

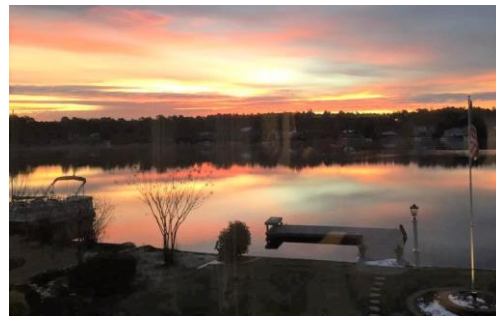
The Lake View

Lake Pinehurst Association Newsletter

Published: Mid-January, April, July & October

January 2017

Fred Nuenighoff – Editor



What beautiful Sunrises we have on the lake

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

On behalf of the LPA board I wish all of you a Happy New Year. We hope this year brings health and happiness to all the residents living in our Lake Pinehurst community. We would also like to welcome the many new members who joined in 2016. We expect many more this year.

Last year our social events were very well attended and we expect to offer them again in 2017. Here is a quick rundown.

- Our annual business meeting will be on March 5th at the Pinehurst Country Club.
- We had both a spring and fall picnic and both were well attended. They were held at the pavilion in Rassie Wicker Park. Everyone enjoyed the new format and we plan to do it again this year.
- In May we began our "Second Sunday Social" on the lake. This is a boat tie-up in the middle of the lake held every second Sunday (6 to 8 pm), weather permitting, and we had anywhere from two to ten boats. People bring their favorite drinks and snacks and

move from boat-to-boat like a floating block party. It is good fun and an opportunity to meet your neighbors around the lake.

- In July we had our 4th of July boat parade with many nicely decorated boats and a good turnout of spectators on the shore.
- Our Christmas Dinner Dance in December was well attended with great music from the Sand Band and wonderful food and ambience provided by the Pinehurst Country Club. We will provide you the dates of our social functions by the end of January. We hope all of you will be able to attend these functions. You will enjoy them.

In February Moore County will begin some additional work on the Lake Pinehurst sewage system. They will be relining 56 manholes around the lake to prevent water leakage into the sewer system. The work is expected to take about 2 months. We will provide additional information on our website and Facebook as we receive it.

I close with a few requests.

- First, please take an active role in our Lake Pinehurst community. This includes efforts to protect and preserve the health and beauty of Lake Pinehurst and to maintain the quality of our neighborhood.
- Second, for all lakefront properties please participate in the annual Weed Management Program that will be mailed in May. The health and beauty of Lake Pinehurst is important to preserving our property values and all lakefront properties are urged to participate.
- Lastly, we have welcomed many new residents in the last few years and we encourage your participation on the board. We are looking for new ideas that would be fun for our members.

Thank you all for all your support of our programs and social events in 2016. We hope to see all of you at our functions in 2017. We always welcome your input on how we are doing and what we could do better.

Lake Management: Debbie Smith 295-5313 classicgift@earthlink.net

The weeds and algae are at a low point right now because of the colder water temperatures and our successful weed management program. We have seen vast improvement in the quality of the lake over the last 8 years thanks to your individual participation. It is so important to maintain a healthy lake with controlled weeds through our spraying program and the carp, not only for our enjoyment of various lake activities but also for our property values.

Another useful practice throughout the year is to keep your lawn clippings out of the lake as they carry fertilizer and nutrients which in turn hurt our delicate ecosystem. Also, if you see debris along your bulkhead or dock area, rake it out so it doesn't decay and become more sediment/muck on the bottom of the shallow areas around the lake. We can all do our part, even in a small way.

We implemented a program 5 winters ago establishing new fish habitat using discarded Christmas trees. The trees that were put under the docks have proved to be very successful in

providing cover for the bluegills so they could hide from predators and also grow to a point where they could reproduce. We encourage everyone to again put their Christmas tree under their dock this year. You will need 2 cinder blocks with wire, or some bricks, and tie them around the trunk with wire, so the tree will stay submerged.

I have enjoyed serving on the board these last 9 years. I am so fortunate to live on such a beautiful, peaceful and healthy lake, where I can boat, kayak, canoe, sail, fish, and swim in, too! Plus, I enjoy the many social events planned for all of us that are bound by our love of Lake Pinehurst. We are all indeed blessed!

