

Norfolk Community League

June 2009 Volume 13

PRESIDENT'S UPDATE

JOAN PILLER

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Time's Up!

Dear Members

Looking back at all of my past newsletters, a common theme that seems to occur in all of them is 'time.' Whether it be finding the time or making the time; taking the time or donating the time, it seems I just can't stop thinking about time. But I know I am not alone in this. It seems everywhere I go people are always talking about time. I hear, "This is such a busy time of year" to "I will read that book over the summer when I have time..." I hear people asking, "What time is the game/the party/ the pickup?", and "Will I get that done in time for the communion or graduation..?" My friends and I are always wishing for a little extra time in the day and commiserating about the time it takes to run errands and to get the laundry put away.

Time has always seemed to elude me. When I was little, time seemed to pass so slowly. The advent calendar counting down the days until Christmas seemed to take forever, summer days were endless, and I couldn't wait to just grow up. Even as I got older, the countdown to things like the Prom or

Graduation dragged on forever, the 11 months I planned my wedding felt like 2 years, and the 9 months (and 1 week!) it took for our first baby to be born was an eternity. I don't know exactly when it happened but somehow or another time pulled a complete 180 on me. Instead of waiting for time, time is passing before me at lightening speed....my babies are growing up in the blink of an eye, we have less than a month left of this school year that I felt like just started, and I, alas, have turned yet another year older (and wiser hopefully!).

NCL is no exception. It is hard to believe but I am at my computer composing my last newsletter submission after having served as President for two years. In looking back over the past two years, it is easy to see that these years of volunteering have been time well spent. Being involved with NCL has enabled me to meet and to get to know so many wonderful people that I might not have otherwise met because our paths may not have crossed. It has allowed me to meet and work with other organizations in town such as the Norfolk Lions', the TPA, and Norfolk Together. Being a part of NCL has also allowed me to better understand the work of the Norfolk police and fire departments, the Recreation department, and the Senior Center and to have a better understanding of their needs. It caused me to take a more active role in town politics by attending our Candidates Nights and listening to the different views of the candidates running for our town offices as well as from meeting with our Selectmen and Town Administrator. It has allowed me to forge relationships with the principals and teachers of our schools as well as the Superintendent of the schools. It has helped me to see the need that exists in this town and to know that I do have the ability to help ease some of that. Most importantly, it has allowed me to play an active part in raising money for our community and seeing where and how it all goes back to the town in which we all live. And finally, as I have mentioned before, it has allowed me to teach my children, by doing, the importance of giving back.

With that being said, I am not the only one that has benefited from all that I just mentioned. I would like to thank the current board for their time and their

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.

strong commitment to the board this year. So many of them are staying on, many in different capacities, and I think that gives an indication as to their level of commitment and dedication to NCL. I would like to introduce the 2009-2010 NCL Executive Board and thank them in advance for the time commitment they are making to NCL. Our new board is as follows:

President: Kerry DeVellis
Vice President of Treasury: Lisa Noke
Vice President of Membership: Nathalie Hurwitz
Secretary: Michelle Murphy
Hospitality: Kate Pergola & Colleen Valencia
Publicity: Pat Carlson & Carolyn Caldwell
Fundraising Chairs: Sarah Logie & Lindsey Wallrapp
Historian: Stacy Forte
Editor: Tamara Dalton
Family Based Activities: Rachael Cochran & Kim Bailer

2009-2010 Standing Committee Members:
Haunted Train Ride: Tara Spellman & Tracy Hilfrank
Run/Walk: Kym Peterson & Melissa McClosky
Nearly New Sale/Used sporting Goods: Kim Eldred
Newcomers: Whitney Weinberg

Congratulations to all of you and I hope you will find your time on the board and in those positions as invaluable as I have!

I know I can't stop time. But I do know that I can try to manage it better and make the best use of my time. And although we are all busy, I hope most, if not all of you, will make the choice to give your time to NCL, whether it be the required one hour or in a larger capacity such as serving on a committee or helping out with one of our larger events. In the words of Brian Tracy, "There is never enough time to do everything, but there is always enough time to do the most important thing." I hope you make the most of yours.....

Fondly,
Joan Piller

FAMILY BASED ACTIVITIES

RACHAEL COCHRAN & RUTHANN DOWLING
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As the NCL year comes to a close, we would like to thank everyone for their attendance and support of NCL's family based activities. From the Hayride and the Halloween Candy Give Back to the Winter Warm Up and Bowling and finishing with the Easter Bunny Breakfast, we hope everyone was able to enjoy a fun day with their family and friends. A special thanks to ALL of the amazing volunteers, without your help none of these events could have been a success

Our final event will be at Norfolk Community Day on June 6th. Come check out NCL's table where we will have a caricaturist creating pictures for kids and adults.

