



Falls of the Rappahannock

Chapter NSDAR



Chapter Officers: 2025 -2026

Regent : Tracy Ramos
jtrcramos@yahoo.com

Vice Regent: Rachel Dowling
dowling8889@gmail.com

Chaplain: Debbie Henning
texsobelle@gmail.com

Secretary: Wanda Stevens
wanda.stevens@outlook.com

Treasurer : Donna Sayre
DSayreDAR@gmail.com

Registrar: Myra Wiggins
myrawigDAR@gmail.com

Historian: Donna Courtney
donnacourtney18@gmail.com

Librarian Elizabeth Heitz
echeitz@gmail.com

Chapter Website:
www.fotrDAR.org

State website:
VirginiaDAR.org/members
(requires password)

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



MEETING

Thursday, September 11, 2025, at 6:30 PM

Location: Fredericksburg Library Branch, Room 2
(Reserved)

Program: 9/11 24th Anniversary
and National Day of Service.

Make signs for Honor Flight, Service in Seconds.

Regent's Corner

My how the summer flies! Fall is quickly approaching, and we are getting ready for another exciting DAR year as we Work together to Illuminate Our Legacy. Lots has happened since the spring. Continental Congress saw a change in administration and Fredericksburg's very own Ginnie Sebastian Storage is now our President General (she is even an associate member of our chapter!). America's 250th birthday is less than a year away and DAR chapters and communities alike are planning celebrations to honor the men and women who fought for our independence.

Our chapter has been busy. Many thanks to our members who attended Continental Congress, Summer Summitt, and the District IX meeting. While I am enjoying my time in Montana at Glacier National Park (it sometimes feels like I am at camp rather than work!) I look forward to being back in Virginia soon. Vice Regent Rachel Dowling has been busy planning an exciting program for the year. Stay tuned for details.

Many thanks to those of our chapter who served under the previous administration:

Donna Courtney - Table Decor Chair for Virginia State Conference

Rachel Dowling - State Vice Chair, America, 250! Committee

DAR Patriot Post and Social Media

Sonja Johnson - District IX Director

Donna Sayre - National Vice Chair and State Chair, DAR Service for Veterans

Myra Wiggins - Eastern Division Vice Chair Volunteer Genealogists, member of the state application team

Those who are serving the current administration:

Rachel Dowling - State Vice Chair, Membership Committee, District IX

National Vice Chair, Protocol Committee, Communications/DOC

Susan Harvin - Committee Leaders Course Coordinator for Virginia

Sonja Johnson - State Chair Literacy Promotion

Donna Sayre - National Vice Chair DAR Project Patriot

Let us Illuminate our Legacy,

Tracy



President Generals Message

SEPTEMBER 2025

Dear Daughters,

Daughters have long understood the importance of preserving not just our history and heritage but also the land we call home. In 1909, the 18th Continental Congress formalized this belief by establishing the NSDAR Conservation Committee, inspired by a national movement led by President Theodore Roosevelt to address natural resource conservation.



In true DAR fashion, early committee successes laid the groundwork for even greater impact. The 1913 Penny Pines campaign, which encouraged children to fund plantings, inspired the 1939 Penny Pine program—planting over 5 million seedlings across the country in honor of DAR's 50th Golden Jubilee. In the 1940s, the committee helped plant 50,000 red spruce trees in North Carolina's Pisgah National Forest—a project that was rediscovered in 2015.

Today, the Storage Administration continues this commitment to conservation with purpose and pride. The Conservation Committee's project, *Leave a Legacy of Clean: Let's Keep America Beautiful!*, encourages chapters to organize community cleanups. It's a powerful way to honor America 250!—ensuring our nation's landscape reflects the pride we have in our history. Through the *Legacy in Bloom* President General's Project, we will proudly present a gift to the nation that will help replace and care for the iconic cherry blossom trees in Washington, D.C., which stand as beautiful symbols of renewal and friendship.

You'll also find DAR's dedication to conservation reflected throughout this issue of *American Spirit*—from the inspiring comeback story of the bald eagle to profiles of women such as Minerva Hamilton Hoyt and Doris Mager, who championed the natural world.

I hope this issue inspires you to turn reflection into action—to honor our past by helping preserve the future. Thank you for continuing to *Illuminate Our Legacy* by caring for the natural world that frames America's story.