Hope you have a wonderful 2017 and we look forward to seeing you on Lake Pinehurst this winter during our milder days!!

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

- Another successful Holiday Dinner Dance has come and gone with fabulous dinner, dancing and door prizes at the Pinehurst Country Club. Check out the pictures...
- Save the Date for our Lake Pinehurst Association Annual Meeting on March 5 at 3:30pm in the St. Andrews Room at the Pinehurst Members Club. Learn what's new "On the Lake" and opportunities for fun in the coming year. Complimentary beverages and hors d'oeuvres will be served.
- Spring arrives on March 20th and with it more fun activities "On the Lake".
- Don't forget that we've gone social...as in Facebook! Lake Pinehurst Association has a Facebook page. This closed to members only page is an opportunity to learn about upcoming events and more member news. Check us out!



On the Dance Floor



Babette & Frank Glauner



Mona & Don Hill



Village of Pinehurst's

Upcoming Special Events

If you would like information on volunteering for a special event, please contact Ashley Hunt, Special Events Coordinator at ahunt@vopnc.org or 910-295-8656.

Christmas Tree Lighting



Friday, December 2, 2016
Tufts Memorial Park

Ladies Night Out



Friday, February 24, 2017
Fair Barn

Saint Patrick's Day Parade



Saturday, March 18, 2017
Village Center

Easter Egg Hunt



Saturday, April 8, 2017
Rain Date: Saturday, April 15, 2017
Cannon Park

Live after 5 Concert



Friday, April 14, 2017
Tufts Memorial Park

Military Child Celebration



Friday, April 22, 2017
Tufts Memorial Park



Ladies Night Out February 24th

Ladies, gather your friends and join us for the 2nd Ladies' Night Out at the Fair Barn for an evening of shopping, mingling, and so much more! This event will include vendor booths offering clothing, home décor, make up, and more. There will also be product samples, door prizes, passed appetizers, a complimentary beverage upon arrival and a spa lounge. Swag bags will be given to the first 100 ladies who come through the door!

Food and beverages will be available for purchase. Mark your calendars because this is one event you won't want to miss! Tickets are \$15.00 each and will be available at Village Hall (395 Magnolia Road, Pinehurst) or online at www.pinehurstlno.com.

For more information contact Kara Simmonds at ksimmonds@vopnc.org or 910-295-1900.

Christmas Tree Pickup

The Village of Pinehurst will collect Christmas trees curbside each Wednesday from January 4, 2017 to January 25, 2017. After that date, please take your tree to the Moore County landfill off Highway 5 in Aberdeen.

Please place your Christmas tree curbside no later than 7:00 am on Wednesdays and remember to remove all the lights and decorations. Please contact Public Services at 910-295-5021 with any questions.

Download the Village's new mobile app, My VOP, to take advantage of all the tools we offer for residents and visitors to stay connected with the Village of Pinehurst. The My VOP app is free and available for download in the iOS App Store and the Google Play Store.

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

The Lake Pinehurst Association Facebook Page has **75 members**. Please consider joining the group by going to the LPA page and requesting to be a member. All new members must be approved by the administrator. This is a closed group so all photos, comments, and posts are private. Let's see if we can get 100 members! Thank you to all those that are sharing information and posting pictures of our beautiful Lake

New Member Hospitality: Melinda Handke 596-6333
melhand863@gmail.com

Last Fall, the Lake Pinehurst Association Board voted to add a new board position called "New Member Hospitality". This board position was created to identify new residents that have moved into the Lake Pinehurst community and share with them information about the LPA, as well as encouraging them to join. One way for you to find out about new residents is through this newsletter in the Membership section.

It would be helpful for any member who knows of someone who has moved into our neighborhood and is eligible for membership to contact Melinda Handke. Then the family can be contacted and learn about the LPA.

