



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

Board Contacts

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Lynda Rafferty

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Recreation

OPEN

Ways and Means

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Welcoming

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262-8430

Next Civic League Meeting

Port Norfolk Recreation Center at 432 Broad Street

Thursday October 3, 2013 7:00 pm

Come to the Civic League Meeting to hear what's new and upcoming in the neighborhood! A babysitter will be provided, so please plan to attend.

Civic League News & Events

Participation isn't limited to League members ... Please join us!

HOLIDAY HISTORIC HOMES TOUR

December 15th is the date for this year's Holiday Historic Homes Tour, thanks to everyone who volunteered to make their home part of 2013's tour! Now the Committee is looking for a few volunteers to be hosts/hostesses at the homes on the tour!

If you are hesitant to volunteer because you are afraid of missing the tour yourself, don't worry! You get to attend a special sneak preview of the homes and won't miss a thing! Please contact one of the hard-working committee members for volunteer positions! Tammy Lifsey: 399-2383, Judy Higgins: 399-4211 Lynda Rafferty: 673-0651

MEMORIAL BRICK CEREMONY

I would like to thank everyone who came out to this year's memorial brick dedication ceremony at Reflection Walk, and to everyone who helped to make this year's ceremony so special. It was a beautiful day to celebrate our friends and loved ones whose lives have been touched by cancer.

please visit our Facebook page to see photos from the event. We're taking orders for next year's ceremony; for more information, please contact me via phone (757) 412-7391 or email: reflectionwalk@portnorfolk.org

Nicole Macaulay, Reflection Walk Chairperson

Port Norfolk Holiday Light Show Contest!

We cordially invite you to participate in the 2nd Annual Port Norfolk Holiday Light Show Contest! We want to put our neighborhood on the Holiday Must See list! We want people to say "There Glows the Neighborhood!" when they think of us!

The rules are pretty straightforward:

You can decorate in any style, theme or color that you'd like, but keep it clean for the kids, please! In order to be eligible for any of the coveted titles that will be awarded to the best of the best in Port Norfolk, you must have your lights in place and ready to be judged, no later than the evening of Saturday, December 7th to give the judges time to pick the winners; last year's contest brought out some really talented decorators and the judges had a very difficult time deciding! Award signs will be placed in winners' yards on Saturday, December 14th and announced on our Facebook page and website!

Join your neighbors for a good spirited, competitive and fun event that will give the winners bragging rights for an entire year! This event is going to be advertised throughout Hampton Roads, so expect visitor drive-bys. On our website and on our Facebook page, you will find a complete list of the coveted titles that you are competing for this year. You can get a sneak peak there or you can see the full list in next month's Porch Talk!

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

Our new NIO Officer is Sean Hughes. Please contact him if you see anything suspicious, but not an emergency: (757) 235-4556 or hughess@portsmouthva.gov

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

Port Norfolk BOO-yah! 5K & Fun Run

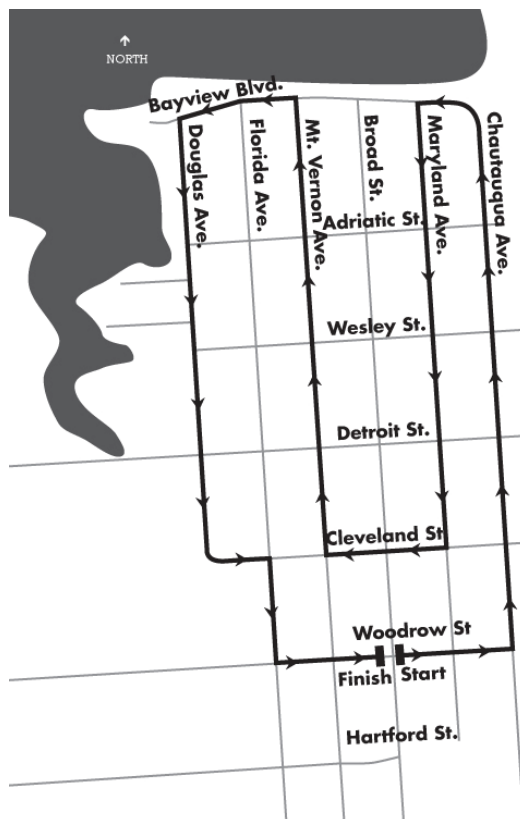
Sunday, October 19th

* 8:30am: Little Monsters Fun Run

* 9:00am: 5K BOO-yah!

The race starts at Fountain Park and winds through the streets of Port Norfolk before returning to Fountain Park for a post-race celebration. Costumes are encouraged but not required. Links to the registration page & race routes can be found on the official race website here: <http://booyah5k.com/>

The proceeds from the race will benefit the Foodbank of Southeastern Virginia, as well as the Port Norfolk Civic League. Hundreds of people from outside of our neighborhood will be coming to this event, so we hope you will pull out all the stops on your Halloween decorating this year! Come out and cheer on the runners as they race through our streets, and help make this very worthy event FUN! Also, we are looking for volunteers to help with this event, as well as sponsors, so if you have a business you want to promote, or you just want to help the Foodbank, contact us please! Here are some FAQ's about the BOO-yah! 5k & Fun Run!



