

CHICAGO HYDE PARK VILLAGE



THE VILLAGE VOICE

Marian O'Brien Paul, Editor

Sylvia Dawson, Design

Summer 2020

CONTENTS

<u>FROM THE DESK OF THE EXECUTIVE DIRECTOR</u>.....	2
<u>BOARD UPDATES</u>	3
<u>SURVIVAL STRATEGIES</u>	4
• Meditation <i>Alice Dan.</i>	
• Haiku <i>introduction Marian O'Brien Paul</i>	
• Essays by Seniors to Read or Even for You to Write <i>Ginni Cook</i>	
• Yoga for Balance: Now on ZOOM	
• Books to Help You While Away the Pandemic: <i>Suggestions from CHPV Yogi chat group</i>	
• Save the Date!	
<u>MEMBERS SHARE THOUGHTS</u>	9
• Writing Science Fiction <i>Allen Lang</i>	
• Ways to World Travel <i>Marian O'Brien Paul</i>	
• Corona <i>Ute Jansen-Alonzo</i>	
• A common bird you may have overlooked <i>Sylvia Dawson</i>	
<u>NEW MEMBERS</u>	11
<u>CHPV IN NUMBERS: 2019</u>	12
<u>2019 DONORS & SUPPORTERS</u>	13

FROM THE DESK OF THE EXECUTIVE DIRECTOR

Michelle Dassinger



Way back in March – a lifetime ago – I remember assuring my daughter that I thought daily life would either be back to “normal” by June, or we would have clarity on what the “new normal” would look like. Needless to say, June hasn’t turned out as I predicted.

I, like I imagine most of you, have received many recent emails decrying the tragic, unjust killing of George Floyd, supporting the Black Lives Matter movement and promoting initiatives meant to shine a light on – and demand change from – the historic and present injustices perpetrated against persons of color in our country. CHPV stands in solidarity with Black Lives Matter and anti-racist, justice-seeking organizations.

I am heartsick for those who have lost friends and family to violence and have themselves been the victims of injustice. I am grateful for those who are organizing peaceful protests, speaking out against racism in all forms, and helping us work towards achieving a more just country. I am grateful to Terry Stumpf, a CHPV member-volunteer, who put together several emails last week with resources to help all of us navigate the complexities of this moment as well as stay informed of the myriad ways to get involved.

I have felt overwhelmed and exhausted so many times in recent days. Jahmal Cole, founder of My Block, My Hood, My City in Bronzeville, which has been widely cited in the news recently for their good works and effective organizing, suggests asking yourself one 15-word question if you don’t know what to do or you feel overwhelmed by seemingly insurmountable challenges: “What’s something simple I can do that’ll have a positive impact on my block?”

This question has been helpful to me recently, so I am sharing his wise question with all of you. In fact, this is the notion that undergirds much of what the Village does as “neighbors helping neighbors.” As the weather warms, the days lengthen, and Covid restrictions lighten (hopefully!), I encourage you to get out, enjoy the glorious Chicago summer, and think about what simple thing you can do to have a positive impact on your block, our neighborhood, our city, our state, or our country -- every action counts!

As for CHPV, we will continue to have Zoom exercise every day at 10am in addition to social & educational programs and various groups. Check the weekly

email or the CHPV calendar for details. The programs are open to everyone, so invite your friends! If you would like help with Zoom, email info@chpv.org. You can also phone in (see weekly Zoom info for details!).

The next newsletter is planned for September. Until then, I'm sending each of you a virtual hug!

Best Regards,



Michelle

Board updates

- In May the board voted to cancel the 2020 annual meeting, which was originally scheduled for March 10. A copy of the packet is available on the CHPV website under the “About Us” tab. Check out pages 12-13 of this newsletter for “CHPV 2019 In Numbers” and 2019 donor acknowledgments.
- The board approved a two-year strategic plan in May 2020. This was developed in conjunction with the Community Programs Accelerator at the UChicago Office of Civic Engagement over several months beginning in December 2019. The timelines presented in the plan will likely be adjusted due to Covid-19. Take a look on the CHPV website under the “About Us” tab.



SURVIVAL STRATEGIES

MEDITATION

Alice Dan



Speaking of survival strategies, meditation can be a good way to decrease stress and find some moments of peace. For perhaps seven years now, Alice Dan has been offering an hour-long session of meditation practice at Montgomery Place, and with the advent of Covid-19, it has been moved to Zoom online. This move increases its accessibility to those who could not otherwise attend, and lately the group has included sign-ins from Michigan and downstate Illinois.

