

BUILDING COMMUNITY

### It's Membership Month for GIPNA

It's been a great year so far for the Independence Park community.

We swept our alleys clean in April, shopped for Mother's Day at the Fine Craft Fair in May, and shared scrumptious pancakes at the Gourmet Pancake Breakfast in June. We strolled through the Farmers Market every other Sunday during the summer for fresh produce. pastries, hand-crafted meals, and more; brought the kids out for some fun at the Neighbors Picnic in the park; and enjoyed time with one another at the Neighbors Night Out. We all read this bi-monthly newsletter cover to cover (right?) and eagerly scanned our Thursday email to see what else was going on in the Greater IP area.

Whew—we've been busy!

And now in September, it's time for all of us to renew our GIPNA membership so we can help fund future activities.

All of these wonderful community activities are sponsored by GIPNA, and they require payments for insurance, materials, permits, and more. Your membership dues help us cover these costs. Your membership supports other benefits, as well. GPNA contributes to neighborhood safety and awareness. Our funds help maintain our community gardens along the highway. Not only do the gardens look beautiful, but they make the area safer by not offering concealment for pests of all kinds. We also send out crime alerts and other important emails to notify the community.

And GIPNA helps us all connect. The GIPNA Facebook page creates dialogue and fosters greater communication. We also create a New Neighbors Welcome Packet to acdimate new folks to the community.

September is GIPNA's Membership Month. Please stop by the GIPNA booth at the Farmers Markets on September 9 and September 23 to renew your membership so that you can continue to enjoy the many events that make our neighborhood one of the best in Chicago. If you're new to the Independence Park community, stop on by and sign up for the first time. We'd love to meet you!

Memberships can also be renewed or started at our website, gipna.org. The yearly dues are \$10 (individual) or \$20 (family). And you can join as a lifetime membership for \$100 per person, if you don't want to worry about renewing every year.



GIPNA Board Meeting, September 11, Independence Park Bungalow, 7 p.m.

## COMMUNITY EVENTS



#### SEPTEMBER

MON., SEPT. 3—Back-to-School Event, 2 p.m. until supplies last, 17th District Police Station, 4650 N. Pulaski. For more information, call 312-742-4588 or email caps.017district@chicago police.org

SUN., SEPT. 9—Independence Park Farmers Market, 9 a.m. to 1 p.m. Book Swap Day: bring, exchange or take a book.

MON., SEPT. 10—Athletic Field Advisory Council, 6:30 p.m., Athletic Field Park, facebook.com/athleticfield.

TUES., SEPT. 11—GIPNA Board Meeting, 7 p.m., Independence Park Bungalow.

WED., SEPT. 12—CAPS Beat 1732 Meeting, 7 p.m., Athletic Field Park.

SAT., SEPT. 15—5th Annual Independence Park Annual Beer Fest, 4 p.m. to 8 p.m. Join IPAC for craft beer tastings, music, food, and fun! Tickets \$40 in advance, \$50 at the door. independenceparkchicago.com and facebook/ipacchicago.com

SUN., SEPT. 16—Portage Park Farmers Market, 10 a.m. to 2 p.m., Irving Park Road and Long.

TUES., SEPT. 18—Senior Meeting, 11 a.m. to noon, 17th District Police Station. 4650 N. Pulaski.

WED., SEPT. 19—Independence Park Advisory Council, 7 p.m., Independence Park Fieldhouse; facebook.com/ipacchicago.

SUN., SEPT. 23—Independence Park Farmers Market, 9 a.m. to 1 p.m.

SUN., SEPT. 30—Portage Park Farmers Market, 10 a.m. to 2 p.m., Irving Park Road and Long.

#### OCTOBER

TUES., OCT. 2—GIPNA Board Meeting, 7 p.m., Independence Park Bungalow.

SAT., OCT. 6 AND SUN., OCT. 7— Athletic Field Fall Fest, 10 a.m. to 3 p.m. cach day.

