



Falls of the Rappahannock *Chapter NSDAR*



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State website:
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(requires password)

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



Thursday, January 9

7PM

ZOOM Meeting

Program: Units Overseas.

Susan Harvin

Regent's Corner

Happy New Year!

I hope everyone was able to celebrate Christmas, New Years, and other holidays with friends and family (and no drama).

Although colder weather has arrived, our chapter is still busy at work. Join us Thurs Jan 9 (at 12 Kinross Dr, Stafford) for our monthly meeting as we learn about units overseas. They always have great sales tables at state and Continental Congress. Jan 21 is our book club. Our own Michelle Hamilton will join us to discuss her book Haunted Fredericksburg. And join us on Jan 25 at 1pm to place our bench at Semper K9 (1776 Semper K9 Way, Catlett, VA 20119). State Regent Laurie Parker Nesbitt will also be joining us!

A big thank you to the board for their work at the beginning of the month to complete the Chapter Master Report (CMR). It is a time consuming to-do, but together we got through it! I am always amazed at all the difference activities in which our chapter participates. You are generous with your time and money! Keep up the great work and thank you to those who log their service hours.

Sonja, Joanne Faulkner (State Chair for American Indians Committee), and I have been working on sponsoring an American Indian grant (\$10,000) in support of Virginia Tribal Education Consortium (VTEC). VTEC comprised the seven federally recognized Virginia Indian Nations and seeks to support "academic excellence, cultural awareness, and historical accuracy." It sponsors a yearly conference and distributes grants to help students with such pursuits as undergraduate education, obtaining a CDL license, and dental hygienist school. A huge thank you to Joanne Faulkner for her grant writing skills! I will update you when we hear if VTEC receives the grant.

Continue to Sparkle and Shine!

Tracy



Conservation Minute

How Trees help the Environment

Trees play a critical role in creating healthier, safer, and more connected communities. They clean our air, filter our water, provide habitat for birds, and even slow storm surge and flooding in our cities. Trees absorb carbon dioxide (CO₂) from the atmosphere during photosynthesis, helping to mitigate climate change.

They store this carbon in their trunks, branches, leaves, and roots, acting as carbon sinks, and then release oxygen as a byproduct, which is essential for humans and animals to breathe. Trees also help clean the air by filtering out harmful pollutants such as nitrogen oxides, ammonia, sulfur dioxide, and particulate matter. Their leaves and bark trap dust, smoke, and other pollutants.

In addition to helping the air, trees intercept rainwater with their leaves, branches, and trunks, slowing the flow of water and reducing surface runoff. This helps prevent flooding and erosion, and it allows more water to infiltrate the soil. Acting as natural filters, they trap sediments and pollutants from rainwater before they can reach rivers, streams, and wetlands. T

Trees also provide shade and cool our cities by up to 10 degrees, which can help prevent heat related deaths in urban areas, and help reduce surface and air temperatures, especially in cities where heat islands can form due to concrete and asphalt. This cooling effect can lower energy demands for air conditioning in buildings, reducing electricity use.

Lastly, green spaces with trees contribute to better mental and physical health. Trees provide calming environments, reduce stress, and encourage outdoor activities like walking, cycling, and recreation.



American Indians Minute

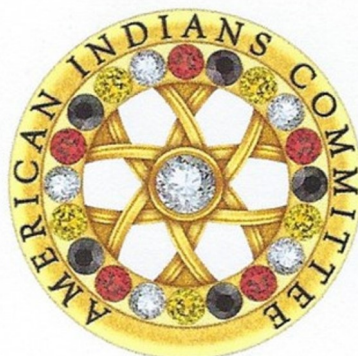
Polly Cooper (Oneida) was an Oneida woman from the New York colony who took part in an expedition to aid the Continental Army during the American Revolutionary War. Troops were camped at Valley Forge, Pennsylvania, in winter quarters during 1777–1778. Cooper and other Oneida natives walked hundreds of miles to carry hundreds of bushels of white corn to the starving Continental Army.

She stayed with the Continental Army for a period to teach the soldiers how to prepare the white corn, which needed a different cooking technique for digestion. In addition, she aided with herbal supplements and medical care. The Oneida had a friendly relationship with George Washington and his army which is important information in order to understand Polly Cooper's story.

