



Falls of the Rappahannock

Chapter NSDAR



March 2024

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State website:
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(requires password)

National Website:
Members.dar.org
(requires password)



Thursday, Mar. 14, 7 pm

Program: America 250!

Speaker: Sarah Henze

Category: America 250!

Place: Mary Washington House, 1200 Charles S.,
Fredericksburg

Hostess: Susan Harvin & Neely Jo Harrington

Regent's Corner

It's March already?!

March is Women's History Month, National Reading Month, and Disability Awareness Month. If you are on Facebook, post the ways you get involved with any of these.

A big thank you to Rachel Dowling for her informative talk on Juniors in February. She had lots of great ideas on how to support our younger members. I would love to get a group together to do the 5k she mentioned. Registration information isn't available yet, but stay tuned.

This month we will welcome Sarah Henze the America 250! Chair of Virginia. The current administration is offering \$500 grants to celebrate the 250th birthday of our nation. Sarah will explain more about the program and then we need to get our thinking caps on and come up with an event or project. If you have any ideas or are interested in serving on the committee, please let me know.

Our Service in Seconds project this month is Gas Cards for the Volunteer Office at McGuire Medical Center. Any denomination is appreciated.

With the warmer weather we will be getting back to the cemetery clean up. Our next date will be Saturday, March 16 at 9 AM.

Please join us as we host a book club on March 12 with Mona Susan Power discussing A Council of Dolls. It is a very interesting book and I am sure will generate some thought provoking discussion. Even if you haven't had a chance to read the book, we would love to have you join the Zoom call.

Thank you for all you do to Sparkle and Shine in our community and demonstrate the variety of ways the DAR is involved with historical preservation, education, and patriotism.

Tracy Ramos

Chapter Regent

SPARKLE

President General's Message

Dear Daughters,

Spring is the perfect time to roll our sleeves up and get back out in the community in service of historic preservation, education, and patriotism. State conference season is well underway, and I'm excited this year to be visiting conferences in the western United States. Meeting all our members across the country continues to be my favorite experience as your President General!

If you haven't already, please sign up to attend your state conference! This is an excellent way to learn about DAR's committees under the three mission areas and to receive ideas to implement at the chapter level. Especially if you are a newer member, state conferences are the perfect opportunity to find your niche in the organization and meet new friends. Consider bringing, or sponsoring the registration for, a Junior member in your chapter who might not otherwise be able to attend!

We are proud that in DAR we celebrate women and their contributions to American History year-round, but always want to highlight March, which is recognized nationally as "Women's History Month," as a timely opportunity to honor women in our communities through the DAR's Women in American History award. Hosting a chapter event or program and including recipient families or members of the community is a great way to honor the legacy of these contributions. Award submission instructions are available on the DAR Members' Website American History Committee page.

Spring also brings opportunities to contribute to local conservation efforts, including Arbor Day on April 26th, 2024. I was surprised to learn that the first Arbor Day was celebrated in 1872 in Nebraska, initiated by tree-lover Julius Sterling Morton. Within 20 years, the tradition had spread to nearly every state in America, and from its early days served as an opportunity to teach children about the importance of trees. Please check the Conservation Committee's page on the DAR Members' Website for ideas and potential projects!

In this issue of the American Spirit, as we Rejoice in Our DAR Ties of Service and Friendship, I wanted to share something special with you, which is a cake recipe that was passed down in my family from my great grandmother, grandmother, mother, and finally to me! Each year on my birthday I was allowed to choose whatever cake I wanted—a rare opportunity in our household—and this recipe was often the one I asked my mother to make. I hope you will enjoy it as much as I do!

Finally, it's never too early to start planning for the 133rd Continental Congress, which will take place in our House Beautiful from June 26th to 30th, 2024. The executive officers cannot wait to share the progress on Memorial Continental Hall, the crown jewel of our building complex, with you. Please consult the Continental Congress Website at www.dar.org/Congress for the most up-to-date information on registration and schedules.

Celebrate Stars & Stripes Forever!
Pamela Edwards Rouse Wright
President General



Our Service in Seconds project this month is Gas Cards for the Volunteer Office at McGuire Medical Center. Any denomination is appreciated.



What can be recycled?

All plastic must be clean, dry and free of food residue.



Bags to Benches Challenge—OUT OF STATE MEMBERS we need your help!

Save your plastic!

