



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

February 1, 2025

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Greetings Fellow Exchangites,

Can you believe it? We are over halfway through the year, and we have some clubs who are setting Exchange on fire! As this newsletter goes to press, the Virginia District has plus fourteen members for the year. This growth can be attributed to the following clubs that have net growth: Career and Technical Exchange Excel Club of New Horizons and Exchange Excel Club of Poquoson High School, as well as Exchange Clubs of Poquoson, Wythe, and Peninsula Networking. Several other clubs are either even or just down a member or two. I see this as a sign that we should have very good growth by the end of June. In addition to growth, our clubs are excelling in our community service. We have six clubs (Gloucester/Mathews, Hampton Roads Networking, Lynchburg, Poquoson, Suffolk, and Tidewater) that have earned the National Service Award. Together the Virginia District Exchange Clubs have turned in over 595 projects, a number that shows we are there for our communities. Please continue to increase these numbers to show what Exchange can do for Virginia.

Now that we know where we have been, it is time to start asking where do we go from here? Now is the time to review what our clubs have done and what we want to get done. Have you met your goals? Are you where you wanted to be at this point? Has your club been effective? These are all questions we should be asking and there is still time to meet these goals. All we need is a plan. So please take the time to review what your club has accomplished and where you want to go from here. Carol and I are here for each and every club and we will travel. If you need assistance in meeting your club's goals please let me know and we will be there in a flash.

In closing, I would like to ask each member of this District, are you doing all you can for your local club and/or the District? As we come to the end of January and most everyone is thinking only about warmer temperatures and longer days, it is not too early to start thinking about your role for next year. In just a little over two months every club in the District as well as the District itself will be having elections, so now is the time to start thinking about what role each of us wants to play in our club and District. Now is the time to begin letting your desires be heard. I cannot speak for the clubs, but I can say that the District is always looking for new members to step up. Please start thinking of what role you see in your future and let us know as elections and new committees are just around the corner. These positions are not decided in June or July, they start getting filled in April. So please start thinking about the future now. If you have questions about positions on the District level, please reach out to me or any other officer and we will be glad to get the answers you need.

Hope to see you all soon,

Jesse Wood
Virginia District President, 2024-2025

"For it is in giving that we receive."

Francis of Assisi

Editor's Note

During the holiday season, a wide range of special projects took place in our communities in the name of Exchange. These seasonal projects were created above and beyond the many ongoing projects that support our communities year-round. Thank you, Exchange members, for bringing hope, joy, and a little festivity to those in need during the holiday season.

Region 11 Vice President's Message



To all in the Virginia District, Happy New Year and welcome to the year 2025!

Oh my! Old Man Winter has made quite a stand. The temperature has been consistently cold, but I know cold temperatures never stop our Virginia District Exchange Clubs from making a difference in their communities.

It is that time of the year to be thinking about leadership! Have you been a committee chair? Club Secretary? Club Treasurer? or Club President? Thank you! If you have not, but would like to consider it, I encourage you to speak with your current club president and your Virginia District Club President, Jesse Wood. Election time for our Exchange Clubs is near. Your leadership is so important to the success of Exchange.

I look forward to your shoutouts as to your club activities held on National Day of Service, and during the coming months we all have a great deal more to celebrate together. National Exchange Club's celebration of 114 years takes place on March 27th, and the month of April brings us to the National Project – Prevention of Child Abuse.

Keep sharing the opportunities of Exchange with all your friends. Thank you for being in Exchange.

Kara

Exchange Club of Peninsula Networking – Welcomes New Members!

Four new club members were inducted into the Exchange Club of Peninsula Networking on November 21, 2024. Welcome ladies!



(L-R) Joan Stradley, Pennie Bryant, Deborah Adams and Karen Mason.

