



# Bulletin

YOUR PRIMARY VOICE ON LAKE ISSUES...

With a mission to identify issues affecting our members and pursue resolution with the responsible organizations

**(252) 586-6577**

**P. O. Box 656, Henrico, NC 27842**

Website: [www.LGAncva.com](http://www.LGAncva.com) Facebook: [www.facebook.com/LGA.nc.va](http://www.facebook.com/LGA.nc.va) Email: [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com)

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*Past President*



*Exciting things are happening at the LGA...*

**Because we're always striving to do things right and make things better for you, our valued members!**

**Please note our new mailing address, website, Facebook page, and email address...**



**P. O. Box 656  
Henrico, NC 27842**

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**Website: [www.LGAncva.com](http://www.LGAncva.com)**

**Facebook: [www.facebook.com/LGA.nc.va](http://www.facebook.com/LGA.nc.va)**

**Email: [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com)**

## *President's Corner...*

I find change mostly refreshing. I say mostly since it can sometimes change a routine one is comfortable doing. It can also impact the status quo. My former boss years ago told me to embrace change since it usually leads to better things. Looking back over the years, I think he was right.

You are probably noticing some changes at the LGA. We have a new Executive Director, Beverly Summerfield, who is bringing fresh ideas to how we fulfill our mission to advocate on behalf of our membership.



We hope you like the new look of the bi-monthly "Bulletin". It's the first major layout change in over a decade. We've added more color, more visuals, and more content at no additional cost. To see these changes, you will need to read in electronic format versus the paper copy, which is printed in black and white and has fewer pages. Remember you can view current and past issues of the "Bulletin" on the LGA website [www.LGAncva.com](http://www.LGAncva.com). Just move your cursor to the upper left-hand corner of our website homepage and click on the three horizontal bars.

We are exploring a new way for our members to renew their dues online each fall. If it all works out, you will now have the option to have your annual membership dues renewed automatically. You can still pay by check, but if you choose to use a personal credit card or your PayPal account, we have added a \$3.00 processing fee to help defray costs which cover the add-on fees assessed by the credit card companies and PayPal for the convenience of online payments. Said another way, it saves time writing a check, addressing the envelope, adding the stamp, then mailing it. Remember you can still write a personal check to avoid paying the \$3.00 processing fee – it's your choice. We are simply providing additional payment options for our members who choose to pay online with a credit card or their personal PayPal account.

We've also changed our website domain name from LakeGastonAssoc.com to [LGAncva.com](http://LGAncva.com). The old one still works but the shortened version is a lot easier to say, remember, and of course type on your computer or enter on your device.

Our social media platform is dramatically expanding on Facebook, Nextdoor, etc. We've already begun to see more engagement from non-LGA members who are hearing about the LGA for the first time. Some have even joined and that's the point. We have been your primary voice on lake issues since 1989 and enhancing our social media presence will only aid in our mission to help provide support to many of our members and non-members alike.

I welcome your questions or comments, so if you wouldn't mind taking a moment of your free time to tell us how we are doing, I'd certainly appreciate it. You can reach me at [President@LGAncva.com](mailto:President@LGAncva.com).

Speaking of changes, hope you embrace the fall season which is my favorite time of the year at Lake Gaston.

Thanks for reading.

*Brian Goldsworthy*  
*President*



## October 5, 2022 – LGA Monthly Board Meeting



9:30 a.m. at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road (across from Subway)

**Speaker:** Will Miller and Corey Chamberlain - Dominion Energy

**Topic:** Updates and Compliance Trends at Lake Gaston

The meeting is open to the public, members, and non-members alike, so gather up your neighbors and come join the LGA today for an informative meeting. For more information, please email us at [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com) or call (252) 586-6577.

