



WEST WALKER WIRE

SEPTEMBER 2024

www.westwalkercivic.org

Get Outside for Some Fresh Air & Fall Fun!

Walk-and-Talks with Local Medical Pros in the Parks

Saturday, September 14, 9–10:45 am Join La Rabida Children's Hospital Pediatric Medical Providers and Rush University Medical College Students for two 45-minute wellness walk opportunities at Jackson Park and Park #540!

Chicago Parks Foundation's Wellness Walks are a free, low-pressure way to get some movement, connect with fellow community members, learn about your own health, and enjoy your beautiful parks. Medical professionals lead the walks and informal discussions on health-related topics like sleep, nutrition, and exercise. To learn more and to sign up, visit www.chicagoparksfoundation.org/walk.

5th Annual Fall Nature Fest at LaBagh Woods

Saturday, September 14, 12–3 pm Commissioner Bridget Degnen hosts this event, featuring environmentally friendly and sustainable small businesses, a DJ, Brookfield Zoo Chicago Animal Ambassadors, the Jesse White Tumblers, a face painter, kid-friendly nature activities, and much more. Attendance is free for all!

Kidical Mass: Family Bike Rides

Sundays, October 13, November 10 & December 8 at 10:30 am Meet at Independence Park playground, near the corner of Byron and Hamlin, between 10–10:25 am for a 10:30 am departure. **Guidelines:** Please wear helmets and ride safely. Rides are typically 2–4 miles at a 5–6 mph pace, about an hour with stops. Suitable for children who have progressed beyond training wheels. Younger children are welcome on trail-a-bikes, child trailers or child seats on their parent/guardian's bike.

COMMUNITY CALENDAR

Thurs., Sept. 12 • 6 pm

FREE! Live on Lawrence!
PEBA Summer Music Series presents The Real Pretenders, Clark Street Sports Parking Lot, 4506 W. Lawrence Ave.

Fri., Sept. 13 • At dusk

FREE! Movies in the Park:
Barbie (2023, PG-13)
Independence Park, east side of Fieldhouse, 3945 N. Springfield Ave.

Sat., Sept. 14, 21 & 28 • 9 am–1 pm

Sat., Oct. 5 & 12 • 9 am–1 pm
Horner Park Farmers' Market
2741 W. Montrose Ave. at California Ave.

Sun., Sept. 15 & 29 • 10 am–2 pm

Sun., Oct. 6 • 10 am–2 pm
Portage Park Farmers' Market
4000–4100 N. Long Ave.

Wed., Sept. 18 • 7 pm

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

Thurs., Sept. 19 • 6:30 pm

WWCA Neighbor's Night Out!
The Cabin, 4104 N. Pulaski Rd.
Cash bar, snacks provided

Sat., Sept. 21 • 9–11:30 am*

Shredding, Electronics Recycling & Prescription Take-Back Event
NEIU El Centro Campus,
3390 N. Avondale

**Or until trucks are full*

Sun., Sept. 22 • 9 am–1 pm

GIPNA Farmers' Market
Independence Park
Springfield Ave. & Irving Park Rd.

Sun., Sept. 22 • 9:30 am–1:30 pm

Jefferson Park Sunday Market
4818 N. Long Ave.

Sat., Sept. 28 • 12–9:30 pm

IPAC Indie Park Fest
Independence Park

WITHIN THE WIRE...

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Dear Neighbor,

It's hard to believe summer is over and it's already September. The Association has had a busy summer! We handed out lemonade, water, candy and Independence Day trinkets at Independence Park on the 4th of July. The Association also hosted our first Garden and Yard Walk in July with over 70 attendees and over 20 gardens/yards participating. We look forward to hosting this event again in 2026; as mentioned in my June letter, we will alternate years with GIPNA. Thanks to all the committee members for making it such a successful event!

If you paid your individual or family membership dues in 2024, you should have received a yard sign over the last couple weeks. If you did NOT receive a yard sign and have paid your membership dues in 2024, please reach out to Laura Ell at lauraell1120@gmail.com. For members with senior memberships, the low cost of your membership did not cover the cost of yard signs, but they can be purchased for \$5 each by reaching out to Laura.

