

Hello
AUGUST
"live in the moment"



Birthdays

<i>Dana Byrd</i>	<i>8/04</i>
<i>Nancy McQuillen</i>	<i>8/04</i>
<i>Jan Bogardus</i>	<i>8/04</i>
<i>Linda Short-Lowe</i>	<i>8/16</i>
<i>Karen Hendricks</i>	<i>8/17</i>
<i>Lucy Dillon</i>	<i>8/20</i>
<i>Carolyn McCurdy</i>	<i>8/21</i>
<i>Darlene Williams</i>	<i>8/23</i>
<i>Jacklynn Gray</i>	<i>8/24</i>
<i>Mary Ann Nepinsky</i>	<i>8/24</i>
<i>Mary Ann Best</i>	<i>8/25</i>
<i>Susan Davis-Faulkner</i>	<i>8/26</i>
<i>Libby Bland</i>	<i>8/27</i>
<i>Linda Puckett</i>	<i>8/28</i>

What's Inside

<i>Notes from the Editor</i>	<i>Pg 3</i>
<i>A Flag for all Times</i>	<i>Pg 4</i>
<i>Managing Stress</i>	<i>Pg 5</i>
<i>Daughters Portico</i>	<i>Pg 6</i>
<i>Committee Minutes</i>	<i>Pg 7-</i>



Notes From The Editor

Please remember to get those Service Hours in at the end of each month. What you do matters! If you need assistance entering your hours or would like me to enter them for you, please email me at cswartz62@yahoo.com or text 803-507-4577 and I will be glad to enter them for you. Include what activity was done, the date and the amount of time spent on each activity.

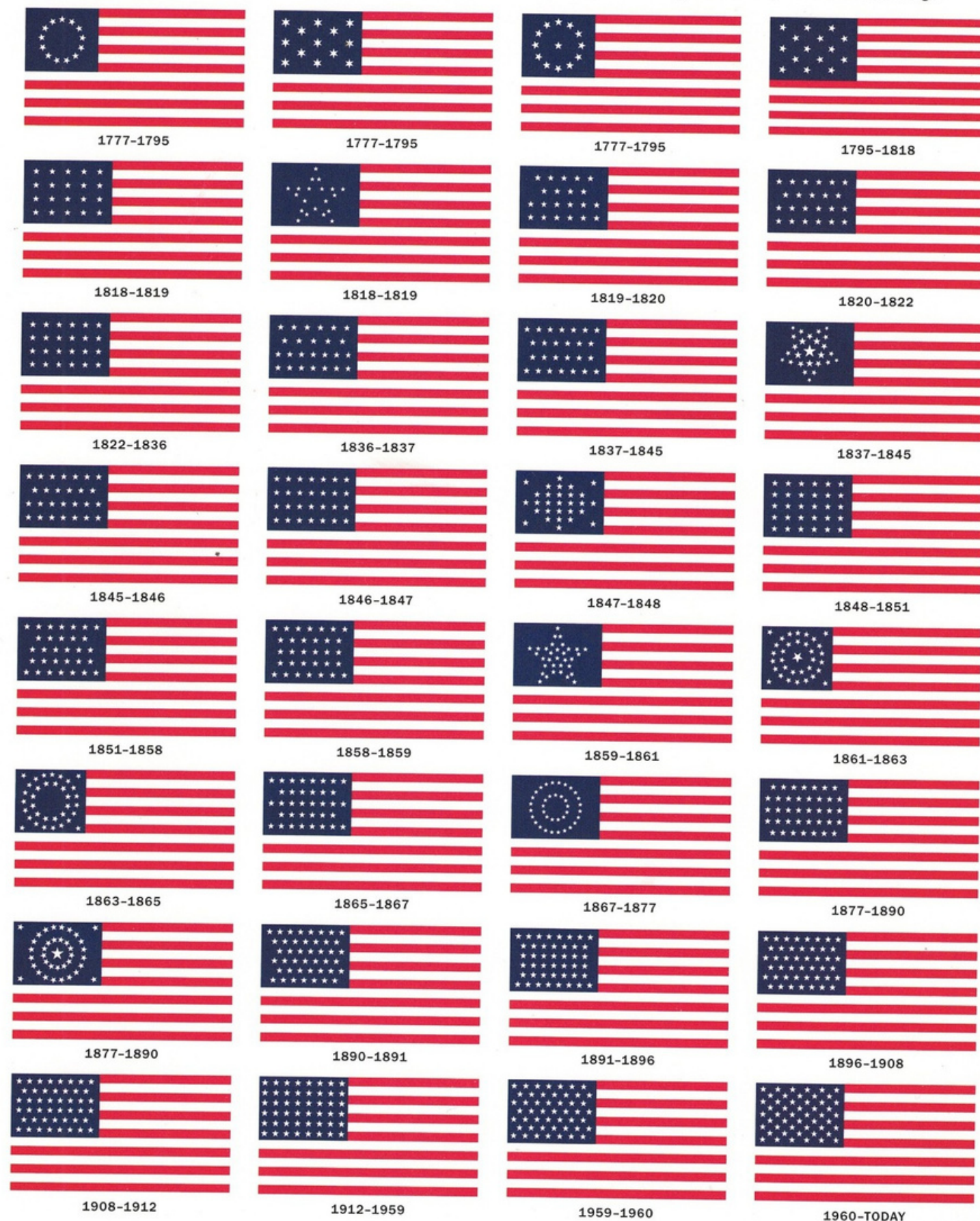
REMINDER! Committee Chairs!!! Let's get some minutes into the Newsletter this month. Deadline to send in information is August 20th.

Hope to see you all at our next meeting September 21st!

