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SKYLINE VILLAGE CHICAGO SPECIAL ACTIVITIES NEWSLETTER JANUARY & FEBRUARY 2013



How Skyline Village Serves You

We are a collaborative nonprofit community organization created and run by neighbors for neighbors to support one another and to enhance our quality of life in our neighborhoods: Streeterville, the Gold Coast, River North, and the New Eastside.

OUR MISSION is to enrich the lives of our members through unique cultural, educational and social activities designed to take advantage of the vast resources of our vibrant city. We initiate programs and provide access to community information our members have indicated they want and need to stay actively engaged and connected.

Our regular **NEWSLETTERS** are transmitted bi-monthly at the beginning of the 2 month period. In addition, we send periodic **UPDATES** to assure that you are kept current with what is happening in our neighborhood, as well as to serve as "reminders" of upcoming events and activities. Hope to see you soon at one of our events. We welcome your comments and suggestions at svcchgo@gmail.com

WELCOME NEW MEMBERS

We are delighted to welcome our new Skyline Village Chicago members.

Rebecca Moltz	60611
Edna Schade	60611

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RENEW YOUR MEMBERSHIP

or join SVC by sending a check for :

\$60.00
(individual)

\$90.00
(couple)

MESSAGE FROM THE PRESIDENT

To:
Skyline Village
Chicago
P.O. Box 11757,
Chicago, IL
60611

Welcome to our new members! And to all of you who have renewed your membership for 2013, a hearty thank you for your continued support. We look forward to seeing you at events and having you join us as we continue to grow our dynamic organization.

At a recent Skyline knitting group gathering, hosted by Katie Sowle, we chatted about Skyline Village Chicago and why we are unique in the world of Villages. We all agreed that our location and the fact that we are vertical makes a difference because we choose to live in buildings where shoveling and plumbing problems are taken care of. Also, most of us are transplants from somewhere else and the connections we make are usually not around child-rearing and PTA, but are through the discovery about who we are now. Whether working or retired - attorneys, investment managers, real estate brokers, law librarians, strategic planners, artists - all of us have interesting stories to tell, talents to share and dreams to fulfill. Over the course of this year we plan to form a membership committee to reach out to everyone to learn more about our members. If you are interested in joining this effort, contact us at mitzen@sbcglobal.net.

By the time you read this we will know if we have gone over the fiscal cliff or not. No matter the outcome, Skyline's Events Committee is planning programs to address our own fiscal well being. Watch for announcements of these and programs about health, tours, and much more in upcoming newsletters and updates. The Events Committee can always use ideas and doers. Contact Charlene Conarty at apja@rcn.com for more information

We can't know everything that's going on in our vibrant community and we're always eager to learn more. If you know of something that might interest Skyline Villagers, send us the details and we will do our best to get the word out. While we can't guarantee that everything will be in the newsletter, we will do our best to post it on our website calendar. So do stay in touch with us by sending an email to (Karen, will get you the generic email on Sunday.)

All my best to you and yours for a very happy and healthy new year.

Phyllis Mitzen, President

mitzen@sbcglobal.net or 312-932-0096

VOLUNTEER CORNER

Skyline Village Chicago is Looking for Volunteers

Skyline Village Chicago is looking for people who are willing to volunteer their time to provide services to Skyline members (volunteers don't need to be a Skyline member to pitch in and help) Volunteers are needed to help in the following ways:

1. grocery shopping or picking up prescriptions for a member
2. accompanying a member to a medical or dental appointment
3. helping a member to order library books on line and picking them up at our Water Tower library
4. visiting a member who would like to have company at home, or in the hospital or rehab facility.

Our volunteers will not be asked to provide transportation, but may accompany members to appointments at the members expense. Prospective volunteers will be interviewed and receive training from a qualified professional.

If you are interested or have any questions please contact

Nancy Almquist 312-337-7671
Barbara Kite 312-664-6520

FOCUS ON LOCAL VOLUNTEERS

Ed Cooper, SVC Member

CHICAGO SINAI

Chicago Sinai conducts an outreach to the Jenner Academy of the Arts, a grade school in the former Cabrini neighborhood, by providing volunteers to tutor students during the week. They also meet with students on Career Day and host Scholars Lunches for high-achieving students. Most of the students are enrolled in the federal school lunch program Monday to Friday but have no access to lunches on weekends. Sinai volunteers provide bag lunches to these children on Friday to take home.