SUN., OCT. 7—Portage Park Farmers Market, 10 a.m. to 2 p.m., Irving Park Road and Long.

MON., OCT. 8—Athletic Field Advisory Council, 6:30 p.m., Athletic Field Park, facebook.com/athleticfield.

TUES., OCT. 9—Street sweeping in our area, Section 21 of the 45th Ward.

WED., OCT. 10—Street sweeping in our area, Section 21 of the 45th Ward.

WED., OCT. 10—CAPS Beat 1732 Meeting, 7 p.m., Athletic Field Park.

SUN., OCT. 14—Independence Park Farmers Market, 9 a.m. to 1 p.m.

TUES., OCT. 16—Senior Meeting, 11 a.m. to noon, 17th District Police Station. 4650 N. Pulaski.

WED., OCT. 17—Independence Park Advisory Council, 7 p.m., Independence Park Fieldhouse; facebook.com/ipacchicago.

SUN., OCT. 28—Independence Park Farmers Market, 9 a.m. to 1 a.m.

#### NOVEMBER

TUES., NOV. 6—GIPHA Board Meeting, 7 p.m., Independence Park Bungalow.

SAT., NOV. 10—5th Annual Wine & Cheese Party, 4 p.m. to 7 p.m. MON., NOV. 12—Athletic Field Advisory Council, 6:30 p.m., Athletic Field Park. facebook.com/athleticfield.

WED., NOV. 14—CAPS Beat 1732 Meeting, 7 p.m., Athletic Field Park.

TUES., NOV. 20—Senior Meeting, 11 a.m. to noon, 17th District Police Station. 4650 N. Pulaski.

WED., NOV. 21—Independence Park Advisory Council, 7 p.m., Independence Park Fieldhouse; facebook. com/ipacchicago.

#### DECEMBER

TUES., DEC. 4—GIPNA Board Meeting, 7 p.m., Independence Park Bungalow.

MON., DEC. 10—Athletic Field Advisory Council, 6:30 p.m., Athletic Field Park, facebook.com/athleticfield.

WED., DEC. 12—CAPS Beat 1732 Meeting, 7 p.m., Athletic Field Park.

TUES., DEC. 18—Senior Meeting, 11 a.m. to noon, 17th District Police Station, 4650 N. Pulaski. RECOGNITION

### Thank You, Bob!

In August GIPNA presented Alps
Pancake House owner Bob Theo
(below) with a plaque honoring
his unstinting contributions to
the Gourmet Pancake Breakfast.
Over the years Bob has donated
gallons of pancake batter, hundreds of dozens of eggs, and
other assorted ingredients. He has
provided his fridge for storing and
his ovens for baking. And he asks
only one question: "What else do
you need?"

Thank you, Bob, for everything you've done for us. (We'll be talking to you next year!) Presenting the plaque: Jodie Bargeron, Sharon Sears, Roberta Wilk, Dickie Nichols, Pat Clark, and Bobbie Bolociuch.



## **#GIPNA**#

# INDEPENDENCE PARK # C?MMUNITY # VOICE

The independence Park Community Voice is published by the Greater Independence Park Neighborhood Association (GIPNA), a 501 (C)3 corporation.

This newsletter is for the Independence Park community. Please consider renewing your membership or joining GIPNA now. We need your support. Thank you.

Editorial: Jim O'Connor and others Photography: April Bayne, Robin Hochstatter, and Wes Matucha Design/Production: Cindy Schuch

For submissions for the November/December 2018 issue: Editorial Deadline: October 15, 2018

Advertising Deadline: October 10, 2018

The editorial board reserves the right to edit all submissions. Errors in advertisements are the sole responsibility of the advertiser.

E-MAIL: GIPNAMAIL@GMAIL.COM

MAIL: GIPNA, P.O. BOX 18184 CHICAGO IL 60618

WEBSITE: WWW.GIPNA.ORG

The Greater independence Park Neighborhood Association (GIPNA) is dedicated to maintaining and enhancing the quality of life in the independence Park community by involving, informing, and encouraging people to participate in matters relating to the community, and by protecting the historical, social, oultural, and architectural character of the neighborhood.

