

WESTWALKER ——WIRE——

NOVEMBER 2023

www.westwalker.org

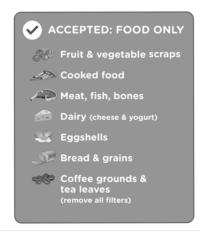
Hey Chicago, Let's Compost!

The City of Chicago is launching its first-ever citywide Food Scrap Drop-Off Program, and all Chicago residents are welcome to drop off their household food scraps for composting at one of 15 locations across the city-for FREE!

Composting keeps food scraps out of landfills, reduces harmful greenhouse gas emissions, and recycles nutrients that enrich soil.

For more information on the composting program and to get started, visit chicago.gov/city/en/sites/chicago-recycles/home/food-scrap-drop-off.html and follow these steps:

- 1. Find your closest drop off location.
- 2. Sign up for a drop-off site.
- 3. Collect food scraps (see list below) in a lidded container of your choice in your kitchen. Tip: Storing food scraps (especially leftovers, meat, fish and dairy) in your fridge or freezer will help prevent odors.
- 4. Bring food scraps to your closest drop-off site, open daily 7 am-7 pm.





WITHIN THE WIRE...

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COMMUNITY CALENDAR

Mon., Nov. 6 ● 6:30–7:30 pm Athletic Field Park Advisory Council 3546 W. Addison St.

Tues., Nov. 7 ● 7 pm GIPNA Board Meeting Independence Park Bungalow 3900 N. Hamlin Ave. https://meet.google.com/nkn-dcgc-tfd

Wed., Nov. 8 ● 6–7:30 pm LSC Meeting, Haugan Elementary 4540 N. Hamlin Ave.

Fri., Nov. 10 • 7 pm
Carlson's Trivia Night
Irving Park Lutheran Church Gym
4057 N. Harding Ave.
carlsoncommunityservices.org/events

Sun., Nov. 12 • 3 pm
Irving Park Fine Arts Concert Series
Sunday Afternoon Jazz with
Marianne Kim, Pianist
Irving Park Lutheran Church
4100 N. Harding Ave., Free

Wed., Nov. 15 ● 6:30 pm Beat 1723 CAPS Meeting 17th District Community Room 4650 N. Pulaski Rd.

Fri., Nov. 17 ● 5–9 pm (Preview Night) Sat.—Sun., Nov. 18–19 ● 11 am–6 pm Show of Hands 10th Anniversary Holiday Show Color Club, 4146 N. Elston Ave.

showofhandschicago.com
Sat., Nov. 18 ● 5:30–8 pm

Boy Scout Troop 904's 49th Annual Spaghetti Dinner Fundraiser St. Edward Church, 4350 W. Sunnyside Advance tickets at https://form.jotform.com/aweyers/spaghetti

Continued on page 11



Dear Neighbor,

Hello, neighbors! I hope you and your family had a wonderful Halloween!

Last month we hosted a neighbors' night out at the Cabin-thank you to all who came out! The Board and I had a great time meeting so many of you. Helen, one of our VPs, took lots of pictures and they are posted on our Facebook page. We look forward to doing more events in the future. We are always open to ideas for neighborhood gatherings for adults or families, so please feel free to share ideas with us by emailing wwcablasts@gmail.com or through the Facebook page.

As the weather gets colder and we move into Thanksgiving, I encourage all of us to reflect on the things we are grateful for, both big and small. Take a moment to appreciate the roof over our heads, the food on our tables, and, most importantly, our friends and family. And if you can, maybe take a moment to think about those around us who may not have a roof over their head, or food on their tables. There are many ways to give back with time, tangible or monetary donations to worthy causes in our neighborhood and around the city.

Happy Thanksgiving,

Erin Hunter WWCA President



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 over 100 years of service to the West Walker Community

2023-2025 OFFICERS

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Heather McLane

WEST WALKER EMAIL BLASTS

Brian Hunter

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

All story ideas, articles and ads are due a week before the first of each month. Submit ideas and articles 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.



CAPS Report

Beats 1722 & 1723

October 18, 2023 Meeting - No Report

Call 911 to report suspicious activity or individuals in your neighborhood and provide detailed descriptions of the individuals and vehicles involved in any incident. Even if a neighbor has already reported the incident or activity, other neighbors should make separate calls. The police rely on the number of calls for service in determining the allocation of officers to a district.

Remember to always lock your vehicle; never leave it running unattended. Be on the lookout for scams related to income tax refunds. Remember, the IRS will never call you on the phone. **The next meeting will be on Wednesday, November 15 at 6:30 pm** in the 17th District Community Room, 4650 N. Pulaski.

