

TowerTalk

News and Information for Park Tower Condominium Association

Park Tower’s Distinctive Curtain Wall, Part 1

by Jeff Hauser

Curtain walls are increasingly common in new hi-rise construction, although outside of downtown areas they're still quite rare. So ours is a rather unique architectural aesthetic and, in addition to appearance, makes living here a bit different. This is the first of a few articles about curtain walls and will focus primarily on aspects of living here with ours.

The term, "curtain wall," refers to our glass and metal exterior. The frame is literally hung from the concrete of our building — the opposite of neighboring buildings where each unit’s windows are set in concrete.



One of the benefits of our curtain wall is lower maintenance cost. It is a lot easier to get a good and long-lasting seal between glass and an aluminum frame than it is between window frames and a concrete facade!

While water can penetrate our curtain wall — more on that later — overall, we have less leakage than a conventional building. Also, metal facade wears better than masonry. That being said, however, moving parts are subject to wear; our operable windows are the biggest issue with regard to curtain wall maintenance.

Undeniably, weathering over the past 40+ years has dulled the appearance of the curtain wall. But it really is only appearance, the sunlight and oxidation having had no effect on the metal underneath. If we had a spare \$6 million or so lying around, we could have the building

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One Resident’s Experience with Medical Marijuana

by Vince DeFrusco

There are now 40 medical conditions that make one eligible for medical cannabis (marijuana), including ALS, MS, epileptic seizures, Parkinson’s disease, PTSD, HIV/AIDS, cancer, Crohn’s disease, glaucoma, rheumatoid arthritis, and fibromyalgia. An Illinois resident is also eligible if suffering from any terminal illness with a life expectancy of 6 months or less.



psychoactive, causing a gentle “high.” Much new attention is being given to the second chemical, CBD, which is not psychoactive but has been shown to be useful as an anticonvulsant, antidepressant, anti-nausea agent and as a treatment against cancer.

Cannabis is not an opioid; it is less addictive than codeine. In fact, medical marijuana is used in some states to treat opioid addiction. Since the farms are state-licensed and inspected, it is a purer form of the drug, not laced with other narcotics. That said, it is however a hallucinogen and does affect one’s brain, coordination, and perception of the outside world. This is not a drug to be

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Did You Know?

Holiday Cheer



Save Saturday evening, December 10 for a sharing of Holiday cookies and whatever other seasonal goodies you typically prepare. Brought to you by the Social

Committee. Watch for the poster.

Remodeling, High Value



From property manager Tim Patricio: "We're on track to approve 30 or more remodeling projects this year. Unit remodeling is one of the top three things that, in my opinion, improves property values. Those other two things, by the way, are to gradually lower the percentage of rental units, and to maintain the appearance of the property—it's curb appeal. We're doing all three at Park Tower!"

.....

Electric Cars at PT?



Property manager Tim Patricio reports that at the time of this writing, one resident is parking and charging his electric car at Park Tower and another is considering it. The plan is to move forward on a case-by-case basis, coordinating with owners who purchase electric cars to set up metered outlets and then billing them for the electricity they use. Interest has been slow to develop, but Tim invites residents to inform him of their interest.

.....

Moen Faucet Parts



Moen's lifetime warranties apply to faucets purchased after 1995, and still in use by their original buyers, and properly registered. True, PT does have Moen lavatory faucets available, but if you buy one remember to register it online to qualify for free replacement parts should you need them in the future.

.....

Overture Edgewater Beach



Owners at Edgewater Plaza Condominium Association, 5445 N. Sheridan, have accepted the latest offer by Greystone Property Development to purchase the corner property at Sheridan and Catalpa for the construction of an 18 story rental-only building for adults age 55 and older.

.....

Ballot Measures Approved



Here are measures approved by Illinois voters this past November. A binding approval means it becomes law. A non-binding means it is recommended that lawmakers draft such a law.

State of Illinois

That monies collected by the State of Illinois from sources related to transportation be spent only on expenses related to transportation. Binding and on all State of Illinois ballots.

That Illinois employers be required to offer employees up to 40 hours sick time each year. Non-binding and only on Cook County ballots.

That Illinois legislate stricter penalties for trafficking of illegal guns and background checks for all gun dealers and their employees. Non-binding and only on City of Chicago ballots.

That Illinois provide full and equitable funding to Chicago. Non-binding and only on City of Chicago ballots

Cook County

That by December 7, 2020 the Office of Recorder of Deeds be merged with the office of Cook County Clerk. Binding and only on Cook County ballots.

City of Chicago

That the city work with federal and state governments on significant new infrastructure projects. Non-binding and only on City of Chicago ballots. ■

Condo Legislative Watch

Learn to be a Leader

by Sheldon Atovsky

This story is not what you'd expect to find in Condo Legislative Watch. Not to worry, future columns will cover some of the important legislation passed and pending at state and city levels.

But right here at home, there is so much happening in our own condo association. Five committees report solid news in this issue, and the board is considering steps to possibly update our declaration and bylaws.

While certainly not a prerequisite, there is excellent training available locally for owners who have considered taking leadership roles in associations like PTCA. Here are two such opportunities that focus on crucial topics of condominium governance.

Learn and Lead is a series of six classes presented by the **Association of Condominiums, Townhouse and Homeowners Associations**.

