

Dan Singer Honored As Neighborhood Hero

On February 15 the Interneighborhood Council of Durham honored 29 citizens at a gala hosted by The Pit restaurant. Nominees were feted by State & Municipal officials, VIPs, families & guests, for their exemplary services to their communities.

Daniel E. Singer, a 20 year resident of Northgate Park, was thanked for his many contributions. Despite doing a newsletter route (never missing a delivery) for 15 years, he's been an early pioneer bringing list serv technology to NGP, foreseeing its advantages over other modes of communication in keeping neighbors connected.

Like a digital Johnny Appleseed, he persisted in establishing the list despite lack of interest, setting up a first then second version. His dedication to create/administer the list on an ongoing basis has led to the thriving forum we have today, with its reputation for vigilance in rapidly reporting crime/suspicious activity.

His and other early-advocates' efforts have led to an extensive network of listservs connecting Durham's 'hoods, with similar great results. His fair-minded handling of passionate or prickly exchanges has kept people feeling empowered to participate in this lively, active forum.

Dan joined the NPNA Board and currently marks six years of serving as treasurer. He is our longest serving member and celebrates the 10th anniversary of the list he created, which boasts > 1100 subscribers, including city reps, DPD officers, reporters, current & former residents; and > 41,000 posts to date (approx. 3900 per year/325 per month).

Having served quietly through the tenure of > 6 NPNA presidents, Dan Singer is one of those rarely noticed prime movers, doing the unsung behind the scenes tasks at n'hood events, and the financial paperwork after every one has gone home. Though the last one to claim credit, the rewards of his efforts ripple outwards to Northgate and beyond – making his award well earned.

Congratulations, Daniel E. Singer, our 2015 INC Neighborhood Hero!

NPNA Membership Form

Join or renew your membership today!
Make checks payable to: "NPNA", mail check and this form to:
Singer/NPNA, 311 Greenwood Drive
Durham, NC 27704

Individual Household \$5-\$15, pay what you can

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Address: _____

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Or use PayPal at our website Northgateparknc.org

The Museum of Life & Science and Edison Johnson

Museum of Life & Science: (433 W Murray): Calendar/tickets:

<http://lifeandscience.org/calendar/>

Creek Week: Mar. 24–28, 10:30am – 2:30pm; Free with admission- Join us to celebrate Durham's Creek Week, an annual event dedicated to watershed/wetlands awareness + conservation of Ellerbe Creek. Become a wetlands biologist for a day! Explore water quality, learn about wetlands animals and discover why wetlands are such an important ecosystem. **Dinosaur Egg Hunt!** Mar. 28-29 + Apr. 3-5; Fri & Sat 9:30am–5:00pm, Sundays 12:30–5:00pm-\$7 per egg hunter (in addition to admission fee)

Edison Johnson Pool & Rec Center (500 W Murray): Winter/Spring Play More Schedule is out! Go here for online book view and online registration for activities (sports/games, fitness, craft & more):

<http://durhamnc.gov/ich/op/prd/Documents/Play%20More/PlayMoreJan-May15web.pdf>

**** Special event (All ages!): ** Annual Spring Egg Dive!** Swim for eggs, win prizes! All swim levels welcome, life vests provided. Adult must enter water w/kids < 9yrs.

CR PC \$5 / CRNPC \$6 / NCR PC \$10 / NCR NPC \$11

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Join the NPNA listerv at <http://groups.yahoo.com/group/NPNA> click "join this group" OR send an email



Newsletter

Member of the Inter-Neighborhood Council



Upcoming Neighborhood Events

March 19 - NPNA Meeting, Civitan 7pm

April 18th—Relly Really Free market 2-4:00

March 21st Really Really Free Market 2-4:00

April 23 - Food Truck Rodeo, NG, 5—8:30

March 26 - Food Truck Rodeo, NG, 5—8:30

May 21 - NPNA Meeting, Civitan 7pm

April 16 - NPNA Meeting, Civitan 7pm

April 23 - Food Truck Roedo, NG, 5—8:30

Please Join Our Board!

A word from our Board Chair Ian Pond

NPNA does a lot to make our neighborhood a real community. We produce the newsletter, organize Food Truck Rodeos, the annual picnic, coordinate events (Luminaries, Chalk Walk, Yard Sales, t-shirt design), administer the listserv and maintain the website at Northgateparknc.org.

We are the communication link for the City regarding tree planting, Keep Durham Beautiful bulb distribution, Parks and Rec developments (like demolition of Lavender House) and much more – what would you like to promote?

New people to the Board bring fresh perspectives and represent different interests. For instance we need parents of young children on our Board! We need you!

The NPNA annual meeting and picnic will be late May/early June and will bring opportunities for new leadership.

I will not be standing for re-election as President but will remain on the Board for at least the next year.

Carol Henderson, who has been Secretary since 2010, is also not seeking re-election and will leave the Board at that time. Carol will continue to update the website but will be passing Luminaries on to someone new.

Being on the Board does not have to be a big time commitment – one meeting a month and coordinating a favored activity. You will add value to your community!

Please consider standing for a Board position this year and feel free to contact any member of the Board ahead of elections to discuss what it means to be on the Board. Current Board members: Ian Pond/ Pres., Deb Hawkins /VP, Carol Henderson /Sec., Dan Singer/Treasurer, Alice Kolacinski, Terry Kolacinski and Melissa Harrell.

