

Activate ★ Engage ★ Influence

Vol. 3, Issue 4

Forward Chicago is a grassroots all-volunteer, 501(c)(3) non-profit that connects neighbors, businesses and local organizations to build a stronger community. Together, we're creating a neighborhood where people of all ages are active, engaged and influential.

## Looking to 2016: It's Getting Better All the Time!

As we look back at 2015 – it has been another year of tremendous growth. We are thrilled to have convened our first conference, Aging 2.0 – Aging Your Way, together with Swedish Covenant Hospital; hosted Dying for A Dialogue – a series of conversations to learn more and share knowledge about end-of-life issues; and with Sulzer Library held Astrophysics for All, a series featuring cosmologists demystifying their work and helping us to learn more about outer space. In 2016, this series will expand into other scientific realms (look for The Evolution of Mammals in December and The Flu (!) in January). Of course, our existing programming is always ongoing and growing.

In this end-of-year issue, we feature some of our stellar members, people you should know and faces you will see at events. We are so pleased with the development and deepened interest in programs our members have launched. As we reflect during this time of thanks, we are so grateful for the community we have enriched – together. Members have forged new connections, reignited and renewed interests and made a real difference.



Looking to the New Year, 2016 promises even more. Folks are interested in a movie and theater group and opportunities to get out and socialize. See inside for more details. We continue our commitment to a community for all ages, with particular attention to sustainable housing that supports us as we age.

We would not be here without our volunteers, our business members and your participation. Don't forget – Forward Chicago is not for the community, it is by the community. That means you make it happen, and you choose what we do, today and into the future.

Please find us on Facebook and enjoy our beautiful new website too. Find something new to do in honor of 2016 and jump in. Looking Forward!

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Find us on [facebook.com/forwardchicago](https://www.facebook.com/forwardchicago)

RSVP 773-633-8312 ★ [info@forwardchicago.org](mailto:info@forwardchicago.org)

December 2015 - March 2016

# Holiday Potluck & Cheer

Wednesday, December 16 | 6:00-8:30pm

Bring a dish to share, BYOB & please RSVP. If you would like to participate, please bring an unwrapped, new toy for any age or gender. We will be collecting donations for Toys for Tots.

Location: St Matthias Convent – 4927 N Claremont - Free parking in lot north of convent



## Craft Circle

Knitters, quilters, embroiderers, all are welcome. Some months we have guest speakers, and other months we work on projects together.

**Third Wednesdays:** 10:30am -12:00pm

Dates: **Dec 16 (Holiday Party), Feb 17**

**(Speaker: Knit1), March 16**

Location: Sulzer Library, 4455 N Lincoln Ave – Community Room



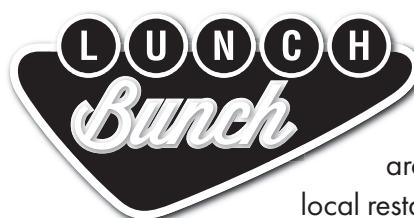
## Ideas Into Action

Come for coffee, conversation and to get involved. From guest speakers to local happenings, we do it all! Our work focuses on aging in our community.

**Third Saturdays:** 9:00–10:30am

Dates: **Feb 20, March 19**

Location: St. Matthias Convent – 4927 N Claremont (Free street parking)



## Lunch Bunch

Join us for lunch and conversation. We dine around at all types of great local restaurants. \$14-\$18 covers a great meal, tax and tip.

**Third Thursdays (RSVP):** 12:00-1:30pm

**Dec 17:** Lady Gregory's Holiday Party - 5260 N Clark St

**Feb 18:** Cantina 1910 – 5025 N. Clark St

**March 17:** Tweet Let's Eat – 5020 N Sheridan Rd



## Dinner Club

You said you want to get together for dinner with your neighbors... Join us as we explore BYOB restaurants and be sure to bring a friend. Price \$25-\$35.

