

# Norfolk Community League

March 2009 Volume 13

## **PRESIDENT'S UPDATE**

**JOAN PILLER**

[joanpiller@yahoo.com](mailto:joanpiller@yahoo.com)

Economize

Dear Members:

We recently returned back from our now annual family vacation to Maine. Like its motto, Maine continued to fulfill its promise as 'the way life should be' and did not disappoint in the least bit. Last year I relished in the simplicity of the days and the lack of commitments. This year, in addition to appreciating all of the simplicity, we, like most people who are living in these uncertain economical times, appreciated how inexpensive the simple things in life can be. I realized yet again, that the best thing I can give my kids is something that doesn't cost a thing....my time.

Because renting a house and powering up snowmobiles isn't exactly free, we had to find other ways to cut back and 'economize' this vacation. We took long walks to see the waterfalls and feed the ducks who have decided to stay and brave the Maine winter. Instead of skiing or snowboarding, we spent hours sledding down our own steep hills in the yard. We brought our own skates and skated at the free rink down the street; watched DVD's and ate microwave popcorn rather than going to the movies; and did puzzles and played games we brought from home. Finally, instead of dining out, we cooked our own meals and stayed in eating comfort food and drinking wine by the fireplace. And I don't think any one of us wished for anything more...

In less than a month, NCL will host its Gala Gone Wild Hoedown. I have heard from many people that because of the economy and their financial situations, they may choose not to attend the Gala. I want everyone to realize that this event is not about frivolous spending. Although this is sure to be a fun night out, the main purpose of the night is to raise money for our community and to

give back to those organizations that help us on a daily basis (i.e., the schools, the police and fire departments, the senior center, the recreation department just to name a few). So I am going to do my best to help you economize and justify the evening and essentially talk you in to going.

We have done our best to help you get the biggest bang for your buck. Just by buying a ticket to the gala, each person will receive a \$20 gift certificate to Zebras restaurant (yes, that is \$40 per couple). You will also have open bar for the first hour of the event as well as passed hors d'oeuvres. A full buffet dinner is also included as well as line dancing lessons, a dj for dancing and of course...Bull Riding!!

When it comes to the auction, consider bidding on items that you would spend money on anyway, i.e. the wine board, a week of basketball camp for your child, an MBTA parking spot, handyman or carpentry work. How about going in on a vacation or dinner party with another couple or splitting some of the great teacher donated items with some friends that include multiple children. Many of our items make great gifts-consider bidding on something that you could give to a family member for a birthday or Christmas gift that you would have bought anyway. Praise your child for good schoolwork with a priceless item such as the title of principal for the day or a police car ride during the Santa parade. We are also having multiple raffle items that require you to only put down a small amount of money with the chances of winning something really fantastic and otherwise expensive.

With a month to go, you have only to save about \$15 week to cover your cost of this great evening. It could be as easy as brewing your coffee at home, painting your own nails (is that pushing it?), and cooking in instead of taking out just once. Consider taking the simpler approach to your weekends and rent a movie instead of going to the movies, watch the game at home instead of courtside, or wearing something from your closet

*It is our mission to enhance the quality of life for Norfolk residents, to increase involvement in activities that better our community, and to strengthen community spirit.*

you already own rather than shopping for something new. Do things with your children that don't cost a thing such as hiking or getting books from the library or doing a puzzle for an afternoon. Because as some wise person said years ago and I will second the motion, "the simple things in life are free..."

I am hoping you will all consider supporting your community, buying your tickets, and being a part of an event that will enhance the quality of life for all of our residents. You won't be sorry you did. Giddy up!!.....

Fondly,  
Joan Piller

P.S. By the way, 6 Pillers' Circle is a catchy name for the round-a-bout in town (one of our auction items), don't you think? Game on, Ken Squires!

**FAMILY BASED ACTIVITIES**  
**RACHAEL COCHRAN & RUTHANN DOWLING**

[rachaelc13@yahoo.com](mailto:rachaelc13@yahoo.com)  
[ruthann Dowling@comcast.net](mailto:ruthann Dowling@comcast.net)

Thank you to everyone who attended our Bowling Morning Out! We had a great time!

