

THE COLONIAL DISTRICT EXCHANGE CLUBS
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Newsletter Editors:

Frances Carmack and Mary Stephens



DISTRICT NEWSLETTER — DECEMBER 1, 2018

PRESIDENT'S MESSAGE

I am excited to announce that Scot Warren, 2018-2019 National Exchange Club President, will be our guest speaker for The Mid-Winter Educational Conference. The conference will be held on January 26, 2019, at Immaculate Conception Catholic Church, 2150 Cunningham Drive, Hampton, Virginia, 23666. The Conference is designed to help you grow your clubs and it is essential that all clubs send their officers for 2018-2019 and 2019-2020. I encourage all clubs to send additional representatives. The Club Presidents-elect will get a jumpstart on planning for their year, and attendees will be present when the District recognizes the clubs for their service projects and the club officers for their accomplishments. You will find the registration form for The Mid-Winter Conference in this bulletin.

Applications are due on November 30, 2018 for two District Awards, The Colonial District Exchangite of the Year (deadline extended to December 31, 2018) and the Distinguished Virginian. Your candidate for the Colonial District Exchangite of the Year should be your Club's Exchangite of the Year from this past year. Every club should have a candidate to submit. We have very few applications for this prestigious award that will be given at The Mid-Winter Educational Conference. Secondly, many clubs recognize individuals with the Book of Golden Deeds. These are the candidates that should be sent to the District for the Distinguished Virginian Award, but also look into your community for other candidates. The application deadline for the Distinguished Virginian Award has been moved up to allow the winner to schedule attendance at the District Convention on May 31-June 1, 2019. The last several years the number of applicants submitted for both awards has been very limited. We would like to see more applicants.

In September, the District submitted its Strategic Plan to The National Exchange Club. It covered growth, leadership development, service programs, training, and administration. The District committed to a membership of 325 Exchangites as of June 30, 2019, with a three percent growth each following year. Therefore, I have started **EACH ONE, BRING ONE**. The District will need the assistance of each member if we are to reach this commitment. We are asking each club to have plus two percent growth each year. We also committed to building two clubs in each of the next three years. These commitments may not seem aggressive, but they are considering the District has not grown in many years. To meet these commitments, we must not only bring in new members, but we must retain current members. To assist in retention, we will be asking members to complete a member survey that will be forthcoming. This survey will allow us to give our clubs feedback regarding the attrition of members.

The District also committed to leadership development for the clubs. We will be offering The Colonial District Leadership Institute in April 2019. All Exchangites can attend, and I ask that you carefully consider attending. Each club has been sent the District policy for the program. Although the election of your 2019-2020 club officers does not occur until the Spring of 2019, it is not too late for members to consider taking leadership roles in their clubs. Ask your current officers what positions are available and how you can help fill the positions. Being a leader of your club requires work and time. It is not an easy task, but I can assure you that your efforts will be well rewarded. Please step-up for the betterment of your community.

As we enter the holiday season, let us give thanks for our many blessings as we celebrate Thanksgiving. We have so many reasons to be thankful. Enjoy Christmas or Hanukkah and may they be filled with peace and love. Remember, Exchange follows the biblical teachings by giving to our communities all year long. Have a safe and happy New Year and resolve to help grow your club, honor those who have served or are serving for our protection and freedom, protect children who cannot protect themselves, and improve our communities.

SNAPSHOT

- ▶ Congratulations to The Exchange Club of Hampton University for 13 new members added to the current school year.
- ▶ Congratulations to The Exchange Club of Poquoson for the largest percentage growth for Exchange Clubs in our district.
- ▶ The Exchange Club of Wythe celebrated its Charter Night 66th Anniversary, September 27, 2018.
- ▶ The Exchange Club of Martinsville honored Law Enforcement, Fire and EMS Workers at their Recognition Banquet on October 4, 2018.
- ▶ The Exchange Club of Wythe just completed its 26th year Pancake Jamboree and is gearing up for its 66th year of Christmas tree sales – their two major fundraisers.
- ▶ The Exchange Club of Henrico held its annual Pork BBQ to benefit veterans on November 10, 2018.

GROUP PICTURES NEEDED

Attention all Colonial District Exchange Clubs: In preparation for the 80th Anniversary of The Colonial District, we would like each club in the district to provide a group picture of their club. Please provide the name of each member pictured along with the names of members not in the picture. Please send the pictures and the accompanying information to Bob Moore at rmmoore121@charter.net by April 1, 2019.

SPREAD THE WORD

Do you have news to share about how Exchange is at work in your community? Send your information and pictures to Frances Carmack — frances@carmackcpa.com or to Barry Stephens — mbarry1948@att.net.