Thanks for a great year!

Rachael and Ruthann

NCL'S 13TH ANNUAL 5K CHARITY RUN/WALK ROAD RACE

Come kick off Norfolk Community Day at NCL's 13th Annual Road Race/Fun Run at Holmes Field, Myrtle Street, Norfolk, MA. Runners and walkers welcome! Free T-shirts to the first 50 registrants. Proceeds go towards NCL's annual disbursements, which support the community. Registration opens at 8:00 a.m., 5K race starts at 9:00 a.m. and kids' 1 Mile race starts at 10:00 a.m. Registration fees are \$25 for 5K race and \$10 for kids' race. Parking fee of \$5 goes to the Norfolk Lions and includes admission to Norfolk Community Day! Please visit www.norfolkcommunityleague.org to download a registration form or register on race day. For more information please contact Melissa 508-528-6281 or Kym at 508-528-6542.



Please send September newsletter submissions by August 25th to
Tamara Dalton, nclnewslettereditor@yahoo.com

HOSPITALITY

KATE PERGOLA & COLLEEN VALENCIA

kapergola@comcast.net colleenvalencia@verizon.net

We are looking forward to our Summer Soiree at Kristen Croke's house on Thursday, June 18th. It is not too late to RSVP if you have not already done so. Please email us at Colleenvalencia@verizon.net or KAPergola@comast.net.

An appetizer/dessert or bottle of wine is always appreciated! Bring cash for the 50/50 chance!

Have a wonderful summer and we will see you in September! We have some exciting ideas we are working on for next year!!

Colleen and Kate

FUND RAISING

STACY FORTE & BETH SQUIRES

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Thanks so much to everyone for all of their help and support this year. From bake sales to the Gala, we couldn't have done it without you! Good luck to NCL's new fundraising chairs!

Stacy Forte and Beth Squires

MEMBERSHIP

KATHY McDONALD

jkmcdonald530@comcast.net

I'd like to extend a sincere thanks to the NCL Board and members for making the past three years of my board experience a success! In addition to all the monies NCL raised and disbursed back into the community, our membership grew and many new clubs were created. The energy and ideas from members were directly responsible for the addition of the Working Moms' Club, Wine and Appetizers Club and Couples Wine and Appetizers Club. Please watch for another new club to launch in the fall - if you are interested in the arts, stay tuned!!

I am happy to announce my replacement, Nathalie Hurwitz as NCL's new First VP/Membership. I've known Nathalie personally for a few years and I have had the pleasure of working closely with her on the board over the past two years. Nathalie is organized, dedicated and tenacious. I am sure that Nathalie will find ways to improve the workings of my past position that I never even considered! I am leaving this post in good hands!! Good luck Nathalie and thanks again to all our members!

Any questions about clubs or membership may now be directed to nathaliehurwitz@yahoo.com

Here are two ideas for new clubs that we are seeing if there is interest in starting up:

The ART and MUSIC CLUB would offer an opportunity to attend all sorts of cultural events in the area as a group, based on the members' tastes. The proposing member would be willing to organize the excursions to start, and then members can propose venues in which they are interested. The proposal is that we include movies, concerts, theatre and, of course, museums or other exhibitions. If desired we could carpool to save gas and aggravation. We could even have lunch or dinner, whether at the venues (in the case of museums) or elsewhere.

The NEEDLEWORK CLUB would simply be a needlework "circle", meeting in either members' homes or at the library in the multiservice room. We could also make trips to yarn stores together, have yarn swaps and do demonstrations among ourselves if any members would like to share their expertise. Obviously, all types of needlework would be enjoyed. Usually these needlework groups meet monthly, but the group would decide.

If you are interested in either of these groups, please contact Nathalie Hurwitz at nathaliehurwitz@yahoo.com.



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SUPPER CLUB

ORZO WITH ROASTED VEGETABLES

Brought by Joann Lindmark

- 1 small eggplant, peeled and 3/4-inch diced
- 1 red bell pepper, 1-inch diced
- 1 yellow bell pepper, 1-inch diced
- 1 red onion, peeled and 1-inch diced
- 2 garlic cloves, minced
- 1/3 cup good olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 pound orzo or rice-shaped pasta

For the dressing:

- 1/3 cup freshly squeezed lemon juice (2 lemons)
- 1/3 cup good olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

To assemble:

- 4 scallions, minced (white and green parts)
- 1/4 cup pignolis (pine nuts), toasted
- 3/4 pound good feta, 1/2-inch diced (not crumbled)
- 15 fresh basil leaves, cut into julienne

Directions

Preheat the oven to 425 degrees F.