This all-volunteer publication is made possible by the creative voices of our community and the generous support of area advertisers.

## Join GIPNA on Facebook

Check out the GIPNA Facebook page for news, alerts, and conversation with your neighbors. Post your own comments to get the word out on your activities and announcements.

To find the page and like it, search for GPNA: Greater Independence Park Neighborhood Association.

#### GIPNA BOARD OF DIRECTORS

Dickle Nichols, President John Kuczura, Vice-President Alison Benjamin, Treasurer Sharon Sears, Secretary **Board of Directors** Bobbie Bolociuch Pat Clark Chris Geymen Kevin Haight Wes Matucha Greg Shea Anne Watkins Directors-at-Large Jodie Bargeron John Fusco Robin Hochstatter Lara Lerner Ilm O'Connor

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3800 Avers - Candace Wayne & John Jemilo 3600 Byron - Jackie Ropski 3700 Byron - Larry Gates 3800 Byron - Suzanne Edwards 3900 Byron - Roseann Seabiom 3600 Centrol Perk - Sharon Gilbert

3700 Central Park - Bob Brutvan 3800, 3900 Central Park - Vania Bandelli

3900 Dokin - Joel Contrerss 3600 Grace - Alison Benjamin

3700, 3800 Hamiin - Sharon Nichols 3900 Hamiin - Linda Lehman

3700 Irving Park Road - John Kuczura 3800 Irving Park Road - Linda Lehman

3700 Lawndale - Dorene jordan 3800 Lawndale - Pat Matthews

3900 Lawndale - Cy Clausen 3600, 3700 Monticello - Pat Clark 3800 Monticello - Barbara Shaw

3900 Monticello - Cindy Schuch 3700 Ridgeway - Gerri Reardon

3800 Ridgeway - Karen Fontanetta

3900 Ridgeway - John & Sang Kuczura 3800 Springfield - Roseann Seablom

COMMUNICATION

## E-Blasts to GIPNA Members

All GIPNA members who have access to email should be receiving e-blasts each Thursday. The emails are compiled by GIPNA and feature such news as announcements of events in the community, crime reports, and notices of meetings.

If you're a member in good standing and are not receiving the blasts, send an email to us at gipnamail@gmail.com. We'll sign you up so that you don't miss any more neighborhood announcements. RECOGNITION

## Community Service



Retired GPNA board member Sharon Nichols was awarded a plaque in appreciation for her years of service to GIPNA and the Independence Park community. Sharon was a co-manager of the Farmers Market for several years and was a strong voice on beautification, community gardens, and safety issues. Presenting is GIPNA president Dickie Nichols (left). Thanks for all your work, Sharon!

SAVE THE DATE

## Wine and Cheese Party Set for November 10

GIPNA's annual Wine and Cheese Party is set for November 10. The details are still being worked out, but we want you to be there! Watch for more information in our email blasts.

The Wine and Cheese Party is a great night for a great cause. Join your friends and neighbors for drinks, raffles, games, and a terrific Silent Auction. Entry will be \$40 for members and \$45 for non members, or \$45/\$50 at the door. You can buy tickets at the Farmers Market in October and online at gipna.org.

## Are you a GIPΠA member?

Join today!

Use PayPal at www.gipna.org

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**NEW NEIGHBORS** 

## **New Church** Focuses on Community

Bryan Coble is the pastor of Sow Chicago Community church, a new church in Irving Park. This church has focused its mission on community, and Coble has utilized his partners to serve and support all summer.

The church's mission teams worked in the GIPNA gardens weeding, mulching, pruning, and cleaning debris. They served John B. Murphy School by painting classrooms and moving furniture, and by mulching, cleaning, and planting the school's front garden. Some teams supported Independence Park by picking up trash, volunteering for events, and even building a new Little Library, which is now located in the Independence Park Fieldhouse. Pat Clark, who volunteers for just about everything, attests to the volunteers' cheerful attitude and hard work, even in the hottest weather.

