

Bowmanville Bee

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



Winter 2012

Who's Who in the BCO

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John Paraoan
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COMMITTEES

Newsletter
Peggy Cassidy
news@bcochicago.org

Events
Barbara Wolke
events@bcochicago.org

Gardening
Betty Redmond
gardening@bcochicago.org

GreenSpace
Anne Boyle
greenspace@bcochicago.org

Membership
Noelle Braun-Etheridge
membership@bcochicago.org

Planning
Jeff Graves
planning@bcochicago.org

Public Art
Laura Novy
publicart@bcochicago.org

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BCO Bowmanville
Community
Organization
www.bcochicago.org

Beatrice Brings New Look, New Bulletins To Bowmanville

by Peggy Cassidy

Notice anything different? The Bee has a new look, thanks to local artist Victoria Ness. We're calling our new mascot Beatrice and she's sporting a lighter, friendlier look as she buzzes about sharing news and features of special interest to Bowmanvillagers. (page 12)



While winter arrived gradually this year, it's too soon to guess what it may bring in the months to come. Memories of last year's blizzard aren't far off. Many will recall the blustery fun and camaraderie those snow days offered, but there are precautions we can take to keep winter's health challenges at bay (page 15).

Recent changes in the city's ward map will affect the 40th Ward, Bowmanville's home. The impact is likely to be positive, but the boundaries have changed and the alderman has a larger constituency as a result (page 4).

The GreenSpace Committee reports on the progress along Bowmanville Avenue and the continued efforts to raise the funds for a unique community space (page 9).

Community voices have been heard relative to perceived loitering in the neighborhood, and updates are encouraging (page 6).

It's winter, yes, but the Fall Festival wasn't that long ago. We recap the festival fun and the celebration and dedication of the Berwyn Mural (page 7). Start thinking about next year's event, which will be hard pressed to surpass 2011. It's not too soon to think about spring/summer gardening, either. Applications for plots are being taken now on a first-come/first-served basis.

Dive into this issue of The Bee and, while you enjoy the contents, share your thoughts about what we can do to better serve the community. Send your ideas and content to news@bcochicago.org.

Thursday, February 16 at 7:00 PM
at North Community Bank – 5241 N. Western Ave.

*BCO Winter
Open Meeting*

The Board welcomes friends, neighbors and interested parties to join them for this special session to include news of progress and changes in the neighborhood, food, drink and a raffle. Come meet your community and become an active part of one of Chicago's most exciting localities.

Guest Speaker:
Tony Giron with Active Transportation Alliance



In an age of shrinking publications, The Bowmanville Bee is going strong. It's where neighbors come for the local buzz, including news, features and area announcements. The eBee fills in the blanks between our quarterly issues, and Managing Editor Peggy Cassidy works with Layout Editor Joey Chiappetta and Ad Manager Paula Palmentera to put the super local in local news. With a reliance and gratitude to area residents and businesses for sharing relevant and informative content, the Bee Squad greatly appreciates advertiser support and local input. Send your news and editorial remarks to news@bcochicago.org.



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



The Events Committee is one of the best ways to meet neighbors throughout the community, and have a lot of fun while you're at it! We are always looking for new twists for annual events and new event ideas. **Next BCO events: Feb 16, 7pm - BCO Open Meeting, come one and all to North Community Bank, 5241 N Western Ave for a chance to 'warm up' with your neighbors and catch up on the latest. June 2, 9am-4pm - Bowmanville Annual Street Sale – see website for application.**



Now more than ever, the BCO Garden Committee is primed to grow its ranks! Come out and be a part of this growing green community. This year, we'll be maintaining our three prize-winning gardens and installing the garden and hard-scape at our recently acquired greenspace at 5384 N. Bowmanville. The garden committee (led by Betty Redmond) and greenspace committee (led by Anne Boyle) will be joining teams to complete the installation of this great new addition to our community. See our meeting and workday details included in this edition of the Bee's calendar. Contact the garden committee at gardening@bcochicago.org or 1-866-837-1006.



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. Two of our latest initiatives include a 'Welcome to Bowmanville' outreach to recent new home and condo owners in the area, as well as a BCO Bargains program – discounts for BCO members as one way we say thank you for supporting us. Contact 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. **The next three meetings are scheduled for Jan 26th, Feb 23rd, and March 22nd at 7:15pm.** Contact Chairman Jeff Graves for location information: planning@bcochicago.org – all are welcome!



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



The Public Art committee was formed in 2010 to explore the idea of a mural in the Berwyn pedestrian tunnel. That idea became reality very quickly! Final grouting and over-coating of the mural will happen with the Spring 2012 thaw, and we will also need community support to maintain this local treasure. Future public art projects are to be determined based on interest and availability of volunteers. Do you have a good idea for additional public art in Bowmanville? Put it out there. Contact publicart@bcochicago.org for more information.

Community News

Meet BCO President, John Paraoan

The Bowmanville Community Organization named an Interim President in November. While welcoming John Paraoan to the post, we asked that he introduce himself to Bee readers. It turns out, he's not new to the organization, and was most gracious in stepping into this important position.

