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

Spring 2010

Who's Who in the BCO

OFFI CERS President CLAIRE SHINGLER President@bcochicago.org

Vice President LIZ GABBARD VP@bcochicago.org

Secretary JOHN PARAOAN Secy@bcochicago.org

Treasurer JIM YORTON Treasurer@bcochicago.org

BCO BOARD

Otto Barone BA Church Amy Gawura Mandel Goodkin Jeff Graves Jim Hannon Mona Majeed John Maloney Kris Neurauter Justin Villar Barbara Wolke

COMMITTEES Events

Events@bcochicago.org

Gardening BETTY REDMOND/ANNE BOYLE Gardening@bcochicago.org

Membership STEPHANIE MARDER Membership@bcochicago.org

Planning and Development **JEFF GRAVES** Planning@bcochicago.org

Communications OPEN Comm@bcochicago.org

Reports From A Neighborhood In Action

An Update and Outlook From The BCO

7 inter brought no hibernation for members of the Bowmanville Community Organization who were busy planning improvements and plotting gardens even as the snow fell. The coming of Spring brings evidence of their efforts, and this issue of The **Bee** to help you catch up.

The BCO held its annual **Open Membership Meeting** on Feb. 18 and, adding to numerous brilliant topics of discussion, an unexpected power outage threw the meeting into darkness, adding lively laughter to the already vibrant sense of community. (pg.3)

The Garden Committee has big plans for the spring and summer, and are hoping for volunteers, old and new, to join in the fun (i.e. work). (pg.11)

As small buds appeared on branches and in neighbors' yards, so too were there new sprouts in local households. Look inside for an introduction to a few of the precious **newborns** area residents brought home this winter. (pg. 7)

Local galleries have opened their doors to spring's strolling neighbors to share fine art, fetching photography, stunning spaces and Bowmanville cordial conversation. There are exciting Community things planned at these Damen Avenue Organization galleries throughout the year and your w.bcochicago.org support is greatly appreciated. (pg. 13)

Local gardeners listen intently as Jon Bjork talks about healthy soil in the first of a series of educational presentations organized by the BCO Garden Committee.

Bowmanville, there's an ongoing push to help the **Griffin Theater** move into the former 20th District Police Station. (pg. 14)

It's not too soon to start gathering our goods for the ever popular Bowmanville Street Sale, coming up on June 5th. Read all about it and sign up to sell. (pg. 3)

You will hardly have finished putting away your newfound Street Sale treasures when the 12th Annual Bowmanville Garden Walk comes along on July 10th to highlight neighborhood yards and gardens, from infancy to magnificence, wild to prim, and everything in between. Bowmanville residents proudly display their blossoms and blooms, while sharing a summer afternoon with their neighbors. (pg. 12)

So spend a little time paging through this Spring edition of The Bee and catch up on these and more of the stories that make up our community.

1-866-837-1006

Also in the interest of nourishing art in



Communications

Stay Informed!









GREENSPACE COMMITTEE

A warm welcome to new Bowmanville Bee Managing Editor Peggy Cassidy! We are grateful to Peggy for stepping forward to lead the efforts for the Bowmanville Bee. We look forward to her contributions to keeping our neighborhood informed. On this issue she has worked with Adrian Ruddock on layout and Sharon McGill on advertising. Adrian and Sharon have been instrumental in producing the Bee (for this issue and previous!) – many thanks to the whole team and all contributors.

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

The Communications Committee meets the first Wednesday 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. 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@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 heading into our busy season for events, with the Street Sale, Garden Walk, and Ice Cream social coming in the summer months. We need volunteers on this committee to make these events happen. Each event has its own "co-chair" person, and 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@bcochicago.org.

Next Event: Street Sale, Saturday June 5th see page 4. Garden Walk, Saturday July 10, see page 13. Register now for both events!

The Garden Committee Co-Chairs, Anne Boyle and Betty Redmond have organized garden site team leaders to help coordinate the work at each garden location. Many thanks to the following volunteers for stepping into that role!

Bowmanville Garden – Ellen Jurczak and Tom Kennedy Gateway Garden - Anthony O'Reilly and Dave Johnston Westgate Garden - B. A. Church and Billy Kuczek

Garden workdays resume as scheduled: 4th Saturday of each month, 9:30 AM - 1:30 PM 2nd Wednesday of each month, 6 PM until dusk

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

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@bcochicago.org to find out more.

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** 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.

The Greenspace Committee is hard at work in our quest to acquire permanent greenspace for the neighborhood. This committee is making the rounds to any and all groups and individuals we can identify as potential supporters to our cause. We are getting organized around a fund-raising campaign. We held a very successful community brainstorming session on March 7 and are continuing to evolve our ideas and action plan to make our dream of increased local green space a reality. There is much to do. Contact greenspace@bcochicago.org to get involved. Our next meeting is: Tuesday, April 27 at 6:30 pm in the Tempel Steel Training Room, 5448 N Wolcott.

News Community News Community News

Annual Membership Meeting: Hot Chocolate, Cookies, Conversation and *Lights Out!*

John Paraoan

ommunity members gathered at North Community
Bank in February to share information about what's
happening in our neighborhood. In addition to the
treats and hot drinks provided by BCO members, several
local businesses donated books, art pieces and other gifts for
a silent auction.

