

Resident businesses and services

(these adverts free to members of NPNA)

Bull City Veterinary Hospital Dr. Leilani Sabin is the owner and a Northgate Park resident on Glendale Avenue, opening a new veterinary hospital in Downtown Durham

Bull City Veterinary Hospital
605 Fernway Avenue
Durham, NC 27701
919-265-7555

Visit us on Facebook!

She will be offering general medicine and surgery, acupuncture, Tui na and Class IV therapeutic laser treatments for small animals. opening January/February 2014.

Samadhi Shala, LLC (owner- Satya Tara Devi LMBT 8202)
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Nancy Rizzo, NGP resident since 1988, Realtor® since 2000 and neighborhood pet sitter. Assisting with the purchase and/or sale of homes in Durham, Wake, Person, Orange, Granville, Franklin and nationwide relocation. 919 308 4306

Quarter Moon Dreams Healing Arts, LLC is now offering Oncology Massage in addition to integrative Swedish and Myofascial massage. Located at 2408 Hillsborough St. in the lower level of A New Reflection. Please contact glenna.maynus@quartermoondreams.com or 919-417-9537.

Bull City Acupuncture 919-949-2676
\$40-60/session Treating pain, insomnia, mal-digestion, stress, skin problems, gynecological issues and more. Jon E. Walker
bullcityacupuncture.com

BuildSense. Got drafts, allergies, high bills, other quirky old-house issues? Energy audit's too much, weatherization, not enough? A Home Comfort Survey from your neighbor, Bradley Yoder, of downtown Durham's **BuildSense**, can help. 919 943 0057 byoder@buildsense.com

Michael Konvicka (Farthing Street) sells hand-dyed clothing for babies, children, and adults at the Durham Farmers Market on Saturday mornings. The Farmer's Market is located in the Durham Central Park pavilion on Foster Street on Saturdays from 8 a.m. until noon. Lots of good locally-produced food, baked goods, and crafts

Durham Green-pawz Local, green spa care for your four-footed companion! Baths, haircuts, toenail trims & more, for canines with an interest in low-pawprint grooming services. At our location, flexible scheduling, in-home by appointment to nearby areas. D. Hawkins, proprietor, (919)-797-8155. For your pet, go green! ☺

Did you know? NPNA has 93 members and Northgate Park has approximately 1150 households. Join us today!

Turkey LEFTOVERS (cont from p5)

at this point.) This step will take between 2 or 3 hours. Remove the pot from the stove and let cool (another 2—3 hours.) While the mixture is cooling consider whether you want to make stock by just draining the liquid and discarding the celery, bones and onion. OR make a base that can be used for Chicken and Rice soup or Chicken Vegetable Soup or Chicken and Dumplings. If so, drain off the liquid placing 1-2 qt amounts in wide top plastic containers or pots. Remove slivers of the meat from the cooked bones (discarding the skins—they will have left enough fat and flavoring) and place meat in the containers or pot. If the onion and celery are firm, you can chop up and place in base. Otherwise discard with the bones and fat. Continue making the soup of your choice or freeze broth or soup base for future use. [I usually freeze this rich broth to allow the fat to freeze at the top so I can remove it before when making my soup. If making Chicken and Rice or Chicken and Dumplings, I use chicken breast slices to add meat, use leftover rice or just throw in precooked rice, for dumplings, try Annie's. For the vegetable soup—use more onion, celery if you'd like, carrots, cabbage or spinach mixed vegetables and a can of chopped tomatoes. Enjoy!

ABOUT NORTHGATE PARK NEIGHBORHOOD 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: Adam Shestak; Treasurer: Dan Singer; Secretary: Carol Henderson; Members at Large: Alice Kolasinski, Debra Hawkins (INC representative), Melissa Harrell

** SUBMISSIONS / DELIVERY—WE NEED YOU! **

NPNA's Newsletter is published quarterly -- but doesn't happen without support, input & commitment from our community! To submit articles, news, recipes, or announcements, email ian.pond@yahoo.com.

