

August 2008

WILLIAMSBURG'S

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VOL.2, ISSUE 8

PRICELESS

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Retired
Volunteers**

Jim White
Williamsburg's
Human Resource

Pete Cruikshank
Cultivating Better Leaders
for a Better Community

Jerre Johnson
Williamsburg's "Rock
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Inside

PAGE 3

Jim White

Volunteering to Improve the Future for Others

PAGE 14

Tom Bond

Recipient of Sentara's Esteemed Promise Award

PAGE 6

Jerre Johnson

A Volunteer with a Passion for the Environment

PAGE 17

Fred & Audrey Ihrig

A Couple of Williamsburg's Great Volunteers!

PAGE 9

Judy Conway

Her Personal Faith is a Guide for her Service to Others

PAGE 20

Bob Keith

Lending an Ear to Help Improve our Community

PAGE 12

Pete Cruikshank

Developing Better Leaders to Build a Better Community

PAGE 23

Hey Neighbor!

Find Out How You Can Get Involved with Your Community

I have lived in a few different places before moving to Williamsburg a year ago and I have always been involved in the communities I resided in. However, I have never lived in a community that is more participatory in helping one another through service to others than Williamsburg. Many locals who are making a difference in our community are volunteers and a significant percentage of these enthusiastic volunteers come from our retired population.



Meredith Collins, Publisher

Their vast experience and knowledge from many years in the work force or at home raising families is matched by their willingness to give and their energy and commitment to be an active part of this community in hundreds of different ways. Is Williamsburg all that different from other communities our size? I think so.

During this past year, I have met an incredible number of people from all walks of life, in all sorts of places - homes, businesses, local organizations, coffee shops, restaurants, social events, fundraisers, golf tournaments and more. Many of the hands that have been extended to me in a warm handshake have been the hands of men and women who are retired. They aren't at home with their feet propped up in front of the television. Instead, they are welcoming others and putting their interests into action by representing causes and organizations that they believe in.

The retired community in Williamsburg is not retired at all. Retired volunteers are everywhere - organizing, scheduling, leading, helping, planning, recruiting, greeting, teaching, developing, analyzing, demonstrating, creating ... and doing.

In this issue, we bring you a small sampling of some of the terrific ways our retired neighbors are enhancing the quality of life in Williamsburg. I hope you enjoy reading about them. NDN

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Jim White

Williamsburg's Human Resource

By Linda Landreth Phelps

You might say Jim White is a people person. His long career in Human Resources took him all over the east coast - New York, New Jersey, Connecticut, and Pennsylvania - from his hometown of Richmond, VA. His last position before his retirement was with a company based in Manhattan, with satellite offices in London, Tokyo, and Hong Kong. He capped off his business career at Instinet Corporation as Senior Vice President and Head of Global People Resources. It was a challenging position providing leadership in a diverse, global organization with 2,600 employees.

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Five years after Jim retired he and his wife of 35 years, Marie, settled in Williamsburg. He still finds his day centered on people and helping them to discover and accomplish their full potential.

Jim is a Virginian who grew up here during the time when "African American men were still referred to generically as 'Boy' or 'John,'" he says. His parents divorced when he was just four years old and his father was not a part of his life as he matured. "It's said that it takes a village to raise a child, and the village raised me," Jim states. Along the way, he acquired attributes of compassion and a

lifelong interest in justice and equal opportunities for all. "I've been a member of the NAACP since I was 15 years old," Jim says. "In the '60's I marched down Broad Street singing 'We Shall Overcome' and participated in the lunch counter sit-ins of that era."

Because of segregation, top colleges of the south such as the University of Virginia were closed to Jim. He earned his B.A. from historically black Virginia Union University, whose mission statement is to 'transform the world one student at a time'. Jim went on to earn a Master's in Business, carve out a career for himself at the top levels of the corporate

world, and to carry on that tradition through his many volunteer efforts.

Jim and Marie, (who, fluent in Spanish thanks to her Cuban heritage, provides translation services for Olde Towne Medical Center in her own busy volunteer career) raised two boys who are now in their early 30's. They have seen them move on to their own successful careers. Damon, the older son, is a graduate of UVA, holds an MBA degree in finance and works in banking in the Washington, D.C. area. Their other son, Jason, graduated from Georgetown in business and is currently living in Shanghai, China. He is working for Nike in advertising in preparation for the Olympics. His diverse circle of friends there includes natives of Nigeria, the United Kingdom and China, as well as America. "Can you tell we stressed education in our home?" Jim asks with a smile. Having successfully launched their children, Jim's full attention turns to others.

One of Jim's regular activities is participation as a board member in All Together, an area group fostering racial and socioeconomic understanding and interaction. He particularly enjoys mentoring at William & Mary through Executive Partners, a dynamic program that pairs graduate business students with some of Williamsburg's many resident senior executives (both active and retired) who advise and follow them closely throughout their course of study and often beyond. "This program is close to my heart," Jim states. "I like working with such bright, motivated people and helping the younger generation. They are our future."

For Jim, volunteer service isn't something that he waited until retirement age to begin. Jim has served on the board of many worthy organizations such as New York's *Just One Break (JOB)*, dedicated to gaining employment for the mentally challenged, the *New*

Samaritan Corporation, a New England-based charity dealing with housing issues for both low-income families and the aged, and the Delaware State University School of Business, among others. They have all benefited from his wisdom and experience, but now he's gradually narrowing his focus to concentrate on more local projects. "After all," he says with a chuckle, "I am supposed to be retired!"

Jim serves as a trustee of the Williamsburg Community Health Foundation, which is improving the health of people who live in Williamsburg and surrounding counties by awarding grants to projects that promote responsible health practices and increase access to quality services.

"I'm excited about a new program for providing dental care for what I call 'the invisible population' of Greater Williamsburg, the people who live down the dirt roads where most of us never go," he says. "Two portable dental clinic vans will go right to where the need is greatest and offer people the care which may even save their lives."

When they moved to Williamsburg, Jim and Marie chose a new church with care. They attend Christ Community Church, a church whose emphasis is on the mission field. In addition to serving with their more local ministries, Jim was in a group from his church that took supplies to and worked in the Katrina-ravaged areas of Mississippi and Alabama. After working there he had new insight into the devastation. "My eyes were opened to sights I could never have imagined," he says.

Times have changed so dramatically with in Jim's life span. Thanks to technology, the modern world has shrunk; the village has grown to include the entire globe. Most of those older African Americans of the Richmond village who helped raise Jim never

conceived that a black man would soon be contending for the presidency of the United States. But those men called "John" and "Boy" who, as Jim puts it, "lifted my generation up on their shoulders" are who inspire him today. He becomes emotional as he talks about them with gratitude. "They taught us about God, about the benefits of hard work and a good education. We owe them everything!"

He seems frustrated by the present society that appears to be in danger of losing sight of those lessons of faith, achievement, and accountability that were so firmly instilled in him. Thanks to his mother and others, Jim's generation is characterized by an urgent sense of indebtedness rather than entitlement. His concern is that those who haven't worked for hard-won human rights or educational opportunities seem content at times to squander them.

