

Bowmanville Bee



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

Winter 2011

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A stroll through the newly-beautified Berwyn Tunnel allows visitors to leave winter behind as they pass through all four seasons. This volunteer art project further highlights the community's unique, creative and vibrant personality. [Read More on Page 15]

Spring, Just The Other Side Of Winter

By Peggy Cassidy

This issue of The Bee spotlights community efforts to bring a new "Neighborhood Yard" to Bowmanville, with a focus on the GreenSpace Committee's design plan for the North Bowmanville Avenue space (Page 9). The BCO is calling on residents and businesses to help make the green space a reality. Area businesses are joining in the effort, and a new Buddy scooter to be raffled off at the **Winter Warm-Up open meeting on March 24** (Page 3). The Garden Committee is hardly hibernating as members plan for Spring. Applications for vegetable plots are being accepted NOW – **due Feb. 27** (Page 13).

Let's offer a huge round of applause to all those who contributed tiles, paint, elbow grease and funds to the Berwyn Tunnel art project. It's a stunning addition to the neighborhood and a work in progress. **A final tile making workshop will be held on Feb. 24** (Page 16), prior to the final phase, adding mosaic to the entryway on the East side of the tunnel.

There's so much going on in this vibrant community (Page 16). Read on to learn more about the Block Captain Program (Page 3), a free movie night (Page 16), changes in BCO membership and a call for **Planning & Development input at that committee's March 31** meeting (Page 2).

Count The Scooters and Win A Raffle Ticket



Scooter images are scattered throughout this issue of The Bee. The first two people (one by phone/ one by email) to submit the correct number of scooters pictured here will each get a free raffle ticket. Call 866-837-1006 or e-mail news@bcochicago.org



In a time when paper news is becoming a thing of the past, The Bowmanville Bee keeps buzzin'! Relying heavily on the eBee for immediate online access to information, Managing Editor Peggy Cassidy works with Adrian Ruddock, Claire Shingler, and the support of BCO members on content, layout and advertising. If you'd like to help with graphic layout or simply have stories to tell, please email: 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 web site, 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. 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 looking for a chairperson for the August 14 Ice Cream Social –someone to coordinate the details of this easy to plan event. 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 BCO event: March 24 Open Meeting. Volunteer now! The BCO needs your help.



Join the BCO Garden Committee as they celebrate the 15th Anniversary of the installation of the Bowmanville Community Garden! They have wonderful plans in the works for new gardens on the new green space at 5384 N. Bowmanville, as well as for the current gardens! Chairman Betty Redmond is supported by dedicated volunteers and garden site leaders. Check out our REVISED SCHEDULE of volunteer workdays on BCO calendar (back page). **Vegetable plot applications are now available on the BCO web site and due by Sunday, Feb. 27.** For more details e-mail gardening@bcochicago.org or call the BCO hotline.



The Membership Committee focuses on ways to continually engage and support our members and grow our membership base. It's an area of the BCO where you can see your new ideas take flight. One of the 2011 membership initiatives is to continue to nurture the "Know Your Neighbors" BCO Block Club program, which is connecting neighbors for increased information sharing, security, and socializing. All of our neighbors can freely enjoy the benefits of what the BCO offers, but, like public radio, **"Membership makes it happen!"** Please join the BCO today, we'd love to have you! Contact: membership@bcochicago.org



This year the Planning & Development Committee meetings move from Mondays to the last Thursday of most months. The committee gathers to discuss issues of change, development, and improvement of the community. We interact with local residents, businesses, and the Alderman's office to nurture growth in our community. This year's **'kick-off' meeting is scheduled for March 31** at 7:15 PM. Chairman Jeff Graves welcomes all interested residents. Please contact planning@bcochicago.org.



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! Scooter Raffle tickets are available For further information, please contact greenspace@bcochicago.org.

Community News

"Winter Warm Up & Scooter Raffle" Will Tune You Up For Springtime

Mark your calendars for **Thurs., March 24 at 7 PM**, and join your neighbors to catch up on all the latest on the Bowmanville scene as the BCO hosts its "Winter Warm Up & Scooter Raffle" at Scooterworks, 5410 N. Damen Ave. All residents and friends of Bowmanville are welcome!

In addition to updates on the GreenSpace project, the Berwyn Mural, plans for the gardens, and the block club program (get a leg up in these pages), this open meeting will feature the much-anticipated drawing for the winner of the BCO GreenSpace Scooter Raffle.

IT COULD BE YOU!!!

Notice:• The BCO board has recommended an increase in membership fees to \$20 annually for all types of membership. A vote will be called by the general membership to approve the fee change at this March Open Meeting Join us to vote, or vote by proxy. E-mail secy@bcochicago.org or call the BCO hotline to arrange proxy.



