



Falls of the Rappahannock

Chapter NSDAR



May 2024

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State website:
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(requires password)

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



Hey Cuz! How many Relatives did you find on the
Family Search App?

Presenter: Myra Wiggins

May 9, 2024

7PM

Anita Dodd's house

149 Tacketts Mill Road

Stafford, VA 22556

Regent's Corner

Greetings Members,

What a great Youth Awards luncheon we had in April. It is always impressive to hear about all the wonderful things the high school seniors have accomplished. I sat with a young woman from Colonial Forge High School who is involved in band and Governor's School, just like my son was. Their percussion concert was later that week, so I attended that and was again impressed by the skills and dedication of that ensemble.

Thank you to those who donated to the USO basket headed to Fort Eustis for the families of deployed service members and the gas cards for the

Volunteer Office at McGuire Medical Center. We did another clean-up at the cemetery and will do another in the fall. FOTR daughters always sparkle and shine with their donations and volunteer work.

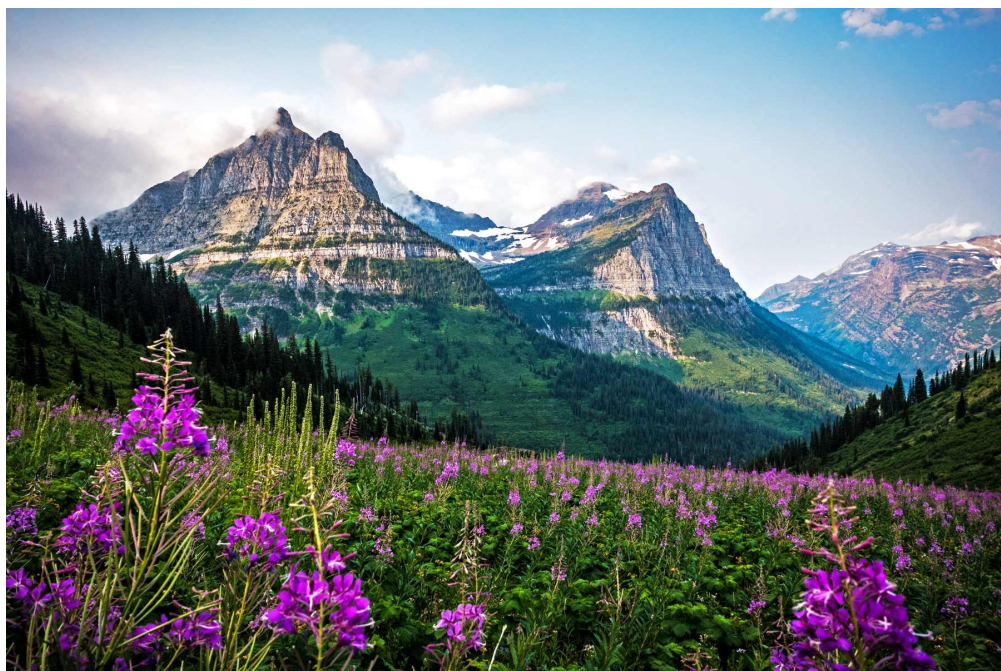
On-line registration is open for Continental Congress. Registration information has also gone out about the Virginia luncheon as well (see email on April 17).

As some of you have heard me mention, I am headed to Glacier NP in Montana for a 6 month job. I leave you in the very capable hands of Vice Regent Susan Harvin and after Continental Congress Pam Childs. I can still be reached by phone or email if you have any questions or concerns.

Later in the summer we will start planning the 2024-2025 year. If you have any suggestions for speakers, field trips, Service in Seconds projects, etc please let the board know.

Continue to sparkle and shine!

Tracy Ramos



President General's Message

Dear Daughters,

Are you ready to Celebrate Stars & Stripes Forever!? We could not be more thrilled as we anticipate your arrival at our House Beautiful and cannot wait to celebrate your sparkling accomplishments in historic preservation, education and patriotism.

For many, May and June mark the end of the school year, including award ceremonies. This is the perfect time to award the National Defense Committee's ROTC and JROTC medals in your local communities. These medals help promote and reward model qualities in America's youth, including honor, service, courage, leadership and patriotism. If your chapter is not already working with a local program, National Defense Committee State Chairs can serve as a resource to assist with school matching. Detailed information on medals and selection criteria are available on the committee's webpage on the DAR Members' Website.

