



UNION SQUARE ASSOCIATION **BALTIMORE**

NEWS AND NOTES FROM AROUND THE NEIGHBORHOOD **MARCH 2016** WWW.UNIONSQUAREASSOCIATION.ORG



Feb. Union Square Association Meeting

Monday March 7, 2016, 7pm – 9pm
1401 Hollins Avenue. All are welcome.

Agenda:

- Police Update
- Committee Updates
- Treasurer's Report
- 2016 Budget Review
- New Business
- Adjourn

UMAR BIN HASSAN: A DAUGHTER'S REFLECTION

By Sabriyah Y. Hassan

Revolution is a word that my father, Umar Bin Hassan, knows too well. As a 1960's spoken word artist, he and *The Last Poets* penned songs that brought the frustrations of an entire people to life. At a time when race relations in the US had reached its peak and the Black Power Movement was emerging, Hassan and The Last Poets provided a musical backdrop for social injustice.

My father's work was not confined only to revolutionaries here in the US, but also abroad. In 2013, the late David Bowie included Hassan's studio album, *The Last Poets*, on his list of his 25 top favorite albums. Additionally, Mick Jagger included one of the poems of The Last Poets in his movie titled, *Performances*. Bowie later told Hassan how influential the works of *The Last Poets* were to numerous English musicians at the time. In 2005, he was able to make intergenerational connections when he provided the chorus to the Kanye West produced and Common penned, Grammy nominated hit, *The Corner*.

When I moved to Union Square nearly 10 years ago, my father made his way to the city to check out my new house, the people I would be living around and the neighborhood I would call home. After giving his stamp of approval and frequently traveling back and forth to visit his grandson, and me, he fell in love with the neighborhood and has been here ever since. On a nice day you can find my father sitting out on his stoop, engaging neighbors as they walk up and down West Pratt Street. This Fall, his work will be featured in the Smithsonian National Museum of African American History and Culture. When asked to describe Union Square, my father calls it a neighborhood in transition; a neighborhood where a change for the better is coming. Now that's poetic!



QUOTE OF THE MONTH

*The Corner was our Rock of Gibraltar, Our Stonehenge
Our Taj Mahal, Our Monument, Our testimonial to freedom, to peace, and to love
Down on the corner*

By Umar Bin Hassan from his Grammy nominated song, "The Corner"

DON'T FORGET TO VOTE

Political parties in Maryland use primary elections to choose their candidates for the general election. You must be registered to vote in your party's primary. You can still register up until April 5, 2016. For more information, go to www.elections.state.md.us/voter_registration/ Exercise your right!

FLOWER OF THE MONTH - THE DAFFODIL

By Catherine Neely

March was named after the Roman god of war, Mars. It was also the first month of the year in ancient times. The flower associated with this month is Daffodil, also known as Jonquil or Narcissus. Daffodils are native to the Mediterranean region, North Africa and the Middle East. The earliest record mentioning daffodils dates back to around 200 BC. A Greek scholar named Theophrastus first wrote about daffodils around 300 BC in his Enquiry into Plants, which became an important influence on medieval science.

Although daffodils were a favorite of the ancient Greeks and Romans, by around 1600 they had fallen out of favor and essentially been forgotten. But in 1629 a group of English gardeners championed the daffodil and it regained its popularity among plant and flower lovers.

Daffodils were brought to Britain by the Romans who thought they had healing powers. Medieval Arabs used the juice of the wild daffodil as a cure for baldness. Roman soldiers carried poisonous daffodils to help them die more quickly if they were mortally wounded in battle.

The daffodil is the emblem of Wales and is worn on St. David's Day, celebrated every year on March 1.

Because the daffodil is one of the first flowers of spring, it is also symbolic of hope spring, rebirth, domestic happiness, respect, regard and friendship. The Daffodil is the epitome of rebirth and new beginnings. A gift of these flowers conveys the hidden meaning of friendship and happiness.

SQUARE ROOTS: BALTIMORE'S IRISH ROOTS

By Daniel Rodenburg

The City of Baltimore's name is steeped in its Irish roots. The name Baltimore is an Anglicized version of the Irish "Baile an Ti Mhoir," which means "town of the big house."

There are two popular theories on how Baltimore got its name. Some say the city is named after Cecil Calvert, the second Lord Baltimore, (1605–1675), a member of the Irish House of Lords and the founding proprietor of the Colony and Province of Maryland. *Baile an Ti Mhoir* was the name of the estate in County Longford on which the Calvert family lived, in Ireland. Another possibility is that the city was named after the Irish port town of Baltimore, located in West County Cork.

