

# Bowmanville Bee

The Bowmanville neighborhood is bordered by Foster, Rosehill Cemetery, Ravenswood and Western. Visit our website at [www.bcochicago.org](http://www.bcochicago.org).

Fall 2009



## WHO'S WHO IN THE BCO

### OFFICERS

#### *President*

CRAIG HANENBURG

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#### *Vice President*

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#### *Secretary*

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#### *Treasurer*

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#### BCO BOARD

Gail Clark

B.A. Church

Elizabeth Gabbard

Mandel Goodkin

Jeff Graves

Jim Hannon

John Maloney

Eloise Reimer

Debbie Rooney

Wes Salsbury

Jim Yorton

## COMMITTEES

#### *Events*

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#### *Gardening*

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#### *Membership*

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#### *Planning and Development*

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#### *Communications*

OPEN

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#### *Bowmanville Bee*

CINDY BURGIN

[news@bcochicago.org](mailto:news@bcochicago.org)



## Bowmanville Community Organization

**Open Annual Election Meeting**  
**Thursday, October 15, 2009 — 7:00 PM**  
**Chappell School Gymnasium — 2135 W. Foster**

- Greening the Community • Watch It Grow — Future of the Gateway Garden • Meet and Vote for the new slate of BCO board members and executives • BCO Updates • BCO Green Bag Sales
- Free Raffle Prizes! • Refreshments

**Come out and see what the BCO is all about! We have new ideas and events and WE WANT YOU TO BECOME INVOLVED!**

### The 2009-2010 slate includes:

#### Officers

President: Claire Shingler

Vice President: Liz Gabbard

Secretary: John Paraoan

Treasurer: Jim Yorton

#### Directors

Otto Barone

Jeff Graves

Eloise Reimer

B.A. Church

Jim Hannon

Wes Salsbury

Amy Gawura

John Maloney

Justin Villar

Mandel Goodkin

Kris Neurauder

Barbara Wolke

### Community Fall Festival & Pumpkin Patch!

Join the Bowmanville Community Organization as we celebrate fall with our community. This year we are partnering with Rogers Park Montessori School to bring you our first Fall Festival, including a pumpkin patch. See page 3 for more spooktacular information.





## Communications Committee Stay Informed!

## Events Committee

## Gardening Committee

## Membership Makes it Happen!

## PLANNING & DEVELOPMENT COMMITTEE

### Thank you, Cindy Burgin!

For over five years, this Bowmanville Bee has been made possible by the creative production skills and hours of volunteer effort made by Cindy Burgin, and for that, the BCO community is grateful! Cindy is one of those BCO Members who Made It Happen! She is still active in the BCO and the Bee in a variety of ways, but is passing on the 'production baton' to other volunteers. **Thanks for all of your hard work, Cindy!**

If you'd like to get involved in the Bee, write articles, edit, provide desktop publishing skills, please email: [news@bcochicago.org](mailto:news@bcochicago.org).

**The Communications Committee meets the first Thursday of each month.** We provide many ways for the BCO to connect to the community and for the community to make its voice heard through the BCO. In addition to the quarterly Bee, we also provide information via email in the eBee, and make timely, or urgent announcements via eBlasts. Our website at [BCOChicago.org](http://BCOChicago.org), is one way the community can learn about the BCO and communicate what's on their mind. The toll free hotline, 1-866-837-1006, is another way to contact the BCO for all things Bowmanville!

We're a great team with a myriad of skills, but are looking for a chairperson to lead the group. If you have project management skills, and love to work with creative people, contact: [comm@bcochicago.org](mailto:comm@bcochicago.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! Our Garden Walk event caught the eye of *Chicagoland Gardening Magazine* and is featured in the September/October issue. Each event has its own "co-chair" person, and we're looking for a dynamic leader to chair the committee.

Next Event: Fall Festival & Pumpkin Patch, see details on page 3.

This vibrant committee has been hard at work creating and maintaining a beautiful and natural habitat in our three community gardens, which will be featured soon in the *Chicagoland Gardening Magazine*. Thanks to community volunteers and student residents at Lawrence Hall, we continue to successfully battle the weeds, but the war is never over. That's why we're always looking for energetic volunteers to join us! Contact: [gardening@bcochicago.org](mailto:gardening@bcochicago.org)

As this edition of the Bee goes to press, another transformation is taking place at the Gateway Garden at Balmoral and Ravenswood. Thanks to cost sharing with Hines Lumber Company, the job training crew of the City of Chicago's Department of Environment Greencorps, and the garden volunteers, the Bowmanville community will have a new pergola built as part of the Gateway Garden expansion project, and new perennials and shrubs in our "Edible Landscape". The one-time eyesore will become a beautiful gathering spot for community activities, and for all to enjoy!

