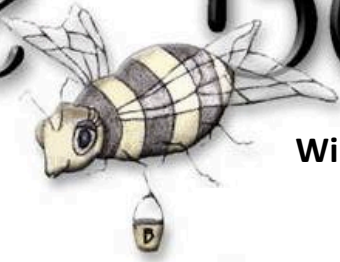


Bowmanville Bee



The Bowmanville neighborhood is bordered by Foster, Rosehill Cemetery, Ravenswood and Western. Visit our website at www.bcochicago.org.

Winter 2013

Who's Who in the BCO

OFFICERS

Claire Shingler
President

Wes Salsbury
Vice President

Paula Palmentera
Secretary

Menghua Sun
Treasurer

Joey Chiappetta

Jeff Graves

Maria Gullo

Dan Lias

Julia Masenthin

Kathleen Moran

Joe Mulherin

Jim Nagle

Laura Schmidt

Stewart Weiss

Barbara Wolke

John Paraoan

COMMITTEES

Newsletter

Peggy Cassidy

news@bcochicago.org

Events

OPEN

events@bcochicago.org

Gardening

Betty Redmond

gardening@bcochicago.org

GreenSpace

Anne Boyle

greenspace@bcochicago.org

Membership

Noelle Braun-Etheridge

membership@bcochicago.org

Planning

Jeff Graves

planning@bcochicago.org

Public Art

Laura Novy

publicart@bcochicago.org

Join us on

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facebook.com/bcochicago

BCO Bowmanville
Community
Organization
www.bcochicago.org

The Winter "To Do" List

Join The Discussion: Plans For Rosehill Open Land

The Chicago Park District and Alderman O'Connor invite you to join a Public Forum to discuss plans for the land acquired by the city in the northwest section of Rosehill Cemetery. Titled 'West Ridge Nature Preserve Public Forum' the meeting is open to all.

Mon., Feb. 11, at 7 PM at Amundsen High School, Damen and Foster.

Introducing BEE SOCIAL!

BEE THERE for this inaugural event. There's been a buzz out in the neighborhood; talk of a desire to simply get out and get social! This is not about committees or fundraising. There's no agenda. We picked a time and place for the first one, you can help pick the next one. It'll BEE Fun!

So, let's BEE SOCIAL and bring friends --
Thurs., Feb. 28, 7 PM | The Leadway,
5233 N Damen Ave.
RSVP not required - but appreciated at
membership@bcochicago.org

**Renew BCO
membership
ASAP!**

Submit
Vegetable Plot
Application

Due March 1
(see page 5)

Springtime Open Meeting

Yes, Spring will come, and with it the annual BCO Open Meeting for any and all interested parties. Join us to catch up on the latest happenings of the BCO and share your ideas for improving your community.

**Thurs., March 21, 7 PM
North Community Bank
5241 N. Western Avenue**

**It's Never Too Soon ...
to begin collecting your goods
for the 2013 Bowmanville
Street Sale! Mark your
calendars
June 1, 2013**

**Jazz Trio @
Let Them Eat Chocolate
Sunday, February 10
1 - 3 PM
5306 N. Damen Ave**



Communications Committee Stay Informed!

Events Committee

Gardening Committee

Membership Makes it Happen!

PLANNING & DEVELOPMENT COMMITTEE



Bowmanville's community newsletter, The Bowmanville Bee, is published quarterly with the goal of sharing the neighborhood buzz and promoting local business. Managing Editor Peggy Cassidy, Layout Editor Joey Chiappetta and Ad Manager Paula Palmentera work closely with BCO members and neighbors to gather and present the local stories that help make Bowmanville the unique and proud community it's become. The Bee urges the submission of relevant content, sent to news@bcochicago.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 are seeking a new volunteer to act as editor for the online newsletters and e-blasts and people who can help keep our website current. If you have an interest in writing or editing we'd love the help. Contact: 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! We are always looking for new twists for annual events and new event ideas. We are gearing up for event planning for our 2013 events and welcome your help. First up, an **event planning meeting for the Garden Walk: Feb 27** - contact events@bcochicago.org for more info.

The BCO Gardening Committee continues to face exciting challenges in 2013 and is poised to move into a rebuilding and restoration mode at the Gateway Garden upon completion of railroad construction. We are thankful for our volunteers and still need the help of the whole community as we endeavor to improve our natural surroundings. The Garden and GreenSpace committees' work continues on the installation of our newest site. We look to the entire community to join our efforts in implementing a sensible and enduring stewardship plan for all of our open spaces. For more details contact the garden committee at gardening@bcochicago.org or on our toll free line 1-866-837-1006. See our work dates included in this edition of the Bee's calendar.

The Membership Committee focuses on ways to continually engage and support our community and grow our membership base. This is definitely an area where you can see your new ideas take flight. Our latest activity is the **Inaugural BEE Social gathering, Feb 28, 7 PM at Leadway Bar & Grill**, followed by our **Spring Open Meeting on March 21 at 7 PM at North Community Bank (5235 N Western Ave)**. Both are open to all neighbors and friends of Bowmanville. Stop by to say hello, no RSVP required. Contact membership@bcochicago.org to help us with membership outreach. We'd love to hear from you.