**Second Thursdays (RSVP):** 6:00-8:00pm

**Dec 10:** Sushi Tokoro – 4750 N Western Ave

**Dec 16:** Holiday Potluck & Cheer (see above!)

**Feb 11:** Café Selmarie – 4729 N Lincoln Ave

**March 10:** Café Orchid – 1746 W Addison St



(No Dec meeting) **Jan 26, Feb 23, March 29**

Location varies, RSVP for location details

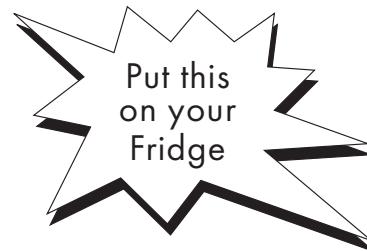
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# Programming



## Walking Club

We'll walk till the weather turns bad and begin again in the Spring!

Check website for weekly updates by 9:00am Tuesdays

**Tuesdays:** 10:00am sharp  
Location: Welles Park Gazebo



## Technology Meet Up

In Feb learn about helpful mobile apps. In March learn to make life easier with technology from finding transportation to solving food needs.

**Second Mondays:** 6:00-7:00pm

Dates: **Feb 8, March 14**

Location: Sulzer Library, 4455 N Lincoln Ave – Community Room



## Science Speaker Series

### From bugs to the big bang

Come hear cool science talks at Sulzer Library. We'll hear University of Chicago scientists discuss their latest research.

**Second Saturdays** 10:00-11:00am

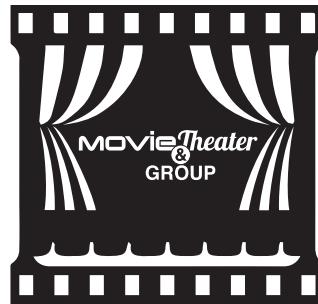
**Dec 12:** The Evolution of Mammals

**Jan 9:** Gravitational Wave Detection

**Feb 13:** The Flu

**March 12:** (TBD)

Location: Sulzer Library, 4455 N Lincoln Ave, Main Auditorium



## Movie & Theater Group

People want to go to the movies and the theater together. We will meet throughout the year as the group determines.

**Email or call to get on the information list**

## Flexible Book Club

Flexible Book Club is on vacation

## Spring Lecture Series

Coming Soon – Join us for these lectures sure to inspire! Watch the website and e-newsletter for details.

## Games People Play



Join a friendly bunch of people who love to play an ever-evolving game called bridge.

We partner with Sulzer Library for friendly, fun bridge games

on the first and third Friday of the month. We usually have multiple tables. One table is reserved for people who need a review or are new to the game of bridge. The games are filled with challenge and surprise. It's all in the cards.

**First & Third Fridays:** 10:00am–1:00pm

**(New Extended Time- Bring your sandwich!)**

Dates: **Dec 4 & 18, Jan 15th, Feb 5 & 19, March 4 & 18**

Location: Sulzer Library, 4455 N Lincoln Ave – Community Room (No meeting if Library is closed)

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# Meet Our Members

We are delighted to feature members sharing stories about their involvement in Forward Chicago and why it is important for our community.

The diversity of our members is reflected in the programs we offer and initiatives we support. It is

awe-inspiring to hear about the new friendships and meaningful contributions over the last 5 years together. The impact of Forward Chicago grows with each passing month, and with each new face we see. We invite you to join us and make a path of your own.

## Walker

I have always enjoyed walking as a child and adult. It has always been my means of transportation. Walking to the library as a child, to the lake as a teenager and around the city and neighborhood now has an appeal for me. When Forward Chicago started a walking group I "walked right in". Meeting new friends with this group has been an added bonus and the other Forward Chicago activities and planning has enriched my life.

*Mary Ann Illarde*



enjoys the new website!) When not walking my dogs and enjoying all that Lincoln Square has to offer, I can be found on Twitter @cmc2.

*Christine Cupaiuolo*

## Newsletter Editor

I love helping with the Forward Chicago newsletter. Coming from a project management background, toy design & development, I've had my share of working with big personalities and far out ideas. The conversations that have been fostered are very inspiring and a wonderful balance to my other interests—swimming, Hippotherapy (horse riding therapy), NPR/politics, developing a website focusing on the perspective of someone with MS and a LOVE of cooking.



While other kids watched Gilligan's Island and cartoons after school, I was transfixed by Julia Child and the Galloping Gourmet! When Forward Chicago starts a cooking group, I'll be first in line.

