

Malibu East Dialogue

June 2020

Your Communication and Information Resource

Mary & Peg – newlyweds on front lines of COVID-19

By Tracy Poyser as told
by Mary Rodriguez &
Peg Paugh



During these uncertain times, Malibu East still seems like a haven of safety. We all have neighbors and friends in high-risk occupations, from health care to essential services. I'm lucky to live next door to Mary Rodriguez and Peg Paugh, two amazing women who work in high-risk professions while still finding the time to do grocery shopping for me and other neighbors after the stay-at-home order took effect. And, when Mary told me they had gotten married April 23 in the middle of the lockdown, I thought their story would make our June *Dialogue* sing! Because of social distancing, we did our interview via email.

Mary and Peg moved to Malibu East in the spring of 2014 after an online search for accessible apartments, in case Peg's disabled mom wanted to visit. They were sold on our security with a doorman, plus sunrises over Lake Michigan. Both have loved big scenery from childhood on. Mary is a Rocky Mountain girl from Colorado, and Peg hails from Pennsylvania, not far from the Jersey shore. Mary went to school in Chicago, and Peg in Boston,

L.A. and Chicago – and both landed here.

Q: When did you meet and what made you fall in love?

They met 10 years ago, providing mental health services at a nursing home just south of us on Sheridan Road, where Peg continues working. Peg loved Mary's kindness and humor and soon wanted to be with her all the time. They complement each other because Mary shows love through acts of service, and Peg through words of affirmation. They work in compatible professions and share a range of interests: road trips, roller coasters,



watching the waves crash, great art and architecture, classical concerts and hole-in-the-wall restaurants.

Q. How did you find your profession and calling?

Peg: "I studied to be a traditional psychotherapist, but when I started doing psychiatric rehab with people with psychosis, I couldn't imagine going back to an office. Working long hours for a few days each week gives me time to pursue writing fiction and avoid burnout. My undergrad degree was in English lit, and unfortunately, I could not find anyone to pay me for writing sonnets."

Mary: "I wanted to be an actress or a nurse and landed somewhere in the middle as a social service caseworker. I always knew I wanted to help people and make them smile. I love helping others find ways to feel empowered

and solve problems."

Peg: "Mary is the best problem solver in the world. I drive myself crazy with jigsaw puzzles because I think it will be relaxing, but Mary immediately sees entire sections and just throws it together when I get up to make tea."

Mary: "And I don't even really like jigsaw puzzles. I prefer people puzzles. I guess that says something about me being an extrovert and Peg an introvert."

Q. Tell us more about your work.

Mary: "For the past four years I've worked at Mercy Housing Lakefront's resident services department, helping people access, maintain and utilize health care and other social benefit programs. I'm able to navigate resources for clients because of prior experience in senior housing, in nursing homes with people with dementia and schizophrenia, and advocating for better care in health-care settings. Mercy has 12 permanent supportive housing buildings, with space for 60-200 people, many of whom had been homeless. I float between buildings, aiding with health-care benefits and managing a team of community health workers, as well as program initiatives to promote tenants' health and well-being. I love seeing people who have survived great horror make connections and realize that they have something to contribute to others because of their resilience and knowledge. It's sad when others reduce the individual to be only about their circumstances – homeless, poor, crazy, elderly, unemployed or sick. They're all worthy of love and kindness, just like me."

Peg: "I've practiced psychiatric rehabilitation for nursing-home residents for the past 17 years. Before the coronavirus onset, I worked with around 60 people in a neighborhood nursing home, and very closely with about seven. I provide group mindful-

Editor's note

As with the May 2020 issue of the *Dialogue*, the Board of Directors decided to not have this issue printed by our commercial printer, but rather posted on our www.MalibuEast.org website. You can find every issue there going back to January 2000 under the tab "Reference," then "Dialogue."

The Board of Directors held its May 26 meeting via Zoom online conferencing, and the Board meeting notes are included in this issue. However, because of the closing of all theaters and the cancellation of other public gatherings, there is no Community Calendar.

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Board meeting notes

By Neil Warner

Please keep in mind that the meeting notes are not the official record of the Malibu East Condominium Board of Directors meetings. The official minutes are generally approved during the next meeting and may be viewed or copied in the management office.

Tuesday, May 26, 2020

This Board meeting was held virtually via Zoom video conferencing for directors and via telephone conferencing for owners.

Attendance: Twelve Board members, two management representative, 13 residents

Presiding: President Marcel Molins

REVISIONS TO AGENDA

- 1) "Lobby furniture" was added to old/new business.

TREASURER'S REPORT - Joan Scholl

1) Financial statement (as of April 30)

Operating and reserve cash
\$1,454,300

Investment in units
\$1,744,537 (10 units)

Excess of operating revenue over expenses
\$120,340

2) Delinquencies (as of May 22)

\$347,287, including \$245,237 from former residents.

3) Audit

Second draft of audited 2019 financial statements is expected soon and will be reviewed by Finance Committee.

COMMITTEE REPORTS

- 1) No committee reports were given.

A teleconference Board meeting is tentatively scheduled for Tuesday, June 23, at 7:30 p.m.

Owners will be able to hear the meeting, but unable to participate in the usual open session question periods. Unit owners who wish to observe the open session of the meeting will access the meeting via telephone using the connection numbers sent via email prior to the meeting.

Directors will answer unit owners' questions during the Q & A period, if the questions are received ahead of time via email addressed to the manager (mecamgr@sudlerchicago.com). The questions must be received no later than 7 p.m. on the day of the meeting. They will be regrouped and given to directors to prepare answers.

