

Resident businesses and services

(these adverts free to members of NPNA)

Samadhi Shala, LLC (owner- Satya Tara Devi LMBT 8202)
107 East Club Blvd. Durham NC 27704
Eastern and Western Bodywork Slide Scale \$40-60 / hour
yogashalanc.org / 1-919-237-3899

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

Outsiders Art & Collectibles is pleased to offer a 15% discount to all Northgate Park Neighbors! Just come in and say, "I love living in Northgate Park!"

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. **P l e a s e c o n t a c t** glenna.maynus@quartermoondreams.com or 919-417-9537.

Bull City Acupuncture 949-2676
\$35-55/session Treating problems with pain, sleep, digestion, stress, gynecology and more.
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

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! ☺

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.

Sacred Grounds Coffeehouse invites you to a NEIGHBORHOOD BLOCK PARTY, SATURDAY JUNE 15, 2013 4PM TO 7PM (HELD RAIN OR SHINE)
The Pavilion @ St. Paul United Methodist Church
2700 North Roxboro St. Durham, NC

Did you know? NPNA has 117 members and Northgate Park has approximately 1150 households. Join us today!

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

Business/Institution \$20

Name: _____

Address: _____

Phone: _____

Email: _____

Or use PayPal at our website Northgateparknc.org

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 Kocacinski, Line Dempsey, Debra Hawkins (INC representative), Jeff "Boomer" Bakalchuck

** 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.

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



newsletter

Member of the Inter-Neighborhood Council

Neighborhood Treasures

Have you noticed that amazing mural on the back of a garage as you pass down the 2700 block of Shenandoah? Resident artist Gene Dillard uses much of his yard to develop and display his art and the garage is no exception.



Do you know a similar Neighborhood treasure? Share it at ian.pond@yahoo.com

Porch- Durham Summer Plans

As the school year winds down we wanted to let you know that we will continue our monthly collections throughout the summer months. Because of your generous donations, this summer we will help impoverished children throughout Durham receive food through three programs:

- 1) The Durham Teen Center
- 2) East Durham Children's Initiative (EDIC) - breakfast items will go to children involved in a summer program
- 3) Summer camp at 3 Durham Public Schools - weekend backpacks to 200 at-risk elementary school children through a 7 week summer program

What goes into a weekend backpack?

2 breakfast foods (instant oatmeal, individual boxed cereal, cereal bars, etc.), 2 Proteins (canned meats, beans, tuna fish, etc.) , (cont P3)

UPCOMING EVENTS:

- May 23rd—Food Truck Rodeo with The Piano Man
- June 8th—Park Clean up 8:30am
- June 9th—Annual Picnic, 4:00pm
- June 27th—Food truck rodeo with Durham Ukulele Orchestra
- July 25th—FTR with Half Hog and the Hushpuppies
- August 22nd— FTR with banjoist Ninian Beall

Join The Blue Bin Bunch

Is this an invite to jam with a bluegrass band maybe? Nope, just your normal gathering of Northgate Park geeks who think having recycling facilities in the park a good idea and would like your company.

Parks and Rec's vehicles do not accommodate recycling and Solid Waste will not enter the park so if we want to recycle instead of adding to landfill, we have to do it ourselves.

After a long haul effort to get customized lids and free containers, recycling bins will appear in the park during late May. If you want to join the rotation to get them to the curb every two weeks for collection, contact Bernie Page at brpage@yahoo.com

T-shirt design competition (Deb Hawkins)

Our T-shirt Design Contest currently has two fun designs from neighborhood artists and we are seeking more! If you have expressed interest in submitting a design now is the time to follow through.

We also invite new folks to submit a design. Individuals, kids or family's creations are all welcome.

Contact Debra Hawkins at dhawkins913311@gmail.com to register your interest and get info on how to submit.

We hope to have all designs in and open voting by NPNA Picnic Day on June 9th. Please join us at then to vote and pre-order T-shirts (at a special promotional price!) We are also seeking one or two more sponsors among n'hood businesses, with the opportunity to have your logo printed on the shirts and be seen by folks all over Durham.

Please email Debra at dhawkins913311@gmail.com for details, costs etc, with thanks!

Clean Energy Durham Celebrates Bike Month

May is Bike Month in Durham – the perfect time to get outside, enjoy the spring weather & save energy! Some exciting events to check out:

- * Bike Commute Coffee Club: Every Friday at 7:45 AM Loaf Bakery, 111 W. Parrish St.
- * Durham BPAC Meeting: Tuesday, May 21, 7-9 PM, City Hall Join Durham BPAC's to help brainstorm bicycle and pedestrian solutions for Durham – please bring your best ideas and we will give you coffee and pastries in return!
- * "Donate a Bike": For kids' bikes: Wednesday, May 22 – 6-8 PM, Downtown YMCA
- For adult bikes: Thursday, May 23 – 7-10 PM, Durham Bike Co-op, Washington St.
- For more information: <http://www.bikewalkdurham.org/>
- * Bike to Star Trek Movie: Friday, May 24, 19:00 hrs/Earth EST, Meet @ CCB Plaza
- For more information: <http://www.facebook.com/events/152544091579141/?ref=2>
- View other CE Durham initiatives/events at: <http://www.cleanenergydurham.org/>

Edison Johnson – Events Fun & Fitness

The Edison Johnson Complex at 500 West Murray Ave is right here in our neighborhood with activities and events for all! Here are some of their fun upcoming offerings for mature adults. Bring a friend and enjoy some of these!

