



## *Falls of the Rappahannock* *Chapter NSDAR*



**April 2024**

**Chapter Officers: 2023 -2024**

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**Chapter Website:**  
[www.fotrDAR.org](http://www.fotrDAR.org)

**State website:**  
[VirginiaDAR.org/members](http://VirginiaDAR.org/members)  
(requires password)

**National Website:**  
[Members.dar.org](http://Members.dar.org)  
(requires password)



**Saturday, Apr. 13**

**Meeting at 10:30 am**

**Luncheon at 12:30 pm**

**Award Recognition Luncheon**

**Hostesses: Donna Sayre, & Chapter members**

**Place: Regester Chapel UMC, 106 Regester Chapel  
Rd., Stafford**

## Regent's Corner

Happy April, DAR Darlings.

I hope you are enjoying the beauty of the spring flowers that are popping up all around. Tulips, daffodils, hyacinth and paper whites are dotting my front yard and I love it. When I first moved to North Carolina after growing up in Southern California, I couldn't figure out what the yellow dust was all over my furniture. No spring allergies where I grew up!

Thank you (again) to Rachel Dowling for presenting the America 250! program for us. This is an important anniversary for our country and the DAR is encouraging all chapters to get involved. If you have an idea for a project, please let me know, otherwise we may team up with another chapter.

A big thank you to the Nominating Committee for their work in getting the slate of officers for 2024-2025. They are:

Regent - Tracy Ramos

Vice Regent - Pam Childs

Secretary - Wanda Stevens

Treasurer - Donna Sayre

Registrar - Myra Wiggins

Chaplain - Debbie Henning

Historian - Jessica Doiron

Librarian - Nancy May

I attended my first State Conference in March and enjoyed listening to the many activities and projects that are happening in Virginia, meeting fellow Virginia daughters and getting updates from the state committees. Virginia has the 3rd largest DAR membership and boy are we busy supporting historic preservation, education and patriotism within our great state. If you have an idea for a project or outing, please share it. This is your chapter and we want to plan activities and projects that appeal to our members.

Our monthly meeting in April is our annual Youth Recognition awards on Saturday, April 13 to be held at Regester Chapel. I hope you will join us as we recognize some stellar youth from within our community.

And don't forget to log your service hours. This is an important way we demonstrate the many ways we support the work of the National Society.

Continue to Sparkle and Shine!

Tracy Ramos

## *President General's Message*

Dear Daughters,

Spring brings renewal and I hope you are as excited for the next several months in DAR as we are! DAR has so much to offer and we hope you will continue to share your SPARKLE, even by trying new projects in historic preservation, education, and patriotism.

We are excited to share that late last month, a new gallery exhibit called “Sewn in America” opened in the DAR Museum. This groundbreaking exhibit, which is available through early December, features clothing, household textiles, quilts, and needlework. It examines the role sewing has played American lives, and captures how women of diverse backgrounds have used their needles to express emotions and identity and as a force for benevolence and justice. If you aren’t able to experience the exhibit in person, we have additional avenues through which you can enjoy our museum, such as through the Tuesday Lecture Series online (see the education tab of the DAR Museum Committee webpage) or by reaching out to a Correspondent Docent in your state.

Separately, April marks the 249th anniversary of the “shot heard around the world” in the Revolutionary War’s first armed conflict at the battles of Lexington and Concord. As we reflect on all the events that led to the Revolutionary War and as we prepare for our nation’s 250th celebration, we hope that each DAR chapter across the country is finding meaningful opportunities to engage local communities—whether through 250 Markers or other events. This is a unique moment to celebrate our shared history and promote patriotism and we each have a role to play!

Next month, from 6-8 May, we will host our annual DAR Genealogy Research Institute at our headquarters in Washington, D.C.. We still have a few spots remaining, so please register as soon as possible here or through the announcements section of the DAR Member’s Website. This year we are thrilled to be joined by Professional genealogist Blaine Bettinger Ph. D., J.D., the premier authority in the use of DNA for genealogy research, and Craig R. Scott, MA, CG, FUGA, an industry-renown expert in military records. From behind-the-scene tours to one-on-one guidance, it’s an event that our genies do not want to miss!

Finally, we hope you will join us this summer in Washington, D.C. to Celebrate Stars and Stripes Forever! The official Congress Website, [www.dar.org/Congress](http://www.dar.org/Congress) has gone live and pre-registration for the 133rd Continental Congress will run from April 15th through June 1st. Please encourage members, delegates, alternates, and guests to pre-register. The website is updated frequently, so please take a look for featured events, and the most up-to-date information.

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

Pamela Rouse Wright

President General



Our Service in Seconds project this month is Gas Cards for the Volunteer Office at McGuire Medical Center. Any denomination is appreciated.



