

# Bowmanville Bee

Fall 2011



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

## Who's Who in the BCO

### OFFICERS

*President*  
**CLAIRE SHINGLER**  
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**OPEN**

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*Secretary*  
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**BCO BOARD**  
Noelle Braun-Etheridge  
Amy Gawura  
Jeff Graves  
Sue McCoy  
Laura Novy  
Anthony O'Reilly  
Josh Samson  
Menghua Sun  
Barbara Wolke  
Jim Yorton  
Amy Zoeller  
**(One OPEN)**

### COMMITTEES

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**Planning and Development**  
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**Public Art**  
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ANTHONY O'REILLY  
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**BCO** Bowmanville  
Community  
Organization  
[www.bcochicago.org](http://www.bcochicago.org)

## BCO Board Begins New Term with New Faces

Bowmanville neighbors who are both members of the Bowmanville Community Organization and not, are invited to attend the Fall Open Meeting of the BCO on Thurs., Oct. 20, 7 PM, in the Scooterworks Showroom at 5410 N. Damen Ave.

The meeting is open to all residents and friends of Bowmanville and will include the election of new BCO board members! It's an opportunity to meet new and returning board members, all of whom are eager to start their new terms of service to the community.

Join us to elect the incoming board, learn more about what's happening in your community, meet and catch up with your neighbors, and enjoy a few refreshments.

Discussion in the open meeting will include the proposed West Ridge Nature Preserve, the proposed zoning changes along Bowmanville Ave., the progress of our GreenSpace initiative, completion of the Berwyn Mural and much more.

If you can help with food, drinks or raffle prizes or setup/cleanup for the meeting please sign up here: [www.mysignup.com/bcoopenmeeting](http://www.mysignup.com/bcoopenmeeting).



### 2011-2012 Officers

*President (Interim\*):* **John Paraoan**  
*Vice President:* **Claire Shingler**  
*Secretary:* **Paula Palmentera**  
*Treasurer:* **Menghua Sun**

\*Note: the nominee for president has indicated he is available through January 2012. Help from members of the community and board will be needed to identify a volunteer willing to step into the president role beyond that time.

Contact [planning@bcochicago.org](mailto:planning@bcochicago.org) for more info.

### 2011-2012 Directors

**Noelle Braun-Etheridge**  
**Joey Chiappetta**  
**Amy Gawura**  
**Jeff Graves**  
**Scott Lair**  
**Sue McCoy**  
**Kathleen Moran**  
**Joe Mulherin**  
**Anthony O'Reilly**  
**Stewart Weiss**  
**Barbara Wolke**  
**Jim Yorton**

### Nominating Committee for 2012

**Board Members:** Noelle Braun-Etheridge, Claire Shingler, Barbara Wolke, and Board Alternate: Jeff Graves

**General Membership:** Donna Bakke, Maria Gullo, Laura Novy, Carrie Mitchell and General Membership Alternate: Betty Redmond

2011 Committee members: Jeff Graves, Betty Redmond, Laura Sabransky, John Paraoan, Barbara Wolke, Carrie Mitchell, Kelly Chester, Laura Novy, Dena van der Wal (withdrawn), with support from many generous volunteers.

Bowmanville

Ravenswood & Balmoral

West Side of Metra Tracks

Fall Festival

October 15 1PM- 4PM



The Bowmanville Bee is the neighborhood “go to” for local news and announcements, relying on the eBee to pick up the in-between pieces and direct residents to immediate online access to information. Peggy Cassidy, Managing Editor, and her team, Joey Chiappetta and Paula Palmentera, look to Bowmanville residents to keep them abreast of what important and relevant news is best suited to the newsletter and which local advertisers may want to be included. Thank you to the host of BCO members and neighbors who have submitted content and photos to keep the Bee ‘buzzing.’ Send us your news at [news@bcochicago.org](mailto:news@bcochicago.org).



The Communications Committee provides many ways for the BCO to connect to the community and for the community to make its voice heard through the BCO. These include our website, Facebook page, quarterly newsletter (the Bowmanville Bee), online e-Bee, and e-Blasts via e-mail for timely or urgent announcements. We also manage our toll free BCO hotline 1-866-837-1006. We are seeking a new volunteer to act as editor for the online newsletters and e-blasts and people who can help keep our website current. If you have an interest in writing or editing we’d love the help. Contact: [comm@bcochicago.org](mailto:comm@bcochicago.org).



The Events Committee is one of the best ways to meet neighbors throughout the community, and have a lot of fun while you’re at it! We are always looking for new twists for the events and new event ideas. We are in need of volunteers of volunteers and supplies for this year’s Fall Festival. Go to these signup pages to see how you can help: [www.mysignup.com/bcofallfestival](http://www.mysignup.com/bcofallfestival) and [www.mysignup.com/bcofestsupplies](http://www.mysignup.com/bcofestsupplies).