- Square Dance: Males or females, singles or couples. Novice & exp'd dancers welcome. Fun, socialization, great exercise! Info: e-mail DurhamTwirlers@gmail.com.
- June 4–August 27 #10882 Tuesdays 9 a.m.-11 a.m. Bridge (Free) Stop in & enjoy playing Bridge with other lovers of the game!
- June 6–August 29 #10883 Thursdays Noon - 3 p.m. Mature Adult Fitness: Group exercise program to improve overall health & fitness. Taught to music; Participants should wear loosely fitted, athletic-type apparel.
- June 3–August 30 #10906 M/W/F 9 a.m. – 10 a.m.
- More info, programs, and events at: <http://durhamnc.gov/ich/op/prd/Pages/Edison-Johnson-Aquatics-Center.aspx>

Community Worship Service

– Starting June 19th on Wednesday nights from 6:30 – 7:30pm at St. Paul United Methodist Church. We are exploring the creation of a creative new worship service that we hope all of our neighbors will feel welcome to be a part the Community Worship. We are hoping to be a living community welcoming, loving, and caring for each other gathering to worship God. We are also looking for creative artists and musicians.




We are therapist owned & operated, and we're your neighbors!

\$45 for your first massage NGP residents get 15% off all future sessions

919-627-8111 <http://www.endlesssummermassage.com>

GOT NATURE?
www.ellerbecreek.org

Since 1999, Ellerbe Creek Watershed Association has protected over 150 acres of land in and around OUR neighborhoods, including the Beaver Marsh behind Compare Foods. Help us do more! Become a member of ECWA today.

Levels: Individual \$25 Family \$40

Name and email: _____

Address: _____ Zip: _____

Send check to: ECWA, PO Box 2679, Durham, NC 27705 or join online!



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MARTINEZ HOME IMPROVEMENT
General Home Repairs

Annual Picnic Sunday June 9th
Tennis court shelter 4:00pm
Entrees provided by NPNA
Bring a potluck to share with your neighbors

We want worship to be an opportunity to creatively explore worshipping Jesus Christ through word, music, and art.
St. Paul UMC, 2700 N. Roxboro St. Durham

Inter-Neighborhood Council (INC) (Deb Hawkins)

INC had a busy three months, here's a brief summary (more details at www.durham-inc.org or from dhawkins913311@gmail.com)

*FIVE new working groups formed to address issues neighborhoods put forward as their priorities in 2013. The working groups are: Zoning & Development; Membership & Outreach; Nuisance Abatement Speeding & Traffic; Transit, Sidewalks, & Bicycles; Parks, Public Spaces, & Environmental Issues

Other topics addressed include:

- * The effects of SB139/HB 150, legislation which prohibits certain design standards for single-family, duplex and townhome construction in NC.
- * Proposed changes in the Durham UDO (Unified Development Ordinance), and to current due process on siting and approval of new cell towers.
- * Support of city council funding for the West Ellerbe Creek Trail Extension
- * Developing a Durham Neighborhood Vitality Index, (metrics on quality of life and service delivery at block and neighborhood level) to be used in helping the City and public choose areas where service needs to be improved
- * STITCH, a community-wide event series weaving Durham's people, art, + local civic, economic & public scenes. Artists & volunteers will create related works of art/art events (such as a community "sew-in" to co-create a large-scale tapestry of words). More info at <http://orangutanswing.com/>.

INC meets every 3rd Tuesday @ Golden Belt Arts Complex (807 E. Main Street, building #2, 3rd floor DINS conference room)

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!)
* Soundspace is back! "Play the room as if it were a musical instrument..."—Scott Lindroth, Vice Provost for the Arts, Duke University

Strawberry Vinegar (Alice Kolacinski)

- 2 Pints of Strawberries
- 1 Quart of Cider Vinegar
- 1 cup of Sugar



Combine strawberries and vinegar in stainless steel pot, cover and let stand for 1 hour.
Add sugar and bring to a boil.
Reduce heat.
Cover and simmer 10 minutes.

(If you're using an electric burner you might want to stir and watch for a few minutes to make sure it's not burning before you cover it for the simmer stage.)
Strain, pressing fruit to release liquid.
Pour into bottle and seal.

Use to make a Vinaigrette or splash with Olive oil on vegetables being roasted in oven or in an aluminum foil package on the grill.

Porch (cont)

2 Noodles (mac-n-cheese, ramen noodles, ravioli, etc.), 2 canned vegetables, 1 canned fruit, 2 snacks, dried fruit, granola bars, etc.), 3 milks, 2 juice boxes

Summer Dates: June 17th, July 15th, August 19th

Summer Volunteers needed --Maybe you or a college student home for the summer might like to help us this summer. There are several opportunities for packing and delivering. Email info@porchdurham.org if interested.

Enter the interactive exhibit 'Soundspace' and see how your movement creates sounds and images! This popular exhibit is making a comeback -- with new additions developed with the help of Duke Arts. Not only can you "hear" your movements, but new visualizations encourage you to explore how your motion changes what you see and hear as you move.

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