

# Bowmanville Bee

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



Winter 2019

## Who's Who in the BCO

### OFFICERS

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Joan Frausto-Majer  
Ron Galant  
Amy Gawura  
Jeff Graves  
Sarah Johnson  
Barbara Kraetsch  
Michael Kraetsch  
Julie Matthews  
Alex Schleider  
Ann Scholhamer  
Scott Smith  
Suzanne Tenney

### COMMITTEES

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## PRESIDENT'S MESSAGE

Last year in Bowmanville was a great one, with great events, great weather and great neighbors to share it with. As this year began, I started thinking about what our goals should be in 2019. The first idea that came to mind was asking for all Bowmanville residents – BCO members or not — to lean in and volunteer this year. So that's what I'd like to do.

I'm not asking for a lot of your time, just a little. It could be helping prep for the Summer Street Sale, working the welcome table at the Garden Walk, delivering some copies of the *Bowmanville Bee* (and getting some fresh air and exercise in the process!) or helping to take care of the BCO gardens. We would love to have more of you join in our neighborhood efforts. If you are able to volunteer this year, please email me at [president@bcochicago.org](mailto:president@bcochicago.org) or contact our Membership Chair, Beth Emperor, at [membership@bcochicago.org](mailto:membership@bcochicago.org).

Speaking of the BCO gardens, we would love to see new faces on the Gardening Committee. If you have an interest in gardening, please consider joining. What would you have to do? Things like: attend a few meetings, help ready garden beds for those who will be renting one, and do some clean up, weeding or watering during the summer. Catherine McCulloch and Stephanie Cisneros are the new co-chairs, as David Johnston steps down from many years of leadership. Thank you, David, for all your hard work, light-hearted attitude and passion for keeping our gardens looking wonderful.

In October, we welcomed five new Board members to the BCO Board. Let's learn a little bit about them in terms of how long they've lived in Bowmanville, what they love about living here, and why they're excited to be on the BCO Board.

**Mike Ferraro:** As of January 7, I've been here five years. I love the friendly atmosphere, safety and positive community spirit about the neighborhood, and I'm excited to get more people involved and out to events. I also love hearing the inside scoop about new businesses and neighborhood happenings.

**Joan Frausto-Majer:** My family moved to Bowmanville into what is now my home in 1962, when I was enrolled in St. Matthias School. (57 years — wow!) What excites me about being on the board of directors of the BCO is meeting and helping more of my neighbors and becoming a more visible part of the community.

**Amy Gawura:** I have lived in Bowmanville over 10 years now, and I love that it is still a quaint little neighborhood — a hidden gem with easy walkability to both Andersonville and Lincoln Square. I look forward as a Board member to meeting even more of my neighbors through all of the events that the BCO does for the community.

**Julie Matthews:** We have lived here for four years. I love Bowmanville's residential feel, tree-lined streets, friendly neighbors and nearby small businesses like George's, Timeless Toys



## BCO COMMUNITY MEETING!

Thursday March 21

7:00 - 8:30 pm

Join us at Half Acre Brewery

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### Communications Committee Stay Informed!

### Events Committee

### Gardening Committee

### Membership Makes it Happen!

### PLANNING & DEVELOPMENT COMMITTEE



### Public Art

Bowmanville's community newsletter, The Bowmanville Bee, is published quarterly with the goal of sharing the neighborhood buzz and promoting local business. Managing Editor Tim Noworyta, Layout Editor Claire Shingler and Ad Manager Ann Scholhamer work closely with BCO members and neighbors to gather and present the local stories that help make Bowmanville the unique and proud community it's become. The Bee urges the submission of relevant content to [news@bcochicago.org](mailto:news@bcochicago.org). **If you are good with lay-out and would like to get involved, we could use an extra set of hands. Current layout is done using MAC's PAGES software OR Microsoft Publisher.**

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 and email eBlasts for timely or urgent announcements. We also manage our BCO hotline (773) 349-2268 and have joined twitter! 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! Each year we continue our **Annual Street Sale in early June, Bowmanville Garden Walk in early July, and Summer Social Mid-August. If you can help let us know! We need help to make it happen.** We are always looking for new twists for annual events and new event ideas. Following our informal Bee Social concept, we also have a First Friday's happy hour series underway—check the calendar on the last page for information. **Contact** [events@bcochicago.org](mailto:events@bcochicago.org) with an idea for a next Bee Social or to pitch in on any event.

