

THANKS FOR EVERYTHING

GIPNA Volunteers Recognized for Their Service

Pat Clark

On March 26, GIPNA president Kevin Haight honored the neighbors who make everything we do possible: the volunteers who help at events throughout the year, board members, and block reps, who deliver your newsletter and special flyers. We gathered at The Alps where Bob Theo provided tasty and savory snacks. GIPNA works to support the community in many ways, but we couldn't do anything without our neighbors' support.

Sue Ryan was saluted as GIPNA's Volunteer of the Year. Sue, the smart, calm and level-headed newsletter editor, has splendidly guided the *Voice* for the past three years. She very quickly learned how

to be a darn good editor: coming up with story ideas, recruiting new writers, developing news sources, and editing with a light touch. Sue has not been demanding—always giving her all volunteer staff pretty much free rein. She has always been open to suggestions for stories, photos, and a better way to present an article. Relatively new to the GIPNA board, Sue jumped in with both feet when asked to take over the editing job. She also has volunteered at the Independence Park Farmers Market and helped with candidate forums during election season. Therefore, the GIPNA Board celebrated Sue's contributions to our civic organization with a special GIPNA jacket.

GIPNA is a better civic organization because of Sue. Such wonderful volunteers really do make this a special neighborhood to live in!

NEIGHBORHOOD

Pancake Breakfast Set for June 18

Sue Ryan

When I first decided to check out GIPNA's annual pancake breakfast, I expected the standard fare: buttermilk pancakes, bacon or sausage, coffee and juice. However, I was delightfully surprised at the creatively infused spread. The breakfast test kitchen was







on overdrive with flavorful concoctions such as Cinnamon Swirl Pancakes, Berry Bliss Pancakes, Rocky Mountain High Tater Tot Eggstravaganza, and The Caprese Eggstravaganza. This year's pancake breakfast will serve up another mouthwatering menu. Children will clamor for pancake toppings such as sprinkles, whipped cream, gummies, and chocolate. Parents: get toothbrushes ready for double duty

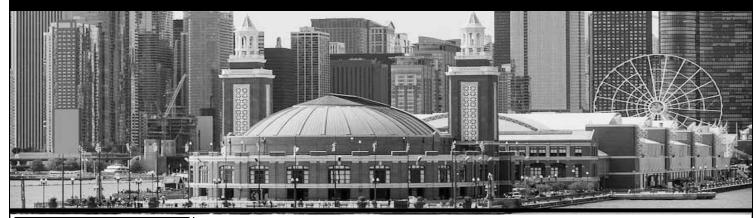
If this is your first time, you are in for a treat. If this is your third, fourth or even your 17th, you already know to expect a delicious breakfast. So come out and bring your family and friends on June 18 from 9 a.m. to noon. Outdoor and indoor seating is available at the Independence Park bungalow at the corner of Hamlin Ave. and Byron St.

Tickets are available at the GIPNA.org website or at the door.



The next GIPNA Board meetings will be Tues., May 2, and Tues., June 6 at 7 p.m. Join us online via Zoom. Meeting I.D.: 819 2958 6855, Password: GIPNA.

COMMUNITY EVENTS



MAY

MON., MAY 1—AFAC General Meeting, 6:30 p.m., Athletic Field Park.

MON., MAY 1—IPAC Park Cleanup,

6:30–7:30 p.m., Independence Park. www. independenceparkchicago.com. www. facebook/ipacchicago.com

TUES., MAY 2—GIPNA Board Meeting, 7 p.m., online Zoom Meeting ID: 819 2958 6855, Password: GIPNA.

WED., MAY 10—CAPS Beat 1732

Meeting, 6:45 p.m., Athletic Field Park. Email CAPS.017district@chicagopolice.org to confirm the date and time.

MON., MAY 15—IPAC Monthly Meeting, 7 p.m., Independence Park Fieldhouse.

SAT., MAY 20—AFAC Fundraiser, 4-7 p.m., location TBD.

TUES., MAY 23—17th District Police Station Senior Citizen Community

Meeting, 4650 N. Pulaski Rd., 11 a.m. Refreshments served. Doors open at 10 a.m. Please RSVP to attend: Maryjane Parks at 312/742-4588 ext. 114 or email maryjane. parks@chicagopolice.org

JUNE

FRI., JUNE 2—AFAC's Community BBQ and The Pool, the band, 5:30-7 p.m., Athletic Field Basketball Courts.

MON., JUNE 5—IPAC Park Cleanup,

6:30-7:30 p.m., Independence Park. Stick around after for a tree walk to learn more about the park's trees and the benefits that trees provide. www. independenceparkchicago.com. www. facebook/ipacchicago.com

MON., JUNE 5—AFAC General Meeting, 6:30 p.m., Athletic Field Park.

TUES., JUNE 6—GIPNA Board Meeting, 7 p.m., online Zoom Meeting ID: 819 2958 6855. Password: GIPNA.

SUN., JUNE 11—Independence Park Farmers Market, 9 a.m.-1 p.m.

WED., JUNE 14—Pickin' Up the Parkways, 6-7 p.m., meet at Drake and Waveland.

WED., JUNE 14—CAPS Beat 1732

Meeting, 6:45 p.m., Athletic Field Park. Email CAPS.017district@chicagopolice.org to confirm the date and time.

FRI., JUNE 16—Movie in the Park, Wayne's World, dusk, Independence Park

Wayne's World, dusk, Independence Park. www.independenceparkchicago.com. www. facebook/ipacchicago.com

SUN., JUNE 18—17th Annual Gourmet Pancake Breakfast, 9 a.m.-noon,
Independence Park bungalow, Hamlin at
Byron.

MON., JUNE 19—IPAC Monthly Meeting, 7 p.m., Independence Park Fieldhouse.

TUES., JUNE 20—17th District Police Station Senior Citizen Community

Meeting, 4650 N. Pulaski Rd., 11 a.m. Refreshments served. Doors open at 10 a.m. Please RSVP to attend: Maryjane Parks at 312/742-4588 ext. 114 or email maryjane. parks@chicagopolice.org

WED., JUNE 21—Kickin' It in the Park (kickball), 5:30–6:30 p.m. Athletic Field Ball Fields.

SUN., JUNE 25—Independence Park Farmers Market, 9 a.m.-1 p.m.

THURS., JUNE 29—Brave Space, a Chicago Park District sponsored Night Out in the Parks, 6-7 p.m., Athletic Field Tennis Courts

MAYO

LUN., 1 DE MAYO—Reunión General de AFAC, 6:30 p.m., Parque Athletic Field.

