

# AARTA Reader

Aurora Area Retired Teachers Association



Over 60 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
- ★ present a positive image in the community through our outreach programs



## President's Message

Greetings once again, AARTA members,

I felt a tremendous void on Tuesday, February 1, as something just didn't seem quite right. How about you? Our cancelled February luncheon was the first time in anyone's recollection that we didn't meet as a group in some capacity. The weather was just too iffy and the new pandemic scare was too early for group interaction. Hopefully, that will not happen again.

I guess it is finally time to realize that we'll be living with this virus and its mutations, so our lives must adapt and move forward. Life is not to be lived in fear and trepidation. So, that being said, please mark your calendar for our next luncheon on Tuesday, April 5, 2022, at the Gaslite Manor. Please come to reconnect with our group members. For all those attending, there will be a little surprise at your place setting to help you feel safe. 😊 (No, not a Doberman puppy)

After being quiet in Springfield, it got noisy and loud pretty quickly when an attempt was/is being made to cut funding regarding payments to our health care coverage. If you aren't currently an IRTA member, or if you're covered under another private insurance plan rather than Trip/Trail coverage, please help those of us under Trip/Trail to keep our health coverage intact through IRTA watchdog efforts. Please join IRTA to help fight for all of us,

Baseball fans, we now have two dates for games this summer, and they're both now going to be fundraisers for our two local food banks to help our community members in need. The White Sox game in Chicago is Sunday, June 26, and the Cubs at Brewers in Milwaukee is on Sunday, August 28. Please see all the details on later pages in this *Reader* issue. If there is a day trip or program that you'd be interested in attending, please let any board member know. We'd like to resume pleasant day outings.

Again, the positions of vice president and president are still vacant. We're even considering co-chairs for these positions. Please step up.

New 2022 AARTA directories are being prepared for distribution at our April luncheon. They will be mailed to out of state and honorary members before April 5, and if your directory is not picked up at April 5<sup>th</sup> lunch.

I hope to see you Tuesday, April 5.

Dick Schindel, Acting AARTA President

*The day the Lord created hope  
was probably the same day he created spring.*

Bern Williams

AARTA is fortunate to have a wonderful team of volunteers who proofread each edition of *The Reader*. In honor of Proofreading Day, which is March 8, we would like to thank **Virginia Albertino, Linda Allison, Anne Beatty, Katie DeSotell, Jerry Lubshina, Carol McCloud, Val Petkus, Meg Safarik, and Susan Schindel** for their help in making *The Reader* a much better publication

If you would like to be part of this special group, contact Barb Zillgitt at [bzillgitt685@gmail.com](mailto:bzillgitt685@gmail.com). All it takes is a computer and less than an hour of time for each issue.

Another big thank you goes to **Dick and Susan Schindel** who have helped get the newsletter ready for mailing!



**Sunday,  
March 13.**

## AARTA Board of Directors and Committee Chairs

**President:** TBA

**Secretary:** Linda Weiss

**Treasurer:** Meg Safarik

**Immediate Past President:** Meg Safarik

**ASC:** Concetta Baltz, Penny Bailey

**Health Information & Protective**

**Services:** Fay Wilson

**Legislative:** Linda Allison,

Jerry Lubshina

**Member Benefits:** Mary Ann Soszynski

**Membership:** Susan Schindel

**Newsletter:** Barb Zillgitt

**Program:** Arlene Hawks, Dick Schindel

**Public Relations:** Maureen Granger,

Ron Nickerson

**New Retiree Outreach:** Kim Becker, Kay

Volkert

**Scholarship Liaison:** Maureen Granger

**Raffle:** Kim Becker, Itsuko Martinez,

Sharon Waters

**Reservations:** Ann Luker, Cheri Sager

**Sunshine:** Jo Fredell Higgins, Mary Ann

Soszynski

**Friendship Blankets:** Eva Balek

## Health Notes from Fay Wilson



### Sugary Sweet

In the two previous newsletters, salt in our diets was addressed. Now I want to look at sugar in our diets.

