

DATES TO REMEMBER

May 24, 2023 Boards
and Commissions
Webinar

May 24, 2023 SCAC
J. Mitchell Graham &
Barrett Lawrimore
Awards Competition

July 21-23, 2023
NACo Conference

July 31-Aug. 3, 2023
SCAC Conference

August 1, 2023
1:30 PM SCCCA
Business Meeting

2 PM Public Sector
Public Speaking Class

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Taking Care of You!

At our Winter Conference in Myrtle Beach, Dr. Kimberly Roberts taught us a great lesson that we all need to slow down and take care of ourselves. In that vein, this edition is dedicated to self care, mindfulness, and stress management. As women, we often put the needs of others ahead of

our own. We often play the role of caregiver—to our children, our spouse or partner, our parents, our council members— and we often find ourselves barely able to keep our heads above water. Take time today to commit to doing something just for you. Take time today to commit to taking care of you!

An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.

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Happy Work Anniversary to our Sister Clerks who were appointed in April, May, or June!

- ◆ Sarah Brock (Beaufort, 2019)
- ◆ Mary Blanding (Sumter, 1992)

If you were appointed in one of these months and are not on this list, please update your information on the membership list at the conference.

What is Mindfulness?

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Some studies have shown that mindfulness is just as effective at calming anxiety as the leading anxiety medication.



Stress Management & Mindfulness Resources

[10 Free Resources to Help You Manage Stress from American Society of Safety Professionals](#)

[Self Care and the 4 R's of Resilience](#)

[MUSC Podcast—What is Mindfulness and How Can It Help Me—Dr. Alyssa Rheingold](#)

[10 Tips to Implement Mindfulness in the 2023 Workplace](#)

[Free Mindfulness Resources](#)

Mindfulness in the Bible

The Bible has a lot to say about calming our minds and keeping a vertical focus on the One who lovingly created us and knows us intimately. For example:

The apostle Paul reminds Christians that they're called to be mindful and live with an awareness of the present (Philippians 2:1-5).

Prayer is one very practical way Christians apply mindfulness to daily life (1 Thessalonians 5:17).

Meditation appears in the Bible in the context of spending time studying the Word of God (Psalm 48:9; Psalm 63:6).

We should look to Jesus and think about true, admirable things (Hebrews 12:2; Philippians 4:8).

Christians shouldn't let themselves to be distracted by worry about the future (Matthew 6:25-34).

Scripture teaches us to "take every thought captive" (2 Corinthians 10:5).

Paul tells us to "be transformed" by renewing our minds (Romans 12:2)

Excerpts from [Focus on the Family](#), Mindfulness: A Christian Approach

4, 7, 8 Breathing Method

- ◆ Inhale for 4 seconds, slowly through your nose.
- ◆ Hold your breath for 7 seconds.
- ◆ Slowly exhale for 8 seconds as if you are blowing out a candle.
- ◆ Repeat 5-10 times when you are feeling stressed out.
- ◆ Also practice this method when you are not stressed out and you may notice a difference in how you engage with stressors.



Stress Management Strategies

Here are some stress management tips from South Carolina Public Radio's Health Focus podcast of March 22, 2022, with host Bobbi Conner and guest Ms. Tenelle Jones from Medical University of South Carolina. Listen to the podcast at <https://www.southcarolinapublicradio.org/podcast/health-focus/2022-03-22/stress-management-strategies>



Getting to Know Mary Blanding - Sumter County



What are 3 words that best describe you?

Kind, Loving, Playful

Tell us about your family. I had the best parents in the world that taught me and my three siblings from the Holy Bible; therefore, my wonderful husband and I have done the same. I have two birth children (daughters) and two adopted children (a son and a daughter). Kenneth and I are enjoying our two grandsons from the older kids and don't mind waiting for more grandchildren from the two younger kids.

What do you like best about being Clerk to Council? Helping the citizens, Council, and staff with issues as well as creating a chronological history for the County.

What do you find most challenging about your job? The politics of the job.

What advice would you give a newly appointed Clerk? Be patient with yourself and others; know that you have been chosen for the Clerk's position for a reason far greater than yourself.

What is your personal motto or mantra? Romans 12:9-21 especially Romans 12:18 "If it is possible, as much as it depends on you, live peaceably with all men."