BCO President Claire Shingler kicked off the meeting with an introduction of the board members and a warm welcome to the special guests.

Among the speakers covering an array of topics important to Bowmanville, Cook County Commissioner Bridget Gainer, 10th District, explained how county taxes are collected and appropriated. She also asked for the community's support in the upcoming elections.

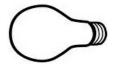
Ian Laing and Noelle Braun-Etheridge presented an overview of the **Block Captain Program** and introduced current block captains. (pg. 15)

BCO is now on Facebook and BCO communication is evolving, Wes Salsbury reported to the group. "Friend" us!

Along those lines, The Bee is seeking volunteers for content and production. If writing's not your thing, share your ideas and The Bee staff will (try to) tell the story.

Leads are in place for all three of the Bowmanville gardens, Betty Redmond, of the **Garden Committee** shared. Anthony O'Reilly, Ellen Jurczak and B.A. Church will oversee this year's production. Work began in earnest at the Gateway Gardens on March 27. *(pg. 12)*

Since the Bowmanville Community Gardens continue to receive recognition from the City of Chicago for its commitment to adding green space to the neighborhood, the



meeting included an enthusiastic "shout out" (Thank You) to the volunteers who help make the gardens the pride and joy of the community.

Kris Neurauter and Anne Boyle outlined an exciting GreenSpace initiative and encouraged participation in the charrette (detailed on pg. 4).

Barbara Wolke reminded everyone that the **Bowmanville Street Sale** is fast approaching and that volunteers are still needed to help make the event a continuing success. (pg. 4)

As the meeting came to a close, the electricity on the block went out and it was "Lights Out." That small inconvenience didn't stop community members and guests from enjoying each others' company and sharing a few laughs. Fortunately, there were enough cell phones in the room to light a path to the snack table.

Thanks to representatives of Alderman O'Connor's office and to Adam Robinson, candidate for Illinois Senate, 7th District., for attending, and to all the participants and volunteers who helped make another BCO Open Meeting a success.

Sincere thanks also to the following donors to the meeting:

North Community Bank Avram Eisen Gallery Kyla Boles Acupuncture Utopian Art Glass Multiple Choices Betty Redmond Diane Wagner Liz Gabbard Jeff Graves Mona Majeed



3



News Community News Community News

Neighbors Gather For GreenSpace Planning

Kristine Neurauter



BCO President, Claire Shingler, discusses open space ideas with participants.

Bowmanville residents filled the Tempel Steel Training Room to capacity on Saturday, March 6, as they gathered for a charrette for the purpose of planning the best use of open space in the Bowmanville Community.

The GreenSpace Committee's goals for the day were to inform the community about the progress of the project and to generate ideas. It succeeded on both counts.

Committee Chair, Anne Boyle, talked of the group's efforts to

secure permanent open space along Bowmanville Ave.

The group discussed some of the factors affecting how to maximize utilization of the space—including a discussion regarding neighbor demographics and results of the Winter 2009 Community Survey which identified sustaining open space and parks as most important by survey respondents.

After the project overview, the attendees broke into small groups to brainstorm and discuss what uses they felt would work well for our community.

Several groups presented ideas that balanced passive landscaping with more active use, i.e., areas designed for children and others designated as "pet friendly." Participants suggested a "community lawn", similar to the area currently used by the Bowmanville Community for summer events. All in attendance agreed that there's a need for a community gathering space.

The groups also identified challenges that may face the development, including traffic safety, security, maintenance and accessibility.

Although the GreenSpace Committee is currently focusing their efforts on green space along Bowmanville Ave., some of the ideas generated at the charrette could also help guide open space development of other vacant parcels of land in the community.

The committee was pleased to see such enthusiastic support from participants, who included homeowners, condo owners, renters, several business owners and special guests, State Rep. Greg Harris, who has been lending political support of the project, and Jill Heise, the Director of



Charrette

[shuh-ret]-- noun
A final, intensive effort to
finish a project, esp. an
architectural design project,
before a deadline.

Participants share information, ideas and enthusiasm in small groups during the charrette.

Neighborhood Parks and Community Relations at Friends of the Parks, who has been providing guidance to the committee throughout the process.

The BCO GreenSpace Committee invites you to support the efforts of this project in any way you are able. We will hold community charrettes over the course of this project, and are seeking input from all Bowmanville residents.

If you have any questions, please contact the BCO GreenSpace Committee (1-866-837-1006)

email: greenspace@bcochicago.org

Think Summer Street Sale As You Tackle Spring Cleaning

Barbara Wolke

ark your calendars for June 5, 2010, from 9 -4, then check your closets, basements, attics and garages for lost treasures, unwanted gifts and stuff you simply don't need anymore.

Last year we had 106 participants and interest increases each year. The variety of "stuff" is amazing and fun. For avid yard-and garage-salers, our neighborhood is a "must shop."

Complete the application included in this edition of The Bee. Deliver it by **May 21** to:

Barbara Wolke, 2311 West Farragut

Your house will then be indicated on the map distributed to the hundreds of buyers.

Have fun selling, but be sure to allow yourself some time to shop around the neighborhood, too.



