

Bowmanville Bee

Newsletter Fall 2024

The Bowmanville neighborhood is bordered by Foster, Rosehill Cemetery, Ravenswood and Western.

Visit our website at www.bcochicago.org.

BCO Board of Directors OFFICERS

Alysia Stiles Kinsella

President
president@BCOChicago.org

Jeff Graves Vice President

Colleen Scroll Secretary

Seth Captain

Magen Hanrahan (Co-Treasurer)
Patrick Brandell (Co-Treasurer)
treasurer@BCOChicago.org

Ron Galant Liz Gershfeld Barbara Kraetsch Mike Kraetsch Jen Layzell Donna Martin Kurt Mergen David Schuette

Jean Swoboda COMMITTEES

Scott Smith

Newsletter news@bcochicago.org

Gardening gardening@bcochicago.org

Events

BCO+Events@bcochicago.org

Membership membership@bcochicago.org

Communications
comm@bcochicago.org

Public Art
BCO+arts@bcochicago.org

Planning
BCO+planning@bcochicago.org

Follow us on social media!



facebook.com/ BCOChicago



instagram.com/ bcochicago



twitter.com/ BCOChicago

President's Message

Welcome Fall!

Other than all of the fun BCO summer events, my favorite time of the year is fall, when the weather gets cooler and the leaves turn many brilliant shades of yellow, orange and red. With the fall, the BCO will have our October Open Meeting where we will elect our Board members and officers for another 2-year term. The board and officers work very hard to make sure the events happen, the garden plots are available to the community, and the garden areas and pathways are maintained. Therefore, we'd really like the community's support in our elections! See details about the meeting in the box below.

While many of our Board members are excited to return for another term, we are looking for a few new Board members to round out our slate of 16. Board member requirements include:

 Attending the majority of the monthly inperson Board Meetings (typically every 3rd Thursday night)

- Participating in at least one committee -Gardening, Membership, Communications (Bee, email blasts, social media), Public Art, or Events
 - Participation means being an active committee member— taking action to help and get things done
- Volunteering at (or in advance of) multiple BCO hosted events including Open Meetings, Street Sale, Garden Walk, Summer Social, etc.
- Be excited to help make Bowmanville a special place to live, foster community and support the events that the BCO have hosted for decades!

If being on the Board sounds exciting to you, please reach out to me (president@bcochicago.org) ASAP so we can get you on the ballot for the Open Meeting.

Lastly, keep an eye out for social media and email blasts about our 2nd Annual Santa Social at the Greenspace on December 7!

Alysia

Bowmanville Community Organization Open Meeting

Thursday, October 17, 2024
7 pm doors open, 7:30 pm meeting starts at Spiteful Brewing, 2024 W. Balmoral

Come to the meeting—enjoy light snacks & BCO members get your first beer on us!

COMMUNITY ELECTIONS

Your Vote Will Shape a New Democracy: The First Elected Chicago School Board

By Maggie O'Keefe, 40th Ward Committeewoman



As we approach the 2024 Presidential Election, it is crucial to also pay attention to local matters that profoundly impact our community. While the national race will center on key swing states, our local elections are equally important, especially with significant changes on the horizon.

On November 5, voters like you will have the historic opportunity to elect members to Chicago's first-ever elected school board. Achieving this milestone has been a long journey, with many dedicated local officials striving over the years to make this a reality. Now, your participation is essential in shaping the future of our city's education system.

The newly established 21-member board will consist of both elected and appointed positions. Voters will elect representatives for 10 districts, while the mayor will appoint 11 members, including the Board President. After the election, the district map (shown below) will be updated, dividing one district into two, which will affect future elections.

For detailed information on the new district map, visit our

website at www.40thwarddems.org. Bowmanville is in District 2b. Your engagement in this election is pivotal as we embark on this new chapter in Chicago's educational governance.

An Important Government Body

The responsibilities of the Chicago School Board encompass a broad range of critical functions. The board is tasked with hiring and evaluating the CEO, setting the direction, goals, and priorities for the district, and approving district policies. Additionally, the board approves purchasing decisions, contracts, intergovernmental agreements, and the district budget, along with the capital improvement plan. It also has the authority to approve the school year calendar, continuous improvement plans for schools, school actions, and school charters and contracts.