Some who watch the evening news may say that we're living in a broken society. The hope that our society is not so badly broken that it can't be redeemed is attributable to the efforts of people like Jim. His sturdy shoulders are available to lift up those generations, regardless of race, who follow them. Now what we need are more determined young people with vision, strength, and the sheer grit to climb. NDN

For more information about the organizations Jim is involved with visit:

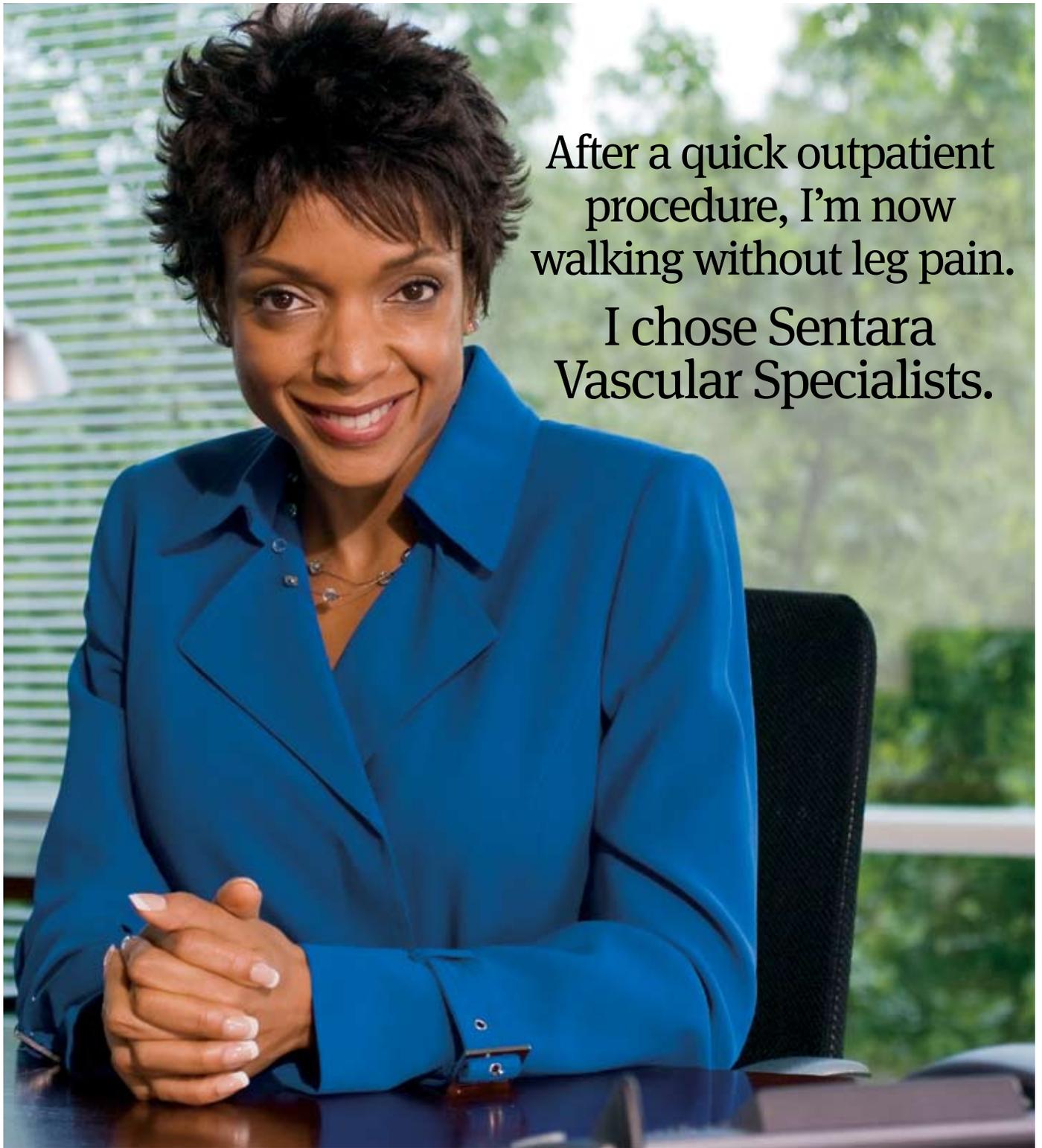
- All Together
www.alltogetherwilliamsburg.org
- William & Mary's Executive Partners Program
<http://mason.wm.edu/Mason/The+Mason+Difference/Executive+Partners>
- York - James City - Williamsburg NAACP
<http://www.yjcwnaacp.org/index.htm>
- Williamsburg Community Health Foundation
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Williamsburg's
"rock" solid
volunteer
Jerre
JOHNSON

By Rachel Sapin

“My life is rather quiet and boring,” says Jerre Johnson. “I’m very good at putting people to sleep.”

Jerre is a humorously humble person when it comes to his accomplishments and those who know him find him anything but boring. Now retired with the status of Professor Emeritus, Jerre served as a professor of Geology at the College of William & Mary for thirty-six years; during those years he received numerous teaching awards, including William & Mary’s prestigious Thomas Jefferson Teaching Award, its President’s Award for Community Service, and the John H. Moss Award for Excellence in College Teaching, just to name a few.

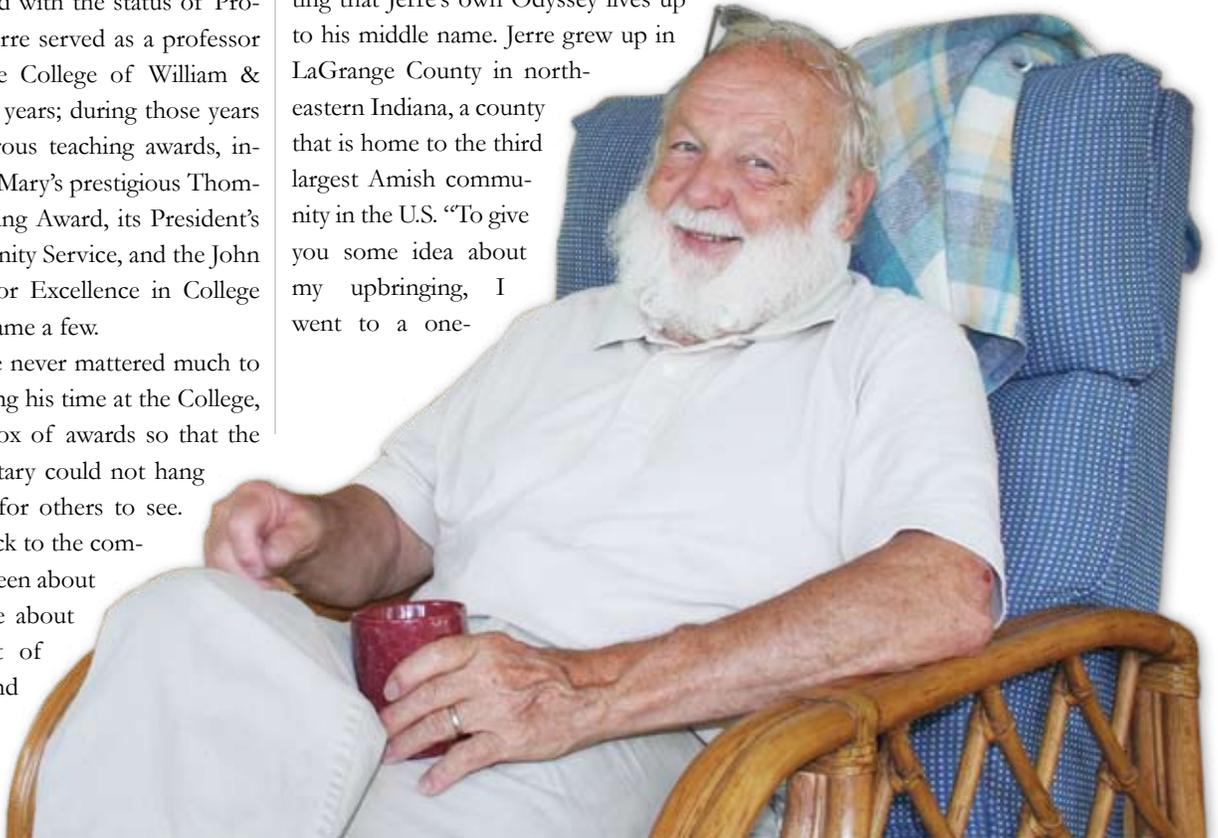
Accolades have never mattered much to Jerre though. During his time at the College, he often hid his box of awards so that the department’s secretary could not hang them on the wall for others to see. For Jerre giving back to the community has never been about the awards. “I care about the human aspect of volunteering and teaching,” explains Jerre. “There are a lot of wonderful