1. Governance
2. Administration
3. Meetings/Elections
4. Finance

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Park Tower Profile

Barbara Buell

by Bob Shamo



The other day, I sat down with Barbara Buell to talk about her life and work here in Chicago. Like many of our residents, Barbara is Chicago-bred, in her case, “West Side Irish.” After raising a family in far-flung parts of the country, she returned to Chicago and embarked on a varied and fascinating career.

Barbara likes to say that curiosity and eagerness trump résumés — that while some of her generation prepared for careers, others simply looked for jobs. Her own jobs, upon returning to Chicago, were first as a Spanish teacher in an elementary parochial school; then in a variety of teaching positions up to and including, briefly, a large, Midwestern university.

Her final university level job, though, was at a downtown school specializing in business education, where she was associate dean of the evening school and — ironically, considering her earlier remarks — taught career development and résumé writing.

Then, following a successful stint as admissions director at a Catholic all-boys high school, Barbara joined the **Chicago Panel on School Policy** as associate

director, a few years later becoming its executive director.

The Panel was an independent research team that produced reports analyzing school policies and describing how, by further developing those policies, outcomes could be markedly improved. These reports were funded by private and corporate foundations. Barbara is pleased to note they found wide acceptance in the Chicago Public Schools, where she met regularly with superintendents Paul Vallas and — as he was rising through the ranks — Arnie Duncan.

Sensing an impending shift by her funding partners — away from independent research to projects with immediate and measurable results — Barbara closed down the Chicago Panel in 2005. But not, she reports with satisfaction, until the Panel’s projects had been finished, her employees had new jobs, and a new tenant signed up for the work space.


Barbara continues to be interested in innovative solutions to tough questions. She has founded her own company, **Issues and Answers**, where as “executive tutor” she offers assistance in strategic planning, performance evaluation, leadership support, and writing and editing. As a grant writer, etc., her company has raised more than \$10 million for clients.

A client in whom she has taken a special interest is the **Latino Policy Forum**. The Forum has led Barbara into new areas, including affordable housing and immigration reform. And, full circle, it brings her back to Spanish, her major in college and the subject she was first hired to teach, some 30 years ago.

Barbara has had a long association with Park Tower. Her mother moved in while it was still an apartment building and stayed when it became a condo association. Barbara herself moved here 18 years ago, exchanging the original one-bedroom for an 01 unit, the second bedroom of which is now her office, Murphy bed and all.

A three-year remodeling project is finally finished. It was not without its challenges, and Barbara is particularly appreciative of management’s support in some contentious moments. As a matter of fact, she admires the fairness and professionalism of board and staff, especially given the sheer number and variety of issues they address every day.

Some things never change, though. Barbara remembers her mother, even then, pondering as to why there was never an elevator when she needed one!

Barbara’s website is www.issues-and-answers.com 

Holiday Fund


Remember Our Employees This Holiday Season

by William Kay, with Scout

They mop and vacuum our floors, fix our leaky faucets and clogged drains, keep the heat on in winter and the A/C going in the summer. They take our trash out, replace the air filters & light bulbs. They patch and paint damaged walls, shampoo stained carpets.

They work on budgets, plan and manage projects. They help safeguard our homes, our investment. They are a friendly face to greet you when you come home and a helpful hand when you need one. They quite literally keep Park Tower humming.

Scout and I have worked in dozens of condo buildings throughout our fair city over the years and I can confidently say that we here at Park Tower have one of the most professional, dedicated, hard-working building management teams in Chicago.

This holiday season, please generously contribute to our PTCA Holiday Fund, and let’s show our appreciation for all that our Park Tower Management and Staff do throughout the year to make us safe and comfortable in our homes. 

Website Feature

Convenient Classifieds

by Nathaniel Cook

Browse Ads

Looking for someone to provide a service? Looking for an apartment or condo? Browse our classifieds. Have a job to advertise? A Condo to sell? An apartment to rent? Post a Classified Ad.

[Place Ad](#) [View Categories](#) [Search Ads](#)

Ad Category **All Categories** [Change Category](#)

1 10 ▾



Antique all-in-one school desk chair

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11/02/2016
Total views: 3
Price: \$ 150.00



Batman: The Complete Television Series (Limited Edition) [Blu-ray]

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11/02/2016
Total views: 7
Price: \$ 75.00

Do you have a few items you are ready to part with? Maybe an extra chair or small table that is taking up much needed space in your home? A few extra DVDs you'll never watch again? Or maybe you

are looking for that perfect new lamp or an appliance. If you are like me, then there is always a small list of items you've been meaning to take to Goodwill or sell on Craigslist, but they never seem to leave the house. Did you know there is a convenient way for Park Tower residents to post items and services for sale or donation on our very own classifieds platform? Unlike Craigslist, where you're never quite sure who's on the other end, this service is available exclusively to residents of the building, so you have a better sense of who is looking and selling.

Another positive feature is that you'll never have to leave the building to meet the seller or buyer. No more standing in front of a grocery store or McDonald's waiting for a stranger to approach you with cash for some DVDs!

To browse available items, simply go to www.ptcondo.com, place the cursor over the **Building** tab and then click on **Classifieds**. From there you can place, view or search ads. Categories include condos for rent/sale, electronics, furniture, general, and services.

