

# THE VIRGINIA GAVELETTER

## President's Message:

*Beatrice Squire, PRP*



**Some Call It Madness; Could It Be Love?**  
According to Paul McCartney, "All you need is love." Charles Schultz says that "Love is sharing your popcorn." In the 60's Doris Troy belted out, "Just One Look and I fell so hard In love with you, oh oh, oh oh..."

Something magical happens to people when they fall in love. Neurochemicals like dopamine kick in and people are happier. When thinking or talking about love, they smile more often, and the mind becomes flushed with beautiful memories. Who has not enjoyed a romantic novel, such as *Romeo and Juliet* by Shakespeare, *Pride and Prejudice* by Jane Austen or *If Beale Street Could Talk* by James Baldwin? Nothing compares or competes with love or second chances.

What is this thing called love? One definition is that it means to be deeply committed and connected to someone or something.

Many of us are committed and connected to parliamentary procedure. What else could explain why an organization has existed more than 91 years? Why individuals remain members for 50 plus years? What could account for the frugality and thrift of scrimping and saving to attend a local or national training conference or convention, even if it is thousands of miles away?

The answer is simple, or as ascribed to Sherlock Homes, "Elementary, my dear Watson." People are committed to NAP. They genuinely care about the organization and are emotionally invested in it for personal or professional development, appreciate and respect its values, like sharing pleasant times with ideal people and influencers, are inspired and motivated to learn and understand parliamentary procedure better, have open hearts and minds as to the strengths of effectively run meetings, and derive the satisfaction of helping others along the way as a coach or mentor.

While reading and studying RONR, or attending meetings or conventions may not be as engrossing, riveting or compelling as reading *Anna Karenina* by Leo Tolstoy, or watching "Casablanca," it is a gateway to deeper parliamentary knowledge and the life-giving power of skills and understanding for effective meetings. RONR will always be with you unless you send it away.

VSAP members, you are the driving force and an integral part of VSAP. Let's continue to thrive, as we "Dare to Dream, Believe, and Succeed: Together in Harmony."

## Zoomed Out with Zooming

People are exhausted from attending Zoom meetings for various reasons. How often during a meeting has your mind wandered, a family member vied for your attention, or the dog barked continuously? No wonder you are unable to concentrate, unsure whether you heard the last speaker, and are emotionally drained and irritated following the meeting. Some tips:

- Take a break when you can 
- Turn off the video if there are no objections to doing so
- Post your picture when you need to leave the room
- Use a virtual background if tidying your space or moving objects stresses you
- Switch rooms if an extra one is available
- Consider using ear plugs if you have difficulty hearing
- Look away from the screen periodically if you are distracted while watching it
- If an attendee, sign in at least 10 minutes early for a sound check and connectivity



February is American Heart Month, a time when all people can focus on their cardiovascular health. Do your part to remain healthy and safe.

## Mental Health Awareness Month



The month of May is set aside as Mental Health Awareness Month to raise awareness of the trauma and impact mental health has on our lives.

In reality, every month is mental health month. Before the pandemic, many people struggled with mental illness, and more so now. Facts show that 2021 was a difficult year for mental health issues in the United States. People coping with mental issues could be you, family members, friends, neighbors, or co-workers.

The African-America spiritual, "Nobody Knows the Trouble I've Seen" contains the following lyrics:

"Nobody knows the trouble I've seen  
Nobody knows my sorrow  
Nobody knows the trouble I've seen  
Glory, Hallelujah"

In parliamentary procedure, the rights and concerns of all members are concerns of every member. Do not let yourself or others down. Reach out for assistance, whether to others and/or resources within your community. You could make a difference in another person's life or your own.



## Parli Happy Hour

Looking for a friendly and safe place to network, share parliamentary knowledge, and see different sides to situations to gain a different and fresh perspective?

Parli Happy Hour, a joint venture between VSAP and VAURP, offers members the opportunity to stay connected, keep advancing, and find solutions to problems that are difficult to deal with or solve. And, have some fun. Stay tuned for details...

## Opportunities Abound

Opportunities abound in big and bold ways within NAP to enhance, embrace and better understand parliamentary procedure. You have the opportunity to transform lives and share knowledge, skills and interpretations.

- The NAP Commission is recruiting PRPs and retired PRPs to serve as “Alpha Testers” for the new PRP credentialing system. If interested, the Commission may be contacted at [commission@nap2.org](mailto:commission@nap2.org)
- Dr. Cynthia Mayo, PRP, District Two Director, has nominated several VSAP RPs and PRPs to serve as coaches for persons preparing to become PRPs. If interested, contact Dr. Mayo at [cmayopr19@yahoo.com](mailto:cmayopr19@yahoo.com)



## Announcements

The VSAP Convention (Special Meeting) via Zoom is Saturday, April 30. Stay tuned for details.

The 2022 NAP National Training Conference is September 8-11, 2022, Hotel Albuquerque at Old Town, Albuquerque, New Mexico 87104

## Champion Prospect Around Town

VSAP units are presenting workshops to various groups and organizations to demonstrate the relevancy and effectiveness of parliamentary procedure for well-run meetings.

- The Chesapeake Unit of Parliamentarians’ annual Parliamentary Institute is Saturday, February 26, via Zoom from 10:00 AM – 11:30 AM. The presenter is Tim Wynn, PRP, NAP’s National Parliamentarian. For more information, contact CUP President, Martha Rollins, [mgr757@aol.com](mailto:mgr757@aol.com)
- The Catherine Wittman and NOVAMAGS units are partnering to present a joint Zoom Parliamentary Law Day workshop on Saturday, March 26, from 9:00 AM – 1:00 PM. Stay tune for more details.
- Grow Our Own funds are still available for assistance in presenting workshops and recruiting members. Contact Arlene Skinner at [skinnera@verizon.net](mailto:skinnera@verizon.net)

*Happy Valentine's Day*



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