

# July 2025

NORTH  
BEACH  
APARTMENTS

## Meet The Team

**AUTUMN**  
PROPERTY MANAGER

**BETH**  
ASSISTANT PROPERTY MANAGER

**ANTOINETTE**  
LEASING SPECIALIST

**DEMIK**  
SENIOR MAINTENANCE SUPERVISOR

**KEITH**  
MAINTENANCE SUPERVISOR

**DEANDRE**  
MAINTENANCE TECH

**CLAY**  
EVENT COORDINATOR

## Celebrating July



7/1 - Canada Day

7/3 - Dog Days of Summer Begin

7/4 - Independence Day

7/10 - National Kitten Day

7/11 - National Slurpee Day

7/13 - National French Fry Day

7/14 - Bastille Day

7/14 - Mac and Cheese Day

7/17 - World Emoji Day

7/27 - Parent's Day

7/30 - International Day of Friendship

7/31 - National Mixed Breed Dog Day

## Resident Giveaway

Enter to win a SCOUT STATEment bag filled with products made right here in Virginia plus a \$100 Amazon gift card! This giveaway runs July 7-31. Visit the Leasing Office for your chance to win!

*one entry per resident, please*



**In observance of Independence Day,  
the Leasing Office will be CLOSED Friday, July 4<sup>th</sup>**

A reminder to all residents that fireworks, sparklers, bottle rockets, and any other explosives are **NOT** allowed anywhere on the property and may not be discarded in any trash can or trash compactor.

### Office Hours:

Monday - Friday 8:00am-5:00pm

Saturday 10:00am-5:00pm



**Leasing Office:** (757) 460-4781

**Emergency Maintenance:** (757) 671-3100

northbeach@pembrokerealty.com

northbeachvbliving.com

### STAY CONNECTED!

Don't forget to follow us

@northbeachvb





## Monthly Recipe



### Buffalo Shrimp Lettuce Wrap (serves 4)

#### Ingredients

4 Tbsp. butter	Freshly ground black pepper
2 garlic cloves, minced	1 head romaine, leaves separated
1/4 cup hot sauce, such as Frank's	1/4 red onion, finely chopped
1 Tbsp. extra-virgin olive oil	1 rib celery, sliced thin
1 lb. shrimp, peeled and deveined	1/2 cup blue cheese, crumbled
Kosher salt	

Want your favorite dish featured?

Submit your recipe to  
[marketing@pembrokerealty.com](mailto:marketing@pembrokerealty.com)

#### Directions

**Make buffalo sauce:** In a small saucepan over medium heat, melt butter. When melted completely, add garlic and cook until fragrant, 1 minute. Add hot sauce and stir to combine. Turn heat to low while you cook the shrimp.

**Make shrimp:** In a large skillet over medium heat, heat oil. Add shrimp and season with salt and pepper. Cook, flipping halfway, until pink and opaque on both sides, about 2 minutes per side. Turn off heat and add the buffalo sauce, tossing to coat.

**Assemble wraps:** Add a small scoop of shrimp to the center of a romaine leaf, then top with red onion, celery, and blue cheese.

## Pet of the Month

**JD** is a Boston Terrier mix. He's blind in one eye, so we call him One Eyed Jack. He's really sweet, loves to cuddle, and is very energetic.



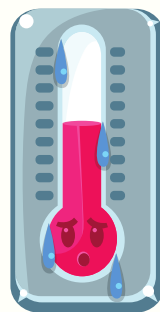
## Hampton Roads Happenings

7/3 - Celebrate Freedom - Chesapeake City Park  
7/4 - Stars and Stripes Celebration - VB Oceanfront  
7/4 - Great American Picnic & Fireworks - Town Point Park  
7/10 - Dierks Bentley - Veterans United Home Loans Amphitheater  
7/12 - Virginia Zoo Adult Night  
7/19 - Norfolk Latino Music Festival - Town Point Park  
7/20 - Suffolk Pickle Palooza - Suffolk Visitor Center Pavilion  
7/22 - Chicago - The Dome  
7/25 - Nelly with Ja Rule - Veterans United Home Loans Amphitheater  
7/29 - Outlaw Music Festival - Veterans United Home Loans Amphitheater

## Don't Sweat Your Energy Bill

Summer's high heat can lead to even higher energy bills. Follow these tips to save energy, and money, during the hot months:

- Raise the thermostat 2-3 degrees during peak hours (2-9 p.m.) and rely on fans to keep your home cool
- Use thermal drapes or blackout curtains to keep heat outside your home
- Run appliances such as dishwashers, washing machines, and clothes driers at night only; use cold water settings when possible
- Unplug electronics when not in use



## Feeling Crafty?



Visit the  
Leasing Office  
and pick up the  
**Craft of the  
Month!**

*while supplies last*

## Here's the Scoop

**July is National Ice Cream Month**

*Celebrate with a scoop or two at these local spots:*

**Gilly's Creamery**

3640 Dam Neck Rd

**Get Lost**

510 Virginia Beach Blvd

**Blue Cow Ice Cream**

2817 Shore Dr Ste 111

**The Sweet Spot**

1718 Atlantic Ave

**Lolly's Creamery**

4000 Virginia Beach Blvd

**Be Free Craft Ice Cream**

2336 Elson Green Ave Ste 107



# WE FLIPPED OUT!

