

INDEPENDENCE PARK COMMUNITY

VOICE



NEIGHBORHOOD

Garden Walk Is a Blooming Success

Sue Ryan

Though the temperatures were better suited for fall and the clouds teased us with intermittent drizzle, it did not detract folks from strolling through the neighborhood and browsing lovely gardens scattered throughout. The combination of neighbors showing their gardens and visitors taking in the displays created a joyous atmosphere.

Our lots are not large, but perhaps that's what forces us to be creative. I was amazed at the variety of plants, shrubs, trees, trellises, gates, fences, pavers, play spaces for kids, containers bursting with colors, fountains, and imaginative decor especially in backyard spaces. Every garden tells a story and neighbors willingly shared

theirs. Robert proudly showed us his fig, apple, and pear trees from which he generously gives fruit to neighbors. Chrissy pointed out window boxes of herbs just outside her kitchen that she snips for cooking. Judy showed us a towering tree that was replanted from a coffee can many years ago. April has a tree whose trunk is 14 feet in diameter and is likely to be over 100 years old. Nick's bird sculpture represents his growing family.

Thanks to all the neighbors who opened their gardens and the volunteers who organized the walk. Shout out to Robin Hochstatter for amazing photos that captured the wonder of the day.

There were amazing gardens that were not listed on the walk. If you are one of them, please consider being included in the next walk. We are looking for all types of gardens. Just ask and you will be included. Contact me at susanpryan@gmail.com.



TREES

Tree Planting Day Is Almost Here!

Lorraine Antieau

Last year's Tree Planting Day was a huge success!

Join us on Saturday, September 30, 9 a.m. to 1 p.m. on the northwest corner of Athletic Field Park at Central Park and Waveland for GIPNA/Athletic Field Advisory Council/Openlands Tree Planting Day!

GIPNA and AFAC have partnered with Openlands to plant over 60

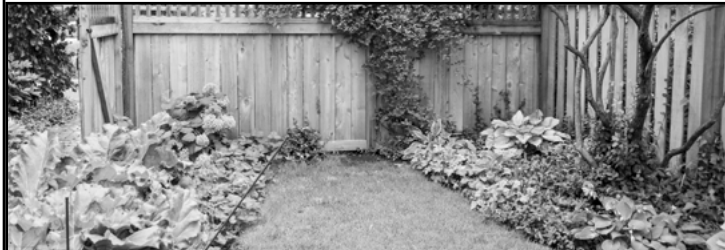
trees around the Athletic Field Park and GIPNA neighborhoods!

We need at least 45 volunteers to help with various tasks. Everything from raking, mulching, planting, watering and more! Coffee, donuts and water will be provided. Bonus: You will even get to meet a few of your neighbors!

ALL AGES WELCOME!

It is a great volunteer opportunity for the whole family, seniors, adults, teenagers, children, that will impact our neighborhood for at least the next 100 years.

Please register for the event below or at: <https://cerv.is/0254x1743>



The next GIPNA Board meetings will be Tues., September 5, and Tues., October 3 at 7 p.m. Join us online via Google Meets <https://meet.google.com/nkn-dcgc-tfd>. This link is also on the gipna.org website under "Events."

COMMUNITY EVENTS



SEPTEMBER

MON., SEPT. 4—30th Ward Night will not be held due to Labor Day.

TUES., SEPT. 5—GIPNA Board Meeting, 7 p.m., <https://meet.google.com/nkn-dcgc-tfd>

TUES., SEPT. 5—IPAC Park Cleanup, 6:30-7:30 p.m., Independence Park.

SAT., SEPT. 9—GIPNA's Third Annual Kickball Games, 12:30-3:30 p.m. Arrive by noon for registration and stretching at the Independence Park Ball Fields.

SUN., SEPT. 10—Independence Park Farmers Market, 9 a.m.-1 p.m.

MON., SEPT. 11—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

MON., SEPT. 11—AFAC General Meeting, 6:30 p.m., Athletic Field Park.

WED., SEPT. 13—CAPS Beat 1732 Meeting, 6:45 p.m., Athletic Field Park.

FRI., SEPT. 15—Movie in the Park, *The Super Mario Brothers*, dusk, Athletic Field Ball Fields.

SAT., SEPT. 16—Rain date for Kickball Games.

MON., SEPT. 18—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

MON., SEPT. 18—IPAC Monthly Meeting, 7 p.m., Independence Park Fieldhouse.

TUES., SEPT. 19—17th District Police Station Senior Citizen Community Meeting, 11 a.m., 4650 N. Pulaski Rd. 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

SUN., SEPT. 24—Independence Park Farmers Market, 9 a.m.-1 p.m.

MON., SEPT. 25—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

SAT., SEPT. 30—Openlands Tree Planting Around the Neighborhood, 9 a.m.-1 p.m. See article on page 1.

SAT., SEPT. 30—Second Annual Indie Park Fest, Starts at noon, Independence Park. See article on page 11. www.independencparkchicago.com. www.facebook.com/ipacchicago.com

OCTOBER

MON., OCT. 2—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

TUES., OCT. 3—GIPNA Board Meeting, 7 p.m., <https://meet.google.com/nkn-dcgc-tfd>

SAT., OCT. 7—Athletic Field Fall Fest, 10 a.m.-3 p.m., playground/courts.

