

NORTHGATE PARK NEWSLETTER



The Official Newsletter of the Northgate Park Neighborhood Association

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Winter snow on Ellerbe Creek in Northgate Park, with neighborhood resident, Jessica Namakkal - Jan. 18, 2018

CALENDAR DATES

- Dec 12th – Northgate Park Cleanup, NGP Picnic Shelter, 8:30 am
- Dec 12th – Luminaries/Durham Festival of Lights, NGP, pre-dusk
- Dec 13nd – RAIN DATE for Luminaries/ Durham Festival of Lights, NGP pre-dusk
- Jan 21st – NPNA meeting by Zoom, 7 pm
- Feb 18th – NPNA meeting by Zoom, 7 pm
- March 18th – NPNA meeting by Zoom, 7 pm



Photo by Eli Meyerhoff

COFFEE AND TREATS IN THE PARK

An interview with Shelby & Andy of the Whisk & Rye Bakehouse/Mobile Coffee

Eli: We're so glad to have you in Northgate Park! Why did you choose Northgate Park as a location for your coffee cart?

We are so thankful to be able to set up in Northgate. It is a lovely community with some very wonderful residents. Before we came to know Northgate Park and it's residents we viewed it as a beautiful area to take a walk. We frequented the park often for short strolls as well as socializing our dogs at the dog park. As many of our regulars know, we began our trailer in the forefront of the pandemic. Being new to the mobile food scene we had been frantically searching and sampling many locations. We passed the park every day and one day finally thought of setting up within the park. We received a lot of interest and support from day one and still continue to do so. We are so thankful for our Northgate Community.

What's the history of Whisk and Rye? Please tell us a little about your business.

Whisk & Rye began in 2018 as an idea that later evolved into a wholesale bakery. Shelby had worked around the triangle in many baking positions (head baker, pastry chef) before taking on the business full time.

She worked diligently to transition from working full time as a pastry chef while also baking for her wholesale accounts to taking on and expanding enough to become a Locally Woman owned and operated business. Initially we baked regular breakfast style pastries, but found much resistance in making a name for ourselves. After much interest in vegan pastries and loads of effort and practice we expanded our selections to include vegan counterparts for almost every item we offered. Andrew first began planning his transition from the healthcare field to becoming part of Whisk & Rye around October of 2019 when he began research into creating a mobile coffee trailer. He finalized the blueprint, pulled out a loan, and purchased the mobile cafe (the trailer itself) in November of 2019 with the expected delivery date in February of 2020. Up until October of 2019 we were a wholesale bakery; this is what helped to fund our dream of a mobile cafe in the coming year. However, once COVID hit and the governor initiated the first shut-down on March 15th, we lost the financial backbone of our business which was our wholesale accounts.

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COFFEE AND TREATS IN THE PARK

(continued from page 2)

We had to downsize and relocate to a closer shared kitchen to save on operating cost. Unfortunately this meant giving up access to some of the necessary equipment needed to maintain all of the wholesale accounts we once served. To this day we have only been able to re-acquire one of these accounts. Our mobile coffee trailer has become our life-line and main source of income; we are so appreciative and thankful for all the support that we have received especially from the Northgate Park Community.

What's your favorite new creation this year?

Shelby - My favorite pastry creation this year would have to be the additions of our sourdough loaves! They are naturally fermented using a very old culture, no added yeast! I've been working on my sourdough loaves for nearly a decade and I finally cracked it to where I can produce a good quality loaf that I am proud of. My favorite drink creation would have to be the Orange Vanilla Cold Brew Latte. We were definitely surprised by how the orange cold brew came out even on its first try and it pairs so well with our vanilla and oat milk!

Andy- My favorite pastry would most likely be our large Cookie Mounds. We rarely sell these as they are very large and definitely hard to eat in one sitting (best for splitting between 2-3 people). As far as drinks go, this is very hard for me to make a decision as I'm always thinking of something even more creative. My go-to cold drink would hands down be my Banana Infused Cold Brew Coffee (no added artificial flavors) with a little bit of Vanilla Agave. Go to Hot Drink would be my Vanilla Agave Latte, it's perfectly light and sweet (low on the glycemic index) while also being lightly caffeinated with only a single shot of espresso. Runner up would be my Rosemary Agave Latte.



