His family became the owner of the rules through the sixth edition published in 1951. Currently it is in its twelfth edition and the copyright is owned by the Council of the Robert's Rules Association which was established by the Robert's family. Today professional organizations, local governments and others continue to rely on Robert's Rules of Order to conduct efficient meetings.

Submitted by Frances Carmack

**Virginia District Exchange Clubs**

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

[WWW.vadistrictexchange.org](http://WWW.vadistrictexchange.org)

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**Virginia District Exchange Clubs 2022-2023 Calendar**

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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
May 31-June 1, 2024	Honor Roll Application due to Claude Carmack 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
July 10-13, 2024	District Awards due to Susan Brewer National Exchange Club Convention, San Antonio, TX

**THANK YOU** for reading **Exchange Across Virginia**, our Virginia District Exchange Clubs District Newsletter. We want to produce a newsletter that has great content and is fun and valuable to you. Your contributions and constructive feedback are always welcome.