

# VIRGINIA BEACH EDITION

# VIRGINIA

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**RANDY DEMILLE**

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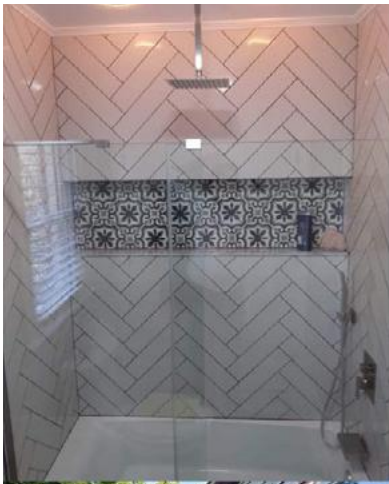
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*Randy DeMille.  
Photo by Alex Hopper  
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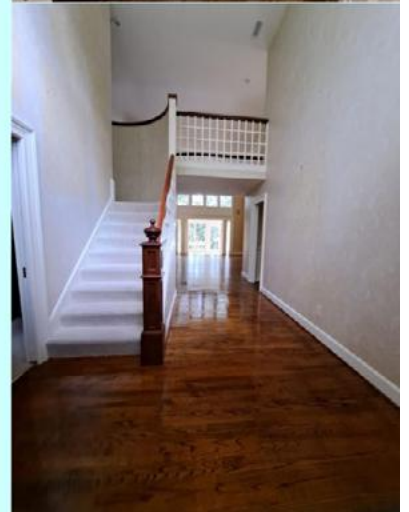
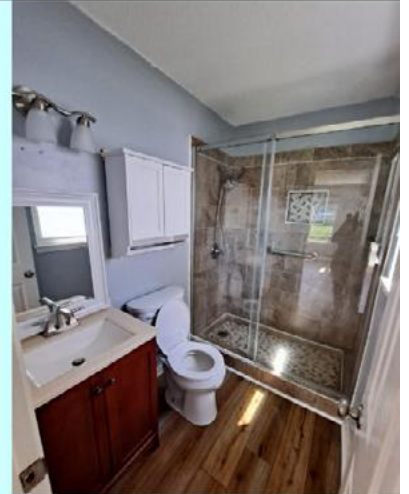
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## Editor's Note

## Behind the Scenes

June in Virginia Beach is filled with love, awareness, spirituality and so much more. From Father's Day to Juneteenth, our community knows how to give love and recognition where it is deserved!

This month's cover features include: Megan Edward and Marjorie Spring of High Tide Contracting and Randy DeMille of Atlantic Bay. Be sure to read their stories and spread the referral to all your friends, family and neighbors.

Also highlighted are those that give back, a local artist; Poetry Jackson, local nonprofits; Together We Can Foundation, local business; Neptune Kitchen and Bath and local events; Juneteenth, Summer Camps to the 2023 Community Builders Awards.



Don't forget to check our Calendar of Events section as we deliver what is currently happening with events like Beach It to those events upcoming such as Freedom Festival and Hampton Roads Dancing with the Stars! (come see your graceful and fluid publisher). Have a good time and show your support- Get your tickets now before they sell out!

Be sure to give your fathers a big hug this month, be sure to love without shame or blame and be sure to be kind to your neighbors and colleagues, we all live here together. In the name of this issue's featured charity, Together We Can!

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Virginia Connector



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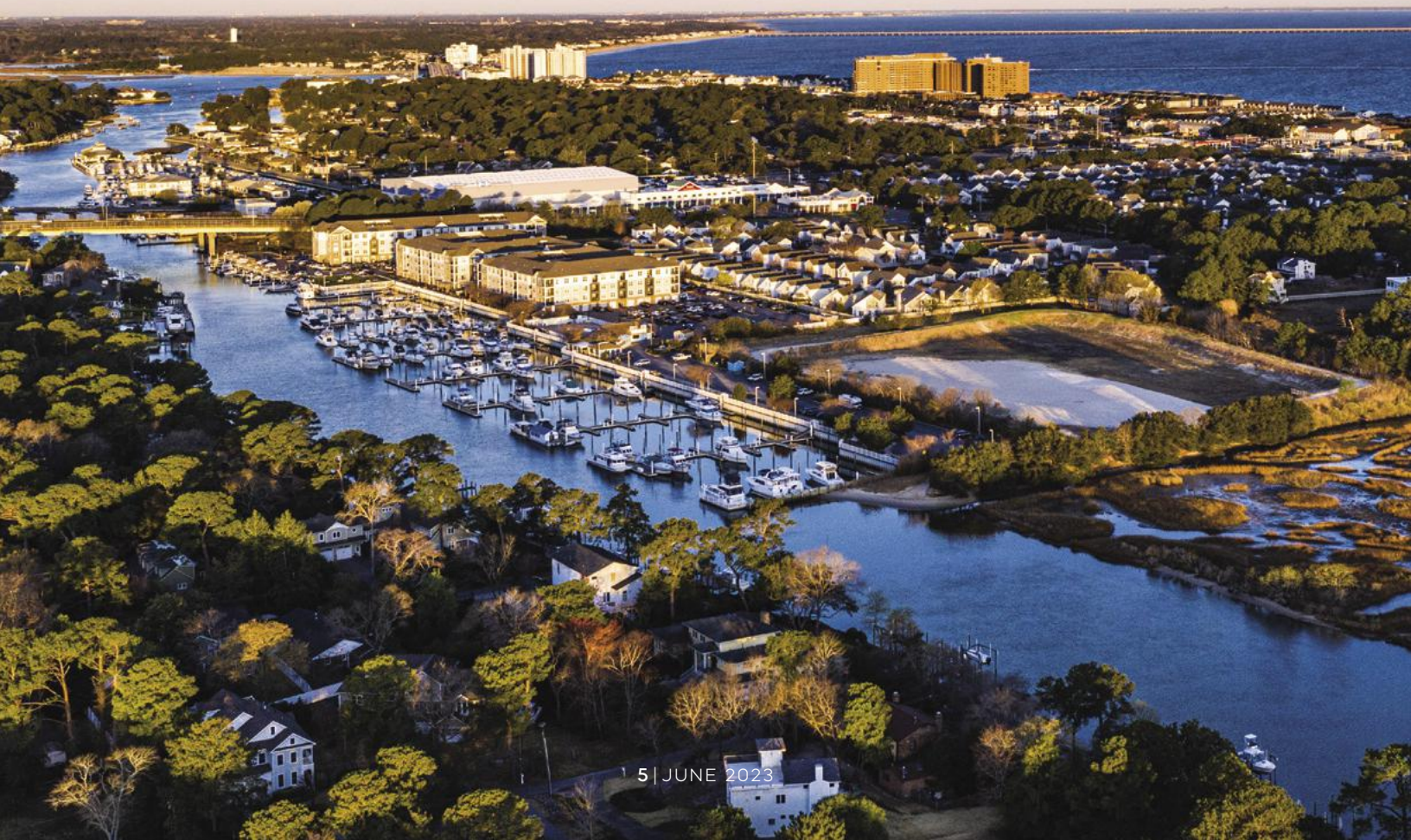
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*Photo by South End Productions, LLC*



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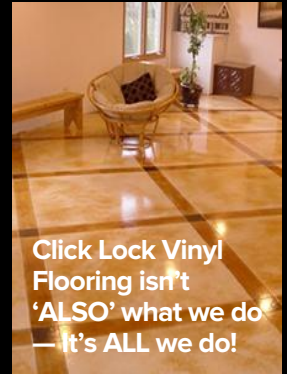
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# Together We Can!