Whisk & Rye have generally been serving in Northgate Park
on **Wednesdays 8am-12pm** and **Sundays 8:30am-12pm**

For more info, see [instagram.com/whiskandryenc](https://www.instagram.com/whiskandryenc)

The images on page 3 are from their Instagram.

NIGHT OF LIGHTS / LUMINARIES CELEBRATION IN THE PARK

Sunday Dec. 12th just before dusk;
(Rain date Sun. 12/13)

Join us as we celebrate our fun Durham night of lights tradition, safely!

Per custom, we'll ring the park/paths and shelter with luminaries & lights. This season in a socially distanced way: we ask residents/families to sign up for set(s) of luminaries to fill and place at their chosen spot along the sidewalk perimeter of the park, and light as dusk approaches - while maintaining advised 6 feet of distance from others.

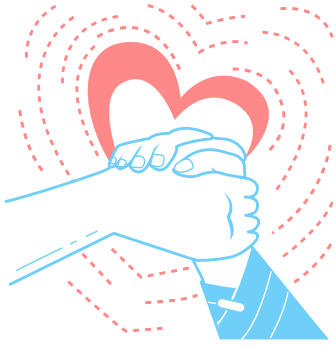
Luminaries are also available in sets of 10 for home decoration purchase, and look lovely throughout the neighborhoods as part of this fun Durham festival. (see NPNA & INC on Facebook's riding/walking guide through the N. Durham neighborhoods, for a sparkling evening of light-peeping!).

More details will be forthcoming in an email.

- Debra Hawkins



Photos of last year's Luminaries via [the NPNA Facebook page](#)



CALLING ALL NEIGHBORS!

No one should have to choose between paying rent, paying utilities bills, and buying groceries or other basic necessities.

North Durham Mutual Aid is a volunteer-run project that collects contributions from neighbors, and redistributes the funds to families in our neighborhoods who are struggling.

Join us in supporting each other across our neighborhoods' inequalities and segregations.

HOW YOU CAN HELP

Please consider donating to our project. Your full donation will be used to pay rent, pay bills, or buy groceries for neighbors in need. Please also consider becoming a monthly sustainer

There are two ways you can donate:

Either through our fundraiser on Chuffed: <https://chuffed.org/project/ndma>

Or you can send money directly to our Paypal account:

newnorthdurhamfund@gmail.com

(the name will show up as Allison SwaimNG.

*Select "send to friends/family" to avoid the transaction fee.)

Questions? Want to participate in other ways?

For more info on North Durham Mutual Aid, please email

northgateresponse@gmail.com or visit: <https://durhammutualaid.org/north>

GARDENER'S CORNER SPECIAL FEATURE:

Adventures in growing garden fauna v. flora

This season of gardening outcomes for this boho gardener was exemplary beyond past cycles. Seems the extra attention a year of at-home-time in the pandemic was a major factor – though I also think my Crockett's garden father, lost to us this February, left behind his green thumbs and half-remembered childhood planting instructions as an inheritance. The resulting bounty of tomatoes, peppers, herbs and decorative succulents was a joy, a gift – perhaps a reward for seasons of trial, error and plain hard yakka. One unique and part-unexpected odyssey arose as well: a fostering of garden dwellers that didn't have stems or leaves.

The first two facets of this adventure were a complete surprise: as veggie shoots were in their first flush of growth, an arrival of small eggs hatched into a half dozen vibrant metallic colored assassin bugs, who spent a tour protecting mint and basil before moving on. In addition, three tiny insects that, excitedly, were young praying mantises! - took shelter in the crowns of pimento plants. What delight it was to locate and observing these pest-bug helpers each day. The mantises grew very large, calling the peppers home for many weeks, shyly hiding among the leaves.



Planned-for efforts were the songbirds – we thrilled to seeing a record four nests of fledglings, from four species – loft from 3 of 4 birdhouses. Including one clutch of precious bluebirds, returning for the first time after finally choosing to nest with us in 2019. Our final brood was fledged after a touchingly long and determined effort by a single parent after her loss of mate. So many days did we cheer on this valiant finch and her babes.

