The Official BCO Slate For 2010-2011:

**OFFICERS**

President: Claire Shingler  
Vice President: Kris Neurauter  
Secretary: John Paraoan  
Treasurer: Jaime Barrios

**DIRECTORS**

Noelle Braun-Etheridge  
Amy Gawura  
Jeff Graves  
Kathy Lunsky  
Sue McCoy  
Laura Novy  
Josh Samson  
Menghua Sun  
Jane Tuchscherer  
Barbara Wolke  
Jim Yorton  
Amy Zoller

**NOMINATING COMMITTEE 2011**

Board Positions:  
Jeff Graves  
John Paraoan  
(Open Position)  
Alternate:  
Barbara Wolke

General Membership:  
Kelly Chester  
Carrie Mitchell  
Dena van der Wal  
Laura Sabransky  
Alternate:  
Betty Redmond
The Bowmanville Bee continues to serve as the neighborhood’s “go to” for local news and announcements, relying heavily on the eBee to pick up the in-between pieces and direct residents to immediate online access to information. Managing Editor Peggy Cassidy looks to Bowmanville residents to keep her abreast of what important and relevant news is best suited to the newsletter. She relies on the support of BCO members, and Adrian Ruddock and Sharon McGill on content, layout and advertising. With Sharon’s recent decision to step down as Ad Manager, The Bee team is looking for someone to fill that position and join in the effort to make The Bowmanville Bee the best community newsletter for miles around. If you’d like to join The Bee Team (report, write, edit, provide desktop publishing skills) please email: news@bcocchicago.org.

The Communications Committee provides many ways for the BCO to connect to the community and for the community to make its voice heard through the BCO. These include our website, Facebook page, quarterly newsletter (the Bowmanville Bee), online e-Bee, and e-Blasts via e-mail for timely or urgent announcements. We also manage our toll free BCO hotline 1-866-837-1006. We’re a great team with a myriad of skills, but we are looking for a chairperson to lead the group. If you have project management skills, and love to work with creative people, contact: comm@bcocchicago.org.

The Events Committee is one of the best ways to meet neighbors throughout the community, and have a lot of fun while you’re at it! We are gearing up for our Fall Festival Event which is co-sponsored by the BCO and Rogers Park Montessori School again this year. We need volunteers to make this event happen. Claire Shingler is the event chair, and she can provide a list of things you can easily help with (either behind the scenes or day of). We also are always looking for new twists for the events and new event ideas. If you can help out please contact us at events@bcocchicago.org. Next BCO event: Community Fall Festival and Pumpkin Patch—Saturday October 16, 2010. 1-4pm on Ravenswood Avenue at Balmoral Avenue (west of the Metra tracks). Volunteer now! The BCO needs your help.

The Garden Committee is looking for more volunteers to become part of the leadership team for each of the garden sites. We need people to support our current team, to make phone calls, create flyers, and send emails to rally the garden volunteers for each workday. We also need a few people who can help coordinate refreshments for our hardworking garden volunteers whose work makes a real, visual impact on the beauty of our community. Work in the garden winds down by mid-November, and planning for the next growing season will begin in early 2011. Current Garden co-chair Anne Boyle has stepped up as chairwoman of the GreenSpace Committee, so we are looking for someone who can fill her shoes. Thank you for all of your hard work, Anne! Going forward the committee will be lead by chairwoman Betty Redmond. Each garden site has its own hardworking management team including B. A. Church and Bill Kuczak at Westgate (2334 W. Berwyn), Ellen Jurczak and Tom Kennedy at Bowmanville (5400 N. Bowmanville), and Dave Johnston and Anthony O’Reilly at Gateway (5331 N. Ravenswood – West). Their tireless efforts and endless good humor make the work lighter, and the friendships stronger. If you want to volunteer for the green gardening team, contact us at gardening@bcocchicago.org. Garden workdays are the 2nd Wednesday of each month, 6 pm until dusk, and the 4th Saturday of each month, 9:30 am until 1:30 pm.

