

Application

Profile

Which Boards would you like to apply for?

Acquisition of Conservation Easements ACE Appraisal Review Committee: Submitted

Acquisition of Conservation Easements Committee ACE: Submitted

Magisterial District *

☒ Samuel Miller

Roger

First Name

W

Middle Initial

Ray

Last Name

5030 Sierra View Drive

Home Address

Suite or Apt

Schuyler

City

VA

State

22969

Postal Code

Home: (434) 831-1396

Primary Phone

Home: (434) 981-0044

Alternate Phone

therays1940@gmail.com

Email Address

Roger W. Ray & Associates, Inc.

Employer

Land Surveyor

Occupation

Business Address:

663 Berkmar Court Charlottesville, Va 22901

Date of Employment:

Jan. 1, 1989

Years Resident in Albemarle County:

19

Previous Residence:

Geeene County

Spouse:

Phyllis Y. Ray

Number of Children

2

Education

Education:

High School (1958) Four Years Apprenticeship in Land Surveying (1969-1973)

Interests & Experiences

Memberships:

National Society of Professional Surveyors

Interests:

Agriculture, Forestry and Wildlife

Reason to Serve:

TO Provide a Public Service. I believe that my 47 years of practicing Land Surveying and Land Planning in Rural Albemarle County will be beneficial to the Committee.

How did you hear about this vacancy:

From ACE Committee Members.

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Application

Profile

Which Boards would you like to apply for?

Joint Airport Commission: Appointed

Magisterial District *

☒ N/A

John

First Name

H

Middle Initial

Post

Last Name

424 ednam drive

Home Address

Suite or Apt

Charlottesville

City

VA

State

22903

Postal Code

Home: (434) 979-5925

Primary Phone

Home: (434) 981-8054

Alternate Phone

jpbp424@gmail.com

Email Address

self

Employer

Surgeon

Occupation

Business Address:

424 ednam drive

Date of Employment:

1985 - present

Years Resident in Albemarle County:

30

Previous Residence:

IL

Spouse:

Barbara Post

Number of Children

3

Education

Education:

BS - US Naval Academy, BS, MBA - University of West Florida, MD - University of Miami, Residency - University of Virginia

Interests & Experiences

Memberships:

US Masters Swimmers, USA Triathlon, Amer Academy of Orthopedic Surgeons

Interests:

Family, swimming, Corvettes

Reason to Serve:

I have the qualifications and aviation background to be of service to our county

How did you hear about this vacancy:

County website

[CURRICULUM_VITAE.docx](#)

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CURRICULUM VITAE

John H. Post, III, M.D.

EDUCATION

1976-80	University of Miami School of Medicine Miami, Florida	M.D.
1972-76	University of West Florida Pensacola, Florida	M.B.A.
1972-76	University of West Florida Pensacola, Florida	B.S.
1965-69	United States Naval Academy Annapolis, Maryland	B.S.

INTERNSHIP

1980-81	University of Virginia, Department of Surgery, Surgical Intern Charlottesville, Virginia
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RESIDENCY

1981-85	University of Virginia, Department of Orthopedic Surgery Charlottesville, Virginia
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FELLOWSHIP

1985-86	Arthroscopic Surgery, Richard Caspari, M.D. Orthopedic Research of Virginia, Richmond, Virginia
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PRACTICE

1985-86	University of Virginia, Instructor in Orthopedic Surgery
1986-89	Private Practice, Orthopedic Surgery, Christie Clinic, Champaign, Illinois
1989-2014	Private Practice, Martha Jefferson Hospital, Charlottesville Virginia

LICENSURE

Virginia

COURSES ON FACULTY

Arthroscopy of the Upper Extremity, Richmond, Virginia 1986
A.O./ ASIF Basic Course for Nurses, Chicago, Illinois 1988
The Shoulder Laboratory, Richmond Virginia, 1989, 1992, 1993
The Knee and Ankle Laboratory, Richmond, Virginia 1990
“The Masters Experience” Knee Course, Chicago, Illinois 1994, 1995, 1997
“The Masters Experience” Shoulder Course, Chicago, Illinois 1995, 1996, 1998, 1999
Primary Care Orthopedic and Sports Medicine Update, Kailua-Kona, Hawaii 1999,
 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008
Ironman Sports Medicine, Kailua-Kona, Hawaii 1996
Annual Primary Care Conference, Kiawah, South Carolina, 2001, 2002, 2003, 2004,
 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2013, 2014, 2015, 2016, 2017, 2018
Primary Care Spring Conference, Palm Coast, Florida 2007, 2008, 2009, 2010, 2011, 2012,
 2013, 2014, 2015, 2016, 2017, 2018
Running Medicine, University of Virginia, Charlottesville, Virginia 2009
Essentials in Primary Care Conference, Amelia Island, Florida 2010
Triathlon 101, 102, Charlottesville, VA, 2009
Essentials in Primary Care Summer Conference, Palm Coast, FL 2011, 2012, 2013, 2014,
 2016
Training Bible Coaching Annual Conference, Ballwin, Missouri 2010, San Diego, CA 2012,
 Chicago, IL 2013
Joe Friel’s Kona Quest, 2012
Clinical Issues in Primary Care CME Conference: Maui, HI 2014, 2018
2014 Primary Care Update, Practice Changing CME, AAFP, Phoenix, AZ
2016 AAFP Ask the Professor, Kissimmee, FL