Faithfully,
Ginnie Sebastian Storage
President General

President Generals Message

August 1, 2025

Dear Daughters,

As we embark on a new chapter of service and collective purpose, I am honored to join each of you as we work together to Illuminate Our Legacy.

It is a privilege to serve alongside such dedicated and passionate members as we advance the mission of the National Society—historic preservation, education, and patriotism—especially as we look toward the 250th anniversary of our nation's founding. This milestone not only invites us to reflect on our past but also calls upon us to actively shape the future through meaningful engagement and lasting contributions.



With the momentum of Continental Congress still inspiring us, we are eager to begin the important work of this administration. I encourage you to get acquainted with our newly elected Executive Officers, each of whom has shared a personal message on the Today's DAR Blog. You will also find information on several newly formed national committees, created to strengthen our impact and broaden opportunities for involvement. Notably, the 250 for the 250th Committee and the Education Commission offer innovative ideas and invaluable resources. I invite you to explore the redesigned committee webpages to discover how you can contribute to this critical work.

Among the committees that will play a pivotal role this year is the America 250! Committee. In preparation for this historic milestone, the committee is developing dynamic programming and an extensive array of tools designed to assist chapters in engaging their communities. I encourage you to visit the DOC and the committee's webpage frequently for updated content and fresh ideas.

Starting August 1, the application portal for the 2025–2026 DAR Historic Preservation Grants will open. These grants offer a significant opportunity for chapters and local nonprofit organizations to secure funding for projects that preserve and celebrate our shared heritage. Detailed application information, along with other key fall deadlines, is available on the committee webpages.

In addition, we are excited to announce that upgrades to our eApplication platform are progressing. These enhancements will provide a more intuitive and streamlined user experience, while also supporting the submission of Supplemental Applications. Further details will be shared this fall.

As families prepare for the new school year, we encourage chapters to support the Community Classroom Committee. Their resources and outreach initiatives offer valuable ways for chapters to engage with local schools and make a meaningful impact in the lives of students.

With Constitution Week (September 17–23) approaching, now is an excellent time to explore the many resources available on the DAR website to help your chapter celebrate this important observance. From educational tools to creative activity suggestions, there are numerous ways to honor this week in your community.

Finally, as we transition from summer to fall, I encourage you to reach out to new members and reconnect with long-standing ones. A warm welcome and active engagement are at the heart of our Society, and they are essential to sustaining the vibrant legacy we are building together.

Thank you for your ongoing dedication to DAR's mission. I look forward, with great enthusiasm and gratitude, to all that we will achieve together as we Illuminate Our Legacy in 2025 and beyond.

Faithfully,

Ginie Sebastian Storage President General

President Generals Message

July 2025

Dear Daughters,

It is with heartfelt gratitude and a spirit of determination that I thank you for electing me to serve as the 47th President General of our esteemed National Society. On behalf of your newly elected officers, I want to express our thanks for the trust you have placed in us to lead the organization over the next three years.

I also offer my deepest appreciation to those who came before us—the good women who tirelessly built the foundation upon which we now stand. Their dedication and unwavering spirit have inspired generations. It is our responsibility to carry that torch forward. Let us honor their legacy by continuing to fulfill the mission of our Society through historic preservation, education and patriotism.

Our theme, *Illuminate Our Legacy*, reflects our desire to recognize the legacy of the men and women who secured our nation's independence; to celebrate the legacy of our four Founders who had the foresight and strength to establish our National Society; to commemorate the legacy of the 250th anniversary of our nation; and most importantly, to consider the legacy we will leave to the National Society and our communities.

Inspired by the original Victorian bronze door plates in Memorial Continental Hall, the emblem of this administration represents victory and immortality. As our Founders envisioned Memorial Continental Hall as a memorial to the Patriots of the American Revolution, they selected funerary symbols: an inverted torch and laurel wreath. The Storage torch has been turned upright to reflect our nation's future and the legacy of our service. Four pink gems on each side of the laurel wreath honor the vision and strength of our four Founders.

The National Society was founded October 11, 1890, in Washington, D.C. Since 1912, the Japanese cherry blossom has symbolized our founding city. During the Storage Administration, the National Society will present a gift to the Nation to ensure that legacy endures for generations. Wear the cherry blossom pin with pride, knowing our contribution will be lasting.

