

# WEST WALKER WIRE

SEPTEMBER 2010

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

## How Does Sleep Affect Your Health? Find out at the September WWCA Meeting

FOR YEARS, we've been told that exercise and eating a proper diet will keep you heart healthy. Well, there's more to the story. How we sleep also has a big impact on our heart and our overall health.

It's the time of year when we tend to get less sleep. Kids are back to school. Work gets busier trying to meet year-end goals. And Daylight Savings Time is around the corner. As a result, we tend to sleep less, eat less healthy, and are constantly on the go.

If you also suffer from sleep apnea, a serious sleep disorder where you actually stop breathing sometimes hundreds of times per night, you may be at risk of developing a heart attack.



Dr. Richard Tarabey, from Swedish Covenant Hospital, is our guest speaker at the next WWCA meeting on September 21 at 7 p.m. at Latvian Hall.

Dr. Tarabey will talk about how sleep health affects our heart, the warning signs for heart attack and stroke, sleep apnea, how to prevent heart disease, and advances in treatment. He is board certified in cardiac electrophysiology, cardiovascular thoracic surgery, and internal medicine.

Please join us on September 21 at 7 p.m. at Latvian Hall, 4146 N. Elston. Your health may depend on it.

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## COMMUNITY CALENDAR

### September 21 • 7 p.m. (PLEASE NOTE NEW TIME)

WWCA General Meeting  
Latvian Community Center  
4146 N. Elston Ave.

### September 23 • 6:30 p.m.

Many Lands: One Planet  
NatureConnections program  
Independence Park Branch Library  
3548 W. Irving Park Road

### September 23 • 6-9 p.m.

Landlord Training Seminar  
17th District Police Station  
4650 N. Pulaski Road

### September 26 • 9 a.m. - 1 p.m.

Farmers Market, Independence Park

### September 26 • 2 p.m.

Performing Arts Series  
Irving Park Lutheran Church  
4100 N. Harding Ave.

### September 26 • 3-4 p.m.

Panel discussion with state legislators  
Irving Park Lutheran Church gym  
4057 N. Harding Ave.

### October 3 • 9:30 a.m.

Pet blessing at St. John's Episcopal  
3857 N. Kostner Ave.

### October 10 • 9 a.m. - 1 p.m.

Farmers Market, Independence Park

### October 30 • time to be announced

West Walker Civic Association  
Halloween Party & Fall Festival  
Irving Park Lutheran Church gym  
4057 N. Harding Ave.

### Mondays

10:30 a.m.—Story Time (for children ages 2 to 5)

11:30 a.m.—Mother Goose on the Loose (for children 3 months to 2 years old with parent/caregiver)  
Independence Park Branch Library  
3548 W. Irving Park Road

You can also visit our  
Community Calendar online at:  
<http://westwalker.org/calendar.html>

# Dear Neighbor,

AS SUMMER GOES TO FALL, a lot of us, and not just the kids, get going and “hit the books.” The officers and board members of the West Walker Civic Association have spent some time over the summer thinking about where the WWCA has been in the past and where we should be going in the future.

The WWCA will be celebrating its 100th year as a civic organization in 2012. The needs and issues facing our community have changed many times over the years. The WWCA would like to enter our second millennium as an effective voice for all members of the community. The WWCA has traditionally sponsored events, published the *Wire*, held general meetings with topical presentations, sponsored local groups such as the Irving Park Community Food Pantry and the Magic Mushroom summer program for children, coordinated the annual garage sale, and so much more.

What we need to do now, and continue to develop in the future, is ensure that the activities undertaken by the WWCA address the needs and concerns of the community. In order to do that, the most important things we need are feedback and manpower. In other words, we need the members of our community to tell us if they like what we are doing or if we are involved in activities that reflect the needs of the community. If there is a new idea for WWCA involvement, we need to know. We also need the people to make things happen. In addition to the officers and board of the WWCA, there are dozens of people who provide a little of their time to support the WWCA.

We would like to keep the WWCA viable, responsive, and accessible to all of the community. To do that, we all need to pitch in, if we can.

## What Can I Do for West Walker?

What do you like to do? If you like to take walks, think about delivering the *Wire*. Concerned about gangs and graffiti? Help represent the WWCA at CAPS meetings. Good with computers? Help update our website. Have the gift of salesmanship? Help solicit ads for the *Wire*. Enjoy party planning? Help organize the Winter Social or Fall Festival. See a need that needs to be addressed and need help to make it happen? Let us know. There are many ways to help and a good fit for any volunteer.