A Greener Sustainable Bowmanville

The Search for Permanent Greenspace in Bowmanville

Anne Boyle

Call it what you will – greenspace, open space, a park – the BCO has been working diligently to secure it for our community.

You may have heard about the GreenSpace initiative. It began 18 months ago in the living room of B.A. Church, longtime Bowmanville resident and member of the BCO board of directors. A small group of us started meeting there on a regular basis to explore the possibility of obtaining permanent greenspace in Bowmanville.

We already have little slivers of nature in our neighborhood. In the center of the community, there's the long, narrow garden stretching for a quarter mile along the cemetery wall on Bowmanville Avenue. On the west side, there's the beautiful garden that sprang out of the traffic bumpouts at Berwyn and Bowmanville. And on the east side, there's the remarkable transformation of a vacant strip of land along the train tracks into a thriving vegetable garden tended by community residents and school groups.

We have also used the open space on Bowmanville at Bell over the years. Kids have played frisbee. Neighbors have gathered casually to catch up with one another. And, on an occasional basis, the BCO has received permission from Rosehill Cemetery to host community events there, such as the annual Ice Cream Social.

Now, back to B.A.'s living room.

Through the winter, we identified the few possible locations for parks or playlots that were undeveloped in the community and decided to zero in on the open space at Bowmanville and Bell. We searched through city records to learn about who the property owners are and how the property is zoned.

We developed a community survey, which was distributed to Bowmanville area residents. Not surprisingly, the community was in favor of a permanent park in the neighborhood.

And in May, we met with Congressman Mike Quigley. His interest in preserving greenspace in Chicago's neighborhoods was incredibly encouraging. In June, he visited Bowmanville on one of our community volunteer gardening days and took a bike tour of the neighborhood, which included the cemetery property along Western.

This past fall, our small group expanded to include other members of the community who have expressed interest in the idea of acquiring permanent GreenSpace in Bowmanville.

Since then, we have talked to area politicians, community organizations and area schools to see if they would support the project. This effort has included conversations with:

- Congressman Quigley and Alderman O'Connor
- Illinois State Representative Greg Harris
- The office of Illinois State Senator Heather Steans
- Cook County Commissioner Bridget Gainer
- Friends of the Park
- Chicago Park District
- Trust for Public Land
- Openlands
- NeighborSpace
- The City of Chicago Department of Planning & Development
- The City of Chicago Department of Environment's Greencorps
- Area schools including Rogers Park Montessori School, Chappell Elementary School, Passages Charter School and Trumbull Elementary School

We have received positive responses from everyone we have contacted.

We have also initiated conversations with the Rosehill Cemetery property owners about dedicating the land for a permanent park.

Recently, we held a park brainstorming session, or charrette. We shared information on the GreenSpace initiative to a packed room of community residents and learned about what GreenSpace features were important to them. (pg. 4)

And finally, we have begun searching for the funds necessary to make this dream a reality. Our explorations have included seeking:

- Federal appropriations
- Tax incentives for the property owner upon dedication of the land
- TIF (Tax Incremental Funding)
- Support from the Chicago Park District
- Private donations from area foundations, local businesses and community residents

We are optimistic about the potential for securing permanent greenspace within our community, but our goal cannot be achieved without your support. To join the GreenSpace campaign, contact: greenspace@bcochicago.org or call toll-free 1-866-837-1006

A Greener Sustainable Bowmanville

How Can You Help Realize The Goal Of Greenspace?

Anne Boyle

Help engage our community. Attend community meetings and help ensure that the community's interests are identified and prioritized appropriately. Be on the email receiver list for the project. Bring others into the project -- help deliver flyers, talk to neighbors, spread the word.

Help develop materials to be used to educate the community and others on various aspects of the project. This could mean planning content of information packets we are handing out to politicians and funding sources, drafting letters, collecting photos, creating flyers, writing articles for the Bee, e-Bee, and other news sources, etc.

Help with contacting people, businesses and organizations. We need to talk to local businesses, schools, politicians and other key organizations to make them aware, and keep them aware, of our efforts and ask for their active support.

Help with the critical fundraising effort. We especially need people who have skills in organizing our campaign for both public and private funds. We also need any willing volunteers to help with this effort – we can teach you what to do as we go forward.

Help with detailed planning of park space scenarios. We need people with planning, design, and landscaping expertise who have the ability to use appropriate software to develop the park plans we need for our information sharing and fundraising efforts.

Help with the legal aspects of this initiative, especially with regard to the land acquisition process, fundraising, and dealings with the property owners as well as city and state officials.

Help with real estate advice and support, especially regarding questions about land valuations, interaction with property owners, details about any transactions to be made, third party involvement (such as city, state, or other organizations who may hold the land for us).

You can make a difference in our community now and for generations to come. Join the GreenSpace Initiative by contacting greenspace@bcochicago.org or by calling toll free 1-866-837-1006

Prudential Rubloff

Rubloff.com



DONNA URBIKAS
Broker Associate

T 312.268.2732 C 312.343.5454 durbikas@Rubloff.com Celebrating 30 years as a Bowmanville homeowner and resident, 10 years as a Realtor and Investor, 2 years with Prudential Rubloff.

Call me for a current free market analysis and best places to invest.