Like public radio, all of our neighbors can freely enjoy the benefits of the hard work of the BCO. But in the end, "Membership makes it happen"! Join or renew today, we'd love to have you! Over 200 community members recognize the value of what the BCO does for this community, and know that it doesn't happen without financial and volunteer support. BCO membership fees are low at \$20 annually.

The Planning & Development (P&D) committee gathered Jan. 10, 2013 to discuss issues of change, development and improvement of our fine community. P&D interacts with local residents, businesses, and the Alderman's office to advantageously grow our community. The P&D committee meets on the 2nd Thursday of most months. The next meeting will be held on March 14 2013. Contact Chairman Jeff Graves for information: planning@bcochicago.org – all are welcome!

The BCO GreenSpace Committee continues its focus on fundraising and site planning for the newly acquired green space at 5384 N. Bowmanville. This committee is also working hard to expand the space. We need your help as we continue to move forward with our goal of making Bowmanville one of the greenest, most livable communities in Chicago. Please join us in this effort! To get involved, please contact greenspace@bcochicago.org.

The Public Art committee was formed in 2010 to explore the idea of a mural in the Berwyn pedestrian tunnel. That idea became reality very quickly! Do you have a good idea for additional public art in Bowmanville? Put it out there. Contact publicart@bcochicago.org for more information.

Gardens and Vegetable Plots To See Change

By Betty Redmond

Our community's gardens have been transforming before our very eyes, in subtle or striking, and sometimes shocking ways. An excursion along Bowmanville Avenue will introduce you to some new elements of the GreenSpace's interactive natural playscape. A new picnic table and rain garden are in place and underground the prairie plants are sinking down their roots in preparation for their Spring growth. Tree stumps for the stump stomp have been delivered and will be installed in their designated spaces as the ground thaws. Rocks, trees, shrubs and perennials will all make appearances in the Spring, too.

Travelling east along the path into the Bowmanville Garden toward the vegetable plots you'll find some fine additions to our hardscape. The garden budget received a boost of \$250 and a new garden bed filled with lavender and roses. This bed was installed just east of the center trellis, in partnership with NeighborSpace (www.neighbor-space.org), and TruBlooms Chicago (www.trubloomschicago.com). The Bowmanville garden is featured on each of these web sites.

TruBlooms Chicago produces a natural, locally grown, women's eau de parfum from the lavender and roses produced in community gardens around the city. NeighborSpace is a non-profit organization dedicated to acquiring property for community-based management of gardens, small parks, and other open areas. The Bowmanville GreenSpace and Garden, and the Gateway Garden are both certified Neighbor-Space gardens, and we benefit greatly from this partnership.

In addition to the insurance and other resources which NeighborSpace provides, we have received grants (from land development impact funds) for underwater sprinkler systems. This is important under recent heat and drought conditions. Bowmanville Garden's sprinkler satellites were installed years ago, but thanks to a generous contribution from neighbor, Billy Kuczek, PVC pipe and spigots were installed to extend service to the east for the vegetable beds, and to the west to include the recent GreenSpace site.

Chicago City Council approved licenses and funding for the Gateway Garden sprinkler system which will be installed in the 2013 season (as railroad construction permits). This is great news for all the veggie gardeners and volunteers who have had to maintain that site by lugging heavy hoses and carts to the hydrants on Balmoral and in the Summerdale cul-de-sac!

Some of the most shocking garden changes took place at the Gateway Garden where the railroad bridge replacement and retaining wall installation began in earnest. Volunteers and veggie plot gardeners persevered and kept weeds at bay as best they could, while surrounded by construction materials and behemoth machinery. Renowned landscape architect Stephen Christy was contracted by the railroad to document pre-construction garden conditions and to provide restoration service of any lost elements. With the embankment removal and addition of the retaining wall, a substantial amount of newly flat ground will be planted with trees and shrubs that will complement our existing edible landscape planting plan.

The City of Chicago Greencorps (formerly under the now defunct Department of Environment, and currently administered by the Chicago Department of Transportation) fulfilled the final elements of the 2009 – 2012 materials and labor grant they had awarded to our gardens. Their training crews helped with the installation of the rain garden, a serviceberry tree, and the new arbor and bench for the east end of the garden. Now, no matter where our volunteers and neighbors find themselves in our 2 block long garden, they will find a nearby seat for rest and respite!

While keeping a-pace of all that's new in the gardens can be a delightful pastime, volunteering in whatever way you can will make real change happen. The rewards you'll receive will be priceless, and you will pass them on to the generations to come.

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How Do Our Gardens Grow?



Only with your help.

You don't have to have a green thumb to help in Bowmanville's public gardens. If the challenges of physical activity have held you back, there are numerous other ways to pitch in. Fundraising, carpentry, cooking, and computer and communication skills are always in demand. Donations of plants, hardscape, tools, gloves, refreshments, paper goods and utensils are welcome. Any connections to local businesses that can provide these materials or to your church, Scout, school, corporate groups, or block clubs who can recruit volunteers for workdays are essential. Families can sign up to plan a play date in the greenspace, and while the kids are enjoying a picnic lunch, moms and dads can mow and water the grassy berms and pathway.

