Henry Adams (1838-1918), the great grandson/grandson of the presidential “Adams Family,” was an American historian who wrote: “A teacher affects eternity; he can never tell where his influence stops.” So much for thinking that this was a modern quote! At the IRTA Convention (October 30th -31st), Jim Benton will be our Unit Honoree. He, among others in LCRTA, like Don Spooner and Dave Miller, were my teachers at Lake Forest H.S. (‘69). I thank them for being so influential in my education, and, hopefully, the spiral effect will continue for many generations yet to come. It is not too late to sign up – besides, it’s fun! This is NOT the time to become complacent about our own futures. IRTA and LCRTA have so much to offer its members, but we need to be involved and supportive from contributing to IRTAPAC (only $1.00 a month), IRTA Foundation (support to retirees facing financial difficulties, “Excellence in Education” grants to those still teaching, and the IRTA Area college scholarships) as well as our own high school teacher’s scholarship, to attending our meetings on the 2nd Tuesday of the month with our various speakers. Recently, a concluding remark made by our guest, Senator Terry Link (paraphrased), “A student should not be judged by his zip code,” really made an impression. We also need for you to encourage former teachers (or ones who have just retired) to not only become a part of our organizations, but we need for all to become involved. Everyone is busy at being retired! As Ben Franklin said, “Tell me and I forget. Teach me and I remember. Involve me and I learn,” or as Adams remarked, “One friend in a lifetime is much, two are many, three are hardly possible. Friendship needs a certain parallelism of life, a community of thought, and a rivalry of aim.”

“We are Family!” See you at our next meeting! Wendy Wiegers, President

**Important Notice:**

The LCRTA meets on the second Tuesday of every month (except January and October). Lambs Farm is the place; 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 required, and we encourage you to bring a friend (retired teacher?) and meet new friends. The programs are interesting and varied; see “FUTURE 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.com

**FUTURE Programs:**

October 10th the annual fall luncheon at “Reflections” in Lake Villa (See inside back cover for details)

November 14th “Woman in the Military”

December 12th The Barrington High School Madrigal Singers.

The 2018 programs are being negotiated. Visit our website at www.lcrta.com for details as they are posted.

The LCRTA’s scholarship winner for 2017, Elizabeth Johnson (left) from Antioch High School, will be attending the Univ. of Iowa, Iowa City, this fall, majoring in elementary education. Her Mother, Susan Johnson, is on the right.

(Connie Reidel chaired the Scholarship Committee for the LCRTA.)
Meet your LCRTA Board Members for 2016-17

Wendy Wiegers: President
IRTA Area II Foundation Board; Retired in 2008 from Little Fort Elementary, Waukegan Vocal Music

Bob Kohler: Vice President and NW Council chair; Retired in 2007 from Grant High School where he was a Guidance Counselor

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Officers & Area Representatives for the IRTA:

President:  David Davison, Rockton
Vice President:  Roger Hampton, Dunlap
Treasurer:  Shirley Dodds, Godfrey
Secretary:  Doris Heaton, Benton

Area 2 Representative:  Bob Kaplan, Schaumburg
Area 4 Representative:  Donna Sargent, Rushville
Area 6 Representative:  Bill Funkhouser, Godfrey
More than 100 billion neutrinos pass through your body every second.
The biomass of all the ants in the world exceeds the biomass of all the humans.
A language dies every 14 days.
Wild Bill Hickok’s brother, Lorenzo, was nick-named “Tame Bill Hickok.”
There are 10 times more stars in the universe than there are grains of sand on earth.
British cows moo in accents specific to their regions.
In Spanish, “esposas,” means both wives and handcuffs.
The average pencil can write 45,000 words or a line about 35 miles long.
Twice as many people are killed by vending machines than by shark attacks.
Dragon flies flap their wings in a figure eight pattern.
Ants can survive being cooked in a microwave oven by dodging the rays.
The Bible is the most shopped book in the world.
Buzz Aldrin’s mother’s maiden name was “Moon.”
The ozone layer above the earth smells faintly of geraniums.
Half of Napoleon’s army of 30,000 at the battle of Eyleu were burglars.
In 2003 six monkeys were tested to see how long it would take to type the works of Shakespeare. After six months they had failed to produce a single English word, broke the computer, and used the keyboard as a toilet.


