



RICHMOND (VA) CHAPTER DISPATCH

March 2016

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President's Message

"When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people and if you could keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as spring itself."

– *Ernest Hemingway*

Greetings Link sisters,

The garden of love is **green** without limit and yields many fruits other than sorrow or joy. Let's *spring* into action and continue our great work to not only highlight our distinguished Chapter, but our Community.

With sisterly love,

Jill

“MONEY MATTERS”

May 1, 2015 – April 30, 2017

March 15, 2016	Chapter Dues	\$600.00
November 2016	Silent Auction	\$100.00
December 2016	Auction Assessment	\$50.00
January 2017	Auction Assessment	\$400.00
February 2017	Chapter Dues	\$600.00

REMINDER:

The deadline for 2016 dues is **March 15, 2016**. You can bring your dues to the March meeting or send your check payable to the Richmond (VA) Chapter, The Links, Inc. to Link Lisa Byrd. **Any dues received after March 15th must be certified.**

BE A PART OF THE VISION!

Help the Richmond (VA) Chapter accomplish its goal of 100% participation. Please bring your contribution to the next chapter meeting. All donations are welcomed.



KUDOS

CONGRATULATIONS!!!



Richmond (VA) Chapter History in the making!
A sneak preview of the Black History Museum and Cultural Center of Virginia

Chapter Meeting – Friday, March 11, 2016 @ 7:00 p.m. – Hostess: Link Bernie Johnson
Location: Westin Hotel 6631 W. Broad St.

Richmond Chapter Website

www.richmondlinksinc.org

To send messages, photos (jpeg format), news releases, event listings, announcements, notices and any other chapter information for the Richmond Chapter website, submit your request(s) for publication to the following email address; richmondlinks@gmail.com.

“PRESERVING OUR LEGACY THINK ARCHIVES”

Thank you for submitting your archive materials. The committee is still requesting additional items for the chapter's archives. Please continue to bring pictures, artifacts and memorabilia that were paid for by the chapter to the chapter meeting. Also, please bring personal memorabilia that you wish to donate to the chapter. Link Joy Goodrich, Archives Committee Chair, and members of the committee will be available to accept your donations.

Health and Human Services Facet

It's Spring! Time to get out and walk!

The **Walk for Healthy Living** Signature Program teaches how healthy, sustained lifestyle changes can reduce the incidence of many diseases. The program's goal is to encourage Links members, their families, and the communities we serve to improve their health by walking more. This is supported by the sponsoring of Links Walk-a-Thons and challenging members and the community we serve to take 10,000 steps each day.

As part of the Walk for Healthy Living Signature Program, this initiative encourages all Links to take 10,000 steps a day, so grab your Link Buddy and walk. Not only will this allow you to spend time together, but it will also benefit your health.

Walking: Trim your waistline, improve your health Ready to reap the benefits of walking? Here's how to get started — and stay motivated.

By Mayo Clinic Staff

Can you really walk your way to fitness? You bet! Get started today.

Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease & high blood pressure and type 2 diabetes
- Strengthen your bones
- Lift your mood
- Improve your balance and coordination
-

The faster, farther and more frequently you walk, the greater the benefits.

Program Matters

Spotlight on FMA²

The spotlight continues to shine on the Richmond (VA) Chapter's umbrella program, FMA². During the last month our work with the Focused Motivated Achievers at Franklin Military Academy has really gained traction in the community! The February 6th trip to the Kennedy Center in Washington, DC for a performance by the Alvin Ailey Dance Troupe at was highlighted in a press release issued by Richmond City Public Schools. Additionally, on March 4th Link Marilyn and Link Cheryl appeared on the local Channel 6 "Virginia this Morning" morning show during which they discussed the details of our umbrella program and highlighted the FMA² Arts Facet sessions as well as the rich history of our organization and the services we provide to Greater Richmond! If you missed the news segment you can still view it at the link below.

<http://wtvr.com/2016/03/04/the-links-incorporated-richmond-va-chapter-has-a-rich-history-of-serving-the-local-community/>

Links Marilyn West and Cheryl Burke appear on Channel 6 "Virginia this Morning" to discuss FMA² and the Richmond Chapter's history of service to the community.



On February 6th, FMA² participants and Richmond (VA) Links traveled to the Kennedy Center to see a performance of the Alvin Ailey Dance Troupe.

HEALTH AND HUMAN SERVICES FACET Continued

Consider your technique

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.

Plan your routine

As you start your walking routine, remember to:

- **Get the right gear.** Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility.
- **Choose your course carefully.** If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.
- **Warm up.** Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.
- **Cool down.** At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down.
- **Stretch.** After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.