The group begins gathering at 10:45 am on Tuesdays, and meditation begins at 11:00. A brief meditation instruction is given each time, guiding participants into a “warm-up” meditation of 10-15 minutes. After this settling of minds, a short reading provides a teaching related to meditation practice, and participants discuss the reading or other questions they may have about meditation. During a short break, participants are urged to move a bit, which helps the body to settle back for a final meditation of 20-25 minutes.

The meditation group is open to all, from beginners to experienced meditators. The zoom link is available at <https://chicago.shambhala.org/program-details/?id=452849> or from the Chicago Hyde Park Village (info@chpv.org).

Haiku Poem Fest

Marian O'Brien Paul

To celebrate April being National Poetry Month, a drop-in session via zoom invited us to try our hand at writing haikus. These are short, three line, fixed-form nature poems. They usually follow one of two formats:

Format 1: line one has 5 syllables, line two has 7 syllables, and line three has 5 syllables

Format 2: line one has 3 syllables, line two has 5 syllables, and line three has 3 syllables

Whether they follow one of the formats or not, all the following poems are lovely examples of short nature poems. Their authors can be proud of writing them. Most of all, kudos to Terry for thinking up this creative activity that we all so enjoyed!



Get Going

My plate is getting full
Time seems to zoom me by
Now. Time to get going

– Susan Alitto

Raven

Raven soars -
Wings black against sky
- highlights sun

Raven

Raven plies clear sky
Drops down through blue air to glide:
Underlining sun

– Marian Paul

My Garden

My garden in spring
Yellow daffodils nodding
Lenten rose unfurls

– Laura Kracke

Picture from Laura's Garden

**Coco**

Burst of energy
Much barking, running, howling
Coco my loud dog

Woodpecker

Maple, oak, dogwood
Again back in the yard
Peck, peck, peck

– Dorothy Pytel

NOW

So much to do NOW
Groceries must be gotten
Who delivers NOW?

– Barbara Roy

The Dog Park

The dogs are gone now.
Humans don't walk without dogs
Wait! One last dog there.

– Kathleen Ray

Stay at Home

At home I am safe
Hiding from Covid 19
When can I go out?

Spring

Calendar says spring
But sheltered from the virus,
How would I know?

– Barbara Norrish

View from a Window

Out the window the Lake
Sun shining on the Lake
Shimmering. Calm. Peace.

A Woodpecker Back

Woodpecker back again
Hammer. Hammer. Hammering.
Now, a delightful sound returned

– Terry Stumpf

Wind

The unseen power
I'm pushed and then pulled
I'm not in control

Change

Will somehow appear
Readiness in not assured
Moments become days

– Sophia Watson



Birds

Birds are still - singing
Our stillness deepens their joy
I am listening

Home

Home - same as before
More dishes, and more dog hair
Here we go again

Grass

Lying on the grass
Yesterday there was a glove
Today there's a mask
— Michelle Dassinger

Blackbird Calling

Redwing blackbird calls
Kong kareeee! red feathers rise
Come, come be my mate

— Laura Kracke

Picture from Laura's Garden

Rain

Rain again
Rivulets slide down my pane
Snuggle down

Lock Down

Shop, shop, shop
Chop, chop, chop, season, sizzle
Eat again

— Kathy Williams

Standing on the Shore

I wave, throw the lifesaver of my voice
You are already in the boat
Ready for the crossing

— Lori Rosenblum

Essays by Seniors to Read or Even for You to Write

Submitted by Ginni Cook



McSweeney's editors decided we need to hear the voices of seniors during "this anxious, troubled" time. The editors "will add more stories" daily. You can read the stories and if they inspire you, you can write your own and submit it. Perhaps your story will be published. To read the stories, go to: <https://www.mcsweeneys.net/articles/a-force-outside-myself-citizens-over-60-speak> You will find directions for submitting your own story at that same website. Good Luck!

YOGA FOR BALANCE: Now on ZOOM

Sylvia Dawson

It seemed so sudden Covid-19 was here in Chicago right on our doorstep. Our Illinois Governor and his team along with Mayor Lightfoot were pleading with us to stay home to fight the spread of Covid-19. Who realized at the time that we would be isolated for so long? No sooner had we worked out how to do this and stay socially distant, we realized that our social life had been compromised, and **Chicago Hyde Park Village** was right there for us: Michelle instructed us on how to connect to ZOOM! Now all those familiar faces were right there in our living rooms with our wonderful Yoga instructor Janee welcoming us with her infectious smile. Some of our familiar Drop-in exercise instructors are there on other days to keep us in good shape. Contact Michelle at info@chpv.org for instructions if you haven't tried this yet.