**MARK YOUR CALENDARS!** NCL's annual Easter Bunny Breakfast will be held on Saturday April 4th at the Freeman Centennial School from 9am - 11am. This year we are excited to welcome Magician Dave Hall who will entertain children of all ages with his magic tricks. Come watch him pull a rabbit out of his hat as we celebrate Spring together. Children will be able to have their picture taken with the Easter Bunny and we will have fun crafts as well. Coffee and donuts will be served. More information to follow!

**HOSPITALITY**

**KATE PERGOLA & COLLEEN VALENCIA**  
[kapergola@comcast.net](mailto:kapergola@comcast.net)  
[colleenvalencia@verizon.net](mailto:colleenvalencia@verizon.net)

Wow, this month has really flown by! We hope you all enjoyed your February break and had some nice quality family time. We have been reading that with recession more and more people are entertaining at home. Attached is a recipe we tried for Valentine's Day that was fabulous and easy.

The winter coffee had to be postponed due to Flu season but has been rescheduled to March 26<sup>th</sup> at 9:00 AM. Kim Putney has graciously offered to host and lives at 14 Lawrence Street. Children are welcome. Please RSVP to Kate or Colleen at [Kapergola@comcast.net](mailto:kapergola@comcast.net) or [colleenvalencia@verizon.net](mailto:colleenvalencia@verizon.net)

A Candidate Night for the upcoming town elections is being planned for April. Each Entrant will have a chance to present their campaigns and a moderator will be present. Nomination papers can be picked up at the town clerk and are due back on March 17th.

NCL is still accepting donations for the Wine Board. We are looking for bottles over \$40 now or any monetary donation that could go towards purchasing a couple of premier bottles (i.e. the big prize). We are really excited for the hoedown and can't wait to don our new boots and Daisy Dukes! Hope to see you all there!



Please send April newsletter submissions by March 25th to Sarah Holmes, [ncnewslettereditor@yahoo.com](mailto:ncnewslettereditor@yahoo.com)



## Black Pepper and Mustard Braised Short Ribs

The mustard plant produces seeds in three colors: white (also called yellow), brown and black. Here, yellow and brown mustard seeds are ground with peppercorns to add heat and spice to tender braised short ribs.

### Ingredients:

- 2 Tbs. bro mustard seeds
- 2 Tbs. yellow mustard seeds
- 2 Tbs. peppercorns
- 2 tsp. salt
- 5 lb. bone-in beef short ribs
- 3 Tbs. vegetable oil
- 1/4 cup bourbon
- 2 large yellow onions, diced
- 2 celery stalks, diced
- 2 carrots, peeled and diced
- 4 garlic cloves, peeled and smashed
- 2 Tbs. beef demi-glace
- 3 Tbs. honey
- 3 cups beef stock
- 2 Tbs. red wine vinegar
- 1 Tbs. chopped fresh flat-leaf parsley
- Buttered long-grain rice for serving

Directions: Using a spice grinder, coarsely grind the brown and yellow mustard seeds. Transfer to a small bowl. Coarsely grind the peppercorns and add to the bowl. Stir in the salt. Rub the short ribs on all sides with the spice mixture.

In the stovetop-safe insert of a slow cooker or in a large sauté pan over medium-high heat, warm 2 Tbs. of the oil until almost smoking. Working in batches, brown the ribs on all sides, 7 to 8 minutes per batch. Transfer to a plate.

Add the bourbon to the insert or sauté pan and simmer, stirring to scrape up the browned bits from the pan bottom, about 2 minutes. Add the remaining 1 Tbs. oil and the onions and cook, stirring, until they are soft and lightly browned, about 7 minutes. Add the celery, carrots and garlic and cook, stirring, under the vegetables are tender, about 7 minutes. Add the demi-glace, honey, stock and vinegar and bring to a simmer.

Return the ribs to the insert and transfer to the slow-cooker base. If using a sauté pan, transfer the ribs to a slow cooker and add the onion mixture. Cover and cook on high according to the manufacturer's instructions until the meat nearly falls off the bone, about 6 hours. Transfer the ribs to a platter.