The Membership Committee focuses on ways to continually engage and support our members and grow our membership base. This is definitely an area where you can see your new ideas take flight. One of the 2010 membership initiatives is the new ‘Know Your Neighbors’ BCO Block Club program which is connecting neighbors for increased information sharing, security, and socializing. Do you know who your block captain is? If you don’t, then we probably need a volunteer for your block. It is easy — check our website or contact membership@bcocchicago.org to find out more. The BCO’s annual Membership Meeting and Election is being held October 21st. This is open to ALL residents and friends of Bowmanville, and is the perfect time to come and see what we’re up to and join the BCO."

BCO paid membership is at an all time high! Like public radio, all of our neighbors can freely enjoy the benefits of what the BCO has to offer, but “Membership makes it happen”! Over 200 community members recognize the value of what the BCO does, and know that it doesn’t happen without financial support. Holding at $12, BCO membership is still a bargain!

The Planning and Development Committee (P&D) meets the last Monday of most months. The committee has been working on several projects; chairperson, Jeff Graves, and his team conducted a ‘survey’ of vacant store fronts along Damen and Foster Avenues in efforts to re-vitalize the commercial corridors of Bowmanville. P&D also monitors property development in the community, and has been interacting with Alderman O’Connor’s office to maintain safe sidewalks and streets. Please send an email to planning@bcocchicago.org if you have questions or if you are interested in joining; we can provide you with meeting times and locations.

The BCO GreenSpace Committee is dedicated to preserving and securing permanent open space within the Bowmanville community to ensure that it remains an urban, family-friendly, environmentally and socially responsible community in the 21st century. We believe it is critical to maintain greenspace wherever possible within the city to balance other urban elements. We need your help on our communications and fundraising teams. Be a part of making Bowmanville one of the greenest, most livable communities in Chicago. Please join us in this effort! For further information, please contact greenspace@bcocchicago.org or call toll-free (866) 837-1006.

www.bcocchicago.org
Sudden Death Leaves Neighborhood Stunned, Saddened

By Liz Gabbard/Peggy Cassidy

Bowmanville lost a longtime resident, great neighbor and good friend with the sudden death of Ariel Torres, 42, in early August. Ariel died unexpectedly, of heart failure, leaving behind his wife Trish and the couple’s two children, Arielle "Rel" and Thomas Oscar "Tommy O."

Many area residents will remember this gentle giant as the guy who worked in the garage behind his Berwyn Avenue home with the door wide open, sharing a great smile and a warm hello with passersby.

He was not only a loving husband and father, but also a kind neighbor who kept a close eye on the safety of local kids as they played nearby. Ariel and Trish have watched and helped many Bowmanville kids grow up, quick to supply them with games to play, refreshments to enjoy, and a clear illustration of what it means to be a good neighbor.

Not only was Ariel tuned in to the kids in the neighborhood, he also paid special attention to the safety and well-being of everyone around him. He was there for anyone who needed help – someone to talk to, someone to watch the house, a cold beer, a good joke, a tasty recipe or a shot of air for their bike tires.

He will be greatly missed – not just by family and friends, but by neighbors who simply observed his kindness and generosity.

His family opted to keep Ariel’s funeral arrangements local, in part because of the strong connection they have to Bowmanville. Neighbors flocked to the visitation at Drake & Sons Funeral home on Western Avenue and the crowd at Rosehill Cemetary for the burial was a solemn tribute to this Chicago city worker, proud veteran of Operation Desert Storm and active member of the Veterans of Foreign Wars.

On Aug. 28th, a granite bench commissioned by close friends of Ariel’s was dedicated in the Torres’ front yard during the Berwyn/Bell block party.

The Torres family remains active in the community and looks to friends and neighbors for continued support as they grieve and celebrate the life of their beloved Ariel.
Urban living means many things to many people. Too often it means you don’t know your neighbors and are sometimes unaware of what’s happening just around the corner.

Bowmanville is a pretty safe neighborhood, but it’s still important that we – as members of an urban community – take steps to know and share information about what’s happening around us. It’s crucial to our safety and that of our neighbors -- an urban responsibility if you will – and it all starts with awareness.

There are several ways to stay informed, connected and safe in our area.

-- Create your own community within Bowmanville with a block club on your street. Form an email list, Google group and/or phone tree and start sharing information! The BCO has made this easy by publishing guidelines on how to become a block captain. We connect the block captains across Bowmanville so they can learn from one another and keep the information flowing on each block.