Baltimore, Maryland became a safe haven from persecution, forged by the Calvert Family for all Irish Catholics where they could live freely. Irish Protestants also set out for Baltimore along with a small group of Scottish families. They formed the first Presbyterian Church in 1761. During the Great Potato Famine, one fourth of the Irish population fled to America, with close to seventy thousand arriving in Baltimore in the 1850s and 60s, many of who settled in this area of town. The Irish would become an integral part of Baltimore's history. Celebrate the immense Irish presence in Southwest Baltimore. Visit The Irish Shrine and Railroad Workers Museum at 918 Lemmon Street and The B&O Museum at 901 West Pratt Street for a little taste of our emerald history!

INTERESTED IN ADVERTISING WITH US?

Starting next month, the Union Square newsletter will resume running paid advertisements to offset costs and benefit community projects. If interested, please contact media@unionsquareassociation.org for rates. It's a great way to let people know about your company or special event while supporting the neighborhood! Ask about our special rates for Union Square residents.

AROUND THE SQUARE

By Bif Browning

Spring is coming! Everywhere you look you can see the signs. With the warmer weather come buds on the trees, plant shoots pushing up through the soil, and neighbors in the Park. This spring you will see many new faces in our Park as our little community is growing by leaps and bounds. The last weekend of February saw three new couples move into the neighborhood. We have grown by over 50 people in the past year. Make sure you introduce yourself to all our new residents and invite them to the many events that occur year round in Union Square.

The first event I hope to see all of you at is the neighborhood meeting on Monday, March 7th at 1401 Hollins Street in the historic #2 Enoch Pratt Library building. Our new Events Director, Brenden Riggs, will present the 2016 Union Square event calendar and he has some exciting new summer events coming along with all of our returning favorites. I want to personally thank him and all of the other individuals who donate their time to make these events happen. Y'all have done an amazing job making sure that there will be no shortage of great things to do this year in Union Square. You will have to come to the meeting to find out more. The meeting begins at 7pm.

The second event is the kickoff of our Sunday Sounds in the Park music series on March 27th at 5pm in Union Square Park. For those of you lucky enough to have seen last September's show with Elizabeth and Sara from Pirates Canoe, you know how fortunate we are to have the full 7 piece Pirates Canoe band to start our 2016 concert series. They are coming to Union Square two weeks after performing in Austin, TX as part of both Twangfest and South x Southwest music festivals and returning to Japan after performing here. If you missed the September show, check them out at <http://www.piratescanoe.com/>. See you at the show!

I want to thank all of you for your hard work and contributions to our neighborhood, and I hope everyone, new and old, will continue to be involved. Together we can continue to grow and strengthen our wonderful Union Square community.

STREET BEAT

By Catherine Neely

Police will soon be using the Next Door social network to reach out to residents with news and timely information. They are encouraging residents to use Next Door, and not Facebook, to discuss crime and other safety concerns, as the police department will monitor it more closely. The Captain noted that the "Broken Window" policy should be followed. All nuisance issues should be reported as soon as seen because grime invites crime. Send the clear message that the residents of Union Square care.

A new officer, Sheena Newman, has been brought into the Southern District to give a voice to residents who are unable or unwilling to attend meetings or participate in conversations about issues in their neighborhood. She offered to assist with outreach to all residents. She can be reached at 443-463-9981.

Carjacking has recently been an issue in three of Baltimore's police districts. There have been twelve arrests to date. The carjackers have been underage children between the ages of 12 and 15. Detectives are speaking in schools with students about the issue. Since these arrests, carjacking incidents have decreased.

The spike in robberies in the southern district that occurred a few months back has decreased by almost 50% after several key arrests. Get to know your neighbors, keep an eye out for each other and, if you can, join residents the first Monday of every month for the neighborhood Cop Walk at 7pm, starting at the corner of West Lombard and South Stricker Streets.

**Remember to check out www.unionsquareassociation.org for more information on events in the community.
For information on the Southwest Partnership, please go to www.southwestpartnershipbaltimore.org**

CULINARY ARCHITECTURE

By Chef Sylva Lyn



Spring is just around the corner and a great way to enjoy the warm air on a Saturday morning is to come out and attend the weekly yoga class, held at 8am at Clay Pots and once the weather warms, in our very own Union Square Park. After a great workout, tummies start grumbling and the mind starts wandering to thoughts about.... breakfast!

