



# 2019-2020 Virginia C.A.R Contest Packet



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\* Use this form, or go to <https://nscar.org/Documents/Forms/2017ContestEntryForm.pdf> for a fillable form, for state contest entries as well as national contest entries.

## STATE CONTEST GUIDELINES

2/2/2019-2/1/2020

**CONTEST ENTRY INSTRUCTIONS:** All contest entries should include a completed entry form. You can find the entry form in the National Packet as well as the back of this packet. Use it for ALL CONTEST ENTRIES. These contests are for members (birth to 22 years of age). For fairness and consideration of age-appropriate activity, work is to be done by MEMBERS ONLY!!!

**STATE & NATIONAL CONTESTS:** This indicates that our State Contest is the same as its corresponding National Contest, which makes it easy to enter at both levels for these contests. You will need to send your state entries to the State and Sr. State Officer/Chairman and separately send a copy to the National and Sr. National Officer and Chairman. National Contest Entries are not due until March 1, 2020. **See the National Program packet at [www.nscar.org/program](http://www.nscar.org/program) for further information on National Contest Entries!** Addresses for contest submission can be found in the National Roster, available under the eCAR tab on the national website, [www.nscar.org](http://www.nscar.org) when signed in to your nscar.org account

**STATE ONLY CONTESTS:** Unless the contest instructs otherwise, send your entry--one copy each to the State and Sr. State Officers or Chairman. Please check the latest issue of the Virginia C.A.R. directory for the addresses.

**AGE DIVISIONS:** Please pay attention to the age divisions on the contest. PEEWEE MEMBERS are Age 10 and UNDER ONLY. Remember, contests are entered by members – they must complete the work on their own!

**DEADLINES:** Unless otherwise stated in a contest description, ALL STATE CONTEST ENTRIES SHOULD BE POSTMARKED NO LATER THAN **SATURDAY, FEBRUARY 2, 2020**. *NOTE:* Honor Roll must be postmarked no later than **SATURDAY, FEBRUARY 9, 2020**.

**SOCIETIES SENDING CONTESTS:** PLEASE REMEMBER TO MAKE SURE THAT THE CORRECT POSTAGE IS ON ALL CONTESTS! Member Officers/Chairman, and Senior Officers/Chairman may refuse any mail with postage due.

**STATE OFFICERS AND CHAIRMEN:** Please judge all contests according to the guidelines in your contest. Remember work is to be done by members only. If you have a question, contact your senior for assistance; if you are unable to contact your senior, contact Mr. Michael Elston.

**BY FEBRUARY 20, 2020, submit your winners to Miss Steinbach and Mr. Elston by mail or email:** Miss Cynthia Steinbach: 20 Fairfax Circle, Fredericksburg, VA 22405-2915 or [csteinbach@cox.net](mailto:csteinbach@cox.net) ; Mr. Michael Elston: 16094 Olmstead Lane, Woodbridge, VA 22191-4520 or [sspvirginiacar@gmail.com](mailto:sspvirginiacar@gmail.com).

CONTEST WINNERS WILL BE ANNOUNCED AT THE STATE CONFERENCE AWARDS BANQUET!!

DON'T FORGET THE "EMERSON BOWL" WILL BE AWARDED AGAIN THIS YEAR TO THE VIRGINIA SOCIETY OBTAINING THE "MOST NEW MEMBERS."  
DON'T BE LEFT OUT! GET YOUR CONTEST ENTRIES IN ON TIME!!!

## STATE PRESIDENT

### OBJECTIVE:

Encourage participation in State and National programs during the *“The Roar of the Revolution”* and *“Foundations of Freedom”* administrations. Learn about the Second Virginia Convention at St. John’s Church in Richmond, Virginia, and Patrick Henry’s morals and principles. Learn about George Washington’s boyhood at Ferry Farm in Fredericksburg, Virginia.

### PROGRAM:

The work of your society should be reflected in a complete, but concise report. The answers will be used to help complete the “State President’s Guidelines” for the National Report.

### DID YOUR SOCIETY . . .

- promote the National Theme *“Foundations of Freedom”* and the National Project?
- promote the State Theme *“The Roar of the Revolution”* and the State Project?
- write and submit articles, puzzles, photos, etc. to the “Voice of Virginia” and to the “C.A.R. Magazine?” (If printed, please list the article name, issue, and page number)
- have members attended Regional Meetings? (Please list the names of members and the names of the meetings attended)
- coordinate with D.A.R., S.A.R., and S.R. and inform them of C.A.R. activities? Did your society send a representative to any of their functions to which you were invited?
- participate in community events? Was the event publicized? (Please list the event, who participated, and when the event was held)
- print and distribute at least four issues of your newsletter? At least two after the first day of September? Was it mailed immediately after printing?
- actively maintain a website? What is the URL?
- promote PeeWee patriot participation at your meetings and events?
- explain to your members the importance of attending State and National events? (Examples of these events include: State Conference, State Workshop, Regional Meetings, National Convention)
- enter the National Merit Award and V.S.C.A.R. Honor Roll Contests?

### CONTESTS:

#### STATE & NATIONAL

Society with the best program on “Foundations of Freedom”	\$2.00
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#### STATE ONLY

Society with the most creative Leadership Development activity	\$2.00
Society with the best program on the Second Virginia Convention and how Patrick Henry impacted the Revolutionary War	\$2.00
Best essay on Patrick Henry	\$2.00
Pee Wee with the best drawing of the Meneely bell	\$2.00

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## STATE 1ST VICE PRESIDENT

**OBJECTIVE:** Examine the contributions made by George Washington’s and Patrick Henry’s mothers, Mary Ball Washington and Sarah Winston Syme Henry, to mold their character.

**PROGRAM:** Explore the influence of Mary Ball Washington and Sarah Winston Syme Henry on young George Washington’s and Patrick Henry’s lives and how their teachings influenced them to become great leaders.