But last and best was the tiring but amazing encounter with an overabundance of eggs laid on our parsley plants. Swallowtail caterpillars: sought, but not to the degree delivered! After a labor intensive two months, 13 of 17 became butterflies, almost exactly half girls and boys; floating out on beautiful wings over 3 sun-dappled weeks into the North end of Northgate Park.

It's been a challenging time for Durham, America and the world. But the unanticipated magic of this gardening year will be a remembrance of solace, renewal and hope beyond all expectations.

- Debra Hawkins

STILL WORRIED ABOUT OUR DEMOCRACY? WANT TO WIN IN GA? HERE'S HOW TO HELP

A big sigh of relief is well deserved for a long 2020 -- from global health crisis to righteous protests against the killing of Black people to a controversial presidential elections -- we are super close to the (electoral) finish line but still not quite there.

Did you know that there is a senate run-off election happening in Georgia on January 5, 2021? That's right! A run-off election takes place when the count is so close and no candidate has clearly garnered the majority of the votes. For the 2 senate seats in Georgia, these votes need to be revisited, where it is required that the winner receive at least 50% of the votes.

There are efforts taking place across the country to ensure a successful run-off election and that every eligible voter in Georgia casts their ballot again on January 5.

In the sea of controversy and misinformation, what remains true and has been clarified by the political events of this year, is that U.S. Democracy has a ways to go. Having fair and free elections that represent the best interests of all of us (housing, healthcare, gainful employment, childcare, living wage, safety, and more) is very much the priority of the hour.



If you are still worried about Democracy and anxious to know what our federal and state level administrations will look like in the next few years -- whether the numerous crisis of this year will be adequately addressed -- click the following link for a convenient list of activities you and your family can participate in to move use toward more conclusion:

bit.ly/fightforga

- Loan On Shenandoah

(This statement was written independently and without organizational affiliation)



FUN FALL HARVEST/HOLIDAY HAPPENINGS + SURPRISE GUEST!

This fall, our NPNA volunteer groups – the rodeo team and the Lavender house holiday art crew – have been busy creating safe ways to connect and engage for NG residents & guests.

With support/guidance from the NPNA board, the rodeo team pivoted from their spring/summer ShoutOut series highlighting offsite-only mobile food vendor offerings with our truck lineup partners, to host 3 fortnightly foodie park pop-ups. They featured a mobile dinner vendor & a dessert option with an array of social distance measures to facilitate safe participation. Aside from tropical storm weather factors for the launch, the series successfully supported six rodeo partner vendors in these challenging times for local business, and provided a sense of community connection & fun in the park, as folks came by for yummy order pick-ups. The series 'mini-finale' included great Greek cuisine, delectable hot donuts in fall flavor options, and even a bit of live music nearby, from neighbors Half Hog & the Hushpuppies at an outdoor practice session!

With holidays being moderated by safety concerns, the Lavender House Art Instigators, following up on their fun success with the spring egg/flower scavenger hunt, added to the fall harvest/Halloween/holiday vibe with an art installation at the 'ruins' on the last night of October, with an invite for safe community participation. A collection of decorated luminaries, chalk art, and carved pumpkins, and a spooky sentinel drifting 'round the teepee poles entertained by dusk and glowed through the night...while wandering residents & trick or treating families passed by and within the grounds. The third annual decorative display was a success – so much so, our reigning Beaver Queen PAIN FONDA came by two days later - to film her royal address for Ellerbe Creek Watershed's Annual Meeting by Zoom (75 households joining the call) right here, with our jack-o-lanterns cheering her on! Thanks to all who organized +/- safely enjoyed our fall festivities! Go to NPNA on Facebook to see more pictures of the pop-up finale, Lavender house Art nite - and a video of our Beaver Queen's regal visit and mini-workout in the park!

- Debra Hawkins



NEW CANKERWORM BANDING TIME IS NEAR!

Put up your bands anytime this month, BUT apply sticky material on the bands mid-Dec, when most leaves have fallen so they don't catch & make bridges for egg-laying moths who will soon after start climbing up.

QUESTIONS/NEED HELP? Check NPNA @ yahoo OR NPNA on Facebook (notes tab) for banding & application FAQ, or contact DCO extension service at 720 Foster Street (or see <https://content.ces.ncsu.edu/fall-cankerworm> on the NC state extension website) for more info.