The Yogi group has been together for quite a while now and now under the expert leadership of Dorothy Strang we are enjoying a Zoom chat after class. The following book list is an example of one of our discussions.

Books to Help You While Away the Pandemic:

Suggestions from CHPV members. (yogi chat group)

Blacklist by Sara Paretsky, a fun mystery book by our neighbor Sara.

A Long Petal of the Sea by Isabel Allende, her most recent book (historical fiction).



The Bookwoman of Troublesome Creek by Kim Michele Richards (historical fiction) is based on Roosevelt's Kentucky Packhorse Library Project in 1930's. The story covers Blue People and the struggles and prejudices of the region.

And Only to Deceive, #1 in the Lady Emily Victorian Mystery series by Tasha Alexander. She artfully drafts Victorian Society while solving mysteries.

Southern Exposure: The Overlooked Architecture of Chicago's South Side by Lee Bey.+

Vinegar Girl by Anne Tyler is a modern re-imagining of Shakespeare's *The Taming of the Shrew*.

Chocolat by Joanne Harris.

The Splendid and the Vile by Erik Larson.

even the terrible things seem beautiful to me now by Mary Schlich, a collection of her columns that originally appeared in the Tribune; thoughtful, delightful, often humorous musings on various aspects of life.

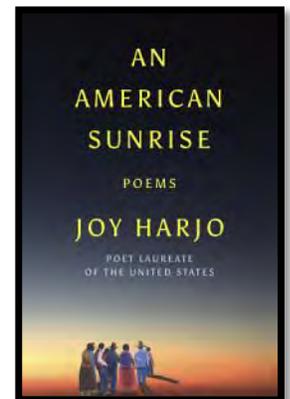
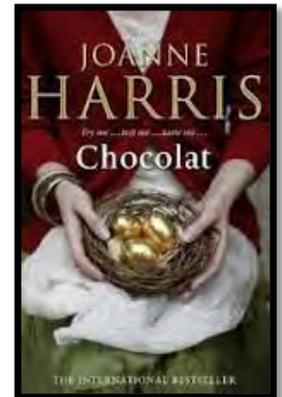
The Corpse Wore Tartan by Kaitlin Dunnett. A nice escape mystery with a Scottish theme set in a small Maine town.

The Yellow Wallpaper (1899) by Charlotte Perkins Gilman is a 38-page short story that describes the main character's descent into madness.

An American Sunrise (2019) a collection of poetry by Joy Harjo, Native American poet laureate of the United States

Lost City of the Monkey God: by Douglas Preston, an absorbing tale of an expedition in the '60s to locate a lost civilization in the Honduran Jungle ending up with a haunting prediction that a virus can end a civilization and change the course of History.

Burton A Biography of Sir Richard Francis Burton: by Byron Farwell. Burton was a 19th Century scholar, explorer and adventurer who overcame incredible hardships to open up Africa.



SAVE THE DATE!

JULY 15

The program committee is working on bringing you a special virtual tour of the Ruth Bader Ginsburg exhibit at the Holocaust Museum!

MEMBERS SHARE THOUGHTS

Writing Science Fiction

Allen Lang

When I was paid \$20 for my story about two Earth-guys conning Martians with negative numbers, I knew I'd found Aladdin's genie-in-a-jug. The tale appeared in the August 1950 issue of *Planet Stories*. When I bring aliens from all over the Milky Way to visit Chicago, for example, I use my own homemade ZIP Codes: Zero-Interval Pathways. A colleague let Johnny Reb win the Civil War; another dug a tunnel from New York to London. We can ignore the laws of physics. Because of science fiction, I met Arthur C. Clarke in London at the White Horse Pub. He talked about the geosynchronous satellites he was imagining. We writers ask each other at conferences, "Are you in fiction, or are you for real?" I'll take fiction.



Ways to World Travel

Marian O'Brien Paul



A child, seated in an armchair, I traveled the world via library books, never expecting to see more than Kansas City, Missouri. Later, married to a U.S. Geological surveyor, I lived six-month stints in Arkansas, Minnesota, Mississippi, Kansas, and Nebraska. Re-married, my Air Force husband and I spent four years in Colorado Springs before going to Adana, Turkey (3 years). He was transferred to Omaha, Nebraska, where I completed a BA and MA, then taught English at the community college for 25 years. A Fulbright Lecturer award returned me to Turkey to teach English as a Foreign language (Çukurova University, 1987-88). A sabbatical allowed me six months in northwestern County Mayo, Ireland, writing my PhD dissertation. Retired, I moved to Chicago, Hyde Park, once again an "armchair traveler."