## What Can the WWCA Do for Me?

Call or write and let us know. Bring it up at one of the general meetings. Go to the WWCA website and press the “Contact Us” button to send an e-mail. Call one of the officers—phone numbers are published in the *Wire*. In order to help the community, it is important for everyone to let us know the needs of the community. Feedback is important. If we are doing it right, let us know. If we are doing it wrong, let us know. If we aren’t doing it at all, pass that idea along and we can see how we can help. With your help and ideas, the WWCA can only get better.

Mike Webber, President, WWCA

# WEST WALKER CIVIC ASSOCIATION

## West Walker Mission Statement

“The pursuit of the West Walker Civic Association is to make our diverse neighborhood the best it can be by securing the services, safeguards and improvements the West Walker community is entitled to have.”

*Celebrating more than 98 years of service to the West Walker Community*

## 2010-2011 OFFICERS

President	Mike Webber 539-8346
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Treasurer	John Minor

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## EDITOR

Anne Marie O’Kelley

*The West Walker Wire is published monthly September through June by the West Walker Civic Association.*

**All story ideas, text, and ads are due a week before the first of the month.**

**Submit ideas and text to: west\_walker\_wire@yahoo.com.**

*Please include a phone number in case we need to follow up with you. We reserve the right to edit all submissions for space and content.*

*For information on advertising, please contact Shannan Bunting at shannan@solsticepr.com*

# Scenes from the Fourth at Independence Park

THIS SUMMER Independence Park was the scene of yet another fun-filled and festive Fourth of July celebration, sponsored by the Independence Park Advisory Council (IPAC) and the West Walker Civic Association. Neighbors watched the Boy Scout flag-raising ceremony and participated in a bicycle parade, running races, potato-sack races, an egg toss, and other games.



Photos courtesy of Shannan Bunting



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# 39th Ward Report



MANY THANKS TO the West Walker representatives who attended the Thai Town public presentation this summer. This development is proposed for the old 17th District Police Station at 4416 N. Pulaski. While not technically in the West Walker boundaries, this has the potential to attract new retail development to our community.

Arun Sampanthavivat, owner and executive chef of Arun's Restaurant, presented his proposal to convert the space to a multi-use building that features Thai-influenced retail and non-profit uses. Plans include a casual dining Thai restaurant, a spa and wellness center, and office space for the Thai American Association. The public meeting was the first step in the process to develop this property.

Street resurfacing is scheduled to start in the next few

months. In the West Walker area, Belle Plaine from Pulaski to Hamlin will be resurfaced. Along with the resurfacing, crosswalk ramps will be replaced according to current city specifications. We recognize that street resurfacing can be an inconvenience to people living on the street and we appreciate your patience during the process.

Together with the 17th Police, I'm sponsoring a Landlord Training Seminar on Thursday, September 23 from 6 to 9 p.m. at the 17th District Police Station, 4650 N. Pulaski. Landlords and property owners will receive information on how to screen tenants, responsibilities of landlords, tenant/landlord rights, and the eviction process. If you are a landlord, or if you know someone who is, please consider attending this free meeting. I've sat in at past trainings and was very impressed with the information presented at the session.

If you have any questions or concerns, please contact my office at 773.736.5594 or [Ward39@cityofchicago.org](mailto:Ward39@cityofchicago.org).

*Sincerely, Margaret Laurino, Alderman, 39th Ward*

## Time to Renew Your Membership!

WWCA MEMBERSHIP runs May 1 through April 30 annually. Your dues help fund a variety of items:

- Ten issues per year of the *West Walker Wire*, delivered to residences and businesses in West Walker, free of charge.
- The annual community garage sale.
- Area non-profit groups like the Irving Park

Community Food Pantry, Independence Park, and Independence Library.

- Free e-mail updates on neighborhood events and area crime.
- Free special events, like the Halloween Party and Fall Festival and 4th of July celebration at Independence Park.
- The Art In My Back Yard artistic series.

Bring your 2010-2011 dues to our next WWCA meeting on September 21! Or you can mail in the application below.

## WEST WALKER CIVIC ASSOCIATION MEMBERSHIP APPLICATION

Yearly Membership Dues: Effective May 1, 2010 through April 30, 2011

Check one:            FAMILY \$15             BUSINESS \$20             SENIOR \$5

NAME: \_\_\_\_\_  
(Please print. Write your name as you would like it to appear in the *West Walker Wire*.)

