



The Sentinel



A Newsletter for the Owners and Residents of North Shore at Ridgely Manor

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Board of Directors' Corner

Issue 30 : June 2026

A Message from the President

Greetings! I trust that you all had a wonderful Memorial Day holiday, despite the rain!

It is the season once again where lawns are mowed, gardens are grown, and yards are maintained. But it is also a time when many of you can enjoy a much-deserved vacation. So whatever you have planned for the summer, I hope you find it a refreshing time.

Entrance Decorated for Spring



I want to thank the **NSRM HOA Social Committee** once again for the cheerful entrance decorations for Spring (see photo on the left) and the beautiful red-white-and-blue wreath decorations, American flags, and blue banners for Memorial Day (see photo below). The decorations were outstanding.

The Social Committee has made it a pleasure to drive by the , front entrance, Once again, many thanks!!!

Entrance Decorated for Memorial Day



Our next HOA meeting will be held on Wednesday, June 10 at 6 pm at the Williams Farm Recreation Center on 5252 Learning Circle, Virginia Beach, VA. NSRM HOA 2 members are welcome to attend.

For questions or concerns that you want to pass on for the Board to address, please feel free to contact me.

From Burt Poague, email: bpoague@verizon.net, phone: (703) 400-7831

A Message from The Property Shoppe

By Rachel Ricciuti, Association Manager

As we move into the warmer months, the NSRM HOA 1 would like to remind all residents to remain mindful of the community's Governing Documents, including the Declaration ACC and Rules & Regulations. With increased outdoor activity, we typically see a rise in common violations such as leaving trash bins visible from the street or neighboring properties on non-collection days, lack of routine lawn maintenance, unmaintained flower beds (including weeding and edging), placing advertising signs in yards, and the parking or storing boats, trailers, or recreational vehicles within the community.

To help maintain the appearance and standards of our neighborhood, property management conducts monthly inspections and will notify homeowners if violations are observed. We encourage all residents to take a proactive approach in reviewing and adhering to the guidelines.

If you have any questions, please contact The Property Shoppe or refer to your governing documents available through your AppFolio online portal. Through AppFolio, you can also conveniently pay your HOA dues, review governing documents and submit Architectural Control applications. Please remember that all exterior modifications or improvements require an approved application prior to beginning any work. If you are unsure whether your project requires approval, we strongly recommend reaching out before proceeding.

Safeguarding Our Kids During the Warmer Seasons

Reprinted from Sentinel issue #26

Summer is almost here, and kids are releasing months of pent up energy. Kids on scooters and bicycles are dashing back and forth on the streets. They may be having fun, but there are still a number of safety issues to be aware of:

- Backing out of driveways:** vehicle drivers may have looked all around the rear of their vehicle before backing out of a driveway, but they could miss a child on a bicycle or a scooter if they suddenly dart behind the car. **Parents, warn kids to be extra cautious and look both ways when crossing driveways and streets. Drivers, be extra cautious when backing out your vehicles!**
- Crosswalks:** vehicle drivers need to **stop** any time pedestrians are in the crosswalks! Pedestrians have the right of way. If you see a bicycle rider or scooter, let them cross!!! **Pedestrians, bicycle riders and scooters, please be careful when you cross streets and look both ways.**
- Night-time driving:** make sure bicycles and scooters are appropriately outfitted for evenings. They need to be visible to drivers!!! **Bicycles and scooters should be equipped with headlights and tail reflectors and they should be used. Parents, make sure kids wear bright clothes (white, yellow), so they can be seen as evening draws near.**

As a last caution, please drive safely and watch out for the kids. Parents, educate your children on what they can do to avoid accidents. And above all, have a great spring and summer!

Beware of Scams

There are so many scams happening these days that a note of caution is in order. Fraudsters do not give up. We have personally experienced the scam attempts mentioned in this section and reported them. Be safe.

Fraudulent Emails, Phone Calls, and Text Messages

If you receive phone calls, emails or phone text messages from banking institutions, Medicare, the Internet company, or credit card companies you use and their message states that you owe money and they want your credit card number for payment or they will close your account – do not give them your credit card number or personal information and do not click that link. If it was a phone call, hang up and call the organization directly.