Opportunity to Double Your Gift

The Virginia District Exchange Clubs Foundation has received a commitment that will match every dollar given to the Foundation through June 30, 2025, up to \$16,000. These gifts will go to the Susan Z. Brewer Scholarship Youth of the Year fund. This is a bold commitment that we should step up and achieve. In 2019, the Virginia District established the Foundation to fund the youth scholarships and relieve the District from the obligation to fund the scholarships through District dues. Since its beginning in 2019, the Foundation has raised \$65,000 and paid all youth scholarships totaling \$14,500. Our Clubs, Exchange Club members and friends of Exchange are asked to meet this challenge. Thank you for your support of the Foundation.



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"No one has ever become poor by giving."

Anne Frank

One Nation Under God—Recap



Virginia District President Jesse Wood welcomed everyone.



Clubs were well represented at the One Nation Under God Breakfast held in Poquoson on November 9, 2024.



Rev. Intek Oh, minister at Trinity United Methodist Church, gave the invocation.



Guest Speaker Gary Porter gave an excellent presentation on the religious principles upon which our nation was founded.



A delicious homemade breakfast was enjoyed.

Recap Mid-Winter Conference and Awards Luncheon – Poquoson, VA

Virginia District Mid-Winter Conference and Awards Luncheon was held on January 18, 2025, at the Poquoson Yacht Club. The day was packed with guest speakers, team building, National and District updates, and award presentations. Sprinkled in were raffle drawings, and socializing with our Exchange friends.



Thank you, Marie Warren, for your assistance with the conference and for a job well done at the registration desk!



Capt. Peggy M. Britton, guest speaker, gave a great presentation on the many responsibilities that fall under the Virginia Coast Guard umbrella.



Kara Wright, Region 11 Vice President, gave an update from National and led us in a teambuilding exercise.

Recap Mid-Winter Conference and Awards Luncheon – Poquoson, VA (con't from page 3)



(L-R) Past Virginia District President Carol Wood, Region 10 Vice President Fussell Hughes, Virginia District President Jesse Wood and Region 11 Vice President Kara Wright.



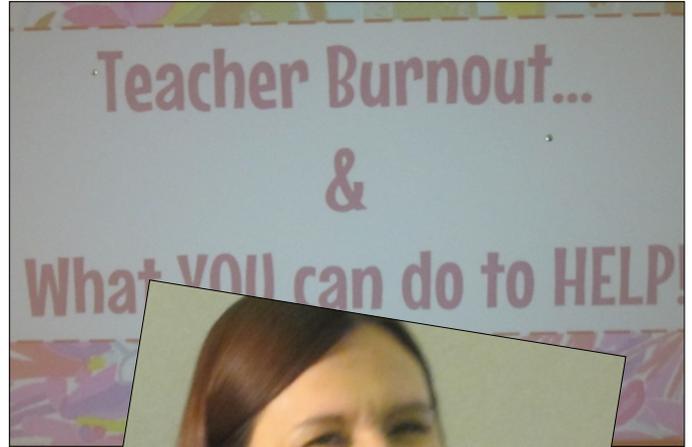
Christine Salak from USO Mid-Atlantic Southern Virginia Peninsula spoke about the USO support provided to our service members and their families and the opportunities available to volunteers at the USO facilities.

Child Abuse Prevention Month - April

Begin planning now for [Child Abuse Prevention Month](#) in April. Publicize upcoming projects, share ideas with other clubs, purchase blue pinwheels and blue lights, obtain blue care bags from National to fill, gather pamphlets for distribution – anything to raise awareness and help bring an end to child abuse and neglect.

Here is a prayer you may want to share with your faith community. This prayer was first used on Blue Sunday in 1994 with twenty churches participating. It has grown to include more than seven million participants on five continents. This year National Blue Sunday Day of Prayer will be on April 27, 2025.

Thank you Exchangite Judy Goding for sharing this information. Judy has been using this prayer for several years during “Children’s Moments” in church services in Lynchburg, VA.



Kindergarten teacher Jessica Adams spoke about teacher burnout and how volunteers can help.

