



(252) 586-6577

Bulletin

YOUR PRIMARY VOICE ON LAKE ISSUES...

with a mission to identify issues affecting our members and pursue resolution with the responsible organization(s)

P O Box 656, Henrico, NC 27842

Website: LGAncva.com Facebook: facebook.com/LGA.nc.va Email: execdir@lgancva.com

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LGA UPDATES

Please be advised that the LGA has hired a new Executive Director. Effective September 1st, Tammy Clarke was brought on to oversee the day-to-day operations of the LGA. You can reach her by email at execdir@lgancva.com or at the LGA office phone number of (252) 586-6577.

* * * * *

Be on the lookout for Membership Renewals

Anne Wood, the LGA Treasurer, will be sending out Membership Renewal reminders from her email address of anne@pesanteclose.com for 2024, so please be on the lookout and submit your renewal as soon as possible. Your continued support ensures that the LGA will be able to provide all of the programs that help keep our lake clean and safe. We appreciate all of our members!!



President's Corner...



On Watch

Most of us take pride in being individuals. Independent, self-reliant, “get r done.”

Whether you are a visitor, a summer and holiday homeowner, or a “full timer” at Lake Gaston, you most certainly have come to enjoy the natural beauty and recreational value of the Lake.

This great place we call “The Lake” didn’t happen overnight or by accident. It most certainly cannot be shared and enjoyed without some care and attention. Once you see the value and benefits of Lake Life, you become part of our community. The Lake Gaston Community shares one important common interest -- keep the lake safe, healthy, and clean.

The Lake Gaston Association (LGA) serves our lake community and works to protect all its benefits and keep watch for issues that may impact us. You can take pride in the fact that as an LGA member you have friends like you, who value the lake, and are looking out for your interests.

Together we are stronger and can accomplish the important task of keeping watch over our Lake!

Jeff Zimmer

President

President@LGAncva.com

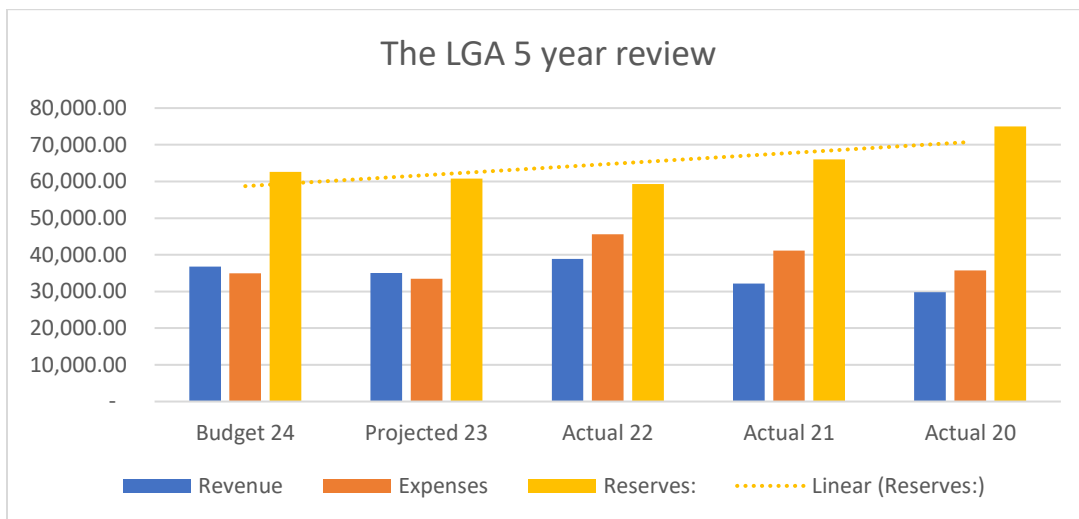


A note from the Treasurer...

It's been about a year since I clicked on the LGA logo in a chamber advertisement to see what The Lake Gaston Association did and stumbled across the "looking for a Treasurer" notice. It's been a year of learning not only about the organization, but also about Lake Gaston. The speakers were informative, and the topics are relevant to all property owners. I can't believe it took me 50 years to find this organization.

In the past year, the board has focused on fiscal responsibility, reducing administrative costs, and ensuring we have an accurate accounting system. We've implemented an electronic Bulletin, as well as an invoicing system, which certainly saved money.