LUN., 1 DE MAYO—Limpieza del parque IPAC, de 6:30 a 7:30

p.m., Parque Independence. www. independenceparkchicago.com. www. facebook/ipacchicago.com

MAR., 2 DE MAYO—Reunión de la Junta de GIPNA, 7 p.m., Reunión en línea de Zoom ID: 819 2958 6855. Contraseña: GIPNA.

MIÉ., 10 DE MAYO—Reunión de la Policía CAPS Beat 1732, 6:45 p.m., Parque Athletic Field. Envíe un correo electrónico a CAPS.017district@chicagopolice.org para confirmar la fecha y hora.

LUN., 15 DE MAYO—**Reunión mensual de IPAC,** 7 p.m., Casa del campo de Independence Park.

SAB., 20 DE MAYO—Recaudación de fondos de AFAC, de 4 a 7 p.m., ubicación por determinar.

MAR., 23 DE MAYO—Reunión comunitaria para personas mayores de la Estación de Policía del Distrito 17,

4650 N. Pulaski Rd., 11 a.m. Se servirán refrigerios. Las puertas abren a las 10 a.m. Por favor confirme su asistencia: Maryjane Parks al 312/742-4588 ext. 114 o por correo electrónico a maryjane.parks@chicaqopolice.org

JUNIO

VIE., 2 DE JUNIO — BBQ Comunitario de AFAC y The Pool, la banda, 5:30-7 p.m., Canchas de Baloncesto de Athletic Field

LUN., 5 DE JUNIO—Limpieza del parque IPAC, 6:30-7:30 p.m.,
Independence Park. Quédate después para
un paseo por los árboles para aprender
más sobre los árboles del parque y los
beneficios que proporcionan. www.
independenceparkchicago.com. www.
facebook/ipacchicago.com

LUN., 5 DE JUNIO—Reunión General de AFAC, 6:30 p.m., Athletic Field Park.

MAR., 6 DE JUNIO — Reunión de la Junta de GIPNA, 7 p.m., reunión en línea de Zoom ID: 819 2958 6855, contraseña: GIPNA

DOM., 11 DE JUNIO—Mercado de **Agricultores del Independence Park,** 9 a.m.-1 p.m.

MIÉ., 14 DE JUNIO — Recogida de los bulevares, 6-7 p.m., encuentro en Drake y Waveland.

MIÉ., 14 DE JUNIO—Reunión de la Comunidad CAPS Beat 1732,

6:45 p.m., Athletic Field Park. Envíe un correo electrónico a CAPS.017district@ chicagopolice.org para confirmar la fecha y hora.

VIE., 16 DE JUNIO—Película en el parque, Wayne's World, al

anochecer, Independence Park. www. independenceparkchicago.com. www. facebook/ipacchicago.com

DOM., 18 DE JUNIO—17º Desayuno Anual de Panqueques Gourmet,

9 a.m.-mediodía, Bungaló de Independence Park, Hamlin en Byron.

LUN., 19 DE JUNIO—Reunión Mensual de IPAC, 7 p.m., Casa del campo de Independence Park.

MAR., 20 DE JUNIO — Reunión de la Comunidad de Personas Mayores de la Estación de Policía del Distrito 17, 4650

N. Pulaski Rd., 11 a.m. Se sirven refrescos. Las puertas abren a las 10 a.m. Por favor, confirme su asistencia: Maryjane Parks al 312/742– 4588 ext. 114 o envíe un correo electrónico a maryjane.parks@chicagopolice.org

MIÉ., 21 DE JUNIO—Kickin' It in the Park (kickball), 5:30-6:30 p.m. Campos de béisbol de Athletic Field.

DOM., 25 DE JUNIO—Mercado de **Agricultores del Independence Park,** 9 a.m.-1 p.m.

JUE., 29 DE JUNIO — Brave Space, un evento patrocinado por el Distrito de Parques de Chicago en Night Out in the Parks, 6-7 p.m., canchas de tenis de Athletic Field

COLOR CLUB

Be sure to check out additional art programming and events at Color Club! www.colorclub.events/events

EDUCATION

Free Tutoring!

The Independence Branch Library is again offering homework help on Tuesdays and Thursdays, each from 3 p.m. to 6 p.m. For more information, contact the library at (312) 744-0900 or email independence@chipublib.org.

##GIPNA

INDEPENDENCE PARK ## C?MMUNITY ## VOICE

The Independence Park Community Voice is published by the Greater Independence Park Neighborhood Association (GIPNA), a 501(C)3 corporation.

This newsletter is for the Independence Park community. Please consider renewing your membership or joining GIPNA now. We need your support. Thank you.

Editorial: Sue Ryan Photographers: Jackie Bravo and Robin Hochstatter Staff Writers: Lorraine Antieau, Pat Clark, Patti Kimbel, Emilija Novitovic, Ellen Ryan, Sue Ryan, Gretchen Siffring

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For submissions for June/July 2023 Issue:

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The editorial board reserves the right to edit all submissions. Errors in advertisements are the sole responsibility of the advertiser.

E-MAIL: INFO@GIPNA.ORG

MAIL: GIPNA, P.O. BOX 18184
CHICAGO IL 60618

WEBSITE: WWW.GIPNA.ORG

The Greater Independence Park Neighborhood Association (GIPNA) is dedicated to maintaining and enhancing the quality of life in the Independence Park community by involving, informing, and encouraging people to participate in matters relating to the community, and by protecting the historical, social, cultural, and architectural character of the neighborhood.

This all-volunteer publication is made possible by the creative voices of our community and the generous support of area advertisers.

Join GIPNA on Facebook

Check out the GIPNA Facebook page for news, alerts, and conversation with your neighbors. Post your own comments to get the word out on your activities and announcements. To find the page and like it, search for GIPNA: Greater Independence Park Neighborhood Association.

