

LCRTA

Lake County Retired Teachers Association

Semi-annual Newsletter. Jim Benton, Editor. Volume 41 Issue II Fall. 2018
Jim Benton, 461 Rockland Avenue, Lake Bluff, IL 60044 (jamesbetybenton@gmail.com) (847) 234-5279.

**“At the crossroads of information
and involvement for retired teachers.”**



Wear it with pride!

A word From Our President:



Happy end of summer! But it's always summer vacation for retirees. Last month, if you were at our monthly meeting, you had a chance to meet our L. C. senatorial candidates.

Dist: Contenders:

- 26th** Tom Georges (D) vs. Dan McConche (R)
- 29th** Barrett Davie (R) vs. Julie Morrison (D)
- 30th** Soojae Lee (R) vs. Terry Link (D)
- 32nd** Mary Mahady (D) vs. Craig Wilcox (R)

Our own Marty Swanson moderated the debate. It is so important for us to be knowledgeable voters this coming November 6th to seek out those legislators who will be supporting us in the years ahead, because as we all know: retired educators vote!

Another way to support our candidates is to donate \$1.00 a month to IRTAPAC, IRTA's Political Action Committee that supports those state candidates who support us, as well as a donation to the IRTA Legal Defense Fund to help IRTA fight battles that affect all of us, and the battles never End!

As many of you know. We lost our **lcrta.com** website, but many thanks go out to Dave Miller, our new web master, Dave Dier, and Jim Benton in setting up our new site, now called **lcrta.org**. It will be up and running soon. Check us out!

As 2018 comes to a close, please support LCRTA by attending our second-Tuesday-of-the-month meetings at Lambs Farm. You have a dedicated Board working on your behalf. Besides, the meetings are fun. Note the "Luncheon Programs" to the right.

Wendy Wieggers, President

Important Notice:

The LCRTA meets at Lambs Farm in Libertyville on the second Tuesday of every month (except October). The time is 11:45 am; the cost is \$16.00 for the buffet luncheon; and for those who want a noon-time bracer there is a cash bar. No reservations are necessary, and we encourage you to bring a friend (retired teacher?) and meet *new* friends. The programs are interesting and varied; see "2018 Luncheon Programs" below for a listing of the monthly topics. Plan to attend. Thank you!

CONTACT INFORMATION:

IRTA Mailing Address: IRTA, 828 South Second Street
Springfield, IL 62702, e-mail: irta@irtaonline.org,
phone: 1 (800) 728-4782. Web: www.irtaonline.org
TRS (Teachers' Retirement System): P.O. Box 19253, Springfield, IL 62702-9253, email:
members@trs.illinois.gov. Website is www.trs.state.il.us.
Phone: 1 (800) 877-7896
LCRTA (Lake County Retired Teachers Association)
LCRTA, Box 8107, Gurnee, IL 60031
Our website is: www.lcrta.org

2018 Luncheon Programs for the LCRTA

September 11: Panel of Political Candidates
October 9: Luncheon at Dover Straits. Special Program.
November 13: Pamela Brooks, "Lk. County Honor Flights"
December 11: Returning by popular demand: The Barrington H.S, Madrigal Singers directed by Brandon Pemberton

Top-selling cars in the US:

Honda Civic (377,286 sold)
Honda CR-V (377,895 sold)
Toyota Camray (387,081 sold)
Nissan Rogue (403,465 sold)
Toyota RAV4 (407,594 sold)
Ram Pick-up (500,723 sold)
Chevrolet Silverado (585,864 sold)
Ford F Series (896,764 sold)





"Just remember, Facebook is not a book."

Recent Deaths (January 1, 2018 to August 31, 2018)

Paul Anderson. Atlantic Mine, MI
George Barrett. Ingleside, IL
David Channel. Waukeshaw, WI
Drusilla Delaney. Mission Viejo, CA
Roxane Obenaus. Libertyville, IL
Trudy Petty. Lake Villa, IL
Donna Romaniuk. Libertyville, IL
Bette Sartain. Vernon Hills, IL
Roland Schieusener. Antioch, IL
William Simcox. Waukegn, IL
Raymond Staskewich. Waukegan, IL
Helen West. Winthrop Harbor, IL
Fred Wilcox. Harlingen, TX

✓ **Older people who consume a Mediterranean-style diet may reduce their risk of cognitive decline**, a recent study in the *Journal of the American Geriatrics Society* has confirmed. Researchers analyzed the diets of a nationally representative group of 5,900 older people (average age 67), who underwent cognitive testing involving mostly memory and attention skills. Those whose eating habits came closest to the Mediterranean diet or the related MIND diet did best on the cognitive tests (various health and lifestyle factors were controlled for). The MIND diet melds the Mediterranean diet and the antihypertension DASH diet, both of which have been shown to reduce cardiovascular disease. The diets feature vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and wine, while limiting red meat, fried or fast foods, butter, stick margarine, cheese, and pastries and other sweets.