Weigh and take a photo of your donation and send the total & photo to me—myrawigdar@gmail.com

Take your plastic to a participating retailer. It must be taken to one of the retailers listed below if you are in Virginia. If you are saving bags in a different state, you can email me and I will give you a list for your state.

If you can't get your bags to a donation site, please let me know and I can make arrangements to pick them up or you can bring them to a meeting and I will take them for you. We need everyone's help for this.

So, each member would be responsible for collecting, weighing, and dropping off their bags at a collection site that TREX works with. In Virginia those are Food City, Food Lion, Giant, Goodwill, Harris Teeter, Ingles, Kohl's Kroger, Martins, Safeway, Sharp Shopper, Sprouts Farmers Market, Wegmans & Weis. The TREX flyer did note that participating places prefer the bags dropped off to be in smaller groups than large trash bags full etc.

What to bring to the March Meeting

Please remember to bring the following things to the January Meeting:

- * Pull tabs (not the lottery kind)
- * Donations for our Piggy Banks
- * Coupons
- * Coke caps
- * Assorted Cards and books of Stamps for our Chaplain, Debbie Henning



Map experts generally agree that the Fry/Jefferson map is the most important 18th-century map of Virginia. It was the first map to accurately depict the Blue Ridge Mountains and Colonial roads, and it also shows many of the most important plantations of the time. The map, printed in London in 1775, features original hand coloring. The scene in the lower right corner portrays the sale of tobacco, Virginia's cash crop.



Joshua Fry and Peter Jefferson originally surveyed the area under orders of the London Board of Trade in 1750. Fry was a mathematics professor at the College of William and Mary, and Peter Jefferson (Thomas Jefferson's father) was his assistant. They were chosen for the task because they had already completed important surveys of the Virginia Colony in the 1740s.

The DAR Museum example originally belonged to the French navy.

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Photography by Mark Gulezian/Quicksilver

Conservation Minute, Donna Courtney

DAR Forests

In 1939, the President General, Mrs. Henry M. Robert, chose the Penny Pine program as one of her Golden Jubilee National Projects. Each state was to have a memorial forest, beginning in 1939 and culminating in 1941 on the NSDAR 50th Anniversary. Each chapter across the country was to pledge, at the very least, one acre of pine seedlings. Five dollars an acre at a penny each equals 500 trees. The Civilian Conservation Corp (CCC), under the supervision of the U.S. Forestry Service, would do the actual work of planting and care.

President Franklin D. Roosevelt proposed the CCC in 1933 to solve two problems. It would offer employment to Americans age 18-26, who were out of work because of the failing economy, and it would help the National Forests that were in deplorable condition due to over-harvesting, devastating fires, and little replanting. The CCC would revitalize our National Forests and employ millions of young people.

With new assistance from the CCC, the National Forest Service started its program of replanting and growing pines in National nurseries throughout the country. These pines would be sold to organizations and individuals for a penny each to help share with the cost of the project - hence the popular term Penny Pines. It was patriotic and popular enough that stores and post offices set up buckets for people to put pennies into, and that's how the NSDAR became involved. Some of the states could not participate due to prolonged droughts in their state and the National Forest Service recommended planting many large trees on private lands.

VIRGINIA

Sixty thousand seedling cedars and pines were planted in 1940 in the [George Washington National Forest](#).

For all other States contributions, please click [here](#).



DAR Library

Women in the Revolutionary Era

America's Women in the Revolutionary Era 1760-1790: A History Through Bibliography

America's Women in the Revolutionary Era 1760-1790: A History Through Bibliography, edited by Eric G. Grundset, is an authoritative guide to women's and girls' lives in the era of the American Revolution. DAR Library researchers made an effort to locate every relevant published resource about Revolutionary women possible, including books, articles, dissertations and online documents, in order to aid researchers, understand existing literature and illuminate gaps to encourage future research. This encyclopedic bibliography is sorted in several ways to make it as useful as possible, including by topic, geography and a chronology that shows how historians' understanding of these women and girls has developed over time.



The book documents sources about America's women from the famous to the obscure. Researchers discovered references to some unique women, such as one woman who lived as a hermit in a cave on the border of Connecticut and Massachusetts, along with documentation about famous, influential women and, most importantly, a great wealth of resources describing the daily lives of regular women of different races and classes. This focus on "average" women was a driving force of the research behind the book, which aims to find resources that paint a holistic picture of life in the revolutionary era.

