



NEWS & EVENTS FROM SKYLINE VILLAGE CHICAGO September-October 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.

MESSAGE FROM THE PRESIDENT

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RENEW YOUR MEMBERSHIP

or join SVC by sending a check for :

\$60.00
(individual)

\$90.00
(couple)

To:
Skyline Village
Chicago

Forgive me if I sound breathless, but there is so much going on with Skyline as summer winds down and we head into autumn. Read on to learn about the many ways you can jump on board, get to know us better, learn, grow and even get some help when you need it.

P.O. Box 11757,
Chicago, IL
60611

Every day we learn about more resources and partners in our community who want to work with us to make life easier and richer for all of us. **Lake Shore Park**, on the corner of Chicago Av and Lake Shore Drive is one of these resources. Juan "Dan" Puente has been the Director for only four months, and he wants us to know about and use the resources of the park. They hold classes in the gym (50% off the listed price, and several of our members have raved about them!), the fitness center and the conference room for meetings and events. Welcome Dan!!

Our goal is making connections - connecting with each other to form warm and caring relationships. This is a 'people' organization. We don't have an office and we barely have a budget. What we do have is an energetic board and committed people who know the importance of friendship and building social circles with others who know us and care about us. Toward that end, we have built up a growing number of ongoing programs: Walking group (please join me and other Skyline Walkers) each Monday and Wednesday at 8am, rain or shine 900 N. Michigan), dining groups (*ROMEO* is in its 3rd month and growing, and Charlene Conarty just started a new dining group), the *SVC Book Group*, *Games We Have Games* (getting going again in September), *Asian Art Study Group*, and *Sticks and Strings* (named after a grandchild's characterization of her grandmother's knitting hobby).

When a member has an idea for a group, we will support it, and do our best to help you to make it happen. Get to know us - join a group - get one started!!

Finally, we have a number of **educational programs** on the drawing board to help us navigate the health care system.

The first one is in October, **Medicare Part D Open Enrollment**. We are holding this at Fourth Presbyterian in partnership with CLL. Experts from Mather LiveWays and CJE SeniorLife will be presenting vital information, and will also be available for consultation. This is a repeat of a very popular program from last year.

If there are programs you want us to offer, please let Evelyn Shaevel and Sandy Herman, our events committee chairs know, and perhaps join our Events Committee which meets the first Monday of each month (the second Monday in September), 4pm in the Morse Conference room in the Gratz Center of Fourth Pres, 126 E. Chestnut.

On August 13th, The Carlton Club, located in the Ritz Carlton Water Tower Place, welcomed 20 Skyline Village members as special guests at their monthly Gourmet Cooking Class. Pierre Lasserre, Club Manager and Ritz Carlton Sommelier, was host. The Deca (Ritz restaurant) sous-chef shared recipes and demonstrated how to make compressed watermelon (included in a salad with goat cheese, pistachios and mushrooms), Gruyere & Parmesan cheese beignets, and housemade crackers. Sofia Solomon presented five

artisan cheeses. Best of all, we got to sample everything--crackers, lots of cheese and wonderful wine. Thanks Pierre!



SVC Members at Carlton Club Cooking Class

Enjoy the rest of your summer and I look forward to seeing you in the Autumn

Best, Phyllis

Phyllis Mitzen, President
mitzen@sbcglobal.net or 312-957-6060

SKYLINE VILLAGE PROGRAMS

OPEN TO ALL

MORE THAN JUST A BOOK CLUB

Wednesday - September 11 - 3 PM
Prentice Hospital - Second Floor Cafeteria
(Look for us around the corner on the Chicago Ave. side)

In September we are reading *The Dinner* by the Dutch writer, Herman Koch, who has been a European sensation and international best-seller. Beth

Conaghan recommended the book and will lead what promises to be a very lively discussion.