The Oneida supported the American cause due to the leadership of the Congregational preacher, Samuel Kirkland and their disdain for the British appointed native superintendents. On April 25, a group of forty-seven Indian men and Polly Cooper left carrying bushels of corn to assist Washington at Valley Forge.

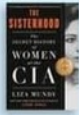


The landmark, the 2,200-pound tableau *Allies in War, Partners in Peace*, is a gift from the Oneida Indian Nation of New York. Originally presented to the Museum in 2004, it commemorates the aid the Oneida people gave to George Washington and his struggling Continental Army during the early days of the American Revolution.



Great Lives Series at UMW

Tuesday, Jan. 21 ∞ **Women of the CIA**



THE CHANCELLOR'S VILLAGE LECTURE

Liza Mundy
Author, *The Sisterhood: The Secret History of Women at the CIA*

Thursday, Jan. 23 ∞ **Pete Rose**



THE JOHN AND LINDA COKER LECTURE

Keith O'Brien
Author, *Charlie Hustle: The Rise and Fall of Pete Rose, and the Last Glory Days of Baseball*

Tuesday, Jan. 28 ∞ **Rod Serling**



THE RUSSELL MAIT AND BARBARA STONE MAIT '79 LECTURE

Anne Serling
Author, *As I Knew Him: My Dad, Rod Serling*

Thursday, Jan. 30 ∞ **Barbara Walters**



THE GEMINI 3 GROUP LECTURE

Susan Page
Author, *The Rulebreaker: The Life and Times of Barbara Walters*

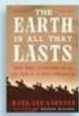
Tuesday, Feb. 4 ∞ **John Glenn and Ted Williams**



THE DAVENPORT & COMPANY LECTURE

Adam Lazarus
Author, *The Wingmen: The Unlikely, Unusual, Unbreakable Friendship Between John Glenn and Ted Williams*

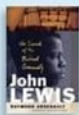
Thursday, Feb. 6 ∞ **Crazy Horse and Sitting Bull**



THE SYNERGY PERIODONTICS AND IMPLANTS LECTURE

Mark Lee Gardner
Author, *The Earth Is All That Lasts: Crazy Horse, Sitting Bull, and the Last Stand of the Great Sioux Nation*

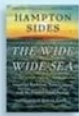
Thursday, Feb.13 ∞ **John Lewis**



THE IRENE AND CURRY ROBERTS LECTURE

Raymond Arsenault
Author, *John Lewis: In Search of the Beloved Community*

Tuesday, Feb. 18 ∞ **Captain James Cook**



THE STEPHEN GASKE AND PATRICIA POWERS GASKE '75 LECTURE

Hampton Sides
Author, *The Wide Wide Sea: Imperial Ambition, First Contact and the Fateful Final Voyage of Captain James Cook*

Thursday, Feb. 20 ∞ **James A. Garfield**



THE YUH PROSTHODONTICS LECTURE

C.W. Goodyear
Author, *President Garfield: From Radical to Unifier*

Tuesday, Feb. 25 ∞

Da Vinci, Shakespeare, Newton, Beethoven, and Einstein

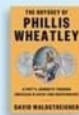


THE COLDWELL BANKER ELITE LECTURE

Bulent Atalay
Author, *Beyond Genius: A Journey Through the Characteristics and Legacies of Transformative Minds*

Thursday, Feb. 27 ∞

Phillis Wheatley: America's First Black Poet



THE UMW MUSEUMS LECTURE

David Waldstreicher
Author, *The Odyssey of Phillis Wheatley: A Poet's Journeys Through American Slavery and Independence*

Tuesday, Mar. 11 ∞ **James Longstreet**



THE WALTER JERVIS SHEFFIELD LECTURE

Elizabeth R. Varon
Author, *Longstreet: The Confederate General Who Defied the South*

Thursday, Mar. 13 ∞ **Pat Nixon**



THE JUBILATION BY SILVER COMPANIES LECTURE

Heath Hardage Lee
Author, *The Mysterious Mrs. Nixon: The Life and Times of Washington's Most Private First Lady*

Tuesday, Mar. 18 ∞ **Hedy Lamarr**



THE ROXANNE M. KAUFMAN LECTURE

Stephen Michael Shearer
Author, *Beautiful: The Life of Hedy Lamarr*

Thursday, Mar. 20 ∞ **Jay Gatsby**



THE UMW DINING LECTURE

Bob Batchelor
Author, *Gatsby: The Cultural History of the Great American Novel*

Lectures are open to the public free of charge and begin at 7:30 p.m. in Dodd Auditorium, George Washington Hall. For further information visit: www.umw.edu/greatlives

University of
Mary Washington

Healthy Daughters



Health Fair

Saturday, January 11, 2025

10:00AM – 1:00PM

Howell Branch

Description:

Information tables, presentations, and giveaways from local health-related agencies and organizations.