Using a stick blender, puree the sauce and vegetables in the insert. Place the insert on the stovetop over high heat and simmer until the sauce is reduced by half, about 17 minutes. If using a standard slow cooker, puree the sauce and vegetables, then transfer the mixture to a saucepan and simmer as directed above.

Pour the sauce over the ribs and garnish with the parsley. Serve immediately with buttered rice.

Serves 4.

Williams-Sonoma Kitchen

Please send April newsletter submissions by March 25th to Sarah Holmes, [ncnewslettereditor@yahoo.com](mailto:ncnewslettereditor@yahoo.com)

**FUND RAISING**  
**STACY FORTE & BETH SQUIRES**  
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[bkmhe@verizon.net](mailto:bkmhe@verizon.net)

Hey y'all! (Said with my best Texas drawl!)

Have you sent in your ticket money yet? Well why not? What the heck are ya waitin' for? Oh I know, y'all are busy scramblin' around tryin' ta figure out where all yer friends are gonna sit and whether they're sittin' with you. Well git a move on! (Now I don't really talk like this in person, people tell me I don't have an accent, but find me after a few drinks at the gala and you may be surprised....I AM from Texas, after all!)

We've already gotten a great response for tickets and we are really excited about the party we're planning. You don't want to miss this....it's gearin' up to be the party of the century! Ok, ok.....well, at least the decade!

Be sure and talk it up with all of your non-NCL (gasp!) friends also. Everyone is invited, and it's going to be a great time, great food, lots of opportunities for some great people watching, you get the idea. Send in them tickets, folks!

We've got a vacation in Aruba, a vacation on the Cape, a basket with unlimited Haunted Train Ride tickets, reserved parking for the train at the Federated Church and Town Hall, a signed David Ortiz bat, a signed Brad Park hockey stick, Boston Duck Tours, jewelry, sports packages, and even stuff for the guys. This is but a SMALL sample of the items we have to offer.

We hope to see EVERYONE there!

And we'll need all the help we can get on Saturday during the day, especially from about 5 pm to just before the event to get everything set up. Please email me if you can help us out!

Thanks again for everything you have done so far, we have some great items and it's all due to YOUR HELP!

See you on March 21<sup>st</sup>!

**Smoky Spicy Brisket**  
(in honor of the Hoe Down Gala Gone Wild)

6 garlic cloves  
2 yellow onions chopped  
6 cans chipotle chilies in adobo sauce, drained and chopped plus 1/4 cup sauce  
1/4 cup honey  
1 Tbs Worcestershire sauce  
2 tsp brown mustard  
1 & 1/2 cups lager or other light beer  
1 flat cut beef brisket - 4 - 5 pounds  
salt to taste

In slow cooker, combine garlic, onions, chilies, adobo sauce, honey, Worcestershire, mustard and beer.

Season brisket with salt. Place, fat side up, in a slow cooker. Cover and cook on high for 8 hours. Transfer brisket and juices to a shallow pan; cool 1 hour. Cover and refrigerate 6 - 24 hours.

Spoon solidified fat off juices. Transfer brisket to plate; cover and refrigerate. Transfer juices to a large saucepan. Using an immersion blender, puree until only small pieces of onion remain. Set over medium low heat; simmer, stirring occasionally, until thickened, about 2 hours.

Prepare medium hot grill. Grill brisket until crispy, 7 - 10 minutes. Using tongs, turn brisket over. Grill 5 - 7 minutes more. Brush with sauce; turn and grill 3 - 5 minutes. Turn and repeat. Transfer brisket to carving board; brush with sauce. Cover with foil; let rest 10 minutes. Slice brisket against grain. Pass remaining sauce alongside. Serves 6-8.