Children’s Prayer by Janet Magee

Lord, thank You for our children,
For them we kneel and pray.
Help us teach them of Your kindness,
Of Your mercy and Your way.
Help us show them of Your love,
Your strength and safety, too.
Help us show them who You are,
Help us treat them like You do.

Let’s pray, educate ourselves,
And volunteer for the children
Of our nation until black and blue
Are just colors in their crayon box.



Thank You Exchange Volunteers!



Exchange volunteers, thank you for your selfless gifts of time, energy, skills, and talents. Your efforts and dedication contribute to enhancing the Virginia District Exchange Clubs and strengthening our communities. Awards (2023-2024) were presented at Mid-Winter on January 18, 2025. Congratulations on a job well done, and a sincere thank you for the volunteer work you do.

VIRGINIA DISTRICT EXCHANGE CLUBS SERVICE PROJECTS 2023-2024

Mechanicsville	10	Tidewater	76
Martinsville	17	Peninsula Networking	100
Hampton	20	Poquoson	157
Old Point Comfort	24	Hampton Roads Networking	189
Regional Exchange Club of Lynchburg	31	Suffolk	193
Lynchburg	57	Wythe	235
Gloucester/Mathews	61		

VIRGINIA DISTRICT EXCHANGE CLUBS SERVICE AWARDS 2023-2024

<p>DISTINGUISHED CLUB SECRETARY</p> <p>Carol Wood - Exchange Club of Poquoson Alma Dietz - Exchange Club of Wythe Elaine Doxey - Exchange Club of Tidewater Juanita Greenwood - Exchange Club of Peninsula Networking Marie Warren - Exchange Club of Hampton Roads Networking Stephanie Suter - Exchange Club of Lynchburg</p>	<p>DISTINGUISHED CLUB TREASURER</p> <p>Nancy Weber-Deptola - Exchange Club of Gloucester - Mathews Michael Spencer - Exchange Club of Lynchburg Mary Britt - Exchange Club of Tidewater Mary Green - Exchange Club of Hampton Roads Networking Jerry Toren - Exchange Club of Poquoson Jim Puckett - Exchange Club of Wythe</p>
<p>OUTSTANDING CLUB BULLETIN EDITOR</p> <p>Carol Wood - Exchange Club of Poquoson</p>	<p>OUTSTANDING DISTRICT DIRECTOR</p> <p>Division 1 - Judy Goding Division 2 - Steve Geiger Division 5 - Marie Warren Division 6 - Phillip (Phil) Everhart, Jr. Division 7 - Margaret Moore</p>
<p>INCREASED MEMBERSHIP</p> <p>Exchange Club of Poquoson Exchange Club of Tidewater</p>	<p>QUALITY CLUB AWARD</p> <p>Exchange Club of Poquoson Exchange Club of Tidewater</p>

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

"No person was ever honored for what he received. He was honored for what he gave."

Calvin Coolidge

Season of Giving

Virginia District Exchange Clubs provide support for projects of Community, Americanism, Youth, and the National Exchange Club Project, Child Abuse Prevention, throughout the year. During the holiday season, our clubs pay special attention to the many needs of others and generously step up to help. Our efforts make a profound impact that is both immediate and lasting for individuals and for our communities.



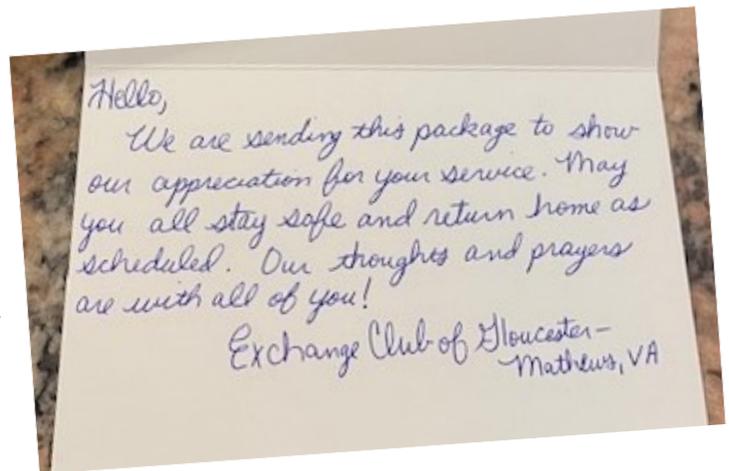
Exchange Club of Lynchburg – Delivers Thanksgiving Turkeys