### **SUGGESTIONS:**

1. Learn about Sarah Winston Syme Henry, who Colonel Meredith described as “always a monitor and true guide as to both spiritual and temporal happiness.”
2. Learn about Patrick Henry’s morals and beliefs which lead him to give his famous speech, “Give Me Liberty, or Give Me Death” at St. John’s Church.
3. Discuss how growing up in a large family and being an older sibling might have affected Patrick Henry’s character.
4. Learn about how the morals instilled in George Washington by Mary Washington helped him become a leader and lead to his participation in the Second Virginia Convention at St. John’s Church.
5. Host a tea party with your local society and/or your local DAR, SAR, and S.R. chapters in honor of mothers.

### **CONTESTS:                      STATE & NATIONAL**

Society with the best program contributions of women during times of war and their impact on *Foundations of Freedom*.

First Place	\$4.00
Second Place	\$4.00

### **STATE ONLY**

Peewee with the best story about a woman in the colonies.	\$2.00
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## STATE 2ND VICE PRESIDENT

**OBJECTIVE:** Learn about Peter Francisco and the part he played in “The Roar of the Revolution” at St. John’s Church at the Second Virginia Convention.

**PROGRAM:** See the American Revolution through the eyes of Peter Francisco.

### **SUGGESTIONS:**

1. Discover Peter Francisco’s connections to Patrick Henry.

2. Peter Francisco Day is March 15th. Find a way to commemorate a man who contributed to the Foundations of Freedom.
3. Peter, at age 14 witnessed Patrick Henry’s speech at the Second Virginia Convention and “adopted the cause of American Independence and was filled with the spirit of patriotism.” explore in more detail about this connection and share with your society what you learned.
4. Discover Peter Francisco’s connections with General George Washington and the Marquis de Lafayette.
5. Explain why Peter Francisco was called the “Hercules of the American Revolution.”

<b>CONTEST:</b>	<b>STATE &amp; NATIONAL</b>	
	Society with the best program.	\$4.00
	<b>STATE ONLY</b>	
	Pee Wee with the best drawing of Peter Francisco	\$3.00
	Member with the best program	\$3.00

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### **STATE CHAPLAIN**

**OBJECTIVE:** Learn about how churches were important in Colonial America.

**PROGRAM:** Recognize the ways religion impacted the daily lives of colonists.

**SUGGESTIONS:**

1. Write a prayer that might have been used at the 1775 convention at St. John’s.
2. Visit colonial churches to find out their importance for the family.
3. Present a program on the importance of religion within a colonial household.
4. Create a skit on a typical colonial church service.

<b>CONTEST:</b>	<b>STATE &amp; NATIONAL</b>	
	Best prayer written by a member (winning prayers will be used at state conference)	
	10 years and younger	\$2.00
	11 years and older	\$2.00
	<b>STATE ONLY</b>	
	Peewee with the Best Drawing of St. John’s Church	\$2.00
	Member 11 and Older with the Best Drawing of a Stained Glass Window	\$2.00

## STATE RECORDING SECRETARY

**OBJECTIVE:** Picture Daily life at Scotchtown and Ferry Farm.

**PROGRAM:** Identify the ways that Patrick Henry and George Washington recorded daily life.

**SUGGESTIONS:**

1. Discover the ways that the Washington family utilized the Washington Family desk. A possible activity could be to depict how the Washington children used the desk.
2. Compare and contrast how life was recorded during colonial times versus today.
3. Determine how the Henry family likely kept records and how those records were essential to the management of the household.
4. Put yourself in Patrick Henry's shoes. Copy the Preamble of the Constitution using a feather and ink in candlelight.

**CONTEST:**

**STATE & NATIONAL**

Society with the best program \$3.00

**STATE ONLY**

Best Pee Wee drawing of Patrick Henry writing his speech \$3.00

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## STATE ORGANIZING SECRETARY

**OBJECTIVE:** Consider the passage of the 19th Amendment of the U.S. Constitution during the 100th anniversary.

**PROGRAM:** Reflect on the significance of the amendment for women's suffrage.

**SUGGESTIONS:**

1. Explore the history of women's suffrage in the United States and/or abroad.
2. Visit an historic site related to women's suffrage, such as the Occoquan Workhouse, and describe its impact on the movement as a whole.
3. Prepare a presentation about the history of women's suffrage in Virginia, including any important leaders in this movement.
4. Write an essay on the importance of the women in Patrick Henry's life.

**CONTESTS:**

**STATE & NATIONAL**

Society with the best program \$5.00

**STATE ONLY**

Society with the best program on the women in Patrick Henry's life \$3.00

Pee Wee with the best drawing of a woman in colonial days \$2.00

## **STATE CORRESPONDING SECRETARY**

**OBJECTIVE:** Learn about the practice of letter writing in Patrick Henry’s lifetime.

**PROGRAM:** Explore how letters were used to communicate vital information, discuss important topics long-distance, and keep people connected in a revolutionary era.

### **SUGGESTIONS:**

1. Do a program on proper 18th century letter writing.
2. Study George Washington’s Rules of Civility and Decent Behaviour for guidance on proper treatment of correspondence.
3. Do a program on the post rider system.
4. Study how the Stamp Act impacted communications, and Patrick Henry’s response to it.
5. Study the Committees of Correspondence; study how Patrick Henry and the other founders worked through letter writing to inform, debate, develop important documents, and create government for independence from Great Britain.

### **CONTESTS:**

#### **STATE & NATIONAL**

Local society with the best program \$7.00

#### **STATE ONLY**

PeeWee- Best drawing of a post rider and horse \$3.00

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## **STATE TREASURER**

**OBJECTIVE:** Learn about the famous leaders that are featured on American currency.

**PROGRAM:** Research the people on American currency and how they contributed to “The Roar of the Revolution”.

### **SUGGESTIONS:**

1. Investigate the reasons why Americans were chosen to be featured on currency.
2. Write and perform a skit about the leaders on American currency.
3. Visit in person one of the six United States Mint locations or explore online the U.S Mint’s kids site ([www.usmint.gov/learn/kids](http://www.usmint.gov/learn/kids)).
4. Create a timeline showing the evolution of American currency and what leaders have previously appeared on currency.
5. Draw yourself on a piece of currency and explain your impact in your community.