Did you know that last year, the Community Classrooms Committee launched a new Wright Administration pin, the Spark the Love of Learning Pin? Available from the DAR Store, this pin is the perfect way to show appreciation for your local teachers during National Teacher Appreciation Week from May 6–10, 2024. All proceeds directly support the DAR American Revolution Legacy Grant Program.

Early June will mark the 80th anniversary of the D-Day landings, the largest seaborne invasion in history and the turning point of World War II. DAR will commemorate the landings and associated airborne operations of the Allied invasion of Normandy, France, in Operation Overlord during World War II. Less than one percent of American WWII Veterans are alive today, and we are grateful for all the activities that DAR members have engaged in across the country to support the preservation of WWII stories to honor these Veterans through Honor Flights to Washington, D.C., and other local endeavors. Please see the Commemorative Events Committee's webpage on the DAR Members' Website for resources for potential chapter programs.

As many of you make plans to attend the 133rd Continental Congress from June 24–30, 2024, please consult the Continental Congress Website at www.dar.org/Congress for the most up-to-date information. For Daughters who may be staying in the area after Congress, there is no better way to Celebrate Stars & Stripes Forever! than marching with the red, white and blue during the National Independence Day Parade on July 4. For sign-up details, see page 185 in this issue of the Daughters newsletter.

As the second year of the Wright Administration draws to a close, I am so grateful for the generosity and genuine love of the country I have witnessed firsthand from Daughters across the globe during the President General's visits. The future of DAR continues to sparkle brightly, and your Executive Committee is humbled to serve at the helm of the National Society.

Thank you so much for all you do for the National Society. Let us Rejoice in Our DAR Ties of Service and Friendship!

Pamela Rouse Wright
President General



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. The photo is from Donna C donating 8 pounds of plastic bags.



What can be recycled?

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



Service to America

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

Pull tabs (not the lottery kind)

Coupons

Assorted Greeting Cards and Stamps

A Guest

Donations for our Piggy Banks

Coke Caps

You



SERVICE OPPORTUNITY

Tuesday, June 4, 2024, 6-8 p.m. the Regional Adult Education Region 16 will be holding the graduation ceremony for **GED and Alternative Education Students**. For the past several years Falls of the Rappahannock Chapter has provided the refreshments for everyone attending this ceremony.

We usually arrive 30 minutes early and set up refreshments during the ceremony. This year our volunteers will be taking bottled water and taking trays of cookies which we will set out on paper plates that the attendees can just pick up as they walk out of the auditorium.

The thank you's and big smiles that we receive are heartwarming. The following FOTR members have already volunteered: Sonja Johnson, Rachel Dowling, Venise Helene Lewis, Donna Courtney, Wanda Stevens, Susan Harvin.

If you would like to be a part of this worthy cause, please contact Susan Harvin. We need a **LOT** of cookies!

SERVICE to AMERICA!

Our Chapter hours donated total as of 2024

Chapter goal is 2,790

235.50

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.

May Book Club

International Bestseller

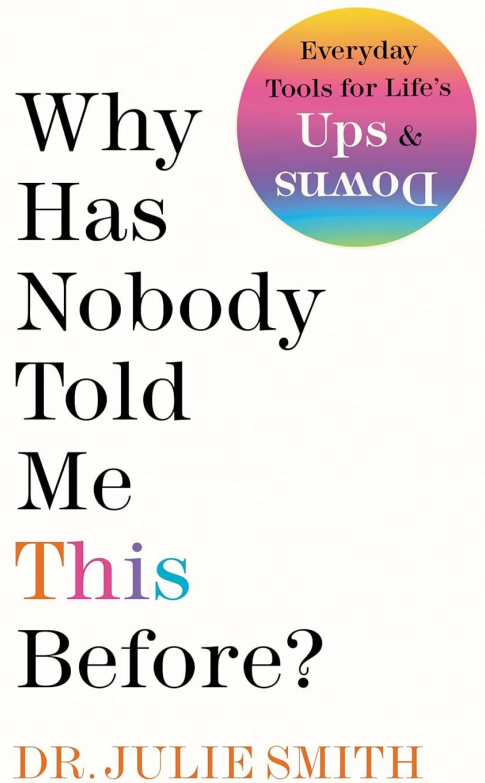
"Smart, insightful, and warm. Dr. Julie is both the expert and wise friend we all need." —Lori Gottlieb, *New York Times* bestselling author of *Maybe You Should Talk to Someone* and co-host of the *Dear Therapists* podcast

Drawing on years of experience as a clinical psychologist, online sensation Dr Julie Smith provides the skills you need to navigate common life challenges and take charge of your emotional and mental health in her debut book.