To post your own ad or contact a seller, you will need to become a registered user with the website. Just click on **Login** — far right side of the menu bar at the top of the site — and then select **Register** below the login box. Once approved by the site administrator, you will be ready to post and reply to ads. This is such an easy way to connect with other residents in the building when you have something to sell or need to purchase. **TT**



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Story

Share the Warmth

by Sheldon Atovsky



Most of us have the means to handle Chicago winters, but some do not. There are folks close by without warm clothes, and we encourage you to do what you can to help them out.

Park Tower will hold its **Annual Winter Clothing Drive** starting Thanksgiving weekend and lasting through December.


Please contribute new or, at most, gently used clothing. Pieces should be clean and in generally excellent condition. (If torn or stained or damaged, then please dispose of them otherwise.)

Clothing for all ages, and in all sizes, fashions, and colors, is welcome. From XXL to petite, from AX to Polo, from Goth to Ferragamo, from Naughty Gear to Armani, from H&M to Eileen Fisher, from skinny jeans to baggy pants, from Burberry and Gucci to Wal-Mart and Target — all will be put to good use.

Everyone appreciates looking smart and expressing themselves — maybe even having a little fun — by having a choice in the clothes they wear. And please keep in mind that warm hats, gloves, sweaters and coats are especially needed for children.

Collection boxes will be positioned in the lobby near the door to the main elevators. For larger donations, please put them into a large plastic bag and deliver directly to our management office.

Distribution will be handled by **Care for Real**, which serves the Edgewater community.

If you're inspired to donate food, that will be most welcome, too. Just walk it over to Care for Real, located a few storefronts away, next door to Tedino's Pizzeria. 

Terry's Tastes

Hop on Over

by Terry Gorman

The Hopleaf Bar

5148 North Clark Street

(773) 334-9851

www.hopleafbar.com

Food service begins at Noon daily; see website for complete food and bar hours.

A niche restaurant can transport you to a foreign land without requiring passport or plane ticket. Such is the case with Hopleaf, Andersonville's Belgian-inspired bar and restaurant.

By way of introduction: The Belgians in Belgium are a mix of Dutch, French and a few Germans — all squeezed together. They don't seem to agree on governance, and for centuries their country has been Europe's battlefield. But diversity brings its rewards, in this case chocolate, mussels, French fries and beer! Beer reigns

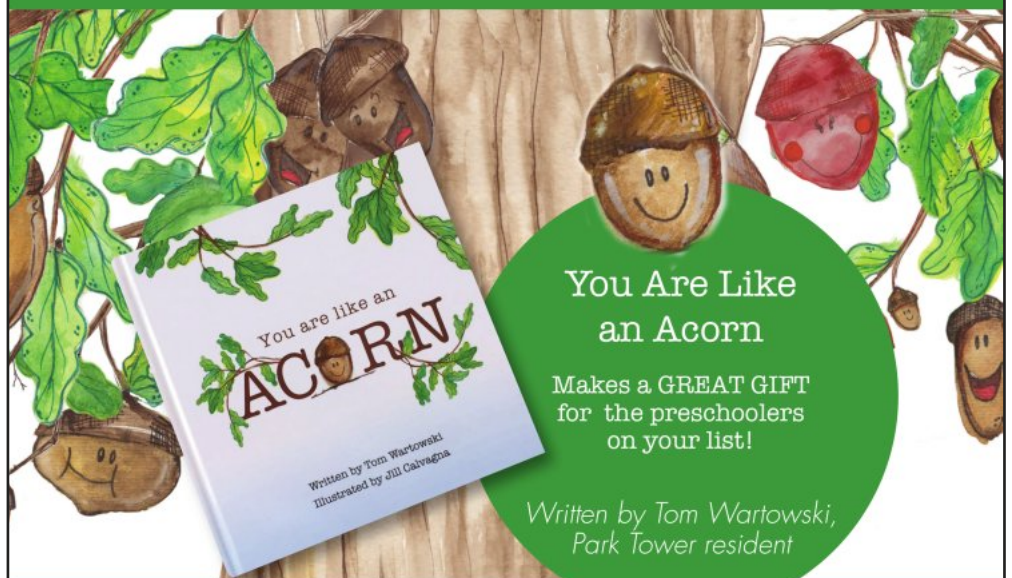


supreme at Hopleaf, with 60+ varieties of on-tap and bottled beers.

Beer notwithstanding, it's the food that obliges me to bring this place to your attention. The Park Tower Quarterly Restaurant Group convened at Hopleaf recently for an evening of conversation, food — and drink!

We began with mussels — two “ss's”, one “l”, like Brussels! The Belgian-style mussels are steamed in beer, along with sliced shallots, celery, thyme, and bay leaf. This was a hit with everyone. Some of us also tried and enjoyed a French-style variation:

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mussels with sweet corn, sautéed fennel, shallots, celery, corn, miso butter and tarragon broth.

Both mussel dishes were served with another national dish, Frites Aioli (fries with garlic mayo). These are not the crunchy fries that many of us are used to, but thin and limp fries which you dip into the garlic mayo sauce. It's the Belgian way!

Other appetizers on the menu are a house-made Sausage Plate, Grilled Quail, Smoked Chicken Wings, wood-grilled Gulf Coast prawns and elaborate Corn Fritters. There are salads and sandwiches, too. A couple of us ordered the Fried Catfish Hoagie, with cornmeal-dusted catfish, remoulade, lemon-tabasco pickles and frisée. The pickles really perked up the catfish.

