



March 2018

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2017-2018**

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Falls of the Rappahannock

Chapter NSDAR



March Meeting

Thursdays, March 1, 2018

Program: The American's Creed

by

Diane Zalenski

Mary Washington House

1200 Charles St.

Fredericksburg VA

Please bring empty, used toner cartridges to the conference in March. If not going, bring to our March Meeting.

CHAPTER CHAT

We would like to extend Get Well wishes to Norma Polley



HAPPY BIRTHDAY

March 3 Pamela Ehrmann

March 9 Norma Polley

March 17 Mary Rumora

March 19– Susan Ashby



For Earth Day we will be needing donations of:

Biodegradable seed cups, bagged soil and non GMO seeds. Please bring to April meeting or make arrangements for pick up.

Please remember to bring the following to our meetings:

- Box tops
- Ink Cartridges
- Coupons

SERVICE to AMERICA!

Our Chapter hours donated total as of February 25

120

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!

December dates to remember:

March 3—The Star Spangled Banner becomes the National Anthem (1931)

March 5—Boston Massacre (1770)

March 11—Congress establishes Army Corp of Engineers (1779)

March 14—The Constitution of the United States of America goes into effect. (1789)

March 25 – National Medal of Honor Day

New Year; New Service to America! Hours

Continue to keep track of your hours of meaningful volunteer service. The Dillon administration wants to continue to track the impact we are having on our communities.

Ideas for meaningful service:

Read to your Grandchildren

Donate blood

Volunteer at an historic site

Collect books and donate them to the local library or schools

Volunteer at a 5K race that supports worthy cause

Welcome home active duty personnel

Volunteer at a church, school or hospital

Upcoming Events

March 9-11 C.A.R State Conference Staunton



March 16-18 VADAR State Conference Richmond



Podcast Covers the Great War Week-By-Week

The U.S. World War One Centennial Commission produces a weekly audio podcast for listening on computers or mobile devices. "WWI Centennial News" is recorded with a live audi-

ence at noon EST every Wednesday and covers events connected to the war 100 years ago that week. You can download and share the podcast online or subscribe through iTunes or Google Play Music.



Member Recognition

Our newest chapter member Lauren Marshall, has graduated Air Force Basic Training from Lackland AFB.

She is the daughter of member Heather Snyder Marshall and granddaughter of member Donna Sayre.



Upcoming Honor Flights

March 22, Thursday

- **GROUP:** Annual Medal of Honor (MoH) charter from JFK- 28 Medal of Honor recipients
- **ARRIVAL:** 11:05am American Airlines (Terminal C)- arriving from JFK [REQUEST YOUR GATE ACCESS PASS \(GAP\) HERE](#)
- **Note:** you will have to arrive no later than 10:30am to pick up your GAP
- **DEPARTURE:** varies (no DAC departure greeting scheduled)

March 31, Saturday

- **GROUP:** 22 veterans Greater St. Louis HF STL
- **ARRIVAL:** BWI (DCA departure greeting only)
 - **ACTIVITIES:**
 - World War II Memorial: 12:00am-12:30pm
 - Korean Memorial: 1:00pm-2:20pm
 - Changing of the Guard at Arlington National Cemetery: 3:00pm
 - 1 Shore Motor Coach
 -
- **DEPARTURE:** return to DCA 5:00pm for 6:45pm departure, SWA 3811



President General's Message

Dear Daughters,

As I write this message, snow is on the ground, and the temperature is hovering around 25 degrees. Yet, I know spring will come, winter will end, flowers will bloom and trees will turn green. In the same way, I know you are completing a very busy year of service to our nation. Be sure your chapter members record their Service to America hours on the [online tally](#).*

To honor Women's History Month in March, *American Spirit* magazine's March/April 2018 issue pays tribute to the many accomplishments of early American women, many of whom have gone unheralded for centuries. We enjoy bringing their stories to light, including that of Margaret Cochran Corbin, the first woman pensioner, who is again in the news. The story of the Corbin interment remains a mystery. Read this fascinating story and learn more about her history and subsequent efforts to honor her legacy on the Today's DAR Blog (<https://blog.dar.org/MargaretCorbinLegacy>)*



Plans for the [127th Continental Congress](#)* are rapidly coming together, and I look forward to seeing you in Washington, D.C., for the annual gathering of our members, June 20–24, 2018. As usual, there are many activities throughout the week, and you can review the tentative schedule of events in this issue of the newsletter. You can also download the Congress App on your phone to conveniently keep your schedule on track and get pertinent updates during the week of Congress.