The BCO Gardening Committee continues to enhance and maintain our community garden spaces. We are thankful for our volunteers and still need the help of the whole community as we endeavor to improve our natural surroundings. We look to the entire community to join our efforts in implementing a sensible and enduring stewardship plan for all of our open spaces. **For more details and to pitch in contact the garden committee at** [gardening@bcochicago.org](mailto:gardening@bcochicago.org) **or on our phone line (773) 349-2268. Please join any workdays when you see volunteers in the gardens.** The scheduled work dates are posted online and included in the Bee's calendar (back page). Join the gardening email list on the BCO website.

The Membership Committee focuses on ways to continually engage and support our community and grow our membership base. We reach out to new neighbors and new and renewing members to help match their interests with needs in the community. **Our next Open Meeting is March 21, 2019. In the meantime please join in to the great events the BCO organizes and help where you can.** Reach out via email at [membership@bcochicago.org](mailto:membership@bcochicago.org). **Get involved, you won't regret it!**

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

The Planning & Development (P&D) committee gathers periodically to discuss issues of change, development and improvement of our fine community. P&D interacts with local residents, businesses, and the Alderman's office to influence the evolution of our community. The P&D committee meets as issues arise. **Reach out to the chair of P&D with ideas and feedback or to join the committee's email list** [planning@bcochicago.org](mailto:planning@bcochicago.org).

The BCO acts as a steward for the green space at 5384 N. Bowmanville Avenue and our community gardens along Bowmanville and Ravenswood Avenues. We also continue to look for opportunities to expand and improve on green space in our community. We need your help as we continue to move forward with our goal of ensuring Bowmanville is one of the greenest, most livable communities in Chicago. **We are currently working on the expanded Gateway Garden at Ravenswood. Please contact** [green-space@bcochicago.org](mailto:green-space@bcochicago.org) **to get involved.**

The Public Art committee was formed in 2010 to explore the idea of a mural in the Berwyn pedestrian tunnel at Ravenswood. That idea became reality very quickly! A restoration of the painted interior took place Summer 2016. If you see graffiti in that mural contact [berwynmural@gmail.com](mailto:berwynmural@gmail.com). You can also contact [publicart@bcochicago.org](mailto:publicart@bcochicago.org) to get involved or with new ideas.

## COMMUNITY NEWS

## PRESIDENT'S MESSAGE

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and The Coffee Studio, to name a few. As a BCO Board Member, I'm excited to meet new neighbors, to volunteer at local events and to help make our community a welcoming and fun place to live.

**Sarah Johnson:** I have been in Bowmanville since October of 2014, about the same time I've been in Chicago. I love the sense of community in the neighborhood. I attribute a lot of that to the BCO, so I guess you could say I love the BCO! I am also very amused by the fact that there are multiple breweries and no churches in the hood. I'm excited to be involved in the planning and execution of the summer social. I volunteered last summer, mostly pouring beer, and had a blast.

As we move along into 2019, I hope to meet more of you, whether it's walking the dog, volunteering at one of our events (especially this!) or at the March Open Members meeting on Thursday, March 21.

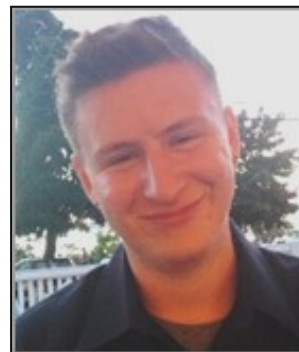
Until then, see you around the neighborhood!

Mona Yaeger, President

**In Memoriam: Kyle Kriegsmann (1992-2018)**

Our hearts go out to Wendy Fairchild and Jim Kriegsmann of the 2100 block of West Farragut, who lost their son, Kyle, unexpectedly last November. They would like him to be remembered as:

- An amazing artist
- A talented musician
- A thoughtful and gifted writer
- An Old Soul who understood so many things about life
- A wonderful friend and son
- A delightful young man who will be forever missed by family and friends



You can find [Kyle's obituary](#) on Legacy.com and make donations in his name to the [Nature Conservancy](#).

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COMMUNITY NEWS

## Portrait of an Adoption

By Ruby Levin

My name is Ruby Levin. I am almost 18, live on Summerdale Ave. in Bowmanville, and am a senior at Senn High School in the dance program. I love art, I absolutely love to dance, and I was adopted by my amazing single mother, Felice, when I was four days old.

I personally feel that being adopted comes with certain expectations, from yourself and from others. It comes with challenges as well. Most importantly, you can't let these expectations define you. You need to remember that you are the one who is in control of your identity.

On that note, a big challenge I face is the fact that many people in my life have told me that I am white. Which is partially true -- 20% to be exact. I know this thanks to an ancestry DNA test I took, although I personally identify as a black woman.

So hearing that I am white from others really does destroy the purpose of me as a person having my own identity. I would ask myself what the point was of creating my OWN identity if society didn't even accept it or follow it.