SUN., OCT. 8—Independence Park Farmers Market, 9 a.m.-1 p.m.

MON., OCT. 9—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

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SUN., OCT. 22—Independence Park Farmers Market, 9 a.m.-1 p.m.

MON., OCT. 23—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

MON., OCT. 30—30th Ward Night, 5-7 p.m., 4714 W. Belmont. Meet with Alder Ruth Cruz to discuss problems, ideas, etc.

SEPTIEMBRE

LUNES, SEPT. 4—30th Ward Night no se llevará a cabo debido al Día del Trabajo.

MARTES, SEPT. 5—Reunión de la Junta de GIPNA, 7 p.m., <https://meet.google.com/nkn-dcgc-tfd>

MARTES, SEPT. 5—Limpieza del parque IPAC, 6:30-7:30 p.m., Parque Independencia.

SÁB., SEPT. 9—Terceros Juegos Anuales de Kickball de GIPNA, 12:30-3:30 p.m. Llegue al mediodía para registrarse y hacer estiramientos en los campos de béisbol de Independence Park.

DOM., SEPT. 10—Mercado de agricultores de Independence Park, de 9 a.m. a 1 p.m.

LUNES, SEPT. 11—Noche del distrito 30, de 5 a 7 p.m., 4714 W. Belmont. Reunirse con el Alder Ruth Cruz para discutir problemas, ideas, etc.

LUNES, SEPT. 11—Reunión General de AFAC, 6:30 p.m., Parque del Campo Atlético.

MIÉRCOLES, SEPT. 13—CAPS Beat 1732 Reunión, 6:45 p.m., Athletic Field Park.

VIERNES, SEPT. 15—Película en el parque, *The Super Mario Brothers*, crepúsculo, Athletic Field Ball Fields.

SÁB., SEPT. 16—Fecha de lluvia para Juegos de Kickball.

LUNES, SEPT. 18—Noche del distrito 30, de 5 a 7 p.m., 4714 W. Belmont. Reunirse con el Alder Ruth Cruz para discutir problemas, ideas, etc.

LUNES, SEPT. 18—Reunión mensual de IPAC, 7 p.m., Independence Park Fieldhouse.

MARTES, SEPT. 19—Reunión de la comunidad de personas mayores de la comisaría del distrito 17, 11 a.m., 4650 N. Pulaski Rd. Refreshments served. Las puertas abren a las 10 a.m. Confirme su asistencia para asistir: Maryjane Parks al 312/742-4588 ext. 114 o envíe un correo electrónico a maryjane.parks@chicagopolice.org

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LUNES, SEPT. 25—Noche del distrito 30, de 5 a 7 p.m., 4714 W. Belmont. Reunirse con el Alder Ruth Cruz para discutir problemas, ideas, etc.

SÁB., SEPT. 30—Plantación de árboles de Openlands en el vecindario, de 9 a.m. a 1 p.m. Ver artículo en la página 1.

SÁB., SEPT. 30—Segundo festival anual de Indie Park, comienza al mediodía, Independence Park. Consulte el artículo en las páginas 11. www.independencparkchicago.com. www.facebook.com/ipacchicago.com

OCTUBRE

LUNES, OCT. 2—Noche del distrito 30, de 5 a 7 p.m., 4714 W. Belmont. Reunirse con el Alder Ruth Cruz para discutir problemas, ideas, etc.

MARTES, OCT. 3—Reunión de la Junta de GIPNA, 7 p.m., <https://meet.google.com/nkn-dcgc-tfd>

SÁB., OCT. 7—Athletic Field Fall Fest, 10 a.m. a 3 p.m., patio de recreo/canchas.

DOM., OCT. 8—Mercado de agricultores de Independence Park, de 9 a.m. a 1 p.m.

COLOR CLUB

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

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NEIGHBORHOOD

To Stop the Red Plum Flyers:

From chicagotribune.com. To discontinue delivery of Inside Shopper or Red Plum Inside Shopper, Hoy, Deals Delivered, or Fin de Semana, please send an e-mail containing your name and address to Insideshopper@tribune.com or call 1-800-TRIBUNE (1-800-874-2863).

INDEPENDENCE PARK COMMUNITY

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: Carolyn Chandler, Sue Ryan
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Graphic Layout: Cindy Schuch

For submissions for November/December 2023 Issue:

Editorial Deadline: Oct. 10, 2023

Advertising Deadline: Oct. 10, 2023

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.

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3700 Byron - Stephanie and Jeremy Smith
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3900 Byron - Roseann Seablom
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3700 Central Park - Bob Brutvan
3800, 3900 N. Central Park- Joe and Annie Bailey
3900 Dakin - Joel Contreras
3600 Grace - Alison Benjamin
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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
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3800 Monticello - Barbara Shaw
3900 Monticello - Cindy Schuch
3700 Ridgeway - Dawn and Josh Urban
3800 Ridgeway - Karen Fontanetta
3900 Ridgeway - John and Sang Kuczura
3800 Springfield - Roseann Seablom

FUN (DRAISER)

Add 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-independence-park-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

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.

