



THE CIRCULAR

September/ October 2019



Let's Celebrate!

Please join us for
Annual Recognition Celebration

Tuesday, October 1, 2019

Norfolk Yacht & Country Club

7001 Hampton Blvd. Norfolk



5:30pm Social
Heavy Hors D'oeuvres
(cash bar)

6pm Program
Guest Speaker
Dr. Michael Strunc,
CHKD Sleep Medicine

7pm Social
(cash bar)

RSVP BY September 27 | www.kingsdaughters.org | 757-668-7098

President’s Corner




Dear Fellow King’s Daughters,
I am very excited to share with you that through the Circle projects, major projects, and canisters we were able to donate \$600,000 to CHKD of which \$500,000 went to and fulfilled our \$1,000,000 pledge for Mental Health!!! You all should feel proud that we were able to complete our five year pledge in only two years! Congratulations and thank you to everyone!

The ground breaking for the much needed Mental Health facility is this September and the scheduled completion is summer of 2022. It will be a 14 story building with an attached parking garage. The building will have 60 inpatient mental health beds, an intensive outpatient program, and expanded outpatient treatments.

Please mark your calendars for our Annual Recognition meeting on October 1st at Norfolk Yacht and Country Club. This is an opportunity to recognize and thank fellow King’s Daughters for all that we do to make CHKD great!

I would like to congratulate a fellow member of The King’s Daughters Chris Neikirk on her new position as Chair of the CHKD Health System Board. Chris has been a member of The King’s Daughters for over 20 years and has over 4500 volunteer hours of service. It has been over 25 years since a King’s Daughter has been a Chair of this board that has governance authority over all affairs, property, and funds of CHKD. This is a huge responsibility and time commitment for Chris, so we thank and congratulate her!

As we go into the new year, I encourage your thoughts, suggestions and feedback on ways that the board and staff can help you. Again, thank you for all that you do as King’s Daughters to raise funds, friends, and awareness for CHKD.

With warm regards,

Julie Childress Beck



Need Circle Speakers?

Julie Beck, President, and Lisa Coleman, Executive Director, are happy to join your Circle meeting to discuss The King’s Daughters current initiative, history and what’s to come. To invite please email, briana.jackson@chkd.org or call 757-668-8909.

Board of Directors

New Board Members

The King’s Daughters welcomed the following new board members July 1, 2019



Carrie L. Lauck joined Circle by the Bay in 2011 and has filled various roles there throughout the years. Carrie is the 2019 Breakfast with Santa Chair. She has chaired the event six of its seven years as a standalone event. This year Carrie also joined the Moonlight and Mistletoe committee to provide event-planning expertise.

Carrie is the business owner of The Happy Hour Hostess, an event planning company she founded in 2013. She earned accreditation as a Certified Special Event Planner, is a certified floral designer, and is dedicated to her company and the excellence of the events they produce. Her favorite thing to do is to spend quality time with her family and friends. She also loves to read, entertain, and cook.



Taylor Priest has been a member of Lafayette River Circle since 2011. She was Treasurer from 2012-2015, Asst. Leader from 2015-2017, and Leader from 2017-2019. She joined the Membership Committee as a Circle representative in 2015. She has served on the RunWalk Committee, and volunteered at Circle Orientation.

Taylor works for the Naval Facilities Engineering Command (NAVFAC) Atlantic as a Civil Engineer and Design Manager. She is a licensed Professional Engineer (PE) in the State of Virginia. She loves spending time with her family and friends especially if it involves the water, boating, fishing, and swimming.



Sunny Barlow Sonner has co-chaired Moonlight & Mistletoe since its beginning six years ago and is co-chairing the gala again this year. She is a member of Maltese Cross Circle.

Sunny joined Dominion Enterprises’ predecessor Landmark Target Media, Inc. at its inception in 1989, as one of five founders of the company and Director of Human Resources. Sunny retired from Dominion Enterprises on March 2, 2012. That same year, the CEO of ValueOptions, Inc. recruited her as Executive Vice President of Human Resources. Sunny served two years there as a key member of the CEO Leadership Team.

She chaired the United Way of South Hampton Roads campaign in 2012 and served on the board. She was a United Way 10 for 10 Woman Leader and part of their Tocqueville Society. Sunny also served on the Access College Foundation Board, and she serves on the Town Point Club Board. Sunny travels to Australia often to visit her son.