**CONTESTS:****STATE & NATIONAL**

Local society with the best program	
First Place	\$5.00
Second Place	\$3.00

**STATE ONLY**

PeeWee with the best drawing of one of the six United States Mint locations.	\$2.00
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**STATE REGISTRAR**

**OBJECTIVE:** Increase membership involvement in society activities.

**PROGRAM:** Plan fun and interactive events that will engage members at the society level.

**SUGGESTIONS:**

1. Plan a society trip to St. John’s Church or explore their website and virtual tour of the church together.
2. Get members excited about the amazing things CAR does like replacing and restoring the bell and bell supports and St. John’s Church.
3. Plan exciting activities that involve members of all ages, such as creating and performing skits, or reenacting the “Give me Liberty or Give Me Death” speech.
4. Hold engaging society meetings in places such as parks, historic sites, bowling alleys, pottery making studios, or other unique locations like George Washington’s boyhood home, Ferry Farm.
5. Share society event invitations, pictures of activities, and presentations on Facebook, Instagram, and other social media platforms.

**CONTESTS:****STATE & NATIONAL**

Local society with the greatest number of new members. (No entry needed; contest will be judged on C.A.R. HQ records.)	\$5.00
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**STATE ONLY**

Member with the best flyer advertising a C.A.R. event.	\$3.00
Pee Wee member with the best drawing of an activity to bring in new members.	\$2.00

## STATE HISTORIAN

**OBJECTIVE:** Discover how visiting historical sites contribute to our understanding of American leaders, including Patrick Henry and St. John’s church. Live the “Roar of the Revolution”.

**PROGRAM:** Look for American leaders at historical sites across the nation.

**SUGGESTIONS:**

1. Visit historic locations to acquire knowledge of historical figures associated with the site.
2. Investigate where your American Revolutionary ancestor lived and discuss with your local society how the location might have shaped the ancestor.
3. Create a storyboard of leaders from your state, past and present.
4. Take a walk around a local “Main Street” and learn about the history of the town and its leaders.
5. Make your own historical site passport recording the dates and places. Visit as many sites as possible and include pictures.
6. Learn about St. John’s church and the role it played in the American Revolution and Patrick Henry’s role in the Revolution.

**CONTESTS:**

**STATE & NATIONAL**

Local society with the best program.	\$3.00
Society with the best “passport” submission	\$2.00

**STATE ONLY**

Pee Wee member with the best drawing of Patrick Henry	\$3.00
Pee Wee member with the best drawing of St. John’s Church	\$2.00

## STATE LIBRARIAN

**OBJECTIVE:** Explore public library resources and services.

**PROGRAM:** Participate in leadership development opportunities offered at the library.

**SUGGESTIONS:**

1. Discover picture or chapter books on leadership and share a book report with your society. Examples: The Little Engine That Could by Watty Piper, You’re a Leader, Charlie Brown by Charles M. Schultz.
2. Create a word search puzzle with what you have learned and publish it in your society newsletter.
3. Read a book about St. John’s Church and share what you learned with your society.
4. Volunteer at your school or local library.

5. Encourage your society to read *The Lion, The Witch and The Wardrobe* by C.S. Lewis.
6. Attend a re-enactment at St. John's church and share a report and drawing with your society.

**CONTESTS:**

**STATE & NATIONAL**

Local society with the best program	
First Place	\$3.00
Second Place	\$3.00

**STATE ONLY**

Pee Wee with best drawing of an activity in your local library.	\$2.00
Member with best essay on how to support your local library.	\$2.00

**STATE CURATOR**

**OBJECTIVE:** Develop an understanding of historical reproduction and preservation techniques that are used in modern historical conservation projects like St. John's Church bell.

**PROGRAM:** Determine what techniques are used by historic sites throughout Virginia like the George Washington Foundation employed at Ferry Farm to replicate the Washington Family House or St. John's Church used in the restoration of its historic bell.

**SUGGESTIONS:**

1. Discover why historians recreate historic relics by exploring how artifacts are replicated and preserved.
2. Design your own artifacts at a local society meeting by creating a model.
3. Explore conservation techniques at local historical sites in your area.
4. Give a presentation about the importance of preservation like the historic St. John's Church Bell.

**CONTESTS:**

**STATE & NATIONAL**

Local society with the best program.	\$4.00
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**STATE ONLY**

Local Society with the best model of a preserved artifact	\$3.00
PeeWee – Best drawing of St. John's Church Meneely bell	\$3.00

## AMERICAN HERITAGE

**OBJECTIVE:** Learn about the promotion of Freedom through art.

**PROGRAM:** Research how art in different mediums has been used to express the ideals of freedom throughout time.

### **SUGGESTIONS:**

1. Compare one of Patrick Henry's Speeches to speeches of other famous orators in history, such as Martin Luther King Jr. or Susan B. Anthony. How are they similar? How are they different?
2. Visit an art exhibit, in person or online, and see how art has evolved over time at significant times of freedom or suppression in history.
3. Listen to music from different eras that carries the message of hope for freedom.
4. Explore poetry through the decades that expresses the message of freedom.

### **CONTESTS:**

#### **STATE & NATIONAL**

Local society with the best program \$4.00

#### **STATE ONLY**

Best essay comparing Patrick Henry's "Give me Liberty..." speech to speech(es) during the Women's Suffrage Movement (members 11 and older) \$3.00

Best timeline (colonial to present day) on the evolution of women's clothing (members 10 and younger) \$3.00

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## AMERICAN HISTORY

**OBJECTIVE:** Celebrate American progress in the 19th and 20th centuries.

**PROGRAM:** Learn about the power of the American spirit to make local and world impacts through collaboration.

### **SUGGESTIONS:**

1. Go on virtual field trip to the World War II Museum:  
<https://www.nationalww2museum.org/students-teachers/distance-learning/k-12-distance-learning/electronic-field-trips> Write a poem about your favorite part of the virtual visit.
2. Research a famous women enlisted in or providing critical support to the military as part of the Navy (WAVES), Army (WAC), Coast Guard (SPARS), or Air Force (WASPs). Write a one page essay on the importance of these groups in World War II.

