

Saint Benedict Health and Healing Ministry 2013 Annual Report









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2013 Highlights

- ✓ Over 35 volunteer Health Care professionals, Spanish translators and other volunteers provided greater than 6,070 Health Care services to guests via 10 Free Clinics per month and the Don Burt Community Care Program!
- ✓ Over 45 key volunteers provided over 5,180 hours of volunteer time equating to \$96,636 Value of Volunteer Service Time!
 - This breaks down as follows: \$55,065 in Clinical Value for Volunteer Service Time and \$41,570.63 Non-Clinical Value for Volunteer Service Time.

We envision a community where suffering is alleviated, Where health and healing are available to all.

- ✓ 290 Physician or Nurse Practitioner visits were provided at no cost.
- ✓ 387 Nurse visits were provided at no cost.
- ✓ Patient Residency Demographics:
 - 53.6% Boulder
 - 21.4% Lafayette
 - 18.5% Longmont
- ✓ Over 170 health service referrals were made.
 - These included: Clinica Campesina, People's Clinic, Dental Aid, Mamography, Salud Clinic, Urgent Care and the Emergency Room



✓ In partnership with Boulder Community Hospital 20 patients received flu shots at no cost and 23 patients received foot care via the Sunday Free Clinics.



- ✓ Participation in Holy Saturday Foot Washing with First Presbyterian Church.
- ✓ In-Kind donations such as handmade hats, socks, personal care items, medical supplies, dental supplies, medications and office supplies exceeded \$4,980 in value.
- ✓ Volunteer nurses began educating patients on the Affordable Care Act.

Executive Director's Report

Rev. Sally Bowersox

2013 has been an exciting year of growth for St. Benedict Health and Healing Ministry (SBHHM).



While financial challenges continue and the need for health care services is on the rise, the dedication and commitment of our volunteers and Board of Directors is strong. In the strength and dedication of one another, we have found abundance and have tried our best to pass this abundance on to each and every patient we see.

In February this year our 8th Annual Heart Art Fundraiser brought in over \$27,700! This set a record for SBHHM. Church contributions exceeded \$15,000 and our second Yoga

fundraiser at the Yoga Pod raised over \$760!

Early in February we expanded our Free Clinics to Longmont via the OUR Center. This partnership is strong and the need for health care in Longmont is great. To this end we hope to grow this clinic from twice per month to every week. Mid November was marked by the beginning of the Don Burt Community Care Program (DBCCP).

The DBCCP was created in memory of our past Board President, the Rev, Don Burt, who tragically passed away in June. The DBCCP partners with BOHO (Boulder Overflow for Homeless Outreach) to provide over the counter medications to those clients in need during their overnight stay at the Emergency Warming Centers.

In just six weeks of operation over 850 clients have been served! Two goals of this program are to decrease the spread of disease and afford the folks a good night's rest. Presently, SBHHM offers a Free Clinic every Thursday at Sister Carmen Community Center's Food Bank, the OUR



Center in Longmont and during the Sunday luncheons for the homeless at various church locations.

A gracious, anonymous donor has come forth which will enable SBHHM to develop the Medical Financial Assistance Program. This program will assist those in need with prescriptions, doctor visit copays, dental work and diabetic supplies. We hope to implement this program as a pilot in the first quarter of 2014.

The Board of Directors welcomed: Mr. Neil Borman, Treasurer, Ms. Linda Roan, Mr. Matt Beno and Dr. Eugene Chu, both from Boulder Community Hospital. We were sad to say good bye to those who retired from the Board: Ms. Carol Hewitt and Dr. Larry Burgess. We were all extremely saddened by the death of our recently retired Board member and past President, the Rev. Don Burt.

Several new volunteer health care professionals were welcomed to the SBHHM team: Carolyn Drews, Claudia Johnson, Beth Schmahl and Denise Walent.