In this administration, we will increase our membership by enriching the experience for both new and existing members and by uncovering more opportunities to prove lines of descent from eligible Patriots who were once difficult to verify. To support this effort, we have established a new committee, 250 for the 250th, which will work to verify complex lineage paths, including those for female Patriots, Patriots of color and Indigenous Patriots. What distinguishes this committee is its approach: Rather than beginning the process when an applicant submits her Application, as is done now, we will work from the Patriot as far forward as possible. This shift allows us to create more opportunities for prospective members to connect with proven lines, helping them discover and document their lineage more effectively. More information about this and other new initiatives can be found in the 2025- 2026 National Information Packet.

As we prepare to celebrate our nation's 250th anniversary in 2026, I encourage chapters and states to find meaningful ways to commemorate this historic occasion. The National Society has plans to celebrate in a grand fashion—stay tuned for more details.

Ralph Waldo Emerson said, "What lies behind you and in front of you pales in comparison to what lies inside of you." I believe our greatest strength lies in our collective spirit. I urge each of you to embrace every opportunity to make a difference, welcome new members and contribute your time and talents to our shared mission.

Let us work together to build an even stronger National Society for the future—one good woman at a time. Thank you for your unwavering commitment to this important work. Together, we can achieve the extraordinary.

Faithfully, Ginnie Sebastian Storage , President General



“Illuminate Our Legacy”

Storage Administration Theme & Goals

- Commemorate the 250th Anniversary of the United States of America with intention and purpose by reflecting on the values of liberty, democracy, and the sacrifices made by those who came before us.
- Value each member's distinct qualities and perspectives. Recognize her shared experiences and unique background. Foster a kind and engaged membership community.
- Increase membership by enhancing meaningful experiences for new and existing members as well as pursuing reinstatement of former members. Discover more opportunities for establishing lines for eligible Patriots previously difficult to prove.
- Support our chapters in enriching their communities through service projects and outreach that promote our mission areas of historic preservation, education, and patriotism.
- Acknowledge the commitment, dedication, and value of our National Society headquarters team.
- Ensure careful management of the assets of the National Society, maintain financial stability, and promote continued operational success.

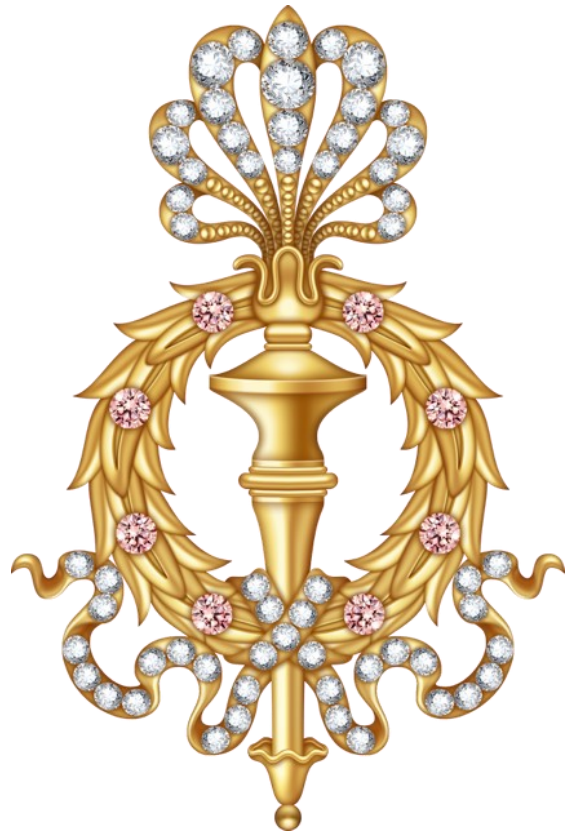


“Illuminate Our Legacy”

Storage Administration Scriptures

Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms. – 1 Peter 4:10, NIV

A good woman is hard to find, and worth far more than diamonds. – Proverbs 31:10, MSG



*Illuminate
Our Legacy*

FOTR Member Interest Form 2025-2026

Dear Chapter Members,

Our goal this year is to create opportunities that reflect the interests and availability of all our members. We understand that circumstances can change from year to year, and for some, the time for active participation may be limited right now.

