

**Join us Monday,
September 14, 2009
at Suburban Park
Elementary School**

**Meeting at 6:30 pm
Doors open for
refreshments at 6 pm**

**Special Presentation
sponsored by
Virginia Natural Gas
EnergySMART
Conservation Program**

*How Norfolk residents
who use gas for heat or
hot water can live a little
greener, and save
"green" too.*

Message from the President

The alarm sounded a bit earlier this morning, and our methodical, yet seemingly chaotic routine of buzzing around the house resumed -- this time in preparation for our son's first day of Kindergarten. He's excited to go back to school, where he made so many friends and educational leaps last year, but I can't help to wonder if his Mother and I are even more excited by this next milestone. Where are the days? It is bitter-sweet to realize we are *here* ... already.

School is back in session, and young brains are charging back up after a good summer. For some adults, there's more to it than being extra cautious for buses and children crossing streets, it's back to learning alongside these young minds -- yes, homework.

My son is confidently prepared for this big step into Kindergarten, having proved his young academic ability this summer when he read to me for the first time "Go, Dog. Go!" cover to cover! I was astonished and so very proud! Now, I'm steadying myself for a rapidly progressing future. It's neat how children attentively watch and learn from the things we do -- even when we don't realize we're teaching (this is good...*sometimes*). So I'm finding that just as I have assumed many ways of my father, my son is modeling his. Yes, *I too...can read "Go, Dog. Go!"*.

When we kicked off this year (Civic League), one of our *many* initiatives was to enhance youth involvement in the community; preparing them to be civic minded. The days are roaring by and before you know it, our youth will to carry the torch. When that day comes, among other things, we'll hope that our example of sustaining a strong community has been well

observed. And *if* we've done our job, we will be proud and confident as we deliver *all that has been gained and lost* into the thoughtful and earnest hands of a well prepared next generation.

After a few years of reading story after story, and entertaining many sessions of "How do you spell this or that?", we begin to see the rewards through our children's literacy. And through exercising the activities in which we may hope for them to engage, progress emerges. The same holds true for developing community-oriented citizens.

Fortunately, our children have the opportunity to observe a great deal of genuine neighborly interactions, and they're being raised in a community that is passionate for the quality of life here in Suburban Acres. Beyond what will hopefully come naturally to them, having grown up in it, we would be wise to discuss directly with them and demonstrate over the years the value of community involvement -- for the general wellness of our surrounding environment.

In the coming months...and years, I believe it is important for us to place more emphasis on the youth of Suburban Acres, finding ways for them to be involved here at home and preparing them to be productive in their future communities. Like teaching a child to read, it starts and is perpetuated by our example and encouragement.

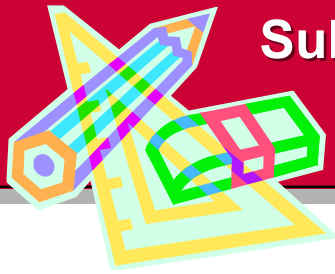
To the future of Suburban Acres and it's wonderful children...Cheers!

Timothy M. Fox



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Suburban Acres Civic League

Meeting Minutes for August 10, 2009

Meeting brought to order at 6:30 p.m.

Pledge of Allegiance

PACE Report

Officer Jackson's topics included birthday wishes, review of neighborhood crime statistics for the preceding month, August 14 Red Sector lunch meeting, and the value of marking/recording serial numbers on electronics and valuables. Officer Jackson also emphasized the value of having a Crime Prevention Home Survey, available free of charge to Norfolk residents by calling the NPD Crime Prevention Unit at 664-6901.

Crime statistics from July 6 through August 10, 2009: Robbery to individual (cell phone) 7400 E. Kenmore Drive, a stolen vehicle 7500 Virginian Drive, two larcenies from auto (GPS and license plate) 7300 Granby and 7300 Woodfin, and vandalism 7400 E. Kenmore.

Guest Speaker

Sen. Ralph Northam was the Guest Speaker. Topics included Commonwealth budget difficulties, anti-smoking legislation he's sponsored, proposed Federal health care legislation, the "Commonwealth Caucus" he's formed with three other freshman senators (two Democratic and two Republican) as a swing vote block, transportation challenges and financing maintenance and improvements, and a lengthy Q&A session.

Treasurer's Report

Revenue for the month ending July 31 was \$70 from membership dues. Expenses were \$222.56. Beginning bank balance was \$1,428.04, and ending balance \$1,275.48.

Old Business

Approval of the minutes from the July SACL meeting.

