

The Lake View

Lake Pinehurst Association Newsletter

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April 2017

Fred Nuenighoff – Editor



It's Cherry Blossom Time

- **President's Message**
- **Lake Management**
- **Social**
- **Government**
- **Facebook Update**
- **New Member Hospitality**
- **Communications / Web Site**
- **Membership**
- **Healthy Recipes**

President's Message: Tom Reedy 295-2674 wreedy1@nc.rr.com

Spring is here and the lake looks beautiful. I see many people already enjoying the recreational opportunities the lake provides. I believe we will have a lovely summer and lots to do on the lake.

I would like to remind all our members of two important things we must all do to protect and preserve the health and beauty of Lake Pinehurst.

- First, all lakefront properties should participate in the weed management program to keep hydrilla under control. Letters and invoices will be mailed to all lakefront properties by the Pinehurst Resort in May. Checks must be sent to the Resort. This is not an item that can be billed to your member account. We expect full participation of all lakefront properties, the five homeowner complexes and the Pinehurst Resort. When someone chooses not to participate, it places increased financial burden on the rest of us and puts our property values at risk. Please go to this web address to see more information on hydrilla in North Carolina published by NC State University. <http://www.weedscience.ncsu.edu/aquaticweeds/hydrilla.PDF>
- Second, Canada geese present a health hazard to the lake and surrounding properties. Please do not feed them. They will become dependent on humans for food, their population will increase, and, ultimately, they will have to be removed from the lake for human health reasons. The Village has passed an ordinance that prohibits feeding Canada geese and they will enforce it if we see anyone feeding the geese.

Lastly, if you see any suspicious activity on the lake, please report it immediately to the Pinehurst police.

We welcome two new board members; Victoria Temple our Government Chair and Steve Davis our Lake Management Chair. We still would like one more board member. Please contact me if you are interested.

As always, we welcome your suggestions. You can email me directly at wreedy1@nc.rr.com. Thank you all for your continued support of the LPA and let's enjoy the lake to its fullest this year.

Lake Management: Steve Davis 215-801-1468 ciaostevedavis@gmail.com

Members have often wondered about the quality of the lake water particularly after there was sewage leakage into the lake. We had several incidents in the Fall of 2016. When it happens the County is required to report to the State on a monthly basis incidents and activities on the lake that affect water cleanliness.

Following a spill they are required to sample the next working day, and continue sampling (upstream and downstream if applicable) until the samples are below the threshold value. Sampling is not required following a natural event while other damage assessments are being performed.

According to the State of North Carolina Department of Environmental and Natural Resources, the threshold for fecal coliform exceedance is 200 colonies per 100 mL sample. Note that after last Falls incidents, water quality returned to acceptable by the next day.

Incident # 201601633

Date: 9/22/2016

Incident: pipe failure at 70 Sugar Gum Lane caused most likely by the heavy rains prior to Hurricane Matthew.

Action: the pipe was repaired.

9/23/2016 Fecal Coliform levels: 510, 710+, 950+

9/24/2016 Fecal Coliform levels: 133, 160, 122.

Incident # 201602513

Date: 10/8/2016 (Hurricane Mathew)

Incident: leak at manhole cover near 60 Sugar Gum Lane. This overflow was due to the hurricane which produced flows greater than the pump station could handle. Inflow into the collection system caused by leaks in the manholes, open cleanouts, surface water overtopping manholes, etc. contributed flows which exceeded the pump capacities.

Action: none because it was a natural event. Note: manhole covers are now being sealed which will be in a later report.

Incident # 201700217

Date: 2/12/2017

Incident: Force main pipe break near 285 Sugar Gum Lane

This was a force main pipe break that took place after the hurricane in October. The manholes are in the collection part of the system which carries the wastewater to the pump station. The force main is the pipe that transports the wastewater from the pump station under pressure.

Action: the force main pipe was repaired.

2/13/2017 Fecal Coliform levels: 600+, 600+, 350

2/14/2017 Fecal Coliform levels: 157, 102, 74

Our goal is to provide regular reports on lake cleanliness.

Social: Sueson Vess 420-2014 sueson@specialeats.com

Thank you for all who attended our Annual Meeting in March; 83 members attended. Anyone interested in helping with a social event, or has an idea for something new, please contact me. All are welcome.

Springtime has arrived and we are enjoying our Lake with daily boat rides, paddle boarding and kayaking. Life on the lake is already bustling with fun activities. And more is coming soon...

Save the Date for our Spring Picnic in the Park: Tuesday, May 16, 5-7:30 at Timmel Pavilion at Rassie Wicker Park. An invitation will be coming soon.