"We just want to do what we can to love and serve our community, no matter if you are in our church or not," Coble says. "We just want to love Irving Park."

The church intends to extend the work of the mission teams all year-round. Its community service events are not restricted only to those in the church, "Our vision is to have a church made up of people that live here in the community we love." Coble says. If you would like to volunteer for community service events, or get more information, go to www.sowchicago.org. You can also email Pastor Bryan at bryanmcoble@gmail.com. Sow Chicago meets every Sunday at 2:30 p.m. in the Independence Park Fieldhouse auditorium.



THE FINAL FOUR

## Farmers Market Season Still Has More to Go

We're in the homestretch for the 2018 Farmers Markets. In September and October you'll find apples, sweet corn, and all the richness of fall produce. Enjoy shopping, eating, listening to the Indy Park Jammers, and chatting with neighbors. You can renew your GIPNA membership—and score a beautiful insulated GIPNA tote bag with each new or renewed membership—and purchase tickets for the Wine and Cheese Party on November 10.

Don't miss the Book Swap on September 9! As you know, we're not strict on the "swapping" part—you're welcome to bring books and exchange them, but you're also welcome to pick up something to read without dropping anything off. We just love readers and want everyone to be happy.

Watch your GIPNA email blasts for further scheduled events.



## Pantry Creates New Volunteer Managers

The Irving Park Community Food Pantry has reorganized its volunteer scheduling, with new volunteer managers for both Wednesday morning (9 a.m. to noon) and the second Tuesday night of the month (6 p.m. to 7:30 p.m.).



MEMBERSHIP

## GIPNA Members List

#### LIFETIME MEMBERS

Joan Baker-Carr Lucille Aiello Heather Aitken John Aitken Deb Allspaugh Hugh Allspaugh Anne Bartlett Edith Bauer April Bayne Bobbie Bolociuch Eugene Bonior Chris Brink Steve Brown Rosa Bucio Tony Bucio John Burley Selma Burley Jennifer Byrd Corey Cherr Cindy Chisholm Dakota Chisholm Tim Condon Carol Lynn Coughlin Kellie Cunningham Gloria Dawson John Dowd Susan Dowd David Dumo Yvette Echeverry Ashley Ellis John Fusco Eileen Garcia Jose Garcia Holly Geroulis Barry Glaser Judy Glaser Meredith Glick Richard Glick Clara Guerrero Lourdes Guerrero Virginia Hail Krissy Hakanson

Robert Harty Daniel Heald Heidi Heilemann James Heilemann Sandra Hillis Terry Hillis Andy Holub Kristen Holub Jan Huber Dante Ingram John Jemilo Chikako Kurihara Chuck Lehew Ed Loye Aurelie Lozier Jeffrey Lozier Daniel Lurie Lindsey Marcus Mary Marubio Shirley Marx Valerie Matucha Wesley Matucha Phil McGrath Steve McKenzie Susana Meza David Mordini Paul Moreno Andrew Mouton Darcy Mouton Maryann Mullan Dan Natschke Maria Natschke Dickie Nichols Sharon Nichols Audrey Niffenegger Kris Nowak Karen O'Connell Jim O'Connor Meredith O'Sullivan Lynda Olander Tim Olander Ellen Olech Ronald Olech Dane Olsen David Orrick Kanak Parikh Florian Pasiliao

Anthony Passero

Shannon Passero

Dennis Puhr Carmen Ouinones Maria Ouinones Bryan Rahning Rick Reardon Peter Rogers Susan Ryan Rebecca San Rebecca Schroeder Don Schroeder Sally Scott Sharon Sears Allen Shechtman Penny Shultz Janina Siedlarz Kevin Slattery Holly Van Essen John Varde Rebecca Varde Nels Wadycki Valerie Wadycki Anne Watkins Mark Watkins Candace Wayne Karen Wegrzyn Ken Wilk Roberta Wilk Ryan Wolcott Stacey Wolcott Craig Youngberg Helen Youngberg Christine Zelenka Christine Zyzda ACTIVE MEMBERS