Stress Management

Wednesday, January 29, 2025

2:30PM – 3:30PM

Fredericksburg Branch

Description

Presented by April Payne of the Virginia Cooperative Extension.

Service To America



From Carrie Combs

Homeless Meals

2025 will afford us four opportunities to provide a meal on the following dates: April 30th, July 29th, Sept 30th, and Dec 30th. If anyone would like to assist, no matter how small please reach out to me and I will make sure that you are added to the communication list. We set up the sign-up genius for this meal and it was well received by

Do you have an idea for Service in Seconds that our Chapter could participate in? Please send those ideas to our Regent.



SERVICE to AMERICA!

Our Chapter hours donated total as of December 31, 2024

Chapter goal is 2,100

2,761.50

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.

LAFAYETTE MINUTES

200th Anniversary of Lafayette's Farewell Tour 1824 - 1825

From July 1824 to September 1825, the French Marquis de Lafayette, the last surviving major general of the American Revolution, made a tour of the then existing 24 states in the United States.

His reception was one of overwhelming joy and honor as our Nation's Guest. Lafayette visited all of the then existing American states and traveled more than 6,000 miles (9,656 km), accompanied by his son Georges Washington Lafayette, named after George Washington, and his personal secretary, Auguste Levasseur.

The main means of transportation were stagecoach, canal barge, and steamboat. Everywhere they went, they were met with a warm welcome and acclaim by men, women, and children .



Fredericksburg Events

Free Admission Sundays in January at Belmont

Be our guest during Free Admission Sundays in January at Belmont!

Sunday, January 12, 2025

Sunday, January 19, 2025

Sunday, January 26, 2025

The early 19th-century Belmont estate was the country home and studio of prominent portraitist, muralist, and internationally renowned American Impressionist painter Gari Melchers (1860-1932). The house contains Gari and Corinne Melchers' original furnishings and personal art collection.

The studio houses over 1600 works by Melchers, and the 27-acre grounds feature restored formal gardens and miles of walking trails. Gari Melchers Home and Studio (GMHS) is a historic house and art museum which celebrates Gari Melchers' career. Melchers lived and worked at his late 18th-century estate, Belmont, in Falmouth, Virginia, the last sixteen years of his life.

The artist's widow, Corinne Lawton Melchers (1880-1955), deeded the property in its entirety to the Commonwealth of Virginia in 1942, providing that it serve as a memorial to her husband's life work and as an art center for the community. Following her death in 1955, the University of Mary Washington assumed management of the property and pursued designation as a National Historic Landmark, which it earned in 1962. In accordance with Mrs. Melchers' will, GMHS opened to the public in October 1975.

In 2000 GMHS became a founding member of the Historic Artists' Home and Studios network, a coalition of 44 museums that were once the homes and working studios of American artists. Of those, GMHS is one of the best-preserved, owing to the largest collection of the Melchers' anywhere, his fully furnished home and studio, the artist's personal collection of art, and an extensive archive.

In 1994, the Garden Club of Virginia restored the gardens and grounds according to the design plans laid out by the artist and his wife in the early 1920s.

Retrieved from <https://theclio.com/entry/99959>



DAR Museum Happenings

Museum Talks via Zoom

January 14: 12 pm Tokens of Love, Regard, and Loss: Looking at Hair Jewelry in the DAR Museum Collection

Speaker: Heidi Campbell-Shoaf, Director and Chief Curator, DAR Museum

Well before its heyday in the middle of the 19th century, incorporating hair into jewelry was a way to remember loved ones both in life and after death. Through the examples in the collection of the DAR Museum we'll examine the history and symbolism of this once quite common type of adornment.



The ambitious Victorian woman might attempt to follow instructions for braiding her own hair jewelry, but many sent hair to be professionally crafted. Such businesses advertised in ladies' magazines and faithfully promised to ensure that the correct person's hair was used and returned.