GIPNA BOARD OF DIRECTORS

Board of Directors: Scott Dewey, President Greg Shea, Vice President Lorraine Antieau, Secretary Alison Benjamin, Treasurer

Board of Directors

Bobbie Bolociuch Megan Kozonis Amy Mastroianni Christopher Rose Ellen Ryan Susan Ryan

Directors-at-Large

Jodie Bargeron Pat Clark Robin Hochstatter John Kuczura Dickie Nichols Delphine Ruiz

GIPNA BLOCK REPRESENTATIVES

3800 Avers - Candace Wayne 3600 Byron - Jackie Ropski

3700 Byron - Stephanie and Jeremy Smith

3800 Byron - Suzanne Edwards 3900 Byron - Roseann Seablom 3600 Central Park - Sharon Gilbert

3700 Central Park - Bob Brutvan

3800, 3900 N. Central Park- Joe and Annie Bailey

3900 Dakin - Joel Contreras 3600 Grace - Alison Benjamin

3700, 3800 Hamlin - Sharon Nichols

3900 Hamlin - Linda Lehman 3700 Irving Park Road - John Kuczura

3800 Irving Park Road - Linda Lehman

3700 Lawndale - Dorene Jordan

3800 Lawndale - Mark and Casey Watkins

3900 Lawndale - Cy Clausen 3600, 3700 Monticello - Pat Clark

3800 Monticello - Barbara Shaw

3900 Monticello - Cindy Schuch

3700 Ridgeway - Dawn and John Urban 3800 Ridgeway - Karen Fontanetta

3900 Ridgeway - John and Sang Kuczura

3800 Springfield - Roseann Seablom

FUN(DRAISER)

fidd a Little Color to Your Front Lawn!

You've probably noticed the colorful GIPNA lawn signs in the neighborhood. The cost for the 12" x 18" flag is only \$20 and includes the flag stand. Go to https://gipna.org/historic-independencepark-lawn-flags or order online using the QR code below. Flags purchased by each Friday will be delivered to your front lawn the following weekend.



RESOURCES

Important Phone Numbers

From the Office of State Senator Cristina H. Pacione-Zayas

Mental Health

Call4Calm Text Line- Text TALK to 552020 for English
Text HABLAR to 552020 for Spanish

Envision Unlimited- 773-769-2139 Kedzie Center- 773-754-0577

Rincon Family Services-773-564-9070

Housing Assistance

Bickerdike Redevelopment Corp.- 773-227-6332 Hispanic Housing Development Corp.- 312-291-5421 Northwest Side Housing Center- 773-283-3888

Social Services

Albany Park Community Center- 773-509-5657 HANA Center- 773-583-5501 Logan Square Neighborhood Assoc.- 773-384-4370

North River Commission-773-478-0202

Health Care

ASI Home Services- 773-278-5130 Community First Medical Center- 773-282-7000 COVID-19 Rapid Testing, North Shore Clinical- 773-570-6510 Erie Helping Hands Health Center- 312-666-3494 Oak Street Health Portage Park- 773-644-5989

Food Assistance

Chicago Hope, Inc.- 773-499-9763
Open Arms Ministry Food Distribution Center- 773-987-4677
Polish American Assoc. Pantry- 773-282-8206
Irving Park Community Food Pantry- 773-283-6296

Government Resources

Attorney General's Fraud Hotline- 1-800-386-5438
Find a Child Care Provider- 312-823-1100
IL Application for Benefits Eligibility- 1-800-843-6154
IL Department of Employment Security- 1-800-244-5631
IL Department of Public Health Hotline- 1-800-889-3931
IL Department of Aging Senior Helpline- 1-800-252-8966

COMMUNITY

Have an Idea for the Newsletter?

If you want to see something in the neighborhood highlighted or just want to provide feedback, reach out to us at newsletter@gipna.org.

COMMUNITY

GIPNA Annual Meeting

Sue Ryan

On April 2, the GIPNA Board held its annual meeting to elect new directors and officers.

Outgoing president Kevin Haight was lauded for his leadership for the past two years. Scott Dewey, who had served as vice president, took over the reins from Kevin. The bylaws do not mention term limits, so we hope that Scott will serve many, many terms as president. Greg Shea was elected as vice president and Alison Benjamin agreed to continue serving as treasurer. Lorraine Antieau stepped in as secretary, taking over from Sharon Sears, who took meeting notes for so many years that no one could confirm how many years it had been. Thank you Sharon!

On hand for the meeting were U.S. Congressman Mike Quigley and Illinois State Representative Lindsey LaPointe. Each provided a summary of the important work they are doing on behalf of constituents and the state.

The board also appointed three new directors: Megan Kozonis, Christopher Rose, and Ellen Ryan. Thank you to all officers and board members who volunteer their time to keep GIPNA a vibrant organization.



FARMERS MARKET

NEIGHBORHOOD

Indy Park Farmers Market Returns June 11

Pat Clark

The Independence Park Farmers Market returns for its 18th year in June! It will be held every second and fourth Sunday from June 11 through October 22. Each market runs from 9 a.m. to 1 p.m. Stop by the GIPNA table and thank Greg Shea for being the market





manager for 9 years!

The market will feature coffee, baked goods, meats, tacos, cheese and assorted other goodies.

It takes a group effort to host

the market and GIPNA appreciates anyone who is willing to volunteer. If you like to help or just have questions about the market, email us at farmersmarket@gipna.org.

NEIGHBORHOOD

Birds in Your Backyard, Part 2

David and Lorraine Antieau After the spring migration is over, around mid-May, we settle in to enjoy the summer and year-round birds that visit the neighborhood.

Throughout the Midwest, robins are an iconic sign of spring returning. What most people don't know about robins is that contrary to popular belief, some robins stay all year in Chicago, while others go south for the winter and return in spring. During the coldest months, a group of resident robins is present, but not very noticeable, moving together from place to place in search of warmth and food. When the weather becomes consistently warmer, local robins become more active, the migrants return, and suddenly we see those harbingers of spring everywhere!

House Sparrows can be seen year-round, as can cardinals, crows, Downy and Hairy Woodpeckers, along with Mourning Doves. The soft cooing of a Mourning Dove in the early hours of the day is always a treat for me! Goldfinches are also here year-round, though easiest to spot in the spring, when the yellow of the males is especially bright. Red Winged Blackbirds are summer residents whose brilliant red and yellow shoulder patches are also particularly noticeable in the spring.

House Wrens are another spring arrival that often nest on Ridgeway and by the corner of Grace and Monticello. Their bubbling song is easily identified, and a sure sign that spring is here.

Most exciting for many people, are the glimpses we get of hawks which are year-round residents. A number of varieties can be seen. The Red-tailed Hawk is large and fierce-looking and it has a distinctive wide-spread red tail when seen from below. They often perch on light poles over the expressway. Cooper's Hawk is a medium-sized hawk with reddish barring on the chest, short wings and a longer, narrower tail, that give it great maneuverability when chasing other birds through the parks or between houses. The American Kestrel, a robin-sized falcon with two distinct facial "whiskers," roams the residential areas, announcing its presence by crying ki-ki-ki-ki, then perching on overhead wires in the alleys.

Through the years, some of the rarer species Dave has spotted from our yard have been American Woodcock, Osprey, and the Black Crowned Night Heron. He always keeps his eyes peeled for unusual birds, as well as enjoying the more common species.