Ahmed Abakeh Dean Allison Linda Allison Bruce Anderson Sara Anderson David Antieau Lorraine Antieau Marlena Ascher Charlotte Bader Vincent Barajas Jodie Bargeron Anita Barron Elizabeth Basile

Michael Basile

German Bedoya Milena Bedoya Jan Berger Cheryl Blumenthal Family Bole Roberta Bole Linida Bolotin Linda Bookheim Mario Borba Marianne Bossert Anne Brady Family Member Brady Jeanne Brady Steve Brown Anastasia Burgess Patrick Burgess Dania Calandrino Alissa Carlson Ryan Carlson Riki Casillas Rebekah Champ Edward Chen Dakota Cimo George C. Clark Sarah Clatanoff Kristin Clemenz Sean Clemenz Burt Conforti Anne Conlon Darlene Corrado Frances Cotter Ryan Cotter Pam Cullen Terry Cunningham James Curran Mary Curran Family Member Dalin Katherine Dalin Sarah Dennis Steve Dennis Al DeReu Patricia Desecki Scott Dewey Brooke Dinda Debbie DiSantis Susan Doskey Peters Liz Drew Meredith DuBoff

Meegan Bassett

Tim DuBoff

Tom Earnest Andrew Ellis Laura Elvira Kristin Estandarte Anna Faford Family Member Faford Frank Flesh Lilian Flesh Kari Fredrick Rachel Freeman Melissa Fritz Deborah Fry **Bob Gabriel** Candy Gabriel Ed Gardner Laurie Gardner Austin Garfield Laura Garza-Maysonet Chris Geymer April Gines Paula Giroux Amber Golob Mitch Golob Khara Gonzales Mary Grigar Adam Guillaume Amanda Guillaume George Hain Scott Hardiman Retcher Hayes Abbey Henning Jose Hernandez Jack Hester Nancy Hester Robin Hochstatter Steve Hudson William James Hasnain Jetha Barb Johnson Jamie Johnson Linsey Johnson Mark Johnson Amber Joiner-Hill Jameson Joyce Joan Kane Noreen Kane John Kaufmann Dennis Kellogg

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#### BLOCK REPRESENTATIVES

Vania Bandelli Alison Benjamin Bob Brutvan Pat Clark Cyrus Clausen Joel Contreras Suzanne Edwards Karen Fontanetta Larry Gates Sharon Gilbert John Jemilo Dorene Jordan John Kuczura Linda Lehman

Pat Matthews

Gerri Reardon Jackie Ropski Cindy Schuch Roseann Seablom Barbara Shaw Candace Wayne

CIVIC MEMBERS State Rep. Jaime Andrade (40th) Lynn Ankney Jill Arena 45th Ward Alderman John Arena Jess Bouboulis Rebeca Shick Marty Cook Dawn D'Amico Michelle De Long Stephanie Fishel U.S. Rep. Luis Gutierrez (4th) Gretchen Helmreich John Kane Kathleen Kearns Lori Kunc Mary Ann Levar Mitchell Levin Carol Maher Misha Mann State Senator Iris Y. Martinez (20th) 33rd Ward Alderman Deb Mell District Commander Susan Moss, CPD Anne Marie O'Kelley U.S. Rep. Mike Quigley (5th)

Dave Rohlfing Thomas Wayda Philip Schwartz Lee Stein Julie Thompson Mike Webber Jessica Wobbekind Christine Zelenka

### BUSINESS MEMBERS Alderman John Arena

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Gabriela Pelayo

Victor Pelayo

Shirley Steiner

John Stummer

Frances Strulovitch

Lisa Stringer

TALENTED NEIGHBOR

## Helping Our Feathered Friends

Annette Prince, director of Chicago Bird Collision Monitors, offers this profile of Independence Park resident Barbara Shaw's efforts to help migratory birds.

