

# The Lake View

**Lake Pinehurst Association Newsletter**

Published: Mid-January, April, July & October

**October 2015**

Fred Nuenighoff – Editor



October 3<sup>rd</sup> – Flooding Due to Hurricane Joaquin

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**President's Message: Tom Reedy** 295-2674 [wreedy1@nc.rr.com](mailto:wreedy1@nc.rr.com)

It has been a wonderful summer on the lake and we can clearly see fall approaching. The lake water has never looked better. Thank you all for your support of the lake and our beautiful neighborhood.

We have had several new members join our association this year and we would like to say welcome to all of you. We look forward to seeing you at our social events and we welcome your ideas on how we can continue to enhance life on the lake.

I am pleased to announce we have a new column in our newsletter. Sueson Vess has offered to write a healthy eating and cooking column. Sueson teaches healthy cooking and writes for several publications. We are delighted to have her column. Her website is:

**Special Eats** [www.specialeats.com](http://www.specialeats.com)

I hope you will mark December 9th on your calendar as it is our Christmas Ball. It will be at the Pinehurst Country Club and again will feature the Sand Band. Last year was the best Christmas Ball we have had in the last few years. People were still dancing until 11 pm. We hope that all members will attend this year's Christmas Ball. It is always a fun evening.

As always, I welcome your thoughts and suggestions.

**Lake Management: Debbie Smith 295-5313** [classicgift@earthlink.net](mailto:classicgift@earthlink.net)

We treated the lake for algae growth throughout the summer. These treatments did not require any irrigation restriction. The results were very good this spring and summer. There have been isolated cases of an abundance of weeds and hydrilla in the shallow coves, but this is to be expected and once alerted our contractor has paid special attention to these problem areas.

A submerged weed treatment was scheduled during the first full week of October. This required an irrigation restriction for 5 days. Your irrigation system should have been turned off until Sunday, October 11<sup>th</sup>.

Please continue to remind your lawn care companies to blow the cut lawn grass back towards the house instead of into the lake. This will help keep the shoreline grasses down.

Another successful program implemented 4 winters ago involves using discarded Christmas trees as fish habitat. Once you have undecorated your tree, tie a cinder block to each end of the tree using wire, and place under your dock. The tree will give the smaller fish protection from the larger fish giving the smaller fish a chance to grow and reproduce. We have seen a substantial increase of all size fish around our dock in the last 4 years.

There has been vast improvement in the quality of the lake over the last 6 years thanks to your individual participation. It is so important to maintain a healthy lake with controlled weeds through our spraying program and the sterile grass eating carp, not only for our enjoyment of various lake activities but also for our property values. If you haven't paid for the weed management program yet, \$50 to Pinehurst, LLC, please do so as this will provide the funds for keeping the lake beautiful. If you need another copy of the invoice, please let me know and I will make sure one is mailed to you asap.

Hope you are enjoying the beautiful fall weather on Lake Pinehurst!!

## Lake Activities:

### Second Sunday Raft Ups

The second raft up of the year took place on September 8th with seven boats and about 30 people participating. A good time was had by all.



**Social: Barbara Huitzingh 420-1777 [bbranzell@aol.com](mailto:bbranzell@aol.com)**

Kudos to all the hearty souls, who ventured out in the rain on October 1, to participate in the Fall Oyster Roast and Picnic. We had 85 members who enjoyed the amazing Steamed Oysters and Pig Picking catered by Ricks of Laurinburg. Thanks so much to everyone who helped to make this a fun event, and a special thanks to those who stayed at the end of the evening to help in storing tables and chairs.



Looking forward, The Annual Christmas Dinner and Dance will be held at Pinehurst Resort on Wednesday, December 9, 2015. Please save the date. Music will again be provided by The Sand Band. Hope to see you there!



**Government: Christy Eibel 910-420-2503 [ceibel1@me.com](mailto:ceibel1@me.com)**

### **Pinehurst Community Watch Program**

I met with Doug Tuxbury, Chairman of the Pinehurst Community Watch Program and am receiving weekly emails with updates regarding criminal activity in Pinehurst and the surrounding area.

In the future, I will only send out email blasts when there is a report of criminal activity in our neighborhood.

If you are interested in joining the Community Watch Program of Pinehurst team you can contact Doug Tuxbury via email at [dtuxbury@vopnc.org](mailto:dtuxbury@vopnc.org) or through the Pinehurst Police Department at (910) 295-3141.

### **NAC Meetings**

We have started our monthly meetings again after taking the summer off. I will provide information to LPA members as I receive it. If you have any questions or concerns, please contact me at [ceibel1@me.com](mailto:ceibel1@me.com) .

**Membership: Cyndie & Randy Burnett (910) 420-2337 [cyndiebe@gmail.com](mailto:cyndiebe@gmail.com)**

Household Memberships in 2015 Directory	165
Additions after directory was printed	
Renewals	2
New Memberships as of June 30	3
New Memberships July 1 to Sept 30	<u>6</u>
Total Membeships	176

**New Memberships**

**Barringer, Scot & Kendra**

355 Lake Forest Drive SW  
(303) 349-6361  
[kendrastu@yahoo.com](mailto:kendrastu@yahoo.com)

**Wall, Steve & Tass**

790 Lake Forest Drive SE  
Steve (262) 893-9416  
Tass (805) 895-6810  
[stevewall7@hotmail.com](mailto:stevewall7@hotmail.com)  
[tass@tassjones.com](mailto:tass@tassjones.com)

**Hackman, Ken & Sadie**

2 Lake Shore Court  
(910) 603-6807 / (910) 603-6182  
[slhackman@me.com](mailto:slhackman@me.com)  
[kdhackman@mac.com](mailto:kdhackman@mac.com)