A core group of volunteers have dedicated their time and energy, some for years, to provide the neighborhood with a treasure admired by community members and envied by many others. Visit on a workday to learn what they know about Bowmanville history!

Much of the maintenance of the gardens' common areas is also done by vegetable plot renters. They are required to do 12 hours of community garden service as part of their rental agreement. Some of those renters don't even live in Bowmanville, but come from Edgewater, Andersonville, Lincoln Square

and beyond. Their plot rental and membership fees contribute to the BCO treasury, and their labors during the growing season help maintain something that neighbors appreciate all year round. Come out and learn what they have to share about the environment, healthier eating, and greener lifestyles!

Stewardship of our greenspace and gardens depends on you, our neighbors and friends. Whether you turn out on a garden workday, attend a fundraising event, contribute to the Annual GreenSpace Appeal or add a few extra dollars to your membership renewal, we want you to know that your contribution is invaluable. It is appreciated not only by the BCO "Green Team," but also by a larger community that lives beyond the borders of Bowmanville.

We'll be planning a variety of activities while we work in the garden in 2013 - music, barbecues, marshmallow roasts. Come out and join us - meetings and work dates can be found on the BCO Calendar (back page). We welcome all ages, skill levels and ideas to help our gardens flourish and to bring our community together!

**Community Gardening
Planning Meeting**

**March 13, 6:30 PM
Location TBD**

**Veggie Garden
Orientation**

**April 10, 6:30 PM
Location TBD**



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Growing Demand for Vegetable Plots – Applications Available!

Each year we see a growing number of requests for vegetable plots, and we have to turn down many disappointed applicants. In 2011 we added raised vegetable beds to the Bowmanville Garden, and are now considering another Bowmanville vegetable bed expansion. Be on the ground (pun intended) floor of this exciting new project and attend the Garden Planning Meeting on March 13th. Call 1-866-837-1006 or email gardening@bcochicago.org for meeting location and details.

Vegetable plot applications are now available and under consideration for the 2013 season. Visit our web site to download your application: www.bcochicago.org, or call the toll free number above. The application deadline is Friday, March 1st. Plot rental fees are not due until your application is accepted. You must be or become a BCO member and commit to 12 hours of community garden service to get a plot assignment.



They're Still Workin' On The Railroad

by Dave Johnston

Mild weather through the Fall and Winter has allowed construction to progress on the Metra UP-North Line expansion. Retaining wall work between Balmoral and Foster began in October 2012 with the installation of vertical beams. Major excavation adjacent to the Gateway Garden was completed in late December, and the change in appearance from a tree and grass-covered embankment is striking. Spring construction work is expected to include installation of tie-back anchors, after steel whalers are installed with the wood lagging. There is not yet a schedule for completion of the retaining wall concrete, which is to have the same textured design as is on the new Balmoral bridge abutments.



**Join The Discussion:
Plans For Rosehill Open Land**

Mon., Feb. 11, at 7 PM
Amundsen High School
Damen and Foster

David Westling Piano Tuning

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Scenes from HamBINGO! Photography by Cindy Burgin



Keeping the Fun in Fundraising for Bowmanville's Greenspace

Bowmanville Gets Lucky!

IT WAS A FULL HOUSE on Saturday night, September 29 as more than 170 Bowmanville neighbors and friends turned out for the first ever **BCO Poker Run and Pub Crawl**. Organized by longtime Bowmanville advocate **Liz Gabbard**, the wildly successful event raised \$2,120 for our community greenspace.



Poker Run organizer Liz Gabbard with Kevin Clancy, owner of the Claddagh Ring

Participants traveled to five neighborhood bars throughout the evening to pick up cards for their lucky hands — Big Joe's, K's Dugout, Leadway, Bobbie's and the Claddagh Ring.

Dealers were stationed at each of the bars to hand out the cards as merrymakers came and went throughout the evening. Our special thanks to neighborhood volunteers **Kelly Chester, Larry Delahanty, Kris Neurauter, Jean Swoboda, Trish Torres** and **Diane Wagner** for their dealing expertise.

The lucky winners were:
First Prize — Larry Yatchak
Second Prize — Brittany Connolly
Third Prize — Mitch Hood
Worst Hand — Karen Peterson
Our heartfelt thanks to Liz and all of the volunteers who brought this lucky night to Bowmanville!

Turning Gold into Green

JUST BEFORE the holidays descended, greenspace supporter **Diana Leifer** hosted the first annual **Turn Your Gold Into Green Party** for Bowmanville neighbors and friends. Delighted participants had their unwanted jewelry evaluated by "Gold Buying Girl" Dawn Sachs and walked out with a check in hand. A percentage of the night's commission was donated to our GreenSpace Initiative, raising \$873 for the cause. Thank you, Diana, for your quick work and gracious hospitality!



