

ICLRU UPDATE

March 7, 2015

INSTITUTE FOR CONTINUED LEARNING
AT ROOSEVELT UNIVERSITY

www.iclru.org

WHAT'S UP AT ICLRU?

ART INSTITUTE OF CHICAGO, FIELD TRIP
IRELAND: CROSSROADS OF ART AND DESIGN
1690-1840



This new exhibition, never before undertaken, represents art from 24 Irish counties during the 18th century. Installed in 10 galleries, the exhibit will include paintings, furniture, glass, textiles and other artifacts.

Presenting over 300 objects drawn from public and private collections across North America—as well as the Art Institute's own important collection of Irish decorative and fine arts—this exhibition is the first to explore the rich and complex art and culture of Ireland during the long 18th century.

Lunch will be on your own.
We have some seats left. You can register in the Center, Rm. 316.

Friday, April 10
Bus leaves at 9:30 a.m. and
returns at 3:30 p.m.
Cost of trip is \$45.00, due by
March 27

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A QUICK LOOK

- ◆ Winter Study Group evaluations are online now.
- ◆ Spring Study Groups begin the week of March 23rd.
- ◆ ICLRU Board Meeting: Mon., March 23, 11:45 AM, Rm. 317.

ROAD SCHOLAR[®]

Institute Network

[Click Here](#)

NOTES FROM THE CENTER

STUDY GROUP EVALUATIONS: There's still time left to complete your online evaluations for the Winter study groups. Please complete them for each study group you attended, even if you dropped out. Here is the link ([Click Here](#)).

SPRING STUDY GROUPS: Spring study groups are just around the corner. They will begin on Monday, March 23rd. Study Group confirmation and wait list letters are scheduled to be mailed next week. Keep an eye open for them.

Test Your News IQ

Test your knowledge with these of 12 questions, then check out how you did compared to others.

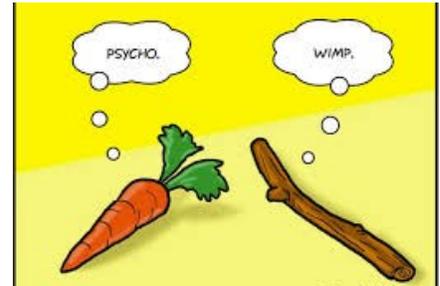
Click here: Test Your News IQ - Pew Research Center
<<http://pewresearch.org/politicalquiz/quiz/index.php>>
(Thanks Ann Finney)

LUNCHTIME PROGRAM

PLATO'S PLACE: Wednesdays – Come to Plato's Place for some lively conversation. Bring your lunch and join the group in **Room 330 at 11:45 am.**

March 11: What is a better incentive, reward or punishment?

March 18: When faced with unsustainable losses, is it better for a business to lower everyone's wage or to have substantial layoffs?



March 25: Are you ready for an implanted chip for medical or financial reasons?

Mah Jongg continues during the break. The group plays at 9:30 am and 11:30 am on Monday morning. Occasionally there are players on Wednesday, too. All levels are welcome. Email Sue Masterson for more information (skmasterson@comcast.net)



ICLRU is once again participating in Roosevelt University's Community Garden project on the Schaumburg Campus. If any members are interested in joining the gardeners and helping to check on our garden occasionally, we'd love to hear from you. If you'd like to learn what we do and how easy it is to participate, please contact Sue Masterson (skmasterson@comcast.net) or Randi Long (randi60067@gmail.com).

There has been some discussion of putting together a group to play pinochle. If you're interested, please send an email to officemanager@iclru.org with your name, contact information and suggestions. If there is enough interest, you'll hear back on it.



THINGS TO DO

"GETTING TO KNOW YOU"

ST. PADDY'S PARTY!

FRIDAY - MARCH 27TH - 2015

ALUMNI HALL ... 12:15 pm

ICL

Welcomes Our New Members, along with ALL Members!

Sample Greg's famous **BLARNEY CHILI (Meat & Vegetarian)** lunch

AND

By popular demand ... ICL'S OWN

SHAMROCK ENTERTAINERS

Some seats are still available

To reserve for the fun... sign up by email or in Room 316

5TH ANNUAL ARLINGTON HEIGHTS CSA EXPO

(COMMUNITY SUPPORTED AGRICULTURE)

We realize that this is a last minute notice, but thought you might be interested in case you had some time today.

