



Boone Retired Teachers Association News



An Illinois Retired Teachers Association Affiliate
Serving Boone County's Retired Teachers

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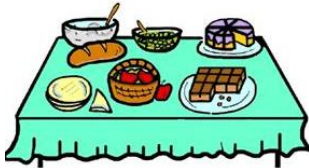
November

John Majernik, Editor

2021

NOVEMBER BRUNCH MEETING

The November meeting will be a brunch held at Immanuel Lutheran Church, 1045 Belvidere Road, in Belvidere on Tuesday, November 16, at 10:00 am. The program will



Please Join us for Brunch

be by Nancy Kramer. She will explain the many benefits available to retired teachers through Association Member

Benefits Advisors (AMBA).

The brunch is \$10.00 per person, spouse, and/or guest. Make checks payable to BRTA and mail to Diane Wilke, 6453 Broadview Ave., Belvidere, IL 61008. Her phone number is 1-815-547-7664.

Reservations are due by November 9.

Please use the reservation form at the bottom of this page.



The happiest people are those who do the most for others.

..Booker T. Washington

IMPORTANT REMINDER

Please be aware that this is the last BRTA newsletter you will receive until April of 2022. Therefore, you are strongly urged to frequently check BRTA's website for all the latest developments regarding retiree issues. To enter our website, go to

www.boonerta.weebly.com. You are also urged to visit IRTA's website by going to www.irtaonline.org.



Another good way to keep current on issues affecting retired teachers is to sign up for Voter Voice on the IRTA website. Once signed up, you will receive an email when important issues come up. To sign up for Voter Voice, go to IRTA's website.

SCHOOL SUPPLIES

BRTA continues to collect school supplies. Please bring school supplies to this meeting. The supplies will be stored until the start of the second



semester when they will be distributed. Won't you please take part in this worthwhile project! Thank you, Carol Dashner, for storing these supplies until the second semester.

NOVEMBER 16 BRUNCH RESERVATION FORM – Immanuel Lutheran -- 10:00 am

Name _____ Guest _____

Phone _____ Reservations at \$10.00 per person.....\$ _____ Total Enclosed
Check payable to: Boone Retired Teachers Association Mail to: Diane Wilke, 6453 Broadview Ave., Belvidere, IL 61008
Phone: 815—547-7664

RESERVATIONS DUE BY TUESDAY, NOVEMBER 9

HEALTH BENEFITS OF PUMPKINS

Pumpkins are high in beta-carotene. Beta-carotene is found in orange fruits like pumpkins, carrots, and sweet potatoes. It can also be found in leafy green vegetables such as spinach. Beta-carotene is converted to vitamin A in the body,



which helps with bone and cell development. Current research shows that food containing beta-carotene may help reduce the risk of

developing certain types of cancer and can help protect against heart disease and some aspects of aging.

Pumpkins are also packed with vitamin C. Eating foods with lots of vitamin C helps increase your body's white blood cell production, helps strengthen your immune system, and can even make wounds heal faster.

Eating pumpkin is a delicious way to help protect your eyesight. Pumpkins are excellent sources of Vitamins C and E, as well as lutein and zeaxanthin, which all help promote healthy eyes.

Even though they are packed with important vitamins and minerals, pumpkins are surprisingly low in calories. Pumpkins contain only 50 calories per cup since they consist of more than 90% water.

Pumpkin products are easy to add to your diet since they are available year-round. Pumpkins taste great in both sweet and savory dishes.

The next time you buy canned pumpkin, it is likely that it was grown right here in Illinois!

For Columbus Day, I assigned my third-grade class the task of drawing one of Columbus's three ships. I had no sooner sat down when a boy came up with his paper, which had a lone dot in the middle.

"What's that?" I asked.

He replied, "That's Columbus, way out to sea."



HELP OUR HISTORIAN

BRTA historian, Janet Rauch, requests that when you see an item in the newspaper about a retired teacher, please do not assume that she has seen it also. It is easy to miss news stories and announcements pertaining to BRTA members. Please clip and send items to her or contact her and let her know where she can find the article. Her contact information is 1112 Fox Chase Lane, Rockford, IL 61107; 815-397-3077 or email jmrauch@comcast.net.

HAVE YOU PAID 2022 DUES?

It is dues renewal time. If you have not yet paid your BRTA/IRTA 2022 dues, you may pay them at this month's meeting or send them to our Membership Chair, Mark Luthin, 2159 Crestway Ct., Belvidere, IL 61008.

IRTA You may sign up for automatic dues deduction of \$2.50 per month from your pension check. A 5-year membership is available for \$175. Life memberships are \$400.00.

BRTA annual dues are \$7.00.

You may combine both amounts and send a check (payable to BRTA) to Mark and he will forward the IRTA portion on to IRTA for you.

PLEASE HELP HER

Robyn Riccardo, Sunshine Committee, needs your help in letting her know when a member or a family member is ill or hospitalized so that an appropriate card can be sent. Please get this information to Robyn at 815-355-4415 or email her at BirdyR5@aol.com

STONE SCHOOL OPEN HOUSE

You will have the opportunity to visit the Stone School on Shattuck Road during an open house on Saturday, November 6. The school will be open from 1:00 pm until 3:00 pm. All are invited.