The Exchange Club of Lynchburg purchased and donated thirty-eight turkeys for Thanksgiving to Brookville High School. The school provides Thanksgiving boxes for families of students that are less fortunate and would not have a Thanksgiving meal otherwise. Exchange members Dave Burch and Mike Staley delivered the turkeys to the school on Friday November 22, 2024.

(L-R) Exchange members Dave Burch and Mike Staley with Brookville High School Counselor Tracey Daniels.

Exchange Club of Gloucester-Mathews – Supports Soldiers

In November, the club collected items to send to two separate units deployed aboard the USS Harry S. Truman. One unit is the Legal Department Unit that has eight people. The other unit is the MA's (Master-at-Arms), Security/Law Enforcement Unit and has 130 people. This carrier group deployed on September 24, 2024. The two boxes went out on November 8, 2024. The club will continue to send care packages to them throughout their deployment.



Note of Thanks

“The Truman Security Department wants to thank the Exchange Club of Gloucester-Mathews for their AMAZING goodies.”



Season of Giving

Exchange Club of Gloucester-Mathews – Holds Family Christmas Event



Pictured are volunteers, along with Santa and his helper.

What a fantastic time club members had at their First Family Christmas Event held at the Boys and Girls Club in Gloucester. The club provided pictures with Santa, cookie decorating, lunch with snacks, raffle baskets, live DJ music and a place for families to come together and play games with no out-of-pocket costs. Members were grateful that Santa and his helper stopped by for pictures and hot chocolate. The club was able to support almost one hundred individuals for this event!



(L-R) Jim Dees, Rosie Greene, and Carol Dees.

Exchange Club of Peninsula Networking – Helps Children

Rosie Greene, Jim Dees, and Carol Dees delivered 42 Lego kits to Children’s Hospital of King’s Daughters (CHKD) in Norfolk in memory of the Dees’ grandson, Joseph Dees, who died from glioblastoma in October 2015. Joseph loved Legos and asked his grandparents to keep his dream alive that children could go home with their own Lego kit. Each year, Jim and Carol donate Lego kits, and the Exchange Club of Peninsula Networking has joined them to fulfill Joseph’s dream. Joseph’s presence was felt and his beautiful smile shone in the giving of Legos to help other children.

Exchange Club of Peninsula Networking – Shows Appreciation to the Military

Exchange members from the Exchange Club of Peninsula Networking volunteered at the Heroes’ Lounge located at the Newport News Williamsburg Airport. The Lounge serves active duty and retired military, first responders and educators. Funded totally through donations and open every day, it is a place for them to relax and get refreshments while traveling. During their shifts, they made sure the soldiers were comfortable with pillows, blankets, food, and drinks. They played games, watched movies, and had great conversations. They volunteered on December 20, 2024, to help during the military block leave as hundreds of soldiers traveled home for the holidays and returned on January 4, 2025. It was a wonderful experience showing appreciation to our military for what they do for us every day.

Anyone interested in volunteering at the Heroes’ Lounge, contact Exchange member Donna Okerblom (757-329-5787).



(L-R) Juanita Hartman, Carmen Torres-Nisbet, Donna Okerblom, Carol Dees.