Despite our cost savings, our reserves have been reduced by nearly \$13,000 (16%) over the last five years. Our administrative costs are at the bare minimum. Any further reductions would cut into the committee program budgets. Additionally, there are some enhancements and new programs the LGA would like to consider. To maintain the level of committee activities and prepare a balanced budget the board has decided we must make a minimal increase to our individual and our business memberships. We have not had a membership dues increase in **over 20 years!** The general membership will be increased by \$5 to \$30 per year, and the business membership will increase by \$10 to \$60 per year. In line with these increases, we are increasing the Lifetime membership to a one-time fee of \$300.



If you haven't actively participated in our monthly meetings or joined a committee, I highly recommend you do this. This has been a fabulous year of learning and community engagement and I encourage everyone to get involved as well as entice a neighbor to join. If you have any questions about the finances, budgets, or membership dues increase, you can reach me by email at anne@pesanteclose.com. Thanks!

Anne Wood

Treasurer

anne@pesanteclose.com

October 4, 2023, 9:30 a.m. LGA Monthly Membership Meeting

**at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road, Littleton
(across the street from the Lake Gaston Chamber of Commerce and Subway Restaurant)**

**Speakers: Kirk Rundle and David Belkowski, Wildlife Biologists
with the North Carolina Wildlife Commission**

Topic: The Lake Gaston Fishery

**This meeting is open to the public and Lake Gaston Association membership is not required.
For more information, please email us at execdir@lgancva.com or call (252) 586-6577.**



Lake Environment Committee...

Treating Aquatic Vegetation on Lake Gaston

By the time you read this article the LGA Volunteer Survey of aquatic vegetation around the Lake Gaston shoreline will be well underway and hopefully nearing completion. The survey is conducted by volunteers who all have something in common – a desire to help maintain the water quality in Lake Gaston. The results of the annual survey are used by the Lake Gaston Weed Control Council (LGWCC) and North Carolina State University (NCSU) to help guide the next year's invasive/nuisance species treatment plan. Without the ongoing management and annual treatment of aquatic vegetation by the LGWCC and NCSU, there is the potential for invasive/nuisance vegetation to spread uncontrolled across the lake and connecting creeks. Currently, the species of greatest concern is lyngbya which is a blue-green algae that has toxic properties.



Lyngbya from Lake Gaston



Hydrilla from Lake Gaston

Work continues to halt the spread of lyngbya and bring it under control. In addition, while hydrilla is under control thanks to efforts of the LGWCC, NCSU, the LGA, and the many other supporting stakeholders, it is still lurking in many upper creek areas waiting for the opportunity to “breakout” and spread as it did in years past. Both lyngbya and hydrilla are listed in the 2015 North Carolina Aquatic Nuisance Species Management plan as higher priority concerns. Only continued vigilance and effort will prevent a future catastrophe in the form of uncontrolled invasive/nuisance vegetation spreading across Lake Gaston.

Property owners around the lake often ask how they can ensure shoreline around their property is considered by the LGWCC and NCSU for treatment of aquatic invasive/nuisance species. One way is to volunteer for the annual LGA Volunteer Vegetation Survey. The program always needs additional help to ensure that the lake shoreline is adequately assessed so priority treatment areas can be identified.

To find out more about the survey, go the LGA Environment Committee website at <https://www.lgancva.com/lake-gaston-committees/lake-environment-committee.html>.

To volunteer for future surveys, complete the electronic signup form at <https://forms.gle/JaBqTo7bqcqHaBDk9>.



LGA Volunteers participate in the annual vegetation survey.

Unfortunately, the LGWCC does not have adequate resources to treat all locations across the lake and focuses on the highest priority areas based on collected data and scientific analysis. Dominion Energy, who manages the lake under its permit with the Federal Energy Regulatory Commission, has provisions to allow for the treatment of aquatic invasive/nuisance species by registered and licensed chemical applicators. In very specific instances Dominion may also allow the treatment of native vegetation that is inhibiting navigation on the lake to include permitted boathouse access. The hand removal of invasive/nuisance species by property owners is allowed, however precautions should be taken when removing lyngbya (e.g., prevent contact with skin and inhalation of dried vegetation particles). The Dominion Lake Gaston Reservoir Manager is the responsible party for making final determinations on authorized native vegetation treatment/removal. Lake Gaston property owners are reminded that chemically treating aquatic vegetation yourself is not allowed per the Dominion Shoreline Management Plan and may be a violation of the federal/state Clean Water Acts.