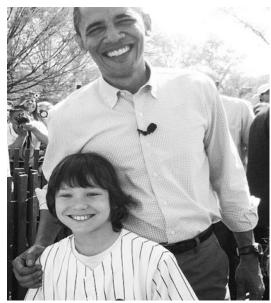




980 N Michigan Avenue • Suite 900 • Chicago, IL 60611

© Prudential Rubloff Properties. An independently owned and operated member of Prudential Real Estate Affiliates, Inc. 😵 Prudential is a registered service mark of The Prudential Insurance Company of America. Equal Housing Opportunity. 🖭

Bowmanville Kids



Local 9-Year-Old Rolls (Eggs) With Obama

Peggy Cassidy

A lot of kids were lucky enough to go to Washington, DC for Spring Break. And a lot of kids got to see the U.S. Capitol, The Lincoln Memorial, The Washington Monument and the White House. But Bowmanville resident David Kaplan- Perkins was extra lucky. He got to go to the **Annual White** House Easter Egg Roll and get his picture taken with the President.

The third-grader from Rogers Park Montessori traveled to DC with his parents, Jackie Kaplan and Ann Perkins, both of whom worked for the Obama campaign in Chicago, and both of whom were proud to see their son's name mentioned in the Chicago Tribune coverage of the event.

"We're thrilled to ... have a president from Chicago," Kaplan is quoted on the Trib Web site as saying. "And we're pleased there are families like us. We've seen diverse families including gay and lesbian families," she said of their trip to the White House.

Preschool Open House Welcomes All

Chappell's 2010-1022 CPS "Preschool For All" Program Registration

Wed., April 21 (11AM-Noon): "Meet and Greet"

Fri., May 7 (9:30–10:30AM): Sample activities; story time, science, arts and music.

Fri., May 14 (9:30–10:30AM): The focus of this event will be on music and movement.



Welcome The New Kids On The Block



Aidan Delaney Gunlicks

Local residents Maurya Delaney and Will Gunlicks welcomed their first baby to the world on Christmas Day.

Aidan weighed in at 7 pounds and is a happy addition to their family.





Sleepy parents Laura Cohen and Joe Winston and big brother Milo welcomed baby boy Beckett to their family on Nov. 17.

His talents are many.



Brayden Tanner Liss

Kara and Noah Liss have a new brother, Brayden Tanner, born Jan. 5.

His parents and siblings couldn't be more thrilled!



www.bcochicago.org

Eden Morit Weiss



Eden Morit Weiss just celebrated her 9month birthday.

Arriving six weeks after her parents, Stewart Weiss and Teresa Gale, moved to Bowmanville. Eden is an accomplished crawler and talker (Mom and Dad just don't know what she's saying).

She likes singing, exploring, and putting things in her mouth.

Share your new baby's photo with The Bee!

Bowmanville Kids

Stay Plugged In Through The Neighborhood Schools

Peggy Cassidy

ven if you don't have children attending our neighborhood schools, staying in touch with what's happening with area school kids will help give you some insight into the issues our community faces on a day-to-day basis.

As principal of the Eliza Chappell Elementary School at Foster Avenue and Leavitt, Joseph Peila says his top priority continues to be the safety of his students. Traffic is heavy around the school and Peila reminds parents, students and passing motorists to take special precautions near any school. Slow it down. Nothing is worth endangering a child.

Another effort to keep children safe – the Chappell news-letter announced that third and fourth grade students will be involved in the Chicago Police Department's **GREAT** (Gang Resistance Education and Training) program.

"GREAT is designed to help children set goals for themselves, resist peer pressure, learn how to resolve conflicts without violence and understand how gangs and youth violence can negatively impact the quality of their lives," the newsletter explains.

Thanks to the staff at Chappell for doing their part in keeping our neighborhood children actively engaged, mindfully educated and safe. Their job can never be over-estimated.



5015 N Western Chicago IL 60625 **773.293.4420**

NO CRATE FACILITY WWW.PAWSCLAWSTAILS.ORG HOURS

M - F...7am-7pm Sa-Su...8am-4pm by appointment

- **Doggie Daycare** (full day visits available)
- **Boarding** (Dogs & Cats year round)
- Dog Walking
- In-Home Petsitting (Dogs & Cats)
- **Grooming** (Dogs & Cats by appointment)

Vaccinations Required
All dogs must be temperament
tested

ALL STAR CARPET CARE, LLC.

(773)728-7705

FREE ESTIMATES

Start your spring cleaning with us

Carpets dry in 2 hours with our Ultrasonic Steam Cleaning

We also clean rugs & furniture-FREE Scotchgard Protection

One chair cleaned FREE with ad & one room carpet cleaning Neighborhood business

Students Inspired By Inspiration Café

From the 4th-6th grade students at Rogers Park Montessori School

Once each month, students in the Oak and Sycamore classrooms are making lunches for Inspiration Café. Inspiration Café is a café and kitchen where they give free lunches to the very poor or homeless. Our classes are helping out by preparing food to give away.

On one Friday every month, around 15 kids from the 9 to 12-year-old classes are doing things like washing apples, making sandwiches and putting food and drinks in bags. The parents donate the food we use to make the lunches and then also drive the lunches to the café.

