



# 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)

## BOARD OF DIRECTORS

### BRUNSWICK COUNTY, VA

**John Cataldo**

*Government Relations Chair*

**Carol Warfel**

*Lake Clean-Up Chair*

### HALIFAX COUNTY, NC

**Shannon McAllister**

**Judy Waters**

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**President**

*Public Safety Chair*

**Jeff Zimmer**

**Vice President**

*Lake Environment Chair*

**Lewis Mustian**

**Secretary**

**(Vacant)**

*Marketing & Membership Chair*

**Don Carson**

*Past President*



*The LGA would like to say...*

*“Thank you” to all our volunteers for your hard work and commitment to the Lake Gaston Association in 2022 and in years past.*

*Your dedication and selfless acts of kindness contributed to the success of our organization and its programs, and we are most grateful for your service.*

*We appreciate each and every one of you and would like you to know that we couldn't have done it without you!*

*Kudos ~ LGA Volunteers ~ Job Well Done!!*



## President's Corner...

"The LGA and You" - It's a partnership we take very seriously.

The LGA is your primary voice on lake issues with a mission to identify issues affecting our members and pursue resolution with the responsible organizations.

It's renewal time. What does the LGA do?

5-County Forum, Candidate Forums, Annual Shred Event, Habitat Enhancement Projects, Lake Cleanup Days, 350-mile shoreline Vegetation Survey, 5-County School Superintendents' Meeting....

As an LGA member, how many of these activities have you attended or supported in 2022?

In this issue of the Bulletin, you will find the proposed 2023 budget and it is our intent to do in 2023 what we did in 2022. We recognize the need to grow the membership to do even more at the lake – and this is where we need your help to increase our membership in 2023. Please help the LGA by inviting friends to become a member. If you sponsor a friend or neighbor, they will receive a \$5.00 discount off their 2023 Membership Dues, and you will also receive the same discount during the next renewal period (happening now, and if you've already paid your 2023 dues, we can certainly discount it off next year's dues).

Why not join a committee to do even more? All committees would welcome new members. The LGA truly runs on volunteerism; that is how we take care of business.



Anne Wood, Treasurer  
Northampton Director

We have two new directors on the board who have agreed to volunteer their valuable time and expertise, and we are privileged to have them on our team. Please welcome our new Treasurer, Anne Wood, who resides in Northampton County, and Shannon McAllister, from Halifax County to the board. The LGA, as you know, has been a longtime supporter of the John 3:16 Toy Drive Project. Her name may sound familiar as she is our newest Halifax Director, Shannon McAllister. They are a 501(c)(3) and are most deserving of a year-end tax deduction. To learn more, please visit them at <https://john316center.org>.



Shannon McAllister  
Halifax Director

**Mark your calendar for May 6, 2023, as the next Annual Shred Event**

**Save the Date**  
**Saturday – May 6, 2023**  
**Jack D. Saunders Annual Shred Event**  
**10:00 am – 1:00 pm**



Finally, we'd like to congratulate our three newest business members of the LGA: the Bragging Rooster in Warrenton, RWVFD and Jenny Cakes at the Lake. All are wonderful and well worth a visit, so please stop by to show your support, and don't forget to mention that the LGA sent you. Please remember to help support all our business members who believe in the LGA mission.

On behalf of the entire board, we wish everyone a...



And hope you enjoy the holidays!

Thanks for reading.

Brian Goldsworthy  
President

### ***December 7, 2022 – LGA Monthly Board Meeting***

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

**Speaker:** LGA President

**Topic:** Year in Review and John 3:16 Presentation of Gifts

Got a lake-related issue or concern that the LGA should be working on? There will be time allotted on the agenda to present those concerns to the LGA Board and catch up with what the Committees are working on. 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:**

| <b>Committee</b>       | <b>Meeting Day</b> | <b>Time</b> | <b>Location</b>            |
|------------------------|--------------------|-------------|----------------------------|
| 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 Cleanup           | Last Wednesday     | 10:30 AM    | * Littleton Food & Spirits |

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



# Lake Environment Committee Updates...



## 2022 Fall Vegetation Survey

As this bulletin goes to press LGA volunteers have just completed the 2022 Aquatic Vegetation Survey. Once again, we had some wonderful fall weather. Cool mornings and warm afternoons provided a great opportunity to enjoy the fall colors along the shoreline.