Soly & bowersop +

Behold, I will bring to them health and healing; I will let my people see peace. - Jeremiah 33:6



Financial Highlights

\checkmark	Oakes Home Trust granted:	\$30,000
\checkmark	Ninth Annual Heart Art Fundraiser raised:	\$27,753
\checkmark	Church Contributions Exceeded	\$15,060
\checkmark	Front Range Region granted:	\$4,500
\checkmark	Virginia W. Hill Foundation granted:	\$3,500
\checkmark	Community Foundation Serving Boulder County granted:	\$2,500
\checkmark	Boulder Community Hospital for Don Burt Community Care	
	Program (in kind donation):	\$2,500
\checkmark	City of Lafayette granted:	\$2,100
\checkmark	April Fund granted:	\$2,000
\checkmark	Collins Foundation granted:	\$2,000
\checkmark	Memorial Donations in memory of Don Burt:	\$1,250
\checkmark	Credit Union of Colorado Foundation granted:	\$1,000
\checkmark	Wells Fargo Community Assistance Fund granted:	\$1,000
\checkmark	Scully-Newton Fund of Colorado Episcopal Foundation granted:	\$860
\checkmark	Yoga Pod Fundraiser:	\$768
\checkmark	City of Louisville Granted:	\$400
\checkmark	Memorial Donation in memory of Betty Bowersox	\$50



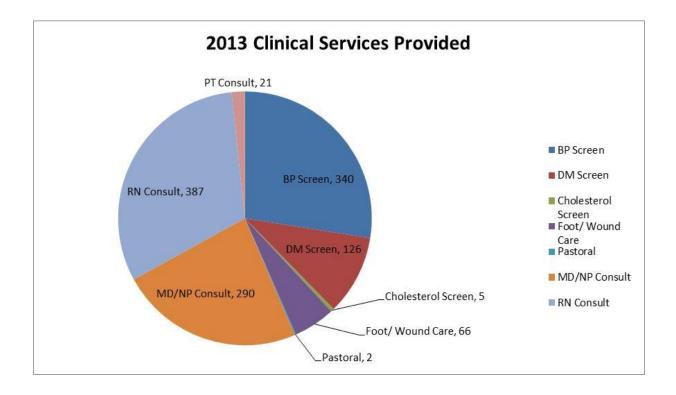


Pictures from the 8th Annual Heart Art Fundraiser

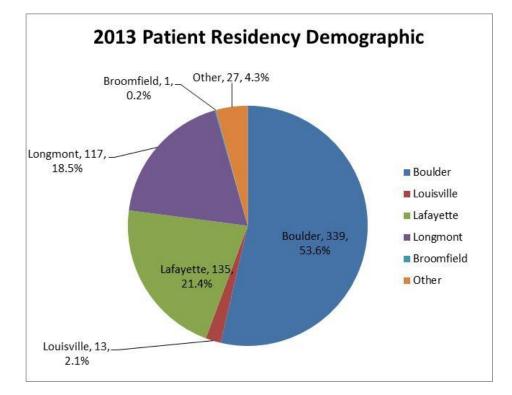




Medical Services Breakdown and Patient Residency Demographics









President's Annual Report 2013 Mr. Mark Biggers

This has been another wonderful year of growth and development for St Benedict Health and Healing Ministry. In addition to starting up a very successful free medical clinic at Longmont's OUR Center, we have seen an increase of over 30 percent in the number of services provided at all clinics. Our free medical clinics continue to be the cornerstone of our service to Boulder County's medically underserved. Every time I attend one I am inspired by the wonderful, loving care provided by our volunteers to our patients.

To help meet the needs of one segment of the medically underserved, we initiated the startup of a new ministry named after Don Burt, a long time Board member and President, who passed away shortly after retiring from the Board in 2013. The Don Burt Community Care Program provides free over-the-counter medicines, medical supplies, and personal hygiene items to homeless individuals staying at BOHO's emergency warming centers. Since its start up on November 15th we have distributed items to over 850 guests. In the words of many of the guests, we have helped alleviate their pain and contributed to their having a better night's sleep.