*Virginia Cofer*

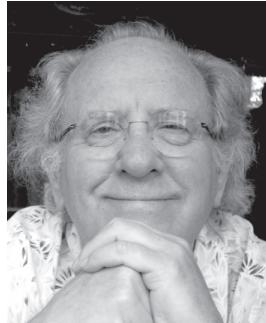


# We Are *Forward*Chicago

## Facebook & Data Tamer

I work with the data for Forward Chicago. I make sure that all our contact information is correct and up-to-date. From this data, I prepare call lists for our other volunteers that are heading up various groups. My other major contribution is keeping our Facebook page current and interesting, often with the help of our membership. I also provide leadership and/or assistance for many of our activity groups, including our Walking Group, Astrophysics For All, Bridge Group and Tech Meet-Up. Beyond that, I also have enjoyed joining our Lunch Bunch, Dinner Group, Ideas Into Action, Dying for a Dialog and Book Club on occasion! I enjoy meeting the wide variety of exciting and engaged participants in each and every group.

Jerry Perkins



## Traveler

After 35 years in the northern suburbs, it was my good fortune to land in the 47th Ward. I stopped by the Aldermanic office to gather information about the community and picked up a copy of the Forward Chicago newsletter. Opening it, I knew I'd found my new home. The organization has connected me to interesting and committed people as well as social and community-building activities. There's something for everyone. Some of my favorites are the Lunch and Dinner Club (where members gather to sample local BYO restaurants that I help organize), the Walking Club and Ideas Into Action.

Pat Wilder



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## Crafter

I have always enjoyed crafts. My mother taught me embroidery and the basic single crochet. I would take books out of the library to learn more. I took sewing lessons at night school at Lakeview High School for a couple years. Now that I'm retired I can put more time into my sewing, crochet patterns, quilting and knitting. What I like about the Craft Group is that we all have different interests and skills. We can ask one another to help us understand a pattern or learn a new stitch. But what has been a plus is that I have met some wonderful new friends and neighbors in my neighborhood.

Betty Rogus



## Gamer

I organize the Bridge Club/ Games People Play. I coordinate and troubleshoot so we can play at Sulzer Library on the 1st and 3rd Friday of each month. I teach basic rules and encourage others to play. It is great fun to watch a great game, and I love to play also. Forward Chicago helps spread the word to new players and people bring their friends. I started this group because I saw a need and worked to fill it. Forward Chicago is so supportive as new groups begin, evolve and grow. I have enjoyed the dinners, lunches, movies and Astrophysics lectures. All these events draw me out. I have met wonderful new friends and learned many new things.



Tana Durnbaugh

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# We Are ForwardChicago

## Reader

I was a lifelong New Jersey resident who recently moved to Chicago to be near my family. My story is not very different from many others who have had significant life changes and have to establish a new life for themselves.



dish for the event. I am happy to be a part of Forward Chicago.

*Ed Fogle*

## Advocate

Advocacy as we age - What causes do you care about? What would you advocate for?



The causes I support and have advocated for have changed over my life. As a college student, I was a marcher, an early subscriber to MS Magazine. As a young mother, I was my children's advocate. As a counselor, I advocated for my clients. I work for candidates I believe in; the ones I'm committed to seeing win an election.

I'm willing to give my time to these issues. As I age I ask myself: what is worth putting energy, effort and my time into? I've learned that working with others is a lot more fun than trying to do everything myself. I am not only a founding Board Member of Forward Chicago, I also started a pet food pantry with a good friend to help keep pets with their families in hard times. I found out pretty quickly that I can no longer do the heavy lifting (literally). Now I'm the one who makes connections and recruits volunteers. Although my energy and time is limited – I know that being involved and caring about issues that have ongoing positive effect, feed me and give me purpose. Working on these issues gives me renewed vitality and reminds me that what I think and what I do still matter. What's important to me now: housing options as we age, helping create a strong sense of community in our neighborhood, promoting native gardens and continuing to assess what's important to me.

*Dara Salk*

Fortunately for me, I was invited to a meeting of Forward Chicago; it opened a whole world to me for meeting people with shared common interests and finding opportunities to explore living in Chicago.

I became involved in the discussion groups of the Flexible Book Club and eventually took over the leadership of that group. The Lunch Bunch and the Dinner Club are always fun, meeting friends and learning the neighborhoods. I have met a wonderful group of interesting and dedicated folks that make Forward Chicago a great opportunity to explore new adventures.