BCO board member Maria Gullo (center) with her sister (left) and bingo caller Velicity

A Wild and Crazy End to 2012 by Maria Gullo

WHAT DOES B-I-N-G-O, Velicity the Fabulous Drag Queen and a 91-year-old Grandma have in common? HamBINGO of course! Don't worry, it's not ham the meat, and it's not church basement bingo, it's **Hamburger Mary's Bingo for Bowmanville's GreenSpace!** On December 30, the BCO GreenSpace Committee hosted its third bingo fundraiser of 2012 to help complete installation of the natural interactive playscape in the community's new greenspace on Bowmanville Avenue. It was also an excuse to celebrate my 34th birthday! It was a win-win

night for me — celebrating my birthday with friends and family and helping to raise money for green space! So enough about the b day girl...you wanna know the grand total, right? Drum roll please..... \$415!!!! Not bad for an easy, fun, two-hour fundraiser!

Fabulous prizes were provided by local businesses and volunteers:

- \$25 gift certificate from **Pauline's Restaurant**, Kathy Henning, proprietor
- \$25 gift certificate from **Let Them Eat Chocolate**, Debra Voss, proprietor

- \$25 gift certificate for **Green Sky Eco-Boutique**, Nadine Kieren, proprietor
- \$30 leaf earrings designed and made by Heidi Kafka, of **Red Heidi Jewelry**, available at Avram Eisen Art Gallery and Women and Children First Bookstore.
- Homemedic heated neck & shoulder massager (\$30 value).
- \$35 gift certificate for **Painted Light Photography and Framing Gallery**, Barbara Laing, proprietor
- Children's garden books and totebag (\$45 value) contributed by



Bowmanville revelers enjoy one lucky night —

FAR LEFT: Joe McBreen, Carrie Mitchell, Karen Hood, Jessica Westhoff, Heather Samson and Carrie McBreen

LEFT: Michael Vernon, Josh Samson and Joe and Carrie McBreen



Above: Cindy Burgin, Anne Boyle, Maria Gullo & Julie Hart

Betty Redmond and Publishers Group West.

- Adult garden & nature books & totebag (\$72 value) contributed by **Betty Redmond** and **Publishers Group West**.
- From the **Museum of Contemporary Art** — a Household Membership (\$75 value) and Jimmy Robert show catalog (\$25 value). This prize was procured for us by garden volunteer, **Nora Hennessy**.

The berms, trees and bulbs thank you very much! That's two green thumbs up!

Join the Bowmanville Green Team!

Call (866) 837-1006 or email greenspace@bcochicago.org to find out how you can help maintain the green spaces in our community. *We can't do it without you!*



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New rain garden funded by The Prince Charitable Trusts

WORK ON OUR GREENSPACE IS PROGRESSING with a **new rain garden installation**. On September 29 and October 6, neighbors and volunteers from **GreenCorps** installed over 300 plants given to us by the **Center for Neighborhood Technology (CNT)** through a grant funded by **The Prince Charitable Trusts**.

Rain gardens use a combination of plants with deep root systems and drainage-friendly soil to draw in water, thus keeping it from running off and entering the sewer system. Reducing water can be especially important in a place like Chicago, where we have a combined storm and sanitary sewer. Any water that can be naturally filtered and drained, rather than running off to the sewer, has multiple ecological benefits as it is incredibly energy-intensive to treat water, and planted areas can restore habitat, encourage species diversity and reduce the effects of urban heat islands. Our rain garden intercepts water that flows from the cemetery so that our gathering spaces won't get soggy.

The installation includes 300 native perennials. One of the exciting things about the new plants is that each of the 10 species evolved right here following the last glacier, but now are very rare. CNT obtained the plants from Pizzo Native Plant Nursery, one of a half dozen nurseries in Illinois that specialize in restoring prairie remnants whenever possible.

The table below describes the plants. By looking up the scientific names, you can get photos of the plants and learn more about them:



Plants in the Bowmanville Rain Garden

| SCIENTIFIC NAME | COMMON NAME | COLOR | SEASON | HEIGHT |
|---------------------------------|-----------------------|-------------|-------------|-----------|
| <i>Asclepias incarnata</i> | Swamp Milkweed | Pink | Summer | 40 to 60" |
| <i>Bouteloua curtipendula</i> | Sideoats Grama | Purple | | 12 to 40" |
| <i>Coreopsis lanceolata</i> | Lanceleaf Coreopsis | Yellow | Summer | 12 to 24" |
| <i>Dalea purpurea</i> | Purple Prairie Clover | Violet | Summer/Fall | 24" |
| <i>Liatris aspera</i> | Meadow Blazing Star | Purple/Pink | Summer/Fall | 36 to 60" |
| <i>Parthenium integrifolium</i> | Wild Quinine | White | Summer/Fall | 18 to 30" |
| <i>Penstemon digitalis</i> | Foxglove Beardtongue | White | Summer | 36 to 60" |
| <i>Rudbeckia s. sullivantii</i> | Orange Coneflower | Orange | Summer | 18 to 30" |
| <i>Ruellia humilis</i> | Hairy Wild Petunia | Lavender | Summer | 12" |
| <i>Solidago speciosa</i> | Showy Goldenrod | Yellow | Summer/Fall | Up to 48" |

In addition to the plants, our grant from CNT included a **new picnic table**, purchased from the Rebuilding Exchange. This sturdy new table was built from wood reclaimed through the Exchange's program, which deconstructs buildings and gives materials new life by constructing new items from them.