76 volunteers contributed approximately 400 hours of their time to determine what vegetation and where it's growing along all 350 miles of Lake Gaston's shoreline. This data is a vital component in vegetation management. Jessica Baumann, Extension Associate for Lake Gaston with NC State University's Aquatic Plant Management Program will now analyze this data along with other information, such as Hydrilla tuber bank estimates, biomass sonar, and treatment results, to assess and direct management activities of nuisance vegetation.



Dave Short doing surveys on Pea Hill Creek

Once the data is analyzed and compiled, we will have Jessica share this with our membership at a monthly meeting.

Thanks to all the volunteers, too numerous to mention, who contributed to this effort!

## Aerial Drone Survey conducted on Native Vegetation "cages"



Native aquatic vegetation provides valuable fish and wildlife habitat, serves as a food source for waterfowl and other aquatic wildlife, improves water clarity and quality, helps prevent the spread of nuisance plants, and reduces shoreline erosion and sediment.

LGA partners with the Lake Gaston Weed Control Council (LGWCC), North Carolina State University Extension Service (NCSU), and the North Carolina Wildlife Resources Commission (Commission) to develop and increase the diversity of native aquatic vegetation. There are approximately 70 exclosures or "cages" that have been constructed and stocked with native vegetation on LKG. The cages provide protection as the plants become established and then expand outside the cages.

Aerial Photo taken by NCSU of Upper Poplar Creek using a UAV drone

This year for the first time an aerial drone is being used to survey the expansion of these native plants outside the cages. Hopefully, periodic aerial photography from a drone will be more efficient and provide valuable data for our Habitat Enhancement Planning.

## Let's be Thankful

In this season of winterizing water toys and raking leaves, we would like to remind you, please **DO NOT** rake, blow leaves, or other yard debris into the lake. Yes... leaves fall into the lake all the time - its nature; but nature is a delicate balance and additional leaves stress the lake in so many ways. Decaying leaves consume oxygen that fish and other aquatic life need to survive, and it releases excess nutrients that contribute to undesirable aquatic plant growth i.e., hydrilla, Lyngbya, and other noxious algae. This is especially true in coves with lower water levels. It creates dirty water in shallow areas. Not abiding by this requirement, we become our own worst enemy by adding additional nutrients to the water pool. We should also be aware that most land around the lake is elevated which allows any excess chemicals from lawn fertilizing or weed control to run off into the lake. Please take precautions when applying any product to your lawn.



Please... **DO NOT**  
rake leaves, blow  
leaves, or throw  
other yard debris  
into the lake



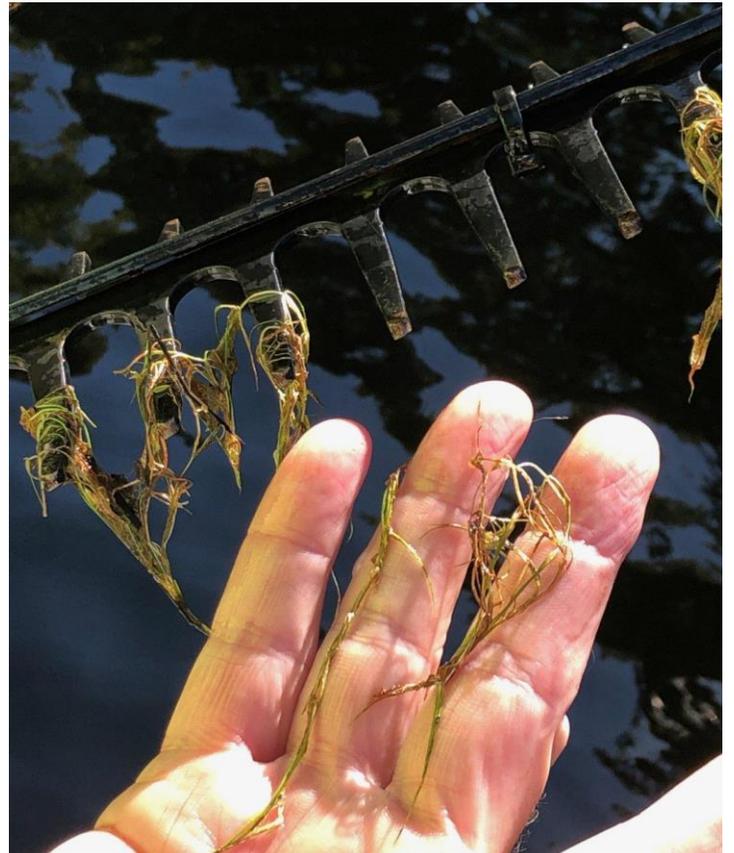
Lastly, intentionally putting leaves in the lake is a violation of Dominion Power's Shoreline Management Plan (the same document that regulates boat docks and other activities on Dominion's LKG project land) and is subject to enforcement action. During this Holiday season, let's remember to give thanks for the privilege of living on this beautiful lake, and do our part to conserve and protect this wonderful natural resource.

