



WEST WALKER WIRE

MARCH 2024

www.westwalker.org

The Fluttering Away of Monarch Butterflies

by a West Walker Gardener

The Chicago Sun-Times recently reported on the concerning decline of monarch butterflies, highlighting the detrimental impacts of climate change and habitat loss. Monarchs, known for their remarkable migration from North America to Mexico, face increasing challenges due to extreme weather events and dwindling milkweed, crucial for their reproduction.

Climate change exacerbates these challenges, with rising temperatures and unpredictable weather patterns disrupting the monarch's delicate life cycle. Storms and cold snaps disrupt migration patterns, while the loss of milkweed due to herbicides and habitat conversion impedes their ability to reproduce.

Communities like West Walker can play a vital role in protecting the life of monarch butterflies through various actions:

1. **Plant Native Milkweed:** Encourage the planting of native milkweed species in community gardens, parks, and green spaces. Milkweed is essential for monarch reproduction, providing food for caterpillars and a place for females to lay their eggs.
2. **Create Monarch-Friendly Habitats:** Designate areas within communities as monarch-friendly habitats by planting nectar-rich flowers and providing shelter from wind and extreme weather. These habitats can serve as refuges for monarchs during their migration and breeding seasons.
3. **Reduce Pesticide Use:** Advocate for reduced pesticide use in community spaces and encourage the adoption of organic gardening practices. Pesticides can harm monarch butterflies directly or indirectly by reducing the availability of their food sources and disrupting their life cycle.

Other efforts to address these issues include habitat restoration projects and policy advocacy to mitigate climate change. By recognizing how climate change and biodiversity loss are interconnected, we can work toward sustainable solutions that ensure the survival of these iconic insects for future generations.

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COMMUNITY CALENDAR

Wed., Mar. 20 • 7 pm

Independence Park Advisory
Council Meeting
Fieldhouse, Room 100
3945 N. Springfield Ave.

Wed., Apr. 17 • 6:30 pm

Beat 1723 CAPS Meeting
17th District Community Room
4650 N. Pulaski Rd.

Wed., Apr. 17 • 7 pm

Independence Park Advisory
Council Meeting
Fieldhouse, Room 100
3945 N. Springfield Ave.

Sun., May 5 • 2 pm

Irving Park Fine Arts Concert Series
Matthew Beck Trio
Clarinet Trios of Brahms and Beethoven
Irving Park Lutheran Church
4100 N. Harding Ave.
Free!

You can also visit us online at:
[www.facebook.com/groups/
WestWalkerCivicAssocChicago/](https://www.facebook.com/groups/WestWalkerCivicAssocChicago/)

Dear Neighbor,

I hope you all enjoyed the brief early spring we had a couple weeks ago; I hope this warm weather is here to stay! I wanted to thank those of you who responded to our volunteer survey published in the January issue of the Wire. We got some good suggestions for new groups for seniors, parents and crafters. We also received a request for a Halloween-themed gathering. We will be seeking out volunteers to lead these groups, and of course we hope to have a lot of participants as well!

I wanted to thank everyone who came out for the WWCA Winter Social on February 29 at the Color Club! It was great seeing all of you and we are planning more activities as the year goes on.

I also wanted to announce some changes to our membership options and rates. As many things have increased with inflation, so too has the rate we pay our printer to produce the 10 issues of the Wire distributed each year to every household in the area. Membership rates have not been modified in many years, and so we made the difficult decision to increase annual dues to defray some of these costs. But it's not all bad news—we are excited to announce new benefits and payment options!

We are rolling out a new membership type for Individuals, and we are also offering Lifetime membership dues. Lifetime is as it sounds—pay once and you or your family are members for as long as you live here. All membership types will continue to have annual dues options as well. Another benefit we will be rolling out are yard signs for Family and Individual memberships. We expect the yard signs to be available by summer, and these will be available to all WWCA Individual or Family members who paid their annual or lifetime dues.* For businesses, we will be offering a window decal (very similar to the design of the yard signs) and each business' logo printed in the Wire for 10 months (the Wire is printed 10 times per year, September–June).

The membership types and costs are shown below and are also on page 10 of this issue. Stephen Brown, our Treasurer, has worked hard to modernize our payment methods, and we can now accept Zelle (preferred; QR code below), Venmo or PayPal for dues payment. Zelle does not charge us any fees, so if you have a choice of payment methods, we appreciate you choosing Zelle. Those wish to pay by check may still do so.