MANAGEMENT REPORT - Violette Deschamps

Items requiring Board action

1) 13D sale

Board voted not to exercise its right of first refusal on this unit sale.

2) Upper west wall repair

To remedy water infiltration, directors approved the replacement of CMU adjacent to two units in M tier.

3) East wall water testing

Tabled.

4) Fourth-floor deck and pool season opening

Board ratified the opening of the pool enclosure, initially for weekends and holidays only, as of May 23 according to the policy distributed to residents by management.

5) 22.1 disclosure statement

Approved.

Old/new business

1) Partial opening of recreational areas

Once guidelines are written and approved by the Board, all fourth-floor recreational rooms, except the Windjammer Room and the Community Room, and the fourth-floor restrooms will be open for use by residents at their own discretion, subject to the guidelines.

2) Air handler heating elements

Management is pursuing a remedy for repeated breakdowns of heating elements in the penthouse air handlers.

3) Garage overhead concrete repairs

Repairs of the concrete ceilings in the garage will be made in stages, beginning in 2022.

4) Balcony/facade project

Work is progressing, with regular updates being emailed to residents.

5) East boat dock project

Installation of a railing and a grate is all that's needed to complete the construction of a new emergency exit stairwell at the east end of the Plaza.

6) Elevator consultant

The recently hired consultant is preparing a report on our elevator maintenance.

7) Sliding glass door guidelines

Newly prepared guidelines for the sliding glass doors in residential

units will be discussed at the June meeting.

8) Noise abatement suggestion

Management has been asked to prepare a rule regarding noise.

9) Plaza renovation

Management is reviewing the consultant's proposal for renovation of the Malibu East Plaza. Outdoor signage will be installed in the next two months.

10) Plaza suite and short-term rental

Board intends to make an office in the Plaza's executive suite available to residents for short-term rentals.

11) Realtor lease/sale reports

Association-owned unit 9J was shown to three parties, but no offer was made.

12) Association-owned units

Of 10 units owned by the Association as of April 30, nine were being rented and one was vacant and available for sale.

13) Lobby furniture

Director Sandy Chaet suggested that some Lobby furniture be put back in place, but the Board rejected her suggestion for now.

The open session ended at 9:07 p.m. and went into closed session. Any decisions reached by the Board in closed session will be ratified during open session at the June 23 Board meeting.

Board meeting dates

June 23	September 22
July 28	October 27
August 25	November 17
September 15	December 15
(annual meeting)	

2019-20 Board of Directors

Marcel Molins, President
 Thomas Vaughan, 1st Vice President
 Arthur Arfa, 2nd Vice President
 Joan Scholl, Treasurer
 Robert Larson, Assistant Treasurer
 Carl Stahlheber, Secretary
 Carol Beatty, Assistant Secretary
 Samuel Bullock, Director
 Carl Chadek, Director
 Sandy Chaet, Director
 Thomas Irvine, Director
 Martina Molins, Director



What's happening around the building

By Violette Deschamps, Malibu East Manager

CORONAVIRUS: At the time I am writing this article, Tuesday, 6/2/2020, Malibu East Condominium does **not** have another known COVID-19 case. However, please do not relax the precautions you have been taking thus far to protect yourself and your families; remain conscious that there is no vaccine or effective medication yet, and that a spike in positive cases may occur in the near future as the Stay-at-Home is lifted and large congregations are occurring throughout the United States.

GEORGE FLOYD AND PROTEST IN CHICAGO: The protest is still going on strong in downtown Chicago; however, Edgewater has not been the subject of any large demonstrations thus far. Management and staff had several conference calls to discuss employees' safety back and forth from the property, the safety of the property, and the safety protocol to implement if there are signs that the protest/looting/vandalism approaches Edgewater.

The staff is prepared to lock down all entrances that give access to the building, garage and plaza. In such cases, employees of the building and garage monitor entrances and windows, and assure that residents and guests can get into the building, or leave the building if they need to do so. Other measures will be implemented by the staff if Edgewater is the subject of looting/vandalism around or about Malibu East, **IF IT EVER HAPPENS.**

Please be reassured that Sudler, the Board, and the building and garage staff are in close communication to discuss and monitor the protests and appearance of any movements toward Edgewater.

Below is the list of the basic measures that are implemented when any protest movement is suspected to head north, toward Edgewater:

1. Building: Entrances on Sheridan Road and the main entrance of the Lobby are locked down. Entering or leaving the building will be done through the ADA ramp door in the atrium; the fob reader of the ADA door is disabled and the door will be operated by staff members.
2. Garage: Ingress into the garage will

be monitored and operated manually by the garage staff in order to make sure that the persons driving into the garage are legitimate.

3. Plaza: Operators of the Malibu Market will close their store and cover their windows; the ATM machine will be hidden behind a desk and covered; and the light fixtures of the Plaza will be turned off except for the units needed for fire safety.

CORONAVIRUS PANDEMIC-2020, 4th FLOOR DECK & POOL SEASON POLICY: RBS currently occupies the south and east portions of the 4th floor deck with scaffold equipment and materials needed for the work of Phase 4 of the façade and balcony project. In addition, RBS staged a scaffold on the east side of the A and B tiers to perform repairs. Until further notice, RBS is not in a position to relinquish the south and east portions of the deck given the safety issues and necessary protection of the materials stored on the deck.