-- Social media continues to evolve as an effective way to stay connected within a membership organization. The BCO has a facebook page for information sharing amongst neighbors, with discussion sections for graffiti, safety, gardening and more. It helps you stay plugged in to what’s going on, share what you know and support one another.

-- Bowmanville is a defined neighborhood on Everyblock.com, a useful website which offers email alerts on happenings from crime to foreclosures in the neighborhood. Everyblock pulls information from a variety of public information sources and consolidates relevant information by geographic location.

-- Newsletters and web sites from the 40th and neighboring wards offer insight regarding the concerns in and around Bowmanville.

-- Billed as, "A blog about news, events and businesses" in and around Edgewater, the "Edgewater Community Buzz" is a don’t miss site. Rich with information about the area between Bowmanville and the lake, this community blog publishes the “word on the street” as they hear it -- almost always from reliable sources.

-- The CPD's ClearPath can be an illuminating Internet visit. It is the originating source for crime stats and goes well beyond crime blotter, with resources for block clubs, mechanisms to submit concerns to police, CAPS meeting schedules and contacts citywide.

For Internet links to these and other valuable community resources, please visit www.bcochicago.org. Also at that website, tell us how you stay ‘plugged in’ and feeling safe in Bowmanville and we will share your tips with your neighbors.
 Residents Help Shape GreenSpace Design

By Cindy Burgin

An enthusiastic group of neighbors gathered on Saturday, August 21st when the BCO GreenSpace Committee hosted its second charrette, or brainstorming session, in the Tempel Steel Training Room.

The focus of this charrette was to discuss design plans for the property at 5384 North Bowmanville, recently acquired by Openlands on behalf of the City of Chicago.

Chair of the GreenSpace Development Subcommittee, Kris Neurauter, provided the group with background information, led them through a number of strategic exercises that set the stage for planning, and divided the participants into small workgroups to ‘develop’ plans for the green space.

Each group generated ideas and then presented their ideas to the larger group. Several groups presented detailed plans that balanced passive landscaping with more active use.

Interestingly, nearly all of the plans included interactive landscape elements and included similar hardscape features, including several benches, paths, a low-profile berm, and a small memorial garden area where the community will memorialize the Rocks family, who lived and raised their family in the house that used to reside on this land.

The groups agreed that the use of native plants to landscape would serve to attract natural wildlife, including butterflies, birds, insects and small animals. Another suggestion is to include a birdhouse garden, to attract birds and provide an artistic element to the garden. The group also identified challenges that may face the development, including traffic safety, security, maintenance, and accessibility.

The BCO GreenSpace Committee invites you to support the efforts of this project in any way that you are able. The committee welcomes input from all Bowmanville residents. If you have any questions, please contact the BCO GreenSpace Committee through email at:

greenspace@bcochicago.org or call 1-866-837-1006.
Demolition Clears the Way for Permanent Green Space on Bowmanville

By Cindy Burgin

The heavy equipment arrived in front of the home at 5384 N. Bowmanville Ave. in the wee hours of the morning on Aug. 31, 2010. On the morning of Sept. 1, neighbors gathered as the crew began removing the protective fencing and the trucks moved in to strategically demolish the structures that had stood on the property for many years.

For some it was bittersweet, but many residents shared a thrill in seeing this first step toward permanent green space in Bowmanville come to fruition.

The Bowmanville property was secured as part of a multi-phase initiative led by the BCO’s GreenSpace Committee to acquire permanent green space in our community.

The location is a strategic one – it abuts our award-winning Bowmanville Garden and is adjacent to the open space that the community currently uses for special events with the permission of Rosehill Cemetery. The committee believes that, long-term, the purchase of the property will enable the community to positively affect any potential development along Bowmanville Avenue. Additionally, it opens the door to expanding our green space beyond its current borders.

Funding for the purchase of this property was made possible through the generous support of the City of Chicago, and CorLands, a division of Openlands.

Give for a Greener Bowmanville
Your contributions count!

We need your help to transform our newly acquired property at 5384 North Bowmanville Avenue into greenspace that will serve our community for generations to come. Development of this site will be completed through cash donations and volunteer contributions of our Bowmanville neighbors. You can make Bowmanville one of the greenest, most livable communities in Chicago!

