



FOOTPRINTS

Member News, Events, Calendar and More...

SEPTEMBER 2022

ANNUAL SUMMER PARTY



This year's Summer Party was a special event. After the passing of Barry a few weeks earlier, Karen and family agreed to maintain the Club tradition and host the party. Many thanks to them for opening their home to us. There are also many others to thank: Ben, the master chef; Jack and Melissa for picking up the meat; Carol and the Social Committee for their work and finally to Rick Young and his nice words honoring the life of Barry. Also thanks to Mike McMahon for his photo montage of Barry. Click [here](#) to view.

LAKE FOREST DAYS 5K RACE



The Club had a great and successful time at the Annual Lake Forest Days 5K Race. From the pics above, you can see the number of members and the number of medals won. Great day for LFLBRC. Tim Shuma travelled all the way from England to run in the race with his mother!!

CLUB ACTIVITIES

TUESDAY Morning: 9:15am Highland Park--Northshore Trail. Meet at the Parking Lot just South of Central on St Johns. Run/Walk and stick around for a pastry and coffee at That Little French Guy, just down the street.

THURSDAY Morning: 11:30 am Lake Forest College run. Six miles through Lake Forest. Meet at the college's Sports & Rec Center.

SATURDAY Morning 8:00am: CLUB RUN: East Lake Forest Train Station. Weekly club run preceded by announcements. Run or walk 6 miles through Lake Forest. Dogs are welcome.

SUNDAY Morning 8:00: Canoe Launch, Rtes. 60&21. 4-6 mile runs around the area.

TRAINING PROGRAMS: Check with club coach Jenny Spangler on programs and dates: jandmfitness@comcast.net

UPCOMING CLUB ACTIVITIES

October 30 – Sunday 8:00 AM

HALLOWBRUNCH

November 24 Thanksgiving 8:00 AM

THANKSGIVING DAY RUN

December 10 Saturday 6:00 PM

ANNUAL HOLIDAY PARTY

More details to follow.....

FALL MARATHON ACTIVITY

I have tried to put together a list of everyone running Fall Marathons. It looks like we have a nice list again this year, so let's see who is running.

Jeff Mc Mahon – Chicago 10/9

Joy Gayter – Chicago

Lauren Gayter – Chicago

Kim Crimen - Chicago

Kim Carden - Twin Cities 10/2

I am running the Twin Cities Marathon again this fall. I was supposed to be running it with my 80 year old Dad, but he has a meniscus tear and being scheduled for surgery now so the marathon is out for him this year. So I'm running it on my own again. No goals yet or interesting stories for your article RT...sorry!

Carol Lundahl - Chicago

Katie Kennedy - Chicago First Marathon

Laura Kennedy - Chicago

Ryan Kennedy - CIM 12/4 First Marathon

Dustin, Carl and Amanda Macuiba - CIM

John Brucker – Milwaukee 10/2

I'm running and dedicating the Milwaukee Marathon to my mom who was diagnosed with Alzheimer's in 2019. My mom was a loving person who worked alongside my dad on the family farm in raising me, my sister and two brothers. I am ever grateful to my mom and dad who raised us in a church setting which instilled morals and ethics along with the value of hard work which has helped shape me into the person I am today. My parents also made sure we all went to college which is why you see me wearing my orange Illini running shirt on the Saturday runs. I'm fortunate to share my Alma Mater with my brother, sister-in-law, niece, both my sons and numerous cousins. It is hard to see my mom struggle with things I take for granite and it is especially hard on my dad who sees this day in and day out to the person he loves. I hope and pray they find a cure for this heart wrenching disease.

History on the Run #10

Houses with names: A 44 room mansion for a woman **who never lived there**. Villa Turicum

After crossing over the Walden Bridge and running a short section on Bluff's Edge you turn right and head west on Westleigh. All the area to your left (south) was formerly the 300 acre estate called Villa Turicum. Unfortunately, the house was demolished in the 1950's and only a few architectural pieces remain to remind us of what was one of the grandest of the Lake Forest estates.

Villa Turicum was built by Harold McCormick, youngest son of mechanized reaper inventor Cyrus McCormick and younger brother of Cyrus McCormick Jr. his neighbor to the north at Walden. Harold also ended up working for International Harvester. In 1895 Harold married Edith Rockefeller the only child of John D. Rockefeller who at the time was the wealthiest man in North America and perhaps the world. Edith was emotionally fragile and her condition deteriorated after two of her children died at a very young age. At this point the McCormick's resided at 1000 Lake Shore Drive and Harold felt that a more rural environment would help his wife overcome her grief so in 1907 he bought 260 acres of land in south east Lake Forest and commissioned Frank Lloyd Wright to design a house. Edith vetoed Wright's drawings in favor of an Italian design by Charles Platt. The estate which was completed by 1912 consisted of a 44 room manor house with 15 bathrooms and 13 master bedrooms, a lakeside pool accessed either by an elevator or 70 fountain lined stairs and, among other out building, servants quarters with bedrooms for 29 chauffeurs and 28 rooms for gardeners. The fountain lined stairs still exist and have been restored by the owner of one of the houses on Circle Lane.

By the time the mansion was complete Edith had departed for Switzerland to be treated by Carl Jung. By 1920 she and Harold divorced and she received Villa Turicum in the settlement but refused to spend a night there. Nevertheless, for years the servants kept the place going even

to the point of printing the day's meal menu as if Edith would return any minute. Edith died in 1932 at which point her assets totaled \$1.5 million and her debts \$3 million. The house remained vacant until it was demolished in the mid 1950's at about the same time as Walden to the north. The land was eventually sold to a developer who built the McMansions currently occupying what was the Villa Turicum estate.