Furthermore, the board is responsible for approving the dismissal of probationary appointed teachers, contract principals, tenured teachers, and non-probationary educational support personnel. This is a non-paid position, and the board will spend approximately 25-30 hours a month fulfilling the above responsibilities. (Source: www.cpsboe.org/electedschool-board)

Continued on Page 3



Centered Mind. Centered You. Centered Relationships.

We provide services to:

- Adults
- Tweens & Adolescents
- Young Adults Couples/Relationships & Families



Affordable Therapy In-person or Telehealth/Virtual

We are offering reduced rates and sliding scale to a limited number of clients

In-network with BCBS PPO, Aetna PPO, Aetna SHIP Northwestern & UnitedHealthcare (UHC)/ Optum. We also accept self-pay & out of network plans.

Please reach out to 312-725-3093 or info@concentricchicago.org Locations in Sauganash: 6232 N. Pulaski, Suite 400 & the Loop: 30 N. Michigan Ave, Suite 1217

COMMUNITY ELECTIONS

Your Vote Will Shape a New Democracy: The First Elected Chicago School Board

Continued from Page 2

Who's running?

In District 2, four candidates are vying for a position on the newly established Chicago Elected School Board. Each candidate brings a unique background and perspective to the table, drawing from their experiences both within and beyond the education system. Below are brief excerpts from their biographies, available on the first page of their campaign websites. For more comprehensive information, including resumes and endorsement questionnaires, please visit our website.

In order of ballot position:

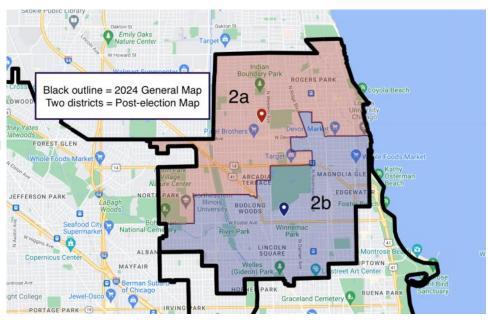
Ebony DeBerry

www.ebony4education.org. I am a lifelong Rogers Park resident with a deep and abiding love of Chicago's public schools. I am a CPS alum, a mother of a CPS alum, a former CPS teacher, and a former LSC member. I know that when we have healthy schools, we have healthy kids, healthy families, and healthy communities. MY VISION: My vision is for fully funded schools that are rooted in justice and equity. We need schools that meet the needs of children as individuals and support families too. And our schools should be recognized and respected as the anchors of community that they are.

Margaret "Maggie" Cullerton Hooper

www.maggieforchicago.com. I am a single mom of two CPS students, running to represent District 2 on the Chicago School Board. I believe one child cannot succeed unless every child succeeds. I have the experience to cut through bureaucracy, make meaningful change and ensure that every student has the school they need and deserve.

Kate Doyle www.katedoyleforchicago.com. Kate is a non-profit leader, former special education teacher, and proud mom of a future CPS student who has dedicated her career to the service of others. After her time spent in the public-school classroom, Kate went on to work in corporate social impact and to found KindWork, an award-winning nonprofit bringing tech education to low-income youth. She also serves her community as vice-president of her neighborhood organization. She will bring a parent's passion, an educator's perspective, and a business leader's expertise to the Board of Education, while remaining committed to her progressive values and to elevating the voices of the vibrant District 2



community.

Bruce Leon (no website as of September 17, 2024). Bruce was elected the 50th Ward Democratic Committeeperson in March 2024. From his LinkedIn page: "My name is Bruce and I have the honor of being the Founder and CEO of TandemHR. Personally, I've been in the insurance business for over 25 years, and I love everything about it. Why? Because I'm in the business of helping people. and solving complex problems."

Do Your Research, and Vote!

Your vote will play a crucial role in shaping the direction of the new Chicago School Board. Special interest groups are actively seeking to influence the outcome, making your participation even more vital. To learn more about the candidates, find your polling place, or get involved in doorknocking efforts in swing states, please visit www.40thwarddems.org. Happy voting!