Volume one contains many subject chapters including ones on general studies, African American Women, Native American Women, women in the family and society, women as mothers and their children, women's health, women's work in the home and elsewhere, women's rights, religious experiences, women's cultural life and activities, the creative activities of women in literature and writing, historical fiction, women and textiles, and women and girls in the many aspects of the war effort.

The second volumes takes a geographical approach to the broad subject incorporating materials from volume one with other locally-specific studies. It is arranged by state and region and provides extensive listings of books, articles, dissertations, theses, and other writings on the roles of women and girls across the emerging United States.

Volume three provides a listing of all of this information by author and a separate chronological section showing the development of the published literature in this field of study from the late eighteenth century to the present.

Committee Minutes, Susan Harvin

Flag Minute

The American flag should be flown every day. There are 26 special days that the American flag should be flown. On May 27, September 11 and December 7 flags should be flown at half-staff.

Insignia Minute

Members attending the Virginia State Conference will be able to purchase non-engraved pins at the Pop-Up Insignia Store on Saturday. Engraved pins can also be ordered. Prior to visiting shop please look online and check available pins and current pricing.

Units Overseas Minute

The Daughters Abroad Newsletter is available on line on the Units Overseas page under the Committees section.

This newsletter contains information about the activities of the 19 Overseas Chapters.

Save the Date:

FOTR members who regularly attend the Quantico MIAP funerals have received communications from our area DAR liaison that The MIAP Group is currently planning funerals for 15 unclaimed Veterans and 3 spouses from Charlottesville at Culpeper National

Cemetery on April 12 at 11:00 a.m.

This is always a very moving and well-planned tribute to our overlooked Veterans.



Missing In America Project

Public Invitation for Service:

We respectfully invite all Veterans, Veteran Organizations and Patriotic Individuals, to be part of the interment, with honors for the previously unclaimed cremains of 9 veterans and 4 spouses of veterans.

All vehicles and motorcycles are invited to participate in the Dignified Transfer of Cremains, originating at Hill & Wood Funeral Home, Charlottesville, VA to Culpeper National Cemetery.

"You Are Not Forgotten"

Date and Location:

Friday, 12 April 2024

11:00am
at

Culpeper National Cemetery
(New Section)
501 E. Chandler St.,
Culpeper, VA

A Dignified Transfer of Cremains to Culpeper National Cemetery will depart from Hill & Wood Funeral Home, 201 1st St N, Charlottesville, VA 22902, at 9:30am. Portions of this procession will be under law enforcement escort. Anyone wanting to participate in the dignified transfer of cremains from Hill & Wood Funeral Home must attend the safety briefing at 9:15am.

You are also welcome to meet at the new section of Culpeper National Cemetery (501 E. Chandler St., Culpeper). Please line up as directed by the cemetery staff before 10:40am.

****For up-to-date information please visit our Facebook page: Missing In America Project-Virginia**

For more information contact Forrest at 703-407-5356 or virginia@miap.us.

Constitution Committee Minute

Famous Quotes

About Democracy

“Too many people expect wonders from democracy, when the most wonderful thing of all is just having it.”

— **Walter Winchell**

“In free countries, every man is entitled to express his opinions and every other man is entitled not to listen.”

— **G. Norman Collie**

“Democracy is the form of government that gives every man the right to be his own oppressor.”

— **James Russell Lowell**

“You can never have a revolution in order to establish a democracy. You must have a democracy in order to have a revolution.”

— **Gilbert K. Chesterton**

“Democracy is based upon the conviction that there are extraordinary possibilities in ordinary people.”

— **Harry Emerson Fosdick**

“Democracy is the government of the people, by the people, for the people.”

— **Abraham Lincoln**

“Democracy is good. I say this because other systems are worse.”

— **Jawaharlal Nehru**

“Democracy ... is a system of self-determination. It's the right to make the wrong choice.”

— **John Patrick**

“In a democracy, the individual enjoys not only the ultimate power but carries the ultimate responsibility.”

— **Norman Cousins**

“Man's capacity for justice makes democracy possible, but man's inclination to injustice makes democracy necessary.”

— **Reinhold Niebuhr**

“A free government is a complicated piece of machinery, the nice and exact adjustment of whose springs, wheels, and weights, is not yet well comprehended by the artists of the age, and still less by the people.”

— **John Adams to Thomas Jefferson, May 19, 1821**

“It is much easier to pull down a government, in such a conjuncture of affairs as we have seen, than to build up, at such a season as the present.”

— **John Adams letter to James Warren, 1787**



Famous Firsts

Paving the way for generations to come, these women took down barriers to become the first of their kind in a wide range of fields.

