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Summer 2020 Newsletter

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Exchange Members from California/Nevada Districts along with CEO, Tracey Edwards gather at the California/Nevada Virtual Convention

Upcoming National Exchange Club Calendar

July 2020	New Administrative Year
July 22-25, 2020	102 nd National Convention
	Virtual Convention
October 2020	Fire Prevention Week

Upcoming District Calendar

July/August	Stay Safe and Be Well, Stop the spread of Covid-19
August 22	Board of Directors Meeting Via Teleconference
September	Begin Youth of the Year, A.C.E. recognitions
October 24 th	National Day of Service

The Presidents Monthly Report for the California/Nevada District



Hello!

As a new Exchange Year begins, let us all be thankful for the many blessings we have in our lives. Times are tough right now for many people, in many ways; but there is always something for which to be thankful.

I am thankful for the many Exchange Club Members who are serving their communities during these very difficult times. The Corona Virus has wreaked havoc in our business, social and personal lives.

Our Fundraisers have been cancelled, our Programs of Service have been cancelled, and in many cases, our meetings are cancelled. Exchange Clubs and Members have stepped up to help in many ways. Clubs have provided financial support for our Child Abuse Prevention Center as well as gift cards. Some clubs are feeding the elderly and/or service providers. Some members are shopping for those more vulnerable and some are preparing meals for those for whom it is too dangerous to go out.

Our social lives are non-existent; theater performances are gone, birthday parties are gone, group dinners are gone. Even small social gatherings have stopped. I am thankful for the telephone and social media to be able to stay in touch.

I am thankful that Ron and I have our health. I pray every day that our family, friends and our fellow Exchange Members and their families will remain healthy too.

When isolation and boredom hit, I am thankful that I have a yard with a garden and flowers to walk among for renewed energy. I'm thankful that I can share the products from my garden with others.

My theme for this year is, "The Road to Recovery", and I believe that counting our blessings and being thankful and grateful for what we have is the first step to take. See ya' on the Road,

Shirley Lashmett, CA/NV District President



DISTRICT
PRESIDENT
SHIRLEY
LASHMETT, WITH
FIRST MATE RON
LASHMETT, AT THE
DISTRICT
CONVENTION VIA
ZOOM

Congratulations!

Exchangite of the Year
Dave Black

All American Volunteer
Roy Shlemon

Lifetime Achievement
Francia Fate, and
Bill Bechtel

Johnny Tai, Immediate Past District President



I am pleased to report for this past year, we are still able to proceed, despite our current challenges. Our alignment with National for growth will continue. We believe opportunities to connect virtually and through other Social Media platforms will allow us to further advance ourselves in reaching the future generations here at Exchange. We still look forward to the day where we can sit next to each other and talk.

As Growth and Communications/Social Media correlate, we have solidified a foundation through Committees. We will continue our progress in getting our word out there via Social Media in reaching out to the younger generations. As a District, we can certainly make some headway in helping our District and Clubs gain much more visibility.

As it is long overdue, we are creating a new website in stages in conjunction with available budget. Not only will it serve as a central resource, it will provide a level of communications not previously seen. Imagine touching one website to learn about live events all our other Clubs in the District are holding or seeing when a Club will meet. It can be a website where we use it like a tool to run some of our processes, such as our Youth of the Year and ACE Programs. As an active tool and resource, this updated website will become even more essential.

In terms of growth, many ideas have surfaced from National and we plan to explore them as we move forward with designated teams to help some of our Clubs out.

As wonderful as it is for me to describe some of the groundwork laid out thus far, it is the implementation that can often be the chokepoint of success. Our new District President Shirley Lashmett will have her hands full. As I become Past District President, I will see what I can do to help all of us move further down this path of long-term growth.

One of the benefits of leading the District is the opportunity to visit our Clubs. Every Club I was able to touch, I saw incredible talent, capability, heart, and generosity brought forward by each Member to make these Programs successful. Not only will I forever cherish those moments, I look forward to visiting and seeing more Clubs this upcoming year when the circumstances allow.

I have been representing Exchange at Chamber meetings and networking groups. Of course, I had also been working with our District Leadership Team in creating our first Virtual District Convention. It was a success, thanks to the gallant efforts of our Leadership team, Board, and future District President-Elect.

I do hope our younger Exchange Members will aspire to serve on our Club leadership teams as we need your help to grow our Clubs. Thank you for the opportunity to serve with you this past year.

God Bless! Johnny Tai

WAY TO GO EXCHANGE CLUB OF CULVER CITY!!

