



# EXCHANGE

THE EXCHANGE CLUB OF CARLISLE, PA

*Carlisle Exchangite December 2022*

## Exchange Club of Carlisle

### Club Officers

#### **President**

Terry Young

#### **President-Elect**

Susan Murray

#### **Secretary**

John Murray

#### **Treasurer**

Bob Beard

#### **Immediate**

#### **Past President**

Bob Taylor

### Directors

Ken Stoltz

Barrie Zais

Dennis Nielsen

Lee DeVenney

Vacant

### Communications Director

Susan Murray

[jdmi@pa.net](mailto:jdmi@pa.net)

### Webmaster

John Murray

### Photographers

Anne Wood

Bill Yufer



Find us on Facebook:

Exchange Club of Carlisle, Pennsylvania

[www.ExchangeClubofCarlisle.org](http://www.ExchangeClubofCarlisle.org)

[www.NationalExchangeClub.org](http://www.NationalExchangeClub.org)



*Susan Murray with the Girl Scouts*

## Veteran's Day

On 11/11/2022, Susan Murray taught Girl Scouts in Daisy Troop 10516 (grades K-1 in blue vests), Brownie Troup 10538 (grades 2-3 in brown vests), and Junior Troop 10536 (grades 4-5 in green vests) from St. Patrick Church (leaders Lindsay Czarnecki & Madison Morales) in addition to older Cadette (grades 6-8), Senior (grades 9-10) and Ambassador (grades 11-12) Scouts in tan vests in Troop 11467 in Carlisle, PA about the history of the American Flag, how to fold the flag, and how to properly care for the flag. Then the scouts helped the club take down and American Flags which lined Square in honor of Veteran's Day. The 16 girls included girls from all 6 age levels of Girl Scouts working together.

Bob Taylor organized the flag retrieval and were assisted by John and Susan Murray.



*Scouts carefully rolling the flags for storage*



*Scouts with Susan Murray, John Murray, and Bob Taylor in the back*

## Meetings



President Terry Young and Ann Couldridge

**November 8, 2022**

### The Arc of Cumberland & Perry Counties

Anne Couldridge, Executive Director of The Arc of Cumberland & Perry Counties (CPARC) gave an informative presentation about the organization at the November 8, 2022 meeting. She also discussed the challenges they faced during COVID-19. They are helping an incredible number of people with intellectual disabilities lead a better life. She also explained their Sassy Gourmet Catering program and recommends everyone order from them for their next event at this link:

<<https://cparc.org/order-sassy-gourmet/>>.

## Participation Opportunities

### Dec 4 (Sun) - Children's Christmas Party

- 1:00 PM - 5:00 PM at St. John's Episcopal Church
- Schedule is attached to the newsletter
- POC: Susan Murray ([jdmi@pa.net](mailto:jdmi@pa.net) / 717-713-3933)

### Dec 6 (Tue) - Salvation Army Bell Ringing

- 9:00 am - 9:00 pm (Barrie will send out Sign-up sheet)
- Karn's Foods - located at 1706 Spring Road, Carlisle
- POC: Barrie Zais ([zaisb@comcast.net](mailto:zaisb@comcast.net) / 717-258-3061 or)



**VOLUNTEER  
BELL RINGERS  
NEEDED!**

*Ring a bell...help change a life*

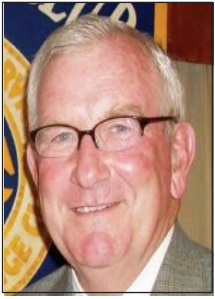
### Dec 9 (Fri) - Exchange Club Christmas Party



- 6:00 PM - Social, 6:30 PM - Dinner followed by the Exchange of Decade Recognition
- Location: Carlisle Country Club (1242 Harrisburg Pike, Carlisle)
- \$36 per Person
- RSVP by Dec 1<sup>st</sup> to Bob Beard with meal selection
- POC: Bob Taylor ([taylorrh@pa.net](mailto:taylorrh@pa.net) / 717-440-4168)

## Mark Your Calendars

- |              |                   |   |
|--------------|-------------------|---|
| Dec 4 (Sun)  | 1:00 pm - 5:00 pm | - Children's Christmas Party at St. John's Episcopal Church   |
| Dec 6 (Tue)  | 9:00 am - 9:00 pm | - Salvation Army Bell Ringing at Karn's on Spring Rd., Carlisle   |
| Dec 9 (Fri)  | 6:00 pm           | - Member Christmas Party  |
| Dec 13 (Tue) |                   | - Meeting Cancelled - Too Close Christmas Parties   |
| Dec 20 (Tue) | 2:00 pm           | - Board meeting at Miseno's II  |
| Dec 27 (Tue) |                   | - Meeting Cancelled - Too Close Christmas   |
| Jan 10 (Tue) | 6:00 pm           | - Meeting at Cumberland Crossings<br>Presentation: Colonel R. Scott Buran: War, Peace & Justice Project |
| Jan 17 (Tue) | 2:00 pm           | - Board meeting at Miseno's II  |
| Jan 24 (Tue) | 6:00 pm           | - Meeting at Cumberland Crossings<br>Presentation: Becca Raley: Partnership for Better Health           |
| Feb 14 (Tue) | 6:00 pm           | - Meeting at Cumberland Crossings<br>Presentation: UPMC Representative on Orthopedics Issues            |



### **A Few Words from the President . . .**

Although we will have few meetings, December is always a very busy time. My thanks to Bob Taylor for his hard work orchestrating the Christmas Party (never an easy task), to Barrie Zais (and all the volunteers) for our Salvation Army bell ringing, and Susan and John Murray and their band of outstanding committee members for their work on the Christmas Party. They encountered some speed bumps but were able to overcome all of them. As we approach the Holiday Season, I am reminded once again of all our blessings. I wish you a very Merry Christmas and joyous New Year. I hope you have the opportunity to spend some time with friends and family. My sincere best wishes to all.