Another ordered the Duck Reuben sandwich. On marble rye, it's slow-roasted and combined with cranberry cream cheese spread, house-made sauerkraut, Emmentaler, and pommes frites (potato fries). Delicious!

Hopleaf's entrées feature steak, pork chops, chicken, trout, and a vegetarian entrée combining farro (hulled wheat) and squash. The Belgian fried chicken, by

the way, is particularly delicious, but it's only available on the first Monday of the month. Servings run out after a couple hours, so try to get there between 5 and 6 pm.

Sides include macaroni with Stilton Cheese, house-made potato chips, and a very generous portion of baked beans with pork. Desserts really stand out. Try the Bananas Foster Crème Brulée with maple custard, candied walnuts, and orange rind. Or the grilled peach cake with macerated strawberries, black pepper strawberry ice cream and basil coulis. Who said you have to die to go to heaven!

The menu at Hopleaf changes seasonally, with some items remaining as standards. Lunch offerings are similar to dinner, as are the prices. No lunchtime specials!

The Hopleaf facility has a vibrant bar, of course, a half-dozen small restaurant rooms and, for nice weather, an outside garden/patio. The decor is rich and varied, featuring vintage drink posters, exposed brick, an old-fashioned stove, bent wood coat hangers, and a view of the garden and patio.

Of note .. No reservations, one check per table, must be 21 with valid ID (no child-

ren). See the website for a very active calendar of special events.

If you're in a mood for fun or celebration, give Hopleaf a try.

To read Hopleaf owner, Michael Roper's, recommendations for interesting beers, read this story at www.ptcondo.com/hopleaf-bar/ **IT**

ShoutOuts! **Door Staff, at the Hub of PT Activity**

by Nathaniel Cook

The lobby here at Park Tower is one of the most commonly-used areas in the entire building, with residents and visitors coming and going all day and well into the evening.

Park Tower has four full-time door staff. They include Robert Lee (pictured) who has been with Park Tower since 2007, David Beach (2010), Henry Hart (2014),

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and Jackie Wilson (2015). They are assisted on Thursday, Friday, and Saturday nights by security guards, the most familiar of whom is Edward Jones, who often works those shifts.


As the first point of contact with the building, door staff and security guards serve many important roles. To keep things flowing smoothly, they keep an eye on traffic in the front circle, direct guests and deliveries, and oversee the general lobby area.

As time allows, door staff monitor the camera feeds viewable at their desk. This, in addition to knowing the habits of so many of our residents, allows them to spot anything out-of-the-ordinary and, when needed, alert management or the security guard on duty.

A greatly-appreciated service is fielding requests for maintenance and checking out noise disturbances at times when

the management office is closed. The front desk can be reached 24/7 at 773-769-3083.

The last benefit to be mentioned here — but far from the least appreciated — is the friendly but respectful, "Have a great day!" to send you on your way and, "Have a nice evening!" welcoming you back home. Remember to return the greeting once in awhile with a "Thank you!" to these important employees.

Pictures and one or two brief facts about them can be found at www.ptcondo.com. Click on the [People](#) tab along the top menu bar, then select [Park Tower Staff](#). 

Learn to Lead

Continued from Page 2

5. Physical Aspects
6. Insurance/Risk Management

These classes are taught by professionals in the field, among them board attorney David Bendoff. Two of our current board members — Michael Parrie and Jean Shamo — are now enrolled in the classes.

The next series is planned for January, 2017. Details are not firmed up yet, but the location is likely to be either Chicago or Oak Park. Classes generally meet once a month — on Saturday mornings — so it would be a 6-month commitment for

anyone aiming to complete all six classes.

The cost to attend all six classes is \$100, a discounted price since PTCA is an institutional member of ACTHA. Auditors are welcome, while those who are aiming for certification take short quizzes following each class.


www.actha.org

Dedicated Community Association Leader, is a series of seven classes presented by the **Community Associations Institute of Illinois**.

With titles similar to ACTHA's, these classes run continuously during the year and in a variety of locations, primarily the western suburbs. As with the ACTHA set, missed classes can be "made up" online, or the entire series taken online.

Our management company, Draper & Kramer, is an institutional member of CAI-Illinois, and property manager Tim Patricio has offered to inquire about discounted prices for any who express interest in these classes. Accordingly, the cost per class would be either \$35 or \$25.

www.cai-illinois.org/program-event-registrations

Participation in the affairs of our associations depends on having the time and the interest. ACTHA and CAI-Illinois may whet your appetite. 

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Recently Rehabbed

Combining Units for a Bedroom/Office Suite

by Bob Shamo



Sally came to Park Tower 12 years ago from a house she had built and lived in for many years. Space being important to her, she purchased a two-bedroom 06 tier unit. Sally knew she'd want to remodel her new home but decided to wait awhile on the chance one of her neighboring units would become available. Not right away, but eventually, she got her wish: Her home today comprises the original 06 and the neighboring 05 unit.

Sally appreciates our building's modernity — access and utilities in a central core, surrounded by generous living space, and wrapped by a continuous wall of windows. Her remodeling, finished this past year, makes the most of these features, plus the good fortune of being on a high floor with abundant light and a view of Lake Michigan.