## What's this weed?

Every year while doing the Vegetation Survey on Lake Gaston, we see something different. In 2022, we saw considerably more of this submersed vegetation (see photo) which has been identified as *Spike Rush*. There are hundreds of different species of spike rush, many hard to identify.

[www.Pond.org](http://www.Pond.org) states: *Spike Rush provides food and habitat for aquatic invertebrates that in turn feed fish, amphibians, reptiles, and other animals. Waterfowl and mammals such as muskrats and nutria also eat the plants, including the seeds, rhizomes, and tubers. When managed, this plant can be part of a thriving, balanced ecosystem.*

It will be interesting to see how the population of Spike Rush develops in Lake Gaston. Survey data that LGA volunteers collect each year is critical to the successful vegetation management of our lake.





The LGA would like to like to extend our deepest condolences and heartfelt sorrow to Bruce Johnson’s family and friends. Bruce, known as “The Plant Guy” was a pillar of our Lake Gaston community, and he was a huge part of our lake environment program activities for many, many years. There were numerous years when, by himself, he surveyed about a third of the lake shoreline. Rest in peace dear friend, you will be sorely missed.



Jeff Zimmer  
 Lake Environment Chair  
[Committees@LGAncva.com](mailto:Committees@LGAncva.com)

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



# WHAT IS Q.W.A.C.?

## QUALITY WATER AWARENESS CAMPAIGN

- Q.W.A.C. is a community Awareness Campaign designed to educate our lake community on how to be good stewards of our lake waters and promote practices that will improve and preserve the quality of water in Lake Gaston.
- We are a Lake Community and the value of our homes and businesses are directly dependent on the condition and quality of the water that we boat, play, fish and live on and in-water that we want future generations to be able to enjoy.
- Without Quality Water we have nothing, so let’s take care of it.
- Be a part of Q.W.A.C., it’s a Campaign we can all feel good about, a Campaign that needs your support so we all win the Race for cleaner Quality Water for Lake Gaston.



## Public Safety Committee Updates...



Please take the time before severely cold temperatures arrive to secure dock items and all watercraft, and don’t forget to winterize your personal watercraft and powered boats. *I know it’s 80 degrees on November 7, 2022, but pretty sure cold temperatures are coming.* Vessels need to be lifted out of the water with the structure folded away or removed so that high water does not result in vessel or dock damage, and remember it never hurts to have a line tying vessels to docks even on lifts.

The use of heavy-duty tongue locks, wheel boots, or a removed wheel may stifle the theft of a boat or jet ski stored in the driveway. Look out for your neighbors and try to have ways to contact them if there is an issue with their property, or an area power or water outage. It’s a good idea to share telephone numbers so you can make contact just in case. If living alone, have a friend check on you when the weather is bad.

Make sure that items around the home do not make the house look vacant. Have a neighbor watch for handbills on doors, phone books in driveways, open doors, fallen trees, out-of-location trash receptacles, and yards piled with leaves.