Can I run or walk with a baby jogger?

YES! We LOVE baby goblins! Baby joggers are allowed but we ask that you please start your race at the back of the pack.

Can I run with my dog?

YES! We welcome dogs to the race! Bring Fido to get his sweat on and then enter him in the doggie costume contest after the race. .

Can I walk the race and not run?

YES! We love walkers and will be awarding prizes to the fastest ones!

Will the race be timed?

Yes, the pros from Mettle Events will provide timing services.

Will the paparazzi be there?

Yes, professional photographers will be on hand to capture you in your most bodacious Halloween attire as well as the whole colorful, outrageous spectacle! There will also be a cool finish line cam. Copies of photos will be available after race on our website!

Can I reserve a shirt in a certain size?

When you check the box next to a t-shirt size on your registration form, you are not reserving a shirt; you are helping us plan how many shirts we need to order in each size. If it is important that you get a shirt in your size, please come early.

How much does the BOO-yah cost?

5k Run: \$35 and 5k Walk: \$35

Little Monsters Fun Run: \$5* - *fun runners do not get t-shirts but will score a fun, spooky prize!

Where does my money go?

The proceeds of this race benefit the Port Norfolk Civic League and the Foodbank equally.

Can I get a refund if I register but don't run?

No, this is a fundraiser and we plan the race based on the number of registered runners, so once you register we cannot offer refunds. If, however, you register and do not run, you may still

pick up your shirt and join us in the fun.

What are the parking accommodations?

There will be parking in the vicinity of the race and within a short walking distance. We have a shuttle service, too, so you don't have to walk. We, of course, urge you to consider car-pooling or other alternative transportation. Mother Earth paid us handsomely to say that...

What will the weather be like?

We aren't trained meteorologists but we'll take a shot. The weather in Portsmouth, VA in mid-October is usually in the 50's – great running weather! The Port Norfolk BOO-yah 5K and Little Monsters Fun Run will take place, come rain or shine!

What distance is this race?

The Port Norfolk BOO-yah 5K is, umm..., a 5 kilometer (3.1 mile) distance. And the Little Monsters Fun Run is just shy of a mile.

What should I bring for the Foodbank Food Drive?

Did you know 1 in 4 residents of Southeastern Virginia live on the edge of hunger? Many of them are kids. The Foodbank always needs:

* *Protein, Meat and Fish*

peanut butter, tuna, canned ham, canned chicken, beans

* *Fruits and Vegetables*

canned fruits and vegetables, 100% fruit juice, instant potatoes, fruit preserves, dried fruit

* *Grains*

cereal, oatmeal, rice, whole grain crackers

* *Complete Meals*

pasta and sauce, boxed meals, chunky soups, stews

* *Baby Products*

BOO-yah!
5K and Fun Run

PORCH TALK-OCTOBER 2013

PORT NORFOLK CIVIC LEAGUE

porchtalk@portnorfolk.org

2013 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.

Birthdays

Wishing everyone who celebrates a birthday in October an outstanding day!



*Michael Boyette, Drew Duncan, Kirby Foytik,
John James, Zara Macaulay, David O'Donnell,
Will Sanders, George Schultz & Connie Wynn*

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

Halloweenies!

Halloween is on a Thursday this year. Don't forget that Trick or Treaters will begin coming around as early as 5:00pm, with the fun ending at 8:00pm. Please make sure your sidewalks are well-lit and clear of any obstructions so that the little ones with masks on can safely make it to your front door! Also, as you probably know, the BOO-yah 5K! will be held on Saturday, October 19th, so it would be great if our neighborhood has all of the spooky, scary, and just plain over the top Halloween decorations up before the race so all of the people who are not from here can see that THIS is a decorating neighborhood! Maryland Mansion will be leading the way with another unique and jaw-dropping display. How about you?

Temporary Road Closures - Saturday, October 19th!

On Saturday, October 19th, many of the local thru streets in the neighborhood will be impacted by (temporary) rolling road closures. For the safety of all BOO-yah! participants, Police and Sheriff Deputies will be intermittently holding vehicular traffic along the race route, beginning at 8:30 a.m. when the little kids race starts. Closure times will be kept to a minimum, and there will be someone at the intersection to let you pass through as quickly as possible. We appreciate your patience and understanding!

Neighborhood Clean-up: Saturday, October 12th

Bring your favorite gloves, clippers and rakes and we'll have all the trash bags you could ever want for the neighborhood Clean-up! We are meeting at Fountain Park at 10am. If you can stay the whole time, wonderful, but part time help is of great assistance, too! We need all the help we can get! We will be planting winter plants (pansies) in the parks, as well as cleaning, so if planting is your forte don't hold out on us, please! We look forward to seeing you out there for fun community service and some great exercise!

Calling All Carolers!

