

The Lake View

Lake Pinehurst Association Newsletter

January 2019

Published: Winter, Spring, Summer & Fall

Sueson Vess – Editor

REPORTS

- President's Message
- LPA Survey Results
- Government
- Membership
- Lake Management
- New Member Hospitality
- Beach Club/Marina Update
- Social
- Recipes



2019 LPA Board Members and Committee Responsibilities

President	Frank Glauner
Vice President	Steve Davis
Secretary	Jeff Heintz
Treasurer	Greg Handke
Communications	Frank Glauner
Government	Monica Converse
Lake Management	Rick Norland
Membership	Nancy Norland
New Member Hospitality	Melinda Handke
Social	Sueson Vess

Contact any board member: Lake.Pinehurst.Association@gmail.com

President's Message from Frank Glauner

Happy New Year! 2018 was quite a year – both positive and negative. Many members took advantage of our very successful social events capped off by a wonderful Holiday Dinner Dance. Additionally, our membership is up with several new members joining LPA this past year. And new people have stepped forward to offer their help on the LPA Board. Unfortunately we also had to deal with two hurricanes, the Beach Club/Marina closure and a pump failure in the County sewer lines. It was an eventful year!



Thank you to all of you who have provided feedback either directly to a Board member or through the survey that we conducted. With your input, we believe we have put together another great set of social activities for the new year. Of course we are also focused on working with the County, Village, and Resort to maintain the health and beauty of our Lake Pinehurst.

Some of the information for 2019 is included in other parts of this newsletter. More details will be available at our annual Business Meeting, March 10 at 3:30 pm in the St. Andrews Room at Pinehurst Country Club (more information to come). I look forward to seeing many of you then!

Stay warm – spring isn't far away!

LPA Survey Results

The survey results are in! We received over 100 responses to the LPA survey and have the following results to share. The 3 most important roles you desire from the LPA are:

1. Coordinate lake cleanliness and weed control
2. Communication on important issues (lost boat, flooding, power outages, etc.)
3. Advocacy on issues that affect lake living such as maintenance of the dam and other infrastructure.

The feedback on current organized activities showed nearly equal preference to the variety of events with the annual meeting being most popular followed closely by the holiday party, spring picnic, and fall picnic. We received many helpful comments on the top three roles mentioned above as well as many compliments about the work we are doing. We will continue to monitor and address these areas as necessary and thank you for your appreciation of our efforts!

The survey comments confirm our values and roles. It is clear that our members value communication and we have enhanced our offerings with a private Facebook group. An upgrade of our Lake Pinehurst Association website is needed to further improve the image of our neighborhood to the public as well as provide awareness and value of the LPA. A website such as the Pinehurst #6 Community Association (www.pinehurst6pca.org) would promote a professional image, important community information as well as the privilege of a private member portal. We believe that an informed and interactive community can offer support and enhance life on the lake.

We are excited about the future of LPA and thank you for your support!

Government: Monica Converse

Have you read the important news regarding recycling in the Village of Pinehurst? In addition, The Village has re-confirmed that glass is not being accepted as a recyclable at any of Moore County’s landfill sites because the county’s recycling reclamation contractor will not accept it. The good news is that the county is working to set up glass-only recycling through a separate glass-only recycling contractor. Once that has been established, the county’s landfill sites will offer glass-only recycling containers for residents to drop off their glass recycling, but glass will still be prohibited in the Village’s recycling carts. For questions about recycling glass, contact the Moore County Solid Waste Department at 910-947-3637.



The Village of Pinehurst provides up to date information on their Facebook page. In addition to these changes, it’s nice to do our part and pick up litter/recyclables when you are out walking!

Membership: Nancy Norland

The LPA membership renewal process begins this month – watch for an email with details soon. Our slogan “Enhancing Life on the Lake” begins with YOU! Your interest in staying informed about our community and participation in activities with your neighbors makes this such a very special place. We look forward to another great year!

Advantages of LPA membership include:

- Updates about issues and concerns that impact the lake and our neighborhood through emails, newsletters, our website, the private LPA Facebook group, and the annual meeting
- Fun activities to connect with neighbors throughout the year
- Access to and inclusion in the LPA Member Directory
- Opportunity to join the LPA Board and provide leadership

Current LPA membership is 190 households.

Join me in welcoming these members who joined since July:

Cason, Michael & Connie 640 Lake Forest Dr. SE	Hamelly, Steven & Mackar, Robin 86 Gingham Lane
Hoffman, Jon & Alma 335 Lake Forest Dr. SW	Hyde, Bill & Cynthia Morrison 390 Pine Vista Dr.
Korwin, Richard & Sharyn 560 Lake Forst Dr. SE	Olson, Neil & Galloway, Kris 160 Lake Forest Dr. SW
Plotkin, Alex & Harrington, Barbara 235 Lake Forest Dr. SW	Stamm, Markus & Laura 805 Diamondhead Dr. So.

