

AARTA

Reader

March 2013

Aurora Area Retired Teachers' Association

Over 50 years of working for retired teachers in Kane County to . . .

- * use our influence for the passage of favorable legislation in Springfield, Illinois and Washington, D. C.
- * improve our communication channels for more effective member participation
- * keep our membership informed of current Teachers' Retirement System changes

Thank you, Bill Spence!

Recently Bill Spence retired from the AARTA Board after many years of faithful service. Most recently, Bill served as our public relations chair, but the list of his titles is long.

Bill retired from East Aurora High School where he is remembered as a fun and inspiring choral director. Arlene Hawks says, "Bill is the real 'Music Man'...his talents filled the halls of theatres and hearts of many students...music is his heart and soul....." He also taught language arts.

Since his retirement, Bill has put his energy and love for AARTA to use in many ways. He has been our vice president (2001 & 2002), president (2003 and 2004) and our legislative chair. He has represented us at many regional and state meetings. In fact, he was the director of Region V for four years. Also at the state level, Bill was on the IRTA Community Participation Committee, and he was our unit honoree at an IRTA convention.

Bill was the inspiration for the AARTA scholarship. He was on an advocacy team and attended Lobby Days in Springfield. He was an important part of the committee for our fiftieth anniversary celebration.

Outside of education and AARTA, Bill has been a church organist and a member of the City of Aurora Block Grant Committee. He is currently president of his condo board.

As you can see, this is one very special person!

The members of the AARTA Board will miss Bill's insights and sense of the groups' history. Thank you, Bill, for your dedication and many contributions to AARTA!

President's Message

Greetings to our members as winter drags on here in Illinois along with our pension crisis! These are wintry, cold and very scary times for all of us, and we look forward to the warm, sunny days ahead, weather wise, and for the preservation of our benefits. As many of you are aware, our AARTA is part of the statewide group of IRTA. Marti Swanson, an IRTA area rep., spoke to us at our February luncheon, and we have had others, most noticeably Bob Lyons, who is a TRS trustee. It is very difficult as an average person to keep on top of all the proposals, etc. that happen all too frequently in Springfield. We are fortunate to have highly qualified, competent representatives keeping watch over each issue proposed or written about concerning our pensions. As president of AARTA, I receive timely and detailed information from IRTA regarding any concerns we should have, either immediate or just floating out there. I would be happy to share these with anyone interested. But, for the majority of you, I encourage you to keep in touch by regularly visiting our local website and checking the links to IRTA. Knowing exactly what is going on in Springfield and what kind of proposals are being talked about will help us weather the storm.

One position IRTA has strongly endorsed regards the unconstitutionality of various proposals put forward by lawmakers to help solve the state's debt crisis. IRTA has forwarded to me a legal summary citing case law and legal precedent as to why these proposals are unconstitutional and should not be passed into law. IRTA really seems ready to fight anything that they feel goes against specific constitutional language in court, if and when such legislation gets passed. I would be glad to forward it on to anyone interested. Also, I have received from Bob Lyons a documentation of the return that TRS has made on investments since its loss during the Great Recession. The results are very favorable indicating how well TRS has been investing its money. Of course, IRTA tries to keep us informed on when and how to contact lawmakers regarding pending issues. These are also posted on their website, as previously noted. We all need to be encouraged that we are not alone in this storm and others are keeping watch and informing us along the way, but we all must do our part by contacting lawmakers when necessary.

On March 18, a group of board members will be attending the IRTA Area 2 Conference. We will, at that time, be hearing from an impressive array of speakers including a state senator, both the executive director and vice president of IRTA, the executive director of TRS and Bob Lyons, a TRS Annuitant Trustee. We will share that information with you at our April luncheon.

Sorry this could not bring better news, but feel comforted by the fact that we do have a competent organization watching out for our interests. Hope to see and greet each one of you at our April 2 luncheon, 12 noon at Gaslight Manor!