That's okay—your input still matters.

This short survey will help us learn more about what activities you'd like to see, whether you're interested in leadership or committee work, and if you'd enjoy social gatherings.

Some opportunities are available virtually, so even if you can't attend in person, we encourage you to share your thoughts.

Your feedback will guide the board as we plan leadership opportunities, programming, volunteer projects, and social events for the coming year.

Please complete and submit your survey by Saturday, September 27, 2025.

Thank you for helping us make our chapter the best it can be!

Click [Here for the Form](#)



Chapter Historian—Donna Courtney

Letters of a Nation: A Collection of Extraordinary American Letters

Lacking discipline, ammunitions, and experience, the American rebels were in no position to take on the battle ready for an extended period of time. When the Second Continental Congress met in the summer of 1775 one of the most important orders of business was the nomination of a "Commander of all Continental Forces" who had the ability, energy and willingness to train a ragged group of Rebels into a formidable army of soldiers. Only one man was nominated_ **and** the vote was unanimous.

George Washington to his wife, Martha Washington

Philadelphia, June 18, 1775

My Dearest:

I am now set down to write you on a subject which fills me with inexpressible concern, and this concern is greatly aggravated and increased, when I reflect upon this uneasiness, I know it will give you. It has been determined in Congress, that the whole army raised for the defense of the American cause shall be put under my care, and that it is necessary for me to proceed immediately to Boston to take upon me the command of it.

When you believe me, my dear Patsy, when I assure you, in the most solemn manner that, so far from seeking that appointment. I have used every endeavor in my power to avoid it, not only from my unwillingness to part with you and the family, but from the consciousness of its being a trust too great for my capacity, and that I should enjoy more real happiness in one month with you at home, than I have the most distant prospect of finding abroad, if my stay would be seven times seven years. But as it has been a kind of destiny that has thrown me upon this service, I shall hope that my undertaking is designed to answer some good purpose.

You might, and I suppose did perceive, from the tenor of my letters, that I was apprehensive I could not avoid this appointment, as I did not pretend to intimate when I should return. That was the case. It was utterly out of my power to refuse this appointment, without exposing my character to such censures, as would have reflected dishonor upon myself, and given pain to my friends. This I am sure could not, and ought not, be pleasing to you, and must have lessened me considerably in my own esteem.

I shall reply, therefore, confidently that Providence, which has heretofore preserved and been bountiful to me, not doubting but that I shall return safe to you in the fall. I shall fear no pain from the toil or the danger of the campaign: my unhappiness will flow from the uneasiness I know you will from being left alone. ..to be continued in October's newsletter.

Chapter Librarian, Elizabeth Heitz

Instructions for donating to the NSDAR Library in Washington, D.C.

New Books

NSDAR Library Wish List: <https://www.dar.org/giving/dar-wishlist/dar-library-landing>

The library has a regularly updated wish list of books recommended by staff librarians to enhance their collection. Browse the list, choose a title, and purchase the book by completing the online payment process. Online purchases of books range from \$25 to \$150 but check the Wish List often as it changes when new books are added.

Gently Used Books

1. Please use the **Gift Approval and Donation Form** (LG-1002) to verify the library's need for a specific book donation. **Library Gift Approval and Donation Form (LG-1002):** <https://www.dar.org/system/files/members/darnet/forms/LG-1002.pdf>
2. Check the current library catalog and see if the title you wish to donate is already in the collection. Duplicate books will not be accepted. <https://www.dar.org/library/collections/dar-library-catalog>
3. The Acquisitions Department will approve donations of **gently used books** that are in excellent condition. **Do not send the book until approval has been given by the Acquisitions Department.**
4. Donations should contribute to the genealogy and lineage research purpose of the Library's collection. See the Collection Development policy at <https://www.dar.org/collections/library/dar-library-mission-statement-and-collection-development-policy>

Other Ways to Donate:

America 250 is about telling our stories, so why not tell your story!

Compile your family genealogy or history using documents you have collected over the years, self-publish, then donate to the NSDAR Library. **Genealogies and family histories are the number one requested item of the library.**

Library Outreach Committee focuses on donations made to local public libraries, historical society libraries, veteran libraries, and DAR school libraries. Thanking library staff members and supporting Little Free Libraries are some of the many ways to help in our communities.



