

## 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**

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2

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**Education**

**Education:**

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

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**Interests & Experiences**

**Memberships:**

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National Society of Professional Surveyors

**Interests:**

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Agriculture, Forestry and Wildlife

**Reason to Serve:**

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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:**

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From ACE Committee Members.

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## Application

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### Profile

#### Which Boards would you like to apply for?

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Joint Airport Commission: Appointed

#### Magisterial District \*

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☒ 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:

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1985 - present

#### Years Resident in Albemarle County:

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30

#### Previous Residence:

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IL

#### Spouse:

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Barbara Post

**Number of Children**

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3

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**Education**

**Education:**

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

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**Interests & Experiences**

**Memberships:**

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

**Interests:**

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Family, swimming, Corvettes

**Reason to Serve:**

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

**How did you hear about this vacancy:**

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County website

[CURRICULUM\\_VITAE.docx](#)

Upload a Resume

## **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](http://www.johnpostmdsblog.blogspot.com), 85 posts in 2012  
[www.johnpostmd.com](http://www.johnpostmd.com) 500 posts, 2013-17  
[www.rockstartriathlete.com](http://www.rockstartriathlete.com), 48 posts in 2012  
[www.ironman.com](http://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 64<sup>th</sup> Birthday?” 2012

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

[www.TrainingPeaks.com](http://www.TrainingPeaks.com)

“What We Know About Hydration, 2013”

## Application

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### Profile

#### Which Boards would you like to apply for?

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Places 29 Hydraulic Community Advisory Commitee: Submitted

#### Magisterial District \*

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☒ 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:

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1138 Rose Hill Drive

#### Date of Employment:

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April 2018

#### Years Resident in Albemarle County:

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3

#### Previous Residence:

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City of Charlottesville, New York City

#### Spouse:

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Travis Miller

**Number of Children**

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1 (2nd expected February 2020)

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**Education**

**Education:**

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

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**Interests & Experiences**

**Memberships:**

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Market Central Board of Directors

**Interests:**

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Food/restaurants, crafts, travel, hiking

**Reason to Serve:**

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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:**

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Diantha McKeel

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