Other challenges I have overcome in embracing my identity mainly revolve around getting over the labels and stereotypes people



*...continued on page 5*

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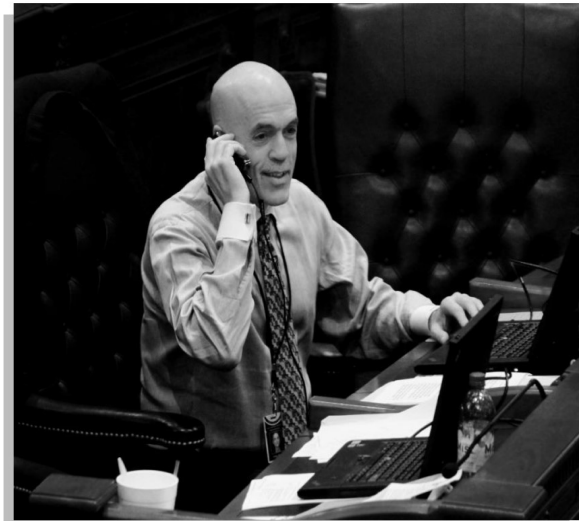
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**Thank you Bowmanville Community Organization for  
your service to our community!**

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

## COMMUNITY NEWS

## Portrait of an Adoption

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like to place on me because I'm adopted. I taught myself that I don't need a label to define myself and to define my actions, because every race member doesn't need to act the same to be identified into that race.

My black friends would tell me, and they still tell me, that I don't "talk black" due to my "proper speech" tone. When people tell me this, I reply with, "I am black, and I am talking; I think we are all doing it right!"

The things I think "make me black" are that: I have embraced my natural frizzy curly big hair, I know the history of my people, I march and act towards what I believe is right (because throughout the years I will not stand for less due to the way society wants to treat me based off of my melanin complexion) and lastly, I am black because in the end I am simply THAT without question.

People would also question if I was Jewish, and when I told them "yes", they would never believe me. They made fun of me because I always forgot what day Christmas was, and I didn't know about Easter. Instead of having a Christmas tree, I had a menorah. Instead of having eggnog, I had matzoh ball soup.

Eventually I realized being Jewish is really cool. I didn't go through all the work of having a whole Bat Mitzvah just to throw my religion away! I embraced my identity through the thought process of realizing that it's okay to be your OWN label, and your

OWN self, and once I realized this, I felt so much more comfortable in my OWN skin, and my OWN identity.

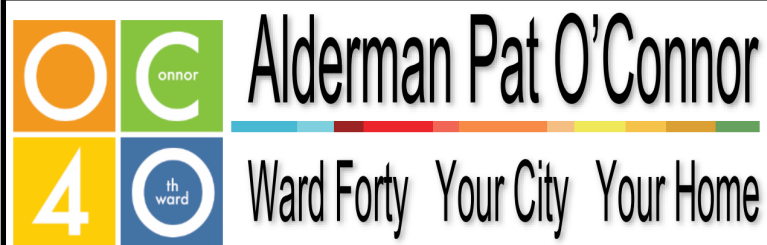
It has taken me a long time to find myself and find my identity because things can get pretty twisted up when people would question why I don't have a dad, what a bat mitzvah is, why my hair is so frizzy, and why my mother is white. They would question me in ways I wouldn't even know how to reply.

And they would ask me, *who are you?*

The easiest way to answer that question is to just say that my name is Ruby. I'm Black, Jewish, prideful, artistic, open-minded, and free spirited. I express myself through music, dance, art and action.

I have built myself into the human I am today, thanks to the acceptance I have given myself to be free and be entirely me. I tell myself to "do you, boo." Because the power of being unique can only be acquired with some positive vibes, pride, respect for yourself, and acceptance over who YOU are.

*Editor's Note: This is an edited excerpt from an article published November 3, 2018 on [ChicagoNow.com](http://ChicagoNow.com) as part of the series, "30 Adoption Portraits in 30 Days." You can read the full version there.*



# Alderman Pat O'Connor

## Ward Forty Your City Your Home

### Thanks BCO for all your good works!

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**PRINT SPECIALS**

## Remembering a Wonderful Neighbor

On January 8, Bowmanville lost one of its most colorful and beloved residents: Francis A. Philipp (1932-2019), who had lived on the 2100 block of Summerdale for nearly his entire life. A graduate of St. Gregory the Great elementary and high school, Francis served in the US Navy during the Korean War and then attended Loyola University, from which he received a BS degree with a major in marketing. That led to becoming a buyer for Marshal Field's, from which he eventually retired. He loved music, gardening and working to improve our community. His humor, patriotism and knowledge of Bowmanville will be greatly missed. You can find his obituary in the [Chicago Tribune](#) and an article about his participation as a veteran in the 2017 Illinois Honor Flight in the [Winter 2018 issue](#) of this newsletter.