Our discussions are enthusiastic and informative. The wonderful thing about our book group is that through our discussion we've learned something we didn't know about the book, the characters or the author. The book club is free, non-members are welcome to join us for two sessions and then we ask that you join Skyline Village.

The SVC Book Club meets the first Wednesday of the month. However, in September we will meet the second week because of Labor Day. Future dates are October 2 (book TBD), and November 6 (*The Nine* by Jeffrey Toobin.)

For more information contact Phyllis Mitzen at mitzen@sbcglobal.net

KNITTING IT ALL TOGETHER

Sticks & Strings is the SVC knitting group. We meet at Noon on the first and third Tuesdays of the month and welcome all knitters, from expert to novice. We each bring a sandwich or salad, and our hostess provides beverages and her favorite snacks. We share patterns, ideas, laughs--and wisdom, e.g., "Purls are always appropriate."

For more information, email SVC at rsvp@skylinevillagechicago.org
Please put "Knitting" in the subject line.

Please include your name, email address and phone numbers.

MEDICARE PART D

Thursday - October 17 - 5:30 PM
Gratz Center - 126 E. Chestnut St.

Open enrollment is October 15 to December 7.
How do you select the right plan?

Skyline Village Chicago is proud to welcome Kate Paz, Director of Programs Without Walls at Mather LifeWays, who will give a timely presentation on your options during Medicare Part D open enrollment. Kate and Monica Glaser, from CJE SeniorLife, will answer questions.

Following the talk you may sign up for a free one-on-one consultation during the week of October 21, with a SHIP-trained volunteer to assist you in selecting the prescription plan that best meets your needs.

This event is free for Skyline Village and CLL members. \$10.00 for non-members. No RSVP necessary.

For more information, write to rsvp@skylinevillagechicago.org and put Medicare D in the subject line

**ROMEO (Retired Old Men Eating Out)
FOR MEN ONLY****Tuesday - September 17 - 12:30 PM****Sayat Nova - East Armenian Food****157 E Ohio St****Our next date is:****October 22 - Mexican**

We have had three lunches at ethnic restaurants - Indian Garden, Heaven on Seven and Baisi Thai. We have made new friendships and enjoyed good conversation and great food. We still need "A Few Good Men" to join us.

If Tuesday is not a good day for you, please let me know. We're still in our start-up phase and can make changes to fit the most attendees. You don't have to be retired to join us. You don't have to be a Skyline Village member either, but we hope you will join soon. Bring a friend and help us get ROMEO going strong.

Though we love the wonderful women in our lives, this lunch is for men only. If you are interested in joining us or have any questions, please contact Jack Herman at uncle_jack@juno.com or 847-571-5331

**Skyline, SOAR and NMC Present:
Cutting Edge Research
at Northwestern Medical Center****Wednesday - October 9 - 5:30 -7 PM****Prentice Women's Hospital Conference Center,
Canning Auditorium, 3rd floor
250 East Superior Street****Andrew T. Parsa, MD, PhD,
Chair of the Department of Neurological Surgery**

Skyline's fourth semi-annual collaboration with SOAR and Northwestern Medical Center is proud to present Andrew T. Parsa, an internationally renowned neurosurgeon specializing in complex tumors of the brain and spine. Dr. Parsa joined the Northwestern University Feinberg School of Medicine on July 1, as the Michael J. Marchese Professor. We welcome Dr. Parsa to our community and look forward to hearing about his research and vision for the future of neurosurgery.

WALKING WITH SVC**Mondays & Wednesdays - 8-9 AM****Bloomington Building, 900 N. Michigan Avenue**

Men and women, all fitness levels, are welcome to join. Meet us at the street level of the Bloomingdale Building to the left of the desk. Weather determines if we walk in the building or outside. Come join us - start off your day with a healthy walk and congenial company. What better way to get in those 10,000 steps? .

Time not right for you?