For emails and text messages, do this -- look for common red flags for a fraudulent communication:

- Fraudulent email address.** If you were sent an email, examine the sender's email address – is it from the organization? Many organizations do not contact you by email asking for payment. Fraudsters typically have an email address that isn't even close to the organization's email address. Or the fraudster's email address may contain a part of the organization's name with a lot of extraneous letters.

Beware of Scams - Continued

- **Phony Contact Number.** Compare the phone number they provide you (if they provided one) with the phone number on the billing statement. Fraudsters use different phone numbers than their alleged organization's.
- **Fraudulent Website.** A link to an internet website may have been provided. Fraudsters include these to access your personally identifiable information (PII) -- social security number, banking account number, birth date, and so on, once you click on it. The link might also give the fraudster access to your phone or computer so that can access your contacts, digital wallet, and personal data. Just to be safe, do not click on the link!
- **No Account Number or the Account Number is Incorrect.** Your account number is missing from the email or the account number they provide is not yours.

The best response is to contact the organization using the phone number on the billing statements you receive directly from the organization and talk to their representative; or logon to the organization's website using your logon credentials and check your account to see if you owe anything. Better safe than sorry. If you do owe money, deal with the organization directly and be the one to initiate contact. You should also report the fraudulent contact to the organization and then delete the email or text message, if you received one.

Internal Revenue System (IRS) Scams

if an email, phone call, or phone text message claims to be from the Internal Revenue Service (IRS) and you did not initiate contact with them, report them to IRS [here](#). IRS requests that you forward any such emails to phishing@irs.gov. An IRS agent told me that they do not initiate phone calls or emails and they will never send you a text message unless you have asked them to.

If you received an official-looking notice from the IRS that states you owe back taxes, before paying, IRS asks that you perform the following:

- Compare the address for IRS on the letter to the official IRS addresses. Did the sender use an official return address? Fraudsters provide fraudulent return addresses.
- Examine the taxpayer identification number (TIN) the letter provides – is it correct? Fraudsters may not know your TIN.
- Compare the type of notice on the letter to legitimate IRS notices – is it a legitimate notice type?

If in doubt, call the IRS and ask about the notice – they will have a copy. But if you get a notice from IRS requesting a copy of your tax return telling you they lost it, **DO NOT SEND YOUR TAX RETURN**. After receiving several such letters, I called IRS and the agent said they never send out letters like that. For more information on fraud from IRS, go to this [link](#). Here is an article you might find of interest <https://www.zeni.ai/blog/how-to-spot-a-fake-irs-letter> .

Medicare Fraud

Medicare fraud is a big business these days. Hence, Medicare prepared a booklet on this subject available at this [link](#). For those on Medicare, make sure to check each **Medicare Summary Notices** statement every time one arrives and examine the medical services being charged. Fraudsters have acquired many Medicare numbers and are making fraudulent insurance claims, sometimes for tens of thousands of dollars. These claims can result in a loss of benefits when you really need them.

What to look for on the Medicare Summary Notices;

- Providers you do not know and who never treated you for any medical issues
- Services provided in cities and states where you have never been, or did not visit during the times of service
- Medical issues you do not have that were allegedly treated

Fraudulent medical charges add up. If you find them, [report it](#) to Medicare right away (1-800-633-4227) and have Medicare issue you a new Medicare number. Consider reporting the fraud to the **Office of Inspector General**: 1-800-447-8477 or <https://oig.hhs.gov/fraud/report-fraud/> so they can investigate it. And don't forget to call your secondary medical insurer, if you have one.

NSRM HOA Social Committee

Photos from Lorraine Moore, Social Committee Lead, and Tina Henry



From left to right: Terri Grever, Louis Grever, and Carlos Torres

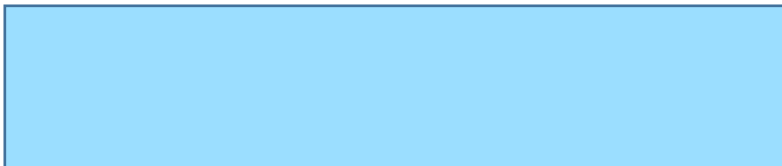
NSRM HOA Social Committee - Continued



From left to right: Mark Moore, Lorraine Moore, Carlos Torres, Andy DiRosa, Tina Henry, and Terri Grever

The photos demonstrate how much work went into getting the front entrance decorated for the holiday. Once again, many thanks for a great job!!!