### LGA Monthly Committee Meetings:

Committee	Meeting Day	Time	Location
Public Safety	2nd Friday	8:30 AM	* Littleton Food & Spirits
Government Relations	3rd Tuesday	8:30 AM	* Littleton Food & Spirits
Lake Environment	3rd Wednesday	8:30 AM	* Littleton Food & Spirits
Marketing & Membership	3rd Thursday	8:30 AM	* Littleton Food & Spirits
Lake Clean-Up	Last Wednesday	10:30 AM	* Littleton Food & Spirits

\* Littleton Food & Spirits is located at: 235 N. Mosby Ave., (Hwy 903), Littleton, NC 27850

*Occasionally, an LGA scheduled Committee Meeting may need to be canceled. If you are on one of the above committees, the chair will inform you via email of its cancelation.*



## November 2, 2022 – LGA Monthly Board Meeting



9:30 a.m. at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road (across from Subway)

**Speaker:** Stacy Woodhouse - **Topic:** New Business Developments in Littleton and Warrenton

The meeting is open to the public, members, and non-members alike, so gather up your neighbors and come join the LGA today for an informative meeting. For more information, please email us at [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com) or call (252) 586-6577.

# *Lake Environment Committee Updates...*

**Aquatic Vegetation Survey now underway - VOLUNTEERS STILL NEEDED...**



The Lake Environment Committee is now full on into our annual vegetation Survey (September 1st through October 31<sup>st</sup>) and volunteers are on the water surveying Lake Gaston shoreline's aquatic vegetation. This is an important component of the lake management effort.

If you have volunteered for the survey now or in the past, we thank you. There is still time to get in on this activity. To sign up, please use following the link: <https://www.lakegastonassoc.com/about-us/lga-news/226-volunteers-needed-sept-1st-oct-31-2022-annual-lkg-aquatic-vegetation-survey.html>

We will most certainly be enjoying some crisp autumn air; the water is still warm, and the summertime crowds are waning. What a great time to be on the water and doing your part to help keep Lake Gaston a great and healthy place.

## Fish attractors deployed as part of the Habitat Enhancement Project

Jessica Bauman, NCSU Extension Associate, and Kirk Rundle with the North Carolina Wildlife Resource Commission will be deploying two new “habitat reefs” on Lake Gaston this fall. These are a novel design that incorporates native submersed vegetation and provides critical structure concentrating fish for anglers with minimal visual profile to waterfront homeowners.

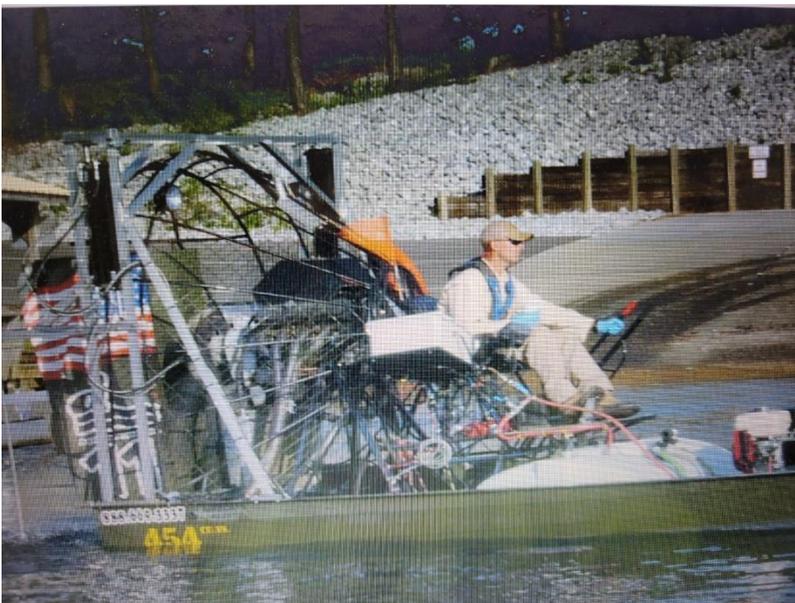


Three of these attractors were set in the Jimmies Creek area last year. The new 5-year Habitat Enhancement Plan calls for two additional structures to be deployed each year through 2026. These will supplement the native vegetation enclosures or “cages” that LGA volunteers have been developing over the last 7 years. Dominion Power has agreed to provide funding for deploying these attractors.