RBS has no restriction to giving access to the north side of the deck as long as it is blocked at its east end; RBS will provide the sectional 6-foot fencing necessary to isolate the north portion of the deck from the east and south sections, and the path to the pool and restrooms, which will be facilitated by a corridor protected with sectional 6-foot fencing from the 4th floor southeast door up to the pool enclosure. RBS would give access to the pool enclosure during weekends and holidays.

Note that RBS may replace the concrete pad of the Racquetball Court condenser located on the north section of the deck, close to the atrium parapet wall. This pad is in bad condition and causes water to be imprisoned between the deck and the pad, which jeopardizes the structural slab of the garage. The access to the north deck may be restricted for a few days needed to remediate the crumbling pad.

ACCESS AND USAGE POLICY, STARTING SATURDAY, 5/23/2020:

1. ACCESS TO THE NORTH DECK

- a. Access will be allowed from 10 a.m. to 10 p.m., seven days a week, except during stormy weather.



Community Calendar

By Neil Warner

The Community Calendar will return when events start being scheduled.

- b. Users will access the north deck by walking down the eastbound hallway of the 4th floor and up to the northeast door located between the Billiard Room and the Fitness Room.
- c. Users must not wander from the north deck to the east and south portions of the deck where RBS is currently working; a sectional fence will be erected at the east end of the north deck (B tier).
- d. The hallway doors of the 4th floor restrooms/shower rooms will be kept locked during the summer.
- e. The 4th floor restrooms/shower rooms will be accessible only when the pool enclosure is open (weekends); if so, users will walk the 4th floor hallway up to the southeast door located between the restrooms and the storage room, exit the building, and access the restrooms from the adjacent south balconies by using the fenced path.
- f. Users have the option to bring their own folding chairs to the deck; however, they must carry them back to their units when leaving the deck.
- g. Random monitoring of the deck will be performed daily.
- h. Deck rules (no smoking, no pets, no alcohol, etc.) will be enforced.

2. BASIC HYGIENE & SANITIZATION OF THE NORTH DECK

- a. Residents are reminded to wash their hands with soap and water before leaving their unit to access the deck.
- b. Users should wear facial covers on their way to the deck and while on the deck.
- c. Users are advised to bring sanitizer with them as they are requested to sanitize all touched surfaces on their way to the deck and on the deck; spray sanitizing bottles and wipes will be available on the deck; **touchable surfaces will be sanitized by the building staff at the start of each daily**

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Management report*(Continued from page 3)***shift only.**

- d. Users are required to avoid the deck if they experience any symptoms of illness including fever of 100°F or above, sore throat, runny nose, chills, not feeling well, sneezing, coughing, loss of taste, undue inflammation, swollenness, blood circulation issues (blue fingers or toes, etc.), abdominal pain, or diarrhea.

3. PHYSICAL DISTANCING PROTOCOLS FOR THE NORTH DECK

- a. Maintain the Six-Foot distancing.
 b. Limit congregation to 4 persons of 12 years of age and older, and to the family members of the same household.
 c. **Limit the number of users on the deck to a total of 40 at any given time.**

4. ACCESS TO THE POOLS

- a. Access will be allowed on Saturdays and Sundays, from 9 a.m. to 10 p.m., except during stormy weather.
 b. Users will access the pool enclosure by walking down the south-bound hallway of the 4th floor up to the southeast door located between the restrooms and the storage room, exit the building, and walk down to the pool enclosure in between the fenced corridor. The restrooms will be accessible via a fenced path as well.
 c. Users must not wander on the east and south portions of the deck where RBS is currently working.
 d. Users have the option to bring their own folding chairs to the pool deck; however, they must carry them back to their units when leaving the pool deck. The pool deck furniture usually provided by the Association will remain stored and unavailable for the summer due to sanitation challenges.
 e. Random monitoring will be performed daily.
 f. Pool rules (no smoking, no pets, no alcohol, etc.) will be enforced.

5. BASIC HYGIENE & SANITIZATION OF THE POOL ENCLOSURE

- a. Residents are reminded to shower and thoroughly wash their hands with soap and water before heading to the pool enclosure.

- b. Users are advised to bring sanitizer with them as they are requested to sanitize all touched surfaces on their way to the pool deck, and within the pool enclosure, restrooms, shower bays, and sauna rooms; spray sanitizing bottles and wipes will be available on the pool deck and in the restrooms; **touchable surfaces will be sanitized by the building staff at the start of each daily shift only.**

- c. Except when they are in the water or in the common areas, users should wear facial covers.

- d. Users are required to avoid the deck if they experience any symptoms of illness including fever of 100°F or above, sore throat, runny nose, chills, not feeling well, sneezing, coughing, loss of taste, undue inflammation, swollenness, blood circulation issues (blue fingers or toes, etc.), abdominal pain, or diarrhea.

6. PHYSICAL DISTANCING FOR THE POOL ENCLOSURE & ASSOCIATED COMMON AREAS

- a. Maintain the Six-Foot distancing.
 b. Limit congregation to 4 users per group, and to the family members of the same household.
 c. **Limit the number of users within the pool enclosure to a total of 20 at any given time.**

7. POLICY AND RULES

- a. This policy associated to the current coronavirus pandemic and pool and 4th floor deck rules apply (no smoking, no food, no pets, no alcohol, no jumping, etc.) and will be enforced.
 b. Hard copies of the MECA pool and deck general rules will be left on the table in the Lobby.
 c. Users and guests (a maximum of 2 guests per unit) must have their pool tags with them and sign in on the sheets left by the entrance of the pool enclosure; sign-in sheets and pool tags will be monitored.
 d. Waiver forms and replacement pool tags will be available during office working hours only.