Our thanks to Bill Eyring, Ryan Wilson and the crew from the Center for Neighborhood Technology for bringing this eco-friendly development to Bowmanville!



Kris Neurauter (center) leads community volunteers in rain garden installation.

'Twas Several Weeks Before Christmas

A PERSONAL REFLECTION ON THE ENVIRONMENTAL IMPACT
OF THE LARGE SCALE TREE REMOVAL IN ROSEHILL CEMETERY

BY CINDY BURGIN, NEIGHBOR AND GREENSPACE ADVOCATE

*'Twas several weeks before Christmas, and all seemed just fine
'til I passed Rosehill Cemetery, the machines in a line;
The damage had started, the trees disappeared,
the mulch heap was massive, the land had been cleared.*

*Thousands of trees had been tagged to be dead,
while visions of nature trails danced in my head;
And me in my coat and my cap I did go,
and thought with such damage that others should know.*

*When out on the lawn there arose such a clatter,
I sprang from the car to see what's the matter;
The honking was deafening, the geese they did fly,
the truth of the matter, they all said 'good bye.'*

*The moon on the breast of the new-fallen snow
gave the lustre of mid-day to trees cut below;
Then, what to my wondering eyes should appear,
but a little white pick-up, to intimidate and fear.*

*With a little old driver, so lively and quick,
I knew in a moment, it wasn't Saint Nick;
More rapid than eagles, the cops surely came,
they whistled, and shouted, and called out profane.*

*A wink of his eye and a twist of his head,
soon gave me to know, I had much here to dread;
He said pointed words, and went straight to his work,
and spoke to the truckers; then turned like a jerk,*

*"Cut, Oak trees! now, Chestnuts! now Maple and Birch!"
All specimens healthy, now lay on the earth;
From the north to the south, to the west-sided wall!
"Now hack away! hack away! hack away all!"*

*As birds that before wild hurricanes fly,
when met with an obstacle, mount to the sky;
with habitat disrupted, they all go away,
no more heron or hawk, or for that matter jay.*

*The woodpeckers leave as the timber does fly,
no more cardinals or crows, they took to the sky;
despite the migration, that takes place each year
the patterns will change when the trees disappear.*

*And then as I watched, the coyotes appeared,
the young pups bewildered and obviously feared;
their shelter now gone in the blink of an eye
the future not certain, and some they will die.*

*The skunk and raccoon must relocate soon,
and others in nature will meet with some doom;
Our alderman promised a nature preserve
with trails for all, to love and observe.*

*When I questioned the extent of this deforestation
my inquiry was met with much obfuscation;
their answers conflicted with others I'd heard,
they advised me to leave, but I was not deterred.*

*Amid devastation and weeks that have passed,
we've heard nothing official and our neighbors aghast;
Nature, its beautiful, this I do know,
but all that's remaining are tree stumps and snow.*

*Our alderman promised a nature preserve
With trails for all, to love and observe.*



Amundsen Turns an Ordinary Evening Into Winter Fun

By Sage Torrisi (age 10)

The Amundsen High School Winter Carnival, held Dec. 19, 2012, was, in the author's opinion, a success.

They had games that were good for all ages, and the prizes were things that people would really use. I think the food was good, but maybe next time, they could offer something more healthy for people who do not want junk food. Otherwise, I think it was a really fun event to go to. It was a nice thing for people in the neighborhood to have something to do on an ordinary evening when usually they might have nothing to do. I really hope we can go next year because it was really fun. Next year we will try to remember to bring cans of food for the food drive too.

2012 Pumpkinpalooza Rained Out



There were many disappointed festival goers and volunteers in early October when the annual Pumpkinpalooza festival was hijacked by the weather. Unpredictable storms settled over Bowmanville on the scheduled Saturday, Oct. 13, making it impossible to stage the outdoor festival. But all was not lost. The sale of pumpkins by RPMS continued in the days that followed, and a cookie decorating meet-up was held at the Summerdale/

Ravenswood cul-de-sac, bringing together many neighbors and Rogers Park Montessori School families to enjoy some seasonal fun. The goodwill and sponsorship that supported Pumpkinpalooza is so appreciated! Many thanks to all involved.



Chappell Gets Greener!

by Joseph Peila, Principal

Chappell School is set to receive an illuminating upgrade by the end of January. The goal is to improve the efficiency of lighting throughout the building, including lights in classrooms, halls, offices and bathrooms. Most of the work will be done at night to avoid interruptions to instruction, and when it's all done the school will be brighter and, in some cases, motion and sound sensors will be installed. Additionally, the new lights will dim when rooms are empty, saving money and electricity.

Chappell already does a fantastic job of recycling paper products, regularly exceeding the goals set by the Chicago Public Schools. We also donate usable left-over fruit from school lunches to a local food pantry. Look for our composting program - coming soon!

Bowmanville PumpkinPalooza

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Joie de Vine
Boxed Water is Better
Shingler Family
Jean Tumbaga

Human Tim & Robot Tim
Lisa DeRosia's Banana Bunch
Pete Special with John Maloney
Greg Schultz
Andrew Frost
Dozens of RPMS and Bowmanville families that contributed to the success of the event.