Sinai's Board voted unanimously in 2009 to support the Chicago Coalition to Save Our Mental Health Centers. These facilities have been closing at an alarming rate. They are no longer able to support those in need in their own neighborhoods, much less other areas. Half of the mental health centers closed in 2012. The consequences of untreated mental health can be homelessness, poverty, incarceration, morbidity and death. In 2008, 71% of the River North community (23,500 population) approved a non-binding referendum to pay \$4 of every \$1,000 to expand mental health care in their community. They must now vote on a binding referendum. Thanks to the passage of the Community Expanded Mental Health Services Act of 2011, every neighborhood with a population of 75,000 to 250,000 can now hold such a referendum.

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FEATURE ARTICLE

SVC is Looking for Feature Writers

We happen to know that some of our members are writers. And, we certainly know that our members have a wealth of information...and opinions...to share with others. We would love to hear from you. You've seen articles in past newsletter issues written by members and we want to feature more. You can either email an article for consideration or let us know if you have an idea for an article. Please send to Karen Ross at kross850@aol.com

All submissions are subject to board and editorial approval for publication.

SPECIAL PROGRAMS

Watch for information about lots of special programs in the works including the next computer class series at The Hallmark. The last series was so well received that we are working with The Hallmark to offer it again in February or March. More information to come soon.....

SKYLINE VILLAGE ACTIVITIES

(also open to non-members)

WALKING WITH SVC

MONDAYS & WEDNESDAYS from 8-9 a.m.

Men and women, all fitness levels are welcome to join in. Meet us at the street level of the Bloomingdale Building, to the left of the desk, to start your day with exercise and congenial company.

The weather has been beautiful so we've been walking along the lake front.

Come join us - start off your day with a healthy walk.- What better way to get in those 10,000 steps? SVC walks every Monday and Wednesday, starting at 8 a.m. in the 900 N. Michigan lobby.

Time not right for you? Tell us when you would like to walk and maybe we can start another group. Contact **Phyllis Mitzen, 312-932-0996** or mitzen@sbcglobal.net

GREEK PHILOSOPHY SUNDAY

January 27, 2013 - 4:30 PM at The Clare

Mark your calendars now for a stimulating lecture and discussion of epistemology (study of knowledge) as described in Plato's work, The Republic, featuring the Allegory of the Cave. Attendees will participate as cave-dwellers (nothing challenging, we promise!) as Bruce Lespinasse brings us insights into this work. Many of you know Bruce as our leader of Classic Cinema where he always provides little-known facts about the movies he presents...and always with his own touch of humor. This presentation will include handouts and a Q & A period. Members Free, Guests \$5 per person

RSVP@skylinevillagechicago.org

MEMBER ACTIVITIES

The groups below are FOR MEMBERS ONLY, but non-members may attend two sessions to see if they are interested in joining Skyline Village in order to participate.

******FLASH******

Tour - Gratz Center

Thursday - January 10 - 1:00 PM

We are excited to announce a special opportunity for a private tour for SVC members of Fourth Presbyterian Church's newly dedicated Gratz Center. Patty Jenkins, Director, Center for Life and Learning, will lead us through this amazing new addition to an historic and beloved landmark in our neighborhood. This private tour is limited to the first eight SVC members who reserve at rsvp@skylinevillagechicago.org.

The Gratz Center will present a grand opening event to the public on Saturday, January 12.

New Groups Forming!

ROMEO IS COMING TO SKYLINE VILLAGE

We would like to start a ROMEO (Retired Old Men Eating Out) group. We can start with a lunch- maybe try different ethnic restaurants - and watch it will grow into a monthly event - for us men.

If this interests you or your friends please contact me. I am away until March but would like to plan our first lunch in mid-April, so email at uncle_jack@juno.com me now.

Thank You

Jack Herman, Treasurer
Skyline Village Chicago
uncle_jack@juno.com

NEW DINING GROUP

Many SVC members have expressed an interest in our starting a monthly dining group. With so many wonderful restaurants right in our own neighborhood, it will be great fun to explore new dining opportunities with other SVC friends. If you are interested in participating, please contact Charlene Conarty at apja@rcn.com

On-Going Groups!

SVC: MORE THAN JUST A BOOK CLUB

The SVC Book Club is a self-led group with a designated leader each month. We meet at 3 p.m. on the first Wednesday of each month on the 2nd floor of Prentice Women's Hospital, near the bridge. (Attention Men: please don't let the name of the building dissuade you; we welcome your participation.)