The Social Committee is open to members of the NSRM HOA 1 and HOA 2. Please contact Kim Cox, The Property Shoppe Associate Manager at (757) 449-9486 if you are interested in helping out.



From left to right: Tina Henry, Lorraine Moore, Terri Grever and Mary Kay Horoszewski



Local Tips and Recommendations

Where can you find great pizza???? In our opinion --



freepik clipart

Reginella's Italian Restaurant & Pizzeria in Virginia Beach

Comments: The Reginella's deep dish Sicilian pizza is the best!!! Their tomato sauce is made with tomatoes from Italy, and their fresh mozzarella has a LOT of flavor. Or try their strombolis and calzones – as good as those from New Jersey or Philadelphia!

Phone: (757) 498-9770

Address: 4000 Virginia Beach Boulevard

Fresh Market in Virginia Beach

Comments: Who knew that Fresh Market served hot 12 inch pizzas, made to order? And that it takes only several minutes for staff to pull out the pizza dough and add the ingredients, then bake them in a 500 ° F oven. Keep in mind that the store only takes in-person orders and there is no delivery service. But if you are looking for a good deal, on Tuesdays, basic 12 inch pizzas cost only \$5 each. Get there before the crowd.



Phone: (757) 420-1020

Address: 4588 Virginia Beach Blvd #400

For live jazz or bluegrass music with your dinner...

The Roads Bistro in Virginia Beach

Comments: Live music every night from Tuesday to Saturday. For those who have an allergy or need gluten-free, they are happy to accommodate. And for those who are vegans, there are a variety to choose from. They serve small plates of calamari, steak tacos, chicken teriyaki, vegan potstickers, vegan or meat pierogies, wings, cauliflower bites, and more. They also serve a variety of beers, wine, and specialty drinks. The music is great.

On Tuesday nights, they have an open jazz jam from 7:30 to 10:30 pm. But bring your own instrument!

Hours: Tues – Sat: 5 pm - Midnight

Phone: (757) 420-1020

Address: 4588 Virginia Beach Blvd #400

URL: <https://www.theroadsbistro.com/>

Musician schedule: <https://www.theroadsbistro.com/livemusic>



Vecteezy.com

Virginia Beach Farmers Market

When: year round, 10 am to 4 pm

Where: 3640 Dam Neck Road, Virginia Beach, VA 23453

Cost: free

Details: <https://agriculture.virginiabeach.gov/farmers-market>



Vecteezy.com

Upcoming Local Events

Newport News Greek Spring Festival 2026

Expected to draw 15,000 people this year, this is the largest Greek event in Newport News and features Greek arts and crafts, food and live entertainment.

When: Thursday, May 28 – Saturday, May 30 from 11 am to 9 pm
Sunday, May 31 from noon to 5 pm

Where: 60 Traverse Road, Newport News, VA

Hosted by: Saints Constantine & Helen Greek Orthodox Church

Details: <https://www.newportnewsgreekfestival.org/>



From clipsafari.com

Ringling Brothers & Barnum and Bailey's Circus

This is their 148th tour!!! Called the greatest show on earth, the performances feature incredible aerial feats by their trapeze artists.

When: Thursday, June 4 – Sunday, June 7, 2026

Cost: <https://www.ringling.com/tickets/>

Where: Norfolk Scope Arena

Details: <https://www.ringling.com/the-greatest-show-on-earth-returns-january-2026/>



From clipsafari.com

“Rock & Roll” Murder Mystery at Granby Theatre

Murder mystery theatrical performance where guests can ask questions and interact with the actors. Considered family friendly, and features appetizers, dinner, dessert, and a show. Guests must be 14 years old or older.

When: Friday, June 5 and Saturday, June 27, 2026 with doors open at 6:30 pm

Where: historic Granby Theatre. 421 Granby Street in downtown Norfolk

Cost: \$50+ per person <https://getacluemurdermysterydinnertheater.com/upcoming-performances/>

Details: <https://getacluemurdermysterydinnertheater.com/>



From clipsafari.com

Blackbeard Pirate Festival

Great fun for kids. Festival features an 18th-century seaport with historic re-enactors, live music, a grand pirate bash, and fireworks.

