

June 2023 VLGMA eNews

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Tim's Thoughts

Quick Year



As we enter into June and the summer season I am reminded of how quickly a year can pass by. Last June, I had the distinct pleasure to begin my tenure as president of this great organization. I would like to thank the Executive committee and the other officers for their steadfast support of both myself and our organization. This past year we had the opportunity to come together at a great winter conference in Harrisonburg. Special thanks again to Richard Douglas and Angela Lawrence for their leadership in putting the conference together. Next week we will again have the opportunity to grow and learn together at our annual summer conference in Virginia Beach. Thanks in advance for the work of India Adams-Jacobs, David Conmy, and Vivian Seay planning an excellent conference that we can all look forward to.



Senior Moments

Do you need help? Don't we all? Have a sticky situation and you don't know where to turn? Send an email to the Seniors, and see your question and answer posted here. Email to seniormomentsvlgma@gmail.com – all questions will be kept confidential .



VRSA Promotes Leadership Training

Professional and personal development is critical for good governance. VRSA has provided more than \$60,000 in Risk Management Grant funding to aid professional management training.



A DAO in the Life

When was the last time you scheduled time to have fun at work? It can be challenging to give yourself permission to have fun at work, especially with deadlines, staffing struggles, and a never-ending workload. Recently, I challenged our Operations Team to “integrate fun” into their workday routines. The purpose behind my request was to create space for creativity and lightheartedness that brought folks together in new ways. What has unfolded has far exceeded my expectations.





How to Spend Less and Get More

We can all agree that time, money, and resources are more precious than ever in today's tumultuous economy. This rings true whether in our personal budgets or our city budgets. We are always looking for ways to spend less and get more.



Diving Beneath the SURFace

We are intuitively, innately drawn
to the rhythm of the ocean's song,
a pulsing music from the deep,
the cadence of our heart beat.

The surf faces us and breathes
with waves rising as it conceives.
Ideas emerging, will they be expressed?
Waves form and sometimes crest.

Reaching shore, then to re-seed
within the realm of infinite possibility.
The rhythm of the rise and fall,
thoughts surfacing from the Source of All.

Dive into the depths of where we come from.
Infinite Life, the ocean of One.



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