Tell us when you would like to walk and maybe we can start another group. Contact **Phyllis Mitzen**, 312-957-6060 or mitzen@sbcglobal.net

MEMBERS ONLY

APP PARTY

No longer wonder how long you will have to wait for a bus!!

Wednesday - September 25 - 3PM

Streeterville or Gold Coast

We will determine the location based on interest.

Do you have apps on your smart phone or tablet that you find indispensable, useful, or fun? Would you be willing to share? Katie Sowle and Phyllis Mitzen are hosting an App Party so we can do just that. Bring your iPhone, iPad, Galaxy, or tablet so we can share our favorites and demonstrate how we use them.

What better way to have some fun with our devices, more effectively use them, and with an added bonus of impressing our friends, kids and grandkids!!!

RSVP or for more information: rsvp@skylinevillagechicago.org

Please put "App Party" in the subject line.

Please include your name, email address and phone numbers.

Or Call 312-957-6060 for more information.

ASIAN ART STUDY GROUP

This is a fully subscribed study group for Asian Art devotees and collectors. Our members have the opportunity to learn about and explore the lending library at the Japanese Information Center. If you are interested in this topic, please email Carolferstman@aol.com.

Please include your name, email address and phone numbers and mention "Asian Art in the subject line.

CLASSIC CINEMA RETURNS

Sunday - September 22 - 4:30 PM
The Clare - 55 E. Pearson

SVC member and self-proclaimed Renaissance Man, Bruce Lespinasse has selected a new set of Classic Cinema films for this year. Last year Bruce delighted and intrigued us with insights into a remarkable array of films and actors from the '30s, '40s and '50s. He promises to do the same again this year.

We will again be hosted by **The Clare** in their intimate screening room. A lecture and handouts will precede the screening and a Q & A/discussion will follow the film. Pizza and snacks will be served.

Members - \$10 Non-members - \$15 per screening

Mark your calendars now for the following Sundays at 4:30 PM:

September 22 - "The Narrow Margin" (1952)

Genre: film noir. Director: Richard Fleischer. Stars: Charles McGraw, Marie Windsor, Jacqueline White. Raspy-voiced, jut-jawed, craggy-faced character actor Charles McGraw (born Charles Butters in Iowa) usually played a cop or a thug as a supporting actor in B pictures. (Memorably, however, he had a bowl of soup with Kirk Douglas in "Spartacus".) Here he plays the lead as a tough cop who must escort a trial witness (Marie Windsor) on a cross-country train to LA, all the while foiling the nefarious forces who want her eliminated. Director Fleischer flawlessly incorporates the bells and whistles of his moving train setting into the elements of his story, thereby achieving true suspense and rhythm. Topnotch gruff and gritty entertainment. (Remade in 1990 with Gene Hackman and Anne Archer.)

October 20 - "Love Crazy" (1941)

November 17 - "Act of Violence" (1948)

December 15 - "Mystery Street" (1950)

Details on future movies will be included in reminder notices.

Due to the possible unavailability of the selected DVDs alternative films may be shown.

There are no conflicts with Bears' game days or starting times.

RSVP or for more information: rsvp@skylinevillagechicago.org

Please put Classic Cinema in the subject line

Please Include your name, email address and phone numbers

If you have questions, please contact Bruce at 312-943-5575

NEW DINING GROUP

Tuesday - September 10 - 5:30 PM
Francesca's on Chestnut

The Skyline Village Dining Group is up and running . Many SVC members have expressed an interest in having a regular opportunity to meet and enjoy the company of other SVC members. Now you can combine the experience with great dining. Our neighborhood boasts an abundance of wonderful restaurants and we plan to try them all. For more information about this group, please contact **Charlene Conarty** at apja@rcn.com

Please Include your name, email address and phone numbers and mention "Dining Group" in the subject line.

GAMES!! WE HAVE GAMES!

Front: Betty Eaton, Sandy Gold, Fran Snyder, Back: Roz Camras, Gay Roberts and Photographer Beth Chalupa -not pictured

SVC Mah Jongg Group Seeks New Players

These SVC members have established a weekly game that has become so much fun we would like to find additional members to start another group or two.

