



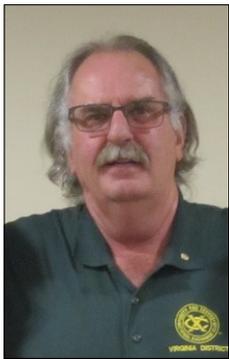
EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

November 1, 2024

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE



Greetings Fellow Exchangites,

Congratulations to everyone on a very good first quarter and a great start to our new year. I want to give a big shout-out to the Exchange Club of Wythe, Exchange Club of Poquoson, Exchange Excel Club of Poquoson High School, and Career and Technical Exchange Club of New Horizons who are all at growth for the year, and guess what, rumor has it that a fifth club will be at growth by the end of October or first of November. I am very excited by this news!! Additionally, there is more good news as well. The rest of our clubs are either even or only down one or two members for the year. So, there is great potential for even more growth. Several of our clubs are actively looking at ways to grow including meet and greet activities. Remember we are all recruiters, so let's all go out and ask a friend who we think will make our clubs even stronger.

Did you know it's not all about growth and new members? It is also what we do for our communities. So far this year our clubs have turned in over 286 service projects with more out there that have been completed just not turned in yet. Five clubs including Exchange Club of Gloucester-Mathews, Exchange Club of Hampton Roads Networking, Exchange Club of Poquoson, Exchange Club of Suffolk, and Exchange Club of Tidewater have already earned the National Service Award. Yea Clubs!! Speaking of projects, everyone please keep in mind that October 26th is the National Day of Service. What has your club planned?

The last thing I have for this quarter is to let every club member know that the Virginia District is looking for ways to avoid a future dues increase by trying a few fundraising ideas. The first one is a type of 50/50 raffle. We will be selling 600 tickets at \$20.00 each which will raise \$12,000.00. The first \$6,000.00 will be paid out to the winners as follows: 1st place \$3,000.00, 2nd place \$1,500.00, 3rd place \$600.00, 4th place \$500.00, 5th place \$300.00, and 6th place \$100.00. The remaining \$6,000.00 will be split between the district and the clubs selling tickets with each club getting \$5.00 for each ticket their club sells so not only will you be helping the district, but you will also be helping your club raise money as well. The tickets are available now so please contact me. The drawing is scheduled to be held at our Mid-Winter Conference on January 18, 2025.

Hope to see you all soon,

Jesse Wood
Virginia District President, 2024-2025

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."

Peter Marshall

Editor's Note

Signs of fall are everywhere. The beautiful fall foliage has just passed its peak, squirrels are scampering about finding fallen acorns, several late varieties of apples are ready to be harvested, and nighttime temperatures are cooler. In Exchange, we focus on our fall fundraisers and projects. It is a great time to get out and support Exchange! Exchange offers a variety of ways to give back while having a good time, and as the holiday season approaches, we give thanks for our many blessings, and we commit to making our communities better for all.

Region 11 Vice President's Message



Hello and Welcome to Fall!

Fall seems to be the appropriate word for the season. Hurricane Helene has brought Virginia and many of our neighboring states to their knees with the severe destruction of businesses, homes, and the loss of loved ones. Through the despair our country state by state fell into line to help, bringing volunteers, mules, cranes, food, everyday supplies and a great deal of desire to help. The National Exchange Club has come forward and suggested that donations can be sent to:

Three ways to donate:

1. Text-to-donate: Text the word RELIEF to 419-800-0358.
2. Online at <https://www.nationalexchangeclub.org/donate> (specify "Disaster Relief" in the Additional Comments line).
3. Mail a check, payable to NEC Foundation, 3050 Central Ave., Toledo, OH 43606 (note "Disaster Relief" in the memo section).

I spoke to Ralph Lawson, a member of the Exchange Club of Martinsville. He spoke of the devastation and the unknowns. Ralph explained the need for emergency personnel, doctors and nurses. The need for these professionals is grave. If you are a retired medical professional from another state, they need you. Please volunteer. We spoke of the disaster relief effort and Ralph suggested monetary donations to the American Red Cross. You may designate the area in which you wish to help. Please visit www.redcross.org. Thank you.

Have you heard of Grouper? Grouper is a partner with National Exchange Club. You may receive money due to your volunteerism in the community. If you are 65 or older and on Medicare, please visit their site to see how it can benefit you. Please contact Grouper's Member Engagement Team at 833-445-2400 or info@hellogrouper.com.