Season of Giving

Exchange Club of Poquoson – Sponsors Memory Tree

The Memory Tree project is a successful project that is growing each year. A beautifully lit Christmas tree is placed at the entrance of Poquoson for all to see during the Christmas season. Lights are purchased in honor and/or memory of a loved one and the proceeds help raise money for Poquoson High School scholarships.



Exchange Club of Poquoson – Provides picture with Santa

An amazing Mr. and Mrs. Santa arrived at the club's annual Pancake Breakfast and cute little elves (**Exchange Excel Club of Poquoson High School**) came along to help! The children received one free picture with Santa with the purchase of a pancake ticket. Additional pictures were available for purchasing.



Exchange Club of Hampton Roads Networking and Exchange Club of Tidewater - Feed Homeless



On December 7, 2024, the Exchange Club of Hampton Road Networking, with assistance from members of the Exchange Club of Tidewater and other volunteers, supported a PORT* Night at First Baptist Church Denbigh. The team checked in, prepared food, and served dinner to eighty-five homeless individuals. This was the third year the Exchange Club of Hampton Roads Networking sponsored with LINK,** and a host church, for a night to help the less fortunate.

(L-R) Exchange members Mary Green, Charlotte Souza, Pam Tolson, Shayla Walthall, and Marie Warren. Participants not pictured: Dr. Bob Egan, Jennifer Hundley, Val Martin, Troy Chandler, John Egan, Jack Egan, Che Egan, and Kevin Green.

*PORT (People Offering Resources Together) is an emergency winter shelter program that provides meals and housing to the homeless during the coldest nights of the year. It has been active since 1991.

**LINK is a nonprofit volunteer organization in Newport News that helps people help themselves through education, direct services, advocacy, and outreach programs. It was founded in 1990.

Season of Giving

Exchange Club of Wythe – Brightens Christmas for Various Age Groups



Exchangite Alma Dietz presents an Angel Tree donation to Lynn Butler from Hampton Healthy Families, Inc.



A little girl shares her Christmas list with Santa (Exchangite Benn Trask).



Mrs. Claus (Exchangite Amber Hodges) reads a delightful Christmas story to children.

Exchange Club of Blackstone - Contributes to Christmas

Shoeboxes

The club donated to Operation Christmas Child to help fill shoeboxes for children in need. For many children this box filled with toys, school supplies and personal needs is the only Christmas gift they will ever receive.



Regional Exchange Club of Lynchburg - Rings Salvation Army Bell



Danny Ashwell and Leanne Bass ring bell for The Salvation Army on December 7, 2024.

Survey Results

Thank you to the members of Exchange that took the time to respond to the survey. The survey asked three questions – 1) Why did you join Exchange? 2) What do you like most about Exchange? 3) Why have you continued to be a member of Exchange?

A summary of the results shows that 1) people join because of our Exchange projects that offer a wide range of opportunities to improve our communities, and in some cases because they were asked to join. 2) Members like the projects, speakers, fundraisers, and fellowship with like-minded people. 3) Members continue in Exchange because they enjoy participating in the projects and fundraisers and knowing they are making a difference in their communities, and they enjoy the fellowship and camaraderie with Exchange members and meeting new people.

Virginia District Exchange Clubs

Jesse Wood, District President
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Mechanicsville, VA 23111-6921

WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2025 Calendar

March 31, 2025	Distinguished Virginian due
April 15, 2025	Deadline to submit articles/pictures for May Newsletter
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.



2025 National Exchange Club Convention to be held in Louisville, KY!

It has been said that if you attend for the first time, it will not be your last! Come join fellow members of Exchange in the heart of Louisville for this exciting annual event. You will hear from distinguished speakers, attend workshops, celebrate achievements, exchange ideas, and head home inspired for the coming year. Additionally, you will get to explore the city of Louisville. Mark your calendars and join us July 9-12, 2025!

Stay Connected

Make sure your club secretary has your up-to-date mailing address, phone number, and email address. Your club secretary can easily up-date your information at National.