In closing, please keep in mind why it's to all our benefit to help manage invasive/nuisance aquatic vegetation on Lake Gaston:

- [Improves water quality by allowing native vegetation to get established](#)
- [Enhances water recreation activities](#)
- [Improves fisheries and wildlife habitat](#)
- [Helps support the local economy and maintain property values around the lake](#)

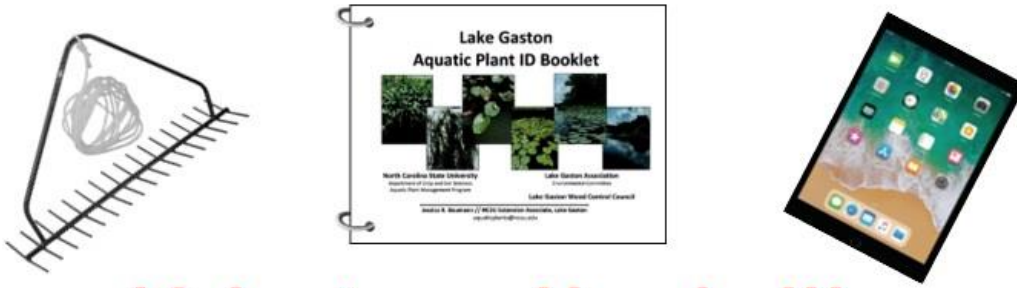
Jeff Zimmer & John Franz

Lake Environment Co-Chairmen

Committees@LGAncva.com

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

2023 Annual Lake Gaston Vegetation Survey



Volunteers Needed!!

We hope you will consider volunteering for this event, and the best part is that you can choose any day(s) and any time(s) through October 31st to help with this project. This is an extremely important mission, and we need everyone's assistance to document the aquatic vegetation, both good and bad, along the entire 350 miles of shoreline – and yes, it all needs sampling. This survey is an important tool that determines how to keep Lake Gaston healthy for swimming, boating, fishing, and recreational enjoyment.

To Volunteer:

1. Please plan for this to take **only Four (4) to Six (6) hours** of time on the lake, on any day(s) and any time(s) of your choosing, through October 31st, using a boat, kayak, or jet ski.
2. The shoreline is divided into survey sections; volunteers can choose a section that is close to home.
3. Equipment to be provided:
 - a. Handheld electronic tablet for data collection.
 - b. Double-sided throw rake.
 - c. Plant ID booklet that will help identify the plants you will encounter.
 - d. Training is provided by several online videos that explain the vegetation survey in detail & provide tips for aquatic plant identification. There will be people available for questions.



Lake Gaston Association Environmental Committee

<https://tinyurl.com/yykk7tm9>



Volunteer Sign-Up Sheet LKG Aquatic Survey

<https://tinyurl.com/29ww8bvk>

Students -- Upon request, you will get a letter from NCSU acknowledging your volunteer hours!



Government Relations Committee...



The Government Relations committee did a great job planning and carrying out the Meet the Candidate Forum for Brunswick County. There was a good turnout of candidates and voters. The Mecklenburg County Forum unfortunately had to be cancelled due to Tropical Storm Ophelia. We are now planning for our final event for the year, which is the Five County School District Superintendents Forum. This forum is very popular with the Superintendents and county attendees. The Superintendents use this opportunity to exchange information on training, procedures, and policies they have found to be of value this last year. This forum is open to everyone and takes place on a morning in November.

Please join us in our committee meetings on the third Tuesday of each month at 8:30 a.m. at the Lakeland Cultural Arts Center (LCAC) in Littleton, NC.

John Cataldo

Government Relations Chairman

Committees@LGAncva.com

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

November 1, 2023, 9:30 a.m. LGA Monthly Membership Meeting

at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road, Littleton

(across the street from the Lake Gaston Chamber of Commerce and Subway Restaurant)

Speakers: David L. Johnson, Brig Gen, US Air Force (ret) from the Roanoke Valley Veterans Museum
and Shannon McAllister from John 3:16 Center

Topics: Programs at the RVVM and John 3:16's Christmas Toy Drive

This meeting is open to the public and Lake Gason Association membership is not required.

For more information, please email us at execdir@lgancva.com or call (252) 586-6577.



Safety Committee...

Some weather forecasters are calling for a colder 2024 winter! It appears that the first part of winter will be mild. The coldest and snowiest part of the winter should be from mid-January onward. No matter if the forecast is correct or not, we understand that winter is on the way.