**Next BCO events: Oct 15, Fall Festival; Oct 20 at 7 pm, BCO Fall Open Meeting at Scooterworks.**



Join the BCO Garden Committee and carry on a 15 year tradition of keeping Bowmanville Beautiful! Garden workdays are the 4th Saturday of each month, 9:30 AM – 1:30 PM, and the 2nd Wednesday of each month, 6 PM until dusk. It takes a village to maintain our 3 gardens. The team is headed by chairperson Betty Redmond, and supported by hardworking volunteers and garden site leaders: Anthony O’Reilly, Dave Johnston, Anne Boyle, Ellen Jurczak, Tom Kennedy, B. A. Church and Billy Kuczek. Many thanks to all who help!



The Membership Committee focuses on ways to continually engage and support our community and grow our membership base. This is definitely an area where you can see your new ideas take flight. The latest initiative is the new BCO Bargains program – discounts for BCO members as one way we say thank you for supporting us. Contact [membership@bcochicago.org](mailto:membership@bcochicago.org) to help us.

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



The Planning & Development committee gathers to discuss issues of change, development, and improvement of our fine community. We interact with local residents, businesses, and the Alderman’s office to advantageously grow our community. We are currently looking for persons to join the 2012 Planning & Development committee. If you would like to help shape the decisions that affect our community, then contact chairman Jeff graves at [planning@bcochicago.org](mailto: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! To get involved, please contact [greenspace@bcochicago.org](mailto:greenspace@bcochicago.org).



The Public Art committee was formed in 2010 to explore the idea of a mural in the Berwyn pedestrian tunnel. That idea became reality very quickly! Work is underway to complete the East entryway and finish the interior. Check the website for details or contact [publicart@bcochicago.org](mailto:publicart@bcochicago.org) to get involved. The Berwyn Mural will be officially ‘dedicated’ on October 15<sup>th</sup> during the Bowmanville Fall Festival. Join us to celebrate this gem.



## Community News

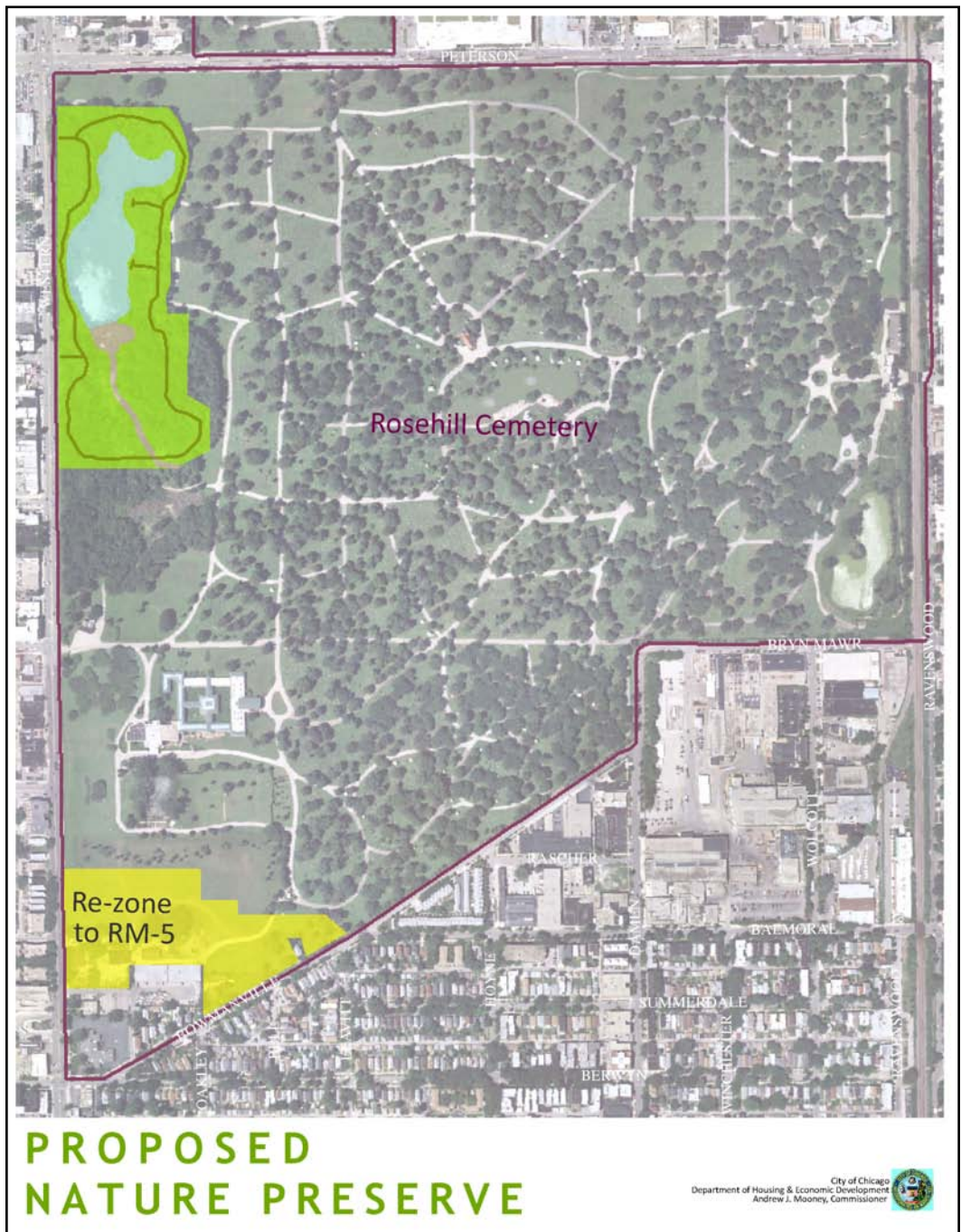
# Special Bowmanville Community Notice: Rosehill Cemetery Nature Preserve