(from Williams Sonoma Kitchens)

## **Events Calendar:**

**March 21<sup>st</sup> Gala Gone Wild Hoe Down**

**March 26<sup>th</sup> Winter Coffee**

**April 4<sup>th</sup> Easter Bunny Breakfast**

**April TBA Candidates Night**

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## In the Loop

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[info@knittingintheloop.com](mailto:info@knittingintheloop.com)  
[www.knittingintheloop.com](http://www.knittingintheloop.com)

### Store hours:

Monday – Friday 10:00 – 5:00  
(Thursdays until 7 p.m.)  
Saturday 10:00 – 4:00

Classes run Monday through Thursday 10:00 – 12:00  
Tuesday and Thursday evenings 6:30 – 8:30  
Friday mornings from 10:00 – 12:00 is set aside for sit and knit, all are welcome.  
Finishing services are available.  
Custom orders are welcome based upon availability  
Gift certificates are available.

Join our Birthday Club (20% off gift card for one time use issued on your birthday).

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Sarah Holmes, [ncnewslettereditor@yahoo.com](mailto:ncnewslettereditor@yahoo.com)

**NORFOLK COMMUNITY LEAGUE is calling for all interested parties to get involved!! Please consider applying for one of our open board or committee positions. Now's the time to Just Do It!**

The following board positions are available for the 2009-2010 fiscal year:

Executive Board Positions: Persons holding these positions shall attend monthly board meetings and hold voting privileges.

**President (one person):** Please contact Joan Piller for details.

**First Vice-President – Membership (one person):** Please contact Kathy McDonald for details.

**Second Vice-President – Treasury (one person):** Please contact Kerry DeVellis for details.

**Fund Raising Co-Chairs (two persons):** Please contact Stacy Forte or Beth Squires for details.

**Secretary (one person):** The secretary will take attendance and keep accurate, concise minutes at the Executive Board meetings and will distribute minutes within two weeks of the meeting. The secretary will oversee the distribution of holiday greeting cards. Term is one year.

**Hospitality (one or two persons):** Will arrange and carry out social functions including but not limited to coffee socials, couples night, the Kick-Off, Holiday and End of the Year parties as well as Candidate's Night. Term is one year.

**Family Based Activities Coordinator (one or two persons):** Will be responsible for developing, soliciting, reviewing and implementing ideas for activities that involve families, including but not limited to our Santa Breakfast and The Easter Breakfast. Term is one year.

**Historian/Photographer (one person):** Will work closely with Publicity and Committee Chairpersons to document and photograph NCL events and create media. Term will be 2 years.

**Editor:** Will gather all materials for the monthly newsletter and will mail or email members; Will proofread the newsletter and send mass email communications upon requests of Executive Board members and Standing Committee members. The term is one year.

**Standing committees:** Persons holding these positions are not required to attend monthly board meetings.

**Coordinator for Nearly New Sale (1 or 2 persons):** Will be responsible for developing, soliciting, organizing and conducting the Nearly New Sale generally held in April of each year. Term is 1 year.

**Coordinator for NCL Road Races (1 or 2 persons):** Will be responsible for organizing, arranging and conducting both the Jingle Bell Run and the Community Day Run. Term is 1 year.

**Newcomer committee (one person):** Will work closely with Membership to increase current membership, to welcome new NCL members to our organization, and to contact individuals new to Norfolk to inform them about NCL opportunities. Term is 1 year.

**Webmaster (one person):** Maintain and update [norfolkcommunityleague.org](http://norfolkcommunityleague.org) website.

If you have any questions about any of the board positions, please contact NCL President, Joan Piller at [joanpiller@yahoo.com](mailto:joanpiller@yahoo.com). Please express your interest by email to Joan Piller at [joanpiller@yahoo.com](mailto:joanpiller@yahoo.com) by April 15, 2009. All interested parties will be listed in our May newsletter. Per NCL bylaws, all NCL members are welcome to vote for next year's board members by ballot (which will be enclosed in the May newsletter, as well as available online) to Kathy McDonald, VP/Membership by May 15, 2009. Winners will be announced both in our June newsletter at our end of the year party in June. Current board members that are serving their first term are eligible to run for reelection. Please remember that prior board experience is not necessary!!

The current board is working very hard to make this year a fun, rewarding year for all. We hope each member seriously considers joining us and giving back to the community.