GARBAGE CHUTE: The garbage chute is located by the passenger elevators; it runs from the 45th floor down to the lower level. The bottom of the chute is connected to a compactor that compresses the refuse and compacts it into a dumpster to be picked up by Waste Management. The

diameter of the chute is sized for raw domestic garbage only; the chute will accept the refuse from kitchens and restrooms collected and transported in small plastic bags.

An incident occurred in May that resulted in hours of remediation efforts by the building staff. The chute was used to dispose of personal property, such as clothes, boxes, objects of all kinds, etc. The refuse was forcibly pushed down the chute causing the bulk garbage to pile up several floors high and clog the chute solid. It took several hours to unclog the chute and dispose of the refuse correctly.

Please use the chute for the purpose it was designed and installed for: refuse from kitchens and restrooms.

Clothes, boxes, construction debris, medical equipment, syringes, diapers and other body fluid material, cat litter, etc., should never be pushed into the chute, ever.

1. Cat litter bags explode at the bottom of the chute and cause emanation of toxic dust; cat litter must be triple-bagged and placed on the floor of the bulk room, or brought to a dumpster in the lower level.
2. Clothes, objects, knickknacks and boxes will entangle and stop during their fall if placed into the chute; they must be bagged or boxed and placed on the floor of the bulk room IF RECYCLABLE, or brought to a dumpster in the lower level.
3. Construction debris will entangle and stop during their fall if placed into the chute; they must be taken away by the contractor hired to do the job, or by the residents after an arrangement has been made with management to use dumpsters.
4. Medical and fluid refuse will contaminate the chute and expose the staff and residents to health hazards; they must be disposed of by following to the letter the instructions printed on the packaging.
5. Medical equipment may damage the chute and the dumpster, not to mention that it may result in environmental issues; it must be disposed of by following to the letter the instructions printed on the packaging.
6. Pieces of furniture, even small, must be disposed of by a company specialized in this type of removal, or by the residents after an arrange-

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Management report*(Continued from page 4)*

ment has been made with management to use dumpsters.

CONVENIENCE STORE: Despite the coronavirus, the operators of the Malibu Market keep its door open, and continue to carry daily fresh dishes, fresh meat and produce, breakfasts, espresso coffee, wines, beers and liquors in addition to basic body care products. Importantly, they can deliver to your door for a small fee (call 773-347-9797).

The store is open from 7 a.m. to 10 p.m. all days but Sunday; and from 9 a.m. to 9 p.m. on Sundays.

FAÇADE AND BALCONY PROJECT: The work is progressing in compliance with the original schedule of Phase 4. Visual summaries prepared by KGH are regularly email-blasted to our residents.

URBAN DESIGN AND LANDSCAPING: The project is progressing in compliance with the projected schedule. Construction has been divided into two phases.

Phase 1 will start in early June 2020 and will primarily consist of the following:

1. Dog runs
2. Hard and soft landscaping of the corner of Sheridan and Glenlake
3. Irrigation
4. Tree abatement, pruning and replacement
5. Replacement of the atrium sidewalk from the street to the garage
6. Replacement of the main glass entrance, including the revolving doors

Phase 2 will start in June 2021 and will primarily consist of the following:

1. Atrium paving, lighting and painting
2. Bike racks
3. Parkway fencing
4. Lamp post replacement
5. Remaining hard and soft landscaping
6. Indoor ADA ramp airlock and mailroom/service elevator airlock

BOAT DOCK, NEW EAST STAIRWELL AND GARAGE REPAIR: The bulk of the construction work that was bid out in 2019 has been completed. The boat dock has been reinforced, the garage membrane and concrete have been repaired, and the new stairwell at the east end of the Plaza has been constructed. Small items remain to be completed.

Q & A with Linda Linda Linda**Balcony upkeep***By Linda Eng**Fifth in a series.*

Question from LF: What can you tell me about my balcony this spring? How do I safely experience its full potential?

Answer from Linda: Assuming your balcony isn't currently being repaired by RBS, I would start with cleaning, and then choose some plants and furniture and enjoy! Here is the fine print:

Cleaning

Clean out the slider channel by vacuuming and wiping it out. Clear the weep holes at the bottom of the frame if they are clogged with dirt.

Wash the windows inside and out with vinegar and water, Dawn soap or my favorite-smelling Windex. They all work well on oily windows. A squeegee can help with streaking, but paper towels also can do the job. Be aware that with a change in sun angle you may be going back to wash again.

Wash the green floor of the balcony with a bucket and sponge mop plus Dawn soap. Wash small areas at a time so you can wash/rinse and not produce run-off water. Be aware, though, that the intentionally rough surface of the floor tends to trap dirt in the crevices. Remember, too, that no floor covering is permitted under the Malibu East Rules and Regulations because it can trap water and compromise the integrity of the waterproof membrane.

Sweep down the walls with a broom to eliminate spiders and cobwebs, if you wish, but remember that spiders help control other insects, such as gnats. Wash with a sponge if necessary. We may not get mayflies this year, but if they show up in June, keep your screens closed and try not to squish them since they can leave stains.

Plants

Check out how many hours the sun hits your balcony and in which locations; you'll want to place your plants appropriately. Determine how the wind hits your unit before choosing your plants. If your location is really windy, then the plant placement should be low to the ground and maybe in a corner, using grasses and prairie-type plants. If your unit tends to be calmer, then railing planters are very nice. The safety of everyone below is crucial in your choices.

Planters that are full will decrease the

loss of flying soil and also keep plants moister. Full planters are also more attractive. Even placing rocks in the open spaces of the planter is helpful until the plants fill out.