The city has been in protracted negotiations with the owners of Rosehill Cemetery for nearly 10 years in an effort to acquire undeveloped land along Western Avenue for a nature preserve. Last week Alderman O'Connor issued a letter and re-zoning map to residents of the Bowmanville community to keep us abreast of a deal that is now forthcoming. According to current plans, the city hopes to close on the transaction in November 2011. The proposed 20.5 acre Nature Preserve - to be called the West Ridge Nature Preserve - will be designed and developed in 2012 by a process to be led by the Chicago Park District with citizen input.

Included in the plan is a zoning change affecting the southwest portion of the cemetery, which includes land along Bowmanville Avenue. This opens up the possibility of development of a senior housing facility in the future, with exact uses still bound by a longstanding cemetery covenant. No project is underway for the land targeted for re-zoning at this time.

The BCO GreenSpace committee, along with the BCO Planning & Development committee, already has a list of items or concerns to be considered if and when a planned development emerges for the land. We will continue to gather input to influence that process. One goal of the BCO GreenSpace committee remains as it has been - to acquire as much of that land as possible for dedicated green space open to our community.

While it is very important for you to contact Alderman O'Connor directly with your feedback (773-769-1140 or [ward40@cityofchicago.org](mailto:ward40@cityofchicago.org)), you can also submit your concerns to [planning@bcochicago.org](mailto:planning@bcochicago.org) to ensure that the BCO can continue to help advocate for the interests of our neighbors. The proposed zoning change will be addressed by the City of Chicago Committee on Zoning on October 18, at 10a.m. in the Council Chambers at City Hall. The committee meeting is open to the public.





## Community News

### Fall Festival Shaping Up To Be Best Yet

By Peggy Cassidy



Hayward Bluegrass will be among the entertainers on the Fall Festival stage Saturday, October 15 from 1-4 pm.

The upcoming Fall Festival promises to be packed with fun and entertainment, and, as hard as it is to imagine, it may surpass recent fests in the annals of Bowmanville events.

Don't miss this great community event, Sat., Oct. 15, from 1 PM to 4 PM, and participate as you wish in any of the many activities on the menu.

As part of the community coming together, we're asking participants to donate no-longer-needed winter coats to benefit "Care for

Real," a food pantry in neighboring Edgewater. Coats turned in at the festival will go a long way toward making the winter ahead more comfortable for someone in need.

The Fall Festival will feature the Berwyn Mural Dedication. Join with neighbors and volunteers at 2:30 PM to salute the artists behind this project, to thank all those who made it a reality and to officially dedicate the Berwyn pedestrian tunnel. The dedication will take place at the main stage of the festival.

The entertainment promises to be foot-stompin'. Bowmanville's own John Maloney will accompany Pete Special for a set of funky blues on the Fall Festival stage. Hayward Bluegrass, featuring a "downtown hoedown sound," and Lisa DeRosia of Wiggleworms will also perform.

Spring bulbs and local honey will be available for sale at the BCO Green booth, and pumpkins will be featured and for sale at the RPMS pumpkin patch.

Nosh on sausages from Bowmanville's own Chef Martin, or sample the fare from several local food trucks.

The costume parade, led by SheBoom's talented drummers, will again be a highlight of the day's events. Dress accordingly. It will lead festival goers through the finished Berwyn Mural for a look at the art. Games (including a basketball shootout and Lil Sluggers t-ball), crafts, face-painting, cookie decorating, slime grab, and The Kids Table cooking demonstrations will complete the order for fantastic fun, frolic and fall festing.

Thanks to the many area business sponsors and local talent who have joined together to help make this a great day. Now all we need is neighbors and friends to come out – rain or shine, in costume or not – to be part of this festive Fall gathering.

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## Community News

### Track Work To Resume on Metra North Line

After what turned out to be a fiasco of a reconstruction project launch in the Spring of 2009, Metra is getting back on track with plans to update 22 bridges on the Union Pacific North line. The Chicago Tribune has reported that the commuter line is committed this time around to keeping trains running on time.

"This time, Metra says the current schedule won't change and rush-hour riders shouldn't be late because trains will continue to run on two tracks," the Trib said. It's the extension of the track bed to accommodate a third track, allowing for the replacement of the existing rails, that will mean changes for those living near the line, but riders will be less affected.

