



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

August 1, 2024

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Hello Virginia District!



As your newly installed District President I'd like to start my first newsletter with a humble thank you for giving me your trust to lead our organization. I am grateful for this opportunity and truly believe that together we can continue what Immediate Past District President Carol Wood started by continuing to make Virginia District the best District out there! With that said, I'd like to introduce you to this year's motto, "We've only just begun". Remember, when you think about growing our clubs, larger clubs can do more for the communities they serve. Remember, when you receive awards, they validate what you have done for your community. Remember, when you are completing programs of service and fundraising, both our programs and our fundraising help us to give more and more to our service areas. Remember, when you're assisting with growing new clubs, new clubs allow us to offer Exchange throughout Virginia. Remember... "We've only just begun".

Speaking of new clubs, the Virginia District has built two in the past three years which is a great beginning, but to me it is only the beginning. We are capable of building many more and would love to hear your ideas on new clubs. We currently have four possible club locations on the table which are Grafton in York County, West Point in King William County, Buckingham County, and a new Excel Club at either Gloucester High School or Mathews High School or maybe both.

New clubs are great for growth and spreading Exchange but let's not forget our existing clubs. I, along with a team of Exchange members committed to growth, am ready and willing to assist any club in the District with growth, so reach out to me with your ideas and together we will help them become a reality.

I know I can be long winded, so let me close with a few reminders so we all get off on the right foot. First, I would love to see as many clubs as possible get the National Service Award as soon as possible and I would encourage all clubs to review what is required for the Big E so you can work on this award throughout the year. I believe every club in the District can earn the Big E. Another big one is the IRS, please encourage your club's treasurer to gather what may be needed now to ensure that all IRS required paperwork is turned in by November 15th.

In closing just remember, "We've only just begun". Together we can do this.

Jesse Wood
Virginia District President, 2024-2025

And the Winners are...

We rolled out some exciting news about a new Growth Award Program at the Mid-Winter Conference with the competition running from July 1, 2023, to April 30, 2024. Listed below are the criteria: 1. The Club with the largest % of growth. (This considered retention as a factor). 2. The club with the largest % of members added since the beginning of the year. (This did not consider retention). 3. The club with the greatest number of new members. 4. The member with the greatest number of new members recruited. The largest percentage of growth was the **Exchange Club of Tidewater**. The largest percentage added since the beginning of the year goes to the **Exchange Club of Poquoson**. The club with the most recruited members went to the **Exchange Club of Poquoson**. We had a tie for the member with the greatest number of new members recruited going to **Jesse Wood** and **Carol Wood**. Congratulations to all club and member winners!

Editor's Note

This is an exciting time of year for Exchange Clubs as we celebrate the year end, install new officers and plan for the new year. National staff encourages us to read *Exchange Today*, utilize the National website, and listen to any *Talk Exchange Podcast* episodes. Prepare yourself and head into the new year with pep and energy and make your club, in the words of an old 80's song, "Simply Irresistible"!

Matching Gift Challenge Met

A big **thank you** to all individuals and clubs who helped our Virginia District Exchange Clubs Foundation meet the matching gift challenge. The goal to match \$2000 was met in full! This means your tax-deductible donations will double the impact toward continuing our District Youth of the Year and ACE awards.

Susan Z. Brewer Youth of the Year Scholarship

Susan Z. Brewer was a long-time member and leader of the Virginia District Exchange Clubs. She was the go-to person if you had any questions about the operation of your Club, District or National. She was a true friend and leader who will be sorely missed.

In recognition of her service and dedication, the Board of Directors of the Virginia District Exchange Clubs and the Virginia District Exchange Clubs Foundation, Inc. have named the Youth of the Year scholarship in her memory. This \$2,000 scholarship is awarded annually at the District Convention.

To fund the Susan Z. Brewer Youth of the Year Scholarship, the District is asking members to contribute annually. We want to thank the members who have already contributed to the scholarship fund. The money raised will be held in an endowment. This means the money in the fund will not be used to pay the scholarship but only the earnings from the fund will pay the scholarship. Thus, any money given to the fund will remain for future years.

If you have not given to the Susan Z. Brewer Youth of the Year Scholarship Fund, please send the contribution to: Susan Z. Brewer Scholarship Fund, 5604 Cold Harbor Road, Mechanicsville, VA 23111.

Scholarships - Investing in Our Youth

Youth of the Year Award Winner



Exchange member Nancy Trimble and Jahleel McCallum.

