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February 2020 | Volume III Issue 9

COUNTY **In focus**  
*Learning, living, and leading...together.*



**keep it movin' >>> spring break track camp**

The Campbell County Recreation Department will hold an Elementary School Age Track Camp over Spring Break.

**Age Groups:** 1<sup>st</sup> through 6<sup>th</sup> Grade  
**Dates:** April 13-17; 3:00 - 4:30 p.m.  
**Fee:** \$10.00 per participant  
**Registration Deadline:** April 10\*

All participants must wear running shorts, t-shirts and running shoes- no open toe shoes or bare feet.

Students will learn proper running form and basic techniques of different track events such as:

- long jump;
- triple jump;
- high jump;
- shot put;
- discus;
- hurdles; and both the 50 and 200 meters and relays

\*Participants must register at the Recreation Office.

## Two Decades of Pixie Dust

Ms. Valinda Retires After 21 Years of Planting the Seeds of Literacy in Campbell Kids

Most employees know their coworker, Valinda Trent as Ms. Valinda - one half of the Fizz n' Boom Team, the Children's Literacy Program of the Campbell County Public Library System. For many of us, she is the cultivator of early literacy; the children's storytime leader who engaged our children with fairy tales and pixie dust, and encouraged reading through fun activities and interesting challenges.

Throughout her twenty-one year career in Campbell County, many of the children she has helped to develop have now gone on to begin careers in public service - in fact, several even work part time at the very libraries she serves at.



On January 29, in true fairy-tale fashion, the staff celebrated Ms. Valinda with a final family program - Unicorns and Dragons.

Surrounded by those she has touched over the years, Ms. Valinda giggled, stomped, romped and played - all while encouraging continued development and learning.

Ms. Valinda would not have it any other way.

We wish Ms. Valinda all the best in her retirement! Thank you for 21 years of sparkle, shine and storytime!

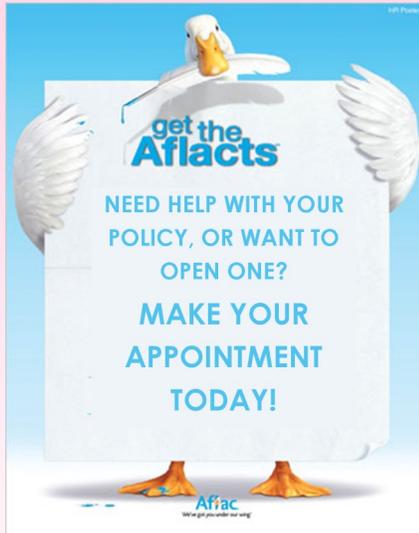
## AFLAC Representative to Host On-Site Appointments

Our AFLAC Representative, Fay Martin, will be on-site on **Tuesday, February 18th** from **9:00 a.m. to 5:00 p.m.** to answer questions, assist with new policies, as well as service existing contracts.

Employees with existing accident or cancer policies should set up an appointment for assistance with getting money back from wellness benefits.

Appointments will be held in 30 minute increments in the Board conference room on the lower level of the Haberer Building. If you are interested, please contact Darlene Cowart, HR & Benefits Coordinator, at [decowart@co.campbell.va.us](mailto:decowart@co.campbell.va.us), or at extension 9794.

To learn more about AFLAC's offerings, please visit <https://www.aflac.com/individuals/products/default.aspx>.



Campbell County Department of Public and Employee Relations would like to make you aware of a professional development and networking opportunity available for Campbell County supervisory staff and managers.

### Laws All Managers Should Know

With Staff Attorney, Kristin Wright

Tuesday, February 11 at 10:00 a.m.

Wednesday, February 12 at 3:00 p.m.

Board Room – Haberer Building

This training is mandatory for all supervisors/managers (anyone who supervises staff); attendance at one of the two identical sessions offered is required.

Please call extension 9818 or email [PER@campbellcountyva.gov](mailto:PER@campbellcountyva.gov) to register.

The Central Virginia Academy for Nonprofit Excellence, or CVANE is committed to equipping non-profit professionals with the various skills and knowledge needed to cultivate thriving organizations in an ever-changing society.



### Beginner's Grant Writing with Instructor, Erika Mork

February 28, 2019

United Way of Central Virginia  
9:00 a.m. - 12:00 noon; Cost: \$25\*

All training events are in collaboration with the United Way of Central Virginia.

Visit [www.cvane.org](http://www.cvane.org) to register.

Follow [Facebook](https://www.facebook.com/cvane) for all event updates.

Please submit newsletter items to [Beth Worth](mailto:Beth.Worth@campbellcountyva.gov) by Thursday, February 27, 2020.

## Nationwide Retirement Solutions Offering On-Site Appointments

Nationwide Retirement Solutions offers a 457b Deferred Compensation Plan to Campbell County employees.



**Nationwide**<sup>®</sup>  
Retirement Solutions

Saving early is key to accumulating enough through compound interest, but it's never too late to start. Minimum contributions can start at just \$20 per month.

**I'M  
HERE  
TO  
HELP**



Our Nationwide Retirement Specialist, Lynn Robinette, will be available to help you on a quarterly basis throughout the year. She can help you enroll, review your existing Nationwide account, make changes, consolidate other retirement assets, discover your path to retirement readiness, and answer any questions.

**Retirement Planning Consultations will be held on :**

**2/12/20, 5/19/20, 8/18/20, 11/17/20**

**From 9 AM to 4:30 PM in the Board Conference Room**

**(Haberer Building)**

Schedule your individual consultation with Lynn by visiting: <https://campbellcounty.MyRetirementAppt.com>.

Walk-ins welcome too, based on availability.