Alderman Patrick O'Connor's web site offers the following: Please be advised that in the next few weeks, activities associated with the reconstruction of the Union Pacific North Line and Ravenswood Station will begin. Construction will include replacing the 11 bridges over Balmoral, Foster, Winnemac, Lawrence, Leland, Wilson, Sunnyside, Montrose, Berteau, Irving Park and Grace. New retaining walls will be built along the western side of the tracks. The Ravenswood Station, the only stop in the construction zone and the busiest stop on the UP North line, will be completely rebuilt in its current location. Construction is scheduled to be complete by 2015.

Construction will start with the installation of temporary bridge support columns at sidewalks throughout the project. This activity will involve temporary lane and sidewalk closures, but allow pedestrian and vehicle traffic at all times.

Bridge construction will begin in about one month starting at Sunnyside. It is anticipated that Sunnyside will be closed to vehicles and pedestrians for six weeks for the initial bridge construction, with subsequent closures for steel erection and painting. Berteau will start two weeks after Sunnyside and is also expected to be closed to vehicles and pedestrians for six weeks, with subsequent closures for steel erection and painting. Grace will also begin this year and is expected to be closed for six weeks, with subsequent closures for steel erection and painting. Metra has been working with the Chicago Department of Transportation to coordinate the temporary street closures.

Retaining wall construction will begin this fall on the west side of the tracks from Berteau to Grace. Retaining wall construction will require daytime closures and restricted parking along West Ravenswood.

The Ravenswood Station reconstruction will begin in the spring of 2012. Boarding for the station has been temporarily relocated to the north side of Lawrence to allow for construction of the new station. The new station will include heated warming shelters, covered waiting areas, vendor space and ADA accessible ramps.

The work is not expected to impact rush-hour commuters on the line, and because two tracks on the line will remain operational, the current UP North schedule will not change due to construction activity. However, there could be some midday, overnight and weekend delays due to the project.

Metra will keep the Alderman's office apprised of construction updates and asks those affected to check for regular updates at [www.metrarail.com](http://www.metrarail.com). Once there, you can sign-up for service alerts, too.



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### Wordsmiths Write 50-Word Bowmanville Tributes

OhSoWe ([www.ohsowe.com](http://www.ohsowe.com)) is a hyper local networking service designed to bring neighbors together so they can communicate, collaborate, and share resources.

The Web site recently launched a MiniSaga Neighborhood competition. A minisaga, as defined by Wikipedia, is a short piece of writing containing EXACTLY 50 words (no more, no less) with a title of up to 15 words. Writers entered minisagas about their neighborhoods to compete for \$1000 in cash prizes. Two of the 14 entries into this competition were from Bowmanville residents.

While the winners have yet to be announced, The Bee is proud to bring you the neighbors' submissions.

#### **Bowmanville Embraces Positive Community Response to Combat Negative Influences**

*Bowmanville has embraced positive actions to combat negative influences. A pedestrian passageway that previously was a graffiti battleground is now a beautiful painted mural and tile mosaic depicting the four seasons through the joint efforts and contributions of local artists, neighborhood residents and their children. A great community enacted project.*

#### **My Chicago – Because I Want It This Way And Am Working To Foster Its Growth**

*Chicago's hidden gem. People coming together to enjoy life. Diverse. Urban. Green. Livable. Evening walks with my family to enjoy the edible community garden. Admiring our art in the new Berwyn Mural daily. Anticipating the newly acquired greenspace. Knowing, helping, enjoying each other. Reach out to keep it going, now!*

Regardless of who is chosen for the prize, these pieces are winners for Bowmanville.



## News from our Schools

### Park Kids Comes to Chappell!

By Joseph A. Peila, Principal

Thank you to the many Chappell School parents who provided great feedback on a survey about after-school childcare. We have heard the call for quality, inexpensive childcare! Chappell School is now home to the Park Kids program, an after-school child care program that is sponsored by the Chicago Park District but held on-site at Chappell. Park Kids meets Monday through Friday from 2:45 – 6 p.m. on school days. The program is available to students ages 5 and up for a nominal fee and provides a variety of after-school activities, including homework help, tutoring, team-building sports activities and art activities. For more information, contact Winnemac Park at 773-877-2736.

### Local School RPMS Celebrates 45 Years of Learning

By Kim Romain, Director of Development, RPMS



This school year Rogers Park Montessori School is proud to be celebrating 45 years and counting of dedication to Montessori education and our important role in the Rogers Park/Bowmanville communities.

What began in 1966 as a small group of parents who were dedicated to providing a Montessori education for their children is now a vibrant community of 350 students and their families. Thousands of students have attended RPMS since its inception and graduates are represented at a wide variety of private, public and charter schools throughout the Chicagoland area.

Twenty years ago, RPMS opened its first class of first graders in the basement of our former site on Thorndale. The elementary program as we know it today took shape with the introduction of the first 6-9 class.