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

Please note your e-mail address if you would like to receive e-mail updates:

E-MAIL: \_\_\_\_\_

Please make your check payable to: WEST WALKER CIVIC ASSOCIATION

Mail or drop off your application and dues to: John Minor, 4326 N. Hamlin Ave., Chicago, IL 60618

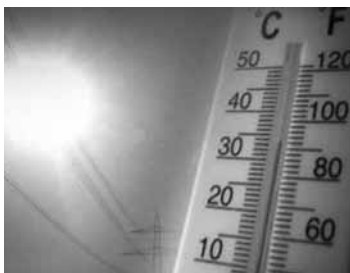
## Summer Green Garden Report

I HOPE EVERYONE has been staying cool in this year where we've experienced the highest average temperatures, globally, ever recorded. As of this writing, Chicago has had the longest streak ever—60 days—of days higher than 79 degrees. The previous record was 43 days.

I'm happy to say some things in my garden have helped me to manage. My rain barrel has provided water.

Allowing the little bit of grass I have to go dormant helps to save water for the vegetables.

My perennials are growing bigger, providing some shade to garden beds, helping to retain moisture and soak up rain from thunderstorms. A good mulch this spring also helped.



I've had a record harvest of tomatoes and beans, although the cool-season vegetables didn't fare so well. I've had some nice corn cobs too. Now I'm waiting to see how the melons, squash, and pumpkins do. It's been quite a battle with powdery mildew, due to the humidity.

I had an exciting time helping a friend move a beehive to her rooftop in Uptown. I'm happy to report sightings of many varieties of pollinators—bees, butterflies, and moths. I planted milkweed this year, for the Monarch butterflies, and have seen several Swallowtails and Admirals too, as well as the smaller varieties.

This year, I hope to hear more from my readers. Please write and share "green" projects you have worked on at home or those you might be interested in starting. If you need a little help or encouragement, maybe someone in the neighborhood will be able to jump in. Maybe we can feature some in the *Wire*!

Some of us have been talking about starting a neighborhood garden walk. If you'd be interested in participating next year, let me know. I'd also like to start a "sustainability" group in West Walker. If that's on your mind, like it is always on mine, let's get together!

by Michelle Kaicener, greenwestwalker@gmail.com

**Website of the Month:** [www.huffingtonpost.com/news/sustainability](http://www.huffingtonpost.com/news/sustainability)

## News from the Irving Park Community Food Pantry

### Pantry Engages Program Development Consultant

The Irving Park Community Food Pantry engaged Jamie Stanesa as a program-development consultant to design, implement, and provide oversight for the Pantry's new Enhanced Client Services Initiative. The program is designed to connect clients with additional community and governmental services that can help them and their families. Funded by a grant from The Chicago Community Trust, Jamie will also help source and train a part-time Client Services Coordinator (CRC).

**More Grants:** The Pantry received a \$1,600 grant from the Archdiocese of Chicago's Operation Rice Bowl to continue operating its nutrition class. It also received two new refrigerators from a Greater Chicago Food Depository grant.

### GIPNA Farmers Market at Independence Park:

Please stop by our table to say hi and pick up our latest brochure. Remaining dates for the market are September 26 and October 10.

**Three Brothers Garden:** Pantry clients are receiving fresh, organic produce every week from this beautiful and bountiful garden. Our deepest thanks to all involved.

**Special thanks** to the following who have made significant contributions to the Pantry this summer:

- Fresh produce from the **Kilbourn Park & Organic Greenhouse** at 3501 N. Kilbourn Ave.
- The **Muslim Community Center** at 4380 N. Elston Ave.
- The **Golden Apple Scholars** of Illinois
- **Carter Westminster United Presbyterian Church** in Skokie
- The **block party of 4000 and 4100 Kostner Ave.**

**New Families Sign Up:** The need to help the hungry continues to grow. In June and July, 112 new families representing 279 individuals came to the Pantry for food.

**Contributions Needed:** The Pantry helps its clients with a number of items in addition to food. We always have a need for diapers, feminine-hygiene products, personal-care items, and men's white socks

**Join Us on Facebook:** The Pantry's new Facebook page allows you to get updates on programs and see photos from our events. Check it out!

## News and Events from Carlson Community Services



**Carlson  
Community  
Services**

*Irving Park Carlson  
Ministries, a 501(c)  
(3) non-profit,  
serves the Irving*

*Park community with a variety of outreach efforts.*

### IPFAC Presents Free

#### Classical Music Concert September 26

The Irving Park Fine Arts Committee (IPFAC) is pleased to announce the first concert of the 2010-2011 Performing Arts Series. The concert will take place at the Irving Park Lutheran Church, 4100 N. Harding Ave. At press time, a featured performer had not been announced. The concert will be followed by a reception. There is no charge for admission, but donations are accepted gladly.