**The Membership Committee meets the second Monday of each month.**

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!

Under the new leadership of Stephanie Marder, the membership committee's goal for 2010 is to increase the involvement of the membership base in more of the BCO's daily, monthly, and annual activities and operations. With an active membership, the organization can remain vital, and provide the services and information this community deserves.

**The Planning and Development Committee meets the last Monday of each month.**

Committee chairperson, Jeff Graves, and his team continue their Project Damen efforts to re-vitalize commercial corridors of Bowmanville, monitor property development in the community, and interact with Alderman O'Connor's office to maintain safe sidewalks and streets.

# Community Fall Festival and Pumpkin Patch!

## October 17, 2009; 1-4pm

1801 W. Balmoral

Balmoral and Ravenswood Ave. at the Gateway Garden

vegetable plots. Ravenswood Avenue (west of the Metra tracks) will be closed to traffic for the event.

Join the Bowmanville Community Organization as we celebrate fall with our community. This year we are partnering with Rogers Park Montessori School to bring you our first Community Fall Festival, including a pumpkin patch.

The BCO is excited about adding a new dimension to our traditional neighborhood Halloween celebration.

Come enjoy the newly improved Gateway garden during the festival.

- Pumpkin Patch - pick a pumpkin! Proceeds benefit RPMS
- Raffle and Fall bulb sale proceeds benefit BCO (BCO members receive 1 free raffle ticket)
- Support local charities - bring coats, shoes & games to donate
- Come in costume or come as you are - Costume Parade at 2:30pm (for pets and people)
- Face painting, Fun and Games
- Live Bluegrass music by Hayward
- Seed swap - Gardeners trade or share their bounty (as available).
- Worm composting and other garden related activities - come and get involved.
- Treats - better than tricks, right? Bring a snack to share at a community treat table. *Please label ingredients to help us manage allergies for the little ones.* Make something from your garden harvest!

**This is a free event. Bring your neighbors, kids, dogs, friends, bicycles, lawn chairs.**

**Pick a pumpkin and have a ball!**

*To help with planning this great event please contact [vp@bcochicago.org](mailto:vp@bcochicago.org).*



## Harvest time and The History of Halloween by Elizabeth Luxem

There are many different ideas about Halloween's origins. Some say it dates back nearly 6,000 years, while others argue that Halloween has a much shorter history. What most agree on is that Halloween's original focus was more about harvests than horror. Some say the tradition began with the Celts, who lived thousands of years ago in what is now Ireland, the United Kingdom and northern France. The Celts celebrated their New Year on November 1st, which marked the end of summer and the beginning of the dark, cold winter (the only two seasons the Celts recognized). To help protect themselves and their crops during the long winter, the Celts staged a joyous harvest celebration called Samhain (pronounced sow-in), which means "summers end". Some say Celtic priests burned crops and animals as part of the celebration. They also supposedly wore costumes and told each other's fortunes.

**COOL facts about pumpkins: Did you know???**

- Pumpkins are not vegetables-they're actually fruits. A pumpkin is a type of squash and a member of the gourd family. Squash, cucumbers & melons belong to this family too.
- People have grown pumpkins in North America for five thousand years.
- Forget apples! -A pumpkin a day will keep the doctor away. That's because pumpkins are packed with lots of vitamins, protein, iron & fiber. They are also low in fat, calories and sodium.
- In 1996, the largest pumpkin ever grown was raised by Paula and Nathan Zehr of Lowville, NY. That pumpkin weighed 1,061 pounds.
- Save those pumpkin seeds and mark your calendars: For a successful crop of pumpkins, seeds should be planted between the last week of May and the middle of June. They take between three and four months to grow.



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## BCO meets with Alderman O'Connor

by Claire Shingler

### Flu Shots!

Get a "seasonal" flu vaccination as soon as is reasonably possible. To get a seasonal flu shot, contact your family doctor or other health care provider. If you do not have a doctor, call 311 to find a City of Chicago vaccination site. Through October 9, the City will offer seasonal flu shots at no charge, at 45 one-day flu clinics. Additionally, a number of pharmacies and related businesses are or will soon be offering seasonal flu vaccinations. There will be plenty of "seasonal flu" vaccine, and shots will be easy to get.