**Y**outh disconnection is a phenomenon in which youth and young adults between the ages of 16 and 24 are not working, not in school, and not well-connected to a community. The most recent studies by the National Social Science Research Council suggest that there are over 24,500 disconnected youth in Hampton Roads. About half of those youth are chronically disconnected (they have almost no formal education or work experience) and many are already in crisis (homeless, incarcerated, addicted, sexually trafficked). The other half are “under-attached.” These individuals are likely to have completed some high school but carry prime risk factors for disconnection such as foster care, court involvement, struggling to graduate, or suffering from behavioral health issues or substance use.

Every disconnected youth costs the community \$16,500. So youth disconnection is everyone’s problem.

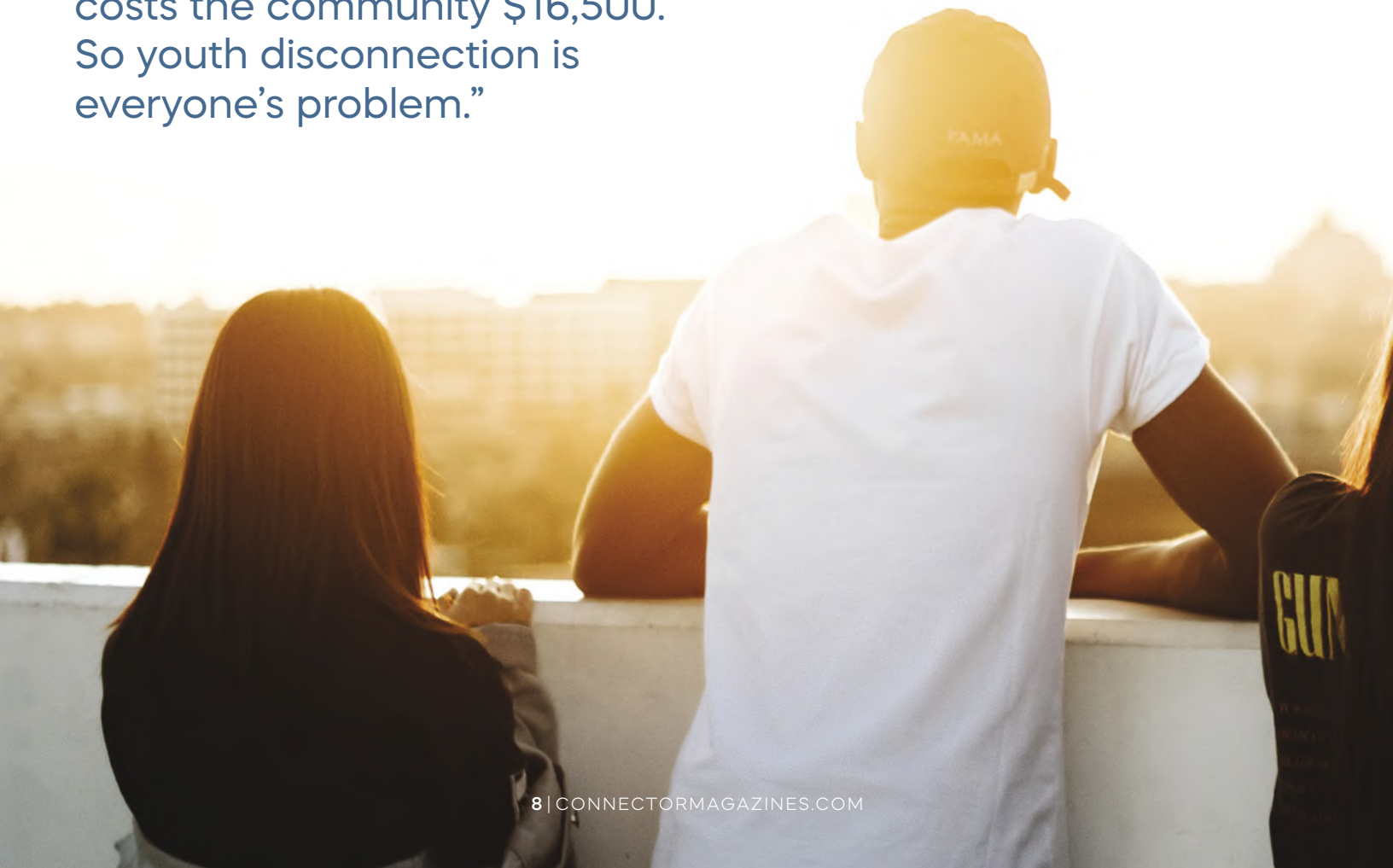
But more importantly, these youth are a part of the future

workforce for Hampton Roads. We are facing an exodus of bright young minds who are leaving Hampton Roads to find work.

Preventing youth disconnection is not as complex as it might seem. Research indicates that remedial support for high school graduation (or GED equivalent), matriculation to post-secondary education or skills training, and employment have the most significant impact on reducing youth disconnection. Thus, a plan targeting youth who have specific risk factors with additional support would be most effective. Developing a plan in the Smart Transitions course is exactly what Together We Can Foundation does.

Since 2015, a coalition of foundation and corporate funders and youth-serving nonprofits have focused on the issue of youth disconnection and brought the numbers down from 36,000 to 24,500, reducing youth disconnection from 13.8% to 10% in Hampton Roads

“Every disconnected youth costs the community \$16,500. So youth disconnection is everyone’s problem.”



## **Preventing Youth Disconnection and Preparing the Future Workforce with Life-Work Success Skills**

Founded in 2008, the Together We Can Foundation is a 501c3 nonprofit dedicated to preventing youth disconnection by bringing adult life-work skills training to Hampton Roads' youth. 91% of youth who complete the Smart Transitions program graduate from high school on time versus 75% of youth in the same peer group.

### **What We Do**

The Smart Transitions program is a workforce readiness and adult transition program. The foundation partners with schools, municipalities, and other youth-serving agencies to bring workforce readiness training directly to youth wherever they are gathered.

Our Smart Transitions Life-Work Portfolio course is five two-hour sessions that helps upper high school students

develop an adult transition plan, a resume and a personal presentation portfolio which features a professional business head shot, letters of recommendation, certificates, and evidence of work-related skills and talents. Our Life Journey Portfolio course targets middle school and lower high school students and focuses on the skills necessary for effective on-time high school graduation.

We are currently testing a self-paced online version of our program called Smart Transitions Online. In addition, we provide resource guides for youth and the mentors, educators, counselors, and program staff that work with them..

### **The Future**

You can help us make a difference. Visit our website at [twcfoundation.org](http://twcfoundation.org). (or click on the QR code on the bottom right) to learn more about youth disconnection. Please donate to support a youth struggling to make it.



# Q & A with Robert Stahl

Interview with the founder of Neptune Kitchen & Bath

**I'm here with Robert Stahl, founder of Neptune Kitchen and Bath, one of our new advertisers. Tell us about your business Bob.**

Good morning, I'm happy to join the Connector family. Neptune Kitchen and Bath is a full-service remodeler. By full service I mean we take care of everything; design, demo, carpentry, cabinets, appliances...the whole nine yards.