In 1853 **Antoinette Blackwell** became the first American woman to be ordained a minister in a recognized denomination. Impressive, considering there are still only a handful of female ministers nationwide today.

In 1756, during America's Colonial period, **Lydia Chapin Taft** became the first woman to legally vote with the consent of the electorate. While all women didn't enjoy this privilege until 1920, Taft was allowed to vote because her husband, a powerful local figure, had passed away right before a major town vote. She was allowed to step in in his stead.

The first woman to run for U.S. president was **Victoria Woodhull**, who campaigned for the office in 1872 under the National Woman's Suffrage Association. While women would not be granted the right to vote by a constitutional amendment for nearly 50 years, there were no laws prohibiting one from running for the chief executive position.

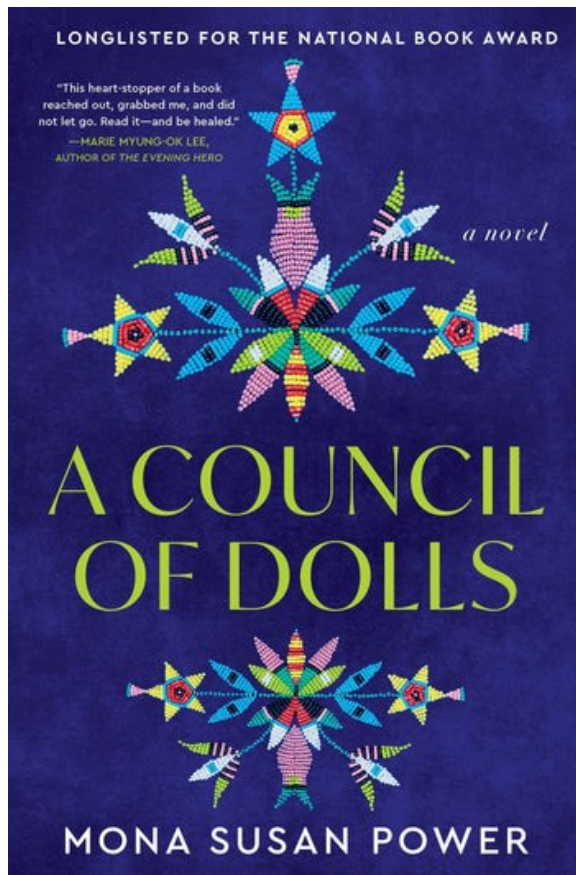
The first female governor of a U.S. state was Wyoming governor **Nellie Tayloe Ross**, elected in 1924. Wyoming was also the first state to give women the right to vote, enacting women's suffrage in 1869, making it a surprising leader in women's rights.

The first female member of a president's cabinet was **Frances Perkins**, Secretary of Labor under FDR. She remained in office for the duration of FDR's terms and helped put together the labor programs needed for the New Deal to succeed.

The first person to make the daring attempt to go over Niagara Falls in a wooden barrel was a woman. On October 24, 1901, **Annie Edson Taylor**, a forty-three-year-old schoolteacher from Michigan plunged over the falls. She survived with only a small gash on her head, but swore to never take them on again.

Jeannette Rankin, a Republican from Montana, was the first woman elected to serve in Congress. She was elected in both 1916 and 1940. A lifelong pacifist, she was the only member of Congress to vote against entering WWII.

DAR Book Club: March



From the mid-century metropolis of Chicago to the windswept ancestral lands of the Dakota people, to the bleak and brutal Indian boarding schools, *A Council of Dolls* is the story of three women, told in part through the stories of the dolls they carried...

A modern masterpiece, *A Council of Dolls* is gorgeous, quietly devastating, and ultimately hopeful, shining a light on the echoing damage wrought by Indian boarding schools, and the historical massacres of Indigenous people. With stunning prose, Mona Susan Power weaves a spell of love and healing that comes alive on the page.

Zoom info will be sent out.

SERVICE to AMERICA!

Our Chapter hours donated total as of 2024

104.75

Chapter goal is 2,790

Please remember to log your hours!

<http://services.dar.org/members/committees/ServiceToAmerica/>

The Service to America! Committee encourages community service by **all** members on **all** levels as a means of honoring our heritage. You may now count your DAR hours!

If you don't want to (or can't) enter your service hours, please send them to one of the officers and we will do it for you! Emails for officers are on the front page of the newsletter.