Board of Directors

- Julie Childress Beck
President
- Ashley Friend Vellines
VP of Communications
- Chandy Jones
VP of Development
- Stacey J. Vellines
VP of Membership
- Katherine Knaus
Treasurer
- Laura Fulton
Secretary
- Paula Adams
- Donna M. Cowdrey
- Kristi Jones
- Carrie L. Lauck
- Nicole Federinko Legum
- Kristina Malleck
- Taylor Priest
- Kathy Protogyrou
- Mary Beth Sims Rickman
- Sunny Barlow Sonner
- Carrie Williams
- Staff**
- Lisa Coleman
Executive Director
- Jen Kay
Development Operations Manager
- Briana Jackson
Volunteer/Events Coordinator
- Hallie Edwards
Administrative Assistant

Tackling a Crisis

Seven reasons CHKD is lighting the way to better mental health care for our children.



1 in 5

children in the U.S. has a diagnosable mental health condition.



Regionally,

mental health issues are the most common reason patients age 10 through 17 are admitted to a hospital.



18% of

high school students

considered suicide in the past year.



36% of visits to a

pediatrician

are for mental health concerns.



Suicide is the second leading cause of death

in youth ages 10-24.



Fewer than 25%

of youth in need of mental health services receive treatment.

Half of all chronic mental illness begins by age 14; three-quarters by age 24.

Despite effective treatment options, there are long delays – sometimes decades – between the first appearance of symptoms and when people get help.

CHS Chair & KD History

Congrats to Chris Neikirk for her New Position as Chair of CHKD Health System Board

We’re proud to have one of our own, a long-time leader and member of The King’s Daughters, named as the new chair of the CHKD Health System Board. Chris Neikirk was drawn to join a KD circle – Union of Hands – 20 years ago for many reasons, but this one stands out clearly in her mind: CHKD’s commitment to care for all children.

It’s a mission that will guide her as the health system enters a transformative stage: Expanding mental health services. “I’m honored to work with the talented members of the board, the dedicated management of the hospital, and all the physicians and nurses who work each day to care for the children of the community,” says Chris. “That becomes even more imperative as we seek to close a critical gap in mental health services for children.”



Chris has 30 years of experience in nonprofit governance and is currently part owner of Smartmouth Brewing Company, where she oversees community engagement, event planning, and a variety of administrative duties. She has an extensive background in marketing, communications, and launching start-up ventures. She also is passionate about her community, serving on boards of The King’s Daughters, the Elizabeth River Trail Foundation, and the Norfolk Commission on the Arts and Humanities.

Chris has volunteered more than 4,500 hours for CHKD, currently as a member of the Dogwood Circle. She chaired the “Around My Hometown” book project that raised nearly \$40,000 for CHKD. One of her favorite activities at CHKD is a weekly distribution of free books to patients. She joined The King’s Daughters Board in 2003, and the CHS Board in 2011, when the system expanded its regional footprint with urgent care and surgical care centers throughout Hampton Roads.

Congratulations, Chris, we know you’ll serve CHKD’s children well.

Ever wonder how our organization became named “The King’s Daughters”?



It all began on January 13, 1886 in New York City when Mrs. Margaret Bottome (Bo-Tome) invited 9 friends to her home to talk about starting a “sisterhood” for service in New York City. Mrs. Bottome was inspired by Dr. Edward Everett Hale who had written a short story called “Ten Times One is Ten.”

The story tells of ten people who meet at the funeral of a mutual friend Harry Wadsworth and discover that he had financially helped each of them. They each resolved to follow the example of Wadsworth and to help their friends, neighbors and others in the community. They calculated that if each person they help would in turn lend someone else a hand (10 x 1 = 10, 10 x 10 = 100, etc.), the powerful spirit of charity and giving would spread and grow.

The ladies enthusiastically embraced the idea of forming a sisterhood and decided to “borrow” the motto Dr. Hale had written in his story:

Look up and not down
Look forward and not back
Look out and not in
Lend A Hand

They also decided that their group should be called “The King’s Daughters” based on Psalm 45:13 “The King’s Daughter is all glorious within”. It did not take very long for other ladies in other cities to learn about The King’s Daughters and their wonderful work. Eliza Scott of Norfolk was one of these ladies. In 1886, she returned from a trip to New York and presented her church group with the idea of starting a Circle in Norfolk to help provide services to indigent mothers and their children. In 1887, 7 more Circles were formed and in 1896, there were a total of 17 Circles.