The BCO leadership continued its ongoing dialogue with Alderman O'Connor in meetings held July 7 and August 24. One of these meetings focused on a recent increase in crime in the community – specifically a shooting that occurred in the 1900 block of Farragut Avenue on June 26. We focused our talk on what the community, police and residents can do to improve safety in our area. A key message for residents is to be vigilant and report ALL suspicious activity. Per the police – we should treat use of 911 as a mechanism to prevent crime as much as for crisis response. Condo associations should consider placement of surveillance cameras in private parking lots to deter crime on their property. Residents should identify buildings that are vacant or in recent disrepair to the Alderman's office. They will engage with banks to ensure that recently foreclosed properties are being maintained and secured so that they do not become trouble spots. There has been an increased police presence in Bowmanville following the June incident. We continue to monitor this with concerned residents, and the Alderman, and police. Other topics discussed with the Alderman included of the new Dominick's planned at Berwyn and Lincoln Avenue.

This is exciting news for the community as access to good grocery shopping options has long been needed – see the article on page eight for details. The deal on the proposed Nature Preserve within Rosehill Cemetery's grounds continues to sound 'imminent', however it has been in this mode for some time. As soon as they get a framework for a deal agreement, we will work with Alderman O'Connor to schedule a community consultation on the plan. The BCO discussed with Alderman O'Connor an initiative within our organization to investigate and pursue increased green space within our community. Our Greenspace Committee will continue to engage with him. If you want to get involved in the Greenspace Committee initiatives contact us at [membership@bcochicago.org](mailto:membership@bcochicago.org). We also discussed a desire for improved outreach from the alderman's office to residents via internet and email. Alderman O'Connor indicated he is taking steps to improve this and will have an 'instant communication' type of receiver list that residents can add their email addresses to. Their website is also currently being revamped – contact his ward office for details on how to sign up for the email outreach – 773-769-1140.

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# A Tree Grows in Bowmanville

by B.A. Church

"I think that I shall never see, A poem lovely as a tree; a tree whose hungry mouth is prest, against the earth's sweet flowing breast; A tree that looks at God all day, and lifts her leafy arms to pray; A tree that may in Summer wear, a nest of robins in her hair; Upon whose bosom snow has lain; Who intimately lives with rain. Poems are made by fools like me, but only God can make a tree."

Joyce Kilmer was inspired by the beauty and wonder of trees to craft this poem. Have you ever wondered what a tree does for you on a personal level? What are the trees around your house doing for you and your family? In the City of Chicago, trees make for a more desirable place in which to live on a whole bunch of levels.

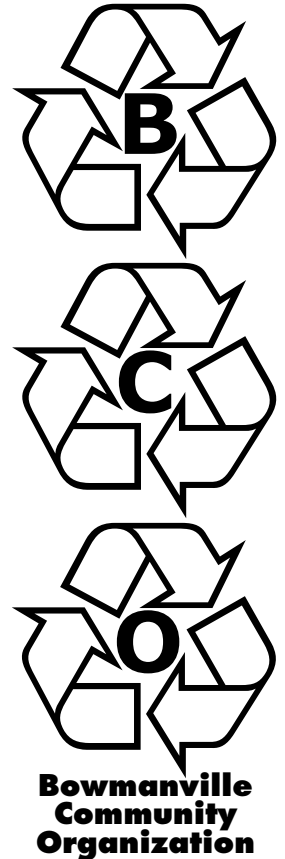
First, economically, a tree can provide shade for your walk, play and recreational areas, and house, making a more cool and comfortable natural environment and can actually lower cooling costs; collectively, a tree lined street is a cooler street - shading the walks which absorb less heat from the sun, cooling the whole area; having trees on the parkway of your property and in your yard can increase the value of your property. Home buyers find trees one positive reason for buying a house.

Second, reduction of pollution; trees reduce air pollution - their natural process of utilizing greenhouse gases such as carbon dioxide, and creating oxygen improve the air quality around your house, on your block and in your neighborhood. Sound pollution is reduced with trees as they absorb and break sounds, making for a more quiet neighborhood.

Third, trees are places for beautiful songbirds to come and eat all those pesky insects such as mosquitoes and flies. Insect control with cardinals and songs, for free!

Fourth, beauty - a cherry tree in the spring full of white blossoms with sweet fragrance wafting through the air or in fall, the beautiful color changes of the shingle oak or ginko is a lovely sight to behold.

What great reasons to have trees on your property and the parkways of the Bowmanville Community. If you are interested in having a tree planted on your parkway or property, we can help with good information! Contact - [gardening@bcochicago.org](mailto:gardening@bcochicago.org), or check out: [www.cityofchicago.org/chicagotrees/](http://www.cityofchicago.org/chicagotrees/) OR [www.chicagotrees.net](http://www.chicagotrees.net)



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# Winter Composting

by Marilyn Bilotti



As the weather turns cold, it is often difficult (if not impossible) to maintain an outdoor compost bin since the contents can freeze solid. Below are a couple of good options that will allow you to continue composting throughout the cold winter months.