Membership Options:
 Family – Annual \$30 or Lifetime \$350
 Business – Annual \$40
 Senior – Annual \$10
 Individual – Annual \$25 or Lifetime \$200

*Due to the cost of the signs, we were not able to include them in the senior pricing, but seniors can buy a sign for an additional fee if they wish.

Until next month,
 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

President	Erin Hunter
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Secretary	Gayle Irvin
Treasurer	Stephen Brown

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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

Beat 1723

February 21, 2024 Meeting

In attendance: CAPS Officer Miro; Officer Al Retamozo; John Campos, CPD Community Organizer; Mark Gameng (39th Ward)

CAPS Officer Miro welcomed everyone to the meeting. Mark Gameng from Alderman Nugent's 39th Ward office spoke first. Participatory budgeting for the 39th Ward is starting again. Ideas for projects can be submitted until March 1. Voting will take place after projects have been selected. If you are a senior receiving the Low-Income Senior Citizen Assessment Freeze (formerly Senior Freeze), you must re-apply each year. Call the Alderman's office if you need assistance.

Officer Miro reviewed crime stats for Beat 1723. There were 13 motor vehicle thefts, most were Hyundais or Kias. On February 6 at approximately 9 pm there was a home invasion in the 4000 block of N. Harding through an open window. On January 31 there was a garage break in and theft in the 4000 block of N. Avers. January 28 there was an attempted garage break in on the 4500

Continued on page 4

Independence Parka

by erica dreisbach

apropos of nothing...



REAL ESTATE NEWS



By Dorie Westmeyer
Realtor®, MBA, ADPR

Your Neighborhood Realtor!

Which Home Improvements Have the Best Return?

With tax season here, some of you may be wondering how to spend your tax refund. I can think of plenty of ways, ha! But I'll stick to home improvements that you can enjoy and will add value to your home when you're ready to sell.

Project	Cost Recovery
Refinish hardwood floors	147%
New wood flooring	118%
Finish Basement to living area	86%
Convert attic to living area	85%
Complete kitchen renovation	75%
Bathroom renovation	71%
Kitchen upgrade	67%
Add new bathroom	63%

Surprisingly, or maybe not, they also ask homeowners what projects bring them joy. In addition to the projects above, here are a few simpler projects that also bring homeowners joy. On a scale of 1 to 10:

Project	Joy Score
Paint the interior of your home	10
Paint a room	10
Add a home office	10
Remodel a closet	10
Add/upgrade laundry area	9.5

Do what makes you happy and brings you joy.

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

Source: NAR remodeling impact report

Dorie Westmeyer
CHARLES RUTENBERG REALTY
847-989-4870 · Dorie@DorieWestmeyer.com

Continued from page 3

block of N. Avers. Make sure your garages are locked with nothing of value in them.

A resident asked about a fatal shooting near Whipple and Irving on February 8. A car chase began near Pulaski and Montrose and ended with a crash on Whipple. The victim had no prior record. A shooting at Cullom and Kildare took place an hour before.

Four arrests were made at a home in the 4600 block of Central Park. Four weapons were found as well as drugs and a large amount of cash. The individuals arrested are members of the same family and well known to police.

A resident had the catalytic converters stolen from two vehicles in one night. Officer Miro encouraged residents to have their VIN number etched into their catalytic converters, or have a cover placed over them. CPD sponsors Vehicle Safety Days. For more information visit: <https://home.chicagopolice.org/community-policing-group/vehicle-safety/>

In a major change to the CAPS meeting schedule, Beats 1722 & 1723 will no longer have combined Beat meetings. Each Beat will have its own meeting, every other month. The next 1723 Beat Meeting (covers all of

West Walker) will be April 17. Several residents expressed concern that meetings will be less often. Residents were encouraged to call CPD headquarters with their concerns.

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 and be on the lookout for scams related to income tax refunds. Remember, the IRS will never call you on the phone. **The next CAPS meeting will be Wednesday, April 17 at 6:30 pm** in the 17th District Community Room, 4650 N. Pulaski. Meetings are held the third Wednesday every other month.