I've served as the Secretary of the BCO board since October 2008, but for my day job, I am the Branch Manager of the North Community Bank, 5241 N. Western Ave. North Community Bank is a privately held, family owned bank that has served the local community for over 35 years. I have been in banking for 20 years and a branch manager for the last eight, working closely with the Bowmanville Community over that period.

I enjoy being involved in the local community and supporting our local businesses. I was born and raised in Chicago and currently live in Carol Stream. Traveling the world is my passion. I like immersing myself in different cultures and learning different languages.

Because of the time I have spent working in Bowmanville, I've come to appreciate the activism and passion of the members and families in the local community. I look forward to serving the organization and the families that make up Bowmanville.

Thank you,
John Paraoan



Target Local Education As You Shop

by HEIDI KAFKA

The belt tightening at Chicago Public Schools has individual institutions looking for additional ways to fund school programs.

One initiative is The Target REDcard, which offers benefits to the cardholder and also can benefit the local school of your choice. While the Target debit, credit and Target Visa card all entitle you to 5% off your Target purchases, there's an additional bonus to enrolling. Through Target's "Take Charge of Education" program, you can designate an eligible school to receive 1% of all purchases you make with your REDcard. You can apply for the REDcard at any Target store, and to enroll in Take Charge of Education, you can sign up online, at an in-store kiosk or by calling 800-316-6142.

It's a great way to help fund additional programs for area kids. Consider supporting one of these local schools by signing up for "Take Charge of Education":

Chappell Elementary (\$3000 raised)
Trumbull Elementary (\$1500 raised)
Amundsen High School (\$4700 raised)
Rogers Park Montessori (\$7300 raised)

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Community News

Local Family Escapes House Fire

In the early morning hours of Nov. 18, 2011, the Mitchell family awoke to a fire in the house. It had started in the basement, according to Bowmanville resident Matt Mitchell. When the smoke reached the first floor, the monitored smoke detector, which was part of the family's monitored security system, was activated, waking up the household.

"We urgently gathered our family and ran out the back door," Matt told The Bee. "We didn't have time to grab anything. We just got out as fast as we could."

While the story of the fire and the family's recovery from it is still unfolding—they were able find a great apartment right on the block—Matt wanted to share the lifesaving benefit of the family's alarm system. As the smoke alarm sounded, the monitoring alarm company dispatched the fire department. Within a few minutes, firefighters arrived and went to work. A short time later, the fire was under control.

"We are grateful no one was injured," said Matt. "Our alarm system saved our life." That and a field trip to a firehouse he had chaperoned with his son's class in October 2011.

The evening following the field trip, "we talked as a family and put a fire plan in place," he said, "We knew what to do if there was a fire."

Since Nov. 18, there have been stories of other fires in the news. Many of them included the loss of life.

"We were lucky," Matt said. "We encourage anyone reading to invest some time and money to make sure you have an evacuation plan, a meeting place, and an alarm loud enough to wake you up." The Mitchell's basement smoke alarms did not rouse the family and had it not been for their monitored alarm on the ground floor, they may have not gotten out.

"The outpouring of support from the Bowmanville community is immeasurable and will never be forgotten," Matt said. "But the greatest gift you could give us would be to make sure you and your family are prepared if such a tragedy happened to you."

An Open Letter Of Gratitude

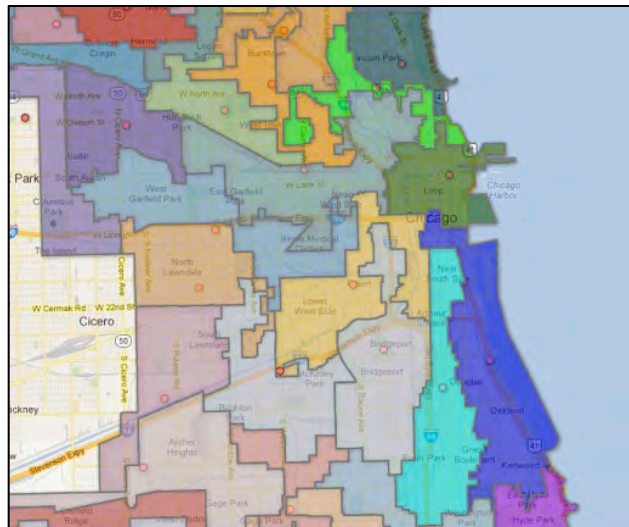
from Carrie Mitchell

We would like to express our deepest gratitude for all of your help and support following our house fire. Of all the blessings to come from our situation, the outpouring of support from our Bowmanville neighbors will be forever treasured. The generosity was overwhelming, and you have eased our transition, even allowing us to stay on our very own block. We have always felt proud to be a part of this community, and now we are also truly grateful. Bowmanville made us neighbors, but your acts of kindness have made us friends. May you be as blessed as we are in this new year.

We love you,
The Mitchell's: Matt, Carrie, Lila, Ben and our dog, Ernie Banks.

40th Ward Boundary Lines on the Move

by Peggy Cassidy



Visit WBEZ.org for a closer look at the new 40th Ward.