In January 2006 we moved to our own light-filled and welcoming building on Balmoral and became proud residents of the Bowmanville community. Generations of families have benefited from an excellent RPMS education. We are excited to begin welcoming more and more children of RPMS alumni every year.

From 40 students in a single classroom in the St. Ignatius Church basement to 350 students bustling through the hallways of our state-of-the-art building on Balmoral, our mission is still the same. We are committed to fostering a love of learning, to educating the whole child and to helping children reach their full potential.

### Our CPS High School Offers More Than You May Know

By Peggy Cassidy

Amundsen High School sits proudly on the corner of Foster and Damen avenues, sharing Winnemac Park with area residents and featuring



Amundsen once housed Truman College before becoming a high school.

Jorndt Field, a sports stadium renovated in 2004 with a \$1 million donation from the son and daughter-in-law of Lou Jorndt, a coach and teacher at Amundsen from 1930 until 1953. On these clear autumn days, the sounds of Amundsen Vikings football announcers can be heard for miles around.

The school, which first opened in 1930, has an indoor swimming pool. Shared with the Chicago Park District, the facility offers open adult swim each week night from 8:30 – 9:15 PM. There are several Tiny Tots sessions for neighborhood children on Saturdays, also.

Some 1600 students flow in and out of the schools doors, Monday through Friday, experiencing that once in a lifetime chapter in life, high school. As a neighborhood high school without selective enrollment, Amundsen is notable for being a CPS school with a non-selective [International Baccalaureate](#) program.

Beginning on Oct. 19, Amundsen will begin offering evening classes to active Chicago Public School students. Among the classes being offered in the second quarter of the 2011 school year are American Literature, British Literature, Geometry, Advanced Algebra, U.S. History, Biology, Physics and Art. For more information, contact Amundsen's IB Coordinator, Mr. Minh Nguyen at 773-534-2824.

Amundsen is the nearest public high school to Bowmanville. Many longtime residents of the neighborhood are graduates of the school. In mid-September, the alumni sponsored a reunion of family and friends from the classes of 1964, 1965 and 1966. It was roundly reported to have been a success, with nearly 70 Amundsen supporters in attendance.

To learn more about the school and what it might offer to local teens, you are invited to attend the school's Eighth Grader Open House on Sat., Nov. 5, from 9 AM to 11 AM.

#### WANTED! Friendly Bee...



*Beatrice*, the Official Bee of the Bowmanville Bee, needs a softer, kinder look. Submit your drawings and ideas for a happier Bee. We'll feature your submissions in the next issue of the Bee for a vote...don't BEE shy!!

Send emails to [news@bcochicago.org](mailto:news@bcochicago.org)

## A Greener, Sustainable Bowmanville

### Friendraiser Boasts Best Chili, Boosts GreenSpace Funds

The Vernon family reigned in a recent BCO GreenSpace Chili Cook-Off, held as part of a "friendraiser" at the home of Carrie and Matt Mitchell in early September.

The Mitchells' party raised more than \$600 for BCO GreenSpace, after the hosts asked guests to give \$25 each in exchange for a fun night of great food and good friends. The Vernons took home the prize for best chili in the house, although competition was stiff.

The Mitchells, who coined the word "friendraiser," join the BCO in encouraging others to try the same approach. They had a party with friends, and simply included the GreenSpace giving link on their Evite for their event. So easy. So fun. So appreciated by the GreenSpace fundraising committee.

### Vernon Black Bean-Chipotle Chili

- 2 lbs. ground sirloin, browned
- 1 onion, diced
- 1 red pepper (or orange or yellow), diced
- 2 cans black beans, rinsed and drained
- 1 can fire roasted tomatoes
- 1 can diced tomatoes with green chiles
- 2 cans tomato sauce
- 2 chiles from can of chipotle peppers in adobo sauce, diced, plus sauce
- 2 cloves garlic, minced
- 2 tsp jalapeno salt (Konriko and Dave's are two brands with no MSG)
- 2 tsp crushed pepper (red, anaheim, habanero, etc.)
- 1 tsp Worcestershire sauce
- 1/2 tsp paprika
- 2 tsp chili powder (Gebhardt is the family favorite)
- 1 tsp cumin
- 1 tsp oregano

Combine all ingredients in well-oiled slow cooker and cook on low 6-8 hours. Avoid temptation to open slow cooker and peer into contents every five minutes. Instead, about 5 hours into cooking, stir, taste, and adjust seasonings as necessary.

### BINGO for BOWMANVILLE!

BCO GreenSpace to Host HamBINGO at Hamburger Mary's

Join your neighbors and friends for a fun night out eating, drinking and playing BINGO. You'll also be supporting the BCO GreenSpace Initiative – what a great combination!

HamBINGO will be held at Hamburger Mary's (5400 N. Clark Street – Clark and Balmoral) on **Monday, January 2, 2012** from 8 PM until sometime around 9 PM in the downstairs Dining Room.

Bingo cards will cost \$5 each. These cards are reused for all BINGO games that evening.

