



Did *You* Know?

STATE CONVENTION EDITION

NCRSP Monthly Newsletter

March 2019

"Spring is nature's way of saying, 'Let's Party!'"

-- Robin Williams

The countdown to NCRSP's 2019 State Convention has begun!

Registration closes March 25, 2019

March Calendar

20. Springhill Suites reservation cut-off

25. State convention registration deadline

30. National 'Take a Walk in the Park' day

Who Will it Be This Year?

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 (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.

Guest Speaker

This year's keynote speaker is [Senator Erica D. Smith](#), a 3-term Democratic member of the North Carolina State Senate, representing District 3 – Beaufort, Bertie, Martin, Northampton, Vance, and Warren counties. She was first elected to the NC General Assembly in 2014 making history as the first woman to serve the district in the Senate. Her professional experience includes working for The Boeing Co. (Seattle, Washington) as a Senior Specialist Engineer from 1993 to 1997, for the U.S. Patent & Trademark Office as a Patent Examiner in the Chemical Engineering Technology Center from 1998 to 2003 and presently as a Secondary Math Instructional Specialist.

Exhibitors

Visit the exhibition area! Not only will you find fun shopping opportunities, but information on program and services that may enhance your quality of life and resources that are available to retirees.

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



Auctions

In addition to our annual Silent Auction we will also have a Live Auction. All auction items are to be brought to the hotel by Tuesday afternoon, April 3 or by 8:00 a.m. April 4, 2019. The dates and time of the auctions are listed below.

Thursday, April 4

Silent Auction 9:00 a.m. – 4:00 p.m.

Live Auction 12:30 – 12:50 p.m.

Friday, April 5

Silent Auction 8:00 – 4:00 p.m.

Live Auction 12:30 – 12:50 p.m.

The group-rate for hotel reservations at the Sheraton Imperial is now closed. Delegates needing to make hotel reservations can call the Springhill Suites—located next to the Sheraton—the NCRSP Group rate of \$121 is honored at this hotel. **The cut-off date is March 20, 2019.**

Please Sir May I Have Some More?

Food, glorious food! For those of you who need options for lunch during the convention, S. Miami Blvd., a road located minutes from the hotel, offers several dining options.

tropical CAFE
SMOOTHIE

eat better. feel better.



NATIONAL/WORLD NEWS

April is...National Stress Month

How to Observe Stress Awareness Month

1. **Practice meditation** - One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
2. **Exercise** - Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.
3. **Visit your doctor** - They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

April is...National Humor Month

Sherlock Holmes and Dr. Watson go on a camping trip. After a good dinner, they retire for the night, and go to sleep. Some hours later, Holmes wakes up and nudges his faithful friend.

"Watson, look up at the sky and tell me what you see."

"I see millions and millions of stars, Holmes" exclaims Watson.

"And what do you deduce from that?" Watson ponders for a minute.

"Well, astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I can see that God is all powerful, and that we are a small and insignificant part of the universe. What does it tell you, Holmes?"

And Holmes said: "Watson, you idiot, it means that somebody stole our tent."



Friendly Reminder – All delegates are responsible for lunch and or snack arrangements. Snacks or additional meals outside of the banquet dinner are **not** provided. If you would like to pre-order a boxed lunch for Thursday only, [click here](#).

NCRSP

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