

Did You Know?

NCRSP Monthly Newsletter | January 2019

"Life's most persistent and urgent question is, 'What are you doing for others?'"

-- Dr. Martin L. King, Jr.

January Calendar

21. Dr. Martin Luther King, Jr. Day

NCRSP office CLOSED

23. [#Library Shelfie Day](#)

25. NEA-R Delegate Election begins

Fun Tips & Suggestions

- [In honor of Dr. MLK, Jr., learn more about the King Center.](#)
- January 23 is National Pie Day! [Learn more](#) about the day or try a recipe!

[50 Best Pie Recipes](#)

[Start with a Basic Pie Crust](#)



NCRSP NEWS

A World of Opportunities, Make it Matter

The 2019 NCRSP State Convention is April 4-5, 2019 at the Sheraton Imperial Hotel & Convention Center in Durham, NC. **Registration will open February 1, 2019.** The mini-workshop topics include: Exercise, Financial and Insurance Planning, Communication and Real Estate FYIs. As a new feature we will also host a **LIVE AUCTION**, in addition to the Silent Auction. Proceeds from both auctions will be gifted to the NC Foundation for Public School Children. We are encouraging local units to ask delegates to bring salable items for both the Silent Auction and LIVE auctions; spirits are acceptable and welcome for the auctions.

Community Service Hours

The deadline for local unit community service chairs to send their reports to the region is fast approaching. All local unit chairs must send their reports to the Region Community Service chair by **January 19, 2019**. To obtain forms and the contact information of your regional chairperson, [click here](#).

2019 NEA-R Delegate Election

Staff is working diligently to prepare the ballots for the election. New this year, the ballot will be distributed **ELECTRONICALLY**. Within the next two weeks, members with a valid email in our system will receive emailed instructions on how to log-in to access their electronic ballot. A printed letter with instructions on how to log-in to access the electronic ballot will be sent to members who do not have an email address in our system. [Click here to view the 2019 NEA-R Nominees](#)



To ensure you receive your copy, contact the state office at 800-662-7924 Ext.243 or send your current email address to: ncrsp@ncrsp.org.

Who raised the most?

Our upcoming convention will feature a FRIENDLY competition between the ten regions to see which region can present the biggest check payable to the **North Carolina Foundation for Public School Children (NCFPSC)**. The state office is accepting checks now through the start of the state convention on April 3, 2019. Your region's check must be in an unopened envelope, marked for **NCFPSC** and given to a member of the NCRSP staff (Teresa, Tera or Lena).

The winning region will be announced at the Representative Assembly (RA) on Thursday, April 4, 2018 — along with the total sum received from all regions.

LIFESTYLE

The Very First Emails You Should Send in 2019

It's important for members along with local partners who assist local units in activities and various services to know how much they are appreciated. [Here are 4 ways you can show your appreciation and continue strengthening bonds with your fellow members and community partners.](#)

When Your Hip Isn't Cool

Some 370,000 American averaging the of 65, undergo hip-replacement surgery each year. At least 1 out of 10 may need a second procedure. But hip pain can be managed through exercise. [Grab some water and try these exercises.](#)



NCRSP

A Division of NCAE

Street Address:
700 S. Salisbury St.
Raleigh, NC 27601

Phone: 800-662-7924
Ext. 243

Fax: 919-829-1626

E-mail: ncrsp@ncrsp.org

Web: www.ncrsp.org

NORTH CAROLINA/WORLD NEWS

DO NOT ANSWER!

The AG tweeted Jan 11: The North Carolina Attorney General's Office reports an uptick in #scammers posing as Social Security Administration (SSA) employees and calling people and threatening or misleading them in an attempt to steal their Social Security number. That is NOT SOCIAL SECURITY CALLING! [Report these calls to 1-877-5-NO-SCAM.](#) [Read the full article](#)

Trends to Watch in 2019

Reporters from North Carolina Health News shared their thoughts on policy and trends to watch for 2019.

- [Read Part I of NC Health Policy and Trends to Watch For in 2019](#)
- [Read Part II of NC Health Policy and Trends to Watch For in 2019](#)

Monday numbers: A closer look at Read to Achieve and early childhood literacy

This week members of the State Board of Educators will discuss the findings of a new statewide report on North Carolina's [Read to Achieve](#) program. Although a study by researchers at N.C. State University last fall found that Read to Achieve has done little to boost early childhood literacy rates, despite a \$150 million tab. Read more about the program and NC's current numbers. [Read More...](#)

COMEDY CORNER

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something." The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."