Make sure that proper preparation for winter is taken to avoid severe damage to a residence. Disconnect water hoses from outdoor spigots and faucets, and also protect them with covers to help prevent freezing.



Ensure batteries are fresh in Smoke Detectors and install Carbon Monoxide Detectors if heating or cooking with gas.



Take the time to install security cameras. They are now so inexpensive and make sure they have the low light level capability. Let local Sheriff Departments know the property will be unused for a time and most will perform periodic checks of entryways. Don't leave valuable assets including weapons vulnerable to theft in an unoccupied residence; record serial numbers and have proper property insurance for your valuables.

Part of preparing for the colder months is thinking about the condition of wood-burning stoves and their chimneys. Proper maintenance is necessary to avoid chimney fires, and proper ventilation is critical to avoid carbon monoxide poisoning. Buy the salt pellets now and store them where they will be needed when you go out for the mail or paper, or to keep from falling on your own steps. A small investment could save your life and those of your loved ones.

Post These Cards Prominently in your Home, Garage or Boathouse

|  |
|--|
| <h1 style="margin: 0;">911 HELP</h1> <p style="margin: 0; font-size: small; color: red;">WHENEVER POSSIBLE PLACE 911 CALLS FROM A LANDLINE</p>   |
| <p>Street Address: _____</p> <p>City: _____</p> <p>State: _____ County: _____</p> <p>Call Back #: _____</p> <p>Subdivision: _____<br/><small>(note: some subdivisions cross state lines so be specific)</small></p> <p>Nearest major roads/intersections/landmarks<br/>_____</p> <p style="text-align: center; color: red;">*****</p> <p>Alternate 911 Number: _____</p> <p>Medically Trained Neighbors: _____</p> <p>Nearest Defibrillator: _____</p> <p>Emergency Kit Location: _____</p> <p>Fire Extinguisher: _____</p> <p>Emergency Contacts: (Name, Phone, Relationship)<br/>#1 _____<br/>#2 _____</p> |

The Community 9-1-1 Task Force has continued its work all around the lake. Calling 9-1-1 on a landline is very effective and provides immediate location data to first responders. Calling from a cellular phone is far less reliable in reaching the intended call center. When using a cell phone, FIRST always give the 911 operator your exact location, including state, county, address with nearest cross street, then the nature of the emergency. Stay on the line and if possible, send someone outside the residence to direct first responders.

Each of the county dispatch centers has a hardline that can be dialed from a cell phone which might be more successful than bouncing off cellular towers. Those numbers are:

**Virginia - Brunswick:** (434) 848-3133 - **Mecklenburg:** (434) 738-0028

**NC – Halifax:** (252) 583-7051 – **Northampton:** (252) 574-1041 –

**Warren:** (252) 257-3456

In your neighborhood be vigilant for unusual traffic and vehicles, if you **SEE SOMETHING**  **CALL LAW ENFORCEMENT.**

Read something helpful? Take action now! Emphasis needs to be placed on the importance of practicing safe living.

Monthly Public Safety Committee meetings are held the second Friday of the month at 8:30 a.m. at the Littleton Food & Spirits, 235 N. Mosby Ave., (Hwy 903), Littleton, NC 27850. Everyone is invited to participate to give us fresh ideas and viewpoints. Contact us at [committees@LGAncva.com](mailto:committees@LGAncva.com).

*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...*



We had a great meeting with the Five County School Superintendents on November 10<sup>th</sup> with Dr. Eric Cunningham of Halifax, Mr. Keith Sutton of Warren, Dr. Rosa Atkins of Northampton, and Mr. Paul Nichols of Mecklenburg counties. The LGA is looking forward to our renewed partnership with them and what the future holds for all our Lake Gaston students. – Thank you for your hard work and support!

Having completed the Five County School Superintendents forum in November, we will take a break until January 2023 when it will be time to begin preparations for the Virginia State Primaries and the annual Five County Elected Official's forum in March.



Thanks to all for your help and participation this year. Please have a Joyous Holiday season and we'll see you next year.