Good Friends Share Good News

Instantly find out if you can receive \$50 from Grouper for your community participation.

REDEEM YOUR BENEFIT

Grouper

GROUPER IS PROUD TO BE INCLUDED IN:

OnePass Renew Active

May we take time to reflect and thank our veterans and active-duty military. November 11th is Veteran's Day. Call and thank a neighbor or a relative that has served. I would like to personally thank all the veteran families in the Virginia District...You made the decision to serve and keep our country safe.

THANK YOU!

May your families and your communities enjoy the upcoming holiday season. Wishing you all many blessings!

Kara



KARA WRIGHT
Region 11 Vice President

717.451.8521

NationalExchangeClub.org

"From every mountainside Let Freedom ring!"

Seventh line from "America" (My Country, 'Tis of Thee) – Samuel Francis Smith, 1831



District National Award Winners 2023-2024

<p><u>Big E</u></p> <p>Exchange Club of Poquoson Exchange Club of Tidewater</p>	<p><u>Charter Club President</u></p> <p>Steve Kreiger-Exchange Club of Gloucester-Mathews</p>
<p><u>Distinguished Club Presidents</u></p> <p>Margaret Moore-Exchange Club of Tidewater Tom Bales-Exchange Club of Poquoson</p>	<p><u>Distinguished Club Secretaries</u></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 Net- working Marie Warren-Exchange Club of Hampton Roads Networking Stephanie Suter-Exchange Club of Lynchburg</p>
<p><u>Net Increase 5 Members</u></p> <p>Exchange Club of Poquoson Exchange Club of Tidewater</p>	<p><u>Club Excellence Award</u></p> <p>Exchange Club of Tidewater Exchange Club of Poquoson</p>
<p><u>Distinguished Club Treasurers</u></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 Network- ing Jerry Toren-Exchange Club of Poquoson Jim Puckett-Exchange Club of Wythe</p>	<p><u>National Service Award</u></p> <p>Exchange Club of Wythe Exchange Club of Lynchburg Exchange Club of Martinsville Exchange Club of Poquoson Exchange Club of Mechanicsville Exchange Club of Old Point Comfort Exchange Club of Hampton Exchange Club of Peninsula Networking Exchange Club of Hampton Roads Networking Exchange Club of Suffolk Regional Exchange Club of Lynchburg Exchange Club of Tidewater Exchange Club of Gloucester-Mathews Exchange Excel Club of Poquoson High School</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.

One Nation Under God



Please Mark your calendars and plan to attend this great event! Once again, the event will be sponsored by Exchange Club of Poquoson. It will be held at Trinity United Methodist Church, 1294 Poquoson Avenue at 9:00 am on November 9, 2024. The cost is \$12.00 per person. You will be billed after the 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 Flag. One Nation Under God Month is observed annually during November. Exchange Clubs can implement this program in a variety of worthwhile ways,

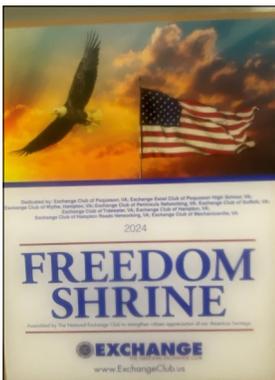
such as organizing community-wide prayer breakfasts, distributing pamphlets describing the American Flag's history and proper flag etiquette, sponsoring One Nation Under God essay or poster contests in schools, and encouraging attendance at religious services. The One Nation Under God project was adopted on July 30, 1964 by Exchange leaders seeking to heighten awareness of our rich religious heritage. November, observed nationally as One Nation Under God Month, is a special time of year when members increase public appreciation of the important roles religious faith and freedom have played in our nation's history.