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](https://instagram.com/cpd17district)

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Dorie Westmeyer
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Irving Park Lutheran Church News and Events

Easter Is Early This Year—in March! And a Holy Week Before It

Sunday, March 24, 10:30 am: Palm Procession & Reading of the Passion This special day worship begins in Victory Hall with a blessing of the palms, followed by a procession from the Belle Plaine side door to the church front entrance on Harding, waving palms and shouting “Hosanna!” Church members will read the passion according to Mark, interspersed with Holy Week hymns.

Maundy Thursday, March 28, 6–8 pm: Festive Meal, Service + Stripping of the Altar Join us as early as 5:30 pm for a delicious meal of middle Easter food and festive adult beverages, served promptly at 6 pm. (As the meal is catered, please RSVP at www.iplc.org or our e-newsletter, or email or call the office at 773-267-1666. Help serving and cleaning up is welcome as well!) As we finish dining, we'll share Holy Communion, remembering it was at a meal with friends (who would also betray and deny him) that Jesus instituted the sacrament and instructed us, “Do this.” The evening continues with Footwashing, a powerful act of service, also commanded by Jesus just before he died. We then move to the sanctuary for the solemn Stripping of the Altar, ritually remembering Jesus' stripping and abandonment.

Good Friday, March 29, 7 pm: Tenebrae Service We gather in silence, entering a stark and bare sanctuary. We hear the story of Jesus' passion, according to John, interspersed with moving music, accompanied by cello. As the service progresses the church grows yet darker, as with each reading and song a candle is snuffed. The processional Bible is slammed shut. God's body is placed in a tomb. We depart with solemnity.

Easter Sunday, March 31: Lakefront Sunrise Service, 6 am; Easter Breakfast at Church, 7–10:30 am; Egg Hunt, 10 am; Worship in the Sanctuary, 10:30 am As the women hurried to the tomb early Easter morning, you too can show up early—at the lakefront at 6 am for a 30-minute worship service, or at church for breakfast (continental at 7 am, breakfast casseroles and other dishes as the morning continues. We'd love your contribution to the meal! Sign up at www.iplc.org or our e-newsletter.) Children's egg hunt at 10 am in the Sunday school classrooms. Worship at 10:30 am in the sanctuary with much festive rejoicing.

Discipleship & Dietrich Bonhoeffer
Adult Bible Study: Sunday Mornings 9:15–10:15 am
Continuing our Discipleship theme this year, we'll spend

Lent focusing on German Lutheran theologian, pastor, and martyr Dietrich Bonhoeffer. A leading spokesman for the Confessing Church, a resistance movement against the Nazis, he was imprisoned for his part in a failed attempt on Hitler's life, and hanged on April 8, 1945. We'll discuss Bonhoeffer's seminal work, “The Cost of Discipleship,” through March 24. Attendees are adults of various ages and stages in life and faith, and multiple perspectives and questions are welcome. Join us in the Chapel and bring a friend!

Wednesdays in Lent at IPLC

Meal 6–7 pm, Worship 7–7:30 pm Lent is a 40-day season of reflection, repentance, and recommitment. We journey with Jesus to the cross and seek to better follow him in our lives. Join us on Wednesday evenings in the fellowship hall any time after 6 pm for food, fellowship, learning and games, followed by a 30-minute worship service in the sanctuary. In the contemplative service, along with prayer and song, we'll focus on different individuals who have lived out their faith across centuries and continents, including Harriet Tubman, Sojourner Truth, George Herbert, Julian of Norwich, St. Patrick, and Oscar Romero. Learning more about these individuals can inspire and encourage us in our journey of faith.

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2 Cor. 5:17a



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FULTONGRACE

Irving Park Community Food Pantry News

Text and photos by Craig Shutt, Publicity & Special Events Coordinator, unless noted

Basket Program Underway!

The Irving Park Food Pantry has begun its annual spring basket program, providing our clients' children 12 years and younger with baskets of toys and goodies. The program runs through March (prior to Easter on March 31), and we are still collecting donations.

We are asking for donations of dollar-store plastic bucket-style Easter baskets (please don't donate other types to aid consistency), along with plush animals, plastic eggs filled with candy or toys, small toys and wrapped candies. Contactless donations of items can be made using our Amazon registry at www.amazon.com/hz/wishlist/ls/3QD9HUIJM0C0DM?ref_=wl_share.



That list also can be used to buy similar items locally (they don't need to be exact matches).

