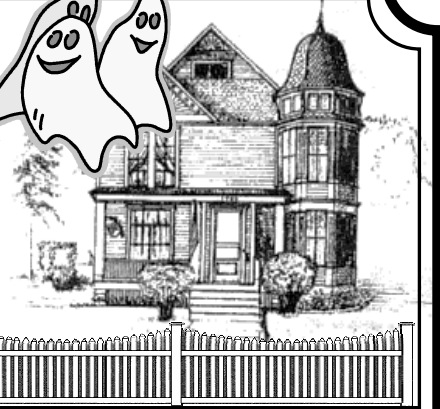


PORCH TALK

September 2015

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

OPEN

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

John Lifsey
399-2383

Membership

Carolann Marlborough
537-0833

Neighborhood Watch

John Higgins
higgsafe@cox.net

Porch Talk/Publicity

Sharon Rich
porchtalk@portnorfolk.org

Recreation

OPEN

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 September 3, 2015 7:00 pm

Our speaker is Meg Pittinger, Environmental Manager for the Department of Neighborhood Advancement. She's going to discuss the changes to the Flood Zone Maps and how it impacts us all.

Civic League News & Events

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

Upcoming events

Mark these dates on your calendar because you don't want to be left out of the fun!

- * October 24th - BOO-yah 5k! and Little Monsters Fun Run
- * October 30th - Pumpkin Carving Judging
- * December 12th - Christmas Lights Contest Judging
- * December 13th - Christmas Homes Tour

Board Nominations

2015 is coming to a close, and that means it's time for Board position nominations and appointments! Have you always wanted to get involved? Isn't it time? We have several positions open and would love to have them filled with enthusiastic people! There's no better way to help improve and guide the direction of our historic neighborhood!

WE NEED YOU TO JOIN OUR CREW



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

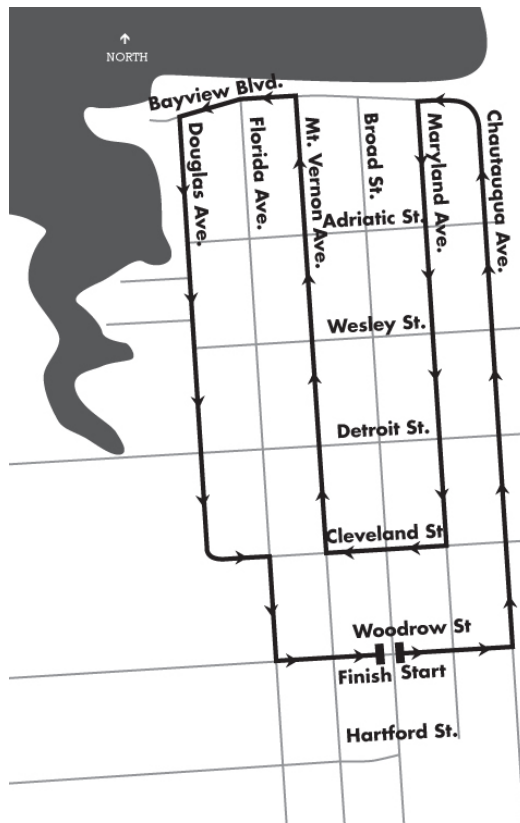
Saturday, October 24th

* 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 becomes \$35 after 9/28/15 & \$40 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

BOO-yah!
5K and Fun Run

PORCH TALK-SEPTEMBER 2015

PORT NORFOLK CIVIC LEAGUE
porchtalk@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 September a spectacular day!



*Shirley Duncan, Jesse Jannarone and
Jim Windley*

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

Our Cup Runneth Over ... As Does Our Fountain!

Many thanks to Alton Harris for repairing our beloved fountain at Fountain Park. It's just not Fountain Park without a burbling fountain! Thank you, thank you, thank you!

Community Fall Festival & BBQ Competition!