3. Volunteer at a local historic site for at least two hours. Activities can include litter collection, garden clean-up, folding brochures, guiding visitors, etc. Complete a short photo journal about the experience.
4. Research bells with historic significance in American history. Create one or more of the bells out of paper mache.
5. Complete a fact-finding mission about churches with historical World War II, or other war, significance in the United States. Using recycled materials, create a replica of your favorite church.

**CONTESTS: STATE & NATIONAL**

Local society with the best program \$4.00

**STATE ONLY**

Best Pee Wee drawing of your favorite historic site or aircraft from World War II \$3.00  
 Best Pee Wee drawing of a picture of Patrick Henry at the Second Virginia Convention giving his "Give me Liberty or Give Me Death!" speech at St. John's Church in Richmond, VA. \$3.00

**AMERICAN INDIAN**

**OBJECTIVE:** Investigate Native Americans contributions to the Roar of the Revolution.

**PROGRAM:** Learn about how the Native Americans in Virginia contributed during the Revolutionary time period.

**SUGGESTIONS:**

1. Visit Native American historic sites, museums, monuments, and online resources.
2. Create a 3 - D scene showing the role the Native Americans played during the Revolution time period.
3. Make a word search using English words that have roots in Native American language.
4. Write a short story from the viewpoint of Native American fighting in the War.
5. Write and present a skit about the Native American's contributions.

**CONTESTS: STATE & NATIONAL**

Local society with the best program  
 First Place \$4.00  
 Second Place \$3.00

**STATE ONLY**

Pee Wee with best drawing showing Native Americans contributing to the Revolution.  
 First place: \$2.00  
 Second place: \$1.00

## CONSERVATION

**OBJECTIVE:** Discover conservation efforts and their impact at historic landmarks, battlefields, forests and waterways.

**PROGRAM:** Become a conservation detective and identify how historians allow history to survive.

**SUGGESTIONS:**

1. Examine preservation methods used at historical sites and the effect on the environment.
2. Investigate the National Parks Service by celebrating the 100th anniversary of the Grand Canyon with its unique natural and historic outdoor resources.
3. Explore the different ways people conserved in Patrick Henry's lifetime.
4. Research and explain to your society how we are preserving history through the repair of the Meneely bell at St. John's Church.

**CONTESTS:**

**STATE & NATIONAL**

Local society with the best program. \$5.00

**STATE ONLY**

Peewee with best drawing of a historian researching to conserve

First Place	\$3.00
Second Place	\$2.00

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### C.A.R. MAGAZINE/NEWSLETTER (SEE VOICE OF VIRGINIA)

**OBJECTIVE:** Publish member-contributed society accomplishments, pictures, drawings, puzzles, poems, or other interesting and informative articles in your local society newsletter.

**PROGRAM:** Create engaging articles about your local society activities to include in your newsletter and meet newsletter requirements for the National Merit Award (see next page).

**SUGGESTIONS:**

1. Write about the fun activities that your society has been doing to accomplish program objectives.
2. Send articles about your local and state activities to the C.A.R. Magazine Editors at [magazine@nscar.org](mailto:magazine@nscar.org).

3. Submit articles to your local and state society newsletters. Topic suggestions: a. George Washington's early years b. Leadership opportunities you have experienced in C.A.R. c. Colonial newspapers and how they were printed and distributed d. Your patriot ancestor.

### **CONTESTS:**

Local Society with the best newsletter

\$5.00

**Also wins the NSSAR Eleanor Smallwood Niebell Award E-mail newsletters as they are published. The contest entry form must be submitted for consideration in this contest**

### **State and Local Society Newsletter Guidelines**

1. Publish and distribute a minimum of four newsletters between March 1, 2019 and February 29, 2020. a. E-mail an electronic copy of each newsletter as soon as published (do not use U.S. mail) to nscarnewsletters@gmail.com (This is a group e-mail that includes the National Chairmen, Senior National Chairman, Editors, Associate Editors, NP, and SNP.)
2. Each newsletter must include:
  - a. Page One i. Society Name ii. State iii. Date iv. N.S.C.A.R. website: www.nscar.org
  - b. Society President Name, Address, Phone and E-mail Address
  - c. Senior Society President Name, Address, Phone and E-mail Address
  - d. 2019-2020 National Theme: Foundations of Freedom
  - e. Mention of the 2019-2020 National Project
  - f. Membership article, puzzle/game written by a member, including name of member and age
  - g. Announcement of new members (no contact information)
3. List of member and senior officers and chairman (one issue only); a separate society Yearbook fulfills this requirement.
4. State Societies ONLY
  - a. Publish donation pins after September 1 (one issue) Apple Slice, Endowment Fund, Library Fund, Magazine Fund, Mountain Schools Fund, Museum Major Benefactor Red Apple, Niebell Fund, Voyager Fund and 125th Anniversary Pin.

### **Special NSSAR Contest**

The C.A.R. Magazine and Newsletters Committee judges the NSSAR **Eleanor Smallwood Niebell Award**. Winners are announced at the N.S.C.A.R. National Convention. Monetary awards are determined by NSSAR and presented at the NSSAR Annual Congress each year for the following: Best C.A.R. local society newsletter Best C.A.R. state society newsletter.

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## **GOVERNMENT STUDIES**

**OBJECTIVE:** Learn how the Founding Fathers, such as George Washington and Patrick Henry, helped establish the framework for the government of the United States of America and why it is still used today.