Contact or follow the 17th District CAPS office at: Email: CAPS.017district@chicagopolice.org

Phone: 312-742-4588

Facebook: facebook.com/CAPS.017

Twitter: @ChicagoCAPS17 Instagram: cpd17district

They clogged the fountains with rocks and mud." Theled wou fix that so fast! Do you still hate litter?" "Yes."

REAL ESTATE NEWS

By Dorie Westmeyer Realtor®, MBA, ADPR Your Neighborhood Realtor!

FALL FUN IN CHICAGO

You can't beat Chicago in the fall. The weather is crisp. The leaves are turning beautiful colors. And there are so many things to do before winter hits. Here are a few to consider:

- 1. Check out the fall colors. Visit Lincoln Park around the North and South ponds. Enjoy the Japanese garden at Jackson Park. Millennium Park has great colors by Cloudgate (the Bean) and the hidden Lurie Garden.
- **2. Head to the zoo.** It's not too late to stroll through the Lincoln Park Zoo. Bring back your childhood and ride the carousel.
- **3. Hop on a boat cruise.** There is nothing like seeing and learning about Chicago's fabulous architecture than from a river cruise. Try the Chicago Architecture Center River Cruise.
- **4. Find a fall festival.** Festival of Wood-Barrel Aged Beer, November 3–4; Christkindlmarket at Daley Plaza, November 17–December 24; Wintrust The Magnificent Mile Lights Festival, November 18.
- 5. Enjoy fall food specials. Bang Bang Pie in Logan Square; s'mores dip at Sweetwater; butternut squash risotto at Gene & Georgetti. Stay in the neighborhood for weekly specials at Buona Terra or a delish hot chocolate at Katherine Anne confections.

Thinking of selling in the next 24 months, and want to get the highest sale price? Please call me for a free home consultation.

Call Dorie, Your Neighborhood Realtor 847-989-4870

Dorie Westmeyer

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November at Chicago Public Library, Independence Branch

Questions? Contact Jessica Kimpel, Children's Librarian, at 312-744-1135 or jmccarney@chipublib.org.

Play Day For ages up to 5.

Mondays at 10:30 am Bring a friend or meet a new one during our open and unstructured play group time.

Family Story Time For ages up to 5. Wednesdays at 10:30 am Join us to read, talk, sing, write and stay to play!

Let's Celebrate Diwali with Ms. Ajanta

Saturday, November 4 at 11 am Ajanta Chakraborty will present a unique combination of dances & stories to celebrate Diwali. Gratitude to the Chicago Public Library Foundation for generously funding this program.

New Readers Book Club For ages 5-8. Thursday, November 9, 4:30-5:30 pm We'll read "Pokko and the Drum" by Matthew Forsythe, have a snack and do fun activities. Copies are available for check-out at the circulation desk.

Science Club (on the stairs) For ages 6+. Thursday, November 16, 4:30-5:30 pm Join us for a special series of programs featuring hands-on STEAM activities.

Paint Your Shero Mini Art Show & Reception

Tuesday, November 7, 5:30 pm Bring your friends and family to reveal your Shero paintings. Event sponsored by the Women's History Month Committee.

Community Cinema

Saturday, November 11, 2 pm: Dunkirk, 2017, PG-13 Sunday, November 19, 2 pm: Planes, Trains and Automobiles, 1987, R

Saturday, November 25, 2 pm: Bob's Burgers the Movie, 2022, PG-13

For Adults: Holiday Greeting Cards

Thursday, November 9, 6 pm Create your own papercut holiday cards with Carolyn Kassnoff. All supplies will be provided. Register online.

One Book One Chicago Keynote Event Harold Washington Auditorium, 400 S. State November 15, 6 pm (doors at 5:30 pm) Tommy Orange, author of "There There," will discuss his career, the book and the importance of Native American Voices. He'll also sign copies of the book, available for purchase courtesy of the CPL bookstore partner.

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"Dorie, I wanted to make sure I had someone who I trusted and who would care about selling my house. As you know, the house held many memories for my whole family. The house will always be in our hearts. I didn't want just anyone to sell the house. So, thank you!" - Becky Wiebrecht

If you're thinking of selling in the next 24 months, call me for a free home consultation.



Dorie Westmeyer Realtor,® MBA, ADPR Your Neighborhood Realtor

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www.westwalker.org West Walker Wire



News and Events from Carlson Community Services



Carlson
Community
Services is a
501(c)(3) nonprofit connecting

the Irving Park community with programs that enrich lives through education, culture and service.