When it comes to sugar, we must make the distinction between naturally occurring sugars and added sugars. Natural sugars are found in fruits, vegetables and milk. Fruits and vegetables contain water, fiber, and various micronutrients. These sugars are perfectly fine, BUT this is not true of added sugars.

Added sugars are sugars and syrups that are added to foods and drinks when they are prepared, such as baked goods, breakfast cereals, soda drinks, chocolate, and processed foods. By checking the nutrition labels, you can see which foods have less sugar added. Be aware of the other words used to describe added sugars found in foods and drinks which include cane sugar, brown sugar, high fructose corn syrup, honey, fruit juice concentrate, corn syrup, fructose, sucrose, glucose, and dextrose.

We need to keep in mind that consuming excessive amounts of added sugars is associated with a number of diseases including, but not limited to, obesity, type 2 diabetes, heart, liver and kidney disease, aging skin and the risk of developing certain cancers. Keep in mind that added sugars have no added nutrients. It is difficult to say what a safe amount of sugar is per day. Some of us can eat any amount of sugar while others of us should strongly monitor our intake.

The American Heart Association (AHA) recommends that men get no more than 150 calories (37.5grams) per day from sugars and women no more than 100 calories (25 grams) per day. US dietary guidelines advise people to limit their total (natural and added) sugar intake to less than 10% of their daily caloric consumption.

All of us AARTA-ites are sugary sweet, cherished, and adored retired educators. We have to stay healthy in our “Golden Years” in order to keep supporting American public education! So, we’ll continue to limit our salt intake and minimize added sugars in our diet. 🙌 !!

Sources: [healthline.com](https://www.healthline.com), “Daily Intake of Sugars,” June 12, 2021; [cdc.gov](https://www.cdc.gov), “Know Your Limits for Added Sugars,” June 13, 2022

**Board meetings** are held at 9:15 a.m. on the first Tuesday of January, March, May, September, and November. Meetings are being held at Luigi’s, 732 Prairie St., Aurora. Members are welcome to attend board meetings.

**General luncheon meetings** are at 11:30 a.m. on the first Tuesday of February, April, June, October, and December at Gaslite Manor, 2485 Church Road, Aurora.

**Newsletter items** are due by the Monday before the Board meeting in January, March, May, September, and November. Send them to [bzillgitt685@gmail.com](mailto:bzillgitt685@gmail.com).

## 2022 Lunch Dates

**April 5**

**June 7**

**October 4**

**December 6**

## Random Thoughts . . .



Age 60 might be the new 40, but 9:00 p.m. is the new midnight.

Save the earth..... It’s the only planet with chocolate!

If you can’t think of a word, say “I forgot the English word for it.” That way people will think you’re bilingual instead of an idiot.

If a vegetarian eats vegetables, what does a humanitarian eat?

Baseball is 90% mental and the other half is physical. Yogi Berra

You are never too old to set another goal or to dream a new dream.

C. S. Lewis



# AARTA Outreach



## Friendship Blankets (AKA Warm Fuzzies)

The outside is starting to wake from a long winter sleep, and the singing of birds is music to our ears, but before you go out to play, use these unpredictable days to finish up those **Friendship Blankets**. Thank you for your consistent effort to keep this community service project as robust as it has been. We will be collecting blankets for delivery at the June 2022 lunch meeting.

The only requirements are size (36" x 48" or a bit smaller), washable material, and short or no fringe.

If you have questions, contact Eva Balek: 630-913-6318 or [ebalek@gmail.com](mailto:ebalek@gmail.com).

## ASC – AARTA Serving Community

At our April luncheon ASC will be collecting **new books for grades Pre-K through 12**. Your kind donations will be distributed through the Marie Wilkinson Food Pantry — Aurora East High School Distribution Program and through the Aurora Interfaith Food Pantry to reach our families in need. As always, we will be happy to shop for you if it is more convenient to donate money. We know you've purchased many books for your students over your years of teaching. Won't it be fun to browse that section again now? Thank you for your continued support for our ASC projects.