Many of us are also starting to look at our waistlines and the effect the cold, snowy winter and its rich foods had on our bodies. In addition to exercise, one way to cut down on the accumulated inches is to decrease the amount of refined carbohydrates we consume in our daily diet. But it's hard to give-up things like pancakes, so I am providing you with a healthier and less carb laden recipe. Once I started making these light protein-rich pancakes, I never went back to making traditional flapjacks!

COTTAGE CHEESE PANCAKES

INGREDIENTS

- 6 eggs
- 1 1/2 cups cottage cheese
- 1/2 teaspoon kosher or sea salt
- 1/2 cup flour (see comments above regarding gluten-free options)
- 1/4 teaspoon baking soda

INSTRUCTIONS

- Beat eggs until light. Mash cottage cheese (Kathleen uses a food processor, I used my mini chopper to really get it smooth). Add to eggs along with the remaining ingredients. Drop by tablespoonfuls onto a lightly-greased griddle (I like to use my cast iron skillet) and cook over medium heat until browned on both sides and cooked through.
- These pancakes are great topped with maple syrup or fresh fruit, as desired.
- Makes about 2 dozen small pancakes. I made mine a bit bigger and got 17 or 18.

GLUTEN-FREE OPTION

INGREDIENTS

- Half a cup of cottage cheese
- Half a cup of rolled oats (no pre-cooking necessary)
- 3 eggs

INSTRUCTIONS

- Get a bowl or use the blender. Throw in all the ingredients and whisk/mix until smooth
- Fry in a pan with a little oil or butter on medium heat. Simple as!



AND COMING SOON...!

BEYOND THE SQUARE: THE SOUTHWEST PARTNERSHIP

By Khandra Sears



One significant ideal of the Southwest Partnership is the expectation that our goals and needs will change over time and importantly, the Partnership is structured to be flexible and reorganize to address these changes. This has led to a shuffling of two committees and the formation of another. With the engagement of Profiles Inc. to manage public relations for the Partnership, the Preservation and Promotions committee is now Historic Preservation and will solely focus on highlighting the rich past of our neighborhoods. The Safe, Vibrant, Walkable Streets committee was most visible last year in its efforts to transform our neighborhoods. To better enable this team to maintain the current focus and give priority to safety issues we have created the Public Safety committee which is being chaired temporarily by Rob Lapin. This committee will meet on the fourth Wednesday of each month at 7pm. All Southwest Partnership committee meetings are open to the public and I strongly encourage neighbors to participate, voice their concerns and share their ideas.

If you haven't done so yet, check out the Community Engagement Center operated by the UMB Office of Community Engagement and currently housing some of our programs including Training Tuesdays. The Southwest Partnership, through the Education and Workforce Development Committee, has partnered with free job training programs in the City to provide opportunities for residents to learn real, marketable skills. Training Tuesdays are an opportunity for area residents to learn about FREE job training programs that are available for members of the community. The next ones will be:

March 8th 2pm at the Employment Connection Center 1410 Bush St
 March 22nd 2pm at the Community Engagement Center 1 N. Poppleton St
 April 12th 2pm at the Employment Connection Center 1410 Bush St
 April 26th at 2pm at the Community Engagement Center 1 N. Poppleton St

Information about Southwest Partnership meetings and activities can be found at www.southwestpartnershipbaltimore.org. If you have any SWP related questions or concerns please email me at vice.president@unionsquareassociation.org

Be well neighbors!

AS I SEE IT! SOWEBO ART EXHIBITS

By Roger Miller

Exhibits are good food, good drink, good people and good art!



Photography by Roger Miller, Copyright 2015.

Roger is one of Maryland's most distinguished and most published photographers with 36 books to his credit and a long time residents of Union Square.

See more at www.rogermillerphoto.net.

SOMETHING FOR EVERYONE!!