** To help deliver newsletters, please contact ** ian.pond@yahoo.com or 919-317-1241.

NOTE: We especially need help for Club Blvd & Roxboro/Duke Street routes.



NORTHGATE PARK NEIGHBORHOOD ASSOCIATION

newsletter



Member of the Inter-Neighborhood Council

Tree Planting in Northgate Park

City of Durham wants to ensure that the beautiful trees that adorn our City are replaced as they naturally age out. Alex Johnson leads the Urban Forestry department in the City and has entered into agreements with neighborhoods to schedule annual plantings. How does the program work?

The City will sell trees to neighborhoods at half the wholesale cost. The City will do all planting at their cost. Neighborhoods have to identify and agree planting sites. Trees will only be planted in City right of way alongside roadways. There are also many planting sites in NGP that are on public curbsides (Glendale, Club, Ruby on the I85 side). If you would like your yard to be considered for the 2014 program, send an email to ian.pond@yahoo.com

For the 2013 program, which was announced at short notice, NPNA has provided the \$500 to plant ten Living Oaks on the DOT land between Ruby and the highway off-ramp. Additional sites identified for future planting will go in to the 2014 program.

If you would like to make a donation to the tree planting program in Northgate Park please send donations to Singer/NPNA 311 Greenwood Drive, Durham 27704

Luminaries 2013

Night of Lights is Dec. 15th from 2:00 – 5:00 at the picnic shelter near the tennis courts.

We'll have hot cider, snacks and a fire! Mother Nature will provide a nearly full moon. Luminaries are sold in sets of 10: \$8.00 for paid members, \$10.00 for non-members. Three boxes will be available for supply type donations to APS, Food Pantry and Porch.

Follow these links for suggested donations:

www.apsofdurham.org

Park View Baptist Church is accepting non-perishable food items for the Food Pantry (no glass containers please). Recipients are referred to the Food Pantry by Social Services.

www.porchdurham.org

Northgate Park T-shirts will be available for purchase.

They make great stocking stuffers!

Those wishing to help with the actual light up, please come to the shelter around 5:00 p.m.

This is a big job so the more the merrier!

UPCOMING EVENTS:

December 14th - Park Clean-up

December 15th - Luminaries

2014 NPNA Board

Are you looking for an opportunity to be a community participant but don't know how to action that need? Would you like to help influence the food truck rodeo music presentations? Do you like fundraising for your community, Maybe bring some added creativity to the newsletter?

How about joining the Northgate Park Neighborhood Association Board?

Being a Board Member sounds like an onerous task but guess what? Board Members live here—you are amongst them—they are just like you!

Northgate Park is a wonderful place to live because people who live here get engaged with the community and do not just sit back and take.

To keep our community current, vibrant and relevant—get involved. Help. Influence.

There will be Board elections in June of 2014—consider stepping up and helping maintain and shape the future of your community.

Contact any Board member for more information

Durham Mardi Gras 2014 is happening: We need YOU!

Deb Hawkins, Secretary, Durham Mardi Gras Group

Fat Tuesday is 'round the corner, and the 4th annual Durham Mardi Gras Celebration will be bigger and better than ever – with your help! Events/activities focused on kids/families as well as the adults-only crowd are planned. The communities of the Gulf (New Orleans, Mobile, Houston + many other gulf-state municipalities) have a hundreds-year old tradition of charitable events & social soirees that celebrate their cultural diversity, musical traditions, and southern spirit. Durham Mardi Gras Commission seeks to bring the fun and community-focused spirit of Mardi Gras to the Bull City but we need your help to make it happen! DMG Group will be launching an Indiegogo campaign in January and beginning the process of organizing the many activities, events, krewes and paraders for the weeks leading up to the big night. We encourage donors and volunteers (and krewes team leaders) to please join us, for assistance small or large.

Please go to/join our Facebook Group at www.facebook.com/groups/171716006268967 (or email to: dhawkins913311@gmail.com) for event dates postings & Indiegogo launch details; our website will be live soon (google Durham Mardi Gras Group) as well. Thanks for taking part and as they say: Let the Good Times Roll!