Michelin-Quality Chefs in Bowmanville

By Mary Jude Ramirez

Every year, I get the same question. "Will your family be selling tamales at the Bowmanville Street Sale?" The answer has been "yes" for a long time, and you may have bought one yourself — creamy Oaxacan style, wrapped in fragrant banana leaves — on the 2100 block of Berwyn, where they live. What you might not know is that the women selling tamales, Sandra Sotz and Maria Mendoza, are also the owners of the Michelin —Award-winning restaurant, Kie-gol-lanee, along with their husbands Reynel Mendoza and Leo Ramos, where they have served a wide variety of traditional recipes from Oaxaca, Mexico, since 2016.

The original restaurant is at 5004 N. Sheridan Road in Uptown, around the corner from Argyle Street. Just this summer, a second Kie-gol-lanee opened in Logan Square, at 2901 W. Diversey. Both restaurants are open for dinner every night (except Tuesday) and serve brunch on Saturday and Sunday. They offer the same delicious menu and have a full bar serving memorable Margaritas (with tequila or mezcal), Mexican beer and wine.

Come and enjoy the cuisine of highland Oaxaca while supporting your hardworking Bowmanville neighbors. You don't have to wait until next year's Street Sale to taste those fabulous tamales! Visit https://kiegol.com to see the full menu and make reservations.









SPITEFUL BREWING

THANK YOU BOWMANVILLE

WE ARE OPEN
7 DAYS A WEEK

BEER - HOT PRETZELS - PIZZA

DOG FRIENDLY

2024 W. BALMORAL AVE. CHICAGO, IL 60625 SPITEFULBREWING.COM

Help Support the BCO Scholarship Program

By Barbara Kraetsch

Hi neighbors, I'm Barbara Kraetsch, a Bowmanville resident for the past 10 years and currently co-chair of the BCO Scholarship Committee. My artwork will be featured on the Andersonville Art Walk the first weekend in October at G&L Décor, 5225 N. Clark St.

I paint abstracts in a range of sizes using oil and cold wax on cradle boards. All my work is original, one of a kind, and never duplicated or made into prints. My paintings were previously displayed at a gallery in Door County, Wisconsin, but I am now showing exclusively in Chicago. I have discovered that this beautiful and exciting city, and especially the importance of its neighborhoods, is a constant source of inspiration to me.

G&L Décor, owned by Chris LeBeau, is a carefully curated home furnishings and decor shop featuring exceptional design services and original works of local artists. The Andersonville Art Walk this year is Friday, October 4 through Sunday, October 6, and there will be an artist reception on Friday evening from 6:00 to 9:00 pm.

If you mention to Chris that you live in Bowmanville on that weekend, you will get a 10% discount on any of my artwork that you purchase. In addition, a portion of all proceeds of



my painting sales will go to the BCO Scholarship Fund. G&L Décor has generously offered to match my donation to the Scholarship Fund, as it supports local students. So you'll not only get beautiful art, you'll also help support the BCO scholarship program.





- Laser
- Electrolysis
- Botox
- · HydraFacial
- Massage& More



Book Now cirinespa.com

1834 West Foster Avenue, Chicago, IL 60640 (773) 766.1132

Let's Congratulate the 2024 BCO Scholarship Winners!

By Barbara Kraetsch

This year, the BCO again awarded two scholarships to graduating high school seniors, one of whom must live in Bowmanville, and the other must be an attendee of Amundsen High School. We had 46 applicants for the two \$500 awards. To be considered, applicants must have met the following criteria: been accepted at a post-secondary institution, answered questions about future profession/school choice, volunteered for community service, stated their goals, and explained what they learned about themselves in high school.

With so many wonderful and deserving applicants, it was very difficult to decide on the two winners. The Scholarship Committee read and carefully considered every application and wished we had had more scholarships to award. As a side note, we were most impressed with the graduating class of 2024. These young men and women, who endured the Covid-19 pandemic, are the future, and we are glad to report that the future looks promising. Hopefully, these young people will stay in the Chicago area after their professional training, because they have much to contribute to the community.



Congratulations Jose!

Our Bowmanville winner is Jose Juan Rosendo, who lives with his family on Farragut Avenue and is shown here with Barbara and Mike Kraetsch. To finance college, he has joined the Army Reserves and will go to Basic Training this summer before he attends Wilbur Wright College in the fall. He plans on using Army benefits to help meet needs while in school.

Continued on Page 7



Your neighbor in Bowmanville for 17 years!





