



April 2019

Chapter Officers: 2018-2019

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Falls of the Rappahannock

Chapter NSDAR



April Chapter Meeting

The April meeting will be on Thursday, April 4, 7 pm at **Regester Chapel United Methodist Church**. This will be our Youth Recognition meeting. The meeting honors the chapter's DAR Good Citizens and Jr. ROTC medal recipients, their families and teachers. This will also be a joint DAR/C.A.R. meeting with Surgeon Lawrence Brooke Society N.S.C.A.R. **If your name begins A-L please bring an appetizer to share; W-Z bring dessert.**

Directions to Meeting

From Interstate 95, take the **Stafford Exit (#140)** following Courthouse Road to the light at the intersection with **US Route 1**. Turn **Left onto Route 1** and go to the next traffic light. Turn **left at the light onto Bell's Hill Road**. Go **1/4 mile** and you will see the church on the **left**. Turn into the church driveway and drive up the hill to the parking lot. The Youth Center building is to the right of the church. Enter through the main doorways in the center of the building. If you need assistance, call 540-287-3417 or 540-842-4327.

Chapter Chat

District IX Meeting

The first meeting of our new district, District IX, will be on Saturday July 13, 2019 at Belmont! The meeting is expected to start around noon and it will be a luncheon. District IX will be holding its election at this time. LeAnn Turbyfill, our new State Regent will be at the meeting. I hope you will all make plans to attend.

2019-2020 Slate of Officers

Regent	Alicia Hillmer
Vice Regent	Amy Stromberg
Chaplain	Anne Kline
Secretary	Susan Ashby
Treasurer	Donna Sayre
Registrar	Myra Wiggins
Historian	Linda Tague
Librarian	Denise Bayliss

Elections will be at the April 4 meeting. Nominations will be taken from the floor provided that the person nominated has given her permission.

I know all of you join me in extending our condolences to Chaplain Anne Kline and Historian Sonja Johnson in the death of their sisters, Susan Kettle and Nita Johnson, this month. Both sisters were members of our chapter. Our thoughts have been with you both.

HAPPY BIRTHDAY

**To all our
April
Birthdays**



SERVICE to AMERICA!

Our Chapter hours donated total as of

February 28,2019

72

Please remember to log your hours!

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

Chapter Chat, Continued

Vietnam Veterans Recognition



On March 29, members of the chapter celebrated Vietnam Veterans Day by handing out 50th anniversary commemoration pins, bumper stickers and certificates to Vietnam Veterans attending Mission BBQs free lunch event. Regent Susan Harvin, Donna Sayre, Anne Kline, Donna Courtney, Amy Stromberg, Lauren Marshall, Linda Tague



and Alicia Hillmer were in attendance. They were joined by Linda Robinson from the Stafford VFW who arrived in patriotic attire with a sign to celebrate these important Veterans. She was happy to help us honor the Veterans with pins and certificates. Make plans now to join us at next years event on March 29. It is such an honor to properly welcome our Vietnam Veterans home.

Saturday, April 27 is **Earth Day Celebration at Old Mill Park**. This will be our chapter's 3rd year hosting a "friending" booth. Volunteers are needed to assist in our booth, and erecting and dismantling our tent. **Please let Susan Harvin know if you are able to help.**

Friday May 17, thru Sunday
May 19 6 p.m. to 9 p.m.
Mt. Vernon Wine Festival
and Sunset Tour.
Contact Mt. Vernon for event
ticket information.

Plant flowers at Quantico National Cemetery



May 13 or 15 the VADAR will be planting the flower beds at the entrance to Quantico National Cemetery. Last year only 3 people, Marie Vayer, Donna Courtney and Susan Harvin volunteered to plant. Please mark you calendars now and plan to join in. Many hands make light work so please volunteer to bring your trowel and gloves and help beautify the entrance. Marie will send us the ex-

EARTH DAY CELEBRATION

Chapter Conservation

At the January meeting we voted to apply to have a “Friending” table at the April 27 Earth Day Festival at Old Mill Park. Attending community events is a wonderful way to spread the DAR message and encourage interested women to consider Falls of the Rappahannock as their chapter of choice .