**PROGRAM:** Examine the principles on which our government was modeled.

### **SUGGESTIONS**

1. Learn about the three resolutions made by Patrick Henry at the Second Virginia Convention at St. John's church.

2. Discuss how the liberties Patrick Henry and other Founding Fathers thought were important were included in the framing of our government.
3. Explore the Articles of Confederation by visiting the National Archives, either online or in person, and identify its purpose.
4. Compare and contrast the Articles of Confederation and the Constitution of the United States by acting as the Founding Fathers while they debate the proposed Constitution.
5. Focus on the Constitution and the reasoning behind why the Bill of Rights was created.
6. Imagine what the Founding Fathers would have thought of the Amendments made to the Constitution during the 19th and 20th centuries by performing a skit.

**CONTESTS:**

**STATE & NATIONAL**

Local society with the best program. \$5.00

**STATE ONLY**

Pee Wee Contest - best drawing of a Founding Father \$2.00

Member Contest – Member with best resolution that could have been added at the Second Virginia Convention \$3.00

**KIDS HELPING KIDS**

**OBJECTIVE:** Develop V.S.C.A.R. and community leaders.

**PROGRAM:** Explore how young people have impacted our nation and how you can leave a unique footprint on your community.

**SUGGESTIONS:**

1. Learn about younger Revolutionary patriots and identify how their contributions can be exemplified by today’s youth.
2. Volunteer with other organizations that support kids, such as scouting, sports, and churches.
3. Develop a society program to support an organization for children of fallen service members, such as The Tragedy Assistance Program for Survivors (TAPS) (<https://www.taps.org/>).
4. Encourage family participation with joint DAR/SAR/S.R. activities that support youth initiatives such as food and holiday gift drives.
5. Develop a “get well” card or visitation program for children in a local hospital.
6. Become a leader in your community by contacting your Mayor’s office and establishing a C.A.R. Kids Helping Kids Day. *See the sample proclamation on the last page of the V.S.C.A.R. Forms & Resources booklet or the National Program Packet at page 29.*

**CONTESTS:**

**STATE & NATIONAL**

Local society with the best program. \$5.00

**STATE ONLY**

Local society with the most volunteer hours per member for an event supporting children (please include number of society members with entry)

First Place \$3.00

Second Place \$2.00

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**MEMBERSHIP**

**OBJECTIVE:** Increase membership in your local society.

**PROGRAM:** Create awareness of C.A.R. and encourage your friends and peers to become members.

**SUGGESTIONS:**

1. Wear your C.A.R. merchandise in public to promote membership.
2. Host a local society membership party for friends and prospective members.
3. Promote C.A.R. to DAR, SAR and S.R. chapters by sharing newsletters, holding joint meetings, and performing skits showcasing the opportunities within C.A.R.
4. Represent C.A.R. at community events and distribute promotional materials that would inspire new membership.
5. Encourage prospective members to attend Regional, State, and National meetings.

**CONTESTS:**

**STATE & NATIONAL**

Local Society with largest increase in membership by percentage \$4.00  
(No entry required; contest will be judged by C.A.R. HQ records.)

**STATE ONLY**

Best picture of local society all wearing C.A.R. T-shirts at an event \$2.00

Best essay on how to grow C.A.R. membership in a local society  
(Members 11 and older) \$2.00

Best drawing of members wearing CAR merchandise in the community  
(Members 10 and younger) \$2.00

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## MOUNTAIN SCHOOLS

**OBJECTIVE:** Teach the importance of helping your local community.

**PROGRAM:** Strengthen the relationship of C.A.R. and the Mountain Schools.

**SUGGESTIONS:**

1. Collect and send Box Tops for Education, school supplies, or clothing to a Mountain School.
2. Correspond with a Mountain Schools student by becoming a pen-pal.
3. Donate patriotic coloring books to the Mountain Schools and patriotic coloring pages to schools in your area.
4. Host a food drive for your Local Society and donate items.

**CONTESTS:**

**STATE & NATIONAL**

Society with the best Program \$4.00

**STATE ONLY**

Best Peewee drawing of a member donating to Mountain Schools. \$3.00

Best essay by a member on one of the Mountain Schools. \$3.00

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## NATIONAL MERIT AWARD/ V.S.C.A.R. HONOR ROLL

**OBJECTIVE:** Plan your year by reviewing all of the objectives and programs in the Foundations of Freedom packet.

**PROGRAM:** Work towards winning Gold Merit Award in 2020! Develop innovative ways to help your society reach each merit goal.

**SUGGESTIONS:**

1. Document your society's programs and activities as they occur through photos and other types of evidence.
2. Attach backup material to document each Merit Award section.
3. Promote the national project at your meetings.
4. Encourage members of your society to think of ways to enter as many national contests as possible.

### **Gold Merit Award**

All sections must be answered "Yes."

### **Blue Merit Award**

Sections A, B, and C must be answered "Yes." All but one of the remaining sections must be answered "Yes."

### **Red Merit Award**

Sections A, B, and C must be answered "Yes." All but two of the remaining sections must be answered "Yes."

### **Honorable Mention**

. Sections A and F must be answered "Yes." Certificate of Appreciation All entries will receive a certificate. To have your entry returned, enclose your credit card information or a \$20 check made payable to N.S.C.A.R.

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## **PATRIOTIC EDUCATION**

**OBJECTIVE:** Better educate the youth of today about the history of the American Revolution and the part that Patrick Henry played in it.

**PROGRAM:** Take a trip through the wardrobe back to 1775. Explore how the Second Virginia Convention was a turning point for Virginia's participation in the War for Independence

### **SUGGESTIONS:**

1. Tour St. John's Church.
2. Present a program on how the procedures of the Second Virginia Convention are similar to or different from those that we use in C.A.R.
3. Celebrate Flag Day, Constitution Day, Independence Day, Presidents' Day and other patriotic holidays.
4. Attend Naturalization ceremonies and pass out handheld American flags or donate pocket editions of the Declaration of Independence, the Constitution of the United States, the Bill of Rights, and/or The American's Creed. (Free, printable versions of these documents are available online.)
5. Lead The Pledge of Allegiance to the Flag of the United States of America, The Star-Spangled Banner, or The American's Creed at your school during morning announcements or sporting events.
6. Conduct wreath-laying ceremonies or participate in Wreaths Across America

### **CONTESTS:**

#### **STATE & NATIONAL**

Local Society with the best program \$5.00

#### **STATE ONLY**

Pee Wee with the best drawing of the Second Virginia Convention \$5.00

## PUBLIC RELATIONS

**OBJECTIVE:** Promote “The Roar of the Revolution” and “Foundations of Freedom” on multiple media platforms.

**PROGRAM:** Showcase the C.A.R. activities of your society by using various Public Relations methods to reach your target audience.