Prizes will be plentiful.

Proceeds will directly help support the development of the 5384 North Bowmanville greenspace project. We invite you to invite your friends, family, neighbors and strangers on the street for a fun night out for a good cause – support of the Bowmanville GreenSpace.

Bring your appetite so you can, as Hamburger Mary's says best, "Eat, drink and be...Mary!"

**BINGO starts at 8 PM.** Seating will be limited so come a few minutes early.



Hamburger Mary's Bar & Grill

5400 North Clark Street, Chicago, IL 60640  
<http://www.hamburgermarys.com/chicago>

### SAVE THE DATE!

Monday, January 2, 2012 • 7-9 pm



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## A Greener, Sustainable Bowmanville

# Betty's Sweet Garden Welcomes Bees' Luscious Honey

By Heidi Petersen

I discovered beekeeping almost on accident. As a volunteer at the Garfield Park Conservatory, I decided on a whim to take their Basic Beekeeping course. Next thing I know, I'm tentatively lighting a smoker surrounded by 15 hives and thousands of bees as one of the Conservatory's volunteer beekeepers.

That was three seasons ago, and I now have the pleasure of working my own hive in Bowmanville. My apartment is in Andersonville, but I am short on the green space necessary to maintain a hive of my own. Last winter I sent emails to see if there were any gardeners willing to host me and my bees. Betty Redmond responded enthusiastically to the offer. Garden-filled, Bowmanville is the perfect location for a hive; I harvested approximately 100 pounds of surplus honey this year, which is 40 pounds more than the state average.

Honey bees and beekeepers have been in the news a lot recently. Bees have grown weaker over the years; pests and pesticides have taken their toll. The cause of the devastating Colony Collapse Disorder is still much debated, but the importance of the honey bee is without question.

Bees are responsible for every third bite of food we eat, and without their hard work we would have a sharp decline in the variety and yield of our produce, as well as the flowers we all enjoy.

Interestingly, it may well be the urban and backyard beekeeper who helps the honey bee regain its strength. Urban honey bees have more and greater variety of plants from which to gather pollen and nectar, while urban beekeepers are able to act as informal ambassadors for the honey bee, along with promoting the art and science of beekeeping to their friends and neighbors.

My hive in Betty's yard is strong, and I'm happy for the opportunity to get to know both Bowmanville and its residents better. My thanks to all of you who planted bee-friendly plants this past spring.



Heidi's bees are tucked discretely and harmlessly in a corner of the yard.

### Here is a list of some Bee-friendly plants:

Annuals	Perennials	Fruits & Veggies	Trees
Asters	Buttercups	Blackberries	Alder
Calliopsis	Clematis	Cantaloupe	American Holly
Clover	Cosmos	Cucumbers	Basswood
Marigolds	Crocuses	Gourds	Black Gum
Poppies	Dahlias	Fruit Trees	Black Locust
Sunflowers	Echinacea	Peppers	Buckeyes
Zinnias	English Ivy	Pumpkins	Catalpa
	Foxglove	Raspberries	Eastern Redbud
	Geraniums	Squash	Golden Rain
<b>Herbs</b>	Germander	Strawberries	Hawthorns
Bee Balm	Globe Thistle	Watermelons	Hazels
Borage	Hollyhocks	Wild Garlic	Linden
Catnip	Hyacinth		Magnolia
Coriander/	Rock Cress		Maples
Cilantro	Roses	<b>Shrubs</b>	Mountain Ash
Fennel	Sedum	Blueberry	Poplar
Lavender	Snowdrops	Butterfly Bush	Sycamore
Mints	Squills	Button Bush	Tulip
Rosemary	Tansy	Honeysuckle	Willows
Sage	Yellow Hyssop	Indigo	
Thyme		Privet	

## Introduction to Basic Beekeeping



Learn how to get started on your own backyard beehive! This free presentation and Q&A will be provided by Beekeeper Heidi Peterson.

**Saturday, November 12th at 1 PM**

5448 N. Wolcott (in the Tempel Steel Training Room)

RSVP, or for more information, contact: [gardening@bcochicago.org](mailto:gardening@bcochicago.org) or call toll free 866-837-1006.



## *A Greener, Sustainable Bowmanville*

### Many Hands Help Autumn Gardeners

In early fall, a crew from GreenCorps joined members of the BCO Garden Committee during one of four installation days in the Gateway Garden. The extra hands and the work they've done are all part of a \$3,000 grant received from GreenCorps for the improvement of Gateway Garden. All efforts are greatly appreciated.



"Men anpil, chay pa lou," is a Haitian phrase which translates as, "Many hands make light the load."



The GreenCorps and a grant for \$3,000 allowed the Gateway gardeners to raise each of their beds to accommodate fresh fill.



A pile of fresh soil was delivered and will be distributed amongst the beds.



GreenCorps also helped the Bowmanville gardeners construct two wooden benches. From those perches, one can observe the evolving gardens and find a brief respite from urban life.