Word On The Street: Block Captains Up To The Task

By Noelle Braun-Etheridge

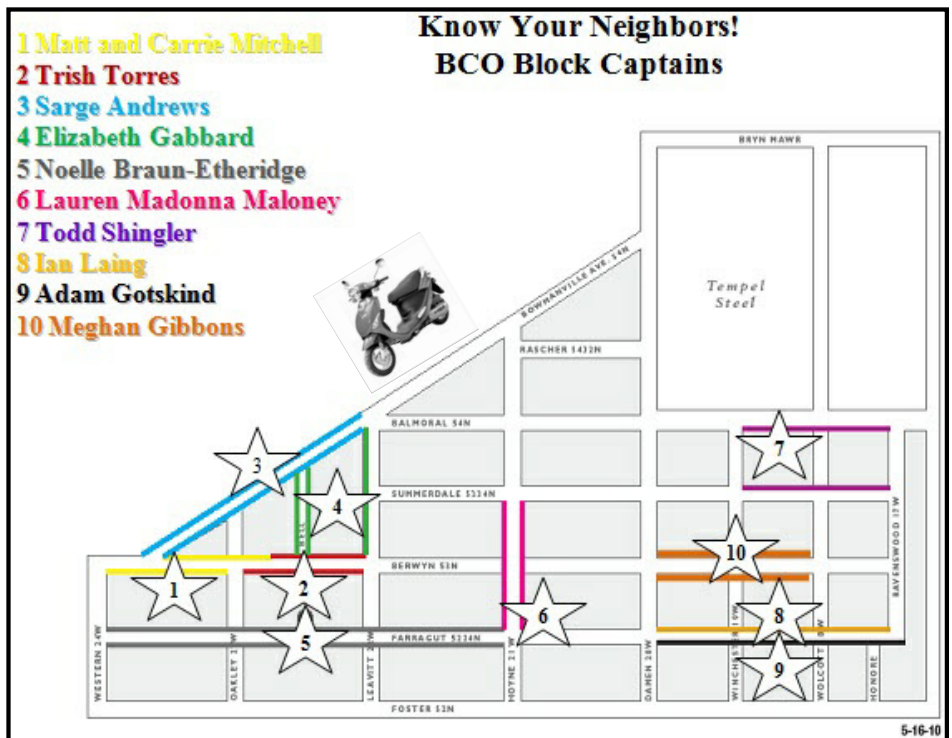
Block clubs are mostly about keeping neighbors in the loop about what's going on around them, but they can become whatever you want them to be. Focused on safety or social, low key or active, loose knit or tight, the most important thing for a block club is communication – to get it flowing within their group and with other parts of the community.

Bowmanville's **block captains** are neighborhood volunteers who have agreed to get the "receiver list" going for their blocks and to help stimulate discussion among neighbors with information updates they've gathered from within the neighborhood and from the community organization.

The BCO has been working to help solidify block clubs by creating simple guidelines for block captains and consolidating resources for their use. This information can be found on the BCO web site, <http://bcochicago.org>.

We're pleased to introduce the people who have agreed to be the contact point for their blocks (above). If your block is not represented, become the block captain or help us find one. When you come across information you think is important to neighbors, please send it to new Membership Chairman Noelle Braun-Etheridge at membership@bcochicago.org.

Get in touch with the block captain in your area to get on a receiver list. If you are not getting the periodic updates for your block (e-mail header "Block Captain Update"), talk to your block captain to sign up — and take a moment to thank them for this volunteer effort.



Community News

Pauline Messier, Diner's Namesake, Dies at 73

By Peggy Cassidy



Perhaps you know her best as the little girl smiling from the cover of the menu at our neighborhood diner, but Pauline Messier was part Of the Andersonville / Bowmanville community for most of her 73 years.

She and her husband, Ron, opened Pauline's 14

years ago.

"The restaurant was a shared vision, but Pauline wanted everything to be basic, fresh and wholesome," Ron told The Chicago Tribune last fall.

On Oct. 13, 2010, Pauline died in her home on the 2100 block of Summerdale Avenue after battling breast cancer. She was a longtime resident there and a wonderful friend and neighbor to many.

Born Pauline Panerali just across the street from where the restaurant sits today, she attended nearby St. Gregory's High School and Loyola University.

"We'll miss her wonderful smile – red lipstick and all -- and the genuine interest and compassion she had for everyone she met," said BCO member Cindy Burgin.

"It was my idea to put her picture on the menu because I thought she always managed to keep that childlike smile," Ron Messier told The Trib.

He says he hopes to keep the restaurant going to honor his loving wife, so when you go there next time, give that smiling 4-year-old on the menu a little wink and remember Pauline Panerali Messier, who'll be greatly missed in Bowmanville.

Metra Bridgework Derailed By Rider Ruckus

By David Johnston



There was much anticipation last Fall after Metra announced its plans to widen 22 bridges along the Union Pacific North Line, making way for an additional track along the route. The BCO Gateway Garden vegetable crops saw an early harvest in preparation for the massive construction project, which promised to endanger the gardens along the west side of the tracks.