ASE Certified Mechanics Offering Complete Quality Auto Care

- Tune-ups & Oil Change
- Scheduled Maintenance
- Emissions
- Brakes

- Timing Belts
- Tires & Wheels
- Shocks and Struts
- Alignment
- Heating & Cooling
- Belts & Hoses
- Transmission Rebuilds
 Engine Rebuilds
- Clutch Repair
- Mufflers & Exhaust
- Complete Diagnostics
- Lots More, Just Ask!

Come See Us 5250 N. Damen Ave Give Us a Call 773-878-3000

Monday - Friday 7:00am - 6:00pm

We Take Pride In What We Do. We're One of Chicago's Best Rated Auto Shops, Right in the Neighborhood!

Let's Congratulate the 2024 BCO Scholarship Winners!

Continued from Page 6

Jose is interested in the digital marketing field, but the Army has assigned him to plumbing, and so he will be taking training for this apprenticeship in the fall. Jose is a thoughtful and hard-working young man, holding down part-time jobs while attending Amundsen. He states he has learned to stay calm and focused while under pressure and tries to take advantage of all opportunities that come his way. He has volunteered at soup kitchens for the homeless and often donated blood to help hospitals. We found him to be a delightful young man who exemplifies the spirit of Bowmanville.

Congratulations Marix!

Shown here with Mike and Barbara is our other scholarship winner, Marix Siguenza. Marix is [an Amundsen graduate] who lives near Northeastern University and has quite a life story. She lost a friend to suicide a few years ago, which has changed her life. She says her friend appeared happy and normal, so the death was a shock. This brought her to an interest in how the mind works and decided to pursue a career in psychology. She has volunteered extensively in activities sponsored by the American Foundation for Suicide Prevention because she feels she can connect with people to support them.

When Marix was young, her mother was diagnosed with epilepsy, and so she also volunteers with the Epilepsy Foundation. She strives to make a difference in the world because she knows how important it is to care about others. She learned during the Covid-19 pandemic to persevere, staying focused and motivated to continue excelling in all her classes so that she could graduate with a great GPA. She was accepted at seven universities and will no doubt do well and continue to help many more people.

Looking to Support More Students

As there were so many deserving applicants, the BCO hopes to continue this lovely tradition of awarding scholarships in





the future, which was renewed this year after a lapse. Of course, funds are needed to give these important awards, so the BCO will be looking at ways to accept donations to a Scholarship Fund so that we can continue this program and perhaps fund additional awards. We will keep you posted on this matter. If you have an interest in helping with this, please feel free to contact the Committee Chair, Mike Kraetsch at Mike.kraetsch@gmail.com.



BOWMANVILLE EVENTS

Sweet, Sweet Summertime

By Seth Captain

Where were you on the afternoon of Saturday, August 24? You should have been at the Bowmanville Summer Social, now in its 22nd, or possibly 23rd, year, depending on your source. People say it's the Northside's greatest block party, or at least that seems to be the consensus of those inebriated on beer, ice cream and sunshine!

"Our" side of Ravenswood, west of the tracks, between Balmoral and Berwyn, serves as the perfect respite to celebrate our wonderful neighborhood with the lush plantings and ripe farm plots of the Gateway Gardens, and the grassy knolls flanked by the nearby book depository type factory conversions providing shade for friends and families to lounge.

The heat made the Summer Social's favorite offerings a welcome necessity. Kids went to the right side of the space to enjoy the towering dual water slides provided by Rogers Park Montessori. Grown-ups (sort of) went left to imbibe on cold draft beer provided by our two great local breweries,



Spiteful and Half Acre. Then the two groups met in the middle to indulge on free ice cream, generously provided by our local dining institution, Pauline's.

When one ice cream pasted face of a child was asked what he thought, he excitedly yelled out "More ice cream!!" to which his mom responded, "I think four is enough."

Beer, ice cream, water slides. Where was the protein? That came courtesy of the newer Mexican restaurant Mix Mex Cue at Foster and Oakley. The owner Salvador brought his family out to serve heaping tacos of pastor (authentically served with pineapple), carne asada, pollo and veg friendly queso. A man communing with his tacos was asked how they were, and he managed to mumble the words, "Good. Really. Really. Good" while meat juice ran down his face and his dog waited patiently below.