Local Tees Tout Bowmanville Pride

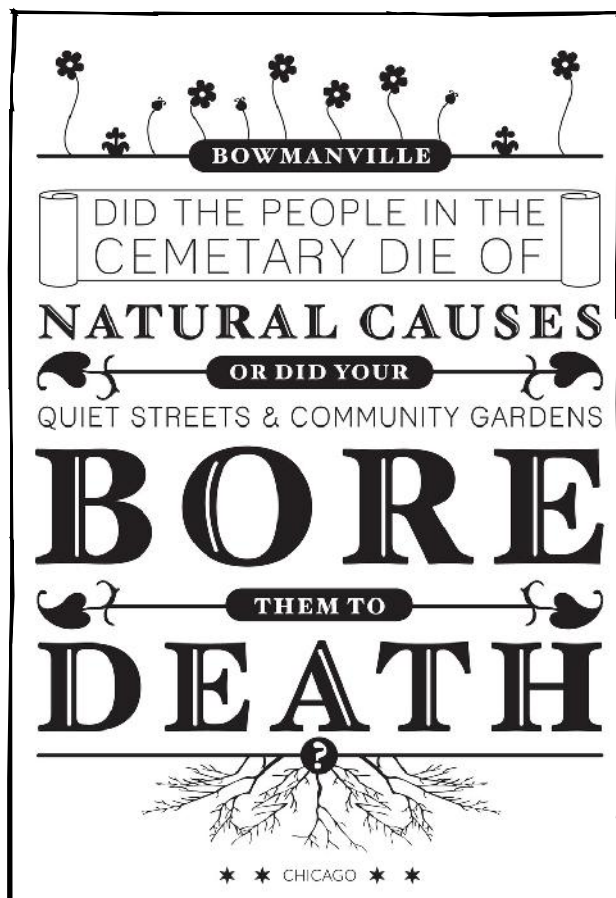
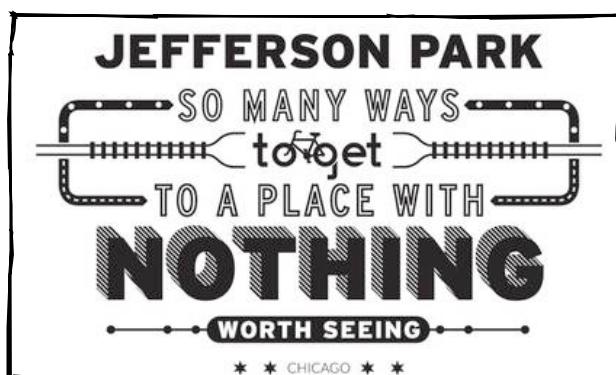


Many Bowmanville residents found the new Bowmanville T-shirts in stockings or wrapped festively as gifts this holiday season. The shirts, designed by Chicago graphic artist Steve Shanabrich as part of the Chicago Neighborhoods project, have been well received and are

still available. Shirts are \$20 for Men and Youth sizes; \$22 for Women's cut. Contact president@bcochicago.org to request your shirt - drop off or pickup can be arranged right here in the 'hood.

Slightly Insulting Poster Hits Home

In the category of "not taking one's self too seriously," a clever group of artists has created a web site to house their slightly insulting work. The site, slightlyinsultingchicagoposters.com, includes a tongue-in-cheek look at our very own burg, along with several other proud Chicago neighborhoods. It's all in fun, of course, and since the residents of the cemetery aren't likely to take offense, it's suggested that B-ville gardeners and greenspace volunteers take the same approach.



ALLIED AD

Josie Adds To Neighborhood Population Growth



Josephine Claire Herbert was born on Oct. 16, 2012, adding another potential BCO member to the neighborhood. She was warmly welcomed by her parents, Paul and Karen, and her big sister Nora, and will likely be a big draw at next summer's local block parties.

In addition to being a champion eater and sleeper, Josie is a good-natured little girl who likes to smile at her sister and laugh at her dog Evie's antics. Congratulations to the Herbert family!



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Neighbor's Backyard Becomes Site Of Historic Swordplay

by Peggy Cassidy



It was no ordinary BBQ in Leopoldo Lastre's backyard last Fall when a group of men and women gathered to practice their chosen martial art, Swordplay. In fact, it was a "cutting party," and Lastre was not just the host, but also an aspiring artist in this arena.

"A cutting party is an event where my friends and I get together to cut tatami omote mats," he explained. The mats are made from the stems of a soft rush (*juncus effusus*), which are soaked, then placed on a wooden stand, where they serve as the target for the swordsmen.

"We test our mad cutting skills, which were learned and developed at The Chicago Swordplay Guild (CSG), a school housed in Forteza Fitness, 4437 N. Ravenswood Ave."

Lastre said. He hosted the event because his Bowmanville home has a back yard that's "almost big enough for the horses that I'm now riding as I learn to joust. No, it's really not that big, and yes, I said joust."

Lastre, who is an attorney by trade, became involved with CSG more than 10 years ago when he saw rapier students practicing at the school. He was enthralled by the movement of students working to master their art, and he found his interest piqued.

