



EXCHANGE ACROSS VIRGINIA

VIRGINIA DISTRICT EXCHANGE CLUBS DISTRICT NEWSLETTER

May 1, 2025

EDITOR: FRANCES CARMACK

PRESIDENT'S MESSAGE

Greetings Fellow Exchangites,



Let me start my third newsletter with a few very big Thank You's. First, I want to congratulate the Exchange Club of Wythe for their efforts this year in growing their club. Did you know Wythe started their year with 24 members and have grown to 31, an increase of nearly 30%? Yea Wythe!!! I also want to thank those clubs who helped with our first District fundraiser. We raised over \$1,000.00 for the District and helped some local clubs with their fundraising as well. Give yourselves a big pat on the back if your club participated! One more big Thank You goes to the clubs that have been reporting their projects. Here in the Virginia District we have already turned in over 773 projects and we still have a few months to go. Can we exceed 1000 projects?

As you are all aware we are quickly coming to the end of this Exchange year so everyone should be thinking about the future. In your club, have you stepped up? Have you taken a position on the club board? Have you recruited a new member or thought about building a new club? How about the District? Have you thought about taking a position on the District Board or on a District Committee. If you are interested in getting more involved at the District level, please reach out and let me know as we are putting together next year's board as this newsletter goes out. The District Board will be finalized at the District Convention in May.

Speaking of the convention, it will be here soon, and we would love to see you there. The convention will be the weekend of May 30-31 and will again be held at the Hampton Inn in Gloucester. Please try to sign up and attend if you can as this is a way for all clubs to get together and to work together. As always, the Board will meet Friday night with dinner on your own after the event if you'd like to go, and the convention will be all day on Saturday with dinner and installation of officers. The Saturday evening event is also open to all who would like to attend.

Hope to see you soon,

Jesse Wood
Virginia District President 2024-2025

"A child's life is like a piece of paper on which every person leaves a mark."

Chinese Proverb

"One of the luckiest things that can happen to you in life is, I think, to have a happy childhood."

Agatha Christie, Novelist

"If we nurture the dreams of children, the world will be blessed. If we destroy them, the world is doomed."

Wes Stafford, President Emeritus of Compassion International

Editor's Note

This issue of *Exchange Across Virginia* marks the last one that I will be serving up as your editor. Can you believe it has been seven years? I know I can't! I am grateful for your support, and I thank you! I hope that the content has been pleasurable and valuable to you. A lot has changed, and we have found many ways to connect – through our website, our emails, and through social media while continuing to send you the printed newsletter that we often hear that you still look forward to receiving quarterly. Please support your next newsletter editor.

Region 11 Vice President's Message



“Alone we can do so little, together we can do so much.” Helen Keller, American author, Activist, and educator.

Springtime puts Exchange members in overdrive, from picking up trash, participating in community gatherings, Prevention of Child Abuse events, wearing blue on April Mondays, parking cars, awarding our graduating seniors and planning Americanism projects. Thank you to the Virginia District for making a difference in your communities.

I would like to formally announce my candidacy to run for Region 11 Vice President, serving on the National Exchange Club Board.

My depth of understanding being a community servant is strong and deeply rooted within. My entire life has been to serve others, to help to better others and to help strengthen our communities. I would like to continue to serve as the Region 11 Vice President. It has been an honor to meet our fellow Exchange members in Pennsylvania, New York, New Jersey, Maryland and Virginia. The Virginia District and the Mid-Atlantic District are serving their communities' needs and celebrating their communities' triumphs.

When I discovered Exchange 15 years ago it only made sense for it to be my next step to serving my community of friends, family, state and country. We, the members of the National Exchange Club, have the opportunity to impact far greater than the eye can see.

My strengths are to be prepared for what is expected of me. I take my responsibilities very seriously. My desire is to always do better with tasks than the time before. I encourage others to join in on the betterment of their own community. My passion is to let others discover their potential and believe that they too can lead.

We, the National Exchange Club members throughout our country, have the resources to have an impact on an entire country, people of all ages from all walks of life. May we each be that pebble that creates the ripple. Let's do it together!

I look forward to seeing you at the Virginia District Convention. I will be bringing a Big Basket of York County, PA deliciousness. Buy those raffle tickets!

Sincerely,

Kara E. Wright, Region 11 Vice President
kwrightfamily@gmail.com



National Exchange Club Convention – July 9- 12, 2025 – Mark Your Calendars!