## 2021 Scholarship Winner

Katelyn Schultz, our 2021 scholarship winner, has sent AARTA a wonderful thank-you letter. Katelyn will be receiving her associates degree with honors in May and will be attending Southern Illinois University's college of business in the fall where she will be majoring in hospitality, tourism, and event management.

From Katelyn's letter:

*"I am genuinely grateful for scholarships such as yours and later in life I hope to one day be able to provide funding to future college students. . . . Because of your support I have been able to continue my educational career and am a step closer to making my future goals come true. I will be thinking of you as you begin your process in selecting the 2022 scholarship recipient and wishing you all the best."*

Each year, AARTA provides a \$1500 scholarship to a community college or trade school. Our scholarship fund is administered by the Community Foundation of the Fox River Valley. Students in our area may apply for this scholarship by contacting the Community Foundation: [communityfoundationfrv.org](http://communityfoundationfrv.org)

The AARTA scholarship fund is supported by the 50/50 raffles at each of our lunches and by individual contributions. You may honor or remember a retired teacher by donating to our scholarship fund at any time.



## 2022 Excellence in Education Grants for Teachers

The Illinois Retired Teachers Association Foundation is offering a total of \$36,500 in grant money to public school educators (Pre-K through 12) for special classroom projects statewide. Applications may be submitted online at the IRTA website: [irtaonline.org/index.php/foundation/Grants](http://irtaonline.org/index.php/foundation/Grants). Applications must be submitted by June 1, 2022. Please encourage public school educators to apply for this grant money.

## *In Remembrance*

**Audrey Claesson**, July 30, 1927-  
January 3, 2022, taught home  
economics in Big Rock and 6<sup>th</sup> grade in  
Kaneland.

*If you know of the death of an AARTA member,  
please let us know.*

*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 of the Fox River Valley.*

### **OTHER AREA DEATHS**

**Nancy Carpenter**, January 2, 2022, taught  
speech in East Aurora.

**Nancy Jewison**, January 5, 2022, taught in  
Batavia and Wheaton/Warrenville.

**Constance Fornal**, February 12, 2022, taught  
art in East Aurora.

## *Membership Information*

Thank you to all who continued their membership through AARTA dues for 2022. Even if you cannot attend our luncheon meetings, your membership dues still work to help carry on our many community offerings, such as our yearly scholarship, mailings, directories, etc. We are a non-profit organization and all officer/board positions are voluntary posts. We strive to have our communities know that even though we are retired we still care deeply about being involved and active.

**The AARTA 2022 Directory** will be available at our April 5<sup>th</sup> luncheon meeting for distribution. If you'd like a friend to pick up your directory, permission must be granted to them, and they will need to sign for it. Out-of-state and honorary members will have their directories mailed to them before April 5. Any directories not picked up at the luncheon will be mailed after April 5.

Thank you to Meg Safarik and Barb Zillgitt for their invaluable help in gathering up-to-date information for inclusion. And a big thank you to Susan Schindel for all the hours she has spent putting together the new directory and keeping our membership records current and well-organized!



## **Pancake Breakfast with the Easter Bunny!**

**Saturday, April 16, 2022  
7:30 - 11:00 a.m.**

**Luigi's Fun Center  
732 Prairie St., Aurora, IL**

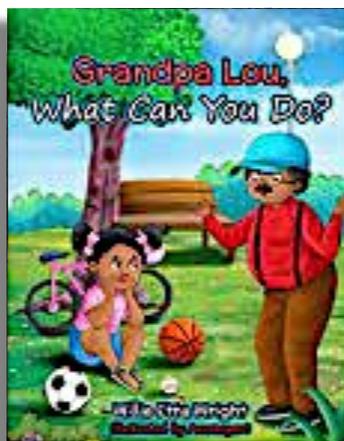
**Adults \$7 Kids \$5**

**Questions? Call 630 921 1307**

**Sponsored by the Aurora Noon Lions**



## *Author! Author!*



Congratulations to **Willie Etta Wright** who has published her second book, *Grandpa Lou, What Can You Do?* It is available through Amazon and Barnes & Noble. How exciting!