Last October, a cocktail party was held for new members. Six couples attended, as well as several Board members. The party was very well received and everyone seemed to really enjoy getting to meet members who were also new to the neighborhood. These cocktail parties will be held periodically as new people move into the Lake Pinehurst

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

Household Memberships in 2016 Directory	176
Additions after directory was printed	1
New Members as of July 1st	1
New members as of July 15 th	2
New Members as of October 1st	5
New Members as of January 8	2
Total Memberships January 2017	187

New Memberships

Hendrickson, Richard & Judy
745 Diamondhead Drive S.
104 Mirrow Lake Court
Cary, NC 27513
(919) 523-5305
Richard822@nc.rr.com

Vegeler, Reid & Mary Fales
520 Lake Forest Drive SE
Pinehurst, NC 28374
(317) 376-0110
rvegeler@gmail.com
mary.fales@gmail.com

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

Resolutions for Healthy Eating

by Sueson Vess

Every year we vow to make healthy changes to enhance our health and lifestyle: eat better, move more and improved sleep to name a few. As the saying goes, you can't out exercise a poor diet. Television commercials for fitness memberships and weight loss programs crowd out the "buy me" advertisements prior to the holidays. To help you meet new goals or just vary your meal plans, here are a few healthy and hearty salads.

Hearty without being heavy is the theme for these all-in-one entrée protein bowls that are also good for next-day lunches. These main course salads include make-ahead steps to simplify preparation, use versatile ingredients and take advantage of local, seasonal produce, beans and protein-rich seeds like quinoa.

Roasted Okra & Black Eyed Pea Salad with Smoky Vinaigrette

Avocado is a good alternative for goat cheese for those avoiding dairy or looking for a vegan option. Avocado contains healthy fats and has creamy mouth-feel that compliments the beans.

SERVES: 4

Olive oil to brush on okra 1 pound okra, sliced in half horizontally 2 cups cooked black eyed peas 1 shallot minced 1 pint cherry tomatoes, cut in half	1/2 cup chopped fresh parsley 2 tablespoons chopped fresh basil Sea salt & pepper to taste Smoky Vinaigrette (recipe follows) Optional: 2-3 tablespoons goat cheese, crumbled OR avocado
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1. Lightly brush sliced okra with olive oil and place on hot BBQ grill or grill pan. Cook until lightly browned, about 3 minutes per side.
2. Combine cooked black eyed peas (drained and cooled) in large bowl with cooked okra, shallot, cherry tomatoes, parsley and basil. Sprinkle with salt and pepper.
3. Toss with Smoky Vinaigrette and, if using, top with goat cheese or avocado.

Smoky Vinaigrette

3 tablespoons rice or apple cider vinegar 1/2 teaspoon smoked paprika 1/2 teaspoon honey	Dash Sriracha sauce 1/3-1/2 cup olive oil Sea salt & pepper to taste
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1. Whisk vinegar, smoked paprika, honey and sriracha together; drizzle olive oil while continuing to whisk until combined. Taste and add salt and pepper.

Citrus Fresh Kale & Quinoa Salad

This is an adaptation of The Fresh Market's Sunny Kale Salad without sugar or unnecessary additives. Like most salads, the ingredients may be adjusted to your likes and needs. If soy is something that you avoid, Coconut Aminos is a soy sauce alternative that is soy and wheat/gluten free. If this is too spicy, reduce the amount of ginger and/or garlic. Shallot or red onion may be substituted for garlic. Enjoy!

SERVES: 4-6

1 cup COOKED quinoa (red, white, black or combination) 1 bunch kale, preferably Lacinato, Tuscan, or Dinosaur kale (rib removed), sliced into thin ribbons 1-1/2 cups shredded raw carrots 4 green onions, thinly sliced 1 tablespoon fresh gingerroot, peeled and finely minced 1 tablespoon garlic, finely minced 1/2 cup chopped fresh cilantro 2 tablespoons chopped fresh mint	<u>Vinaigrette</u> 1 tablespoon gluten-free tamari or soy sauce 1 orange, preferably organic: zest and juice 1 tablespoon rice vinegar 3 tablespoons olive oil 1/2 teaspoon sea salt 1/4 teaspoon fresh ground pepper Optional: May add 2 cups small diced raw cauliflower
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1. Rinse quinoa and cook per package directions, set aside to cool. Usually 2 cups of water or broth to 1 cup of quinoa. Note: Extra cooked quinoa may be frozen in plastic bag for later use.
2. In large bowl whisk together vinaigrette ingredients: tamari, orange zest and juice, rice vinegar, olive oil, salt and pepper.
3. Add cooled quinoa, kale, carrots, green onions, ginger, garlic, cilantro and mint to vinaigrette and stir to combine.
4. Taste and adjust seasoning.