On April 17, 1896 at the request of Miss Margaret Roper, a devoted member of The King’s Daughters, all Circle Leaders met to discuss the forming of The Norfolk City Union of The King’s Daughters.

Stay tuned in the next Circular for 1896-1919: Visiting Nurses and the First Clinic

Raising funds, friends & awareness for CHKD

UPCOMING CIRCLE PROJECTS

Tuesday, September 10 5pm-9pm	East Beach Circle Family Dinner out at Longboards	Longboards, Norfolk
Saturday, September 14 8am-3pm	Magnolia Circle Dragon Boat Race	Nauticus, Norfolk
Sunday, September 15	NICU Friends Circle 5th Annual Baby Shower	CHKD NICU
Thursday, September 19 5:30pm-8:30pm	Maltese Cross Circle Gourmet Giggles	Norfolk Yacht and Country Club, Norfolk
Saturday, September 21 & Sunday, September 22 9am-4pm	Caritas & Circle of Rainbows Make a Scarecrow, Make a Difference	McDonald Garden Center Virginia Beach
Saturday, September 21 11am	Infinity Circle Couture for a Cause	Dillard’s Lynnhaven Mall, Virginia Beach
Monday, September 23 4pm-9:30pm	Cypress Point Circle Dine for the Cause	IL Giardino Ristorante Virginia Beach
Sunday, October 12 9am-6pm	North Suffolk Circle Spooktacular Bike Run	615 Bar & Grill, Virginia Beach
Saturday, October 19 11am-6pm	Infinity Circle Private VA Wine Fest Chalet	Town Point Park, Norfolk
Saturday, October 19 8am-6pm	North Suffolk Circle Driver Days	Berea Christian Church, Suffolk
Saturday, November 2 4pm-8pm	Downtown Circle 20th Annual Oyster Roast	Tidewater Boat Club, Norfolk
Saturday, December 7 10am-1pm	Azalea Unity & Union of Hands Circles Kid’s Christmas Shop	Saint Patrick’s Catholic School, Norfolk
Wednesday, December 11	Caritas Circle Christmas Spectacular Bus Trip	Riverside Theater, Fredericksburg
Saturday, April 25 1pm-4pm & 6pm-9pm	Circle in the Bridge Bow Tie Ball	Norfolk Sheraton Hotel, Norfolk



November 16, 2019
Westin Town Center
Virginia Beach
10am-1pm



December 7, 2019
The Historic Cavalier
Hotel, Virginia Beach
6pm-10pm

Raising funds, friends & awareness for CHKD

ONGOING CIRCLE PROJECTS & KD Kudos

Ongoing

Azalea Unity Circle	VA Diner Peanut Sale
Beacon Circle	CHKD Tervis Tumbler
Infinity Circle	Hand Painted Wine Glass
Infinity Circle	Crocks for Kids
Infinity Circle	Papa John’s Dollars for Dough
Lynnhaven Sandpiper, Jr. Circle	Papa John’s Dollars for Dough
NICU Friends Circle	Heart Shaped, Baby Feet Greeting Cards
Union of Hands Circle	Birthday Club

KD Kudos



(L&R) Atlantic, NICU Friends & West Ghent Circles put the squeeze on Childhood Cancer in July while hosting a LemonAid stand.

(Center) Holly Circle raised \$1,500 and donated it to CHKD's Child Life Music Therapy program in memory of Lynn Hale along with a keyboard and guitar.



Need a Badge or KD Shirt?
Order now, www.kingsdaughters.org/ways-to-give/ongoing-projects/

Looking for a Circle to partner with? Please reach out to Briana, Volunteer/Events Coordinator
Briana.jackson@chkd.org or call 757-668-8909 if you are interested in collaborating with another Circle.

Raising funds, friends & awareness for CHKD



601 Children's Lane,
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Norfolk, VA 23507

Raising Funds, Friends & Awareness for CHKD



November / December Circular deadline for article submission = October 1st



The King's Daughters for CHKD



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