Seaboard Lodge #56 would like invite you to attend their Community Fall Festival and BBQ Competition to be held at in Port Norfolk at 218 Williamson Road, Portsmouth, Virginia on Saturday, October 3, 2015, 11am-4pm. To enter the BBQ competition, please contact Scott Benton via phone (757) 353-9403, or email Christopher.Benton@ge.com

Community Food Drive @ Fountain Park - 10/24/15

You may have noticed that the BOO-yah 5k! Is happening on October 24th. Hopefully you have also noticed that there is a Community Food Drive happening at the same time. The race was started to help collect food and funds to fight hunger in our area. For every food item that you bring to the food drop off collection truck, you will receive a ticket that you can use towards chances to win great raffle prizes that will be given away that day! All of the food and funds collected are distributed

locally to your friends and neighbors in need right here in Portsmouth! You can be part of a great cause that helps those who can use it the most and you have the chance to win some excellent prizes. Come to the BOO-yah! 5k and Fun Run. Bring your dog, enter the costume contests, enjoy the music, fun and food , and bring items you can donate to a very worthy cause!

Look for Port Norfolk Online!

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



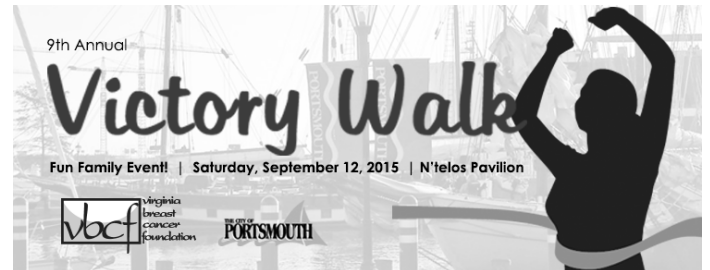
Family Fun in Portsmouth!

Free Concerts in the Courtyard, September 4th

5:00pm-8:00pm. Enjoy swing and blues music in the courtyard from **HM Johnson Band**. The band has been performing together for over nineteen years. They include Henry Johnson, Carlton Lillard and "Ju-Ju", Corner of High and Court Street. Event will take place in the art Annex, next to the Gallery Shop, in case of rain. Call 757-393-8543 or visit www.PortsmouthArtCenter.com

9th Annual Victory Walk: September 12th , 9am - 12pm

The 9th Annual Victory Walk hosted by the Hampton Roads Chapter of the Virginia Breast Cancer Foundation will be held on Saturday, September 12, 2015 at the nTelos Pavilion. On-Site Registration: 7:30 am – 9:00 am. Start time is 9:00 am. Registration Fee: \$25 in advance, includes free t-shirt (prior to Sept. 6) or \$15 for children (5-11 years of age). Call (757) 434-6954 or www.vbcf.org.



2nd Annual Virginia Craft Beer and Wine Festival September 12th , 12pm – 5pm

This event will offer guests a fine selection of select breweries and wineries from right here in the state of Virginia. Tickets will include unlimited sampling of beer and wine, a commemorative festival glass and live entertainment at nTelos Wireless Pavilion. Call 757-393-8181 or visit www.pavilionconcerts.com



Full Moon Paddle - September 26th, 7:30pm-9:30pm

Kayak around Lake Ballard after the sun goes down. Explore the lake with a guide by the light of a fully moon. Afterwards, enjoy snacks around a fire. Space is limited. Registration is \$35 for non-members; \$20 for HCWF members. Hoffer Creek Wildlife Preserve. Please call 757-686-8684 or visit www.hofflercreek.org.

PORCHTALK –SEPTEMBER 2015

PORT NORFOLK CIVIC LEAGUE
porchtalk@portnorfolk.org

4th Annual BOO-yah! 5k & Little Monsters Fun Run!

Saturday, Oct. 24th * 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 28th: \$25
Pre-registration until Sept. 28th: \$30
Registration after Sept. 28th: \$35
Same Day Registration: \$40
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: _____ Code: _____

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: BOO-yah 5k run c/o 409 Douglas Avenue, Portsmouth, VA 23707