Renovations to the [Museum Gallery](#)* and work on Phase Two of Constitution Hall should be completed before Congress, but by no means has all the work been completed around the building. New landscaping is planned and should be nearly finished this spring. Don't be surprised when you see small shrubs and trees when you come to Washington, D.C., this summer. They have been planted to allow for growth and maturity.

I receive many notes and cards thanking me for all I do for the DAR, but in all honesty, you are the ones doing the work! You accomplish everything for which we are noted, and you are the sustainers of this organization. I am in awe of all you accomplish and of all the women who have gone before us. This month take time to celebrate yourself!

Ann Turner Dillon
President General

Falls of the Rappahannock Chapter History

FALLS OF THE RAPPAHANNOCK (FALMOUTH, VA) entertained Ray Charles Kasper, Fredericksburg, Virginia poet, who has been commissioned to write in poetry the story of the Battle of Yorktown for the October Bicentennial Celebration.

In an effort to re-create the feeling of the men who marched from Boston to battle at Yorktown, Kasper told the chapter members he had personally visited the Vernon House in Boston where Washington, Rochambeau, and Admiral de Grasse had planned their battle strategy to surround Cornwallis and break the back of the British Army.

In the cool, pink dawn of Yorktown, Kasper walked the battle lines experiencing the excitement and anticipation the men of the Continental Line must have felt as they waited to attack Cornwallis who was entrenched in the harbour.

Mr. Kasper will read his poem, "I, Revolution" at the Yorktown celebration in October. Copies will be given to the Governors of the states of the original thirteen colonies, the President of the United States, and representatives of France, Great Britain, and Germany.

Retrieved from Daughters of the American Revolution, May 1981 p. 444

Historic Kenmore Plantation

Family Tea and Tour

Saturday, March 24

2:00 p.m. - 4:00 p.m.

Plan to attend an immersive tea and tour at Kenmore! Costumed guides will lead you and your children as you learn what it was like to grow up in the eighteenth century. The tour of Kenmore will include hands-on activities showing how children learned to be proper ladies and gentleman. The program will culminate with learning the finer points of tea service, including sitting down to your own tea party!

\$20 Adults; \$10 under 17.

Reservations required. Limited availability. For more information and reservations, please call (540) 370-0732.



Upcoming Events Around Fredericksburg

The Dust Bowl Girls

Lecture Date: March 15, 2018

Speaker: Lydia Reeder

At the height of the Great Depression, Sam Babb, the charismatic basketball coach of tiny Oklahoma Presbyterian College, began dreaming. Like so many others, he wanted a reason to have hope. Traveling throughout the dust-blown countryside, he recruited talented, hardworking young women and offered them a rare opportunity to escape the backbreaking work and desperate uncertainty of farm life in 1930s Oklahoma. Among Babb's first recruits was the tiny but powerful shot-maker Doll Harris. Part-Cherokee and part-Irish, she was the daughter of a poor tenant farmer who went hungry to save money for his daughter's basketball shoes. Then came Lucille Thurman, sixteen years old and nearly six feet tall, a shy but determined girl from a backwoods place called Cookietown.



In the fall of 1931, these and other new recruits such as tough-minded Hazel Vickers, lithe Coral Worley, and the beautiful Lahoma Lassiter, combed the sagebrush out of their hair and enrolled in Oklahoma Presbyterian College. Dust Bowl Girls takes these characters on an improbable journey to an epic showdown with the prevailing national champions, helmed by the legendary Babe Didrikson. It captures a remarkable moment in American sports history, when a beloved and visionary coach helped his young athletes achieve far more than a winning season.