NOVEMBER BRAIN EXERCISE

This month's exercise tests how well your Social Studies teachers taught you about American History. Answers are on Page 4.

1. In which state are the Denali Mountains?

2. In which city would you find the Statue of Liberty? _____
3. From whom did the US purchase the Louisiana Territory in 1803? _____
4. Who was the first president to appear on television? _____
5. During WWI the US declared war on Germany in which year? _____
6. In which year did women obtain the right to vote? _____
7. In which year was the Soviet Union dissolved?

8. Which act gave settlers 160 acres of land for 5 years? _____
9. "Speak softly and carry a big stick" is the famous phrase of which president?

10. In which city did the first subway open in 1897? _____
11. Which city hosted the first Olympics in the USA? _____
12. While campaigning for president which governor was shot and paralyzed in 1972?

13. Who was the shortest-serving US president?

14. Who was the Confederate president during the Civil War? _____
15. In which branch of the military did JFK serve?



Charlie Brown Says...
**When no one loves
 you, you have to
 pretend that
 everyone loves
 you.**



Congratulations!!

Congratulations to BRTA member Cindy Morrill who was awarded the Boone County Retired Teacher of the Year Award during the IRTA Biennial Convention which was held in October. BRTA congratulates you and thanks you for your many years of service to BRTA as Treasurer and Membership Chair.

IRTA FOUNDATION

In 1985, after identifying a large number of former educators who were experiencing financial difficulties because of low pensions and rising inflation, the Illinois Retired Teachers Association 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.

One of the ways the foundation raises funds is through the return address labels sent to members. You may donate by sending a check payable to "IRTA Foundation" and sending it to IRTA Foundation, 828 S. 2nd Street, Springfield, IL 62704

STAY INFORMED

Visit these websites

BRTA: www.boonerta.weebly.com

IRTA: www.irtaonline.org

DID YOU KNOW?

When the new BRTA Newsletter is sent out, it also appears on the BRTA website (see above). So if you accidentally misplace, delete or fail to receive your newsletter, you can find a link to it on our web site. It also appears on the IRTA web site. The reservation form can be found there also.

OCTOBER MINUTES

The Boone County Retired Teachers met at the First Baptist Church on October 19, 2021. Thirty-five members and one guest were in attendance. President Davidson called the meeting to order. She thanked the Baptist ladies for the meal.

President Davidson then gave the invocation. The Secretary's minutes were approved as written in the newsletter.

The Treasurer's report was given by Mark Luthin. Currently there is \$2,640.49 in the checking account, and the BRTA Reserve Fund CD value is \$1,919.24. The current scholarship fund value is \$3,849.60, and includes \$1,000 donated by two anonymous donors. The second 2021 Scholarship has now been awarded to Jaclyn McDonald. Treasurer, Luthin also reminded members 2022 dues will be collected in November.

Committee Reports:

Mark Luthin, Membership, reported there are currently 164 members, which includes 27 life members and 137 dues paying members.

Mary Lang, Legislative, reported on the IRTA State Convention which was held via zoom this year. Congratulations to Cindy Morrill, for being the 2021 Unit honoree!!

Mary Lou Bergman, Community Participation, reported the November 16 meeting will be a 10 A.M. brunch at Immanuel Lutheran Church. Cost will be \$10.

Vice President, Kathy Prindiville, introduced Lorraine Charmichael, who presented a program of beautiful music and humor.

Meeting Adjourned.

Respectively Submitted,
Terry Reel, Secretary

NOVEMBER BRAIN EXERCISE ANSWERS

- 1) Alaska; 2) New York; 3) France; 4) FDR;
- 5) 1917; 6) 1920; 7) 1991; 8) Homestead;
- 9) Theodore Roosevelt; 10) Boston; 11) St. Louis
- 12) George Wallace; 13) William Henry Harrison;
- 14) Jefferson Davis; 15) Navy



PONDER THIS

Dressings, sauces, and other condiments may hinder your healthy-eating efforts. One tablespoon of ketchup, for example, has 4 grams (1 teaspoon) of sugar. "Many condiments can be high in sugar, but it's tricky because there are essentially more than 60 different names for sugar." "When you're looking at the label, it might not say sugar, but it could say high fructose corn syrup, dextrose, rice syrup, or molasses, which are all essentially sugar." Drizzle leafy greens with olive oil or spread avocado on a turkey burger.



COLOR IS GOOD

Yesterday I went to the doctor for my yearly physical. My blood pressure was high. My cholesterol was high. I'd gained some weight, and I didn't feel so hot.

My doctor said eating right doesn't have to be complicated and it would solve my physical problems.

He said: Just think in c o l o r s. Fill your plate with bright c o l o r s. Try some greens, oranges, reds, maybe something yellow, etc. and eat an entire bowl of bright colors.

And sure enough, I felt better immediately!! I never knew eating right could be so easy!!

Now stay healthy, eat your colors, and have a nice day!

And be sure you never run out of M & Ms!

THOUGHT YOU SHOULD KNOW...

Juniata College in Pennsylvania offers a scholarship for left-handers. It was established in 1979 by Mary and Frederick Beckley, two left-handers who met when they attended tennis class together in 1919.