

GEAR POST

Waynesboro
Rotary Club
5780

December 2020

President: Rebecca Shin
President Elect: Leonard Poulin
Secretary: Mary Ann Everly-Maupin
Treasurer: Laurie Landes
Immediate Past President: Lowrie Tucker
Directors: Dick Clark, Vonda Lacey,
Charlie Guggenheimer, Frank Carey
Gear Post: Francine Johnston



Peace on Earth, Goodwill to all!

Save the Dates

No club meetings November 26th, Dec 24th or Jan 31st

Notes from the Board

\$250 was donated to The Virginia Wildlife Center In honor of Sonny Carey. Strategic planning continues in a board retreat on Dec 5th.

November 5th



Virginia Tech Cheerleading

Sonny Carey, daughter of our own Frank Carey, found time in her busy schedule to join us from Blacksburg where she is a senior and member of the Virginia Tech cheer leading team. Sonny described the physical demands and athleticism involved in cheer leading but also the time management and discipline it requires. She reported on a qualitative study she has conducted for her minor in Women and Gender studies to address the stereotyping cheer leaders often encounter. Sonny enjoys representing VT at outreach opportunities such as school and hospital visits and at community fund raisers.

November 12th



Walter Hughes and his Top Ten Reasons for Rotary

Why join Rotary? This was the question Walter Hughes covered in his zoom presentation. Walter talked about being inspired by his father and other Rotarians, the opportunity to help children at home and abroad, the chance to empower leaders and transform lives, and above all to participate in the Rotarian mission of service. He shared stories of his experiences in Africa where he has helped to build schools and sanitation services that inhibit the spread of water borne disease. Walter certainly embodies the spirit of Rotary!

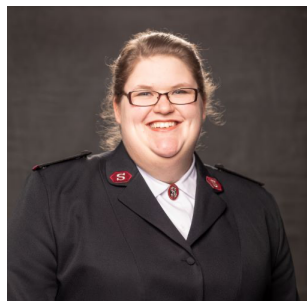
November 19th



Nutrition Tips from Christa Jones

Christa Jones, clinical dietician at Augusta Health, gave us some tips on healthy eating in this time of homebound isolation. She urged us to stick to a schedule that includes snacks and to plan meals in advance. Keep healthy options available (such as fruit and nuts for snacking) and practice portion control. Staying active is important of course, not only for exercise, but to avoid eating out of boredom. We are more likely to become dehydrated in the winter so drink plenty of liquids. Christa

finished up by talking about what she does at AH helping people to manage diabetes and lose weight.



New Member: Lieutenant Rachel Pruitt

Welcome to Rachel Pruitt, nominated by Harold Cook. Rachel is the Corps Officer of the Waynesboro Salvation Army. She was born in Atlanta but grew up in WV and MD while her parents were serving as officers in the Salvation Army. She graduated from Towson University and worked as a Youth Minister and Outreach Director, serving her passion for kids and youth, before taking a fulltime job with the Salvation Army. Rachel moved here last summer from Roanoke where she served as Assistant Corps Officer. As a member of our club Rachel hopes to serve the community and make friends and connections.

Slate of Officers

On December 3rd, according to Waynesboro Rotary Club by-laws, President Rebecca Shin will present the slate of officers and directors for 2021-2022 as listed below. Additional nominations can be made from the floor. We will vote on Dec 17th for the officers and two directors.

President Elect: Barrett Owen - Barrett has been a member of our club for five years. He is the pastor at First Baptist Church.

Co-Secretaries: Margaret Hersh and Sarah Paiste - Both Margaret and Sarah have been members a little less than two years. Margaret is a development director at Waynesboro Community Bank and Sarah works as an agent for Nationwide Insurance.

Treasurer: Laurie Landes - Laurie has been a member for over 30 years and has served as President, Director, Treasurer and Trustee for our Foundation. Laurie is employed at Frontier Bank.

Director: Anne Hudlow – Anne has been a member for over three years and is employed by Nest Realty.

Director: Celine Reid – Celine is a new member and is employed by BB and T Bank.

Director: Kevin Osborne – Kevin is a new member and is the director of the Waynesboro Public Library.

Director: Troy Hamilton – Troy has been a member for two years and is a financial advisor for Edward Jones.

Director: Tracy Straight – Tracy has been a member for over 3 years and is the executive director of the Wayne Theatre