"I can't think of a time I didn't love the idea of swinging steel," he told The Bee. He currently invests as much of his free time as he can in doing just that. "If I'm lucky, I hit a practice of some sort three times a week. If I'm truly fortunate, at least one practice is in full plate armor."

Lastre gravitated to CSG, a local group, but says that the Historical European Swordplay (HES) and Western Martial Arts (WMA) movement is international, with a wide range of groups rediscovering cultural heritage, tradition and history.

"We try to breathe life into what was once a living tradition of martial arts," Lastre said.

He recently expanded his studies to include mounted skill at arms, including jousting. So broad is the appeal of the sport that Lastre

frequently travels to participate in related events, but traveling with the necessary equipment is no easy feat.

"On the way to and from Texas (recently), a certain airline allowed me to fly with two checked golf bags," he said. "Neither bag could weigh more than 50 pounds. Let's just say, they both were right at the 50 pound mark. TSA always makes sure to insert a pleasant note. Skycaps are a blessing, too."

CSG, which is in Ravenswood, offers classes ranging from combative techniques to the use of longsword, arming sword, rapier, dagger, and poleaxe. Lastre also studies with Mario A. Contreras and Jill McCrae, who offer dressage classes at the McCrae Farm, northwest of Chicago.

Related Sites

Forteza | Fitness, Physical Culture & Martial Arts
fortezafitness.com

Chicago Swordplay Guild | A Modern School of Traditional European Martial Arts www.chicagoswordplayguild.com

Mario A. Contreras – Trainer www.mchorsetraining.com

McCrae Farm French Classical Dressage
www.mccraefarm.com

Society for Creative Anachronism, Inc. sca.org



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Greeting Cards Take Mural To New Level

It's amazing how many ways the Berwyn Mural has continued to enrich our community. Most recently, neighbor and artist Laura Sabransky took some photographs of the mural and used a winter scene to create a lovely holiday card. She produced and sold packets of the cards to Bowmanville residents, and shared a portion of the profit with the BCO.

Laura hatched the idea of making the cards available to residents after having created a card for herself from mural photos she had taken in 2011. She floated the idea at the BCO Open Meeting in the Fall, and the enthusiastic response had her taking orders from folks that very night, customizing the greetings for each order. The feedback from the project was all positive, and Laura really enjoyed it.



"It's funny how many people didn't recognize the scene right away, because it's such a small part of the entire mural," the artist said. "I feel like there are many more photos to be taken!"

Laura says she's open to creating more custom cards using imagery from the various seasons depicted in the mural. Contact her at MarbelousDesign@gmail.com if you are interested in placing an order.

Please keep the mural stories flowing, they are truly heartwarming for our community.

Local Gallery Forced To Leave Bowmanville



Nearly six years ago Avram Eisen followed his dream to own his own gallery. In years prior, he had developed his framing skills at various custom frame galleries in Chicago, before which he had explored a number of different artistic endeavors while living in New York City.

"But it wasn't until Avram became the manager of a framing department of a New York art supply store that he found his artistic niche," according to the gallery's web site.

So, in 2008 he opened his gallery and frame shop on Damen Avenue, adjacent to several other artists' spaces. Avram offered quality framing, and hosted numerous shows of the work of local artists, including a showing of cartoons by famed Sylvia creator, Nicole Hollander in 2011. It was a dream realized.

In April 2013, however, Avram will be closing his doors in Bowmanville.

"Business has been slow for quite a while," he told his friend and Bowmanville neighbor, Wes Salsbury, adding that the current economy offers a view that's "less than optimistic for the future."

"It is difficult to sell high-end framing and gallery services in a low-end economy," he admitted. That reality, compounded by the fact that his two high school-aged children will soon be off to college (adding tuition to the mix), lead Avram and his wife to recognize that the shop would have to go.

He said he's very grateful for the support of the community, and especially the BCO. Avram told Wes that he'd learned a lot from the organization and was amazed at how well this community worked together to beautify the area, initiate community identity and share its local pride.

"I am grateful for the business brought to me by members of the community and cherish the friendships that I have developed," the gallery operator said.

There's still time to stop into Avram Eisen Gallery to check it out, meet the owner, and get your last-minute framing done by this craftsman.

The gallery will be hosting the "District 1A Lions Clubs Peace Poster" exhibit, set to open with a showing of the winning art work and honored artist on Sat., Feb. 2, at Noon. Why not plan to stop in for the show and to say goodbye and thank you to this friendly gallery owner.

Local Shop Hosts Novy's "Spectacular" Show



Bowmanville neighbor and artist Laura Novy recently showed her work at a shop in Andersonville to a most receptive audience. While the show is no longer up at Scout, 5221 N. Clark St., the artist sold more than half of the pieces originally included in the month-long exhibit, and was excited to have been given the opportunity to share her project in a public setting.

Many area residents know Laura as one of the driving forces behind the Berwyn tunnel mural. She spent endless hours helping with the mosaic portion of that public artwork, an assignment, it turns out, that is aligned with the ceramic work that has been Laura's focus.

"I have always worked in ceramics," she said in the invitation to the Scout show. "I like to re-imagine and re-purpose everyday objects, and take those objects and make them beautiful."