Virginia District Exchange Clubs Foundation

The Virginia District Exchange Club Foundation, Inc. (Foundation) was formed to relieve the ACE and Susan Z. Brewer Youth of the Year scholarships' burden off the members of the Virginia District Exchange Clubs (District). The Foundation has been paying the scholarships since 2020 relieving the District of a financial obligation of \$13,000. Prior to the Foundation, the scholarships were paid with dues collected from the members. Additionally, the Foundation gives the clubs a means to ask for charitable contributions through the pass-through grant application process. A goal of the Foundation is to have the scholarships funded with investment income. The Foundation currently has \$45,000 in certificate of deposit investments earning around 3 to 4 % income. At 3% income, the Foundation will need around \$135,000 to fund the scholarships from investment income. Although the Foundation has been successful in the 4 years of operation, we still need your individual and club support to reach our goal. As December 31 approaches, please consider giving to the Foundation. If you are taking a required minimum distribution from a retirement plan, an effect tax strategy is to designate some or all of the RDM to the Foundation. If you would like to discuss any recommendations in this article or other topics regarding the Foundation, please call Claude Carmack at 804-357-8459.

Clubs in Action

Freedom Shrine Installed



Each year the Virginia District Exchange Clubs join forces to install a Freedom Shrine. The Freedom Shrine is a collection of significant original documents from American history that are exact photographic reproductions. This year the Freedom Shrine was placed just inside of the school's library at Poquoson High School. What an amazing display! Thank you to the following clubs for their participation: Exchange Club of Poquoson, Exchange Excel Club of Poquoson High School, Exchange Club of Wythe, Exchange Club of Suffolk, Exchange Club of Hampton, Exchange Club of Hampton Roads Networking, Exchange Club of Tidewater, Exchange Club of Mechanicsville, and Exchange Club of Peninsula Networking.

(L-R) Virginia District President Jesse Wood and Exchange Club of Poquoson President Dutch Merryman preparing the Freedom Shrine for display.



Clubs in Action

Exchange Club of Gloucester-Mathews



In October, the Exchange Club of Gloucester-Mathews had its kickoff “Dads Supporting Dads” meeting. This is a new Child Abuse Prevention Project for fathers and grandfathers to come together for fellowship, to share parenting and grand parenting knowledge, and to discuss ways they can support families in their community. They are looking forward to their next meeting.

Board Member Nancy Dixon set up refreshments before the meeting.



Regional Exchange Club of Lynchburg



Members of the Regional Exchange Club of Lynchburg picked up trash at Percival’s Island, a natural area in downtown Lynchburg.

Seated: (L-R) Exchange members Danny, Donny, Pam, Joey and Jim. Standing: Barry Stephens.

Exchange Excel Club of Poquoson High School

This active club welcomed their new sponsor and successfully recruited new members to replace members lost due to graduation. Membership currently stands at 64! The club’s focus has now turned to selling 50/50 tickets at the Langley Speedway fundraiser in support of the Poquoson Exchange Club and distributing flags for Give-A-Kid-A-Flag to Wave at a Meet Your School Resource Officer Event held before the start of the school year.

Exchange Club of Poquoson



When National Night Out was cancelled due to rain, Exchange Club of Poquoson participated in a Meet Your School Resource Officer Event arranged by the Poquoson Police Foundation/Poquoson Police Department. Exchange members handed out water, candy and American Flags.

(L-R) Virginia District President Jesse Wood, Officer Troy Curry and Exchange Excel Club of Poquoson High School President Sam Nelson.

“The life of the nation is secure only while the nation is honest, truthful and virtuous.”

Frederick Douglass

Clubs in Action

Exchange Club of Poquoson

Exchange member Ed Hartmann and his crew continue to work on ongoing projects that require building expertise. Recently completed projects included one residence that needed steps, rails and roof supports, and another that needed stringers replaced.



(L-R) Chairman of the Project Ed Hartmann with Exchange member Mike Greenwood.



(L-R) Exchange Club of Poquoson project builders Greg Nowicki, Terry Parisher, Mike Greenwood, and Tom Bales.



Exchange Club of Poquoson team members Tom Bales, Terry Parisher, Greg Nowicki and Mike Greenwood working hard on a build project.



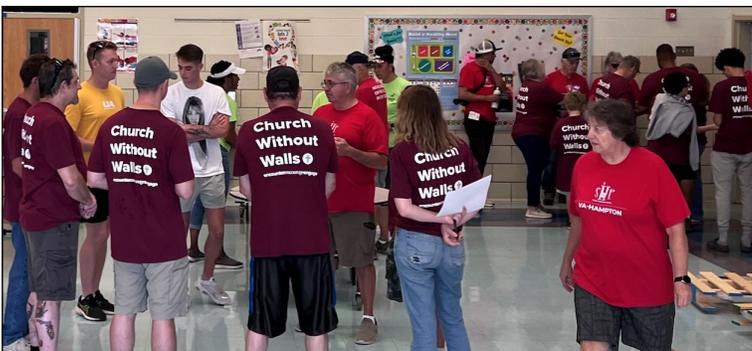
Nice Job!