Lake Management: Rick Norland

The submerged weed and hydrilla treatment was performed in June with a second treatment being required in October. Floating bladderwort was noted in September by some of the residents in their coves, and they were concerned. Tom Riel of NC Lake Management explained that it was caused by prevailing winds and the method that some weeds use to reproduce. In the fall submerged weeds such as bladderwort break off and float to a new location. The second treatment for submerged weeds helped to reduce this issue.

Tom Riel commented that in June and October his hydrilla treatment was performed via boat in all the shallow areas of the lake. He indicated that while hydrilla is through out the lake, he only noticed it in the cove near Brae Burn Village in October.

When we treat the lake to control the grasses, algae and submerged weeds, we want to control them but not completely eliminate them. They're necessary for the aquatic life and provide shelter for the smaller fish. The chemicals used are all EPA approved and do not harm fish, pets or humans.



Thank you to the lake front property owners for supporting the hydrilla project. The lake is a beautiful resource and the cost for treating the lake is shared with the Resort. I've heard and seen references that the Resort owns the lake, but this is not accurate. Many property owners have deeds that extend their property line into the lake. While we share the responsibility for the lake, the Resort is the responsible party for the dam. Please know that North Carolina inspects the dam yearly for structural issues.

Lake Pinehurst survived Hurricanes Florence and Michael in 2018, without too much damage. Both events caused minor flooding, power outages and a sewage spill into the lake. While none of this is desirable, we were very fortunate.

The pumping station on Sugar Gum Lane has had 5 instances of spillage in 2018. One was caused by Hurricane Florence, but the others were due to pipe failures on Sugar Gum and pump failures. Moore County is working with the Resort to place a stronger pipe on the golf course. This is still in the design stage and will take a number of years to complete. The pump issue may already have been resolved in 2019 with a January repair.

The resort didn't stock any carp this year, but I will coordinate with them next year about restocking.



New Member Hospitality: Melinda Handke

The fifth biannual LPA New Member Party was held on October 25th. The event hosted by the Handke's was attended by 10 new LPA members as well as LPA Board Members and their spouses. It was a great evening and so much fun to meet and interact with new members who are enjoying our beautiful lake community. These new member parties are held twice a year and have proven to be a great way for new members to meet and get to know each other, as well as to meet the LPA Board Members and spouses. It was a beautiful Fall evening and everyone seemed to really enjoy themselves.



Be sure and let Nancy Norland (LPA Membership Chair) know if you are aware of new residents on the lake so she can make sure they receive an LPA membership application as well as information about the LPA. Another New Member Party is to be held in the Spring. There are already new members that have been added to this list!

Beach Club/Marina Update: Sueson Vess

Plans for the renovation of the beach club have been filed with the Village of Pinehurst. Plans are not yet approved however include a pavilion to seat 150 people to be used for weddings and other rentals, a snack bar, boat house, fire pit, zip lines and other amenities. Pinehurst Country Club is still hoping for a June 2019 opening.

Social: Sueson Vess

We bid adieu to another successful Sunday floating boat party season. **“Any Given Sunday Floating Boat Party”** was a smash hit with large and small groups gathering most Sunday's for delicious comradery Spring is only a few months away.



Our First, soon to be annual, Chili Cook-Off was a smokin' success! We had 10 contestants. Valerie McKean won the First Place honor. Next year it could be YOU. Stay tuned for the 2019 schedule of fun social events.



Our season finale, the “It’s A Wonderful LPA Lake Life” Holiday Gala was a smashing fun party! The photo booth, provided by “Let’s Photo Booth”, a local Moore County business (letsphotobooth.com) was a fun addition. You can go to their website, past events tab and see all the photos of the fun evening. <https://letsphotobooth.smugmug.com/December-2018/Lake-Pinehurst-Association-Holiday-Gala/>



The Elf Squad, our merry band of behind the scene workers worked hard to make this a fun evening and created beautiful table centerpieces. Thank you to Monica Converse, Cynthia Davis, Nancy (and Rick) Norland, Claire Karamalegos, and Franceska Aaron.



We danced to the music of The Sand Band, enjoyed a (possibly too difficult) Holiday Movie Trivia Contest...there will be a rematch, ate like kings and queens and a good time was had by all.



LPA Facebook Page Update

We now have 106 members on the LPA Facebook page (Lake Pinehurst Association). If you are new to our Lake Pinehurst Association or are new to Facebook, please join our group. It’s a great way to communicate and share information with members around our beautiful lake.



Facebook membership is free and joining, if only to communicate with your LPA neighbors, is a good way to receive fast updates that impact our life on The Lake, especially with inclement weather, and get to know neighbors, see and post pictures, learn about impromptu fun and more.

Just a friendly reminder that this is a **private** Facebook page. LPA members are the only people that will be approved for access. Requests from friends and family members of LPA members are declined. Please let your friends and family know our policy so they are not upset when they are declined membership. Thanks everyone!