EXTRACURRICULAR

President, Sophomore Medical Class, 1977-78
 President, Junior Medical Class, 1978-79
 Greater Miami Marathon, 1978
 Orange Bowl Marathon, 1979
 Boston Marathon, 1979, 2004
 Ironman Triathlon, Kailua-Kona, Hawaii 1982, 1997, 2000, 2003, 2004, 2005
 National Champion, 2 Mile Masters Relay Swim, 1996, 1997, 1998
 Manhattan Island Marathon Swim, 1998
 English Channel Swim 1998
 Summit Mt. Whitney, CA 2012
 Tough Mudder WV 2013, VA 2014, 2015
 Runner Up US Master’s Swimming Long Distance National Champion, Reston VA 2018

EMPLOYMENT EXPERIENCE

United States Marine Corps, Helicopter Pilot and Instructor Pilot 1969-76
 Republic of Vietnam, 1971-72

Anatomy Lab Assistant, University of Miami School of Medicine, 1977
History and Physical Coordinator, Doctors Hospital, Coral Gables, Florida 1979-80
OK Inventory Service, Miami, Florida 1977-79
Miami Dolphins, Scorer and Statistician, 1978-79
Emergency Room Physician, Stonewall Jackson Hospital, Lexington, Virginia 1981-85
Orthopedic Subsection Chief, Martha Jefferson Hospital, 2004-07
Medical Executive Committee, 2004-07
Chief of Surgery, Martha Jefferson Hospital, 2006-7
USA Triathlon Certified Level One Coach 2008, Recertified 2010
Medical Director, Training Bible Coaching 2009 - present
Medical Director, Rockstar Triathlon Academy 2010 -12
Ironman University Certified Triathlon Coach, 2016
Medical Advisor, Training Peaks 2017 - present

HONORS

Eagle Scout

United States Naval Academy – Lightweight Football, Eastern Intercollegiate Champions, 1967

United States Marine Corps – National Defense Service Medal, Armed Forces Expeditionary Medal, Cross of Gallantry w/Palm, Vietnam Campaign Medal, Strike/Flight Air Medal w/Num 1, Republic of Vietnam Meritorious Unit Citation
Flight Instructor of the Month, four selections

University of West Florida - Dean's List, Phi Kappa Phi Academic Honor Society

University of Miami School of Medicine – Omicron Delta Kappa Honor Society: Iron Arrow (Highest Honor Attained by Men at the University of Miami); Who's Who in American Colleges and Universities; Alumni Award; ***Most Likely to Succeed***

Post Graduate – Associate Master Instructor in Arthroscopy, 1995, Arthur Bender Quality Award, MJH

ORGANIZATIONS (past and present)

Harley Owners Group
Vietnam Helicopter Pilots Association
Charlottesville Track Club
Arthroscopy Association of North America
American Medical Association

Fellow: American Academy of Orthopedic Surgeons
English Channel Swimming Association
Virginia Master's Swim Team
Naval Academy Alumni Association, Life Member
USA Triathlon

VOLUNTEER

USNA, Capstone Moral Leadership Seminars, 2011, 2012, 2013, 2015
Donated 115 units of blood as of 7/2018
National Bone Marrow Transplant Donor, registered
Boy Scouts of America
Meals on Wheels
Ironman Triathlon Transitions, 2006-2018
Charlottesville Albemarle Airport Advisory Commission 2012-2018, Chairman 2015-17

RECENT PUBLICATIONS

www.johnpostmdsblog.blogspot.com, 85 posts in 2012
www.johnpostmd.com 500 posts, 2013-17
www.rockstartriathlete.com, 48 posts in 2012
www.ironman.com

