



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

May 1, 2024

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE



The first day of Spring is one thing, and the first spring day is another. The difference between them can be as great as a month. But blossom by blossom spring will arrive! The Virginia District is down 11 members this year, but it is not too late to turn this around. We can still germinate those seeds to blossom for this year. For this to happen we need everyone to step up and actively recruit for each club. We are going to have a Freedom Shrine for all clubs to participate in to help reach your goals of achieving the Big "E".

I know other clubs are still trying to blossom to meet the goals they set at the beginning of the year. I am here to help, reach out we will be there. There is still time to cultivate and grow our District and keep up the hard work. I want to encourage you to tell your family, friends, neighbors, and coworkers about "Children, Community and Country", which is short for our Exchange

Programs of Service: the Prevention of Child Abuse, Service to Youth, Service to the Community, and Americanism. Spread the seeds and continue to grow Exchange so others can enjoy and experience what we all experience every day.

It's that time of the year when we wind down and get all service projects for the year posted. We currently have 5 clubs that have earned their National Service Award and I know there are more, but the projects aren't posted to prove you have. If you need help with posting projects just let us know. Lots of great projects are already posted but you still have time to complete and post your projects for the year.

Our District Convention is coming up on May 31st and June 1st with our National Representative CEO Tracey Edwards coming to visit us and help us wrap up our great year. Also, the National Convention will be in San Antonio, TX on July 10-13th. Please plan to attend these great events.

Thank you for all your hard work. Let's get the momentum moving forward! I appreciate you and thank you for all you do to improve Exchange and your communities. We all make a difference!

Carol Wood

Virginia District President, 2023-2024

A Little Growth Goes a Long Way!



The end of the year is almost here, and I think most would agree it has been another good year for the Virginia District with one exception. We are slightly down in membership, but this can be quickly fixed. We have several clubs that will be eligible for the Big E with a membership of plus 2. I know that other clubs are still trying to grow. Did you know that at this point, if every club in the district just committed to grow by one, the Virginia District would still be at growth for the second year in a row? I'm asking every member of the Virginia District to go out and get that one new member for your club before the end of June and celebrate as we continue what we have started.

Submitted by Jesse Wood
Virginia District President-Elect

Editor's Note

Every time I read the Division 2 Reports from Exchange, the information submitted regarding the Exchange Excel Club of Poquoson High School makes my heart sing! These young people have worked so hard on recruiting and now have 59 members, just 1 short of last year's membership. This is commendable given that last year's membership dropped substantially when their seniors graduated. The club's projects and fundraisers are impressive, they provide valuable assistance to the Exchange Club of Poquoson, and their energy and excitement is wonderful!

Our challenge in Exchange is to reach out to the next generation of young people and activate them into the service of Exchange. We need to look no further than our schools and think Exchange Excel Clubs! If we don't take advantage of this problem-solving opportunity, our organization will age-out because we did not attract the next generation.

Thank you for all you do for Exchange and remember to bring in teens and young adults so we can "Grow Younger"!

Region 11 Vice President's Message



Dear Virginia District,

We are entering our ninth month of the National Exchange Year. It is a busy time of the year. Our clubs are placing blue flags, banners, pinwheels, and blue ribbons around their communities. It is a time of reflection for our communities and a time to come together to keep our most vulnerable community members safe.

Our National Project, Prevention of Child Abuse brought me to Exchange 14 years ago. I would like you to think back as to why you joined Exchange. Did someone invite you? Did you attend a club event? Did you see it on Facebook? What was it that you connected with? How long have you been in Exchange? Have you invited family and friends to visit your club? Have you asked your significant other to join you in membership?

I ask these questions because it is important to include all those people in your activities. I attended a club meeting this winter and met a spouse of a 22-year member. I asked her why she wasn't a member. She simply stated, "My husband never asked me to join". She is a new member of 1 month. Always let all enjoy the same opportunity that you have enjoyed.

I look forward to sharing with you at the Virginia District Convention. It is possible that I will have you up and moving with laughter and games. It will be a time to celebrate our youth, community leaders and each of you.

Thank you for having Exchange in your communities!

Yours in Exchange,

Kara



KARA WRIGHT
Region 11 Vice President

717.451.8521

NationalExchangeClub.org



Matching Gift Opportunity – Extended to May 15, 2024



We have been presented with an **exciting opportunity to grow our Virginia Exchange Clubs Foundation** and ensure its continued service to our youth and communities. The anonymous donor has agreed to match all donations to the Foundation (other than pass-through grants) through May 15, 2024, up to a maximum of \$2,000. This means your tax-deductible donation will double the impact toward continuing our District Youth of the Year and ACE Awards.

This is a great opportunity for clubs and individuals to support the Foundation. There is no minimum contribution to receive this match, so your \$5.00 donation would become \$10.00, or \$10.00 would become \$20.00. How wonderful it would be to announce at our District Convention on June 2 that this challenge had been met in full!

Please make your checks payable to VDECF and mail to Claude Carmack at 5604 Cold Harbor Rd., Mechanicsville, VA 23111.