**What if you have to move a wall or something?**

That's not a problem. We're fully licensed and can pull permits if necessary.

**Do you hire a lot of subcontractors?**

Oh Lord, as little as possible. We try to handle all the work in house. That's the best way to make sure our quality is always up to snuff. Our motto is to work on our customer's house as if we were working on our own.

**What are the biggest challenges you face these days?**

Personally, letting go. I've always done everything myself. I've developed a pretty large skill set, but frankly there's only so much one person can do. Happily, I'm getting used to giving it up. Many entrepreneurs let their egos get in the way. My theory is to replace myself with people who are better than me. It's not "things", that define a company's worth, but people.

**What makes Neptune Kitchen and Bath special?**

First of all, our reputation. We have always bent over backwards for our customers. That's the reason we've won the Best in Service award from Houzz.com for 8 straight years. Secondly, we fabricate our own cabinets. We're not at the mercy of someone else's product line or lead times. Every job is custom. We fit the cabinets to the space, not the space to the cabinets.

**What's next for you guys?**

The biggest news is we recently became the regional dealer for Stiltz Home Lifts. It's an affordable home elevator system that doesn't require an engineered shaft. It's a fantastic solution for people who want to age in place. And they're a great company to work with to boot. The other big news is that we're currently negotiating a lease for our showroom. Our existing showroom has gotten crowded out by our operations and we're excited to be able to showcase our designs, materials and appliances again. In the meantime, we'll continue to meet with people in their homes. Stay tuned for further developments.





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## Poetry Jackson

### Captivating Souls with Artistic Expression

#### Exploring the Depths of Artistry and Emotion

In the world of art, there are those whose creations transcend the canvas, touching the very essence of our being. One such visionary is Poetry Jackson, an artist whose work captivates souls, evoking emotions that stir the depths of the human spirit. With recent accomplishments that include a residency at Virginia MOCA, an exhibition in Barcelona, and the prestigious inclusion of her Inner Garden series in Sentara Brock Cancer Center's loaned art program, Poetry Jackson's artistic journey has reached remarkable heights.

#### Journey into the Inner Garden

Poetry Jackson's Inner Garden series, an enchanting exploration of spirituality, identity, and personal growth, has garnered acclaim for its profound and introspective compositions. It is with great pride that the artist showcases her work at the Sentara Brock Cancer Center, where her piece, with its delicate brushstrokes and vibrant hues, offers solace and inspiration to patients and visitors alike. The Inner Garden series provides a sanctuary for contemplation, reminding us of the transformative power of art in healing and self-discovery.

#### A Residency at the Heart of Creativity

Immersing herself in the vibrant artistic community of Virginia Beach, Poetry Jackson found inspiration during her residency at Virginia MOCA. Surrounded by the rich tapestry of creative minds and diverse perspectives, she honed her craft and delved deeper into her artistic style. It is within this stimulating environment that her Roy G. Biv series began to flourish, becoming a testament to her exploration of social, racial, and cultural themes.

### Roy G. Biv: A Kaleidoscope of Colors

The Roy G. Biv series, a radiant burst of colors and forms, has garnered widespread recognition for its bold and thought-provoking narratives. Each piece within the collection serves as a testament to the artist's commitment to positive visualization and inclusivity. From vibrant canvases depicting moments of empowerment to captivating mixed-media creations, Poetry Jackson's Roy G. Biv series resonates with a harmonious blend of beauty and social commentary.

### An Exhibition History Woven with Excellence

Poetry Jackson's artistic journey is interlaced with a rich exhibition history that spans continents and galleries. Her recent exhibition in Barcelona, Spain, showcased her captivating works to an international audience, captivating hearts and minds with her unique artistic voice. Closer to home, her art has been featured at the esteemed Galleria Ukwensi's of Ghent in Norfolk, Virginia, where her creations took center stage, captivating local art enthusiasts and collectors.

### An Unveiling: The Launch of Poetry Jackson's Online Store

In response to the overwhelming demand for her artwork, Poetry Jackson now proudly announces the launch of her online store at [poetryjackson.com](http://poetryjackson.com). This digital sanctuary serves as a gateway for new and seasoned collectors to access Poetry's mesmerizing creations. From the captivating Roy G. Biv series to the introspective wonders of the Inner Garden series, this online store offers the opportunity to own both original art pieces and finely crafted prints, ensuring that the magic of Poetry Jackson's creations can find a place in any art lover's collection.

### Quote from Poetry Jackson: A Channel for Creative Expression

Reflecting on her artistic process, Poetry Jackson shares a profound insight: "When it comes to creativity, I believe it doesn't come from me, but rather it is channeled through me." This revelation encapsulates the artist's deep connection to the creative realm, where she becomes a vessel for the raw and transformative energy that breathes life into her art. Each stroke of the brush, each expression of color, is a manifestation of this profound channeling an invitation for viewers to experience the evocative power of her work.

"When it comes to creativity, I believe it doesn't come from me, but rather it is channeled through me. I am merely a vessel through which art flows, connecting me to something greater than myself." - Poetry Jackson

### Indulge in the Magic of Poetry Jackson's Artistry

With each stroke of her brush, Poetry Jackson invites us to embark on a journey of self-reflection and cultural exploration. Her art transcends boundaries, illuminating the beauty of the human experience through captivating visuals and poetic narratives. As she continues to redefine the artistic landscape, Poetry Jackson's online store stands as a testament to her commitment to making art accessible to all who seek to be touched by its transformative power.

Visit [poetryjackson.com](http://poetryjackson.com) and allow yourself to be swept away by the spellbinding artistry of Poetry

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# A National Gathering Place for Healing Without Shame or Blame

**AS AMERICA GRAPPLES WITH ISSUES** related to race and violence, there is an immediate need for Fort Monroe to serve as a venue where conversations connected to the tragedy of slavery can be held. In the wake of George Floyd's murder, to offer only "thoughts and prayers" breeds cynicism. The designation of Fort Monroe as the place where Americans can be guided in discussions promoting education and healing, without shame or blame, will be an effective tool in unearthing the systemic roots of slavery.

As the story is told, in 1619 in the latter part of August "20 and odd" Angolan men and women came ashore where Fort Monroe stands today. Over two centuries later, about a month after the Civil War began at Fort Sumter, three enslaved men — James Townsend, Frank Baker, and Shepard Mallory — escaped from their owner, commandeered a rowboat, made their way to Fort Monroe and Union Gen. Benjamin Butler. When their owner came to claim them, Gen. Butler cited the "Contraband of War" policy and denied the men's return to their former owner. Instead, the trio was put on the federal payroll and on the path to citizenship. Within days, people were streaming into

"Freedom Fortress Monroe" and celebrating the end of chattel slavery. This extraordinary incident made Fort Monroe the site of "the greatest moment in American history," according to Edward Ayers, noted Civil War historian and past president of the University of Richmond.