Three raised beds were vacated early and dismantled, the Gateway Garden welcome sign was removed, landscaping timbers were relocated, and temporary homes for numerous perennial plants were found. Neighbors, gardeners, volunteers, and Greencorps teams worked feverishly to avoid any damage to the plants, as construction on the Metra project moved forward. Metra installed shoring towers on sidewalks underneath the neighborhood viaducts, including one at Balmoral Ave., and new schedules were published to accommodate the construction.

Then, as quickly as the work began in late summer, Metra announced that the \$185 million project was being put on hold, reportedly until the spring. Commuters, it turns out, responded vehemently to delays in their daily ride.

"Our riders made it clear that the new schedule was not meeting their needs," Metra said.

Metra issued a statement that it would be "exploring engineering options that provide for maintaining a two-track operation when construction resumes."

The resulting construction-free zone turned out to be a bonus for the BCO's Fall Festival and Pumpkin Patch Festival on Ravenswood (Page 13), but Garden Committee members and volunteers continue to monitor the railroad project and look forward to the completion of construction and the full restoration of the community gardens.

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Community News



Graffiti Busters Sweep To Clean Up the 'Hood

By Peggy Cassidy

In response to a recent rash of graffiti in the area, a group of Bowmanville neighbors decided to stage a sweep of the neighborhood in an effort to catalog and then request cleanup of all the graffiti. **The Bowmanville Graffiti Busters** are out to rid the neighborhood of graffiti.

On Nov. 21, 19 neighbors turned out to help with the graffiti sweep, and collectively they canvassed the entire neighborhood. **The Busters** identified 213 instances of graffiti and clean-up requests were made to the city. Much of the tagging was gone within a few days of the sweep.

The turnout for and the support of the idea assures future sweeps and allows B-Villagers to enjoy a cleaner Bowmanville as a direct result of these efforts.

"It takes very little time to do this," said BCO President Claire Shingler. "I want to encourage neighbors to print the info sheets (from the web site) and jot down what they see when (they are) out walking."

Claire encourages neighbors to get together to do mini-sweeps in their part of the neighborhood. Graffiti reports can be submitted to the city online. It's easy and much quicker than calling 311. Write down what you see and make the reports. It's that simple. More info at: <http://bcochicago.org/membership/block-club-program>.



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Recycled Holiday Lights Benefit BCO

By Ellen Jurczak

The BCO coordinated with the City of Chicago and North Community Bank to put a string light recycling box in the entryway to the bank.



North Community Bank was one of 17 locations in the city where string lights were collected between Dec. 13 and Jan. 18.

Each box of lights results in a \$45 donation to the BCO. At completion, our box (which is about two cubic yards) was filled to the brim with holiday lights.

Aside from the monetary rewards, it's good to know so many Chicagoans made the effort to recycle lights that would have otherwise tangled up in the landfill.



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Community News

Archived Ad Reflects Different Times In Bowmanville

By Ellen Jurczak

Surprising things come to light when you enter the right combination of words into a search engine. Try "Summerdale + Chicago." The results include a link to the Chicago Public Library's digital collection, complete with images from old newspapers, like this ad from a 1912 issue of the *Chicago Examiner*.

For clarification, the text under the unbelievable price reads, "Also a number of other designs." Under "A HOME FOR YOU," the ad boasts, "Beautiful new modern 5 and 6 room cottages, 30-foot lot, large attic, concrete basement, oak floors, cement basement floors, cement walls, gas and electric fixtures, shades, etc. 5 cent fare, 10 minutes walk from Northwestern Railroad, Summerdale Station. Price, \$3,150. **Only \$200 Cash**, balance same as rent."

Prospective buyers are directed to "Take Lincoln Avenue car to Robey Street, Robey Street to Berwyn Avenue, walk west two blocks and north one block to houses." Damen was called Robey Street until 1927. The Summerdale Station was a stop on the Northwestern line at Berwyn, where the Metra now runs. The house in the ad was likely one on the 2100 block of Summerdale.

Sounds sweet, right? To put it in perspective, the average annual income in America that year was \$1,033, gas was 7-cents a gallon and the Titanic sunk on its maiden voyage. No one had imagined the Internet.

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Spoiler Alert: *Neither this house nor its price are currently available, but appeared in a 1912 "Chicago Examiner" ad.*

Sizzlin' Summer Street Sale Not So Far Away

By Barbara Wolke

It's hard to imagine when the weather is cold and snow bankets the ground, but summer *will* come again and with it, The 15th Annual Bowmanville Street Sale.

Mark your calendars for June 4, and start collecting those things around the house that you don't need anymore. Maybe there are items that you have either stashed away or keep moving around? Check your attic, closets, basement and garage. Find a box or a corner and store them for the sale. Remember one man's junk is another man's treasure.

The application for the Street Sale will appear in the Spring Bee. Don't miss it!