Contribute today!
Please make your check payable to BCO GreenSpace Chicago and mail to:
BCO GreenSpace Chicago
5381 N Bowmanville Avenue
Chicago, IL 60625

To volunteer your time and expertise or for more information, email greenspace@bcochicago.org, call toll-free (866) 857-1006 or visit www.bcochicago.org.

Thank you!
The Metra Union Pacific North rail line defines the eastern edge of our Bowmanville Community. Construction has begun on an eight year, $185-million project replacing 22 aging bridges on this rail line.

The first phase, from 2010-2014, will include 11 bridges between Grace and Balmoral, as well as a new Ravenswood Station at Lawrence Ave. The second phase, 2014 - 2018, will cover the remaining bridges between Fullerton and Cornelia.

To better understand the impact on the BCO neighborhood, community members have been attending public meetings and gathering more detailed information on the Balmoral bridge replacement. The BCO Gardening Committee, Gateway Garden vegetable plot holders, and volunteers have been active in preparing for construction and minimizing its impact on the community garden investment.

The western half of the Balmoral bridge at Ravenswood is the first scheduled to be rebuilt. (Work on the eastern half of the Balmoral bridge is scheduled for 2012.) Placement of shoring towers, demolition of the west bridge, abutment removal, and bridge construction are expected this fall. Completion of new abutment walls is expected in early 2011.

Equipment staging and construction is sure to impact traffic, parking, and plantings along Balmoral and Ravenswood. With an abutment work zone extending 50 feet south from Balmoral, trees along the west embankment, raised-bed vegetable plots, and perennial garden beds are in the removal zone. Metra has contracted a landscape design firm to document existing conditions for use in post-construction restoration.

To help with preparation for construction and future restoration, the BCO Gardening Committee is getting additional support from Greencorps Chicago. Volunteers are welcome to join in this effort as restoration and enhancement of the gardens will be a major activity for 2011.
Autumn Wellness With Qi Care

By Tracie Hinton-Chavez

There is a slight nip in the air. The days are getting shorter and, just as the squirrels have gotten down to the business of storing nuts for the winter, we find ourselves a little more serious, less carefree than in summer.

Fall is the beginning of the yin cycle when daylight lasts less than twelve hours. It’s a time of harvest, when we gather the colorful fruits and vegetables for winter storage.

According to Oriental medicine, autumn is associated with the element of Metal, which governs organization, order, communication, the mind, setting limits, and protecting boundaries. The lung and large intestine are the internal organs related to Fall and the Metal element. The lung is also associated with the emotion of “letting go,” a difficult process for those who love the summer, but a welcomed sensation for others, who love all things autumn, from the crisper air to the vivid colors of Nature.

The Lung is considered by Oriental medicine to be the “tender organ.” As the uppermost organ in the body it is especially susceptible to wind and cold. The lungs control the circulation of the Wei-Qi, the defensive Qi that protects you from the invasion of flu and colds. The Wei-Qi circulates on the surface between the skin and muscles and works to warm the body. If the Wei-Qi is weak, the skin and muscles will not be warmed properly.

A weakness in the lungs can lead to a weakness in the Wei-Qi, making a person prone to frequent colds or allergies. You can prevent colds by keeping your nose and sinuses clean and clear. Using a Netti pot with some sea salt and water helps rid the nose of excess mucus, and if you suffer from a runny nose or sinus infections, acupuncture and Chinese herbs are highly effective in alleviating those problems.

What you eat also affects the health of your lungs. Eating lots of cold and raw foods creates dampness or phlegm, which is produced by the spleen and stored by the lungs. Dairy products (i.e. milk, cheese, cream, and butter) also create phlegm, while moderate amounts of pungent foods like garlic, onions, ginger, horseradish, and mustard are beneficial to the lungs.

Sleep is another important aspect of staying healthy in the Fall. The ancients advised that people should retire early at night and rise with the crowing of the rooster during Autumn.

The transition from Summer to Fall is a time when the Qi is instable. The Qi from healthy lungs should descend. If the Lung Qi goes upward, it is “rebellious,” and causes a cough. The Lungs inhale the Heavenly Qi (air) and exhale the “dirty” Qi (carbon dioxide). Now is the time to strengthen your Qi to prepare for winter. A “tune-up” from your licensed acupuncturist can help strengthen your immune system.