SBHHM received a very generous donation to help launch a Medical Financial Assistance Program in 2014 that will allow us to provide financial assistance to some of our patients with prescription medicines, medical supplies, and copays for their doctor visits. The Board and Medical Volunteers are working through the details and hope to have the Program underway in the second quarter of 2014.

I would like to recognize and say thank you to the exceptional service of two long term Board members -Larry Burgess and Carol Hewitt, who retired in 2013. Both served exceptionally well in their terms -Larry as our Treasurer and financial guru and Carol as our Secretary. They will both be missed.

We welcome on new Board members Matt Beno, Neil Borman (Treasurer), Dr. Eugene Chu, Sandi Klatt, and Linda Roan (Secretary). They join our excellent group of experienced Board members - Dr. Julie Ansell (Medical Director), Bill Ashworth (Bishop's Representative), Sally Bowersox (Executive Director), Matt Kapinus, and Jay Millard.

Thank you to all of our donors, volunteers, and friends who have helped and continue to help SBHHM carry forward this much needed ministry. We could not carry out this ministry without you. Blessings to you for all the great work that you did in 2013 and for all the great work that you will do in 2014.



Medical Director's Annual Report 2013 Dr. Julie Ansell, MD

My first full year as medical director and a lot has happened in 2013 for St Benedict!

2013 saw St Benedict HHM continue to expand the number of services provided to our clients. We are seeing more clients at our established sites (Sister Carmen in Lafayette and Sunday lunch clinics in Boulder) plus starting a new lunch clinic at OUR Center in Longmont and our joint venture with BOHO-the Don Burt Community Care Program (DBCCP).

We have nurses, physicians, nurse practitioners, physical therapists, and foot care nurses attending the screening health clinics and non-medical volunteers for the DBCCP. We continue our efforts to reach out to local health care organizations and systems to improve communication in our continued goal of connecting more of our clients to a medical home. We have greatly appreciated the time donated by our



Dr. Julie Ansell: "We couldn't exist without our dedicated volunteers!"

volunteers, funds donated by our supporters, support of BOHO staff, and Boulder Community Hospital's donations in support of the DBCCP.

As you can imagine, with new programs and new volunteers, we have had to step up our efforts to organize, standardize, and clarify our services, roles, and limitations. Site visits and close attention to the suggestions of our volunteers and clients are the focus for the upcoming months. We are continuing to improve on last year's efforts to accurately track the needs of our clients and the services we are providing.

New on the horizon for St Benedict HHM is a Medical Financial Assistance Program. Our clinical committee is investigating further ways we can help clients to break down the financial barriers to care

via the MFAP (which we hope to have up and running the first quarter of 2014). Special thanks to Becky Fellows RN for all of her time and effort spear heading this new venture.

Similar to last year, we are off and running! I am looking forward to 2014 and continuing in our goal of caring for and making personal connections with our clients, of educating and helping them towards better health and well-being.



Treasurer's Annual Report 2013 Neil Borman

St. Benedict's Health and Healing Ministry ended 2013 with a slight cash deficit of \$3,652. Pledges from churches, which comprised 15.3 % of income exceeded those of 2012. Fundraising, including Heart Art, raised \$39,800. This was nearly \$4,200 greater than last year. However, Total Grants were \$8,300 below last year, \$49,900 (2013) vs. \$58,200 (2012).

The impact of expanding St. Benedict's clinical services was negligible except for the increase in insurance costs of \$2,000.

We will continue to seek increases in individual donations and church support as well as new grantees. The slow economic recovery coupled with the aftermath of the September flood will be a challenge for the foreseeable future.