Continued on Page 9





BOWMANVILLE EVENTS

Sweet, Sweet Summertime

Continued from Page 8

A Rockin' Good Time

All good street fests need music. This year the Summer Social brought us four different local performers. First up was Unsolicited Feedback who describe themselves as a "femme/ queer fronted indie rock band that tries to fuse the harsh everyday experiences with the whimsical joys of life." They read the room well, and ended up playing a number of covers well suited to the laid-back Social vibe.

Following was Nick Davio, a kids-music maestro who had the children dancing and many parents singing along to his artful renditions of classic tunes. Around the time the ice cream was running low, Yoo Soo Kim performed with his band, good son. This was Yoo-Soo's second year playing the Summer Social, and his melodic voice and band's guitar riffs did not disappoint. Additional thanks to Yoo-Soo for providing water and electricity for the water slide. Headlining once again was Bowmanville's very own Big Sadie, a bluegrass country outfit who wrangle standup bass, fiddle and banjo into grassy-knoll hits that left fans wanting more.

If you weren't there, you now wish you had been, don't you? Come see us next August. And if you have suggestions for making this event even better, let us know. Some people rec-



ommended making it a potluck type event like it was many years ago. Others suggested drones to drop water balloons. One boisterous attendee kept yelling out, "Dunk tanks! Get the dunk tanks!" We can't promise we'll do it, but we'll consider anything!



Ready to Get Seriously Creeped Out?

By Seth Captain

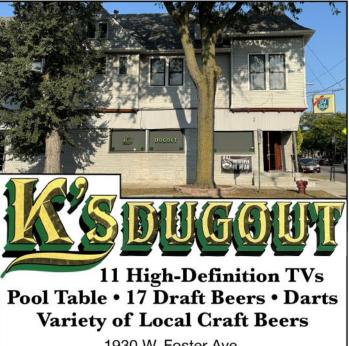
Halloween. One of the few events that can still unite Americans. And Bowmanville borders Chicago's largest repository of Creepy. Not that abandoned building on Bowmanville Ave. But close — Rosehill Cemetery — 350 acres of Ghoulish Paradise.

Have you not taken a snowy walk through our lovely urban maze of shrines, centuries-old headstones, and ornate mausoleums? (Try spelling that word without spell check!) Make sure you don't get locked in now that they've sealed up the secret bypass. (Thanks a lot you tombstone-hating neighbors!)

There has been a number of Rosehill articles over the almost 20 years of *Bowmanville Bee* publications. On your next Covid day(s), peruse the BCO.org website to enjoy the full array of them in our lush archive. Is Rosehill actually a misspelling of the former landowner, Hiram Roe, whose land was specifically on a "hill" — Roe's Hill? Were Bowmanvillers really caught grave robbing the lavish sarcophaguses of 19th century Industrialists? Read and learn.

Celebrities of All Kinds

How about the famous people buried in our neighbor to the North? Oscar Mayer, founder of a Lincoln Park elementary



1930 W. Foster Ave at the northeast corner of Foster & Winchester

Monday - Saturday 7:00 am - 2:00 am Sunday 11:00 am - 2:00 am 773-561-2227 school offering the best school lunch in the day. Ignaz Schwinn who was not buried next to Mr. Huffy unlike Mr. Sears, who resides a bit too close to Mr. Ward, the original Amazon Delivery Kings. The founders of two of Chicago's favorite museums, Mark Adler and John Shedd. The man who may be the real inventor of the telephone, Elisha Grey. The MadMen pioneer Leo Burnett. The Crackerjack inventor Charles Gunther. And expectedly, scores of Chicago mayors, con-



gressman and governors, corrupt and honest alike.

What might hold more Halloween credibility than the deceased notables are the non-notables whose names are carved on sculptures scattered throughout the century-old oaks and cotton woods. One such figure is the celebrity-sounding Lulu Fellows. What makes Lulu special to wiccans, goblins and soothsayers is her unique disposition. At one point she was merely another 16-year-old victim of typhoid fever whose parents had a sculptor memorialize her in stone. Nothing cryptic about that. But then her cute little button nose and precious hands began to disintegrate. And that's when the glass box descended over her statue, both protecting her features from further deterioration and enshrining her with an eerie awe.