people in the community and there are also a lot of people who need help.”

What many people may not know about Jerre is that his middle name comes from the great oral poet of the Odyssey. Yes, Jerre’s middle name is Homer and it only seems fitting that Jerre’s own Odyssey lives up to his middle name. Jerre grew up in LaGrange County in north-eastern Indiana, a county that is home to the third largest Amish community in the U.S. “To give you some idea about my upbringing, I went to a one-

room brick schoolhouse with 54 kids and only one teacher,” says Jerre. “53 of those kids were either Amish or Mennonite and I was a minority of one.”

Although Jerre was unable to leave his endearing Midwestern accent behind (as was



apparent in our interview), he left Indiana in 1954 when he received a draft notice to serve in the Korean War. At the time, Jerre was only 18 and had just completed his first year of college.

Army life gave Jerre the opportunity to experience the world outside of a rural area that was not much more than farmland. In 1955, on what he remembers as a stormy sea, Jerre was shipped to Germany. "Before Germany, the furthest I had traveled was on a high school trip to Philadelphia and Washington," he remembers. Jerre relished his time in Germany. "I had an ear for the language because of my background of living amongst the Amish who spoke a dialect of German," he remembers.

Anyone who has spoken with Jerre already knows that he is passionate about Geology; he received his Bachelor's and Master's degrees and his PhD in the field. Jerre's primary interest lies in Coastal Plain Geology with an

emphasis on the history of the Chesapeake Bay. During our conversation, Jerre casually asked if I had ever set foot upon Jurassic limestone. I, of course, replied 'no'. Then he asked me if I had ever set foot on the steps outside of the Wren building to which I replied, 'Yes of course!' given that I am a recent graduate of William & Mary. I learned from Jerre that the steps leading into the Wren building are in fact made of this type of limestone that reaches back millions of years in our earth's history.

"I like to show people aspects of Williamsburg geologically that they may have seen but never noticed or understood," explains Jerre. In most cases, Jerre's volunteer work involves helping others to understand a variety of geological issues. "Geology has so many applications," says Jerre. "When you look outside, the landscape tells you a story; the dirt, the stones, all these things tell you something about the history of the earth."

I care about the human aspect of volunteering and teaching. There are a lot of wonderful people in the community and there are also a lot of people who need help. - Jerre Johnson

The story Jerre tells is not limited to a specific group or organization. As a volunteer lecturer, he works with groups of all ages. "I give lectures to a variety of organizations - from Gem and Mineral Societies to service groups," he explains. "Geology spans generations. Even four year olds can relate to most of the things I talk about."

In June, Jerre led an interactive program at the Williamsburg Regional Library titled, 'Fossils Around You,' for children ages four to six. At the end of the program, Jerre gave a state fossil to every child who attended. "I try to get people involved," adds Jerre regarding his teaching methods. "That's one of the great things about Geology. I can show people something they can touch, feel, and even smell. It's not just 'Today, we're going to talk about fossils and fossils are things that died a long time ago.' When you're talking about dead things, how dead can you be?"

Regarding his lecture style, Jerre is anything but dead. In fact, part of his job as a volunteer lecturer involves coming up with new and creative ways to get people interested in Geology. For a lecture he presented to

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the Williamsburg Lions Club, Jerre had individuals in the audience take on various roles of the earth in order to demonstrate how Duke of Gloucester street is not a straight east-west street.

"I had one woman in the Club play the role of the rotational axis of the earth and then I had a man get up and play the part of the magnetic North Pole," Jerre explains. "Then I had another man pretend that he was in Indiana and I had all of these individuals stand in line. A compass from Indiana points straight north because it points directly toward the magnetic North Pole, behind which is the rotational axis of the earth. Then I asked the group, 'Well I'm out here in Virginia, where is my compass going to point?' You just have to get people involved and get them to start asking questions."

Jerre doesn't volunteer simply because he is retired. He has been volunteering for most of his adult career. "During those thirty-six years at the College, I volunteered my time to give hundreds of school field trips and hundreds of interactive lectures to everyone

from pre-schoolers to high schoolers," he remembers. However, Jerre's volunteer efforts are not and have never been confined to the classroom. "I like to get out and do things," he says. "I tend to be more of a hands-on person than say a scholarly-type person."

After Hurricane Katrina, Jerre went down with a group from the Williamsburg United Methodist Church to help rebuild damaged houses in flooded parts of Mississippi. "Many of the houses that I worked on had been gutted save for the outside walls," remembers Jerre. "I helped insulate those houses, putting up wallboard and other materials to make them somewhat liveable." Jerre's building skills are palpable even in his family life; his home contains a vibrant 22 ft. x 24 ft. sunroom. Jerre is responsible for 95 percent of the sunroom's construction: from the plumbing to the hardwood floor.

As an ardent environmentalist, Jerre also works to protect Virginia's natural resources; he serves on the Williamsburg Land Conservancy's Board of Directors and also volunteers for the James City County Citizens

Coalition. In February 2008, on behalf of the James City County Citizens' Coalition, Jerre fought to preserve the bluffs at Kingsmill that were in danger of being destroyed by proposed development. Although he lost that battle, Jerre continues to participate in the Coalition's seminars and programs that promote sound and thoughtful development in Williamsburg.

At seventy-two, Jerre believes that his volunteer work is far from being over. "The stories of the people I help are still ongoing," he explains. "I've done so many things and the fun thing is that there are so many wonderful people out there to work with. I live in the present and hope for the future." NDN

For more information about the organizations Jerre is involved with visit:

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By Muna Killingback



health insurance and fall below 200% of federal poverty guidelines for households.

In 2006, the clinic had more than 4,000 patient visits and provided almost four million dollars in free services. The number of patients continues to grow. Especially notable is the fact that the entire staff of physicians, nurse practitioners, nurses, pharmacists, and administrative and reception staff are volunteers.