So if you are asking yourself why this may be important to you, there are a few things to consider. Are your smoke and carbon monoxide alarms working? You should replace smoke and heat alarms every ten years. Change carbon monoxide alarms every seven to ten years (depending on your model). Replace the batteries at least once a year.

When did you last clean your fireplace or wood stove chimney? A chimney fire is burning creosote, on the inner surfaces of chimney tiles, flue liners, stove pipes, etc. Cleaning them before the heating season prevents chimney fires (and potential house fires)!

If you do not live at the lake during the winter, you should plan to winterize your home. It is important to drain outside water lines to prevent freezing and splitting. Trim suspected limbs if they will fall on the house, and trim shrubs to allow clear views of windows and doors. Set your thermostats to a level that prevents freezing pipes. Winterize your water toys. Turn off external power outlets if not needed. Tell your neighbors how to reach you in case of an emergency and when you plan to return in the spring.



Have you ever wondered why Fire Prevention Week is held in October? The National Fire Protection Association is the official sponsor of Fire Prevention Week, which has been observed since 1922 to commemorate the Great Chicago Fire of 1871. Fire Prevention Week 2023 will be held from October 8-14, 2023, and the theme is "Cooking safety starts with YOU!"

Please take a moment and visit <https://www.nfpa.org/Events/Events/Fire-Prevention-Week/About>.



Medicare Fraud Alert

I recently reviewed my health insurance Explanation of Benefits (EOB) report. To my surprise, I found that I received (never did) 6 months of diabetic care services. I contacted both my insurance company and Medicare to report the fraud of services. About four weeks later, I received two Medicare EOBs showing I received COVID home tests - from five different companies no less! I again contacted Medicare to report the fraudulent services. Today, one of the COVID companies notified me that they are investigating the fraud claim. This confirms that reporting fraudulent claims to Medicare results does yield results.

Somehow, my Medicare ID number was leaked (sold) to these fraudsters. **Lesson #1: Do not share your Medicare Number or other personal information with anyone.** Doctors, hospitals, and pharmacies need this information – nobody else without a valid requirement. **Lesson #2: Review your EOBs to ensure the information is correct.** You know when you went to your medical provider and what was done for you. If you detect incorrect information, the EOB explains how to report it. Medicare fraud and abuse can occur anywhere. This results in higher healthcare costs and taxes for everyone.

Finally, the Safety Committee wishes you and yours a happy holiday season. Please be safe, and we look forward to continuing to serve our Lake Gaston residents.

Eric Wooster

Safety Chairman

Committees@LGAncva.com

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



December 6, 2023, 9:30 a.m. LGA Monthly Membership Meeting

at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road, Littleton

(across the street from the Lake Gaston Chamber of Commerce and Subway Restaurant)

Speakers: Shannon McAllister from John 3:16 and James Kinard, Assistant Director at Lakeland Cultural Arts Center

Topics: John 3:16's Christmas Toy Drive and the upcoming activities at LCAC for the holidays and into the New Year

This meeting is open to the public and Lake Gaston Association membership is not required.

For more information, please email us at execdir@lgancva.com or call (252) 586-6577.



Lake Cleanup Committee...

Our summer is on the wane, and we will soon welcome some cooler weather. This would be a good time to clean up some of the unsightly trash left along our roadsides and shorelines. I have been feeling hopeful as I have seen some areas that are looking better. As always, thank you to those who so willingly get out and do what they can do to help keep our community clean.

This brings me to those who do want to help. Join our Lake Cleanup Committee. We need some fresh ideas to hopefully perk up our roadsides/shorelines clean up to be more effective. The Cleanup Committee meets the last Wednesday of each month at 10:30 a.m. at the Lakeland Cultural Arts Center, 411 Mosby Avenue, Littleton, NC 27850, in Studio B.



For more information about our Lake Cleanup events, email Committees@LGAncva.com or call the LGA office at (252)586-6577.



Carol Warfel

Lake Cleanup Chairwoman

Committees@LGAncva.com

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



Marketing & Membership Committee...



It's Renewal Time -- oh my! It's kind of like a report card for the Board of Directors and our five standing committees. Did we show value this year to encourage you to renew? Rest assured, it's not for the lack of trying to do our very best to have everyone answer "yes" to that question. We hope our efforts to keep this lake clean and safe warrant your ongoing support!

