



Did You Know?

NCRSP Monthly Newsletter

February 2019

"Excellence is to do a common thing in an uncommon way."

-- **Booker T. Washington**

February Calendar

18. President's Day
NCRSP CLOSED

20. Regional Comm. Svc. Forms due to State Chair

27. World NGO Day

NCRSP NEWS

Community Service Hours

Tama Bouncer, the state Community Service Chair, is eagerly awaiting the community service volunteer record from all regions. The deadline is fast approaching. To obtain forms and the contact information for Tama Bouncer, [click here](#). **Deadline is February 20.**

Registration is Open!

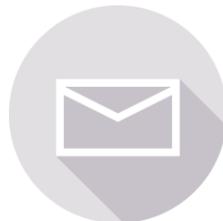
Registration for the NCRSP State Convention is now open! Convention packets have been mailed to all local units. A Workshop & Lunch form is included this year. Join us in Durham April 4-5, 2019. Lunch will be available for those who prepay using the separate Workshop/Lunch form. A new form should be completed for each delegate attending a workshop or prepaying for lunch. If you have any questions, please call the state office. **Registration closes March 25.**

Hotel Reservations

Delegates and members can secure rooming at the Sheraton Imperial Hotel by calling (919) 941-5050, ask for the NCRSP School Personnel Group Rate (\$121 for single or double rooms). Or [click here](#) to use the online reservation system. **The group cut-off date is March 12. We strongly encourage everyone to (1) stay at the Sheraton to aid in deferring additional cost by NCRSP; and (2) to reserve your room before March 12.**

Fun Tips & Suggestions

- ❖ [Browse the Library of Congress website dedicated to African American History Month.](#)
- ❖ [Learn more about World Non-Governmental Organization Day and](#)



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.

2019 Regional Elections

This spring regions should hold their elections for positions of regional officers and chairs. The newly elected officers and chair names are to be sent to the State office no later than one week after the regional election is held. Further guidelines on holding regional elections can be found in the NCRSP Operational Policy on page 12. [For an electronic version of the policy, click here.](#)

LIFESTYLE

Design your perfect Nap

"As we get older, it can become harder to get enough quality sleep at night," says Michael Grandner, director of the Sleep and Health Research Program at the University of Arizona College of Medicine.

Naps may help to compensate for dips in our natural wake-and-sleep patterns, which can vary by individual.

[Learn how to maximize your daytime snooze — and why you can drop the quilt about taking one.](#)



FRIENDLY COMPETITION

Similar to last year, the community service event for our 2019 NCRSP State 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, 2019. If you choose to bring it to convention, one director from each region is asked to bring their region's check to convention and present it—in an unopened envelope, marked for **NCFPSC**—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.

IT'S YOUR RIGHT - VOTE!

2019 NEA-R Delegate Election

Voting is the most important way to make your voice heard on issues that concern you. The NEA-R Delegates will represent you when voting for policies, procedures and setting organizational priorities.

Don't forget to vote! If you have not received your letter of instructions to access your electronic ballot, via e-mail or letter, please **call the state office immediately**. You can vote using a mobile phone or a tablet/iPad in addition to a computer. [Click here to view the 2019 NEA-R Nominees.](#)

Voting ends March 15.

NCRSP

A Division of NCAE

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NATIONAL/WORLD NEWS

Connect, Create, Contribute

May 2019 will be a grand month for Older Americans. The Administration for Community Living is leading a national observance of Older Americans Month. For suggestions, resources, and material to celebrate older Americans and the communities of which they are a vital part, [click here](#).

Got Two Minutes?

Head on over to NPR's Aging section where you can listen to brief stories on important topics or tips. It only takes a two to three minutes for a quick listen to gain new knowledge. Starter choice: ["Scans Show Female Brains Remain Youthful As Male Brains Wind Down"](#).