Ron Nickerson, President



Warm Fuzzies Help

We are looking for people to help deliver our blankets to area senior centers in June. If you would be willing to take them to one center in Aurora or Batavia, let Barb Zillgitt know. This is an important community outreach program, and your help would be greatly appreciated.

Blankets:

- **may be made of any washable material**
- **may be tied, knitted, crocheted or quilted**
- **should be approximately 30-36 inches wide and 36-48 inches long**
- **will be collected at our meeting in June.**

Directions for tied fleece blankets will be available at each of our luncheon meetings.



As of March 1, we had \$6,543.70 in our scholarship fund. \$1500 of this will be used for our 2013 scholarship; the rest will be put toward an endowment fund of \$10,000. This means that we are half way to becoming an endowment fund!

Happiness is a new box of crayons!

Wow! What a great response we had in February to our first ever ASK. (AARTA Supporting Kids) project! We collected bags and bags of crayons and pencils which Pam Colwell, Yvonne Hollingsworth and Barb Zillgitt delivered to McCleery School in West Aurora. You can see that they were enthusiastically accepted. Thank you to everyone who was able to participate in this new AARTA venture.



At our April lunch, we will be collecting **24-count Crayola Crayons, 12-inch rulers with inches and centimeters noted, and glue sticks** for students at Hermes School in East Aurora, District 131.

Next fall we will collect items for other schools in our area. If you know of a school that could benefit from our help, let us know. If the school you suggest is chosen, you will need to contact the school to find out the needs and assist with the delivery of the items.

We hope you will be able to help us continue to make a positive difference for students in our area and introduce AARTA to active teachers and the community.



HEALTH NOTES from FAY WILSON

In Remembrance

Renee Bulatek, December 8, 2012, taught business and marketing for over thirty years.

G. Edward Nelson, July 17, 1925 - March 3, 2013 was a band director in East Aurora for twenty-three years.

If you know of the death of anyone who has ever been a member of AARTA, please contact Barb Zillgitt (barbzillgitt@earthlink.net or 630-896-2451).

AARTA remembers each of these members with a \$15 donation to the IRTA Foundation and with contributions to our scholarship fund with the Community Foundation.

The IRTA is offering free 2013 memberships to current nonmembers who agree to have \$2.00 deducted from their pensions each month for continuing membership beginning in January 2014. Forms will be available at the April lunch and on our website.

By joining IRTA you are able to connect with VoterVoice which keeps you informed of legislative issues and allows you to easily contact your legislators.

There will be a retirement party for Barb Vlasvich on May 4, at 5:30 p.m. at Riverside Reception in Geneva. Anyone interested in attending, should contact Cynthia Latimore at cclatimer@sd129.org.



A Good Night With Sweet Dreams!??

Based on data published by the Centers for Disease Control and Prevention, thirty-five percent of adults, on average, get less than seven hours of sleep every 24 hours. The National Institute on Aging (NIA) says older adults need between seven and nine hours EACH night. Sleepless nights can result in trouble concentrating, poor memory, drowsy driving risks, and trouble dealing with life's little irritations.

Chronic lack of sleep has been linked to possible increase risk for obesity, diabetes, high blood pressure, heart disease, infection, and depression. AND, researchers find people who regularly sleep less than 6 hours a night have shorter life spans than those getting closer to eight hours of solid rest most nights.

For information about the state of your sleep, the National Sleep Foundation recommends asking yourself these questions:

- Does it take you more than 30 minutes to fall asleep?
- Do you wake up often at night or early in the morning and have trouble going back to sleep?
- Do you feel groggy or lethargic, instead of refreshed, when you wake up?
- Do you feel drowsy during the day, especially during monotonous situations?

If you found that you might have sleep issues, try practicing the "sleep hygiene" tips listed below. If you have always thought yawning was just a breathing exercise (HA!), think again. If, after trying the following tips with little or no success, you may need to see your doctor.