2012

10 Ways to Catch the Ohana
From the pier, Sunday Oct 7
From the pier, Monday Oct 8
From the pier, Tuesday Oct 9
From the pier, Weds Oct 10
What's in a wrist band
From the pier, Friday Oct 12
From the pier, Sunday Oct 14

2013

"10 Ways to Catch the Ohana in Kona"
"The Science of Sleep; Why it Matters"
"Injured? Run Back to Health in the Pool, 2013"
"Overhydration,"
From the pier: Coming to America
From the pier: The anticipation builds
From the pier: Home grown cheering squad
From the pier: 5,000 mahalos
From the pier: The transformation is complete

2014

"No More Numb Fingers (Raynauds)" 2014
"The Athlete's Guide to Donating Blood"
"What's Up Doc? Key Medical Tests for Triathletes"
"Behind the Med Tent: Meet Dr. Alysia Robichau"

Portrait of a Qualifier: Brenda Bettencourt
Portrait of a Qualifier: Mike Hamilton
10 Musts for Kona *Mahalini*
Bob Scott: No Such Thing as Aging Up
Portrait of a Qualifier: Jeffrey Capobianco
Portrait of a Qualifier: Russet Morrow
Portrait of a Qualifier: Gray Skinner
Portrait of a Qualifier: Bianca Faulke
Portrait of a Qualifier: Steve Hobson
“The Dangers of Skinny”

2015

Diet Cults, Book Review
Athletes and DVT: What You Need to Know
Don't Get Sick! 9 Tips
Beat the Winter Training Game
Are Ironman Athletes Ageless
Re post: 10/7/14 !0 Musts for Malihini
13 Things I Wish I Knew About Triathlon
Portrait of a Qualifier: Ellen Wexler
Portrait of a Qualifier: Jenny Lorenz
Portrait of a Qualifier: Steve Maves
Portrait of a Qualifier: Susan Briers
Portrait of a Qualifier: Tara Osborne
Portrait of a Qualifier: Lauren Capone
Portrait of a Qualifier: Steve Smith
Portrait of a Qualifier: Larry Pepper
Portrait of a Qualifier: Dennis Killian
Portrait of a Qualifier: Erik Hunter
This Off-Season Take The Stairs
The Last Bike: a Story of Gratitude

2016

The Case for and Alcohol-free January
How to be an Award-Winning Triathlon Partner (sub 3/19/2015)
80 Year Old Smiles His Way to Sunshine Coast – Garth Barfoot
Sunshine Coast Snapshot: Youngest Competitor – Connor McKay
Kona Snapshot: Brett Kruse
Nashville Trio Heads to Kona
Kona Snapshot: Patty Infusino
Kona Snapshot: Joe Huy
Kona Snapshot: Linda Smith
Kona Snapshot: David Watson
Kona Snapshot: Tim Johnson
Nashville Trio Heads to Kona With Team IMF

Lavamagazine.com

2015

Keeping Seasoned Ironman Athletes in the Game

Training Peaks 2018 Athletes Choice Award

Competitor Magazine,

“Hamstring Ruptures,” 2012

“Foot Fractures,” 2012

USNA Alumni Association, Sea Stories, “How Do I Know It’s My 64th Birthday?” 2012

Orthopedic Consultant, “Maintaining Healthy Feet and Ankles,” K. Murray publication

www.TrainingPeaks.com

“What We Know About Hydration, 2013”

Application

Profile

Which Boards would you like to apply for?

Places 29 Hydraulic Community Advisory Commitee: Submitted

Magisterial District *

☒ Jack Jouett

Rosemary

First Name

L

Middle Initial

Miller

Last Name

131 Oak Forest Circle

Home Address

Suite or Apt

Charlottesville

City

VA

State

22901

Postal Code

Mobile: (434) 996-4175

Primary Phone

Home:

Alternate Phone

rosemaryshep@gmail.com

Email Address

Charlottesville Free Clinic

Employer

Philanthropy Manager

Occupation

Business Address:

1138 Rose Hill Drive

Date of Employment:

April 2018

Years Resident in Albemarle County:

3

Previous Residence:

City of Charlottesville, New York City

Spouse:

Travis Miller

Number of Children

1 (2nd expected February 2020)

Education

Education:

Bachelors degree from George Mason University, Masters in Public Affairs from Baruch College (City University of NY)

Interests & Experiences

Memberships:

Market Central Board of Directors

Interests:

Food/restaurants, crafts, travel, hiking

Reason to Serve:

We recently bought our home and want to get more involved in the local area, especially our parks and walkable surroundings.

How did you hear about this vacancy:

Diantha McKeel

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