The actual putting together and bagging lunches takes place in the staff room. All the kids make an assembly line to make the sandwiches. Sometimes the line gets messed up in a funny way. For instance, one time some of the kids volunteering put way too much meat or cheese on the sandwiches, and then the sandwiches wouldn't fit in the sandwich bags. Another funny mistake was when people were washing apples with what they thought was soap, but was actually lotion. They had to switch to dish soap to clean off the lotion.

All the kids think that volunteering for Inspiration Café is fun. We like that we're working together and that we're helping local people who need food.

inspiration cafe – Provides restaurant-style meals, case management, support groups, life-skills training, financial assistance and other services to homeless men and women in a therapeutic community that promotes dignity and respect.

Health & Safety

Neighborhood Councils Look At Food-Related Issues

Brian Weiland

hroughout the City of Chicago, a diverse range of non-profit and neighborhood organizations are working to address food-related issues, from promoting locally and sustainably-grown food through farmers' markets, to creating economic opportunities through urban agriculture, to educating consumers on healthy food choices and nutrition to address the epidemic of obesity.

To that end, The Chicago Food Policy Advisory Council (CFPAC) seeks to bring these groups together through neighborhood councils in order to develop policy recommendations that will improve Chicago residents' access to healthy, affordable, culturally appropriate food grown through environmentally sustainable practices.

Two primary motivations underlie this effort. The first is pragmatic, seeking to tap into the experiences of and challenges faced by communities and organizations in their work on food issues. Different neighborhoods face different issues and respond accordingly, and including this diversity of perspectives is critical to developing comprehensive and effective policy recommendations.

The second motivation is normative, based on the principle that the groups and individuals affected by policy decisions ought to have a say in their formation; the same basic principle upon which our democratic institutions are founded.

In addition to discussing ways in which policy changes can advance food security goals, the councils will be a great way for groups to network and collaborate and for new groups to establish relationships with existing ones.

To use a particularly local example, the council could serve as an advocate for the dozens of individuals who were not able to get community garden plots through either the BCO, or the Senn High School or Chase Park community gardens, to draw on the experience of the BCO in learning to establish new gardens.

Neighborhood councils were launched across seven broad regions of the city at the 5th annual Food Policy Summit hosted by the CFPAC in March of this year. The North Chicago neighborhood council, which includes Bowmanville, held its first post-Summit meeting on *April 21*. For more information or to get involved, email CFPAC Community Coordinator, Dennis Ryan, at:

dennisryan@experimentalstation.org.

See you there!

Short vs. Long Term:

There is more than one perspective when it comes to home values. Certainly the short term view is troubling with average prices dropping between 12 and 20%. But what if you have owned your home since 2000 or even earlier? Long term ownership is reaping 67 and 78% increases. My chart below takes a look at some real statistics of our neighborhood's pricing history.

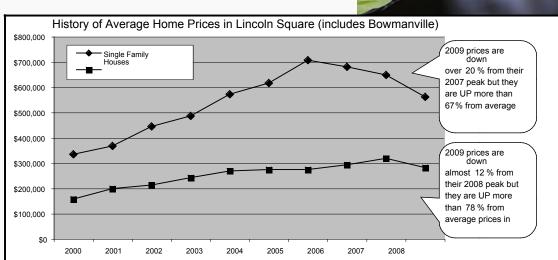


BUYING? OR SELLING?

I CAN HELP SORT IT



Jeff Graves 312.475.3228 jeff.graves @cbexchange.com



©2010 Coldwell Banker Real Estate LLC. All Rights Reserved. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing (I) Company. Equal

Health & Safety



Health Benefits Of Spring Cleaning ... Really?

Russ Klettke

llow me to admit at the outset I am not the primary cleaner in my house. Yes, I can scrub a floor like the best of them. The problem is, I do it ... not very often. That's why I make it a point to live with someone who is a little neurotic about tidiness and cleanliness. It's a surprisingly good system, and I wholeheartedly recommend it.

But I'm missing out on something. Cleaning and having a clean house offer health benefits to both the body and the brain – for everyone, but particularly the person doing the cleaning.

According to Brie Cadman, a writer with degrees in biochemistry and public health, the calories burned per hour for various household tasks are as follows:

- Sweeping: 240
- Packing/Unpacking: 220
- Scrubbing floors on hands and knees: 325
- Cleaning, light (dusting, wiping down counters, picking up clothes): 100
- Cleaning, general (washing dishes, doing laundry): 200
- Cleaning house, heavy effort (vacuuming, hanging laundry, repetitive bending over): 260
- Child care: 205Shoveling snow: 415Raking lawn: 235

Mowing lawn: 325

- Moving large household item: 400
- Cooking: 150
- Grocery shopping: 90

That's kind of nice to know. Of course, the real numbers associated with these tasks have much to do with the size of your laundry load, and how much sweeping you need to do. Having uncharacteristically washed windows already in the middle of March (thank you, climate change), I think it should be lumped into the third category, where you knock off 260 calories per hour.

But cleaning goes beyond exercise. Various other studies confirm the intuitive, as follows:

Dirt risks illness. Where there is dirt and moisture, there is mold. Every household surface has mold spores looking for a place with "nutrition" (dirt) to grow. So given enough time with moisture and dirt, mold spores will replicate like bunny rabbits on Bowmanville Road (actually, quite a bit faster).

Mold can lead to human illness, including breathing difficulties and allergies.