The next meeting is Tuesday, January 17, 2023, 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 LGA Membership Drive is in full swing, and we appreciate everyone who has already paid their 2023 Membership Dues, thank you. It also appears that quite a lot of you are utilizing our website's new online payment system and we're so glad that we added this convenience for you. As a non-profit organization, your membership dues are what fund the many programs we do for you at the lake - So please don't hesitate and remit your dues today in support of the LGA.

### ***LGA Membership Dues Discount***

**LGA Members** – Sponsor a new friend or neighbor into the Lake Gaston Association and they will receive a \$5.00 discount off their 2023 membership cost. To show our appreciation for your new membership referral, the LGA member sponsor will also receive the same \$5.00 discount on their next membership renewal. It's our way of saying ***“welcome to the LGA”*** and ***“thank you for your support”***. For more information, please contact Beverly Summerfield, Executive Director at [execdir@LGAncva.com](mailto:execdir@LGAncva.com) or call **(252) 586-6577**.

The Marketing & Membership Committee meets 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 feel free to join us!

Marketing & Membership Committee

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

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



## Lake Cleanup Committee Updates...



It's that time of year with all the dead grass along the roads that really shows the trash. A good way to enjoy some of the beautiful weather that we have been having is to walk along your road and pick up some of the unsightly trash that has been thrown out along the roadside and get some exercise at the same time. I know that I keep repeating this and hopefully one day I won't have to say it anymore. Wouldn't that be wonderful!!

In March, date to be announced, we will do a physical roadside clean-up. Will do a road in VA and one in NC. LGA Board members will be helping and we hope you will join us. In June we will do another clean-up, but we will not be doing it physically but will attempt to make people aware of cleaning up our shorelines and roadsides as people return to the lake after winter.

Thanks to all who help us with this unsightly problem.

Please feel free to join us at a Lake Clean-up Committee meeting on the last Wednesday of the month at 10:30 a.m. at the Littleton Food & Spirits, 235 N. Mosby Ave. Littleton, NC 27850

Carol Warfel

Lake Cleanup Chair

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

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

### Coming in March





# Lake Gaston Water Safety Council Updates...

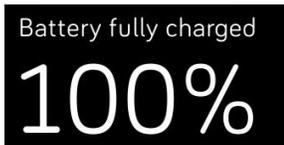


## Extra caution and preparation should be taken before heading out on the water in winter...



1. Wearing a life jacket can keep the boater's head above water, keep the person warm, and provide a chance for rescue.

2. Ensure that you have a way out of the water – Dock ladders and boat ladders need to be accessible from the water.



3. Keep your phone charged, in a dry bag, and on your person at all times.

4. Keep a change of clothing and an extra jacket on the boat in a waterproof bag.



### Float Plan

Be a smart boater, kayaker or paddler and always plan ahead

**Download your FREE Float Plan NOW!**

<https://floatplancentral.cgaux.org/download/USCGFloatPlan.pdf>

- Easy to prepare and update.
- Create & save plans on your computer or mobile device.
- Submit your plan to anyone you choose.
- Tell the person holding your plan exactly what to do if you don't check-in or return as planned.
- It's a Life Saver

5. Create a float plan with a responsible individual who knows your intentions, location, and whom to call if you fail to return as scheduled – Download today... <https://floatplancentral.cgaux.org/download/USCGFloatPlan.pdf>. Even better, if they have a boat and can come to get you if needed – that would be ideal.
6. Be sure your vessel is in good operating condition and has the necessary safety equipment on board.
7. Stay sober - Cold Shock and Hypothermia are real concerns that alcohol worsens.
8. Dress in layers and include a hat - A wetsuit or dry suit would not be overkill.



Stay safe out there and please look out for one another.

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



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



Greetings everyone! With the holidays right around the corner and winter fast approaching, I would like to take this opportunity to wish you all a very Merry Christmas and a blissful holiday season! May the spirit of Christmas fill your hearts and homes with love and laughter and may the memories you share with loved ones and friends last a lifetime. Happy New Year and may 2023 bring you the best in health and prosperity!



At this time, I would like to personally thank all the LGA Board Members for their selfless commitment, tireless hard work, long volunteer hours, and exemplary service that they have extended to the LGA and its membership. The LGA wouldn't be who it is today without them, and we are so grateful for their guidance and support!