When: Saturday, June 13 from 10 am to 10 pm
Sunday, June 14 from noon to 6 pm

Where: Mill Point Park and Downtown Hampton

Cost: refer to the website

Details: <https://www.hampton.gov/2008/Blackbeard-Pirate-Festival/>

On Friday night, June 12 there is a Grand Pirate's Bash at the Virginia Air & Space Science Center on Settlers Landing Road from 6-9 p.m. See the website for details.



From clipsafari.com

Upcoming Local Events - Continued

50th Annual Norfolk Harborfest

Enjoy live music, food vendors, and a waterfront of international tall ships, with the chance to see and explore the ships up close. Bring the family!

When: Friday, June 19 to Sunday, June 21, 2026

Friday: Noon - 11pm (Parade of Sail - Noon, Fireworks 9:30pm)

Saturday: Noon - 11pm (Fireworks 9:30pm)

Sunday: 12pm - 8pm

Cost: free and open to the public

Where: Town Point Park, Downtown Norfolk Waterfront, Virginia

Details: <https://festevents.org/events/2026/norfolk-harborfest/>



From clipsafari.com

Riverdance 30 – The New Generation

Riverdance features a performance that tells the story of the river's journey across the land, highlighting Irish step dancing with other global styles like tap and flamenco.

When: Thursday, June 25

Cost: for tickets use this link: <https://tickets.fergusoncenter.org/4479/>

Where: Christopher Newport University Ferguson Center for the Arts, Newport News

Details: <https://www.fergusoncenter.org/events/detail/riverdance/>



From clipsafari.com

La Fiesta Virginia Beach

La Fiesta is an annual **Latin Fest** in Virginia Beach, a vibrant summer celebration featuring live Latin music, dancing, and food on the oceanfront.

When: Friday, June 26 to Saturday, June 27

Where: 24th Street, Virginia Beach

Cost: On Friday, La Fiesta is free and open to the public, on Saturday, tickets are required: <https://www.ticketmaster.com/la-fiesta-2026-saturday-ticket-virginia-beach-virginia-06-27-2026/event/0100646BC61B6004>

Details: <https://virginiabeachhotelassociation.com/events/la-fiesta-virginia-beach/>



From clipsafari.com

July 4 Stars & Stripes Celebration

Bring your beach chairs, blankets, and umbrellas to relax and watch the performances and enjoy the fireworks.

When: Saturday, July 4, 2026 from 7 pm to 11 pm; Fireworks at 9:30 pm

Where: 17th, 24th, and 31st Street Parks

Cost: open to the public; free

Details: <https://beacheventsvb.com/event/july-4-stars-stripes-celebration-2026/>



From clipsafari.com

The Sentinel

Home Services Contractors We Have Used

Appliances

Southland Appliance Corp,

Phone: 757-420-1020,

Address: 3905 Indian River Rd, Chesapeake, VA 23325,

Serving : Virginia Beach, Chesapeake, Norfolk, Portsmouth, and Suffolk

URL: <https://www.southlandappliance.com/>

Comments: : Only local service company I found that services Subzero refrigerators.

After reviewing the terrible reviews for delivery and installation services by the large hardware stores (you know who they are!), I called Southland Appliance after I noticed that it was recommended by General Electric for Café ovens. Their prices beat the hardware stores!!! It was a smooth experience, from purchase to delivery and installation.



From pixapsy.com

Electricians

Castles Electric

Phone: 757-765-8222

Serving : Virginia Beach, Chesapeake, and Norfolk

URL: <https://www.castleselectric.com/>

Comments: :Very professional, very courteous, reasonable prices, excellent work

Hampton Roads Electric

Phone: 757-486-1231

Serving : Virginia Beach, Chesapeake, and Norfolk

URL: <https://hamptonroadselectric.com/>

Comments: :Very professional, very courteous, excellent work

Exterior and Interior Painting

Paint by Numbers

Phone: call Skip at 757-650-5947

Serving : Virginia Beach

email: paintbynumbers@cox.net

Comments: : exterior and interior painting, deck sealing, and cabinets. He takes extra care and applies European old-world expertise for kitchen cabinets and drawers.