Filled with secrets from a therapist's toolkit, *Why Has Nobody Told Me This Before* teaches you how to fortify and maintain your mental health, even in the most trying of times. Dr Julie Smith's expert advice and powerful coping techniques will help you stay resilient, whether you want to manage anxiety, deal with criticism, cope with depression, build self-confidence, find motivation, or learn to forgive yourself. *Why Has Nobody Told Me This Before* tackles everyday issues and offers practical solutions in bite-sized, easy-to-digest entries which make it easy to quickly find specific information and guidance.

Your mental well-being is just as important as your physical well-being. Packed with proven strategies, Dr. Julie's empathetic guide offers a deeper understanding of how your mind works and gives you the insights and help you need to nurture your mental health every day. Wise and practical, *Why Has Nobody Told Me This Before* might just change your life.

"Now more than ever, people are struggling with their mental health and Dr. Julie Smith delivers in a big way in *Why Has Nobody Told Me This Before*." Her practical tips and tools are for anyone struggling with anxiety, self-doubt, or depression. Readers will step away from this book feeling more resilient and able to take control of their own lives. If you want to feel like you have a therapist sitting across from you, empowering you with how to be your best self, this book is for you!" — **Nicole LePera**, *New York Times* bestselling author of *How to Do the Work*



May 29 - Chapter Book Club meets by Zoom. Zoom info will be sent out prior to the book club.

Conservation Minute, Donna Courtney

How pest control can affect owls and raptors.

Pest control methods, when not properly implemented or managed, can inadvertently harm owls and other wildlife.

Owls are beneficial predators that help control rodent populations, and they play a crucial role in maintaining ecological balance. Poison baits used to control mice and rats can sicken or kill owls, hawks, foxes, bobcats, and other species.

To protect wildlife, people should explore other options for rodent control. Most rodenticides are anti-coagulants. They prevent the blood from clotting and thin it until the victim eventually dies from internal bleeding. The time taken for a rodent to die after eating the bait varies from 2 to 12 days. A rodent eating a sub-lethal dose (not enough to kill it) may carry the poison in its liver for several months. Before a poisoned rodent dies it may be caught by an Owl or another animal, which then ingests the poison. This is called secondary poisoning.

Creatures which have been killed by secondary poisoning include Barn Owls, Tawny Owls, Red Kites, and Foxes. Animals which have been killed by directly eating rodenticide baits include dogs, cats, pigeons, and blackbirds. Research has shown that poisoned Barn Owls either die slowly or survive and carry a residue of poison in their bodies.

Typically, it takes 6 to 17 days for a Barn Owl to die after eating 3 mice containing the poison Brodifacoum. Wildlife experts are urging people dealing with rodents to consider other options besides poison, which causes a drawn-out death and has far-reaching implications on other wildlife that prey on mice and rats. If you need to control introduced rodents, try to use the old-style manual mice and rat traps, or live cage traps or modern electric traps. Mechanical and electrical traps do not pass on any poisons.



May: Mental Health Awareness Month

Mental Health Awareness Month (or Mental Health Month) is recognized in the United States each May and has been observed every year since 1949.

The purpose of Mental Health Month is to help eliminate the stigma associated with mental illness by raising awareness of mental health conditions and those who have them.

Although mental health issues might seem like a recent phenomenon, mental illness has been observed throughout history. The term “**mental hygiene**” spread in the medical field starting in the 19th century. Prior to this, there wasn’t an official term to describe emotional or behavioral struggles that have existed for ages. Historians and mental health professionals have ample evidence of the history mental illness through documented cases.

These cases cover a wide array of issues, including anxiety and alcoholism. In fact, many researchers theorize that well-known historical figures [struggled with mental disorders](#). Mental illnesses were present long before we had names or diagnoses for specific disorders. Disorders we now know as depression, post-traumatic stress disorder (PTSD), and bipolar disorder have had names such as hysteria, shell shock, psychosis, and, in some cases, demonic possession. When the 20th century came around, society finally acknowledged the existence of mental illness and doctors started to treat these conditions.