We'll get to see her new book "in-person" at our June luncheon.

**[aurorartdchrs@outlook.com](mailto:aurorartdchrs@outlook.com)**



Keep saving birthday cards for our Sunshine Lady, Jo Fredell Higgins. You may bring them to the next luncheon and/or give them to any of our board members.

### Directory Updates

**Arundale, Sande** 630 879 8822

**Flynn, Arlene**  
Plum Landing  
495 N. Lake St. Apt. 505  
Aurora, IL 60506

**Popolizio, Vincent**  
605 Edward Drive  
Romeoville, IL 60446



Try going GREEN with your next newsletter. Switch from the paper copy to the emailed copy. Contact Susan Schindel (630 898 1307) to make the change.

If you have asked to receive *The Reader* by email and are not receiving it, please check your spam or junk inboxes. Make sure you list AARTA, [aurartdtchrs@outlook.com](mailto:aurartdtchrs@outlook.com), in your contacts. If that doesn't work for you, contact AARTA at that address for more help.

### Cubs vs. Milwaukee Brewers

#### Strike Out Hunger

#### Aurora Interfaith Food Pantry Fundraiser

**WHEN:** Sunday, August 28, 2022 — 1:10 p.m. game

Bus leaves from East High, Door 15, at **8:30 a.m.** **WHERE:** Milwaukee, WI

**COST:** \$100 — \$18 will go to the food pantry

**ENTIRE PAYMENT DUE** by Friday, July 22, 2022

**Tailgate:** Yes, bring a dish to pass and BYOB

Sponsored by AARTA

Return to: Dick Schindel, 784 Morningside Ave.

Aurora, IL 60505.

**Checks payable to AARTA.**

Questions? Call Dick Schindel 630-921-1307.



### Cubs vs. Milwaukee Brewers

Name \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Number of Tickets \_\_\_\_\_ @ \$100 per ticket

Amount Enclosed \$ \_\_\_\_\_

Return to D. Schindel, 784 Morningside Ave., Aurora, IL 60505

**Entire payment due by Friday, July 22, 2022**

Questions? Please call 630-921-1307.

Don't wait to order tickets.

### Sox vs. Baltimore Orioles

#### Strike Out Hunger

#### Marie Wilkinson Food Pantry Fundraiser

**WHEN:** Sunday, June 26, 2022 — 1:00 p.m. game

Bus leaves East High Door 15 at **10:00 a.m.**

**WHERE:** Guaranteed Rate Field

**COST:** \$70 per person — \$26 will go to the food pantry

**ENTIRE PAYMENT DUE** by Friday, May 20, 2022

**TAILGATE:** Yes, bring dish to pass and BYOB

Sponsored by AARTA

Return to: Dick Schindel, 784 Morningside Ave.,

Aurora, IL 60505.

**Checks payable to AARTA.**

Questions? Call Dick Schindel 630-921-1307.



### Sox vs. Baltimore Orioles

Name \_\_\_\_\_

Cell Phone # \_\_\_\_\_

Number of Tickets \_\_\_\_\_ @ \$70 per ticket

Amount Enclosed \$ \_\_\_\_\_

Return to D. Schindel, 784 Morningside Ave., Aurora, IL 60505

**Entire payment due by Friday, May 20, 2022**

Questions? Please call 630-921-1307.

Tickets will go fast!! Don't wait!

# HAPPY BIRTHDAY

## March

Margaret Nickerson	1
Susan Brennan-McGuire	5
Cynthia Newkirk	5
Grayal Gilkey	8
Mary St. Jules	8
Wendell Jeffries	9
Ann Johnson	9
Ann Luker	12
Bobbi O'Meara	13
Cynthia Latimer	14
Edward Guetensberger	16
Doris Turley	17
Debbie Wojtak	17
Cheri Sager	19
Pauline Thomas-Brown	19
Linda Rohr	21
Judi Collette	22
Shirley McKnight	22
Sherilynn Oros	22
Kathy DeTolve	24
Page McCloud	24
Mary Ann Harkness	27
Cherie Esposito	28
Jean McKee	28
Anne Becker	29
Marilee Casazza	31
Mike Gaspari	31