✓ **If you have sleep problems and often use a digital device during the hours before bedtime, see if it has a night mode setting and turn it on.** This setting limits blue light exposure by shifting the colors of the display to the warmer end of the color spectrum. Blue light from sunlight and most device screens can boost alertness by reducing the body's production of melatonin, a hormone that helps trigger sleep. The benefit of limiting blue light at night was seen in a small recent study in *Ophthalmic & Physiological Optics*, in which participants (ages 17 to 42) wore special yellow-tinted, blue-light-blocking glasses (Uvex) for four hours before bedtime. After two weeks, they had a nearly 60 percent increase in nighttime melatonin levels, increased their sleep duration, and reported better sleep quality. Besides limiting screen time in the evening, setting devices to night mode, and wearing special computer eyeglasses, another way to reduce blue-light exposure is to apply blue-light filters to your screens.

What's the Strangest Thing You've Ever Put in Your Dishwasher?

We put this question to our members and also queried manufacturers. They confessed to some pretty weird items, including fish and car parts. But putting things in a dishwasher that aren't deemed dishwasher-safe can damage the item, the dishwasher—or both.



CAR PARTS

Some members have tried to clean hubcaps, racing-auto valves, and vintage wheel covers. But grease from machinery can clog the wash system, preventing water from circulating and shortening a dishwasher's life.



USED PAINTBRUSHES

The chemicals in paint (especially the oil-based type) can damage key dishwasher parts, such as the filter and pump. Those chemicals can also wind up in a dishwasher's water line and land on dishes and glasses.



GARDEN TOOLS

Soil on garden tools can damage dishwasher components. These appliances are designed and tested to handle small food particles, detergent, and rinse aids. That's it.



BRAS

With no agitation and no tumbling, you can sort of understand why someone might be tempted to put bras in a dishwasher. But the heat can damage them, and dishwasher detergents aren't ideal for cleaning delicates because they often contain degreasers and bleach.



CAST-IRON COOKWARE

Seasoning and baked-on oil help form a slick surface for cooking and prevent rust—but a dishwasher removes it.



COMPUTER KEYBOARDS

Even if the keys come out clean, water might linger inside and damage the keyboard's functionality.



CROCS

It might seem like the easiest way to clean these plastic slip-on shoes, but a dishwasher's heat can shrink or warp Crocs.



FISH

Some people "cook" salmon wrapped in foil in their dishwasher. But it's questionable whether certain foods (like fish and eggs) are heated well enough to kill microorganisms such as salmonella.



INSULATED MUGS

Water and high temps can damage the vacuum seal between the inner and outer layers. And once water gets in that seal, it can affect the mug's ability to retain heat.



DISHES WITH GOLD LEAF, BRASS, OR BRONZE

Discoloration or fading are both possibilities with any gold-leaf detailing on dishes or china. High temps and detergent can discolor or pit brass and bronze. The same is true for copper and pewter.



SHARP KNIVES

They can become dull after rubbing against other cutlery in the basket. Some dishwashers have a top rack for large utensils, but we still advise hand-washing good knives.

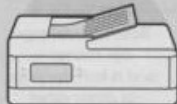


WOODEN ITEMS

Wood, water, and heat aren't a great mix; wood cutting boards, salad bowls, and utensils can warp or crack.

September Is

THE BEST TIME TO BUY ...



Printers

Back-to-school sales often include significant discounts on printers.



Washing Machines

Labor Day sales are a good time to upgrade your washer—and dryer, too!



Microwaves









You're likely to see good deals this month on both countertop and over-the-range models.