2013 St. Benedict Health and Healing Board of Directors

Dr. Julie Ansell, Medical Director

Family Practice Physician at Boulder Medical Center. Bachelor of Arts in Anthropology and Biology at Rice University, Masters in Anthropology from University of Colorado and Doctor of Medicine from University of Colorado Health Sciences Center. Dr. Ansell speaks Spanish, is board certified in Family Medicine, a member of the Colorado Medical Society, and the Boulder County Medical Society. Residence: Boulder.

Mr. Bill Ashworth, Bishop's Representative

Parishioner at St John's Episcopal Church, Boulder since 2006, served on the Vestry, a number of other ministries, and attended Diocesan convention as a delegate. Worked in Silicon Valley for 30+ years in high tech product management and project management. Residence: Boulder.

Mr. Matt Beno

Matt joined Boulder Community Hospital in 2011 as the Director of Lean Transformation (Process Improvement) and recently added Trauma Operations to his responsibilities. Previous to joining BCH, Matt worked for Denver Health which serves the homeless and uninsured/under insured population. Prior to Denver Health, Matt held several healthcare leadership positions at health systems in Colorado and Michigan. Matt graduated with a B.A. in Business Administration from Wittenberg University and is currently working on a Masters degree in Health Services Administration from Colorado Christian University. Matt is excited to be part of SBHHM and to help serve the disadvantaged population. Residence: Loveland.

Ms. Kris Bertness, Bookkeeper and Assistant Treasurer

Physicist at the National Institute of Standards and Technology, U.S. Department of Commerce. B.A. in physics from Oberlin College, Ph.D. in physics from Stanford University. Member of St. Ambrose Episcopal Church, Boulder. Previously served St. Ambrose as Treasurer and Senior Warden. Residence: Boulder.



Mr. Mark Biggers, President

Retired Civil Engineer from MHW, a global engineering and construction firm. BA in Management from Claremont Men's College, BS Civil Engineering and MS Sanitary Engineering from Stanford University. Previously served as Junior Warden at St. John's Episcopal Church, Boulder. Actively involved with the following non-profits: Habitat for Humanity, Boulder Homeless Shelter, Community Food Share and Emergency Family Assistance. Residence: Boulder.

Mr. Neal Borman, Treasurer

Until 2004 resided in the Great New York area. BA from Earlham College (Chemistry) with MS (Chemistry - organic) from U. Washington and both an MS and PhD from New York Medical College (Pharmacology). Neal began his career as a Chemist with Geigy Chemical, now Novartis, and migrated to Drug Metabolism and Toxicology. Concurrently I was in the US Army reserves, with 2 years active duty. Early retirement at the end of 1999 from Novartis and retired from the Reserves 6 month later. In retirement I taught at the College of St. Elizabeth (undergraduate chemistry and biology) and Fairley Dickenson U. (Pharmacology - graduate) and volunteered at The Great Swamp NWR and Great Swamp Watershed Association. Served on the Friends of GSNWR board including chair while with the Watershed Association and represented the Stream Team with NJ EPA water quality board. Moved to Boulder in August 2012. In Washington volunteered with environmental groups, Skagit Co. Marine Resources Committee (chair for 2 years) Skagit Co flood group's environmental subcommittee (chair 2 years) and tutored middle and high school math and science. Currently as a member of St. Aidan's I volunteer with BOHO. Residence: Boulder.

The Rev. Sally Bowersox, osb, Executive Director

Priest in the Episcopal Church in the Diocese of Colorado, Registered Nurse, Spiritual Director. A.D. in Nursing, M.A. Dance/Movement Therapy, Masters of Divinity, Certificate in Spiritual Direction. Professional Associations: Episcopal Diocese of Colorado; Spiritual Directors International; Public Policy Advisory Board (Episcopal Diocese of Colorado). Residence: Louisville.