How do you define success? When a person has done all that he/she can, with the resources that he/she has, for all those that he/she knows and have met; that is success.

What do you do for fun? Traveling and enjoying the wonderful food in each area.

If you had a chance to pick your last meal, what would it be? Fried Fish, collard greens, Cornbread, with a cold glass of half/half iced tea, and a warm slice of sour cream pound cake with a scoop of chocolate ice cream.



Getting to Know Sarah Brock - Beaufort County



What are 3 words that best describe you?

Devoted, Compassionate, Resilient

Tell us about your family. I have been married to my best friend (whom I lovingly refer to as Grown Baby Man) for 19 years and we have two children: a 17-year-old daughter and a 13-year-old son.

Do you have pets? If so, tell us about them. We have two cats are that are both nearing 18 years of age, three Labradors, a rabbit named Daisy, two guinea pigs, and 9 chickens.

What do you like best about being Clerk to Council? As the clerk to county council, you have the opportunity to be at the center of local government operations and have a direct impact on the community. It is extremely rewarding to play a role in the decision-making process of the council and to play a key role in ensuring that council meetings run smoothly and efficiently. Additionally, this job offers so many opportunities for professional development and learning about the local government systems and its procedures.

What do you find most challenging about your job? I would have the say I find managing the large volume of information my office receives to be the most challenging thing about this job.

What advice would you give a newly appointed Clerk? Oh this is a good one - First I would say learn as much as you can about your role. Truly take the time to fully understand your role and responsibilities as the clerk to county council. This includes understanding the council's rules and procedures, as well as the legal and ethical obligations of the position. Second, I would say it is imperative that you build strong relationships with council members as well as staff as this helps to establish trust and open communication. Third, I would say staying organized is an absolute must. Being organized will help you stay on top of your workload and meet deadlines, so develop a system that works for you, whether it be using a calendar, task list, or other organizational tools.

What is your personal motto or mantra? "Work hard, pray harder, and trust God's plan." I find this mantra emphasizes two of the things most important to me - hard work and faith in achieving success in both career and family life.

How do you define success? Success to me is about finding a sense of balance between maintaining a strong sense of faith and spirituality, maintaining a loving and nurturing family life for my spouse and children, and achieving my career goals while making a positive impact.

What do you do for fun? Absolutely anything outdoors. From gardening to yard work, to tending to our chickens, spending time outside is what helps me unwind. I also love games. My family and I are constantly buying new games and spend hours at a time playing them.

If you had a chance to pick your last meal, what would it be? Hands down it would be fried cube steak, rice and gravy with lima beans, corn on the cob and mayonnaise biscuits.



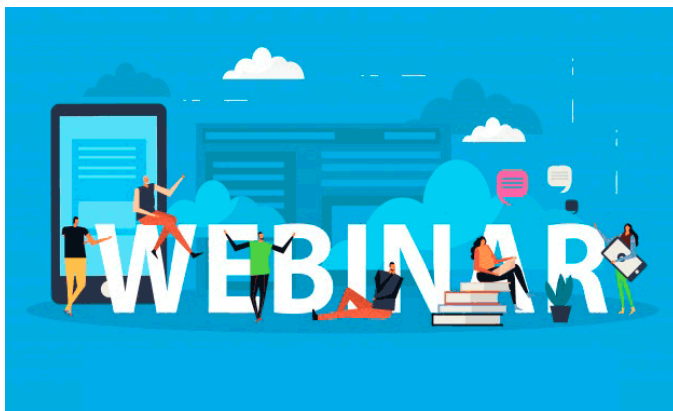


**SOUTH CAROLINA CLERKS TO COUNCIL
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{YOU}
Create
+ YOUR OWN +
CALM



**Boards & Commissions
Webinar with SCAC Attorney
John DeLoach**

**Wednesday, May 24 @ 1 PM
on Microsoft Teams**

**If you did not receive a calendar invitation
for this webinar, please contact Kristen
Wurster at kwurster@charlestoncounty.org**

**Would you like to volunteer to write an article for the next Clerks Chronicle?
The Summer 2023 edition will be published in July and will focus on our
summer meeting.**

**Contact Kristen Salisbury at ksalisbury@charlestoncounty.org or 843-958-4031
for more details!**

HELP