Judy is one of those dedicated volunteers. At age 62, Judy retired from her position at Williamsburg Community Hospital (now Sentara Williamsburg Regional Medical Center) shortly after being diagnosed with Parkinson's disease. She had recently celebrated her 20th anniversary with the hospital, where she was a

As she makes her way to Yorktown each Thursday morning, nurse Judy Conway says a prayer that could be her personal mission statement: "Lord, help me to love them as you love them."

Her destination is the Lackey Free Family Medicine Clinic (Lackey Free Clinic) where she donates her knowledge and skills to care for people who cannot afford health insurance.

ance.

The Lackey Free Clinic has been in operation since 1995. Its mission is to build a bridge of healing and compassion to serve the physical, emotional, and spiritual needs of the medically disadvantaged on the Peninsula. Patients receive free lab and x-ray work, free medication and other medical services. To be eligible for care, patients must have no

medical, surgical, and ICU nurse. She had also previously taught upper level nursing students at the School of Nursing in Petersburg until 2000.

Judy's work with the Lackey Free Clinic is inspired by a deep, unwavering faith. In turn, she says her heart is touched by the gratitude and relief she sees in the eyes of her patients.

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For Judy, the joy of giving is “a blessing” that reinforces her belief that she is “joining God where he is working.”

Her involvement with the clinic began in 1999, a few years after it was founded by Dr. Jim Shaw and his wife Cooka, whom she knew from the Williamsburg Community Chapel. At first, things were slow going. Dr. Shaw told her that many people didn't yet know about the medical services and that sometimes he and Cooka were there by themselves. That changed rapidly as word spread and soon Judy was recruited as a volunteer to help serve an increasingly large number of patients.

“I can't work for dollars anymore,” Judy explains. “This work gives me a sense of purpose.” She urges others, retired or not, to consider volunteer work. “We all have gifts we can share,” Judy explains. “Look at your interests, your gift patterns, and what you have to offer. You get so much out of it.” Judy notes that the Lackey Free Clinic always welcomes new volunteers and has many varied assignments, including administration.

Judy's commitment mirrors the Christian mission of the Clinic: *To provide skilled, compassionate health care and counseling to the medically disadvantaged in a manner that honors the name of Jesus Christ.* Each morning, the Clinic's volunteer chaplain leads the staff in prayer. Practitioners regularly pray with patients, offering spiritual encouragement that complements their medical treatment.

While Judy talks about what she does modestly, those who know her work are effusive in their praise. Debra Wilson, a nurse practitioner, has known Judy for many years and has worked with her both at the clinic

and in Sentara's ICU.

“It is an honor and a privilege to work with Judy Conway. She is one of the very best nurses I know,” Debra says. “And her knowledge is exceeded by the depth of her commitment to her patients, fellow volunteers and staff, as well as her ability to make people feel comfortable and loved. She's available to everyone. If she just walks in the room, you feel better. She exudes peace. Hers has been a life of service and she does it with such joy and unselfishness. She wants only to do good and bring people to a place where they know they are loved.”

Dr. Jim Shaw, founder and medical director, also praises Judy for her service. “Judy brings a smiling face and expert nursing skills to hurting patients,” Dr. Shaw says. “We feel blessed to have had such a reliable, skilled and loving volunteer nurse for all these years.”

Some special memories stand out for Judy as she looks back over her time at the clinic. Newly diagnosed diabetics often struggle to adapt to new routines and changes. Judy tries methodically to teach them what they need to know, assessing their existing knowledge and being careful not to overload them with new information. “If you tell them too much at once their eyes glaze over,” she says.

Judy's success was noticed by co-workers who began to send all new diabetics to her. She is gratified to see patients' faces when they become calm and are at peace about what they're doing. Judy helps take the mystery out of it.

On another occasion, a woman walked into the clinic complaining of chest pains. An EKG indicated something was wrong with her heart and the rescue squad was

called to transport her to the hospital. The woman was understandably upset and as Judy held her hand and prayed with her as they waited, colleagues noticed a look of peace come over the woman's face. The story had a happy ending as the woman received treatment in time to avoid a heart attack.

Judy has also faced challenges in her work, especially patients who are non-compliant. “That's the challenge of nursing - that people refuse to do what you tell them they need to for their health. It's very frustrating,” Judy explains.

She also faces a personal health challenge from Parkinson's disease which is progressing, affecting her stability, handwriting, and speech. Often just getting to the clinic is difficult and she arrives home at the end of the day exhausted. However, Judy is strong in her approach to dealing with Parkinson's and works to continue to be as normal as possible for as long as possible.

As she reflects on her career as a nurse, Judy explains her viewpoint about her volunteer work in health care. “Healing is wonderful, but sometimes it doesn't happen,” Judy says. “Illness has a purpose. I know that it can bring you closer to Jesus.” The impact of this on Judy's life is profound. The example she sets of providing service with love while touching countless lives stands as a permanent testimony to a life of deep personal faith in action. NDN

For more information on the Lackey Free Clinic visit:

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Pete Cruikshank

Building a Better Community Through Volunteerism

By Sara E. Lewis

Pete Cruikshank has touched many, many lives in the Williamsburg area during his career at Colonial Williamsburg and as a volunteer. He has led, donated to, and participated in a growing list of activities with worthy organizations.

He comes by his propensity to get involved in helping others quite naturally. "My father was a Presbyterian minister and my mother was very active in the community. Nan was always very active," he said of his late wife. "We never really talked about it. We just did it."

In the 1970s, Pete and Nan moved to Williamsburg from Boston, MA to join Colonial Williamsburg as Vice President of Human Resources and Administration.

Nan got involved with the community as executive director of the Rita Welsh Adult Literacy Program at the College of William & Mary. The program's volunteers tutor adults in reading, writing, math, and English and support adults in the completion of their high school education. Nan became good friends with Carol DeSamper, Executive Director of the United Way of Greater Williamsburg at that time. As a result of the women's friendship, Pete took on the task of heading up the United Way Campaign at Colonial Williamsburg.

"I first got involved in the United Way because of Nan," Pete said. "Nan was invited to become a member of the Board of the United Way and after she

rotated off, they put me on the Board." Board members typically provide organization and financial oversight.

The next United Way Executive Director, Kerry Mellette, initiated the Cruikshank Award in honor of the Cruikshanks' involvement in the development of the Information and Referral Service function at the United Way office. The annual award is presented to an individual volunteer or community volunteer group that has demonstrated initiative by developing a program that enhances the qual-

ity of life in the Greater Williamsburg area or addresses a community need.

Today, because of the annual award, the Cruikshank name inspires and is synonymous with local volunteerism.

Pete also became involved with Williamsburg Community Hospital, serving on their Board of Directors for six years. When he and Nan retired in 1992, they were approached by members of the Williamsburg Chamber of Commerce Board of Directors to develop a leadership academy. "They said, 'your lives have been dedicated to helping people grow,'" Pete said, recalling the visit that started the program, which was appropriately named Leadership Historic Triangle (LHT).

