

Janis Elizabeth (Waddington) Goodmundson



Janis Elizabeth (Waddington) Goodmundson, died at Chesapeake General Hospital on January 15, 2015, after a long illness. Jan was born on October 27, 1949, in Providence, RI to Ken and Sara Waddington.

Jan is survived by her husband, Cmdr. Gary, USN, ret; children, David, Megan, Alex (Ashley); brother, David; nieces, Michaela Archer and Shawna Lomonaco; grandson, Jacob Thorvald; great nieces, Colby, Madison, Sydney, and Adriana; great nephew, Christopher. She is preceded in death by her parents, Ken and Sara; paternal grandparents, George and Elizabeth; maternal grandparents, Arthur and Elizabeth DeCesare.

Jan was educated in Providence and Warwick, RI, graduated from Newport Hospital School of Nursing in 1971. Jan and Gary married on March 31, 1973, in Newport, RI. They spent the next four years traversing the country as Navy Officer and wife, and welcoming David and Megan. In 1977, they moved to Virginia Beach where the family of four would live for the next eight years.

Jan resumed her nursing career in May, 1978 as the head nurse at St. Mary's Infant Home (now St. Mary's Home) in Norfolk, a place of love and care for disabled children. In 1979, she was appointed as Director of Nursing and devoted her career to making St Mary's and its care staff the best it could possibly be. During her tenure, Jan instituted the many clinical affiliations between physician specialists at Eastern Virginia Medical School and St. Mary's and established nursing protocols, procedures and policies. She was highly esteemed and well-respected by staff, parents and professionals in the community.

In her home life, she kept busy with several volunteer positions and activities. In 1985, Jan and her family moved to Peaceful Road in Chesapeake and they welcomed Alex.

Jan continued to devote her career to the children of St Mary's and at home she started volunteering with The United States Pony Clubs, an equestrian organization devoted to promoting character, confidence and leadership through horsemanship.

Jan retired from her nursing career at St. Mary's in April, 1999 and increased her volunteer hours with Pony Club, where she held many positions at the local, regional and national levels. She served on the Board of Governors, organized fundraising, competitions, educational clinics, rallies, rating seminars and other events. She served as a member and chair of several committees over the course of twenty-seven years. She received the USPC Founder's Award in 2008, which is awarded to those who have made a significant contribution to the organization at the national level.

Jan was a member of the Board of Governors 2000-2005 and joined the Advisory Committee in 2008. She was a tireless champion for youth, both abled and disabled. The lives she touched at points in her professional and volunteer careers are vast, numerous and enduring.

In lieu of flowers, donations can be made on Jan's behalf to The United States Pony Clubs, 4041 Iron Works Pkwy, Lexington, KY 40511. Condolences may be expressed to the family at www.hollomon-brown.com. - See more at: <http://www.hollomon-brown.com/obituary/Janis-Elizabeth-Waddington-Goodmundson/Chesapeake-VA/1471834#sthash.vJDDnQIs.dpuf>

A Note from Pony Club: Jan Goodmundson has been active in Pony Club since the 1980s in the roles of parent, volunteer and leader. Her daughter is a graduate H-A. Jan was the Joint DC and then DC of Crescent Bay Pony Club, Old Dominion Region, between 1989 and 1995. She revitalized the club by increasing membership and keeping older members active. To everyone's benefit, Jan started a thorough and meaningful Rally Readiness Program.

Jan co-chaired the Old Dominion Region's Mega-Rally 1994-1995. She became Vice RS in 1996 and then RS, a position she continued to hold until 2010. She served as the Regional Treasurer from 2011 until her passing. At the regional level, Jan initiated successful fundraisers and promoted involvement of upper level members by providing educational opportunities for them. A special achievement for Jan was the yearly DC Retreat, providing training for new DCs, yearly review of responsibilities, and helpful hints. This retreat promoted cohesion of club leaders and strengthened club programs through networking.