Exchange Club of Wythe



In August, Exchange Club of Wythe members cooked a pancake breakfast for the teachers and staff at Hampton City Schools Adult and Alternative Learning Center.

(L-R) Bill Trimble, Dave Austin, Jose Inchausti, Alma Dietz, Vickie Servais, Amber Hodges, Jim Puckett, Anne Montgomery, Jim Thomas, and Benn Trask.



Exchange Club members Dave and Marcia Austin helped local nonprofit Sleep in Heavenly Peace with a BIG bed delivery day. Volunteers delivered 25 beds to children in need on the Peninsula on a Saturday morning in August.



On September 14th several club members helped support Sleep in Heavenly Peace at their annual Bunks Across America bed build. This year they built 50 beds for children!

Pictured are Exchange Club of Wythe members Jim Puckett and newest member Hampton Police Chief Jimmie Wideman. Wideman is branding his first Sleep in Heavenly Peace headboard!

Clubs in Action

Exchange Club of Wythe



On September 26, 2024, Exchange Club of Wythe celebrated their 72nd Charter Night. They listened to city manager Mary Bunting tell her amazing story of how Exchange made a difference in her life! Special community hero Linda Kindred received the Book of Golden Deeds Award for her outstanding contributions to the community. Everyone enjoyed a delightful dinner and rocked out to some nostalgic tunes performed by the Liberty Dolls.

Happy Anniversary!

Exchange Club of Peninsula Networking - 25 years.

Exchange Club of Hampton Roads Networking - 20 years.

Exchange Club of Tidewater - 5 years.

Bedford, VA. "...and some gave all."



There are many people that know nothing about Bedford's sacrifices on D-Day and why the National D-Day Memorial came to be in this small Virginia town. The story begins in the mid 1930's in the small rural town of Bedford, Virginia that sits in the foothills of the Blue Ridge Mountains of Virginia. Opportunities were limited in this rural town, so many young men joined the National Guard out of necessity as much as patriotism. The National Guard's 116th Infantry Regiment was activated in 1941, and on June 6, 1944, the men in Company A, 116th Regiment, 29th Infantry Division joined in the D-Day invasion of Normandy. Of the 40,000 Americans who landed at Omaha Beach, over 2000 (including 19

"Bedford Boys") were killed within hours. Four more "Bedford Boys" were loss during the rest of the Normandy campaign. Bedford suffered the nation's largest per capita loss on D-Day. This sacrifice greatly affected everyone in this small town and left a permanent mark on the town and its history. The National D-Day Memorial is built on 50 acres of private property overlooking the town of Bedford. The memorial officially opened on June 6, 2001, and it focuses on a broad picture of Allied Forces on D-Day. No state or local funding supports the National D-Day Memorial.

Located in downtown Bedford is a comprehensive Bedford Boys Tribute Center that opened on June 1, 2019. It focuses on the story specific to the town's sacrifice and its lingering sadness, furthers the "legacies of all 38 Bedford Boys" and highlights personal effects of the 19 lost within hours on D-Day. The Bedford Boys Tribute Center building, formerly known as Green's Drugstore, was once a place where young people liked to gather at the soda fountains and where photos of the local folks serving in uniform were displayed. It was also the place where the Western Union Telegraph machine was housed that received name after name of the war's casualties on July 17, 1944. The center is a non-profit museum.

For more information, you may want to read the books, [Bedford Boys](#) by Alex Kershaw, [Bedford Goes to War](#) by James Morrison or visit Bedford, Virginia. Bedford is an easy day's drive from any area of Virginia. The monument and tribute center are both historically accurate and have tours led by excellent docents. Both are great reminders that freedom is not free!

Americanism is one of Exchange's Programs of Service. Exchange promotes appreciation of our freedoms, honors those who fought for our freedoms, and strives to create greater community awareness of the privileges of American citizenship.

Virginia District Exchange Clubs

Jesse Wood, District President
5604 Cold Harbor Road
Mechanicsville, VA 23111-6921
WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2024-2025 Calendar

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 15, 2025	Deadline to submit articles/pictures for February Newsletter
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.



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.

