



July 2021

Chapter Officers: 2021 -2022

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Librarian

Nancy May

Website:

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Falls of the Rappahannock

Chapter NSDAR



We will be meeting on

September 9th.

Place TBD

Have a great summer!

Chapter Chat with the Regent

Happy July to all of you!!!

I hope all of you are having a great summer by getting some trips in, taking in the sites, and living life to the fullest. From the looks of it, our Chapter members have been busy! I hope those that were able to attend enjoyed the Continental Congress. I was able to attend many events those 5 days and enjoyed all of it. The Unit's Overseas Luncheon was so fun, seeing all that they have to offer in their countries. Please make sure to download their cookbook on the DAR Website. It has many fabulous recipes in it. Maybe you will find one to make for a future FOTR meeting.

Thanks to Alicia Spear, we were able to join via Zoom for a virtual watch party on Education Night. WHOA, those kids are amazing! Their contest essays were enjoyable to hear and so creative. I am hoping that we can find some children in our area that will be able to write essays for our contests coming this fall! Be on the look out for that.

On August 7th our District IX meeting will be held virtually. An email has gone out to each of you, please take some time and fill out the form to attend. Susan Harvin is our Point of Contact for the meeting. Would love to see more of you there! The meeting will also be a chance to vote in your candidates for the District IX's 2022-2025 slate. Yours truly has accepted the nomination for District IX Director.

Please start thinking about what committees you would like to be on this coming year. There are many out there and I am sure that one or two of them will catch your eye. Remember, you are not alone on this DAR journey, do not think that you must be a committee of one.

Your Executive Board will be meeting in August to plan out the upcoming year. Please let us know if there are any programs that you would like to see at our monthly meetings.

Shine on!

Sonja



August Book Club

Topic: FOTR Book Club

Time: Aug 23, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/86334819407...>

Meeting ID: 863 3481 9407

Passcode: 252888

One tap mobile

+13126266799,,86334819407# US (Chicago)

+16465588656,,86334819407# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

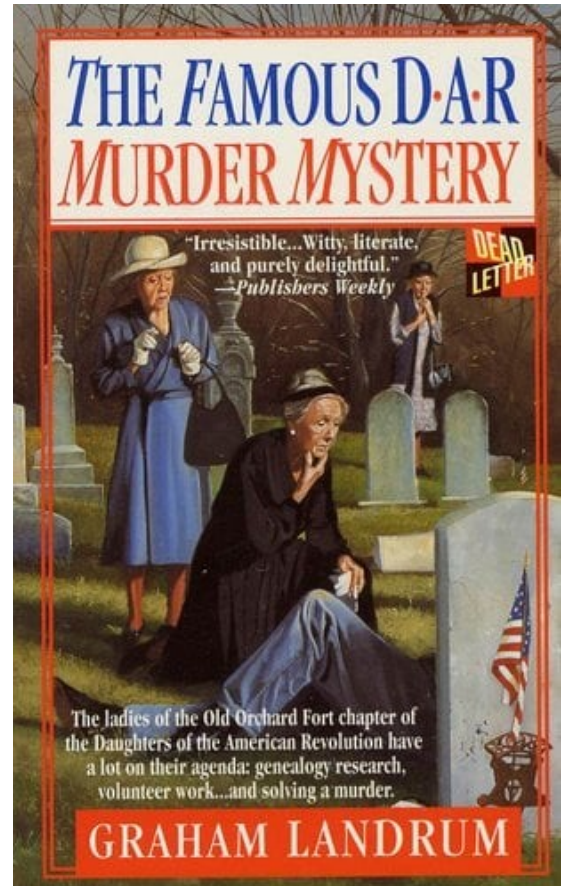
+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

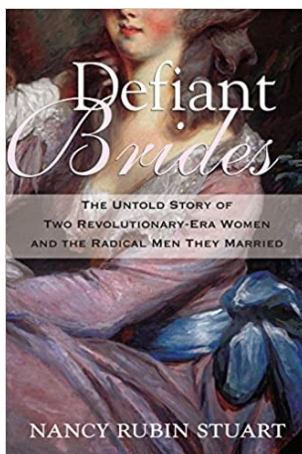
+1 253 215 8782 US (Tacoma)

Meeting ID: 863 3481 9407

Find your local number: <https://us02web.zoom.us/j/kczhkN0Hbl>



September Book Club



Defiant Brides: The Untold Story of Two Revolutionary-Era Women and the Radical Men They Married