During National Exchange Club Convention this club was awarded the NATIONAL OUTSTANDING COMMUNITY SERVICE AWARD!! Soon after COVID hit their community the Club was a driving force in FeedCulver.org. This effort kept local restaurants working while feeding those in need. The original intent was to provide 4,000 meals. To date they've provided 10,000+!!! Help them continue their efforts by making a donation. Any amount to FeedCulver.org will be appreciated and put to great use!



Congratulations to **District President Elect – Dave Black**, who was selected by the National Exchange Club as Outstanding Club President from the South orange County Exchange Club!!

Message from Region 1, Vice President John Blythe



Dear Fellow Exchangites of the California/Nevada District,

First and foremost, I hope all of you have been safe during the covid19 global pandemic and trying to keep yourselves as occupied as possible during the recent government closures. It has been very frustrating I'm sure and what strange times we seem to be living through lately. It is sad to say that this global pandemic has affected all of us whether personally, financially or mentally and I do want you all to know that your National Exchange Club is here to help, as that is what our motto "Unity for Service" is all about , particularly in times of crisis, unity is what will make us strong and we will overcome this!

Despite the pandemic, many clubs around our great nation have been utilizing Zoom as well as other social media technology to still meet on a virtual basis and even use it as a tool to recruit new members! I have also heard of other clubs around the country that have brought Exchange to the forefront of helping those affected by this crisis. For example, one club delivered meals to a local medical team that had been treating various patients but took all of the necessary safety precautions when doing so. I hope your club might be looking at ways to continue community service during this situation and how to rebuild our communities after we recover.

And recovery is key. The last weekend of June, California/Nevada District held its first ever virtual convention via Zoom and your new District President Shirley Lashmett has adopted a theme for 2020-2021 "The Road to Recovery". How will our communities look after this is over? How will our clubs look after this is over? What can Exchange Club do to continue to help those in need? This is the perfect opportunity for Exchange to take advantage of a very serious situation. Once again, unity is what will make us strong... Exchange Strong!

Once again, please do not hesitate to contact me should your club need any kind of assistance during these unprecedented times. We are all in this together! Please join the National Exchange Club Convention virtually via Zoom July 24-25 as well!

Fundraising Covid Style

Hey, Got an Idea for a Virtual Fundraiser? Please send me an email of your idea and I will share with the District. We are all experience a more challenging time and trying to still meet the needs of our community newsletter@CalNeveexchange.org.

Send me info on how your clubs are meeting as well with photos!!

A.C.E. Winner Uriel Reyes Mateos

The California-Nevada District Exchange Club is proud to present our Male ACE Award winner, Uriel Reyes Mateos. He has determination, focus, and a tremendous work ethic. Despite the challenge of attending school that runs longer hours daily and yearly, and traveling an hour to arrive and a significantly longer time returning home, Uriel dedicated his time and energy to overcoming these obstacles for the goal of graduating high school and attending college. He did so with a 4.09 GPA because of his drive to succeed. He also did volunteer work every year while attending school and completed eight AP-level classes.



His parents early were unable to assist in his education having had their own schooling cut short at the age of 8. Uriel fortunately participated in English Language Development classes as English was his second language. Throughout his education he was riddled with fears about being accepted at college as he was "undocumented." He feared being a burden to his parents and family were he unable to work and pay for an education that he might never be able to get. His life has been riddled by discrimination far beyond the average Hispanic student, both at home and in the world at large. His future plans direct his attention to this problem in the world. His persistence and determination will be his support in this arena.

The ACE Award addresses the challenges of life for the students who persevere despite these obstacles. According to his Advisory Teacher, "His dedication to education and making the future for himself serves as an example for other students." Especially during these unprecedented difficult times, we are honored and proud to assist Uriel in achieving his dreams of completing college and becoming a positive force in our community.

A.C.E. Winner Natalie Varela Mares

The California-Nevada District Exchange Club is proud to present Natalie Varela Mares as our Female ACE Award winner for 2020.

Natalie attends a public charter school for low income students who strive to be the first in their families to graduate from college." So begins the recommendation from Natalie's University Prep12. The students face difficulties just getting to the campus as they come from all over San Diego County Two hours plus are common for transportation and the school hours are much longer than conventional schools. Students take 8 courses as opposed to the typical 6. Demands upon their time is high and Natalie is more than up to the challenge She has a cumulative 4.02 GPA. She has completed AP Spanish courses and is currently in her first year of Mandarin. Because of her excellent ability in managing multiple responsibilities she has also been involved with a multitude of community projects since her freshman year. Among these projects are *I love a Clean San Diego*, *Sand Diego Canyon Lands*, *The Hunger Project*, *The Fleet Science Center*, and *The International Rescue Committee* at the campus. She has worked with the *Bio Scholars* program hosted by UC San Diego students at the school campus. She is also involved in community projects through her Church.