Clay pots do tend to dry out more quickly than other options, so be aware. Daily watering due to wind is probably necessary but don't overwater. Make sure your pots have rocks at the bottom or weep holes (preferable), but a water saucer underneath is necessary.

Planters should be raised off the green floor to keep the water from pooling underneath. Pads or stands can protect that surface.

Gethsemane Garden Center, at 5739 N. Clark, is a great choice for plant purchase. Let the staff member know you live at Malibu East, including which floor and whether it is north- or south-facing. They know our building and will provide knowledgeable help.

Furniture

You may want furniture that is on the small side so you can easily move it to an appropriate location to avoid the wind or sit in the sun/shade as desired. More important, though, is that the furniture be heavy enough so that a strong wind won't carry it away. If you are unsure, fasten the furniture to the balcony railing. The strong winds we experience on our balconies can lift up lightweight furniture and turn it into a dangerous flying object. If you plan to move the furniture around, it should have some kind of pad or slider on the feet to prevent it from cutting into the green membrane.

Place your table near the electrical outlet on the balcony for lighting or use a solar lamp for romantic evening meals.

Wind

Our building's winds can come up without much notice. Keeping watering cans, pillows, etc., in a protective container or inside your unit when you are not using your balcony could save someone's life. Winds also carry all kinds of scents to your neighbors. Try to make them tasty, not smoky. The rules prohibit the use of a liquid igniter in your grill and require that you keep your grill covered when it is being used. Be aware that matches and cigarette butts can actually hurt someone or damage another's belongings.

Our balconies provide a safe outdoor option. Enjoy!

If you have a Malibu East question for Linda Linda Linda, please send it to: questions@MalibuEast.org.

Mary & Peg – newlyweds (Continued from page 1)

ness and cognitive remediation for people with schizophrenia and related disorders. We've had many COVID-19 deaths, so that number has shrunk a lot. It's a typical long-term care facility – chronically short-staffed, undertrained and dependent on underpaid, often underqualified help. And, that was before COVID-19 exposed the horrific health-care structure in the USA for our most vulnerable people. I'm gratified to help people achieve a sense of normalcy, see their own strengths or learn that they can still laugh and make friends even now."

Q. How has COVID-19 changed your work life? What about PPE (personal protective equipment)?

Peg: "The entire environment has become less therapeutic. I can no longer conduct group sessions during the day. Individual meetings are challenging because I can no longer sit close to people and walk them through their medications or a mindful breathing practice. My wearing a mask is especially difficult for people with schizophrenia who often can't read and interpret facial cues. And, residents and staff have been submerged in trauma and grief as the deaths mount up. We've had to scramble and scrounge for PPE. I can't spend time with clients in the isolation unit because I don't have the extensive PPE required there – that's needed for the nurses and CNAs (certified nursing assistants)."

Mary: "I can work from home about half of my time doing online training, and planning creative ways to lead engagement efforts during lockdown and social distancing. I'm going in to work the other half of my week for clients whose pre-existing needs are only amplified now. At home, I don't have to deal with the physical end to the day necessary when you leave an office/building. Peg and I have set up protective measures for both of us when we return home from a shift, including immediate washing and changing out of work clothes – both for safety and as a coping strategy. Plus, we have a sanitizing station in our front hallway to clean all items we bring inside."

Q. So, how can residents help with safety here?

Mary: "We don't like riding our passenger elevators after work. I often must ask others not to board with me to observe social distancing in a 5-by-4 foot space. If they refuse, I get off and walk up the rest of the 20+ floors, or wait for the next empty elevator. Please understand that we're all possible carriers (of the virus). At Mercy Housing, we allow only one household on an elevator at a time, even though most of our buildings only have one elevator for 80+ households."

Peg: "The trek home from work after a long, difficult day is incredibly stressful. I can't change clothes at work without being recontaminated. Then I come home, and people don't understand that it's simply not safe to board



Peg Paugh (left) and Mary Rodriguez

the elevator with me. I try to stay patient, but it's very discouraging."

Q. How do you relax and rest and still find time to help neighbors?

Peg: "We've been doing trauma-informed care at work and can apply those principles to ourselves. Lately, Mary and I decompress by watching a lot of Netflix stand-up comedy. I read as much as I can, and practice mindfulness. Long walks and runs help, but it gets stressful with all the people out there getting too close. With Mary, the more she does for others, the more energy she has."

Mary: "One good mindfulness practice that I enjoy is cooking... you have to pay attention, or you get rubbery scrambled eggs. I both encourage and practice calling or contacting family and friends frequently. As told to my mom, my grandma's advice for feeling sorry for yourself was: "Well, don't just sit there; get up and do something for someone else and you'll feel better."

Q. When did you decide to get married? Was it prompted by the coronavirus?

"We wanted to have a small wedding later this summer and had already bought the rings. As our workplaces became more vulnerable with the pandemic, we wanted to establish a legal relationship before something might happen to one of us. The County Clerk's office is closed, but they have an emergency online and video call application process to issue marriage licenses in extenuating circumstances. As soon as the license was issued, we planned the wedding for (Peg's) next day off and we decided the lakefront path on the Loyola campus would be perfect. Our pastor and friend, Laura Truax from LaSalle Street Church, met us there, and we all kept our masks on and kept our distance. On our walk over, we listened to a choral recording of 'All Things Bright and Beautiful' as our processional. When we walked back, the same choir singing 'Immortal, Invisible' became our recessional. We tell people we went to Jewel for our honeymoon. Although it wasn't the wedding we anticipated, it was so special and kind of perfect, with just us, our pastor, several ducks and bunny rabbits, and one big dog trying to come greet us. Great friends helped us celebrate by dropping off champagne and a small wedding cake. Other friends sent cards, and we have loads of sweet treats at home. Instead of gifts, we've asked people to donate to the Chicago Food Depository. We have so much, and others are in so much need."