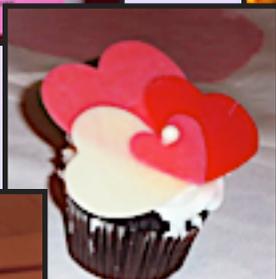
These suggestions from the National Sleep Foundation might help you have a good night with sweet dreams!

- *Stick to a schedule. Keeping activities and routines at the same time helps the body's inner clock run smoothly.*
- *Avoid stimulants. Caffeine, diet drugs, and some pain relievers can disrupt sleep. Nicotine interferes with deep sleep, and nicotine withdrawal can cause early morning awakenings.*
- *Limit alcohol. It hampers deep, restorative sleep.*
- *Get physical. Daily exercise promotes sound sleep, as long as it is three hours prior to bedtime.*
- *Avoid overindulgence. Stay away from late-night meals, high-fat foods, and huge portions.*
- *Unwind before bedtime. Do anything you find relaxing.*
- *Keep cool. A cool, dark, quiet room promotes sleep. If you are too hot or cold, you'll toss and turn.*

Source: "Life Times" BlueCross Blue Shield of Illinois, March-April 2012 issue.

PS. Coming next: Sleep apnea

February Lunch



Thank you, Proofreaders!

Friday, March 8, was National Proofreading Day, and I'd like to thank the wonderful people who help proof *The Reader*.

Because of their keen eyes, attention to detail, and understanding of writing, our newsletter is much more accurate and readable.

For the last year Virginia Albertino, Meg Safarik, Val Petkus, Mary Kay Griffith, Jerry Lubshina, and Linda Allison have served as our proofreaders. Please join me in thanking them for this wonderful service to AARTA.

If you would be interested in being part of this group, let me know. It doesn't take much time, there are no meetings to attend, and vacations are allowed.

Barb Zillgitt
barbzillgitt@earthlink.net



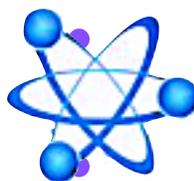
PUN FUN

The guy who fell onto an upholstery machine was fully recovered.

He broke into song because he couldn't find the key.

She was only a whisky maker, but he loved her still.

A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.



Two hydrogen atoms meet. One says, "I've lost my electron." The other says, "Are you sure?" the first replies, "Yes, I'm positive."

There was a person who sent ten puns to friends with the hope that at least one of the puns would make them laugh. No pun in ten did.

Happy Birthday!

March

Margaret Nickerson	1
Mary Jaeger	5
Sue Darby	9
James R. Morris	9
Velda Fisher	12
Ann Luker	12
Bobbi O'Meara	13
Charlene Haley	19
Linda Rohr	21
Shirley McNight	22
Bill Wallbaum	23
Kathy Hanson	24
Kathy DeTolve	24
Patricia Hogan	29

April

Pat Galigar	9
Kirk Harding Jr.	14
Rosalie Veneris	19
Sandy Kelly	23
Lloyd Jones	26
Lenore Nier	27

May

Pam Colwell	7
Betty Lou Smith	8
Robin Hedrich	9
Marlin Mittag	17
Joan Olson	21
Val Petkus	21
Clare Vignola	23
Barb Nothnagel	24
Bob Nelson	28

If you would like to have your birthday listed in The Reader, send your information to aurorartdtdchrs@hotmail.com or contact Barb Zillgitt at 630-896-2451.

Play Ball!

WHAT: Cubs vs. Brewers

WHEN: Thursday, **June 27, 2013** - Game time is 1:00 p.m.
(Bus leaves East High Door #15 at 8:45 a.m..)

WHERE: Miller Park, Milwaukee, Wisconsin



COST: Total Package with Coach Bus - \$60.00

\$30 – Outfield Bleacher Seat, **right** field. Not in the sun!!!
Tailgate: Yes – bring dish to pass and BYOB

Return to Dick Schindel, 784 Morningside; Aurora, IL 60505. Checks payable to Dick Schindel. Must have **entire** payment balance on or before

Friday, May 10, 2013.