Dr. Eugene Chu

Director of Hospital Medicine Services at Boulder Community Hospital, Eugene spent the first ten years of his career as a hospital medicine physician serving the under and uninsured of Denver County at Denver Health Medical Center. In this academic role, he was able to learn formal quality improvement methodology as it pertains to health care as well as develop his clinical and educational skills. In 2011, Eugene was able to bring these skills to Boulder Community Hospital to serve the community of Boulder. He now looks forward to contributing to the mission of St. Benedict's Health and Healing Ministry. Born and raised in Washington DC and its suburbs, Eugene went to college at Stanford University in Palo Alto, CA before attending medical school at Tufts University in Boston, MA. He completed his internal medicine training at the University of Colorado School Health Sciences Center in Denver, CO where he remains on faculty as an Associate Clinical Professor of Medicine. Residence: Golden.



Mr. Matt Kapinus

BA in English/Creative Writing from the University of Maryland, near Hyattville Maryland where he grew up. As a perpetual spiritual seeker, he has a background in Tai Chi, meditation, and somato-respiratory integration. In 2005 he completed his conversion into Judaism and has been a very active participant in Boulder's vibrant Jewish community. He is now an accomplished yoga teacher in Boulder Colorado and in his 4 years of teaching yoga has taught over 2500 classes. He draws inspiration for class from teachers both inside and outside of the asana-based world of yoga. His classes are known for their playfulness and potent spiritual resonance. Residence: Boulder.

Ms. Sandi Klatt, RN, CHPN

Registered Nurse, Clinical Manager at HospiceCare of Boulder and Broomfield Counties. BA, English from University of Colorado, Boulder, A.D in Nursing. Have lived in the Boulder area since 1989 and truly enjoy my work as a nurse and manager. Residence: Niwot

Mr. Jay Millard

One of the principal owners and the Chief Operating Officer of Amadeus Consulting, a custom technology solution provider. Amadeus Consulting provides expert custom software development solutions for the web, mobile, and the desktop ranging from large-scale enterprise systems, to small apps for the budding entrepreneur. Jay holds a Bachelor of Science degree from the University of Colorado at Boulder – Leeds School of Business and has been active for many years in both business and service to the local community. Jay has served on the Board for the Boulder Valley Rotary Club and has previously chaired their Community Service committee, as well as he serves meals weekly at the Boulder Shelter for the Homeless. He helped spearhead the non-profit sustainability program Amadeus Consulting runs called the BLAST! Network. Residence: Boulder.

Ms. Linda Roan, Secretary

President of eCrossCulture, a cultural competency training and research firm. eCC provides expert training and research for professionals working across the globe, most recently for our service men and women in Afghanistan and Africa. She holds a Master of Arts degree from Trinity University in San Antonio, Texas in Educational Psychology. Linda has been active at First Congregational Church, Boulder for many years, just finishing being Co-chair of the Board of Christian Mission and Social Action there. Linda loves travel, public speaking, hiking, and dance, but mostly enjoys spending time with her husband and three teenage daughters. Residence: Boulder.



Consultants to the Board of Directors

Mr. Michael Anderson

Consulting attorney. Executive Director, Rocky Mountain Legal Center. Residence: Lafayette.

Ms. Anne Doyle

Health Care Consultant – strategic development, quality management, program innovations. Residence: Boulder.

Dr. Mark Earnest

Vice President Colorado Coalition for the Medically Underserved. Associate Professor of Medicine, University of Colorado Health Sciences Center. Residence: Denver.

Mr. Tom Luehrs

Executive Director, St. Francis Center. Board member and past president of Metro Denver Homeless Initiative, commissioner on Denver's Road Home, board member Colorado Vincentian volunteers. Past board member 32nd Ave. Jubilee Center and the Delores Project, and former board member and founding member of Housing Justice. Residence: Highlands Ranch.

The Rev. Bruce Swinehart

The Rev. Bruce Swinehart has worked with human services and non-profit organizations for nearly 30 years. As the Director of the City of Boulder's Children, Youth and Families Division, he was responsible for 35 staff and a \$2.2 million annual budget. He has provided consulting services to a wide variety of organizations since 1997, including organizational development, board development, strategic planning, facilitation/mediation, fundraising/grant-writing. Rev. Swinehart was ordained to the priesthood in 2009, and served for three years as Priest-in-Charge at St. Patrick Episcopal Church in Somerset, Kentucky before returning to Boulder in 2012. Residence: Boulder.