Literacy Promotion, Sonja Johnson VA State Chair

ILLUMINATE THE IMPORTANCE OF LITERACY

The ability to read and write illuminates the mind. Literacy is broadly defined as “understanding, evaluating, using, and engaging with written text to participate in society, to achieve one’s goals, and to develop one’s knowledge and potential.” (PIAAC)

Childhood Literacy

- 1 in 3 children entering kindergarten lack basic language skills needed to learn how to read.
- More than 25 million children cannot read proficiently.

Summer is a critical time when students either leap ahead or fall behind.

Image

Adult Literacy

- More than 48 million adults lack basic reading, writing, and math skills beyond a third-grade level.
- 1 out of 5 are functionally illiterate.
 - Participating less in the labor force.
 - Earning less.
- Less likely to read to their children.

Created in 1989, the Literacy Promotion Committee promotes adult literacy and involvement in literacy programs for children and adults. Daughters are encouraged to engage in community-based literacy activities promoting reading and learning.

I am excited for our Chapter to shine a light on literacy!

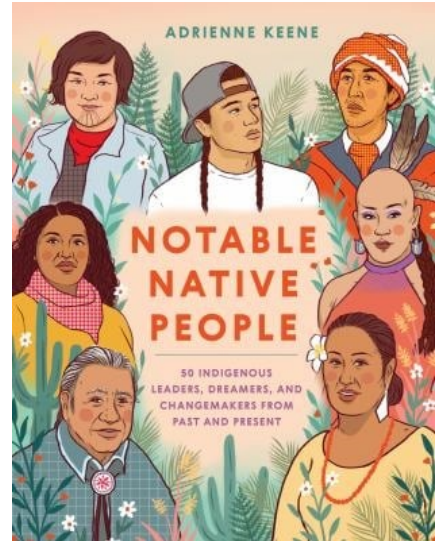
“A house without books is like a room without windows. No man has a right to bring up his children without surrounding them with books, if he has the means to buy them. It is a wrong to his family. He cheats them! Children learn to read by being in the presence of books. The love of knowledge comes with reading and grows upon it.”

— Henry Ward Beecher, Eyes and ears

American Indians Minute

Adrienne Keene, born in 1985, is the author of the book, *Notable Native People: 50 Indigenous Leaders, Dreamers, and Changemakers from Past and Present*. Keene herself is a notable Native person, raised far away from her Cherokee community. Keene is a Harvard graduate, School of Education, Ed. D. Keene is an assistant professor of American Studies and Ethnic Studies at Brown University, where her research focused on educational outcomes for Native students. Keene is a scholar, writer, and podcaster whose work focuses on representations of native people in popular culture and higher education.

Source: Keene, Adrienne. *Notable Native People* (pgs. 11-12, 137). Ten Speed Press, Copyright 2021



American Indian Scholarships

Sonja Johnson was recently approached by Joanne Faulkner National Vice Chair-American Indian Scholarships, asking if anyone in our Chapter would be interested in reviewing the Native American scholarships in Spring 2026

There are two such scholarships:

1. The American Indian Scholarship for \$4,000.00 (may be more than one awarded each year) which requires a 3.25 GPA and has a deadline of January 31.
2. The Frances Crawford Marvin American Indian Scholarship (one awarded per year) with a 3.25 GPA requirement and a variable award sum determined annually by the return on the endowment and has a deadline of January 31.

Please let me know by September 30, 2025

Sonja.k.johnson@gmail.com

Committee Minutes

Protocol Committee

Rachel Dowling, NVC Protocol Committee,
Communications/DOC

Sounds like a stuffy committee, right? Actually the Protocol Committee is pretty interesting, and vital to a lot of DAR events and practices. I recently spoke with the National Chair, Cynthia McNamara, and we spoke about how vital protocol is to regular operations in DAR and how the committee can make these topics more accessible in this administration.



Mrs. McNamara and I will be working on the DOC to answer questions, responding to emails, and writing a blog about interesting topics when they come up. Were you ever curious how to address someone with a sash? Or who the State Regent sits to the left of on the podium? Maybe not, but you could be now! Please feel free to reach out and asks questions. I'm happy to help. [NSDAR Protocol Committee Contacts](#)

America 250!

