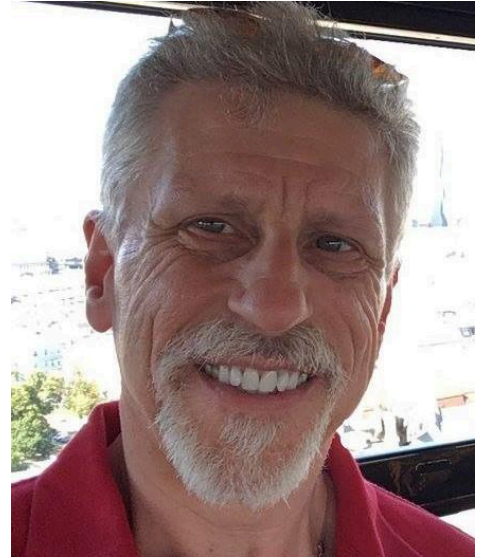


Interview with Volunteer Spotlight of the Month – Gary Skidmore

- Name
 - Gary Skidmore
- Where did you grow up / where do you live now?
 - Gary grew up in East Islip on Long Island! He now has lived in Westchester for about 35 years.
- Where do you currently work/where did you work?
 - Gary used to work as an IT person. Here, he designed systems for his company's employees. Gary said that "I tried to keep things as simple as possible for the users, so they can focus on doing their rather than spend most of their time trying to enter data".
 - He now works part-time as a tutor in the field of math. Gary has a "passion for teaching math, because the process teaches analytical and organizational skills that can be used in other areas". Gary graduated SUNY Albany with his major in economics and a minor in mathematics.
- Experience in Volunteering/ Volunteering with The LOFT:
 - Gary has been involved with The LOFT for over 5 years. In the past he has attended Gaymes and movie night. Gary also has been an active member of the Men's group for 4 ½ years! He has been a facilitator of the Men's group for the past 4 years and sometimes facilitates for the 55+ group.
 - Gary says that "The LOFT allows him to feel connected to Westchester", as he often spends time in Manhattan with his partner.
 - Currently, Gary is starting up Pilates Mat at The LOFT! "This is going to be a 6 week series, starting on October 16th and ending on November 20th". Gary says that Pilates makes him feel "relaxed" and that "No matter how I feel when I start, I always feel better after a Pilates class". Pilates builds on the benefits of the mind-body connection and can help improve physical strength, flexibility, and posture. Gary has been practicing Pilates for the past 7 ½ years and has more than 500 hours of studio experience. "I'm excited to bring Pilates to the LOFT", Gary said.
 - Gary also has experience volunteering and participating at the Contra dancing events at The Lesbian, Gay, Bisexual & Transgender Community Center in Manhattan. Gary helps with announcing for the Contra dances and helps organize some of the events.
 - We at The LOFT thank him for his service to our community!



- Would Gary rather go skydiving or scuba diving?
 - Scuba Diving!
- Would he rather go on vacation in the mountains or near a beach?
 - Mountains!
- Favorite Musical(s)?
 - Gypsy, Guys & Dolls, Kiss the Spider Woman, and Sweeney Todd.