Ms. Susan Cabell

Development Director/Grant Writer for SBHHM. Residence: Boulder.

Ms. Jun Urbonas, Volunteer Coordinator

Graduate of Wake Forest University, Winston-Salem, North Carolina. Former employee of Bayer Healthcare and Sutter Health Systems in San Francisco, California. Recently relocated to Lafayette from the Bay Area with her daughter Molly, son Christian and husband James, a Boulder native. Residence: Lafayette.



Appendix - Donor Recognition

Thank You to Our 2013 Corporate, Foundation, Business and Congregational Donors!

April Fund

- St. Aidan's Episcopal Church St. Ambrose Episcopal Church Atonement Lutheran Church Boulder Community Hospital Church of the Holy Comforter City of Lafayette City of Louisville Collins Foundation Community Foundation of Boulder County Credit Union of Colorado Foundation Fidelity Charitable Fund First Congregational Church
- First Presbyterian Church Front Range Region Hachette Book Group Harvest of Hope Klatt Moving & Storage Oakes Home Trust St. John's Episcopal Church St. Mary Magdalene Morgan Stanley Scully Newton Virginia W. Hill Foundation Wells Fargo Foundation

Thank You to Our 2013 Heart Art Silent Auction Donors!

Aaron Shupp Agnes Mathews Anne Roth Barb and Don Burt **Becky Fellows Becky Jones Bill Ashworth** Brendan McManus, Lucky Pie Pizza and Tap House **Brian Saeger** Carlos Arturo Smith Carol Ford Carol Hewitt Carol Park Cathy Skala **Cheesecake Factory** Christina McNamara Debra Layne, North Boulder Pilates Derise Diatta, Core Power Yoga Diane Mullet, Maruca Design Dr. Paul Austin Dr.s Murphy, Brown, Sica and Weldon Ed and Marge Szoke

Emilio Torres, Gibbons Slacklines George Karakehian, Art Source International Glennise Humphrey, Boulder Ice Cream Heather Duncan, Tattered Cover Bookstore Henry and Charlie Smith Janet Taffet, Jacque Michelle Jay Millard Jenny Blanchard, Vic's Coffee Jenny Kapela, Wallaroo Hat Company Jeri Chandler Jessica Fischer, Old Chicago Restaurant Jolene Kindig, Massage Therapeutics, Inc. Joseph Sikora Josh McGlothlin, XOB Knitwear Joshua Onysko, Pangea Organics Juli Kovats Photography Julie Ansell Julie Sargent, King Soopers Karen Bennett Karen May Kathy Arthofer, Leanin' Tree Kathy Ongarato, Whole Foods Market Kathy Thaden



Katy Schmoll **Kelsey Park** Kimmie Hollowell Lada and Dave Hardwick Larry Burgess Linda Baker Linda White Lisa Winston Lori Wheat, Lafayette Florist Lucho Herrara, King Soopers Lululemon Athletica Mandy Perera, Louisville Recreation Center Maria Forlenza **Mark Biggers** Marty McDaneld Matt Kapinus McGuckin Hardware Megan Yalkut Michelle Sulka, Random House Publishers Moe's Broadway Bagels Molly Pullen-Hudson, 1313 A Salon Nicole and Gerry Wienholt, The Yoga Pod Patti Tussey

Peg Harper Priscilla Cohan, Boulder Arts and Crafts Gallery Randy Hickernell **Redtail Wellness Centers Rev. Fred Poteet** Rev. Kent Ira Groff Rev. Roger Wolsey Rob Castellino, Via Toscana Restaurant Ron Secrist of BCH Sally Bowersox Scott Swetkovich, Sounds True Shuttles, Spindles and Skeins Sierra Johnson, Auguste Escoffier School of **Culinary Arts** Spen Kellogg Stephanie Schindhelm, Boulder Bookstore Steve and Susan Carlson **Terry McDaneld** The Rev. Susan Springer Theresa Donahue, Habitat for Humanity **Tom Wirsing** Travis Railey, Boulder Homeless Shelter

Thank you to our 2013 Individual Donors and Volunteers!