You may have noticed that after almost 20 years, the Board voted an increase in annual dues. The 2024 household annual dues will increase to \$30, businesses to \$60, and a lifetime membership to \$300. We need to remain fiscally responsible and have waited as long as possible, but we have come to the conclusion that it is finally time. We hope you understand.

Where do we go in 2024? Thanks to your support, we will again do the Jack D Saunders Community Shred event on May 4, 2024. The Habitat Enhancement program will occur again in June. The Annual Shoreline Vegetation Survey will be on the agenda. Something new that we're implementing is our New Member Mentor Program. With this program, the board members will work at staying in touch with new members throughout the year. We will also be offering New Member Zoom Orientation presentations to introduce our new members to all of the LGA committees and the programs they offer.

We certainly need our dues income, but when circumstances permit, we need our members to join one of the five committees to help guide the future direction of the LGA. It's how I started back in 2015 when I showed up unannounced at a Safety Committee meeting. I was welcomed with open arms, and the rest is history.

Thanks to those who have already renewed. We will soon be emailing out the annual renewals, so be on the lookout for an email from our Treasurer, Anne Wood. She works a full-time job in addition to volunteering for the LGA, so the email will come from: anne@pesanteclose.com. It's not spam.

Brian Goldsworthy

Marketing & Membership Chairman

LGA Lifetime Member since 2015

Committees@LGAncva.com

(Please include "Marketing & Membership Committee" in the subject line of the email)



From the desk of the LGA Executive Director...

Hello everyone!! My name is Tammy Clarke and I have taken on the daunting task of replacing Beverly Summerfield as the Executive Director for the Lake Gaston Association. Though she was only with the LGA for a year and a half, Bev helped modernize and streamline many of the day-to-day operations of the organization, as well as implement several cost-saving measures that helped keep more funds in the operating budget to be used for LGA projects instead of going towards overhead expenses. She will be missed by all and I am going to try my very best to fill the very big shoes she has left behind.

My husband and I chose Lake Gaston as our forever home about a year ago and when we found the LGA website, we immediately saw the value of becoming members. Just like our homeowner's insurance protects our house, and our boat insurance protects our boat, our Lifetime membership with the Lake Gaston Association helps protect the very thing that compelled us to move to this beautiful area -- the clear waters and fantastic shoreline of Lake Gaston!!

If you're not already a member of the LGA, please consider joining today so that we can continue to offer all of the important programs that help protect and maintain our beautiful lake. And if you are already a member, please consider volunteering with one of our committees and become part of the organization that has been "your primary voice on the lake since 1989."

Tammy Clarke
Executive Director
execdir@lgancva.com





P O Box 656
Henrico, NC 27842
(252) 586-6577
www.LGAncva.com

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 encourage 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 Gaston issues** via email advisories and quarterly Bulletins, emergency, weather, and water level alerts, open-door monthly meetings, website, social media, 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 and Virginia Wildlife Agencies, North Carolina State University, local Law Enforcement and Emergency Management, the Chamber of Commerce, the Lake Gaston Water Safety Council, LKG 911 Community Task Force, and many others.



(252) 586-6577

Post Office Box 656, Henrico, NC 27842

Website: LGAncva.com Facebook: Facebook.com/LGA.nc.va Email: execdir@LGAncva.com

LGA MEMBERSHIP APPLICATION

Dues are for the Calendar Year (January – December)

Please Indicate Membership Type: ☐ New ☐ Renewal ☐ Current Member / Updates Needed

Membership Updates: ☐ Home Address ☐ Lake Address ☐ Phone Number ☐ Email Address

Desired Membership Level: ☐ \$30.00 General ☐ \$50.00 Bronze ☐ \$100.00 Silver ☐ \$300.00 Lifetime
☐ \$60.00 Business Member – (Please include a copy of your Business Card)

Please tell us how you heard about us: _____

First & Last Name(s) / Business Name: _____

Subdivision: _____ House - Yes/No: _____ Lot #: _____ Number of Adults: _____

Mailing Address: _____

Primary Mailing
Address

Lake Address: _____

If Different
Than Primary
Address Listed
Above

County: _____

(Please list the complete lake address / If you own a Lot Only: Please list the street name with Lot #, City, State, and Zip Code)
(We need this information to set you up properly in our database and membership records)

Home #: _____ Cell #: _____ Lake #: _____

Email Address(s): _____

(Only used to send LGA Bulletins, Membership Notifications & Renewals, Annual Membership Surveys, Lake Environment Events, and Emergency/Weather/Water Level Alerts)

I hereby give my consent to receive LGA information and notifications via my email address as listed above.