Solution: Use household bleach, and all your scrubbing muscles, to rid all areas of mold.

Cleaning also reduces stress – This happens in two ways: reduction of clutter, and just knowing where things are provides peace of mind.

Also, the act of cleaning can be meditative because, well, it isn't rocket surgery. It's more about spending time and exercising a bit of endorphin-producing elbow grease, creating something that is nicer to look at. Music helps some people, while others enjoy the peace and quiet that comes from a good scrub of the window blinds.

OK, now that we all know this, let's get to work (I'm talking to <u>you</u>, Russ).

Russ Klettke is a business writer, fitness trainer, and resident of Bowmanville since 2005. Even his car is dirty most of the time.



Your Old Phone Could Save A Life

The Ravenswood Community Council has put into place an Emergency CELL (Community Emergency Life Line) Phone Program that provides free 911-enabled cell phones to seniors and victims of domestic abuse throughout Chicago.

Donated cell phones are always needed and can be dropped off at the RCC office (1756 W. Wilson).

The phones are used only to call 911 and are intended as a lifeline for seniors experiencing or witnessing an emergency situation.

Each cell phone comes with a charger, replacement battery, and detailed instructions for the user. The emergency phones can be mailed out or picked up. This generous program is sponsored by the Chicago Department of Family and Support Services.

To Receive a Cell Phone

Seniors or victims of domestic abuse who would like to receive an emergency cell phone can contact•RCC at 773-784-0400 or visit their office (see address above). All participants will be asked to sign a release form for RCC records, but they are assured that they'll never receive a bill for the phone or for its use. This service is absolutely free.

Health & Safety

Know Your Neighbors

Noelle Etheridge

The BCO is pleased to provide another opportunity for our great community to improve its communication by building our blocks one-by-one. The BCO is initiating the **Bowmanville Block Captain Program**.

While there are currently about 12 assigned Block Captains, more individuals are being invited to assume the responsibility of "Block Captain" for their respective block to aid in the ongoing communication and Neighborhood Watch in our growing community. Some blocks already have primary points of contact that have enabled their neighbors to report good news as well as heighten awareness on the rare occasion when safety concerns are among us.

To initiate this program, the BCO "Block Club" is requesting that Block Captains visit each household on their block to collect basic contact information (info will only be shared with your Block Captain) with the sole intention of communicating ongoing events in our community. The goal is to bring neighbors together on both social and safety levels while enhancing our already family-friendly community.

The following are a few advantages to being part of the Block Club network:

The following are a few advantages to being part of the Block Club network:

- Improve communication among neighbors
- · Neighbor/neighborhood involvement
- Share community concerns and events (break-ins, unwanted solicitation, Block Party, Book Clubs, Happy Hours, etc)
- · Educational Opportunities
- Availability of resources to enhance our community i.e., Alderman, CAPS/police, CLEARpath (online city resource), BCO
- · Build relationships within community including your neighboring blocks, BCO, Alderman, etc.

Collectively, we can all make a difference in building a better community whether that be improving crime prevention, beautifying our own blocks, sharing relevant concerns and events and most simply, **getting to know and help one another**.

Please send an email to membership@bcochicago.com or call 1-866-837-1006 if you would like to volunteer as a Block Captain.



Coalition Works to Clean Up Diesel Pollution in Chicago

Emily Stuart

Pollution from diesel vehicles, such as buses, trains and construction equipment is a major threat to public health. Diesel pollution is known to cause asthma attacks, heart attacks, lung cancer, strokes and even premature death.

Of U.S. cities, the Chicago area ranks as the 8th worst for diesel pollution and adverse health impacts. Additionally,

Chicago is an asthma epicenter; with a hospitalization rate almost double the national average. Diesel pollution also significantly contributes to global warming.

Fortunately, there is a solution! Clean technology can eliminate up to 90 percent of the dirty soot emitted from diesel vehicles.

The Illinois Campaign to Clean up Diesel Pollution is taking action to ask elected officials and businesses to protect our health and environment by installing clean technology on Illinois' buses, trains and construction equipment.

The Campaign is a coalition of more than 80 health, environmental, labor, faith and community organizations working together to reduce diesel pollution in Illinois.



The Illinois Campaign to Clean up Diesel Pollution is looking for volunteers that are interested in helping us monitor diesel pollution in their neighborhood, collect petition signatures, write letters to elected officials and more.



To get involved with the Illinois Campaign to Clean up Diesel Pollution ...

Contact Emily Stuart at emily@citizenaction-il.org or 312-427-2114 ext. 207



Gardening

Gardeners Gather For Educational Series – All Are Welcome

Elizabeth Redmond



Help us keep Bowmanville beautiful, and learn how to make your own "green space" flourish at the same time, by joining the Garden Education Sessions on community garden workdays each month.

Whether you have a flower garden or vegetable garden, whether you

tend a yard, a deck or a window box, we'll provide experts who can help you make the most of what you have!

Throughout the series, certified "BUG" (Building Urban Gardens) specialists, Master Gardeners, and experienced peers present information, tips and tricks, and answer questions on a variety of topics (see below). Suggested new topics can be added, as gardeners express their special interests. We'd love to hear your thoughts and questions.