LHT encourages and supports community leaders by exposing participants to various aspects of the Historic Triangle and building their leadership skills. The eight-month long program starts with a two-day retreat. "I really enjoy the beginning of each LHT class," Pete said. The cohort spends 36 hours together, usually starting as strangers and ending as best friends. "I like seeing that happen."

Some former LHT alumni approached Pete a few years ago to propose a similar program for retirees. The Community Leadership Service class was founded and is in its second year. Pete acknowledges that it was tricky at first because many very talented and accomplished retirees were in the class. The retirees wanted to get



involved, but at a more senior level than some organizations required. They learned, however, that whether or not they liked it, no matter what they had done in life, they still had to earn their credentials as a volunteer by doing simple things like stuffing envelopes and serving cookies.

Pete credits Joan Peterson, current executive director of the Rita Welsh Program, with coming up with an idea that got the class excited. It was her idea to develop a Web site that matches volunteers with volunteer opportunities. With the help of several sponsors, volunteervilliamsburg.org was born and now serves the needs of many local organizations and retirees.

Linking people and facilitating involvement is a place where Pete's energies are often concentrated. When asked why he gets involved he answers, "It's a lot of luck." Pete feels lucky to continue to play a role with the Sentara Williamsburg Regional Hospital, serving on a committee that helps the hospital keep in touch with the community. "We are a sounding board for ideas," he explained. The local hospital continues to make changes to involve families in patient care and create a homier environment. Before moving to Williamsburg Landing, Pete served on their Board. "When I was on the Board here I was interested in getting the word out that the residents are interested in getting involved in the community."

One of Pete's favorite organizations continues to be the Rita Welsh Program, where his late wife served as executive director. "I'm heavily involved in the Rita Welsh Program. They are a wonderful group of people."

Because he is so involved, it's hard to single out one volunteer activity. "I like them all," he emphasized. "It's a nice balance. The enjoyable thing for me is the people. The people care about the community."

Although he has been involved in many board functions, Pete doesn't mind rolling up his sleeves. "Rita Welsh did a Shred-A-Thon at the Outlet Mall. The board was out there carrying the bags and putting them in the shredder. All of us working together," he said. "It was very different from sitting around the board table. But the idea came while sitting around the board table."

In retirement Pete and Nan Cruikshank built a house on the Piankank River to enjoy with their family. When it was first built, they had three grandchildren, but now there are eleven. "We're up to nineteen people and five dogs now," he said. The river house has also been folded into his penchant for volunteerism. His wife hoped people would always enjoy their river house and he has made certain this is so by offering it to organizations that include a weekend there as a silent auction prize. Bruton Parish, Rita Welsh, Rotary, and LHT are just a few of the organizations that have benefited.

Personally, Pete derives a great deal of satisfaction from helping others. In talking to people in the community, he receives many indications that let him know that his volunteer service has helped individuals and organizations become more confident, make changes for the better, or build capacity in other ways. "It is wonderful to see that growth." NDN

For more information about the organizations Pete is involved with visit:

- Rita Welsh Adult Literacy Program www.alpwilliamsburg.org
- Leadership Historic Triangle www.williamsburgcc.com/_website/node/50
- United Way of Greater Williamsburg www.uwgv.org

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From Sales to Service

Tom Bond Earns Sentara's **Promise Award** for his Exceptional Volunteerism

By Linda Landreth Phelps

Being a traveling salesperson is a lonely life for somebody like Tom Bond. He is by nature a gregarious man and likes social interaction. This was hard to come by when over the course of a successful career that spanned thirty years he was in a car all by himself for over a million miles. "And that's not counting any air travel!" Tom adds.

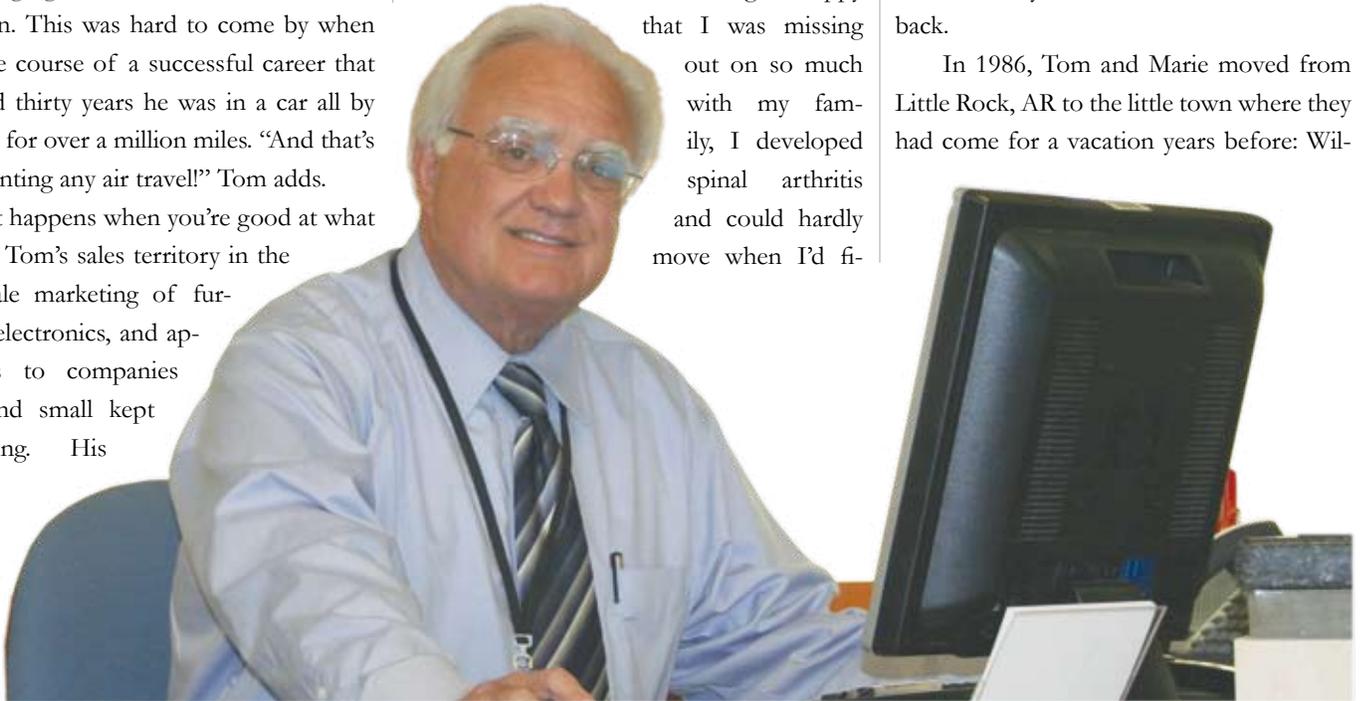
As it happens when you're good at what you do, Tom's sales territory in the wholesale marketing of furniture, electronics, and appliances to companies large and small kept expanding. His

time at home with his kids and wife, Marie, whom he married in 1959, kept shrinking.

"Besides being unhappy that I was missing out on so much with my family, I developed spinal arthritis and could hardly move when I'd fi-

nally crawl out of my car," he says. Tom decided the time had come to make a change. He took early retirement and never looked back.