Natalie is being raised by a single mother. As a result, there have been a lot of financial problems which Natalie helped alleviate to some degree by getting a paid internship at Gap Factory store. She has learned about budgeting and wise spending. She is driven to achieve with a background of deprivation but hope with academic achievement. Her plans are to become an industrial designer to make a better community as well as to be an activist for positive change.

We are proud to assist Natalie, a woman of responsibility who strives to make the world a better place. She has character, and a strong sense of service. We present the scholarship to help make her dreams of a bright career and future come true. Her challenges and perseverance make her a great candidate for the ACE Award winner from our District.

Youth of the Year Erica Hsueh

Erica Hsueh was nominated as the California-Nevada District's 2020 Female Youth of the Year by the Crossroads of Orange County Exchange Club. She was selected as Youth of the Year because she has demonstrated over the course of her high school years that she is an extraordinary person, student, classmate, leader, and teammate.



Erica recently graduated from Northwood High School in Irvine, California. She is fully prepared to assume even greater responsibilities and to accept the Privilege of Service that is the hallmark of EXCHANGE. Erica is quite accomplished in so many things it is hard to focus on just one thing. But there is one that deserves special mention.

She is the Founder & Chief Executive Director of the *Bytes of Code* program, which teaches STEM (science, technology, engineering and mathematics) to disadvantaged girls not only in her community, but around the globe through ambassadors and online curriculum. She is most proud of this achievement. Her own words say it better than I can:

"With each workshop I host, *Bytes of Code* closes the gender gap in STEM. Comparing the students from day one—timid, shy, afraid to ask questions—to the end of the program showing off personal websites and demonstrating to their parents how they can command the Sphero robot to do whatever they want with a few lines of codes. I have seen these girls become more interested, confident, and comfortable with technology."

The public librarian commended Erica's program as a better alternative to other troubling activities available to these girls. That encouragement drives her to find interesting ways to entice them back to class. "I believe that gender under representation in STEM is a pervasive social problem that can be addressed first at the local level, beginning with individuals like myself."

We proudly support Erica in her future endeavors. America needs young people like her.

Youth of the Year Brendan Reeves

Brendan Reeves was nominated as the California-Nevada District's 2020 Male Youth of the Year by the South Orange County Exchange Club. He was selected as Youth of the Year because of his extraordinary accomplishments. Balance is a good word to describe Brendan Reeves. ART, ACADEMICS, SERVICE—all combine in Brendan to give him the creativity he finds in fulfilling himself, while helping others. It is rare indeed, to find a young man with such philosophic depth. Let Brendan tell it in his own words:

“Our third President and principal author of the Declaration of Independence, Thomas Jefferson, maintained that the longevity of our Republic rests not only on the strengths of our institutions, but even more so on the “spirit of our people.” This dual responsibility and necessity of Americans to be good citizens has remained constant throughout our nation’s history. And this solemn obligation is still relevant now more than ever. Indeed, the responsible stewardship of American greatness ought not to be an abstraction relegated to a forgotten era of our country. Rather, I believe that every new generation of Americans is duty-bound to the same higher calling of citizenry as our forefathers. In keeping with this belief, I intend, now and in the future, to heed that call in the best way I know how - by unwaveringly leading the charge in helping others and by engaging fearlessly in American political discourse.”

Brendan’s essay shares some of the ways he lives out his commitment. For instance, he pours his passion for music into the *All-American Boys Chorus* which provides music curriculum to educate, motivate, and build character in boys ages 8-15. Who is better suited to fulfill a promise in our Covenant of Service: “To discharge the debt I owe to those of high and low estate who have served and sacrificed that the heritage of American citizenship might be mine. He is a remarkable young man!

Exchange University

Convenient online training to help Exchange Club members become even better leaders!

New Officers – Exchange University is Waiting for You!!, Courses are about 45 minutes each for President, Treasurer, Secretary, Directors.