Here's what members of the Bowmanville community had to say about Francis on [BCO's Facebook page](#).

**Thomas Kennedy.** One of my first encounters, back in the early 90s, was when I ran into Francis at the Bowmanville Community Garden. He showed me how to plant annuals and we filled the bed in front of the trellis. He was a good garden steward and won a "Best Garden" award from the City of Chicago. Francis loved Bowmanville and we were lucky to have him. We have lost such a great character. He was a gift to all who knew him.

**Russ Klettke.** Francis told me what he knew about the family that owned my house from the 1920s to the 1980s, as well as about Herman and Mary who ran the store

 An advertisement for Galter LifeCenter. The background image shows a male personal trainer in a grey t-shirt and black shorts assisting a female client in a yellow tank top and black leggings as she gets into a starting position for a workout. The text is overlaid on the right side of the image.
 

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## COMMUNITY NEWS

## Remembering a Wonderful Neighbor

("Herman's") that was my house for several decades. And of course his Uncle Sam performances were what gave Bowmanville its heart. He was a neighborhood treasure.

**Cindy Burgin.** Francis was a character! During the evening entertainment at one of the Summerdale block parties Francis disappeared briefly and returned dressed in a long, black sequined dress and blond wig and belted out four verses of 'Diamonds are a Girl's Best Friend'. That image has been burned into my memory. He was Summerdale through and through and will be missed. RIP Francis.

**Claire Delaney Shingler.** I first met Francis at a BCO meeting at Chappell maybe 13 years ago. He brought his handwritten list of every instance of graffiti that he tallied on his walks through each and every alley and street in Bowmanville. Based on this he would recount the stats and give all attendees his sense on if there was an uptick or a slowdown of crime in Bowmanville. This was way before there was an app for that! I enjoyed chatting to him whenever he passed through my alley with his bags of groceries in hand. He knew stuff. Lots of it. May he rest in peace.

**Billy Kriegsmann.** Francis always dressed for the occasion and always put a smile on my face. RIP.

**Dennis Pabich** Whenever I was outside, I would look to see if Francis was around. I enjoyed talking with him and listening to his off the wall jokes. He will be greatly missed but never forgotten.

**Jean Swoboda.** Gone, but will not be forgotten.

**Ken Lee.** He was a train enthusiast. Whether it was talking to him about train transportation in history, or about model trains as a hobby, it was always entertaining and enlightening.

**Wes Salisbury.** It will not be the same on Summerdale now that Francis has left us. I recall the time he and I compared our chest scars as he and I had open heart surgery. OMG...what a character!

**Shannon Cunningham.** I always looked forward to his flag display during all of the patriotic holidays. Truly a sad day in the neighborhood.

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- Maria Montessori



## Urban Pooch Champion Corner



Laura Moser and MacKenzie

As a big fan of the *Bowmanville Bee* since moving onto Farragut Avenue in June 2012, I am thrilled to have an opportunity to share with you my passion for MacKenzie Grace Moser, my beloved 10-year-old Yorkshire Terrier that makes us a family of two. I lived previously at Winnemac and Lincoln and discovered Bowmanville as a result of the awesome BCO Garden Walk. I became an active BCO member in 2014, thanks to learning about our inspiring organization from others. Mac is my second furry baby, preceded by Samantha Grace Moser, who passed in 2008.

After Samantha departed, I had planned on giving it a good six months or so before venturing to puppy land again. I barely made it four weeks. For those of you who have had the joy of a pet and then lost it, you know that you often don't understand how full its presence was in your life until after it's gone.

That's how this awesome, 12-week-old, 3.5-pound bundle of spark and joy enters the picture. My heart was so broken from losing my first love, I didn't think it had a chance upon meeting MacKenzie. I found her at a home breeder in Schaumburg, and when I saw the mom and dad of the litter, I had a moment of pause. Let's just say, they were not the Ken and Barbie of Yorkie Land.

When I asked the breeder if there were any grown dogs from these parents I could reference, she pointed in the direction of one of the most elegant and fabulous Yorkies I had ever seen and cha-ching, sold!

Within weeks, I was reminded of how playful the breed is, how bold and yet cuddly they can be. Big personality, smart, stubborn

and strategic — the perfect partner for a woman who makes her living in the fast-moving, diverse-personality and evolving world of advertising and marketing agencies. Mac is not to be ignored: when she wants to play, you play, snuggle, drop everything — except perhaps a bite of your pizza (but only if it's Jimmy's Pizza on Lincoln — who can resist?). Besides having great pizza, Bowmanville is a community of dog lovers and the perfect size of neighborhood to safely walk your dog any time of day.