In the September edition of the Voice, we will take a glance at birds you can see in the area during fall migration. But first, in July, we will feature all the butterfly species that can be seen locally!

NEIGHBORHOODR

First Annual GIPNA Garden Walk

Sue Ryan

Star lilies, dwarf trees, coneflowers, roses, daisies, tomatoes, basil, dill, grapes, native grasses, pollinator plants. This list goes on. Welcome to the gardens in the Independence Park neighborhood. This summer you will have the chance to view gardens and chat with some of the gardeners who tend them. Collectively, our neighborhood gardeners have a wealth of knowledge covering everything from planting, hardscaping, harvesting, raising organic crops, dividing plants, composting, creating butterfly gardens, and container planting among other topics.

If you are interested in having

your garden featured on the garden walk, send an email to newsletter@gipna.org. Don't think your garden is good enough to be featured? Think again. We are looking for new gardens that are in the first phase, established gardens, big gardens, small gardens, shrub gardens, vegetable gardens, and raised beds, container gardens and backyards that have been transformed with plants. We would also like to highlight backyard spaces which, unlike front yards, most of us don't see. Though Chicago lots are not spacious, neighbors have done amazing things to turn backyards into inviting places.

This free family-friendly event will have a scavenger hunt for kids, a lemonade stand, and seed packets to start your own plants. Even if you have no interest in gardening, come out and chat with your neighbors and enjoy the beauty in our neighborhood. How often do you get the chance to peer in neighbors' backyard without being seen as a voyeur? You just may be inspired to revamp your backyard space or just start a container of dill and basil. Sunday, August 6, 1 p.m.-4 p.m. Rain date: Sunday, August 13, 1 p.m.-4 p.m.

Details will be posted on social media and via GIPNA email blast.

COMMUNITY

Celebrating 150 Years of the Chicago Public Library

Sue Ryan

This summer the Chicago Public Library is celebrating its 150th anniversary. To that end, the Independence Branch Library is organizing a display to celebrate local communities. The library is looking for kids who are interested in creating small cardboard constructions of architecture in the neighborhood. According to children's librarian Jessica Kimpel, "Homes, businesses, and centers that we all recognize as 'ours." The display will be located on top of our shelving for everyone to tour all summer-long." If you know children who would be interested, contact Jessica Kimpel at (312) 744-1135 or jmccarney@chipublib. org for more details.



COMMUNITY

Get Out and Walk

Jarred Stiles Owner of Systematic Training Stiles Walking is something we all do, but not nearly enough of these days. The average person walks 3000-4000 steps a day. Research shows that there are many benefits to walking and the more you walk the better. It can lend a helping hand in weight loss, since every 10,000 steps is roughly 400-500 calories burned depending on walking pace. Walking also has some amazing health benefits such as for every 2000 steps taken the risk of heart disease, cancer and premature death drops 10%.

Averaging over 9,800 steps a day drops the risk of dementia by 50%. All steps are great, but getting outdoors and in nature has been shown to have mental health benefits. If the sun's out, it only takes 8-15 minutes of sun with 25% body exposure to get your daily vitamin D in. Now you can see how important it is to get outside and walk.

Not much of a walker? Here are some easy ways to sneak in some extra steps. One of those is through community service and events. We have many examples of such activities throughout the year in our neighborhood. At the end of March there was an Easter egg hunt. Yeah, not for adults but if you walked your child to the park when you normally wouldn't, those would be some great extra steps.

If you don't like to walk just to walk, then you can donate your time in the community. This past April there was an Annual Alley Cleanup. Organizers for the upcoming Pancake Breakfast on June 18 are always looking for volunteers. You can get a lot of steps in clearing tables or shuttling pancakes from the griddles to the front line. Same goes for setting up or taking down the Farmers Market twice a month. Getting steps in while showing the community you care is a win-win.

If you are into sports, we have an annual kickball game. You can also get steps in at the first Independence Park Garden Walk later this summer. The best part about all of these activities is that while you are getting more movement you are also meeting more neighbors and having a good time.

If you are taking a stroll through the neighborhood, here are some places my family and I like to walk by. Independence Park is a great place to view lots of greenery and beautiful flowers during the summer. As an extra bonus, you can chase your kids around the park for even more movement. Next for the kids, there are always some tigers lounging around under the trees at Ridgeway and Parkview Terrace. Continuing down Parkview Terrace to Waveland, we have a community garden. Then we wrap around to Murphy Elementary School and enjoy the garden in front of the school.

So now get out, walk more and enjoy our beautiful Independence Park neighborhood.

NEW NEIGHBOR!

Raising Ridgeway

Rebecca Otalvora

Becoming a new parent evokes many emotions: tremendous joy, unquantifiable love, and connection. Along with those positive feelings, often comes fatigue, anxiety, frustration, and perhaps even a little sadness. I just became a mother to my second child, a healthy, beautiful, and very smiley baby boy. I certainly experienced a plethora of emotions throughout my pregnancy and still do as our baby approaches five months. What a delight it has been to have the baby experience all over again, as our older child was five and a half when he was born.

Wondering if "starting from scratch" after five years was a good idea brought me a fair amount of angst later on in my pregnancy, but living in an area where I see diverse family structures daily was definitely encouraging. And I must say, it has turned out well. While I absolutely see the benefits in having children closer in age, I'm appreciating having a more mature child who hasn't experienced much jealousy and is more often than not enthusiastically helpful with all things baby brother related.

When we moved to the neighborhood our older daughter had just turned two, so this is the only home she has any memory of. However, I have fond memories of bringing her home to our condo in Logan Square and enjoying the hustle and bustle of that trendy area. In fact, when we first moved to the Ridgeway block, I remember my husband and I experiencing a little bit of a culture shock being surrounded by so many families and more seniors than we were



accustomed to. But the vibe on our block, and in the neighborhood in general, brings on feelings of peacefulness and security that I have come to long for while raising my family. The sense of community which I have experienced, especially since the arrival of our newest addition, has been uplifting. Neighbors came by with homemade meals, thoughtful gifts, and generous gift cards. In fact, I'm still receiving previously loved items for our little guy and I'm so appreciative of the camaraderie and support that our tiny corner of Chicago has poured onto us.

As fairer weather approaches, we're looking forward to seeing our neighbors as we take advantage of our many area amenities, go for long walks through all the green spaces we can find, and peruse the beloved farmer's market!