## Weed Control Council Lyngbya Treatments

The Lake Gaston Weed Control Council (LGWCC) continues to fund algaecide treatments based upon recommendations from a Technical Advisory Group with support from the Lake Gaston Stakeholders Group.

Six treatments for Lyngbya on 51 sites covering 376 acres were conducted this year. The last one occurred September 13-16<sup>th</sup>. Visits to these sites indicate we are seeing positive results. Controlling Lyngbya is difficult. It requires starting treatments early in the season (as soon as water temperatures reach 65 degrees), and multiple treatments over multiple years. The algaecide must be applied as close as possible to the alga mat on the lake floor.



Airboat applying algaecide.

Please keep in mind that our most recent survey shows there are over 1300 acres of Lyngbya at Lake Gaston. The Weed Council is limited by funding provided by the five local counties and the City of Virginia Beach. There are two applicators that are available to contract directly with waterfront homeowners for private treatments. If there is Lyngbya around your shoreline, please give consideration to this option.

Once NCSU completes its analysis of this year’s treatments, plans will be developed for the 2023 treating season.

To learn more about this and other Lake Environment volunteer opportunities, please contact Jeff Zimmer @ [jzimmer2216@gmail.com](mailto:jzimmer2216@gmail.com).

*Jeff Zimmer*

*Lake Environment Chair*

[Committees@LGAncva.com](mailto:Committees@LGAncva.com)

(Please include “Lake Environment Committee” in the subject line of the email)

# Public Safety Committee Updates...

In the October/November 2021 "Bulletin", we spoke about the hope to have a Community Emergency Response Team (CERT) in Warren County same as Northampton and Halifax counties.



A year later I'm pleased to report that it's happening. The Warren County CERT organizational meeting was held on September 9<sup>th</sup> and (20) interested citizens took the time to come out and hear about CERT. Chris Tucker, with Warren County Emergency Management, did an excellent job explaining the ins and outs of the program. A two-day training course is scheduled to be held on October 15-16<sup>th</sup> at the Warren County Emergency Services building, 890 US Highway 158 Bypass in Warrenton, and it will be followed by a CPR course.



It's never too late to join the Warren County CERT Program. Please contact volunteer Lewis Mustian at [lmustian@verizon.net](mailto:lmustian@verizon.net) or me, at [bgoldsworthy@me.com](mailto:bgoldsworthy@me.com) for more details.

At the September 7<sup>th</sup> LGA monthly meeting we had (3) of the (5) county sheriffs in attendance who spoke about crime pressures at the lake. The good news is there were no shocking crime stories. Suffice it to say, we all need to practice good crime prevention techniques. By that, I'm talking about locking cars and not leaving items of value in plain sight outside at your house or down at the boathouse.



If you haven't yet, please consider adding exterior security cameras at your house and down at your boathouse. Remember, the lake is less populated now until next spring. Please keep an eye on your neighbor's home if their house is closed up for the off-season.

**See** 👁️👁️  
**Something**  
🗣️ **Say**  
**Something**

**If you see something - Say something!**

All our county law enforcement experts encouraged the meeting attendees to call the sheriff's office if something doesn't look right.

This season has been a relatively quiet summer with little rain and normal lake levels. We know it isn't a swimming pool but the next best thing. Anyone needing a refresher on how to prepare for an extended period of bad weather, please bookmark and visit <https://www.ready.gov> to help keep you and your families safe in the event of an inclement weather emergency.