Use your PayPal account to join NPNA at Northgateparknc.org

Easy Herbs for Seasonal Support—Jon Walker

When treating, or better yet preventing, the common cold, timing is often the key to success. Knowing a few different simple remedies that you are able to make at home can be invaluable in preventing or shortening the common cold. One of my favorite remedies to take at the onset of a cold with mild symptoms is Cong Chi Tang/Scallion and Prepared Soybean Decoc-tion.

Cong Chi Tang comes to us from a 3rd century formulary named “Emergency Formulas to Keep Up One’s Sleeves.” It consists of just two ingredients: scallions/green onions and fermented soybean, i.e. miso paste.

Take 3-5 scallion stalks with roots intact and bring to a boil in 2 cups of water. Reduce heat immediately and simmer for no more than 5-10 minutes with a tight fitting lid. Add 3-5 teaspoons of miso paste and stir to thor-oughly dissolve. Drink when appropriately cool, but still warm. Wrap up in a blanket to help induce a mild sweat.

If you are feeling particularly cold, add a thumb sized piece of ginger, roughly chopped, and cook with the scallions. If, however, you are feeling more feverish, add 1 tbs of mint or lemon balm to cook with the scallions. Repeat as necessary throughout the day.

Edison Johnson – Events Fun & Fitness

The Edison Johnson Complex at 500 West Murray Ave, (part of Durham’s Parks & Rec System), is in our n’hood, with activities & events for all! Fun upcoming events include:

Swim with Santa! Saturday December 14, 5:30 pm – 7:00 pm
Get in the swim with Santa Claus! At this fun family event, children will get to play in the shallow water with Santa, and make holiday-themed arts & crafts projects on the pool deck. Lifejackets providable as needed. Adult must accompany any child at or under 9 yrs of age in the water.

#12184; All ages. Admission: CR PC \$5 CR NPC: \$6 NCR PC: \$10 NCR NPC: \$11

Info, programs, how to register:
<http://durhamnc.gov/ich/op/prd/Pages/Home.aspx>

The Best (Lower Calorie) Banana Muffins (with Splenda)

Ingredients
3 large bananas (mushed up well), 3/4 cup of Sugar or Splenda, 1 lightly beaten egg, 1 tsp. of baking powder, 1 tsp. of baking soda, 1/2 tsp. of salt
1 1/2 cups of whole wheat flour, 1/4 cup of chopped almond, 1/3 cup of melted butter or unsweetened applesauce (individual servings size), 2 tsp Vanilla extract

Instructions
Preheat oven to 375 degrees F (190 degrees C). Prepare baking pan: Use cup-cake pan/paper liners or bundt pan which has been coated with Baker’s Joy type covering.
In a large bowl, mush up the bananas well. Add the Sugar (or Splenda,) the

lightly beaten egg and the melted butter (or apple-sauce.) Stir in vanilla extract

In another bowl, with a whisk, mix the flour, baking soda, baking powder and the salt. Then add the dry stuff to the wet mix and fold just until mixed (do not overmix or you will have tough muffins.)

Bake for 15—20 minutes until tester comes clean. (Flavor is improved by sitting overnight, but can be eaten immediately.



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Hey! Want to Join our N’hood Listserv?

Go to: <http://groups.yahoo.com/group/NPNA>

click “Join this Group” **OR** send email:
npna-subscribe@yahoogroups.com

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We Finish:

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SUPPORT LOCAL BUSINESSES! It's important for your community.

**Interneighborhood Council late Summer/
Fall Update 2013**

Deb Hawkins, Rep for NGP

INC activities of the Quarter included:

* 2013 workgroups continued their focus on concerns from residents and delegates: Zoning & Development, Membership & Outreach (M&O), Nuisance Abatement, Speeding & Traffic, Bike, Pedestrian & Transit, Parks/Public Space & Environment

* Two INC Co-sponsored candidate debates (pre-primary & pre-election day) for City Council hopefuls for Durham. INC President John Martin acted as moderator, directing questions to the candidates from a slate proposed by Durham citizens.

