

The Lake View

Lake Pinehurst Association Newsletter

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October 2017

Fred Nuenighoff – Editor



A Beautiful Fall Day on Lake Pinehurst

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

To all Lake Pinehurst Association members and lake residents,

It has been a wonderful summer on the lake and we can clearly see fall approaching. The lake 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 hope you will mark Wednesday, December 6, on your calendar. It is our Christmas Dinner Dance. It will be in the Pinehurst Country Club and it will feature the Sand Band again this year. Last year was the best Christmas Dinner Dance 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 dinner dance. It is always a fun evening.

As always, I welcome your thoughts and suggestions.

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

We performed a submerged weed treatment on September 18. In general NC Lake Management was satisfied with the kill results. We received numerous comments on various aquatic plants around the lake, in particular the shallow cove areas. Please note that aquatic plants are an important part of the ecosystem of the lake. We need the plants to provide oxygen and other nutrients. It is our goal to strike a balance between water clarity and aquatic life. Please note the herbicides we use in the lake are EPA approved and are not harmful to fish, turtles, humans, pets, etc.

There was also a discharge of 10,125 gallons of untreated sewage water on September 15, 2017. Moore County Public Works confirmed this discharge of untreated wastewater from a force main in the wastewater collection system located at 285 Sugar Gum Lane in Pinehurst, NC. The discharge occurred for approximately 1 hour. The untreated wastewater entered into Pinehurst Lake a tributary to Horse Creek. The force main was repaired and placed back into service by replacing a 20 ft. section of pipe to prevent further discharge. The water was tested 3 days after the incident and found to be within acceptable levels.

Approximately 20 dead carp were removed in early October. The generally accepted reason is because of the oxygen depletion in the lake due to the temperature inversion. Another theory is age. These fish were all about the same size and length, and the life span of a carp is about 10 years. We add 200 carp/year to an estimated population of 2,000 carp. 20 carp is a small percentage of the total population. We'll continue to monitor this.



Dead Carp Approximately 30 Inches Long

Beavers have been removing trees on the lake. They seem to target stick like trunks of 5" diameter or less. All residents are encouraged to take away the attraction by wrapping green plastic coated metal wire around the trunk, at least 3' high. A trapper is coming in November to help remove the beaver. Even if we are successful removing the beavers, more are likely to come. Take precautions and protect your trees, shrubs and rose bushes that are within 50 feet of the lake.



Crape Myrtle tree 3 years after being cut down by a beaver. Note the wire fence around the tree.

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

Cooler temperatures are welcome after the very hot summer! Reflecting on our fun activities around The Lake over the summer, there are more groups kayaking, paddle boarding and even doing paddle board yoga.

Our summer "Raft Up" Second Sunday boat tie up was less fortunate with rainy weather cancelling this event too often this summer. We'd like to have a more spontaneous "Raft Up" as the weather permits and loosely organized via Facebook. I certainly welcome your thoughts and ideas concerning the best way to gather and enjoy more Lake Pinehurst activities.



Lots of fun and good eats on the raft-up

Save the Date for our Holiday Dinner Dance at the Pinehurst Country Club on Wednesday, December 6! Complimentary Cocktail Hour, Gourmet Dinner, Dancing with the fabulous Sand Band and Amazing Door Prizes make for a memorable holiday event. Watch for your invitations to arrive in early November.



Dance the night away

Stay tuned to our (closed and private) Facebook page along with our webpage for more information about activities and news, and see the fun our members are sharing.

New Member Hospitality: Melinda Handke (630) 596-6333
melhand863@gmail.com

In the Spring and Fall the Lake Pinehurst Association (LPA) has a new member wine and cheese party. It is a great way for new member to meet each other, find out about all of the events, happenings on the lake, meet our Board members and overall just have a fun evening. Since our last party in April, there are 27 new members that are invited to the October 26th party (some were not able to attend the April party). We are so excited to welcome everyone to the LPA and our wonderful lake community.

Reminder: All members please let a board member know about a new resident on your street so we can send them a LPA membership application and add them to the list for the next new member party.