May 22

June 26

The first of the sessions was well-attended and greatly appreciated by a number of Bowmanville gardeners, as Jon Bjork kicked off Spring with a discussion of soil preparation, compost, and seed germination (see cover photograph).

Please join us as the Education Sessions continue on each of the garden workdays, **the 4th Saturday of each month**, during the lunch break, from 11:30 – 12:30, at the Gateway Garden. If the weather is inclement, join us indoors at the Tempel Steel Training Room, at 5448 N. Wolcott.



Scheduled "BUG" Topics:

- **April 24** Companion planting, spacing and vertical Gardening
 - Plant selection to produce all season long.
- **May 22** Container Garden turn window boxes and pots into a kitchen garden.
- **Tune 26** Weed identification
 - Good bugs, bad bugs and other pesty garden challenges.
- **July 24** Tool care and repair.
 - Summer harvest tips and recipes.
- **Aug. 28** Seed harvesting.
 - Canning, freezing and other methods of preservation.
- **Sept. 25** Fall harvest.
 - Perennial division and transplanting.
 - Putting the garden to bed, winterizing.
 - -Tree and shrub pruning; bulbs





Gardening

BCO Gardeners Spring Into Action

Elizabeth Redmond

while perennial roots dug deeper into winter soil, the BCO garden committee gathered to discuss plans and prepare for the 2010 growing season. Look for our piece about the new Garden Education Sessions in this edition of The Bee.

All three garden sites are now certified City of Chicago Greencorps Gardens, allowing us to receive free distributions of seeds, annuals,

perennials, vegetable plants and bulbs. We have also applied for an assistance grant from Greencorps. If accepted, we can continue If you are interested in landscaping, flowers, local prairie improvements to the Gateway Garden on Ravenswood Avenue, as plants, growing vegetables – whether a beginner or a previously planned.

Seasoned gardener – we hope you'll participate. The

The Gateway Garden vegetable plot positions filled quickly before the mid-February deadline, but we're keeping a waiting list, in case any changes arise as the season progresses. This season's plot gardeners include new and current members of the BCO, along with novice and experienced gardeners and volunteers.

Look for some appealing improvements to the Gateway Garden over the summer months. Through support from NeighborSpace, we expect to have a watering system installed, much like what the Bowmanville Garden already has. We'll also add Bowmanville "Welcome" signs, along with flora and fauna interpretive signs and announcements.

The award-winning Bowmanville Garden will focus on reestablishing the path with woodchips, dividing and transplanting perennials, keeping the weeds at bay. We'll also post a permanent sign for plant and wildlife identification.

As a newly-certified GreenCorps Garden, Westgate Garden will receive a "dedicated" share of plants, to fill in along the Bowmanville Ave. parkway and in the existing bumpouts.

If you'd like to plant your corner parkway, call 311 and ask about the **Block Club Parkway Planting Program**. As part of the CAPS Block Club initiative, plants (and sometimes soil) can be made available for corner parkway plantings.

A key garden project for the leadership team is building the volunteer base at each garden location. The Bowmanville Garden and Westgate Garden, in particular, need your help.

Revive your Spring Spirit and join us in the garden, learning and working together, having fun and beautifying Bowmanville!



Garden Gates Open To Welcome Neighbors – Garden Walk 2010

Craig Hanenburg

The 12th Annual Bowmanville Garden Walk is Saturday, July 10, and is open to all!

If you are interested in landscaping, flowers, local prairie plants, growing vegetables – whether a beginner or a seasoned gardener – we hope you'll participate. The Garden Walk also features an amateur photography contest in which a garden photo will be selected and used in the event publicity for 2011.

The day begins at the Gateway Garden with an educational program, then features the viewing of neighborhood residential gardens and the three BCO community gardens including the Bowmanville Community Garden, 1st place winner in 2009 in Mayor Daley's Community Landscape Award program (Region 2).

The University of Illinois Extension Master Gardener Program will be hosting an information table where they'll answer gardening and program questions. BCO welcome tables with program maps will be located at the community green space at Bowmanville and Bell and at the Gateway Garden at 1801 N. Balmoral.



Arts & Culture



Damen Avenue Art Scene Welcomes All

Jovce Litoff

As the weather gets progressively nicer, more people will take in an evening walk, check out the changes in the area and, if they're curious or lovers of art, they may make their way to the area's newest art row – Damen Avenue.

Visit Avram Eisen Gallery during April to view photography by Timmy Samuels. In May, the gallery will show Karen Redford's luminous watercolor botanicals, as well as jewelry by Barbara Gold.

Morpho Gallery, from May 14 - June 1, will show the works of the Winners of 2009 Jury Photo Show, and from June 4 - June 30, the Karen Hirsch-Ft. Dearborn Group Photography exhibit.

July is Emerging Artists month at the gallery, so come on out and take it in.



Roger Ebert just named "What's the Matter with Kansas?" – a new film by Bowmanville couple Laura Cohen and Joe Winston - "One of the Ten Best Documentaries of 2009!"

Based on the Thomas Frank's best-seller, "What's the Matter with Kansas?" shows how the state transformed from an outpost of radicalism to a bastion of hard-core conservatism.

Unforgettable characters and their stories shed new light on our nation's political divide.

Congratulations to Laura and Joe for this artist achievement.