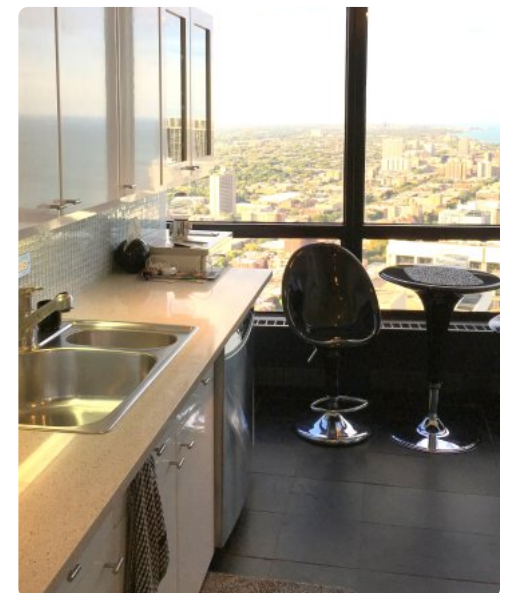
Immediately upon entering her home, one is struck by the minimalist design and gorgeous floor. The hallway and, in fact, all painted walls and ceiling are white. By contrast, wood floors throughout are Canadian walnut — hardwood rather than engineered, with variegated shades of chocolate.



Straight ahead is the vast Living Room. It seems that moving the Master Bedroom/Bath into the 05 space, and replacing it only with a Laundry Room, made the Living Room larger while shortening the entry hall.

Furnishings are sparse, with an inviting couch and the 1970 vintage chair being focal points. Solar mesh roller shades are concealed behind narrow valances that, like the heating convectors, match the original deep brown of the aluminum window trim. In place of dining room furniture, she uses a cute round table where, at the end of her galley kitchen, she can enjoy our spectacular sunsets.

Sally chose not to remove the wall dividing the Living Room from the Kitchen. The Kitchen features a lightly-



patterned, quartz countertop (for ease of maintenance); small glass squares forming a bright backsplash; plain white cabinet doors; and a slate floor. The original pantry remains, with its bi-fold doors.

The bedroom and bath that remain in the 06 unit are for guests. The Guest Bedroom is simply furnished and in other respects unchanged from the original. A glass-fronted, walk-in shower replaces the tub in the Guest Bath, and a striking “vessel sink” sits on the granite counter.



The 05 portion of Sally’s home comprise her private quarters, with entry facilitated by removing 4’ of the 06 hallway wall where originally there had been a long, wedge-shaped closet. Owners of corner units will know exactly! The 05 entry door remains though it is rarely used. (The wall map pictured is pinned with Sally’s travel destinations.)



From the hallway, then, one steps directly into a Sitting Area with stylish leather chairs, granite-topped cabinets, a sink, tiny refrigerator, and a small TV.

A four-paneled, sliding glass door leads to the Master Bedroom and Bath. Reminiscent of a Japanese screen, the frosted glass provides privacy but also brings light and a sense of intimacy to the Sitting Area.

The Master Bathroom, adjacent to the Sitting Area, is large and sleek. There is room here for both a new walk-in tub with jet sprays, and a step-up, glass-doored shower. Double sinks sit in a white quartz vanity top.



The Office is unassuming but functional .. and no doubt essential to this former

Chicago school teacher. Here as elsewhere, Sally seems to have made entirely logical decisions as to which original features to keep — the original bi-fold closet doors, for instance — and which to upgrade.

When she did choose new materials such as walnut floors and walk-in showers, it was after much searching and because they brought her great personal satisfaction.

Sally was very pleased with her contractors. The 06 rehab was completed first by a contractor friend. Then, after acquiring the additional unit, she hired MK Construction Group — which has done other rehabs at Park Tower — to do the “gut” rehab of 05.

Throughout, the idea was to make her unit a more comfortable place to live in. Judging by appearances and Sally’s obvious pride in showing it .. Success!

Questions addressed to news@ptcondo.com will be forwarded to the owner.

Have you rehabbed recently? Or made just one or two significant improvements to your home? Send us a pic and a short explanation. Units are identified by tier, and owners may remain anonymous if they prefer. **11**

Committee Focus

Budget & Finance Committee



With the resignation this fall of chairman Paul Groeninger, the Budget & Finance Committee was down to two members. Paul

had served as chairman for the past 12 years and put in many, many hours expertly guiding the committee's review of financial statements and management's draft budget each year.

With the committee now so small, the board decided to take an early role in planning the 2017-18 budget. Three joint meetings were held on Saturday mornings in November.

Together, the committee and board looked at each line item of the budget. Management had prepared an excellent draft which allowed questions to be asked, changes made, and a 2017 proposed budget agreed upon.

Owners will receive a copy of this proposed budget in late December and be invited to discuss it and ask questions at the board meeting on January 9, 2017. The board will then formally adopt the final proposed budget at its meeting on January 23, 2017.

Whether this collaboration between board and Budget & Finance Committee continues in the future may depend on whether or not more owners step forward to serve on the committee. While it is too late to join this year, the new fiscal year begins March 1, 2017, with quarterly meetings to review financial statements to commence in June.

It is helpful when committee members are somewhat familiar with financial statements, and it is also beneficial to have had experience living at Park Tower and experiencing its past projects, problems and legal issues.

Interested? Let property manager Tim Patricio know, or talk to one of our board members.