Rachel Dowling, America 250! Chapter Chair

Per the interest survey we sent out, I am so excited to see that some of you are interested in being on the America 250 committee for the chapter! It is so vital we really celebrate and enjoy this monumental occasion together as a chapter, and with our community. Please feel free to reach out to me and we can connect to make this Semi quincentennial as special as it deserves to be. Let's roll up our sleeves and get to work!

Check out this link for local upcoming events: <https://va250.org/fredericksburg/>



Committee Minutes

Insignia Minute

The Insignia store has announced that order processing may take longer than usual, Non-Engraved orders may take up to 4 weeks. Engraved orders may take up to 10 weeks. They are working hard to fill all orders as rapidly as possible.



Units Overseas Minute



If you are interested in becoming a member of the newest DAR Units Overseas chapter, the Hercules Mulligan Chapter in Ireland please visit their website to complete your Associate membership form www.herculesmulligandar.org

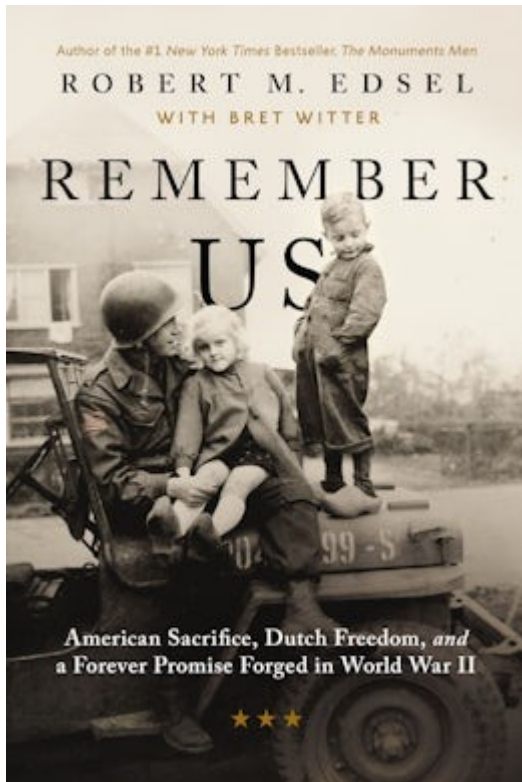


DAR Magazine

A DAR, American Spirit, Magazine Subscription is no longer required when registering for the Members, New Horizons or Committee Leader Courses. All courses contain different and very enlightening information to help you enjoy your DAR journey even more!



Book Club



Book Club
TBD via Zoom
Link will be sent out later

Remember Us, by Robert Edsel—#1 New York Times bestselling author of *The Monuments Men*—begins in the pre-dawn hours of Hitler's invasion of Western Europe on May 10, 1940, when his forces rolled into the small rural province of Limburg in the Netherlands shattering more than 100 years of peace. Their freedom gone, the Dutch lived through four-and-a-half years of occupation until American forces reached Limburg in September 1944, the last portion of Western Europe liberated by the Allies before their advance on Nazi Germany slammed to a halt.

Like *The Monuments Men*, *Remember Us* is an ensemble piece that follows twelve main characters over a six-year span, zeroing in on ordinary people including Frieda van Schäik, a teenager who falls in love with an American soldier; Lieutenant Colonel Robert Cole, the first member of the 101st Airborne to receive the Medal of Honor; and Sergeant Jeff Wiggins of the 960th Quartermaster Service Company, who escaped the poverty and racism of Alabama for yet another indignity—digging graves.

Drawing on never-before-seen letters, diaries, and other historical records, Edsel shows the painful price of freedom, on the battlefields and inside American homes. In this rich, dramatic, and suspenseful story, he captures both the horrors of war and the transcendent power of gratitude, showing the extraordinary measures the Dutch have taken to thank their liberators. *Remember Us* is exactly the book we need—a reminder that grief is universal, that humanity knows no national or racial boundaries, and that we all want to be remembered, somehow, someday, by somebody.

Committee Leader Course—Susan Harvin

Are you interested in taking one of the DAR courses but are too shy because you don't know the contact person? Problem solved! FOTR's own Susan Harvin is the Committee Leader Course Coordinator for Virginia, 2025-2028.