If you are interested, please contact Sandy Gold at sgold200@comcast.net or Gay Roberts at gay.roberts@bairdwarner.com

Scrabble

Sunday - September 22 - 3 PM
Galter Pavilion - Food Court

SCRABBLE took a break for the summer, but returns this month. 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?

We are always happy to have new players, so for details or to join the group, please contact Sandy Herman at 312-643-1217 or rsvp@skylinevillagechicago.org

Please note "Games" in the subject line. Gamers must be members of SVC but you may come twice to try us out before joining.

Neighbors Helping Neighbors Need help? Call Skyline's Volunteer Hot Line

Your volunteer neighbors are ready to take you to the doctor or dentist, assist in grocery shopping, get a library book from the Water Tower library or just visit with you in your home or hospital bed. SVC now has a full team of volunteers ready to help when you need us.

Just give us a call and our volunteer coordinators will ask you a few questions and put you in touch with one of our helpful volunteers who can assist you with your request.

**To connect with a volunteer
Call Skyline Village Chicago's Hot Line at 312-957-6060**

WHY ARE YOU A MEMBER?

Ask ten members of Skyline Village Chicago why they joined and continue to renew, you might get ten different answers. You might also hear a pattern of similar reasons. We ask this question of you and hope you'll share with us why being a member of Skyline Village is important to you. How has it made your life better? What new friend(s) do you have now...people you never would have met if not for Skyline Village? What new activity or interest do you enjoy because of Skyline Village? We look forward to hearing from you. Susan Nathanson shares her thoughts with us:

About three years ago, a very dear friend and cousin suggested I join a group called Skyline Village Chicago. I went to one of the meetings of this new group of women and men, and decided to join. I have been enjoying the events and the people who come to our programs and join us in all sorts of activities and adventures.

I have found it interesting that many people have found old friends from the past, and even more valuable, they have new friends with similar interests and lifestyles. We entertain ourselves and others with University programs; plays, music events, movies and a walking group, just to name a few activities.

We would love to have you join us as we continue to enjoy and grow our organization.

Susan N. Nathanson, Board Member
Skyline Village Chicago

FEATURE ARTICLE

The following Feature Article was contributed by Mary Mercier, SVC member and a stalwart member of our SVC Walking Club with a brief introduction by Phyllis Mitzen, President SVC.

Introduction: Mary Mercier, during our many walks along Lake Michigan in our Walking Club, shared this story of how she dealt with her grief after her husband Bob died.

Losing my husband of 48 years was devastating, but I found a way to ease the pain, something that will make me happy for the rest of my life. I built a playground! Actually I didn't do it all by myself. The best part is that a crew of volunteers and a much larger group of donors built the playground in my husband's honor.

Bob was born and raised in Michigamme, a very small town on the shores of beautiful Lake Michigamme, in Michigan's Upper Peninsula. After graduating from college, he taught in the Chicago suburbs, but we spent every summer in Michigamme, adding the fall and spring after we retired.

When Bob died in 2011, my daughter and I considered a charity to benefit from the donations given in lieu of flowers. Bob loved children and he loved Michigamme, so we decided to work through our township to rebuild the dilapidated playground at the township park. That summer I met with area residents to plan a structure that

would please children of all ages, something that encouraged physical exercise, and would tell people passing on the nearby highway that our community cares about its children.

Donations from friends, including a generous sum from Bob's Kiwanis club, the Lakeview Club of Chicago, totaled \$11,000, enabled us to order our first equipment, a lower platform with three slides and a sliding/climbing tube. Local builders and helpers volunteered to excavate the site, erect the structure and spread wood chips in time for July 4, 2012.

We next reached out to local businesses and other Michigamme lovers to raise \$13,000 for a high platform with slide and ladders, a chain climbing wall and a zip slide. Again, volunteers went to work and the Bob Mercier Memorial Playground was complete.