I enjoy putting Mac in her car seat and taking her for rides almost anywhere in town. She is very appreciative of her safety equipment, as it saved her life when she was nine months old and took a trip with me off a black-ice-covered bridge, from which we dropped 20 feet and rolled over four times (excuse this article, as we pause for a Volvo S60 plug; the car literally saved my life.) Back to our daily events, Mac enjoys shopping and fits nicely on any hook a dressing room has to offer. If only she were as reliably quiet as Sam, I would sneak her into the movies, too. But alas, she likes to make her presence known.



I take pet ownership very seriously, and given previous experience, any dog can become a major investment on the flip of a switch. However, for the unconditional love, intuitive companionship throughout the day, and the joy you feel in having the honor to take care of one of God's most majestic creations, I'll invest in this choice to the moon and back.

*If you would like to have your dog, cat, bird or other pet featured in our next "Pet Profile," please submit a short article (500 words or less) about your pet and yourself, including some things you like most about Bowmanville and two or three pictures of you and your pet, to [news@bcochicago.org](mailto:news@bcochicago.org) by March 15*



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## COMMUNITY NEWS

## Rudolf the Red-Nosed Meter

When Becky Meyers saw the new gas meter installed last year on the front of her home, she gasped at the clunky industrial-looking object, which seemed like something left over from the steam age. Could the gas company have come up with anything uglier to measure gas flow? (I've wondered the same. After all, it's 2019, not 1919!)

So, she did the only thing she could think of to make it less unattractive — decorate it as a reindeer. Not bad, huh? With the antlers and the dark brown color, the meter does resemble a deer, doesn't it? At least it's easier on the eyes.

Becky and her husband, Rob, have been Bowmanville residents for 31 years, first on Farragut just west of Damen for 10 years and now at Ravenswood and Balmoral for 21 years with their son, Sam. You may have



heard their yappy Rat Terrier, Slider, whenever you pass by their place, which previously housed Arca Automotive and its car radiators. Before that, the corner building was the headquarters of J. Emil Anderson & Son, a general contractor.

Becky and Rob thoroughly enjoy the walkability of Bowmanville and its proximity to the bustling activity of Clark Street, but without all of the parking hassles and noise — except when a Metra train roars by. One of their favorite winter holiday rituals has been to hang a big blue peace sign at their roof line.

Have any of you come up with another way to de-industrialize the meters? If so, let us know. All of Bowmanville might thank you for the idea. Meanwhile, on Donner, on Blitzen...

A photograph of the exterior of Spiteful Brewing Tap Room. The building is made of brick. Above the entrance, there is a large sign that reads "TAP ROOM" on the left and "NOW OPEN" on the right, with a red angry face graphic in the center. Below this, the words "Spiteful Brewing" are painted in white on the brick wall. The entrance is a large open doorway. In front of the entrance, there are several wooden barrels and potted plants. Inside the tap room, several people are visible sitting at tables.

Kid Friendly — Dog Friendly— Open 7 Days a Week  
2024 W. Balmoral Ave.

## It's Time to Apply for a BCO Garden Plot!

The BCO Gardening Committee is busy getting things ready for the 2019 season in BCO's community gardens: the recently expanded Gateway Garden (along the west side of Ravenswood by the Metra tracks at Balmoral) and Bowmanville Garden (along the cemetery wall on Bowmanville Avenue near Leavitt).

Individuals wishing to rent a vegetable gardening plot must be (or become) a BCO member and fill out an application form. Plots are allotted on a first-come basis for a fee of \$30 per plot. In addition to paying the fee, gardeners assigned a plot agree to fulfill six hours of community garden maintenance and/or BCO event support, attend an orientation meeting, and abide by BCO's gardening rules and guidelines.

Starting February 1, application forms, rules and other information about BCO's 2019 gardening program can be found on our website at [bcochicago.org/gardening](http://bcochicago.org/gardening). Applications are due by March 1 but may be accepted afterwards if plots are available. Notification of plot assignments will be made on Saturday, March 16, and the orientation meeting will be held in late March or early April at a place and time to be announced.

### And Volunteer for Garden Maintenance

Garden Work Days, which start at 9:30 am, are scheduled each month during the season, beginning with Winter Spruce-Up Day at all BCO gardens on Saturday, February 23. All are invited to come out then to help prepare the garden beds, clean away weeds and debris, and get our sites ready for spring. It's a great way to meet other gardeners and get a head start on the gardening season.