In order to participate we need to have an interactive display. The event organizers have accepted our application, our display and our take home planted seed cup. I hope that everyone will support our chapter in this endeavor and help to make this venture successful by donating of bags of potting soil and the small degradable Jiffy seed starter pots.

We are not allowed to have any paper or plastic items. We will also need some volunteers to help man the table to help the children plant their seeds. If you are able to volunteer on April 27 please e-mail srharvin@msn.com

A different option is to make our own starter cups.

On the following page of this newsletter there are instructions on how to make them from newspaper. If you have time and would like to do so, it would be fun for the kids to be able to use these to take their potted seeds home in. If not, please consider purchasing the pots noted above.



Please volunteer for a fun shift in our chapter's booth as Fredericksburg celebrates **Earth Day at Old Mill Park.**

This will be our 3rd year of participation.

For Earth Day we will need **donations** of:

Biodegradable seed cups, bagged soil and non GMO seeds. Please bring to April meetings or make arrangements for pick up. We ran out of seeds last year.

Easy Newspaper Pots

Easy Newspaper Pots from MotherEarthNews.com



First, gather your supplies. You will need newspaper, preferably black and white, with few pictures. Soy-based ink is the best for the planet and your garden, and you should try to avoid colored ink completely. You can call your newspaper to find out what kind of ink they use. You will also need a can. Any can will do! Truly, any kind. That's it! Now for the good stuff.



Double up your newspaper if you have a single sheet. If you have an attached middle section, you won't need to do that. Fold your newspaper section in half, lengthwise. Place your can on one end of the newspaper, so that about half the can is above the paper.



Next, tightly roll the newspaper around the can. Don't worry too much about keeping it lined up, it should work out naturally. Keep rolling the newspaper until you reach the end. Now, this part is important. While holding on to the seam, push the open end of the newspaper down, using the bottom of the can as a guide. This helps to "lock" in your seed pot so that it stays together.



Next, make two other folds to close the bottom of your pot. Again, fold against the bottom of your can as a guide. Now, flip the whole thing over and smash the newspaper down a bit with the can inside, to help make sure the folds will stay. Gently wiggle the can out of the paper. It may seem a little fragile or unstable, but when you add the soil in, it will hold! You can fold down the top a little if you think it needs it. Also, because the bottom overlaps, there is no room for the soil to leak out. This newspaper pot is filled with soil to the halfway point.

This project is very easy and inexpensive. When it comes time to plant, you can open up the bottom of the pot, so that the roots can grow down, and place directly in your garden. The newspaper will decompose naturally.



President General's Message

April 2019

Dear Daughters,

Attempting to travel to the east coast for state visits during a blizzard made me long for warmer weather and cherry blossoms! It is now officially Spring, snow is melting, temperatures are becoming moderate and the cherry trees around the Tidal Basin are blooming in Washington, DC. Ten states are on the schedule for March and April visits and these leave me in awe of all you do. We have amazing members doing incredible things. Multiply all your chapter does by 3,000 (the number of DAR chapters around the world) and you can imagine the impact we have on the nation's communities. You and your chapter make a difference - thank you.



I am eager to welcome you to Washington, DC for the 128th Continental Congress so you can hear about your accomplishments. It is one you won't want to miss. We have inspiring award winners and speakers, great reports and some significant issues for consideration. Be sure to check the [Congress section of the website](#),* for the most up to date information about our annual convention.

The DAR Museum's new quilt exhibit, "[A Piece of Her Mind: Culture and Technology in American Quilts](#)"* is now open. The exhibit explores how women in the 19th century created quilts that reflected their makers' involvement in the world around them. You can see the exhibit now through December 31. Exhibitions of our quilt collection are always popular and this will again be well attended. It will be open during Congress and you will want to see the beautiful exhibit in the new Museum Gallery. The Gallery renovation was made possible by your generous donations to the President General's Project.