HVAC

JMR Brothers Heating & Cooling

Phone: 757-852-3320

URL: [JMR Brothers Heating and Cooling](http://www.jmrheatingandcooling.com)

Comments: :They installed a Trane HVAC package for us and also for a family member and they work great! They excel at diagnosing problems and making repairs.

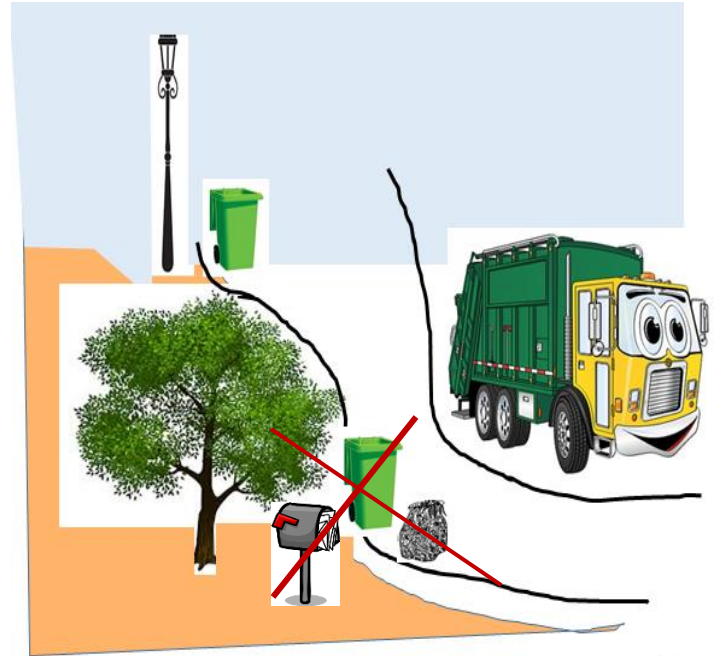
The Sentinel

FRIENDLY REMINDERS AND REGULATIONS REVIEW

It is **ILLEGAL** to park a car facing the wrong way on the street, opposite the direction of traffic. VA Beach police can ticket or tow your car if illegally parked.



Please do not put trash cans, yard waste, or recycle bins in front of mailboxes, trees, or light poles. It may prevent your trash pickup or mail delivery.



NSRM HOA 1 Meetings

- Meetings are scheduled for the 2nd Wednesday of the month
- All in-person meetings will be held at:
Williams Farm Recreation Center
5252 Learning Cir, Virginia Beach, VA 23462
- All NSRM HOA1 and HOA2 members are welcome to attend
- **2026 Schedule for open meeting sessions at Williams Farm Recreation Center** on 5252 Learning Cir, Virginia Beach, VA 23462
 - Wednesday, June 10, Quarterly meeting
 - Wednesday, September 9, Quarterly meeting
 - Wednesday, December 9, Annual meeting

Trash Collection

Put yard waste and trash cans where they are not visible from the street until it is time to put them at the curb on Tuesdays in preparation for the VA Beach City trash pickup. Nothing but vehicles should be on the driveways.

Trash Collection is on Wednesday mornings unless Virginia Beach City states otherwise, such as for holidays. For the holiday schedule, go this [link](#).

Recycle bins are collected every other Wednesday. If you have forgotten when the recycle trash is to be collected, go to this link:

<https://pw.virginiabeach.gov/trash-recycling/recycling-information> and enter your address where you see "Find My Trash Day" on the left side of the page then enter your address and press <return>. Your trash collection day will be displayed.

Curbside bulk/large item pick-up is scheduled by request and collected by City-employed operators in City vehicles, usually on the same day as the trash collection. Call 757-385-4640 to schedule a pickup.

If your trash was not collected, call (757) 385-4650 or send an email to Public Works at wastemgt@vbgov.com.

Speed Limit is 25 mph. Please slow down!!!



Walkers and mothers with children are complaining that cars are speeding in our neighborhood. Please slow down.

THE COOKING CORNER



Favorite Recipes

Send your favorite recipes to Pam at pdargan@erols.com

Cinnamon Buns



Recipe from <https://bromabakery.com/homemade-cinnamon-rolls-soft-fluffy/>

Have you seen those scrumptious, large Cinnabon cinnamon buns at the mall but couldn't have one because they contained ingredients you can't eat? After three tries with different recipes, this one came closest to Cinnabon's. But you need to make sure you are using high quality butter and Ceylon cinnamon for the best flavor.