<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

PROGRAM MATTERS Continued

We want to maintain 100% participation in our umbrella program through the end of the school year.



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Upcoming National Assemblies and Eastern Area Conferences

Current One in Five Attendance Periods

2013-2017

2016	Las Vegas	National Assembly June 29-July 3, 2016
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Note 1: Boston (2013 Eastern Area Conference) was the beginning of the current "One in Five Attendance" requirement for 2013-2017.

Note 2: If you attended: Boston (2013 Eastern Area Conference) or Washington, DC (2014 National Assembly) You have met the current "One in Five Attendance" requirement for 2013-2017

One in Five Attendance Periods

If you were inducted In:	Your Current 5 Year Period is:	Your Next 5 Year Period is:
Prior to 2010	2013-2017	2018-2022
2010	2010-2017	2018-2022
	2011-2017	2018-2022

2011		
2012	2012-2017	2018-2022
2013	2013-2017	2018-2022
2014	2014-2017	2018-2022

Richmond (VA) Chapter Upcoming Activities

March Activities:

3/8/16 – The Arts

3/15/16 – Services to Youth

3/19/16 Saturday at 10:00 – 11:30am – Voter registration training at St. Philip’s Episcopal Church, 2900 Hanes Ave., Richmond, VA 23222 (Confirm via email to Link Liz: macfam03@comcast.net)

3/21/16 – FMA2 Young Ladies will be visiting the VA General Assembly. Please contact Link Rita McClenny for more information.

**3/21/16 - EA Conference Meeting at 6:00 p.m.
Greater Richmond Convention Center
2nd Floor, Room E20
403 North 3rd Street, Richmond, VA 23219**

Parking is available for \$7 in the Convention Center Parking Deck. Please let Link Marilyn West know if you will attend this meeting no later than Monday, March 14.

3/22/16 – Health and Human Services

3/23/16 – FMA2 Services to Youth Field Trip to VCU Medical Campus

March Activities continued

3/28/16 - The next All Facets meeting will be held on March 28' 2016 at Connecting Link Richard Byrd's office at 9221 Forest Hill Ave., Richmond Virginia.

3/29/16 – No FMA² due to RPS Spring Break

April Activities:

4/5/16 – International Trends and Services

4/12/16 – National Trends and Services (Richmond Slave Trail Guided Tour - details to come)

4/19/16 – Services to Youth

4/25/16 – All Facets Meeting @ 9221 Forest Hill Avenue

4/26/16 – The Arts

Happy Birthday!



March

4th Sheron Carter Gunter
10th Deborah Kyles
17th Paula Saylor-Robinson
20th Christina Draper
22nd Denise Lewis
22nd Carla Childs
25th Joy Goodrich
26th Kathryn Reid
31st Frances Hayes

April

3rd Renarda Williams
14th Norma Carter

REGISTRATION NOW OPEN



Viva Las Vegas!

Centered on the theme *Inspire, Connect, Engage*, the 40th National Assembly promises to be an experience like no other. You will be inspired by the stories of The Links Medal and Co-Founders Award honorees and the best practices of chapters that are transforming lives at home and abroad. You will be connected with Link sisters from across the country, gathering in the name of friendship and service. And, you will be engaged in exhilarating special events, thought-provoking business sessions and workshops designed to elevate your programmatic presence in the communities you serve.

Watch a special video greeting from National President Glenda Newell-Harris, M.D.

REGISTER TODAY

This year the Call To Assembly is available for download from the 40th National Assembly mobile app. With the mobile app, you will be just a click away from Assembly schedules, workshop descriptions, speaker bios, workshop handouts, virtual conference ads, video Daily Link-Up, points of interest, Twitter, Facebook and Instagram feeds, and so much more. With real-time updates, you'll be the first to be in the know.

Optimize your Assembly experience by downloading the 40th National Assembly mobile app on your favorite smart device and/or laptop today!

Text to Download

- Easily download the app by texting “links” to 72000 on your smart device.



App Store Download

- Search the App Store for **The Links, Inc Events** (Android and iPhone iOS).
- Once downloaded, select **40th National Assembly** from the show list. On the following page you will be directed to, select '**download**' to finish the installation.
- *Already have The Links, Inc Events downloaded?* Enter the app and select 40th National Assembly from the show list. If you're still logged in to a prior event, select the gear icon in the dashboard and then select '**exit to show list**'.