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A Greener Sustainable Bowmanville

Scooter Takes Center Stage In GreenSpace Fundraising, But Volunteers Make It Happen



A cool, new Buddy 50 scooter has been making the rounds to help promote the BCO GreenSpace fundraising campaign, and the effort to put that scooter (or \$1000) in the hands of a lucky neighbor, through the GreenSpace Scooter Raffle. Among the recent efforts to promote the raffle and sell tickets, volunteers have been seen at ...

- A booth at the Fall Festival, featuring 10 volunteers & a scooter!
- A booth at the Lincoln Square Christkindlmarkt, featuring 15 volunteers, including Cindy Burgin (pictured here) & a scooter!
- Upcoming: A **scooter** and volunteers (**NEEDED**) will be in the vestibule at the Lincoln Avenue Dominick's store on March 5 and 6.
- Tickets are still for sale through board & committee members and other volunteers.

Imagine riding around the neighborhood on a sleek new scooter from Scooterworks. You might be the lucky winner – but you have to enter to win! Tickets are \$10 each or 3 for \$25, **and** you can win a free raffle ticket if you're one of the first two people to submit the correct number of scooter images included in this issue of The Bee. See Page 1 for "Count the Scooters" details.

The scooter raffle is **part** of the GreenSpace fundraising plan, and volunteer neighbors are hard at work raising money for the development of our new green space other ways, too. Residents and businesses are responding positively, resulting in significant progress towards our goal to net \$50,000 for the project.

At year end, the BCO GreenSpace effort had taken in more than \$13,000 (see Page 10), as a result of the Scooter Raffle, the Business Contribution program, and the Holiday Appeal to residents. Recently, the Holiday Appeal reached out to 1,000 neighbors with festive green, hand-delivered packets. By mid-January, the appeal had brought \$4,000 in donations from generous neighbors. *Return yours anytime!* Continued thanks to all the dedicated volunteers and the generous contributors.

Feeling lucky?

Win a scooter from Bowmanville's own
Scooterworks Chicago!

\$10
per ticket

or 3 for \$25!

You'll be
supporting
greenspace for
Bowmanville,
too!



Raffle tickets on sale now.

For tickets and more information, call 866-837-1006 or
e-mail greenspace@bcochicago.org.

**The raffle drawing will take place on March 24 at
the 7PM BCO meeting at Scooterworks.**

Proceeds benefit the BCO GreenSpace Initiative.



HELP WANTED!!!

- If you can help find people who can sell tickets, or ...
 - If you can take a shift at the upcoming Dominick's event, or ...
 - If you can take a packet of tickets to sell to co-workers, etc. ...
- Please contact greenspace@bcochicago.org or call the BCO hotline, 866-837-1006.

A Greener Sustainable Bowmanville

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*Must mention this ad to receive offer. Offer valid January 15-April 15, 2011. Must open a Checking Account with Online Banking and Bill Pay and a minimum deposit of \$100. Donation will be sent to Bowmanville Community Organization's GreenSpace initiative directly from North Community Bank at the end of each calendar month in which the account was opened. NCB employees: Please enter CABC in the preferred customer field when opening the account. Member FDIC



Banking On Greenspace

As another part of the fundraising effort for the Bowmanville GreenSpace, the BCO is turning to area businesses to coordinate efforts.

In response, North Community Bank has stepped up with an offer to donate \$25 to BCO GreenSpace for each new account that's opened **with a mention** of the greenspace.

It's a win/win if you're looking to open any new transactional accounts (business or checking, not savings). The program is available for a limited time at nearby branches; Bowmanville, Andersonville and Lincoln Square.

Business Owners/Managers: *If your business (or company) would be interested in supporting Bowmanville's GreenSpace Initiative by setting up a similar program, please contact greenspace@bcochicago.org or call 866-837-1006.*

"Count The Scooters"



See Page 1 for details



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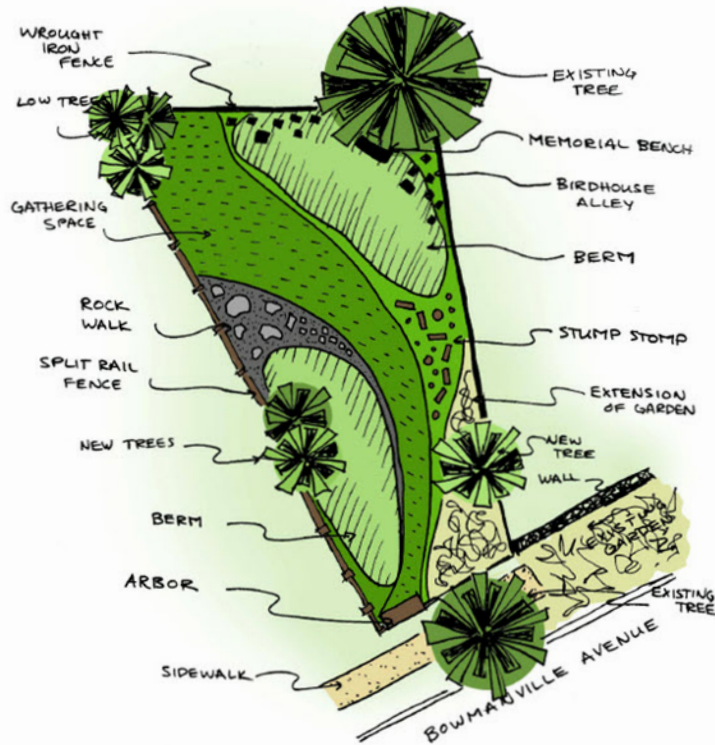