* Approval of a resolution stating the INC membership's support of the Cleveland-Holloway neighborhood's historic district proposal and the inclusion of the 600 block of Queen street in this preservation initiative.

* A presentation by Tobin Freid from the Durham Sustainability Office. She discussed their new Charge Ahead Durham program, a fun way for residents to take everyday actions that help the environment, save money, improve well-being – and earn the chance to win cool stuff!

The program will be launching in January, Go to www.ChargeAheadDurham.org to sign up now!

Please also note: if you have piles of dead pens sitting around, there are bins at all Durham County libraries to recycle pens, markers and tape cores; Keep Durham Beautiful gets 2¢ for each recycled object. Dispose of them here and make a difference!

* A presentation by Drs. Stacey Wilson-Norman / Julie Spencer of DPS on Common Core, the **new state academic standards**. these standards are more challenging and while Durham is making progress on its strategic plan we are expecting a dip in the scores when they are released on November 7, due to the new standards. (other states have seen a 30 point drop). There's more testing / evaluation / accountability; though funds for materials or professional development related to these changes has not been allocated by the state legislature thus far. For more information, <http://www.dpsnc.net/programs-services/academics/new-state-standards>.

A report is given at every 3rd Thursday NPNA meeting @Civitan Center by your rep (Debra Hawkins - dhawkins913311@gmail.com).

Like the Rodeos?

Our neighborhood rodeos have three main aspects that take organization:

- Identifying and scheduling the trucks including following up with them closer to their dates
- Identifying and scheduling the music acts
- Compiling paperwork and submitting the permit applications a month before the first rodeo

The current organizers would appreciate offers of help to share the workload and bring new perspectives. Email ian.pond@yahoo.com or maryalicia@mindspring.com

Turkey LEFTOVERS

After the major feast, carve any breast meat and store in refrigerator for future sandwiches. If wings, drumsticks and dark meat were not eaten, separate wings and drumstick and other dark meat and place in a bag until you're ready either to chop or grind the meat for turkey salad or a casserole. Place the bones of turkey in a large zip lock bag and store in freezer until ready to make soup broth.



Within two (2) days prepare the dark meat for salad/sandwich spread or a casserole-- begin by removing the turkey meat from the bone—making sure you remove all cartilage. Large bones and skin should be placed in the bag of bones (the skeleton) in the freezer, which will be used when you have time to create the broth. If making a salad/sandwich spread, grinding the meat is recommended. After grinding the meat to a very fine texture, add 2—3 boiled eggs (if any leftover deviled eggs are available, you may use them) 3 or 4 tablespoons of chopped sweet pickle relish (you may chop up dill pickles if you'd prefer that taste.) Use enough mayonnaise or salad dressing to blend into a thick but spreadable mixture.

If you decide to chop the meat into small blocks, then use that meat in any recipe for a chicken casserole such as the Campbell Mushroom soup label's broccoli and rice. Or one of the million available online or cookbooks you may have. This casserole can be put together, precooked for 15 minutes in 350 degrees, allowed to cool and then frozen for up to two months. Take out and cook when you're in a rush. If defrosted, you'll need 25 minutes to reheat. You can reheat from the frozen stage but it will take probably 60 minutes. Serve with salad or fruit.

And on one of those cold, dreary days during this winter, (when you have no intention of going outside) take the bag of bones and skin out of the freezer. Using a spaghetti pot or a large high-sided boiling pot, dump the frozen bones in the pot. Add 2 or 3 celery stalks complete with all the leaves and 2 chopped medium yellow onions. Add enough water to come within 2 inches of top of pot. Starting on high, bring the water to a boil. Lower heat and let simmer until the meat on the bones begins to flake off and onions and celery are soft. (Some folks add salt—I've never found it necessary (cont p6)

Turkey LEFTOVERS may not be a favorite part of this holiday. But when turkeys are priced between \$0.47—79 a pound; frugal cooks might consider these recipes which offer a major meal offering the first day, white meat slices and a sandwich spread for the next day well as a possible casserole and then stock or soup later in the month or during a cold day in January or February.