With a smiling face, Susan will be happy to sign you up and help guide you thru so you can become a knowledgeable and effective Committee Leader both in and outside of DAR.

Learn what it takes to be a more effective committee leader, from the chapter level all the way up to national chair. Coursework focuses on aspects of committee leadership and helps chairs learn all about how to become an effective leader, set goals and plan events, as well as work effectively with your team. Like the Members Course, content consists of self-paced, online webinars, in addition to completing three (3) committee workbooks. You create a fictional chapter service project or event, but unlike the Members course, you do not have to host the event. The planning process will prepare you for any future chapter project



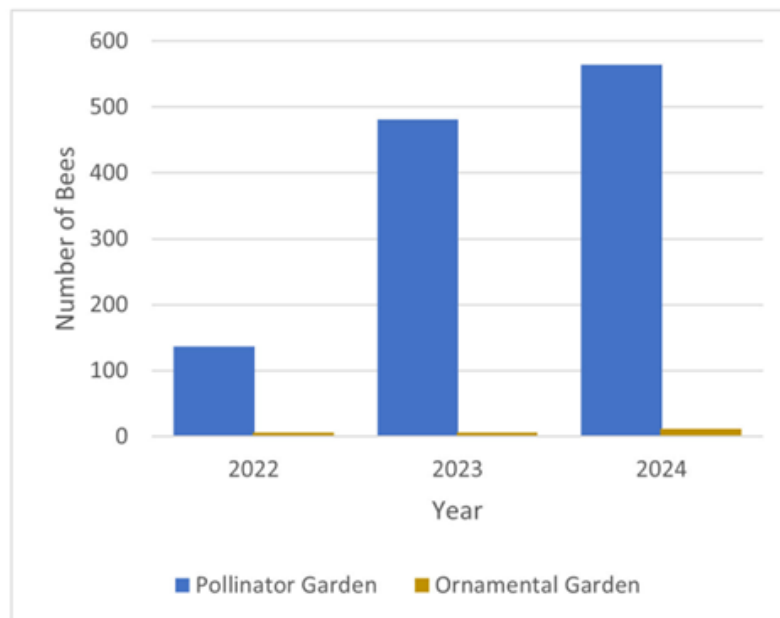
The DAR Leadership Training Committee is proud to be the home for the Member Training Courses. The courses provide an opportunity for members to learn more about DAR and how to become active and engaged participants in DAR at all levels — chapter, state, and national. The courses have been designed to 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.

Conservation Minute—Donna Courtney

While "regular flower garden" is a broad term, it is safe to say that a well-designed pollinator garden is healthier for the ecosystem and environment. This is largely because pollinator gardens typically rely on native plants and less on pesticides, creating a more robust and resilient ecosystem. A conventional flower garden, which may prioritize aesthetics over ecosystem benefits, often has the opposite effect. It's essential to choose plants that have not been treated with pesticides, insecticides or neonicotinoids. You'll also want to focus on selecting perennials to ensure your plants come back each year and don't require a lot of maintenance. Remember to think about more than just the summer growing season.

- **2022:** 137 native bees recorded in the pollinator garden and only six bees in ornamental areas.
- **2023:** 481 bees recorded—a 250% increase over the previous year.
- **2024:** 564 bees observed, with more than 20 species identified and more than **50** times more bees in the pollinator garden than in nearby ornamental areas!



Not only did the total number of bees continue to rise each year, but species richness and diversity increased. In fact, bees from four of the five bee families found in North America were observed in the garden in 2024, including miner bees, mason bees, long-horned bees, sweat bees, and five species of bumble bees.

Honor Flight—September 20

We're so glad your Daughters of the American Revolution Chapter will be greeting the Veterans from Southeast Florida as they arrive on September 20.

To greet these Veterans as they exit security, just show up where the Veterans (as well as all other passengers) exit from security. Make sure you are at the proper Terminal. This information is shown on our schedule. There will likely be at least one Honor Flight volunteer there to answer any questions you might have. There is no registration for this--just show up!