A view of the lower cascade and its fountain terrace above with a glimpse of the narrow stairs that lead to the residence. Photographed from the brick-terraced and balustraded roof of the structure which gives upon the marble swimming pool on the subterranean level.

SPECIAL ARTICLE ON JULY 4TH SHOOTING IN HIGHLAND PARK

Some of you many know that Club member, Marcy Kamen, was at the parade with some of her family members. They were located directly

across the street from the shooter. Here is their experience, as told by Marcy:

The Highland Park 4th of July parade is an annual tradition for my family where we celebrate my sister Allison's birthday. I remember my father joyfully running from Highland Park Hospital to the 4th of July parade to let his older four children know of her birth. This year Allison turned 50. To mark her fifth decade some out of town relatives flew in to join us to celebrate the special occasion. The past 2 years were canceled due to Covid 19. We were all excited about this day. Sitting in front of my dad (essentially between his legs) and facing the procession of the parade, my dad and I were reminiscing about Allison's birth and singing It's A Grand Old Flag. The next moment the shots were fired. Our family tradition, like many other family traditions, was changed forever. As a family doctor, a mother, a daughter, and a sister, it is difficult for me to stay positive right now. I sat on the curb in front of Walker Brothers a few feet from Mrs. Sondheim, who is no longer with us. I saw her head in a pool of blood. I saw pictures from the New York Times with orange neon X's on the ground numbering (16, 17, 18...), all spots where victims were found dead or wounded, surrounding exactly where we were sitting. I learned the trajectory of the bullet magazines fired that day from an FBI agent, a waterfall of bullets directly over me and my family. I sat amidst those people who died, and I did not get shot. My father did take a bullet in his right armpit area that miraculously did not kill him. He is now healing, alive and well. As a survivor, living with this horrible experience, I feel a responsibility to engage in this world around me with some new efforts. At the memorial in HP I wrote a note to the grieving families: "From one who was too close for comfort, wrapping you in love". We have no control over the crazy things some people may do, yet we can learn how to navigate "us" better. Today I am working hard on believing that we must move forward together in hope and faith in our future. I believe we must strive to effect change. We need to love each other unconditionally, no matter our differences. The Highland Park

shooting and the positive response locally and globally exemplifies the amazing possibilities and accomplishments possible when we work together. My 'near death experience' is reminding me more than ever to live in the present moment. I am less afraid of death, stronger in my faith and in my belief that a spirit greater than us is around us and within us at all times. Reaching out to various individuals after this experience, I chose people in my life with strong faith. These are friends and professionals who blend science and spirit. They blend Eastern and Western traditions and know that our bodies, minds and spirits co-exist. Of course our bodies die, yet our spirits survive in some form. Our collective spirit right now can help us heal. We must use our collective spirit to propel us in better worldly directions. From this point on I will replace the word 'spirit' with 'qi' or life force energy. That energy that lives within us and in our natural world. That qi that transcends materialism. Moving forward we must take advantage of this collective energy to evoke change. We must listen to each other with the goal of growing together. We must listen with grace, compassion and empathy for all people. The moment to unite is now. The single most effective tool for change is conversation and true listening. In your everyday life, invite dialogue and hear others opinions. Recognize your own mind paths, your thoughts and beliefs. Notice if any of your ideas limit you. Welcome a possible shift in your kaleidoscope lens to entertain new ways of thinking and being. I had hoped that Covid 19 would have taught humans to behave for the good of all of us. I hoped folks would consider getting vaccinated to protect others around them from getting sick, and hopefully gain personal protection as well. We must think through the lens of our collective world. We must act for the good of all. We must hold onto unconditional love and let go of what separates ourselves from others to better the world. There are absolutely certain professions such as the police and military whereby rifles may need to be in homes. There are people who have hobbies like hunting and others who kill animals for their own food. I understand that proper

education, use and storage of guns can be safe. However, the rest of us have no need for guns in our homes. We must trust each other and prevent accidental gun deaths. Our choices and decisions affect each other. We must own up to our words and actions. We must dare to care about all. We must look through the lens of learning and sharing. We have global examples of what works and what doesn't work to promote safety for our people. Stricter gun control has reduced gun related deaths in many places around the world. Other countries are showing us how to contain infectious diseases. Countries where populations are more obedient and do not reject simple non-pharmacological interventions such as masks and distancing are experiencing better health and less life loss from Covid 19. We have to think about others and care about their safety and health. Our individual decisions and actions matter to keep others out of harm's way. If we listen to the mentally ill and carefully tend to their words and actions without greed or personal purpose, they too will be safer and heal. We must not hide or contain the mentally ill if containing them prevents us from learning how to care deeply for them. We must work to train and afford more providers and more access to all who suffer from mental health problems. We must work together, out in the open, to manage mental health issues. We must share, care and grow together. We have to hold each other like a parent holds a child. The parent child relationship of unconditional love is a model for all of our relationships. If we deeply listen to our children, we learn from them. We can then protect and guide our children into a better present moment. We can apply that philosophy to all of our relationships. If we remember that the same qi that lives beyond our bodies after we die is present in each of us right now, we can use that qi to propel us towards a better tomorrow. That will happen through listening, sharing and engaging each other. We need that faith and love to thrive in peace all over the world. I pray that my personal story will help you open your mind and heart to other perspectives and ways of thinking. I hope you will listen to each other. I hope you will join

together and welcome our collective good. For anyone interested in the details of that day and its impact on me and my family, I am happy to share. Our bigger focus is this tragedy that changes all of our lives, all of our families, our communities, and our world. Our efforts must be through the lens of all of us, 'UNITED'. Thank you for reading :-)



Kamen family at start of parade

Our running club donated \$500 to the Highland Park Relief Fund to support the victims and families involved.