Stanley Ackerman  Cynthia Morgan
Patricia Behnke  Marcia Neddenriep
Martha Christman  Mel Norman
Beverly Cornell  Jon Petterson
Richard DuFour  William Ritcher
Edward Esler  Joseph Rushforth
Les Gilkey  Mary Jane Falyards
Joan Harvey  George Samuelian
Art Hildebrand  Katheryn Schueneman
Diane Hunter  Bill Schuett
Elizabeth Iwert  Ann Siegel
Paul Keller  Margaret Sikes
Irene LaBelle  Lois Sooley
Donald Lang  Iris Spindler
Lionel Lebeau  Margaret Vath
Lee Miller  Marion Young

ATTENTION!
If there is a change in your E-mail address, or if you now have one for the first time, please contact our database manager as soon as possible at dier@writeme.com
Thank you.
Not so long ago, people like my Aunt Muriel thought of sunburn as a necessary evil on the way to a "good base tan." She used to slather on the baby oil while using a large reflector to bake away. Aunt Muriel's mantra when the inevitable burn and peel appeared: Beauty has its price. Was she ever right about that price—but it was a lot higher than any of us at the time recognized. What sun addicts didn't know then was that we were setting our skin up for damage to its structural proteins and DNA. Hello, wrinkles, liver spots and cancers. No matter where your complexion falls on the skin type scale, ultraviolet radiation (UV) from the sun or tanning beds will damage your skin!

Don’t Fear Fruits’ Sugars

There is no need to shun the sugars in whole fruits. In a study of 4908 subjects, those with dietary patterns characterized by higher intakes of fruit were 12% less likely to be obese that those with lower fruit intakes. But people who had a diet high in sugary soft drinks and chocolate were about 9% more likely to be obese. “Natural sugars, such as in sugar-sweetened drinks, are chemically similar, but research suggests they have opposite effects on our health,” says Katherine Livingston, lead author of the study from the institute of physical activity and nutrition at Deakin University in Australia. “This is because the combination of other nutrients that make up the food (and your overall diet) is very important. Fruits should be encouraged as they are an important source of many important nutrients, such as potassium and fiber. In contrast, sugar-sweetened drinks are high in calories and low in nutritional value.” In looking at people’s diets as a whole, those who ate more fruit were less likely to eat white refined bread, processed meats and high-calorie drinks, snacks and drinks. Data were from the recent Australian Health Survey, which included recalls of food intake and in-person height and weight checks. The study was in the British Journal of Nutrition.

I keep seeing scary TV commercials about shingles urging people to get the vaccine. Should I?

YES! If you are 60 or older, shingles or Herpes zoster occurs when the chicken pox virus reactivates later in life, causing a blisterly rash almost always in a limited area on one side of the body. Because there was no chicken pox vaccine until 1995, some 99.5 percent of adults born in the U.S., who were older than 40, were infected in childhood and, therefore, still have the virus present in their bodies. Once the rash clears up, usually within 3 to 6 weeks, about 20% of sufferers are left with mild to severe nerve pain, postherpetic neuralgia (PHN), that can last for months or even years. The vaccine, Zostavax, available since 2006, reduces the chance of shingles by only 51%. But if you do get shingles even after getting the vaccine, it will still ease the severity of the symptoms and cut the risk of having PHN by 67%. The risk of shingles rises with age—possibly because as a result of a weakened immune system—so it’s best to get the vaccine by age 60 or later, when you’re most likely to get sick. The current vaccine’s effectiveness begins to wane within the first five years, and no booster is currently licensed, although research is actively underway. Additionally, a two-dose vaccine that offer significantly more protection is in the works though not yet approved. Also be aware that the current shingles vaccine is not always well-covered by insurance. And it’s pricey ($200 or more) so check with your insurance provider, so you are aware of the coverage and cost!

Things to ask your doctor:

1. Which health websites do you use (trust)?
2. What is this medication I’m taking and why?
3. For smokers: How can I get help to stop smoking?
4. Are my vaccinations and screenings up-to-date?
5. What’s my healthy weight and how can I obtain it?
6. What do you do to stay in shape?
7. If I am prescribed an opioid pain killer, is it really necessary, What other choices are there to reduce pain?
8. What are some things I can do before my next appointment?
9. If your doctor orders a test, ask what are you looking for?
10. If your doctor orders a particular treatment, ask there any alternative treatments?
Your Last Chance to be at the IRTA Convention!

Go for it!