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SPECIAL: A Greener Sustainable Bowmanville

B-ville Dream Takes Shape In Greenspace Design

By Kris Neurauter



Neighborhood input has been invaluable in preparing the conceptual design for the green space at 5384 North Bowmanville. Through suggestions and discussions at two neighborhood charrettes, the GreenSpace Committee has developed an overall concept of a "Neighborhood Yard."

Much like your own backyard, it serves multiple purposes and moods. It's a natural play-scape that is appealing to all ages and abilities.

It expands and preserves green space within the community, in keeping with the pastoral tranquility of the Rosehill Cemetery setting, and it offers neighbors a place for quiet reflection amidst a natural habitat where birds and butterflies will also find a home.

In this conceptual design, an arbor welcomes you and starts you on a pathway through the space. Providing continuity with our existing garden on Bowmanville Avenue, plant and hardscape elements will turn the corner at the end of the Rosehill Cemetery wall, and fill the southeast corner of the new space.

The path, which may be reinforced with grass pavers to maintain accessibility, leads you around a berm at the southwest. In the long term, this berm could

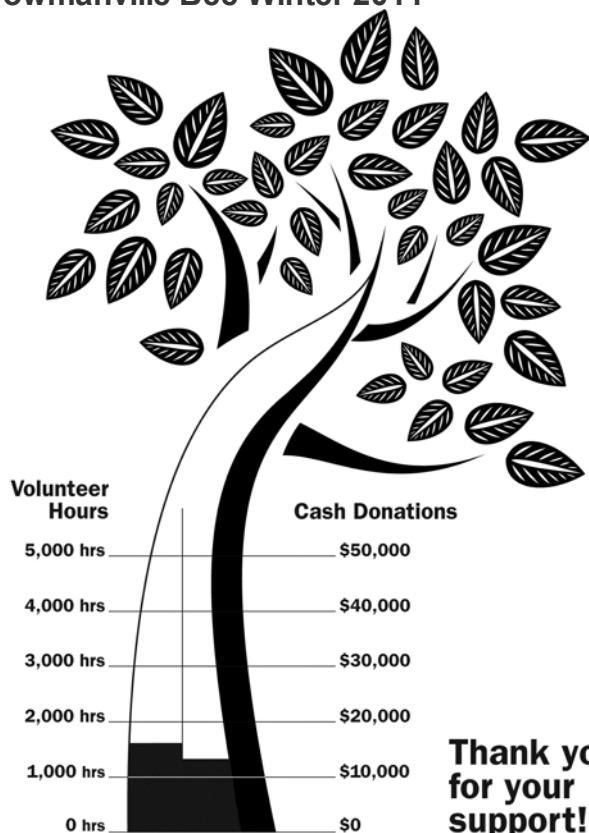
become a feature island as we fulfill our goal of acquiring more space.

As you continue on the path, you begin to encounter engage-able areas made of natural materials. To the east, there may be a stump stomp of wood logs and sections of trees of various sizes on which neighbors can sit, walk, and climb. To the west, a rock walk with large and small boulders provides similar opportunities – perhaps an embedded slate hopscotch area that may allow children to play.

At the end of the path, another large berm provides a vantage point into the cemetery and ensures for reflection a quiet nook in the northeast corner.

A third interactive area, a forest of neighbor-designed birdhouses, allows you to observe small wildlife. To the west, a grass-paved plaza nestled between the two berms provides an amphitheater-like gathering area for neighborhood events or a game of catch.

Join us to make this conceptual design become reality as we continue with our plans to develop the new green space. Join us in this community effort to make Bowmanville even better. Join us.



Join The Green Team!!

The BCO's GreenSpace Committee is edging closer to realizing its dream of a unique greenspace within the community, open to all as a gathering area, an urban oasis, and, some might say, a little slice of heaven.

It's taken a lot of hard work to get to this point, but the achievements have been amazing and the enthusiasm with which committee members and volunteers continue their efforts is remarkable and contagious!

And so, we invite and encourage you to step up to be part of this group of dedicated residents. There's much to do – many dreams to be realized – Join us.

I want to be part of the Bowmanville Green Team!

Please add me to the volunteer list. I would like to help with:

- ☐ Fundraising (hosting house parties, helping with special events, writing grants)
- ☐ Communications (writing articles for the Bee, eBee and BCO website, press releases)
- ☐ Land Development
- ☐ Phase II Acquisition & Funding
- ☐ Money Management



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Thank you for your support!