I would also like to extend a personal "thank you" to all the household members, business members, and HOA/POA group members for their ongoing commitment to supporting us in our mission. Your membership dues and community service as LGA Volunteers are priceless and we are forever grateful for your support! Your selfless acts of kindness aid in supporting the LGA and its programs, and we would never be able to accomplish our goals without you and your help; thank you!

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

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

 ***A special "Thank You" to RWVFD for allowing us to erect our new sign at your location...*** 



790 Lizard Creek Road, Littleton, NC 27850





# What the LGA does for our members...

## As your primary voice on Lake Gaston, we...

Identify lake issues affecting our members and pursue a resolution with the responsible organization(s).

### We do this by...

- ▶ Working to **conserve our lake's natural resources while protecting your recreational enjoyment** by monitoring and controlling pollution, sedimentation, and invasive species, supporting research and best management practices that maintain Lake Gaston's water quality for all users.
- ▶ **Engaging with our local governments** to inform and influence decision-making in your best interest.
- ▶ Supporting and **promoting safety** in our communities and on the water to ascertain a safe environment.
- ▶ **Advocating** and encouraging a clean, healthy, and **desirable lifestyle** along the roadsides and shorelines of beautiful Lake Gaston.
- ▶ **Informing** and communicating on **lake issues** via email advisories and bi-monthly Bulletins, emergency/weather/water level alerts, open-door monthly meetings, website, social media platforms, press releases, radio broadcasts, and public forums.

We accomplish this by building relationships and coordinating efforts with Dominion Energy, the Lake Gaston Weed Control Council, North Carolina & Virginia Wildlife Agencies, NC State University, local Law Enforcement & Emergency Management, the Chamber of Commerce, the Lake Gaston Water Safety Council, and others.

|   |   |
|---|---|
| <b>LGA APPLICATION</b>  |   |
| Dues are for Calendar Year (January-December)   |   |
| <b>PLEASE INDICATE:</b>   |   |
| <input type="checkbox"/> New Member   | <input type="checkbox"/> Renewal                                      |
| <input type="checkbox"/> Address Change   | <input type="checkbox"/> E-Mail Change                                |
| <b>PAYMENT FOR (Select one):</b>  |   |
| <input type="checkbox"/> \$20 Sponsor Membership*   |   |
| <input type="checkbox"/> \$25 General Membership  |   |
| <input type="checkbox"/> \$50 Bronze  |   |
| <input type="checkbox"/> \$100 Silver   |   |
| <input type="checkbox"/> \$250 Lifetime   | <input type="checkbox"/> Business \$50                                |
| Name _____  |   |
| *Sponsored by _____   |   |
| Lake Resident   | <input type="checkbox"/> Full-time <input type="checkbox"/> Part-time |
| Lake Property   | <input type="checkbox"/> House <input type="checkbox"/> Lot only      |
|   | <input type="checkbox"/> Multiple properties _____                    |
| Number of adults in household _____   |   |
| Subdivision _____   |   |
| County _____  |   |
| LAKE ADDRESS: (#/Street/City/State/Zip)   |   |
| _____   |   |
| MAILING ADDRESS: (If different)   |   |
| _____   |   |
| PHONE @ Lake: _____   |   |
| Home: _____   |   |
| E-Mail: _____   |   |
| <p><i>Circle how you first heard of the LGA i.e., newspaper, LGA Bulletin, neighbor, brochure, website, radio, billboard &amp; magazine, other _____</i></p> <p><b>Please mail this form along with your payment to:</b><br/> <b>LGA, P. O. Box 656, Henrico, NC 27842</b><br/> <b>THANK YOU!</b></p> |   |