Convention 2017

     3000 South Dirksen Parkway, Springfield, IL 62703
     Phone: (217) 529-7777
     Room: $109 plus tax (double occupancy).
     E-mail address: afiler@cpspringfield.com
When: Monday and Tuesday, October 30 and 31, 2017.
Who: any retired teacher who belongs to the IRTA in good standing.
Why: to be enlightened and brought up-to-date on issues that concern us.
What you need to do:
Make your own hotel reservations (see above). You pay for this.
Make travel arrangements (you pay for this UNLESS there are three or more in your vehicle then
you will be reimbursed for $75.00.)
The LCRTA will pay for the registration fee of *$45.00.
The LCRTA will pay for the Monday buffet lunch of $25.00.
The LCRTA will pay for the Monday evening banquet on Oct 30th: $32.00.
You pay for all “other” meals, raffle tickets, cocktails, gratuities, souvenirs, etc.

Join LCRTA, Monday, October 30th and 31st in Springfield. The convention will have its share of
business with committee reports, legislative updates, TRS reports, recognition of past presidents,
recognition of outstanding unit members, elections, and other items. But, there will also be plenty
of fun with expanded exhibits from numerous vendors, firms, and organizations.

Give* check to treasurer, Ray Reidel (or send to LCRTA, PO Box 8107, Gurnee, IL 60031)
for $102.00. You will be reimbursed following the Convention.

*Spouses or other non-members will NOT pay the registration fee of $45.00

See Jim Benton for a detailed itinerary of the convention.
Lake County, Illinois
Annual Fall (October 10th) Luncheon Reservation Form:

Complete the information below for your luncheon reservation, detach, and enclose your check. Make checks payable and mail to: Lake County Retired Teachers Association, P.O. Box 8107, Gurnee, IL 60031

Name________________________________________________. Luncheons @ $23.00 ea. _______
Address _____________________________________________
Guest’s Name _______________________________________ LCRTA Scholarship contribution _______
Total enclosed _______

Polish Family Style Meal:
Polish Sausage, Sauerkraut, Pierogies. Golabki (stuffed cabbage), Pork Roast, Mashed Potatoes, and Kolaczki for dessert. Coffee or Tea

Enclosed find check for ____ reservation(s) plus contributions. Entertainment both during and after the meal

Reservations must be received by Tues., Oct. 5, 2017

Reflections Restaurant in Lake Villa.
38564 N. Edgewood
Lake Villa, IL 60046
(847) 265-4170
Tuesday, October 10, 2017, 11:30 AM

(West of Highway 45. East of Route 83. North of Grand Avenue, off Deep Lake Rd.)

* Directions to Reflections Restaurant:
Take Grand Avenue to Deep Lake Road, go north approximately 1/2 mile. Turn West onto 2nd Street. Continue on 2nd Street until it ends, Reflections is at the end of 2nd Street on Edgewood.

Membership Form for the LAKE COUNTY RETIRED TEACHERS ASSOCIATION
for the calendar year 2018: (Refer to the mailing label for your membership status) Please note!!!!

Active Membership:
Annual dues: $20.00
Life dues: $150.00

Associate Membership (Spouse of a member only):
Annual dues: $20.00
Life dues: $75.00

(If the address label is yellow, you need to renew your membership!)

(Print) Name: __________________________ Phone __________________________
Address: ______________________________________ Year retired ________ from District Number ______
City __________________________ State ______ ZIP ___________ E-mail __________________________

Return this form with your check payable to the LCRTA, P.O. Box 8107, Gurnee, IL 60031

Special NOTE: The above dues application form is for your local (LCRTA: Lake County Retired Teachers Ass’n.) dues ONLY!!! If you are interested in joining the state level organization (the IRTA), that is a separate issue. Contact the state office of the IRTA in Springfield at (800) 728-4782 or log on to our local website at address www.lcrt.com for a link to the state office website and further information and forms about state membership.
In conjunction with the passage of a state budget for fiscal year 2018, the Illinois General Assembly approved a new law that significantly changes the Illinois Pension Code by creating an optional "Tier III" benefit structure and changing the way state government funds TRS.

None of the Pension Code changes enacted on July 6, 2017 affect active Tier I members or retired members in any way. There are no changes to benefits, active member contributions, or health insurance coverage for Tier I and retired members. There are no changes to Tier II except that these members will be able to switch to Tier III.

The legislature did not extend the state's income tax to retirement income!