September Is Membership Month

Scott Dewey, GIPNA President

When we were house hunting, our realtor told my wife Patti and me that one of the big pluses about our house was the strong sense of community in the neighborhood, and that there was a really active neighborhood association. We didn't know the half of it. Ever since we moved in, we've heard story after story about how people have specifically sought out a home in Independence Park, or after having moved away, decided to move back. We're true believers now, getting involved with GIPNA and experiencing firsthand the kindness and generosity of our neighbors, and the sense of belonging that comes with living in our wonderful community.

September is GIPNA membership month and during this month, we encourage our neighbors and local businesses to join or renew their memberships with GIPNA. Although GIPNA is blessed with a big team of volunteers, your membership fees help defray some of the costs that come with putting out this newsletter, operating the Farmers Market twice a month, maintaining our website, and landscaping services in our community gardens.

Your membership also supports GIPNA events year-round, including the Alley Cleanup, Father's Day Pancake Breakfast, Kickball Tournament, Neighbor's Night Out, Wine & Cheese Celebration, and new this year—the Garden Walk!

If you are not a member and would like to become one, we make it easy for you. Just scan



the QR below. You can also sign up through our website gipna.org, or at the GIPNA table at the Farmers Market. Current members—or maybe it's been a couple years—it's a good time to renew. Memberships can be individual or family, annual or if you're able, lifetime. GIPNA is a 501 c3 organization and membership dues and donations are tax deductible as permitted by law.

Thank you for helping us make Independence Park such a great place!

COMMUNITY

Irving Park Community Food Pantry Updates

John Psiharis

Pantry Coat Drive Begins in October

The Irving Park Food Pantry will run its annual coat drive in October and November and is asking for donations of new or gently used winter coats now, so we can be ready to help our clients and their families in the 60641 and 60618 ZIP codes prepare for the cold weather.

We know it's early (and warm) to be thinking about winter coats, but there are sales underway at stores now and kids may have outgrown last year's coats and will



need new ones later. Checking and donating now will be a big help to ensure we start the drive strong!

Coats will be given out starting Tuesday, October 10, from 6 p.m. to 7 p.m., and continue every Wednesday, 9 a.m. to noon, through November 8. We also are accepting hats, scarves, mittens, and other cold-weather gear. Please do not donate sweaters, sweatshirts, boots or other clothing.

Donations can be taken to:

Big Helpers store, 4184 N. Elston Ave., 10 a.m. to 4 p.m., Monday through Friday

Disney II Magnet High School, 3900 N. Lawndale Ave., inside the main entrance, 8:45 a.m. to 3:45 p.m.

Jet's Pizza, 3951 N. Kimball Ave., dropbox in waiting area

J.T.'s Genuine Sandwich Shop, 3970 N. Elston Ave., closed Sunday and Monday

Other drop-off points will be announced on our social media. If you have a large donation or want to run a drive to gather coats, please email [info@](mailto:info@irvingparkfoodpantry.org)



irvingparkfoodpantry.org for suggestions or to arrange delivery.

Thank you to our good friends at Three Brothers Garden and garden coordinator Ruth Bouman for providing us with fresh vegetables all summer. Each Wednesday morning Ruth brings what volunteers harvested the previous night to give our clients the freshest food possible. The garden is a partnership between Carlson Community Services and Irving Park Lutheran Church.

Thank you to Dr. David Nayak and Maggie O'Keefe, founder and executive director, respectively, of Nayak Farms in Gardner, IL, who donated 800 pounds of freshly harvested corn. The Farms donates produce to other local pantries, including Common Pantry and Nourishing Hope, as well as the Greater Chicago Food Depository.

Thank you to Elim Christian Services in Crestwood, IL, which donated 50 packs of school supplies to our drive in August. The group's volunteers put together packs containing many of the items we provided to help our clients' children.

Thank you to the Irish American Heritage Center, which ran a large drive for new migrants and gave us the remaining toiletries that had been donated.

We appreciate everyone's continued support that allows us to continue our mission of being "Neighbors Helping Neighbors!" For more information email: info@irvingparkfoodpantry.org or visit www.irvingparkfoodpantry.org.

Garden Walk Reflections

Susan Strong Dowd

What a joy to meet so many delightful people interested in connecting over dahlias, zinnias, or cherry tomatoes. I was so taken by the steady stream of people that graced my garden with their enthusiasm; I especially enjoyed the questions and discussions about native plants to attract bees and butterflies and hummingbirds.

There were many that traveled, even from the suburbs, to admire our gardens and most commented on the beauty of our gem of a

neighborhood. Everyone was thoroughly impressed that we'd gotten 46 gardens for our very first walk, a testament to our community spirit. One woman was so moved by Indy Park and our welcoming, friendly people, she considered moving back to Chicago!

On Monday evening after the walk, the gardeners gathered and then walked around to view each other's gardens and collect the flags that identified our locations. I was very taken by the variety and expertise of the gardens and gardeners. I got so many great ideas on how to improve my garden and my skills. I think it may be time to consider a gardening club in our stellar neighborhood!