Ingredients

Rolls

- 4 1/2 cups flour <4 1/2 cups gluten-free flour> [1]
- 1/3 cup granulated sugar
- 1 packet (2 1/4 tsp.) Rapid Rise Instant Yeast
- 1 tsp salt
- 1 1/2 cups milk <vegan: use almond milk>
- 6 TB butter [2]
- 1 large egg, at room temperature <1/3 cup plant-based egg> [2]

Filling

- 1/2 cup butter, room temperature [3]
- 2/3 cup packed light brown sugar
- 2 TB ground cinnamon [4]
- Pinch of salt

Icing

- 4 oz cream cheese, at room temperature
- 1/2 cup unsalted butter, at room temperature
- 3 cups powdered sugar
- 2 TB milk <for vegans, 1 TB almond milk>
- 1 teaspoon vanilla extract
- Pinch of salt

Tools

- Breadmaker
- Small pan
- Large mixing bowl, silicone spatula
- Rolling pin
- 9 x 13-inch pan lined with parchment paper

Notes

Directions are on the following page

[1] Gluten-free flour: Google AI recommends King Arthur Gluten-Free Bread Flour

[2] Plant-based egg: Just Egg is the brand that we use

[3] Butter: for the best butter flavor, we recommend Kerry Gold

[4] Cinnamon: use Ceylon Cinnamon for the best flavor

THE COOKING CORNER



Favorite Recipes

Send your favorite recipes to Pam at pdargan@erols.com

Cinnamon Buns - Continued



I have tried so many recipes for cinnamon buns, and this turned out to be the moistest, best tasting recipe of all..

Directions

1. **Prepare the dough.** Put 2 cups of flour and salt in a breadmaker pan. Heat the milk and butter mixture to 105°F and put it in a medium sized bowl and mix it with the yeast and sugar.
2. Pour the milk mixture into the breadmaker pan and add the egg. Beat together on low speed until combined for two minutes. The dough will look more like batter, but this is correct! This step kicks off the gluten development.
3. Add an additional 1 ½ cups of flour and knead on low speed until combined. Use a silicone spatula to scrape the sides of the bowl. Add remaining 1 cup of flour (totaling 4 ½ cups) and knead on low speed until the dough starts to pull away from the sides of the bowl and forms a ball around the dough hook, around 10 minutes.
4. Transfer the dough to a large lightly-oiled bowl and cover it with a dish towel or plastic wrap. Let rise in a warm place until the dough has doubled in size, about 1 hour
6. **Make the filling.** Once the dough has risen, make the filling. In a medium bowl, add the softened butter, brown sugar, cinnamon and salt. Use a silicone spatula to mix together until it makes a paste. Set aside.
7. **Prepare the dough and spread the filling.** Turn the dough onto a well-floured surface. Use a rolling pin to roll it into a 12-inch long by 18-inch-wide rectangle, with the wider side closest to you. Using a silicone spatula, spread the filling all the way to the edges of the dough.
8. **Roll the dough and slice into 12 even sections.** From the 18-inch wide side closest to you, roll the dough into a tight log. Press the dough along the outside seam to seal everything together. Use a very sharp knife (or floss – this does work!) to cut the dough into 12 even rolls. Place the rolls in a 9 x 13-inch pan lined with parchment paper on all sides. Cover the pan with a dish towel or plastic wrap and allow to rise in a warm place until doubled in size, about 1 hour.
9. **Bake.** Preheat the oven to 350°F. Remove the towel or plastic wrap and bake the rolls until they are golden brown all over, about 30 minutes. Place the pan on a wire cooling rack to cool slightly, about 15 minutes.
10. **Frost and serve.** While the rolls cool, make the cream cheese frosting. In a stand mixer fitted with the whisk attachment, combine the cream cheese, butter, powdered sugar, 2 tablespoons of the milk, vanilla, and a pinch of salt. Beat on low speed until combined, then gradually increase the speed to medium-high and beat until light and fluffy, about 1 minute. If the frosting is too thick, add another tablespoon of milk and beat to combine. Spread the icing evenly over the slightly warm rolls. Enjoy warm!