FNVIRONMENT

Collect Your Food Scraps and a Company Will Compost Them

Alison Benjamin

Anyone ready to step up their recycling/environmental activism game? If the idea of composting food scraps has seemed too daunting for a small household with no yard, there are some new services that make it convenient and easy to get rid of food waste for not much money. Food waste in landfills is a major producer of the greenhouse gas methane, which

ENVIRONMENT

Backyard Composting Bin Vs. Rodents

Pat Clark

Pictured here is my backyard compost bin that has been rodent-proofed. Since it is open on the bottom, it sits directly on the soil to allow earthworms to enter and work their magic. I initially put down a large piece of 1/4" hardware cloth (wire mesh) about 6" larger than the base of the bin. I thought that would keep the rodents from burrowing underneath. Yes it did, but the nasty critters decided that they could gnaw through the plastic bin ventilation slits. So I cut hardware cloth to cover each of the air slits and screwed the wire mesh in place. Then the mice decided



they could wiggle through very little spaces around the scoop-out door at the base. So then I cut metal window screening oversize and taped it on with metal tape around any possible access point and weighed down the extended screening with flagstones. So far, so good. No more critters. Just compost (food scraps, but never any meat, fat, bones, yard debris or any weeds, etc.) percolating to top dress my garden this summer.

is almost as dangerous as carbon dioxide. Removing food waste from municipal landfills can have a bigger effect on methane levels than you might think. While the City of Chicago does not yet offer compost recycling pick up, there are several commercial services that will pick up household compost from your residence for a fairly small cost.

Three companies that provide service in our neighborhood are: Block Bins (blockbins.com), Waste Not Compost (wastenotcompost. com) and The Urban Canopy (theurbancanopy.org). Block Bins is designed for neighbors to share a large container while others provide service for individual residences. You may have noticed some of the green Block Bin containers in our alleys next to the City blue and black carts. A shared bin means shared costs between neighbors and eliminates clutter.

The three companies have different selling points. Some return free compost back to users or community gardens; another features emission-free vehicles for pickups; one has a drop-off service if that is preferable to pickup. All promise clean and sanitized containers after pickup, individualized scheduling to meet the customer's needs and clear explanations on how to compost. Some of the items permitted for composting may surprise you-coffee grounds and filters, paper napkins, plant material, even pizza boxes and pet hair.

If your spring resolution is to protect the environment, do some research and RECYCLE food scraps, REDUCE what goes into landfills, ENRICH local gardens with compost. Any other ideas or recommendations? Share with us at the *Voice* (newsletter@gipna.org).

MEET YOUR NEIGHBOR

Meredith Rolen Writes a Book

Ellen Ryan

What's a product manager with boundless creative ideas not necessarily expressed at work to do? Write a children's book about farts - of course!

Introducing Meredith Rolen, of the 3800 block of Monticello, whose lovable protagonist, Sally Toots, farts in color. Meredith has two published books and a third one due in July. They are adorable and sweet! How did these colorful stories of acceptance, diversity, self-love and friendship come to be?

Growing up in St. Louis, Meredith was always interested in jewelry making, drawing, crafts - you name it! When she started taking business classes in college, her father - knowing her creative bent - kept saying, "I don't like you taking all of those accounting classes". Nonetheless, after graduating college with a liberal arts degree, the practical Meredith attended UW Madison for a Master's degree in brand/product management. Terribly bored with the classes, Meredith started writing little humorous poems about an adult farting in different colors. A creative endeavor, but that was that.

After graduation, Meredith moved to Chicago for a product manager position. She'd show her poems to friends at parties who thought they were hilarious. They kept telling her she needed to put them in a book and get it published. She heard this all the time and started wondering how she would even go about

publishing. But she didn't move forward. She had other creative outlets to sustain herself.

She continued crafting and her apartment was a testament to it. Projects all over - be they guilts, paintings, polymer clay earrings or disco ball sculptures. It was fun to see her interests displayed around her apartment and continually be stimulated as Meredith bounced from project to project. But at the beginning of 2022, her roommate said, "you need to finish your projects because they are all over the apartment." That lit a fire under Meredith's bottom. She told herself, "I'm going to write a story and get it published. I CAN FINISH THIS!"

Writing the story actually only took two or three hours. Meredith changed the main character from an adult to a young girl. She then had to dive into the world of publishing. She learned about Fiverr - an online marketplace for freelance services - and hired a digital artist from Indonesia for the book's drawing and a formatter from Mexico who married the text and drawings.

Not only did she learn so much through this process, it boosted her confidence. If you actually commit yourself to something, you can accomplish anything. Meredith feels like we have all been given so much potential and one can either do nothing with it or give it a try.

Meredith was immensely proud when The Adventures of Sally Toots was published in October of 2022. Sally Out To Sea just came out. A third book - Sally and the 4th of July - is due this summer. She hopes to make these books into a series. She advertises on Amazon and posts daily on TikTok and Instagram. If you'd like to support a local artist and buy one or both of these paperback books, do so via Amazon. You'll love the bright colors, the diversity and the books' main message - "be exactly who you are no matter how bizarre." If anyone has any questions for Meredith, not only about the book, but also about the online publishing process, you can reach her at meredithrolen@gmail. com. You can also follow her on Instagram - @sallytoots.



COMMUNITY

Hungry Teens Need Snacks

Sue Ryan

Maggie Miller, Teen Services Librarian at the Independence Branch of the Chicago Public Library, is looking for donated snacks. The teens in YOUmedia have a Care Cart with deodorants, lip balms, lotions, band aids, sanitary napkins, tissues, mints, hair ties, and more items that are free for them to take. However, the snack drawer is the most popular.

Although Maggie has a budget, the growing teens gobble up the snacks faster than she can replenish. She is seeking healthy snacks as well as chips, candy and cookies that are packaged and wrapped. If you have recently done a Costco run and bought 50 granola bars, but only need 20, consider donating some to the Care Cart. Or the next time you are at Tony's, pick up a little extra, and drop it off down the block at the library. Maggie and those hungry teens will thank you.



SCHOOLS

Murphy Owls Doing Great Things

Gretchen Siffring

Students, staff, and families at Murphy Elementary School are finishing the 2022-23 school year strong and are busy planning for exciting summer programs. Check out all of the great updates from the Murphy community and join us as you are able.

March brought back the muchbeloved Friends of Murphy (FOM) Spring Fundraiser with a Murphy Prom for adults. Our amazing community cleaned up nicely and celebrated together to raise \$25,000 to support the school. Thank you to all who volunteered and donated. We appreciate you! For more information about how to support FOM, please go to www. friendsofmurphy.org

This spring students celebrate culminating events from our partnerships with Ravinia and Old Town School of Folk Music. A **West African Drum and Dance** Presentation will be held by the students in grades fourth and sixth who have been working with teaching artists from Old Town School of Folk Music. The kindergarten through third grade students who have been working with teaching artists from Ravinia performed their music in April on stage at Murphy and will perform at Ravinia in May. Also in April, the Murphy GSA (Genders & Sexuality Alliance Club) hosted a Movie **Night** in the Murphy Auditorium.