Q. Is being on the front lines of COVID-19 easier now?

"There is security in being able to really commit to be with each other for better or worse, richer or poorer, in sickness and in health, until death may separate us. If one of us gets sick and in need of hospitalization, it is a relief to be married and have rights to protected health information."

Q. Any plans for a honeymoon?

"We're great travel companions and have a trip to Rome booked for late fall. We're still hoping to get there, but if not then, we'll make it as soon as possible. And, we have contingency plans for potential road trips: Route 66, the Grand Canyon, Acadia National Park..."

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Restaurant carryout report card

By Neil Warner

With some restaurants now allowed to open for outdoor dining but all of them still closed for dining in because of the COVID-19 pandemic, carryout has become increasingly popular.

Restaurants and their staffs have been particularly vulnerable to the sudden loss of revenue. So, if you feel comfortable doing so, please patronize these businesses. Don't forget to tip the delivery persons generously; they may be former servers just trying to earn a few bucks.

This month I'm reporting on several of my favorite local restaurants. I picked up our food at each of them.

Kie-Gol-Lanee (5004 N. Sheridan)
Website: KieGol.com

It can easily be overlooked, but this family-run storefront restaurant delivers top-notch, complex Oaxacan food, as evidenced by its 2020 Bib Gourmand designation awarded by the Michelin Guide. The *Dialogue* reviewed it in February 2018, and it has become one of my favorite restaurants.

Kie-Gol-Lanee offers delivery through Postmates and Grubhub, but we opted to pick up our food, which was packaged well in Styrofoam.

Debbie and I started with the ensalada de betabeles, a salad composed of beets, jicama, apples, pistachios, arugula and feta, with a sherry vinaigrette dressing. Don't be put off by the double-digit prices for their salads because they are not your run-of-the-mill salads and they are consistently delicious.

For an entree, Debbie had two Oaxacan-style tamales wrapped in plantain leaves, one stuffed with pork and green mole and a spicy vegetarian one with mushrooms, spicy tomato sauce and cilantro. She enjoyed both but preferred the pork version.

I ordered stewed rabbit with a yellow mole sauce, green beans and chayote (Mexican squash); it was accompanied by a watercress and radish salad with lemon vinaigrette and warm tortillas. I wished I had ordered a side of rice to soak up the mole, so I improvised and quickly made my own. The rabbit was tender and tasty, but the small bones made it challenging to eat. The mole was delicious, as were the green beans and chayote.

For dessert we had the vanilla flan, the heavier Mexican-style version that likely

was made with condensed milk and came topped with caramel sauce.

The bill totaled \$49 plus tax and tip.

My grade: A-minus.

Sauce and Bread Kitchen
(6338 N. Clark)
Website: SauceAndBread.com

Sauce and Bread Kitchen is a bakery/cafe that the *Dialogue* reviewed in-depth in August 2016. SBK quickly became one of my regular destinations for bread, and soon after, I became a fan of its scones, pizzas and daily specials.

Recently I ordered a pizza and a loaf of sunflower spelt bread for pickup, and after seeing their daily pastry selection upon arrival, I added a banana-chocolate-ginger-hazelnut scone and a pack of four gingersnap cookies.

Like its creative daily specials, SBK bakes pizzas with an unusual array of toppings that change weekly. Don't expect large amounts of toppings; SBK's pizzas resemble those you might find in Italy, where more emphasis is placed on the dough and sauce, and the toppings are less abundant. We ordered a (provolone-mozzarella) cheese pizza topped with ramps and morels. Ramps are a spring vegetable that's a cross between onion and garlic, and morels are wild mushrooms that are foraged in the spring. SBK's pizza crust reminds me of focaccia, with some air bubbles in the dough, and I love the texture. Because we had two premium toppings, our half-sheet pizza (which fed two of us for two meals) cost \$34, but most of their pizzas are \$22 to \$28.

As for the other items we ordered, the sunflower spelt boule has become our go-to bread, with its touch of honey making it a good option for either breakfast or dinner. The gingersnap cookies have an assertive taste of ginger and molasses. And the scone – to die for. I love nuts and it can be difficult to find a scone containing nuts, so the hazelnuts in this scone put it over the top for me.

Total bill: \$48.86.

With the onset of COVID-19, owners Anne Kostroski and Mike Bancroft began offering free meals to first responders and individuals who are out of work. Customers can contribute to SBK's COVID-19 relief fund on its website.

My grade: A.

Dak (1104 W. Granville)
Website: DakWings.com

Open since 2013, this family-run Korean spot has a limited menu centered

around huge Korean chicken wings and a variety of rice bowls, commonly known as bibimbap. Chicago magazine named Dak as one of the city's 50 best restaurants in 2018.

Although Dak has earned its reputation with the wings, Debbie and I have long been fans of bibimbap. At Dak it comes with a base of white rice and is topped with a bevy of veggies, including bean sprouts, mushrooms, carrots, greens and lettuce and your choice of protein – beef bulgogi, chicken, spicy chicken, spicy BBQ pork, tofu and spicy tofu – and an optional fried egg on top. We like the spicy tofu, but it's delicious with any protein you choose. You also get a container of gochujang, the Korean chili paste; you can add as much as you wish, depending on how spicy you like your food. Mix all of the ingredients together and then have at it – a marvelous combination of flavors and textures. One order of bibimbap is plenty for the two of us.