Member's Signature

Date

Please complete this form and mail it along with your payment (and Business Card, if applicable) to:

Lake Gaston Association: P O Box 656, Henrico, NC 27842

Membership data, email addresses, and phone numbers are always kept strictly confidential by the LGA!





LGA ~ Calendar of Events

Oct 4 - Monthly Membership Mtg - (9:30 - 11 p.m.) - Lake Gaston Baptist Church: 2378 Eaton Ferry Rd, Littleton

Oct 9 – Columbus Day (Holiday)

Oct 13 - Safety Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Oct 17 - Gov't Relations Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Oct 19 - Mrktg & Mbrshp Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Oct 25 – LGA Board Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Oct 25 - Lake Cleanup Committee Mtg - (10 - 10:30 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Oct 31 - Halloween (Holiday)

Nov 1 – Monthly Membership Mtg - (9:30 - 11 p.m.) - Lake Gaston Baptist Church: 2378 Eaton Ferry Rd, Littleton

Nov 7 - Voting Day

Nov 10 - Safety Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Nov 11 - Veterans' Day (Holiday)

Nov 15 - Lake Environment Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Nov 16 - Mrktg & Mbrshp Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Nov 21 - Gov't Relations Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Nov 23 - Thanksgiving (Holiday)

Nov 29 - LGA Board Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Nov 29 - Lake Cleanup Committee Mtg - (10 - 10:30 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Dec 5 – International Volunteer Day – thank you to all the volunteers who make up the LGA!

Dec 6 - Monthly Membership Mtg - (9:30 - 11 p.m.) - Lake Gaston Baptist Church: 2378 Eaton Ferry Rd, Littleton

Dec 7 - Hanukkah begins (Holiday)

Dec 8 - Safety Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Dec 19 - Gov't Relations Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Dec 21 - Mrktg & Mbrshp Committee Mtg - (8:30 - 10 a.m.) - Lakeland Cultural Arts Center: 411 Mosby Ave, Studio B, Littleton

Dec 25 – Christmas (Holiday)

Dec 31 – New Year's Eve (Holiday)



LGA Recipe Roundup...

Bacon Wrapped Kielbasa Bites

These brown sugar and mustard glazed kielbasa bites will be the hit of any holiday party you go to this year! They can be assembled earlier in the day and then glazed and baked right before serving.

Ingredients

- 1 lb. kielbasa
- 10 slices bacon
- 1 1/2 C brown sugar, packed
- 3 Tbsp stone-ground mustard
- 3 Tbsp white wine vinegar
- 1 Tbsp black pepper (adjust to taste)
- Cooking spray or parchment paper

Directions

1. Preheat oven to 375 degrees. Line a baking sheet with aluminum foil and spray well with non-stick spray, or put a layer of parchment paper down. The bites become very sticky when the sugar caramelizes and can be difficult to remove from the foil.
2. Cut kielbasa down the middle, lengthwise. Slice each half into 1-inch pieces, you should have about 30 pieces of kielbasa. Cut each piece of bacon into thirds. Wrap one bacon strip around each piece of kielbasa and secure with a toothpick. Set aside.
3. In a small saucepan, combine brown sugar, vinegar, mustard and pepper. Heat over medium, stirring occasionally, until the sugar is dissolved. (Can also be done in a microwave-safe bowl for 1 minute in the microwave.)
4. Brush the kielbasa with glaze and place on the baking sheet and bake for 40 minutes. Serve immediately.






Please welcome our newest Business Members...
Click on the Business Members' business card for a direct link to their website...




Lisa & John Haggerty
 414 Becker Drive • Roanoke Rapids, NC 27870
 Tel: 252.541.3361 • Cell: 252.904.0709
 Email: hagsnca10@centurylink.net




K-9 Cuts Pet Grooming
Stephanie Thompson Owner
Alicia Thompson Operator
 118 East North Main Street
 Littleton NC 27850
 252-578-1913
 k9_cuts@yahoo.com



Thank you, LGA Business Members for your Support ...

For more Business Member details, please visit our website at:

<https://www.lgancva.com/lake-gaston-association-membership-application/lake-gaston-association-business-members.html>

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