The Chicago City Council approved changes to ward boundaries in a 41-8 vote on Jan. 19, in what is being touted as a victory for the Latino Caucus, "who lobbied heavily for the 13 supermajority wards" now reflected in the division of cityneighborhoods.

Amid objections from a number of aldermen, the compromise map came after "hundreds and hundreds of hours' worth of meetings, and hundreds and hundreds of times staring at a computer and drawing boundaries.," Ald. Pat O'Connor was quoted as saying in defense of the move. "This isn't a rush. This has taken longer than the Sistine Chapel."

Because the 2010 Census found that Chicago had lost over 200,000 residents since 2000, some significant boundary shifts were made in various wards.

The 40th Ward, where Bowmanville resides, is among those affected by the changes, but Bowmanville itself remained intact once the ink was dry. The ward shifted south to Winnemac, adding Winnemac Park, Amundsen High School and Chappell Elementary to the 40th Ward map. Neighbors of the park joined a public meeting to discuss that possibility on Jan. 10, with many participants expressing concern and disappointment at the proposed change.

There was no change, as was rumored, to the boundary line near the former Edgewater Hospital property on Ashland Avenue. That piece of real estate, which has been at the center of a grassroots campaign for a neighborhood park, remains in the 40th Ward.

The 40th Ward grew with the new map. For a better sense of the new boundaries, visit WBEZ online, where there's an interactive map that will allow a closer look — right down to the block you live on.

Community News

Farmers Market Continues Through Winter



Andersonville has taken its monthly market indoors for the winter. This year, for the first time, the Andersonville Winter Market (every third Sunday from Nov. 20 - April 15) will be hosted at Ebenezer Lutheran Church, 1650 W. Foster from 11:30 AM - 3:30 PM.

The Market proudly features locally raised and sourced products, and many of the favorite vendors from the summertime Farmers Market participate, offering delicious baked goods & breads, sustainably-raised meats, cheese & eggs, produce (fall & spring markets) and other local treats. Credit, debit, & Link cards accepted. For more information, please call 773-728-2995.

Also, volunteers are needed to help with market setup and breakdown. According to their Web site, "Helping out at the market is a blast," and presents "a great opportunity to get to know the market 'behind the scenes.'" Please contact David Oakes at market@andersonville.org if you are interested in being part of this local operation.

Never Too Soon to Gather Goods for The Street Sale

Bowmanville's annual Street Sale is on the books for June 2. The all-day event, scheduled from 9 am to 4 pm, brings an increasing number of bargain shoppers to the burg, so gather your hidden treasures, unused household items or no-longer-needed toys, furniture, tools and/or "junk," and hold it for the big sale. More details to follow.

Bowmanville Businessman & Booster Dies At 71

by Peggy Cassidy

The neighborhood lost another beloved resident last fall when Ron Messier, 71, died of respiratory failure and pneumonia. A 25-year resident of Bowmanville, Messier was hands-on owner of Pauline's Restaurant, and a long-time supporter of the BCO.

"He pretty much pulled the community together to form what is now the BCO," Cindy Burgin, a neighbor and friend, told The Chicago Tribune. "He started many of the events that continue" still, she said.

Messier relocated to the Midwest from his East Coast roots to attend the University of Illinois at Urbana-Champaign, where he earned a doctorate in English literature in 1970. He moved to Chicago shortly thereafter and decided "he had to get his life in shape," His brother John Messier told The Trib. He said Ron opted to go to Al-Anon. It was there that he met Pauline and the couple married in 1981.

Pauline, who died just over a year before Ron, grew up in Bowmanville and supported her husband's dream of opening a restaurant.

"He bought the place, named it for her and put a picture of her taken when she was 4 years old on the menu," Tribune writer Graydon Megan wrote. And Pauline's will remain as it is, according to manager and new owner, Kathy Henning.

Messier "worked so hard to get it the way it is, we can't let this go," Henning said in a November interview. Neither will Bowmanville let Messier go easily. He'll be remembered for his community involvement, his dedication to his restaurant, his kindness to friends and neighbors ... and for his love for that girl on the menu, Pauline.



**Thursday, February 16
7:00 PM**

at North Community Bank
5241 N. Western Ave.

Community News

BCO Honing In on Zoning Change

by Jeff Graves

Last October (2011) notices were posted and mailed out to some residents informing them of a Zoning Amendment (change) for the entire 5400 Block of North Damen between Balmoral and Rascher avenues. The BCO's Planning & Development Committee was notified about the zoning change by several Bowmanville residents and an investigation ensued. The P&D committee also posted the Notice on the BCO's website, asking for community feedback.

The committee's concern was that the passage of this amendment as presented would mean certain parcels of vacant land would be 'upgraded' to permit what the committee deemed "potentially unfavorable use." After talking with several people from Ald. Patrick O'Connor's office, we found that only 5410 N. Damen, ScooterWorks, required the Zoning Amendment in order to renew their business license. It is unclear why the initial amendment included all of the properties on that block or why the BCO wasn't informed in advance, as it normally is for zoning issues within Bowmanville boundaries.

