

## **Book Of Golden Deeds**

### **Nomination For Liz West**

Following is a list of activities that Liz West, of Poquoson, has been involved with:

- Football
  - For the last 2 years, has supported Don Ward's Football Camp by organizing fund raising activities and conducting the field painting. Volunteered to continue this with the football coach. Raised about \$15K to support the football program
  - Volunteered as the Team Mom for the Varsity and Junior Varsity football program for the last 2 years with Don Ward. Organizes support for food and drinks after games
  - In charge of all fund raising activities for the football program.
  - Organized the annual Football athletic banquet.
  - Paints the practice field.
  - When her sons played football, hosted football players from visiting team from Pennsylvania
  - Runs the concession stand at the Football games
- Cheerleading
  - Has been actively supporting High School and Parks/Rec cheerleading for the last 11 years
  - For last 2-3 years has been working with the Varsity and JV cheerleading program
  - Runs all Parks and Rec Cheerleading Program
  - Handles all fund raising activities for the cheerleading program
- After Prom Party
  - Chairman of the Donation Committee for the PHS After Prom Party
- Raises money for the American Cancer Society
- Encourages the kids to have fun – Her house was TP'ed with 53 rolls of toilet paper
- Haunted House – Not sure what, am trying to find out.

Comments from Community Members:

Her son: "If you were cold, she would give you the shirt off her back"

"She'll do whatever you need, whenever you want"

Don Ward: "Wonderful person, hard working. Great organizer knows how to delegate. "

Linda Luotto: “I asked to help with the PHS After Prom Party, and she volunteered.”