The Delights of Buona Terra

Suzie Bohacik

When you head to Buona Terra after reading this amazing article, the first thing you are going to want to do is make a reservation. Yes, even on that random Tuesday! There is a reason—a lot of reasons actually—that there is a loyal following. I recently had coffee with Eileen Gregg-Garcia, owner and designer of Buona Terra, and had a chance to delve into the sparkle behind our neighbors' restaurant.

Eileen and her husband Jose Garcia, better known as Chepe, have for the past six years provided the neighborhood with an exceptional choice when it comes to dining out. This spring, the couple renamed and reconceptualized their popular restaurant, Hearth and Crust, to Buona Terra after closing its Buona Terra restaurant in Logan Square. Co-owner Chepe is head chef as well. In fact, you may catch him around town shopping for all fresh ingredients on any given day.

Those items are apparent on the menu, beginning with the cocktails. If you are waiting for a table or just out for a glass of wine, the walnut bar is the place to be. There are several choices for both cocktails and martinis with the Old Fashioned being a best seller. I can attest to the hype - they are THAT good! Pretty mocktails are also on the menu using crisp fruit flavors and beautiful coloring. The wine list is carefully chosen by the Garcias and the by-the-glass list is extensive. It is a revolving list, so be sure to ask for the most recent version while dining.

If the weather is good, the



windows in front are open for an al fresco feel, elevating what is already going to be an amazing dinner. Predominantly an Italian menu, there is also an array of steaks, chops, and a fresh fish of the day. The fried calamari is perfection and the burger is a popular choice. Personal notes from my table the night I dined: if you order the rotini di la nona, add chicken to it! I also highly recommend the pappardelle bolognese. For a lighter touch, the paillard di pollo alla griglia topped with those fresh herbs from the market is the way to go!

Buona Terra really caters to its guests, so if you need personal accommodations they are more than happy to help. There are gluten-free options available as well!

Now, if you are a fan of panna cotta, you will have to order this little delight. Not only is it a pretty presentation, it is simply divine and makes me happy! Finish with an espresso and good conversation with your dining mates and call it a great evening at Buona Terra.

Eileen and Chepe have put their hearts and souls into making their restaurant a place for neighbors to enjoy and it is very evident. Eileen personally walks the floor chatting and making sure all is well, which assures all is always well at BT.

Thanks to both for providing our neighborhood with this gem. Stay tuned for exciting things happening at Buona Terra.

Lorraine Antieau's Life of Service

Ellen Ryan

I can't imagine that many of us knew what our life's work would be when we were five years old. Independence Park's Lorraine Antieau is an exception. Informed by her Christian faith, Lorraine knew at five years old that helping people was her calling. She stressed that she didn't want this article to make her look like a goody-two-shoes, but if the shoe fits...

In the last few years, have you seen more beautiful young trees popping up in our parkways? You can thank Lorraine for that. Working with the non-profit conservation organization, Openlands, Lorraine is responsible for applying for and facilitating its grants. She's also the co-author, along with her husband Dave, of the Nature in the Neighborhood articles in this newsletter. But let's back up.

Lorraine grew up in the church near Saginaw, Michigan. She went to college in Michigan where she and hubby Dave met. Her first career choice was that of a missionary nurse but her math and science classes steered her away from that, and she majored in Psychology and Sociology. Upon graduation, she and Dave married and moved to Kentucky where Dave went to divinity school. Lorraine's first social work job was helping underprivileged people apply for Medicaid and food stamps. She loved it—working with people and feeling like she was making a positive difference



in their lives. They eventually moved back to Michigan where Lorraine received her master's degree in social work at the University of Michigan and Dave became a pastor. The message from the evangelical community was that she didn't need a master's degree. She should just stay home, raise kids and support her husband's ministry. Lorraine had other ideas.

Lorraine and Dave had often talked about getting involved in urban ministry and eventually moved to Chicago, where Dave took a job as the director of the men's ministry at the Olive Branch Mission when it was on Madison Street downtown. Lorraine served as the director of the women's shelter. They worked and lived with unhoused people in the mission. Again, Lorraine felt called and loved the people she served. Subsequently, while teaching parenting classes to teen moms, her church started a counseling center and Lorraine joined its board.

Although she never had an interest in being a psychotherapist, she was soon asked to do so. Her family needed the money, so she said yes and loved it. She thrived on learning something new, meeting new people and feeling like she was contributing to society. She eventually opened her own counseling office and did that for many years.

As her office was in her home's enclosed porch, Lorraine eventually got antsy being in her house all day. She applied for a position as a dialysis social worker which was her most interesting and most loved job. Working for almost 19 years at several different dialysis centers in Chicago and the Chicagoland area, she met people from all backgrounds, from millionaires to paupers. This uninformed writer never fully realized the enormous financial, job insecurity, and emotional challenges that patients endure when facing three-days-a-week, almost 14 hours a week, of receiving dialysis. While her counseling practice usually attracted white middle class people, the dialysis center treated all races and income brackets. They came from everywhere, from all walks of life. It was a window to a broader world and affirmed her belief that there are so many wonderful people in the world.