- Four years later in December 1865, the 13th Amendment, which abolished slavery, made its way through Congress, and was voted into law on December 18th.
- In a democracy, federal laws need states to follow them.
- In the work of unearthing the roots of slavery Virginia should be the leader creating a blueprint about how to move beyond the past.
- In 2007 Gov. Tim Kaine proclaimed the third Saturday in June as "Juneteenth Freedom Day."
- In 2019 Gov. Ralph Northam made Juneteenth a state holiday.
- In 2022, with Gov. Ralph Northam's leadership, Virginia abolished the death penalty.
- Few Americans know this history, but they should, and in the years to come they will.

Fort Monroe will shine a light on the birthplace of America and the place where the dreams of freedom started for African Americans burdened with gradual enslavement that led to jubilant self-emancipation when three Black men, who probably could not swim, crossed a river.

## JUNETEENTH EDUTAINMENT

- June 17th (12-6pm)
- June 18th (10-4pm)
- June 19th (12-4pm)

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[eventbrite.com/www.JuneteenthVA.org](https://eventbrite.com/www.JuneteenthVA.org)



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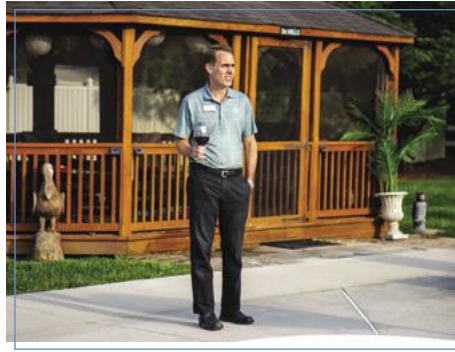
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## Business Profile



# RANDY DEMILLE

## A PASSIONATE MORTGAGE BANKER HELPING FAMILIES ACHIEVE THEIR DREAMS

BY HANNAH OLSON | PHOTOGRAPHY BY MELANIE KIM

WHEN IT COMES TO PURCHASING A HOME, having the right mortgage banker on your team can make all the difference. Randy DeMille, a Senior Mortgage Banker with Atlantic Bay Mortgage and Castleton homeowner, is an experienced professional who has been helping clients achieve their homeownership dreams for 26 years. We got to chat with Randy, and he shared his journey through the mortgage industry, his dedication to his clients, and his passion for helping folks achieve their real estate goals.

A Hampton Roads native, Randy's career and decision to remain in the area were influenced by his father. "I grew up in a real estate family, as my father and uncle owned a building and development company called DeMille Homes," DeMille says of his upbringing. "I always excelled and enjoyed math and finance in school, and the mortgage business was the perfect fit that encompasses all of these factors."

Having grown up with other branches of the family in Hampton Roads real estate in one area or another, it was natural for Randy to seek a career in the industry. His first job was as a post-closing auditor for Life Savings Bank in 1992, and upon graduating college from University of Richmond in 1993, he started working as a loan officer, working his way up to become a Senior Mortgage Banker with Atlantic Bay Mortgage Group.

According to Randy, homeownership is an essential part of the American Dream, and he is passionate about guiding his clients through the process. Randy takes pride in making it as seamless as possible. "Our commitment is to close on time, close accurately, and keep you up to date during the loan process," he says. Randy's thorough approach to lending has earned him a loyal customer base, many of whom return to him years after their home purchase for refinancing solutions. His

commitment to staying up-to-date with industry trends and regulations ensures his clients receive the best possible service.

Randy's dedication to his clients and his community involvement have earned him recognition in the mortgage industry. He has been named a Top Producer by the Scotsman Guide and a Five Star Mortgage Professional by Hampton Roads Magazine. However, for Randy, the most significant recognition comes from his clients. Randy recalls that one of the most memorable opportunities to help someone achieve a real estate dream was assisting an 81-year-old military veteran with purchasing his first home. "It was something that he thought he would never be able to do. It is truly never too late, and this client was so appreciative and excited of his accomplishment," says Randy.

Randy, his partner Jay, and their 18-year old cat Tillie live in their forever home in Castleton, and enjoy walks around the lake and enjoying Virginia Beach living. In his free time, Randy also enjoys entertaining guests at home with pool parties and wine gatherings, and visiting wineries - he has visited over 100 of them. He loves to bring people together and create memorable experiences for his friends and loved ones. Additionally, Randy is an avid traveler who enjoys exploring new cultures and meeting new people.

If you are a Hampton Roads resident looking to refinance or move in the near future, consider reaching out to Randy DeMille at Atlantic Bay Mortgage. When it comes to your real estate investment, you can place your trust in Randy's capable hands. He is dedicated to delivering tailored solutions that cater to your specific needs. To explore how Randy can assist you in accomplishing your homeownership aspirations, simply reach out to him via email at [RandyDeMille@AtlanticBay.com](mailto:RandyDeMille@AtlanticBay.com) or [www.RandyTheMortgageGuy.com](http://www.RandyTheMortgageGuy.com).



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# High Tide Contracting: Setting the Standard for HVAC Maintenance in Virginia Beach

*Local experts providing personalized service, industry expertise, and coastal climate solutions*

IN THE HEART OF VIRGINIA BEACH, High Tide Contracting has been making waves in the local HVAC maintenance industry. With a team of experienced professionals and a commitment to customer satisfaction, this locally-owned business has garnered a reputation for excellence. Let's dive into the story behind High Tide Contracting, as owners Megan and Marj share their insights and experiences, and discover why they are the go-to choice for homeowners and businesses in Virginia Beach.

"High Tide Contracting is owned by a group of individuals who possess not only the passion for expanding this industry but who have an accumulation of knowledge that spans three generations of family members in Hampton Roads," explains Megan, one of the owners. "This company was a collective vision of all of our members wanting to take the industry and put a different spin on it by incorporating different ideas on home remodels, offering innovative methods for scoping and sketching out projects, and integrating more of a female presence into what is predominantly a male world in the contracting industry."

The team is comprised of a combination of HVAC, general construction, electrical, plumbing, and mitigation experts with well over 100 combined years of experience in these trades. "Over the course of its operation, High Tide Contracting has grown from a small operation with only a handful of people with the same vision and goal into a conglomerate with more drive and dedication than the day they started. "We aim to help our customers achieve the vision they want for their projects while offering a family-like atmosphere in the process," shares Marj, another owner.

Virginia Beach requires some specific local expertise, including how to properly monitor how the HVAC system handles all seasons and differing levels of humidity throughout the year. Oceanfront and beachside homes can present even more maintenance issues with corrosive beach conditions that could shorten the lifespan of daily equipment like an HVAC system. As Hampton Roads natives and contracting professionals, Megan and Marj lead their team through these challenges seamlessly. "Living on and near the ocean waters creates a vulnerability to outdoor units due to the salt content present," explains Marj. "To counteract this, we recommend raising outdoor units on a platform and washing the system regularly with fresh water. You can also create a mist barrier (within manufacturers code parameters,) or apply a rust resistant coating. These adjustments can extend the life of the system and provide reliable HVAC for beachfront properties."

As contractors, they approach airflow issues as opportunities to craft custom solutions for the home they are servicing. One of these Virginia Beach success stories required them to think creatively about airflow design, says Megan. "We were on a project for a client who had a one-story ranch style home with inadequate airflow distribution due to a sunroom addition. We increased the tonnage on the heat pump system

and designed and constructed a new ducting system in their attic for better airflow distribution. Our team also added a Reme Halo air purifying system to help kill bacteria, mold, germs, viruses, and other airborne pathogens. The homeowner was very satisfied with the modifications we had made since they catered to the design of their home."