User Profile

Stay connected and engaged throughout the Assembly by creating your user profile, uploading your photo, and setting up alerts and push notifications. Go to the National Assembly mobile app settings by selecting the gear icon in the dashboard and explore these exciting features.

MESSAGE FROM NATIONAL PRESIDENT GLENDA NEWELL-HARRIS, M.D.



Glenda Newell-Harris, M.D.
NATIONAL PRESIDENT

Building A Healthy Legacy: Our Prescription for the Future

March 4, 2016

Dear Link Sisters,

President Barack Obama is facing one of the most important decisions a president may ever have to make by selecting a nominee for the Supreme Court. The Links, Incorporated has expressed its support to the president as he fulfills his constitutional duty. The following letter was sent to President Obama urging him to bring balance to the high court by adding a fourth female justice.

I encourage you to add your voice to this national dialogue and offer your support of the president as he makes a decision that can impact rulings handed down by the Supreme Court for decades to come. You may use the following link to download a message that may be mailed or emailed to the president - [Template Letter/Email to President Obama](#). Please [click here](#) for information on how to contact President Obama.

Also, I encourage you to get active on social media and share the below social media messaging.

Facebook:

- President Obama has a constitutional duty to nominate a Supreme Court justice. I stand with The Links, Incorporated in support of the president as he makes this important decision. The high court would achieve greater parity with the addition of a fourth female justice. I press upon our president to give all due consideration to those women who are eminently qualified for this appointment. #SCOTUS #Links4FemaleJustice
- “The import of bringing greater parity to the Supreme Court by adding a fourth female justice is reflective of the gender gap that is impeding our society. In upholding our Constitution, it is imperative that the female voice be equally a part of the Court’s voice as
- it hears cases and delivers rulings that can impact our civil rights, our access to healthcare, our economy, and our security.” – Glenda Newell-Harris, M.D., National President of The

Links, Incorporated. #SCOTUS #Links4FemaleJustice

Twitter:

- @POTUS bring greater parity to #SCOTUS #Links4FemaleJustice
- Gender gap is impeding our society #SCOTUS #Links4FemaleJustice

Please join us as we continue the journey of Building A Healthy Legacy: Our Prescription for the Future.

With much appreciation and gratitude,



Glenda Newell-Harris, M.D.

March 4, 2016

Mr. Barack Obama
President of the United States of America
The White House
1600 Pennsylvania Avenue NW
Washington, DC 20500

Dear President Obama:

On behalf of The Links, Incorporated, I write to express our support as you fulfill your constitutional duty and make one of the most important decisions a president may ever have to make by nominating a justice to our highest court.

As a women's organization, we take note of the female names being brought forth as pundits speculate on your "short-list" of potential nominees. The import of bringing greater parity to the Supreme Court by adding a fourth female justice is reflective of the gender gap that is impeding our society. In upholding our Constitution, it is imperative that the female voice be equally a part of the Court's voice as it hears cases and delivers rulings that can impact our civil rights, our access to healthcare, our economy, and our security.



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The Links, Incorporated is an international, not for profit organization, established in 1946. The membership consists of nearly 14,000 professional women of color in 282 chapters located in 41 states, the District of Columbia and the Commonwealth of the Bahamas. Links members contribute more than 500,000 documented hours of community service annually-strengthening their communities and enhancing the nation through five facets: Services to Youth, The Arts, National Trends and Services, International Trends and Services, and Health and Human Services. The programs are implemented through strategies such as public information and education, economic development, and public policy campaigns.

We trust that your nominee will be eminently qualified, have a mastery of the law, and hold a deep respect for the judiciary's role. Our next Supreme Court justice must have a record of excellence and an unwavering commitment to impartiality and the truth. We press upon you to seek a nominee that has advocated for justice in the legal system and has earned the respect of colleagues in the legal community, bipartisan political leaders, judges, elected officials, community leaders, and the community at-large.

Upon the selection of your nominee, we implore the Senate to work expeditiously and confirm the nominee so that the Supreme Court returns to its full strength as it serves our country.

Sincerely,

Glenda Newell-Harris, M.D.

THE LINKS, INCORPORATED
1200 MASSACHUSETTS AVE, NW
WASHINGTON, DC 20005
www.linksinc.org

EVENTS ABOUT TOWN

EXHIBITIONS - Come see *Rodin: Evolution of a Genius*

FINAL WEEKS

Closing March 13

"A look into the world of a master"

- Richmond Times Dispatch

Only a Few Weeks Left - Buy Tickets Now

<http://vmfa.us2.list-manage.com/track/click?u=c085d4981becc1196a992f830&id=8348e9c73b&e=d56ceebbf8>