The BCO strongly objected to this Zoning Amendment, stating concerns over the vacant parcel's inclusion. The BCO intervened just in time and the alderman changed the Amendment to apply only to 5410 N. Damen.

At a later meeting with Ald. O'Connor, he acknowledged that the issue behind the 5400 Block rezoning was an unusual situation that had, in fact, fallen through the cracks. He affirmed that the normal processes for keeping the BCO in the loop on any rezoning issues are in place and will be utilized when future issues arise. Further comments and questions about this issue can be directed to planning@bcochicago.org.

O'Connor Recognized For Park Space Expansion

An added tip of the hat to O'Connor comes from Friends of the Parks, who are honoring the alderman with their Legislative Award at the organization's annual luncheon on Feb. 2. O'Connor is being recognized for increasing the amount of park space in the 40th Ward, with over 20 acres of land acquired from the Rosehill Cemetery for a park, along with parcels and a plan for new parks in the Bowmanville neighborhood.

Grow Your Own Greens!

by Betty Redmond

The BCO Community Gardens' Vegetable Plots are available for the 2012 season, and it's first come, first served!

Has your doctor advised you to become more active and eat hearty helpings of fresh vegetables? The Bowmanville vegetable plots can fill that prescription!

Applications can be found online at www.BCOChicago.org, and will be accepted beginning Feb. 15 - March 7. Railroad construction will again limit the number of plots available on Ravenswood, but we will continue to have vegetable beds on Bowmanville, as well.

All vegetable plot renters must become or be current BCO members. Vegetable plot fees will remain the same as last year (\$15 or less, depending on plot size), and BCO membership is now \$20. Renters/Gardeners must attend an orientation meeting and fulfill at least 12 hours of garden service hours, from March through June. Call 1-866-837-1006 or contact gardening@bcochicago.org for more information.

Berwyn-Hoyne Corner to Get Facelift



The long-vacant and boarded-up courtyard buildings at the southwest corner of Hoyne and Berwyn are finally receiving some positive attention! Both the Alderman's office and CAF Management (Chicago Apartment Finders) confirmed to the BCO's Planning and Development Chairman, Jeff Graves, that CAF had purchased these two buildings and that permits have been granted to completely renovate them into apartments. It is CAF's plan to have them ready for rent by summer 2012. There will be a mixture of 1, 2, and 3 bedroom units within these two buildings.

Additionally, concerns about uninvited loitering on that corner are being addressed by The Chicago Police Department, Ald. O'Connor's office and area residents. A blue-light camera has been installed on that corner, initiated, according to 20th District Sgt. Norman Kwon, by O'Connor's office. Neighbors have commented that they do feel safer. Continue to keep your eyes open, and call 911 for any suspicious activity.

Community News



BCO members Anne Boyle and Craig Hanenburg work the GreenSpace festival table as Katie Kurisch puts some finishing touches on the Berwyn Mural. None of that matters when picking the perfect pumpkin is at stake.

2011 Bowmanville Fall Festival & RPMS Pumpkin Patch

by Peggy Cassidy

And what a festival it was; a beautiful day, a wonderful collaboration with BCO partner Rogers Park Montessori School, much appreciated financial support from our sponsors, including many local businesses and neighboring organizations, an outpouring of volunteerism from the neighborhood, the school and beyond, and a celebration of the completion of the Berwyn Mural. The 2011 Fall Festival was a coming together of the many individuals, politicians, businesses and organizations which support the community.

Hundreds enjoyed the Oct. 15, 2011, gathering of neighbors, schoolmates and friends (both young and old) featuring costumes, performers, food, activities, the mural and the philanthropy. Did I mention the pumpkins? The pumpkin patch, the gardens, the tunnel mural and the Summerdale stage backdrop created the perfect setting for a favorite day in Bowmanville. Organizer and BCO VP Claire Shingler says, "Thank you to every person who contributed to the success of the day, including all those who attended."

As we look toward the 2012 festival, we are forming a steering committee to ensure we evolve this event in a way that best meets the interests of Bowmanville. If you value this event and want to see it continue to thrive, please join us in planning for its future – contact events@bcochicago.org to get involved.

A highlight of the day came with the dedication of the Mural at the Berwyn pedestrian tunnel, "a wonderful example of a truly grass roots effort in the Bowmanville community," as Claire stated in her remarks at the event.

"This mural project grew out of conversations between two women, Sarah Laing and myself, on our walks home from the local Montessori school (RPMS) in 2010," Claire said. "Over the past year it took on a life of its own, drawing in so many members of the surrounding communities and becoming a regular destination, meeting point, and topic of conversation for so many neighbors. If the walls of the Berwyn Mural could speak, they would have some great stories to tell."

And the story continues to evolve, as the Mural becomes a proud landmark of the neighborhood and visitors from outside the burg go out of their way to walk through the magical, seasonal display. Especially priceless are the neighborhood responses to the art. "The smiles, the thank yous and the connections that this focal point has created for so many people who may not have otherwise looked up or around. Friendships have formed, professional opportunities have emerged, and

collaborations were born," Claire told those gathered at the festival. "It has truly brought the community together, in ways I never imagined. I am so grateful for that and I applaud all of you who have been a part of that."