High Tide Contracting guarantees thorough, personalized service from

experts who are actively looking for ways to improve and optimize the airflow system in a home or building. "Our HVAC department provides a semi-annual multi-point inspection of all equipment, their components, and ducting," says Megan. "With this service, our technicians also perform a cleaning service on the condensing and evaporator coils during one of the two visits each year. We offer tiered packages that include different options catering to each type of system and the homeowners' needs as well."

In addition, High Tide Contracting offers disaster restoration with their purposeful and efficient service style. "In cases of fire and water damage, our team assesses the condition of the property, removes damaged materials, and collaborates with insurance adjusters to create a comprehensive plan for rebuilding," says Megan. "Our goal is to turn homeowners' difficult journey into a smooth and satisfactory transition from the drawing board to the end result."

As business owners, Megan and Marj lead with compassion and humanity at the forefront, choosing a different path from the turn-and-burn reputation of the contracting industry. They not only offer healthcare and wellness resources to their contractor employees, but they intentionally create a company culture that cares about the people they employ. "We see it as an investment, and it's important to us to make sure they have the resources available to achieve success professionally and personally. With our past experience of working for other employers, we were not afforded opportunities like this so we wanted to innovate ways we can assist in the growth and success of our team and that's one of the many things that sets High Tide Contracting apart from other companies, we pride ourselves on that".

With a passionate vision, a team of experts, and a commitment to delivering top-notch HVAC maintenance services, High Tide Contracting has become a trusted name in Virginia Beach. Megan and Marj's dedication to customer satisfaction, their ability to solve complex HVAC issues, and their emphasis on education set them apart in the industry. Whether it's regular maintenance or restoration after fire or water damage, High Tide Contracting brings a personal touch to every project, ensuring the comfort and satisfaction of their clients in Virginia Beach.



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[floortraderofvirginia.com](http://floortraderofvirginia.com)

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**Floor Trader of Chesapeake,**  
1725 S Military Hwy, Chesapeake, VA

**Floor Trader of Virginia Beach**  
1104 Lynnhaven Pkwy A, Virginia Beach, VA



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[carpetworldofva.com](http://carpetworldofva.com)

Carpet World Carpet One is a full-service flooring retailer for the everyday customer that will walk you through each step to fulfilling your flooring needs. They handle your project from start to finish, beginning with the design and ending with the installation.

**Carpet World Carpet One of Chesapeake**  
669 Cedar Rd, Chesapeake, VA 23322

**Carpet World Carpet One of Norfolk**  
3431 N Military Hwy, Norfolk, VA 23518



## PROSOURCE WHOLESALE

[prosourcewholesale.com](http://prosourcewholesale.com)

Prosource Wholesale is a one-stop wholesale distributor for all types of flooring materials, as well as everything needed for kitchens and bathrooms. These stores are for trade professionals, so you must be a contractor, designer, installer, or other trade professional to shop here.

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1738 Lambert Ct, Chesapeake, VA

**Prosource of Newport News**  
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# VBSPCA

vbspca.com



## Dog Water Safety | Protect Your Pet

Temperatures are rising, and spending time in the water with your pet can be a fun way for them to keep cool while enjoying the great outdoors. However, knowing the basic rules of water safety is a must since it is estimated that over 5,000 dogs drown in pools each year.

### The Most Important Water Safety Rule:

Always keep an eye on your canine companions any time they are near water. Most dogs can swim, but not all of them enjoy it and some dog breeds are naturally better swimmers than others. Swimming accidents can happen very quickly, so constant supervision is a must!

#### For the Pool

Make sure your dog can easily get out of the water on their own. Install stairs they can climb, a ramp that is made for pets, or a fence around the pool that is tall enough to keep them out of the area when you're not around.

#### For Natural Bodies of Water

Check the current water conditions if you plan to let your dog swim in the ocean or a river. Rip currents, undertows, or fast moving currents are extremely dangerous. You should also make sure the water temperature isn't too cold.

#### General Swimming Safety Tips



##### Dog Life Jackets

Life jackets not only keep your dog afloat, but can also help spot them in the water and make it easier to pull them out.



##### Take Breaks

Swimming can be very tiring for dogs. Stay close to your pet and be sure they take breaks in the shade.



##### Bring Drinking Water

Lake, river, pool, or ocean water can make your pet sick since it can contain bacteria, algae, parasites, chemicals, or salt.



##### Wash Up

Rinse off your dog after swim sessions. Salt or pool chemicals can irritate your dog's skin and could make them sick.

Become a VBSPCA Beach Buddy and take an adoptable dog out for the day to give them a break from the stressful shelter environment. For more details, visit [vbspca.com/beach-buddies](http://vbspca.com/beach-buddies).

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*Talk to your agent about adding "rideshare" and/or "business use" endorsements to your policy to properly protect you in all scenarios.*

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Your Host: Angie Utter Gauthier, EVP [Angie@InspireYouAgency.com](mailto:Angie@InspireYouAgency.com) / 757.618.0055

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# Summer Art Camps and Studio Programs at Virginia MOCA

ENROLL YOUR YOUNG ARTIST in Summer Art Camps with Virginia MOCA! Children and teens ages 2-17 will enjoy captivating and unique hands-on art experiences led by knowledgeable art educators. Campers will engage with various artists, creative media, techniques, and more through inspiring and memorable art activities.

Virginia MOCA offers studio programs for all ages in conjunction with each exhibition cycle. No matter your age or experience, we're here to help you embrace your inner artist and enjoy exceptional and exciting interactive art experiences inspired by the art in our galleries. Connect with contemporary artists, explore new creative processes and techniques, and produce contemporary artworks filled with meaning. Class sizes are limited, and early registration is encouraged.



Virginia MOCA classes and camps fill up quickly. To register or for more information, please visit [VirginiaMOCA.org](http://VirginiaMOCA.org). Follow Virginia MOCA at @VirginiaMOCA on Facebook, Instagram, Twitter, and LinkedIn to receive the latest updates.



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# Local MARKETPLACE and EVENTS

Join the Marketplace | Contact: Michelle Westberry | (757) 567-9354 | office@connectormagazines.com | michelle@connectormagazines.com

Event listings courtesy of VBnightlife.com. For more events like these, and a comprehensive list of live music nightly, visit events.vbnightlife.com. If you have an event you would like featured, contact Nicole Maxino at 757-652-0808.