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

In order to keep the "For Sale / Wanted" postings on the LPA web site current, we will automatically remove them 90 days after posting. If the posting is still valid, it may be renewed by the sponsor for another 90 days.

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

Household Memberships in April 2017 Directory	161
Additions April to June	5
Additions July to September	<u>11</u>
Total	177

Renewal:

 Barbara Norton 11 Chestnut Lane

New Memberships:

Kris & Ruth Iverson	800 Lake Forest Drive SE
Charles & Joan Rhodes	8 Lake Pinehurst Villas
Larry & Pat Gliesner	620 Lake Forest Drive SE
Dennis & Kathy Webster	625 Diamondhead Drive S
Richard & Alice Brown	629 Diamondhead Drive S
Mark & Sue Boynton	5 Thunderbird Circle (Marina)
Jeff & Stefanie Bogetto	625 Lake Forest Drive SE
Linnya Richardson	725 Lake Forest Drive SE
Jim & Marie Macallister	3 Lake Vista Lane
Scott & Tammy Washburn	660 Lake Forest Drive SE

Contact information is listed in the password protected Directory on the LPA Web Site.

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

Enjoy these make-in-advance entrée salads full of local, seasonal veggies. Great for next day's lunch, too!

Wild Rice and Roasted Grape Salad with Mustard Vinaigrette

Butternut Squash, Greens and Beans with Vanilla Vinaigrette

Wild Rice and Roasted Grape 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 make a large batch of wild rice in advance and freeze.

1 cup wild rice (uncooked)
1 teaspoon olive oil

1 pound seedless grapes, removed from stem
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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 (350° oven for 5-6 minutes or toast in dry skillet)
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 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. Drain and rinse in cold water to stop cooking. 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 in a blender
4. Mix wild rice, grapes, red onion, parsley, greens and almonds in a large bowl to combine. Drizzle with dressing and toss to coat. Season with salt and pepper.

Butternut Squash, Greens and Beans with Vanilla Vinaigrette

SERVES: 4-6

Fresh shell peas or beans available at local farmers markets are delicious when lightly cooked and used in salads. You may substitute black eyed peas when fresh bean/peas are not available.

The light sweetness and orange in this vinaigrette compliments the butternut squash.

1 pound fresh shelled beans/peas

4 cups (1-1/2 pound unpeeled) butternut squash, peeled and cut into 3/4-inch dice

1 tablespoon olive oil

1/4 teaspoon sea salt

3 cups kale or collard greens, cut into ribbons

Optional: may top with crumbled feta or goat cheese

Vanilla Vinaigrette (makes 1 cup)

1 teaspoon vanilla extract

4 tablespoons Champagne vinegar

1 tablespoon hot water

1 tablespoon honey

1/2 tablespoon dried tarragon

1 teaspoon fresh orange zest (organic)

1/4 teaspoon sea salt

3/4 cup extra-virgin olive oil

- 1. In a large pot, add fresh beans to UNSALTED water and bring to a boil over medium high heat. Immediately reduce heat and simmer covered on low heat until tender—10-15 minutes for small beans, 25 minutes for medium sized, and 35 minutes for large beans. Test for tenderness often. Remove from heat, drain and run cold water over beans to stop the cooking. Place cooked, well-drained beans in a large bowl.**
- 2. Preheat the oven to 400°. In a large bowl toss the butternut squash with 1 tablespoon olive oil and 1/4 teaspoon salt. Spread in a single layer on a large sheet pan lined with parchment paper. Roast the squash for 20 to 25 minutes, turning once, until tender. Set aside.**
- 3. Make vanilla vinaigrette: whisk together vanilla extract, champagne vinegar, hot water, honey, tarragon, orange zest, sea salt and pepper. Slowly add the oil while whisking until the mixture is completely emulsified. Store unused dressing in the refrigerator for 2 weeks.**
- 4. Mix cooked beans and greens with 3 tablespoons vanilla vinaigrette in a large bowl to combine. Top with roasted butternut squash and drizzle another tablespoon of vinaigrette over the top.**