The Irving Park Fine Arts Series, now in its 17th season, was begun by Roger L. Bingaman, director of music at Irving Park Lutheran Church. The intent of the series is to bring high-quality, professional musical and theatrical events to the Irving Park neighborhood. For more information, contact Roger Bingaman at 773.267.1666 or [www.carlsoncommunityservices.org](http://www.carlsoncommunityservices.org).

### Affordable After-School Care and Tutoring Available at MAP

If your child struggles to complete homework assignments, start the school year off right with help from the Magic After-School Place (MAP). The program is sponsored by Carlson Community Services and is held in the Irving Park Lutheran Church Gym at 4057 N. Harding. Children in first through sixth grade are picked up from Belding and Murphy schools and are walked to the program by staff members. Children from other schools may attend the program, but transportation must be provided.

In addition to homework help and tutoring, MAP offers healthy snacks, a nurturing environment, and weekly

mentoring by students from Northside College Prep High School. The program meets Monday through Friday from 3 to 6 p.m. Tuition is reasonably priced at \$25 per week.

High school students seeking community service hours may contact the program director, Aryn Fletcher. For more information, contact Aryn at 773.426.0533 or e-mail [mapdirector@carlsoncommunityservices.org](mailto:mapdirector@carlsoncommunityservices.org).

## News from St. John's Episcopal

### Faith Focus on a Fair Budget

Area churches have invited our state legislators to hear from their constituents on the need for a fair budget that stops painful cuts to education, health care, social services, and public safety. Mark your calendars for this panel discussion on Sunday, September 26 from 3 to 4 p.m. at the Irving Park Lutheran Church gym (corner of Harding and Belle Plaine).

### Pet Blessing

On Saint Francis Day it's time to give thanks for the gift of animals in our lives. Bring your favorite animal companion to the St. John's garden at 3857 N. Kostner Ave. at 9:30 a.m. on Sunday, October 3 for a blessing. Pets are welcome at the 8 and 10:30 a.m. services as well.



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### St. Edward School and Parish News

Neighborhood boys from first grade through fifth grade are invited to join Cub Scout Troop 3904,

and Mayfair area girls between 4 years of age and eighth grade can join the St. Edward Girl Scouts.

**Contacts:**

Boy Scouts – Cubmaster Stuart Nyberg, 773.283.6867

Girl Scouts – Lourdes Ryczek, area service unit coordinator, 773.282.8009.

We are looking forward to a wonderful and productive

year. For more information, call the school at 773.736.9133.

### CICS-Irving Park School News

#### Ready? Set? Go!!!

CICS Irving Park has added two new classrooms this year, which our fifth-graders will occupy. We continue to add a grade each year and now have kindergarten through seventh-grade classes.

#### NWEA Testing

Starting in September, students will undergo NWEA testing. The Northwestern Evaluation Assessment provides services to measure academic student growth and school improvement. Students also use these results to set their own academic goals for the coming school year.

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Alderman  
39th Ward



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121 North LaSalle Street  
Chicago, Illinois 60602  
(312) 744-7242

## Seanachai Theatre Company Presents *The Weir*

by Marlena Ascher

*The Weir*, the latest presentation from the Seanachai Theatre Company, opened August 28 and runs through October 3 at their new permanent home, the Irish-American Heritage Center at 4626 N. Knox.



Jeff Christian

*The Weir* was written by Conor McPherson, one of the most impressive voices in Irish theatre today. Chicago actor/director Jeff Christian returned to Seanachai's stage to play Jim Curran, a nice guy who looks after his aging mother and does odd jobs to make ends

meet. He is a man of few words, so it is a surprise when he launches into a nearly 10-minute riveting ghost story.

Audience members have enjoyed the intimacy of Seanachai's third floor, 100-seat theatre at the Irish-American Heritage Center. Theatre-lovers no longer have to go downtown to find great theatre. It's right here in your own backyard, and parking is free.

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*"That through the  
encouragement of the Scriptures  
we might have hope."*

Romans 15:4



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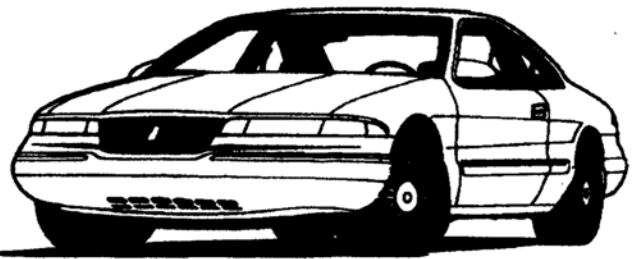
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