Also starting in May:

Lake Pinehurst Sailing Club meets May-October with Sunday races @ 3:00 PM

Contact Commodore Tom Reedy, if you are interested in joining the fun and excitement.

Join us May 21st, for the “Second Sunday” Raft Up, a floating block party 6-8pm beginning in May and going through September, weather permitting. Our first date is actually the third Sunday as the second Sunday is Mother’s Day. (Cue eye-roll.)

And it’s not too early to start thinking about how to decorate your boat for the July 4th Boat Parade! Parade starts at 5:00 PM. This is always a fun event – the more the merrier.

See you on The Lake!

Government: Victoria Temple 603-9591 victoriatemple2007aha@yahoo.com

It’s another beautiful season in Pinehurst and we have a lot of exciting things going on. First, I’d like to share a concern that has an impact on our neighboring areas. It is the proposed development of the Publix store on Hwy 15/501. The “Friends of Morganton” is a group comprised of local citizens that are opposed to the retail development and are concerned about the possible road expansion of Morganton Road which will in turn increase traffic. The CCNC NAC Representative asked that we share this concern with everyone in the community. You can find out more information by emailing friendsofmorganton@gmail.com

Pinehurst is always chocked full of great activities during the spring and summer months and 2017 continues the tradition. Here are some wonderful events that we hope you enjoy. Of course, you can find a complete listing by going to the Village of Pinehurst website at www.vopnc.org.

Live After 5

This is a great FREE event that the entire family is sure to enjoy. Don’t forget to bring your lawn chairs, blankets, and dancing shoes!

Friday, April 14 & May 12th
5:30 PM - 6:00 PM – Opening Act: TBA
6:00 PM - 9:00 PM
Tufts Memorial Park

Sandhills Farmers Market

Saturday Hours: 9:30 AM-1:00 PM

Wednesday Hours: 3:00 PM-6:00 PM

Tufts Memorial Park in the Village Center

For more information: www.moorefarmfresh.com or 910-687-0377

Saturday, April 15th is opening day and the market runs twice weekly through September 30th. The market features many wonderful farms, nurseries, bakeries, meat and egg providers, cheesemakers and specialty food producers our area has to offer.

Garden Club Plant Sale Date

Saturday, April 22, 2017

10:00 AM - 3:00 PM

Pinehurst Fire Department 91

The annual Pinehurst Garden Club Plant Sale will be held on April 22, 2017 at the Pinehurst Fire Department 91 located at 405 Magnolia Road. Proceeds from this sale will provide a scholarship for a Sandhills Community College horticulture student and will also contribute to area beautification projects. To place a pre-order, please contact Janis McCullough at 910-420-2208 or go to www.pinehurstgardenclub.com .

Sip and Sample

Wednesday, April 26, 2017

6:00 PM - 9:00 PM

Fair Barn

200 Beulah Hill Road South

Pinehurst, North Carolina 28374

You are invited to Sandhills Children's Center 18th Annual Food & Wine Benefit, "Sip and Sample" with local culinary delights, wonderful wine, and craft beer.

Tickets are \$45 if purchased before April 17 and after they are \$60. For tickets and more information, please call (910) 692-3323 or visit www.sandhillschildrenscenter.org .

Mercedes on the Green

Friday, May 5, 2017

4:00 PM - 8:00 PM

Tufts Memorial Park

Tufts Park plays host to a free car display on the eve of Concours d'Elegance. Come see a great collection of German classics from 4:00 pm to 8:00 pm.

Pinehurst Concoursd'Elegance

Saturday, May 6, 2017 (all day)
Pinehurst Resort
80 Carolina Vista Dr
Pinehurst, North Carolina 29384

This field of exclusive show cars will compete on the emerald green fairways of Pinehurst Resort. After the car show, award-winning country artist, Sara Evans, whose distinctive voice and edgy contemporary sensibility, have helped sell more than 6 million records and produce five No. 1 singles, will perform a live concert.

Thanks everyone and I hope to see you out and about!

Facebook Update: Christy Eibel 910-420-2503 ceibel1@me.com

We have 75 members and would love to get to 100 by the end of the summer!

Boating, kayak, fishing, and paddle board season is coming soon - DON'T FORGET TO POST PICTURES ON THE LPA FACEBOOK PAGE!

If you have an interest in Facebook lessons, please email Christy Eibel at ceibel1@me.com. She has been teaching Facebook, Iphone, Ipad, and Pinterest lessons over the past few months while in Florida. It's never too late to learn something new!

New Member Hospitality: Melinda Handke 596-6333

melhand863@gmail.com

This month the Spring Cocktail Party will be held for LPA members who are new to the Lake Pinehurst community. We have a total of 19 residents who have been invited. These parties are a great way for new members to get to know others who are new to the Lake community, and also to meet LPA Board members.