- Debra Hawkins

WHERE ARE THE ADVERTS?

You may have noticed there are no adverts in this edition of the newsletter but don't worry, they will return!

Since switching the newsletter from paper copies to online we've been thinking about how to address advertising costs. Why? Because paper copies were hand delivered to every home in the neighborhood but online copies go to the listserv only which although it has more members than residents of Northgate Park, includes many people from outside the neighborhood and excludes all residents not on the listserv.

We decided this month to drop the old advert format and rethink our approach. Hopefully, we'll have that in place before the next issue is due out in Spring 2021!

- Ian Pond

A GIFT OF TREES!

Hi Northgate Park friends,

We sadly have lost dozens of trees in the park this year and will lose many more due to the disease Emerald Ash Borer. We have also lost many mature street trees due to them aging out and needing to be removed. We can make our park and neighborhood cooler and more beautiful and help the local air quality by planting more trees.

NPNA is partnering with the City of Durham. The City is sharing their expertise on good tree choices and their discounts on buying trees in bulk. We are obtaining donations and will do a couple of directed, volunteer-based planting days in early February. Our planting days should also be able to plant trees at individual houses wanting a new or replacement street tree (no-power lines only, this time).

We have ordered 105 trees, 60 of which are larger trees for the park or street planting (see list at bottom of email). The total cost of the trees is roughly \$1750 including estimated shipping costs.

Trees would make a wonderful holiday gift to yourself and your neighbors!

Up to \$50 Tree hugger

\$51-\$199: Tree champion and one year's free membership in NPNA

\$200 and over: Lorax/tree hero and 1 year's free membership in NPNA.

All donations/volunteers: Point out the trees in future and tell people (maybe grandkids for some of you) "I helped do that"

We will publish names of donors (but not amounts) in the next newsletter. Of course, if you wish to be listed as anonymous, just let us know.

So far the Loraxes have been busy, and we have received donations for \$750.



Please join us in revivifying our park and neighborhood with a donation, and if you can and it's safe for you, by volunteering in February (more info to follow closer to the date). Also, please note that any funds that we raise beyond the price of trees (and expendable supplies for planting them) will be split evenly between a donation to the Keep Durham Beautiful tree fund for underserved neighborhoods and the Northgate Park public arts committee budget.

Easy donation: via our website:

- 1) go to northgateparknc.org
- 2) scroll down to "Join NPNA" and click on that.
- 3) scroll down to "donate" and click on that. Donate! via check:make out a check to Treasurer NPNA and send it to :

Treasurer NPNA
112 Gresham Ave
Durham NC 27704

Thanks so much!

We will have an even more beautiful park (and neighborhood) that we and those who come after us will enjoy for the next hundred years.

Questions?

ask Tom at vicepresident@northgateparknc.org

- Bernie Page

HOLIDAY HELP

FREE & easy give-back programs for schools & nonprofits where YOU shop!

Want a FREE no-cost/work/hassle way to give to schools or nonprofits this season & in 2020?

A few clicks online or quick phone call will raise money with these community give-back programs:

* **BOXTOPS FOR ED APP:** download this FREE app at www.boxtops4education.com and scan receipts for purchased goods that qualify – schools receive cash each time! A fun one to do! (NOTE: any cut-out type boxtops 4 Ed coupons can be dropped at the foyer of West Club Blvd. Elementary during school hours to be redeemed).

* **AMAZON:** Log in to Amazon Smile and select your designated charity/school, then shop as usual. Amazon Smile will donate a small percentage of your purchase to them. You can bookmark the page so every time you shop Amazon, you'll be supporting your cause or school of choice!

* **TARGET:** If you have a Red Card (Debit or Visa), you can link your Target Red Card to a school. In addition to receiving the standard 5% discount on all items, the school will also earn 1% cashback from your total purchases.

* **HARRIS TEETER** loyalty cards can be linked every school year for up to 5 local schools, and they donate money to the value of a % of your purchases. See www.harristeeter.com, or go to customer service in-store or dial 1-800-432-6111 to link/re-link. (some Durm schools are getting 50-100K!)

* **FOOD LION** has a school benefit program. See customer service while in-store to connect your Food Lion MVP card to your local school of choice.