Bob always said that when he died he would like to leave "something nice for Michigamme". His wish was granted; we have an inviting, safe playground built in his memory through the cooperation of his friends, where laughing children will play for years to come. I couldn't ask for anything more, but there is one more thing. I was selected to be the Grand Marshal of the Michigamme 2013 July 4th parade!

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. We look forward to hearing from you.

Karen Ross
SVC Newsletter Editor

WELCOME NEW MEMBERS

**WELCOME NEW AND RENEWING MEMBERS
THANK YOU FOR YOUR ON-GOING SUPPORT!**

We're delighted that you have joined and are supporting our Village.

- Roz Camras (60611)
- Beth Chalupa (60610)
- Helen Fogel (60610)
- Kathleen Kelly (60690)
- Fran Snyder (60610)

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P.O. Box 11757, Chicago, IL 60611

COMMUNITY PARTNER PROGRAMS

Center for Life and Learning

The Center for Life and Learning is a membership program of Fourth Presbyterian Church which welcomes men and women 60 and better who wish to stay challenged and engaged. We offer a wide variety of lecture classes, social events, and wellness activities throughout the year. For more information about CLL, contact: Ashley Elskus - 312.981.3387 - aelskus@fourthchurch.org

Bridge: Supervised Play for Beginners and Intermediate Players

Come as you are for a short lesson followed by supervised play. All levels and questions are welcome! No partners needed. No need to register in advance. Led by professional bridge instructors Ellen and Richard Gabriel.

Wednesdays, September 11-November 20, 2013

Beginners: 12:00 noon-2:00 p.m.

Intermediate: 2:30-4:30 p.m.

\$20 per session, payable at the door

Call Ashley with any questions at 312-981-3387

Ancient Persian History

2:30-4:00 p.m., Thursdays, October 10-31, 2013

\$30 CLL and FPC/ \$35 guest registrants

Our lecturer, Dr. Saghi Gazerani, will begin with the Ancient Persian Empire of the Achaemenids and its destruction by Alexander in third Century B.C. She will introduce the *Shahnameh* or the book of kings, which is devoted to Iran's pre-Islamic past. Finally, we will discuss the advent of Islam in Iran, and how some of aspects of cultural identity shaped in that period are still discernible and relevant in modern Iran. Call Ashley to register at 312-981-3387.

Loyola University Museum of Art - LUMA

Tuesday, September 10, 6:00 p.m.

Dakini Power: Extraordinary Women Shaping the Transmission of Buddhism in the West

\$4 / Members and Loyola students, faculty, and staff: Free

Michaela Haas, author of *Dakini Power*, will present the life stories of some of the most accomplished female Buddhist teachers in the West with an engaging slide show recounting stories of courage, wisdom, and determination. Haas is an author, lecturer, and consultant, who has practiced Buddhism for almost twenty years. She traveled around the world in search of these biographies.

RSVP to luma@luc.edu or 312.915.7608.

Tuesday, September 17, 6:00 p.m.

Meet the Artist: Indira Johnson

\$4 / Members and Loyola students, faculty, and staff: Free

Indira Freitas Johnson will discuss *Ten Thousand Ripples (TTR)*, a major city-wide public art and peace initiative. Rooted in the belief that art can be a catalyst for social change, *TTR* has been a powerful and profound reminder that peace is possible despite the violence that surrounds us. Placed in communities from the far south side of Chicago to the north in Evanston, Johnson's 100 emerging Buddha head sculptures have sparked dialogue about the obstacles that keep us apart and the commonality that binds us together.

RSVP to luma@luc.edu or 312.915.7608.

Tuesday, October 15, 6:00 p.m.