Reminder: please let me know if you know of someone who is a new resident so I can send them a LPA application and also add them to the list for the next new member/resident cocktail party.

Communications/Web Site: Frank Glauner 235-5283 fglauner@gmail.com

Please note that there is a new tab on the web site, "Directory". This tab will direct you to the directory that formerly was printed. By having it on the web site it can be kept current as new members are added. This directory is password protected so that only LPA members can access. Members will be given the password by a separate email.

An added feature in the directory tab is a separate directory listing the members by street address. This will enable you to better identify your close by neighbors.

Membership: Tom Reedy (Acting) 295-2674 wreedy1@nc.rr.com

Household Memberships in 2017 Directory

163

New Memberships Since January

James & Cathy Bullock
285 Lake Forest Drive SW
252-347-6567 / 252-327-6906
jamesleonbullock@gmail.com
cathybullock@gmail.com

Cliff & Monica Converse
5 Lake Point Drive
(585) 281-3196 / (585) 413-6212
monicaconverse@yahoo.com
golfingcliff@yahoo.com

Healthy Recipes: Sueson Vess 420-2014 sueson@specialeats.com

It's time to take up the vital principle of eating nutrient dense foods. We are what we eat so make sure that there is some benefit in the food beyond just filling an empty tummy or giving in to sweet or salty cravings. It can be a challenging balancing act with family, careers, multiple sports and activities... leaving little time to think about "what's for dinner?" let alone is it healthy. What we eat is one of our most important health decisions we make on a daily basis. It is never too late to start eating a more beneficial diet.

Creating a meal plan will definitely reduce stress and save on the budget too. A meal plan doesn't have to be a gourmet menu. Just by writing down what to prepare and when means that you have all the ingredients on hand and don't have to think about recipes at dinnertime. Burgers and salad can satisfy even picky eaters. Try a salmon burger or veggie burger as a new twist on the familiar hamburger.

Salmon Burgers with Lemongrass-Ginger Remoulade

Get a healthy dose of Omega-3 with this delicious burger in under 30 minutes. If the remoulade is beyond you or your family's palate, try a simple avocado slice and a spoon of mayo.

MAKES: 6 patties

2 tablespoons olive oil (divided)	1/2 cup cooked quinoa
1/3 cup celery, finely minced (1-2 stalks)	1-1/2 lb. fresh salmon, wild caught (bones and skin removed), cut into 1/4-1/2-inch pieces
1/4 cup shallot, finely minced (1 shallot)	1 tablespoon Dijon mustard
2 tablespoons capers, rinsed and chopped	1/4 teaspoon sea salt
1 teaspoon lemon zest	1/4 teaspoon pepper
1 tablespoon lemon juice, fresh squeezed	

1. Heat 1 tablespoon olive oil in a skillet and sauté celery and shallots until tender, about 3 minutes.
2. In a large bowl mix sautéed vegetables, capers, lemon zest and juice and cooked quinoa.

3. In bowl of a food processor pulse all but 1/2 cup of salmon pieces with the Dijon mustard about 10 times, or until minced - do not puree.
4. Add salmon/mustard blend, salmon pieces and sea salt and pepper to the bowl of vegetables and combine.
5. Form into 6 patties. Chill in the refrigerator until ready to cook.
6. In a large (12-14-inch) nonstick skillet heat 1 tablespoon olive oil over medium high heat. Cook the salmon burgers for 2 to 3 minutes per side. Do not overcook! Serve immediately with Lemongrass-Ginger Remoulade.
7. May freeze raw burgers. Thaw burgers before cooking.

Lemongrass-Ginger Remoulade

This Thai-inspired sauce is fast and delicious. Look for lemongrass powder and keffir lime powder at Amazon.com, Seasonwithspice.com or Vitacost.com.

2/3 cup mayonnaise	1/4 teaspoon turmeric
1 tablespoon minced fresh gingerroot	1/2 teaspoon lemongrass powder
1 tablespoon lime juice	1/4 teaspoon keffir lime powder
1 tablespoon Dijon mustard	Sea salt to taste

1. Combine all ingredients in a bowl. Taste and adjust seasoning. Refrigerate leftovers.

Vanilla Bean Vinaigrette

This salad dressing is so easy and delicious especially on hearty greens and something slightly bitter like arugula or endive.

MAKES: 1 cup

1 teaspoon vanilla extract	1 teaspoon fresh orange zest
4 tablespoons Champagne vinegar	1/4 teaspoon sea salt
1 tablespoon hot water	fresh ground pepper
1 1/2 tablespoons honey (or to taste)	3/4 cup extra-virgin olive oil
1/2 teaspoon dried tarragon	