



PORCH TALK

August 2014

BOO-yah!



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

Board Contacts

President

John Lifsey
399-2383

Vice-President

Erika Nestler
262-8430

Treasurer

Marlene Smith

Treasurer@portnorfolk.org

Recording Secretary

Dorothy Parker
399-1498

Corresponding Secretary

Mark Divenuti

BOO-Yah! 5K Run

Amy O'Donnell
739-6433

Environmental

Madalyn Grimes
621-9521

Fountain Park

Paul McGrath
757-318-0658

Historian

Kim Lewandowski
646-4522

HPC/Stabilization

John Lifsey
399-2383

Membership

Carolann Marlborough
537-0833

Neighborhood Watch

John Higgins
higgsafe@cox.net

Publicity/Porch Talk

Sharon Rich
porchtalk@portnorfolk.org

Recreation

Joy Guadano & Martha Mitchell

Reflection Walk

Nicole Macaulay
412-7391

Ways and Means

Matt Hartman

Webmaster

OPEN

Welcoming

Teresa Johnston
535-5901

Next Civic League Meeting

Port Norfolk Recreation Center at 432 Broad Street

Thursday August 7, 2014 7:00 pm

Our speaker for the August Meeting is Pamela J. Edwards with Medi Home Hospice. She'll discuss companionship & emotional support for patients and their families, as well as the Veterans program supported by Medi Home Hospice.

Civic League News & Events

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

3rd Annual BOO-yah! 5K Run/Walk and Little Monsters Fun Run!

Can you believe how fast October 11th is RACING up on us?

October 11th? Race?

I think you know where I'm going with this:

That's RIGHT! It's the BOO-yah! 5K and Little Monsters Fun Run on October 11, 2014! And this year, like last year, the run is going to the DOGS! That's right, dance with wolves, run with your dog! We had a tremendous turnout of both two and four-legged runners last year, because everyone wants to run with the big (and little) dogs!

We will hold a "Pack the Truck" food drive and are asking all racers to bring non-perishable food items for the Foodbank. This race is a blast and a great incentive to whittle your middle before the holidays! Oh, and did we mention the post-race party featuring yummy food, raffle prizes, costume contests for adults, kiddos and pooches? So sign up today to run or walk. Even better sign up as a team and save \$5 on registration! You can find out more on the website: www.booyah5k.com

This race benefits the Port Norfolk Civic League and The Foodbank of Southeastern Virginia, so come out and have lots of ghoulish, I mean FOOLISH great fun while helping your community! Make sure you get your official t-shirt and any remaining early bird discounts ... SIGN UP NOW!

BOO-yah!
5K and Fun Run

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

Port Norfolk BOO-yah! 5K & Fun Run

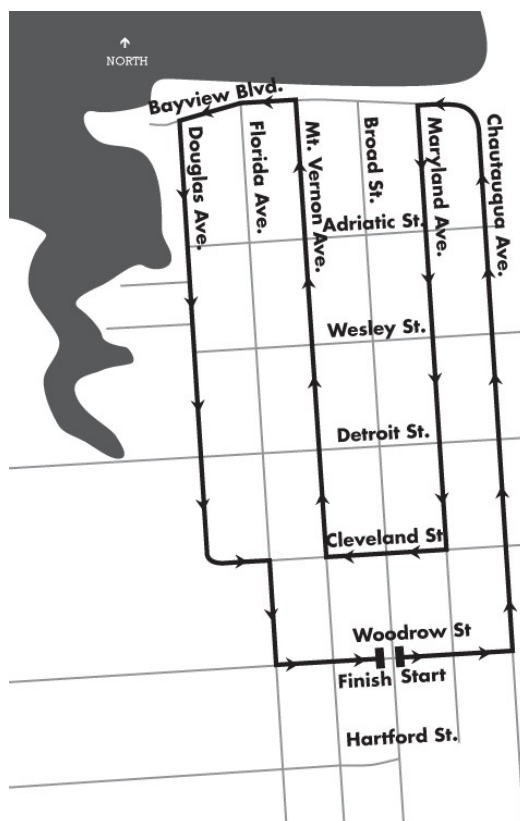
Saturday, October 11th

* 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 Tidewater Striders 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: \$30 and 5k Walk: \$30 (\$30 price if you pre-register now, \$35 price on day of event)
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*

PORCH TALK-AUGUST 2014

PORT NORFOLK CIVIC LEAGUE
porchtalk@portnorfolk.org

2014 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 August an awesome day!



*Janet Atzert, John Bailey, Madalyn Grimes,
Ralph James and Rosalila James*

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

Historic Homes - A Few Helpful Hints

There's a new inspector in town, and she'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 may 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 park 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. Also, RV's, trailers and tractor trailers are not allowed to park on the street. Not only are you looking at a possible ticket, but you could create angry neighbors who lose their very valuable parking spaces!

Take A Peek Around History Corner!

You already know that Port Norfolk is filled with diverse and intriguing people, because you are one of them. But, did you also know that we have quite an exciting past? That is what our Historian, Kim Lewandowski has been uncovering and what she will be revealing here in History Corner!

Port Norfolk resident was long-time NASA test pilot!

John Barron McKay (1922-1975) was born on Dec. 8, 1922, in Portsmouth, Va., and lived at 102 Mt. Vernon Avenue. McKay graduated from Virginia Polytechnic Institute in 1950 with a Bachelor of Science degree in Aeronautical Engineering.

McKay was a test pilot with the NACA and NASA from Feb. 8, 1951 until Oct. 5, 1971, specializing in high-speed flight research programs. He began as an NACA intern, but assumed pilot status on July 11, 1952. In addition to the X-15, he flew such experimental aircraft as the D-558-1, D-558-2, X-1B, and the X-1E. He has also served as a research pilot on flight programs involving the F-100, F-102, F-104, and the F-107.

During World War II he served as a Navy pilot in the Pacific Theater, earning the Air Medal and Two Clusters, and a Presidential Unit Citation. He was married and had eight children.

Courtesy nasa.gov.



Do you have a story to share about the history of your house or our neighborhood? Do you have pictures that show the grand history of days gone by? If so, you could be the next one featured in the History Corner!

Please call or email Kim so she can hear more about the hidden gems in our beautiful Port Norfolk! Her telephone number is (757) 646-4522 and her email address is historian@portnorfolk.org.

Look for Port Norfolk Online!

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



PORCHTALK – AUGUST 2014

PORT NORFOLK CIVIC LEAGUE
porchtalk@portnorfolk.org

PoNo BOOyah! 5k & Little Monsters Fun Run!

Saturday, Oct. 11th * 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 BOO-yah! Dress up in your favorite costume and prepare for SPOOKtacular fun as you run through the ~~haunted~~ 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 BOO-yah 5k and Fun Run by mail, online or on race day:

BOO-yah 5k

Early bird registration before May 15th: \$25
Pre-registration until Sept. 15th: \$30
Registration after Sept. 15th: \$35
Team Registrations: \$25 per person

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 checked="" type="checkbox"/> M <input type="checkbox"/> F | Team Name * |

* A team is three or more members

| | | | | | | | | | |
|--|---|------------------------------|-------------------------------|--|----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|
| <input checked="" type="checkbox"/> 5k | <input checked="" 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