Her recent show featured "slip-casted vintage paintbrushes in porcelain," with which she "tried to make decorative and interesting pieces out of objects (that are) themselves ... used to make art."

The folks at Scout shared Laura's enthusiasm for the show and said, in an announcement from the store, that their familiarity with Laura as a regular customer only added to their excitement in adding her to the shop's Artist Portfolio.

"It all began when Laura, who is a vital member of the ceramics community in Chicago -- with a degree from the School of the Art Institute of Chicago and University of Hartford -- went back into the studio after having seen several large horse hair paint brushes in Scout. She was instantly inspired, and began a journey that brought us to her current work."

The release went on to say that Laura's work is "nothing less than spectacular." And her community is nothing less than thrilled for her in her success.



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Sitting, The New Smoking

By Russ Klettke

The news on sitting is in and it's not good. A study published last year in Diabetes Research and Clinical Practice describes how sedentary behavior, which most of us do in varying amounts, is associated with poor cardio health, Type 2 diabetes and premature death.

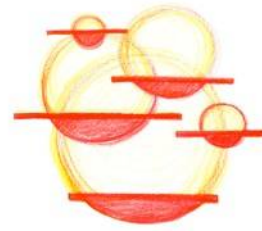
Note this is not a call to go join a gym. It's ok if you do, but in fact that would be insufficient – for the purposes of stimulating proper insulin and enzyme activity in muscles you really need to move around more throughout the day. Ideally, that would mean going for a walk two minutes out of every twenty.

Of course achieving that with perfection is almost impossible. But rather than allowing perfect to be the enemy of the good, shoot for the best you can muster by any of the following means:

- Stand or walk around when on the phone
- Conduct "standing only" meetings (some companies do this to reduce meeting time)
- Walk your errands when possible
- Plan social events around places you can walk to – in Bowmanville, Lincoln Square and Andersonville
- Multi-task while watching TV (cook, fold laundry, clean, practice 1-leg balancing)
- Run up or down staircases for small things
- Start each day with at least a five minute walk, however that fits into your routine

If you think that sounds too hard, imagine what life was like for your great-grandparents. They didn't have the Internet to tell them what to do and they were busy from sunup to sundown – and were far less likely to have Type 2 diabetes.

Russ Klettke is a Bowmanville resident who channels a natural talent for forgetfulness into up-down stair climbing every day, all day.



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Liz Kantorski's handcrafted wooden balance boards and beams are being used for organic fun with adults and kids of all ages. Use them for movement, fitness, yoga, physical therapy and more. Incorporate them into homes, classrooms, gyms, hospitals or offices. BCO members can experience her boards at a discount in one of two ways:

1. 25% off the Birthday package - For \$75, BCO members can rent a set of 12 balance boards of various sizes and 2 beams.
2. 10% off any order of boards, beams or blocks. Go to www.balanceboardsandbeams.com for pricing and sizes.



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

Deadline for the Next Bee: Apr 5 Help Deliver the Bee!

Volunteers are always needed and welcome! Please call 866-837-1006 or email news@bcochicago.org

Need another Bee?

You can find them at the following local businesses:

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

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Areas where I can help out in the coming year:

- Event Planning: ☐ Street Sale ☐ Garden Walk ☐ Ice Cream Social ☐ Fall Festival
☐ Membership outreach ☐ Gardening ☐ Finance
☐ GreenSpace initiatives ☐ Planning and Development ☐ Bee delivery
☐ Public Art initiatives ☐ Communications (newsletters, website, email, Facebook)

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 live in a house or multi-unit building? ☐ House ☐ Multi-unit (>2 units)

How many adults (18-65) are in your household? ____ How many seniors (over 65) are in your household? ____

How many children (under 18) are in your household? ____

What type of new BCO programming would interest you? _____

Comments or feedback? _____

BCO Calendar of Events

(Committee contacts listed on page 1; check website for schedule updates)



| | | |
|--------|-----------------------------------------|--------------------|
| Feb 11 | West Ridge Nature Preserve Public Forum | 7 PM @ Amundsen HS |
| Feb 13 | Police Beat 2012 CAPS Meeting | 7 PM |
| Feb 20 | GreenSpace Meeting | |
| Feb 27 | Garden Walk event planning meeting | |
| Feb 28 | Inaugural BEE Social meetup at Leadway | 7 PM |
| Mar 1 | Vegetable Plot application deadline | |
| Mar 13 | Garden planning meeting | 6:30 PM |
| Mar 14 | P&D Meeting | |
| Mar 21 | Spring Open Meeting of the BCO | 7 PM at NCB |
| Mar 23 | Garden Workday at Bowmanville | 9:30-3:30 PM |
| Apr 10 | Garden Orientation meeting | 6:30 PM |
| Apr 10 | Police Beat 2012 CAPS Meeting | 7 PM |
| Apr 27 | Garden Workday at Gateway | 9:30-3:30 PM |
| May 8 | Garden work night | 6:30 PM until dusk |
| Jun 1 | Bowmanville Street Sale | |
| Jul 13 | Bowmanville Garden Walk | |
| Aug 17 | BCO Summer Social - Ice Cream and More! | |