In 1986, Tom and Marie moved from Little Rock, AR to the little town where they had come for a vacation years before: Wil-



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Williamsburg. Marie had fallen in love with this area in 1981, and like many other tourists, that experience turned into a dream to live here full time. A huge advantage that drew them from Little Rock was the fact that their two grown children would be living close by, having moved to Virginia earlier.

Tom wasn't quite ready to retire altogether, so he accepted a job at Siemens. Marie joined the auxiliary group at Williamsburg Community Hospital, an institution which had been serving the community since 1961. When he had time, Tom helped out with the fundraising activities for the auxiliary - particularly when Marie started coordinating everyone's favorite summer fundraiser, the Fourth of July Ice Cream Social, traditionally held at the Wren Building on

I can't think of anything worse than to wake up on a morning and have nothing to do and no place to go.

- Tom Bond

the afternoon, but I can't think of anything worse than to wake up on a morning and have nothing to do and no place to go," Tom says. "I was looking around for a good place to volunteer, probably Jamestown or Colonial Williamsburg, when Don West, the Director of Support Operations (Williamsburg Community Hospital), asked if I would consider joining the auxiliary. I enjoyed serving in Operations, looking for safety and sanitation problems."

The job kept Tom busy. "It was a challenge to keep up the high standards at the older hospital while being short of staff because a lot of people were being trained for the new facility [Sentara Williamsburg Regional Medical Center] due to open in August, 2006," Tom says. Thanks in part to Tom's efforts and the many other volunteers' hours of hard work, they made the transition successfully while passing a rigorous government health and safety inspection that resulted in no recommendations for improvement.

"When Sentara Williamsburg Regional Medical Center (SWRMC) opened, they put me over in the Cardiovascular Services area as sort of a glorified receptionist. Several days a week I greet people and do some filing, answer the phone and whatever else they need. I think my background in sales helps when it comes to dealing with people," Tom theorizes. "They come in and they're in a stressful situation. Either they or somebody they love are having tests done and that's stressful by itself. Then we have an emergency and the schedule gets behind. I talk to the folks and try to make them comfortable. Sometimes they like to talk about their children or grandchildren and that makes it easier to wait."



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As it happened before in Tom's previous job as a salesperson, being good at his job resulted in accepting even more responsibilities, but these are tasks he relishes. Tom split his time between three different departments and his new duties there suited him so well that he found himself becoming more and more involved.

Since joining the auxiliary in 2006, he has put in over 1,000 hours and made himself indispensable. In 2007, he was nominated by all three departments in which he served for what is known as the *Promise Award*. This is an in-house honor traditionally awarded to Sentara employees who have gone beyond the call of duty and whose achievements stand out above the rest.

Numerous individuals took the time to write letters of recommendation for Tom so that he would be considered for the *Promise Award*. Their words in the following excerpts from two recommendations are a testimony to the kind of individual Tom is - not only

as a volunteer, but also as a person:

"...Tom has been the man behind the scenes who makes a difference. Tom's hard work, enthusiasm, and dedication is to be admired. A man who receives nothing for his hard work but the satisfaction of doing a great job and being a team player. As one of the unsung heroes that you don't hear much about, Tom stands out as a humble man who has volunteered his time and efforts to make SWRMC a safer place for patients, visitors and staff." - Signed by employees of the Plant Operations Department.

"...Tom Bond's list of admirers is endless. Any fortunate to cross Tom's path immediately are attracted to his commitment, compassion, and concern for improving the services we provide to our patients, visitors and each other. As Mother Theresa said, 'Never doubt that one person can truly make a difference in our world,'...Tom Bond is such a person. I highly recommend this amazing man be considered for

the Promise Award. Allow Tom to know your needs, and he will work along side you as part of the energy to make them happen." - Signed by Margaret Cullivan, Director of Volunteer Services at Sentara Williamsburg Regional Medical Center.

The number one criteria for being awarded the *Promise Award* is that the recipient must be an on-going role model of excellent customer service to patients, visitors, physicians and co-workers. The most recent *Promise Award* winners were recognized in May of this year. They were selected from a dozen Sentara health facilities from Virginia Beach to Williamsburg. Of the 33 individuals who were recognized for their outstanding service only one was a volunteer - Tom Bond. NDN

For more information on Sentara's Auxiliary Volunteer Program visit:

www.sentara.com/Sentara/HospitalsFacilities/Hospitals/Williamsburg/volunteers.htm

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A Couple of **GREAT!** Volunteers

By Ashley Bateman and Joe Collins

Fred and Audrey Ihrig had it made. Comfortably retired with two daughters, Sally and Susan, successfully graduated from college and starting families of their own, they were all set for a life of comfort and relaxation in York, PA. But like many open minded, adventurous, and energetic retired couples they

were irresistibly drawn by the allure of Williamsburg.

While Sally was a student and standout All-American lacrosse player at William & Mary, the Ihrigs made several trips to Virginia to visit her. Little by little Williamsburg worked its charm on them and when Fred's career

as a Vice President in a Human Resources company came to a close they moved into the very home they had purchased on Newport Avenue where Sally lived while attending college.

"We became fond of the town and had the opportunity to buy property," Fred recalled.



“When we started thinking about retirement, as we looked at some of the other east coast states, we kept saying ‘we think Williamsburg is the right place for us.’”

After retiring and moving to Williamsburg, the couple spent their first year working on an addition to their house, and other home improvement projects that took most of their focus and energy. “We were busy,” Fred stressed.

When the home improvements were complete the couple found they once again had time on their hands and a lot of energy looking for a new outlet. The spirit of Williamsburg and its socially conscious community pulled at them again and they determined to redirect their time and energy to volunteering. “I guess it was something to do. It might be interesting; it might be fun,” Fred said of his initial thoughts about getting more involved in the community.

And this time they were not only drawn, but gently recruited. “Virginia [Lee], our

neighbor, got me started,” Audrey said. “She asked me to start working for her [as a volunteer].” Virginia is in charge of the Colonial Williamsburg Good Neighbor Program, which benefits the local residents of Williamsburg, James City County and the Bruton District of York County by allowing them to enjoy the historical area for only \$10 a year. The program encourages locals to utilize the museums, shopping and other attractions in the historical sector.

Virginia’s enthusiasm for her role as Manager of Community Programs was infectious and Fred and Audrey soon found themselves involved in a variety of volunteer work, primarily at CW and William & Mary. One of the first places Fred and Audrey started spending their volunteer time was the Kimball Theatre. They have been volunteering there now about once a week for several years. They help out at numerous events by collecting tickets, answering questions for visitors, and cleaning up after. Recently they

received their five-year volunteer pins for their contributions to the well-known theatre.

As rewarding as the volunteering is, the Thrigs are also able to see a wide variety of interesting shows during their volunteer time.

“We miss the beginning and the end,” Audrey explained, pointing out that those times are when they are busiest. “But we get to see the middle.”

“And we enjoy it,” Fred added.

They have a special affection for the College of William & Mary and relish their continuing ties to the school. They are on-scene and pitching in with new school year welcoming events each time a new crop of freshman students arrive on campus. “We help Virginia in greeting the freshman parents,” Fred explained, “Friday night we greet the parents as they enter the museum. And then Saturday night we’re down at Palace Green greeting the kids,” he added.