### What can be recycled?

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



### 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](mailto: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.

## What to bring to the April Meeting

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

- \* Pull tabs (not the lottery kind)
- \* Food for the Luncheon
- \* Donations for our Piggy Banks
- \* Coupons
- \* Coke caps
- \* Assorted Cards and books of Stamps for our Chaplain, Debbie Henning
- \* YOU
- \* A Guest

### **SERVICE to AMERICA!**

**Our Chapter hours donated total as of 2024**

**159.75**

**Chapter goal is 2,790**

**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.



## Conservation Minute, Donna Courtney

### Making the Trip

During migration, a hummingbird's heart beats up to 1,260 times a minute, and its wings flap 15 to 80 times a second.

To support this high energy level, a hummingbird will typically gain 25-40% of their body weight before they start migration in order to make the long trek over land, and water.

They fly alone, often on the same path they have flown earlier in their life, and fly low, just above tree tops or water. Young hummingbirds must navigate without parental guidance.

Hummingbirds fly by day when nectar sources such as flowers are more abundant. Flying low allows the birds to see, and stop at, food supplies along the way. They are also experts at using tail winds to help reach their destination faster and by consuming less energy and body fat.

Research indicates a hummingbird can travel as much as 23 miles in one day. However, during migration as they cross the Gulf of Mexico they may cover up to 500 miles at a time. Their average speed in direct flight is in the range of 20-30mph, and up to three times that fast during courtship dives.



## April: National Poetry Month

### *Concord Hymn*

**BY RALPH WALDO EMERSON**

Sung at the Completion of the Battle Monument, July 4, 1837

By the rude bridge that arched the flood,  
Their flag to April's breeze unfurled,  
Here once the embattled farmers stood  
And fired the shot heard round the world.

The foe long since in silence slept;  
Alike the conqueror silent sleeps;  
And Time the ruined bridge has swept  
Down the dark stream which seaward creeps.

On this green bank, by this soft stream,  
We set today a votive stone;  
That memory may their deed redeem,  
When, like our sires, our sons are gone.

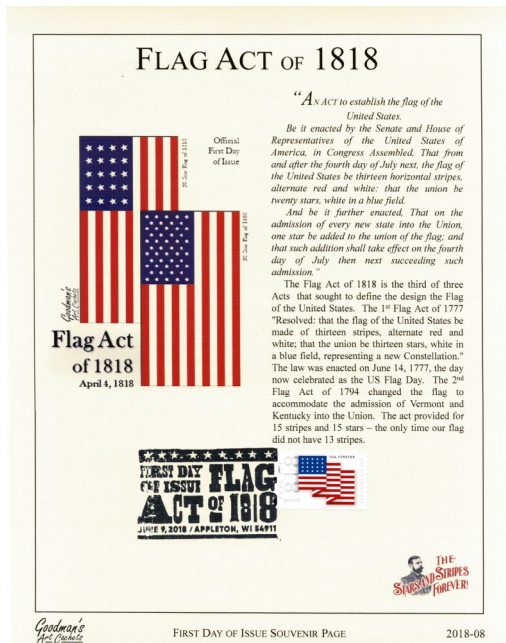
Spirit, that made those heroes dare  
To die, and leave their children free,  
Bid Time and Nature gently spare  
The shaft we raise to them and thee.

# Committee Minutes, Susan Harvin

## Flag Minute

The June 14, 1777 Flag Resolution stated “Resolved that the flag of the United States be 13 stripes, alternating red and white, that the union be 13 stars, white in a blue field representing a new Constellation.

The Flag Act of April 4, 1818 provided for 13 horizontal stripes and having the number of stars match the current number of states it also provided that changes in the number of stars be made on July 4.



## Insignia Minute

A convenient way to add to your DAR donor pin collection is to find a pin that you want in the Donation pin listing in the Insignia Store, check to see the amount of the donation required to be eligible to purchase it, then enroll in the Sustaining Supporter program (yes, there's a pin for that, too) designate your donation towards the required fund (minimum of \$5 per month), when your donation total reaches the required donation amount you are then eligible to purchase the pin.

PLEASE NOTE: some pins require a one time donation of the full amount to the designated fund to be eligible to purchase the pin so please verify that the donation to the fund to earn the right to purchase the pin you desire is eligible to be paid under the Sustaining Supporter Program. All required donations are separate from the cost of the pin.

## Units Overseas

Making plans to attend Continental Congress in June? In past years members have been able to purchase a ticket to shop at the fabulous Units Overseas store even if they are not attending the UO luncheon. Hopefully, this will also be true in 2024





## Constitution Committee Minute

### "I Am an American Day"

In 1939, the New York City news tycoon **William Randolph Hearst** suggested the creation of a holiday to celebrate American citizenship. Not only did Hearst have a wide readership of his many daily newspapers, but he had significant political connections, and in 1940, Congress designated the third Sunday in May as "I am an American Day." President Harry Truman presented the resolution, setting aside this date in honor of the American people, especially those who had recently become citizens of the United States.