Murphy athletes will compete in Girls Soccer, **Boys & Girls Track & Field, and Boys Flag Football** events. Check out the CPS Score website - www.cpsathletics.com for schedules so you can cheer on our athletes!

On May 4, the eighth grade class will host a **Talent Show** to showcase the diverse talents of Murphy students and raise funds to support graduation expenses for their class. All are welcome!

May 1-5, is **Teacher Appreciation Week.** We look forward to celebrating the dedication and incredible work of our teachers and staff. On Friday, May 5, at 3:30 p.m., several teachers and staff will face off in **The Big Game**, a volleyball game and fundraiser for the 8th grade class and the PTO.

On May 12, the entire school will parade through the neighborhood in celebration of our school and community with the **Murphy Walkathon** fundraiser. We encourage neighbors to chalk your walk, come out and cheer for the children, and give donations. More information is available at www. friendsofmurphy.org.

May 15-19, will be a busy week with both Gardening Week and the PTO Book Fair. Murphy students will work with their buddies to plant flowers, herbs, and vegetables in our school gardens. Vegetables grown in our garden will be donated to the Irving Park Food Pantry as they are harvested. If you would like more information about donating plants, or shopping or volunteering at the Book Fair, please contact murphyschoolpto@qmail.com.

Our next **Community Sing** will be held on Friday, May 26, at 8:15 a.m. in the Murphy Auditorium.

On Thursday, June 1, we will celebrate our 8th grade students with the **Eighth Grade Graduation Ceremony**. We are excited for each of these students as they wrap up their elementary experiences and

get ready for high school. The last day of school for all other students is June 7.

This summer, Murphy will still be a busy place for learning and fun. Free Summer Programs for incoming and returning students will be held from June 27 - July 28. The programs include Kindergarten and PreSchool preparation classes (Kick Off to Kindergarten and Preview to PreK) as well as a wide variety of offerings such as Gardening, Playground Games, Art, Volleyball, Board Games, Sports, Language Arts, Poetry, English Language Support, Legos, Drawing, and more. Please contact the school to learn more about how to enroll by calling (773) 534-5223.

If you have a child who is ready to start PreSchool (ages 3 and 4) or Kindergarten (age 5), now is the time to enroll.

CPS PreK Applications are open April 11 - May 2 at cps. edu/ChicagoEarlyLearning. CPS

Kindergarten Registration information can be found at cps. edu/gocps.com or call the Murphy Elementary School at (773) 534-5223. Feel free to request a tour of the school. We would love to meet you!







NEIGHBORHOOD

The Benefits of Having Pets

Suzie Bohacik

Pets! They can certainly be a handful, but we sure do love them. I know my own pet, at times, made me question if I did, in fact, have good judgment. But the pros can definitely outweigh

the cons when it comes to making the decision to bring a pet into a home.

With the warmer months approaching, there are plenty of health benefits to having a companion. Regular walking or playing with a pet can decrease blood pressure as well as cholesterol levels and triglyceride levels. Just as importantly, our pets can help manage depression and loneliness by providing companionship. For those that missed the GIPNA Annual Meeting on April 2, IL State Rep. Lindsey LaPointe shared that one of her initiatives is leading the fight to strengthen mental health care, including more support for schools and better suicide prevention.

Depending on your choice of pet, there is an increase in opportunity to exercise, get fresh air and socialize with neighbors. I can personally attest that having a dog is definitely a great way to meet people. Although, to be honest, my dog Indigo made her first friend way before I did! Shout out to Wrigley and his owners on our block for being such great sports with Indigo. She is quite enamored with Wrigley and most days you can find her outside his house just waiting to catch a glimpse of the little guy. Shout out to Ellen Ryan, too, for saving the day when I had a mishap with a plastic bag leading me to this wonderful community of neighbors! I hope to meet more of you this summer.

Regardless if your pet walks, flies or swims, I hope it brings you a source of peace and happiness! Feel free to reach out to me if there is ever a need for a recommendation on doggie daycare and/or boarding. I have a great source. MEMORIES

Shirley Steiner, Miss Irving Park

Jean Sabatka

There are memories that each of us remembers from our childhood and Shirley Steiner is one of them for me.

One of my earliest recollections of Shirley Steiner was when I was eight years old standing on the corner of Elston and Monticello Avenues right in front of the now closed liquor store. Two adult young ladies, who I did not know, were walking as fast as they could in high heels crossing Elston Avenue in front of the Alps Restaurant heading east on Irving Park. Their hair looked like they just got out of a beauty parlor, and both of them had on beautiful dresses. Their presence made an impression on a little girl. This same scene was repeated over many years on the same corner. They never noticed me.

Years later when I was an adult, I finally met Shirley when Irving Federal Savings and Loan opened on Irving Park and Saint Louis Avenues. Shirley worked there as a receptionist. One year in the 1990s, the bank had a haunted house in its basement. Shirley was dressed as an old lady, and was sitting in a rocking chair in a room by herself. Dry ice was used to produce a smoky environment. As I walked past Shirley's room, she enticed me to come in and receive some candy from the bowl she had on her lap. So I did. When I reached into the bowl, which had loads of candy, Shirley's hand popped up from underneath the candy to grab my hand. I wasn't expecting this. It was scary.

Shirley told me that she worked with my cousin who is one year older than me for an insurance

company in the store right next to the Alps Restaurant. The last time the Alps was renovated that store was incorporated into the Alps. Shirley went to the Alps every day, for maybe two years, buying a hot meal for her neighbor. Then there were the Guey Lon Christmas parties that Shirley and I always attended. The day after I retired from my full-time iob was Saturday, October 31, 2009. That evening I went to look at Shirley's Halloween decorations. We stood and talked for forty-five minutes among the various lit creatures.

Approximately three years ago when I was at McDonald's, I saw a car pull up into McDonald's lot with all kinds of flags sticking out representing Chicago's professional sport teams. It was not a red convertible and I was curious about whom it might be—it was Shirley Steiner.

The last time I talked to Shirley, she was driving south on the 3900 block of Monticello, while I was driving north. She blew her car's horn and stopped and we talked to each other through our driver's car windows.

I never told Shirley about the impression she made on me, when I was a little girl, as she walked along Irving Park.

Shirley Steiner—Miss Irving Park from Ridgeway to St. Louis Avenues—is someone I will miss, who I will never forget.

NEIGHBORHOOD

Shirley Steiner, R.I.P.