To find deals on dining and upcoming events, visit www.VBhotdeals.com

**(REOCCURRING)**

**Saturdays 9am to 12pm**  
**Old Beach Farmer's Market**  
 620 19th Street, Virginia Beach

**Saturdays 9am to 12pm**  
**Shore Drive Farmers Market**  
 2961 Shore Drive, Virginia Beach

**1st and 3rd Thursdays, 4 to 7pm**  
**Kings Grant Farmers Market**  
 King's Grant Baptist Church  
 Live music most nights  
 873 Little Neck Rd, Virginia Beach

**Every Thursday, Friday and Saturday**  
**Live Music at Old Beach Tavern**  
 Bands such as: The Janitors, Hotcakes, Intangible Cats and more  
 3020 Virginia Beach Blvd, Virginia Beach

**June 12, 19 and 26 (and most Mondays thru the summer) 8pm**  
**Movie Night on the Cavalier Lawn**  
 The Historic Cavalier Hotel & Beach Club, Virginia Beach

**June 21, July 5 & 19, Aug 2, 16 & 30, 7pm**  
**Karl's Open Mic**  
 Beach Barracuda's  
 1479 General Booth Blvd, Virginia Beach

**June 9 - 11, 10am to 6pm**  
**47th Annual Norfolk Harborfest: Music, Food & Maritime Festival**  
 festevents.org  
 101 W Main Street, Norfolk  
 Town Point Park - Downtown Norfolk Waterfront

**June 11, 7:30 to 9:30**  
**Symphony on the Lawn - Virginia Symphony Orchestra**  
 cavalierresortvb.com  
 4200 Atlantic Ave, Virginia Beach  
 The Historic Cavalier Hotel & Beach Club

**June 11, 1 to 5pm**  
**Virginia Bridal and Wedding Expo**  
 www.bridalshowsva-vb.com  
 Virginia Beach Convention Center

**May 26 - June 20, 5 to 10pm most days**  
**Mt. Trashmore Summer Carnival**  
 Mt. Trashmore Park, Virginia Beach

**June 14 and all Wednesdays thru the Summer, 5 to 9pm**  
**Ynot Wednesday - Free outdoor concert series**  
 sandlercenter.org/ynotwednesdays  
 201 Market St, Virginia Beach  
 Sandler Center Outdoor Plaza

**June 15, 6pm**  
**Badfish: A Tribute to Sublime**  
 New Realm Brewing, 1209 Craft Lane  
 Virginia Beach

**June 15, 7 to 11pm**  
**Oceanfront Concert Series**  
 beacheventsvb.com  
 PROYECTO UNO  
 17th Street Stage  
 Virginia Beach Oceanfront

(continued on page 27)



**THE ARTISTS GALLERY**

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## THE VIRGINIA AFRICAN AMERICAN CULTURAL CENTER (VAACC) CELEBRATES JUNETEENTH AND BLACK MUSIC MONTH!

Founded in 2016, the mission of the Virginia African American Cultural Center (VAACC) is to collect, preserve, interpret, inform, and celebrate Virginia's African American history, culture, and community and to educate the public about African American contributions in all areas of endeavor. The VAACC strives to be the statewide leader in generating historical and cultural content through programs, artistic performances, and curated exhibits.

Juneteenth, celebrated annually on June 19th, observes the day in 1865 when Union troops arrived in Galveston Bay, Texas to announce that enslaved black people were free. African American Music Appreciation Month, also known as Black Music Month, is an annual celebration of African American music in the United States. Initiated on June 7th, 1979, President Jimmy Carter declared that June would be the month of black music celebration!

With June being Black Music Month, as well the third year we celebrate Juneteenth as a federal holiday, The VAACC is proud to honor our mission by partnering with other arts and community-based organizations to present programming that honors our ancestors, celebrates our local artists, and inspires our future leaders!

### JUNE EVENTS:

#### Saturday, June 17 | 9am-12pm – Juneteenth Artist Showcase

Kick off Juneteenth weekend with an array of performers from the Virginia African American Cultural Center (VAACC)! This celebration will bring surprise performers together with crafters and the biggest farm to table market at the

oceanfront, located in the heart of the ViBe Creative District.

**Location:** The ViBe Creative District's outdoor stage, located at 1810 Cypress Ave., Virginia Beach.

*FREE and open to the public. No advanced registration is required.*

June 22, 2023 | 7 p.m.  
Free event

VAACC  
Virginia African American Cultural Center

VAACC Presents:  
**VIRTUAL ARTIST MASTERPIECE SERIES II:**  
**"Live your Dreams, Not Your Reality"**  
featuring comedic actor, writer, director, voice over artist, and influencer Zeus "Top Rope Zeus" Campbell

Thursday, June 22 | 7pm – Virtual Artist Masterpiece Series: *Live your Dreams, Not Your Reality*

Join the VAACC for its highly acclaimed Virtual Artist Masterpiece Series Part II featuring comedic actor, writer, director, voice over artist, and influencer Zeus

"Top Rope Zeus" Campbell! This engaging online event features a moderated interview discussion by VAACC Executive Director, Tamar Smithers with the artist reflecting on his career and artistry, as well as highlight videos from special performances.

**Location:** Virtual via VAACC Facebook and YouTube Accounts

*FREE, viewers must register in advance at [www.vaaccvb.org](http://www.vaaccvb.org). Hosted in part by the Virginia Beach Arts & Humanities Commission and Dominion Energy.*

For more information or to become a member visit our website: [www.vaaccvb.org](http://www.vaaccvb.org). Follow us on social media: Facebook, Instagram, LinkedIn

Presented by the Virginia Beach Cultural Affairs Department

**GLOBALLY INSPIRED GATHERINGS**

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**Celebrating Juneteenth**  
**17 June**  
**from 9 a.m. - Noon.**

@ ViBe Creative District Outdoor Stage

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virginiabeach.gov/culture  
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# Local MARKETPLACE and EVENTS



## NETWORKING IN THE 757 WITH JAKE MAINES

HAVE YOU NOTICED THAT MOST PEOPLE'S first statement or question is related to what you do for a living? It's a nice thing to know, but when everyone's asking the same thing how do you stand out from the crowd?

In today's day and age, you get a very brief opportunity to make a lasting impression. If those first few seconds make such an impact, why choose a question that won't make an impact?

I like to talk about recent or upcoming vacations when meeting new friends :) Sometimes I'll break out the classic, "What are you watching on Netflix?". Do you have a unique opener you'll break out at the next networking event you attend?

### Check out some of my favorite events to attend:

**Networking At The Narrows:** Network in a relaxed outdoor, meaningful environment while bonding with like-minded business professionals. Events take place at The Narrows in First Landing State Park. Email [gina@socialsipper.com](mailto:gina@socialsipper.com) to register.

**Hampton Roads Networking Group:** HRNG meets monthly on Thursdays for either a morning event or Happy Hour! The emphasis is on fun and relaxation, so the locations are chosen carefully and there's usually something fun to do to break the ice. Email [MarkellaMitcheison@gmail.com](mailto:MarkellaMitcheison@gmail.com) to register.

**#DowntownNFKLadies:** A meetup for professional ladies from different industries looking to engage, connect, and build relationships. Email [hmorgan@gotechark.com](mailto:hmorgan@gotechark.com) to register.

**Networking Happy Hour:** A low-key, no agenda, meet new people/catch up with old friends-type of event. Occurs the first Wednesday of every month. Register at [networkinghh.com](http://networkinghh.com).

