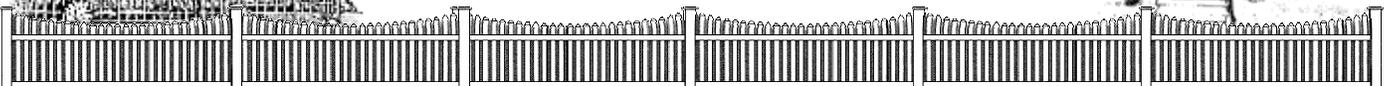


February 2015
PORCH TALK



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

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Civic League News & Events

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

Next Civic League Meeting

Port Norfolk Recreation Center at 432 Broad Street

Thursday February 5, 2014 7:00 pm

Did you know that 2015 is the 125th Anniversary of the beginning of Port Norfolk? We all know Port Norfolk is a special place, but what really makes it great are the people who live here! Yes neighbors, you are the heart of what makes Port Norfolk special! **YOU are Port Norfolk!** As we begin this very momentous year, the primary focus of your civic league is the celebration of the many elements contributing to our unique neighborhood. These celebrations are opportunities for you and your family to join with us to demonstrate our neighborhood is vibrant, healthy and beautiful, which brings us to our February and March Meetings:

FEBRUARY MEETING: HEALTHY YOU, HEALTHY PORT NORFOLK!

The Civic League's Speaker is Kshanti CrossFit! Founder, Jessi Jannarone. Kshanti CrossFit! opened in Port Norfolk in September of 2014 and just a month later she was already supporting our neighborhood and the Food Bank by bringing a team of participants to the 3rd Annual BOO-Yah 5k and Fun Run! Jessi will talk about how to stay fit and get better rest to achieve optimum health. Good health is key to doing all the things we want to do in life. To show how serious she is about helping you boost your health and fitness, Jessi is holding a free community workout! Here are the details:

Kshanti CrossFit invites everyone to a free workout on Saturday Feb 7, 2015 at noon! CrossFit is a fantastic way to reach your health and fitness goals, and requires no experience. It is easily adaptable to all fitness and experience levels, and is fun and challenging for all! EVERYONE can do CrossFit! Kshanti Crossfit is a small gym comprised of enthusiastic and knowledgeable coaches, along with the most awesome athletes you could ever ask for! Jessi and her team welcome you to join them Saturday at 510-A Virginia Avenue in Port Norfolk. (757) 256-9307, kshanti.strength@gmail.com

MARCH MEETING: PORT NORFOLK BEAUTIFICATION AND PIZZA PARTY!

Our March Civic League meeting will be an interactive event! This meeting is a round table discussion with some key City leaders, neighbors and our Civic League Members. The goals for this meeting will be ways to promote property value growth, ensure a clean and healthy environment in a neighborhood where children are safe and neighbors work together to achieve positive change. This is an excellent opportunity for all to create positive change in our neighborhood. Please come with constructive ideas and a commitment to working together. We need every resident--homeowners and renters--to help keep Port Norfolk a safe and beautiful place we can all enjoy for many years to come! Join us for pizza and creative idea sharing at our March Meeting!

January Meeting:

Our January Civic League meeting was well attended, and our neighbors showed their passion in an interactive communication session with John Rowe, our City Manager. John is an enthusiastic cheerleader for the City of Portsmouth, as well as an excellent leader of the people who make it all run smoothly. The Civic League extends a huge thank you to John Rowe for coming to speak directly with our neighbors and friends!

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

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

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

2015 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 February a fantastic day!



Rob Gelinas, Linwood Grimes & Peggy Williams

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

READY, SET, SMILE!

Neighborhood photographer Matt Hartman is having his Winter White Open House on February 21st. Bring your kids and their heaviest winter coats for a fun studio session. The cost is \$20 for the entire family and includes one 8x10 print. Email matt@matthartman.com for more information, or visit MattHartman.com.

Portsmouth Fun in February!

Feb. 7th – Sailor's Valentine (10 AM - 5 PM): Nineteenth century sailors returned home from long sea voyages bearing special gift, a sailors' valentine, for their loved one. These valentines were beautiful works of shell art with messages inscribed in them. Come on in and create your own sailor's valentine. Portsmouth Naval Shipyard Museum. Admission is free as part of our First Weekends, First Saturdays programming series. Portsmouth Naval Shipyard Museum, (757) 393-8591

Feb 21st – 16th Annual Parade of Horses (10AM): The Annual Buffalo Riders Parade of Horses will be held in Portsmouth. This annual eight-mile parade is regarded as one of the longest parade routes in the nation! The parade will start at 10 a.m. at I.C. Norcom High School, located at 1800 High Street, and continue as follows: down High Street; left onto Frederick Boulevard; left onto Portsmouth Boulevard; left onto Elm Avenue; left on to High Street; and ending at I.C. Norcom High School. The Buffalo Riders, founded in 1997, is an African-American equestrian team that honors the contributions of the Buffalo Soldiers and the Black Cowboys of the Old West. Annually, the Buffalo Riders Parade of Horses is held in their memory. Vendors and Concessionaires at I.C. Norcom. For more information, Call Ken Wright at 286-1493 or email Ken-Wright@cox.net



Port Norfolk Neighborhood Watch

WARNING



**NEIGHBORHOOD WATCH
PROGRAM IN FORCE
IF I DON'T CALL THE POLICE
MY NEIGHBOR WILL**

Neighborhood Watch is a crime prevention program which enlists the active participation of residents in cooperation

Neighborhood Watch is residents not only knowing each other, but taking the time to care about each other and

Neighborhood Watch is about crime prevention education and the implementation of important home and personal

Community involvement is essential to effectively combat crime. By cooperating with each other and the police, people can fight crime in their community in the most effective way—before it begins.

A Neighborhood Watch costs only the time it takes for us to care about our neighbors. Please give some of your time and help us discover ways to improve the quality of life in beautiful Port Norfolk!

Neighborhood Watch Participation!

Do you live in Port Norfolk? Then we need you and yours in the Neighborhood Watch! Participation in the Neighborhood Watch meetings declined in 2014, but at the same time, crime in the City increased. In order to stop the crime, we need our neighbors to participate. One of the reasons criminals are successful is because people stop looking out for each other, vigilance relaxes and people become complacent. Well, not this year! We are going to make sure our presence is seen, heard and felt and we need you in order to do it! The only requirement for participation is the desire to live in a nice place with neighbors who care, and that description could fit just about all of us!

At the March Civic League Meeting the Neighborhood Watch Committee will have a table set up so you can stop by to sign up, ask questions and find out how much or how little you would need to do in order to make a huge difference. Just like Uncle Sam says: WE need YOU!

More about this at the upcoming Civic League Meetings, plus updates will be posted on our Facebook page and webpage. As spring approaches, we are going to start group patrol walks again, so put us on your schedule! If you have any questions/comments/concerns, please contact John Higgins, our Neighborhood Watch Coordinator: (757) 535-2724 or higgsafe@cox.net.

Look for Port Norfolk Online!

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



PORCHTALK – FEBRUARY 2015

PORT NORFOLK CIVIC LEAGUE
porchtalk@portnorfolk.org