Noting of pending Dog Park discussion at the September SACL meeting.

Review and votes on SACL Constitution and Bylaws changes - All proposed changes were approved, except for the provision to not read aloud changes to the Constitution and Bylaws prior to a formal vote.

Meeting Adjourned

Respectfully Submitted,

Rob Lain

(Sitting in for Secretary Eric Heard)



More than forty Suburban Acres residents were present to hear guest speaker State Senator Ralph Northam at the August Civic League meeting held at the Workforce Development Center. The session included a lively Q&A session. As a pediatrician, Senator Northam is a vocal advocate for children's health and well-being.

2009 Civic League

Meeting and Events Calendar

E-mail suburbanacres@gmail.com

for more information

September 14 Civic League Meeting

October 12 Civic League Meeting

October 24 Fall Harvest Celebration

Chili Cook Off, Pumpkin Carving, Costumes, and More!

November 9 Civic League Meeting

December 14 Civic League Meeting

Civic League meetings are held at Suburban Park Elementary School, 310 Thole Street, unless otherwise noted. Check the newsletter or visit our website at www.suburban23505.com for additional information.

At the September meeting:

An opportunity to speak your views about the proposed dog park for Suburban Parkway at Parkdale

By JoDee Cook

Members please take advantage at the next Civic League meeting to vocalize your preference for or against a neighborhood dog park. Individuals may speak up to 5 minutes on this topic.

Written comments from the past three months resulted in 16 for the dog park and 6 against.

Previous newsletters have addressed the criteria for the city to approve the dog park:

- Sufficient land to provide an area adequately confined to avoid traffic (i.e. fencing)
- Proximity to residential areas to be convenient for pet owners
- Avoidance of highly populated or other high use areas such as school property, jogging or walking trails
- Majority vote of approval at civic league meeting with Recreation, Parks and Open Space staff member in attendance is required
- Geographic equity, appropriate parking which should not create issues within neighborhood for resident parking

If voted to proceed, a more thorough site visit will be conducted to access viability of the area for the dog park.

At completion of that review, additional requirements may be noted by city's agent.

People willing to work on a dog park committee are asked to please identify yourselves at upcoming meeting.

No vote will be taken before a lapse of 90 days at a meeting publicized in the newsletter and has the attendance of the city's agent.

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Civic League and Community News

For more news and events visit our website at www.suburban23505.com

Call for 2010 Board Nominations

Suburban Acres Civic League is preparing for the election of Officers and Board of Directors for 2010. Would you enjoy the reward of helping to guide our thriving Civic League? As a member of the Board, you would be an integral part of our community. If you're enthusiastic about our neighborhood and able to commit time and energy, you could be the perfect fit. A Nominations Committee will be selected in September, and elections will be held at the November 9th meeting. If you are interested in being part of the Nominating Committee, or would like to run for the Board of Directors, please contact Timothy Fox at saclpresident@gmail.com or call 338-0439.

Dog Park Proposal on the Agenda in September

After discussion at the July meeting, it was decided by members to delay a vote on the dog park proposal for the city-owned lot on Suburban Parkway at Parkdale. There will be general discussion and an opportunity to voice opinions on this proposal at the September 14 meeting.

Congratulations YOTM Winner

Congratulations to Jay and Ann Purser of 425 Suburban Parkway, winners of the September 2009 Yard of the Month.

Greater Wards Corner Partnership

Greater Wards Corner Partnership (GWCP) resumes meetings on Thursday, September 24, 2009. Meeting topics include an update, community input on a new Wards Corner Comprehensive Plan, and identifying problems that need to be brought before City Council. GWCP meets the fourth Thursday of the month at the Workforce Development Center, 201 E. Little Creek Road, (next To Kroger) from 7 to 8:30 p.m. Please join GWCP in September. For online information, go to www.wardscornernow.com

Norfolk Federation of Civic Leagues (NFCL) Presents "Weatherizing on a Shoestring"

Norfolk Botanical Garden is the setting for an energy conservation workshop co-sponsored by NFCL and HRR1 on Thursday, September 10th at 7:30 p.m. Come early at 6:00 p.m. for a free train ride (last ride begins at 6:30 p.m.) Light refreshments provided. See page 6 for complete information on this event.