Watch for local showings and learn more about the film at whatsthematterwithkansas.com

FULL SERVICE COMMUNITY BANKING

- 26 Convenient locations
- Pet Friendly
- Over 1,000 Chicagoland ATM's
- Checking & Savings Accounts
- Free Online Banking & Bill Pay

North Community Bank Y Be part of our family.™

1401 W. Belmont 2335 N. Clark 742 W. Diversey 2201 N. Halsted 1561 N. Wells 2758 W. Belmont 2500 N. Clark 2000 W. Division 52 E. Lake 2800 N. Western 3420 N. Clark 2000 W. Montrose 3180 N. Broadway 2 W. Flm 3401 N. Western 1244 W. Grand 3639 N. Broadway 4701 N. Clark 800 N. State 5241 N. Western 5342 N. Broadway 5301 N. Clark 2000 N. Halsted 448 N. Wells 1555 N. Damen

(773) 244-7000 • northcommunitybank.com



1600 W. Chicago

Arts & Culture

Griffin Theatre Appears Locked Out Of Police Station Deal

It appears the proposed purchase of the old Foster Ave. Police Station by the Griffin Theatre has been unceremoniously shelved.

Jeff Graves, a Griffin Board Member, said that a March 22 meeting with Alderman O'Connor confirmed that Mayor Daley changed the rules for transferring/selling city property. The change appears to be superseding the 3+ years of negotiations with the Griffin Theatre.

O'Connor is asking the Griffin to be hopeful as he is working on setting up a meeting with Daley to possibly "grandfather" the Griffin deal.

The BCO Board has sent a letter of support for the Griffin purchase to the offices of the Alderman and Mayor. Now more than ever, the Griffin needs local support to bring a small theater to Bowmanville.

Please add your voice to the chorus by contacting Daley and O'Connor about this issue.

Hometown Reading: Chicago Author's "The Fifth Floor"

Susan Yessne

This book is by a Chicago author, about Chicago, and a fun read.

In this second novel by Michael Harvey, a private detective takes on the Mayor's Office (the fifth floor of the title), the Chicago History Museum, and mysteries leftover from the Chicago Fire.

Harvey really captures Chicago in his writing, and the mystery is tough, but with certain humor. (288 pp, 2008)

Annual Memorial Day Parade Honors Fallen Military

AMVET post 243 holds its annual Memorial Day parade on Monday, May 31st at 10am.

The parade heads into Rosehill Cemetery through the Rosehill Ave. Entrance, with a ceremony following.

The public is invited to join the fun afterwards as the West Andersonville Neighbors Together (W.A.N.T) host their annual fundraiser Pig Roast at Ravenswood Pub.

This is a great way to honor Memorial Day with your family and open to the public! enjoy the beautiful grounds of the cemetery.

Drake & Son

Funeral home



5303 N. Western Ave.

Chicago IL 60625

773.561.6874

Drake & Son funeral home is owned

By SCI Illinois Services INC.

HAPPY FACE CHILD CARE, Inc

Quality Home Day Care

Felice Levin OWNER



1951 W. Berwyn Ave. Chicago, IL 60640

P: 773.334.8834 E:levinf@prodigy.net

Student Production of "Annie" Free At Amundsen Auditorium

The Chappell School's 7th and 8th-graders are hard at work on their Spring Musical performances, scheduled for May 26 & 27 at 6:30 PM.

The students will bring their talents to a production of the show "Annie" — from top to bottom: acting and singing, running the lights and sound, and working behind the scenes in stage management. Amundsen High School will – once again – open its auditorium for the shows, which are **FREE** and open to the public!

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

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 Communications Committee (The Bee and Website) Nominating Committee Gardening Committee 		□ Planning and Development Committee□ Bylaws Committee□ Events Committee	
Please take a moment to answ	er the questions below. Your answ	vers will help us focus our effo	rts on your behalf.
What year did you move to Bo	wmanville?		
Do you own or rent your home	e? 🗖 Own 💢 Rent		
Do you live in a house or cond	o/apartment complex? 🖵 House	☐ Condo/Apartment Com	plex
How many people are in your l	nousehold?		
What are their ages? ☐ Adults ☐ Children			
What are your hobbies and int	erests?		
Any other comments you'd like	e to make?		

BCO Calendar of Events



BCO Board Meetings - Third Thursday each month, 7pm at Tempel Steel Training Room, 5448 N. Wolcott

Communication Committee Meetings - First Wednesday of each month

Planning and Development Committee Meetings - Last Monday of each month

Membership Committee - Second Monday of each month at 7pm

Events Committee - Street Sale Planning meeting May 12, 7pm at 2311 W. Farragut

Greenspace Committee - Next meeting April 27th, 6:30pm @ Tempel Steel Training Room

Garden Work Days - Bowmanville, Gateway, and Westgate Gardens:

4th Saturday of each month, 9:30am until1:30pm 2nd Wednesday of each month, 6pm until dusk

Mark Your Calendar - BCO 14th Annual Street Sale, Saturday June 5, 2010 9am until 4pm

BCO 12th Annual Garden Walk, Saturday July 10, 2010, 11am until 4:30pm

BCO Ice Cream Social, Sunday August 15, 2010, 2pm-4pm

BCO Fall Harvest Festival/Halloween Event, Saturday October 16, 2010

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.