Toss the eggplant, bell peppers, onion, and garlic with the olive oil, salt, and pepper on a large sheet pan. Roast for 40 minutes, until browned, turning once with a spatula.

Meanwhile, cook the orzo in boiling salted water for 7 to 9 minutes, until tender. Drain and transfer to a large serving bowl. Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.

For the dressing, combine the lemon juice, olive oil, salt, and pepper and pour on the pasta and vegetables. Let cool to room temperature, then add the scallions, pignolis, feta, and basil. Check the seasonings, and serve at room temperature.

CARIBBEAN SALAD

Brought by Julie Sanderson

Salad

- 1 medium sized Jicama, peeled and sliced into thin matchsticks
- 1 can of Clementine segments
- 1 red onion, thinly sliced
- 2 cups of mesclun mix (475ml)
- 1 bunch of mint, chopped
- 1 bunch of basil, chopped
- 1 avocado, peeled, cubed
- 1 small head of radicchio, washed, dried and torn
- 1 small head of romaine, washed, dried and torn
- Half an English cucumber, chopped
- 3 green onions coarsely chopped
- 1 cup of unsalted peanuts (250ml)

Dressing

- 1/2 cup of extra virgin olive oil (125ml)
- 3 tbsp of sesame oil (45ml)
- 4 tbsp of soy sauce (60ml)
- 6 tbsp of fresh lime juice (90ml)
- 1 tbsp of fresh lemon zest (15ml)
- 1/8 cup of cider vinegar (30ml)
- 3 tbsp of liquid honey (45ml)
- 1 tsp of chili sauce (5ml)
- Salt and pepper to taste

Directions:

Combine all of the salad ingredients in a bowl and toss to mix. Whisk the dressing ingredients together and pour over salad when ready to serve. Toss gently.

MOTHERS & MORE

MICHELLE MURPHY

Michelle_murphy7@hotmail.com

The working moms group is planning an after-work cocktail get-together for a weeknight soon- date TBD. This is a newly-formed club and looking for new members. Please e-mail Michelle Murphy at michelle_murphy7@hotmail.com if you are interested in being added to the e-mail list.

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HORS D'OEUVRES AND COCKTAILS CLUB

BLT Dip

Brought by Stacey McDonnell

Ingredients:

1 pound cooked bacon
1 Cup Mayo
1 Cup sour cream
2-3 chopped tomatoes

Chop up cooked bacon. Mix mayo and sour cream together. Mix in chopped bacon. Chill for at least 2 hours. Right before serving, add chopped tomatoes.

Serve on toasted bread squares or pita.

Tastes JUST like a BLT—we can all attest to that!

Norfolk Community Day Saturday, June 6th, 2009

Join the Norfolk Lions and many of our other town organizations at Norfolk Community Day, Saturday, June 6, 2009 from 10:30am until 4:00pm at Holmes Transportation on 22 Myrtle Ave.

This will be the Lions' 16th year sponsoring a day of family fun and entertainment. The Lion's goal is to provide a country fair type environment including music, dancing, petting animals, hayrides, train rides, fire engine rides, local crafters, food and historical displays. Some of the events planned so far are Ed the Wizard, Rainforest Reptiles, performances by various local entertainers, competitive games for the kids and the ever popular foam fun (playing in foam sprayed by our fire department). The event is preceded by the Norfolk Community League Run/Walk at 9:00am. We are also welcoming local crafters and businesses who would like to contribute to the day's events as well as any neighborhoods who would like to sponsor an event.

For more information contact Barbara Snead at 508-520-9937 or bsnead@comcast.net or Carol Greene at 508-528-4434; castleldr@yahoo.com.

Events Calendar:

June 6th Run/Walk

June 6th Norfolk Community Day

June 18th End of Year Party

NCL CLASSIFIED ADS AND NOTES

My name is Jaelyn Carey. I am graduating from King Philip High School in June and am looking forward to attending Boston College in the fall. Currently, I am looking to help local families as a nanny/babysitter. I have over six years experience as a baby sitter and have worked for the Norfolk Recreation Department as a basketball coach for children in kindergarten through grade eight for three years. I am very reliable and have my own transportation. If you think I can help your family please contact me at 508-520-8715 or at careyjq@bc.edu.

Thank you to Mike Hurley at Minuteman Press who has given NCL a break on printing costs for flyers!



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