Due to space constraints, I didn't even touch on Lorraine's giving the children's sermon for the past ten years at the church where Dave is the pastor, her eight trips to Haiti through an interfaith organization that aided economic empowerment of women, the newsletter she edits for another group working in Haiti, her stint as the board secretary for the Chicago Coalition for the Homeless, or her work as a GIPNA board member. In a world where some people nowadays have a less than stellar attitude about Christianity, it definitely had a strong, positive impact on Lorraine for which our neighborhood and the world should be grateful.

Fall Migration

Lorraine and Dave Antieau

It's hard to believe that we're thinking about birds heading south for the winter. And even harder to believe that by the beginning of September some species have already left the Chicago area for their wintering grounds. But it's true, even though the temperatures are still warm, and the days are still long!

Some species travel thousands of miles to enjoy summer in the southern hemisphere. For example, Blackpoll Warblers have the longest migration of any songbird. They travel through our neighborhood heading to the East Coast, then fly non-stop over the Atlantic Ocean 1800 miles, before curving



back to their winter home in South America. Many other

species, such as the tiny Ruby-throated Hummingbird (an occasional summer visitor to our yard), have a shorter journey as they wing their way to Central America, Mexico, or Costa Rica across the Caribbean. Southern U.S. destinations such as Arizona, Florida, Texas and the Gulf States, or Florida also get their share of winter migrants.

Even though we experience winter in Chicago as cold and harsh, a few birds actually migrate to our neighborhood to spend winter in a milder climate, compared to the Arctic regions further north in Canada. American Tree Sparrows and perky little Dark-eyed Juncos (sometimes called snowbirds) are two species that are not here in the summer months, but can be seen in winter.

Fall migration is harder to follow in your own yard or in the neighborhood, as the birds are less likely to land on small patches of ground. Many of the birds passing through are flocks of mixed waterfowl species looking for large bodies of water, such as the river or the lake, to spend the night.

While spring migration is a noisy, song-filled rush of birds racing north to reach their mating and nesting sites before it's too late to raise their young in favorable conditions, in autumn, migration tends to be a more low-key affair, with species such as Common Nighthawks quietly departing by early September for milder temperatures and more abundant food.

In addition, the migrating birds are harder to spot and harder to identify, being in their duller, non-breeding season plumage. They don't catch our eye and many look pretty similar to each other.

A familiar sight to many is the V-shaped groups of Canada Geese flying south, and their equally familiar honking often alerts us to their presence high in the sky. Although the geese can be found year-round in our area, additional



tens of thousands wing their way to warmer

climates. For some populations of geese, Chicago is a mild environment, compared to the regions further north where they have spent the summer, so they come south to Chicago to spend the winter months. So some leave, some arrive, and some stay put!

My personal favorite fall migration to observe is the Sandhill Cranes. When spending time outdoors in late fall, whether in the yard or out and about in the

neighborhood, my ear is always alert for the strange warbling cry that will let me know Sandhills are passing far overhead. Sometimes so far above they cannot be spotted, I nevertheless drop everything and crane (pun intended!) my head to try to see the beautiful, graceful creatures in their loose clumps passing by on their ages-old migration path.

The birds that you can spot any time of year in our neighborhood include American Robins, Northern Cardinals, Mourning Doves,



American Goldfinches, House Sparrows, American Crows, the

ubiquitous pigeons (Rock Doves), Red-tailed Hawks, Cooper's Hawks, American Kestrel, Black-capped Chickadees, House Finches, European Starlings, Downy and Hairy Woodpeckers.

If you are interested in keeping track of birds in your yard or in the neighborhood, joining eBird is free. You are able to keep and share your lists and track your sightings over time and location. eBird also gives you access to the Cornell Lab of Ornithology website, which has many resources about individual species. Cornell Lab also created Merlin, a free birdsong recognition app.

Dave also highly recommends the Sibley Birds phone app, another great option with a wealth of information to satisfy your curiosity on the go for about \$20.

As you are out and about this autumn season, keep an eye and an ear open to wildlife going on all around. What creatures do you notice sharing the neighborhood with you?

COMMUNITY

Carlson Community Services Update

Liz Mills

Carlson Community Services Golf Outing, September 15

Join us for Carlson's 2023 Golf Outing at the lovely and conveniently located Edgebrook Golf Course. The annual event raises funds for Carlson Community Services' after-school program, community garden and free concert series. The outing is scheduled for Friday, September 15, beginning at 11:30 a.m. at Edgebrook Golf Course, 6100 N. Central Ave. in Chicago. Golfers will enjoy the picturesque setting of the golf course, set among the Forest Preserve's mature trees and the meandering Chicago River.

Tee times begin at 11:30 a.m. The day wraps up with a light dinner and drinks on the grounds. Entry is \$125, which includes 18 holes of golf with cart, dinner, drinks and prizes, and the opportunity to win great raffle prizes! Carlson's Golf Outing is a great way to support neighborhood programs while having a blast with friends!