**Henderson, Gregory & Bonny**

9 Lake Pinehurst Villas  
PO Box 934  
(910) 255-0330  
Greg (804) 690-2071  
Bonny (804) 339-5889  
[reineb212@aol.com](mailto:reineb212@aol.com) / [ghendersonpc@aol.com](mailto:ghendersonpc@aol.com)

**Pate, Chad & Shauna**

45 Lake Shore Drive  
(910) 215-0592  
[thepates.usa@gmail.com](mailto:thepates.usa@gmail.com)

**Watford, Leroy & Melissa**

20 Queens Court  
(910) 215-5612 / (910) 695-6142  
[mwatford19@gmail.com](mailto:mwatford19@gmail.com)

Please advise Cyndie or Randy of your new neighbors so that they may be formally invited to join the Lake Pinehurst Association.

**Please print this page and insert in your directory**

## Healthy Recipes: Sueson Vess (910) 420-2014 [sueson@specialeats.com](mailto:sueson@specialeats.com)

Around the lake we welcome autumn with cooler temperatures and the harvest of beautiful squashes from acorn to spaghetti squash, a variety of shapes and colors of pumpkins, butternut, hubbard and delicata squash; all line my kitchen counter waiting for transformation into creamy desserts and savory entrees. Winter squash is one of the richest sources of plant based anti-inflammatory nutrients including beta-carotene: important for a strong immune system to help protect against colds and flu.

If you are fortunate enough to have a garden patch, you may have planted hearty fall greens that will keep going and growing until frost. Dark leafy greens are superfoods that are a nutrition powerhouse. Kale, my favorite, has unmatched beneficial qualities ranging from its many antioxidants and flavonoids, and minerals leading the way, to anti inflammatory and detoxifying abilities. The nutritional density of kale is virtually unparalleled among green leafy vegetables. And, like animal protein, kale contains all 9 essential amino acids needed to form the proteins within the human body, plus, 9 other non-essential ones for a total of 18. Finally, many perennial herbs like sage, rosemary, parsley and thyme, flourish until the frost and beyond.

It's time to get into the kitchen and create delicious and nutritious meals -- eat your way to good health!

### Greek Spaghetti Squash with Sage

*Spaghetti squash gets its name from the fact that once it is cooked, the flesh breaks down into long spaghetti-like strands that can replace pasta for a grain free dish that pairs beautifully with fresh sage, walnuts and goat cheese, available from one of our local farms.*

SERVES: 4

1 spaghetti squash, about 3 pounds	1/2 teaspoon ground nutmeg
2 tablespoons extra virgin olive oil	1/2 teaspoon each sea salt and freshly ground pepper
2 tablespoons butter	3 tablespoons capers, rinsed
3 to 4 large garlic cloves, minced	1/4 cup flat-leaf parsley, chopped
2 tablespoons fresh sage, chopped	1/2 cup crumbled feta cheese
1/2 teaspoon ground cinnamon	

1. Preheat the oven to 400 degrees F.
2. Cut squash in 1/2 lengthwise and scoop out all seeds. Place the squash cut side down in a roasting pan; add 1 cup of water. Place in the oven and cook until the rind is slightly soft or gives with a little pressure, about 35-45 minutes. When done, let cool slightly and scrape the squash strands out with a fork and reserve.
3. Heat olive oil and butter in a large skillet over medium heat. Add garlic and sage and sauté for 2 minutes, stirring constantly. Add cinnamon, nutmeg, salt and pepper. Fold in spaghetti squash; stir in capers and parsley.
4. Taste and adjust seasoning. Top with feta and serve.

## Lentil Kale Salad



*Back in the BC days (Before Celiac/AKA gluten intolerance), when I needed an easy and fast salad it was always pasta. A little pasta, add whatever ingredients on hand and voila -- a salad was ready. Using lentils in place of pasta makes for a new twist and nutrient-dense meal that is delicious and healthy with protein and fiber rich lentils combined with the antioxidants of the vegetables and make this a perfect main course salad free of allergens, full of flavor. Every time I make Lentil-Kale Salad I vary the vegetables and add leftover cooked as well as raw veggies.*

SERVES: 8-10

1 pound green or brown lentils 1 jar roasted peppers, preferably organic, chopped (or 2 homemade roasted peppers) 1 bunch kale, or other available greens, (rib removed from kale), sliced into thin ribbons 1/2 cup sweet onion, chopped 2 cups raw vegetable of choice: may use carrots, corn, zucchini or yellow squash, fennel, jicama or celery	1 pint cherry tomatoes, cut in half 1/2 bunch cilantro, chopped 1 avocado, diced for serving Salt and pepper to taste  Dressing: 3 tablespoons Dijon mustard 3 tablespoons white wine vinegar or rice vinegar or white balsamic 1/4 cup olive oil
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1. Rinse lentils and cook al dente in plenty of water. Bring water to boil, reduce heat to simmer and cook, uncovered for 10 minutes. Taste to check for desired doneness before removing from heat. The lentils are not supposed to be mushy like lentil soup, but cooked through. Typically this takes about 10-15 minutes. Remove from heat, drain and run cold water over lentils to stop the cooking. Place cooked, well-drained lentils in a large bowl.
2. Make dressing: whisk together mustard and vinegar in a medium bowl, drizzle in olive oil while continuing to whisk. This is a thick mustardy dressing.
3. Add roasted peppers, kale or other green, onion, other veggies and tomatoes; pour in dressing and gently mix. Top with cilantro and diced avocado. Taste and adjust seasoning. This flavorful salad needs very little salt. Serve cold or at room temperature.