Pat Clark

Shirley Steiner, a fun-loving, gregarious, hard-working woman who drove a red-and-white '61 Corvette convertible with the tunes blasting, passed away on February 23, 2023. Shirley lived in her Ridgeway childhood home since 1939. She and her husband Herman, whom she met at a local department store, dated for five years before marrying at Park View Lutheran Church in May 1952. Herman passed away in September 1995.

Shirley loved to work, starting at a butcher store and grocery. She got a job at Windmiller Department Store (where the McDonald's is now), where she met Herman. She later worked for a real estate and insurance firm and currency exchange, and then at the Irving Park Federal Bank.

Shirley LOVED holidays! She was famous for her fabulous yard decorations at her house, particularly those for Christmas and Halloween. She loved seeing all the people, especially kids, enjoying the very lit up yard displays. She painted ceramics that she gave to friends for Christmas, and she had her collections too: Hummel plates



and figures, Wizard of Oz figures, Shirley Temple plates, an Avon bottle collection, a blown glass menagerie, and an Imelda Marcos shoe closet.

Always generous, she donated a spinet piano to Disney II school in September 2020 and even paid to have it moved there! In a 2007 GIPNA newsletter interview, Shirley said that she really enjoyed her life here in Independence Park and felt that "if today's children could have one-quarter of my childhood, they would be happy. I've had a good life and still a good life. Lots of friends, fun and silly times. I love to joke around." Well said, Shirley.

Shirley had a ton of friends in the neighborhood—many of whom wrote on Facebook. Bridget Looney wrote, "Rest in peace with the Angels, Shirley." "Sweet Shirley. She will truly be missed," said Diane

Palumbo. Melanie Feerst related, "So sorry. She was a wonderful person!" Marjorie Pomonis stated, "She was always upbeat and full of life." Patricia Matthews shared, "She was a lovely woman. Rest in Peace." And Pat Kelleher-Liszka commented, "She was the last of the original Ridgeway residents."

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COMMUNITY

Carlson Community Services Updates

Liz Mills

Irving Park Fine Arts Presents Kalamazoo College Singers, May 7

The Irving Park Fine Arts
Committee is pleased to present
The Kalamazoo College Singers on
May 7 at 2 p.m. The concert will
be held at Irving Park Lutheran
Church, 4100 N. Harding Ave.
There is no charge for admission,
but donations are gladly accepted
to help defray the cost of the
ensemble's tour expenses.

The ensemble is made up of 30 singers whose majors range from music to physical science and from political science to psychology. An academic class, the College Singers seeks to foster the love for a wide range of music, awareness of social justice, and a deeper appreciation for the power of communal singing.

The program will present songs from a variety of sources and styles from the Renaissance to Stevie Wonder, including music inspired by ancient poets such as Rumi and modern composers. The concert is the fifth and final in the Irving Park Fine Arts Committee's 29th season. The intent of the series is to bring high

quality, professional music to the northwest side of Chicago, free of charge.

Call for Gardeners!

Interested in deepening your gardening knowledge while giving back to the community? Carlson Community Services' Three Brothers Garden needs you! We're looking for volunteers to help with the garden's harvests on Tuesday evenings throughout the 2023 growing season. The garden is located at 4107 N. Pulaski, next to Irving Park Lutheran Church's parking lot. Everything grown in the garden is donated to the Irving Park Food Pantry for distribution to its clients. If you have a passion for gardening, feeding the hungry, or want to learn about vegetable gardening from the ground up, come join us. If you'd like to be notified of garden work days and events, sign up for our newsletter at carlsoncommunityservices. org and you'll be added to our mailing list.

Summer Job Opportunity - Three Brothers Garden Coordinator

Carlson Community Services is hiring a paid summer intern needed to work from June until August, 3 hours per week. Responsibilities include leading the garden harvest on Tuesday evenings from 5:30 to 7:30 p.m. and delivering harvested

vegetables to the Food Pantry Wednesday mornings. High school diploma or equivalent required. Must have access to transportation for food pantry delivery. Ideal for college students interested in environmental science or sustainable gardening practices. For a full job description, contact Liz Mills at (773) 398-6766 or lizmills@carlsoncommunityservices.org.

Carlson Community Services connects the Irving Park community with programs that enrich lives through education, culture, and service. For more information, visit carlsoncommunityservices.org.



Independence Park Advisory Council IPAC 2023 Upcoming Events

Park Clean Ups

May 1, **June 5, July 5, August 7, September 5, October 9

6:30pm-7:30pm

**On this date, stick around after for a tree walk to learn more about our park's trees and the benefits trees provide.

Friday June 16, 2023

Movie in the Park Wayne's World Dusk

Tuesday July 4, 2023

4[™] Of July Parade & Games 10am-12pm

Saturday July 8, 2023

Artisan Collective Market 11AM - 5PM

Friday July 21, 2023

Movie in the Park
A League of Their Own
Dusk

Friday August 18, 2023

Movie in the Park Super Mario Brothers Dusk

Saturday September 30, 2023

Indy Fest

 $^*\mbox{Our}$ meetings are the $3^{\rm rd}$ Monday of each month, 7pm at the fieldhouse. Please come and share your ideas.

*For more information about all of our events, check us out online: www.independenceparkchicago.com www.facebook/ipacchicago.com COMMUNITY

Pantry Holds Senior Day, May 3

John Psiharis

In honor of May being Older Americans Month, the Irving Park Community Food Pantry will sponsor a Senior Day on May 3 starting with our regular Wednesday distribution. The program will continue for several hours after our operating hours end and will include a variety of local groups providing special programs for seniors.

Among those planning to attend are Cano Health, CaptionCall, Hana Center, Irish Community Services, Northwestern University's Center for Audiology, Speech, Language & Learning and Verizon Cellular Sales. All will have tables to provide seniors with information on their services and offer help in their areas. Any seniors in the area are welcome to attend, even if they are not clients of the Pantry's regular services.

As of May 3, the Pantry will change its policy and make wearing masks inside the



building optional for volunteers and clients. The change results from loosening of city, state and federal protocols, especially the ending of the national and state public health emergencies and the city reporting a low level of transmission. N95 and disposable masks will still be available for clients and volunteers who wish to wear them.

Thank you to everyone who donated to the Pantry's spring program that provided clients' children with a basket of small toys and candy. We gave out 322 baskets, about 40% more than last year, even more than we anticipated. Fortunately, several groups came through with big donations: 33 Realty, Irving Park Lutheran Church, Park Ridge Wilderness Princess's Crow Tribe, Radical Generosity Chicago, and Evan and Rosie Peterson and their neighbor Vivianne Burr. We even had some remaining, which were given to the children at Emanuel United Methodist Church (our home base) and several children's hospital wards. We appreciate everyone's support of this annual program.