Can you sing like an angel or simply love to sing? If so, we want you! We are in need of carolers for our 2013 Holiday Homes Tour on Sunday, December 15th. If interested, please contact one of the Homes Tour Committee members: Tammy Lifsey: 399-2383, Judy Higgins: 399-4211 and Lynda Rafferty: 673-0651



Historic Homes - A Few Helpful Hints

There's a new inspector in town, and he's going to be looking for ways to fine you for things you may not even know are unacceptable, so here are a few tips, or refreshers for those of you who have forgotten:

* Repairs & Modifications: Your home is in the Port Norfolk Historic District, which means any modifications to the exterior of your home must be approved by the Historic Preservation Committee before doing anything. Please contact Portsmouth Planning Manager, Jocelyn Adumuah at 393-8836 x4203 if you have any questions, prior to making changes!

* Satellite Dishes: These are allowed in Port Norfolk, however they should be placed where they are not visible from the street!

* Trash Pickup: We are unique in that we have alleys, but they can cause confusion when it comes to trash pickup. Bulk trash and limbs should be placed at the curb, not in the alley. Boxes should be placed in the alley. Leaves and lawn clippings should be put in CLEAR bags and put in the alley. Please do not put out bulk trash until Thursday evening for Friday pickup. Bulk trucks will not pick up grass bags on the street, and garbage trucks will not pick up bulk left in the alley.

* Recycling bins: Recycling bins are to be placed curbside, in front of your house, and will be picked up every other week, following the WHITE route schedule that is posted on the city website. Once bins have been emptied, please place them somewhere inconspicuous, such as the side or rear of your house.

* Parking: Vehicles are not allowed to be parked on your grass or sidewalk, no matter how cool they look in your front yard. You risk a ticket from the City and the police, so please, park in the driveway, on the street on behind your house.

Chicken, Egg, Turkey, Duck and BEEF!

Holidays are just around the corner! Time to get chicken, beef, and TURKEY, PLUS you can support your local merchants and buy the healthiest food for your family at the same time! RBE Farm (rbefarm.com) offers locally grown, natural and antibiotic-free, pasture raised poultry (chicken, turkey and duck!) eggs, and beef. You can support your local merchants and buy the healthiest food for your family at the same time! Contact rbefarm@mac.com to place your order and it's delivered right here to Port Norfolk! Tatjana Adam's house—107 Douglas Avenue—is a pick-up location.



Look for Port Norfolk Online!

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



PoNo BOOyah! 5k & Little Monsters Fun Run!

Saturday, Oct. 19th * 8:00 a.m. * Fountain Park - 601 Broad Street, Portsmouth, VA

To benefit the SEVA Regional Food Bank and the Port Norfolk Civic League

Race Information:

Get into the "spirit" of the PoNo BOOyah! Dress up in your favorite costume and prepare for SPOOKtacular fun as you run through the haunted, I mean, HISTORIC streets of Port Norfolk!

Race Directors:

Matt Hartman - (757) 971-0237
Amy O'Donnell - (757) 739-6433
Email: booyah5k@portnorfolk.org



Registration Information:

Register for the BOOyah 5k and Fun Run by mail, online or on race day:

PoNo BOOyah 5k

Pre-registration before Sept. 1st: \$30
Registration after Sept. 1st: \$35

Little Monsters Dash Fun Run

Registration: \$5

Did you know one in four residents in Southeastern Virginia live on the edge of hunger? Did you also know that 50% of those needing food assistance are children? No child should go hungry in this country. Please bring a non-perishable food donation with you to the race to help eradicate hunger in Hampton Roads!

Check www.booyah5k.com
for race information and
updates, or to register online!

..... detach here

Last Name, First		Date of Birth
Address		
City/State/Zip		
Phone		Email
Sex	<input type="checkbox"/> M <input type="checkbox"/> F	

<input type="checkbox"/> 5k	<input type="checkbox"/> Fun	<input type="checkbox"/> Run <input type="checkbox"/> Walk	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL	<input type="checkbox"/> 2X	<input type="checkbox"/> 3X
Event (choose one)		(choose your pace)	T-shirt Size - 5k only (choose one)					

Entry Fee	\$	_____
Donation	\$	_____
TOTAL	\$	_____

- ☐ Check payable to PNCL is enclosed.
☐ Please charge the following account:
☐ Visa ☐ MC ☐ Disc ☐ AmEx

Card number: _____ Expiration Date: _____
Names as listed on card (please print): _____
Signature _____ (Invalid without signature)

Liability and Publicity Release: For myself and my executors and administrators, I/we hereby release the PNCL, any event sponsors and any event volunteers and each of their respective officers, employees, successors and assigns from any and all claims and damages arising out of any injury or condition that I/we may suffer as a result of participating in this event. Further, I/we hereby grant full permission to any and all of the foregoing to use my/our photograph or any other record of the event for legitimate purposes.

Signature

Date

Parent Signature (if under 18 years old)

Date

Mail completed applications to: PoNo BOO-yah 5k run c/o 409 Douglas Avenue, Portsmouth, VA 23707