

GEAR POST

**Waynesboro
Rotary Club
5780**

March 2022

President: Leonard Poulin
President Elect: Barrett Owen
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



Dates to Remember

The District Conference will be at the Hotel Roanoke **April 1st – 3rd**.

February 10th



Andy Long shows off his team

Taking Care of Your Heart

February is National Heart Month, so it was appropriate to hear from Augusta Health administrator Andy Long. He described how the Heart and Vascular Center has grown over the years. Prior to 2010 the response time for cardiac intervention was 160 minutes because the patient had to be flown to UVA. Now the response time is 49 minutes as the intervention is done on site. Andy shared current plans to expand into additional space at Augusta Health.

February 17th



Jeff's destinations have come a long way

Jeff Fife: World Traveler

Inspired by his wife Fiona, Jeff Fife has become a world traveler! He started his talk with tips on how to finance travel, such as using credit cards for reward points. Jeff then took us on a whirlwind review of his recent trips that started when he flew to Melbourne Australia to secure Fiona's hand. Their trip to Egypt during Covid turned out to be an opportune time to go with no crowds. Other destinations have included London, the Maldives, and Dubai – and more are planned. Jeff's final words of advice: YOLO ("You only live once")!

February 24th



WHS Interact Club

Interact and Wilson Workforce and Rehabilitation Center

Andy Matherly introduced students from the WHS Interact Club who joined us for lunch. They have completed a fundraiser and have volunteered at The Boys and Girls Club and the Wayne Theatre. The students shared their experience at RYLA where they enjoyed meeting and working with fellow students. Tim Woodward, District Director of WWRC was introduced by Lynn Harris and reminded us of the center's goals and described the processes of assessment, counseling, job training, life skills training and then support for job retention. There are only eight institutions like the center in the United States and WWRC is rated highest for job retention. Tim closed with some remarks about Restorative Justice which goes beyond punishment to helping perpetrators accept responsibility and correct the problem. This can then address the needs of the victim. Tim invited us to visit the new high-tech facilities at the center.



Tim Woodward of WWRC

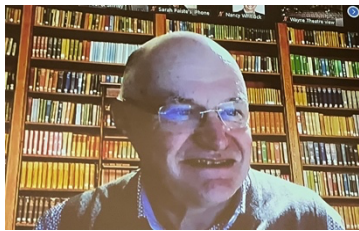
March 3rd



Remedy Rule: Olympic Swimmer

It takes a long-lasting commitment to become an Olympic swimmer! Remedy Rule described how she began training at age 10 which involved two practice sessions a day at the YMCA – the first at 5 am! She swam competitively for the Shenandoah Marlins, Western Albemarle HS, and the University of Texas. Remedy was honored to represent the Philippines in the 2020 Olympics at Tokyo (Her mother is a native Filipino). She is now working on a master’s degree in marine biology at the University of Miami with a special interest in coral reefs.

March 10th



Hearing from the Irish!

In honor of St Patrick’s Day, we had a visit from an Irish Rotarian via zoom. Ian McGown Smyth is an Assistant District Governor for Northeast Ireland. After giving us some background on Saint Patrick, shamrocks and the Irish harp he responded to questions from the club that ranged from how the Irish have used humor to survive, to his perspective on Brexit and the invasion of Ukania.

Notes from the Board

We have gotten a \$500 district grant to enhance membership. Sadly, President Elect Barrett Owen will be leaving the club to move to a new church in NC. Len Poulin will continue as president for the next year.



Vonda, Hilary, Jodi, Doris and Margaret

Celebrating Women in Rotary

Area 4 hosted a Ladies Social at Orchard Creek the evening of Feb 16th to celebrate 35 years of women in Rotary and our club was well represented! Women were not allowed in Rotary until 1988 but 7 women joined our club that first year including Doris Hulvey, Mary Ann Everly and Kathleen Heatwole.



Nancy and past AG Diane Woodson

Awards



Paul Harris Award

Lowrie Tucker was presented with a Paul Harris Award on February 17th and Tracey Straight reminded us that all it takes to be a sustainer is \$100 a year. We would love to be a 100% club if everyone donated.

District Awards

On March 3rd Ruth Arnold, former Area Governor, presented us with a Presidential Citation as well as a Gold Club Award for the year 20/21. Both of these are due to the efforts of past president Rebecca Shin.

Proposed Member

Nominee: Haley Shull

Employed by: George Mason Mortgage

Classification: Financial

Proposed by: Len Poulin & Andy Matherly

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.