We also ordered their egg rolls, a mixture of chicken, beef and veggies. The three deep-fried rolls come with a spicy dipping sauce and is very good.

Total bill: \$14.95 plus tax and tip, for a spicy tofu bibimbap and an order of egg rolls.

My grade: A-minus.

Please help us provide more, and perhaps better, information to your neighbors. Send your brief restaurant carryout reviews and grades to Dialogue@MalibuEast.org. The Dialogue reserves the right to edit your reviews or not publish them.

Business affected by COVID-19?

Are you a Malibu East resident who operates a business that was severely impacted by the COVID-19 pandemic? If so, the Dialogue would like to hear from you.

If your story about the effects of the stay-at-home order on your business would interest other residents, or even just an anecdote, please share it with us.

You can send us an email at Dialogue@MalibuEast.org, with a subject line of COVID, or leave a note, with your contact info and a brief description of your story, with management or the doorman to the attention of editor Neil Warner.

Letting go of impatience

By Helen Reichert Lambin

Following is an excerpt from the book "An A-Z Guide to Letting Go" by Malibu East resident and Dialogue staffer Helen Reichert Lambin, the author of many books. This book, available at www.actapublications.com, includes four-color abstract drawings by Chicago artist Isz.

God said, "Quiet down, far flung ocean islands. Listen. Sit down and rest, everyone. Recover your strength. Gather around me. Say what's on your heart. Together let's decide what's right." (Isaiah 41:1)

- To start with, there are three different kinds of impatience: Impatience with almost everybody else; impatience with yourself; impatience with yourself and almost everybody else.
- There is also impatience to get things done.

OK, let's make this brief. If you're already feeling impatient, who wants to read an extended essay about letting go of it? My mother used to have a prayer on her refrigerator: "Lord, give me patience. Now! Today!" Impatience has been around a long time. But it still didn't hurry the centuries up.

The first kind of impatience could also be called: "How am I supposed to deal with things when everyone else is so impossible?" This kind of impatience has its place, I know, but if almost everybody else we live and work with constantly seems to exhaust our patience, then Houston, we have a problem. And that problem is us. So maybe it's a good idea to sit back, take a deep breath, and reflect on why we feel impatient with others so often ... and so much more than most other people seem to do. We could even ask a good friend or two about what they think – without getting impatient with them for their answer, of course. And then,

maybe we could start practicing more patience with others a little at a time. Because otherwise it can be very hard on other people. And it can even be hard on us.

The second kind of impatience could be called: "I can't do it; I did it wrong; I'm hopeless!" It's very uncomfortable when we are always impatient with ourselves, and the surprising thing is that it also makes everyone else around us very uncomfortable. (I'm talking the rolling of eyes, the subtle "here we go again" signs between our friends, the "there she goes again" dismissing of our impatience with ourselves.) Instead of learning from these reactions of those who love us – we continue to get stuck in self-recrimination of ourselves. Exactly why are we impatient with ourselves? Might it be to draw attention to ourselves or maybe even to give us an excuse when we fail? So, how about trying to focus instead on what we have accomplished and let go of what we can't or haven't (yet). And, by the way, note that nobody else is perfect either.

For letting go of the third kind of impatience, see the two paragraphs above.

Finally, the fourth kind. It could also be called: "Let's do it now; let's decide now; I'll do it myself!" Yes, this kind of impatience sometimes can be useful, because things do get done and on time. And it can lead to decisiveness instead of dithering. The problem is, it can also lead to things being done too hastily to be done well, to decisions regretted soon after making them, and (perhaps more importantly) to a feeling on the part of others (especially children), that THEY can't do things – only YOU can.

So, here again is the theme of this book: practice a happy medium. Let go of your impatience. Take reasonable time in decisions. It may take a little time to discern just what "reasonable" means, but we can see what other sensible people do. And remember, we too can be sensible, even if we are impatient. The end is important, but so too is the process, because the process helps determine the best end.

I could talk more about this, but I'm losing my patience. Perhaps the Jesuit priest/scientist Pierre Teilhard de Chardin said it best: "Trust in the slow work of God."

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Updates on farmers markets

The Edgewater farmers market has canceled its 2020 season, but other local markets are planning to go ahead with theirs.

Typically held on Saturdays in the Broadway Armory parking lot, the Edgewater market is one of the smaller ones, with a dozen or fewer vendors. With the obstacles presented by the COVID-19 pandemic, organizers decided they would cancel and regroup next year.

Nearby, the Andersonville farmers market is ready to begin its season on June 10 after making a number of changes. The market will again be open from 3-7 p.m. each Wednesday, but customers are now required to order online by 11 p.m. Monday using the SourcewhatsGood.com website or the WhatsGood app. No on-site purchases are being permitted. Also, the market pickup site has been moved to a new location on Catalpa, between Clark and Ashland, with the entrance at Clark and Catalpa. For more information, including a list of vendors and market rules, go to AndersonvilleMarket.org.

The Glenwood Sunday market, likewise trying to adapt to the new environment, has delayed its opening to June 21, with hours of 9 a.m. to 2 p.m. The 10-year-old market will operate every other Sunday, instead of every week, through Oct. 25. The Rogers Park Business Alliance said it would announce a new location that will allow for more social distancing. Go to www.GlenwoodSundayMarket.org for updates.