Jean Shamo, board liaison

Health Club Committee



The Health Club hours have been changed to 5 am to 11 pm, seven days a week. Previously, the health club was open at different hours every day, but several members

requested more consistency in the hours. This request was acknowledged and the hours were changed in October. We hope this will be more convenient for the members.

The damaged ping-pong table was replaced. Unfortunately, the replacement table arrived with damaged corners. Another new table was shipped and has arrived.

The project to renovate the Locker Rooms has been temporarily delayed pending receipt of competitive bids from several contractors and different ideas from contractors on the scope of the project. Renovation is still expected to begin within the next few months, after bids are received and approved by the Board of Directors. We will keep you posted.

It is important that equipment, especially in the weight-room, be returned to the proper storage racks. This will prevent injuries by people tripping over misplaced equipment, so please return weights to their storage racks when you are finished using them. Besides preventing injuries, it is a common courtesy.

Members should remember to sign-up for cardio equipment before using it. The sign-up sheets are located at the desk in the pool and sign-ups can be done in person or by telephoning the health club. Signing up will prevent misunderstandings about equipment usage and avoid conflicts between members which occur when some people sign-up for a machine only to find someone, who hasn't signed-up, already using the machine.

Please follow club procedures!

Ken Anderson, chair
Monique Fouant, board liaison

Social Committee



About 45 folks stopped by the TGIF Happy Hour on November 11 — an excellent turnout, we thought, for a first-time-ever event. It was held in the party room from 5:30 to 7:30 pm so those coming from work could stop in before dinner. Light refreshments and a non-alcoholic punch were on the house, while wine and beer were BYO.

For quite a long time now, the July 4 Celebration has been the Social Committee's only event. While it has been very popular with residents, long-time committee members needed a respite. So, since nobody stepped forward to rescue it, the July 4 Celebration was scrapped this past summer — and, in effect, the Social Committee ceased to exist.

Nevertheless, the board appointed a liaison who then came up with one activity on her own — the November 11 TGIF Happy Hour — and invited fresh ideas from other residents.

New ideas were discussed in an informal meeting attended by six residents. Among those ideas: a holiday party in early December — see the [Did You Know?](#) column in this issue; a potluck, perhaps in January; a pizza and/or film evening; a majong club; a story-telling gathering; an occasional lecture; and an art exhibit.

These are promising ideas, and management and the board would support them. But each will need a leader and a supporting cast — that is, residents who'd like to participate.

Denis Timofeev is one such person. He's a DJ with professional equipment and would like to provide music one evening in a dance or party setting. Interested in this or any of the other ideas above? Email jeanshamo@rcn.com, and let's see if we can't engage one another in some fun get-togethers between now and summer.

Jean Shamo, board liaison

News & Social Media Committee



The board has appointed three new members to our committee: Nathaniel Cook, Taylor McCleneghan, and Kael Shipman.

They asked to join the committee after first contributing stories to or otherwise assisting with TowerTalk. All three are renters and bring both skills and enthusiasm to the job!

Much of the content at our Facebook page is out-of-date. An earlier capability to post website items directly to Facebook seems to have disappeared, and we're looking at alternatives for doing that.

The committee reports in this issue of TowerTalk, and others submitted directly to the board, are now being posted under the Library tab of www.ptcondo.com.

Our committee has begun using Google Drive as a way to write for and edit TowerTalk collaboratively and in real time.

Bob Shamo, chair
David Nicosia, board liaison

Rules & Regulations Committee

In recent months, the committee has dealt with several Airbnb violations.

A friendly reminder ..

Park Tower does not allow, and never has allowed, short-term rentals - and that includes Airbnb.

All new leases are for two years - not one day, one week, or any other variation. Violators may be subject to a fine of up to \$1,000 (see note below).



In June, 2016, Chicago adopted an ordinance specifically authorizing condo associations to regulate or disallow Airbnb and other varieties of short-term rentals. Park Tower has now been added to Chicago's formal listing of buildings

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DISALLOWING short-term, transient rental activity.

Note: An opt-out privilege allows the original two-year lease to be shortened to one year given a 60 day notice by either party.

More on this subject at www.ptcondo.com/airbnb-and-the-like-not-allowed/ and at www.chicagotribune.com/classified/real estate/ct-re-0814-condo-adviser-20160811-column.html

Chuck O'Bringer, chair
Michael Parrie, board liaison



Story

Medical Marijuana

Continued from Page 1

taken without consideration as to its effects.

Medically eligible for this therapy, I decided to test the waters, see what was involved, and determine how useful it would be. My goal was to find a dosage that alleviated symptoms (spasticity in my legs) without affecting the brain any more than a single beer.

The first step in the process, of course, was to file the paperwork. I needed to be fingerprinted and submit a passport-style photo. Among those who cannot qualify are felons and others convicted of violent crimes; anyone with a school bus permit or a commercial driver's

license; law enforcement, correctional and probation officers, and firefighters. Minors are eligible with a parent's or guardian's permission.

My doctor also needed to complete a form. While he did not have to recommend medical cannabis as a treatment, he did need to certify an ongoing professional relationship with me, the patient. In other words, the doctor didn't prescribe marijuana, but rather enabled me to acquire it legally in Illinois.

Most doctors have little professional experience with cannabis and probably won't be able to offer much advice as to the details of its use. That will come from the dispensary where you purchase your supplies. But I've discussed cannabis with all the medical professionals whom I see, and every one of them has been supportive.