## Lake Gaston ~ Upcoming Events



*Mark your Calendars...*



**Dec 7 – LGA Monthly Meeting, (9:30 – 12 pm), Lake Gaston Baptist Church, 2378 Eaton Ferry Rd (252) 586-6577**

**Dec 13 – Lake Gaston Computer Club, (1 - 3 pm), Lake Gaston Lion's Den, 139 Stanley Rd, Henrico (717) 875-4481**

**Jan 4, 2023 - There will be NO Lake Gaston Association monthly meeting this month in January...**

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

**Jan 10 – Lake Gaston Computer Club, (1 - 3 pm), Lake Gaston Lion's Den, 139 Stanley Rd, Henrico (717) 875-4481**

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

## **Homemade Chicken Pot Pie**

Delicious downhome goodness guaranteed to warm you up in the colder weather months! With a crisp golden-brown crust to top off your chicken and favorite veggies, this is definitely a crowd pleaser. This one dish meal can be made in 45 minutes or less, and don't be surprised if they come back to ask for a second helping.



### **Ingredients**

1 cup Potatoes (diced)

1 cup Onions (diced)

1 cup Celery (diced)

1 cup Carrots (diced)

1 cup Peas (frozen)

1/3 cup Margarine (melted)

1/2 cup Flour (All-Purpose)

2 cups Chicken Broth

1 cup Half-and-Half

1 teaspoon Salt

¼ teaspoon Pepper

4 cups Chicken (cooked and chopped)

2 Pie Crusts

### **Directions**

1. Adjust oven temperature to 400°F then sauté together potatoes, onion, celery, carrots, and frozen peas in margarine for approximately 10 minutes.
2. Add flour to the sauteed mixture and stir well – Cook for 60 seconds, stirring constantly.
3. Combine chicken broth and half-and-half and stir gradually into the vegetable mixture.
4. Cook over medium heat, stirring constantly, until thickened and bubbly – Always remember to stir in salt and pepper, then add chicken and stir well.
5. Pour into a shallow 2-quart casserole dish and top with pie shells.
6. Bake for 30-40 minutes until the crust is golden and flaky.
7. Let cool and serve.

# LGA – 2023 Proposed Budget

|                                 |                  |
|---------------------------------|------------------|
| Ordinary Income/Expense         |                  |
| Income                          |                  |
| Membership Dues                 | 16,000.00        |
| Membership Dues (Paid Prior Yr) | 22,500.00        |
| Other Types of Income           |                  |
| Miscellaneous Revenue           | 913.00           |
| Other Types of Income - Other   | 0.00             |
| Total Other Types of Income     | <u>913.00</u>    |
| Total Income                    | <u>39,413.00</u> |
| Gross Profit                    | 39,413.00        |
| Expense                         |                  |
| Direct Expense                  |                  |
| Government Relations            |                  |
| 5 County Forum                  | 1,200.00         |
| Candidate Forums                | 300.00           |
| School Superintendents Forum    | 200.00           |
| Total Government Relations      | <u>1,700.00</u>  |
| Lake Clean-up Committee         |                  |
| Food & Beverage                 | 250.00           |
| Publicity                       | 150.00           |
| Total Lake Clean-up Committee   | <u>400.00</u>    |
| Lake Environment                |                  |
| Habitat Enrichment Lunch        | 500.00           |
| LEMs Training & Gear            | 400.00           |
| Travel & Forums                 | 200.00           |
| Water Testing                   | 250.00           |
| Total Lake Environment          | <u>1,350.00</u>  |
| Marketing & Membership          |                  |
| Advertising                     | 2,700.00         |
| New Membership Drive            | 500.00           |
| Renewals                        | 100.00           |
| Total Marketing & Membership    | <u>3,300.00</u>  |
| Public Safety                   |                  |
| Community Outreach              | 300.00           |
| Education                       | 1,000.00         |
| Shred It                        | 1,200.00         |
| Total Public Safety             | <u>2,500.00</u>  |
| Total Direct Expense            | <u>9,250.00</u>  |
| Indirect/Administrative         |                  |
| Accounting Software             | 660.00           |
| Annual Meeting                  | 250.00           |
| Bank/PayPal Fees                | 300.00           |
| Board Meetings                  | 0.00             |
| Bulletin                        | 1,000.00         |
| Database Management             | 0.00             |
| Executive Director Fees         | 20,040.00        |
| Insurance                       | 700.00           |
| Postage, Mailing Service        | 395.00           |
| Printing and Copying            | 600.00           |
| Rent                            | 1,620.00         |
| Supplies                        | 750.00           |
| Tax Prep                        | 250.00           |
| Telephone, Telecommunications   | 2,208.00         |
| Venues                          | 900.00           |
| Website Management              | 490.00           |
| Total Indirect/Administrative   | <u>30,163.00</u> |
| Total Expense                   | <u>39,413.00</u> |
| Net Ordinary Income             | <u>0.00</u>      |
| Net Income                      | <u>0.00</u>      |