Why not plan a road trip to Louisville, Kentucky and attend the 107th National Convention? The National Convention always offers an opportunity to grow; be it from making friends, spending time with old acquaintances, learning new information from various workshops, or just gaining another pound from experiencing a food tour!

Exchange Today 2024 Edition 4 (pages 28-29) highlighted quite a variety of places to visit while in Louisville or visit GoToLouisville.com to learn about exciting things to do and places to go while there.

Register for the convention and make your hotel reservations now! Hotel reservations can be made for the Galt House Hotel 800-843-4258. Use Group code 061925EXC. Group rates are only guaranteed through Tuesday, June 3, 2025. If you need assistance in registering, contact Emily Dudley, Group Rooms coordinator, at The Galt House 502-569-4252.

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

Virginia District Exchange Clubs Foundation – Matching Gift Opportunity

An anonymous donor has committed to match every dollar up to \$16,000 gifted to the Virginia District Foundation. The deadline for this wonderful opportunity to double your impact to the Foundation is June 30, 2025. These gifts will go to the Susan Z. Brewer Scholarship Youth of the Year fund.

The Virginia District established the Foundation in 2019 to fund the youth scholarships and relieve the District from the obligation to fund the scholarships through District dues. Exchange Clubs, members, and friends are asked to meet the challenge of this bold commitment. Thank you for supporting the Foundation.

\$1.00 = \$2.00. \$5.00 = \$10.00. \$10.00 = \$20.00. \$15.00 = \$30.00. \$20.00 = \$40.00. \$25.00 = \$50.00. \$50.00 = \$100.00., etc.

Virginia District Convention and An Evening at Exchange Scheduled for- May 30-31, 2025



The Annual District Convention is for our club members, their spouses, and guests. Members build life-long friendships at these conventions. A lot of planning and weeks of valuable volunteer time go into the making of a great convention, so please take the opportunity to attend your Virginia District Convention. 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. The theme/color for this year's event is smile/jonquils/bright yellow, chosen because May 31 happens to be National Smile Day! So come ready to flash your biggest smile, embrace, shake hands, enjoy your friends, wear yellow (if you would like) and have a fun weekend!

The board meeting, convention sessions and lunch will be held at the Hampton Inn Gloucester, 6638 Forest Hill Avenue, Gloucester, Virginia. The board meeting will start at 4:30pm on May 30, 2025. The convention will start at 9:00am with registration and a continental breakfast at 8:30am on May 31, 2025. An Evening at Exchange will be at Olivia's in the Village, 6597 Main Street, Gloucester, Virginia, starting at 6:00 pm. **Overnight room arrangements at the Hampton Inn at the discounted rate are available through April 30, 2025. Details and rates are on the enclosed registration form.**

Annette Duncan, Region 3 Vice President, will be our National Representative for the weekend. She is eager to attend our convention, share updates, and offer her insights to help our clubs grow and thrive. Also, Kara Wright, Region 11 Vice President, will be in attendance, and as you know, Kara always keeps us moving and learning. Plan to attend, bring fellow club members, and wear your brightest yellow and biggest smile for an engaging and valuable experience.

Get to Know Gloucester, Virginia



If you can, plan to arrive early or extend your weekend in the historic, beautiful town of Gloucester, founded in 1651. Enjoy 300-year-old Main Street where you will find places to eat and shop, and the Gloucester Museum of History is housed in an old brick tavern that dates to 1770. If you prefer spending time outside, there are local and state parks to explore, or you could enjoy Brent and Becky's, a family-owned bulb shop and garden. Their gift shop offers garden accessories and tools, garden books, and of course the best quality bulbs to purchase for planting in your 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 huge plantation. It was home to the Page family for over one hundred years. It burned in 1916, was not rebuilt, but it is preserved and stabilized. Visitors can view the massive chimneys, one wall, a vaulted cellar, and the amazing 18th century brickwork. Another historic building is Abingdon Episcopal Church, dating back to 1754.

Volunteer Service Award

Claude Carmack was recognized on April 16, 2025, for completing over 1000 volunteer hours of service to the mission of the USO in support of service members and their families around the world. Claude volunteers at the USO located at Richmond Airport. Additionally, Claude was awarded the Gold Mission Award which is the highest award level for volunteers given by the USO. Congratulations, Claude! And thank you for your continued dedication to this American service project that uplifts the spirits of all those entering the USO.