No garden outing is successful if not punctuated by a well-deserved lunch. Good food, fresh air and your hands in the dirt! What more could a volunteer ask for?

## Health

# Avoiding Sickness in Colder Weather

By Russ Klettke

As a health and fitness writer, I recently ran across this list of five ways to ward off illness in the colder months:

1. **Safe food storage and cooking:** Almost all "24-hour flu bugs" are in fact from contaminated food, not a communicable pathogen. Be particularly wary of how you handle, cook and store poultry, pork and beef.
2. **Wash your hands:** Use warm water and soap, scrubbing for 20 seconds away from the stream of water before rinsing. Do this after using the bathroom, after being in public and before eating. It's less important to use antibacterial soaps than to simply wash with frequency at the right times.
3. **Eat right and exercise:** If you absolutely cannot get five or more servings of fruits and vegetables (don't be afraid of frozen, as the nutrients are usually still there), supplement with vitamins A, C and E, zinc, selenium, calcium, iron and omega-3 fatty acids. For exercise, you do not have to join a gym – just be active. Clean house, rake leaves, shovel snow and go for 20-30 minute (or longer) walks.
4. **Actively reduce stress:** Everyone tells us to "chillax," but what does that really mean? The usual causes of stress – financial matters, work, family issues, health concerns, world events – affect almost everyone from time to time, so you need a plan on how to deal with it. Meditation is scientifically proven to be effective. Yoga includes a meditation component, and all exercise helps. For many, actively seeking a good laugh (Funny movies? Funny friends?) can have solid physiological benefits.
5. **Don't hibernate:** Germs are in warm places, a lot less so outside in the cold air. Aside from the exercise you get from going places, a little sun exposure on your face in winter helps you to naturally produce vitamin D.

**How can we do these things in Bowmanville?** Start by going for at least one walk every day. Walk to nearby Andersonville or Lincoln Square to pick up a movie. Then make a good homemade soup every weekend, and as it simmers, wash your hands!



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## Around Bowmanville

### There's a New Star in Bowmanville

By Sue McCoy

The McCoy family welcomed a baby girl on August 7th. Her name is Vega Elizabeth McCoy. She is named after the second brightest star in the northern hemisphere, Vega, located in the Summer Triangle. She was born at home with the assistance of our midwife and my husband, Brian McCoy. She was 7 pounds 9 ounces and 19 inches. Her big brother Malcolm, who is 3, is thrilled about his new role as big brother. We are looking forward to enjoying the wonderful Bowmanville community and neighbors with our "shooting star."



### Dorado Restaurant Loves Bowmanville, Offers Special Deal

**BCO Bargain #2 – the next in our series of BCO Membership Perks**



Dorado has teamed up with the BCO to offer a special discount to BCO members for the month of October.

**Dine in on any Tuesday, Wednesday or Thursday this month and get \$25 off your pre-tax bill (one discount per table).**

Make your plans to head over to Dorado, 2301 W Foster Ave., to enjoy their unique fusion of Mexican and French cuisine. Neighbors rave about it, and with good reason.

**Dorado is BYOB, as well, making this deal an even better bet!**

If you know of a restaurant or business that would like to offer a BCO Bargain, contact [membership@bcochicago.org](mailto:membership@bcochicago.org)



Retired teacher will babysit or tutor preschooler to middle school age children in areas of academic difficulties in her own home.

**Call Marlene Gerbec at  
773 - 275 - 6092**

### **WANTED! Friendly Bee...**



*Beatrice*, the Official Bee of the Bowmanville Bee, needs a softer, kinder look. Submit your drawings and ideas for a happier Bee. We'll feature your submissions in the next issue of the Bee for a vote... don't BEE shy!!

Send emails to [news@bcochicago.org](mailto:news@bcochicago.org)



Bowmanville

Ravenswood & Balmoral  
West Side of Metra Tracks

# Fall Festival

October 15 1PM- 4PM



Live Music By  
Hayward Bluegrass

Lisa DeRosia of Wiggleworms

Funky Blues by Pete Special with John Maloney



Come in costume for the Costume Parade!

Dedication of the Berwyn Mural at 2:30PM

Bring gently used or new  
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Organization

[www.bcochicago.org](http://www.bcochicago.org)



Rogers Park

Montessori School



## Arts and Culture

### Berwyn Mural To Be Dedicated At Fall Festival

by Claire Shingler/ Peggy Cassidy

We really can see the light at the end of our tunnel, as finishing touches are added to the Berwyn pedestrian tunnel. Mark your calendars for the Mural Dedication at the Bowmanville Fall Festival on Oct. 15 at 2:30 PM.

A number of great new faces joined in on recent activity, as volunteers from Razorfish contributed to the project through a not-for-profit workday arranged by Paint Lead Amy Zoeller. At the same time, neighbors Anthony O'Reilly, Laura Coyle, Sarah Laing, and Claire and Cate Shingler pitched in, moving the mural closer to completion. A big thanks to all the helping hands, especially those of Laura and Amy, each of whom has continued her artful creations at random times throughout the tunnel's development.