To greet these Veterans at DCA as they deplane (with a gate access pass)--click the [REQUEST YOUR GATE ACCESS PASS \(GAP\) HERE](#) link to sign up for a gate access pass for that flight. For a group this size, each person should request their own GAP. Have everyone fill out the form, being sure to click on the Submit button. After people fill out and submit the form, they will hear from us 24-48 hours before the flight to let them know everything they need to know--information about parking and public transportation, when and where to pick up their gate access pass before the flight, etc. If anyone does not see an email from us at that time, please have them check their Spam folder.

Thank you so much for your interest in greeting these Veterans. We look forward to meeting everyone in your group! If you have further questions, let me know.

Some members are car pooling: please reach out to Rachel Dowling, Vice Regent for more information.

Honor Flight's Mission

GOAL: Helping every single veteran in America, willing and able to board a plane or a bus, to visit THEIR memorials.

PRIORITY: Top priority is given to America's most senior heroes — World War II era veterans, and any veteran with a terminal illness who wishes to visit THEIR memorial. The program will naturally transition to Korean War, Vietnam War and all other veterans who served, on a chronological basis.

ELIGIBILITY: All men and women serving stateside or overseas.

PHILOSOPHY: Since America felt it was important to build a memorial to the service and the ultimate sacrifice of her veterans, the Honor Flight Network believes it's equally important that these Veterans actually get to visit and experience THEIR memorial.

MOTTO: "We can't all be heroes. Some of us have to stand on the curb and clap as they go by." – Will Rogers



SEPTEMBER: NATIONAL FAMILY MONTH- HIGHLIGHT CELEBRATE DAUGHTERS MEMBERS WHO BALANCE CAREER, FAMILY AND VOLUNTEERING-

Cultural Heritage Day

Dedicate a day to celebrate your family's cultural heritage. Prepare traditional dishes, dress in culturally significant attire, and share stories about your ancestors' customs and traditions. This can also include learning a few words or phrases in a language spoken by your ancestors. You could extend this to include cultural games, music, or dances, providing a well-rounded experience that engages all senses.

Explore Local History

Visit local historical sites or museums related to your family's history. This helps children understand their ancestry in a broader historical context.

Family History Month is an ideal opportunity for homeschool families to connect with their roots. By engaging in these activities, you'll not only enrich your children's understanding of their heritage but also create cherished family memories. Embrace the journey of discovery and celebrate the unique stories that define your family!

CELEBRATE NATIONAL DAUGHTERS DAY
SEPTEMBER 25.

Service To America

Saluting Branches

As many of you know, the Mission Barbeque Restaurants in Woodbridge, Stafford and Fredericksburg are unable to participate this year. Stafford's resources are committed to the Marine Marathon, Fredericksburg is committed to 9/11 and Woodbridge, our sponsor for 10 years, uses it's resources for active and retired Military and First Responders.

We currently have enough paper products and cases of water what we do need are donations of food. Please sign up [here for donations](#)

These volunteer arborists are always very appreciative of our efforts in providing a lunch for them. (PJ did say they would even enjoy peanut and jelly sandwiches!) Thank you for your continued support and efforts to make this a great lunch., Please share this e-mail with any participants that I may have overlooked.

Best,
Susan Harvin
Falls of the Rappahannock Chapter, NSDAR

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 August 30, 2025

Chapter goal is :2,250

1,012.50

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.

Dates to Remember

September 6: Read a Book Day

September 8: International Literacy Day

September 11 Chapter Meeting—Fredericksburg Library

September 17: Saluting Branches

September 17-23: Constitution Week

September 20 Honor Flight at DCA

September 30 September 30: The Next Community Meal at the Masonic Lodge. Sign up will be sent out

October 10 Chapter Meeting Location: Howell Branch Meeting Room 1, 7-8 PM

October 11: DAR National Day of Service.

November 4: National Defense Luncheon at Stratford Hall.

What to bring to the Meeting

Your Self!	Plastic Bags
Coupons	Coke Caps
Stamps for our Chaplain	Get Well/Birthday Cards
Aluminum Tabs	Donations for the Piggy Banks
Thank you Cards for Service Members	Paperback Books

State Regents Tea



Continental Congress



Rachel Dowling was the recipient of the Outstanding State Member for honoring Vietnam Veterans. Fifth winner from our Chapter. Congratulations Rachel.

Summer Summit—Richmond



District IX Annual Meeting



President Generals Tea

Congratulations to President General Ginnie Storage.



President Generals Tea