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.

April is Child Abuse Prevention Month

Child abuse remains a persistent and serious problem in the United States, according to the most recent data. Five children die every day from child abuse. Sixty-six percent of fatalities are younger than three years old. The economic burden is over \$500 billion. Abuse occurs across all socio-economic levels, ethnic and cultural lines, and religious and education levels. Types of maltreatment include physical abuse and neglect, sexual abuse, and emotional abuse. Abuse happens within the family setting and abuse happens outside of family settings including daycare (unregulated and licensed), foster homes, group and residential homes, public and private schools, and other places such as camps.

*The staggering statistics of Child Abuse and Neglect for the **fiscal year 2024** in just the **Commonwealth of Virginia** are: 33,847 reports completed, 53,440 children involved as possible victims in those completed reports, 2,905 founded. Additionally, there were fifteen children involved in trafficking assessments. As of December 3, 2024, 30 children died from abuse or neglect and forty-three cases were pending.

*Source: Virginia Department of Social Services (July 1, 2023-June 30, 2024). Retrieved April 2025.

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Blue pinwheels are whimsical toys displayed during the month of April to represent happy, healthy childhoods that all children deserve, and they remind us of the role we each play in providing love and support for the children in our lives.

Exchange Club of Suffolk



Fearless Leader, Club President Nancy Jones and club member Terry Murphy placed Child Abuse Prevention signs and pinwheels at a prominent Suffolk intersection.

Exchange Club of Martinsville



Beautiful display to raise awareness!

Exchange Club of Mechanicsville

The Carmack Company potted pinwheels at the office entrance to raise awareness of Child Abuse Prevention Month.



Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Exchange Club of Lynchburg

A Child Abuse Prevention Month banner and Child Abuse Prevention flags were displayed at E. C. Glass High School in Lynchburg and at Brookville High School in Campbell County just outside of Lynchburg during April. The Exchange Club also set up a Child ID Program at Sandusky Baptist Church's Car Show and Block Party on April 26, 2025, from 10:00 am to 2:00 pm.



E. C. Glass High School



Brookville High School

Exchange Club of Poquoson & Exchange Excel Club of Poquoson High School



The Exchange Club of Poquoson and the Exchange Excel Club of Poquoson High School combined forces and worked hard to organize lots of CAP projects. They filled Make-N-Take bags to be distributed in the library and at the Mobile Food Bank, planted pinwheels at fifteen sites throughout the city, posted daily parenting tips on Facebook, and met with the city council where the mayor presented a Proclamation acknowledging April as Child Abuse Prevention Month in Poquoson. Attendees were encouraged to wear blue to the event.



Pinwheels spinning for our children at the Parks and Recreation Building.



City Hall – A well-placed sign announces Child Abuse Prevention Month.



Poquoson Primary School – Pinwheels spin in support of Child Abuse Prevention Month.

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Exchange Excel Club of Poquoson High School



The Excel Club of Poquoson High School set up an Awareness Tree at the library with blue ribbons and pins for members of the community to take from the tree and wear during April. Blue lights lit up the tree and a sign of explanation and purpose accompanied the display.



Poquoson High School has a spirit rock in front of the school where students can paint different projects within the school. For Child Abuse Prevention Month, the Exchange Excel Club of Poquoson High School painted it to show their support.

Exchange Club of Gloucester-Mathews

Twirling pinwheels and signs placed strategically throughout the community promise children a better tomorrow.



(L-R) Front Row: Tricia Bynum, Judy Corr, Jonathan Howerton. Back Row: Kristyn Smith, Kurtis Hoar, Alex Milligan.



Abingdon Park, located in Hayes, has many athletic fields and is a busy place that gets lots of traffic from games, practices and gatherings.



Stone honoring Dr. Jean Pugh, long-time resident of Hayes, educator, and dedicated philanthropist who had a place in her heart for children.



Brown Park located in the heart of Gloucester.

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Exchange Club of Gloucester-Mathews

Exchange Club members also assembled and delivered 90 activity/snack bags to Mathews Elementary School, 40 information packets to Gloucester libraries, 70 information packets to the Gloucester Boys and Girls Club, and passed out information to patrons heading to the Daffodil Festival.



(L-R) Club Secretary Tricia Bynum, (Boys & Girls Club Staff: Jaela Willis, James Luck, Cynthia Long), and Exchange Club of Gloucester-Mathews Board Member Debbi Davis.