2017-18 Lake County's State Legislators

STATE SENATORIAL DISTRICTS FOR LAKE COUNTY:

Dist. 26: Dan McConchie (R) 325 N. Rand Rd. b Lake Zurich, IL 60047 (224) 622-4544	108B State Capitol Bldg. Springfield, IL 62706 (217) 782-8010 dan@senatormcconchie.com	
Dist. 29: Julie Morrison (D) 700 Osterman Ave. Deerfield, IL 60015 (847) 945-5200	M108 State Capitol Building Springfield, IL 62706 (217) 782-3650 morrison@senatedem.illinois.dem	
Dist 30: Terry Link (D) 100 S. Greenleaf Street Gurnee, IL 60031 (847) 623-3006	321 State Capitol Building Springfield, IL 62706 (217) 782-8181 senator@link30.org	
Dist. 31: Melinda Bush (D) 10 N. Lake St. Suite 112 Grayslake, IL 60030 (847) 548-5631	M 120 State Capitol Building Springfield, IL 62706 (217) 782-7353 info@senatormelindabush.com	
Dist. 32: Pamela Althoff (R) 5400 W. Elm St. Suite 103 McHenry, IL 60050 (815) 455-6330	309-L State Capitol Building Springfield, IL 62706 (217) 782-8000 pamela@pamelaalthoff.net	

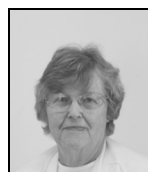
STATE REPRESENTATIVE DISTRICTS FOR LAKE COUNTY:

Dist. 51: Nick Sauer (R) 700 N. Lake Street, Suite 101 Mundelein, 60060 (847) 455-6330	314 Capitol Bldg. Springfield, IL 62706 (217) 782-3696 saur@ilhouse.gop.org	
Dist. 52: Dave McSweeney (R) 105 E. Main St. Cary, IL 60013 (847) 516-0052	226-N Stratton Office Building Springfield, IL 62706 (217) 782-1517 ilhouse52@gmail.com	
Dist. 58: Scott Drury (D) 425 Sheridan Rd. Highwood, IL 60040 (847) 681-8580	250 W. Stratton Office Building Springfield, IL 62706 (217) 782-0902 repdrury@gmail.com	
Dist. 59: Carol Sente (D) Vernon Park Dist. Laschen Cntr 2n Fl. 294 Evergreen Dr. Vernon Hills 60061 (847) 478-9909	272 S. Stratton Office Building Springfield, IL 62706 (217) 782-0499 repsente@gmail.com	
Dist 60: Rita Mayfield (D) 120 S. Genesee St. Waukegan, IL 60085 (847) 599-2800	238 W Stratton Office Building Springfield, IL 62706 (217) 558-1012 60thdistrict@gmail.com	
Dist. 61: Sheri Jesiel (R) 17801 W. Washington St. Gurnee, IL 60031 (847) 855-8600	200 5N Stratton Office Building Springfield, IL 62706 (217) 782-8151 jesiel@ilhousegop.org	
Dist. 62: Sam Yingling (D) 20 N. Whitney St. Suite A Grayslake, IL 60030 (847) 231-6262	242-W. Stratton Office Building Springfield, IL 62706 (217) 782-7320 repsamyingling@gmail.com	
Dist. 64: Barbara Wheeler (R) 550 W. Woodstock St. Crystal Lake, IL 60014 (847) 973-0064	200-1N Stratton Office Building Springfield, IL 62706 (217) 782-1664 repwheeler64@gmail.com	

Meet your LCRTA Board Members for 2018-19



Wendy Wieggers: President
IRTA Area II Foundation Board; Re-
tired in 2008 from Little Fort Element-
ary, Waukegan Vocal Music



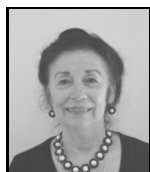
Connie Reidel: Scholarships
Retired in 2001 from
Zion-Benton High School
Mathematics



Bob Kohler: Vice President and NW
Council chair; Retired in 2002 from
Grant High School where he was a
Guidance Counselor



Jim Benton: Health/wellness and Publications
Retired in 1994 from
Lake Forest High School
Biology, Chemistry, Earth Science



Cathy Dier: Assoc. Vice President,
Program Chair, Retired in 1999 from
Lincoln Middle School, Dist. 81
U.S. History and Government



Linda Davis: Hospitality Co-chair
Retired in 2010 from
Novak-King School, North Chicago
Language Arts



Debby Lawson: Secretary
Retired in 2012 from
Forrestal School, North Chicago
Third Grade



Hillary Sylvester: Hospitality Co-chair
Retired in 2013
Novak-King School and N. Chicago H.S.
Sixth grade



Ray Reidel: Treasurer
Retired in 1994 from
Grayslake High School
Business Education



Allan Meyer: Publicity & Public Relations
Retired in 1994 from
District 75 Mundelein
Art



Marti Swanson: Legislative and
Retired in 1992 from
Grant H. S. in Ingleside
English



Betty Carbol: SE Council co-chair
Retired in 1998 from
Crow Island School in Winnetka
Art K-5



Dave Dier: Data Base Manager
Retired in 2003 from
Wauconda High School
Physical Science; Chr. of Science Dept.



