



PORCH TALK

June/July 2016



Port Norfolk Civic League, P. O. Box 7114, Portsmouth VA 23707

Board Contacts

President

Erika Nestler
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Amy O'Donnell
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Marlene Smith

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Recording Secretary

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Corresponding Secretary

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BOO-Yah! 5K Run

Amy O'Donnell
739-6433

Environmental

Madalyn Grimes
621-9521

Fountain Park

Paul McGrath
318-0658

Historian

OPEN

Homes Tour

Paulette Dykes
944-1406

HPC/Stabilization

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399-2383

Membership

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Neighborhood Watch

John Higgins
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Porch Talk/Publicity

Jessica Keating
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Recreation

OPEN

Reflection Walk

Nicole Macaulay
412-7391

Ways and Means

OPEN

Webmaster

Jenn Martin
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Welcoming

Teresa Johnston
535-5901

Next Civic League Meeting coming in September! Enjoy the summer!!!

Civic League News & Events

Participation isn't limited to League members. Everyone is welcome!

Reflection Walk Brick Dedication



Please join us on June 5th at 3pm for this years brick dedication. Our reflection walk is just one of the unique features within our neighborhood. We as a community need to support all our neighbors and loved ones who have been affected by cancer. The dedication starts at 3pm.

Free Health Screenings in July!!

Come join Rick Loftis from Bon Secour and Pastor Connie at Port Norfolk Church July 21st at 11am. In conjunction with Senior Day, free health screenings are available for the entire neighborhood! The best way to be healthy is to be aware!



We'll see you in the fall....



Just like your favorite T.V. show we're be back to our regular schedule this fall. Here's a sneak peak at our upcoming schedule:

September 1st: Join us to meet this year's School Board candidates and enjoy a pizza party as our "Welcome Back!"

October 6th: The Mayoral Forum! All mayoral candidates will be invited to join us and speak during our monthly meeting. Please plan on arriving early as this meeting will be well attended.

November 3rd: This is our last election focused meeting with the City Council candidates joining us to speak just before election day!

Don't forget to exercise your right to vote!!!

EMERGENCIES — PLEASE CALL 911. Non Emergencies: 393-5300

Our new NIO Officer is Officer Jennifer Truitt. Please contact her if you see anything suspicious, but not an emergency: (757) 737-3073

For Board member email addresses, visit our website at www.portnorfolk.org

2016 Port Norfolk Civic League Membership Form

Name: _____ Birthday Month(s): _____

Address: _____ Park Donation: _____

Phone: _____ Email Address: _____

\$5.00 fee per membership can be paid at a league meeting, or mailed to address below. Park donations should be noted as such and mailed to Port Norfolk Civic League, P.O. Box 7114, Portsmouth VA 23707.

Recipe Corner

Our first recipe is for a quick, easy and delicious breakfast casserole. With summer upon us, we're all looking to simplify our meals. Check it out below:

Easy Cinnamon Roll French Toast Casserole

- 2 cans of your favorite refrigerated cinnamon rolls (reserve the icing)
- 6 large eggs
- 1/2 cup of milk or light cream
- 2 teaspoons of ground cinnamon
- 2 teaspoons of vanilla extract
- 2 TBSP melted butter
- 1 cup of pancake syrup (reduce to 1/3 cup if using real maple syrup)

Preheat oven to 375 degrees.

Cut each roll into 6-8 small pieces.

Spread melted butter in the bottom of a 9"x13" glass pan. Add cinnamon roll pieces.

In a separate bowl whisk together the eggs, milk or cream, cinnamon and vanilla until combined.

Pour over the cinnamon roll pieces.

Pour syrup over the entire top.

Bake for 25 minutes at 375 degrees

Spread icing over the hot casserole once done. Serve warm and ENJOY!!



Birthdays

Wishing everyone who celebrates a birthday in June and July a wonderful day!

Carla Holmes, Lenora Morlino, Chuck Beeler, Mary Curro and Frank Williams

Birthdays are obtained from the League membership list. If you would like to recognize someone's special day, please email porchtalk@portnorfolk.org.

The City is watching!

With the summer growing months upon us please remember that the city is keeping an eye on your yard! Please remember the following guideline!

Grass: Please cut your grass on a regular basis. Otherwise you run the risk of receiving a letter from the City, letting you know that you've been warned once and next time you'll be fined, not to mention you could be the recipient of a very expensive contractor lawn cutting.

Business Spotlight!!!

Hardworking teenager looking for grass cutting and dog walking/dog sitting jobs! Available during weekdays, and occasional weekends. If interested, please contact mmlawnpetcare@gmail.com



Congratulations to Summer and Jacob Foytik on their new baby girl!

Just a friendly reminder: Recycling is collected in June on the 3rd and the 17th; in July on the 1st, 15th and 29th.



Look for Port Norfolk Online!

Website: www.PortNorfolk.org
5k Website: www.BOOyah5k.com
On Facebook: Port-Norfolk
On Twitter: @PNCLtweet



Recipes

Keep those recipes coming!!!

Did you like the recipe this month? Do you have a favorite recipe to share? We're still looking for some delicious dishes to share periodically over this year. Send your recipes to Jess @ porchtalk@portnorfolk.org.

PORCHTALK - JUNE/JULY 2016

PORT NORFOLK CIVIC LEAGUE
porchtalk@portnorfolk.org