A Greener Sustainable Bowmanville

BCO GreenSpace Committee Awarded Advocacy Award

By Cindy Burgin



Congratulations to Anne Boyle and the GreenSpace Committee! They've worked tirelessly on this project and, in addition to this award, have garnered support from State Sen. Heather Steans, who has said, "I am pleased to offer my support to ... efforts to secure permanent open space for the Bowmanville community."

The BCO GreenSpace Committee was awarded the Advocacy Award at the Friends of the Parks Volunteer Awards reception at Garfield Park Conservatory on November 14, 2010. The Advocacy Award recognizes the committee's outstanding work on behalf of the Bowmanville community. Anne Boyle, Chair of the BCO GreenSpace Committee received the award on behalf of the committee.

Each year Friends of the Parks hosts an annual VIP (Volunteers in Parks) reception honoring community groups and individuals, recognized as stewards of the land, throughout Cook County. This year, various awards went to volunteers in Lincoln Park, West Chatham, Calumet, Unity Park, Rainbow Beach, and beyond.

Friends of the Parks partnered with the BCO for the acquisition of the 5384 North Bowmanville Ave. property, soon to be transformed into an interactive garden (see Page 9) for all to enjoy beginning Spring 2011.

Friends of the Parks serves as the fiscal agent that provides us with tax-exemption status for all contributions.



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Gardening



Bee Aware of CCD When Planning Spring Planting

By Russ Klettke

You may or may not be aware of this, but a serious die-off of honey bees is plaguing agriculture and should be cause for concern to anyone with an appetite. Because modern agriculture is so dependent on bees to pollinate fruits and vegetable, a complete disappearance of the species would lead to catastrophic food shortages.

Officially called Colony Collapse Disorder (CCD), an organization called the Pollinator Partnership advocates for research and public awareness of this environmental concern. CCD has only begun to be noticeable in the past four or five years, although its roots may go back at least 10. About \$40 billion in food and industrial agricultural products in the U.S. are dependent on bees for pollination, and about 50 percent of industrial honeybee colonies have disappeared in the past decade. What does this have to do with Bowmanville residents?

The Pollinator Partnership is asking individuals and communities to grow plants that need and sustain pollinating

species, including honeybees. The thinking is that if highly specialized agriculture is somehow to blame for CCD, more organic, natural pockets of growing things can help serve as a type of Noah's Ark for honeybees and other pollinators.

For a full list of what we can plant to support bees and other pollinators, go to the Pollinator Partnership web site (www.Pollinator.org,) and look for the free Ecoregional Pollinator Planting Guides).

Other key things to consider when planting are:

- Cultivate native plants, especially those that provide nectar and larval food for pollinators
- Install houses for bats and native bees
- Supply salt or mineral licks for butterflies and water for all wildlife
- Reduce pesticide use
- Substitute flower beds for lawns
- Volunteer for pollinator-friendly organizations and garden groups
- Buy locally produced or organic food
- Walk, cycle, use public transit, carpool, telecommute
- Reduce your consumption – **reduce, recycle, reuse.**



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I will donate 15% of my commission to the BCO Greenspace Project from any closed deals in 2011 where I represent you or your referred friend, family member, etc. as either the buyer's or seller's agent—applies also to referrals to or from other agents anywhere in the world associated with the Bowmanville community.

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Gardening

Not just another pretty garden ...

By Betty Redmond



It's hard to believe that 15 years have passed since the first Bowmanville community garden was planted. This year, the Bowmanville Garden and the Gateway Garden each received an honorable mention in Mayor Daley's Landscape Awards program.

Keep reading The Bee over the course of 2011 and you'll learn more about how our community became known throughout the city, not only for its beautiful gardens, but for its dedication to restoring natural habitat in our urban environment. You'll also learn what's happening now, and find opportunities to be part of a greener, more sustainable future.

The Bowmanville Garden was planted in 1996 with the enthusiasm of what was then a small group of strangers, and the help of the City of Chicago's Greencorps and NeighborSpace. Sure, we wanted to eliminate a fly-dumping eyesore along the cemetery wall, and we could have done many things to accomplish that. What we chose to do was plant a garden that was not only pretty to look at, but was also a habitat we could share with the bees, butterflies and beautiful local and migrant birds that use Rosehill Cemetery as a home or haven on their global journeys.

The Bowmanville Garden became the inspiration for two additional community gardens and a fourth "open" location that is soon to become an environmental haven where humans can enjoy and benefit from the plant and animal wildlife our planet has to offer.

Over the years, that group of strangers in the garden became neighbors, friends, and the core of the revival of the Bowmanville Community Organization, which is now a vibrant group of volunteers working to sustain and improve our community's safety, resources, and quality of life.

Vegetable plot applications ...

...are now available and under consideration for the 2011 season. The application deadline is **Sunday, Feb. 27**. For applications or more details e-mail gardening@bcochicago.org, call 866-837-1006 or checkout www.bcochicago.org.

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#10 – You want to learn more about gardening, ecology and restoring our environment.