Fall is my favorite time of the year at the lake. Traffic is way down, no lines at Jenny Cakes or Food Lion, the smell of fireplaces, and colorful leaves, and gearing up to volunteer for my portion of the 350 miles of shoreline to do the rake toss for the LGA Aquatic Vegetation Survey. If you haven't signed up yet, we have room for more volunteers. As you know it's a BIG lake, so please contact me and I will put you in touch with the coordinators, or visit the LGA website at <https://www.lgancva.com/lake-gaston-committees/lake-environment-committee.html> for more information.



By the way, did you just notice that our web address has changed? It is much easier to type, and we feel it is more inclusive of our dual-state water resource. Just visit [www.LGancva.com](http://www.LGancva.com) for more information.

Whether you are a full-timer or back at home, please stay safe and know that we, at the LGA appreciate your interest and support.

Finally, I would be remiss if I didn't acknowledge the committee members who work behind the scenes to make this lake a better place. My many thanks to Pete Deschenes, Lewis Mustian, Eric Wooster, Jeff Zimmer, Sherry Herzing, John Cataldo, and Dr. Lew Stringer.

Respectfully,

*Brian Goldsworthy*  
*Public Safety Chair*

[Committees@LGancva.com](mailto:Committees@LGancva.com)

(Please include "Public Safety Committee" in the subject line of the email)



## ***Government Relations Committee Updates...***

The Government Relations Committee's final planned activity for this year is the County School Superintendents Five County Forum. We have invited all five counties and have received three affirmative responses at the time of this writing.



**Dr. Kristy Somerville-Midgette**  
Brunswick County  
School Superintendent



**Dr. Eric L. Cunningham**  
Halifax County  
School Superintendent



**Mr. Paul C. Nichols**  
Mecklenburg County  
School Superintendent



**Dr. Del Burns**  
Northampton County  
School Superintendent



**Mr. Keith Sutton**  
Warren County  
School Superintendent

This meeting is always interesting as the Superintendents will have the opportunity to share new techniques and procedures with each other and discuss emerging administrative and educational advances that they are trying/implementing in their schools. Please come to our meetings and help us plan for this important educational event.

The next meeting is Tuesday, September 20, 2022, at 8:30 am, at Littleton Food & Spirits, 235 N Mosby Ave [Hwy 903] in Littleton.

*John Cataldo*

*Government Relations Chair*

[Committees@LGAncva.com](mailto:Committees@LGAncva.com)

(Please include "Government Relations Committee" in the subject line of the email)

# *Marketing & Membership Committee Updates...*

The Lake Gaston Association is designated by the IRS as a 501(c)(4) organization.

This means we are a nonprofit that concentrates on educating our members regarding lake issues. Of course, as most of you know, we go way beyond this through our various directed committee activities. Activities, for the most part, are supported through the direct involvement of our volunteer members.



Every few years we ask our members to outline a list of their most important concerns affecting the lake. We will again be doing this and ask that you make a point to participate, as only with a good membership response will the survey be meaningful.



Please consider sponsoring a friend or neighbor for membership in the LGA. A \$5.00 dues discount will be afforded to you and the new member. It's easy, just print off an application from the bulletin, check the box for the \$20.00 Sponsor Membership, write your name in as the sponsor, and give it to the applicant.

Find out how else you can help the LGA by attending a Marketing & Membership Committee Meeting. We meet on the third Thursday of each month at 8:30 am at the Littleton Food and Spirits, 235 N Mosby Ave [Hwy 903] Littleton, N.C. Please join us!



*Tony Moran*

*Marketing & Membership Chair*

[Committees@LGAncva.com](mailto:Committees@LGAncva.com)

(Please write “Marketing & Membership Committee” in the subject line of the email)

# Lake Cleanup Committee Updates...

As the warm weather begins to wane, the roads around the lake are looking as if they need some help and this is where your volunteer efforts will help immensely.



As the weeds and grass begin to disappear along the roads, it would be a good time to clean up a roadside in your area or neighborhood and please dispose of it at your local convenience center.