## April

John Frauenhoff	2
Barbara Brady	3
Diane Kupp	4
Jan Oncken	5
Paula Loague	6
Marilyn Hetzler	7
Maria Morelli	7
Mary Banaszak	8
Dale Olson	13
Sue Mundy	16
Carol McCloud	17
John Ruby	18
Marilin Biles	19
Sandy Kelly	23
Marlene Rotolo	23
Betty Gilmore	25
Linda Lanthrum	26
Harrison Schneider	26
Lenore Nier	27
Barbara D. Muschler	29

## May

Ruth Solomon	1
Sandra Frazier	3
Pam Colwell	7
Marlin Mittag	9
Marilyn "Lynn" Newbill	9
Robin O'Connell-Hedrich	9
Debbi Ahlden	11
Cindy Caliendo	12
Janet Klemm	13
Wendi Goins	14
Barbara Johnson	16
Patrice Lence	17
Judy Smith	17
Sandra Smith	17
Carole Snell-Mallett	17
Ellen Voda	18
Patricia Daugherty	19
Robyn Wilson	19
Val Petkus	21
Peggy Bauer	23
Peggy Gosselin	23
Tom Hartman	23
Mary Gilkey	24
Barb Nothnagel	24
Betty Gilmore	25
Dotti LaVoy	27

*If your birthday is missing or incorrect,  
contact Barb Zillgitt at  
[bzillgitt685@gmail.com](mailto:bzillgitt685@gmail.com) or  
331-276-9242.*

## LUNCHEON RESERVATIONS

Where: **Gaslite Manor, 2485 Church Road, Aurora**

When: **Tuesday, April 5, 2022 11:30 a.m.**

Price: **\$20.00**

**Reservation due date: Friday, March 25, 2022**



Last name that begins with the letter **A through L** —

Send a check made out to AARTA to: **Cheri Sager, 512 Oak Crest Dr., North Aurora, IL 60542**

Last name that begins with **M through Z** —

Send a check made out to AARTA to: **Ann Luker, 1089A Woodridge Drive, Sugar Grove, IL 60554**

Number of reservations \_\_\_\_\_

Name \_\_\_\_\_

**\$20.00**

Name \_\_\_\_\_

\$ \_\_\_\_\_

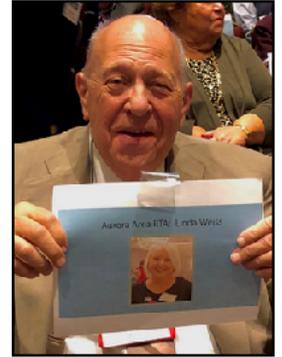
Total \$ \_\_\_\_\_

# From the AARTA Archives



**Drive-thru Lunches**

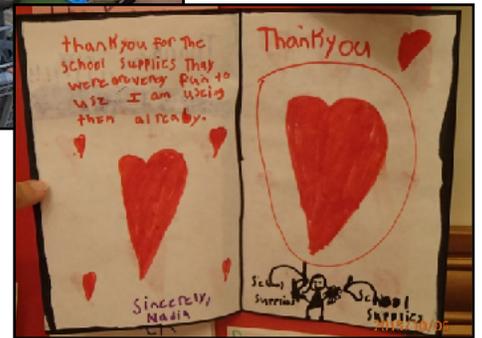
**ASC School Supplies**



**IRTA Convention**



**Food Pantry Help**



**Fun, Entertaining,  
& Yummy Lunches**



**Friendship  
Blankets**



**Ball Games — Cubs & Sox!**



## April Luncheon!



**Yes!** We're going to meet in-person on Tuesday, April 5, for time to catch up with friends, a yummy buffet lunch, and chair yoga. Lisa Manning from the Aurora Yoga Center will help us all shake out the kinks and stiffness of a long winter with movements we all can do while seated.

Make your reservations now for this fun time — and bring a friend.

Check out our website: [auroraarearta.org/home](http://auroraarearta.org/home)