- **How does mental stress affect our physical health?** Our emotional health paired with our physical health make us “healthy.” Stress is normal for our bodies; however, we are generally able to recover from short periods of stress. But stress that continues over a long period of time places more strain to our health. Mental stress can impact the immune system in many different ways and increase physical illness.
- **Symptoms of a childhood mental disorders?** Symptoms of mental disorders change over time as a child grows, and may include difficulties with how a child plays, learns, speaks, and acts, or how the child handles their emotions. Symptoms often start in early childhood, although some disorders may develop during the teenage years. The diagnosis is often made in the school years and sometimes earlier; however, some children with a mental disorder may not be recognized or diagnosed as having one.



Committee Minutes, Susan Harvin

Flag Minute

The proper way to view a flag on display during a parade or review (except for people in uniform) is by facing the flag with your right hand over your heart, according to Federal flag laws and regulations. The same goes for when you witness the flag being raised or lowered as part of a ceremony. Your left hand should be empty.

Units Overseas Minute

When Daughters register for Congress Continental there are several events listed that they can register for at the same time. The Units Overseas Luncheon and the UO Shopping can both be registered and paid for on that same form. Members can register for both or just for the Shopping after the UO luncheon.



Publicity Committee Minute

The current issue of the Virginia View on the Virginia DAR website contains an article and picture of FOTR activities.

American Spirit Magazine Minute

Several of our chapter members have magazine subscriptions that are expiring soon. If you are not certain when your subscription expires please ask Susan Harvin.

DAR Insignia Minute

The DAR Insignia store has several new pins in the America 250 Series that may be worn on the official insignia ribbon (see official pin placement list) or alone as a brooch (but not on a right side ribbon). These pins include "Sons of Liberty", "Boston Massacre's" "Boston & Edenton Tea Parties", Bicentennial Lafayette 1824-25", "Rhode Island Gaspee Affair", "Liberty Tree", "America 250", "Daughters of Liberty"



Constitution Committee Minute

Court System Section III of the Constitution outlined the third branch of the federal government, the Judiciary. It did not, however, set up a specific court system. This was left to Congress.

The first Congress debated legislation to set up the federal court system and passed the Judiciary Act of 1789 on 21 September. President Washington signed it into law three days later. The Act detailed the Supreme Court, set up thirteen districts amongst the eleven states that had ratified the Constitution, established a circuit court and a district court in each judicial district, and allowed those brought before the court to represent themselves or be represented by someone else at their discretion.

The Act stipulated the Supreme Court be comprised of one Chief Justice and five associate justices, with four a quorum. Further, the Act created the office of Attorney General to represent the Federal Government before the Supreme Court, and a US Attorney and a US Marshall for each district court. Though the system set up by Congress in 1789 is essentially the same court system we have today, there are two changes.

Before the 1891 Evans Act, the US Supreme Court Justices travelled the country, presiding over all appeals to the federal court. This Act created the US Court of Appeals with one established in each circuit. There are twelve US Courts of Appeals within twelve regional circuits, with an additional circuit and a specialized US Court of Appeals for the Federal government to hear cases pertaining to patent law, cases decided by the US Court of International Trade, and the US Court of Federal Claims.

The Supreme Court justices now stay in Washington, D.C., with cases brought to them. Thus today, the Federal Court system has three main levels: the district courts (trials), the circuit courts (first level of appeals), and the Supreme Court (final court of appeals).

Additionally, the number of district courts has grown to ninety-four, with the expansion of the country and its jurisdictions. The number of Supreme Court justices has varied over time. The President may ask Congress to change the number, but Congress must vote to do so. Court packing is not a new concept.



DAR Museum Committee Tracy Ramos, Chair

May 11, 2024

Family Activity: Around the World in 8 Stereographs

10 am - 2 pm

The DAR Museum invites you to travel the world with Victorian virtual reality! From the mid-nineteenth century to the early twentieth century, stereoscopes were a popular form of entertainment and education in homes and schools. These

handheld devices transformed two dimensional photographs into 3-D reality, allowing viewers to see people and places from all over the world at a time when travel was difficult for all but the very wealthy. Come use a stereoscope to see eight stereographs from around the globe and learn how people viewed the world over a century ago!

The event is free, but pre-registration is requested. The event will be on-going throughout the day and is a drop in anytime experience.