It took about four weeks for Springfield to process the paperwork and send my card. I then had to register at a local dispensary. There is one located conveniently at the corner of Clark and Argyle. Registration having been done online, I had yet to actually step foot within the store. I had no idea what to expect.

The website (www.dispensary33.com) was extremely helpful in supplying basic information before going in. I learned that not only is there loose marijuana for sale — interestingly, what is called "weed" when illegal, is now called "flower" as a medical product — but there are many other means available to deliver the oils

without smoking. This is an important consideration in a multi-family community like ours. Smoking does leave a strong residual odor, so it is discouraged inside your unit, and smoking marijuana in public is illegal.

My answer is to not smoke at all. There are edible products — think "brownies", but in this case mostly chocolate or fruity candies — that usually take about 90 minutes to be digested. I found the anti-spasm benefit lasts for several days.

For those in great pain and needing quick-acting treatment, there are vaporizing pens which, similar to e-cigarettes, produce results in seconds and leave no ash and much less residual odor. Each item on the dispensary's menu lists the amount of THC and CBD within, so you can learn and choose the chemical combination that works best for you.

I was pleasantly surprised by my experience at Dispensary 33. The staff was professional, and the clientele seemed to be mainly middle-aged professionals and retirees — not at all the stereotypical "drug den." Most important, the staff at the dispensary are very helpful. Once told the benefits a person is seeking, they are adept at suggesting which products will offer the best results. A cautionary note: The exact form, dosage, and effect of cannabis will vary greatly from person to person, depending upon medical histories and the relief being sought.



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I have been surprised at how little cannabis I need. A half-serving is all that's required to treat my symptoms for three to four days. A single \$10 chocolate lasts a week! And by the way, another advantage to taking edibles is that all the drug goes to use and isn't burnt into the air.

In short, cannabis is allowing me to achieve my goal of pain relief without breaking the law or impinging on the rights of other Park Tower residents.

Go to www.ptcondo.com/medical-marijuana for clickable links to websites listing conditions for which cannabis is recommended and the four-page application form. 

Reprint

A Guide to Smoke-Free Housing

By Kristina Hamilton

If someone smokes in your property, you know how serious the damage can be: burned carpet, stained walls, and the residual smell. Secondhand smoke is hard on your investment, so imagine what it does to your residents.

In a multi-unit building, 35 to 65 percent of the air in any given unit is shared from

other units and common areas. That means if just one resident smokes, all other residents in that building share the consequences, including an increased risk of heart attacks, stroke and lung cancer. Children exposed to secondhand smoke will have an increased risk of asthma attacks, infections, and SIDS (crib death).

You can protect your residents' health and your investment by making your properties smoke-free. Going smoke-free doesn't mean that you don't accept residents who smoke. Simply put, a smoke-free building is one in which smoking is not permitted indoors, including in any units or common areas. Adopting a smoke-free policy is legal, profitable and easy.

Smoke-free policies are legal

Just like your policies regarding noise and pets, you can enact policies to prohibit smoking to create a better, safer living environment for your residents. In fact, the U.S. Department of Housing and Urban Development is in the process of transitioning all of its properties to smoke-free and strongly encourages private property owners and managers to do the same.

Smoke-free policies are profitable

Compared with a unit where smoking is allowed, smoke-free units can cost two

to six times less to turn over. In addition, a poll commissioned by Cook County Department of Public Health found that more than two-thirds of suburban Cook County renters would be more likely to rent in a smoke-free building than a building that permitted smoking in units. One out of five renters even said they would be willing to pay more to live in smoke-free housing.

Smoke-free policies are easy

Developing and implementing a smoke-free policy takes minimal effort and produces maximum results for you and your residents. Once implemented, smoke-free policies are generally self-enforcing and require little staff time. The website www.healthyhotspot.org offers a step-by-step guide to implementing smoke-free housing for rental properties. Community associations who wish to become smoke-free would require a bylaws update.

Led by Cook County Department of Public Health, Healthy HotSpot works with property owners and managers, public housing agencies, private developers and community organizations to transition properties to smoke-free. It provides free assistance, including help with sample lease language, resident surveys, smoke-free signage, smoking cessation resources and fact sheets.



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For more information, visit www.healthyhotspot.org or contact Aesha Binion at the Cook County Department of Public Health: abinion@cookcountyhhs.org or 708-633-8342. Property owners/managers outside of Cook County may find resources on the ALA's website: www.lung.org/local-content/illinois.

This story is reprinted with permission from a flier entitled, Protecting Residents and Their Investment — A Guide to Smoke-Free Housing. Ms. Hamilton is Senior Manager, Tobacco Control, American Lung Association, Chicago, IL. ■

All Things Mechanical **Curtain Wall**

Continued from Page 1

repainted, perhaps in a different color, and it would look just as brilliant and amazing as the newer downtown construction.

Well, what about the noises the wall makes? Curtain walls are made of various metal parts that change size and shape depending on temperature. True, the changes are tiny, but they add up to a lot when spread across a building that is nearly 500 feet tall! The result is popping noises — sometimes quite loud, almost like a firecracker, as this huge frame expands and contracts. This issue happens with all curtain walls, and is just part of the experience of living with them, including fancy new construction downtown.