Nancy Rubin Stuart

American Indian Minute

LAKOTA CODE OF ETHICS

1. Rise with the sun to pray. Pray alone. Pray often. The Great Spirit will listen, if you only speak.
2. Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy - and greed stem from a lost soul. Pray that they will find guidance.
3. Search for yourself, by yourself. Do not allow others to make your path for you. It is your road, and yours alone. Others may walk it with you, but no one can walk it for you.
4. Treat the guests in your home with much consideration. Serve them the best food, give them the best bed and treat them with respect and honor.
5. Do not take what is not yours whether from a person, a community, the wilderness or from a culture. It was not earned nor given. It is not yours.
6. Respect all things that are placed upon this earth - whether it be people or plant.
7. Honor other people's thoughts, wishes and words. Never interrupt another or mock or rudely mimic them. Allow each person the right to personal expression.
8. Never speak of others in a bad way. The negative energy that you put out into the universe will multiply when it returns to you.
9. All persons make mistakes. And all mistakes can be forgiven.
10. Bad thoughts cause illness of the mind, body and spirit. Practice optimism.
11. Nature is not FOR us, it is a PART of us. They are part of your worldly family.
12. Children are the seeds of our future. Plant love in their hearts and water them with wisdom and life's lessons. When they are grown, give them space to grow.
13. Avoid hurting the hearts of others. The poison of your pain will return to you.
14. Be truthful at all times. Honesty is the test of ones will within this universe.
15. Keep yourself balanced. Your Mental self, Spiritual self, Emotional self, and Physical self - all need to be strong, pure and healthy. Work out the body to strengthen the mind. Grow rich in spirit to cure emotional ails.
16. Make conscious decisions as to who you will be and how you will react. Be responsible for your own actions.
17. Respect the privacy and personal space of others. Do not touch the personal property of others - especially sacred and religious objects. This is forbidden.
18. Be true to yourself first. You cannot nurture and help others if you cannot nurture and help yourself first.
19. Respect others religious beliefs. Do not force your belief on others.
20. Share your good fortune with others.

Members Course Zoom Meetings

Questions about the Members Course? Please email me and I will send you the information to sign up. You will have a year to complete the course and you will learn so much!!!

Sonja.k.johnson@gmail.com

Topic: Members Course Monthly Meeting

Time:

Jul 25, 2021 03:00 PM

Aug 22, 2021 03:00 PM

Sep 26, 2021 03:00 PM

Oct 24, 2021 03:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/84198635007?pwd=Wis5dlNNeGsxSEpxL2ppRVdESExxZz09>

Meeting ID: 841 9863 5007

Passcode: 357952

One tap mobile

+13017158592,,84198635007# US (Washington DC)

+13126266799,,84198635007# US (Chicago)



DARling Daughters and HODARs



Jan Gardner and her husband Rich travelled to the Great Smokey Mountains this summer. Jan found one of her Murphy ancestor. He fought in the Battle of Kings Mountain.



Do you have a service project you are working on? Please let us know how we can help you.

DAR Conservation: Plastic Free July

Plastic water bottles

What you can do

Choose to refuse single-use plastic drink bottles

How you can do it

Avoiding buying single-use plastic water bottles is as simple as carrying your own reusable alternative with you. Be sure to choose a socially-responsible and environmentally-friendly alternative, such as a reusable bottle made from stainless steel, glass, or safe aluminum.

If you do forget to bring your water bottle along with you, don't panic. You can find a fountain, ask a cafe for a glass of water, or purchase a glass bottle of water and reuse it.

Taking the next steps:

Go further with your impact by encouraging and supporting businesses to provide refillable water stations.

And finally, don't underestimate the impact of writing to your local government. Ask them to ban single-use plastic and hold manufacturers accountable by implementing extended producer responsibility schemes.

The impact

Reduce the pollution produced by plastic water bottles, which end up in landfills and impact millions of animals and habitats



DAR School Minute

Announcing: Crossnore Communities For Children

We are so excited to announce our updated name: **Crossnore Communities for Children**. In the fall of 2020, Crossnore's **Board of Trustees** completed their strategic planning for the upcoming three years. One of the goals is to grow our brand as the regional leader in high quality, holistic child welfare services.



Dates to Remember

July 25th - New Members Course

August 7th—District IX Virtual Meeting—please sign up!

August 23rd — Virtual Book Club

August 29th—New Members Course

September 9th—FOTR Meeting, 7pm TBD

September 17-19—Fall Forum—Roanoke VA



**Don't forget to add your hours
each month**



SERVICE to AMERICA!

Our Chapter hours donated total as of June 30 2021

1062

Please remember to log your hours!

**[http://services.dar.org/members/committees/
ServiceToAmerica/](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.