The Youth of the Year recipient for 2023-2024 is Jahleel McCallum. Jahleel was an outstanding student at Phoebus High School in Hampton, Virginia where he was a class leader for Cybersecurity Operations in New Horizons, Captain of Varsity Track and Field (2 years), Captain of the Cross Country Team (1 semester), Co-Captain of the JV Basketball (1 semester), member of the Chess Club (1 year), National Honor Society (1 year), Beta Lambda Boule Scholar Mentee (1 year), and Member of the Kecoughtan High School Ecology Club (2 years). Jahleel is most proud of qualifying for Track Nationals where he achieved a personal record. Additionally, his community service includes numerous activities, leadership roles and mentorships in non-profit organizations, and summer camps. He will be attending James Madison University in the fall where he plans to pursue a career in Cyber Security. Jahleel was sponsored by the Exchange Club of Wythe.

Accepting the Challenge of Excellence (ACE) Award Winner



Exchange member Mike Spencer presents the ACE Award to Tyauna Banks.

The ACE Award winner for 2023-2024 is Tyauna Banks. Tyauna has overcome many obstacles in her life and is a most deserving recipient of this award. She graduated from Heritage High School in Lynchburg, Virginia and in the fall will be attending Central Virginia Community College where she will pursue a career in nursing. She was sponsored by the Exchange Club of Lynchburg.

Both students attended the Virginia District Convention in Gloucester, Virginia where they were awarded plaques and their scholarship monies. They worked their way from the club level to the District level and were entered in the National competition.

Recognizing Outstanding Individuals in Our Communities

Distinguished Virginian



Among the highlights of the Virginia District Convention was the presentation of the 2023-2024 Distinguished Virginian Award to Matthew Stearn in recognition of his exceptional community service and bringing honor to the state of Virginia. As the executive director of Help, Inc., Stearn has dedicated seven years to providing shelter, healthcare, dental care, and support to citizens in Hampton and Newport News.

Exchange member Alma Dietz presents the Distinguished Virginian Award to Matthew Stearn.

Recognizing Members of Exchange for Outstanding Service

Honor Roll

Acceptance into the Virginia District Honor Roll recognizes a superb member of Exchange who has made a long-term contribution to Exchange at both the local level and District or National level. No more than two can be honored each year. This year two outstanding individuals were recognized. They are Frances Carmack and Jesse Wood.



Lynne Creasy (lf.) presents Honor Roll Plaque to Frances Carmack.

Frances Carmack joined Exchange on June 17, 2003, but was active in Exchange long before she joined having been involved in Exchange since 1978 as a supportive spouse. She supported her husband, Claude, as he moved up the leadership levels at the Virginia District and National levels of the organization. The first Virginia District Exchange Club Convention she attended was in June 1995 and she has not missed many conventions or conferences since then.

Although she has been supportive, she has established her own record as a member of Exchange. At the club level, she was secretary, president-elect (twice) and past president of the Exchange Club of Henrico. At the Virginia District Exchange Clubs level, she was District Director of District 4 (01/22/2016 - 06/30/2017) and received the Outstanding District Director's Award. She has been the District Newsletter Editor (07-01-2018 to present). She received the National Newsletter Edit Award for the Best District Bulletin in 2019.

Frances has attended most, if not all, District Conferences, District Board meetings, and District Conventions since becoming a member and before being a member. She is currently a member of the Exchange Club of Lynchburg and Exchange Club of Mechanicsville.



Lynne Creasy presents Honor Roll Plaque to Jesse Wood.

Jesse Wood has been serving as an outstanding dedicated leader in the Exchange Club of Poquoson for 16 years, and the Exchange Club of Gloucester-Mathews for 1 year. He has led the Exchange Club of Poquoson to receive many awards and recognition while serving as Club President (2019-2020) and (2022-2023). Individually, he has been recognized as the Virginia District Outstanding Club President (2019-2020) and as Distinguished Club President by the National Exchange Club for the same year. In 2021/2022, he was recognized by the Virginia District as Outstanding District Director and by the National Exchange Club as Distinguished District Director. Again in 2022/2023, Jesse was recognized by the National Exchange Club as Distinguished Club President. He was recognized by the Exchange Club of Poquoson as Exchangite of the Year (2022-2023) and by the Virginia District Exchange Clubs as Exchangite of the Year (2022-2023).

Jesse has been very active in recruiting new members and building new clubs. He was recognized by National for recruiting 3 new members (2019-2020), 10 new members (2021-2022), over 25 (2022-2023). In November 2021, he served a prominent role in establishing the Exchange Excel Club of Poquoson High School. Exchange Club of Gloucester-Mathews was chartered in March 2023. Jesse received the District and National Club Building Awards for both clubs.