Other upcoming Garden Work days are Saturday, March 23, and Saturday, April 20, at the Bowmanville and Greenspace Gardens. The full calendar of 2019 garden maintenance days can be found on the BCO website at [bcochicago.org/gardening/garden-work-dates](http://bcochicago.org/gardening/garden-work-dates).

### Or Join the Gardening Committee

This year, long-time Garden Committee Chair, David Johnston, is turning over the reins to the new Co-Chairs, Catherine McCulloch and Stephanie Cisneros. They have big shoes to fill, because Dave has been a key player in making our gardening program so wonderful. (Thanks, Dave, BCO will miss you!) But Stephanie and Catherine are avid and accomplished gardeners, so we are delighted to have them head up the committee. They would love to hear from you, meet you and have you help make BCO's community gardens the best in the city. Feel free to contact them at [gardening@bcochicago.org](mailto:gardening@bcochicago.org) with questions, comments or ideas about our gardening program or to inquire about joining the committee.



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## GARDENING NEWS

## Gateway Garden Fall Buildout a Big Success

The Gateway Garden Expansion continued in full measure last fall. Months of planning finally came to fruition with work by professionals and volunteers, led by Teresa Gale, BCO Garden Lead for the site.



Landscape contractor Christy Webber cleared the site of weeds and debris and performed land balancing to improve the grade in the allotment bed areas. Volunteers contributed the remaining labor in October and November, dismantling old beds and constructing 44 new cedar raised beds, which will be filled with new soil in the spring for optimum quality.

In addition, volunteers distributed wood chips (donated by Bartlett Tree Service) and installed burlap blankets and coffee bean bags (donated by Metropolis Coffee) to help control erosion and weed growth. Garden leaders also managed the installation of a repurposed shipping container that will provide secure storage and serve as a hub for community activities.



The fall buildout was no small feat. Many thanks to NeighborSpace for its generous support and to the Bowmanville neighbors who came together to make this vision a reality!

## SUMMER **SOCCER** CAMP

Give your budding athlete or active child the opportunity to meet others and build a new skill this summer!

This camp offered by a professional coach and native Brit located in our little community has brought smiles and developed talent in this reputable local summer camp for years. JOIN THE GAME!

- 1 week camps - June 10, June 17 & June 24
- 9A -11A, Winnemac Park
- Ages 5-12 (private coaching available for more advanced players)

**For more info call Noelle @ 312.217.9041**



## WOW! Check out what was accomplished in 2018 at Gateway Garden!


- Convened a committee and started planning and setting goals for the design process
- Organized a community design charette
- Determined the shared elements from this charette and developed a site drawing from it
- Presented the site drawing, along with a 3-year plan for execution, to the community
- Installed signage on the site and procured a shipping container for storage
- Coordinated land preparation, including tree, weed, and debris removal, and grading
- Researched best practices for composting, raised beds, and erosion control
- Planned and managed a 6-week series of volunteer workdays, engaging a record number of participants
- Collected a substantial amount of produce for donation (in doing so, we established a relationship with a new community partner, Cornerstone Outreach)
- Built 44 raised beds and installed protective materials on pathways and community areas throughout the site
- Created an environment where varied personalities worked together effectively
- Maintained spending to budget
- Received much positive feedback and an increased level of interest from the community



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## COMMUNITY NEWS

## Let Your Voice Be Heard!



Be sure to vote in Chicago's General Election on Tuesday, Feb. 26, and indicate your choice for mayor, alderman, city clerk and city treasurer. Polls will be open 6:00 am to 7:00 pm. If you don't know where your polling place is, you can find out by going to the Board of Election Commissioners website, <https://chicagoelections.com/en/home.html>, or by calling 312-269-7900.

If you want to take advantage of Early Voting, you can use any Early Voting & Registration location in the city from Feb. 11 through Feb. 25. In the 40<sup>th</sup> Ward, where Bowmanville is located, you can vote early at the Budlong Woods Library, 5630 N. Lincoln Ave. You can also vote early at "Super Site" in the Loop at 175 W. Washington St., as well as at any of the other early voting sites in the city. For hours and locations, go to <https://chicagoelections.com/en/early-voting.html> or call 312-269-7900.

Not registered yet? No problem. You can register at your precinct polling place on Election Day, Feb. 26. For on-site registration, you'll need two forms of ID, at least one of which shows your current address. You'll find more information on registering (or changing your address if you've

recently moved) at <https://chicagoelections.com/en/register-to-vote-change-of-address.html>.

#### How to Learn About the Candidates

There's a number of resources to help you find out who's running for what, and what their positions are on various issues. The *Chicago Sun-Times Election Voting Guide*, <https://elections.suntimes.com/voting-guide/>, shows the candidates for each office in the Feb. 26 election, along with links to the candidates' campaign websites and Facebook pages. It also gives recent news coverage for each candidate, which is a good way to learn more about them.