We have a couple exciting events coming up in the fall for neighbors to look forward to. On **Thursday, September 19 at 6:30 pm** we will host a Neighbors' Night Out at The Cabin. The Association will provide snacks and there will be a cash bar, but entry is free for all to attend. On **Sunday, October 27 from 1-3 pm** we will host Fall Fest at the Irving Park Lutheran Church Rec Center (4057 N. Harding Ave.). This is a family oriented event with activities for children. If you are interested in being part of the Fall Fest planning committee, please reach out to me at jankow2003@gmail.com.

We are also looking for a new editor for the West Walker Wire newsletter. If you enjoy editing and proofreading, have basic desktop publishing experience with Adobe InDesign, and are interested in volunteering to put together 10 issues per year (September through June) or would like more information, please reach out to me at jankow2003@gmail.com. Monthly time commitment is roughly 16-24 hours.

Thanks to our current Wire Editor, Heather McLane, for the last two years of her volunteer service to the WWCA.

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

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EDITOR

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.



Apricot Vintage Debuts Live Music Series This Fall

Apricot Vintage, at 4108 N. Pulaski Rd., will be hosting live music this fall! Featuring performances from local and touring musical artists, Apricot's music series also includes pub-style music sessions with a house band playing Old-Time, Irish, Folk and Bluegrass music. These all-ages events begin at 7 pm and are free to attend.

Thursday, September 19 at 7 pm

Golden Shoals, string band duo from Nashville, Tennessee, with local support from Joybird (folk singer/songwriter)

Wednesday, October 2 at 7 pm

Old-Time/Irish/Folk session with Jess McIntosh

Friday, October 4 at 7 pm

Lucky Cloud (Chicago indie singer/songwriter)

Thursday, October 24 at 7 pm

Lyn Rye Trio (songwriter-fronted jazz trio)

Apricot Vintage aims to be a place where people can gather, learn and share about vintage clothing and music, and run into neighbors and friends.

Independence Parka

by erica dreisbach



REAL ESTATE NEWS



By Dorie Westmeyer
Realtor®, MBA, ADPR

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Today's Housing Market Myths

There's a lot of conversation in the media about what's happening in real estate. Some like to stoke fears about a real estate market collapse. Here are some myths and facts to set the record straight.

Myth: Home prices are going to crash.

It's true many markets have seen remarkable appreciation in home values over the last 3 years. The average sale price of a 3 bedroom, 2 bath home in Irving Park is now \$562,000, up 17% since 2021. However, prices are not expected to crash because there is still an under supply of homes for sale. It would take 2.5 months to sell all the Irving Park homes for sale compared to 4.5 months before the pandemic. An oversupply of homes (buyers' market) is more than 5 to 7 months of inventory. The number of foreclosures is also down significantly and homeowners' home equity has increased dramatically.

Myth: It's a sellers' market; I can overprice my home. We're seeing an increase in price reductions, because some Realtors and sellers are overpricing homes based on what they hope the home is worth versus reviewing a thorough analysis of recent sales and discussing what buyers may be willing to pay. Research tells us you get a higher sale price if you price your home at market value from the start, versus multiple price reductions.

Myth: I need to put 20% down to buy a home. According to the National Association of Realtors, first time buyers have a median downpayment of 6% and repeat homebuyers average a 17% downpayment. *Source: KCM, NAR*

Thinking of selling in the next 24 months, and want to know what your home is worth? Please call me for a free home consultation.

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

The DARN Right Way to Achieve Your Goals

by Jenna Zaffino, Integrative Nutrition Health Coach and Movement Educator

Watching the Paralympics recently, I've been struck by the incredible feats of human endurance and determination. These athletes, despite facing significant physical challenges, push their limits and inspire us all. Their motivation is a testament to the power of the DARN principle: Desire, Ability, Reason and Need.

In health coaching, DARN is a framework that helps individuals understand the factors influencing their healthy behavior changes. By applying this principle to your own journey, you can increase your motivation and achieve your health goals.

Desire is the driving force behind change. It's the vision of a better you that inspires you to take action. Visualize the positive outcomes of your desired behavior and let that vision fuel your motivation.

Ability is about believing in yourself. Reflect on past successes and seek support from others to boost your self-confidence. Break down your goals into smaller, achievable steps to build momentum.

Reason is your "why." It's the underlying motivation that keeps you going when things get tough. Connect your goals to your values and priorities to find a meaningful reason to change.

Need is the sense of urgency that drives action. Consider the negative consequences of your current behavior and set deadlines to create a sense of time pressure.