Carlson's Trivia Night Friday, November 10

Don't miss Carlson Community Services' 14th in-person Trivia Night Friday, November 10. Trivia Night benefits Carlson's after-school program, community garden and free concert series. Teams of 8 can purchase a table for \$280 (\$320 after November 6). Wine, beer and soda will be sold at the bar. Bring your own snacks! Teams compete for a \$200 cash prize and bragging rights! Returning to emcee is Quiz Master Nicole Kawell.

Trivia Night takes place at the Irving Park Lutheran Church gym, 4057 N. Harding Ave. Doors open at 6:30 pm and play begins promptly at 7 pm. The event is open to adults 21 and over. For more information, or to register your team, visit carlsoncommunityservices.org/events/.

Since our first Trivia Night in 2009, neighbors and friends have been putting their heads together to benefit Carlson's neighborhood programs. It's a great night out... register your team now!



"The Quad" teamed up to support neighborhood programs at Carlson's 2022 Trivia Night. Don't miss the fun November 10!

Irving Park Fine Arts Committee Presents: Jazz Pianist Marianne Kim & More

The first concert of the Irving Park Fine Art Concert Series' 30th season kicks off on Sunday, November 12. The concert features pianist Marianne Kim in a program titled "Sunday Afternoon Jazz." Kim is a Chicago-based composer, pianist, organist and harpsichordist. She has been recognized for her vibrant performances and compositions in a wide diversity of musical styles, including classical, jazz, Broadway musicals, R&B, gospel and traditional and contemporary church music. Kim will be accompanied by guitarist David Onderdonk and bassist James Ross.



Pianist Marianne Kim will perform the first concert of the Fine Arts Series' 30th season.

The concert will be held at Irving Park Lutheran Church at 3 pm. (Note later start time.) The concert is free, but a free-will offering will be taken to support future programming. The season is supported with a generous bequest from the late Doris Peterson, a long-time Fine Arts Series patron.

Remaining concerts in the season are Mariachi Monumental De Mexico performing a festive holiday concert on December 10, Alicia

Berneche in a solo recital on February 11, and clarinetist Matthew Beck on May 5. These concerts will be held at 2 pm at Irving Park Lutheran Church, 4100 N. Harding Ave.

The Irving Park Fine Arts Concert Series, now in its 30th season, was founded by Roger Bingaman, Director of Music at Irving Park Lutheran Church. The intent of the series is to bring high-quality, professional music to the northwest side of Chicago, free of charge.

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.



Snow on Halloween 2023 didn't stop the kids from Carlson's afterschool program from having a blast trick-or-treating on Harding.



Irving Park Community Food Pantry News text and photos by Craig Shutt,

Publicity & Special Events Coordinator, unless noted

Pantry Preps for Holiday Programs

Volunteers at the Irving Park Food Pantry are preparing for our special holiday programs for clients. In November, clients can receive their regular monthly food on November 1, 8, 14 or 29. A full Thanksgiving meal with all the trimmings will be distributed on November 14 and 15. The pantry will be closed on November 22.



Sara Yoest, retired Holiday Gift Program coordinator, shows off stockings given to clients' children in 2022.

In December, regular food distributions will be held on December 6, 12 and 13. Holiday food will be distributed on December 12 and 20. The pantry will be closed on December 27 and January 3 and re-open on Tuesday, January 9. We also will be providing a stocking of age-appropriate gifts and

goodies to all clients' children 12 years old and younger.

If you would like to contribute to these programs, monetary donations can be made via PayPal at irvingparkfoodpantry.org or via a check to Irving Park Food Pantry, 4256 N. Ridgeway Ave., Chicago IL 60618. You can mark your donation for either Holiday Food or Holiday Gifts, if you prefer.



回說集章 You also can donate selected toys via our Amazon registry by scanning the QR code at left. Please do not donate other toys.

Meanwhile, our annual coat drive continues until November 8, and we are providing clients with new and gently used winter coats. Coat donations can still be accepted through November 6. as can hats, scarves, mittens and other cold-weather gear. Please do not donate sweaters, sweatshirts, boots or other clothing. Please take any donations to Big Helpers, 4184 N. Elston Ave., Monday through Friday, 10 am-4 pm, or the front porch at 4731 Kiona Ave. anytime.