## Passive composting

In a few simple and easy steps, you can compost all those fall leaves (or yard waste) with minimal work! All you need are 2 mil black trash bags, 32 gallon. Here's what you do:

- Fill the bags with the leaves and/or yard waste
- Tie the bags up
- Poke a few holes in the bags with a pen or screwdriver or stick for that matter
- Stack the bags up and in contact with moist soil
- Forget about them

That's it! In 10-11 months, you will have humus, which can be worked into your garden's soil to enrich it. (And don't throw away those bags! If intact, they can be reused for the next round of leaves and yard waste.)

## Worm bins

A lot of people wrinkle their noses when you mention worm composting, but I've had a worm bin in my kitchen for about a year now, and haven't had any bad smells, escapees, fruit flies, or any kind of bug problem with them. My dog completely ignores the bin, so you know there's no smell! It's a great way to "recycle" some of your kitchen waste, and create ultra-rich vermicompost (also known as "worm poop" or more positively referred to as "gardener's gold"). This balanced, nutrient-rich compost can be added to your garden soil, your potted house plants, or a tree in your neighborhood.

Making your own worm bin is a little more complicated than the passive composting system described above, but still pretty easy. Here's what you need:

*A bin:* You can buy a ready-made worm bin, but save a few bucks and buy a simple plastic tub with a snap-fitting lid. I use a 10-gallon Rubbermaid Roughneck, which works well for 2 adults. If you have a bigger family or are vegetarian, you might need a bigger bin. Drill holes (no larger than 1/4 inch) all over the lid of your bin, spaced about 1 1/2 inches apart. The worms need air, so be sure not to place anything on top of your bin.

*A spot for your bin:* It should be in a convenient location so you're likely to use it, and where the temperature will be between 55 and 77 degrees.

*Bedding:* Tear up old newspapers (not the glossy sections) into one-inch strips, separate them, and fill the bin about 3/4 full. Moisten the newspaper strips (a spray bottle filled with water works well) to the point where they're damp as a wrung out sponge. You should have about 4-6 inches of newspaper in there when all is said and done. Sprinkle in a few handfuls of garden soil. The worms need the grit to digest the food.

*Find some worms:* You must use red worms, not just any worms you pull out of the garden. You can find a friend who has an excess of worms in her worm bin, or purchase the

worms (one Chicago resource is Shores Garden Consulting; contact Bill at [bluegreenedge@yahoo.com](mailto:bluegreenedge@yahoo.com)). You will need about 1/2 - 1 pound, which will run you about \$15.00 - \$25.00.

*Fill your bin:* Add the worms and food waste to your bin. Food waste includes all fruit and veggie scraps (except onions and citrus, which can be added in small amounts---worms don't like these very much), grains such as rice and bread, coffee grounds, tea bags, and other food waste. Avoid meat, fish, dairy, and oily food waste. Food waste should be buried under 4+ inches of the bedding.

*Maintain your bin:* A 2-person worm bin can process about 4 pounds of food waste a week. You can feed them once a week, once every other week, every day, whatever is convenient for you. They don't need any care when you go on vacation. You will need to add more bedding every few months, and make sure the bedding remains moist.

*Harvest your vermicompost:* Every six months or at a minimum once a year, separate the vermicompost from the worms and use it to enrich your garden or houseplants. Then set up your bin again following the steps above, and throw the worms back in.

For more information on worm composting, there are a lot of good resources on the Internet, including [www.chicagohomecomposting.org](http://www.chicagohomecomposting.org). To learn everything you ever wanted to know and more about worm composting, you can read Mary Appelhof's book, "Worms Eat my Garbage".

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## Wanted: Designated Gardeners

Plans are underway for several perennial beds in the front half of Gateway Garden--flowers, grasses, shrubs, and even edibles such as raspberries, currants, strawberries, service berries, grapes, rhubarb, asparagus, and herbs.

We are looking for gardeners to take responsibility for designated areas. So if you are interested in being a designated perennial gardener or have questions, please contact [gardening@bcochicago.org](mailto:gardening@bcochicago.org)



# Book Review *Reviews by Susan Yessne*

**Farm City: The Education of an Urban Farmer** by Novella Carpenter

**WARNING** Reading this memoir may make you want to claim some unused city land and start gardening. Luckily, the BCO has a SOLUTION for this—volunteers are always needed at the three BCO community gardens, especially at Gateway, the new one at Balmoral and Ravenswood. All of the space surrounding the vegetable plots needs help with planting and weeding.