Anne Lindahl: SE Council co-chair
Retired in 1998 from
Sherwood Ele. School, Highland Park
Special Education



John Anderson: Immediate Past Pres.
Retired in 2003 from
Mundelein H. S.: Social Studies,
Speech, Alternative Education



Dee Cavanaugh: Membership
Retired in 1994 from
Deerfield Elementary (Dist. 109)
First Grade



Dave Miller: Web Site Manager
Retired in 2002 from
:Lake Forest High school
Spanish and Telecom Director

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NEWS AND NOTICES

1. A **Local** Scholarship from the **LCRTA** (Lake County Retired Teachers Association)

This scholarship will be awarded to a high school senior to recognize ability and achievement, contribution to the community, and a desire to pursue a career in education. One scholarship of \$1500 will be awarded in the spring to a senior planning to major in Education. The money will be given after completion of one semester of college education. Send your contribution check to **LCRTA, P.O. Box 8107, Gurnee, IL 60031**. Mark the memo line on your check “LCRTA Scholarship.” Please see our website for more information and an application form at **www.lcrta.org**

2. A **State** Foundation / Scholarship from the **IRTA** (Illinois Retired Teachers Association)

In 1985, after identifying a large number of former educators who were experiencing financial difficulties because of low pensions and inflation, the IRTA established the Illinois Retired Teachers Association Foundation, Inc. The initial purpose of the Foundation was to build an endowment to provide assistance to retired educators. Since that time, the Foundation has assisted retired educators with living expenses, provided scholarships to aspiring teachers, worked to protect the rights of the elderly, and provided grants to educators. Send your contribution check to **LCRTA, P.O. Box 8107, Gurnee, IL 60031**. Mark the memo line on your check “IRTA Foundation.”

3. If you have any **changes** in your address, e-mail, or phone number, please contact Dave Dier at (847) 526-5599 or his e-mail at **dier@writeme.com**. There will be a new Directory printed in the spring of 2019, so if you have any up-dates or changes, let Dave know about them Thanks.

4. Organizations depend on the three “M’s” for their existence.”Membership, Money, and Momentum.”

Membership: No organization can exist without a body of dedicated members who can be relied upon to carry out the mission and business of the group. Maintaining a minimum “base” membership, therefore, is a prerequisite for maintaining the group’s health and continued influence. As older members either expire or relocate, the task, therefore, is to recruit new blood from the ranks of newly retired teachers—a task that is particularly difficult because lists of retiring teachers are jealously guarded hence difficult to come by.

Money: Obviously dues are charged to support the organization for postage, speakers’ fees, scholarships, awards, prizes, printing costs, etc.

Momentum: It’s probably a factor in most organizations that as the business of the group is “settled in” and running smoothly (momentum), complacency creeps in, and the high-level of productivity inevitably begins to taper off. The membership leaders need to encourage members for their efforts and contributions—and continue to seek new ideas and approaches.

5. This past February 1st (2018), when all of us over 61 got a compounded 3% increase from TRS, let’s remember that it was your IRTA that brought the lawsuit that made that possible: **Doris Heaton v. Pat Quinn: “Crisis is no excuse to violate the Constitution.”** The IRTA’s own Doris Heaton and Pamela Keller were plaintiffs in this challenge to Senate Bill 1 which would have reduced automatic annuity increases (AAs), placed caps on pensionable salaries, increased the retirement age, and made other changes that diminished pensions. The Court unanimously ruled that Senate Bill 1 was unconstitutional.