Committee Minutes

America 250! Committee

Rachel Dowling

Ok everyone, say it with me- America's Semi-quin-cen-ten-nial. SEMIQUINCENTENNIAL! You may ask yourself what that is and why I am yelling at you. "SEMIQUINCENTENNIAL" means the 250th anniversary of something. And in this case I'm shouting because I'm so excited for the 250th anniversary of this great nation!

For events planned in Fredericksburg, a great place to check is: <https://va250.org/event-detail/>.

How are you celebrating America's 250th birthday?

Flag Committee

Susan Harvin

The typical lifespan for a nylon American flag when flown daily is about 90 days. Polyester flags can last longer due to their durability. Some nylon flags can produce toxic fumes when being burnt, so be sure to stand away from the smoke emitted by the fire when retiring the flag.

Insignia Committee

Susan Harvin

The Insignia Committee, first appointed on December 11, 1890, is This committee is concerned with the proper use of the DAR Insignia, including the appropriate manner and circumstances for wearing DAR Insignia pins, the official ribbon, and sashes.

DAR Magazine Committee

Susan Harvin

The DAR Magazine is published 6 times a year. Included with a yearly subscription is the Daughters Newsletter.



America 250



2025 Signature Speaker Series

★★★★★

All programs are free and start at 2:00pm
For more information visit nnk250.us



Dr. Woody Holton
University of South Carolina

January 26, 2025
Forced Founders: Indians, Debtors, Slaves and the Making of the American Revolution in Virginia
University of Mary Washington
Dahlgren Campus
4224 University Drive, King George



Dr. Jennifer Van Horn
University of Delaware Center for Material Culture Studies

February 23, 2025
Material Culture and the Making of America
Historic Christ Church
420 Christ Church Road, Weems, VA



Dr. Kathleen Brown
University of Pennsylvania

March 23, 2025
Good Wives, Nasty Wenches, and Anxious Patriarchs: Gender, Race, and Power in Colonial Virginia
Rice's Hotel / Hughlett's Tavern
73 Monument Place, Heathsville, VA



Dr. Brad Hatch
Patawomeck Tribal Citizen

April 27, 2025
The Kidnapping of Pocahontas, Politics, and Mythmaking in Patawomeck Country
Rappahannock Indigenous Conservation and Education Center
2570 Newland Rd, Warsaw, VA



Dr. Lisa Wilson
Connecticut College

May 25, 2025
A History of Stepfamilies in Early America
George Washington Birthplace National Monument
1732 Popes Creek Road, Colonial Beach, VA

For more information, please visit www.nnk250.us.

Dates to Remember

January 9— January Chapter Meeting

January 25— Bench Dedication—Semper K9

February 14—Chapter Meeting

March 13— Chapter Meeting

March 22-23 State Conference—Williamsburg

What to bring to the January Meeting

Your Self!	Plastic Bags
Coupons	Coke Caps
Stamps for our Chaplain	Get Well/Birthday Cards
Aluminum Tabs	Donations for the Piggy Banks

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.

2024-2025 Programs

FALLS OF THE RAPPAHANNOCK 2024-2025 PROGRAM CALENDAR



Thursday, September 12, 7 pm
Mary Washington House, tentative
1200 Charles St. Fredericksburg
Program: Historic Dress

Thursday, October 10, 7 pm
7820 General Wright Dr.
Program: Lafayette in Fredericksburg
Please arrive no later than 6:45 pm. Gates are locked at 7 pm.

Thursday, November 14, 7 pm
Place TBD
Program: Women Veteran's: We Are Not Invisible

Thursday, December 12, 7 pm
8 Twinleaf Drive, Stafford
Virginia C.A.R. State President's Project

Thursday, January 9, 7 pm
12 Kinross Drive, Stafford
Units Overseas

Thursday, February 13, 7 pm
ZOOM
DAR Leadership Training

Thursday, March 13, 7 pm
Wild Birds Unlimited
1937 Carl D. Silver Pkwy., Fredericksburg
Wildlife Conservation with
Pollinator Gardens

Thursday, April 10, 7 pm
Ebenezer United Methodist Church
161 Embrey Mill Road, Stafford
Awards Recognition and Election of
Officers

Thursday, May 8, 7 pm
Ebenezer United Methodist Church
161 Embrey Mill Road, Stafford
The Nuts & Bolts of Writing a Family History

Thursday, June 12, 7 pm
Place TBD
Installation of 2024-2025 Chapter Officers

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.