I have also noticed that some area roads are looking very good, so it shows that some are helping, and this is very much appreciated; thank you so much! I even saw a lady recently walking along the road with a trash bag and picking up trash and what a welcome sight to see. Let's follow her example. If you should need trash bags, please contact me at (804) 513-3949 and I will get some bags to you.



Most importantly and above all else, how do we help prevent people from using our roads as their trash cans? How do we get that message to those who need to hear it?

If you would like to be part of the Lake Cleanup Committee, please let us know at [Committees@LGAncva.com](mailto:Committees@LGAncva.com).

The Lake Clean-up Committee meets on the last Wednesday of each month at 10:30 am, at Littleton Food & Spirits, 235 N Mosby Ave [Hwy 903] in Littleton, N.C.

Thank you for your support to help keep Lake Gaston Clean!

*Carol Warfel*

*Lake Cleanup Chair*

[Committees@LGAncva.com](mailto:Committees@LGAncva.com)

(Please write "Lake Cleanup Committee" in the subject line of the email)



# Lake Gaston Water Safety Council Updates...



## Things to know about water safety

The summer of 2022 was busy but relatively safe. There were (3) major accidents that could have been avoided that we should learn from.

There was a lightning strike to someone that knew a storm was coming but chose to stay out on the lake anyway.



Unsafe operation caused a PWC to run into a boat.

And, on Kerr Lake, leaving a boat engine running when recovering tubers and throttle got bumped into reverse caused serious injury.



Boat Engine Turned Off !

**Never leave your boat engine running while recovering tubers!**



During their visits to the lake, the U.S. Coast Guard performed over 150 safety stops. One item that stood out was expired Fire Extinguishers.

**NEW REGULATION:** As of April 20, 2022, fire extinguishers need to be replaced 12 years after the manufactured date (even if the charge is good).

The U.S.C.G. Auxiliary is on the water frequently to educate and monitor, and they reported that Mile Marker # 4 light is damaged.



North Carolina and Virginia Wildlife Officers have spent hundreds of hours on the water along with patrolling resources on land. Both departments are pleased to report the culture of "Designated Drivers" has been established and has greatly reduced impaired boater operations - Alcohol is the #1 cause of accidents on the water.



They also reported no runaway boats this season (the circle of death)

**NEW REGULATION:** Effective in 2021, please create a habit of using your Engine Cut Off Switch (ECOS).



The 911 Task Force continues promoting ways to decrease response time during an emergency. They promoted road name signs, visible from the water, on area bridges.

They are also working to create a GIS map, that responders can use, to locate identifying signs that dock owners can put on their docks and boathouses.



Area fire departments continue to educate us and respond when we need them.

During a terrible storm, I witnessed the RWVFD Rapid Rescue Boat respond to a disabled sailboat that was taking on water. I can only imagine how relieved these boaters were to see this boat skipping across the waves, in a blinding rainstorm, against 30 mph wind gusts. Kudos to RWVFD for their swift and safe rescue effort!

Your Water Safety Council provided 1,000 safety packets to realtors and marinas. The purpose of the packet is to give renters, new homeowners, and new boat owners, a basic knowledge of safe boating and other tips. The water safety trailer was deployed to (6) locations to educate the public and create safety awareness.



Please remember, as we move into the fall, to prepare for cold weather and be cautious about getting into cold water.

Wyatt Andrews  
President  
[www.LKGWSC.org](http://www.LKGWSC.org)

## *From the desk of the Executive Director...*



Happy fall everyone – My most favorite season of the year! I hope everyone had a safe, happy, and healthy summer, and you’re all enjoying some much-needed peace and tranquility now that all the lake tourists have finally gone back home. Now it’s time for the locals to sit back, relax, and enjoy the lake that we all love so much.



