



Our speakers for the January 20th meeting will be James Stewart and Lewis Johnston with the UP Foundation.

The UP Foundation is a non-profit youth oriented recovery organization that focuses on helping young people avoid or recover from substance abuse.



James R. Stewart and Lewis D. Johnston

•• *Upcoming Events* ••

Regular Club Lunch Meeting

January 20, 2017 at Noon
Phase 2, 4009 Murray Place

Next Club Meeting

February 3, 2017

January Board Meeting

January 31, 2017 at 5:30 p.m.
The Bedford Library
Community Room in Forest

•• *January Birthdays* ••

- Svetla (Sonny) Weaver... 1/18
- Jake Dawson..... 1/23
- Mike Staley..... 1/24

*A Note from
our President...*

President Couch would like to remind members about the Club's meeting cancellation policy. If the Lynchburg City Schools are closed due to inclement weather on a Friday when a meeting is scheduled, the meeting is also canceled.



Dave Burch

The Exchange Club's longest running — and most prestigious — project is the Book of Golden Deeds Award. The 2016 award was presented to Club Member Dave Burch at our Christmas Dinner held in December. Congratulations Dave!

The Club still has a large quantity of maple syrup on hand. The one-pint bottles are \$8 and the half-pint bottles are \$5. This syrup is great to use in recipes and to have around for pancakes, waffles, and French toast. Buy several bottles to keep on hand.