By Brenden Riggs

Hey everyone! I'm relatively new to the neighborhood, but somehow our wonderful president, Bif, has convinced me to handle the coordination of events for Union Square. This year is looking to be packed full of fun things to do in the neighborhood! We've got something for everyone: Music, Movies, Food, Flowers, Crabs, and Beer (Lots and lots of beer. See below for details). Ideally we'll be looking to have at least one event every month. If we're going to pull this off, we'll need as many volunteers as we can get. Reach out to me at events@unionsquareassociation.org and we can work together to figure out how you can best help us out. Here's a preview of a few of the projects we're working on this year:

Last Sunday of the month starting March 27th - Sunday Sounds in the Park (Great live music in Union Square)

Early April- Bloom Your Block Kicks Off! (The reigning champs are the 1300 Block of Lombard)

Third weekend of every month starting in May – Three on the Third Movie nights! (On Boyd St. between Calhoun and Carey)

June 4th - SoWeBrew (This is our new home-brewing competition! Let's see who brews the best beer in Baltimore)

June 11th - Youth Day! (Let's get the neighborhood kids out for some fun!)

June 18- Bloom your Block judging!

July- USA DAY (Bringing back an old neighborhood favorite!)

August- CRAB FEST! (Bring your bibs)

October 2nd - SoWeBo Landmark 5K (break in those running shoes!)

October-Sunday Sounds in the Park and Three on the Third Movie nights end!

November- Progressive Dinner (Great food and great conversation!)

December 9th - Christmas Tree Lighting (Lets show our holiday spirit!)

December 11th - Cookie Tour! (Raise money for the neighborhood, get cookies. Win-win, am I right?)

KID'S CORNER: CHARM CITY YOUTH LACROSSE LEAGUE IN CARROLL PARK

By Kai Hams

What began as stickball, a Native American Indian contest played by tribal warriors for training, recreation and religious reasons, has developed over years into the sport of lacrosse, and is now one of the fastest growing sports in the USA.

The Charm City Youth Lacrosse League was founded by Maryland Attorney General Douglas F. Gansler in 2009. Since then, the organization has provided lacrosse skills training, league play, and mentoring to Baltimore City youth between the ages 4-15 at no cost. The League provides girls and boys with opportunities for personal and educational development and offers valuable positive social interaction with elite high school coaches and college players.

The spring league will be held in Carroll Park from Saturday, March 19 to May 29 from 8:30 to 10:30 am

To register visit <http://www.charmcityyouthlax.com/registration/>

MEET THE NEIGHBORS: BERND KIEKEBUSCH

By Lucy Steinitz



I grew up in a small village in Germany and for many years I lived with my family in Africa.

So Union Square is a different world. I like the feel of the neighborhood with its old houses and the fact that my wife can walk to work downtown. I am a mathematician by training but not retired –

I am busy with many volunteer projects. I joined the Board of the Union Square Association because I want to help. You can't expect others to give unless you do the same yourself. I enjoy yoga outside in the park and in Clay Pots. Some days I also take a break at Cups or at Zella's, chat with Robert from the African Art store and help the neighborhood look its best. My hope is to extend the collaboration and positive results of our Association to include everyone, reaching the outer boundaries of our neighborhood.



LIVING THE GOOD LIFE

By Kristen Johnson

According to Cicly Maon, of The Planning Center, in Chicago, IL, the subject of long-life planning is a red-hot topic right now. First, life expectancy continues to rise and studies show that people are staying much healthier later into their lives. There are a myriad of reasons for this increase in life expectancy, but three of the biggest are:

- Better food supply and nutrition
- Better preventative medicine
- Better hygiene

So here are a few tips for living a long, productive, and active life:

Diet and Exercise: The key is to remain active. Take a brisk walk. Do light stretching. Swim. Take up a sport. Climb the stairs instead of riding the escalator. Come to Yoga in the Park!

Long-Term Care Insurance: It is a topic no one likes to talk about, but it is better to have an awkward conversation on the topic than none at all. If you contribute to your family's finances, this type of insurance can provide you with income should you become unable to work.

Estate Planning: Does your estate-planning policy accurately reflect your wishes? If not, it is time you reviewed it in detail. An outdated estate plan places burden on your family at a time when they are least prepared to address major financial issues, should you become incapacitated or suddenly pass away.

Here's to a happy and healthy life!

Hold your loved ones lightly.
Let them bend and sway with ease
like grasses, flowers, branches, leaves, and trees
within the autumn wind or summer breeze.
Whisper to them nightly
gentle words that hold a space
for them to sketch conceptions out and trace
themselves and then, in safety, show their face.
You can be a mirror,
but you cannot be a box.
Your words restrict the air, if they are locks—
or gently you can breathe and, free of blocks,
see each other clearer,
breathing in and out the air
that flows between you and within you there,
and holds you up upon the ground you share.

By Homer Smith