**Oct. 9th Luncheon Reservation Form
at the Dover Straits Restaurant in Mundelein
Doors open at 11:15am**

Your Name: _____

Check your meal selection to the right _____

Guest's Name _____

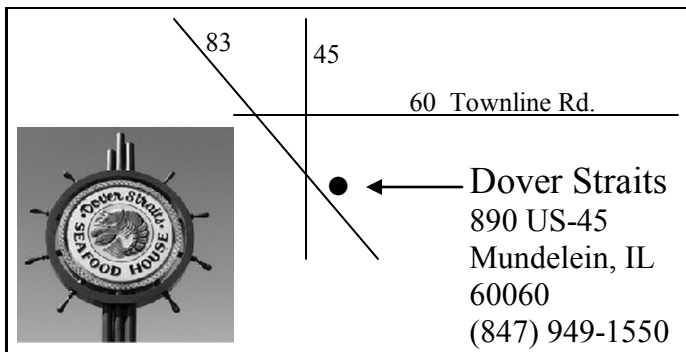
Guest: Check your meal selection to the right _____

_____ Persons at \$27.00 each. Sub total _____

Optional Scholarship Fund contribution _____

Total enclosed _____

Mail this form (with meal selections) plus check to:
LCRTA, PO Box 8107, Gurnee, IL 60031



Menu Selections

Your Choice: (select one)*

- ___ Atlantic Salmon Filet, topped with béarnaise sauce
- ___ Pan Fried Golden Tilapia Filet topped with mushrooms, garlic & lemon-butter sauce
- ___ Breast of Chicken Marsala sautéed with mushrooms, garlic & Marsala red wine sauce
- ___ Jumbo Shrimp and Pasta sautéed with olive oil, green onions, garlic & herbs over fettuccine pasta
- ___ Vegetarian Pasta Dish

Your Guest's Choice: (select one)*

- ___ Atlantic Salmon Filet, topped with béarnaise sauce
- ___ Pan Fried Golden Tilapia Filet topped with mushrooms, garlic & lemon-butter sauce
- ___ Breast of Chicken Marsala sautéed with mushrooms, garlic & Marsala red wine sauce
- ___ Jumbo Shrimp and Pasta sautéed with olive oil, green onions, garlic & herbs over fettuccine pasta
- ___ Vegetarian Pasta Dish

* Entrees Include:

Soup, tossed green salad, potatoes with most entrees, bread and butter, and ice cream sundae. Beverages Include coffee, hot or iced tea

***If the color of the address label on this newsletter is yellow, then you need to renew your membership in the LCRTA.**

If you know of a retired teacher who is not a member, then we encourage you to bring this person to one of our monthly meetings. We meet on the second Tuesday of every month (except October) at Lambs Farm in Libertyville starting at 11:30 am. The cost is \$16.00 per person (buffet style)/ Once a year (in October) we meet at a larger venue with table service and special entertainment.

LCRTA Membership Form (or a Renewal)

*See asterisk above.

In the Lake County Retired Teachers Association for the calendar year 2018 (**please print all information**)

Name _____

Address _____

City _____ State _____ ZIP _____

Year Retired _____ from District Number _____

E-mail address _____

Phone _____ Cell _____

Active Membership per year: \$20.00; or Life: \$150

Associate Membership Per Year \$20 or Life:\$75.00

(Assoc. memberships for spouses of members only.)

Send check and this form to:

**LCRTA, P.O. Box 8107 Gurnee, IL 60031
Any questions? Dee Cavanaugh, Membership chair, TNR0802@aol.com or (847) 541-1903**

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Lake County Retired Teachers
P.O. Box 8107
Gurnee, IL 60031

Is it possible to have a small stroke and not even realize it? Yes, according to new research that found about 35 percent of Americans experience symptoms of a warning stroke. Yet only about 3 percent get immediate medical attention. Most adults who had at least one sign of a "mini" stroke -- a temporary blockage also known as a transient ischemic attack (TIA) -- waited or rested until symptoms had faded instead of calling 911 right away, according to the research from the American Heart Association/American Stroke Association (AHA/ASA). "Ignoring any stroke sign could be a deadly mistake," said ASA chair Dr. Mitch Elkind, in a news release from the organization. "Only a formal medical diagnosis with brain imaging can determine whether you're having a TIA or a stroke. If you or someone you know experiences a stroke warning sign that comes on suddenly -- whether it goes away or not -- call 911 right away to improve chances of an accurate diagnosis, treatment and recovery," he said. An ischemic stroke occurs when a clot blocks blood flow to the brain. People who experience this type of stroke may be treated immediately with a special clot-busting drug. **Time to call 911.** Other sudden warnings signs of stroke include: Confusion. Trouble speaking or understanding. Numbness or weakness of face, arm or leg, particularly on one side of the body.