*Elinor Fritz*

## Explorer

I first got involved with Forward Chicago in April 2015 when I attended a lunch event. I learned about the Walking Group and went on my first walk later that month. I have only missed a few of the weekly walks since then, and I was inspired to get out and walk on the other 6 days of the week. I now average 4 miles a day. In addition to the Walking Group I have attended several lunches and a few dinners as well. I attended my first pot luck dinner at Helene's in October, and I even cooked a chicken



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# We Are ForwardChicago

## Guru

I've been a resident of the Ravenswood neighborhood for almost seven years and really love this community! My background is in the areas of government, non-profit work and technology. I've been extremely fortunate to be able to apply my experience to Forward Chicago for nearly three years as leader of the Tech Team. I've also been an instructor at UIC for thirteen years, and I have been able to tap into my love for teaching by leading Forward Chicago's Tech Meetups, where I get to expose and teach people about the latest uses of technology in order to make their lives better.

As one of the founders and the head of the Ravenswood Neighbors Association, I know how important it is for residents to work together to build a better community, and I cannot think of a more dynamic and interesting example of a completely community-driven organization than Forward Chicago! It's been a real honor to work with this team!

Jeffrey Gawel



## Artist

I got involved with Forward Chicago through designing the newsletter. It was important to me to volunteer my time because as a new mother, it has kept me involved in the world outside of Babyland. I'm very happy that my skills as a graphic designer are being put to good use. I also try to help out with advising on marketing and sales efforts being made to find community partners and to build Forward Chicago membership.



My favorite activities are the celebrations. It's so comforting to have a Chicago family to celebrate with. I like to bring my baby to events to meet everyone. We're fortunate to be able to bring all types of people together for events and enrich our lives by learning about their experiences. We understand better the needs of others and that makes us more well-rounded citizens.

Diana Groth Krasnansky (and Avalon Valeria)

## Spring Series is Still Developing... We'll start with a Book Group!

"The Life – Changing Magic of Tidying Up"

This book about the Japanese art of decluttering and organizing has sold over 2 million copies and has been on the New York Times Bestseller list.

Join us as we read this book and see how we can tidy up our lives and freshen our perspectives on our stuff.

Date: **Thur, March 31** 6:30-8:00pm

Location: Sulzer Library, 4455 N Lincoln Ave –  
Community Room

## Interest Alert **LET'S COOK!!**

Let's get together and plan a cooking series. We may cook together, have speakers, share food we make on our own –

**WHO KNOWS?**

Look for a planning meeting in our e-newsletter, on our website and in our spring newsletter.

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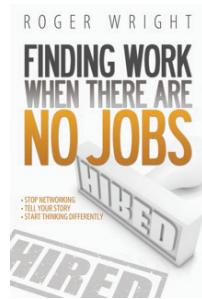
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# ForwardChicago

## Community Business Connections

Forward Chicago is so thankful for our local Business Connections who share our commitment to community. Our website contains detailed information so that you can shop locally and support them. Let them know you heard about them from Forward Chicago.

You will find Forward Chicago materials at these locations.



**St. Matthias**  
Catholic Church

**SpringCross**  
media



**TRADER JOE'S**



**Ravenswood**  
United Church of Christ



**THE RED LION**  
Lincoln Square

**C A F E**  
*Selmarie* **orange shoe**  
personal. fitness.

**PRO-HOLISTIC CARE**  
PHYSICAL MEDICINE

**47** 47th Ward Alderman **Ameya Pawar** \*\*\*

**David Salk**  
Appraisers



**Old Town School**  
of Folk Music



**knit1**  
CHICAGO



**Bethany**  
United Church of Christ



### The Forward Chicago Community Ambassador Team

**Facebook Guru:** Jerry P (like us on Facebook!)

**Walking Club:** Mary Ann I.

**Website Maven:** Christine C.

**Dinner & Lunch Hosts:** Pat G. & Pat W.

**Community Bloggers:** Jean A., Jeff R., Jeff G.

**Community Business Connections:** Lenore K.

**Craft Circle:** Betty R. & Maureen L.

**Ideas Into Action:** Mary Ann I.

**Games People Play:** Tana D.

**Videographer Extraordinaire:** Sylvia S.

**Newsletter Maven:** Virginia C.

**Graphic Designer:** Diana G.K.

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