At the January 9th meeting, we will discuss *The Nineteenth Wife*, a book we've read over the course of the last two months. In addition, we will consider selections from books members have suggested to set the agenda of books we will be reading over the next few months. If you have an interest in becoming a part of this group, send an email to rsvp@skylinevillagechicago.org, put "Book Club" in the subject line and give us your name, phone number and a good time to reach you.

Mary Alice Mayer, SVC Member

KNITTING GROUP

Skyline Village has a new knitting group. We meet twice a month and knit, share patterns, ideas, craft events, have refreshments and end with a glass of wine. We are already enjoying new friendships and welcome others to join the knit group. We will be meeting on January 18th at 11am. For more information contact Katie Sowle, ksowle@msn.com

ASIAN ART STUDY GROUP

This is a fully subscribed study group for Asian Art devotees and collectors.
Members RSVP your interest to Carol Ferstman,

Carolferstman@aol.com or 312-867-0873. Please make sure you leave your name, email address & phone number.

CLASSIC CINEMA

Sunday - February 17, 2013 - 4:30 PM
The Clare at Water Tower
55 East Delaware

SVC concludes its film noir series with the screening of *Lady in the Lake*, starring and directed by Robert Montgomery. A classic from the pen of master mystery writer, Raymond Chandler, this film features his most famous character, private detective, Philip Marlowe. Watch as Marlowe winds his way through a maze of murder and mayhem and, in a cinematic "gimmick," acts as the camera and we view all the action through Marlowe's eyes.

SVC partners with The Clare at Water Tower whose movie auditorium and hospitality reflect the high quality of learning that we've enjoyed through our leader Bruce Lespinasse. Bruce selects, researches and informs us with written handouts on how to critically view the films and relate their history to other films.

This cinematic experience, a light supper and great discussions are all included in this Classic Cinema experience.

We will convene at 4:20 p.m. and start at 4:30 promptly.

Cost is \$15.00, includes meal, snacks, lecture film and Q & A. RSVP to Karen Ross by February 14, 2013:

KRoss850@aol.com or 312-285-6142

Send your check to:

Skyline Village Chicago

P.O. Box 11757

Chicago, IL 60611

notating on check "Classic Cinema"

Deadline: February 14, 2013

Note: Residents of The Clare, please contact Karen Ross for special pricing.

GAMES!! WE ARE READY TO PLAY

SCRABBLE is the game of choice right now. If you'd like to join in, please let us know. Gamers must be members of SVC but you may come twice to try us out before joining.

We meet on the 2nd Sunday of the month at 3:00 PM. Please call Mary Alice Mayer to get details or to join the group.

RSVP to Mary Alice Mayer

rsvp@skylinevillagechicago.org

OTHER GAMES

We are still looking for more BRIDGE and CANASTA players to make a game. Please let us know what interests you and your level of play. Would you be willing to teach beginners?

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COMMUNITY PARTNER PROGRAMS**LOOKINGGLASS THEATER AND SVC**

The SVC Book Club was honored to be invited to Lookingglass Theatre Company's office in the Hancock Building to participate in a discussion about their up-coming production of Still Alice. The play is based on the novel by Lisa Genova and is being adapted for the stage by ensemble artist Christine Mary Dunford. It is the intimate story of Professor Alice Howland who at the peak of her career studying the human brain, finds her own mind beginning to falter. Attending the meeting were two other local book groups as well as professionals from The Alzheimers Association, Northwestern Medical Faculty Foundation, Rush Medical Center, and Loyola School of Social Work. Ms. Dunford shared insights into how she adapted the novel for the stage, giving both Alice and Herself a voice. She then had us read from a scene, taking the actor's parts, which gave us a brief, tantalizing taste of the play to come.

True to Lookingglass' commitment to community, we were asked to share ways that the impact of this production might be felt beyond the play itself. We discussed resources and panel discussions about Alzheimers Disease and dementia that will be held in conjunction with the play.

Still Alice opens April 10th at Lookingglass Theatre, at Water Tower

Works, 821 N. Michigan Av at Pearson. Tickets can be ordered at www.lookingglasstheatre.org.

SVC book club will be reading Still Alice for our April meeting.

CENTER FOR LIFE AND LEARNING JAZZ WINTER PARTY

Join us Thursday, January 24, 2013

11 a.m.-1 p.m. at Fourth Presbyterian Church

Come enjoy some hot jazz and learn more about our program as we welcome new friends, annual members, and guests aged 60 or better. No RSVP necessary.

Enter the new Gratz Center at 126 E. Chestnut Str

FOURTH CHURCH STAFF RETURN HOME

The Fourth Church staff and programs held at the Olympia Tower Center will return to the church campus in mid-November. Construction of the new Gratz Center is nearly complete, and everyone is looking forward to being together again. The staff and space at Olympia Tower have been exceptional, but we are ready to go home!