Questions? Call Dick Schindel 630-921-1307

Sponsored by: Dick's Mini Donuts, LLC

(return bottom portion to D. Schindel)

Cubs vs. Brewers

Name _____ Phone # _____

Address _____

Building (if applies) _____

of Tickets _____ Amount Enclosed \$ _____

Return to D. Schindel, 784 Morningside, Aurora, IL 60505 by Friday, May 10, 2013. Questions? Please call 630-921-1307

Tickets will go fast!!

"He's Gone"

WHAT: Sox vs. Detroit Tigers

WHEN: Monday, July 22 Game Time – 7 p.m.
(Bus leaves East High Door #15 at 4:15 p.m.)

WHERE: US Cellular Field

COST: \$40/person (Includes Coach Bus)

DUE NOW: \$20/ticket (Lower Box Seat)

TAILGATE: Bring dish to pass and BYOB

Return to Dick Schindel, 784 Morningside, Aurora, IL, 60505. Checks payable to Dick Schindel. Must have ticket payment **on or before Friday, May 24.**

Balance will be due Friday, June 28.

Questions: Call Dick Schindel 630-921-1307.



Sox vs. Tigers

Name _____ # Tickets _____

Phone # _____ Amt. Pd. _____

Checks payable to Dick Schindel. Ticket money due May 24. Send to 784 Morningside, Aurora, IL 60505. Questions? Call – 630-921-1307.

Minutes from Our Last General Meeting

AARTA Luncheon Meeting, February 5, 2013

Gaslite Manor

Lunch dates for 2013

April 2
June 4
October 1
December 3



Go-to People

If you need to contact someone from the AARTA to share information or solve a problem, here are the people that can help:

Change of address: Sue Fitzsimons, 630.896.7419

Change of email address, website: Meg Safarik, 630.896.7274

Legislation: Jerry Lubshina, 630.896.0029, or Linda Allison, 630.355.0690

Lunch reservations: Ann Luker, 630.466.4705, or Joanne Hughes, 630.292.4416

Membership questions: Sue Fitzsimons, 630.896.7419

For a **membership form**, contact Sue or go to our website:

www.auroraarearetiredteachersassociation.org

Missing Readers: email: Meg Safarik, 630.896.7274; US mail: Barb Zillgitt, 630-896-2451.

New members, ASK: Pam Colwell, 630.897.0057 or Yvonne Hollingsworth, 630.466.7995

Newsletter items, Warm Fuzzies, scholarship fund: Barb Zillgitt, 630.896.2451; barbzillgitt@earthlink.net

Programs: Arlene Hawks, 630.986.6001; Dick Schindel, 630.898.1307

You may also contact us by email at aurorardtchrs@hotmail.com.

President Ron Nickerson called the meeting to order at 12:00 P.M. The Pledge of Allegiance was said and “My Country Tis of Thee” was sung. Marti Swanson (President of IRTA Area 2) spoke of the upcoming March 18 meeting, and members were encouraged to attend this meeting. She also passed out forms for the IRTA PAC and talked about how the IRTA legal defense fund is trying to protect our pensions.

Jan Oncken spoke for the Aurora Area Literacy Foundation and encouraged volunteerism for this organization. Veronica Radowitz also spoke for this organization. Arlene Hawks introduced our speaker for the program, Gloria Niedbala, from Country Garden Cuisine.

After our luncheon Ron reminded us of the Fox Valley Park District’s Vaughn Center reduced-fee memberships. He also announced an upcoming AAUW March tea. The secretary’s report was accepted, and we were once again reminded of volunteer opportunities for Kiwanis and CASA. Meg Safarik reported that we now have \$7,578 in our treasury. We will added \$500 to our 2013 scholarship. We now have over 400 members, and our new directory is at the printer’s. We were all encouraged to check out our website.

