Past President’s Message
by Gene Humke

In addition to all the activity concerning saving our pensions by SUAA now taking place in the Illinois Court System, there is also much activity within our own Chapter. Our activity, however, is a more personal nature. We as a chapter lost a leader with the death of our former President, Jack Hall. He died of metastasized cancer on Tuesday, July 22, 2014, in rural Danvers at Hall’s Ponderosa. (This is the name the Hall family called their farm home.) Jack was a leader because his commanding voice and his message required your attention.

I am continuing on in the leadership position but as the Past President of the ICCAA. At our June Annual Meeting no one volunteered to become President of the ICCAA. Jack’s membership on the Executive Board ended with our June Annual Meeting this year. My membership will end as Past President with the 2015 June Annual Meeting. A new volunteer to be President can take this position now but definitely must by the June 2015 Annual Meeting.

Perhaps this new President will not actually live in the Peoria area. This would be possible because electronic media can make it possible via conference calls and also email.

I have also suspended all regular meetings of the ICCAA due to lack of attendance except for the June Annual Meeting. This is illegal according to our Constitution, but my being “acting” President is also illegal. I will gladly quit this “Acting President’s Position” when someone will come forward and “right” this situation. However, communication to you will continue via this newsletter and emails will continue thanks to Bob Wegner, our newsletter editor and Ed Smith our email sender.

Finally, there is a “hint” that SUAA and all the other member and retiree supported organizations might win their lawsuits to have recent legislation passed by the General Assembly. Senate Bill 1 as Amended could be declared unconstitutional by the State Supreme Court. A recent lower court ruling has implied the courts will support constitutional documentation that states: “Membership in any pension or retirement system of the State, any unit of local government or school district, or any agency or instrumentality thereof, shall be an enforceable contractual relationship, the benefits of which shall not be diminished or impaired.” Article XIII, Section 5 of the current 1970 Illinois Constitution.

Just how is government to operate and function when contractual relationships are not supported and sustained? I doubt that it can. However, both the Legislative and Executive branches of Illinois government can, along with the voters, pass legislation which could change Article XIII, Section 5 of the Illinois Constitution. This would be a Constitutional Amendment. Please keep your donations to the SUAA Legal Fund flowing.
President Gene Humke called the Annual Meeting to order at 1:35 p.m. There were 13 members present. Gene welcomed those in attendance and thanked them for coming to the meeting.

The minutes from the April 17, 2014, meeting were approved as printed in the May issue of the ICCAA Newsletter. In the absence of the Treasurer, the current Treasurer’s report was distributed by Gene, reviewed, and approved on a motion by Bill Lindgren/Chris Rodgers and placed on file. Gene projected that we may have a large enough balance on hand to fund two ICC Scholarships for 2015 ($1,500) which are scheduled to be paid in December.

Rich Karnopp, reporting for the Insurance Committee, indicated that there have been no meetings recently, but he was happy to report that the cost for ICC insurance for the year beginning July 1 dropped by $84 per person per quarter. This was welcome news after the large increase that went into effect last year.

Gene Humke and Hugh Clymore will be our delegates to the SUAA Annual Meeting in Springfield, Illinois, on June 17 and June 18. Gene and Hugh also attended a SUAA Mini Briefing earlier this month where they received information on the impact of pension reform legislation as contained in Senate Bill 1 and background information on the proposed changes to the SUAA Bylaws. The changes to the Bylaws will be voted on at the SUAA Annual Meeting. Gene provided copies of the PowerPoint presentations for both topics. He also discussed the pros and cons of some of the proposed changes to the SUAA Bylaws. It is possible that not all of the proposed changes will be approved.

The final item on the agenda and the required business of the Annual Meeting was the election of officers for the next year. The offices of President, Vice President, and Secretary are vacant. There have been no volunteers willing to serve as candidates, and none came forward at this meeting. Gene stated that he would be in violation of the Constitution to continue serving as President. Therefore, at this time no meetings are scheduled until the Annual Meeting of 2015. Gene will be acting in the capacity of Past President to oversee continued communication via email and the Newsletter. Members expressed their thanks to him for his additional year of service, and he declared the meeting adjourned at 2:50 p.m.
And Speaking of Constitutions ...
submitted by Gene Humke

At the recent SUAA Annual Meeting held in Springfield at the Abraham Lincoln Hotel on June 17 and 18, 2014, a proposal to amend the SUAA Constitution in terms of positions and operation was defeated due to lack of a two-thirds majority voting in favor of the Amendment. SUAA is still operating under the Constitution which is found in your Handbook. Both Hugh Clymore and I attended this meeting as voting delegates. Please feel free to contact them if you would like more information on how these changes were part of the agenda items and how the meeting was conducted according to Robert’s Rules of Order.