In the last bulletin edition, I mentioned that I had great things in store for all of you, and I’m happy to report that some of those changes have been made and are now in effect as follows:

- New LGA mailing address: **Post Office Box 656, Henrico, NC 27842**
- New LGA website address: [www.LGAncva.com](http://www.LGAncva.com)
- New Facebook page: [www.Facebook.com/LGA.nc.va.com](http://www.Facebook.com/LGA.nc.va.com)
- New LGA Executive Director email addresses: [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com)
- New LGA President email address: [President@LGAncva.com](mailto:President@LGAncva.com)
- New LGA Committees email address: [Committees@LGAncva.com](mailto:Committees@LGAncva.com) \*\*

\*\* When emailing any of our (5) LGA committees (Lake Environment, Public Safety, Lake Cleanup, Government Relations, and Marketing & Membership), **please be sure to include the name of the committee in the subject line of the email**, as we are now using (1) central email for all committees.\*\*

### ***New Bi-Monthly Bulletins – Transmitted through “Mailchimp”***

We are now sending all emailed versions of our bulletin through Mailchimp, in full color, with more pages of valuable information and resources, along with more photos and visuals – So please check your junk/spam email folder if you don’t see it in your inbox, and please remember to add us to your address book as a “safe sender” for future bulletins. The email will look something like this:

<p><b>From:</b> Lake Gaston Association &lt;<a href="mailto:ExecDir@LGAncva.com">ExecDir@LGAncva.com</a>&gt; <b>Sent:</b> Monday, August 1, 2022, 12:00 PM <b>To:</b> John Smith <b>Subject:</b> LGA Bulletin</p>
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**\*\* In addition, we now have the ability to send the bulletin to multiple email addresses within your household - So please don't hesitate to contact the Executive Director, Beverly Summerfield at [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com) to update your email addresses and membership information!**

### ***Online Payment Processing Now Available***

Exciting news! We now offer the convenience of check payments, as well as online payments to all our members for your membership dues. You still have the option to mail in a check at no extra charge; however, to defray the cost of the add-on fees assessed by the credit card companies and PayPal, you will now incur an additional \$3.00 processing fee for all online payments submitted through our LGA website. The choice is entirely up to you with the added convenience to pay as you wish. We hope you enjoy the added convenience of our new online payment processing.

I hope you like the new improvements of the LGA. I am always striving to do things right and make things better, and my #1 goal is to give you, our members, the best membership experience possible! If you like the changes we're currently making on behalf of the membership, please let us know. And if you would like to see other changes in place, please let us know that too so we can take them into consideration.

Please note that we share a wealth of information on our LGA website – So please feel free to go check us out anytime at: [www.LGAncva.com](http://www.LGAncva.com)

And don't forget to check us out on our Facebook page – We post on our page regularly, so feel free to "follow us" at any time for the most up-to-date information. Oh, and don't forget to show your support for the LGA and "like us" today at: [www.Facebook.com/LGA.nc.va.com](http://www.Facebook.com/LGA.nc.va.com)

As always, we wish you nothing but the best in your health, safety, and the preservation of our most treasured asset, the beautiful Lake Gaston. We appreciate you and thank you for your membership support!

*Beverly Summerfield*  
*Executive Director*  
[ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com)

***Exciting things are happening at the LGA!***

***Consider joining today to help support our mission...***





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Email: [ExecDir@LGAncva.com](mailto:ExecDir@LGAncva.com)

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## ~ *LGA Mission* ~

To identify lake issues affecting our members and pursue a resolution with the responsible organizations.