Healthy Recipes: Sueson Vess

It's a New Year – celebrate and EAT MORE VEGETABLES! Cheers to your good health.

Wild Rice Salad with Mustard Vinaigrette

SERVES: 4-6

This tangy and nutty rice salad uses wild rice, a gluten free grain that is the seed of an aquatic grass. A one-cup serving of wild rice has 6.5 grams of protein, 3 grams of fiber, and is a good source of folate and B-vitamins and is a complete protein, containing all of the essential amino acids. Wild rice takes longer to cook than white rice; shorten regular 45 minute time by soaking wild rice overnight. May also may make rice in advance and freeze.

Typically this salad is made with roasted grapes, however if it is not “grape season” use another available fruit for a touch of sweetness such as apples, pears or strawberries (all roast easily).

1 cup wild rice (uncooked) 1 teaspoon olive oil 1 pound seedless grapes, removed from stem 2 tablespoons chopped red onion 1/2 cup chopped parsley 4 cups greens: baby spinach, arugula, chopped kale, or other favorite hardy leafy green 1/2 cup sliced almonds or walnuts, toasted (toast nuts in a 350° oven for 5-6 minutes) 1/2 teaspoon sea salt 1/4 teaspoon freshly ground black pepper	Mustard Vinaigrette 2 tablespoon Dijon mustard 1/4 cup white wine vinegar, rice vinegar, apple cider vinegar or balsamic (avoid malt vinegar as it is not gluten-free) 1/2 cup olive oil 2 tablespoons finely minced shallot (1 small) Optional: roasted vegetables, chicken or fish
--	---

1. Soak wild rice overnight in 4 cups of water and cover with plastic. It will expand to double in volume. Drain water before cooking. Cook wild rice like pasta in plenty of salted water and drain when cooked to desired doneness – about 25 minutes for soaked wild rice and 45-60 minutes for un-soaked rice. Wild rice may be made in bulk and frozen for future use. Bring salted water to boil; add soaked and drained wild rice, return to a boil, cover, turn heat to low/simmer and cook until tender using above guidelines. Spread cooked wild rice on baking sheet to cool.
2. Preheat oven to 400-degrees. Line rimmed baking sheet with parchment paper. Toss grapes with 1 teaspoon olive oil and spread on baking sheet in a single layer. Roast for 20 minutes, stirring halfway through cooking. Set aside.
3. Make mustard vinaigrette: whisk together Dijon and vinegar until smooth; drizzle in olive oil whisking the entire time. Stir in minced shallot. May make dressing in a blender
4. Mix wild rice, grapes, red onion, parsley, greens, optional veggies and almonds in a large bowl to combine. Drizzle with dressing and toss to coat. Season with salt and pepper.

Chickpea Stew

SERVES 4, may be doubled and freezes well

Serve with or without rice. Pump up the flavor and nutrition with the addition of stir fried greens like kale, Swiss chard, or spinach and/or add roasted and sliced okra.

1 tablespoon oil: olive, avocado coconut 1 medium onion, chopped (~1 cup) 1 teaspoon cumin seed (whole) 1/2 teaspoon ground cloves 1 1/2 teaspoon ground cinnamon 1/2 teaspoon ground black pepper 1/2 teaspoon sea salt 2 bay leaves 1/2 teaspoon turmeric	1 cup crushed tomato (fresh, chopped tomatoes when available or canned, may be more than 1 cup; this is a forgiving recipe) 2 cups cooked chickpeas (may use canned, drain and rinse) To serve (optional): Lemon or lime slices and chopped fresh cilantro
---	--

1. In large skillet or 3 quart saucepan, heat oil over medium heat. Sauté onions and cook for 2-3 minutes. Add all spices, stir so spices are covered in oil and cook for another minute.
2. Add tomatoes and cook for 5 minutes.
3. Add chick peas and 1 1/2 cups water and simmer for 10 minutes.
4. Taste and adjust seasoning. Serve with sliced lemon or lime and chopped cilantro if desired.

HEALING SPICES	
NAME	Medicinal Properties
BLACK PEPPER	Aids digestion, Antibacterial; Stimulates taste buds to signal stomach to produce hydrochloric acid.
CHILI PEPPERS/FLAKES CAYENNE	Anti-inflammatory, Appetite stimulant, Digestive aid, Antibacterial
CINNAMON	Anti-inflammatory, Appetite stimulant, Digestive aid, Antibacterial, Antimicrobial, Antioxidant; Helps with insulin sensitivity
CLOVE	Aids digestion, Anti-inflammatory, Antibacterial, Antiseptic, Germicide, Pain reducer
CORIANDER/CILANTRO	Digestive aid, Anti-inflammatory, Antimicrobial, Antibacterial
CUMIN	Appetite stimulant, Digestive aid, Antimicrobial, Relieves cramps especially when toasted
TURMERIC	Appetite stimulant, Digestive aid, Anti-inflammatory, Antifungal, Anti cancerous