Each [Executive Officer](#)* is preparing a blog reflecting on her time in office. We all have some wonderful stories and memories and are so grateful that you gave us the opportunity to serve the National Society. As we consider Congress 2019 and exchanging our sash for a new one, we leave with a feeling of accomplishment, but also excitement about what the next administration will do. New leadership keeps the Society from stagnation. The healthiest chapters will continue to promote and encourage new leadership. Because we are all volunteers, it is important to avoid leadership exhaustion.

If you are not receiving the [Today's DAR Blog](#) via email, you are encouraged to [subscribe](#) and read all of the posts. It is a great way to stay up to date on news from National Headquarters. Another way to find out what's happening is to subscribe to the American Spirit magazine and Daughters newsletter. Be sure to check the Members' Section of the DAR website often for [members' announcements](#). Get connected – it will make your membership mean so much more when you realize the scope of our Society.

Moving Forward in Service to America,

Ann Turner Dillon
President General

***Links for more information to share with your chapter:**

Congress: <https://www.dar.org/members/continental-congress>

"A Piece of Her Mind": <https://blog.dar.org/piece-her-mind>

Executives Reflections: <https://blog.dar.org/tags/executive-committee>

Alicia is working on completing the New Horizons leadership course through DAR and part of that includes a project supporting DAR schools. She has chosen the Hindman Settlement School in Kentucky, a DAR supported school in rural Appalachia. www.hindmansettlement.org.

She is collecting office and school supplies for them until Friday, April 26. If you would like to contribute, here are the items she is gathering:

- Smead Super Tuff Pocket; Letter-Size, 7" Expansion, Item # 73395 Model # TP441
- Manila Folders (Plain and Assorted Colors)
- Hanging File Folders
- Copy Paper
- Card Stock Paper
- Large and small manila folders
- Glue Sticks
- Construction Paper
- Sheet Protectors
- 3 Ring Binders – 2"
- Dry Erase Markers – Chisel Black
- Dry Erase Markers
- Ticonderoga Pencils
- Padded Envelopes
- Paper Towels
- Toilet Paper
- Sink Soap, Clorox Wipes
- 13 & 30 Gallon Trash Bags
- Mr. Clean Magic Erasers
- Heavy Duty Cleaner & Degreaser
- Carpet Cleaner
- Gift Cards from Walmart, Amazon
- Avery 5160,5164, 6460, 6466, 5395 Mailing Labels

HONOR FLIGHTS

Welcome to our new year with Honor Flight folks!! We are excited to announce that our schedule has been posted on our website at www.heroeswelcomeiad.com for your review on the [2019 schedule](#) page. Signups are NOT posted yet, but will be soon.

What are Honor Flights, you ask? The Honor Flight Network flies veterans from all over the country to visit THEIR memorials in Washington DC free of charge.

Our basic role is to meet, greet, and welcome with as much pomp and circumstance as we can muster. We decorate, play patriotic music, and thank them for their service. The more smiling faces in the crowd to let them know – WE HAVE NOT FORGOTTEN YOUR SACRIFICE – the better!

Our greatest need is greeters at the airport. Many of us assume that our veterans had a warm welcome when they arrived home and in most cases, that was just not true. Many veterans have told us that they didn't receive ANY welcome home, and thought they were forgotten.

Our first flight of the season is a little over one month away, but please visit our site and start marking your calendars!!!

4/23 - Tuesday **TBD**

1. Southern Arizona Honor Flight 75 Veterans / 75 Guardians

Arrive: 1:30PM

Depart: **4/24** 6:00PM (4:00PM Return to Airport)

Exciting News!

The reception to recognize our State Regent's Project at Montpelier has been scheduled.

