

News from Blue Island's Sustainability Initiative



Aaron,

[Cal-Sag Trail Groundbreaking – June 7](#)

Groundbreaking on National Trails Day! Alsip Park District's Freedom Park (get map) June 7, 2014, 11am–1pm (get calendar item) Friends of the Cal-Sag Trail invites you to celebrate a significant day for the Chicago Southland, including Blue Island: the start of construction of the Cal-Sag Trail! Friends of the Cal-Sag Trail and the Cal-Sag Trail Coalition [...]

The post [Cal-Sag Trail Groundbreaking – June 7](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[Mind Your Health: May is National Mental Health Month](#)

May is National Mental Health Month Our Mental Health is just as important as our physical health, but is often overlooked or gets lost in advertisement for fad diets or is swept aside by misinformed social stigma.

Organizations like Mental Health America, and, more locally, Thresholds have worked to fight prejudice and promote social justice and recovery from mental [...]

The post [Mind Your Health: May is National Mental Health Month](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[Asthma & Air Quality– Make the Connection](#)

- Like Us on Facebook
- Follow Us on Twitter
- Forward to a Friend

Community Links

- [Blue Island, IL: Wikipedia](#)
- [Blue Island Historic Preservation Commission](#)
- [Blue Island Historical Society](#)
- [Blue Island History Museum](#)
- [Blue Island Police & 911 Center](#)
- [Blue Island Public Library](#)
- [Cavalcade of Pride](#)
- [Dixie Highway](#)
- [Preserve America Community](#)
- [Raceway Park History](#)
- [WDDE](#)

Community Events

- Wed, May 14, 4:15pm - 5:15pm**
Healthy Schools Committee Meeting
Veterans Memorial Middle School
- Wed, May 14, 7pm - 9pm**
Monuments Men, the Real Story
Blue Island Public Library
- Thu, May 15, 6pm - 8pm**
Guerrilla Gardening: "Arming"
Blue Island Public Library
- Thu, May 15, 7pm - 8pm**
Urban Forestry Board Meeting
Blue Island Public Library

Clean air is an important health concern for all of us. But when you have asthma, air quality indoors as well as outside can make all the difference. Car exhaust, smoke, road dust and factory emissions can make outdoor air dangerous, while tobacco smoke, dust mites, molds, cockroaches, pet dander and household chemicals are just [...]

The post [Asthma & Air Quality– Make the Connection](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[Vertical Garden Installed at Blue Island Public Library](#)

On Saturday, May 3, a group gathered at the Blue Island Public Library to install a vertical growing garden on the eastern side of the building. Young Adult Librarian Micah Rademacher wanted to create an activity that would get kids outside on a consistent basis and also introduce them to the idea of growing their [...]

The post [Vertical Garden Installed at Blue Island Public Library](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[Open Streets Comes to Blue Island](#)

It's happened before, but never in Blue Island. On Sunday, June 8, the Blue Island Community Health Coalition's Active Living Committee, with the support of the Coalition and the City of Blue Island, will be taking the streets for a family friendly event called Open Streets. Between 1-4pm, residents can safely roam Greenwood Ave. between [...]

The post [Open Streets Comes to Blue Island](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[Grey Water as a Strategy to Reduce Residential Flooding](#)

Stormwater management and flooding are serious issues throughout Illinois, as many Blue Islanders have experienced first hand. At the same time, potable, or drinkable, water is over consumed and improperly managed. Under such circumstances, it would seem that a proven solution that could reduce unnecessary consumption while helping to manage runoff and flooding would be a 'no-brainer'. Such a

Fri, May 16
Food Revolution Day!

Sat, May 17, 9am - 12pm
Paul Revere Cleanup Day
Paul Revere Middle School

Sat, May 17, 10am - 4pm
Guerrilla Gardening:
"Deployment"
Blue Island Public Library

Tue, May 20, 12pm - 1pm
Garden & Food Access
Committee Meeting
California Gardens Community Garden

Wed, May 21, 10am - 11am
Communications Committee
Meeting
Blue Island City Hall

Wed, May 21 - Thu, May 22
GreenTown Conference,
Chicago
UIC Student Center East

Thu, May 22, 2pm - 6pm
Blue Island Community Garden
Fundraiser: Seedling Sale
Carr Gardens