Virginia District Convention - Highlights

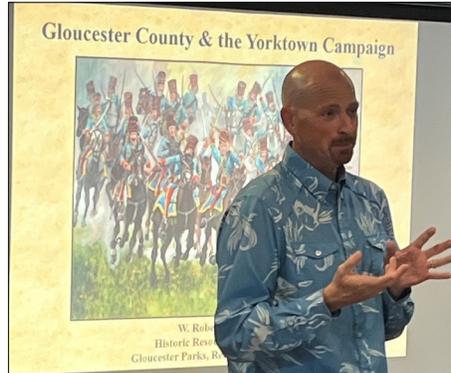


The spring pollen had gone, and summer's heat and humidity had not kicked into high gear. What a great weekend to meet Exchange friends in Gloucester for a fabulous conference! Attendance was great, including **TEN FIRST TIMERS!** The theme was patriotic! The speakers were dynamic! Youth awards were given! Funds were raised for the foundation's scholarships! The food was delicious! New officers were installed! It was Fun!

Now is the time to mark your calendar for next year's convention - May 30-31, 2025.



Jeff Brown, Sons of the Revolution, wearing a Revolutionary War Continental Army Regimental uniform with Brown Bess musket – 1775 to 1781.



History came alive when Robert Kelley, Gloucester County's Museum of History manager and President of both the Fort Monroe Historical Society and Peninsula Museums Forum, gave an engaging presentation of Gloucester County's role in the Revolutionary War!



Speaker: Senior Chief Al Grant, Retired USN & Naval Science Instructor Gloucester High School. Topic: ROTC Program at Gloucester High School.



Tracey Edwards, CEO from National gave us a great overview of National's new website and the resources available to support our Exchange clubs and members.



Beautifully decorated tables!



Kara Wright, Region 11 Vice President, always brings her A game! We had lots of fun learning about teamwork!



*Great attendance, including **TEN FIRST TIMERS!***



Phil Casey provided relaxing music during the installation dinner.



Check out their red, white, and blue! (Back row) Frances Carmack, Steve Geiger, Kara Wright (Front row) Gay Geiger.

Thank you, Exchange Club of Gloucester-Mathews, for your hospitality!

Installation of Virginia District Officers

Tracey Edwards, CEO, National Exchange Club, installed the new officers for the year 2024-2025 on June 1, 2024, at the Virginia District Exchange Clubs 85th Convention in Gloucester, Virginia. These leaders will manage District business, help promote Exchange and help strengthen clubs.



(Lf. - Rt.) Division 5 Director Bill Trimble, Secretary Marie Warren, District President Jesse Wood, Treasurer Claude Carmack, Immediate Past District President Carol Wood.



(Lf. - Rt.) Division 5 Director Bill Trimble and Division 2 Director Steve Geiger take the Oath of Office.



Jesse Wood takes the District President's Oath of Office.



(Lf. - Rt.) Immediate Past District President Carol Wood and District President Jesse Wood with Tracey Edwards, CEO, National Exchange Club.



"Passing of the Gavel" - Immediate Past District President Carol Wood hands the gavel to District President Jesse Wood.

District Directors who will be completing their two year term.



*Division 1
Judy Goding*



*Division 6
Phil Everhart*



*Division 7
Margaret Moore*



Leadership Training – Setting the Tone for a good Year

The Virginia District Exchange Clubs held their leadership training for all club officers on June 15, 2024, in Hampton, Virginia and via zoom. The training is designed to help officers understand their responsibilities and become better Exchange leaders, ultimately leading to a successful year in the District. President Dutch Merryman, Exchange Club of Poquoson and Board of Directors member Pamela Tolson, Exchange Club of Tidewater take notes at the leadership training.

Clubs in Action

Exchange Club of Hampton Roads Networking – Pays Homage to Carol Veneris

On June 22, 2024, members of the Exchange Club of Hampton Roads Networking supported their regular Adopt-a-Spot project at Bluebird Gap Farm in Hampton. This has been an ongoing project for the club that was sponsored by Carol Veneris, a long-time member whose health no longer allows her to participate. The club will continue to support this project as a tribute to Carol and her dedication to Exchange Clubs.



(Lf. –Rt.) Mary Green, Kevin Green, Marie Warren, and Charlotte Souza. Not pictured Jane and Tim Ables.

Exchange Club of Peninsula Networking – Installation of Officers



District 2 Director Marie Warren (Rt.) installed the Exchange Club of Peninsula Networking Officers for 2024-2025. (Lf. – Rt.) Judy Torrey - Board of Directors, Donna Hodges – Secretary, Rosie Greene – President-Elect, Carol Dees – Immediate Past President, Bonnie Fedorchak – President. Not pictured: Donna Okerblom – Treasurer, Carmen Torres-Nisbet and Juanita Hartman – Board of Directors.

