



City of Chicago



R2023-388

Office of the City Clerk

Document Tracking Sheet

Meeting Date: 3/15/2023

Sponsor(s): Hairston (5)

Type: Resolution

Title: Recognition of Nina Helstein's long service to Hyde Park Community

Committee(s) Assignment:

RESOLUTION

WHEREAS, NINA HELSTEIN, Ph.D., MA, Clinical Social Worker, was raised by her parents Rachel and Ralph Helstein along with her sister in Eastview Park, which is located in the Hyde Park community;

WHEREAS, Nina's father Ralph Helstein was an attorney and the President of the United Packing House Workers of America (UPWA), which was chartered by the Congress of Industrial Organizations (CIO);

WHEREAS, the UPWA was a strong supporter of the Civil Rights Movement and an ally of Dr. Martin Luther King, Jr.;

WHEREAS, Nina attended Bret Harte Elementary School until the age of six, and later attended Chicago Lab School;

WHEREAS, Nina encountered discrimination at a very early age, and because she was Jewish, she was not invited to attend a birthday party that other classmates could;

WHEREAS, Nina called her friends and explained that she was very proud of her Jewish heritage, and if they did not want to be friends this was their opportunity to admit it;

WHEREAS, Nina did not lose one friendship, but this was the beginning of her lifelong commitment to righting the wrongs of discrimination;

WHEREAS, at Chicago Lab School **Nina**, along with another male student, campaigned for Student Union Co-President; and after successfully winning that position, they established the first boys' organization and girls' organization at the school;

WHEREAS, after graduating from Chicago Lab School at age 16, **Nina** attended the University of Chicago;

WHEREAS, while at the University of Chicago **Nina** joined Bernie Sanders and Bruce Rappaport in the quest to eliminate housing discrimination towards African Americans who were residents of properties that were owned by the University of Chicago;

WHEREAS, Nina also participated in the 1962 sit-in at the President's Office of the University of Chicago to protest segregation in housing;

WHEREAS, Nina accompanied her father to a meeting in New York and it was there that she met Dr. Martin Luther King, Jr., prior to him being awarded the Nobel Peace Prize;

WHEREAS, Dr. King inquired about Nina's current employment who, at the time was a third grade teacher in Harlem, and that encounter led him to write a letter on the spot to the students at her school;

WHEREAS, when Dr. King was in Chicago he stopped by to have lunch with **Nina** and her parents; and just like her father, she became very active in the Civil Rights Movement;

WHEREAS, Nina attended various classes at the Highlander Folk School, a social justice leadership training school, that trained Rosa Parks, Martin Luther King, Rev. James Bevel, and many members of the Student Non-Violent Coordination Commission (SNCC);

WHEREAS, it was at the Highlander Folk School that **Nina** had a chance encounter with Rosa Parks;

WHEREAS, Nina has been active in various civil rights organizations for all of her life; she has participated in sit-ins and demonstrations, including one that was organized by Rev. James Bevel and Rev. Jesse Jackson and almost got derailed;

WHEREAS, Nina has taught a Head Start Program at Cabrini Green and Stateway Gardens;

WHEREAS, Nina has always wanted to help people and therefore had a private practice of Psychotherapy in downtown Chicago and now has an office in Hyde Park;

WHEREAS, for over 13 years, **Nina** has led a support group for families of homicide victims which led to her Ph.D. dissertation on "*The Meaning of Justice to Mothers of Homicide Victims;*"

WHEREAS, Nina is still a lifelong resident of Hyde Park and hosts a yearly celebration for Clarence Darrow on March 13th at 10:00 a.m., the Chicago defense attorney who fought for justice in the legal system;

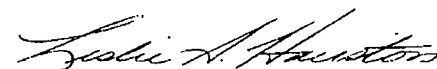
WHEREAS, Nina feels that it is important to protect the civil liberties of those who are unprotected, and this is one way she continues to focus attention to this effort;

NOW THEREFORE:

BE IT RESOLVED that we, the Mayor and Members of the City Council of the City of Chicago, assembled this 14th day of February, 2023, do hereby honor the service of **NINA HELSTEIN**, and extend our sincere congratulations for her service to the community, and

BE IT FURTHER RESOLVED that suitable copies of this Resolution be presented to **NINA HELSTEIN** as a sign of our good wishes.

By: _____



Alderman Leslie A. Hairston
5th Ward