Another resource is Ballotpedia, [https://ballotpedia.org/City\\_elections\\_in\\_Chicago,\\_Illinois\\_\(2019\)](https://ballotpedia.org/City_elections_in_Chicago,_Illinois_(2019)). In addition to listing the candidates, this resource shows their endorsements, background and campaign financing, as well as news about the candidates. Of course, you can also learn about the candidates by listening to the news, watching TV, or reading about them in newspapers and other publications.

**However or Whenever You Do It, VOTE!** The Feb. 26 election is your chance to let your voice be heard. Vote for those you think will lead our city to a better future. Thank you!

## EATS &amp; TREATS

Did you know? Bowmanville's much anticipated Sweet Virginia's Kitchen is now open at 5131 N Damen Avenue, right across from Amundsen High School at Foster Avenue.

Stop in and say hello to Chef Angie and let her feed you like family. Winter hours: Thursday-Sunday 7am-5pm; keep an eye out for their hours to expand.

[www.sweetvirginiaskitchen.com](http://www.sweetvirginiaskitchen.com)

*Sweet Virginia's Kitchen*

We Feed You Like Family

Bowmanville has another new gem, Baobab BBQ, a delicious BBQ spot with a South African accent at 2301 W Foster Ave. Check them out soon.

Open for lunch and dinner five days a week, closed Mondays & Tuesdays.

[www.baobabbbq.com](http://www.baobabbbq.com)



## Yoga for All Bodies

Whether you're young or old, in or out of shape, new to yoga or an advanced practitioner, you'll find the new [Metro Yoga Chicago](#) studio at 1746 W. Balmoral (just east of Pauline's restaurant) a great place to enjoy the benefits of yoga for body, mind and soul. The studio offers classes every day of the week and at levels ranging from restorative yoga and yoga basics to a challenging vinyasa (flow-style) practice.

"Our mission is to make yoga accessible to everybody and all bodies by emphasizing the basic principles of yoga: body and breath," says founder Mickey Grand. "We want to remove any stigma about yoga being only for certain ages, body types or abilities. All levels from beginner to seasoned yogi are welcome."

Born and raised in South Florida, Mickey moved to Chicago a year and a half ago to pursue his passion of physical fitness and holistic health. "There's more energy and life here, and I like the friendliness of the people," he says. "I love Chicago."



*Mickey and Whitney*

Mickey, who has a background in holistic health and bodywork, is a credentialed teacher with more than 15 years of yoga experience. He finds that by focusing on combining yoga poses (asanas) with breath (pranayama), the practice of yoga helps develop strength, flexibility, and awareness that create lifelong benefits. When asked why he opened his own studio, he says:

"I was taking yoga classes and teaching at various places in Chicago, but I didn't find one that had the right vibe or approach for me. So I thought, why not create my own place, which would express my views about the importance of combining breath and body in yoga, as well as my

desire to share the benefits of yoga with everyone, not just athletic types."

### Lovely Studio with Great Teachers

We can thank Pauline's restaurant for helping to bring Mickey's studio to our neighborhood. When breakfasting with friends at

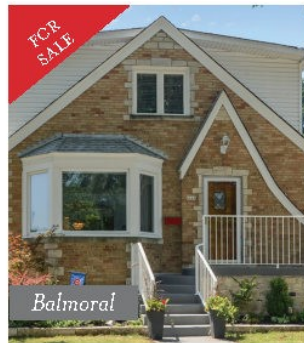


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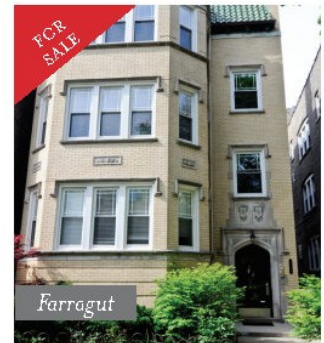
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## COMMUNITY NEWS

Pauline's, he noticed that there were several vacant store fronts next door. Since he was looking at places for his studio, he inquired about them and found that the one at 1746 had a

nicely done floor that would be perfect for yoga. So he rented it, installed some mirrors, added some plants and a thematic stencil, and opened the studio last November. It has a calm, bright and friendly feeling.