Cheers, Jake Maines



For more awesome money saving deals visit [www.VBhotdeals.com](http://www.VBhotdeals.com)

(continued from page 24)

**June 16 and all Fridays thru the summer, 5:30 to 8:30pm**

**Live On The Lawn - Summer Concert Series**

TASTE Unlimited  
4097 Shore Drive, Virginia Beach, VA

**June 16 - 17 12pm to 11pm**

**La Fiesta - Latin Fest**

24th Street Park  
Virginia Beach Oceanfront  
Admission is Free

**June 17, 10am to 5pm**

**Chalk the Walk**

[beacheventsvb.com](http://beacheventsvb.com)  
On the Boardwalk from 10th to 20th street  
Virginia Beach Oceanfront

**June 17, 4 to 11pm**

**Shagfest**

[livenation.com](http://livenation.com)  
Veterans United Home Loans Amphitheatre, Virginia Beach

**June 22, 6pm**

**Ben Chapman with Channing**

**Wilson at New Realm Brewing**

New Realm Brewing, 1209 Craft Lane  
Virginia Beach

**June 22 & 29 8:30 to 10:30pm**

**(and dates throughout the summer)**

**Beach Blanket Cinema -**

**Free movies**

[beacheventsvb.com](http://beacheventsvb.com)  
On the beach at 29th street  
Virginia Beach Oceanfront

**June 23, 1pm to June 26 12am**

**BEACH IT! Festival Virginia Beach**

Oceanfront  
[beachitfestival.com](http://beachitfestival.com)  
Virginia Beach Oceanfront

**June 24, 7 to 11pm**

**Rebelution: Good Vibes Summer Tour**

[livenation.com](http://livenation.com)  
Veterans United Home Loans Amphitheatre, Virginia Beach

**June 29, 6pm**

**Andy Frasco & The UN with Joe**

**Samba at New Realm Brewing**

New Realm Brewing, 1209 Craft Lane  
Virginia Beach

**June 30 - July 2, 7 to 11pm**

**Totally Tribute Music Fest**

[beacheventsvb.com](http://beacheventsvb.com)  
17th and 24th Street Parks  
Virginia Beach Oceanfront

**June 30, 7pm**

**Dave Matthews**

Elevation 27 - 600 Nevan Rd,  
Virginia Beach

**July 1, 7pm**

**Eric Church with Parker**

**McCollum & Morgan Wade**

Veterans United Home Loans Amphitheater at Virginia Beach  
Veterans United Home Loans Amphitheater, Virginia Beach

**July 4th**

**Stars and Stripes Celebration**

[beacheventsvb.com](http://beacheventsvb.com)  
17th, 24th and 31st Street Stages  
Virginia Beach Oceanfront

**July 6 - September 2**

**Van Gogh - Immersive Experience**

[vangoghviriniabeach.com](http://vangoghviriniabeach.com)  
Virginia Beach Convention Center

**DEALS ON SUMMER CAMPS / FUN:**

**June 12 thru the end of summer**

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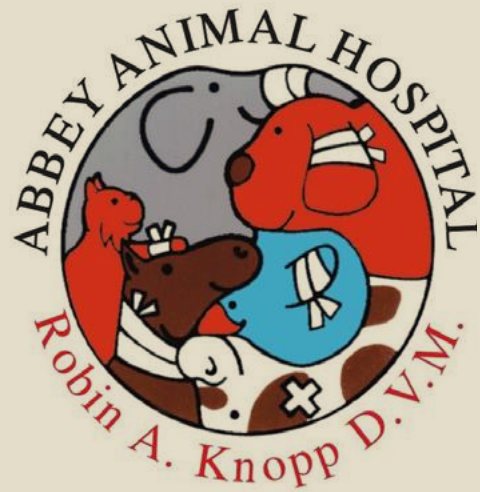
**Tech and Gamer day camp for teens and pre-teens**

[vbhotdeals.com](http://vbhotdeals.com) - save 30% per session  
New World VR Corp  
Norfolk Premium Outlet Mall

**June 16, 24; July 3, 8, 12 & 15, 7pm**

**Virginia Beach United Soccer**

[vbhotdeals.com](http://vbhotdeals.com) - save on tickets  
[vabeachunited.com](http://vabeachunited.com)  
Virginia Beach Sportsplex



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## THE HAMPTON ROADS COMMUNITY ACTION PROGRAM ANNOUNCES THE 2023 COMMUNITY BUILDERS AWARDS

THE HAMPTON ROADS COMMUNITY ACTION PROGRAM (HRCAP) Community Builders Awards is returning to Hampton Roads on Thursday, June 8, 2023, at the Newport News Marriott at City Center. The Community Builders Awards is HRCAP's annual fundraiser designed to recognize individuals who have demonstrated a commitment to service and transforming lives within their communities through education, volunteerism, business, and outreach. The 2023 honorees include:

- Dr. Valerie Kay Brown - Executive Pastor, The Mount Global Fellowship of Churches
- Dr. Ethlyn McQueen-Gibson DNP, MSN, RN-BC - Healthcare Consultant & Researcher, Gibson & Gibson Health Consultants, LLP
- Greg Garrett - CEO & Owner, Garrett Realty Partners
- Jay Lang - Station Manager & GM of Smooth, 88.1 WHOV; President & Owner, Blue Pyramid Productions
- Jennifer Smith - President & CEO, J. Smith Enterprises
- Chief Steven R. Drew - Police Chief, City of Newport News
- The Honorable Donnie Tuck - Mayor for the City of Hampton
- Atiana Williams - Menchville High School (Youth Leadership Honoree)
- Makayla Wilson - Western Branch High School (Youth Leadership Honoree)

"We are humbled every year by the contributions of such phenomenal leaders in our region," said Van Noland, Board Chair, HRCAP. "The Community Builders Awards offers HRCAP an opportunity to showcase the impact of true servant leadership and we look forward to celebrating such deserving honorees."

This year's event will feature Emmy Award-winning actor, producer, and director Blair Underwood as the keynote speaker, along with live musical performances by jazz saxophonist Rick Elliott and the Norfolk Strolling Strings. Attendees will enjoy dinner, cocktails and a silent auction that offers vacation packages, luxury apparel, electronics, and more.

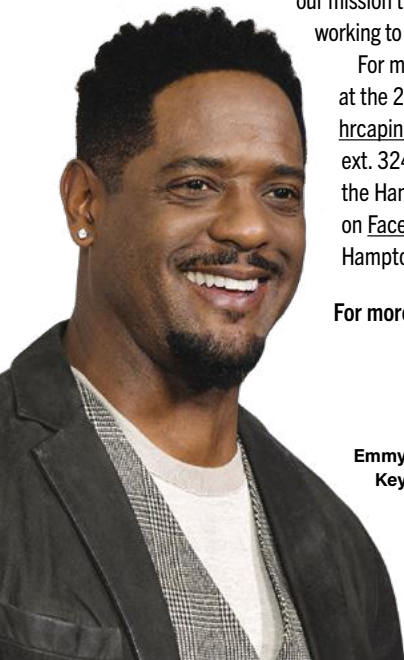
"For more than 50 years, HRCAP been committed to improving the quality of life and breaking the cycle of poverty through programs and services that assist the most vulnerable residents in Hampton Roads," said Edith G. White, Chief Executive Officer, HRCAP. "We are delighted to acknowledge leaders who support our mission through the contributions they make every day — working to transform lives in our communities."

For more on sponsorship and to reserve your seat at the 2023 Community Builders Awards, please visit [hrcapinc.org](http://hrcapinc.org), or contact Terry Brown at 757.247.0379 ext. 324. To receive the latest updates, follow the Hampton Roads Community Action Program on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#) @ HamptonRoadsCAP.

For more information, please visit [www.hrcapinc.org](http://www.hrcapinc.org).