In addition to Claire's remarks, Sarah Laing spoke of her journey with the mural, and Ald. O'Connor saluted the dedicated volunteers who made it all happen. US Congressman Mike Quigley and State Sen. Heather Steans joined in congratulating the community on this great accomplishment. As neighbors and nearby residents, we also salute these and others who put their time, energy and heart into the project:

Claire Shingler
Sarah Laing
Amy Zoeller
Laura Coyle
Katie Kurisch

Maria Gullo
Sonata Kazimieritiene
Julia Sowles-Barlow
Laura Novy
Jo-Ann Finkelstein

Anthony O'Reilly
Laura Sabransky
Betsy Kane
Jennifer Fecker

Some of the regulars in the tunnel through its evolution were amazing groups of kids who, along with their parents, became part of the steadfast team. Special thanks are well deserved for the Novy kids, the Goldberg-Finkelstein kids, the Laing kids, and the Shingler kids, as well as the many, many others who gave a part of themselves to the project. Each can continue to share in the pride they have brought to their entire community.



Rogers Park
Montessori School

**Bowmanville
Fall Festival**

BCO Bowmanville
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- West Andersonville Neighbors Together
- West Edgewater Area Residents

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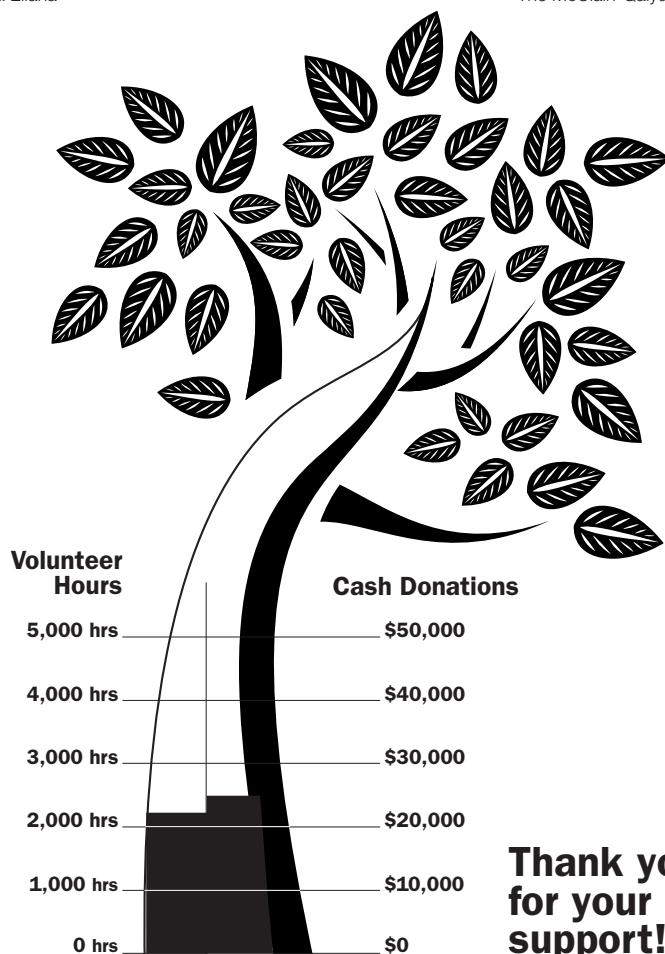
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for your
support!**

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*Our gratitude to the following
individuals and businesses who
contributed goods and services
to help us move closer to our
goal of securing permanent
greenspace for Bowmanville*

Ben's Noodles and Rice
Boyle Design Associates

House Parties

*Special thanks to the
following individuals who
hosted parties to benefit our
community greenspace in the
past year:*

Craig Hanenburg & Billy Kuczek
New Year's Day Party
Liz Gabbard Birthday Party
Julie Hart Green Tea Party
Carrie & Matt Mitchell Chili
Cook-off
Cate Shingler Birthday Party
Eden Weiss Birthday Party

Add your name to the list!

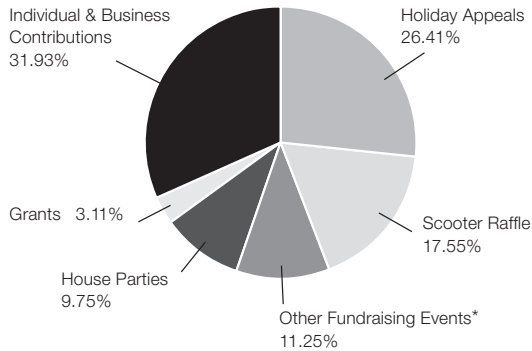
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GreenSpace Fundraising

June 2010 - January 2012



\$	7,690	Individual & Business Contributions
\$	6,460	Holiday Appeals
\$	4,228	Scooter Raffle
\$	2,708	Other fundraising events*
\$	2,375	House Parties
\$	750	Grants

\$ 24,211 TOTAL REVENUE (thru 1/15/12)

* Events include Bowmanville block parties; lemonade stands; the BCO Ice Cream Social, Fall Festival and Garden Walk; North Community Bank's Christmas Lights Recycling and New Customer Account Bonus programs; HamBINGO at Hamburger Mary's; and Andersonville's Green Week



Opening New Vistas in Our Greenspace — Work in Progress

The City of Chicago has been hard at work making improvements to our greenspace. Just before the holidays, crews removed debris left over from the demolition of the site, removing weed trees and replacing the chain-link fence with a new ornamental fence. The City also demolished the remnants of the driveway and replaced the curb along Bowmanville. All of this work will have our greenspace ready for development in the spring when the restoration crews will return to add topsoil and create the berms.



