

THE VIRGINIA GAVELETTER

President's Message:

Beatrice Squire, PRP



Welcome to the New Year. Many of us are looking to 2023 with hope and anticipation – and I am no exception. On New Year's Day, I followed the southern tradition of eating black-eyed peas (hoppin' john), and collard greens, which were delicious and nourishing, for peace and prosperity, adhered to my grandma's advice about being good and not misbehaving because actions on Year Year's Day determines behavior throughout the year, and stood firm as to the first person to cross my threshold in the New Year.

Fasten your seatbelt. Let's kickstart the new year strong with planning, optimism, excitement, and determination, and the belief that 2023 will be a terrific year with goals and objectives fulfilled. As VSAP members, we are bound together in partnership, united by our pursuit of parliamentary knowledge, and the shared trust that meetings can be made more meaningful.

I am always filled with a special warmth from the camaraderie and support of VSAP members, and the practice of the democratic process in meetings and gatherings. VSAP is an inclusive and holistic organization, committed to the dignity and equality of all members, and welcomes and encourages participation. In these polarizing times of conspiracy theories and false statements,

VSAP members continuously work to listen attentively to each other in debate, ensure that bylaws and rules of civility and protocol are followed, and do away with self-righteousness or attacking a member's motives.

This year will be one to celebrate. After three years of vaccination requirements and virtual meetings, VSAP is ready for a festive occasion, and an actual in-person convention, coupled with a 66th gala anniversary celebration.

There could be no better place than VSAP to experience adventures and collective laughter as we learn and share with each other.

Each of you is at the forefront, and is an important host. Let's continue to work tirelessly to achieve VSAP's mission to promote the study of parliamentary law, the education program of NAP, and the extension and retention of membership, as we "Dare to Dream, Believe, and Succeed: Together in Harmony." Wishing you a fantastic 2023.

Beatrice

2023 VSAP Convention



The VSAP Convention is not just an opportunity to spend time. It is an investment – a hub of excitement, learning, sharing and transformation. In addition to dynamic workshops and presentations, it is an opportunity to celebrate and reflect upon VSAP's history. Secure your spot today and be among the first to register. Information is forthcoming soon.

The Convention is April 29-30, Richmond Marriott Short Pump. The hotel, with reasonable accommodation rates, is conveniently located within the Innsbrook business park, 4240 Dominion Blvd, Glen Allen, VA 23060, and just minutes from great shopping.

Become a convention promoter. Help spread the word to family, friends, followers, and colleagues whether verbally, via email, Facebook, Twitter, LinkedIn, or combination. Arlene Skinner, RP, is chair of the Publicity Committee. The committee welcomes your comments and assistance.

Lifetime Achievement Award



Several members have made significant and sustained contributions to the development of their unit/club and the community. Do not miss the opportunity to recognize such a member. Criteria for the award are contained in the 2021-2023 Membership Directory that was distributed to all members in December. Anne Dryden, chair of the Lifetime Achievement Award Committee, soon will be in contact with pertinent info and dates.

It is a Celebration!



Members play an important role in connecting the past to present. If you are looking for the perfect mix of a world-class convention, dynamic workshops, pleasing entertainment and adrenaline excitement, the 2023 convention is it. As part of the convention, VSAP is celebrating its 66th anniversary -- a milestone achievement marked with many successes.

The celebration offers a unique lens through which to reflect, and be proud. Channel your commitment, dedication, and spirit to make the celebration among the best, as we continue to be guided by the chartered course prior administrations have paved.



The Winner Is... Nominations and Elections

VSAP officers will be elected for the 2023-2025 term. If you are contacted by a member of the Nominating Committee (Chris Marston, Chair, RP; D'Borah Bunn, RP; Karen Griffin; Jackie Roundtree, PRP; or Michael Wagner-Diggs, PRP), seriously consider the great opportunities and benefits to improve leadership skills and promote VSAP's goals and objectives.

Bylaws

All proposed amendments were due to the Bylaws Committee, prior to January 1, 2023. The Bylaws Committee will submit all amendments prior to March 1, 2023 for inclusion in the Call to Convention.

Contact Lawrence Williams, chair, if you have questions.



Self-Care and Mental Wellness

April is National Stress Awareness Month and May is Mental Health Awareness Month.



Many of us live with varying levels of stress every day. Others find it difficult to cope with life, and face the reality of living with a mental illness. Suicide and attempted suicide are serious health problems and affect all ages. If you are experiencing mental health-related distress or know someone who is, do not hesitate to contact the 988 Suicide and Crisis Lifeline.



Announcements

The VSAP Convention is April 29-30, 2023 at Richmond Marriott Short Pump, 4240 Dominion Blvd, Glen Allen, VA 23060.

The NAP 44th Biennial Convention is September 6–10, 2023, Atlanta, Georgia. Go to "napconvention.com"

Mark your calendar today!



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