Emmy Award-Winner Blair Underwood to Keynote Annual Fundraising Event



## NETWORKING WITH THE CONNECTOR

Networking takes time but has many benefits. Not only do you get to meet great people but its also a chance to give back and share stories with those we may not know but have the same goals! If you are looking to expand your circles, please check out our list of upcoming events!



VB-FH Freedom Festival Fundraiser, HRRRA Mini Golf Tournament at Jungle Golf and The Shack, Champagne Sabering at Hanger Law and The CBDA Wednesday networking at Bravo!

ADVERTORIAL



## PSYCHOLOGICAL SAFETY BY SUE LEBRATO



Psychological Safety (PS) is, “A shared belief held by members of a team that the team is safe for interpersonal risk taking” (Amy Edmondson, Harvard). This is the knowledge that one can speak freely, ask questions and challenge prevailing ideas with the expectation that team members will have their back. PS requires a culture of respect that values different voices and honors joint problem solving.

The Center for Creative Leadership has found that teams with high degrees of PS reported higher levels of performance and lower levels of conflict. Google found that teams with higher PS had higher retention, utilized diverse ideas, generated higher revenue, and were more effective.

Are you achieving these business goals in your workplace? Is your culture designed for higher retention and higher revenue per employee? What is it worth to your organization to reach these measurable results? Reach out to me at [slebrato@icloud.com](mailto:slebrato@icloud.com) for a consultation.

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12TH ANNUAL - VIRGINIA BEACH FALLEN HEROES

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9.9.2023, 12-6PM  
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ADMISSION  
AFTER JUNE 1 - \$60 | \$65/DOOR



10 x 10's & Lawn  
Chairs Welcome  
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Alcohol or Coolers

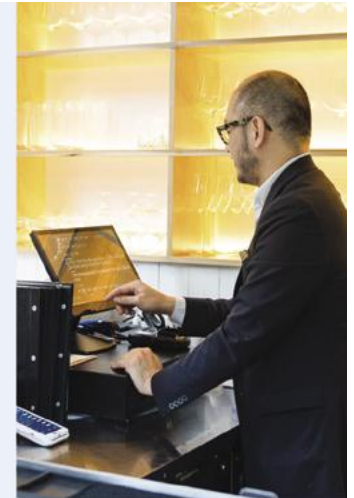


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# VIRGINIA

CONNECTOR MAGAZINE



## ARE YOU AN EXPERT?

### ARE YOU AN EXPERT IN YOUR FIELD?

We want to hear from you... and so do our readers! 2023 is an exciting year for Virginia Connector Magazine. We are now offering business owners the opportunity to further promote themselves and their companies through written Editorials. We have different options available to help you achieve your branding goals. Check them out:

### LOCAL EXPERT EDITORIAL

This option allows you the opportunity to showcase your expertise by entertaining readers with an interesting article. Choose a topic within your business category and write away! This can be in the form of a real-life story or experience, tips and tricks that everyone should know, or perhaps a dos and don'ts to keep readers informed. Be creative!

Branding yourself as an expert is a powerful thing. Allowing our readers to get to know you, expressing your personality and portraying your wealth of knowledge will inevitably lead to increased revenue for your business. You are making them WANT to do business with you, WANT to meet you and WANT to learn more from you.

### LOOK CLOSER EDITORIAL

This option allows you the opportunity to promote your business by informing readers what makes you and/or your company the best in town!

Every business has something unique to offer customers, something they do the best, or an owner with a long list of achievements. Use this opportunity to highlight what makes your business distinctive and special. Does your business donate a portion of proceeds to charity? Have you been featured as an expert on TV? Do you have a money back guarantee that your service professionals will be on time? Tell the community all about it with a Look Closer Editorial.

Limited to one per business category.  
Call today before your competitor does!

CALL FOR MORE INFORMATION  
**(757) 567-9354**

# Local and MARKETPLACE EVENTS

## ViBe EVENTS *(May through November)*

**Singer Songwriter Saturdays** - every Saturday from 9am to noon during in ViBe Park and on 19th Street come hear local musicians aing a mix of original songs and old favorites.

**First Friday Mural Walking Tour 6-7:30pm #FirstFriday** No RSVP required. Meet up at the LOVE sign on Cypress Ave at 18th Street to join the guided 1.5 miles walking tour around the arts district.

**First Sunday Public Art Bike Tours 9-11am.** Ride at your own pace on your own bike as a guide leads your around the arts district sharing stories behind the murals and other public art works.

**Second Saturday Mural Walking Tour 10am-11:30am** No RSVP required. Meet up at the LOVE sign on Cypress Ave at 18th Street to join the guided 1.5 miles walking tour around the arts district.

**Second Saturday South Bath Experience 10am and 10:45am** Bring a yoga mat or borrow a complimentary hammock to enjoy two 30 minute sound art sessions in 18th St Parklet.

**Vibrant Drumming Circle- Last Sunday Monthly - 6-7:30pm,** in ViBe Park. Bring a chair and a drum or borrow one on site in ViBe Park at 18th St and Cypress Ave. This causal meet up group practices both guided and free from drumming.

**Golf Cart Tours** for persons with disabilities - please call to schedule at least 1 week in advance 757-202-9533.

[www.vibecreativeidistrict.org](http://www.vibecreativeidistrict.org)



(ABOVE): Murals at Best Value Hardware.  
(BELOW): The Rainbow Crosswalk.



# THE LEUKEMIA & LYMPHOMA SOCIETY ANNOUNCES VIRGINIA 2023 VISIONARIES OF THE YEAR POWERING BLOOD CANCER RESEARCH.

## Philanthropic campaign honors the vision that dedicated leaders bring to making the impossible possible.

The Leukemia & Lymphoma Society (LLS)'s Visionaries of the Year philanthropic competition brings together thousands of dedicated volunteers across the country from diverse backgrounds and experiences who are extraordinarily driven to reach their own personal best and, ultimately, help LLS fight blood cancer, a disease that is diagnosed every 180 seconds in the U.S. and has no current means of prevention.

Ten markets executed LLS Visionaries of the Year in 2022, and these incredible candidates proved their vision of a world without blood cancer could one day become a reality.

Over the past three decades, the campaign has proven to be about much more than individuals and teams winning a competition — it is about incredible leaders stepping up and leading others to raise critical funds to end blood cancer.

“The evolution of LLS’s Visionaries of the Year invites different views and perspectives, all working together extraordinarily, to be leaders in the cancer space today, tomorrow and into the future,” said Visionaries of the Year has helped LLS invest more than \$1.6 billion in cutting-edge research worldwide, fueling nearly every critical advancement in blood cancer treatment that spans the most promising cancer research.

The candidate for the Hampton Roads area is Randy DeMille (pictured) with Atlantic Bay Mortgage Group ([www.RandyTheMortgageGuy.com](http://www.RandyTheMortgageGuy.com)), and his direct page for donations or to become a team member is <https://fundraise.lls.org/edit/4674205>.

For more information or to get involved, visit [LLSVisionaries.org](http://LLSVisionaries.org) and follow on social media, @LLSusa, #LLSVisionaries. Blood cancer patients and their families should contact the LLS Information Resource Center at **(800) 955-4572, Monday through Friday, 9 a.m. to 9 p.m., ET.**



**“The evolution of LLS’s Visionaries of the Year invites different views and perspectives, all working together extraordinarily, to be leaders in the cancer space today, tomorrow and into the future”**



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