

The Poquoson Exchange Club celebrated its Charter Night and annual presentation of its Book of Golden Deeds on 21 January 2006 at the Warwick Yacht Club. Over 40 of the club members and spouses attended the event to celebrate the 24th anniversary of the club.

Each year, the Poquoson Exchange Club recognizes a Poquoson resident who has distinguished themselves in the community. The people chose for this award generally donate their time, services, and any other resources they have to help others in the community without ever expecting anything in return. They largely go unrecognized and are the unsung heroes who make our community a better place to live.

Club President Bob Crowther presented the Book of Golden Deeds Award for 2005 to Annemarie Amante for her dedicated support of the Poquoson Barracudas Swim Team, Cub Scout Den Mother, co-leader of MathCounts at the Middle School, involvement in the Poquoson High School Band Boosters and Islander Soccer Association, and Parent Teachers Association.

The Exchange Club is America's Service Club, and is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.