DAR Museum Committee Tracy Ramos, Chair

March 12, 2024

Tuesday Talk—Sewn in America: Making – Meaning – Memory

Noon

Sewn objects surround us. They clothe us from birth, cover our bodies day and night, furnish our living spaces, line our coffins. For over 40,000 years humans have sewn by hand (and for a mere 180, by machine as well). Until recently, every woman and many men knew how to sew for utilitarian and often decorative purposes. Knowing a variety of techniques and stitches, and which to use for a given task, was key knowledge imparted in childhood and employed throughout a lifetime.



Curator Alden O'Brien will discuss this groundbreaking exhibit, combining sewn items from all textile sections of the DAR Museum's collections: clothing, household textiles, quilts, and needlework.

Speaker: Alden O'Brien, Curator of Costumes and Textiles at the DAR Museum

The event is free, but pre-registration is requested. This event is taking place in-person but will be streaming online.

Register virtually here:

https://us06web.zoom.us/webinar/register/9417020520749/WN_USZQdVaFTGOu77s8eBqx2g

Register in person here: <https://TuesdayTalkMar2024.eventbrite.com>

March 23, 2024 Saturday Morning Cartoons 10am – 12pm \$5

Join us for a nostalgic trip down memory lane at the DAR Museum. Get ready to relive those good ol' days of waking up early on Saturdays, grabbing a bowl of cereal, and plopping down in front of the TV for hours of animated fun.

We'll be showing the Disney classic "Cinderella" to go with our new exhibition "Sewn in America: Making - Meaning – Memory." So, dust off your favorite PJs, bring your friends and family, and prepare for a morning filled with laughter, adventure, and plenty of animated magic!

Register to attend: <https://SatAMCartoonsDARMuseum.eventbrite.com>

March 30, 2024 Women's History Costume Party 5-9 pm \$45

Join us for a delightful evening of celebration and empowerment at the DAR Museum! Step back in time and honor the remarkable women who have shaped history. Dress up as your favorite female icon or create your own unique costume inspired by the past. Immerse yourself in a mesmerizing atmosphere filled with music, laughter, and camaraderie.



This in-person event promises an unforgettable experience where you can learn, connect, and have a blast! Don't miss out on this incredible opportunity to pay tribute to the incredible women who have paved the way for us all. Come and make history with us at the Women's History Costume Party!

Register to attend: <https://WomensHistoryCostumeParty.eventbrite.com>

DAR Schools



Kate Duncan Smith DAR School is located in the Appalachian area of Northeast Alabama, high on Gunter Mountain. The school is located in Grant in Marshall County.

The Alabama Society DAR established the school in 1924 and named it in honor of Kate Duncan Smith (Mrs. J. Morgan), who had been the guiding hand for the Alabama Chapters for twenty-one years. In April, 1928, the Alabama Daughters were joined in their noble efforts by the National Society DAR.

The purpose of the school continues with the honored goals to instill in students a sense of patriotism, an understanding of civic responsibility, and an appreciation

for the heritage and history of this great nation, while also providing a high-quality academic foundation beginning in Pre-K through 12th grade that will prepare students for life beyond KDS.

Today, more than 1,300 students, almost 60% of whom live at or below the poverty level, have the privilege of attending this DAR School. The school campus has grown from the original four-classroom building to include 240 acres of land and 40 buildings, 11 of which are faculty residences. The KDS campus is listed on the National Register of Historic Places as a historic district and is home to a number of area landmarks.

For more information on the 100th Anniversary Project click [here](#).

To purchase 100th Anniversary items click [here](#).



DAR Schools Hindman

From Rebecka Fugate: Our seed shower is officially set for March 28th— a tad earlier than usual. Why the shift? Well, it turns out many families are eager to kickstart their gardening journey by sowing seeds indoors. We want to support these families wholeheartedly, and we're reaching out to you for a helping hand.

If you're planning to collect and send in seeds, here are the types we're particularly excited about:

- heirloom tomato and bean
- bell pepper
- zucchini
- squash
- cucumber
- melons
- lettuce
- all varieties of herbs

We prefer organic seeds, whenever possible, as it aligns with our commitment to sustainable growing practices for participants.

Mailed seed donations can be sent to:

Rebecka Fugate

Hindman Settlement School

PO Box 844

Hindman, KY 41822

Thank you for being a vital part of our gardening community! I've witnessed the impact of your donations over the last few years, let's make this the best one yet. Your generosity not only helps our gardens, but makes our community stronger, helps people learn, and brings joy, all while ensuring families in our community have better access to nutritious food.