Virginia District Convention and An Evening at Exchange Scheduled for May 31–June 1, 2024



The Convention Committee has been busy planning a very nice week-end event for your upcoming Virginia District Convention. Bring your spouse and guests along and plan to spend some extra time in the historic, beautiful town of Gloucester, Virginia. The Board meeting (Friday night) and Convention sessions and lunch (Saturday) will be held at the Hampton Inn-Gloucester, 6638 Forest Avenue, Gloucester, VA. You will not want to miss the line-up of guest speakers or the fun-filled activities, and there will be a silent auction and raffle to help raise funds for the Virginia District Exchange Clubs Foundation.

The ACE Award, Youth of the Year Award and Distinguished Virginian will be announced at lunch. An Evening at Exchange has been planned for Saturday night. There will be a cocktail hour and banquet at Olivia's in the Village, 6597 Main Street, Gloucester, VA 23601. Special music during the evening will be provided by Phil Casey from *Good Time Tunes*. Tracey Edwards, CEO of the National Exchange Club, will be our National Representative for the weekend. Also, Kara Wright, Region 11 Vice President, will be in attendance. Please plan to attend, and wear your red, white, and blue! We look forward to seeing you!

Gloucester, Virginia

If you would like to arrive early or plan to extend your weekend in this classic American town, there are historical, beautiful, and fun things to do. Stroll down Main Street where things have been happening for over 300 years! There, you will find places to eat, drink and shop, and the Gloucester Museum of History is housed in an old brick tavern that dates to 1770. If you prefer spending time outdoors, there are local and state parks to explore, or you could enjoy visiting Brent and Becky's, a bulb shop and garden that has been family owned and operated since 1900. Their gift shop offers garden accessories and tools, garden books and booklets and of course the best quality bulbs to purchase for planting in your own home garden! For history lovers, and those interested in early architecture, nearby is Rosewell Ruins and Visitor Center. Rosewell (built in 1725-1738) was once a grand mansion on a vast plantation and was home to the Page family for over 100 years. In 1916 it burned. There are no plans to rebuild it, but it is preserved and stabilized. Visitors can view the huge chimneys, one wall, and a vaulted cellar that still stand and observe the amazing 18th century brickwork.

Congratulations to the Exchange Club of Gloucester-Mathews on their 1-year anniversary. What a great year of Unity for Service!

Member Spotlight – Ralph Lawson



Ralph Lawson was looking for a new volunteer opportunity after aging out of Jaycees where he was a member from 1981-2003. He chose to join the Exchange Club of Martinsville on October 3, 2003. He has enjoyed the many friendships in Exchange and the club's Americanism Projects are among his favorite projects. Ralph became very active in the club serving as President-Elect (2005-06), President (2006-2007), Immediate Past President (2007-08), Treasurer (2008-09), (2012-current), President Elect (2009-10), and President (2010-2012). He moved up to active positions in the District, serving as Colonial District Secretary (2011-12), President-Elect (2012-13), President (2013-14) (75th Anniversary), and Immediate Past President (2014-15). He was a District Honor Roll Recipient in 2014. Ralph continues to support Exchange as an active Past District President. Through the years, he has attended seven National Exchange Club Conventions including Orlando, FL (2006), Portland, OR (2007), LaQuinta, CA (2010), Detroit, MI (2011), Chandler, AZ (2012), Greensboro, NC (2013) and New Orleans, LA (2014). He served on the National Growth Committee (2014-2015).

Ralph attended Patrick & Henry Community College in Martinsville, Virginia, and was honored as a Distinguished Alumnus in 2012. He is the Disaster Program Manager for the American Red Cross/Virginia Region, Blue Ridge Territory. His hobbies include spending time with family and mowing lawns. He attends McCabe Memorial Baptist of Martinsville,

Ralph and his wife Kathy reside in Martinsville, VA. They have a daughter, Mary-Katherine. Ralph states that the highest honor he ever received is being Mary-Katherine's Dad!

National Exchange Club Project - Prevention of Child Abuse

The National Exchange Club officially adopted the Prevention of Child Abuse as its National Project in 1979 at the 61st National Convention.

The staggering statistics of Child Abuse and Neglect for the fiscal year 2022 in just the Commonwealth of Virginia: 52,894 children were involved in 35,917 reports as possible victims in completed reports. There were 3,161 founded investigations. 29 children died from abuse and neglect. There are 55 cases pending or appealed. 28 Human Trafficking Assessments were conducted.

Source: Virginia Department of Social Services as of 10-26-2022 and Virginia Child Welfare Outcome Reports Retrieved October 26, 2022, Version 5.03.

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Pinwheels are used as a physical and touching reminder of the need to protect our children! The displays stay up for the entire month of April.



On March 29th the **Exchange Excel Club of Poquoson High School** and the **Exchange Club of Poquoson** planted pinwheels throughout the city: marquees in front of the parks and recreation building, the marquee on Victory Boulevard, City Hall, four corners of Wythe Creek Road and Victory Boulevard, the school's Spirit Rock, the elementary, middle and primary schools, St. Timothy's Anglican, Tabernacle United Methodist, Trinity United Methodist, and Emmaus Baptist.



Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention



On March 25th the Exchange Club of Poquoson met at city hall for the council meeting where Mayor Gordon Helsel presented a proclamation from the city acknowledging Child Abuse Prevention in Poquoson for the month of April.



Poquoson High School has a *Spirit Rock* in front of the school that is painted during the year for different projects within the school. For Child Abuse Prevention Month, the Exchange Excel Club of Poquoson High School painted it to show their support.



The Exchange Excel Club of Poquoson High School set up an *Awareness Tree* at the library on March 28th with blue ribbons and pins for members of the community to pick from the tree to wear during the month of April.

To support National Child Abuse Prevention Month, the **Exchange Club of Hampton, Exchange Club of Hampton Roads Networking, Exchange Club of Peninsula Networking, and Exchange Club of Wythe** partnered with Hampton Healthy Families, the City of Hampton, and hundreds of citizens for a “Plant a Pinwheel for Prevention” walk on April 2. The event began with a proclamation from Mayor Donnie Tuck followed by a walk around Hampton’s City Hall and the planting of pinwheels.



Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention



Virginia Air & Space Science Center
NASA Langley Visitor Center



Landing Hotel



Hampton Baptist Church

Exchange Club of Peninsula Networking



(Lf. – Rt.) Rosie Greene, Donna Hodges, Juanita Hartman, Carol Dees.



Ivy Memorial Baptist Church, corner of Coliseum Dr. and Marcella Dr.

Exchange Club of Martinsville



Roselawn Burial Park - Martinsville.

Clubs in Action

Exchange Club of Gloucester-Mathews

The Exchange Club of Gloucester-Mathews created activity bags for children ages 4-8. They gave 20 bags to the YMCA in Mathews and 18 bags to The Grand Kids Childcare and Learning Center in Gloucester. Each bag contained a blue pinwheel, directions for making their own pinwheel, crayons, brochures on family time, and other items.

Gloucester YMCA Director's daughter, Tatum Ruffin →



Exchange Club of Peninsula Networking – “Green” Action

This small but mighty group rolled up their sleeves in April and cleaned up the environment at Nickerson Catch Basin, Hampton, VA.



(Lf. -Rt.) Rosalie Greene, Carmen Torres-Nisbet, Judy Torrey. Standing-Donna Hodges.

Beautiful clean-up!

Exchange Club of Wythe

During February, the club's star reader, Amber Hodges, read to two PreK classes as part of The Mayor's Book Program. The story was about influential tennis stars, Serena and Venus Williams. Amber got the kids excited about the book by having two students take paddles and swat a cotton ball back and forth to demonstrate tennis. Now, that is how you get youngsters excited about reading and tennis!



- We are saddened by the loss of our Exchange Club Friends -

John M. Richardson, Jr. - May 10, 2023 - Exchange Club of Martinsville – Served as District President 2003-2004 and 2004-2005.

James (Jim) D. Rockey - June 28, 2023 - Exchange Club of Poquoson. Active member who enjoyed Exchange and always played Santa at the annual pancake breakfast fundraiser.

Michael (Mike) Joseph Mugler, Sr. - August 12, 2023 - Served as Past President of the York River Exchange Club. This club has since folded.

James E. Pressick - September 19, 2023 - Exchange Club of Poquoson.

William Christian - October 4, 2023 - Exchange Club of Old Point Comfort.

Kenneth (Ken) G. Butler - November 23, 2023 - Exchange Club of Wythe. Past Club President.

Virginia District Exchange Clubs

Carol Wood, District President
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Mechanicsville, VA 23111-6921

WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2023-2024 Calendar

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|---------------------|---|
| May 31-June 1, 2024 | Virginia District Convention and Board Meeting, Gloucester, VA |
| June 15, 2024 | District Officer Training, Hampton Baptist Church, Hampton, VA |
| June 30, 2024 | Conduct a Program Development Meeting (PDM), National and District Award Applications due |
| July 10-13, 2024 | 106th National Exchange Club Convention, San Antonio, TX |
| August 1, 2024 | Club Officers and Division Directors complete Educational Portal requirement |
| November 15, 2024 | Form 990 due to IRS with copy sent to District and National |
| November 30, 2024 | Award application for Exchangite of the Year and Distinguished Virginian |

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

Exchange's 106th National Convention - July 10-13, 2024 - San Antonio, TX

Plan now to attend Exchange's National Convention in San Antonio, TX where people will be reconnecting with friends from past conventions and meeting potential new friends. New ideas will be gathered, and attendees will be uplifted by hundreds of likeminded individuals who believe in "Unity for Service". The convention promises to be exciting, inspiring, and full of energy. Between breakout sessions, take time to put on your tourist hat and explore the unique cafes and shops that line San Antonio's beautiful River Walk.

Go to the National Exchange Club website for online hotel registration at the Hyatt Regency San Antonio Riverwalk, 123 Losoya Street, San Antonio, TX. Group reservation rates are guaranteed through Monday, June 17, 2024. Parking is \$36.00 overnight. Don't miss out! Plan now to head Southwest!

If you are attending, make sure your club secretary includes you on the Convention Credential Form to establish voting eligibility at the National Convention.