



From the President
Rachel Smith

With the start of the new year, many of us are beginning new chapters and taking inventory of how lucky and blessed we are to see a new day. Some adopt new year’s resolutions; others choose to ease into starting new practices and habits – I am one of the later. For me, jumping aboard the latest diet craze or bullet journaling sounds like a great idea but never seems to stick and become a lasting new habit to keep me focused on my well-being.

This year, I’m trying something new. I’m giving myself the grace to listen to my body and my instincts and pay attention to what nurtures me, what soothes my heart and my soul and to breathe. Simple, right? Well, in the middle of a pandemic with volatile news everywhere you turn, I recognize that this is not going to be easy. But I remind myself – this is a marathon, not a sprint. Those who seek to disrupt my peace are only successful if I allow them to. Everything is temporary and nothing lasts forever – even the most intense and disruptive things.

So, my focus is on self-preservation. And the method most likely to succeed is to start small and build. That means:

- Move – Netflix is seductive and sitting all day while working can be harmful. So, stretching daily, taking my dog for a walk, and getting back into some kind of exercise is key for my mental and physical well-being.
- Eat better – Anyone who knows me may think I’m a bit obsessed with food – good (or bad for you food). But, teaching myself the fundamentals of how to eat better is on my goal list this year, focusing on variety, quality (not quantity) and exploration is important to me.
- Double-down on what matters to me. (Putting on my professional healthcare hat and thinking about the 4Ms or Age-friendly health systems):
 - What Matters – know what I want (and don’t want) in my life;
 - Medications – identifying and addressing those nagging physical aches and pains;
 - Mentation - prioritizing my mental health before anything (remember – keeping my peace);
 - and Mobility – get up and move – every little bit helps.

Finally, I cannot end without reminding everyone about the importance of staying vigilant in our approaches to the COVID pandemic. Although there are now various vaccines coming to market, it’s imperative that we do what we can to slow the spread:

- Wear a mask to protect not just yourself but others
- Practice social distancing
- Wash your hands
- Avoid indoors gatherings with those outside your immediate household

To return our lives to some kind of normalcy, it’s important that we all work together and support one another. I happen to work for a health system that works hard to keep communities informed but there are many others committed to sharing information and answering questions you may have regarding vaccines or more general questions about how to protect yourself and your family from COVID. I invite to look to the following sites for more information:

Rush University Medical Center:
<https://www.rush.edu/patients-visitors/covid-19-resources/covid-19-vaccines>

University of Chicago:
<https://goforward.uchicago.edu/>

Roseland Hospital:
<https://www.roselandhospitaltalks.org/covid-19>

City of Chicago
<https://www.chicago.gov/city/en/sites/covid-19/home.html>

*****PCO January General Membership*****
Virtual Meeting Access

FreeConferenceCall.com
Dial-in number (US): (701) 802-5236
Access code: 297632#
Online meeting ID: pcopres
Join the online meeting: <https://join.freeconferencecall.com/pcopres>

PCO Vision Committee:
Community Action Makes a Difference
Bob Bushwaller and Beverly Ash-Larson, Co-Chairs

Yard Signs Available in Spanish (Be Kind or Together We Can)
Stop by the steps at the Historic Center at 614 E. 113th Street on Saturday, January 23, 9:00-11:00. Or call 773-568-5890 (English) or 773-447-1333 (Spanish) to arrange pick-up or delivery. Suggested donation is \$4.00 or what is comfortable for you.



Letreros de patio en español estaran disponibles el Sabado 23 de Enero en el Centro Historico localizado en el 614 E. 113th Street de 9:00-11:00 a.m. Para organizar recogerlo o entrega a domicilio favor de llamar 773-568-5890 (Ingles) o 773-447-1333 (español). La donacion requerida es de \$4.00 o lo que este a su alcance.

Holiday Parade Thank You
Wyatt Ollestad, Vice-President of PCO

Thank You to everyone who planned, coordinated, and participated in this year’s Holiday Parade! The event was a huge success, and more well-received than I think anyone could have expected! It was so wonderful to see, street after street, neighbors watching from their porches as a truly first-rate parade of decorated cars travelled throughout the neighborhood. That the community was able to pull off such an event so quickly, and so dang well, is a testament to the neighborliness of this wonderful place. With so long spent in what seems like total isolation, to have such a ray of light weave throughout our very streets was heartwarming even to this Scrooge, and further proof that when the going gets tough, Pullman gets going. So thank you again for everyone who set it all up, decorated their cars, or simply sat back and enjoyed Pullman’s very own (and 1st Annual!) Holiday Parade. Bravo, neighbors, bravo!