Jerry Lubshina reported on the January 2 meeting at East High sponsored by Northern Illinois Coalition for Jobs with Linda Chapa LaVia (one of our state representative) present. Three ideas were presented for pension reform.

Arlene Hawks stated that we may attend a March 14 Drury Lane production of “Sunset Boulevard.” A sign-up sheet was available. Dick Schindel gave these upcoming dates for sporting events: March 9 — hockey game, June 27 — Cubs game in Milwaukee, July 22 — White Sox game. Arlene also promoted July performances of *The Sound of Music* which she will be directing. This will be held at the Paramount. Barb Zillgitt thanked everyone for donating pencils and crayons for our new School Supplies Project [ASK]. This month’s supplies will go to McCleery School in West Aurora. The next collection of supplies will go to a needy East Aurora school. Barb also talked about our “Warm Fuzzies” program (due in June) and procured more volunteers for this worthy endeavor. Members were reminded to cut out and save the “Go To” section of AARTA officers on if people have questions or concerns.

Our next luncheon meeting will be April 2 with an olive oil theme. Gloria from the Country Gardens Cooking School provided us with an informative demonstration about cupcake decorating. We closed the meeting with the 50/50 raffle.

Respectfully submitted,

Margaret Nickerson, Secretary

Visit our website and make it one of your favorites!

www.auroraarearetiredteachersassociation.org

AARTA Board of Directors and Committee Chairs

President: *Ron Nickerson*
Secretary: *Margaret Nickerson*
Treasurer: *Meg Safarik*
Immediate Past President: *Maureen Granger*
Foundation Services & Welfare: *Kirk Harding*
Health Information & Protective Services:
Fay Wilson
Legislative: *Linda Allison, Jerry Lubshina*
Member Benefits: *Marlin Mittag*

Membership: *Sue Fitzsimons, Tom Griffith*
Newsletter: *Barb Zillgitt*
Program: *Arlene Hawks, Dick Schindel*
Public Relations:
Retirement Education: *Yvonne Hollingsworth,*
Pamela Colwell
Sunshine: *Dorothy Ellis*
Directory: *Dennis Erford, Tom Griffith*
Reservations: *Ann Luker, Joanne Hughes*
Scholarship Liaison: *Maureen Granger*

Board meetings are held at 9:00 a.m. on the first Tuesday of January, March, May, September and November at Jennings Terrace, 275 S. LaSalle, Aurora.

General luncheon meetings are at 12:00 on the first Tuesday of February, April, June, October and December at Gaslite Manor, 2485 Church Road, Aurora.

Newsletter items are due by noon on the first Tuesday of January, March, May, September and November. Send them to barbzillgitt@earthlink.net.

LUNCHEON RESERVATIONS

Program: **Olive Oil**
Where: **Gaslite Manor, 2485 Church Road, Aurora**
When: **Tuesday, April 2, 12:00**
Price: **\$15.00**
Reservation due date: **Friday, March 22, 2013**



Last name that begins with the letter A through L -

Send a check made out to AARTA to: **Joanne Hughes, 243 S. Randall Road, Aurora, IL 60506**

Last name that begins with M through Z -

Send a check made out to AARTA to: **Ann Luker, 1978 Fay's Lane, Sugar Grove, IL 60554**

Number of reservations _____

Number of VEGETARIAN MEALS _____

Name _____

\$15.00

Name _____

\$ _____

Total \$ _____



Celebrate with Olive Oil April 2 Gaslite Manor

Angelo Chresanthaks of Basils Greek Dining, Aurora, will share with us the history of and the tasting of olive oils from around the world

We will be collecting items for
Hermes School in East Aurora*.
Come and bring a guest.

*See article on p. 2 for details

Menu

(Featuring items prepared with
olive oils)

Salad – choice of olive oil dressings
Bread – basil pesto or butter
Greek Herbed Chicken
Rice Pilaf
Glazed Carrots
Rainbow Sherbet
Coffee, Tea – Cash Bar