Northwestern Bluhm Cardiovascular Institute

WHAT EVERY WOMAN NEEDS TO KNOW

SIXTH ANNUAL WOMEN'S CARDIOVASCULAR SYMPOSIUM

Please Join us February 1 for the Sixth Annual Women's Cardiovascular Symposium. Did you know that heart disease claims the lives of more than 500,000 women each year?

Join our experts on February 1, National Wear Red Day, and learn about how local and global strategies can keep the hearts of women beating strong. To show solidarity for all women affected by heart disease, wear red to the symposium!

Presented by the Program for Women's Cardiovascular Health at Northwestern's Bluhm Cardiovascular Institute. Marla A. Mendelson, MD, director, and Vera H. Rigolin, MD, associate medical director, are co-chairs for the event.

Heart Health Schedule

- Friday, February 1, 7:30 to 8 a.m. – Heart Healthy Breakfast
- Registration and Exhibits 8 a.m. to noon – Heart Health Symposium
- Location: Northwestern Memorial's Prentice Women's Hospital, 250 E. Superior St., third floor, Conference Center
- Registration Fee: \$30 per person includes lectures, materials, refreshments and discounted parking. Register with a friend and receive a discounted rate of \$50 for two.
- To register or for more information, call Health Resources at 312-926-8400 or visit us online at <http://www.nmff.org>

[/documents/ProgramsEvents/3861-12%20Women's%20Heart%20Health%20Postcard.-P04.pdf](#)

Space is limited.

- Sponsored by Northwestern's Bluhm Cardiovascular Institute and the Alberto Culver Health Learning Center.

A portion of these symposiums have been funded by the Nancy and James Farley Women's Heart Health Lecture Series and by the Woman's Board of Northwestern Memorial Hospital.

Symposiums

- Global Issues and Cardiovascular Disease in Women Presented by Nanette K. Wenger, MD, professor emeritus of Medicine in the Division of Cardiology at the Emory University School of Medicine and a consultant to the Emory Heart and Vascular Center.
- Cardiac Disease and Diversity in Chicago Presented by Donald M. Lloyd-Jones, MD, medical director for Bluhm Cardiovascular Institute's Center for Preventative Cardiology, chair of the Department of Preventive Medicine at Northwestern University Feinberg School of Medicine.
- International Cooking Demonstration Presented by Robert F. Kushner, MD, medical director of the Center for Lifestyle Medicine at Northwestern Memorial Hospital. Dietitians Holly Herrington, RD, LDN, and Erin McCarthy, RD, CSSD, will perform an interactive cooking demonstration.
- Heart Healthy Exercise in a Flash Exercise demonstration presented by Lindsey Hanna, exercise physiologist at Northwestern Memorial Hospital.
- What's New in Cardiovascular Disease Presented by Marla A. Mendelson, MD, medical director of the Program for Women's Cardiovascular Health at Northwestern's Bluhm Cardiovascular Institute, and Vera H. Rigolin, MD, associate medical director of the Program for Women's Cardiovascular Health at the Bluhm Cardiovascular Institute.
- A Personal Look at the Physician/Patient Experience Join our panel discussion featuring experts from Northwestern.

JOIN US FOR TEA AT THE CLARE

The Dead Writers Theatre Collective and The Clare, Chicago's exclusive retirement community, are pleased to invite you to Tea for fun, feasting and fashion including:

- Lecture on the lives, relationships and oeuvre of literary giants Wharton, Fitzgerald and Henry James by award-winning playwright, Adam Pasen
- Discussion by Wharton scholar, Katherine Joslin, on the central role of fashion in Wharton's work and cultural aesthetic, as discussed in her recently released book, "Edith Wharton and the Making of Fashion"
- Preview glimpse of this world premiere play with scenes enacted by the cast
- Fashion Parade and lecture of costumes from the Gilded and Jazz Ages
- Delicious traditional high tea with cucumber sandwiches, scones and clotted cream

- Souvenir gifts complements of Argo Tea and Vosges Haut-Chocolat

Seating for this event is extremely limited, so reserve early!

Call now to reserve your tickets: 773-305-8221 or www.deadwriters.net

Price: \$50/person.

Place: The elegant dining room of The Clare, 55 East Pearson, Chicago.

Date: February 9th, 2013.

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WHY NOT SHARE IT BY FORWARDING IT TO A FRIEND**
see below...forward email

Happy New Year!

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