Exchange Club of Poquoson – Keeping up the Good Work!

Each month the club supports youth projects, community service projects and fundraising projects. As the school year ended, the club provided scholarships and graduation cords for the Exchange Excel Club of Poquoson High School. On Memorial Day they handed out American flags. In the community they supported the mobile food bank, provided inside repair and outside cleanup at the Woman’s Club, placed Cat’s Eyes on the streets, and held three fundraising projects including a golf tournament, raffle ticket sales and the Langley Speedway 50/50 raffle.

“Blue Cat’s Eyes”



Reflectors are placed throughout the city to help the fire department locate fire hydrants at night.

*Memorial Day
Give-A-Kid-A-Flag*



(Lf. - Rt.) Exchange members Les Nagel and Barry Miller hand out American flags.

*Golf Tournament
The big fundraiser!*



Great Teamwork!

*Woman’s Club
Cleanup*



Exchange members brought their rakes, tarps and leaf blowers for an outside cleanup at the Woman’s Club. Pictured - Wayne White.

“The strength of the team is each individual member. The strength of each member is the team.”
Phil Jackson, NBA Coach

National Convention – Recap

District President Jesse Wood, Immediate Past District President Carol Wood, Division 2 Director Steve Geiger and his wife, Gay, Division 5 Director and Past District President Bill Trimble and his wife, Nancy and Richard and Alma Dietz were honored to represent the Virginia District at the 106th National Convention held in San Antonio July 11-15, 2024. After two days of sweltering weather, it cooled off enough to go out to dinner, see the wonderful historic sites, and enjoy a boat ride along the River Walk. The Convention was wonderful as usual with all the guest speakers and awards. The Virginia District was mentioned many times which made our delegates so proud of our District. Hope to see everyone next year in Louisville, Kentucky!



←Jesse and Carol Wood grabbed their cowboy boots, hats and vests and had a blast!



Acting National President Mike Reichek presents the secretary's award to Carol Wood.



Steve and Gay Geiger had a wonderful time!



Alma and Richard Dietz enjoyed being First Timers at the Convention.



Alma Dietz gets a warm hug from a loving friend, Time Out Teddy.



We are saddened to learn of the death of additional Exchange Club friends after *In Memoriam* was published in the May 1, 2023, [Exchange Across Virginia](#).

Henry Van Dyke, III - May 11, 2024 - Exchange Club of Wythe. Member for many years.

Susan Zalumas Brewer - May 25, 2024 - Exchange Club of Peninsula Networking and Exchange Club of Hampton. Susan was a very active member at all levels of Exchange whose true passion was for service. She was the first women to hold many of the Virginia District offices and first woman to become President of the Virginia District (2015-17). Most recently she served as Vice President for the District Foundation, Parliamentarian, Training and Education Committee member, Awards Chair, and Volunteer Field Representative. Honors included District Exchangite of the year (1993), District Honor Roll (1996) and National Court of Honor (2019).

Ronald Mitchell Stone, Sr. (Ronnie) - June 3, 2024 - Exchange Club of Martinsville - Longtime member. Past Club Treasurer and Past Club President.

Ann Hudgins - May 31, 2024 - Exchange Club of Hampton - Ann joined Exchange when National approved membership for women.

Virginia District Exchange Clubs

Jesse Wood, District President
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Mechanicsville, VA 23111-6921

WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2024-2025 Calendar

July 31, 2024	Club Officers complete Exchange Educational Portal
October 12, 2024	Virginia District Board Meeting, Hybrid meeting, Hampton, VA
October 15, 2024	Deadline to submit articles/pictures for November Newsletter
October 25, 2024	National Day of Service
November 15, 2024	Form 990 due to IRS with copies to District and National
November 30, 2024	Distinguished Virginian Application due
December 1, 2024	Exchangite of the Year Application due
January 17-18, 2025	District Mid-Winter Meeting/Board Meeting, Poquoson Yacht Club, Poquoson, VA
April 19, 2025	Virginia District Board Meeting, Hybrid meeting, Hampton, VA
April 30, 2025	Election report due to National, ACE and Youth of the Year applications due
May 1, 2025	Honor Roll Application due
May 30-31, 2025	Virginia District Convention/Board Meeting
June 14, 2025	District Officer Training, Hampton, VA
July 9-12, 2025	National Exchange Club Convention, Louisville, KY

The calendar is subject to change.