Our non-operable windows were resealed about six years ago. As a result of the excellent BASF product used, the seals are in great shape, adhering to the metal very well — so well, in fact, that we've been told we only need to inspect them every other year at this point.

Returning to those operable windows, you've noticed that they include rollable screens. Made of plastic, these screens

over time become brittle and tear due to weather, sun-exposure, and frequent use. Typically, our maintenance crew replaces about 100 each year (which sounds like a lot until you realize this building has over 1700 operable windows.)

Our curtain wall isn't like the outside of the space shuttle; air and water will penetrate under certain conditions, primarily on the sections with openable windows. To mitigate that problem, each window has a "weep" system that captures and channels water penetrating the seal. When you see streams of water pouring down your window — but it doesn't look like rain — that is the weep system working as designed.

(Understand, though, bets are off when, as in the past year, we've experienced heavy rain, ice and winds in excess of 70 mph for hours on end. Under these conditions, there is no way to prevent some water from penetrating the curtain wall.)

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A talented stylist, Armani, has joined the staff just recently and is offering a complimentary shampoo and styling with your first hair cutting appointment. Just mention having read the offer here, in Park Tower's TowerTalk newsletter.

PLUS .. 20% off on all hair care products!

The “weep” system can also handle small amounts of water that may occur from inside our units – say, from leaks in the radiator/convactor units that sit just inside the curtain wall.

Because of the way the curtain wall is hung, there is space between it and our concrete floors. When ice freezes and then melts on windows, say, a floor above, it can drip down along the inside of the curtain wall to floors below. Or that can occur from over-watering plants, and leaking plumbing fixtures.

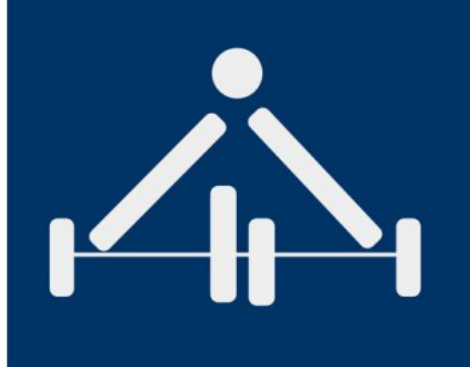
Future issues of TowerTalk will go into the history of curtain walls, and how air flows and noise travels in buildings with curtain walls — also, of course, our summer spiders.

More questions about curtain walls or other “All Things Mechanical” here at Park Tower? Send the to news@ptcondo.com, and we'll try to address them. **TT**

Health Club Fitness

Bend Over Row

by Joe Howard



This is one of my favorite exercises! Here's how ..

1. Hold a barbell with a palms facing down. Bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Tip: Make sure that you keep the head up. The barbell should hang

directly in front of you as your arms hang perpendicular to the floor and your torso. This is your starting position.

2. Now, while keeping the torso stationary, breathe out and lift the barbell to you. Keep the elbows close to the body and only use the forearms to hold the weight. At the top contracted position, squeeze the back muscles and hold for a brief pause.
3. Then inhale and slowly lower the barbell back to the starting position.

Caution: This exercise is not recommended for people with back problems. A Low Pulley Row is a better choice for people with back issues.

Variations: You can perform the same exercise using a supinated (palms facing you) grip.

Joe Howard is sales consultant with The Fitness Connection, which supplied the new equipment in our Health Club. **TT**

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Suite 105 773-924-4438

Dr. Shirley Roy (Internal Med.)

Suite 106 773-878-5151

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Stephen J. Feldman, Attorney

(Criminal Defense & DUI Defense)

Suite 113 312-371-5522

Roger Philip Feldman & Co, CPA

Suite 113 773-944-0664

Dates To Remember (* may be canceled if no agenda)

*Board of Directors Meeting	7:30 PM	Party Room	Dec 12
*Board of Directors Meeting	7:30 PM	Party Room	Dec 26
*Board of Directors Meeting	7:30 PM	Party Room	Jan 9
*Board of Directors Meeting	7:30 PM	Party Room	Jan 23
Residents Forum	7:00 PM	Party Room	Feb 6
*Board of Directors Meeting	7:30 PM	Party Room	Feb 13
*Board of Directors Meeting	7:30 PM	Party Room	Feb 27

Please watch the bulletin boards or ptcondo.com for any scheduling changes.

Management Office Hours

Mondays, Tuesdays, Wednesdays & Fridays	8:00 am – 5:00 pm
Thursdays	8:00 am – 6:00 pm
Saturdays	7:00 am – 11:00 am

Holiday Schedule

Staff Holiday Party	Friday Dec 23	Office Closed
Christmas Eve	Saturday Dec 24	Office Closed
Christmas Day (observed)	Monday Dec 26	Office Closed
New Year's Eve	Saturday Dec 31	Office Closed
New Year's Day (observed)	Monday Jan 2	Office Closed

PT Residents Contributing to This Issue of TowerTalk

Ken Anderson
Sheldon Atovsky
* Nathaniel Cook
Vince DiFruscio
Terry Gorman
* Jeff Hauser

* William Kay
Michael Parrie
Tim Patricio
* Bob Shamo
Jean Shamo
* Kael Shipman

* Newsletter & Social Media Committee member. Occasionally, as with the Medical Marijuana story, we invite a resident to write on a subject we know is familiar to him or her. If you think you'd like to write a story—or suggest an idea for someone else to write up—please email us at news@ptcondo.com.