



— Newsletter of The Exchange Club of Lynchburg, Virginia • lynchburgvaexchangeclub.org —

The speaker for our January 3rd regular meeting will be William Carter of the Life Enrichment Center. William plans to speak about the Life Enrichment Center's Reading Computer Lab tutoring program that he coordinates in Richmond, Virginia. They currently work with two low-income schools. He will also speak briefly on his Marine Corps career (he retired in 2006 as Sergeant Major), as well as treating us to two songs — "America the Beautiful" and "God Bless the USA".



On December 11 we made a presentation at the Jubilee Center. Twelve veterans/families were each given a turkey and a \$100 Food Lion card for Christmas. At the presentation were club members Eugene Wingfield, Tommy Creegan and Mike Spencer.

• • Upcoming Events • •

Regular Club Lunch Meeting

January 3, 2020 at Noon
Charley's, 707 Graves Mill Road

Next Club Lunch Meeting

January 17, 2020 at Noon
Charley's, 707 Graves Mill Road

Monthly Board Meeting

January 28, 2020 at 5:30 p.m.
Grace Church, Lynchburg

• • January Birthdays • •

Jake Dawson 01/18
Mike Staley 01/24

At last month's Christmas Dinner, we awarded the 2019 Book of Golden Deeds Award to Robert J. Day, CEO, Patrick Henry Family Services.

Robert's childhood of poverty and abuse included more than 35 homes before his unlikely graduation from high school. Today, through God's grace, and with two Master's Degrees in hand, Robert's life work is dedicated to keeping children safe and families strong. Robert's inspiring testimony, together with his unique and timely perspective, has made him a sought-after speaker for conferences, churches, civic audiences, and beyond.

Robert is the author of two books, *Worst of Mothers...Best of Moms*, and *Desperately Healed...My Journey to Wholeness*. These tell his story of a tumultuous childhood, and the arduous process of healing as an adult. Born to a teenage mother, who was herself a ward of the state, Robert survived abject poverty, neglect, and abuse; but, in the end, this is a story of God's infinite grace and mercy, and how He uses our pasts for His purpose.



In addition to his testimony, Robert loves to speak on issues of Child Welfare (particularly the history of the orphanage movement), Overcoming Poverty, and the process of Social and Organizational Change.

Robert has been the CEO of Patrick Henry Family Services since 2010. His Master's Degrees are in Social Work and Divinity. He has been married to his wife, Karen, for thirty-seven years and they have four adult children. He has spent most of his professional life in Child Welfare-related jobs and pastoring local churches.



At our December 6th club meeting, Ed Tinsley was awarded the distinction of Exchangite of the Year. Ed has been a member of our club since 2007 and he has been a loyal and dependable member since joining. For several years Ed has had 100 percent attendance and he has participated in well over 80 percent of club activities. Ed is one of our most avid members; whenever you approach him to ask for assistance in any way he is always willing to help.

At the age of 18, Ed enlisted in the United States Marine Corps where he served honorably for 3 years. After leaving the Marine Corps, Ed joined the Virginia State Police, where he dedicated 48 years to protecting and serving the citizens of Virginia. Ed holds a record with the Virginia State Police for his years of service.

His service as an Exchangite has been nothing short of extraordinary. Ed never shies away from any of our programs of service. He is an integral part of our annual Pancake Jamboree fundraiser. He spends numerous hours making sure that tickets are distributed to all club members and businesses in the community. He always assists with

the two days of setup as well as the day of the event and take down the day after the event. He has participated in our club's Americanism, Community Service and Prevention of Child Abuse programs. In the area of Americanism, Ed has served by handing out flags as part of the "GiveAKidAFlagToWave" project on numerous occasions. He has served as an escort on several of our veterans' trips to Washington D.C. Each year our club installs a Freedom Shrine in one of our local schools, and Ed is consistently supporting the event.

Ed has also served on our Community Service Committee for several years. He is the club's handyman, and when things need to be fixed or built he is our "go to" guy. He took on the job of building boxes to store our pancake grills, providing all of the materials and manhours for this project. Ed has volunteered to help do yard work, spread mulch, stain wheelchair ramps, and paint just to name a few of our projects. He is also very active in feeding the homeless at our local Daily Bread. He always ensures that any of our leftover supplies from our Pancake Jamboree are taken to the Daily Bread to assist their program. Ed is very active in our club's Child Abuse Prevention Program by distributing information at our Child ID events and spending time assisting our local CASA (Court Appointed Special Advocates) organization.

Please note that our January, 2020 board meeting will be held at Grace Church, Timberlake Road in Lynchburg. Our February and March board meetings will be back at the Bedford County Community Room at the Bedford Public Library, Route 221 in Forest. Upcoming board meeting locations will be announced as we acquire confirmed meeting space.



Pancake Jamboree star Richard Pugh sold over \$4,000 in tickets this year! Many thanks Richard.



Shown above, our guest speaker for the 2019 Christmas Dinner was Lieutenant Craig Dowdy of the Lynchburg Police Department.

January 1, 2020

Fellow Exchange Club Members,

Happy New Year! It is hard to believe that we are beginning a new decade. Where did the time go? Although we are halfway through this administrative year, we have much to do going forward. I encourage everyone to start now planning for Prevention of Child Abuse Month in April. This being our National Project, every Club and Club member should have several projects planned for that month.

The Virginia District Mid-Winter Conference is scheduled for January 24th through 25th, 2020. The Board meeting will be held on the 24th at 4:00 p.m. at Angelo's Steak and Pancake House, 755 J. Clyde Morris Boulevard, Newport News, Virginia, 23601. It is open to any Club member and/or officer. On Saturday the 25th the Conference and Awards Luncheon will be at the Hampton Public Library, 4207 Victoria Boulevard, Hampton, Virginia, 23669 beginning at 9:00 a.m. Our National President, Russ Finney is our representative and will lead in education and training. You do not want to miss this opportunity. The District Exchange of the Year as well as Club awards will be presented at the luncheon. You received the registration and agenda several weeks ago. If you need another copy, let me know. January 15th is the deadline for the meals.

Our next newsletter will come out soon after the Conference. Remember to send pictures and articles to Frances Carmack at frances@carmackcpa.com. Make sure that the event is identified with Club name, member names, and any other information that helps identify the project or activity.

As the District continues to work at rebuilding the York Club and in building a new Club in Gloucester, we are still looking for potential new members. If you know of anyone who might be interested in joining, please provide their information to any member of our District Board.

As of December 31, the District membership is down year to date. We are counting on the York rebuild and new Gloucester Club to get this turned around. Again I remind you of my personal challenge that every member of every Club bring in one new member this year.

May you continue to enjoy the warmth of family and friends as we start 2020 with a renewed sense of purpose for making our communities better places to live. Thank you once again for all you do for Exchange and the good works you do in your communities.

William "Bill" Trimble
Virginia District President