On a Sunday in late September, they worked with a new volunteer, 10-year-old Areli, who, they said, was really great. Areli was not the only child to experience the wonder of the tunnel's metamorphosis, and adults and children alike have shared in the awe of what the once neglected and avoided walkway has become.

There are many thanks to be offered and the gratitude is offered with great sincerity. To Rebecca Meyers, Sam Swislow and Maria Gullo, who were out at one of the last mosaic work days in July, thank you. Laura Coyle and Amy Zoeller are heroes for all their efforts and for recruiting several artist friends to help them continue the detail paint over the summer. Thank you, thank you. Thanks to Anthony O'Reilly for all his efforts and many thanks to Todd Shingler, who did some heavy broom work in the dark of night, cleaning up the interior of the tunnel for a recent workday. To all the many volunteers who have brought us to this point, much gratitude.

The project has not been without its setbacks. Mid-summer, an ugly act of vandalism left brown paint splashed randomly across the west end of the mural. without hesitation, discussion or consultation Bowmanville residents sprang into action. Maria Gullo alerted the artists to the damage. Anthony O'Reilly did a first pass at cleanup. Then Courtney Reid and Pam Palmentera collected their three young daughters, a couple of buckets of soapy water, rags and scrub brushes, and went to work on the damage. Thanks to their elbow grease and determination, the paint was removed and the mural restored.

Not long afterwards, artists devoted several days to adding some canine character to the scene. Area dogs were most grateful for the inclusion.

The time has now come for the tunnel to be dedicated, giving well-earned attention to this amazing community art project and those who have made it a reality. You can walk through the tunnel anytime, but you can only be part of the dedication on Oct. 15. Please join us.



Courtney Reid works with her children, Susan, Martha and Sarah, and the girls' aunt, Paula Palmentera, to remove vandals' brown-red paint from the Berwyn Mural. The clean-up did the trick, although remnants of the crime remain on the floor of the tunnel.

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## Arts & Culture

### B-Ville Artist Finds Inspiration From Local Gallery

By Peggy Cassidy

Victoria Ness, a member of the BCO and a volunteer Bee delivery person, wrote of her recent visit to and ongoing relationship with the Avram Eisen Gallery, 5204 N. Damen Ave.

"Being an artist, I decided to approach Avram's Gallery after reading the Bee article, 'Local Gallery Presents Work Of Three Sisters,'" Victoria told The Bee. "I now have six paintings hanging in the window," she reports delightedly, inviting community members to stop by and see her work.

"Avram is one of the nicest people you will ever meet," Victoria said, adding that she also "used his skill as a framer to frame one of my paintings."

"The Three Sisters" exhibit will be on display at the gallery until Oct. 30. For more information, call 773-271-3008.

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## Some Great Community Photos

Left to Right: A New Dog in the 'Hood'—at the Berwyn Mural; A Happy Couple Takes Wedding Pictures with Berwyn Mural as Backdrop; BCO Board Member Amy Gawura introduces her pooch to neighbors at the Ice Cream Social; A great day at the August BCO Ice Cream Social; After the Ice Cream Social—Perfect Day, Perfect Girl, Perfect Cone.



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

## Bee Counted — Advertise!

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

## Deadline for the Next Bee: Jan 13

## Help Deliver the Bee!

Volunteers are always needed and welcome! Please call 866-837-1006 or email [news@bcochicago.org](mailto:news@bcochicago.org)

## Need another Bee?

You can find them at the following local businesses:

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- Bobbie's Runaway Tavern
- Let Them Eat Chocolate
- Green Sky

# BOWMANVILLE COMMUNITY ORGANIZATION — MEMBERSHIP FORM —

## JOIN THE BCO OR RENEW YOUR MEMBERSHIP TODAY!

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Areas where I can help out in the coming year:

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

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

What year did you move to Bowmanville? \_\_\_\_\_

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

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

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

What type of new BCO programming would interest you? \_\_\_\_\_

Comments or feedback? \_\_\_\_\_

## BCO Calendar of Events

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



<b>Oct 15</b>	<b>Bowmanville Fall Festival &amp; RPMS Pumpkin Patch</b>	1-4pm
Oct 15	Berwyn Mural Dedication at the Fall Festival	2:30pm
Oct 18	City of Chicago Committee on Zoning addresses proposed Bowmanville Ave zoning change	
	10am, Council Chambers, City Hall – Open to the Public	
<b>Oct 20</b>	<b>BCO Fall Open Meeting &amp; Board Election</b>	<b>7pm at Scooterworks</b>
Oct 27	BCO Planning & Development committee meeting	
Nov 10	BCO GreenSpace Committee meeting	
Dec 8	BCO Planning & Development committee meeting	
Jan 2	HamBingo for BCO GreenSpace	7pm at Hamburger Mary's
<b>Feb 16</b>	<b>BCO Winter Open Meeting</b>	<b>Details TBA in Winter Bee</b>