90 colorful activity/snack bags were delivered to Mathews Elementary Kindergarten and first grade classrooms.

Regional Exchange Club of Lynchburg



Members of the club posed for a picture after placing pinwheels in front of First Christian Church in Lynchburg. The church is located on a very busy street where the pinwheels will be visible for people to see.



The club sponsored a water/snack table for Miriam's House fundraiser walk-a-thon. This organization helps women and children find homes, some who had to leave due to abuse.

Exchange Club of Wythe

First of many pinwheel gardens members planted to raise awareness of Child Abuse Prevention Month.



250 pinwheels were planted in Carousel Park

Virginia District Exchange Clubs Help Raise Awareness of Child Abuse Prevention

Exchange Club of Hampton

Members of the club created pinwheel gardens throughout the City of Hampton.



St. Mary's Star of the Sea Catholic Church – Fort Monroe.



Exchange members Bill Trimble and Kim Deibler pose for a picture after setting up the pinwheel display.

Hampton Baptist Church

City of Hampton Acknowledges Child Abuse Prevention Month for the Month of April.



Mayor Jim Gray and other city officials at the reading of the proclamation from the city acknowledging Child Abuse Prevention Month in Hampton.



A Crowd gathers outside city hall for the reading of the proclamation.

Clubs in Action

In addition to CAP Projects, Virginia District Exchange Clubs have additional projects and programs that support our communities throughout the year including food banks, Adopt-A-Spots, handicapped ramps and lifts, youth of the month Awards, officer recognition and others.

Exchange Club of Gloucester-Mathews

Members took advantage of a beautiful day and cleaned up their Adopt-A-Spot.

(L-R) Front Row: Kutis Hoar, Judy Corr, Jonathan Howerton, Tricia Bynum, Nancy Deptola. (L-R) Back Row: Alex Milligan, Kristyn Smith, Jen Deptola.



Clubs in Action

Exchange Club of Peninsula Networking

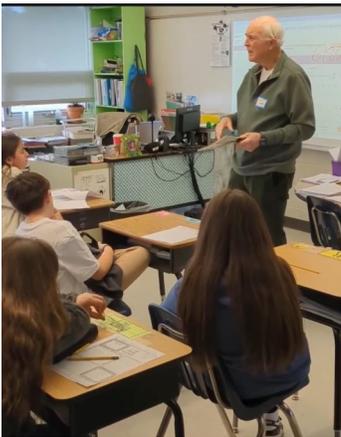


The newest member of the Exchange Club of Peninsula Networking, Deborah Moran, receives her pin from Rosie Green.



Exchange Club of Peninsula Networking has a new sign at their Adopt-A-Spot in Hampton.

Exchange Club of Poquoson



Steve Geiger reads to students in a local classroom.

“Real Men Read” gives children the opportunity to have men read and spend time with them. The program also encourages reading and the many benefits it offers.

Exchange Club of Wythe

Welcome new member Ed Biegler!



(L-R) Bill Trimble, Ed Biegler, Mark Birdsong.



Member Amber Hodges is reading to a group of students for the Mayor's Book Club... not sure who is having more fun...Amber or the children!



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

Lonnie Servais - April 29, 2024 - Exchange Club of Wythe

Shirley Ann Burt - August 21, 2024 - Exchange Club of Peninsula Networking

Sarah Gray - October 7, 2024 - Exchange Club of Wythe

Harry Hughes - December 16, 2024- Exchange Club of Lynchburg

Virginia District Exchange Clubs

Jesse Wood, District President
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WWW.vadistrictexchange.org

Virginia District Exchange Clubs 2024-2025 Calendar

May 30-31, 2025	Virginia District Convention and Board Meeting, Gloucester, VA
June 14, 2025	District Officer Training, Hampton Baptist Church, Hampton, VA
June 30, 2025	Conduct a Program Development Meeting (PDM), National and District Award Applications due
July 9-12, 2025	107th National Exchange Club Convention, Louisville, KY
July 31, 2025	Club Officers and Division Directors complete Educational Portal requirement
November 15, 2025	Form 990 due to IRS with copy sent to District and National
November 30, 2025	Award application for Exchangite of the Year and Distinguished Virginian

•The calendar is subject to change.



Our Mission
Exchange, inspiring communities to become better places to live.

Our Motto
Unity for Service

Our Vision
A strong America, safe communities, and unified people.

Core Values