And What Happened to the Proposal to Change How Legitlative Districts are Drawn?
submitted by Gene Humke

You may have signed this petition to have legislative districts drawn by an independent commission rather than being selected by the political party who wins the most votes in the decennial election. I signed this petition and other members of the ICCCAA did also. The result was to be that this question would be placed before the voters. It was thought that 500,000 signitures would get this before the voters of Illinois as a Constitutional Amendment. However, The State Election Commission ruled that there were not enough valid signatures out of the 500,000 to warrant this question to be placed before the voters. Next time maybe 1,000,000 signatures will have to be obtained? What is going on here?

Treasurer’s Report
submitted by Louis Heimann

As of 09/17/2014:
Beginning Balance – 06/11/2014 ........ $1,363.09
Income:
Deposit (Dues/Dues Deduction/Renewals) ...... $ 792.75
TOTAL ........................................ $2,155.84
Expenses:
Travel ........................................... $ 145.28
Memorials (Hall, McNett) ...................... $ 174.72
TOTAL ........................................ $ 320.00
Balance as of 06/11/2014 ...................... $1,835.84
Membership (2014-15 as of 07/31/2014):
SUAA Regular Members = 224
“Ow! Ow! Ow! Ow!” That’s the sound of me getting up in the morning. Or getting up after sitting in a chair for about 20 minutes. Or after standing for a while. Hellooooo plantar fasciitus! Toddling off into “geezerhood” is not for sissies. As you probably already know, the symptom of plantar fasciitus is a sharp, stabbing pain on the bottom of your foot at/near the heel. The condition is usually at its worst upon waking and getting out of bed in the morning; those first few steps are killers. But, as noted above, other times following inactivity can be painful, as well. The plantar fascia – the long rope of tissue that connects your heel to your toes and supports your arch – is the offending (and offended) body part. The condition is one of overuse and the onset is most common in folks aged 40 to 60 who are active, but one can get it at any age and any time. Up to 10 percent of runners have the affliction and golfers, walkers, soccer players, et. al. can easily develop the ailment. Any active person can get it. Kobe Bryant has it. (Who wins that dunk contest?)

There is agreement among all medical professionals that the disorder is one of irritation of the plantar fascia. Until recently the conventional thinking had plantar fasciitus pegged as a chronic inflammatory problem. But lately there is evidence from affected biopsied tissue to indicate the cause may well be degeneration due to small tears that are a normal part of exercise activity but, for some as yet unknown reason, don’t heal. The tears accumulate and the tissue begins to degenerate. The preceding has become the thinking of many sports medicine experts. Now, the significance is that if the problem is not truly inflammation anti-inflammatory drugs won’t be effective in treating the problem. What to do instead if anti-inflammatory drugs don’t help you? (And some, such as cortisone, may since it reduces pain as well as inflammation.)

An inexpensive, simple, and effective cure is to do less offending activity and add stretching to the exercise routine. Dr. Terrence Philbin is an orthopedic surgeon at the Orthopedic Foot and Ankle Center in Westerville, Ohio. He recommends backing off training a bit to let the tissue tears heal. If you run every day, he recommends ratcheting back to twice a week or substituting walking for a while. Dr. Philbin says you would need to talk to a physical therapist for a complete stretching program but the American Academy of Orthopedic Surgeons has an effective calf stretch that may help you. To do this stretch, lean forward against a wall with one leg behind you, heel on the ground, and the other leg ahead and bent as if you were taking a step. Push your hips toward the wall to fully stretch the calf of the back leg. Hold for ten seconds and repeat 20 times on each leg.