*Terry*



## Exchange Club Member Christmas Party

Carlisle Country Club  
1242 Harrisburg Pike

Friday, December 9, 2022

\$36 per Person

Social 6:00 Dinner 6:30

### DINNER MENU

\*\* Roast Beef

or

\*\* Chicken Parmesan

Dessert

Coffee and Tea

### RETURN FOR RESERVATIONS

NO LATER THAN FRIDAY DECEMBER 1, 2022

_____	_____	@\$36.00 = _____
Print Name	No. of people	Total on check
_____ Roast Beef	_____ Chicken Parmesan	
No.	No.	

Make check payable to **Exchange Club of Carlisle** and **mail to:**

**Bob Beard**

**140 Faith Circle**

**Carlisle, PA 17013**

# Exchange Club of Carlisle

## Children's Christmas Party Volunteers

Date: Sunday, December 4, 2022  
Location: St. John's Episcopal Church (1A North Hanover St. Carlisle, PA)  
POC: Susan Murray, 717-713-3933 / [jdmii@pa.net](mailto:jdmii@pa.net)

### Party A: Volunteers 12:00 - 3:00 (Party 1:00 - 2:30)

- |  |   |
|--|---|
| 1. <a href="#">Susan &amp; John Murray</a>   | 5. <a href="#">Lee &amp; Helen DeVenney</a> |
| 2. <a href="#">Bill &amp; Jean Yufer</a>     | 6. <a href="#">Walt &amp; Anne Wood</a>     |
| 3. <a href="#">Lynda Cook</a>                | 7.  |
| 4. <a href="#">Dennis &amp; Jody Nielsen</a> | 8.  |

### Party B: Volunteers 3:00 - 5:30 (Party 3:30 - 5:00)

- |   |                                     |
|---|-------------------------------------|
| 1. <a href="#">Susan &amp; John Murray</a>  | 5. <a href="#">Dick Gillenwater</a> |
| 2. <a href="#">Bill &amp; Jean Yufer</a>    | 6.                                  |
| 3. <a href="#">Lynda Cook</a>               | 7.                                  |
| 4. <a href="#">Lee &amp; Helen DeVenney</a> | 8.                                  |

### Donate 4 dozen homemade cookies for dessert trays

- Cookies can dropped off by Friday, Dec 3 or Saturday, Dec 4 at Susan Murray's house
- (804 Wellington Dr. Carlisle) or brought to the party by 12:00
- If you cannot attend the party, cookies can be given to Susan Murray in a zip lock bag to be frozen any time before Dec 4.
- Any type of cookie is welcome. Since there are multiple bakers, all the cookies can be the same or a variety
- Can be on tray, in a container or zip lock bag to be placed on a tray for dinner.
- Can be premade and frozen.

- |   |    |
|---|----|
| 1. <a href="#">Jody Nielsen and Sofia</a> | 4. |
| 2. <a href="#">Bob Beard</a>              | 5. |
| 3. <a href="#">Jean Yufer</a>             |    |

### Job that will need volunteers:

Photographer: Need a couple photographers at each party to get pictures of the event

Kitchen staff: serving food, refilling snack bowls with veggies and chips, drinks,

Clean up: Doing dishes in the dishwasher and wiping up the tables as guests leave

Wood craft: Helping the kids nail the wooden crafts together

Plastic ornament craft: Helping the kids decorate a plastic ball ornament with stickers and markers

Cookie decorating craft: Helping the kids decorate a cookie to eat with icing and sprinkles

Library Station: Helping the kid select a used book to take home and replacing more books

Guest interaction: Talking to the kids and encouraging them to do the activities

# EXCHANGE CLUB SALVATION ARMY BELL RINGING

**Karns Foods-1706 Spring Road, Carlisle**

**Tuesday December 6, 2022**

<b>NAME</b>	<b>TELE</b>	<b>NAME</b>	<b>TELE</b>
9-10 Dick Gillenwater	717-249-8905	Larry Foote	717-249-3241
10-11 Dick Gillenwater	717-249-8905	Ken Stoltz	717-258-3459
11-12 Dennis Nielsen	413-887-8877	Gus Gustafson	717-243-1876
12-1 Susan Murray	717-713-3933	John Murray	717-243-7026
1-2 Walt Wood		Anne Wood	717-486-8069
2-3 Lynda Cook	717-360-0183	Barrie Zais	717-258-3061
3-4 Rick Bonner		John Murray	717-243-7026
4-5 Rick Rovegno	717-991-6740	Wayne Shade	
5-6 Terry Young	717-580-8216	John Wain	717-448-1735
6-7 Bill Yufer	717-422-0419	Jean Yufer	717-249-4642
7-8 Bob Taylor	717-440-4168	Linda Taylor	
8-9 Bob Taylor	717-440-4168	Linda Taylor	

Sign up or Questions: Barrie Zais 258-3061 [zaisb@comcast.net](mailto:zaisb@comcast.net)

Salvation Army Contact- Captain Ozzie Urbaz 717-249-1411 ext. 121