The date for the dedication of our State Regent's Project is Sunday, June 9 from 3:00 to 5:00 pm in the Montpelier Grand Salon. Please put this date on your calendar and plan on attending!

FYI: If you are interested in having your name appear on the plaque at Montpelier, make your donation now. The deadline for donations is MARCH 31. All donations should be made payable to State Treasurer VADAR and sent to State Treasurer Cyndi Fein at 1814 Pocahontas Street, Lynchburg 24501-4416.

Since the plaque holds only 30 names, right now the minimum donation is \$1,200. If more people make a donation of this amount, the minimum could rise. I believe the donations you have already made are included in the grand total of donations.

Hope to see you there!

Pamela Redd Meiring

State Corresponding Secretary, VADAR

George Washington's
**Rules of Civility
& Decent Behavior**
IN COMPANY AND CONVERSATION

By age sixteen, Washington had copied out by hand, 110 *Rules of Civility & Decent Behavior in Company and Conversation*. They are based on a set of rules composed by

French Jesuits in 1595. Presumably they were copied out as part of an exercise in penmanship assigned by young Washington's schoolmaster. The first English translation of the French rules appeared in 1640, and are ascribed to Francis Hawkins the twelve-year-old son of a doctor. Today many, if not all of these rules, sound a little fussy if not downright silly. Below are Rules 6-10 (first 5 appear in March 2019 newsletter)

6. Sleep not when others Speak, Sit not when others stand, Speak not when you Should hold your Peace, walk not on when others Stop.
7. Put not off your Cloths in the presence of Others, nor go out your Chamber half Dressed.
8. At Play and at Fire its Good manners to Give Place to the last Commer, and affect not to Speak Louder than Ordinary.
9. Spit not in the Fire, nor Stoop low before it neither Put your Hands into the Flames to warm them, nor Set your Feet upon the Fire especially if there be meat before it.
10. When you Sit down, Keep your Feet firm and Even, without putting one on the other or Crossing them.

Anne Hathaway Cottage Tea Room

This might be interesting to Chapter members. The Anne Hathaway Tea Room in Staunton Virginia is considered one of the TOP 11 tea rooms in the world! They will even supply patrons with gloves and hats should you forget your own!

Anne Hathaway Cottage Tea Room offers a traditional Victorian High Tea, light lunches and afternoon cream teas. English pub fare is also featured.



Anne Hathaway Cottage Tea Room is now aligned with the American Shakespeare Center in Staunton Virginia, to bring you a wonderful High Tea lunch and Theater experience package at a great price.

If you're planning to visit Staunton in the next few months and you have a group of 10 or more that may be interested, please give us a call to learn more about this great opportunity. Makes an amazing gift for your office staff, friends or family. We have different packages to choose from,

Please call Alfred at 540 885 8885 for more information

<http://www.anne-hathaways-cottage.com/>

Genealogist's Disease

WARNING: Genealogy Pox
(Very contagious to adults)

SYMPTOMS: Continual complaint as to need for names, dates and places. Patient has a blank expression, sometimes deaf to spouse and children. Has no taste for work of any kind, except feverishly looking through records at libraries and courthouses. Has compulsion to write letters. Swears at mailman when he doesn't leave mail. Frequents strange places such as cemeteries, ruins, and remote, desolate country areas. Makes secret night calls, hides phone bills from spouse and mumbles to self. Has strange, faraway look in eyes.

NO KNOWN CURE

TREATMENT: Medication is useless. Disease is not fatal, but gets progressively worse. Patient should attend genealogy workshops, subscribe to genealogical magazines and be given a quiet corner in the house where he or she can be alone.

REMARKS: The unusual nature of this disease is- the sicker the patient gets, the more he or she enjoys it!

Taken from: Ancestors' Unlimited Quarterly, publication of South-west Nebraska Genealogical So-

Donna C. read this at the March meeting and we all got a chuckle. I (Myra) can attest that every word is true.