Albert, Sephra Allen/Carr Andrews, Bill & Cheryl Ansell, Julie Arnold, Alex and Elspeth Ashworth, Kathleen & William Austin, Paul & Amy Baird, Andrew & Lisa Baker, Girdo & Jo Lerret Baker, Linda Balch, Jean Beardsley, Dorothea and Robert Beaton, Tim & Barb Bertness/Eliason Biggers, Mark and Pat Bookstein, Nancey A. Borman, Cornelius and Catherine Boss, Eric Bowersox-Daly, Sam Bowersox, Sally A. Brennand, Toni & Daniel Burgess, Larry Burroughs, Martha Burt, Don Callaway, Eileen Carhartt, Father Andy & Virginia Cartwright, David and Mary Castator, Mark Caulfield/Andrews Chandler, Peter & Jeri Collins, Gary and Elaine Collins/Reed Davenport, Robert & Patricia Dickinson, Randy & Elizabeth

Dotterwich, Voni Duiker, Dr. Shevaun Eck, Cheryl Fellows, Michael & Rebecca Finberg, Nicole Fogel, Nan Ford, Doug & Carol Foster, JoAnne Frazier, Bill and Cynthia Freyman, Marilyn Garrison, Freda Jean Gauch, Matthew Geissler, Paul and Jill Gills, Lisa Glaser, Dave and Denise Grady, Leslie Gregoire, Scott Guilford, Robin & Patty Hachette Book Group Hanst, Barbara Hardwick, Rev. Lada Harmon, Heath and Sarah Hawkins, Brian Hewitt, CJ & RA Michelle Hickernell, Raleigh Hickernell, Randy Hillmer, Tim and Nancy Hollowell, Rhoads & Kim Houlik, Barb and Mike Howard, Ted & Sallye Imig, John and Betsy Jensen/Jennings Johs/Madinger Jones, Rev. Rebecca Kapinus, Matt Keller, Colleen Kellogg, Spencer & Winifred Kelly, Kevin & Anne Kesterson, Carolyn and Shelby Kirby, Frank and Diane Klatt, Sandi Kuhl, Susan

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Kulilkauskas, Cynthia L'Orange, Hans & Carol Lewis, Barry and Mary Beth Licata, Patricia Lo, Catherine T. Lowe, Bill Luehrs, Thomas & Heather Matheson, Bob and Esther Mathews, Agnes McBride, Suzanne and Dennis McConnell, Beth McCormack, Donald McKeown, Helen McNamara, Christina Metzger, Suzanne Millard, Jay and Sarah Miller-Taylor, Kelly Miller, Rich Morse, Robert & Susan Mulcare, Lynn and Dennis Munson, Peter Northrup, Anna Nunn, Tucker Olsen, Gay Lynn Palmer/Pottinger Panagakos, Melissa Park, Carol Pearce, Scott and Juli Podolak, Jim Ray, Chris Rees, Simone Rimar, Maureen Ringkjob, Erik Rogers, Jane Roth, William & Anne Schmoll, Kathryn Searchinger, Brian and Lisa Shaw, Sam and Nancy Shears, Betsy Shirk, Aimee and Chance Noffsinger Shupp, Aaron Siegfried, Dr. Jill



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> Wehling/Balch Weidman, Nancy & Manly Williams, Arnold & Millie Wilson, Cecily Wirsing, Thomas & Melinda Wolsey, Roger Wonsiewicz, Bud Woodward, Bill Yates/Held Zeis, Chardonnay