Get EnergySMART at the September 14th Suburban Acres Civic League Meeting

Norfolk's Green team is working with Virginia Natural Gas to get the word out on ways Norfolk residents who use gas for heat or hot water can live a little greener, and save "green" too. As part of its Save Money and Resources Today program (EnergySMART) VNG is offering free customized programmable thermostats to customers with a natural gas

furnace. A programmable thermostat can save 5 -15 percent on energy bills, and reduce energy use with accompanying greenhouse gases. The thermostats will be made available by logging onto VNG's website at <http://virginianaturalgas.com/energysmart/>. According to the DOE, the average household spends over \$2,200 a year on energy bills and can save about \$180 a year by properly setting their programmable thermostats. The key is to establish a program that automatically reduces heating and cooling in the home when it's not needed. VNG is offering rebates ranging from \$150 - \$500 for purchasing energy efficient appliances. Starting in August, they will offer a \$25 rebate on seasonal heating system checkups

Harvest Celebration! Mark Your Calendar Now!


Saturday, October 24th is the date for the 2nd Annual Harvest Celebration sponsored by Suburban Acres Civic League. Time and location will be announced in the next newsletter and online. Join us for the chili cook off, carved pumpkin contest, costumes, fun activities for the kids, and an all around good time with your Suburban neighbors.

National Library Card Sign-up Month

In the mad rush to gather everything on your child's back-to-school list, Norfolk Public Library would like to remind you that a library card is the most important school supply of all. September is National Library Card Sign-up Month and parents are encouraged to participate by making sure that both they and their children have library cards. Studies show that children who are read to in the home and who use the library perform better in school and are more likely to continue to use the library as a source of lifetime learning. An NPL card provides FREE access to a variety of resources, from the Internet to DVD's and CD's, and thousands of best selling books and audio books.

This year, the library will partner with National Maritime Center Nauticus, The Chrysler Museum and Norfolk Botanical Garden to offer special offers to NPL cardholders during the month of September. To find out more, or for information on how to sign up for a library card, visit your NPL location or go online to www.npl.lib.va.us

(Continued on page 5)



NORFOLK SHERIFF'S OFFICE

Robert J. McCabe
Sheriff / High Constable

Robert J. McCabe, Sheriff
811 E. City Hall Avenue
Norfolk, VA 23510

Office: (757) 664-4713
Fax: (757) 441-2531
E-Mail: robert.mccabe@norfolk.gov
Web Site: www.norfolksheriffsoffice.com



Photo: Gus Coccarelli

What we don't clean up stays in the environment for a long, long time.

Each year, tons of plastics and other litter are tossed into rivers, left on beaches, or dumped overboard from recreational and commercial vessels. Litter not only looks bad, but can put people and wildlife in danger. Marine debris can last a long time. Let's keep Norfolk's rivers and bay clean and beautiful. Do your part to prevent trash from becoming marine debris.

How long does it take for waste products to decompose?*

- Paper Towels 2-4 weeks
- Newspaper 6 weeks
- Tin Can 50 years
- Foam Plastic Cup 50 years

- Plastic Grocery Bag 1-20 years
- Wool Socks 1-5 years
- Plywood 1-3 years
- Aluminum Can 200 years
- Disposable Diaper 450 years
- Plastic Bottle 450 years
- Apple Core 2 months
- Cardboard Box 2 months
- Cotton Rope 1-5 months
- Cotton Gloves 1-5 months
- Waxed Milk Carton 3 months
- Beverage Holder 400 years

**estimated individual item time lines depend on production, composition and environmental conditions. Chart produced by S.C. Sea Grant Consortium, Ocean and Coastal Resource Management, Centers for Ocean Sciences Education Excellence, and the National Oceanic and Atmospheric Administration*

(Continued from page 4)

After the Bell

After the Bell is an after-school and summer program of the Office of Youth Development that provides a safe haven for students while also supporting academic enrichment and student achievement. The program offers educational and cultural activities with an emphasis on reading, math and technology. **After the Bell is for all Blair, Lake Taylor and Lafayette-Winona Middle School students. Register now and get September's program fee waived!** Registration fee is \$30.00 and program fee is \$40 per month which includes a meal or snack and transportation home. A fee waiver is available to qualified applicants. To download the registration form, go to: www.norfolk.gov/neighborhoods/after_bell.asp.

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Hello Suburban Acres! My name is Janette. My family has been in this neighborhood for almost 45 years. Most of you have known me since I was a little girl playing in the yard, or knew my daddy and his corvettes and the ton of work done to the home on Thole Street. I want to give back to Suburban Acres now.