According to Audrey, one of her more



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memorable moments as a volunteer came when she was working with the Naturalization Service this past year. 100 locals became U.S. citizens in the Williamsburg Courthouse Green. Held on Saturday, June 14th in honor of Flag Day, the ceremony was sponsored by the Colonial Williamsburg Foundation and the U.S. Citizenship and Immigration Services Department. Audrey was responsible for helping to coordinate the volunteers who were to assist those attending the ceremony. Despite all of her hard work and planning those being sworn in as new citizens were far too excited to wait and had plans of their own. "I assigned the volunteers there; they checked in with me when they arrived," Audrey remembered with a smile. "But everything was done by the time all the volunteers got there because the people who were going to become citizens and were supposed to be there at 7:30 am showed up at 6 am!"

The list of organizations and events that Audrey and Fred support is continuously

growing. They like being involved in their community and enjoy the friendships they make. "CW needs the volunteer help," Fred said. "People should consider something like that. There are so many different opportunities in so many different places."

Fred and Audrey discovered that Williamsburg is more than a beautiful place to move to. It's a community where organizations rely on the manpower of volunteerism. The generosity of volunteers - like Fred and Audrey - is what helps keep our community prosperous and our families with the resources they need for a good life. NDN

For more information about the organizations Fred and Audrey are involved with visit:

- Colonial Williamsburg
www.history.org
- The College of William & Mary
www.wm.edu
- The Kimball Theatre
www.history.org/visit/eventsAndExhibits/kimballTheatre

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- Shelia Mackasek

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Pete Childs, Owner

The Volunteer who Lends an Ear

By Suzi Drake



Robert Keith wants to know what the people of James City County think. He wants to capture their thoughts on what works in the county and what doesn't. He'd also like to know what ideas people have for the future of the county. Since December, he and the other six volunteer members of the Community Participation Team (CPT) have devoted much of their energy to collecting such information. This information will ensure that when it comes time for the county steering committee to begin drafting the five-year policy and land-use plan, the voice of the people will be heard loud and clear.

"I feel citizens should have an active role in directing government activities in their community," said Bob. "And it is our (CPT volunteers) job to make sure the citizens' input is not ignored."

Bob first became interested in city planning five years ago during the last session of five-year planning.

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He offered his input as a citizen and watched as the process unfolded. When it came time to plan again, he filled out an application and was elected to the team. Now, it's up to him and his fellow team members to get the people of James City County talking.

"It takes a little effort to get people to come to a place where they can discuss how they feel about things," Bob said. "But so far I think we have gathered some significant information."

Comments and concerns about transportation, water, affordable housing, and any number of other hot topics that people and organizations are talking about will be amassed, analyzed and formatted cogently to be presented to the steering committee. "We are creating the foundation from which the plan will be built," Bob said. Thanks to him and his team members, that foundation will be made from a solid mixture of the community's feelings, opinions, concerns and ideas. "It is important that our county government be receptive to our community and our environment," Bob said.

It was the environment of James City County that inspired Bob and his wife Sharon to retire here 16 years ago. Since then, he has taken it upon himself to put his particular skills to good use, protecting the things that are important to him.

"We came to Virginia to be closer to our grandchildren (in Alexandria)," Bob said. "We came to Williamsburg because we wanted to live in a community that had a lot of history, had four seasons and allowed me to play golf."

Finding such a haven and becoming part of such a giving community led Bob to lend his expertise to many causes. "Williamsburg is a wonderful place to live and once you understand how fortunate you are to be here, you know its only right to give back and help the community be a better place," he said. "And I'm not alone here."

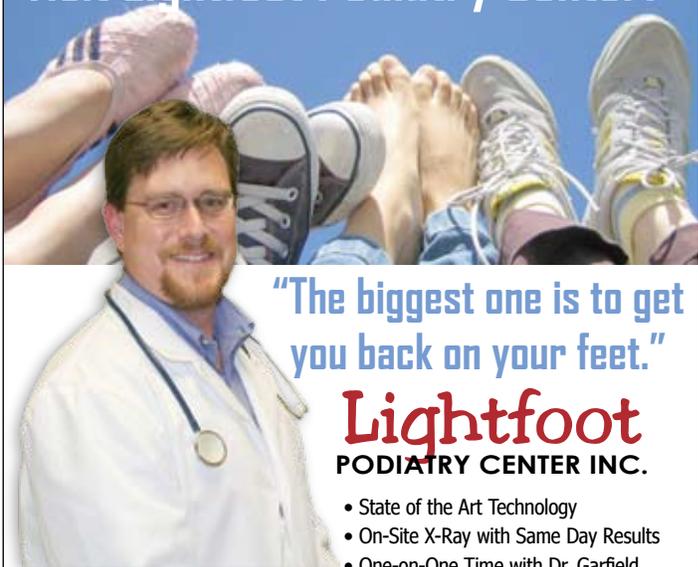
He says the size and diversity of Williamsburg makes for hub of volunteer opportunities, and the community is doing its part to fill the many roles. "There are so many ways to volunteer that people can really become involved in the things they do best and, in turn, make the biggest difference," Bob said.

His strengths lie in the realms of finance and organization – skills he picked up as the director of long-term planning for a large corporation. He's put his abilities to use helping to raise and allocate funds for several causes that are very important to him.

As a member of the board of the Williamsburg Land Conservancy, Bob's efforts revolve primarily around advocacy issues and fundraising for the approximately 3,000 acres of land easements the conservancy now holds. "Preservation of open, green spaces and historic land are things that add immeasurably to the quality of life here," Bob said. "These kinds of things are very important to me and the entire community."

Bob has also used his finance and organizational savvy to raise funds for another important aspect of the community – Olde Towne Medical Center. "I was fortunate enough to be involved in the de-

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velopment of the first Olde Towne Medical Center golf fundraiser,” Bob said of the now annual tournament. Fairly successful in its infancy, the tournament has grown to be a major fundraiser for the medical center, raising approximately one-third of a million dollars in 14 years, all of which Bob has been involved in.

While raising money is certainly the backbone of many volunteer organizations, making sure it goes to the right people and places is the other side of the fundraising coin. As part of the United Way’s fund allocation panel, Bob helps determine where money donated by the people of Williams-

burg will do the most good.

“One United Way can look after a number of different programs,” Bob said. “We spend a lot of our time monitoring programs to make sure that the community’s funds are expended in a proper way.”

Whereas some volunteers are able to see an immediate improvement from their efforts, Bob is accustomed to watching and waiting – knowing that in time he will have made a difference.

“Not all of my efforts have resulted in immediate success,” he said. “But I’m doing what feels right.”

The same goes for his role on the Community Participation Team. He has the next

five years to watch his work unfold.

“I think I will feel good if the primary issues that have been uncovered are addressed properly in the plan,” Bob said. “This is not something you finish and say ‘That’s over.’ It’s something you can watch grow until it is time to do the next one.” NDN

For more information about the organizations Bob is involved with visit:

- **Williamsburg Land Conservancy**
www.williamsburglandconservancy.org
- **Olde Towne Medical Center**
www.oldetownemedicalcenter.org
- **United Way of Greater Williamsburg**
www.uwgv.org
- **JCC Community Participation Team**
www.jccplans.org/cpt/index.php

Williamsburg is a wonderful place to live and once you understand how fortunate you are to be here, you know its only right to give back and help the community be a better place.