Filament Theatre, through the efforts of Artistic Director of Creative Partnerships Molly Bunder, has established an ongoing toiletry drive for the Pantry at the theater, 4041 N. Milwaukee Ave. Theater goers and anyone in the neighborhood can drop off key items—shampoo, deodorant, body wash, toothpaste and toothbrushes, razors and shaving cream—or any other items in the box in the lobby when the theater is open.

Thank you to the Nimble
Thimbles group that meets at the
Irish American Heritage Center for
their recent donation. The group

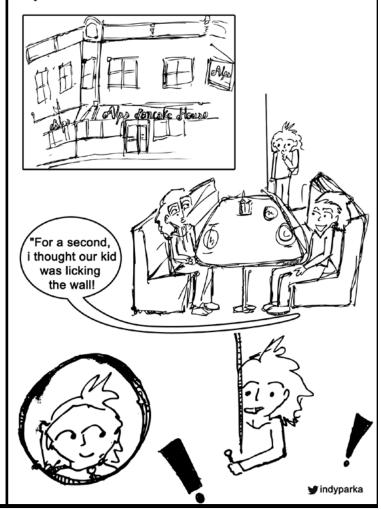


meets regularly to sew quilts and took on the assignment of making and gathering items to donate to the Pantry, which included hats, gloves, coloring books and crayons.

4256 N. Ridgeway Ave. Chicago IL 60618 (773) 283-6296 e-mail: info@irvingparkfoodpantry.org Web: www.irvingparkfoodpantry.org

Independence Parka

by erica dreisbach



NEW BUSINESS

Oh, How Sweet It Is: Katherine Anne Confections Arrives

Patti Kimbel

Our neighborhood stock is rising this month. We have the distinct privilege of being home to the second café location for Katherine Anne Confections. They expect to open this May, and will be located at 3653 W. Irving Park Blvd., just a few doors west of the Alps Pancake House.

Katherine Anne Duncan began making caramels and chocolates at a young age while growing up on her family's farm in Wisconsin. Caramels and goats were Katherine Anne's first love. She began making caramels at the age of ten and sold "Katherine's Karamels" from her Dad's office for 25 cents each. Katherine Anne Confections was launched in 2006, and her first café location opened in Logan Square in 2012.

Katherine Anne Confections is committed to using fair trade cacao, and their cream is sourced from local farmers with Jersey cows. Eschewing artificial flavors or corn syrups, Katherine Anne uses only natural ingredients. They utilize local Illinois Wildflower Honey in their Caramel Medley and Salted Lavender Caramel. Therefore, you can feel healthy about any excessive calories you might consume.

Hot Chocolate, or 'drinking chocolate' as they refer to it, is a signature item. They have 10 different varieties including Salted Caramel, Mexican, Chai Tea, and Hazelnut. Current flavor offerings from their website

include Cinnamon Sugar, Lemon Poppyseed, and Mocha, to name a few.

Their best-selling marshmallow is the Salted Caramel, described as a "pillowy artisan marshmallow swirled with our signature soft honey vanilla caramel. A dusting of sea salt and confectioner sugar creates an addicting salty-sweet contrast." In 2016, Katherine Anne Confections was first on the list of the coveted Fodor's Travel list of the "15 Best Places to Drink Chocolate in America." They were also named as one of the best hot chocolates in the city by CBS News and *Chicago* magazine.

In case your mouth is not watering yet, Katherine Anne Confections also offers decadent truffles to accompany your hot chocolate. If you attended the **GIPNA** Wine and Cheese event last November, you might have already become a fan. Katherine Anne generously donated the truffles provided with the wine pairing. They specialize in unique concoctions such as Raspberry Champagne Rose, Strawberry Balsamic, and truffle Ganache Medley. Their truffles are all rolled and dipped by hand and Katherine Anne can often be found in the kitchen of her café.

Katherine Anne Confections sells all of their truffles, caramels, and hot chocolate in store and online. https://www.katherine-anne.com. Additionally, they sell a Truffle Making Kit, which could be a fun activity for your next house party or family gathering and would pair well with wine or bubbly. Check out their website for classes and special events, such as a truffle-making class for Mother's Day this year.

The new shop will also include a light menu of sandwiches

and salads. Delectable new menu additions will be espresso drinks with their select syrups for accompaniment and homemade pastry items.

As excited as we should all be for her café opening in our neighborhood, Katherine Anne is excited to support our neighborhood schools and GIPNA events. Finally, her goal is to also hire staff who reside within the neighborhood when possible. Welcome Katherine Anne Confections!





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THE GREATER INDEPENDENCE PARK NEIGHBORHOOD ASSOCIATION

... On the Dog Side

K. Laurel & her dog Andy Jack



Andy muses on the three Graces...

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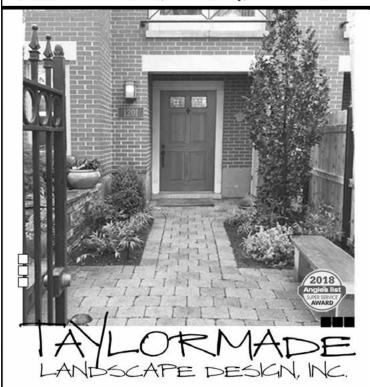
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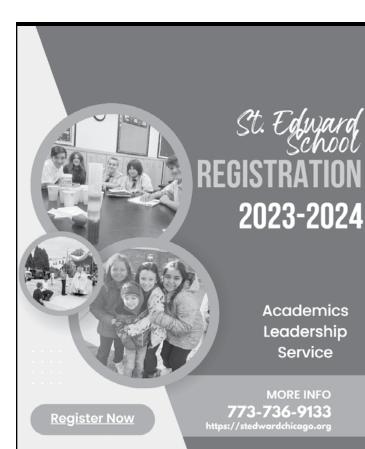
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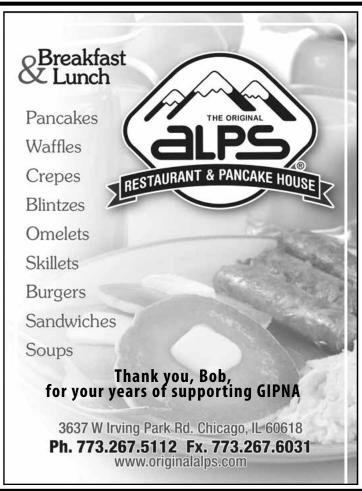




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