Locally purchased donations can be taken to Big Helpers (4184 N. Elston Ave.), 10 am-4 pm, Monday-Friday, or the enclosed front porch at 3833 N. Tripp Ave. any time.

We also encourage organizations to do their own collections or create assembled baskets. For details on what should be included in the baskets or to arrange a special delivery, contact program coordinator Justin Tebbe at tebbe.g@gmail.com.

Beginning this month, the Pantry requires clients to bring their own reusable bags for most food (except where required, such as with meat options). Each client is being given several reusable bags during their first visit during March or later but thereafter will have to either bring reusable bags or use emptied boxes to take away their groceries. No single-use plastic bags will be available to bag regular groceries.

Our goal is to aid the environment while reducing costs and making use of the reusable bags that most families already own. Please note, we are not asking for donations of reusable bags at this time.

The Pantry is thrilled to have received a \$10,000 grant (the maximum provided) from the Grubhub Community Fund's Full Plate Program. We are one of a number of nonprofit organizations in the Chicagoland area providing food to those suffering from food insecurity that were selected for the grants.

Thank you to everyone who shopped at Whole Foods Market during the company's Give Local program

that ran December 6-26, 2023. The campaign's funds were evenly divided among more than 600 local food-redistribution nonprofits and resulted in a donation to the Pantry of \$2,799.12.

Thank you to our new neighbors at the Northwestern Medical Center in Old Irving Park (4445 W. Irving Park Rd.) for adding us to the volunteer opportunities available to employees throughout the hospital network. We've had several employees help at our distributions already.

We are pleased to say we are working with the Sage Brigade, a group of senior volunteers organized by 33rd Ward Alderwoman Rossana Rodriguez's office to help other seniors find and apply for benefits that meet their specific needs. The Pantry is providing the Brigade with a range of food items for up to 20 seniors each month. The volunteers come to the Pantry to pack up the food we've allocated and deliver it where needed.

Thank you to everyone who supports our mission to be "Neighbors Helping Neighbors!"

For more information, visit irvingparkfoodpantry.org or contact John Psiharis, Executive Director, at 773-283-6296 or info@irvingparkfoodpantry.org



Left: Dispatcher Meredith O'Sullivan assembles plastic grocery bags in February. In March, clients must bring reusable bags. **Below:** Kerry Brown Hasbrook of Radical Generosity with the popular birthday kits they donated to our clients in February.



Above: Pantry volunteers Greg Shea and Lourdes Ryczek with Kettle Heroes popcorn donated by the Pat Tillman Foundation. Photo by Kathy O'Neill



Left: Assistant Operations Manager Laura Barnes and Client Services Coordinator Elvia Esparza with State Senator Natalie Toro during the Senator's first annual community baby shower in late January at Concordia Place. Photo courtesy of Senator Toro



March at Chicago Public Library, Independence Branch

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 Talk, sing, read, write, and stay to play with us!

Silent Book Club

Tuesday, March 12, 6-7:30 pm Readers and introverts unite! Join us for an hour of solo reading of whatever you like. Hang out after to chat with your fellow readers (or not). Light refreshments provided.

LEGO® Play For ages 5+.

Thursday, March 14 at 4:30 pm Build and inspire others with your creations. All builds will be displayed with a juice box reception to follow.

Science Club For grades 2-6.

Thursday, March 21 at 4:30 pm Join us for a series of programs featuring hands-on STEAM activities.

BYOB(ook) Club

Thursday, March 21 at 6 pm A book club with no assigned reading! Join us to share what you are currently reading or a favorite title you recommend. Meet fellow book lovers and get ideas of what to read next.

Blood Drive with the American Red Cross

Friday, March 29, 10 am-3 pm Honor Clara Barton (the founder of the American Red Cross), women, transgender, and gender non-conforming people with your donation. To register, visit RedCrossBloodDrive.org or <http://tinyurl.com/22fduj3e> or call 800-733-2767.

Community Cinema

Saturday, March 30

11:30 am: *The Woman King*, 2022, PG-13

2 pm: *Barbie*, 2023, PG-13 Dress up in your Barbie best!

Questions? Contact Jessica Kimpel, Children's Librarian, at 312-744-1135 or jmccarney@chipublib.org, or visit the library at 4024 N. Elston Ave.