Now, to be sure, there is no substitute for consulting your physician for a chronic problem. There are other conditions that could be in play. And plantar fasciitus therapy treatment can require physical therapy, night splints, orthodontic appliances, or even surgery. But if Ibuprofen or other anti-inflammatories don’t help and the condition is not unbearably painful or limiting, one might try the simple stretching regimen suggested. I have talked to folks who said stretching was a big help and an eventual cure. However, it’s not an immediate cure. It can take a while so you’ll need a little patience. But it certainly can be worth a try.

Information for this article was collected from two columns written by Gretchen Reynolds, health and fitness reporter for the New York Times, and can be found in these online locations:
- http://well.blogs.nytimes.com/2013/02/20/no-consensus-on-a-common-cause-of-foot-pain

Other information was gathered from the Mayo Clinic website, prepared by the Mayo Clinic staff and can be found at the following:
www.mayoclinic.org/diseases-conditions/plantar-fasciitis/basics/definition/con-20025664
Close to You presents

A Carpenters’ Christmas

Tribute band

Friday, December 19 • 7:30 pm
$25 general public, $15 students

Based on the music of The Carpenters’ two holiday albums and Christmas variety shows, Lisa Rock and her six-piece band keep the music of the iconic pop duo of siblings Karen and Richard Carpenter alive and bring their unforgettable holiday songs to the stage. **A Carpenters’ Christmas** is a holiday event that spreads joy and cheer to all.

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**The Johnny Cash Experience**

Tribute act

Friday, March 20 • 7:30 pm
$20 general public, $10 students

Philip Bauer’s uncanny look and stage presence take his audience back to when Johnny Cash was the king of country music. **The Legend of Johnny Cash** includes top hits *Get Rhythm*, *Man in Black*, *I Walk the Line*, *Ring of Fire*, and many more, along with pop country classics and a dead-on impersonation of The Man in Black himself.

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**New Odyssey**

Musical variety performance

Friday, May 22
7:30 pm
$20 general public
$10 students

Showcasing three guys playing 30 different musical instruments, **New Odyssey** features a vast array of music spanning more than five decades. With a unique combination of great music, audience participation, and sheer zaniness, mayhem can ensue at any moment.

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**Two on Tap**
Tap-dancing and singing

**Saturday, October 18**
7:30 pm
$25 general public, $15 students

The creative collaboration of celebrated musical theatre performers Melissa Giattino and Ron DeStefano, **Two on Tap** features fantastic vocals, gorgeous costumes and exciting tap-dancing performed with classic songs from the Great American Songbook.

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**The Second City**
Improv and sketch comedy

**Saturday, November 29 • 7:30 pm**
$30 all ages

**The Second City**’s revue features a seasonal blend of hilarious scenes, songs, and the troupe’s trademark improvisation, with a sprig of holiday mischief for a night of spirited fun. Rated R for some mature content.

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**Get Rhythm**

**Friday, November 29 • 7:30 pm**
$25 general public, $15 students

Re-creating the excitement and high energy of an original, this show recreates the excitement and high energy of the original, this show recreates the excitement and high energy of the original, this show recreates the excitement and high energy of the original.

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**New Odyssey**

**Friday, May 22
7:30 pm**
$20 general public
$10 students

Showcasing three guys playing 30 different musical instruments, **New Odyssey** features a vast array of music spanning more than five decades. With a unique combination of great music, audience participation, and sheer zaniness, mayhem can ensue at any moment.
Obituaries

Evelyn M. Stephenson
DUNLAP – Evelyn M. Stephenson, 70, of Dunlap passed away at 4:53 p.m. Sunday, June 8, 2014, in the UnityPoint Health-Methodist emergency room.

Evelyn was born on March 12, 1944, in Springfield, Ill., to William T. Sr. and Otilia (Malnar) Huddleston. She married Thomas Stephenson in July of 1970 in Springfield. He survives.

She also is survived by her son, Craig Stephen -son of San Francisco, Calif.; her daughter, Jessica Stephenson of Peoria Heights; one grandson, Byron Jorgensen of Peoria Heights; two brothers, William T. (Kathleen) Huddleston Jr. of Valencia, Calif., and David Huddleston of Maroa, Ill.; one sister, Carol Straka of Palos Hills, Ill.; three nieces; one nephew; and four cousins, Michael and Christina Walton and Donnie and Sherril Lazar.

Evelyn received her master’s degree in biological science and was certified as a nuclear medicine technologist. She worked as a teacher for Cuba and Farmington school districts and taught anatomy, physiology, and biology at Illinois Central College.