While you can encounter many sculptures throughout Rosehill, only one other is encased in glass. But only Lulu's receives a consistent stream of money, flowers and cryptic notes. (Insert celebrity comparison joke here.) Her glass tomb often fogs, casting the impression she is hoping to elocute once again. Elocute? Lulu was an elocutionist, a profession now joining the deaths of the pinsetter, soda jerk and Blockbuster employee. Elocutionists were popular 19th century orators, specifically readers of the written word, who were talented enough to take the stage utilizing carefully paced diction, gestures, posture and dress.

Continued on Page 11

Ready to Get Seriously Creeped Out?

Continued from Page 10

Lulu has also found herself in competition. Chicago has always liked a good rivalry: North Side – South Side, Cubs – Sox, Capone – Everybody else. So it should be no surprise that Lulu has a competitor at Rosehill's bogeyman, Graceland Cemetery, that little burial place further south on Clark. Her name is Inez. Her parents also thought so fondly of their deceased child that they had the same sculptor resurrect their darling Inez on the same white marble, but had the foresight to immediately protect her in glass rather than disfigure her through nature. And perhaps it was this attention to detail that has left Inez without consistent cashflow and séance seekers. Or maybe it was the fact that she was only six. Even occultists have limits.

A Very "Scary" Neighborhood

Bowmanvillers and their houseguests (please do not take the *Bee* home) are surely wondering how they can indulge in a Rosehill All Hallow's Eve when the cemetery locks before dark. Well, they are in for a likely treat. For the last few years, a mysterious group of devotees have been seen in a

procession parading through our sleepy streets as darkness descends on the hallowed night. Witnesses have used a variety of terms to describe the solemn-looking souls cloaked in black robes and carrying a replica of Lulu's glass tomb while fog seems to follow them along their route. One resident said the accompanying music was "way creepy, like, way." Another local described a person inside the tomb looking like "George Washington" or a "French aristocrat", but they said, "when she moved only her eyes, my daughter screamed and ran inside the house." Some residents expressed disappointment because they said they keep missing it. "Why is it so hard to see a reanimated elocutionist? It's worse than trying to catch a CTA bus!" Bowmanvillers are a proud lot. And nothing shows off that pride like Halloween when every block from Ravenswood to Western summons the Rosehill ghouls to augment their cocktail parties and "Take Only One" baskets. It's a night worthy of a visit by our very own Lulu Fellows. May we all have the opportunity to witness this mysterious processional, from which our guests will return to their homes, whispering to all, "There's this neat little neighborhood Bowmanville, and you will not believe what I just saw....."





CHOOSE EXPERIENCE WHEN RESULTS MATTER

JEFF GRAVES | REALTOR® sells Bowmanville...and beyond!







SAVE THIS AD! When you're ready, I'll be here for you. jeffgraves@atproperties.com | 773.612.7203

@properties

CHRISTIE'S INTERNATIONAL REAL ESTATE

BOWMANVILLE OPINIONS

Good Fences Make Good Neighbors

By Kurt Mergen

I'm writing in response to an opinion article from the summer edition of the Bee entitled "We're Getting Shut Out—and In!" about the negative impact of front yard fences on our neighborhood. While I agree with some points the article made about maintaining our open and friendly streetscapes in Bowmanville, I feel that the article went too far in condemning our fellow fence-owning neighbors and in questioning their intentions. Some fences are there to serve a very important purpose and can add to rather than detract from our neighborhood.

First of all, picket and wrought iron fences can help to define an area without completely shutting off visibility to the street and sidewalk. They can accentuate planting areas, and can protect plants and shrubs from our neighborhood pets who may be a little too eager to help with the watering process. Picket fences can invoke a feeling of small-town nostalgia, while wrought iron fences can add a touch of sophistication and modernity.

Second, fences can provide a safety element. They can be a crime deterrent, although as the author pointed out, that largely depends on the owner's diligence to close and lock gates. Fences can also prevent small children and







pets from running into the street and getting lost or harmed.

Third, fences can add to the curb appeal of a home. Many home buyers prefer to buy a home with a pre-installed fence for any of the reasons noted above. Fences can also add to the property value of a home, which benefits the neighborhood as a whole. The article seemed to blame the fence trend on developers of newly constructed or rehabbed homes. The reality is that we are a neighborhood in transition, and while I appreciate the charm of our

Continued on Page 13



BOWMANVILLE OPINIONS

Good Fences Make Good Neighbors

Continued from Page 12

older homes we should also welcome the revitalization of areas of our community.