*While striving to do things right and make things better  
we are proudly accomplishing our GOALS to ...*

- ▶ Improve the **WATER QUALITY** at Lake Gaston for your safe well-being and optimal health.
- ▶ Conserve the **LAKE ENVIRONMENT** while also protecting your recreational enjoyment.
- ▶ Inform, communicate, and educate on **LAKE ISSUES** through the distribution of our bi-monthly Bulletins, email advisories, emergency/weather alerts, water level alerts, monthly meetings (open to the public), website, press releases, radio broadcasts, and public forums.
- ▶ Support, promote, and communicate **PUBLIC SAFETY** on the water, in your boat or personal watercraft, around your home, and in your neighborhood.
- ▶ Impact and influence your local **GOVERNMENT** through LGA representation at the five-county meetings, invitations to speak at public/community forums, and at homeowner association meetings.
- ▶ Building lasting relationships and coordinating efforts with other **LAKE ORGANIZATIONS**, such as the LKG Water Safety Council, Lake Gaston Weed Control Council, U.S. Coast Guard Auxiliary, John 3:16, Chambers of Commerce, 911 Task Force, Striper Club, Roanoke River Basin Association, and numerous other Lake Gaston organizations.

# LGA APPLICATION

Dues are for Calendar Year (January-December)

**PLEASE INDICATE:**

- New Member       Renewal  
 Address Change       E-Mail Change

**PAYMENT FOR (Select one):**

- \$20 Sponsor Membership\*  
 \$25 General Membership  
 \$50 Bronze  
 \$100 Silver  
 \$250 Lifetime       Business \$50

Name \_\_\_\_\_

\*Sponsored by \_\_\_\_\_

Lake Resident     Full-time     Part-time

Lake Property     House       Lot only

Multiple properties \_\_\_\_\_

Number of adults in household \_\_\_\_\_

Subdivision \_\_\_\_\_

County \_\_\_\_\_

LAKE ADDRESS: (*#/Street/City/State/Zip*)

\_\_\_\_\_  
\_\_\_\_\_

MAILING ADDRESS: (*If different*)

\_\_\_\_\_  
\_\_\_\_\_

PHONE @ Lake: \_\_\_\_\_

Home: \_\_\_\_\_

E-Mail:

\_\_\_\_\_  
\_\_\_\_\_

*Circle how you first heard of the LGA i.e., newspaper,  
LGA Bulletin, neighbor, brochure, website, radio,  
billboard & magazine, other \_\_\_\_\_*

**Please mail this form along with your payment to:**

**LGA, P. O. Box 656, Henrico, NC 27842**

**THANK YOU!**

# ***LGA Recipe Roundup...***

## **Easy Crab Cakes**

Crab cakes are such a fun, seasonal dish for warmer weather months! With a crisp golden-brown crust around a tender, mildly sweet crab meat, these Easy Crab Cakes can be an amazing appetizer for your next gathering or with a side salad as the main course. Tangy and spicy, Easy Crab Cakes pack tons of bold flavors and can be made in 30 minutes or less. You can even say it's an ocean of flavor.



### **Ingredients**

1/3 cup mayonnaise	freshly ground black pepper, to taste
1 large egg, beaten	1 pound jumbo lump crabmeat, picked over for shells
2 tablespoons Dijon mustard	¾ cup panko breadcrumbs
2 teaspoons Worcestershire sauce	2 tablespoons parsley, freshly chopped
½ teaspoon hot sauce	½ cup canola oil, for frying
Kosher salt, to taste	lemon wedges, optional, for serving
	cocktail or tartar sauce, optional, for serving

### **Directions**

1. Combine the mayonnaise, egg, mustard, Worcestershire, and hot sauce in a small mixing bowl with a whisk.
2. Season with salt and pepper to taste.
3. Mix the crabmeat, panko, and parsley together in a medium-sized bowl.
4. Gently fold in the mayonnaise mixture and form into (8) crab cake patties.
5. Coat the bottom of a skillet with the oil and heat over medium-high heat on the stove-top.
6. Add the crab cake patties and cook in batches until golden brown and crisp on all sides, approximately 3-5 minutes on each side.
7. Serve warm with lemon, cocktail sauce, or tartar sauce.