To complete your certification, go online to the National Exchange Club/Member/Resources log in and select your course. <https://members.nationalexchangeclub.org/content/member-resources>

Exchange Club Membership Benefits

Life Lock You could miss certain identity threats by just monitoring your credit. We see more, like if your personal information is sold on the dark web. And if there is a problem, we will work to fix it. Get 30 Days Free and 10% off your first year of LifeLock identity theft protection. Sign up or call 1-800-LifeLock (543-3562) use Promo Code AFFINITY11 Terms apply.

VPI Pet Insurance provides healthcare coverage for your dog, cat, bird, hamster, or other exotic pet. As a member of The National Exchange Club, you will receive a 5% group discount on your VPI policy. Plus, owners of multiple pets are entitled to receive additional discounts! For more information call 877-PETS-VPI (and mention your Exchange membership for the discount).

- Hertz – 25% off Code **CDP# 2151202**
- Dollar Car Rentals 7% off Code CDP# 3061698
- Thrifty Car Rentals 7% off Code CDP# 3061699

Office Depot and OfficeMax are now ONE company! National Exchange Club Members can **save up to 80%** off on over 93,000 products. Great for your printing, cleaning, and office needs. Shop online or in stores! Enjoy FREE next-day delivery on online orders more than \$50 (excludes furniture orders)-
<https://officediscounts.org/nec/>



This 96th Annual Convention is Dedicated to the Memory
of the following deceased Exchangites

Khatchik H. Achadjian Exchange
Charles M. Anderson Exchange
J. K. Davis Exchange
Leo Gallagher Exchange
John Lo Guidice
Lawrence Perrin
William Sackett
James T. Smoot

Club of Central Coast
Club of Newport Harbor
Club of San Clemente
Club of Long Beach
Magnolia Center Exchange Club of Riverside
Magnolia Center Exchange Club of Riverside
Magnolia Center Exchange Club of Riverside
Exchange Club of San Clemente

The Exchangite Prayer

The Exchangite stood and faced his God, he was a little nervous,
I hope He knows my time on earth was spent in selfless service.

Step forward now Exchangite, how shall I deal with you?
Have you always helped the children? To your club have you been true?

I have always done the best I can; I really do not want to boast.
But many families I have served and helped the children most.

I went to all the meetings, did fund-raisers and other tasks,
I always kept my promises and did all that I was asked.

I always tried to recognize the goodness in my peers,
To give them praise for all the deeds that they have done for years.

My country meant so much to me, the red the white and blue
For Patriotism I always stood, my flag I waved for you.

If you have a place for me Lord, it need not be too grand.
I do not expect or need too much, I know you understand.

There was silence all around the throne, where saints had often trod,
As the Exchangite waited quietly for the judgment of his God.

Step forward now Exchangite, you have borne your burden well,
Walk peacefully on Heaven's streets; you have rung the final bell.

Adapted from "The Final Inspection"
by Shirley Lashmett – 2018



CAP CENTER UPDATE DURING THE AGE OF COVID-19

On March 15th everything changed for our Exchange Club Family Support Center. Due to a growing pandemic, as well as a government directive, the Center's Parent Aide Program's home visits and our Center-based Parenting Classes were immediately paused. Staff was thrust into a frenzy trying to get whatever food donations were available out to the families in one day (local markets were running extremely low on supplies due to panic buying). Staff was working to reassure families to ease fears of this unknown, unpredictable virus. Staff was working to help families navigate the stress of having their children suddenly being home full-time and enter the world of home-based schooling.

So as to maintain safety for Exchange Club Center staff, as well as carry out the "safer at home" order, Executive Director Georganne Bruce established a schedule of a single staff person in the office per day, Monday through Friday. With some additional staff time added toward the end of June, the schedule has mostly stayed the same and will be for the foreseeable future.



Case Management staff had done an exceptional job maintaining contact with Parent Aide client families. This had been quite challenge primarily using their Center-issued cell phones for twice weekly calls and video chats. In April, thanks to an emergency funding request written by the Center Director, **Exchange Club of Newport Harbor** provided a grant that allowed the purchase of three (3) laptops for the full-time Case Managers. This gift made a HUGE difference in the Center's service delivery. Home "visits" have continued, and the Center has, slowly, been taking referrals for new Parent Aide cases. Additionally, as of the first week of July and thanks to the laptops, the Center has restarted its parenting classes via Zoom. Most filled up within days of posting and class sizes are being kept small as we maneuver this new way of instruction.