Contact Tracers May Call
Catherine Zurybida

Please pick up the phone for contact tracers. Watch your caller ID for 312 742-8243. We are members of the community assisting the Chicago Department of Public Health. We want to help you protect your family and friends. We contact people with information about Covid, Covid testing and resources that help people quarantine. We will verify your identity but will not ask for a Social Security number or any financial data.



Solon Says: A Report of the PCO Beman Committee

Megan Lydon and Wyatt Ollestad Co-Chairs
pcobemancommittee@gmail.com

Happy 2021 Pullman! It'd normally be about this time that we'd be alerting you about new applications for this year's Faade Reimbursement Program, but as we all know this past year has been anything but normal! So although the Program may be on hiatus for this year, we can still look forward to the next House Tour and making it the biggest one yet, in turn ensuring that next year's Faade Reimbursement Program is the best one ever!

We on the Beman Committee have been taking advantage of the winter 'down time' to refresh some of our information resources, and are pleased to announce that a newly updated Homeowner Guide is now available on the PCO website! We've received many thanks and accolades over the years for our Homeowner Guide, which we like to think of as an invaluable resource for both incoming residents and long-timers – in it, you can find recommendations for specialty service providers and shops to help you with those always-difficult-to-source restoration projects; more than a little bit of background information on your house and the neighborhood; and even a series of curated Preservation Briefs outlining topics from simple painting to financial incentives available to owners of historic properties. So be sure to check it out at pullmancivic.org, where you'll also find even more helpful resources for Pullman homeowners. A big Thank You to the members of our Committee for their efforts in updating the Guide and other materials, and be on the lookout for more updates throughout 2021!

And as we like to say around here, it's never too early to start planning for a restoration project, so although it may be the middle of winter, spring is always just around the corner and with it the building season will begin again. The more preparation the better, especially when it comes to working on Pullman homes, so take this opportunity to brush up on best practices and let that imagination run wild! It'll be warm again in no time, and you'll want to hit the ground running once the temperatures increase and the days grow longer.

Coloring and Conversation Group in Pullman

Carol Lagadinos

If you've been inside for days on end amid the COVID-19 pandemic, you might be getting a little stir-crazy — or at the very least, feeling bored. With the current state of daily life with COVID-19, and so many uncertainties looming in the distance, coloring might just be the ticket to help you unwind. There is reason adult coloring books have flooded shelves everywhere in the last few years, from grocery stores to your favorite online retailer. Coloring can be much like a meditative exercise by taking attention away from ourselves and the everyday things that stress us, thus relaxing the brain. A Color and Conversation group has been meeting in Pullman for the past several years to socialize and color. The group had been getting together weekly, that is, until spring 2020 when COVID restrictions changed things. Realizing that during these socially isolated times, stress levels can be high, so what better way to make your mental health a priority during quarantine than with coloring. So it was decided to begin meeting again. The group will be meeting virtually via Zoom on the 2nd and 4th Monday evening of each month. To find out more information and how to join the group contact carollagadinos@att.net

CTA Red Line Extension Virtual Station Meetings

The CTA is hosting a series of virtual public meetings to discuss project progress and YOUR VISION for the area around the four proposed stations for the Red Line Extension (RLE) project. Your input as a community member will help determine the needs and priorities for future development around each station area.

130th Street | Wednesday, January 27 (6:00 p.m. – 7:30 p.m.)
111th Street | Tuesday, February 2 (6:00 p.m. – 7:30 p.m.)
103rd Street | Tuesday, February 9 (6:00 p.m. – 7:30 p.m.)
Michigan Avenue | Tuesday, February 16 (6:00 p.m. – 7:30 p.m.)

Registration is required to attend these meetings. Please register at: transitchicago.com/RLE/engage Attendees will receive information to join via Zoom or telephone. In addition, each meeting will be broadcasted simultaneously on Facebook Live at facebook.com/CTARedExt

A recording will be posted online after each meeting at transitchicago.com/RLE/whats-new. You can view past meeting recordings and materials at transitchicago.com/RLE/TSD/#meeting1



On Christmas Eve, Santa Came to Pullman

Tom McMahon

On Christmas Eve your PCO sponsored a Christmas Eve car/light parade. Neighbors gathered in the parking lot of the HPF Visitors Center with their "lighted chariots" aka cars. At 6:00 PM they were off traveling through Pullman with horns blaring and music playing. They were greeted by our neighbors standing on porches ringing their bells in wonderful unison. Cheers went out for our special guest, Santa Claus, riding in the last car -- a convertible with the top down (Santa is used to the cold weather).