Corona Song

Ute Jansen-Alonzo

Looming near and far
Somewhere in the distance
Somewhere by my side
For weeks, months, years
Invisible destruction
Awaiting us—am—pm---
If not interrupted by good words---
Written, spoken, sung.
A new World disorder
Desperation, blame, frustration
The new normal,
The Media yells at us.
What's normal?
A blurry concept at best
Relative statistics—
Alarming numbers dancing
In front of our eyes---
Who's counting?

God's Spirit settling
In our souls today
Connecting us to
Neighbors,
Family, friends,
Strangers---
And enemies.

Nature Notes

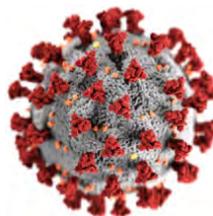
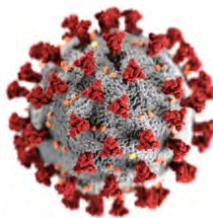
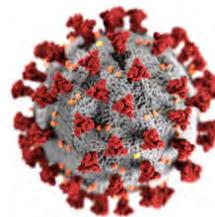
Sylvia Dawson



A common Bird you may have overlooked

Bird migration is at its height in the Chicago area in May but the **Grackle** gets an early start by arriving from the Southern United States in April. Normally an all black bird, he sings from the highest tree to show off his iridescent breeding plumage in the April sunshine. You may see them and their young in the Japanese Garden in Jackson Park.

[Photo: Glyn Dawson]



NEW MEMBERS

Judy Merritt Morgan



Judy Merritt Morgan moved to Hyde Park from Huntington, WV. in 1978. She was married to Richard Morgan (now deceased). She is a retired Special Education teacher who taught in Hammond, Indiana. She loves gardening, reading, cats, and spending time with friends. She is a member of Augustana Lutheran Church of Hyde Park.

Lala Rodgers



Lala Rodgers was born September 20, 1966, at Chicago Osteopathic Hospital on 52nd - 53rd & Ellis Avenue. When the building became housing, she thought, “Wow, I could live in the same building where I was born!” In 1970, her family purchased a home in West Englewood, the first African-American family on 59th & Hermitage, but she continued attending the Hyde Park YMCA summer day camp (53rd & Dorchester). A graduate of Luther High School South (87th and Kedzie Avenue) and Northwestern University (B.S. in Education and Social Policy), she moved back to Hyde Park (1998) to University Park Condominiums aka “Monoxide Island” or the “Toasters”.

With Chicago Public Library since 2001, she was adult librarian at the Blackstone Branch Library (2005-2010). Now branch manager at the Sherman Park Branch Library, New City, she’s a member of University Church in Hyde Park. Since 2009, she’s co-chaired the Oral History Committee, Hyde Park Historical Society.

Barbara Wagner

Barbara says she has enjoyed living in Hyde Park for some thirty years along with her greatly loved, thirteen-year old puggle, Camille.

Kristin Woods

All four of our new members participate in Zoom exercise classes. Please welcome them if you see them there, or anywhere!

CHPV IN NUMBERS: 2019

2 Tech Cafés per month with 6 the UChicago Tech Savvy Friends

5 different affinity & **support** groups

9 **friendly** Village Visitor matches

12 dinner salons at the Snail (average attendance 20)

12 members attended the national Village to Village conference

29 people **practiced** 469 hours of yoga

49 community members **shared** a Thanksgiving meal

51 volunteers **contributed** 2,500 volunteer hours

81 members enjoyed 3 field trips to the Holocaust Museum, Little Red School House, & the Smart Museum

100 guests **celebrated** CHPV's 5th Anniversary

129 people dined out **together** at 6 different Chicago restaurants

171 total members (26 new in 2019)

236 rides for 31 different members (55% medical appointments, 12% shopping, 20% CHPV events, 13% other)

316 **engaging** events

699 attendees at 22 Drop-Ins (81% members & 19% non-members)

