

# GEAR POST

**Waynesboro  
Rotary Club  
5780**

April 2022

*President:* Leonard Poulin  
*Secretaries:* Sarah Paiste & Margaret Hersh  
*Treasurer:* Laurie Landes  
*Immediate Past President:* Rebecca Shin  
*Directors:* Frank Carey, Anne Hudlow, Tracy  
Straight and Troy Hamilton  
*Gear Post:* Francine Johnston



## Date to Remember

The evening of **June 16<sup>th</sup>** will be our annual picnic.

### March 17<sup>th</sup>



#### ***Valley Children's Advocacy Center (VCAC)***

Rebecca Simmons and Charle' Johnson are certainly passionate about the work they do at VCAC to help victims of sexual and severe physical abuse. Since 2004 they have been serving about 300 children a year (ages 2 -17) in a welcoming place with personnel who are specially trained. The center is located in Staunton and serves a large area including Waynesboro. They are hoping that we will partner with the Staunton/Augusta Rotary Club to add to and update facilities.

### March 24<sup>th</sup>



#### ***Vera Haily from Mediation Solutions Services***

When you have an issue with a contractor, a tenant, or coworker and you feel like you need to press charges, there is an alternative to going to court before a judge. It is called mediation and allows both parties to present their case and work together to resolve it. Vera Haily, who has worked as a judiciary certified mediator, joined us today to talk about how this collaborative process is a better way to solve many problems. Vera is also part of Mediation Without Borders that partners with RI.

### March 31<sup>st</sup>



#### ***Matt Long on How to Travel the World for Free***

Lowrie Tucker introduced our speaker who was full of advice about how to use credit cards to get sign-up bonus points that can be redeemed for air travel and hotels. Matt Long offered as an example how American Airlines will give you 60,000 points if you spend \$3,000 in 3 months. The key seems to be constantly signing up for new cards – though he cautioned us not to cancel old ones (He has 50 or more).

### April 7<sup>th</sup>



Farm at Berkley Glen Elementary School

#### ***Allegheny Mountain Institute (AMI)***

Executive Director Kim Davidson joined us to talk about how the Allegheny Mountain Institute, based in Highland County, aims to build community through education and the growing of food in sustainable ways. At Augusta Health one of their farms supplies food for patients. Farm Manager Julia Loman described how the farms at Berkeley Glen and Kate Collins Middle School are designed to engage students in planting, care and harvesting of food as part of classroom curriculums.

**April 7<sup>th</sup>**



**Global Lyme Alliance**

Ms. Virginia Senior America 2020, Rhonda Howdyshell, has been involved with Habitat for Humanity, the Cinderella Project and other worthwhile endeavors but today she came to educate us about Lyme disease. Rhonda contracted the disease when she was only 8 years old and suffered many debilitating symptoms before she was properly diagnosed when she was 64. Global Lyme Alliance is dedicated to research on tick borne disease, education and patient services.

A 4-year Paul Harris pin was presented to Francine Johnston.

**Notes from the Board**

Support Ukraine by donating to RI where funds will go directly to Rotary clubs. Valley Pastoral Counseling Center was presented with \$500 and Tracy Strait will get \$750 to support summer programs for youth at the Wayne. A grant for \$500 has been approved to fund a program at Wenonah Elementary to reward readers with books. We also provided dinner for 15-20 United Way volunteer tax preparers.

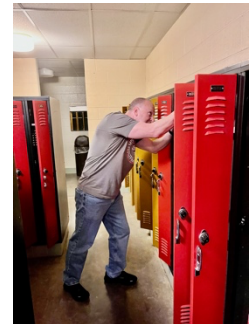
**District Conference**

Five members of our club attended the District Conference held at Hotel Roanoke April 1-3: Nancy Whitlock, Doris Hulvey, Margaret Hersh, Sarah Paiste and Vonda Lacey. We look forward to hearing more about the conference in the weeks to come, especially the lip-synch contest in which Margaret, Vonda and Sarah participated.



**Service Project begins at Valley Vo-Tech**

Club members, under the direction of Jodi Tibbs, assembled two hospital beds and removed lockers to create a storage room at the School of Practical Nursing. Helpers included Tom Brown, Paul Dana, Mike Wilhelm, Chad Hatter, Kirk Quillen, Vonda Lacey Len Poulin, Steve Howlett, and Jeff Fife. Our club has also donated four laptops and a washer and dryer to the school. More service to come!



**In Sympathy**

Mary Meadows, wife of longtime Rotarian Gene Meadows, passed away on March 26th. Our sympathies to the Meadows family, especially her son Mike who is a member of our club. Mary was a Paul Harris Fellow and supported the club and community in many ways.

**Proposed Members**

**Nominee:** Angela Whitlock  
**Classification:** Administrator

**Employed by:** Royal Care at Birch Ridge  
**Proposed by:** Doris Hulvey

**Nominee:** Marcie L. Mader  
**Classification:** Loan Originator

**Employed by:** Select Bank  
**Proposed by:** Lori Landes & Ed Lyman

If there are no objections submitted, in writing, to the Board within ten days of this notice, this individual shall be duly qualified for membership in the Rotary Club of Waynesboro.