**the sweet scoop >>>**

>Welcome to the Campbell family, Kingston Nash! Little Kingston was born to Lakeisha Witcher (Social Services) and her husband, Kevin on November 8, 2019 at 1:45 a.m.— what a cutie pie!

>Congratulations to Keitha Robinson (Registrar's Office) on her recent graduation from Liberty University. Keitha received her Master of Arts in Executive Leadership in December. Way to go, Keitha!



**Help US celebrate YOU!**  
 Email your happy news to [per@campbellcountyva.gov](mailto:per@campbellcountyva.gov)!



**Kingston Nash Witcher  
 Son of Lakeisha and Kevin Witcher**



**RECREATION DEPARTMENT WILL PROVIDE:**

- *Uniform shirts and socks to match.*
- *Official for games ages U8 and higher.*

**PARENTS MUST PROVIDE:**

- *Soccer cleats or tennis shoes.*
- *Black soccer shorts or sweatpants.*
- *Soccer shin guards. (Required in all age groups.)*
- *Soccer Ball:*
  - *U6 & U8 - Size 3*
  - *U10 & U12 - Size 4*
  - *U15 - Size 5*

*\*Each Team is responsible for their own pictures and trophies, which is optional and organized independently.*

**spring soccer registration >>>**  
**Saturday, February 15**  
**Campbell County Recreation Department**  
**10:00 a.m. – 1:00 p.m.**  
**Fee: \$55.00\***

**PRACTICE & GAME INFORMATION**

Practices may begin the first week of March. All practices will be held in the evenings - coach's choice. Players age determined by birth year.

AGE GROUP	BIRTH YEAR
U6 - 4 & 5 years	2014 and 2015
U8 - 6 & 7 years	2012 and 2013
U10 - 8 & 9 years	2010 and 2011
U12 - 10 & 11 years	2008 and 2009
U15 - 12 - 14 years	2005 through 2007
U18 - 15 - 17 years	2001 through 2004

*\*Discounts available for additional registered children from same household.*

**VITA Tax Help**

Staunton River Memorial Library  
 NOW - April 13  
 Mondays, 5 to 9 p.m., and  
 Saturdays, 8 a.m. to 3 p.m.

VITA (Volunteer Income Tax Assistance) will provide free tax preparation assistance for those with an adjusted gross income of \$56,000 or less.

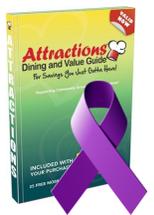
Citizens must make an appointment for service.

Please call VITA at 434-548-8233 for an appointment.



**HELP US PUT THE CUFFS ON CANCER!  
 CCSO RELAY FOR LIFE TEAM FUNDRAISER**

The CCSO Crimefighters for a Cause Relay Team is selling Attractions Guidebooks for \$20. There are lots of great coupons inside, including a free state inspection, and several for local restaurants.



If you'd like to purchase one, please contact Team members, **Darlene Cowart**, or **Beth Worth**. If you'd like to be a part of the CCSO Crimefighters for a Cause Relay Team, please contact Team Captain, **Kimberly Gallier**, and learn how!

## food for fines at your library >>>

**WANT TO PAY DOWN YOUR LIBRARY ACCOUNT WHILE SUPPORTING YOUR NEIGHBORS?** Donate during our Food for Fines Drive!

We can accept cans for your account balance if you have a Campbell County library card (not Lynchburg or Bedford) and if any damaged or lost items are from the Campbell County Public Library.

In the month of February, bring canned goods to your CCPLS library during our regular hours. For each canned item, you'll get \$1 off your account for overdue fines, lost items, or damaged books (limit of \$50).

**DON'T HAVE A BALANCE, BUT WANT TO HELP ANYWAYS?** Your contribution will count toward someone else's account! For privacy reasons, we can't share which account ... just know that you're awesome!

Please donate cans in good condition with a current expiration date only. Unfortunately, we can't accommodate boxed goods.

The food will be donated to a charity in the service area of each branch:

**RUSTBURG:** Hyland Heights Food Pantry

**PATRICK HENRY:** BEAM (Brookneal Emergency Assistance Ministry)

**STAUNTON RIVER:** DAWN (Donation a Week Neighbor)

**TIMBROOK:** The Fillin' Station at Timberlake United Methodist Church

**THANK YOU FOR YOUR CONSIDERATION!**



## county calendar >>>

### Campbell County Local Government

#### Upcoming Holidays

The next scheduled holiday for Campbell County Administrative Offices will be Monday, May 25, 2020, in observance of Memorial Day. Employees; however, are encouraged to use floating holidays for respite when needed.

## volunteerism opportunities >>>

The Department of Public and Employee Relations is seeking ideas and participants for annual volunteerism opportunities.

Volunteer events will be held quarterly, and provide an opportunity to make a community impact as a collective group.

If interested, please email [Beth Worth](mailto:beth.worth@campbellcountyva.gov).

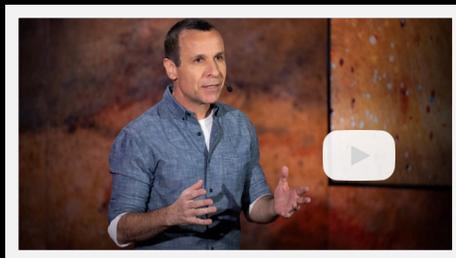
*Make a difference,  
not just a living.*



# Final thoughts

Feeling burned out? You may be spending too much time ruminating about your job, says psychologist Guy Winch.

Learn how to stop worrying about tomorrow's tasks or stewing over office tensions with three simple techniques aimed at helping you truly relax and recharge after work.



**Please click on the photo above; make sure your speakers are on.**