CHICAGO HYDE PARK VILLAGE

Neighbors Helping Neighbors

Donors and Supporters of Chicago Hyde Park Village 2019

\$5,000 and above

Anonymous
Margaret Huyck

\$1,000 to \$4,999

Ann and Cal Audrain
In memory of Craig Krell
Charles Custer
Josie and John Disterhoft
Jay Franke
Kathy and Roger Huff
*In Memory of Craig Krell, Alison
Hartman, and Barbara O'Connor*
Rita McCarthy* and Steve Fox
*In memory of Craig Krell and
Barbara O'Connor*
Kitty Mann
James Wilson%
Gary Worcester
Montgomery Place Residents' Council

\$500 to \$999

Susan and Guy Alitto
Eugene Krell
In memory of Craig Krell
Joanne Michalski & Mike Weeda
Barbara Norrish
Ann Terry Strauss
In honor of Susan Alitto

\$250-\$499

Alfred Baker
J. M. Chernick
Jane Comiskey
In honor of Craig Krell
Ingrace and Paul Dietterich
Champlin Gardner
Barbara Flynn Currie
Barbara Hall
Jacquelyn Kirley
Vreni Naess
Terry Stumpf & Barbara Norrish
In honor of Susan Alitto
Michael Wichura

\$10-\$249

Anonymous (3)
Elizabeth Adkins^
Joan and Khazan Agrawal
Lenora Austin
Nancy and Richard Baum
William Burger
Dolores Cross
Cornelia Dahlberg Benedict
Sylvia Dawson
Sarah Diwan
Margaret Duggar
Terri Edelstein
Roberta Evans
In honor of the Shakmans
Clairan Ferrono
Rosalie Fruchter
Audrey Grzyzinski
Eleanor Hall
Timika Hoffman-Zoller
Ute Jansen-Alonzo
Daniel Johnson^
Ruth Knack
Carrie Hedges
Marilyn Helmholz
Susan & Tony Kasiakoff^
Allan Lindrup
Caroline Magsaysay
*In memory of George
McClelland*
Sylvia Mann
Barbara Mayers
Janet Mezgolits
Katherine Morsbach
Alice and Jay Mulberry
Marilyn Murray
Mary and Robert Naftzger
Marta and Ralph Nicholas
Joan K Novick
E. D. Patton
Charlene Posner
Dorothy & Peter Pytel
Lorraine Richardson

Dolores Rosenblum
Gracemary Rosenthal
Barbara Roy
In Memory of David Roy
Michal and Mazin Safar
Marie Schilling
Ian Schorr
Elaine Smith^
In honor of Susan Alitto
Alice Solomon
Joan L. and Charles Staples
Dorothy Strang
Linda Swift
Osa Theus-Buchner & Richard
Buchner^

Caroline Ulrich
Fran and Peter Vandervoot
Mary Anne Wallace
In Memory of Peter Angelos
Ryan Wilson
Ruth & Bruce Woll

* Also a business sponsor
% In support of Yoga for Balance
Reflected in 2020 budget
^ Gift to 2019 appeal, received in 2020

Foundations

Mather Lifeways
Elizabeth Louise Smith Fund at the
Chicago Community Trust#

Associations

Older Women's League (OWL)

Business Sponsorships

Toyota on Western
DB Dentistry
Distinctive Homes Chicago, Rita
McCarthy, Broker

Donations in Kind

AKA Sorority
Hyde Park Bank
Ruth Knack
Joe Marlin
Joanne Michalski & Mike Weeda
George Rumsey – Computer Resource
Center
David Travis
Bonjour Café & Bakery
Café 53
Chant
Giordano's

Cedars Mediterranean Kitchen
Fairgrass Baskets
Giordano's
Hyde Park Bank
Hyde Park Produce
Hyde Park Taco Station
La Petite Folie
Le Bon Jour Bakery
Lake Shore Café
Mercedes Opeña
Medici on 57th
Mesler Kitchen
Nando's Peri Peri
Nella Pizza e Pasta
Piccolo Mondo
Pizza Capri
Potbelly Sandwich Shop
Promontory Restaurant
Rajun Cajun
Saucy Porca
Sit Down Café and Sushi Bar
Snail Thai Cuisine
Southside Ken Chinese
Trader Joe's
UChicago Presents
Vanille Patisserie



We wish to give special acknowledgement **Hyde Park Produce** for their on-going support of CHPV, particularly the drop-in lunches and our Thanksgiving turkey.

Remember their 10% senior discount on Wednesdays!



We thank our supporters for your generosity toward facilitating the work of CHPV. Every effort was made to include all contributions. Please let us know if we may have inadvertently missed your name. For corrections please contact Josie O. Disterhoft, josie.disterhoft@gmail.com.