The most incredible blessing of this stressful time has been the support of so many Exchange Clubs!! The unsolicited donations that came into the Center were, and continue to be, a huge help to the client families. Keeping in the practice of "no contact" these Exchange Club gifts allowed the Center to send e-gift cards to clients to assist with grocery needs. So many of our client families have been devastated financially when they were already working with limited resources. **BIG SHOUT OUT TO Exchange Club of Downey, Exchange Club of Culver City, Exchange Club of Long Beach, South**

Orange County Exchange Club, Exchange Club of Crossroads Orange County, Pacific Coast Exchange Club and Exchange Club of Newport Harbor.

EXCHANGE STRONG has truly been so evident with the level of Club support we have received! Yes, the financial gifts are appreciated more than words can express! But phone calls and emails of support and concern came in and kept coming in. **Pacific Coast Exchange Club** has resumed their monthly food and essential item donations. Back to School support is coming in even though our children will be experiencing a very different academic year, at least to start. The Exchange Club Family Support Center has found its way back to our new "normal" with much anticipation going forward.

On behalf of the Exchange Club Center staff, Board, and client families, THANK YOU EXCHANGE CLUB MEMBERS!!! It is because of Exchange that our CAP Center exists, changing the lives of family's day after day. Give yourselves safe elbow bumps for all YOU DO, all YOU CONTRIBUTE, all YOUR SUPPORT to the success of our District's CAP Center!! Be safe and take care!

Georganne Bruce, Executive Director

Covenant of Service

- Accepting the divine privilege of single and collective responsibility as life's noblest gift, I covenant with my fellow Exchangites:
- To consecrate my best energies to the uplifting of Social, Religious, Political, and Business ideals.
- To discharge the debt, I owe to those of high and low estate who have served and sacrificed that the heritage of American citizenship might be mine;
- To honor and respect law, to serve my fellowmen, and to uphold the ideals and institutions of my Country;
- To implant the life-giving, society-building spirit of Service and comradeship in my social and business relationships;
- To serve in Unity with those seeking better conditions, better understandings, and greater opportunities for all.



*Contact your District Director
for Assistance....*

DISTRICT DIRECTORS

- **Division One - JANELL DARBY**
Cell-619-301-8518,
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Clemente, San Diego,
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Central Coast, Cuyama Valley, San Luis
Obispo, North San Luis Obispo

- **Division Seven - JOHN BLYTHE**
R-760-379-2719, Cell-760-223-6045,
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Arvin, Bakersfield, Kern Valley, Excel
Club of Kern Valley High School,
Porterville, Excel Club of Granite Hills
High School (Porterville), Ridgecrest

- **Division Eight – Vacant**
Clovis, Fresno, North Fresno, Turlock

Division Nine - Vacant (No clubs in this
division currently)

- **Division Ten - ROGER BRANDON**
R-408-448-0244, B-408-995-3216,
Cell-408-334-8243,
e-mail - rbrandonlaw@hotmail.com
Gilroy, Hollister, San Jose, San Ramon
Valley, Scotts Valley

National Headquarters Provides Resources for Free

- Brochures to supplement marketing,
growth, and project efforts.
- Sample press releases and PSAs
(public service announcements);
- Billboard and other promotional
artwork;
- Recruitment videos;
- Exchange Today, a quarterly
magazine;
- Social media and website assistance;
- Programs of Service and fundraising
project guides;
- Leadership training and support;
- And, so much more!
- Clubs in the News

Newsletter Editor: Kay Kearney

Co-Editors: Linda Owens & Shirley Lashmett

Send me your newsletters so we can include your news in future editions @

newsletter@CalNevexchange.org (note the new email)

Links to Web Sites:

- **National Exchange Club:**
 - <https://www.nationalexchangeclub.org>
- **California/Nevada Exchange District Club:**
 - <http://calnevexchange.org>
- **Downey Exchange Clubs Child Abuse Prevention Center:**
 - <http://www.downeyfamilysupport.com>

California/Nevada District Officers 2020-2021

President: Shirley Lashmett, slashmett@cox.net

President Elect: Dave Black, dave.black@sbcglobal.net

Secretary: Lyn Lamison, lsthorsingaround@aol.com

Treasurer: Ken Owens, kaowens2@verizon.net

Immediate President: Johnny Tai, Johnny.tai@alumni.usc.edu

District Directors

Div. 1 Janell Darby

Div. 2 Bruce Woods

Div. 3 Cathy Rodriguez

Div. 4 Leslie Dellaro

Div. 5 Dr. Jay Shery

Div. 6 Emily Myhre

Div. 7 John Blythe

Div. 8 Vacant

Div. 9 No Clubs in Division

Div. 10 Roger Brandon