By understanding and applying the DARN principle, you can work through resistance and achieve your health goals. Start by identifying a goal and assessing your desire, ability, reason and need. Remember, it's not about being perfect; it's about progress. So, take the first step today and unleash your own, inner champion.

Want to Know What Your Home Is Worth?



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Dorie Westmeyer
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Irving Park Lutheran Church News and Events

Sunday Mornings at IPLC

9:15-10:15 am: Adult Bible Study (Chapel); Sunday School (Upstairs); Choir Rehearsal (Sanctuary); Open Space for Reflection, Conversation, Coffee (Victory Hall)

10:15 am: Treats & Fellowship (Victory Hall)

10:30 am: Worship (livestream available at www.iplc.org)

Adult Faith Formation at IPLC

Adult Education kicks off **Sunday, September 15 from 9:15-10:15 am** with the theme "Journey to Faith," which echoes the Sunday School focus of the year ("On the Road"). Starting in the Chapel at 9:15 am, we'll begin with a Neighborhood Prayer Walk, stopping to silently pray for the people and needs of community. Over the next 9 months we'll explore a variety of Faith Journeys all designed to build scriptural understanding, personal reflections and growth and relationship with our God and Savior. On **September 22**, Pastor Bouman will lead a "Basics of Lutheranism" session. Join us for these and other opportunities for adults to continue learning and growing in faith.

Be Part of IPLC Music Ministries

IPLC has a number of opportunities to share the gift of music, including instrumental offerings, song leading, singing in the Choir (rehearsals are Sundays from 9:15-10:15 am) or Ensemble (rehearsals are Sundays at 11:35 am), or playing in the handbell choir (seasonal rehearsals). For more information about music, contact Bing at music@iplc.org

Service Project at Cradles Crayons

Anyone 12 years or older is invited to volunteer at Cradles to Crayons on **Saturday, September 28 from 10 am-noon**. Volunteers will work in stations to inspect, sort and package donations alongside other individuals and groups. The shift begins with orientation, led by a Cradles to Crayons staff member, and ends with wrap-up and an opportunity to learn the number of children impacted during the shift and to take group pictures.

To participate, you must register ahead of time by emailing Pastor Bouman at pastorbouman@iplc.org.

Cradles to Crayons provides local children with the basic essentials they need to thrive at home, at school and at play. The Cradles to Crayons Giving Factory is located at 2500 W. Bradley Place, which has wheelchair accessibility and can provide reasonable accommodations for volunteers who may need them.

Blessing of the Animals and Outdoor Worship in the IPLC Parking Lot

On **Sunday, October 6 at 10:30 am**, we'll celebrate creation and God's love for all creatures. Bring pets & camp chairs, enjoy special music in a simplified worship service followed by grilled hot dogs! Please park in the gravel lot or on side streets.

Still Time for Sweet Treats at The Sugar Hole!

If you haven't yet met this summer's ice cream-serving puppet cast of characters at The Sugar Hole at Color Club (4146 N. Elston Ave.), there's still time to come get a scoop at their hobbit door! The Sugar Hole will remain open on **Saturdays and Sundays from 3-8 pm through September**. And stay tuned—the puppets you know and love will soon be serving warm food and fuzzy drinks.

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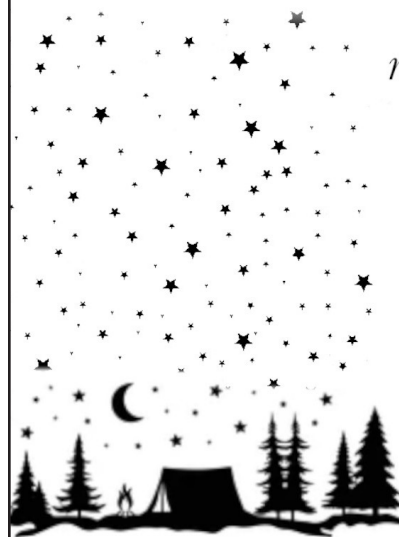
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Irving Park Community Food Pantry News

by Craig Shutt, Publicity & Special Events Coordinator

Pantry Celebrates 40 Years on October 6!

The Pantry will celebrate its 40 years of operation on **Sunday, October 6 from 1-4 pm** at the Irish American Heritage Center, 4626 N. Knox Ave.

The emcee for the afternoon will be Eric Zorn, former opinion columnist for the *Chicago Tribune* and now editor/publisher of the *Picayune Sentinel* newsletter.