#9 - You're committed, like we are, to doing something about the environment, not just talking about it.



#8 – You want to enjoy a workout without walls, in the fresh air, among neighbors and friends!

#7 – You're creatively inspired by nature's palette to turn a garden into a work of art.

#6 – You need space in the community vegetable garden to grow food for your family.

#5 – You have a generous spirit with much to offer.

#4 – You're a hard worker looking for the satisfaction of a job well done.

#3 – You have the leadership skills and knowledge to become a steward for Bowmanville.

#2 – You are needed to strengthen the team that is building a greener, sustainable future.

#1 – Building beautiful gardens means building the strength of the community where you live.

By Tracie Hinton-Chavez

Beating the Winter Blues



The shorter days have a way of making winter seem especially long and cold, but there are ways to beat the seasonal blues, and it's easier than you think. Here are some tips to get you started today:

Eat plenty of fresh fruits, vegetables, lean meats and whole grains. Make it quick and easy by using a crock pot. Pick up a good cookbook with simple and healthy recipes (**The Natural Health Cookbook** or **Fresh from the Vegetarian Slow Cooker**), or find a nearby cooking class to make it even more fun.

Exercise. It's key to keeping your spirits up and your mood lighter. Movement stimulates the circulatory system, providing blood and oxygen to all the muscles and organs, including your brain. Low to moderate exercise (30-60 minutes, 4-5 times a week) is all that's needed. Attend a yoga, Tai Chi or other class that interests you, or join a local gym. Tight on money? Bundle up and take the dog for a walk or just walk briskly around the park. Endless exercise video are available, including yoga, belly dancing, and other workouts that incorporate strength and flexibility work. Now is a great time to start preparing for a spring race. The Ravenswood Run is coming up May 1!

For an extra boost, Acupuncture can be useful in overcoming the winter blues. It can help increase energy levels, making it easier to get the exercise you need. It can also improve the mood and is recommended for individuals affected by seasonal affective disorder. Remember, too, when the sun is out open your blinds and curtains and let the sun shine in ... ahh, that's better. Stay connected to people, turn on some great music, dance around your living room or invite neighbors over and have a dinner party. Winter is only as bad as you make it. Resolve to make this one good!

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Arts & Culture

Reflections on The 2nd Annual Fall Festival & Pumpkin Patch

By **Claire Shingler**, BCO President & Fall Festival chair



Pete Special and Bowmanville resident John Maloney had the crowd on their feet with a “special” blend of funky blues, but nothing beats the blues like a stroller full of pumpkins, a break for one of Chef Martin’s sausages, a couple of cute super heroes and the GreenSpace decked-out Buddy 50.

It was an incredible coming together of two communities: on Oct. 16, under clear autumn skies, the Rogers Park Montessori School families and staff joined Bowmanville neighbors and friends to celebrate fall in our community. This year was really special in many ways.

One of the highlights for me was Bowmanville neighbor and percussionist John Maloney as he accompanied Pete Special for a great set of funky blues music. Then there was the outstanding community effort to pitch in on the public art mural in the Berwyn foot tunnel during the festival.

As I weaved between the mosaic tile tables and headed into that tunnel, the sight of neighbors young and old, sleeves rolled up, side-by-side, painting the tunnel brought tears to my eyes. The walkway was full of volunteers and the coordinating artists were clearly thrilled and overwhelmed by the response.

Festival turnout was fantastic. The weather was beautiful and the setting was perfect – with the school and the Gateway vegetable gardens as backdrops, volunteers were making things happen at every turn.

Volunteers really do make the world go ‘round, and this event was no exception. They brought to life a wonderful setting for the day’s events, transforming Ravenswood Avenue into a hay-strewn pumpkin patch with a lively stage set up between the trees at the Summerdale cul-de-sac. Facing the stage was a grassy play area for toddler fun, graciously opened for the day by “The Rave” condo association. The action included philanthropy supporting the Common Pantry, a kickoff of the BCO GreenSpace Scooter Raffle, lots of games, food, pumpkins, crafts, entertainment, and costumed pets and people.

Thank you to my event co-chair, Jill Siegel from RPMS, and to all who made it happen, including the many families

and local businesses who stepped up to sponsor booths and donate supplies this year. See bcochicago.org for complete list of our hero volunteers.

Next year I want to climb up on the fire truck myself and get a panoramic shot of this great festival. It’s my favorite event in Bowmanville. Let’s do it again on Oct 15, 2011!

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Arts & Culture



Artists & Friends Breathe New Life Into Berwyn Tunnel

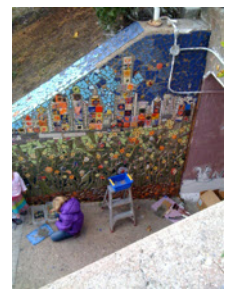
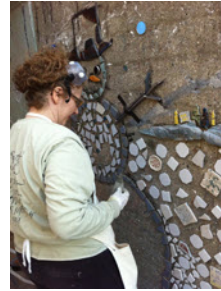


Give a nod to Old Man Winter as you stroll through The Berwyn Tunnel, a painted and mosaic public artwork that continues to engage, enchant and involve area residents on both sides of the passage under the Metra tracks at Berwyn Avenue.