The fee for individual golfers is \$125, \$500 for a foursome. You can also purchase a hole sponsorship for just \$100 per hole! Visit



carlsoncommunityservices.org/ event for information on how to register.

Three Brothers Garden News

Our Garden Coordinator Ruth Bouman wrapped up the season in mid-August to return to college. Thanks for your excellent work, Ruth! As of mid-August, we've harvested more than 125 lbs. of herbs, beets, lettuce, cabbage, cucumbers, tomatoes, green beans, squash and radishes for the Irving Park Food Pantry. We'll be harvesting in the garden every Tuesday through October from 5:30 to 7:00 p.m. at 4107 N. Pulaski, next to the Irving Park Lutheran Park parking lot. Please join us!

In addition, if you've got surplus veggies from your home garden, we'll add them to our delivery to the Food Pantry. Simply bring your extras to the garden on Tuesdays before 6:00 p.m. Donations can be placed on the table under the pergola. If you'd like to be added to our email notices, send your contact info to 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 or contact Liz Mills at 773-398-6766 or lizmills@carlsoncommunityservices.org.



Pickleball Mania

Sue Ryan

Three years ago, I had heard of the term pickleball. Two years ago, I saw players thwacking a hard plastic ball with an outsized ping pong racquet at Horner Park. And one year ago, I decided to join the pickleball mania at the Independence Park Fieldhouse made possible by Tegan Saladino. Tegan, a park instructor, started the league and oversees an ever growing number of sessions.

Why has the sport caught on?

1. It's easy to learn how to play.
2. It's social.
3. It gets your heart rate up.
4. It's inexpensive.
5. It's convenient.
6. It's fun!

What's not to like about it?

Tegan noticed pickleball catching on at other parks and started organizing sessions last year. Independence Park is on the elusive list to get both the gym and the tennis courts striped with paint for pickleball, but there is no timeline for doing so. Currently, red tape temporarily marks the court boundaries in the gym. The tennis courts have no markings, so if you want to play outside, head over to Athletic Field or Horner Park.

If you are a newbie, don't be afraid to try it. The sessions are



leveled for beginner, intermediate and advanced players. Those who have played tennis are likely to pick it up more quickly, but even those without prior tennis experience can learn the basics quickly. I am currently in a beginner/intermediate group and while the experience level does vary, my teammates are patient, friendly, encouraging and generous with praise. The park provides racquets and balls, though many choose to bring their own.

Tegan has been at the park for twenty years and said it is gratifying to see parents whose kids were in her charge 10 or 20 years ago. I am one of those parents and it is fun to be back at the park. It's a great way to meet new people, especially across the age spectrum. According to Tegan, the Indy league has players from age 30 to 90.

Though it is a gentler sport than many, it is still not risk free. When I pivoted one too many times, I tore my meniscus and was out of action for a bit. As I grimaced my way into the orthopedist office, my doctor noted, with perhaps a sympathetic smile

behind his mask, that I was his sixth pickleball player that week. I guess he was referring to older adults taking up a new sport and the risk of injury to aging joints. For me, the benefits of playing outweigh the risks and I now wear a brace to stabilize my knee. Sadly, knee braces have yet to become a stylish accessory.

The popularity of pickleball was apparent when Tegan warned returning members that sessions fill quickly. As I readied myself to sign up for the upcoming session, I felt like a Taylor Swift fan trying to score tickets. At 9:00 a.m. the on-line registration site opened and by 9:15 most of the sessions were filled. Thankfully, the park district doesn't go through Ticketmaster, so there are no ridiculous service fees and if you are 60 or older you receive a 50% discount. If you are thinking about adding more activity and seeking to meet wonderful people, give pickleball a try, but please don't be so quick to register that I lose my spot to you!

ENVIRONMENT

Volcano Mulch Is a No-No

Pat Clark

I'm sure you've noticed when you are out walking how popular volcano mulch is around the neighborhood's trees. Well, it's really a bad thing to do to a tree. Mulch should be spread in more of a donut around a tree base, keeping the mulch away from the trunk. Having the mulch against the trunk encourages fungal growth, retains moisture against the hardened bark which leads to rot, and causes

improper root formation. Sure, volcano mulch looks good, but it is not the proper way to mulch your new or established trees.

How to mulch to keep a tree healthy:

Spread 2-3 inches of mulch evenly around the tree, leaving a few inches clear around the tree trunk so the flare root (where the first main roots attach to the trunk) remains exposed. Ideally, mulch out to the drip line of a tree. The drip line is the area defined by the outermost circumference of the tree canopy where water drips from and onto the ground. A thinner layer of mulch over a broader area is much better than a mulch volcano for the health and longevity of a tree. This allows the tree to breathe, for the moisture to escape which prevents the growth of fungus and minimizes rot and decay.

How to fix an over-mulched tree:

Remove the mulch until you expose the root flare of the tree. Be careful to not damage the bark. Once you have exposed the root flare and if you see roots growing in the mulch, use pruning shears and remove those roots carefully. If an above-ground root ball has formed, it is best to leave that root ball alone.

