

## November 2021 VLGMA eNews

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### Craig's Corner

#### Planning for our Future – Honoring our Past

On Wednesday, October 20<sup>th</sup>, I had the pleasure and honor to represent VLGMA at a luncheon in Hanover for many of the men and women who have served as local government managers during years past, and who are now retired ... but who are still very active, and very interested in knowing what's happening in our profession! Your professional organization was host for this event, along with the Berkley Group (special thanks to Drew Williams and Kelsey Wong for attending the event as well!)

### A DAO in the Life - How did I end up here?

By Julie A. Kaylor, Mathews Deputy County Administrator

This is for all of us who ask “How did I end up here?” I started my career as a young mother working part time in the accounting office for Mathews County. I handled accounts payable, accounts receivable, payroll, benefits, you name it. My youngest was six months old. I chose the job because it provided me an opportunity to get back into the workforce but since it was part time it provided the work-life balance so many of us wish for. That was way back in 1999!

### October DAO Meeting Recap

By Ande Banks, Harrisonburg Deputy City Manager

While formal wellness programs and crisis planning are essential it is the comfort and strength we find in being together with colleagues after this long isolation that made our most recent DAO meeting rewarding.

### Save the Date!

#### VLGMA Winter Conference

#### “The Big Reveal”

**February 16-18, 2022, Hotel 24 South in Staunton**

In-person and on-line participation opportunities.

The conference will address what the past few years have revealed about our communities while providing innovative and creative ideas to move forward based on those revelations.

### Certificate News

The Local Government Certificate Program is midway through the Fall semester, staff are recruiting for the Spring semester, students are exploring different local government topics every week, and we are still raising funds for the Bob Stripling Scholarship Fund.

### Just Breathe

Just breathe and allow

attention to focus on now.  
Thought follows its path  
for a meditative bath.

Filling up to expand and then  
reversing to return to emptiness again.  
Inhale, exhale, the cycle repeats.  
Movement synchronizes with its natural beat.

Stress fades away  
in a breathing holiday.  
Deeper and slower go,  
massage for the heart and soul.



## Position Changes And Other Events

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