Novella Carpenter does her urban gardening (and farming) in a gritty section of Oakland, California. She tells great stories about raised veggie beds, fruit trees, baby chicks and turkeys, bee keeping, rabbits, community gardens, guerrilla gardens, transporting manure, dumpster diving for food for her animals, and even back yard pigs in the city. Along the way we learn about her life, her friends, and her back-to-the-land hippy parents farming 35 years earlier. She includes lots of fascinating information about city farming and gardening throughout history and around the world.

Carpenter is a wonderful and thoughtful writer, and this book is great fun and a great read. (*Memoir, 269 pp, bibliography, 2009*)

**The Evolution of Calpurnia Tate** by Jacqueline Kelly

For young readers interested in nature, I can highly recommend *The Evolution of Calpurnia Tate*, fiction that feels as if it were a year in the life of a real 12-year-old girl in 1900 Texas. Callie is much more interested in the plants and animals surrounding her rural home than in a girl's chores, but her mother wants her to be a lady, so she learns to cook and sew, with some difficulty. During the year she learns about her place in the world and about love from the 3 older of her 6 brothers. Her favorite thing is working with her naturalist grandfather and learning how to do real science. Beautifully written, this book has appeal for readers of all ages. (*Juvenile fiction, 340 pp, 2009*)

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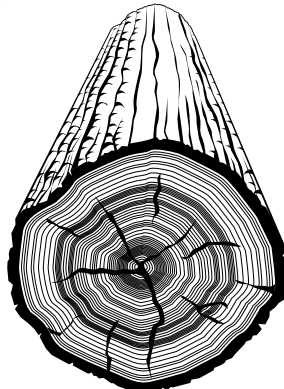


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## Dominick's on Lincoln to be replaced by Craig Hanenburg

Our local Dominick's grocery store at 5233 N. Lincoln closed on September 18, 2009. A new Dominick's Lifestyle store will be built as a replacement and is planned to reopen later in 2010. The Lifestyle format for the store will be larger than the old one and include parking on the second floor. The drawing below is the architectural concept and follows the design Dominick's has used in other neighborhoods in Chicago.



5233 North Lincoln Avenue

To see another Dominick's Lifestyle store, visit The west Ridge store at 6623 N Damen Avenue.

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# Get your Vitamin D – from a good walk around the neighborhood

by Russ Klettke

As reported in the Bowmanville Bee about a year ago, our neighborhood ranks well by Walkscore.com, a website that evaluates the “walkability” of a location based on access to stores, recreation, schools and public transportation that can be done on foot. New studies now give us another reason to walk outside: researchers at Boston University find that sun exposure on the face and hands dramatically improves absorption of Vitamin D.

How much does Vitamin D matter? The Mayo Clinic online newsletter (MayoClinic.com) tells us, “Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. Research also suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.”

There are complications, however. Vitamin D actually comes in two forms, D2 and D3. D2 is largely provided via diet, while D3 is most efficiently synthesized by sun exposure (both can be supplemented with pills). Humans evolved as they migrated to northern latitudes to absorb more sunshine with lighter skin pigmentation, allowing in more Vitamin D even if the sun was infrequent and less intense (think Sweden versus Somalia). But modern factors – such as indoor work and leisure, and polluted air – are believed to create vitamin D deficiencies in at least 50 percent of adults and children.

You can combat this with D-rich foods, which include oily fish (salmon, mackerel, sardines, tuna), milk, fortified cereals, eggs and especially cod liver. But this still leaves out the D3 form of the vitamin. Dr. Michael Holick, M.D., Ph.D. and director of both the Vitamin D, Skin, and Bone Research Laboratory and Biologic Effects of Light Research Center at Boston University Medical Center, provides this advice: go out in the sun.

How much? Light-complexioned Caucasians can get by with about 15 minutes of simple hand and face exposure, three times a week, says Dr. Holick. The angle of the sun in winter reduces the beneficial effect considerably, but you can “bank up” your Vitamin D in the fall. Darker-skinned individuals need more exposure, and probably would benefit from supplementation.

Of course this contradicts what dermatologists have been warning about skin cancer from all sun exposure. Dr. Holick is successfully restoring a sense of moderation to that equation.

Note that adipose tissue (fat) absorbs Vitamin D before it's available to the rest of the body. So overweight individuals benefit here by dropping those extra pounds. Also, as we age our skin's ability to absorb sunshine diminishes.

All the more reason to go for midday walks in beautiful Bowmanville.

*Russ Klettke is a Bowmanville resident and writer on health, fitness and general business topics. For more information, see <http://RussKlettke.com>.*

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## TRANSPORTATION AVAILABLE

# Scammers at the Door, or How to Avoid a Risky Situation

by Betty Redmond



Bowmanville remains one of the safest neighborhoods in the city, but even here we occasionally face some of the common crimes that are part of city life.