Mickey has assembled a team of experienced yoga teachers to offer a total of 30 classes a week. His teachers are trained in and certified in multiple styles of yoga including Vinyasa/Ashtanga,

Kundalini, Quigong, though the primary offering is basics, vinyasa, and restorative. Mickey also offers energy balancing as well as holistic health consults and detox. He has worked

with many holistic practitioners, chiropractors and physicians, and is able to make referrals if needed. Check out his personal website to schedule private sessions. [mickeysunshine.com](http://mickeysunshine.com)

If you're totally new to yoga, you'll find Meridee's basics classes at noon to 1:00 pm on Tuesdays and Fridays might be the perfect fit, or try the Restorative classes from 6:45 to 8:00 pm on Tuesdays and Thursdays, as well as Whitney's restorative 4:00 to 5:15 pm on Sundays, which offers essential oils. If you've had some yoga, you might find the all-levels vinyasa at 9:00 am every day except Sunday to be a good fit. And for more experienced yogis, there's at least one vinyasa class every day, with several every weekday and Saturday.

"We'd like to invite everyone in the greater Bowmanville community to come in, take a class, and see how good yoga can make you feel, physically, mentally and emotionally," says Mickey. "To make that easy, we're offering the first class free to anyone who mentions the *Bowmanville Bee* when they drop in. Also, our Rise and Flow Vinyasa class from 6:30 to 7:30 am is free every Monday morning. Our schedule is online at [metrogyogachicago.com](http://metrogyogachicago.com), or you can call 312-866-6701 to find out what's offered when. The beginning of the year is a great time to try something new. We hope to see you soon!"



*Mickey and Gracie*



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# BOWMANVILLE COMMUNITY ORGANIZATION

## Bee Contributions Welcome

Have a story to tell, a horn to toot about a good neighbor we should 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!

### Sizes and rates per issue:

Business Card 3.75" x 2"

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Quarter Page 3.75" x 4.25"

\$75

Half Page 7.25" x 4.75"

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5% discounts for 4x/year advertisers.

For further information or to reserve space in the next issue of the Bowmanville Bee, please contact

[ads@bcochicago.org](mailto:ads@bcochicago.org)

## Deadline for the Next Bee:

**April 10, 2019**

## Help deliver the Bee!

Volunteers are always needed and welcome!

Please Contact (773) 349-2268 or email

[comm@bcochicago.org](mailto:comm@bcochicago.org)

## Need another Bee?

You can find them at the following local businesses:

- Byline Bank
- The Book Cellar
- Speedline
- Pauline's
- Norwood Car Wash
- Claddagh Ring

## —MEMBERSHIP FORM—

**JOIN THE BCO OR RENEW YOUR MEMBERSHIP TODAY!**

Now you can join or renew ONLINE at [www.bcochicago.org](http://www.bcochicago.org)!

Or return this form with your check to:

Bowmanville Community Org Treasurer c/o Craig Hanenburg  
5361 N. Bowmanville Avenue  
Chicago, IL 60625

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Questions? Call (773) 349-2268 or email [membership@bcochicago.org](mailto:membership@bcochicago.org)

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☐ Renewal

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Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email(s): \_\_\_\_\_

### Areas where I can help out in the coming year:

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Event Planning         | <input type="checkbox"/> Street Sale  | <input type="checkbox"/> Garden Walk            | <input type="checkbox"/> Summer Social |
| <input type="checkbox"/> Other Festivals        | <input type="checkbox"/> Bee Social   | <input type="checkbox"/> Other Events           |  |
| <input type="checkbox"/> Finance                | <input type="checkbox"/> Gardening  | <input type="checkbox"/> Bee Delivery           |  |
| <input type="checkbox"/> Membership Outreach    | <input type="checkbox"/> Planning & Development                                 | <input type="checkbox"/> Greenspace Initiatives |  |
| <input type="checkbox"/> Public Art Initiatives | <input type="checkbox"/> 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 /2 Flat ☐ Multi-Unit >2 Units

In your household, please tell us **how many** residents are:

Adults (18-65) # \_\_\_\_\_ Seniors (over 65) # \_\_\_\_\_ Children (Under 18) # \_\_\_\_\_

What types of new BCO programming would interest you?

\_\_\_\_\_  
Comment or Feedback:

### BCO 2019 Calendar of Events

Committee updates on page 2, check website for schedule updates

Mar 23 9:30a	Bowmanville/Greenspace Clean up Day	Jun 9-10	Midsommarfest (Andersonville)
Apr 5 5-8p	First Friday!	Jun 12	CAPS Meeting @ St. Gregory's Church/Gym
Apr 10 7p	CAPS Meeting @ St. Gregory's Church/Gym	Jun 22	Ravenswood On Tap
Apr 27 8:30a	Earth Day Clean Up & Picnic	Jul 13 9a	Garden Walk
Jun 1	Street Sale!	Aug 10	Summer Social!

**CHECK OUT THE BCO WEBSITE! [www.bcochicago.org](http://www.bcochicago.org)**