



News Sheet "Update" June 10, 2025 ~ #48

Wendy Wiegers, Editor, wowiegers@comcast.net

Lambs Farm Magnolia Café & Bakery ~ Noon

Jackie Koukol, Certified Self-Talk Trainer

"Self-Talk and How It Can Improve Your Life"



Jackie Koukol is a Certified Self-Talk Trainer through the Self-Talk Institute, founded by renowned behavioral researcher and bestselling author Dr. Shad Helmstetter. As a certified trainer, Jackie helps others understand the science behind self-talk—the internal dialogue that shapes our beliefs, habits, and outcomes.

Through this powerful method, individuals learn how to identify negative self-talk patterns and replace them with intentional, positive messaging. By changing the way you speak to yourself, you can transform how you think, feel, and act—leading to meaningful improvements in confidence, relationships, career success, health, and overall well-being. Jackie is passionate about helping others use this life-changing tool to create a mindset that supports growth, resilience, and purpose.

Welcome, Scholarship Winners!

Shannon Byrne—Mary Abbott, \$1,500

Lake Zurich HS and will be attending IL State University majoring in Elementary Education with ESL endorsement, and is an Irish dancer!

Robyn George—LCRTA, \$1,000

Grayslake North HS and, to date, has not selected a college, but will be majoring in Elementary Education!

Congratulations!

2025 LAKE COUNTY RETIRED TEACHERS ASSOCIATION	
July	NO MEETING!
Aug. 12	Mary Grace Sharp , Alzheimer's Assoc. of IL ~ Healthy Living for Your Brain & Body
Sept. 9	Jessica Hoselton ~ IRTA Executive Director
Sept. 16	Area 1 and Area 2 Zoom Conference -9:30 begins
Oct. 14	Marshall Brodien ~ Professional Magician Dover Straits Restaurant
Oct. 27—28	IRTA 70th Anniversary , Crowne Plaza, Springfield
Nov. 11	Charlie Carpenter ~ WWII Merchant Marines
Dec. 9	Holiday Fun



Remember!
No July Meeting!

TRS (Teachers Retirement System)

P.O. Box 19253
Springfield, IL 62702-9253
1 (800) 877-7896
www.trs.state.il.us



IRTA (Illinois Retired Teachers Association)

828 South Second Street
Springfield, IL 62702
1 (800) 728-4782
www.irtaonline.org



LCRTA (Lake County Retired Teachers Association)

Box 8107, Gurnee, IL 60031
www.lcirta.net



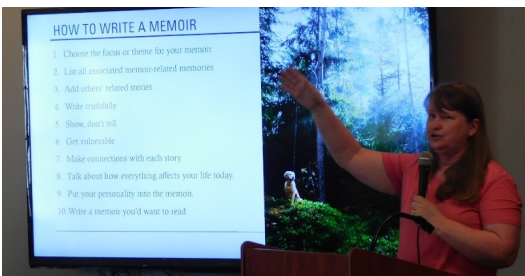


2025 Biennial IRTA Convention – Celebrating 70 Years of the Illinois Retired Teachers Association!



OCTOBER 27TH—28TH
Springfield Crowne Plaza Hotel
3000 S. Dirksen Pkwy,
Springfield
For Registration, Hotel, &
Meals, go to:
[https://](https://www.irtaonline.org/2025-irta-biennial-convention/)
[www.irtaonline.org/2025-irta-](https://www.irtaonline.org/2025-irta-biennial-convention/)
[biennial-convention/](https://www.irtaonline.org/2025-irta-biennial-convention/)
Registration is now open!

PLEASE REGISTER YOURSELF! LCRTA will reimburse you for: Registration fees (\$45.00); Monday Banquet (\$40); and Transportation (if 3 in car) after you attend the Conference!



IRTA AREA CONFERENCES

Go to One! Go to All!

June 11th—Area 5 & 6 : IRTA Advocacy & Governmental Relations

July 15th—Meet the IRTA Leadership Candidates & Learn About Proposed Constitution Amendments

Sept. 16th—Area 1 & 2—Explore IRTA Member Benefits, Programs, and More