BOARD MEETING



Your Colonial District Exchange Board in Action – Working for the future of the District.



Left: Claude Carmack presiding at board meeting. Right: Ralph Lawson taking notes at board meeting. Center: 16 were present at the October board meeting — pictured (l-r) are Bill Trimble, Carolyn Phaup, Bob Moore, Margaret Moore, Marie Warren, Susan Brewer, and Frances Carmack.

101ST NATIONAL EXCHANGE CLUB CONVENTION 2019

If you've never been to one, the 101st National Exchange Club Convention in Norfolk, Virginia from July 17 to July 20, 2019 is the perfect time to start. In addition to traditional activities open to all attendees – including the exhibit hall, general sessions, training and workshops and hospitality galore, you can also attend paid events that include meals, superb speakers, and awards. You're guaranteed a good time, you'll make new friends, and you'll be glad you attended. Information on registration, hotel rooms and anything else regarding securing your spot will be located in the forthcoming *Exchange Today* magazine or online at www.nationalexchangeclub.org. In the meantime, mark your calendar!

CRIME PREVENTION BANQUET

The annual Division 5, 6 and 7 Crime Prevention Banquet honoring the Hampton City Police Department was held on Thursday, October 11, 2018 at Hampton Baptist Church in Hampton, Virginia. Participating clubs included Downtown Hampton, Hampton, Hampton Roads Networking, Old Point Comfort, Peninsula Networking, and Wythe. Members of Hampton University Collegiate Club and Special Friends of Hampton Club were also in attendance.



Officer of the Year, Ptl. Oscar I. Ruedas-Morales, Hampton Police Division. Presenter: William "Dub" Travis, Hampton Roads Networking Club.



Rookie of the Year, Ptl. Joshua L. Dye, Hampton Police Division. Presenter: Kim Deibler, Downtown Hampton Club.



Old Point Comfort Club members in attendance (l-r) William Christian, Gail Roberts-House, Elena Christian and Eddie Heckstall.

MEMBER SPOTLIGHT — RICHARD L. PUGH



On January 1, 1967, Richard L. Pugh joined The Exchange Club of Lynchburg. He was sponsored by the late John Gleason. During his 51 years as an Exchangite, Richard has only missed one meeting. When asked why he has continued in Exchange for 51 years he didn't hesitate, stating he liked the people, the fellowship and the projects of Exchange. Richard has served on the Board of Directors and chaired various committees on the club level. He is most proud of chairing The Distinguished Virginian Award because four out of five applicants submitted were chosen as the winner. He was recognized by the club as Exchangite of the Year in 2009, but mostly he is known as the "ticket salesman". He holds the record for the most tickets sold every year for the Lynchburg Pancake Jamboree, the club's major fundraiser. Last year, he sold 555 tickets and this year he exceeded his goal to sell 600 tickets by selling 634! His fellow Exchangites describe Richard as the "go to person" for his knowledge of Exchange and his valued experience. Though the bank changed names many times, Richard retired from One Valley Bank after working there for 39 years. Since retiring, he has learned to play golf, enjoys his daily golf games and has become an excellent golfer. He prides himself in walking the course, figuring he has logged about 34,000 miles and worn out a respectable number of golf shoes and bag carts! Richard and his wife Faith Crist Pugh have two daughters, Tamara Johnson and Cherie Staples, and four grandchildren. They reside in Lynchburg, Virginia.

THE PENINSULA NETWORKING EXCHANGE CLUB



The Peninsula Networking Exchange Club cleaned their "Adopt-a-Spot". Pictured: Judy Torrey, Maddie Weiser, Donna Okerblom, Kathie Dudek, Dave Dudek and Rosie Greene.



The Peninsula Networking Exchange Club delivered 46 Lego kits to CHKD (Children's Hospital of the Kings Daughters) for hospitalized children. Pictured: Rosie Greene, Judy Torrey, Jim Dees, Carol Dees, Roy Lewis and Tricia Lewis.

THE EXCHANGE CLUB OF LYNCHBURG PANCAKE JAMBOREE

On Friday, November 2, 2018, The Lynchburg Exchange Club held its annual Pancake Jamboree at the City Armory. This primary fundraiser enables the club to invest approximately \$10,000 back into the community to help the less fortunate, recognize the accomplishments of the outstanding, and promote love of our country. The Exchange Club of Lynchburg is extremely grateful to all businesses and citizens for their support, especially this year's major sponsor, Food Lion, who donated the ingredients and most of the supplies for the event.