Craig Shutt holds up brandnew coats donated to the Pantry's coat drive, which runs through November 8. Photo by Gayle Christensen

Thank you for your support in helping us meet our mission of "Neighbors Helping Neighbors!" Want more information? Contact John Psiharis, Executive Director, at 773-283-6296 or info@irvingparkfoodpantry.org



Thanks to Chris and the crew at J.T.'s Genuine Sandwich Shop, who generously donated the proceeds from sandwich sales at this summer's GIPNA Farmers Market at Independence Park. Photo by Kathy O'Neill





Left: Walter Ramirez, pastor of Latino Ministry at Tabor Evangelical Lutheran Church, talked with John Psiharis about ways his congregation could support our efforts. Right: Margie Pomonis holds detergent sheets donated by Earth Breeze. Their current donations total 2,432 packages worth \$48,640, representing 145,920 loads of laundry!

Nov. 20 - Dec. 16



"All Scripture is God-breathed ..."

2 Tim. 3:16a

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Million Girls Moonshot 2024 Flight Crew Applications

Million Girls Moonshot is recruiting students for their 2024 Flight Crew! The Flight Crew will amplify youth voices in the national conversation around STEM equity as we work toward a future where every young girl can imagine themselves as an engineer, builder or inventor.

As a Flight Crew member, you will participate in speaking engagements, attend events, connect with your local STEM community and create exciting social media content! Youth aged 13 to 18 who identify as female, gender-expansive or outside of the identity of cis-gender male, are invited to apply by December 1 at milliongirlsmoonshot.org/moonshot-flight-crew.

The Million Girls Moonshot seeks to re-imagine who can engineer, who can build, who can make. It will inspire and prepare the next generation of innovators by engaging one million more girls in STEM learning opportunities through afterschool and summer programs over the next 5 years. For more information, visit milliongirlsmoonshot.org.



Completing the Stress Cycle

by Jenna Zaffino, Integrative Nutrition Health Coach and Movement Educator

Whether it's acute, like being cut off in traffic, or chronic, like looming bills and deadlines, stress is an unavoidable part of our daily lives. However, there is a solution that's been shown to help navigate through acute moments of reactivity while increasing our stress resilience overall: Completing the stress cycle.

When we experience a stressor, our body cycles through phases. Sometimes this we encounter stress externally, like when our evening walk is interrupted by a dog surprising us with a ferocious bark through the fence. Other times, it's internally motivated, like realizing you made a mistake at work and worrying about fixing it before anyone finds out.

While the stressors are different, the next phase is similar: our bodies release adrenaline to help us fight, flee or even freeze. This can result in experiencing heart palpitations, quickened breaths, sweat and shaky palms. Once the threat has passed, your nervous system should ideally move into the next phase of the stress cycle where it puts the "brakes" on the stress response, lessening adrenaline and allowing you to recalibrate.

This is where many of us miss the opportunity to recalibrate and instead begin to replay the stressful situation over and over again. These ruminating tendencies can prolong the alarm stage of the stress response, often creating more stress in its wake.

So how do we avoid the rumination loop and complete the cycle? The first step is to be aware of your own experience with stress. Look for the symptoms listed above. Next, interrupt your ruminating tendencies by choosing a "completion strategy" that best suits you, including physical activity, creativity, physical affection, laughter, crying, breathing or rest.

The key is to choose a completion strategy that feels interesting and engaging for YOU. If you don't normally exercise, then a trip to the gym might cause more stress. Instead, do a full body shake, take a mental health walk or do some gardening. The trick is to choose something that helps you physically shift away from the stressor without causing more stress in the process.

Stress is (unfortunately) inevitable. But with a little awareness, we can gain resilience and get back into the driver's seat of our lives.

Your Health, Your Way

Are you ready to elevate your health, but don't know where to start?

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Contact Me Today:

Email: coachjz@jennazaffino.com







Donate to Support Recently Arrived Asylum Seekers

If you've been looking for a way to make a positive impact and support recently arrived asylum seekers in our area, North River Commission and 33rd Ward Community Care Collective are seeking donations to support newly arrived families in our community and the 17th precinct. Every little bit counts!

North River Commission seeks donations of:

- · New or freshly washed blankets and pillows
- Winter clothing for adults and kids, including snow boots, hats, gloves and scarves
- · Athleisure or comfortable clothing
- · Lightly worn shoes
- · New hygiene products
- · New underwear and socks for adults and kids

North River Commission is *not* accepting toys, books, jeans or suitcases at this time. To donate, contact Erika at 872-257-8773 or visit northrivercommission.org/help-migrant-families.

Community Care Collective 33 seeks donations of:

- · Winter jackets
- · Warm blankets or quilts
- · Sleeping bags
- · Warm layering clothing
- · Warm hats and gloves

Email CCC33Chicago@gmail.com to inquire about current donation needs or to volunteer to help organize and transport donated goods. A complete list of priority needs and donation sites is also maintained on their Physical Donations page at https://sites.google.com/view/ccc33chicago/Items. Please DO NOT take donations directly to the police station or respite centers.