A suggested donation of \$19.84 (the year we opened) is being requested. The event will feature appetizers, coffee, desserts, a cash bar and door prizes. There is free parking and the building is ADA compliant.

Guests can talk with board members, Pantry officers and volunteers about ways to help with ongoing programs and initiatives. More details will be provided on our social media pages.

Pantry Hat, Scarf & Glove Drive Underway

The Pantry is planning to provide hats, scarves and gloves to its clients on **November 20** during our annual Thanksgiving-dinner distribution.

Due to space limitations at our facility, we are unable to hold our annual coat drive, but still want to help our clients withstand the harsh winter as best we can.



Donations of new hats, scarves and gloves for children and adults can be taken to the Big Helpers store at 4184 N. Elston Ave., or the front porch at 3912 N. Kenneth Ave. any time. Scan the QR code to the Pantry's registry to make contact-free donations.

Additional locations for drop-offs will be announced. Please donate only hats, scarves and gloves, as we have no space to offer other items.

“Neighbors Helping Neighbors” Summer Recap

Magda Herron, field representative for 3rd District Congresswoman Delia Ramirez, visited the Pantry in August to see our operations. She was impressed by the variety of food available and the number of clients we could serve in only 3 hours (375 people in 140 families that week). We talked with her about the challenges around supporting the growing number of families who need help providing their families with nutritious meals these days.

Thank you to J.T.'s Genuine Sandwich Shop for donating the proceeds from their sales at the GIPNA's Farmers Market this summer! We appreciate their generous and ongoing support of our programs.

Our Health & Wellness Fair on August 7 brought out 6 organizations to talk with our clients and neighbors about their services for low-income and seniors in the community. Thanks to all those who exhibited:

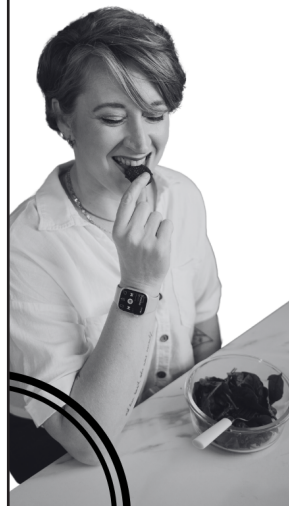
- The HANA Center Chicago, which offers expertise in social services, community organizing, culture and education.
- The Illinois Department of Human Services, (IDHS), which talked with clients about employment opportunities.
- Irving Park YMCA, which offered information on its programs for individuals and families.
- Jane Addams Resource Corp. (JARC), which provided flyers explaining its manufacturing-job training.
- Lutheran Social Services, which works through the Portage Cragin Counseling Center.
- Oak Street Health, which offers services to seniors on Medicare.
- Peters Financial & Insurance, run by one of our volunteers, which provided details on various Medicare supplemental plans.

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



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jennazaffino.com

September at Chicago Public Library, Independence Branch

Costumes Needed for Tween & Teen Costume Swap!

Please bring in old costumes and costume pieces you are willing to donate before **October 15**. We will provide you with a ticket to attend our costume swap on October 15 or to use our resources to make a new costume.

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! *Not available September 11

Griffin Museum of Science and Industry Field Trip

Saturday, September 14, 9:15 am-2:30 pm

Join us for a FREE bus trip to the Griffin Museum of Science and Industry.

LEGO® Play For ages 5+.

Thursday, September 19 at 4:30 pm Build and inspire others with your creations. All builds will be displayed with a juice box reception to follow.

Dramatic Read-Aloud For ages 6+.

Thursday, September 26 at 4:30 pm New readers and independent readers, join us to read favorite books and passages aloud in the most dramatic way you can. Snack provided.

Community Cinema

Saturday, September 28: Double Feature

11 am: *Teenage Mutant Ninja Turtles: Mutant Mayhem*, 2023, PG

12:30 pm: *Shazam!: Fury of the Gods*, 2023, PG-13

American Red Cross Blood Drive

Tuesday, October 8 from 1-6 pm Register at RedCrossBloodDrive.org or call 800-733-2767 to secure your preferred donation time.

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

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**Carlson
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News and Events

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

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

Magic After-School place welcomes students for the 2024-25 school year!

On August 26, the Magic After-School Place (MAP) welcomed students back for another year of friends, fun and learning. MAP serves Belding Elementary School students in kindergarten through 8th grade. Students are picked up at Belding and walked to the Irving Park Lutheran Church Rec Center (4057 N. Harding Ave.). There they enjoy snack time, homework completion, physical activities, and STEM enrichment projects in art, cooking, science, gardening and crafts.