Although summer weather is still upon us, the migratory birds of North America are beginning their yearly travels south through the Chicago area. Millions of birds move along Illinois' lakes and rivers to reach their wintering grounds in the southern United States and Central and South America. Hundreds of different varieties visit our region, from brilliant hummingbirds to magnificent herons and hawks.

If the birds venture into downtown or residential areas, drawn by the bright lights and glass exteriors, they can be harmed or killed by collisions with reflective or transparent glass. Estimates suggest that almost a billion birds a year die each year in North America from window strikes.

Chicago leads the country with the largest group of dedicated volunteers who monitor downtown areas every spring and fall season to recover birds that have collided with windows. Chicago Bird Collision Monitors (CBCM) is a conservation project with more than 100 volunteers who join morning teams downtown and along the lakefront to rescue birds in harm's way. They recover more than 6,000 birds each year in their daily patrols.

CBCM volunteers come from all walks of life. Some are professionals who work downtown. Others are retired like your neighbor Barbara Shaw, who has been a volunteer with CBCM for more than 12 years.

During that time Barbara has crawled out on window ledges. snuck up on birds in alleys, stopped traffic in its tracks, and walked the city streets for hours to find birds in need of help. She has had many challenging and rewarding experiences. The most memorable involved the rescue of a long-eared owl from the 55th floor of the Willis Tower—and she is afraid of heights! She finds the work both rewarding and meaningful, and is happy to help our feathered friends navigate through the man-made hazards of our city.

Chicago leads the country in reducing its downtown lighting during migration season for the protection of birds that would otherwise be drawn from the evening sky. Closing blinds, shielding lights, and reducing as much commercial and residential lighting as possible from 11 p.m. to sunrise provides a darker and safer environment for birds during migration season.

Birds collide with transparent windows and lobbies, which seem to be empty areas they can fly through. They strike reflective glass that lures them into a false image of a tree or the sky. Applications to the outside of any glass surface—external screening, window film, streamers, soaping, or others—can help prevent collisions.

You can help save more birds if you want to join a CBCM rescue team, help transport birds, support bird-friendly building designs and modifications, or donate to support (BCM's continued rescue, education, and advocacy work. Visit Chicago Bird Collision Monitors at www.birdmonitors. net or on Facebook to learn more about how you can help us help the birds that are a beautiful and important part of the healthy environment everyone needs and enjoys!



FALL FUN

## Fall Fest at Athletic Field in October

Don't miss the annual Athletic Field Park Fall Fest! The fest will be held at Athletic Field Park (3546 W. Addison) on October 6 and 7 from 10 a.m. to 3 p.m. each day.

The Fall Fest features train rides, pony rides, face painting, a petting zoo, and lots of pumpkins, plus food, activities, and live music. Tickets are \$1.00; money raised at this event will help fund the park's summer camps, along with community cleanups, Movies in the Park, and other neighborhood support.

The Fall Fest is sponsored by the Athletic Field Advisory Council. The AFAC needs about 100 volunteers to make this event happen. GIPNA neighbors are encouraged to sign up to partner with our neighbors to the east. If you're interested, reach out to Dennis Puhr at 773-919-7221 or at dennispuhr@gmail.com.

The AFAC is a member of Friends of the Park (FOTP.org). The group's mission is to support the park through fundraising and advocacy while also organizing community-building events that promote a healthy and safe neighborhood.

To find out more about the park, call 773-478-2889 or check them out online at athelticfieldpark.com or at facebook.com/ AthleticField. CHARITABLE EFFORTS

## News from Carlson Community Services

#### First Annual Golf Outing:

Carlson Community Services' first annual golf outing will be held Tuesday, September 11, at 1 p.m. at Maple Meadows Golf Course in Wood Dale, III. The entry fee of \$125 per golfer covers greens fees, cart, prizes and dinner. For more information or to reserve a spot, contact CCS board member Michael Jordan at attorney@ michaelfjordan.com. To sponsor a hole for just \$100, contact Liz Mills at lizmills@carlsoncommunityservices.org. Proceeds benefit Carlson Community Services, a 501(c)(3) non-profit that operates three neighborhood programs; an afterschool program, a community garden, and a classical music concert series. For more information visit carlsoncommunityservices.org or on Facebook.