The downtown Evanston farmers market began its 45th season on May 2, with a new setup and new guidelines for shoppers and vendors. Shoppers are requested to wear face coverings, and a limited number are allowed inside the market at one time. They are asked not to touch any products and not to linger, and no food may be consumed on-site. The market is open each Saturday from 7:30 a.m. to 1 p.m., with seniors and the handicapped allowed to shop beginning at 7 a.m. For more information, go to www.EvanstonFarmersMarkets.org.

**Anyone in swimming attire
must use service elevator
if it is available.**

STAY HOME  SAVE LIVES

 CHICAGO

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Let's be eccentric

By Helen Reichert Lambin

"Eccentric: Departing from a recognized, conventional norm or pattern." (*The American Heritage College Dictionary, Fourth Edition*).



Are eccentrics made or born? Yes. But one thing is certain: Every eccentric is so in their own way. After all, what's the point of being eccentric if you're not yourself?

To celebrate wisdom eccentricity, the *Dialogue* will offer some aphorisms or pithy insights.

This month we have a slice of wisdom from Head Eccentric Lambin:

Today is more than this moment, but is not complete without it.

You are invited to be a Guest Eccentric by contributing your own sample of eccentric wisdom to the *Dialogue*. Email it to Dialogue@MalibuEast.org and place "Eccentrics" in the subject line, or leave a hard copy at the front desk to

the attention of editor Neil Warner. Maximum number of pithy words: 30.

The text will appear in print, either with your name or anonymously if so requested. However, as with all editorial text, the *Dialogue* staff reserves the right to edit the text or choose not to print it.

So, up with eccentricity, wisdom and creativity. It wasn't conventional cave persons who did the cave paintings at Lascaux.

Mary & Peg – newlyweds

(Continued from page 6)

whatever turns out to be the best option at the time. Wherever we go, we're sure to take photos at sunrise."

Next time you see them, please congratulate our newlyweds and say thanks for their service in the war against COVID-19. Also, remember to practice social distancing, especially in the elevators. Let's keep helping each other with kindness and extra generosity.

The Dialogue would like to hear about human interest stories that any of our residents have experienced during the governor's stay-at-home mandate. If you have an unusual or uplifting story or brief anecdote you think might be of interest to others, please email the details to the Dialogue editor at Dialogue@MalibuEast.org.

I'm glad you feel fine...

but you can still make others sick.



Let's all stay safe: wear a face covering in public and practice social distancing

For reliable local information on COVID-19, check www.chicago.gov/coronavirus
To donate to the Greater Chicago Food Depository, go to www.chicagosfoodbank.org

An updated Xfinity channel guide can be found at www.MalibuEast.org/tv

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Helen Wagner

We want recipes

The *Dialogue* is looking for recipes. Not just any recipe, but one that has a story or a family history.

The idea is that a resident would write a short article about a recipe, and why it is significant to them and/or their family, followed by the recipe itself. The recipe can be any type of food and from any nationality.

You can email your article and recipe to Dialogue@MalibuEast.org; use "Recipe" as the subject line. If you need help writing the article, leave a note with the Management Office or the doorman to the attention of the *Dialogue* editor.

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Searching our website

Have you ever realized that something was written in a *Dialogue* article that you want to read again but you don't know when the article was published or how to find it?

Well, there may be a way to locate it. If you go to the website MalibuEast.org, you'll see in the far left column a "Search This Website" box. If you enter a word or name in the box, the website will conduct a search, but it will only search those articles that were once featured on the home page. It won't search the archive of *Dialogue* issues stored as PDFs, which goes back to January 2000.

If you wish to search the *Dialogue* archives for, say, the word "recycling," try this Google search: Type "recycling site:malibueast.org" (without the quotes) and press the "Enter" key. This should produce a list of nearly 90 hits.

Click on one of the issues that were found in your search. To find the word "recycling" in that issue, press the "Control" and "F" keys simultaneously. A window will appear, allowing you to type in "recycling." Press "Enter" and your computer will search the issue for instances of the word "recycling."

Book club to meet

By Sandy Chaet

The Malibu East book club will hold its next meeting on Sunday, June 21 at 1 p.m. on the fourth-floor north deck. The rain date is Sunday, June 28. Bring your own chair.

Because no meeting was held in April or May, the book club will discuss two books at the June meeting.

The first book is "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows. The novel centers on a single, 30-something writer who gets inspiration from her neighbors on the German-occupied Channel Island of Guernsey, who send her letters with stories about the just-ended war and its aftermath, giving her inspiration for her work, and her life.

Our other book is "Where the Crawdads Sing" by Delia Owens, about a "Marsh Girl" who lives in a quiet town on the North Carolina coast.

City libraries are expected to reopen on June 8, and you also may be able to obtain either book from independent booksellers, Amazon.com or Barnes & Noble.

The next book will be selected after the discussion of these two books.

All residents are welcome to participate.

The Dialogue

The Malibu East Condominium *Dialogue* is published by resident volunteers to promote communication among owners, residents, the Board of Directors, management and staff of Malibu East Condominium, 6033 North Sheridan Road, Chicago, IL 60660.

Articles written by and opinions of the Malibu East Condominium *Dialogue* staff and contributors are their personal views and do not necessarily represent the views of Malibu East Condominium or its Board of Directors and management.

Letters to the Malibu East Condominium *Dialogue* Committee are encouraged. Its staff reserves the right to edit those letters which it sees fit to print and to print only those with constructive content. Letters to the *Dialogue* Committee may be left at the management office.

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