Neighbors have recently encountered 'scammers' at their front door, with stories of distress that are intended to separate you from your money, or put you at risk. Sometimes the doorbell rings mid-afternoon, late in the evening, or in the wee hours of the night. Sometimes it's a clean cut man or woman, and the stories can be quite creative, such as, being locked out, needing to use the phone, needing money for a cab to go see a girlfriend who works in a nearby hospital, or they claim they're your new neighbor who moved in down the block, and they're without their wallet until the moving van arrives tomorrow. It's an age old con-artist practice that seems to be on the rise again in Bowmanville and other areas around the city. Sometimes the con-artists are after a few bucks, an easy mark to return to again, and sometimes they're looking for an easy way into your house to make off with a valuable haul.

Scammers claiming to be representatives of a reputable home security service have recently rung doorbells in Bowmanville, asking entry to the home, in order to provide a "security evaluation". Ironically, when the homeowner has refused, these so-called security experts have made menacing remarks intended to frighten the homeowner into trusting the con-artist. Calls made to the real security service have revealed that they do not make door-to-door solicitations for this very reason.

Here are a few tips to keep you, your family, and your neighborhood safe.

- Do not open your door to strangers, even if they claim to be your neighbors. Good neighbors will understand your caution and wouldn't expect you to put yourself at risk. Get to know your neighbors, so you won't be vulnerable to this kind of approach.
- Do not give cash, or let a stranger in your house for any reason.
- Do not turn your back on anyone to whom you have opened the door.
- Always ask for ID of anyone claiming to be a service or utility representative. Call the service or utility, if you are uncertain for any reason.

If possible, observe as many descriptive details about the person(s) at your door, pay attention to which direction they head when they leave your home and ALWAYS DIAL 911 AND REPORT THE INCIDENT TO THE POLICE. The call you make just might prevent a true neighbor from being exploited or victimized.



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# from the Principal's Desk... *by Joseph Peila*

Welcome to the 2009-10 school year!

There are many exciting changes at Chappell! Our new FOSS Science (K-5) and SEPUP Science (6-8) materials have arrived and are being used in classrooms. Parents will see some evidence of these new science programs being sent home, but much of the work is hands-on and will be done in class. Teachers will receive ongoing training on how to use these exciting curricula effectively. We are continuing our AVID (Advancement Via Individual Determination) program in grades 6-8 and expanding it into fifth grade. We are introducing a new "No Excuse" spelling list in grades 7 and 8 and our D'Nealing handwriting initiative is now being implemented in grades PreK-4.

Chappell has also had much work done on the facility over the summer. Painting was completed on the second floor of the old building, new floor tiles were installed where needed, the gym floor was refinished and new bulletin boards are being installed to highlight student work.

We are lucky to have an involved, interested parent group at Chappell. In response to requests for more information about our curricula and classroom procedures, the format of our annual "Open House" was slightly different this year. Re-named "Back to School Curriculum Night," teachers made curricular presentations to parents and answered many questions about classroom routines and policies.

As always, we are all committed to giving our students the very best education possible, working closely with parents along the way. At the time this is being written, we still have available spaces at some grade levels (including kindergarten and preschool) for new enrollees. Please let your neighbors, family and friends know that we are committed to being the "school of choice" in the Lincoln Square/Bowmanville neighborhoods!



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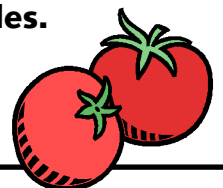
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# 311 or 911 - it's up to you to call!

by Jeff Graves

Attending Beat 2012 CAPS meetings for the BCO I am often amazed when I pass on a fairly serious community concern to the police and they have no record of any specific complaint or event ever occurring. The old adage 'The squeaky wheel gets the grease' is all the more true with problems and/or disturbances in the neighborhood.

Calling 311, the city's non-emergency hotline, or 911, is extremely important to the community and the police in order to record an incident and build history if it should occur again. The principal functions of the 311 system are to:

- Provide information regarding City events and programs;
- Receive requests for City Services and forward them to the appropriate departments;
- Process non-emergency Police reports, and
- Serve as the Back-up Facility for the Center for Emergency Communication.

Remember, if the incident that you are reporting has occurred and the offender is gone from the scene you should call 311. However, if the incident you are reporting is occurring now, and the presence of a police officer will help resolve it, dial 911.

You may remain anonymous when you call 311 or 911. So help us help the community by reporting witnessed offenses and problems!

CAPS meetings are held the 2nd Wednesday every Even Month at 7:00pm in St. Gregory's Hall at 1609 W. Gregory.