Tue, May 27, 7pm - 8pm
Friends of Cal-Sag Trail Meeting
Palos Heights Recreation Center

Wed, May 28, 11am - 12pm
Health Education Committee
Meeting
MetroSouth Medical Center

Wed, June 4, 11am - 6pm
Chamber Golf Outing
The Meadows Golf Club

Wed, June 4, 11:30am - 1pm
Monthly Coalition Meeting
District 130 Administrative Offices

Sat, June 7, 11am - 1pm
Cal-Sag Groundbreaking National
Trails Day
Freedom Park

Sun, June 8, 1pm - 4pm
OpenStreets Blue Island
Greenwood Ave, Between 119th-127th

For Details, visit the Community Calendar

Get Involved

- Active Transportation Alliance
- Alliance for Healthy & Active Communities
- Arts & Culture Committee
- Blue Island Arts Alliance
- Blue Water Initiative
- Calumet Heritage Partnership
- Calumet Stewardship Initiative

solution does exist and is called grey water recycling. But, sadly, [...]

The post [Grey Water as a Strategy to Reduce Residential Flooding](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[A Radiant and Rosy Rhubarb Pie From the Bungalow Chef](#)

Nothing “springs” you out of the winter more than the thought of freshly-baked rhubarb pie. Oh the memories...the rhubarb and the tulips racing to break through the ground to reach the warming sun. I remember as a kid the satisfaction of that first pick of the season of the crimson and green stalks of rhubarb. [...]

The post [A Radiant and Rosy Rhubarb Pie From the Bungalow Chef](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[National Bike Month: Blue Island and its Deep Cycling History](#)

Not Just Bricks and Beer Edmund B. Bronson. Have you heard of him? Maybe you’ve seen his company of over 100 years on Irving and Walnut here in Blue Island. Edmund first started his company as a bicycle repair and parts shop in 1896, then started manufacturing machine parts and tools for the surrounding Blue Island [...]

The post [National Bike Month: Blue Island and its Deep Cycling History](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



[Welcome to Our New Site!](#)

Thank you for visiting A Sustainable & Healthy Blue Island, a website that represents the Blue Island Community Health Coalition (BICHC) as well as Planning Department and sustainability related projects in Blue Island, such as an environmental cleanup of an 87-acre brownfield site in our City. The BICHC has met monthly since 2011. We would like to announce a new meeting [...]

The post [Welcome to Our New Site!](#) appeared first on [Be Healthy Blue Island](#).

Community Gardening
Community Health Monitoring
Brownfields Advisory Team
Friends of the Cal-Sag Trail
Greater Midwest Foodways Alliance
Become a Literacy Tutor
Millennium Reserve

Local Business Links

ACI Enterprises
Acme Scrap Metal
Beqqars Pizza
CARR home- garden- holiday
Christy Webber Landscapes: Southside Retail Center
D'Marv Designs Specialty Printers
D'Masti Catering
Franklin Framing
Hallinan Funeral Home
Kinsella Landscape
Maple Tree Inn
MetroSouth Medical Center
Meyer Eye Care
Pierre's Bakery
Pronger Smith Medical Care
Tenochtitlan
Reply to this email to send us your business' link!

Public Meetings

For details, visit the Community Calendar

[read more](#) | [comments](#)



[Fit 4 Life: 26 Miles & Counting](#)

Friday, May 2 marked the day for several District 130 students a very large accomplishment; running 26 miles. Although they didn't do it all at once, these students worked hard to accumulate a marathon's worth of miles starting last Fall, racking up miles every Friday during Physical Education class. Fit 4 Life is a program [...]

The post [Fit 4 Life: 26 Miles & Counting](#) appeared first on [Be Healthy Blue Island](#).

[read more](#) | [comments](#)



Brownfields Initiative Update

[NE Park Cleanup: April 2014 Updates](#)

Parcel D TPH-Cleanup Schedule Update: V3 has confirmed that the remediation is scheduled for 05/16/14 has been pushed to the week of May 19, due to the heavy rain. Date to be confirmed Unfortunately, the ground has become too soaked to do the dig this week. Early in April, field crew from V3 Co. began mobilization activities to prepare the [...] ...

[read more](#) | [comments](#)



Copyright © 2014 City of Blue Island, All rights reserved.

[unsubscribe from this list](#) | [update subscription preferences](#)