Felicity, cabaret singer and bingo caller



Maria Gullo (left) and Betty Redmond

Hamming It Up For GreenSpace!

The frigid temperatures didn't keep party-goers away from the GreenSpace fundraising extravaganza at **Hamburger Mary's** on January 2, 2012! Bowmanville Bingo enthusiasts packed the restaurant's dining room at 5400 North Clark Street. Cabaret singer and bingo caller, **Felicity**, supplied winners with a jolly red jello-shot, on the house, and Bowmanville's very own Kris Neurauter provided fabulous prizes from local vendors: **Amy's Candy Bar**, **Homemade Pizza**, **Lickety Split**, and **Urban Orchard**. Many thanks go out to the GreenSpace team, especially organizers **Carrie Mitchell** and **Kris Neurauter**!

Adding to the festivities, one of the BCO's key contributors who has worked many volunteer hours on the tunnel mural and in the community gardens, **Maria Gullo**, celebrated her 33rd birthday at the event. Maria gathered her family and many friends from the neighborhood and beyond. Maria's mom, Josephine Gullo, made delicious cupcakes for all, while her dad, John Gullo, snapped photos of all the action. Hamburger Mary's offered a champagne toast in Maria's honor, again on the house!

The sale of bingo cards **netted our GreenSpace just over \$600** in proceeds!

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FEBRUARY CALENDAR:

February 3rd--
BIG, BOLD, BEAUTIFUL Opening

February 11th--
Lion's Club Poster Party

February 12th--
FLIP & FOLD Class for families

February 28--
Jimmy Wilnewic presents to Chicago Women's Caucus for Art

A Greener, Sustainable Bowmanville

Choosing Green Energy in Illinois

by Donna Urbikas

Perhaps you've been inundated with flyers, mailings, telemarketing calls and unsolicited door-to-door campaigns from a variety of energy supply companies in recent years following deregulation of electricity in Illinois. They offer various incentives and tout cost savings if you switch to them. No doubt, you are wary of such offers from strangers.

But Illinois residents have a choice of energy suppliers, as part of the Illinois Electric Service Customer Choice and Rate Relief Law of 1997. Recently, with the lifting of rate caps and changes in how suppliers get paid, the opening of this market has fueled (no pun intended) multiple options. And, much like when the telecom industry was deregulated years ago, consumers now face so many choices that they may be inclined to throw their arms up and not give it another thought. However, some careful thought is recommended here. If you don't pick a supplier, one will be chosen for you.

While ComEd endorses your right to pick an alternative retail electric supplier (ARES), they don't care which one you choose. They make no money on the supply side. But you may save money and help create demand for green energy.

Among the many choices available are established "green" energy suppliers. What constitutes "green" energy supply? According to the industry's voluntary Green-e Certification, wind, biomass, low impact/small hydro, LFG/Digester, solar, and geothermal are certifiable sources of renewable energy. Preferred sources legislated by Illinois are wind and solar, but many wind farms in Illinois are sitting idle as demand has not been great enough.

Choosing "green" will give you the opportunity to save some money, while helping to create demand for green energy development in Illinois. For a list of ARES, visit the web sites provided.

A common misconception consumers have is about how the "green" energy reaches their meter. The electricity that supplies your meter comes from the grid, which is fed by many sources of electricity, some of which come from wind farms. It is done through the purchase of Renewable Energy Certificates (RECs). The more RECs purchased, the greater the demand for green energy. The more consumers choose a green energy supplier, the greater the demand for RECs and less demand for coal or nuclear powered electricity supply.

Of the current providers, eight offer some form of green energy, with a variable rate ranging from 5.99 cents per kilowatt hour (Viridian) to 8.24 cents per kilowatt hour (Ambit), with varying additional penalty and exit fees, and long-term contract commitments. Again, the choices range from no-fee, no long-term contracts (Viridian, Energy Plus, Ambit) to \$150 exit fee, 24-month commitment (Constellation Energy).

If you have not chosen an alternative energy supplier, you are currently paying about 7.75 per kilowatt hour with ComEd's chosen

supplier, Excelon. ComEd's rates are also variable, a fact that escapes most consumers. When you stay with ComEd's supplier, you also have an additional third line item fee in the supply portion of your electric bill, which has been approved by the ICC to allow for a varying increase. While ComEd's delivery charges are set until 2013, energy costs are not stagnant and will most likely go up in the future, no matter who supplies the energy.