### **SUGGESTIONS:**

1. Develop and submit a social media post about the volunteer work of your local society to Twitter, Facebook, Instagram, or the N.S.C.A.R. blog.
2. Contact your local community newspapers about submitting an article.
3. Contact DAR/SAR/SR societies to inquire about submitting articles to their newsletters.
4. Follow @NSCAR1895 on Twitter and Instagram. “Like” the National Society of Children of the American Revolution on Facebook.
5. Create and maintain a unique social media account for your local society to promote C.A.R. activities.

### **SUBMISSION FORMAT:**

1. Underline or highlight the society name in each submission. Print your written articles. Print a screenshot for postings to Twitter, Facebook, Instagram or the N.S.C.A.R. blog.
2. Insert the page into a protective sleeve.

### **CONTESTS:**

#### **STATE & NATIONAL**

Society with the best program, 26 members or more	\$5.00
Society with the best program, 25 members or less	\$5.00

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## VETERANS

**OBJECTIVE:** Honor C.A.R. members and alumni who are the “Foundations of Freedom” and who are the sound of “The Roar of the Revolution.”

**PROGRAM:** Pay tribute to C.A.R. members who are serving and have served in the Armed Forces by providing support to all service members and veterans.

### **SUGGESTIONS:**

1. Attend a local veterans’ meeting to learn about the needs of their community.
2. Develop facilitation skills by organizing or participating in special events for veterans.
3. Contact current or former C.A.R. members who are serving or have served in the US Armed Forces and honor them at a society meeting.
4. Provide contact information to C.A.R. National Headquarters for the Veterans memory book of current or former C.A.R. members who are serving or have served.
5. Research members of St. John’s Church who were veterans of the American Revolution.

**CONTESTS: STATE & NATIONAL**

Local society with the best program \$5.00

**STATE ONLY**

PeeWee- Best drawing of Patrick Henry \$3.00

PeeWee- Best drawing of bell at St. John's Church \$2.00

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**C.A.R./DAR/SAR/S.R. RELATIONS**

**OBJECTIVE:** Maintain and strengthen relationships with our parent organizations.

**PROGRAM:** Educate members on how much we accomplish with the support our parent organizations.

**SUGGESTIONS:**

1. Invite a DAR, SAR or SR member(s) who are C.A.R. alumni to your society meeting and share their experience in C.A.R. when they were in it.
2. Host or attend joint activities with the objective of bettering relationships with our parent organizations.
3. Encourage members to learn about DAR, SAR or SR contests, awards and scholarships.
4. Keep parent organizations informed about the CAR through newsletters, social media, and internet.

**CONTESTS: STATE ONLY**

Local society with the most events involving interactions between the C.A.R. and our parent organizations \$4.00

PeeWee- Best drawing of C.A.R. members supporting our parent organizations \$3.00

Local society with the most dual members of a parent organization. \$3.00

**ARE YOU INTERESTED IN SCHOLARSHIPS?**

**Don't forget to visit the DAR, SAR, and S.R. websites for SCHOLARSHIPS!**

**Questions? Visit the National Packet and following websites**

**SAR: [www.sar.org](http://www.sar.org)**

**DAR: [www.vadar.org](http://www.vadar.org)**

**S.R.: [www.vssr.org/overview\\_scholarship.htm](http://www.vssr.org/overview_scholarship.htm)**

## FLAG

**OBJECTIVE:** To learn about the U.S. Flag Code and respect this symbol of freedom and liberty.

**PROGRAM:** Explore the various symbols of freedom, particularly our Nation’s Flag, and what these symbols have represented throughout history.

**SUGGESTIONS:**

1. Attend or host a U.S. Flag retirement ceremony.
2. Create a presentation for your Society on the U.S. Flag Code.
3. Create an educational game about the various symbols of Freedom (bell, eagle flag etc.)

**CONTESTS:**

**STATE ONLY**

Local Society with the best program - First Place	\$4.00
- Second Place	\$3.00
PeeWee with the best drawing of symbol(s) of Freedom	\$3.00

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## INFORMATION TECHNOLOGY

**OBJECTIVE:** Promote this year’s State Project, the Meneely bell at St. John’s Church, by taking a trip through the wardrobe back to 1775 with “The Roar of the Revolution” using social media, society newsletters, and putting articles in the Voice of Virginia and the National Magazine.

**PROGRAM:** Explore technology advances in the 1700s

**SUGGESTIONS:**

1. Promote St. John’s Church, V.S.C.A.R., and “The Roar of the Revolution” on your society’s website and/or Facebook page.
2. Visit <https://www.historicstjohnschurch.org/> to learn more about the bell project and our partnership.
3. Explore <https://www.redhill.org/about/patrickhenry/researchers> where you can find a virtual compilation of Patrick Henry’s speeches and documents.
4. Create a website for your local society.
5. Help Pee Wee members learn safe online habits.
6. Write an essay on technology advances in the 1700s and share with your Society what you learned

**CONTESTS:**

**STATE ONLY**

Local society with the best program promoting the state project online	\$5.00
Pee Wee with the best drawing of an 18th Century invention	\$5.00

## INSIGNIA & RIBBON

**OBJECTIVE:** To learn about the N.S.C.A.R. Insignia Pin and Ribbon.

**PROGRAM:** To inform society members about the N.S.C.A.R. Insignia Pin and Ribbon.

**SUGGESTIONS:**

Create a program:

1. About the N.S.C.A.R. Insignia Pin and Ribbon on its history
2. On what the symbols on the pin represent
3. On what other pins may be worn on the official ribbon
4. On what is the proper placement or order of the pins & guidelines for wearing the N.S.C.A.R. insignia
5. Explain the difference between the insignia pins and the national and state donation pins
6. Research the various national and state donation pins and the programs they support

**CONTESTS:**

**STATE ONLY**

Member creating the most informative essay on the official insignia pin.	\$3.00
Member with a drawing of the most creative way to display / wear the donation pins.	\$3.00
Best Pee Wee drawing of the official insignia and ribbon.	\$2.00
Best Pee Wee drawing of the Meneely Bell, the “The Roar of the Revolution” State Project Pin.	\$2.00

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## LEADERSHIP DEVELOPMENT

**OBJECTIVE:** Promote the development of leadership skills in C.A.R.

**PROGRAM:** Highlight the leadership development opportunities that both N.S.C.A.R. and V.S.C.A.R. offer our members.

**SUGGESTIONS:**

1. Learn different leadership styles by identifying people in your life and creatively explain why you admire them.
2. Encourage cooperation and mentorship through interactive team building activities.
3. Demonstrate effective communication skills such as public speaking, active listening, and questioning techniques in order to gather information and confirm understanding. Examples of communication games are Simon Says, the Telephone game, 20 Questions, Codenames, and Telestrations.
4. Research your favorite historical leader and explain why you think they made a good leader.

**CONTESTS:**

**STATE ONLY**

Society with the Best Program (26 members or more).	\$5.00
Society with the Best Program (25 members or less).	\$5.00

**TOMB OF THE UNKNOWN SOLDIER  
OF THE REVOLUTION**

**OBJECTIVE:** Honor, respect and appreciate those who fought and continue to fight for our freedom.

**PROGRAM:** Learn about the men and women who lost their lives in our country’s service during the American Revolution.

**SUGGESTIONS:**

1. Place a wreath or flag at the grave of a serviceman or service woman.
2. Learn about graves of Unknown Soldiers in your community.
3. Present a program to your local societies about the graves of Unknown Soldiers from the area where St. John’s Church is located.
4. volunteer to clean up areas where Unknown Soldiers rest.

**CONTESTS:**

**STATE ONLY**

Best Pee Wee drawing of the Tomb of the Unknown Revolutionary War Soldier.	\$2.00
Best member essay on the Unknown Soldier.	\$2.00
Society participating in the most wreath-laying ceremonies, More than 25 members.	\$3.00
25 members or fewer.	\$3.00

**ANNUAL SILENT AUCTION**

**Why:** To help support the President’s project: Restoring the Meneely bell at St. John’s Church during the “The Roar of the Revolution” administration.

**Who:** All Virginia State Conference Attendees

**Where:** Please bring your items to the back of the meeting room after 4:00 p.m. on Friday, March ?? 2020 or after 8:00 a.m. on Saturday, March ??, 2020. An Auction Committee member

will register your item(s) for you so your society can get credit. PLEASE DO NOT LEAVE YOUR ITEMS IF NO ONE IS THERE TO RECEIVE THEM. Your society may not get credit for them.

What: Bring items that are new or have been ‘gently used’ for the adults or kids to bid on.

Suggestions: Books, toys, patriotic items, jewelry, art work activities books and any other fun stuff! Please do not bring items that will not sell, such as VHS and cassette tapes and old computers and old computer games.

How: Auction bids can be made during the Friday night opening session or the Saturday morning session. The auction will close approximately 15 minutes before the end of the Saturday business session. Official closing time will be announced during the Saturday meeting.

Please pick up all the items you have won. Checks and cash are accepted for payment (and maybe credit cards this year, too). Please be sure to pick up and take with you any items that DID NOT sell.

**CONTESTS: STATE ONLY**

Society with the most items donated:	\$5.00
Society with the most money raised by their donations:	\$5.00

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**BIG BROTHER/BIG SISTER**

**OBJECTIVE:** To encourage older CAR members to mentor new and peewee members as they learn about CAR.

**PROGRAM:** Pair up each younger member with a corresponding older member to mentor them. Teaching members about C.A.R. customs, programs, rituals, and Robert’s rules of order while having fun.

**SUGGESTIONS:**

1. Establish and build relationships between older members and peewee members.
2. Create a cohesive way of explaining C.A.R. events and customs to potential, pending, new and younger members.
3. Write an essay on how Patrick Henry and George Washington mentored their younger siblings.

**CONTESTS: STATE ONLY**

Society with the most new Big Brother/Big Sister partnerships	\$5.00
Society with the best program on how mentors impacted youth in the 1700s	\$3.00
Pee Wee- Best picture of a skit from a state or regional workshop.	\$2.00

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## **STATE PROJECT**

**OBJECTIVE:** To raise funds to repair and restore the Meneely bell at St. John's Church to its former glory.

**PROGRAM:** To provide an opportunity for members to be enthusiastic about the conservation of history through the restoration of the Meneely bell at St. John's Church.

### **SUGGESTIONS:**

1. Visit St. John's Church in Richmond. Attend a reenactment of Patrick Henry presenting his "Liberty or Death" Speech. Write about how it made you feel.
2. Present a program on our state project "The Roar of the Revolution" to local DAR, SAR, and SR meetings.
3. Think of creative ideas to raise money and awareness for the state project.
4. Donate to the State Project

### **CONTESTS:**

#### **STATE ONLY**

Society buying the most state project t-shirts	
25 members or less	\$2.00
26 members or more	\$2.00
Society raising the most money for the state project	
25 members or less	\$2.00
26 members or more	\$2.00

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## VOICE OF VIRGINIA

**PURPOSE:** To raise awareness about V.S.C.A.R.'s members' activities to members, seniors, C.A.R. alumni, prospective members and their parents by creating an informative newsletter and supporting the publication of the "Voice of Virginia" by subscribing, submitting articles and pictures, and encouraging members to purchase the Cardinal pins, which defray the costs of producing the "Voice of Virginia."