Community Assets

Nancy Knepekens has been the Partners Against Crime co-facilitator since 2012. Her term will end June 2015. The PAC2 district encompasses many Durham neighborhoods including Northgate Park. Nancy also coordinated the activities for Northgate Park's National Night Out in 2014. She is an active supporter of Durham Together for Resilient Youth. Thank you for helping Northgate Park and Durham, Nancy!

Mike Konvicka has organized multiple yard sales for Northgate Park residents since 2010. You may recognize him from his clothing stand, Terra Clotha at the Durham Central Park Farmers' Market. He has also served as an NPNA board member. Thank you for your contributions, Mike!

Mary Alicia Lyons of Colonial Village is the brainchild behind the Northgate Park Food Truck Rodeos. She has managed the roster for the rodeo participants since its inception in 2012. Thanks for being a partner with Northgate Park residents, Mary Alicia!

Please contact Carol Henderson at chende2292@aol.com if you know someone for Community Assets.

Use your PayPal account to join NPNA at Northgateparknc.org

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Seasonal Allergies: Prevention & Treatment

It's time to start preparing for the allergy season. Those barren limbs and flowerbeds we see around us hold the potential to wreak much suffering on those of us with susceptible noses. The trees will be releasing their pollen before you know it. Last year it was so thick and heavy, the yellow miasma struck those usually unaffected by seasonal allergies.

Prevention is definitely the best strategy when it comes to dealing with seasonal allergies. One of the easiest methods is taking nettles either as a tea or a freeze-dried capsule. Daily consumption helps blunt the histamine response that causes the discomfort of allergies. It's important to consume this herb before you are exposed to your typical allergen. Ginger and turmeric help to normalize hepatic and gastric function; normalization decreases the inflammatory chemicals that increase the severity of allergies.

I have had personal success using a homeopathic tincture for tree pollen allergies by Natrabilio. It's called Tree Pollen. In my experience, it works best if I start 1-2 months before the heaviest pollen starts to fall.

Lastly, acupuncture is a powerful modality that can reduce inflammation and greatly reduce or eliminate the allergic response to environmental irritants. Contributed by Jon Walker your friendly neighborhood acupuncturist. <http://bullcityacupuncture.com/jon-e-walker-lac/>

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About Your Association

NPNA Meetings: Northgate Park Neighborhood Association meets the third Thursday of every month (except June and December) at 7:00 p.m. at the Friendly City Civitan Club at 2510 Glendale Avenue. All neighbors are welcome to attend!

NPNA Board of Directors: President: Ian Pond; Vice President and INC representative: Debra Hawkins; Treasurer: Dan Singer; Secretary: Carol Henderson; Members at Large: Alice Kolacinski, Terry Kolacinski, Melissa Harrell

Interneighborhood Council

Submitted by Deb Hawkins

Like/follow: www.facebook.com/InterNeighborhoodCouncilDurham

Activities: INC workgroups: Zoning & Development/ Membership & Outreach/Nuisance Abatement /Speeding & Traffic/ Bike, Pedestrian & Transit/ Parks/Public Space & Environment

*Passed a resolution encouraging the City of Durham to become the first NC city to set its own goal (proposed 15%) of sourcing energy from solar technology (government and residential) by 2030, in complement to the city's adopted target of greenhouse gas reduction by 30% by that same year. For more info click links: at www.solarroadmap.com;

* A presentation by Elise Kohn of **North Carolina Next Generation Network** (<http://ncngn.net>) regarding the advent of Google Fiber to Raleigh-Durham, the technology and options.

INC connects communities to build a greater Durham. Meetings: 7pm, 4th Tuesdays @Golden Belt (807 E. Main Street, bldg #2, 3rd floor). www.durham-inc.org; join their list serv! Summary @ NPNA meetings (3rd Thursdays) by delegate Deb Hawkins dhawkins913311@gmail.com

Like Northgate Park Neighborhood on Facebook

Red Pepper Hummus

Ingredients
2 whole roasted red bell peppers
1-1/2 Tbls minced garlic
2 Tbls Tahini
2 Tbls lemon juice
1 14.5 oz can Chick Peas (Garbanzo beans)
2 Tbls Muffaletta Olive Salad (optional)
Put everything except the chick peas and olive salad into a blender.
Blend until smooth. Add chick peas, 1-2 spoonfuls of chick peas to the blender, starting at low or medium speed and increasing to the highest speed after the peas have been pulled down into the mixture. Blend until smooth before adding more chick peas. Repeat until all the chick peas have been blended in. If using the olive salad, gently mix it into the finished hummus. Makes 1 quart. Courtesy of Steve on Acadia

New Block in the Hood!

Have you walked down the 100 block of Murray Avenue recently? The old Vaughan property that formed most of the block bordered by Murray/Shenandoah/Delafield/Farthing was sold to developer Rick Rees of Pegasus Land last year. Rick did a beautiful job of restoring the main house and is now moving on to the rest of the property.

Rick's plan involves building up to ten more homes on the block in Craftsman style with three or four of those facing Murray. Most homes will be in the 1500-1800 square foot range, perfect for families!

Tree clearance has commenced which is transforming the look of the block. The first two houses will begin construction in Spring. We'll have to revise the news-letter delivery routes for this!

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