Pauli Murray & Eleanor Roosevelt

Lecture Date: March 29, 2018

The Chancellor's Village Lecture

Speaker: Patricia Bell-Scott

Pauli Murray, an African American writer-turned-activist, first saw Eleanor Roosevelt in 1933, at the height of the Depression, at a government-sponsored, two-hundred-acre camp for unemployed women where Murray was living near Bear Mountain, New York. The first lady, who had lobbied Franklin Roosevelt's administration to set up the facility, appeared one day unannounced, behind the wheel of her car, with her secretary and a man presumed to be a Secret Service agent as passengers. To Murray, then aged twenty-three, Roosevelt's self-assurance was a symbol of women's independence, a symbol that endured throughout Murray's life.



Five years later, Pauli Murray, penned a letter to Franklin and Eleanor Roosevelt protesting racial segregation in the South. The president's staff forwarded Murray's letter to the federal Office of Education. But the first lady wrote back. And so began a friendship that would last for a quarter of a century between Pauli Murray, who became a lawyer, civil and women's rights pioneer, and the first black woman to be ordained as an Episcopal priest, and Eleanor Roosevelt, who became a diplomat and human rights leader in her own right.

DAR Museum Events

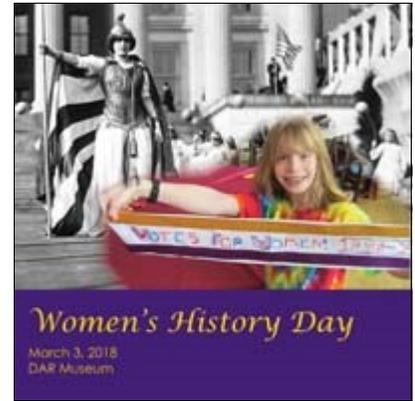
March 3, 2018

10:00-2:00

Free, drop-in

Celebrate Women's History Month at the DAR Museum. Explore the DAR museum, archives, and library as you learn about female explorers, scientists, artists, activists, authors, spies, and more! Join us to recognize powerful American women who left their mark on history. This event is FREE and open to all ages. Activities include:

- Decorate a "Votes for Women" sash like Alice Paul
- Conduct chemistry experiments like Alice Ball
- Travel around the world (museum) like Nellie Bly
- Crack a code like Mary Bowser
- Tour the museum through the eyes of incredible American women
- Visit the archives to learn about DAR members WWI service
- Learn about American women artists through hands-on activities with the National Museum of Women in the Arts



When the Armies Came to Your House

Tuesday, March 13, 2018

12:00-1:00

Free, drop-in

Join historian Deborah Peterson for a harrowing tale of what it was like for many people during the Revolutionary War when the soldiers, English & Continental, came and took your food, stock and other assorted goods. Not a pretty story!



Saturday, March 17, 2018

10AM, DAR Headquarters

Revolutionary Elizabeth's: Documenting Female Revolutionary War Patriots

Presented by: Clare Marshall

Have you ever thought about the role that your female ancestors played in the Revolutionary War? Come learn about the types of documentation that can be used to document the lives of these Revolutionary Women and their contributions to the Cause of American Independence.

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Committee Spotlight

Women's Issues: Venise Lewis, Chairman

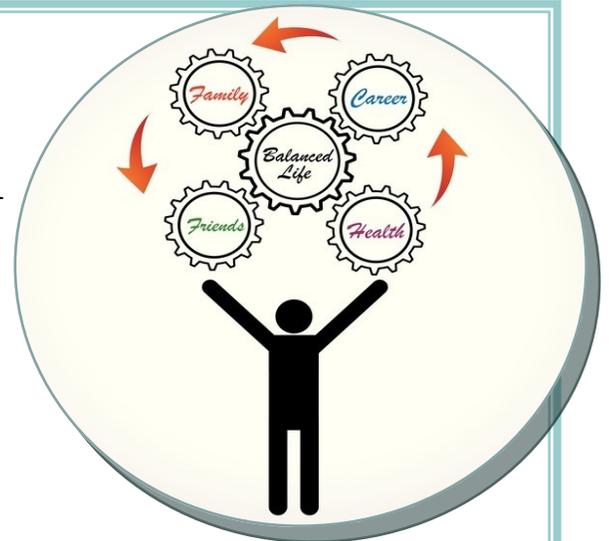
The primary purpose of the committee is to heighten awareness of the complexity of issues facing today's women.