WWCA Members

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

Marilynn & Paul Jeffries

Sami & John Nordmark

Tony & Caroline Stompanato



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

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Carlson Community Services

News and Events

A 501(c)(3) non-profit connecting

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

Space available at MAP!



Students prepare to make ice gems on Science Experiment Thursday.



Balloon artist Miles demonstrates his skills at MAP.

Carlson Community Services' after-school program, the Magic After-School Place (MAP), has a few open spots for neighborhood students. In its 17th year of providing high-quality, affordable after-school care for children attending Belding School, MAP is a great destination for neighborhood kids after school. Our income-based tuition structure makes MAP a valuable resource for working families who need a safe place for their children after school. Equally important, children receive homework help and tutoring, play group games and enjoy social time with friends. Every Thursday the students participate in a different special activity: cooking, crafts, science experiments and art instruction. Weather permitting, Fridays are reserved for play at a park.

Program space is generously donated by Irving Park Lutheran Church, helping us do this important work in our community. MAP meets from 3-6 pm every day Chicago Public Schools are in session at the IPLC gym located at Harding and Belle Plaine. For more information and to enroll your child, contact Rebecca Haneberg at mapdirector@carlsoncommunityservices.org or visit carlsoncommunityservices.org.

Tapestry Center Fire Restoration Update



On December 22, the Tapestry Center had a fire. We apologize for any inconvenience caused by the demolition containers outside our building. Everything has had to go, except for a few items, due to smoke damage.

What happened as an accident will hopefully become a rebuilt Tapestry Center available to the community for art, worship and community service.

We are interested in the community's input on how to make this building usable for the neighborhood's best interests in the coming months. Thank you for all of your prayers and concerns as we rebuild Tapestry Center.

If you have ideas, suggestions, questions or concerns, please do not hesitate to email us at tapestry.chicago@gmail.com or call Pastor Mark Johnson at 773-931-8900.

Mail in your 2023/2024 dues along with the application below.

WEST WALKER CIVIC ASSOCIATION MEMBERSHIP APPLICATION

Yearly Membership Dues: Effective May 1, 2023 through April 30, 2024

Check one:

- FAMILY ANNUAL \$30
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- BUSINESS \$40
- INDIVIDUAL ANNUAL \$25
- INDIVIDUAL LIFETIME \$200
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Mail or drop off your application and dues to: Stephen Brown, 4048 N. Harding Ave., Chicago, IL 60618

Shifting Your Mindset for Sustainable Self-Care

by Jenna Zaffino, Integrative Nutrition Health Coach and Movement Educator

Over the past few years, many of us have recognized how important it is to care for ourselves, especially while caring for others in our lives. Yet, how often do we relegate ourselves to the back burner, whispering “I should eat better,” or “I should meditate every day”? If left too long in this cycle, there’s a huge risk of building resentment toward the self-care itself.

But what if we swapped the word “should” for “must”? This seemingly small change in mindset can have a transformative impact on our approach to self-care, paving the way for lasting and sustainable change. Embracing the “must” mentality signifies necessity, non-negotiability, and an intrinsic understanding of the value self-care brings to our lives. It recognizes that prioritizing self-care isn’t simply a chore or luxury, but a vital investment in our overall well-being.

Here are some practical steps to help shift our mindset from “should” to “must”:

1. **Align with your values:** Connecting your self-care practices to your core values makes them more

meaningful and purposeful. Prioritize activities that support your physical and mental health.

2. **Focus on the benefits:** Reframe the narrative around self-care. Instead of focusing on the effort involved (“I should go for a walk”), connect the act with the positive outcomes (“Regular exercise boosts my energy and improves my mood”).

3. **Change your language:** Replace “I should” with empowering phrases like “I need to” or “I choose to.” This subtle shift acknowledges the essential nature of self-care and emphasizes your agency in prioritizing your well-being.

4. **Celebrate small wins:** Recognizing small wins is crucial for maintaining motivation and reinforces the positive impact of self-care, solidifying its position as a “must” in your life. Acknowledge your effort instead of dwelling on missed acts.

While this shift requires consistent effort, remember that you’re not alone. There will be days when self-care feels challenging, and that’s okay. Acknowledge these challenges, seek support from loved ones or professionals, and don’t be afraid to adjust your approach. The key is to keep moving forward, prioritizing and nurturing your well-being as a non-negotiable “must” for a fulfilling and healthy life.



CHE

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