#### IPFAC Announces 25th Sea-

son: The Irving Park Fine Arts
Committee's 25th season will
feature a mix of classical, contemporary and folk music. On October
7, Wael Farouk will perform a solo
piano recital. On December 9,
blues artist Bear Williams brings
his band to perform a Christmas
show, including sing-alongs. On
February 17, Mary Jo Neher, horn,
and Joe Burgio, organ, will be in
concert. And on March 24, Old
Irving Park resident John Ling will
perform with his mariachi band.

"I'm delighted to bring these diverse artists and programs to the Irving Park community in celebration of our 25th season,"



Wael Farouk will perform a solo piano recital on October 7 in IPFAC's 25th season.

said Roger Bingaman, the series artistic director. "Whether you're a long-time patron or new to the series, please join us for exceptional performances in the neighborhood, at a price everyone can afford."

All concerts start at 2 p.m. at Irving Park Lutheran Church, 4100 N. Harding Ave. The concerts are free of charge, but donations are gladly welcomed. A reception with the artists will be held after each concert, hosted by the Fine Arts Committee. Dates and programs are subject to change.

The Irving Park Fine Arts Committee is a program of Carlson Community Services, a non-profit serving 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.

GREEN KNOWLEDGE

## Make Your Own Environmentally Friendly Cleaning Products

Many common household products harm not only our local bodies of water, but also our own bodies. Quite a few household cleaning products have hidden toxic chemicals that are known to cause allergies and cancer.

The Eco-Cycle website (ecocycle.org/hazwaste/ecofriendlycleaning/) says just a few basic ingredients serve as the building blocks for many safe home cleaning needs. The website offers these recipes (and many more) to make safer versions of common household cleaners.

NOTE: The recipe ingredients are all common items and have been used safely in households for decades. However, take care to research any substances you haven't used before.

#### Simple Ingredient List:

- Borax
- Vinegar
- Salt
- Lemon juice
- Baking soda
- Liquid castile soap
- Washing soda

#### Household Cleaner

1 tsp. liquid soap (castile) 1 tsp. borax One squeeze of lemon 1 gt. warm water

Cost: \$0.94 per gallon

#### Household Cleaner

¼ cup baking soda

1/2 cup borax

½ cup vinegar

1 gal, water

Cost: \$1.05 per gallon. (Commercial equivalent: Formula 409 \$14.72 per gallon)

#### Window Cleaners

2 tsp. vinegar

1 qt. warm water

0r

2 Tbsp. borax

3 cups water

Rub dry with newspaper to avoid streaking.

Cost: \$0.44 per gallon. (Commercial equivalent: Windex \$14.23 per gallon)

#### **Toilet Bowl Cleaner**

Pour ¼ cup baking soda into bowl and drizzle with vinegar. Let it sit for ½ hour. Scrub and flush. Add borax for stains.

Cost: \$5.07 per gallon. (Commercial equivalent: Lysol \$10.51 per gallon)

## **#GIPNA#**Join today!

Use PayPal at www.gipna.org or mail in a check.

For information, send an e-mail to: gipnamail@gmail.com





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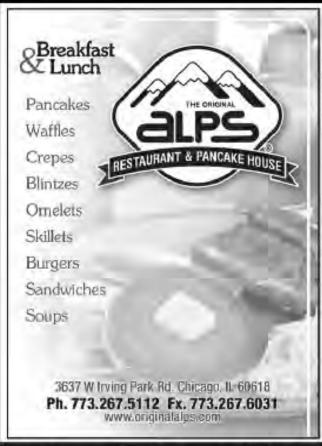


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