Register to attend: <https://FamilyActivity511.eventbrite.com>



May 14, 2024

Tuesday Talk—From the Museum Walls To Your Halls (and Other Venues), The DAR Museum Correspondent Docent Program

Noon Free

Have you ever wondered how the fascinating stories housed within the DAR Museum reach audiences beyond its walls? Join us on a captivating journey through the history and workings of the museum's Correspondent Docent program. Sarah Kirspel will share the origins of the program, how it was shaped by passionate individuals, and the ways it has evolved over the years into what it is today. This talk will offer a glimpse into the unique outreach initiative the museum has to offer. Tune in to learn the vast array of programs currently offered, learn how a program is created and what is going to be offered soon!

Speaker: Sarah Kirspel, Coordinator of Engagement and Outreach, DAR Museum

The event is free but registration is required. This event is taking place online only. The speaker will not be present at the DAR Museum.

Register virtually here: https://us06web.zoom.us/webinar/register/9417020520749/WN_USZQdVaFTGOu77s8eBqx2g

DAR Schools

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SEEKING VOLUNTEERS TO SERVE AS VIRTUAL TUTORS!

You can be one of a community of DAR members from across the country making a difference by helping a child with learning differences overcome barriers to reading.

For more information visit: www.hindman.org/volunteer

HINDMAN
SETTLEMENT SCHOOL



AMERICAN INDIANS COMMITTEE

Knowledge of the Ancestors

With climate change having a growing impact, researchers are taking a new look at what is known as **Traditional Ecological Knowledge** or TEK. TEK is the on-going accumulation of knowledge about the interaction of living things in a specific ecosystem. It includes the relationships between plants, animals, natural phenomena and the timing of seasonal events.

This knowledge has been acquired by Indigenous people over hundreds or thousands of years. Today, TEK provides an opportunity to engage the wisdom of our ancestors, particularly that of Native Americans, to live in harmony with nature and to adopt more sustainable practices of resource management.

The Great Seal of the United States

In 1744, the Onondaga leader Canassatego gave a speech urging the contentious 13 colonies to unite. He used the metaphor that “many arrows cannot be broken as easily as one.” This is said to have inspired the bundle of 13 arrows held by an eagle in the Great Seal of the United States.



Fold3 Adds Indigenous War Records

Fold3, an online source of searchable military records, has announced the addition of new Revolutionary War records for Indigenous soldiers. The new records are varied, such as muster rolls, pay vouchers and enlistment information that may include name with birthdate and location, enlistment date and place, unit, and a physical description. For more information, visit www.Fold3.com



THANK YOU!! THANK YOU!! THANK YOU!!

I just wanted to take a few minutes to thank the chapter members who worked so diligently to make the Youth Recognition Luncheon a rousing success. Your generous donations of food, hard work, enthusiasm, and kindness to the award winners and their families meant the world to me. In my diminished capacity I could never have handled the set up and take down by myself. Your kindness and cooperation are greatly appreciated.

I want to say a very special thank you to HODAR EXTRORDINAIRE, John Harvin, whose ever present help does not go unnoticed. Thank you, John!!

Thank you again for everything and take pride in the fact that we pulled off another one.

Donna Sayre



Dates to Remember

Plan now to attend the following:

May 29 - Chapter Book Club meets by Zoom. Book: Why Has Nobody Told Me This Before by Julie Smith

June 4, Tuesday – GED Graduation – 5:30 p.m. set up. Freedom Middle School, Spotsylvania County

June 8 – Wreath laying at Gunston Hall (George Mason SAR Event) (Wanda Stevens)

June 13 – Chapter officer induction ceremony by State Organizing Secretary, Vicki Dehlbom. St. George's Church, Faulkner Hall 6:45 p.m. Must be out by 9.

June 26-30 – Continental Congress

July 4 - Events at Mt. Vernon (George Washington SAR Event at tomb)

July 13 – District IX FredNats game honoring our Vietnam Veterans

July 18-20, 2024 - 250 th Anniversary Commemoration of the Fairfax Resolves.

August 3 – Annual Meeting – Stratford Hall, Registration opens 10:30, meeting at 11:00

Members Courses

CONGRATULATIONS!

Donna Sayre completed the Members Course
Susan Harvin completed GEP 8, Supplemental Applications

If you would like to know how to register for any of the DAR classes please ask any of our members who have completed courses: Donna C., Jessica Doiron, Rachel Dowling, Susan Harvin, Elizabeth Heitz, Sonja Johnson, Donna Nuckols, Tracy Ramos, Donna Sayre, Wanda Stevens, Myra Wiggins.

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.

Daughters on the Move



Wreath Laying at James Monroe's Birthplace



Donations gathered for USO

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.