This event was meant to bring holiday cheer from the PCO to our neighbors. We could not do this without the efforts of those who came out and participated. Mary Ferraza with her interior lit up, Mike McMahon with his decorated Harley, Mike and Pat Shymanski with their small SUV with a Christmas Tree on top, all added to the light parade. The group was rounded out with festively decorated cars belonging to Fernando and Claudia, Kelly Starceвич, Katie McMahon and Joe Sperando, and Jim Badali. The prize of the night went to Stacey Peponis with his decorated pick-up --speakers blaring and a huge snowman waving in the wind. While Stacey was operating the music his driver, Luanne Wethington, drove the route on a flat front tire. That's dedicated volunteers.

The best part of the night was Santa. Children were on porches and standing on curbs shouting with glee as he drove by throwing candy canes to his captivated audience. Special thanks to Eddie Deleon who had the most elegant Santa suit and he didn't need much padding. The compliments and comments after the parade make me believe this will now be an annual event with even more cars in the caravan. "Merry Christmas to all and to all a good night."

Green Spaces and Places: A Hike in Sand Ridge Nature Preserves

Lynn Smith

About 20 minutes south of Pullman, on the north side of 159th Street lies one of the prettier forest preserve areas in Cook County. Sand Ridge Nature Preserve, part of the Cook County Forest Preserves is a 235 acre gem, showcasing 2 raised walking paths, picnic areas in the making, pathways through Oak and Pine groves, and showcasing a historic ridge of "Lake Chicago". There are ponds and wetlands. Sandhill cranes have been photographed there. Road traffic is seldom heard. This nature area predated the River Oaks Shopping Mall.

The website for this park is sandridge.naturecenter@cookcountyil.gov. The phone number is 708-868-0606. On Sunday January 29th at 9 am there will be a "story walk" for children. The event is free and no registration is needed though masks and social distancing are required.

Walking and bicycling paths adjacent to the forest preserves have also been more developed. So, if looking for a place for peacefulness, nature study and exercise, look no further than Sand Ridge Nature Preserve, 15691 Paxton Avenue, South Holland. And we'll keep talking.....



Pullman Welcoming Committee
Lisa Burback

Some friendly reminders from the welcome wagon: please email welcometopullman@gmail.com any new residents with the following information: name, address and contact info (an email is preferred). You can also email us there to purchase a copy of our resident booklet for \$5. It’s compiled of the best of where to shop, eat and play locally - even long standing Pullmanites may find a new treasure to patron! The book is updated once a year, so make sure to let us know of any new discoveries you make, and we’ll add them to the list.

From the Dining Car: Comfort Food 101
Patty Lawson

Before the holidays, in the year that shall remain unspoken, Pullmanite Lynne Collins asked me for a comfort food dish. Now my definition of comfort food is one that requires one pot, has an easy cleanup, and warms the soul. And one of my top ten comfort foods is jambalaya.

The great benefit of this recipe is that it can be made ahead of time and reheated.

There are countless variations on this dish, with rice being the common denominator. You could add beef, pork, chicken, crayfish, oysters, or any combination. Not only is this dish perfect for Super Bowl Sunday, but it is great for any cold winter meal or when you just need a taste of “N’awlins”! This recipe should serve 6-8 people, but I never know what size people they’re talking about, so you’re on your own!

Ingredients

- 2 tbsps. butter/margarine or ¼ cup oil (canola, vegetable, olive)
- 1 medium onion, chopped
- 1 cup bell pepper, chopped
- 2 cloves garlic, minced
- 1-2 bay leaves
- 1 lb. cooked sausage (andouille, kielbasa, or other spicy sausage)
- 1 cup uncooked, long grain rice
- 2 cups chicken broth or water
- 1 (14 1/2 oz.) can diced tomatoes
- 1 (8 oz.) can tomato sauce
- 3 tbsps. hot sauce or ¼ tsp. cayenne pepper
- 1/2 tsp. dried thyme
- Cajun seasoning (like Old Bay), to taste
- 1 lb. medium to large shrimp
- Salt to taste

In the slow cooker: Mix all ingredients, except shrimp, in the crock pot. Cover and cook on low for 8-10 hours or on high for 4-6 hours. Add shrimp 30 minutes before serving, setting the crock pot on high.

On the stove: Melt butter or add oil to Dutch oven/stockpot over medium high heat. Add onion, bell pepper, garlic, and sausage and cook for five minutes or until vegetables are tender, stirring often. Stir in remaining ingredients, except shrimp. Mix well and bring to a boil.