- Debra Hawkins



ADOPT A DRAIN DURHAM

For those who have everything: A unique (+ budget-friendly) gift of service idea this holiday - that helps the neighborhood too!

Flooding is on our radar this year (and for the future)... and here's a fun seasonal idea: Adopting a drain near you in someone's honor could make a unique (and low/no cost) gift for the person who needs no more 'stuff' – especially if the things they may want include good for the community, the watershed, and the environment. You can name the actual drain after them (or something funny – check out the ones Bull City Burger adopted for a laugh!) and it's not a big commitment to keep the drain clear of debris.

Go to <https://www.draindurham.org/> to see drains and the fun neighbors are having, and pick/name one of your own! - Then share the info with that friend who appreciates gifts that provide acts of good to all, safe road/bikeways free from storm water, a happy ecosystem -- and a good dose of hilarity this holiday season.

- Debra Hawkins

RECIPE: CHILE RELLENOS

from Mollie Moses

Many people are embracing the Ketogenic diet (high fat, low carbohydrates), and feel rather limited when it comes to cooking or, if they're brave, eating out. Mexican food is actually very keto-friendly, with its shredded meats and vegetables. All one has to do is dodge/refuse the carbohydrates - refried beans, rice, corn, flour & corn tortillas, potatoes, and any of those super-sweet beverages they offer, such as Jamaica (hibiscus) and horchata (rice drink), not to mention the sugar-laden Margaritas!!

As you can see from this list, there are tons of classic Mexican foods that are suitable for a ketogenic diet!

Avocado; cheese; sour cream; fresh tomatoes; jalapeños; chilis; proteins such as chicken, beef, pork; bell peppers; canned tomatoes; cilantro a.k.a. coriander; limes.

Not only that, but you have access to all those good things with the Compare Latinx supermarket just down the road, as well as the vendors on the other side.

Chile Rellenos are Mexican stuffed peppers. In many recipes, they are deep-fried, but that takes a carb-laden batter. Below is a version that I made recently, much to the delight of my husband.

Ingredients:

- 8 large green chiles (New Mexico green chiles, Anaheims, or Poblanos)
- 2 tablespoons vegetable oil (or bacon grease)
- ½ onion (minced)
- 2 cloves garlic (minced)
- 1 pound lean ground beef, ground pork, lean ground turkey or chicken (or shredded mild white cheese)
- Sea salt (to taste)
- 2 tablespoons fresh lime juice
- 2 cups green tomatillo salsa (or your favorite Mexican tomato-based sauce)



Making It:

- Preheat an oven to 400 F. If you like, roast the chiles to blister (and remove) skin. You can do this by charring them over a gas burner, turning them with tongs as necessary, or by placing the chiles on a baking sheet and placing them under a very hot broiler until blistered on one side, turning, and blistering on the other side. Once charred, either wrap chiles in foil or place in a large bowl and cover and let sit and steam for about 15 minutes. The skins of the chiles should now slip off easily.
- Whether you've roasted the chiles or not, cut a slit in each chile starting at the stem end and going about half-way down the chile. Remove as many seeds as you can from each chile and set them aside.
- Heat a frying pan over high heat. Add the oil, onion, and garlic. Cook, stirring, until fragrant.
- For meat fillings: Add the ground meat, if using, and cook, stirring, until meat is cooked through and browning (you may need to remove excess fat from the pan to get good browning). Use a spoon to remove fat from the pan or drain the meat on paper towels. Return the meat to the pan, add salt and lime juice to taste. For the cheese filling: transfer the cooked onions and garlic to a large bowl, let them cool off slightly, and then toss them with the cheese.
- Stuff the chiles with meat or cheese. Lay in a very lightly oiled baking pan and bake until the chiles are soft and the filling is hot, about 20 minutes for roasted chiles and 30 to 40 minutes for unroasted chiles.
- Meanwhile, prepare the spicy tomatillo sauce.
- Remove the chiles and top them with the sauce (or put the chiles on plates first and then top with sauce). Serve with extra sauces at the table for people to add as they like.

Glass Bakeware Warning: Do not use glass bakeware when broiling or when a recipe calls to add liquid to a hot pan, as glass may explode. Even if it states oven-safe or heat resistant, tempered glass products can, and do, break occasionally.