The opinion piece ended with a call for us to get out to meet our neighbors and to get involved in the BCO and its events, both of which I fully support. However, I would stop short of passing judgement on neighbors who erect a fence or may have bought a newly rehabbed home with a fence. At the end of the day, it's an owner's prerogative to erect whatever type of fence they want. Part of what makes Bowmanville such a great place to live is the wide variety of styles in our homes and our yards. The last thing we want is a neighborhood with cookie-cutter facades where you have to ask permission to change your mailbox or paint your front door. As with other aspects of our lives, we should embrace our differences rather than condemn them. Vive la difference!

If you have an opinion you would like to share in a future edition of the Bee or would like to respond to an opinion, please email news@bcochicago.org.



Your friendly Bowmanville neighborhood family jeweler since 1987!

Visit us at 1926 W. Foster Ave.

Tues. – Fri. 11am – 6pm | Sat. 11am – 5pm
gvjewelry.com | (773) 275-6577









Stuff It! Squash, That Is

By Liz Gershfeld

As hard squashes begin to appear at local farmers' markets, many people are unsure how to prepare them. Fear not — this recipe will make squash the star of your fall kitchen. Roasted to bring out its natural sweetness, the squash is then stuffed with a wholesome quinoa mix, packed with roasted chickpeas, caramelized onions, dried cherries, and topped with fresh herbs like mint, parsley, and dill. This comforting dish is perfect as a main course or side for any fall meal.

Ingredients:

- 2 medium hard squashes (acorn, butternut, or kabocha)
- 1 cup quinoa
- 2 cups vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 large onion, thinly sliced
- 1/2 cup dried cherries
- 2 tbsp olive oil
- 1/4 cup fresh parsley, minced
- 1/4 cup fresh mint, minced
- 1/4 cup fresh dill, minced
- Salt and pepper, to taste

The first step in any squash-based dish is roasting. Hard squashes such as acorn, butternut, or kabocha squash need proper roasting to soften their flesh and bring out their natural flavors.

Roasting the Squash

- Preheat your oven to 400°F (200°C).
- Cut the squash in half and scoop out the seeds.
- Rub the cut sides with olive oil, sprinkle with salt and pepper, and place cut-side down on a baking sheet.
- Roast for 35-45 minutes, until the flesh is soft and easily pierced with a fork.

Preparing the Quinoa and Stuffing

While the squash is roasting, follow this easy recipe to prepare a flavorful stuffing using quinoa, roasted chick-

THE LAW OFFICE OF TIMOTHY J DEFFET

Trucking Accidents/Car Accidents
No appointment necessary

DO YOU HAVE A LEGAL QUESTION?

CALL ME (773)627-4719

timdeffetlaw.com

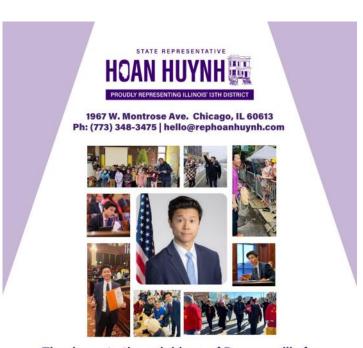


peas, and a mixture of herbs.

- Roast the Chickpeas. Toss the drained and rinsed chickpeas with 1 tablespoon of olive oil, salt, and pepper. Spread on a baking sheet and roast in the oven for 20-25 minutes until crispy.
- Cook the Quinoa. In a pot, combine quinoa and vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes, or until quinoa is cooked.
- 3. Caramelize the Onions. In a pan, heat 1 tablespoon olive oil over medium heat. Add onions and cook, stirring occasionally, for 15-20 minutes until golden and caramelized.
- 4. **Mix the Stuffing.** In a large bowl, combine cooked quinoa, roasted chickpeas, caramelized onions, dried cherries, and fresh herbs (parsley, mint, and dill). Season with salt and pepper.
- 5. **Stuff the Squash.** Once the squash is roasted and tender, fill each half with the quinoa stuffing. Garnish with extra herbs and a drizzle of olive oil if desired.

Serve and Enjoy!

This quinoa-stuffed squash is both hearty and nutritious, offering a delightful combination of textures and flavors. With each bite, you get the nuttiness of quinoa, the sweetness of caramelized onions and cherries, and the bright freshness of herbs. Perfect for any fall table!