Chicago Architecture Biennialab 5: This is a Rehearsal

Check out this series of exhibitions and installations throughout Chicago! Admission is free from November 1 through the end of 2023.

The artistic team, Floating Museum, has brought together more than 80 participants, from architecture studios and artist collectives to urban farmers and landscape designers, for CAB 5. "This is a Rehearsal" explores how contemporary environmental, political and economic issues are shared across national boundaries but approached differently around the world through art, architecture, infrastructure and civic participation.

November is National Long-term Care Insurance Month

Will the U.S. Government take care of you when you need care in your advanced age?

Are you aware how Medicare and your supplement coordinate should you have a injury or sickness and need assistance?

Where would you like to receive care should you need it?

Someone turning age 65 today has almost a 70% chance of needing some type of <u>long-term care services</u> and supports in their remaining years.

https://acl.gov/ltc/basic-needs/how-much-care-will-you-need

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CAB 5 will feature a robust series of exhibitions and installations at indoor sites such as the Chicago Cultural Center, the Graham Foundation for Advanced Studies in the Fine Arts, the James R. Thompson Center and the Chicago Architecture Center, as well as more than 100 cultural partners.

For more information, visit https://chicagoarchitecturebiennial.org.



WWCA Members

THANK YOU to the neighbors who joined or renewed as of November:

Jim Naisbitt

Lindsey Marcus & Bill Lyons

Do You Have an Article or Ad for the West Walker Wire?

The West Walker Wire welcomes ads and articles from you! If you like to write, we're looking for more writers to contribute monthly stories about our neighborhood history, news and events. Please limit your contributions to approximately 400 words (about half a page) and make sure you submit all text in a Word or Google document, or directly in the body of an email. Any other formats will not be accepted.

If you're interested in placing an ad, contact Shannan Bunting at shannan@solsticepr.com for rates and sizes.

The deadline is 7 days prior to the first of the month: November 25 for the December issue. Submit articles and final PDF or JPG ad artwork, as well as feedback or questions to: Wire Editor, west_walker_wire@yahoo.com.

It's Membership Renewal Time!

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

- 10 issues per year of the *West Walker Wire*, delivered free to residences and businesses in West Walker
- · The annual community garage sale
- Area non-profit groups like the Irving Park Community Food Pantry, Independence Park and Independence Library
- Free email updates on neighborhood events, area crime and a LOT MORE!

Stay Current with West Walker Blasts! To submit an announcement or get on the list, email wwcablasts@gmail.com today!

PLEASE SUPPORT OUR ADVERTISERS!

Let them know you saw them in the

West Walker Wire.



Yearly Membership Dues: Effective May 1, 2023 through April 30, 2024			
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DONATION DROP OFF: on behalf of the Irving Park Community Food Pantry, Mon–Fri, 10 am–4 pm **4184 N. Elston Ave., Chicago, IL 60618**

COMMUNITY CALENDAR

Continued from front cover

Sun.. Nov. 19 • 10 am

Kidical Mass Family Bike Ride Independence Park Playground (corner of Grace & Hamlin)

Tues., Nov. 21 • 7 pm

Independence Park Advisory Council Fieldhouse, 3945 N. Springfield Ave.

Sat., Nov. 25 • All Day

Small Business Saturday

Shop local & shop small this year and all year-round!

Sat., Dec. 2 • 3-6 pm

Northwest Side Holiday Trolley

For details, visit facebook.com/SixCornersChicago

Sat., Dec. 2 ● 4-7 pm

GIPNA 10th Annual Wine & Cheese Party Color Club, 4146 N. Elston Ave. *Tickets at gipna.org*

Sun., Dec. 10 • 2 pm

Irving Park Fine Arts Holiday Concert: Mariachi

Monumental De Mexico

Irving Park Lutheran Church, 4100 N. Harding Ave.

Free, reception to follow

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Paddy* Mac's

DAILY SPECIALS

** All food specials are dine-in only and require purchase of a drink.

Monday: \$8 Paddy Mac Burger

Tuesday: \$6.50 Tacos (2), Open Mic @ 9 pm Wednesday: Ribs: \$12 Half Slab / \$17 Full Slab

Thursday: 90¢ Wings of Fire/Each, Trivia at 8 pm

Friday: \$12.75 All-You-Can-Eat Fish Fry

\$8.50 Grilled Cheese Deluxe Sandwich **Saturday:**



4157 N. Pulaski 773-279-9300

Please contact us at PaddyMacsChicago1@gmail.com for Party/Benefit Bookings