Local farms will be participating at the 5th Annual Arlington Heights CSA Expo.

Please use this opportunity to get to "know your food, know your farmer."

This fair is FREE to the public and features 20 CSA farms with offerings ranging from veggies to meat to salmon to blueberries to apples, to olive oil. There will be a silent auction, food samples, and a good group of like-minded folks interested in good food from small-scale farms.

Saturday March 7th, from Noon to 4 p.m.

Arlington Heights Library

500 N. Dunton, Arlington Heights

Sponsored by Know Your Food Chicago and Weston, A Price Foundation, of Northwest Cook County

THINGS TO DO

* THE DES PLAINES Community Concert Band *



Guest Conductor:

Al Legutki

*Assistant Professor of Music Education
at Benedictine University*

"Mid-century Modern:
A Celebration of Music from the 1950s"

Sunday, March 8

3:00pm

Prairie Lakes Theater

Purchase tickets before March 8th and save!

Pre-Concert Tickets Sales

Purchase now at Prairie Lakes
or online at DPParks.org

Box Office: 847-391-5711

Adults: \$6

Seniors: (over 60)/Students: \$4

Family: \$12 (not available online)

Day of Pricing

Seniors/Students: \$5

Adults: \$8

Family: \$15

Including:

- * Brighton Beach Concert March, by William P. Latham
- * Recorded by Sinatra, arranged by Warren Barker
- * Air for Band, by Frank Erickson
- * Pageant, by Vincent Persichetti
- * A Leroy Anderson Portrait, arranged by James Barnes
- * Chester: Overture for Band, by William Schuman
- * Toccata for Band, by Frank Erickson
- * Highlights from South Pacific, by Rodgers and Hammerstein, arranged by Philip J. Lang



Prairie Lakes Theater
515 E. Thacker St.
Des Plaines, IL 60016

THINGS TO DO



We have two **FREE** presentations designed to provide awareness of scams that target senior citizens.

A morning and evening presentation are scheduled:
Thursday, April 30, 2015 at 10:30 a.m. and 6:30 p.m.
(vendor tables and refreshments provided 1 hour prior to presentation)

Schaumburg Township District Library
 130 S Roselle Road, Schaumburg - Rasmussen Room South

***CAREGIVERS AND FAMILY MEMBERS OF
 SENIOR CITIZENS ARE ENCOURAGED TO
 ATTEND!!!***

Speakers include detectives from the Schaumburg Police Department Investigations Division.

Seniors needing transportation to the daytime presentation can call Dial-A-Ride at 847.352.8097 or Schaumburg Township at 847.882.1929
 (You must reserve a ride prior to the event)

Please RSVP for this event by contacting:
 Schaumburg PD Crime Prevention Specialist Paula Diaz at 847.348.7274
 or the Schaumburg Township Library at 847. 985.4000




 Village of Schaumburg Police Department
 1000 W. Schaumburg Rd., Schaumburg, IL 60194-4198
 847.882.3586 / WWW.VILLAGEOFSCHAUMBURG.COM



THINGS TO DO

Schaumburg Township District Library

Estee Lauder

Monday, March 9 from 7:00—8:30 pm Combined Room*

Celebrate Women's History Month with a portrayal of beautician and cosmetics executive Estee Lauder. Discover how she launched a beauty company using skin creams developed by her chemist uncle, then used her sales and marketing skills to grow a billion-dollar-a-year business. Leslie Goddard's dramatic portrayal, set in 1972, introduces this incredible self-made American woman. ****Registration required****

Bertha Benz and the History of the German Automobile

Wednesday, March 18, from 7:00—8:30 pm in the Rasmussen Room*

The superb reputation of German cars is legendary: Porsche, BMW, AUDI, and Mercedes Benz have millions of fans all over the world and are synonymous with the quality and success of German engineering. But hardly anyone knows that the history of the automobile's origin is, to a great extent, due to Bertha Benz, a young mother of five, who, in 1888, - in a secret attempt to visit her mother - became the first human being ever to drive an automobile over a long distance. Join German Historian Anette Isaacs as she relates this exciting and history making adventure and introduces you to the major German Car companies' histories of origin! **Registration required.***

***Registration is required, Central Library Information Desk, or by phone, 847.923.3347.**

Arlington Heights Memorial Library

Sunday Musicale: Bagpipes, the Myths & Facts about the Great Highland

Sunday, March 8 from 2—3 pm in Hendrickson South and North*

Kevin Chapman, the MadPiper, will take you on a musical journey introducing you to the history of the pipes and the story behind one of the oldest instruments still played in the world. This will include a demonstration and display of the regalia surrounding the pipes and is a great opportunity to get your questions answered on this unique instrument before St. Patrick's Day.