Buddhism, Transcendence, and the Urban Landscape

\$4 / Members and Loyola, faculty, staff and students: Free

Dr. Stephen Asma from Columbia College will talk about the way Buddhism breaks down the traditional religious tension between spiritual and mundane reality. Mindful meditation transforms everyday experience into spiritual exercise. Asma will discuss the way in which Indira Johnson's *Ten Thousand Ripples* community art project exemplifies the Buddhist message of transcendental everydayness.

RSVP to luma@luc.edu or 312.915.7608.

Fitness and Wellness Classes Fall 2013

**Northwestern Integrative Medicine (NIM) offers
fitness, meditation, tobacco cessation and other classes
starting September 30**

Registration closes October 25th for fitness classes.

Fitness classes appropriate for mature adults include Gentle Yoga, Yoga in a Chair, Yoga for Osteoporosis, Pilates, Low-impact Aerobics, Nia, Tai Chi, Tai Chi for Parkinson's Patients, Active Relaxation, Strength and Balance for Mature Adults and Total Body Resistance Training. Classes are small, instructors are well-trained and individual modifications are offered as needed.

Wellness Classes include Guided Mindful Meditation, QiGong Meditation, Mind-Body Pain Management, Tobacco Cessation group programs, and Detox/Cleansing programs.

Online registration is available at:

classes.nmh.org/listing/all

To register by phone, please call **312-926-8400**.

Call or go on-line for pricing

Classes meet in Streeterville on the Northwestern Memorial Hospital campus unless otherwise noted.

Northwestern Memorial Hospital

**Alberto Culver Health Learning Center
and
Bluhm Cardiovascular Institute**

**Sessions are held at 1:00 PM at
Prentice Women's Hospital
Canning Auditorium - 3rd Floor**

Relaxation Techniques and the Heart Healthy Benefit

Tuesday, October 29, 2013

Presented by: Kim L. Feingold, PhD

Prevention and Management of Coronary Artery Disease

Tuesday, November 12, 2013

Presented by: Ranya Sweis, MD

To register, call Health Resources at 312.926.8400. Classes are free of charge.

LAKE SHORE PARK FALL PROGRAMS

September 16 - December 6

Register now for Fall programs at Lake Shore Park! Senior Programs include group fitness classes, Pilates, running, tennis and yoga.

Register in-person at the Park Fieldhouse (808 N. Lake Shore Dr.), from 8:00am to 6:00pm Monday through Friday, or from 9:00am to 5:00pm on Saturday and Sunday. Seniors may also register for classes online by following the links below or at www.chicagoparkdistrict.com. Program fees for Seniors are half-off.

For more information, please call Lake Shore Park at **312.742.7891**.

CHICAGO PARK DISTRICT SENIOR GAMES

September 10 - 26

The 2013 Senior Games are quickly approaching. Participants may choose as many activities/events as they like. Registration must be completed online. Seniors needing assistance in setting up a household account or navigating the website can call Lakeshore Park at 312.742.7891 for information and assistance.

Link for Senior Games registration: http://activenet.active.com/Chicagoparkdistrict/registrationmain.sdi?source=adet.sdi&activity_id=59503

Mended Hearts Chapter 106 Meeting
Northwestern Memorial Hospital
Tuesday - September 10 - 6 PM
Prentice Women's Hospital - 250 E. Superior St.,
Room K (2nd floor)
Topic - American Heart Association's "Life's Simple 7"
Speaker - Donald Lloyd-Jones, MD

Mended Hearts is a national nonprofit organization that has offered the gift of hope to heart disease patients, their families and caregivers for 60 years. Recognized for its role in facilitating a positive patient care experience, Mended Hearts offers services to heart patients through visiting programs, educational forums and support group meetings. The chapter that meets at Northwestern Memorial is the only chapter in the city of Chicago. For more information, contact: Vicki Fahey, RN, MSN - Bluhm Cardiovascular Institute of Northwestern vfahey@nmff.org

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PO Box 11757, Chicago, IL 60611

svcchgo@gmail.com

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