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Senior Mortgage Banker



Weatherizing on a Shoestring

Thursday, September 10
7:30 pm
Norfolk Botanical Garden
6700 Azalea Garden Road



The Home Rehabilitation and Resource Initiative (HRRI), Bureau of Community Outreach, has joined with the Norfolk Federation of Civic Leagues to sponsor a workshop on how to make your home more energy efficient. The workshop will feature presentations by Lowe's on "weatherizing on a shoestring," and by the STOP Organization - local recipient of stimulus funds that focus on energy efficiency - with information about the availability of stimulus funds for homeowners. Applications for weatherization services through STOP will be available.

Co-Sponsored with the Norfolk Federation of Civic Leagues, the STOP Organization, and Lowe's Home Improvement Warehouse of Norfolk.

Come early (6:00 pm) and ride the Garden Train for free.

To register go to: www.norfolk/neighborhoods/NU.asp



This workshop is offered
as part of the Norfolk
Neighborhood University.

The Home Rehabilitation and Resource Initiative (HRRI) is a program of the Department of Neighborhood Preservation, Bureau of Community Outreach that works through a volunteer-base to rehabilitate homes of qualified owners, and provides referral assistance in locating additional resources to residents. For more information call 823-4363 or go to:

www.norfolk.gov/neighborhoods/HRRI.asp.



September Word Search

S O L F O R G E T M E N O T A
 U E B A R Y A N L E R W I Q U
 B A P S B U I L K R A Y N H T
 U N A T I O N A C N I C C O U
 R S T I E N R C E A H O H M M
 B A R A N M O D D L S I R E N
 A D I S D O B Y A E I T O W R
 N N O L O P I E W Y O U E O E
 A U T O F T O L R E M P I R E
 C O D E S U R L A P T R I K Y
 R P A B U S T O R D E H S E D
 E O Y U M D A W N A P N K I A
 S W I M M E R B Y P Q I C L Y
 S T U D E N T U A E L A F I A
 C R I A R T I S E S C H O O L

- | | |
|-------------|----------------|
| SEPTEMBER | ASTER |
| SCHOOL | FORGET-ME-NOT |
| PENCIL | HOMEWORK |
| AUTUMN | END OF SUMMER |
| YELLOW BUS | TEACHER |
| LABOR DAY | STUDENT |
| PATRIOT DAY | SUBURBAN ACRES |
| SAPPHIRE | |

The Suburban Recipes

Never Fail Chocolate Chip Cookies

Here is the recipe used by Audrey Renn for the chocolate chip cookies everyone enjoyed at the last meeting. This recipe makes two dozen cookies. Enjoy!

Ingredients:

- 3/4 c white sugar
- 3/4 c packed brown sugar
- 2 eggs
- 1 tsp vanilla extract
- 1 c butter
- 2 1/2 c all-purpose flour
- 1 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 2 c semisweet chocolate chips



Directions:

1. Pre-heat oven to 350 degrees F
2. In medium bowl combine flour, salt, baking soda and baking powder. Stir with a fork so all ingredients are mixed well.
3. In large bowl, combine sugars, and butter. Mix until smooth (known as creaming). Add eggs and vanilla and beat until smooth and fluffy.
4. Add 1 c of dry ingredients at a time to mixture until all is incorporated. Drop cookies onto un-greased cookie sheet and bake for about 10-15 minutes or until edges are golden brown (or until desired level of doneness).

Courtesy www.allrecipes.com

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Coordinator**
Rob Lain
469-3685

Visit our website at
www.suburban23505.com

Announcements

Send your announcement to
suburbanacres@gmail.com



Welcome and a big thank you to new board members Audrey Renn, Rob Lain, and Jeb Clarke who have volunteered to fill the vacant positions on the Board, effective through the end of the current year. And special thanks to JoDee Cook who has volunteered as acting Vice President.

Good luck to all students beginning another academic year. Education combined with will power will carry you anywhere you want to go!



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Being an active member of your community has never been as important as it is today.

We need your involvement in the Suburban Acres Civic League. The larger our membership, the louder our voice will be heard! Don't wait, join today!

Individual Membership is \$5.00 and Family Membership (two individuals) is \$10.00. Make checks payable to "Suburban Acres Civic League". Dues are now payable for 2009.



Suburban Acres Civic League Membership Form 2009

Individual \$5.00 Family \$10.00

Name _____ (Please print and include both names for family membership)

Street Address _____

E-mail _____ Phone _____

Please make check payable to **Suburban Acres Civic League**. Bring to the next meeting or mail this form to Bruce Larson, Treasurer, Suburban Acres Civic League, 574 Thole St. Norfolk, VA 23505. **And thank you for your support!**