There are many ways to reduce your carbon footprint on the earth, i.e. to reduce the amount of energy you use, but ultimately, it's likely that some form of electricity is going to be needed, regardless of whether you turn off all your appliances overnight and dial down to near freezing, or buy energy saving products. As a consumer, a green energy choice will impact your carbon footprint far more than recycling. And, like the recycling of plastics, bottles, cans and newspapers, Chicagoans do not profit financially, but act as good global citizens in doing the environmentally correct thing. Choosing a green energy supplier at this juncture is smart, proactive, conscientious and the right thing to do.

Donna Urbikas has over 20 years of Environmental Engineering experience. She worked for ComEd in the 1980's, in the Environmental Affairs Department, where she inspected and monitored coal fired and nuclear power plants. Today, in addition to working full time as a real estate agent, Donna is an independent associate for Viridian Energy.

Carbon Footprint Calculator from the USEPA

http://www.epa.gov/climatechange/emissions/ind_calculator.html

Green-e Certification

<http://www.green-e.org/about.shtml>

Citizens Utility Board

http://www.citizensutilityboard.org/ciElectric_cubfacts_alternativesuppliers.html

ICC Consumer Information

<http://pluginillinois.org/res.aspx>

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Arts & Culture

Area Blog Site Offers Tips to Pet Owners

by Peggy Cassidy



A recent online discussion about pet registration in Chicago reveals a number of oft ignored or little known facts about the legal responsibilities of Cook County's pet owners. The discussion, on EveryBlock.com, follows a posting to the site from a local homeowner entitled, "Beware Cops Chatting Up Dog Walkers ... Then Writing Citations."

Various contributors to the string of comments voice their frustration with the hoops dog owners jump through to keep their pets legal, while the rare writer tells the tale (not tail) of the ease with which the registration process served them. There is a sense that, from time to time, area police tighten the reins on dog owners. EveryBlock commenters opine that the periodic enforcement of pet registration and leash laws is about revenue, or safety, or complaints from fellow citizens. But, in fact, mostly it's about the law.

"Though I'm a lifelong Chicagoan, I haven't had a dog here before and didn't know we needed a license," writes an East Rogers Park woman. Spread the word. A discussion in the thread includes arguments about the costs of rabies tags and license fees and related fines. Bowmanville resident Chris responds with a very basic, "Comply with the law and you won't have to worry about it."

As much as your pet is a beloved part of your family, it becomes a welcomed member of the community only when he or she is properly vaccinated and legally registered. It's not complicated. To register your pet for as little as \$5, go online to the Office of the City Clerk Suzanna Mendoza, at www.chicityclerk.com, or call 312-744-DOGS to have an application mailed to you.

How much does a dog license cost?

- Sterilized dog (neutered male, spayed female) \$5.00
- Sterilized dog with a Chicago owner over age 65 \$2.50
- Unsterilized dog \$50.00
- Unsterilized dog with a Chicago owner over age 65 \$5.00

In addition to some basics about registering your pet, the discussion includes some information on low-cost procedures being offered to Cook County pet owners in the month of February. Among many good reasons to neuter/spay a pet, note that spayed pets cost less to register. For more on that, visit <http://www.spayillinois.org/>. Why not make 2012 the year of compliance for your dog or cat?

Carollers Brighten Christmas Eve on Farragut

by Barbara Wolke

The holidays were well marked in Bowmanville as festive lights shone brightly across the neighborhood. To add to the celebration of the season, the Wolke grandchildren, Morgan and Paige Hurley, Lexi Yeates and Malcolm McCoy, joined with Isabel Kampa, of West Berwyn Avenue, for carolling on Christmas Eve. They visited the 2300 block of Farragut and brought the sweet sounds of Christmas to some lucky residents.

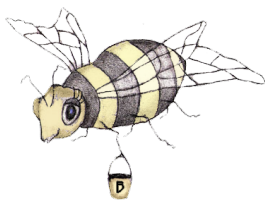
It was a cold and windy evening, but the carollers were not discouraged. Some neighbors generously offered donations, all of which were donated to the Common Food Pantry on North Damen Avenue.



Arts & Culture

Meet Beatrice!

by Joey Chiappetta



Victoria Ness, a Bowmanville resident at the corner of Hoyne and Summerdale since 1984 and a Bee Delivery Volunteer, is the winner of our "Friendlier Bee" Contest. Victoria's beautiful drawing of our beloved Beatrice takes centerstage as the new mascot for the Bowmanville Bee.

Victoria's love affair with bees isn't new. She tells us, "Bees! Aren't they fascinating? Those little, industrious creatures do so much for nature and us. I've never been afraid of them, of course I've never been stung either."

Victoria has been an artist for a lifetime. "[I] believe I'm a born artist. Started drawing as soon as I could pick up marking tools. My Dad found that I was drawing in books & bought me a chalkboard. I drew my first expressionistic work on that very chalkboard when I was five. I have done many works of self-expressionism since then. My art is mainly emotions and experiences on canvas. I believe that my ability to do this cathartic work literally changed my life - saved me."