Beginning with the Flag Resolution of 1777, which called for the U.S. flag to show “thirteen stripes, alternate red and white” and include “thirteen stars, white in a blue field,” there have been 27 official versions of the national flag, and numerous offshoots.

Often (but not always), the flag has been adjusted to represent new states entering the union. Sometimes multiple versions, star patterns varying, have been in use at once, as some examples here show. In 1912, the nation adopted an official, singular style.

The U.S. flag design with the longest tenure has been flown from 1960 to today. That’s 66 years—and counting.





5 Healthy Ways to Manage Stress

1. Be social: Seek out time with friends and loved ones for fun and support. “Studies show that social isolation increases the risk of heart disease,” says Michos. Social isolation has been linked with risky behaviors, like physical inactivity and smoking, which can lead to heart disease.
2. Get active: Exercise raises endorphins, which boost mood, and keeps your heart healthy through improved fitness. The American Heart Association recommends moderate aerobic exercise 30 minutes per day, five days a week. Michos also recommends increasing activity by using the “20-2-8” rule: For every 20 minutes of sitting, spend eight minutes standing and two walking. She suggests walking at least 10,000 steps per day — keep track of your steps and motivate yourself with a pedometer or activity tracker.
3. Practice mindful eating: If you use food as a coping mechanism, pack healthy snacks for when you know you’ll be out, avoid situations where you might make unhealthy choices and plan meals in advance.
4. Look on the bright side: Research shows that optimism improves health. For instance, one recent study showed that optimism improved recovery from acute coronary syndrome.
5. Schedule time for yourself: “Self-care is important. Women are so busy being caretakers for kids, their spouses and everyone else that they neglect their own health. Make sure to take time out for eating well, exercising and having hobbies that bring you joy,” says Michos.

More information can be found: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/stressed-out-5-tips-for-women-to-stay-heart-healthy>



Introducing *The Daughters' Portico*

The Daughters' Portico is a new digital publication available to all DAR members at no additional cost. Just as our DAR Headquarters, with its breathtaking physical portico, is a “House Beautiful” for all Daughters, this publication is another special place for you. We will gather here on this digital “portico” to share friendship and to tell the stories of our continued service to the United States of America.

- Enjoy a mobile-friendly, interactive design
- Easily share public articles with friends and family
- Discuss the latest content on the Daughters Online Community

The new State & Chapters News section of dar.org is a tool your chapter and state can use to tell your story of service to America. Share your chapter and state news on social media!

About *The Daughters' Portico*

Each detail of *The Daughters' Portico* has been designed with intention, including the publication's nameplate. The script used for “Daughters” is a custom handwriting treatment in honor of the 56 Signers of the Declaration of Independence. The typeface for “Portico” was selected for its architectural styling, calling to mind the Georgian Revival design of Memorial Continental Hall. The circular emblem, or mark, pays tribute to our physical portico and offers another styling option, particularly in the increasingly important mobile environment. Together, the nameplate and mark embody the femininity and strength that have defined the Daughters of the American Revolution since our founding in 1890.

Committee Minutes

America 250 Minute - August

August 2, 1776 – In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

August 16, 1777 - The Battle of Bennington, Vermont, occurred as militiamen from Vermont, aided by Massachusetts troops, wiped out a detachment of 800 German-Hessians sent by British General Burgoyne to seize horses.

August 16, 1780 – The Battle of Camden in South Carolina occurred. The battle was a big defeat for the Americans as forces under General Gates were defeated by troops of British General Charles Cornwallis, resulting in 900 Americans killed and 1,000 captured.

August 29, 1779 - After two massacres, American forces burned Indian villages at Newtown, NY.

National Society Daughters of the American Revolution

Ginnie Sebastian Storage, President General

AMERICAN INDIAN MINUTES 2026–2027

Mitika Wilbur was born in 1984 in Anacortes, Washington is a citizen of the Tulaip Tribes of Washington and a descendant of the Swinomish people. She grew up on her homelands in Swinomish, close to her community and their cultural practices. She was trained in photography at the Brooks Institute in California. She had a career in Los Angeles in fashion, later returning to her community to teach primary education at Tulalip. With the guidance of her elders and others in her community, she sold everything and set out to become a keeper of stories as a photographer, writer, and visual storyteller sharing the power of Native people. She spent more than a decade traveling throughout Indian Country with a goal of photographing all of the tribes in the United States. She called her project 562 for the 562 tribes that were federally recognized when she began the project in 2011. Through this work, Matika learned not only about family and tribal histories but also about the ways that communities have revitalized and found joy through cultural practices. Matika shares her photos and stories in museum and gallery shows all over the world. Source: Keene, Adrienne. Notable Native People (pg.55). Ten Speed Press, Copyright 2021.

Did You Know?

- *In August 1775, the American Revolution was in a critical phase, with both political and military developments shaping the course of the war.*
- *August 1 – Second Continental Congress adjourns. The Congress took a summer break, voting to reconvene on September 12, 1775.*
- *August 3 – Supply crisis and Council of War General George Washington held a Council of War in Cambridge, Massachusetts, to address the shortage of American gunpowder. The powder was poorly stored and prone to dampness, so the Continental Army resolved to request fresh supplies from the colonies.*
- *August 3 – Hudson River naval skirmish. A flotilla of armed American galleys, led by Lt. Col. Benjamin Tupper, engaged the British frigates HMS Rose and HMS Phoenix on the Hudson River. The Phoenix was heavily damaged and retreated, while the Americans lost four dead and 14 wounded.*
- *August 4 – Observations on colonial tactics. A British officer noted that American use of small “buckshot” was causing more British casualties than in previous engagements.*
- *August 6 – Virginia militia reorganization. The Virginia Convention appointed Patrick Henry as Colonel of the 1st Regiment of the Virginia Militia, reinforcing colonial military leadership.*
American History Central.