Register online, [click here](#) No library card required.

Our speaker from yesterday's lecture, MaryBeth Radeck, has shared with us some ideas for being "Green."

Green is the new black—small ways to make a sustainable difference and leave a legacy of life.

greenIDEAmachine

by MaryBeth Radeck

Helpful ways you can help reduce the greenhouse effect and leave our world better than we found it.

Easy ways to reduce the greenhouse effect:

1. Insulate your home & seal air leaks
2. Change your lighting fixtures to LEDs (70% less electricity and they last 10-50 times longer) <http://www.epa.gov/climatechange/wycd/home.html>
3. Install a programmable or smart thermostat
4. Replace your appliances with EnergyStar rated and save hundreds per year in energy
5. Buy less—and recycle
6. Buy local food and create demand for local at the grocery store. Buying local promotes a better local economy
7. Buy seasonal foods
8. Shop at farmer's markets and join a co-op
 - Chicago Food Co-op Example: \$50/year, 4.5% service fee per order, 3 hours volunteering per month
 - The Dill Pickle Food Co-op Example: customer-owned, patronage rebates, \$250 owner, save on high quality groceries
9. Plant a tree a year (trees sequester carbon in the soil)

Practical ways to preserve the soil and the waterways:

1. Don't fertilize your lawn to avoid runoff to streams
2. Replace your lawn with wildflowers native to the area
3. Compost your leftover veggies. <http://www.grow-it-organically.com/compost-ingredients.html>
4. Start a worm garden (vermiculture) and replenish your backyard soil
5. Xeriscape by using native plants which need little to no watering. <http://www.chicagobotanic.org/library/spotlight/xeriscaping>
6. Consider a keyhole garden for a water-wise, organic garden in your own back yard
7. Recover and reuse water by capturing rain and reusing water from your kitchen and bathrooms. <http://www.chicagobotanic.org/library/spotlight/xeriscaping>
8. Irrigate with low volume dripper or soaker hoses. <http://www.biogoldindustries.net/drip-irrigation-system.htm>
9. Replace toilets and fixtures with low flow devices
10. Compost to fertilize your garden then mulch to conserve moisture
11. Clean your driveway with a rechargeable leaf blower (not the hose)

Helpful ways to support life and preserve nature and biodiversity:

Provide food, water, a place to hide and a place to raise young for your animal neighbors. <http://www.nwf.org/How-to-Help/Garden-for-Wildlife/Create-a-Habitat.aspx>

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AT ROOSEVELT UNIVERSITY

1400 Roosevelt Road
Rm. 316

11:30 am–1 pm

Monday–Thursday

Phone: 224-523-6497

E-mail: officemanager@iclru.org



We're on the Web!

www.iclru.org



Friendship Village
of Schaumburg

"Life is Better
Among Friends"
Exclusive Sponsor
of ICLRU's
Winter Lecture Series.

Visit them at:

www.friendshipvillage.org

ICLRU is a 501(c)3 Non-Profit organization. While affiliated with Roosevelt University, the ICLRU is run by its members, through an elected Board of Directors and the Chairpersons of its various committees. All persons on the Board and the committees are volunteers. All members are encouraged to participate to keep the organization vibrant.

Membership is open to seniors, age 55 and over, who have reached a point in life where they want to pursue their interests in a continuing learning and social environment with a group of like-minded peers.

ICLRU'S MISSION AND VISION

The mission of the ICLRU is to offer its members a non-credit, non-degree educational program together with social and cultural opportunities through which older adults may share their talents, experiences and skills.

Our Vision: To enrich our members' experiences, while making the ICLRU an essential organization for Roosevelt University and our larger community.

Contact Us:

224-523-6497