- Bob Keith

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when it comes to the people who matter to you most.

“When my husband was discharged from the hospital this year with hospice and his doctor said he had two to three weeks to live, my daughter and I instantly went to see Greg. We made the arrangements. Susan, his secretary, was the epitome of what you would want in what I would call a back up person. Never at any moment did I feel like I was just another customer. This is twice I’ve seen Greg and his people in action. And the tenderness towards the deceased and the tenderness towards the family is unreal.”

- Joyce Hedgepeth



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Hey Neighbor!

Please visit www.wburgndn.com and click on **Hey Neighbor!** for a complete list of community announcements.

Hey Neighbor!

MATOAKA SUMMER CONCERTS 2008

Last Concert Friday, August 22nd

Held at the Lake Matoaka Amphitheatre on the campus of the College of William & Mary, the Summer Concerts will be happening every Friday night through August 22. Ticket prices are \$6 for ages 13 and up, kids 12 and under are free. Parking is available in the parking deck on Ukrop's Way, and there is a walkway to the amphitheatre. Come on out for some wonderful music in a gorgeous setting. Proceeds benefit Inclusion (www.inclusion-i3.org), which donates to local organizations. For complete details on bands, location, and other info, please visit www.matoakasummerconcerts.com.

Hey Neighbor!

RACE TO BENEFIT WILLIAMSBURG AIDS NETWORK & THE COLONIAL ROAD RUNNERS SCHOLARSHIP FUND

Saturday, August 23rd, 2008

York River State Park

- A Colonial Road Runners Grand Prix Event
Time: 7:00 a.m. - 8:15 a.m. Race day registration and packet pickup begins; 8:00 a.m. - One mile fun run/walk start; 8:30 a.m. - 5K run / 5K walk start; 9:45 a.m. - Awards ceremony with incredible door prizes and unbelievable food. 1 mile asphalt (park entrance road and park walkway), 2 miles dirt. Wide, scenic, hard-packed dirt trails through scenic woods around pond. Portions are flat, with 3 hills. \$18 race day registration. For more information contact David Lamson (co-race director), 757-206-8930, Email: Moiv8tr1@aol.com; Jaime Jeffers (co-race director), 757-220-4606, Email: jjeffers@williamsburgaidsnetwork.org; Marie Gold (co-race director), 757-561-7390 or Rick Platt (race coordinator), 757-229-7375.

Hey Neighbor!

SUPPORT GROUP FOR WOMEN WITH HEART DISEASE

Women heart patients in the Hampton Roads area have formed a new support network; WomenHeart of Hampton Roads (WHR). WHR will provide information and support to other women with heart disease in the com-

munity. WHR is affiliated with WomenHeart: the National Coalition for Women with Heart Disease, the only national advocacy organization for women heart patients. Network meetings will focus on helping participants understand heart disease more fully, informing them about their choices of available treatments, encouraging them to act as a partner with their physicians in all healthcare decisions, and setting realistic goals for behavior and lifestyle changes. Women heart patients will receive mentoring and peer-to-peer emotional support, and time will be allotted during meetings for patients to discuss how heart disease has affected their lives and those of their families. WomenHeart was founded by women with heart disease in 1998 and is dedicated to reducing death and disability among the 8,000,000 American women with heart disease. More information can be found at its website at www.womenheart.org. For more local information, contact Cindy Steger at womenheart@aol.com.

Hey Neighbor!

WILLIAMSBURG REUNION

The Williamsburg Reunion: 1968 and Before will take place on October 18 and 19, 2008. All current and former residents who lived in Williamsburg, James City County, or Upper York County 40 years ago or more are invited to attend. Cost for the weekend, including the memory book, will be \$50. For more details and registration information, visit www.williamsburgreunion.com or call Carlyle Ford at 757-564-8125. Additions to the mailing list may be sent to awlittle@cox.net or Ann Little, 101 Pipe Kiln Court, Williamsburg, VA 23185.

Hey Neighbor!

THE ARC OF WILLIAMSBURG - VOLUNTEER OPPORTUNITIES

During the summer months when the William & Mary and high school students are on vacation we are always on the lookout for additional volunteers to assist us with our young adults to senior citizen clients who have intellectual and physical disabilities. We meet all around town, about 11 times per month, from 7 - 9 p.m. We have fitness & yoga classes, Bingo, Arts & Crafts, Bowling, and Movie Night to name a few! If you would like more information on The Arc of

Greater Williamsburg programs, or to become a volunteer, please contact our Program Coordinator, Bette Faye King at 229-3535 or visit our website at www.thearcgn.org.

Hey Neighbor!

CHILD AND FAMILY CONNECTION

Our mission is to link families, children, and caregivers to community resources that nurture children's positive development. We offer resource and referral services as well as support and counseling to child care providers and parents. Our resource and referral service includes free child care searches and referrals to pre-screened child care providers for families and caregivers. These searches are customized to meet each individual's unique needs. Families are provided information on additional resources such as tax credit information, assistance with child care payments, referrals to local preschools, Head Start, Mom's Morning Out, and summer camps. Another service provided is the recruitment, orientation, screening, ongoing professional training and support of child care professionals. These services are offered on a sliding scale fee. No one is turned away due to inability to pay for services. For more information, contact Child and Family connection at 757-229-7940 or at www.childandfamilyconnection.org.

Hey Neighbor!

AVALON'S DOMESTIC VIOLENCE & SEXUAL ASSAULT WEEKLY SUPPORT GROUP

Mondays, 7:00 pm - 8:00 pm

Williamsburg Baptist Church, 227 Richmond Road. For more information, please contact Juanita Graham, Director of Outreach Services at 757-258-9362

ATTENTION NON-PROFIT ORGANIZATIONS!

Please email heyneighbor@cox.net on or before Tuesday, August 5th to be considered for inclusion in the August 21st issue of *Next Door Neighbors*.

Welcome Neighbors!

William E. Wood is a proud sponsor of the 2008 Historic Triangle Neighborhoods Conference
OCTOBER 10TH & 11TH at Warhill High School

Join us for fun, interactive workshops that will tap into your creative energy and help you take an active role in enriching our community. You will engage in scenarios that reflect real-life neighborhoods and the challenges they face and you will approach these issues from roles of make-believe animal characters. It promises to be motivating and educational for adults and children alike!

- Stories from the Porch
- Neighborhood Awards
- Public Participation (Adults and 8th - 12th Grades)
- Civic Leadership (K - 7th Grades)
- Neighborhood Building = EMC²

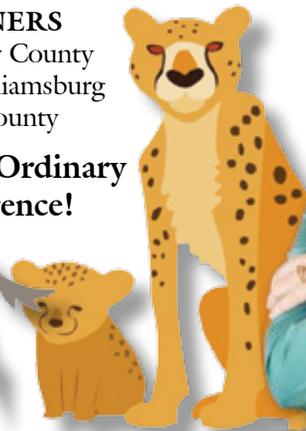


FREE to the public
but registration is limited!
Registration deadline is
September 19th.

For more information and to register visit www.htnc.org or call (757) 259-5422.



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