## Acupuncture

by Kyla Boles, L.Ac

Acupuncture care helps relieve signs and symptoms of many health problems. It can also uncover the underlying root causes(s) of those symptoms. The goal of this dynamic and integrated health care system is to activate the natural, self-healing abilities of the body. It can also strengthen and support the body to prevent future illness and disease. Acupuncture is a safe and effective way to get well and stay healthy.

Autumn is the time of the Lungs in Traditional Chinese Medicine. Autumn is the season when the Lungs and Large intestine are most active and most susceptible to both positive and negative influences. The Lungs perform the important function of extracting Qi ("life energy") from the air we breathe. Another important function of the Lungs is to produce Wei Qi (pronounced "way chee"). Wei Qi is similar to the Western concept of the immune system and protects the body against harmful external factors such as wind, cold, and damp, as well as germs and bacteria.

If the lungs become imbalanced, Wei Qi can be weakened and we become susceptible to illnesses and conditions such

as allergies, asthma, colds, flu, dry skin, to name a few. This can occur for a variety of reasons, including poor diet, stress, smoking, and pollution. The Meridian and Organ systems are also affected by certain emotions. The Lungs and Large Intestine are especially vulnerable to problems caused by sadness and grief. That's why this season is a good time to look inward and take some time to address any unresolved issues before they have an impact on your health.



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**CAPS 2012 Meetings at 7 PM**  
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**Next meeting: October 8th**

- Allergies
- Cold & Flu
- Chronic Pain  
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- General Well Being
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- Women's Issues  
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# Influence Others to Avoid Influenza by Robert Park, Registered Pharmacist

Influenza (commonly known as the flu for short) and pneumococcal disease are the eighth leading cause of death in the United States. Each year, approximately 36,000 vaccine-preventable deaths are attributed to the flu alone, and the majority of the deaths occur in the elderly population. It has been estimated that more than 200,000 hospitalizations are associated with the flu each year. Despite these statistics, vaccination rates for the flu and pneumococcal disease among U.S. adults fall well below the Healthy People 2010 goal of 90%.

The flu virus is primarily spread by aerosolized respiratory droplets from a cough or sneeze. The virus can also be spread when a person has direct contact with infected droplets from the nasal drainage or saliva from an infected person. If exposed to the flu virus, the risk of becoming infected ranges from 5% to 20%.

The onset of symptoms is usually abrupt. People with the flu often present with a high fever of 101 to 102 degrees Fahrenheit, nonproductive cough, sore throat, and muscle aches. People may also complain of fatigue, headache, or a runny nose. Uncomplicated flu usually resolves after 3 to 7 days for most patients. However, in some people, the flu is associated with complications that results in significant hospitalization or even death in rare cases.

The flu shot is an inactivated vaccine which is produced by first growing the virus in a laboratory, and then inactivating it using heat or chemicals. Inactivated vaccines cannot replicate, so, it is not possible for them to cause the disease. Therefore, receiving the flu shot cannot cause the flu.

The flu disease generally peaks in the United States from December to March each year, with the highest incidence typically occurring in February. Flu shots will be administered in various facilities including hospitals, clinics, and pharmacies.

*One location you can receive your flu shots is at your neighborhood CVS/Pharmacy located at 4800 N. Damen (the corner of Lawrence and Damen) on Wednesday November 4, 2009 from 2:30pm-6:00pm. No appointment is necessary and Medicare is accepted.*

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## October is Breast Cancer Awareness Month by Cindy Burgin



October 2009 represents 25 years that professional organizations have promoted breast cancer awareness, raising money to help find a cure, and providing support for women diagnosed with breast cancer, as well as those who have lost loved ones to this disease.

Although breast cancer is generally associated as a disease that affects women, a small percent of men are also diagnosed and treated for this disease each year. The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms.

Here is what you can do to assure early detection;

- Monthly breast self-examination.
- Clinical breast examination.
- Interval mammography and/or breast ultrasounds, as necessary.
- Breast MRI for women at high risk.
- Genetic evaluation and testing for women at high risk.

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## Get Your BCO Green Bags!

The BCO re-usable shopping bag has arrived and is receiving rave reviews! The bags are larger than most shopping bags you can purchase at some stores, are sturdy and have a flat, reinforced bottom. At \$2 a bag, they're a good deal, and a great way to support the BCO! Our bags are available by calling 1-866-837-1006, or you can stop by the Avram Eisen

Gallery at 5202-04 N. Damen. Stop in during gallery hours, Tue. - Sat. 10:00 a.m. until 7:00 p.m., and maybe you'll find a treasure to fill your BCO green bag!



# 2009 Garden Walk *by Craig Hanenburg*



Congratulations to Diana Leifer! She was awarded the "Best in Show" in The Bowmanville Garden Walk. This year's walk featured 19 residential gardens and our 3 community gardens. Pierre Poinsett, Bobbie Seltzer and Gigi Leonard are the Master Gardeners who reviewed the gardens and awarded the ribbons. The gardens were reviewed on various criteria including design, creative use of plants, and neighborhood enhancement. A point system is used to award prize ribbons.