This community driven project took the neighborhood by

storm in October, when admirers flocked to the scene to pitch in, observe and offer encouragement. Special thanks to all the volunteers and artists, including the project's leads, Sarah Laing and Amy Zoeller, who have donated hours of their time to making the tunnel the beauty it's become.

Financial contributions from the BCO and WANT organizations, as well as from neighborhood benefactors, have helped with materials and professional assistance. A large portion of what's needed was raised by the BCO at the Fall Festival in October (Page 13) and through tile workshops. The city paid for and completed all of the site prep. But it remains a work in progress, with the completion of the east entry planned for Spring 2011.



A Final Tile Making Workshop will be held on Thursday, Feb. 24, from 4-6 PM at Let Them Eat Chocolate, 5306 N. Damen. All are invited – even those who have already have pieces on the wall!

And there are still other easy ways you can become part of the project:

>Make a Tile! Join the Feb. 24 workshop, create a tile of your own and leave a lasting mark on the mosaic. Tiles are \$10 each and you don't have to be an artist to make a unique contribution.

>Make A Donation: We are looking for individuals and businesses to help cover the remaining \$1000 required to enable completion of the project. No amount is too small!

>Work on East Entryway Mosaic Installation:

A schedule will be published once the thaw begins in the Spring. Many hands will be needed, and there's plenty of creativity for everyone.

February's Free Family Film at Scooterworks – Bueller?

The aroma of popcorn will fill the showroom at Scooterworks once again as the company hosts its Free Movie Night for neighbors and friends on **Wed., Feb. 23**. Enjoy some lighthearted entertainment without spending a dime or leaving your cozy burg. BYOC (Bring Your Own Chair). Doors open at 6:30 PM for the 7 PM start time of "**Ferris Bueller's Day Off.**"



Sounds of The Season Treat Farragut Families

By Courtney Reid

Residents of the 1800 block of West Farragut were treated to a holiday delight on the Sunday before Christmas. Beginning the evening with snacks, cookies, and drinks at the Hayden-Torrisi house, 12 carolers – adults and children – set out to serenade several neighboring families with songs of the season.

Grateful neighbors offered **more** cookies and treats to the singers, adding to the sweetness of the event, which featured traditional carols; "Jingle Bells," "Deck the Halls," "O Christmas Tree," and "Rudolph the Red-Nosed Reindeer." The caroling was a wonderful way to celebrate the holiday season, and the group looks forward to next year's crooning.





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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 14

Help Deliver the Bee!

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

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

☐ Membership Committee

☐ Planning and Development Committee

☐ Communications Committee (The Bee and Website)

☐ Public Art Committee

☐ Nominating Committee

☐ Events Committee

☐ Gardening Committee

☐ GreenSpace Committee

Please take a moment to answer the questions below. Your answers will help us focus our efforts on your behalf.

What year did you move to Bowmanville? _____

Do you own or rent your home? ☐ Own ☐ Rent

Do you live in a house or condo/apartment complex? ☐ House ☐ Condo/Apartment Complex

How many people are in your household? _____

What are their ages? ☐ Adults _____ ☐ Children _____

What are your hobbies and interests? _____

Any other comments you'd like to make? _____

BCO Calendar of Events

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

Feb 7	GreenSpace Committee Meeting
Feb 9	Finance Committee Meeting
Feb 17	BCO Board Meeting 7pm
Feb 23	Community Movie Night at ScooterWorks Showroom @6:30pm Ferris Bueller's Day Off
Feb 24	Winter Tile workshop for Berwyn Mural @ Let Them Eat Chocolate, 4-6pm
Feb 27	Vegetable Garden Plot Applications due (see website for application)
Mar 4/12	Greencorps Seed Distribution (4th to register, 12th for pickup); open to individuals
Mar 13	Vegetable Plot assignments finalized
Mar 26	Spring Cleaning Gateway Garden work day 9:30-1:30
Mar 24	BCO Spring Open Meeting & Scooter Raffle Drawing 7pm @ ScooterWorks
Mar 31	Planning & Development Committee Meeting (4th Thursday monthly starting in March)
Apr 9	Spring Cleaning Westgate Garden work day 9:30-1:30
Apr 13	Community Gardeners Orientation/Social Event
Apr 20	Spring Cleaning Bowmanville Garden work day 9:30-1:30
Jun 4	Annual Bowmanville Street Sale
Jul 9	Annual Bowmanville Garden Walk
Aug 14	Annual Ice Cream Social
Oct 15	Bowmanville/RPMS Fall Festival & Pumpkin Patch
Oct 20	BCO Fall Open Meeting & Election



CHECK OUT THE BCO WEBSITE! www.bcochicago.org