This tree mulch info also applies to your yard's shrubs. Also, do not use the water bags that zip around the tree trunk as those are also bad for your trees for the same reasons as volcano mulch.



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German Bedoya
Milena Bedoya
Fiona Bergin
John Bergin
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Ryan Carlson
Patrick Carrier
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Digital Museum Passes: Reserve Online

Reprint from Chicago Public Library

CPL's museum passes are now digital and expanded across Illinois! New attractions include a wide range of museums, historical societies, zoos and more. This pass program is accessible online 24/7 with no need to visit a CPL location to check out or return a pass.

How does the program work?

1. Visit chipublib.org/digitalpasses.
2. Log in with your card number and PIN to see all the amazing offers from familiar and new attractions.
3. Make your reservation online and bring the confirmation to your destination.

Digital pass program highlights:

- No more physical passes to check out or return. You can make reservations online and get a confirmation sent right to your email.
- No fines or late fees.
- Reservations can be made by adult Chicago residents with physical CPL library cards in good standing.
- You can reserve a pass for a specific date and must use the reservation on that date.
- No trip to the library is required, but CPL staff will be able to assist with making reservations and retrieving digital or printed confirmations.
- Most offers do not require a child to be in the group, though we recommend checking the offer description to confirm.

Check Washing

Pat Clark

What is check washing? Crooks steal checks left in mailboxes or remove mail deposited in U.S. Postal Service collection boxes by using keys stolen from mail carriers or by fishing them out with string and something sticky—like rodent glue traps or a glue-covered bottle. Using cheap chemicals like bleach or acetone (nail polish remover), the crook can erase the payee's name and dollar amount, leaving the signature intact. After drying, checks are rewritten for more money and deposited or cashed at banks, check-cashing businesses or stores that offer check-cashing services.

Check washing is on the rise because criminals who stole government stimulus checks and unemployment checks during the pandemic are now looking for easy new sources of income.

How you can foil check washers:

1. Pay your bills online. Paying bills online is safer than a check through the mail as



2. Deliver your mail to the post office. Don't leave envelopes containing checks in your own mailbox or outdoor USPS collection boxes after the last pickup time. The best idea is to take it to the nearest post office during business hours and slide it through the outgoing mail slot in the building.
3. Use a pen with blue or black non-erasable gel ink. Gel ink soaks into paper and may be more difficult to remove than ballpoint pen ink.
4. Don't let delivered mail sit in your mailbox. Grab your mail every day, as close to the delivery time as possible. If you are away, ask a trusted neighbor to pick up your mail or place a vacation hold and have it delivered when you return.
5. Monitor your bank account. Don't wait for your monthly statement. Go online every few days to review account balances and look at checks drawn against them.
6. Report incidents quickly. Contact your bank as soon as possible after suspicious activity; banks are generally required to replace funds stolen via fraudulent checks, but only if the scam is reported within 30 days of the date of your bank statement. Also, contact the U.S. Postal Inspection Service and credit reporting agencies.



Neighborhood Kickball Tournament
Saturday, Sept. 9th: 12N - 4PM
Independence Park

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Self register at gipna.org:



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Individual \$10
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- Harvest Café & Grill
- Petting Zoo
- Robot Workshop
- Inflatable Games
- Balloon Animals



Indie Park Fest Returns!

Ryan Mannix

On September 30, we'll be celebrating the end of summer in style at Independence Park's own Indie Park Fest. Your friendly neighborhood jam band, Lunar Ticks, is once again teaming up with IPAC to throw down a great DIY Festival! Last year was our debut and we can't wait to be back with more great vendors, music, and fun.

Indie Park Fest will feature a "day at the park" atmosphere that also includes diverse and inventive

local acts for all music lovers. With genres ranging from Rock/Americana/Jazz/Funk and more, Indie Park Fest will showcase the eclectic talents from across the city, hosted by Irving Park's house band, Lunar Ticks.

Starting at noon, bring out a picnic blanket and a cooler and support some local music all day! We recommend a \$15 donation that goes directly to all the artists. The lineup includes The Box Band, Piraguas y Piropos, The Laughing Hearts, Ron Park, Groovy Louie & the Time Capsules, Beat the Meatles, and the Lunar Ticks.

Tell a friend to tell a friend and see you at Indie Park!

Independence Parka by erica dreisbach



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MEMBERSHIP FORM

(Must be 18 yrs old) Fill in this form, and send with check, payable to GIPNA, to: **GIPNA**
P. O. Box 18184 Chicago, IL 60618

Check amount enclosed:

- Single \$10 Family \$25
- Business \$15 Lifetime \$300 family
- Lifetime \$150 per person

Check here if a new member

Annual Dues enclosed:	\$
Tax Deductible Donation for GIPNA:	\$
Total of enclosed check:	\$

Check if you would like to volunteer for events.
(GIPNA is an all-volunteer association.)

PLEASE PRINT: DATE

NAME #1

NAME #2

ADDRESS

Check here if new member, new to the neighborhood.