Rebecca Haneberg returns for her third year as MAP Director, joined by Lauria Paliga and a staff of experienced childcare workers. Year after year, the Magic After-School Place receives overwhelmingly positive reviews from parents who are grateful for this program, the professional staff and the care their children receive.

Enrollment in the program is ongoing throughout the school year as space permits. Please contact Rebecca at mapdirector@carlsoncommunityservices.org for more information.

Three Brothers Garden News



Three Brothers Garden Coordinator, Ruth Bouman

In mid-August we bid farewell to our summer Garden Coordinator, Ruth Bouman, when she returned to college. This was Ruth's second summer as our Garden Coordinator, and we appreciated all her hard work-rain or shine! The garden flourished under her care and volunteers were warmly welcomed into the garden on Tuesday evenings.

As of the end of August, we've delivered nearly 400 pounds of fresh vegetables and herbs to the Irving Park Community Food Pantry. Though we seem to be entering the dog days of summer, our Tuesday evening harvests will continue through early October. Please join us on

Continued on page 11

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WWCA Members

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

- Bob & Glenda Begeske**
- Philip & Roberta Bole**
- Mari Guin Riesen**
- Jane Nagle & Rich McDermott**
- Jim Naisbitt**
- Dorothy Panzke**

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: August 23 for the September 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 1 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!



Follow West Walker Civic Association on Facebook!

Mail in your 2024/2025 dues along with the application below.

WEST WALKER CIVIC ASSOCIATION MEMBERSHIP APPLICATION

Yearly Membership Dues: Effective May 1, 2024 through April 30, 2025

Check one:

- | | | |
|---|--|--|
| <input type="checkbox"/> FAMILY ANNUAL \$30 | <input type="checkbox"/> FAMILY LIFETIME \$350 | <input type="checkbox"/> BUSINESS \$40 |
| <input type="checkbox"/> INDIVIDUAL ANNUAL \$25 | <input type="checkbox"/> INDIVIDUAL LIFETIME \$200 | <input type="checkbox"/> SENIOR \$10 |

NAME: _____

(Print your name as you would like it to appear in the West Walker Wire.)

ADDRESS: _____

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Payment options:

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- VENMO: @westwalkercivic
- PAYPAL: paypal.me/westwalkercivic
- Check payable to: WEST WALKER CIVIC ASSOCIATION

Mail or drop off your application and dues to: Stephen Brown, 4048 N. Harding Ave., Chicago, IL 60618



Continued from page 9

Tuesdays from 5-7 pm at 4107 N. Pulaski Rd., next to the Irving Park Lutheran Church parking lot.

Have you run out of ideas to use up the abundance of tomatoes and zucchini you have? If you have surplus vegetables from your home garden, we will add them to our delivery to the food pantry on Wednesday mornings. Donations can be placed on the table under the pergola in the garden on Tuesdays before 6 pm. Your bounty will be added to ours to be distributed to clients of the Irving Park Community Food Pantry.

Irving Park Fine Arts Concert Series Returns in November



Chicago Organist, Annika Sundberg

Carlson Community Services and the Irving Park Fine Arts Committee are proud to announce that the 31st season of the Irving Park Fine Arts Concert series will kick off on **Sunday, November 3 at 2 pm**, when we welcome renowned organist and native Chicagoan, Annika Sundberg, for a concert at Irving Park Lutheran Church (4100 N. Harding Ave.). Annika will perform works from J.S. Bach and Dan

Locklair, and will feature selections from African American composers Thomas H. Kerr and Jerry Mumford on the beautiful Casavant organ.

If you are interested in learning more about the Irving Park Fine Arts Concert Series, or would like to be a part of the committee, please reach out to Carlson's Executive Director, Sara Yoest at sarayoest@carlsoncommunityservices.org.

Save the Date for Carlson's Annual Trivia Night on November 16

Mark your calendar and start studying! Carlson Community Services' Trivia Night will be held on **Saturday, November 16**, at the Irving Park Lutheran Church Rec Center (4057 N. Harding Ave.). As Carlson's largest fundraiser of the year, Trivia Night has become a beloved community event supporting Carlson's after-school program, community garden and free concert series. For details, visit our Facebook page or the Events page on our website at carlsoncommunityservices.org.

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