# Lake Gaston ~ Upcoming Events

*Mark your Calendars...*



**(Oct 1 - Oct 31) – LGA Aquatic Vegetation Fall Survey, Any Day / Any Time, Lake Gaston Shorelines (252) 586-6577**

**Oct 1 – Seafood Festival, (2 – 5 pm), Lake Gaston Lion’s Den, 139 Stanley Rd, Henrico (252) 586-9866**

**Oct 5 – LGA Monthly Meeting, (9:30 – 12 pm), Lake Gaston Baptist Church, 2378 Eaton Ferry Rd (252) 586-6577**

**Oct 5 – Lake Gaston Striper Club, (7 pm) – Lake Gaston Lion’s Den, 139 Stanley Rd, Henrico (252) 586-7112**

**Oct 8 – RWVFD Auxiliary Ham Dinner, (5 - 7 pm), 790 Lizard Creek Rd, Littleton, (757) 510-4696**

**Oct 8 – Taste of Brunswick Festival, (10 - 4 pm), Brunswick County Airport, 77 Airport Dr, Lawrenceville, VA**

**Oct 11 – Lake Gaston Computer Club, (1 - 3 pm), Lake Gaston Lion’s Den, 139 Stanley Rd, Henrico (717) 875-4481**

**Nov 2 – LGA Monthly Meeting, (9:30 – 12 pm), Lake Gaston Baptist Church, 2378 Eaton Ferry Rd (252) 586-6577**

**Nov 2 – Lake Gaston Striper Club, (7 pm) – Lake Gaston Lion’s Den, 139 Stanley Rd, Henrico (252) 586-7112**

**Nov 8 – Lake Gaston Computer Club, (1 - 3 pm), Lake Gaston Lion’s Den, 139 Stanley Rd, Henrico (717) 875-4481**



# 2022 Annual Lake Gaston Aquatic Vegetation Survey



**Volunteers Still Needed...**

**October 1<sup>st</sup> – October 31<sup>st</sup>**

**Any Single Specific Day ~ Your Choice**

**Estimated Time it Takes ~ Approximately 4 Hours**

To document aquatic vegetation, both good and bad! Lake Gaston has 350 miles of shoreline and all needs sampling.

This survey is an important tool that determines how to keep Lake Gaston healthy for swimming, boating, fishing, and recreational enjoyment.

1. You will need access to a boat, kayak, or jet ski and a few hours to spend on the lake.
2. The shoreline is divided into survey sections and volunteers can choose sites close to home.
3. Equipment to be provided:
  - a. Handheld electronic tablet for data collection
  - b. Double-sided Rake
  - c. Plant ID booklet that will cover most of the plants you will encounter at Lake Gaston
  - d. Training will be provided through several online videos that will explain the vegetation survey in detail and provide tips for aquatic plant identification.

Go to the LGA Environment Committee at [LakeGastonAssoc.com](http://LakeGastonAssoc.com) and click on the survey form:  
<https://lakegastonassoc.com/about-us/lga-news/226-volunteers-needed-sept-1st-oct-31-2022-annual-lkg-aquatic-vegetation-survey.html>

Go directly to the Electronic Form to Volunteer:

[https://docs.google.com/forms/d/e/1FAIpQLSdhpYlCjXu\\_Fp0\\_7lWwirRfvilRlZ9DimQ\\_A1jX62z3ET6KQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdhpYlCjXu_Fp0_7lWwirRfvilRlZ9DimQ_A1jX62z3ET6KQ/viewform)



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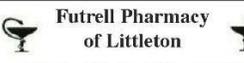
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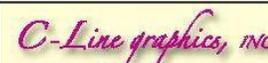
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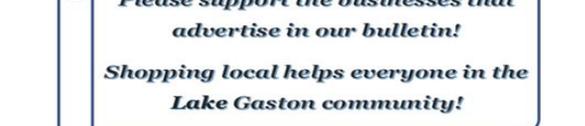
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