The holiday quickly gained support and popularity through the efforts of the United States Immigration and Naturalization Service. Additionally, in 1944, Hearst sponsored a 16 minute film titled *I Am an American*, which was featured in American theaters, and subsequently became a top news story. It was an immediate hit. Within 5 years, the governors of the existing forty-eight states had issued state proclamations in agreement with the national holiday.

One of the most significant individuals in the development of the holiday was a Louisville, Ohio resident named **Olga T. Weber**. In 1952, she petitioned the leaders of the municipality to change the date of the holiday to correspond with the anniversary of the signing of the United States Constitution. Once they agreed to it, she didn't stop there, and took her requests to the State, who also approved. In 1953, Olga went to United States Congress, and both the Senate and the House of Representatives approved her requests. The original resolution was overturned and a new law took its place. After Dwight D. Eisenhower signed it, the "I am an American Day" observation became "Citizenship Day" and moved to September 17.

Louisville, Ohio was the first city in the United States to celebrate Citizenship Day on September 17, 1952.



## DAR Museum Committee    Tracy Ramos, Chair

April 16, 2024    Tuesday Talk—The Art and Story of Esther Nisenthal Krinitz

Noon

Esther Nisenthal Krinitz was 15 in 1942 when Nazis ordered the Jews of her Polish village to report to a nearby train station. She chose to flee with her 13-year-old sister, never to see the rest of her family again. Decades later, determined to show her daughters the family she had lost, Esther created a series of 36 exquisite works of fabric collage and embroidery—a legacy of love, grief and the sheer force of memory. One of these panels is featured in the latest DAR Museum exhibition, “Sewn in America: Making – Meaning – Memory”

Join her daughter, Bernice Steinhardt, for a talk as she shares images of her mother’s work along with her memories of their creation.

Speaker: Bernice Steinhardt, President of Art and Remembrance

The event is free, but pre-registration is requested. This event is taking place in-person but will be streaming online.

Register virtually here: [https://us06web.zoom.us/webinar/register/9417020520749/WN\\_USZQdVaFTGOu77s8eBqx2g](https://us06web.zoom.us/webinar/register/9417020520749/WN_USZQdVaFTGOu77s8eBqx2g)

Register in person here: <https://TuesdayTalkApr2024.eventbrite.com>

April 20, 2024                      Exhibition Workshop: Make your Own Story cloth

10am – 2pm

\$25

Join us for a captivating Storycloth Workshop at the DAR Museum. Esther Nisenthal Krinitz, a Holocaust survivor, used fabric and stitches to tell her daughters the story of the family she had loved and lost. In this half-day workshops, participants will learn about Esther’s art and story, and then create their own story-cloths about their own families. The April workshop will be geared toward families—parents, grandparents, and children, akin to Esther’s own image of Coming to America included in the DAR exhibit.

Led by the talented team at Art & Remembrance, this in-person event offers a unique opportunity to learn this traditional craft and create your own meaningful storycloth. No prior experience is necessary - just bring your creativity and an open mind! Don't miss out on this inspiring workshop that combines art, history, and personal narratives.

Instructor: Bernice Steinhardt, Art and Remembrance

Registration includes all supplies.

Register to attend: <https://StoryclothApril2024.eventbrite.com>

## DAR Schools

Education is the foundation to a brighter future A New Way to Help our DAR Schools Give 5% Back To Your School!

Shop at Office Depot/Office Max for your office and school supplies.

Your DAR School will receive 5% back in credit for FREE supplies when you make a purchase of qualifying products and provide your school ID at checkout.

Go to the Give Back To Schools website for more information and to print your School ID Card.

<http://www.officedepot.com/a/content/back-toschool/5percent/>

It's a small act that can make a huge difference.

DAR School ID Numbers:

Kate Duncan Smith DAR School – 70229449

Berry College – 70026330

Crossnore Communities for Children, Williams Academy – 70060833

Hillside School – 70044465

Hindman Settlement School - 70237307



## AMERICAN INDIANS COMMITTEE

Sacajawea (1788–1812) – Sacajawea was an indigenous Lemhi Shoshone woman, best known for helping the Lewis and Clark Expedition achieve the objectives of their chartered mission by exploring the Louisiana Territory.

Like other Native women, her contributions speak for themselves. From North Dakota to the Pacific Ocean, Sacagawea journeyed thousands of miles with the expedition.

Adding to her services to natural history, she aided in the establishment of cultural contacts with Native American populations.



## Dates to Remember

Plan now to attend the following:

**Chapter Meeting—Thursday May 9, 7 pm**

Program: Hey Cuz! How many relatives did you find on the FamilySearch app?

Speaker: Myra Wiggins

**Chapter Meeting—Thursday, June 13, 7 pm**

Installation of 2024-2025 Chapter Officers

**133rd Continental Congress** - check the DAR website for available hotels

June 26 – June 30, 2024, Washington DC

**August 3—District IX Meeting**

Stratford Hall

## 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.

Contact Tracy Ramos or Susan Harvin to find out more info! You will be glad you did.



# 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.