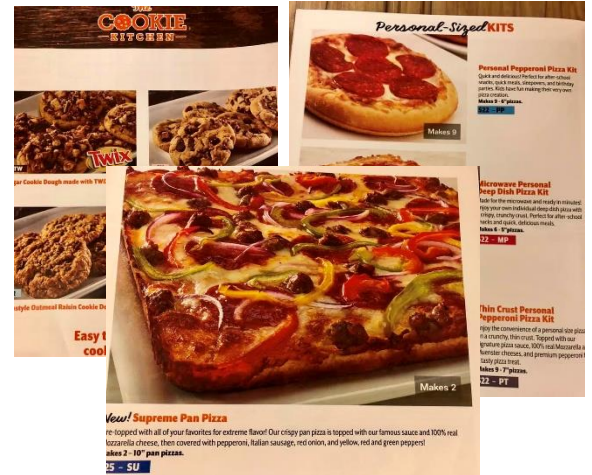


BCRTA NEWSLETTER



OCTOBER 2019



President's Message

Greetings BCRTA members—

Have you received your 13th check? Many members have, and by the end of September all should have received the one-time supplemental check from TRS. Please continue to contact and thank state representatives for their actions in this achievement.

We are still connecting the dots in our community by hosting Bandera ISD Superintendent, Dr. Hollingsworth, as our September speaker. He shared exciting events and activities occurring in Bandera ISD schools.

It's pizza time! We want to provide local scholarships from the funds raised selling pizzas. Contact me for

ordering materials. Deadline is October 10th for all order submissions.

Our school supply drive was a big success. Bandera Boys & Girls Club was very grateful to receive the donations. Olivia Conrad and Jimmy Sarabia send many thanks.

The Fall Conference will be held in October. Seven BCRTA members have committed to attend. We will participate in honoring Carolyn Nighswonger, a former member of our chapter.

Count your volunteer hours and book donations, essential in communicating to those in Austin our efforts and continued service to Texas communities.

See you soon.

Connie Young
BCRTA President

Upcoming Meeting

Date: **October 17, 2019**

Time: Meeting 10:00AM

Place: Bandera United Methodist Church Hall

Lunch: Potluck. Officers will provide meat dish; members bring a side dish of your choice.

Pizza Delivery: 1:00 – 5:00PM

Pizza Order Forms Due: October 10, 2019



Scholarships are awarded to Bandera ISD or Medina ISD student(s) each spring.

“No one can make you feel inferior without your consent.”

~Eleanor Roosevelt

TRTA Fall Bring a Friend Contest

You and your friend could each win \$100 and help TRTA reach 100,000 members!

How

Current TRTA members will get a new friend or colleague to join TRTA and you will both be entered to win a \$100 gift card! If you win, your friend wins too! In total, three pairs of TRTA friends will win.

To be eligible for the drawing, you, the current member, must be sure your state dues for the 2019-2020 membership year are already paid. Your friend must be a new TRTA member (your friend either has never been a member of TRTA before or has not been a member within the past three years) and must join TRTA between August 15, 2019 and November 15, 2019.

You must send a photo of the two of you posing together to info@trta.org by November 15, 2019 (see details below). After your information and your friend's information has been verified by the TRTA membership department, you and your friend will be entered to win a \$100 gift card. This is very similar to Each One Bring One, but instead, both you and your friend could win \$100! If you win, your friend wins too! Three pairs of TRTA friends will win!

Healthy Living

Source: <https://healthprep.com/living-healthy/the-7-best-things-you-can-do-for-your-body-right-now>

The Best Things You Can Do for Your Body Right Now

The body is a magnificent tool that is constantly changing and adapting. There are several practices and routines associated with optimal health and body function.

- 1. Hydrate.** Water consumption should occur throughout the day. Include water in daily routines by drinking a glass upon waking, while working, with meals, and after exercise.
- 2. Sit up straight.** Awareness of posture is the first step towards improvement. Elongating the spine prevents back problems and chronic pain. Slouching prevent adequate blood flow to the brain.
- 3. Floss.** Flossing is one of the most effective methods of ensuring a healthy mouth. It helps remove bacteria and other pathogens from between the teeth.
- 4. Exercise.** Exercise challenges the body to adapt and improve. It provides physical and emotional benefits. Try to exercise 30 minutes a day, four days every week.
- 5. Sleep for 8 hours a night.** Memory, emotions, and immunity are affected by lack of sleep.
- 6. Stretch.** Stretching improves flexibility and allows the body and brain to get practice communicating with each other.
- 7. Groom.** Go beyond the typical quick shower and really take some time to groom yourself. The body needs constant maintenance and attention.



September Birthdays

- 09/10 Mary Jean Johnson
- 09/13 Annette Kalka-Schultze
- 09/14 Kay Kindred
- 09/24 Michelle Barnett
- 09/26 Leah Hawkins
- 09/29 Judy Moore
- 09/30 Susan Neuenschwander

October Birthdays

- 10/05 Steve Skipper
- 10/05 Mary Welch
- 10/13 Tom Doebbler
- 10/16 Bruce Burns
- 10/17 Jackson Smith
- 10/19 Bruce Hayes
- 10/20 Sandra Silkworth
- 10/27 Doris Doebbler

Members are asked to complete the book donation(s) and community volunteer service hours each month. Please bring to monthly meetings.

Name _____ District 20
 Phone _____
 Bandera County Retired Teacher Association (BCRTA)



Number of Books Donated 9/19/2019 – 10/17/2019

Name _____ District 20
 Phone _____
 Bandera County Retired Teacher Association (BCRTA)



Number of Volunteer Hours 9/19/2019 – 10/17/2019