PHONE #1

PHONE #2

E-MAIL #1

E-MAIL #2

Hopping on the Blood Drive Bus

Carolyn Chandler

The Farmers Market on August 13 had a new attraction: the Versiti Blood Center mobile unit, a cheerful orange and magenta bus complete with technicians ready to receive blood donations. Thanks to Dickie Nichols and Judy Glaser, this first blood drive with Versiti was made possible. And thanks to folks in the neighborhood, so many people signed up that the drive had to be extended for an additional 3 hours. Appointments were preferred, but walk-ins helped to fill in any gaps for those who didn't make their time slot.

I was a walk-in myself, and they were able to find a spot for me. First I checked in by answering some questions that verified I was able to donate that day. Then I entered the bus for some last prep, where a technician tested to make sure my iron level was high enough to donate.

Once I was all set, I was brought over to a very comfortable area that was like being in a fully reclined La-Z-Boy. My technician made sure I knew her name in case I might need anything, then set up the blood draw quickly and safely. The draw itself took about 10 minutes, followed by 10-15 minutes of juice and a snack as I chatted with nearby neighbors that I hadn't had a chance

to meet before. The light music in the background added to the overall atmosphere of relaxation, connection, and the good feelings that came with knowing I was providing something essential to one of over 200 hospitals serviced by Versiti in the Midwest. And to top that off, as a donor I was able to enjoy one of the delicious juice blends provided by J.T.'s Genuine Sandwich Shop and Katherine Anne Confections.

This blood drive had a wonderful response from the neighborhood, with 30 full blood donations and 6 double red blood cell donations (a longer process that involves getting your plasma back so you can donate more of the much needed cells). This means we'll help over 100 patients who need red blood cells, platelets, and plasma transfusions.

If you missed this blood drive or want to give again, you can find blood donation centers through the Red Cross, Versiti, or Vitalant, which has one of the closest locations at 5316 N. Milwaukee (call 877-258-4825 to schedule an appointment). Just be sure to wait eight weeks between donations so that those amazing red blood cells can replenish in time to help even more people.



Neighborhood Market and Garage Sale

The best ever garage sale had over 130 homes signed up to be on the map for the August 12 sale. Other neighbors signed up later and shared in the bargain hunting frenzy. We are talking about serious garage sale enthusiasts

armed with hydration backpacks, wagons, and pickup trucks who cruised the offerings! The weather was absolutely perfect with blue skies and puffy white clouds and a light breeze.

A ton of volunteers from AFAC and GIPNA beautifully organized, advertised, posted signs on trees and poles, and pulled off a spectacular event. Thank you so much for all the hard work!



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GREAT NEIGHBORHOODS DON'T JUST HAPPEN—A GREAT NEIGHBORHOOD COMES FROM A GREAT DEAL OF WORK AND COMMITMENT. THE EVENT AND SERVICES THAT MAKE INDEPENDENCE PARK THE HIDDEN JEWEL OF THE NORTHWEST SIDE REQUIRES TIME AND MONEY. DUE TO THE PANDEMIC, GIPNA HAS HAD TO CANCEL FUNDRAISING EVENTS, SO MEMBERSHIP DUES ARE THE PRIMARY MEANS TO RAISE MONEY. OUR WONDERFUL VOLUNTEERS GIVE THEIR TIME, AND GIPNA MEMBERSHIP HELPS PROVIDE THE MONEY. PLEASE JOIN GIPNA TO MAKE 2021 THE BEST YEAR YET. IF YOU'RE ALREADY A MEMBER, THANK YOU.



GIPNA

THE GREATER INDEPENDENCE PARK NEIGHBORHOOD ASSOCIATION

... On the Dog Side

K. Laurel & her dog Andy Jack



Andy muses
on local flora...



Summer Falls away

Wind sways the sunshine flowers

Say hello my friend

||| GIPNA |||

Jorge Rodriguez

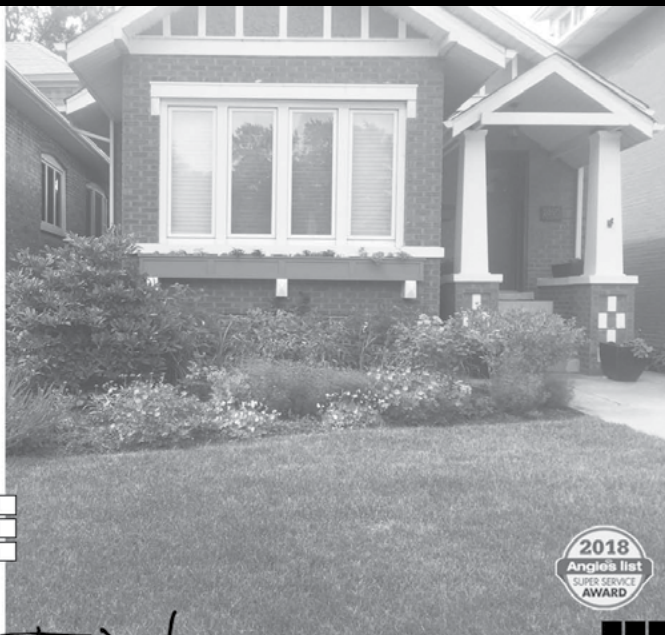
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