

GCRSP Newsletter

February/March 2020

Our Next Meeting

Join us on February 11 at 9:30am at the Faith Lutheran Activity Center in Seguin. A program called "Parks and Recreation in Seguin" will be presented by Jack Jones.

Coming Soon

- Day Trip to Smithville, Texas for fun shopping and good eating at the Comfort Cafe on a Friday in April. (Date TBA)
- District Spring Leadership Conference is May 7 in San Marcos
- TRTA State Convention in Corpus Christi April 6-8 at American Bank Center

Children's Book Project

Throughout the year we collect children's books for Guadalupe County pre-kindergarten students. Please remember to bring a couple of books with you to each meeting, or be prepared to donate a dollar or two to purchase tickets to participate in a drawing for prizes.



Scholarships Awarded

\$600 Scholarships were awarded to 3 TLU education students on January 9, 2020. All three are ready for Student Teaching and hope to get jobs in the area for the 2020-2021 school year. They are Kristi O'Brien, Caroline Di Orio and Kayleigh Wolfe.

Our organization raises money by selling ads for our yearbook to local businesses. Our yearbooks are delivered to members each September at our annual luncheon. Members are encouraged to use the participating businesses whenever possible.





Health Tips to Help you Reboot after the Holidays

- Restore your vim and vigor for 3 hours by savoring a heaping cup of cauliflower.
- Add one daily cup of red cabbage to your diet to get rid of achy muscles.
- Go organic when buying apples.
- Head to the produce department and pick up some satsuma mandarin oranges. They are only 50 calories each.
- You can shed up to 4 pounds of trapped abdominal fluids by enjoying 1 cup of turnips three times weekly.
- Blood pressure is temperamental so make sure you get an accurate reading at the doctor's office. Slow down, skip coffee on appointment day, sit up straight during the test. If your blood pressure is high, eat a healthy diet and don't forget to exercise. Just 30 minutes of walking most days of the week can make a big difference.

Volunteering in our Communities

GCRSP members love going on Day Trips, but they also work hard all year as volunteers in their communities. Listening to children read at schools, selling gently used books in the library bookstore, working in the garden at the Red Barn, being a hospital volunteer, or volunteering at the church are some examples of how retired school people give back.