AMERICAN INDIANS COMMITTEE

Pocahontas (1596–1617) – Pocahontas rose to prominence for her association with Virginia’s colonial settlement at Jamestown, yet much of her story has been changed and fictionalized through the years.

She is one of the most famous Native American women of all time. A Native American woman belonging to the Powhatan people, Pocahontas is notable for her association with the colonial settlement at Jamestown, Virginia.

She was the daughter of Powhatan, the paramount chief of a network of tributary tribes in the Tsenacommacah, encompassing the Tidewater region of what is today the U.S. state Virginia.



In 1613, she was captured and held for ransom by the Colonists, then forced to assimilate. Colonists made her convert to Christianity and get baptized under the name “Rebecca.” She married a man named John Rolfe when she was just 17 and bore his son, Thomas Rolfe, in 1615. When the Rolfes traveled to London in 1616, Pocahontas was presented to English society as a “civilized savage,” in hopes of securing investments for the Jamestown settlement. Pocahontas garnered celebrity status among the settlement and Englishmen.



However, in 1617, when the Rolfes set sail for Virginia, Pocahontas died at Gravesend of unknown causes, likely around her 21st birthday. She was buried in St. George’s Church, Gravesend in England, but her legacy lives on in the United States of America and beyond. She remains an essential part of any lesson on Native American women in history



Dates to Remember

Plan now to attend the following:

March - Book Club A Council of Dolls by Mona Susan Power

State Conference: *Please see email that was sent out for Hotel Reservations*

March 20-24, 2024, at the Colonial Williamsburg Resorts

133rd Continental Congress - check the DAR website for available hotels

June 26 – June 30, 2024, Washington DC

Members Courses

The DAR Leadership Training Committee is proud to be the home for the Member Training Courses. The courses provide an opportunity for members to learn more about DAR and how to become active and engaged participants in DAR at all levels — chapter, state, and national. The courses have been designed to fit into anyone's busy schedule of work, family, and play, through mostly online self-directed learning. Currently, the following courses are available:

- **Members Course** – Explore the many aspects of DAR and what it means to be a Daughter.
- **Committee Leaders Course** – Learn what it takes to be a more effective committee leader, from the chapter level all the way up to national chair.
- **New Horizons Course** – Build confidence and leadership skills as an aspiring or current DAR leader.

Contact Tracy Ramos or Susan Harvin to find out more info! You will be glad you did.

Virginia DAR State Regent's Project

State Theme is "Be Kind, Be Positive, Be Courageous!"

The 2022-2025 state project will encourage Virginia Daughters to support two Virginia organizations:



Semper K9 Assistance Dogs

Combat veteran-founded and operated, Semper K9's mission is to enhance the quality of life for wounded members of the U.S. Armed Forces and their families by providing them custom-trained service dogs free of charge to disabled veterans.



The group's mission is to find the right pup, train the right pup properly, and connect the right pup with the right veteran who has returned from service in need of some canine assistance. They have a 100% success rate with their services.

The dogs are trained to help with immobility issues and actions most people take for granted, like picking up the laundry or opening a refrigerator. They are also trained to spot anxiety in veterans suffering with Post-Traumatic Stress Disorder (PTSD) and then act in a way that can alleviate those symptoms, such as waking a veteran as he or she begins experiencing night terrors.

Semper K9 typically evaluates more than 100 canine candidates annually, and accepts 10-15 new dogs into their program each year. While their mission is to use rescue dogs, occasionally the group is provided pure-bred dogs that are donated by members of the community who want to give back to our veterans. Most of the dogs in the program are Labrador Retrievers, German Shepherds, or crossbreeds of those.

Boulder Crest Foundation

Boulder Crest Foundation believes that there is no greater mission than helping combat veterans, first responders, and their families rediscover hope, purpose, and a future that is truly worth living.

The Boulder Crest mission is to train people to thrive in the aftermath of their trauma, to transform times of deep struggle into profound strength and lifelong growth. Their signature Progressive and Alternative Training for Helping Heroes (PATHH) programs teach their participants how to make peace with their past, live in the present, and begin planning for their future.



Boulder Crest understands the sacrifices and stresses of military and veteran families and believes that each family member plays a crucial role in the health and wellbeing of the entire family. Through PATHH programs and Rest and Reconnection (R&R) Stays at their lodge-and-cabin facilities, families have an opportunity to learn more about themselves and each other and rediscover the love and connections that brought them together.