The Women's Issues Committee is comprised of three categories:

- (1) Health Issues
- (2) Career Issues
- (3) Family Issues

Primary to the committee is the Contest, which provides a forum for members to express personal and professional issues in each category. Each intertwines with the other as does the symbol for the Dillon Administration, the arrow, which shows a westward direction.

Programs can be based on one of the categories, or a winning essay could be read as a program. Chapter Chairs should encourage the writing of essays to articulate prominent issues for women. Winners will be determined on the state, division, and national levels. A national winner from each category will be announced before Continental Congress.



Did you know?

Only half of women who have heart attacks have chest pain. Women are more likely than men to get other symptoms, including back or neck pain, indigestion, heartburn, and nausea. These symptoms are often easy to ignore or pass off as something else. Women may never even know they had a heart attack until they have another, more severe heart attack.

Committee Spotlight

Women in Military: Donna Sayre, Chairman

Deployed women in military service – Women appreciate receiving beauty and feminine products similar to what we use at home. Members are encouraged to send packages to deployed women who are known to chapter members.

GENERAL REQUESTS (All Service Members):

- Good Quality Baby Wipes (like Huggies, gentle)
- Q-Tips (also good for cleaning weapons!)
- White Pipe Cleaners (like from a craft store, good for cleaning weapons)
- Lip Balm/Chapstick
- Hand Warmers -- for winter months
- Toothpaste/Toothbrushes/Floss
- Deodorant (Old Spice is popular for the guys)
- Ziploc Bags (Quart/Gallon Size)
- Sunscreen (specifically for your face)
- Women's magazines (Glamour, Marie Claire, People, O Magazine) pre-read is fine!
- Fitness magazines (Runner's World, Women's Health)
- Febreze for clothes (laundry is boiled)

FOOD REQUESTS:

- Freezer Pops (to be frozen overseas) -- best for summer
- Tuna Packets w/Crackers (sold in sets at grocery)
- Oatmeal Cups
- Campbell's Soup (in bag or cup)
- Chewing Gum
- Sunflower Seeds (there are different flavors)
- Dried Fruit, Nuts (other than peanuts too! Planters To Go Packs)
- Fruit Snacks
- Beef Jerky
- Good Hard Candy like Jolly Ranchers
- Drink Flavor Packs (like Crystal Light To Go, Gatorade Powder)
- Healthy Snacks - Protein bars, pita chips
- Chocolate that won't melt (like Peanut M&Ms)
- Good Coffee
- Easy Mac Velveeta Cups/Chef Boyardee



"Honoring Our Sheroes: Women in the Military"

FOR THE LADIES (female-specific):

- Fuzzy Socks (like spa socks, to wear in rooms)
- Pajama Sets (shirt/flannel sets) <-- women don't like sleeping in gym clothes
- Chick Flick DVDs
- Nail Polish (in pretty colors for toes - must be nonflammable or press on!)
- Good Quality Lotion/Moisturizer
- Air Fresheners (not plug-in types, non-burning)
- Medium White T-shirts

February Meeting Highlights



REMINDER

Chapter Conservation

At the January meeting we voted to apply to have a “Friending” table at the April 21 Earth Day Festival at Old Mill Park. Attending community events is a wonderful way to spread the DAR message and encourage interested women to consider Falls of the Rapahannock as their chapter of choice .

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

We are not allowed to have any paper or plastic items. We will also need some volunteers to help man the table to help the children plant their seeds. If you are able to volunteer on April 21 please e-mail srharvin@msn.com

A different option is to make our own starter cups.

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



Easy Newspaper Pots

Easy Newspaper Pots from MotherEarthNews.com



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



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



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

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



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