She loved to go to auctions, collect frogs, and cook.

Evelyn was a member of St. Jude Catholic Church.

The funeral service was held at 10 a.m. Friday, June 13, 2014, at Wright & Salmon Mortuary. Father Patrick Henehan officiated. Visitation was from 5 to 7 p.m. Thursday, June 12, 2014, also at the mortuary. An additional visitation was 30 minutes prior to the service at the mortuary. Burial is in Mount Hawley Cemetery.

Memorials may be made to PAWS or St. Jude Catholic Church.

Tributes and condolences may be submitted to www.wrightandsalmon.com.

Jack Hall
DANVERS – Jack Louis Hall, 69, of Danvers died at 8:35 a.m. Tuesday, July 22, 2014, at his home in rural Danvers.

Born March 28, 1945, to Albert (Pete) and Hilda (Kellerstrass) Hall of Peoria, Ill., he married Yvonne Bojrab of Fort Wayne, Ind., on Aug. 14, 1966.

He attended Valparaiso Technical Institute for Electronic Engineering, Indiana-Purdue University in Fort Wayne, Ind., and received a Master’s Degree in Education from the University of Illinois. Jack taught electronics at Illinois Central College from 1970 to 2000. He loved teaching, farming, traveling, fishing, and designing and building new “gadgets.”

Jack was preceded in death by his parents; one brother, Larry Hall; and four infant children. He is survived by his wife of 47 years, Yvonne; daughter, Crystal Hall at home; daughter, Jacque (Brian) Grant of Danvers; son, Chad (April) Hall of Indianapolis, Ind.; and three grandchildren, Nathaniel Grant, Katharina Grant and Brinley Hall.

Jack was an active member at the Mackinaw United Methodist Church, where he sang in the choir and served as chairman of the Remodeling Committee. For more than 30 years, Jack and Yvonne presented Marriage Encounter to strengthen and refresh good marriages.

Services were at 10:30 a.m. Friday, July 25, 2014, at Mackinaw United Methodist Church. The Rev. Joy Schlesselman officiated. Visitation was from 4 to 7 p.m., July 24, at his church and one hour prior to services. Burial was in Hillcrest Memory Gardens rural Morton. Haensel Funeral Home in Mackinaw assisted the family with arrangements. The family asked that memorials be made to World Wide Marriage Encounter or to Mackinaw United Methodist Church.

Online condolences may be made to www.haenselfuneralhome.com.
Bill McNett  

Bill was born on Aug. 14, 1929, in Oregon, Ill., to William D. and Glady (Nalley) McNett. He was raised in Mount Morris. Bill married Gloria McDonald on Sept. 13, 1951, at the Lacon Methodist Church. Gloria survives.

Bill and Gloria were blessed with two children, Dr. Michael McNett of Genesse, Wis., and Kelly (Bob) Ziegler of Washington. Also surviving are two granddaughters, Michelle McNett and Amber O’Malley; great-granddaughter, Hailey Bolen; sister-in-law, Kathy (Wayne) Armbrust; and brother-in-law, Bill Nettz.

He was preceded in death by his parents and four sisters, Drucilla, Virginia, Katie, and Joan.

Bill was a 1947 graduate of Mount Morris High School. He went on to graduate with honors from Eureka College, where he was student body president and was active in the music areas. After serving in the U.S. Army during the Korean War, he went on to earn his MA and Ed.D. at Bradley University and Western Colorado University.

Bill spent 13 years teaching English at Washington High School. He was one of the first teachers hired when ICC opened in 1967, where he spent 18 years as an English professor and department chairman.


A time of sharing and remembering Bill was held at 6:00 p.m. Wednesday, Aug. 20, 2014, at Crossroads United Methodist Church.

Memorials for Bill may be directed to either Eureka College or Crossroads United Methodist Church. Online condolences to the family may be made at masonfuneralhomes.com.

Bobbie Wittmer  
Our friend and long-time ICC employee Bobbie died in Florida on May 19, 2014.

No obituary for Bobbie is available, but plans for a memorial service are being discussed. More information will follow as it becomes available.

If you have fond memories of Evelyn, Jack, Bill, or Bobbie that you’d like to share in a future issue of this newsletter, please send to Bob Wegner, cbwegner@mtco.com.