Museum of Life & Science Corner: Upcoming events

The Museum of Life and Science, at 433 West Murray Ave, is another great Northgate neighbor! Bring friends, family (or just yourself!) To these upcoming fun happenings:

Museum After Hours (21 and over only) Presents:

Science of Eats February 20, 2014 6:30–9:30 *** : Calling all foodies!

* Explore the science behind what makes those samples soooo good

* Meet food scientists * Chat with local farmers

* Discover the culinary geniuses behind all your favorite eateries

With our usual food trucks on-site, DJ tunes and plenty of cold Triangle craft beer to go around, the only thing missing is you and your appetite!

PLUS: Grow Your Own Mushrooms workshops led by Old Milburnie Farms

Enjoy a 40-minute workshop with local farmers & make your own oyster mushroom column or shiitake mushroom log to take home. Workshop cost: \$10 per participant with EATS admission

Winter/Holiday Events for all ages:

Creatures of the Night: A Museum Family Sleepover

STARLAB • PIZZA • SNACKS • ANIMALS • GAMES • CRAFTS

January 24–25 | 6pm Friday to 9am Saturday | Advance registration required

The Museum is a whole different world at night! Stake out your indoor campsite and join everyone for dinner in the mess hall. Take a trip to the stars in StarLab, our digital portable planetarium, and explore the wonders of the night sky. Explore the mysterious behaviors of nocturnal animals and cook up some yummy nighttime snacks. Late night games and crafts will be available for all our "night owls." (Non-Member pricing includes Museum admission for Saturday. Dinner, snacks and a light breakfast will be provided)

SANTA TRAIN 2013: Get your tickets soon, they sell out fast! 2013 DATES/TIMES ARE:

Dec. 4–8, 11–15, 18–22; AT: 5:20, 5:40, 6:00, 6:20, 6:40, 7:00, 7:20, 7:40, 8:00pm

More info, programs, events and tickets at: <http://lifeandscience.org/>

Summer Abundance Pasta Salad (Alice Kolacinski)

Crock Pot Corn Pudding
Ingredients:
(8 ounce size) cream cheese, softened
2 eggs, beaten
1/3 cup sugar
1 package (8.5 ounce size) corn bread or muffin mix



1 can (16 ounce size) cream-style corn
2 1/3 cups fresh or frozen sweet corn
1 cup milk

2 tablespoons margarine or butter, melted

1 teaspoon Vanilla extract

DIRECTIONS:

Lightly grease Crock-Pot.

In a mixing bowl, blend cream cheese, eggs, and sugar.

Add the remaining ingredients and mix well.

Transfer to Crock-Pot.

Cover and cook on High 3 to 4 hours

**Real Estate News For Northgate
Nancy Rizzo**

Ten Northgate homes were sold from July 1st 2013 til mid November 2013. Homes ranged from 734 SF to 1533 SF and were built from 1935 to 1957. Average SF was 1032 SF with 2 bedrooms and 1 bath, built in the mid 1940's. Four additional homes are currently under contract.

During the same period in 2012, only ONE Northgate home was sold. This clearly demonstrates the overall market has improved and Northgate home sales have gained momentum.

Creek Renovations

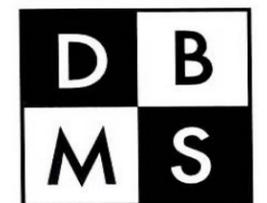
Just a few short years after major creek renovations, the heavy equipment is back in the park.

State engineers will be regrading the creek banks, rebuilding the boulder dams and planting 2500 trees/shrubs along the creek banks.

Physical renovations will be kept to the creek between Laverender and Club but planting will take place as far upstream as the dog park.

Work should complete in January

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