Thank you to the neighbors of Bowmanville for your contributions to our community!

www.rephoanhuynh.com

BOWMANVILLE ADVICE

Ask Aunt Bee

Dear Aunt Bee,

My neighbors have a vegetable garden on the parkway in front of their house, and the tomatoes have been popping. My salad really needed some topping the other day, so I went out and grabbed a few. After all, it's the parkway, that's public property. Anyhow, I got some dirty looks, and a sign went up on the garden that said "private." Did I do something wrong?

Just Wanted Some Tomatoes

Dear JWST,

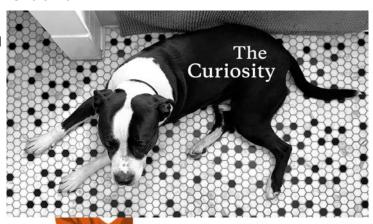
You are correct, the parkway is public property, and I would argue that there is an implication of shared resources when people plant vegetables in those spaces. I don't have a sightline into the quantity of vegetables you may have felt your salad needed. I also don't know the quality of your neighborly relationship. I would say that asking before picking would be a good idea to prevent misunderstandings. Also, offering some cookies or brownies in return could show neighborly friendliness — and perhaps amend for any offense. Awkward doesn't taste very good.

Aunt Bee

Dear JWST,

You put the victory in the Victory Garden! Not only did you do nothing wrong, you did something right! I'm so sick and tired of these people with their garden hoarding signs. Really people, like you are going to eat all 387 cherry tomatoes your plants are going to produce? Did your mommies not teach you to share? I'm not saying you should walk into people's backyard, you know. But I am saying that if you walk by a tree or a plant along the sidewalk, and it's got something you want to eat, then do so!

Uncle Bo



SAVE THE DATE SUN. OCT. 20 1800 W Balmoral Ave.





Free & Open to Our Bowmanville Neighbors
Learn more at rpms.org/fallfest

COSTUME PARADE ARTS AND CRAFTS PUMPKIN PATCH



ART FAIR
LIVE MUSIC
FOOD TRUCK
BALLOON ANIMALS







curiosity ignited in the classroom, confidence unleashed in the world!



schedule a personalized tour at <u>rpms.org</u>



BOWMANVILLE COMMUNITY ORGANIZATION COMMITTEES



Bowmanville's community newsletter, *The Bowmanville Bee_* is published quarterly with the goal of sharing the neighborhood buzz and promoting local business. We work closely with BCO members and neighbors to gather local stories that help make Bowmanville the unique and proud community. The Bee urges the submission of relevant content 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, the Bowmanville Bee, Instagram and email eBlasts. 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! Each year we continue our Earth Day Clean-up in April, Annual Street Sale in June, Bowmanville Garden Walk in July, and Summer Social in 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. Contact bco+events@bcochicago.org.



The BCO Gardening Committee continues to enhance and maintain our community garden spaces. The BCO acts as a steward for the pathways, garden spaces and vegetable plots along Bowmanville Avenue and along Ravenswood at Balmoral, including the Greenspace by Rosehill on Bowmanville and the bump-out planters at Berwyn and Bowmanville. We continue to look for opportunities to expand and improve on green spaces in our area. We are thankful for our vegetable plot and community volunteers! We look to the entire community to join our efforts in implementing a sensible and enduring stewardship plan for all of our open spaces and as we endeavor to improve our natural surroundings. For more details and to pitch in, contact the garden committee at gardening@bcochicago.org.



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. Not a BCO member, go to our the BCO website to join. Contact membership@bcochicago.org. Get involved, you won't regret it!



The Planning & Development 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. **Contact** bco+planning@bcochicago.org.



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. Want more public art? **Contact** bco+arts@bcochicago.org to get involved or with new ideas.

BCO MEMBERSHIP— JOIN TODAY!

JOIN THE BCO OR RENEW YOUR MEMBERSHIP TODAY!

Now you can join or renew ONLINE at www.bcochicago.org

MEMBERSHIP: \$20 ANNUALLY "WITH HONEY" ADD-ON: \$75 ANNUALLY BUSINESS MEMBERSHIP: \$50 ANNUALLY

Questions? Email: membership@bcochicago.org



Membership Makes it Happen! Don't forget the Honey!

CHECK OUT THE BCO WEBSITE! www.bcochicago.org