Tracie Hinton-Chavez is a Licensed Chicago Acupuncturist, practicing with the Ravenswood Chiropractic and Wellness Center. She has a passion for Acupuncture, Oriental Medicine and Chinese Herbal Medicine.
Ice Cream Social Gets Them Screaming For GreenSpace

The Annual Ice Cream Social in August presented the perfect chance to kick-off the GreenSpace Fundraising campaign. The enthusiasm for the GreenSpace initiative was palpable and the ice cream delicious. Special thanks to all who helped make this event a huge success.

Mary Jude Ramirez and her daughter (left) enjoy the day’s featured favorite together not far from where 40th Ward Alderman Patrick J. O’Connor, U.S. Congressman Mike Quigley, and Illinois State Senator Heather Steans congratulate the Bowmanville Community on their efforts toward a greener community.
Excitement is building around an art project that is sure to get some attention, not only upon completion, but as neighbors gather together to help make it happen. Community interest meetings to discuss plans for the pedestrian tunnel at the East end of Berwyn Ave. have been well attended and designs are in the works.

The tunnel underpass, which connects Bowmanville to West Andersonville, is set to take on a new look, with preliminary plans aimed at creating a garden-themed piece with painted and mosaic elements to complement the existing gardens nearby.

A design team of local artists includes Laura Coyle, Sarah Laing, Laura Sabransky, and Amy Zoeller. Together, they have a wealth of design, painting, mosaic, and public art experience. Professional mural artist Sonata Kazimieraitiene, of Lill Street Arts Center, is overseeing and advising on the project.

The team is encouraging neighborhood participation, as the mural work begins this month. A booth at the Fall Festival and Pumpkin Patch will welcome your enthusiasm and creativity. The team is also looking for anyone with painting skills, a power washer, and/or an interest in helping with installation. Anyone with local business contacts, please step forward.

"I'm getting involved because murals add to the neighborhood," said Laura Coyle, a volunteer artist. The more people who get involved, she said, the greater the sense of ownership in the community.

The project is in need of the following material donations: exterior tiles, ceramic shards (think of your broken dish ware), paint rollers, paint brushes, etc.

To make arrangements to drop off materials or to sign up to be on our email group contact Sarah Laing at: publicart@bcochicago.org

Another Bonus For Bowmanville ...

B-Ville became the site of one of the 40th Ward's new "Green Porous Alleys" over the summer. Ald, Pat O'Connor used a portion of funds allocated for ward infrastructure to replace the old pavement in the alley bounded by Balmoral, Rascher, Damen and Hoyne. The porous concrete is expected to limit flooding to garages and yards along those alleyways.
**Fall For Fall: Pumpkin Farms Make It Fun**

*By Elizabeth Luxem*

It’s Fall in Bowmanville! And like it or not, it’s time for apple cider, football games, cozying up by a bonfire with friends and savoring all the robust colors the season offers.

When I think of Fall, I’m reminded of a favorite childhood pastime; the family trip to a pumpkin farm. It conjures up memories of searching for that perfect Halloween pumpkin, a hay ride around the farm and that delicious scent of cinnamon donuts wafting through the crisp air.

Pumpkin farms are a great way to create some fun family memories while supporting local farmers. So, before the season leaves (no pun intended), take some time off from the hustle & bustle and be a kid again. It’s a fun Fall outing with friends, family or a romantic companion.

Here are a few possibilities to get you started:

**Bengtson’s Pumpkin Fest 2010**
[www.pumpkinfarm.com](http://www.pumpkinfarm.com)
13341 W 151st Street, Homer Glen
708-301-3276

**Goebbert’s Pumpkin Farm & Market**
[www.pumpkinfarms.com/](http://www.pumpkinfarms.com/)
In Hampshire and South Barrington
847-428-6727

**Didier Farms**
[www.didierfarms.com](http://www.didierfarms.com)
16678 W Aptakisic
Lincolnshire, IL.
847-634-3291

**Dollinger Family Farm**
[www.dollingerfarms.com](http://www.dollingerfarms.com)
7502 E Hansel Rd.
Channahon, IL
815-467-6766

**ALSO CHECK OUT –**
* ExploreChicago.org for Chicago’s Trails of Terror, “Chicagoween,” haunted houses and more.
* Edgar Allen Poe readings at the Lifeline Theatre.
* Trick or Treating & Halloween Party in Lincoln Sq.