The Master Gardeners made two additional award selections: Liz Gabbard and Eamon McCaffrey's vegetable garden was an "Honorable Mention" and the Farragut of Bowmanville Condominium Association shade garden was "The Most Improved".

These ribbons were awarded:

## BLUE RIBBON

Vickie Barson  
Diana Leifer  
Liz Gabbard & Eamon McCaffrey

## RED RIBBON

Jeff Graves & Jack Beaupied  
Eliza Fournier  
Scott Galassini & Ernestine Bettini  
Russ Klettke  
Mary Jude Ramirez

## WHITE RIBBON

Gail Clark  
Donna and John Urbikas

## GREEN RIBBON

Farragut of Bowmanville Condo Association



New for this year, a special education program was presented at the Gateway Garden by the Master Gardeners with information about vermicomposting, irrigation and soil conditioning.

The University of Illinois Extension Master Gardener Program hosted their "Ask a Master Gardener" information table at the BCO welcome table on Rosehill's Bowmanville Avenue green space.

At the end of the day, the Garden Walk Awards Party welcomed all the participants', volunteers, new members and Congressman Mike Quigley. The Congressman

congratulated the gardeners, and is interested in helping the BCO with the Garden Walk next year.

Congratulations to Bill Kuzcek, winner of the 3rd Annual Garden Photography contest! His photograph will be used in the promotion of the Garden Walk next year. Visitors to the Garden Walk voted on 21 different photos this year and the winning photo is "Sit Next To Me" by Bill Kuzcek.



**W**hat are your ideas for preserving Bowmanville's natural beauty? Would you like to see more corner parkways planted? Or encourage our neighbors to use rainbarrels and composters? We want to hear your ideas, and work with you to **"Make it Happen!"**



# Ice Cream Social not dampened by the rain!

The Ice Cream Social was held on Sunday August 16 and was well attended this year even though the rain showers drenched the crowd a couple of times. It was still delicious fun! We'd like to thank Ron and Pauline Messier, of Pauline's Restaurant, for the tasty ice cream, Wes Salsbury for his work organizing the event, and all the volunteers who Made it Happen!



**Hope to see you at the next BCO event!**

*Thanks for reading the Bowmanville Bee and see you in the winter!*



## 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

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### Quarter Page \$75

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### 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:

- Curves
- North Community Bank
- Pauline's Restaurant
- Claddagh Ring
- Fireside Restaurant
- Let Them Eat Chocolate
- Green Sky
- Crema
- Bobbie's Runaway Tavern
- The Book Cellar

## JOIN THE BCO OR RENEW YOUR MEMBERSHIP TODAY!

Please return this form with your check for \$12.00 to the Bowmanville Community Organization to:  
BCO

c/o Sherri Farris  
2101 W. Summerdale  
Chicago, IL, 60625

### QUESTIONS?

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

☐ New Member ☐ Renewal

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Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Committee(s) I'd be interested in helping:

- |   |   |
|---|---|
| <input type="checkbox"/> Membership Committee                           | <input type="checkbox"/> Planning and Development Committee |
| <input type="checkbox"/> Communications Committee (The Bee and Website) | <input type="checkbox"/> Bylaws Committee                   |
| <input type="checkbox"/> Nominating Committee                           | <input type="checkbox"/> Events Committee                   |
| <input type="checkbox"/> Gardening 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 \_\_\_\_\_

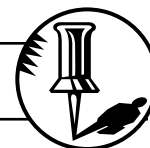
What are your hobbies and interests? \_\_\_\_\_

Any other comments you'd like to make? \_\_\_\_\_

**MEMBERSHIP MAKES IT HAPPEN — JOIN THE BCO!**

**THANK YOU FOR YOUR SUPPORT!**

## BCO Calendar of Events



**BCO Board Meetings** - Third Thursday each month, 7:15 PM at Tempel Steel Training Room, 5448 N. Wolcott.

**Communication Committee Meetings** - First Thursday of each month.

**Planning and Development Committee Meetings** - Last Monday of each month.

**Membership Committee** - Second Monday of each month at 7:30 p.m.

**Garden Work Days** - Bowmanville & Gateway Gardens the 4th Saturday of each month from 9:30 a.m. to 1:00 p.m., Gateway Garden the 2nd Wednesday of each month, 6:00 p.m. until dusk. Work days will run through the end of October.

**Community Harvest Fest & Pumpkin Patch** - Saturday, October 17th, see page 5 for more details.

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