Other works by Victoria will be a part of an Alumni Art Exhibit at Northeastern University this summer.

We are as excited as Victoria to have a new, friendlier Beatrice—we hope you enjoy seeing her as well!



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Kids Corner

And Baby Makes Three



Summerdale Avenue residents Megan and Patrick Kelly's lives haven't been the same since last summer.

Cormac Thomas Kelly was born at 10:38 AM, Aug. 4, 2011. He weighed in at 5 lbs. 13 oz. and was the Kelly's first child. His proud papa says he's "an absolute bundle of joy."

Please say "Hi!" to Cormac if you see him in the neighborhood!

Beautiful Bowmanville

By Lila Mitchell

I live in Bowmanville. It's in the city.

Almost every day I see dogs going on walks -- some without leashes, some with -- many fire trucks, ambulances, policemen -- their sirens going "honk, honk" -- the kids from Rogers Park Montessori School. Kids' voices -- I even hear my own.

I smell the smells of Pauline's pancakes, the smell of gas from the gas station. I see many apartments made of brown, orange and red bricks. There are a lot of houses.

I love Bowmanville.

Health

Sleep More, Be Healthier

By Russ Klettke



You've no doubt heard that adequate sleep is important – for beauty if nothing else – but in fact recent research is finding it really can affect our health in many ways. The U.S. Centers for Disease Control and National Center on Sleep Disorders Research in 2011 posted a statistically-backed position on sleep and health that says sleep deprivation should be considered a “public health epidemic.”

The report breaks it down into two areas of detrimental effects:

•Short-term: An inability to concentrate, easily distracted (a very significant problem for people who are responsible for public safety in their work), irritability, being prone to errors, impaired immunity from infectious diseases such as colds and flu.

•Long-term: Depression, obesity, progression of the aging process, correlation to certain cancers and a generally weakened immune system.

These longer-term effects are backed by good research: Depression and sleep were documented by research from the University of North Texas and reported in *Sleep*, a peer-review journal. The correlation between sleep deprivation and adverse metabolic and hormonal markers was studied at the University of Chicago and reported in *The Lancet*, the British medical journal. A study reported in the journal *Cancer*, another peer-review journal, found that less than six hours of sleep per night correlates with increased risks of both colon cancer and breast cancer.

Some of these effects are believed to be from disrupted production of melatonin, also known as the “hormone of darkness.” Humans began to meddle with natural sleep rhythms with the invention of the electric light bulb (before then, people routinely slept nine hours per night, but today at least 30 percent of American adults get only 5-6 hours. For most of these individuals (myself included), that can mean inadequate melatonin production.

Why are we doing this? For many, it's about having too many things to do. For others, it's about too many forms of entertainment that keep us up at night. As a culture, we've relegated adequate sleep to the same place as broccoli – something we know we should do but largely don't.

Health advocates are urging people to now think of sleep as important as living an active lifestyle, prioritizing nutrition and managing stress. If you aren't sure how to accomplish it, try each of the following:

- Go for a walk 1-2 hours before bedtime – you burn off excess energy and it allows your head to work through the day's stresses.
- Avoid back-lit screens, including iPads, Kindles, computers and televisions (a TV in the bedroom is an automatic invitation to stay up late) right before bedtime.
- Lower the room temperature – lower core body temperature at night correlate with sounder sleep.
- Manage caffeine intake, perhaps restricting it to the morning.
- Stick with your schedule – altering a sleep schedule throws off natural body rhythms.

It's not possible to be perfect in this regard, but any improvement is to your advantage.

By Russ Klettke, a Bowmanville resident and health writer who never stays up late enough to watch “Conan.”

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Bee Contributions Welcome

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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 10

Help Deliver the Bee!

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

Need another Bee?

You can find them at the following local businesses:

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

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or return this form with your check to
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Areas where I can help out in the coming year:

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

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

What year did you move to Bowmanville? _____

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

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

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

What type of new BCO programming would interest you? _____

Comments or feedback? _____

BCO Calendar of Events

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



FEB 16	BCO Winter Open Meeting	7pm at North Community Bank
FEB 23	BCO Planning & Development Meeting	7:15pm
MAR 20	Seasonal Garden Planning meeting	7pm
MAR 22	BCO Planning & Development Meeting	7:15pm
MAR 24	Garden Cleanup – Westgate Garden	9:30am-3:30pm
APR 17	Vegetable Gardeners' Orientation	
APR 28	Garden Cleanup – Gateway Garden	9:30-3:30pm
MAY 9	Garden Planting – Westgate Garden	6pm until dusk
MAY 19	Garden Cleanup – Bowmanville Garden	9:30am-3:30pm
JUN 2	Annual Bowmanville Street Sale	
JUN 13	Garden Cleanup – location TBD	6pm until dusk
JUN 23	Garden Cleanup – location TBD	9:30am-3:30pm
JUL 7	Annual Bowmanville Garden Walk	
AUG 12	Annual Bowmanville Ice Cream Social	
OCT 13	Annual Bowmanville Fall Festival & RPMS Pumpkin Patch	
OCT 25	BCO Board Election & Open Meeting	