Reduce heat, cover, and simmer for 25 minutes or until rice is tender. Add shrimp and continue to simmer just until the shrimp are warm. Do not overcook or they will turn mushy.

Remove from heat and let stand for 5 minutes. Fluff and serve.

TIP OF THE MONTH

Preheat your baking/cookie sheet the same time you preheat your oven. It will save time because the undersides of your meats start cooking and browning immediately instead of waiting for the oven to heat both the baking sheet and food up first. You’ll also reduce or eliminate the need for flipping completely. This is especially handy when you bake French fries.

“Behind every great man is the drawer I need to get into.” - Unknown

Do you have a favorite recipe for the stove, oven, or microwave you would like to pass along? Got a useful kitchen or household tip? How about a quick fix for a cooking catastrophe? Simply email me at fromthediningcar@yahoo.com or place it in my mailbox at 1122 South Champlain. Please include your name, phone number, and/or email address. I may have questions.

Pullman Calendar for January - February 2021				
WEEKLY ACTIVITIES				
Monday, Wednesday, Friday 10am-4pm *subject to change with holidays	Free Covid Testing Pre-Register ChicagoCovidTesting.com	Gately Park	744 E 103rd of Cottage Grove)	(east
Pullman National Monument Visitor Information Center - Closed for the season				
MONTHLY MEETINGS AND SPECIAL EVENTS				
Day	Event (\$ if charge)	Place/Contact		
Wed 1/13 7:30 pm	PCO Executive Board Meeting (2nd Wed)	**Virtual Only		
Wed 1/20 7:30pm	PCO General Membership Meeting (3rd Wed) **Virtual only (see pullmancivic.org for link)			
Sat 1/23 9am-11am	Yard Signs Available in Spanish	FLM Center 614 E 113th St		
Mon 1/25 7pm	Coloring and Conversation (4th Mon)	carollagadinos@att.net		
Wed 1/27 6pm-7:30pm	CTA Red Line Ext. 130th St Station Meeting - Facebook.com/CTARedExt			
Wed 1/27 7:30pm	PCO Beman Committee Virtual Meeting pcobemancommittee@gmail.com			
Tue 2/2 6pm-7:30pm	CTA Red Line Ext. 111th St Station Meeting - Facebook.com/CTARedExt			
Mon 2/8 7pm	Coloring and Conversation (2nd Mon)	carollagadinos@att.net		
Tue 2/9 6pm-7:30pm	CTA Red Line Ext. 103rd St Station Meeting - Facebook.com/CTARedExt			
Wed 2/10 7:30 pm	PCO Executive Board Meeting (2nd Wed)	**Virtual only		
Tue 2/16 6pm-7:30pm	CTA Red Line Ext. Michigan Ave Station Mtg - Facebook.com/CTARedExt			
Wed 2/17 7:30pm	PCO General Membership Meeting (3rd Wed) **Virtual only (see pullmancivic.org for link)			
February 19 - 6th Anniversary of the Pullman National Monument Designation				
Mon 2/22 7pm	Coloring and Conversation (4th Mon)	carollagadinos@att.net		
Wed 2/24 7:30pm	PCO Beman Committee Virtual Meeting pcobemancommittee@gmail.com			
Submit your Pullman / local community event details to pullmancalendar@gmail.com				

The Pullman Flyer is produced monthly by the Pullman Civic Organization, 614 E. 113th Avenue, Chicago, IL 60628. The viewpoints expressed in The Pullman Flyer are not necessarily the convictions of the Pullman Civic Organization. The deadline for the upcoming Flyer is the last day of the previous month. Committee reports, announcements, letters to the editor, dedication sugges- tions, and articles should be emailed to sandyczajko@sbcglobal.net.

All submissions become the property of The Pullman Flyer.

Sandy Melnyczenko Czajkowskyj.....Editor
Debbie Newman.....Copy Editor
Beverly Ash-Larson.....Distribution Coordinator
Ralph Larson.....Distributor

Real Estate Ads (sales and rentals) are \$15 per month. Service ads for busi- nesses, personals, and other sales ads are \$10 up to 3 lines per month. Checks should be made payable to the Pullman Civic Organization. All inquires about ads in the Pullman Flyer can be sent to: PullmanFlyerAdvertising@gmail.com.

For a one-year subscription to the Pullman Flyer, please send a \$10.00 check made out to the Pullman Civic Organization to: Pullman Flyer, (Attn: Beverly Ash-Larson, Distribution Coordinator), 614 E. 113th Street, Chicago, IL



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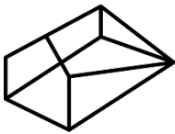
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