**PROGRAM:** Enhance your society newsletter with interesting information about *Foundations of Freedom* and *The Roar of the Revolution* and submit to the Voice of Virginia and C.A.R. Magazine articles and pictures that showcase C.A.R. activities and the leadership and creativity of its members.

### **SUGGESTIONS:**

1. Send articles about your society's activities at Ferry Farm to the Voice of Virginia and C.A.R. Magazine editors.
2. Review the newsletter guidelines for the National Merit Award and strive to meet all the criteria.
3. Share the impact of what your local society's members have learned about our Founding Fathers and our Nation's Founding Principles by submitting photos and articles to the Voice of Virginia and C.A.R. Magazine.
4. Research Patrick Henry's speeches and documents that are foundational to our Countries founding principles found on <https://www.redhill.org/about/patrickhenry/researchers>

### **STATE NEWSLETTER CONTEST GUIDELINES AND INFORMATION:**

- **SUBSCRIPTIONS** (Please separate members from Patriots) Subscriptions are available in two forms (Email and Paper) and are DUE AT THE ANNUAL STATE CONFERENCE for the next C.A.R. year.
- **PATRIOTS:** V.S.C.A.R. Patriots are friends of Virginia C.A.R. who support V.S.C.A.R. with an annual donation of \$10. Patriots receive the electronic version of the Voice.
- **E-MAIL VERSION:** Send your current list of those requesting the email version of the Voice of Virginia collection address: [vscarvoice@gmail.com](mailto:vscarvoice@gmail.com) . This version is FREE to all Virginia Members and Seniors.
- **PAPER VERSION:** Send your current list to include the address (including ZIP+4) to the Sr. State Treasurer, Mrs. Rebecca Slaughter, on the Voice Subscription Form. This version of the Voice costs \$15.00; please send list and money to Sr. State Treasurer, who will forward subscription information to the Senior Editor for distribution. Address Changes during the year need to be sent to the Voice of Virginia collection address ([vscarvoice@gmail.com](mailto:vscarvoice@gmail.com)) ASAP. All returned printed Voices are the responsibility of the local society. Missed issues will not be resent via United States Postal Service unless local society pays return fee and postage to resend.
- **NEWSLETTERS:** Print & Distribute (by mail or email) a minimum of 4 newsletters (at least 2 after September 1, 2018) and a separate directory.
- **SOCIETY NEWSLETTER REQUIREMENTS:** In each issue after September 1, 2016, the following must be included: Name of Society, State, Date, Address of Sr. Society President, National and State Themes and Projects, emphasis on membership and a Peewee Page.
- **SOCIETY DIRECTORY REQUIREMENTS:** The Society Directory must include the following information: Member Name, Address & +4 Zip, Telephone Number, Ancestor, birth date, and national Number. Also include a listing of Society and Senior Society Officers.

## **VOICE OF VIRGINIA**

(continued)

- **To qualify for National Awards**, paper copies of your newsletter must be sent as soon as they are available to the National Chairmen (Mary Lee Howell & Abigail Mosher) and Senior National Chairman (Stacy Woodbury) of C.A.R. Magazine and Newsletters, and the Associate Editors (Alexis Delmore & Sara Cox) and Senior Associate Editors of the C.A.R. Magazine (Sandy Zeles and Kathy Marsh) of each of your local and state newsletters printed from March 1, 2019 to February 29, 2020. Electronic copies may be sent to National President McGowan Storage and Senior National President Norma Griffin. Addresses and e-mail addresses are listed in the National Roster, available under the eCAR tab on the national website, [www.nscar.org](http://www.nscar.org) when signed in to your nscar.org account.
- **To qualify for State Awards**, send newsletters & directory ASAP to the following via email or USPS (addresses and e-mail addresses are listed in the Virginia C.A.R. Directory):
  - Voice of Virginia Editor at [vscarvoice@gmail.com](mailto:vscarvoice@gmail.com).
  - Mr. Michael Elston, Senior State President.
  - Madeline Herring, State President.

### **CONTESTS:**

### **STATE ONLY**

Society with the best overall newsletter (no separate entry required)	\$4.00
Society with the most Voice E-Mail subscriptions (no entry required)	\$4.00
Peewee with the best drawing of Patrick Henry writing his speech	\$2.00

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## **VIRGINIA C.A.R. STATE CONFERENCE**

**OBJECTIVE:** To teach members the importance of planning ahead while saving money and to publicize the state conference venue.

**PROGRAM:** Encourage early-bird registrations for the 94th V.S.C.A.R. State Conference in Richmond, Virginia.

### **SUGGESTIONS:**

To get members and seniors excited about the state conference, consider doing one of the following activities at a society meeting:

1. Visit the website of the conference hotel after the date and location are announced.
2. Visit the website of nearby attractions in downtown Richmond, including the Virginia State Capitol Building, <https://viriniacapitol.gov/>

**CONTESTS:**

**STATE ONLY**

Society 25 members or less with the most early-bird registrations.	\$5.00
Society 26 members or more with the most early-bird registrations.	\$5.00

[No separate entry is required; contest will be judged by registrations received.]

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## National Contest Entry

Office or Committee			
Contest			
Society		State	
# members		# participating	
# age 10 and younger		# age 11 and older	
Society President		Senior Society President	
Name		Name	
Address		Address	
City		City	
State	ZIP + 4® Code	State	ZIP + 4® Code
E-mail		E-mail	
<p>Documentation of your program is required. Please attach:</p> <ul style="list-style-type: none"> <li>.. Photographs of displays, projects, and events</li> <li>.. Scripts of original programs</li> <li>.. Proof of financial and/or material donations</li> <li>.. Verification of ALL volunteer hours</li> <li>.. All other documentation of your required work to accomplish this program</li> </ul>			
<p>I do NOT wish to have my entry posted on the N.S.C.A.R. website <span style="float: right;"><input type="checkbox"/></span></p>			
<p>Details of donations (material and/or financial, number of volunteer hours)</p>			
<p>Details of how this officer's or committee's program was accomplished.</p>			