The BCO is again partnering with Rogers Park Montessori to bring a community Fall Festival that’s returning for a second year --

**Oct. 16, from 1 PM to 4 PM**
-- featuring a local pumpkin patch, face painting, a pets/ people costume parade, pumpkin decorating, a performance stage, arts/crafts, a raffle and a food drive for local pantries.
Bowmanville Bee Fall 2010

Bowmanville Community Organization
— Membership Form —
JOIN THE BCO OR RENEW YOUR MEMBERSHIP TODAY!
Please return this form with your check for $12.00 to the Bowmanville Community Organization c/o Jim Yorton – Treasurer 5350 N. Damen Unit F Chicago, IL 60625

QUESTIONS?
Call (866) 837-1006 or email membership@bcochicago.org

☐ New Member    ☐ Renewal

Name(s) ____________________________________________________________
Home Address _______________________________________________________
City ____________________________ State _________ Zip ________________
Phone ____________________________ Home ____________________________ Cell ____________________________
Email ______________________________________________________________

Committee(s) I’d be interested in helping:
☐ Membership Committee       ☐ Planning and Development Committee
☐ Communications Committee (The Bee and Website)    ☐ Bylaws Committee
☐ Nominating Committee       ☐ Events Committee
☐ Gardening Committee       ☐ GreenSpace Committee

Please take a moment to answer the questions below. Your answers will help us focus our efforts on your behalf.
What year did you move to Bowmanville? __________________
Do you own or rent your home? ☐ Own    ☐ Rent
Do you live in a house or condo/apartment complex? ☐ House    ☐ Condo/Apartment Complex
How many people are in your household? __________________
What are their ages?
☐ Adults ____________________________ ☐ Children ____________________________
What are your hobbies and interests? __________________________________________________________________
Any other comments you’d like to make? __________________________________________________________________

Membership Makes it Happen — Join the BCO!
Thank you for your support!

Bowmanville Bee
Bee Contributions Welcome
Have a story to tell, a horn to toot about a good neighbor we should all know about, or an article to contribute? Submissions from all ages are welcome. Please contact us at news@bcochicago.org

Bee Counted — Advertise!
Card-Sized $25
3.5”W x 2”H
Quarter Page $75
3.5”W x 5”H
Half Page $150
7.75”W x 5”H

For further information, or to reserve space in the next issue of the Bowmanville Bee, please contact Sharon McGill at 866-837-1006 or at ads@bcochicago.org.

Help Deliver the Bee!
Volunteers are always needed and welcome! Please call Ellen Jurczak at 866-837-1006.

Need another Bee?
You can find them at the following local businesses:
- North Community Bank
- Pauline’s Restaurant
- Claddagh Ring
- Fireside Restaurant
- Let Them Eat Chocolate
- Green Sky
- Crema
- Bobbie’s Runaway Tavern
- The Book Cellar

BCO Calendar of Events

Greenspace Committee Meeting - Monday, October 11th, 7pm, Tempel Steel Training Room
BCO Election and Open Meeting - Thursday October 21st, 7pm – Rogers Park Montessori, 1800 W. Balmoral; Dessert Potluck - bring something to share!
Fall Festival and Pumpkin Patch - Thursday October 16th, 1pm-4pm, Ravenswood Ave at Balmoral Ave (west side of the Metra tracks)
BCO Board Meetings - Third Thursday each month, 7pm at Tempel Steel Training Room; Email president@bcochicago.org to attend as a guest.
Planning and Development Committee Meetings - Last Monday of each month
Events Committee - BCO Fall Harvest Festival/Halloween Event, Saturday October 16th
Greenspace Committee Fundraising training - Monday, November 8th - RSVP to greenspace@bcochicago.org to attend
Garden Work Days - Bowmanville, Gateway, and Westgate Gardens: 4th Saturday of each month, 9:30am until 1:30pm 2nd Wednesday of each month, 6pm until dusk
Public Art - booth to create ceramic tiles and paint in the Berwyn Foot Tunnel AT the Fall Festival Oct 16th. Contact publicart@bcochicago.org to volunteer to help staff this.

For up to the minute details on BCO Meeting/Event locations, dates and times, be sure to check www.bcochicago.org, or call 1-866-837-1006.

CHECK OUT THE BCO WEBSITE! www.bcochicago.org