The Lake Gaston Association will again join The John 3:16 Center in their Annual Toy Collection Drive in support of their Christmas Outreach Program to provide gifts for approximately 500 local children, and the toy drive will run from **November 5<sup>th</sup>** through **December 3, 2022**.

Collection boxes have been placed in numerous businesses around the area:

#### **Northern End of Lake Gaston...**

Lake Gaston Gazette-Observer Office on Lizard Creek Road  
Ace Hardware near Food Lion  
Lake Gaston Regional Chamber of Commerce  
Subway Restaurant (next to the Chamber)  
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Jenny Cakes at the Lake

#### **Downtown Littleton...**

Littleton Town Hall  
Daphne's Coffee Shop  
Littleton Food & Spirits

Our Toy Drive will conclude at the December 7th LGA monthly meeting at the Lake Gaston Baptist Church where we will present Jodie Dowhan, John 3:16 Board Chair, with the toys, books, games, etc. Toy collection boxes will also be available at the meeting between 9:30 a.m. and 11:00 a.m. The Center asks that all gifts be new and unwrapped, and they do not distribute any toy weapons of any kind.

Gender-neutral gifts are always good: puzzles (under 500 pieces), books, board games, coloring books, baby toys, etc. They have had children registered from 1 month old to 16 years old. Every child gets a book, so appropriate books for different age levels (books that boys may enjoy are often hardest to find) will be appreciated. Balls, dolls (ethnically diverse), art supplies, craft/model kits, small handheld electronic games, toy cars and trucks, watches, or inexpensive jewelry for older children, etc. are also typical of the types of gifts given in the past.

If you would like to send a donation instead, please make checks payable to The John 3:16 Center, Memo: Christmas Outreach, and mail them to The John 3:16 Center, P.O. Box 1541, Littleton, NC 27850. These donations help with the cost of purchasing clothing and filling in gaps for appropriate toys and books as needed for the children served.

Your help in bringing a smile to a child's face on Christmas morning will be sincerely appreciated. For more information, call the LGA Office at (252) 586-6577, or The John 3:16 Center at (252) 586-1800.

There are also many volunteer opportunities available if you are interested in both our Littleton and Roanoke Rapids locations. Some of these include sorting, organizing, shopping, assisting with processing applications, assisting a parent in selecting items, and helping with the Christmas Party.

Please contact Shannon McAllister at [smcallister@john316center.org](mailto:smcallister@john316center.org) or Carolyn Ross-Holmes at [crossholmes@john316center.org](mailto:crossholmes@john316center.org) if you would like to be updated on volunteer opportunities. Please follow The John 3:16 Center on Facebook [www.facebook.com/John316Center](http://www.facebook.com/John316Center) to stay updated!



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**2023 Membership Goal: 2,500**

**Current Members: 2,207 (Households 2,103 / Businesses 104)**



Due to the rising costs of inflation for goods and services,  
The Lake Gaston Association  
will no longer offer mailed bulletins to our members.

**Effective February 1, 2023...**

All bulletins will be transmitted via email only or you can visit our website to view and print a copy also.

If you are not receiving an emailed version and would like to do so, please contact us as soon as possible at:

(252) 586-6577

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

Membership Records Email: [memrec@LGAncva.com](mailto:memrec@LGAncva.com)

Executive Director Email: [execdir@LGAncva.com](mailto:execdir@LGAncva.com)

or by US Mail to:

LGA

P. O. Box 656

Henrico, NC 27842

If you should have any questions, please contact the LGA President at:

(919) 302-6511

***Thank you, we appreciate your support!***