



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

BOARD OF DIRECTORS

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Lake Cleanup Chair

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Amendment to 2023 Proposed Bylaws Changes

ARTICLE V – OFFICERS

Section 2 - Duties of the Officers

C. SECRETARY: The Secretary shall accurately record, sign, and distribute minutes of all (Insert: Membership) meetings to each Board member. After ten days these minutes shall be available on the website. The Secretary shall be responsible for recording and distributing Board and Executive Committee meeting minutes and accomplishing other duties assigned by the President.

Annual Membership Meeting

Saturday, June 17, 2023

9:30 am – 1:00 pm

Lake Gaston Baptist Church

** Director Vacancies **

North Carolina

3 - Halifax County

3 - Northampton County

2 - Warren County

Virginia

4 - Brunswick County

4 - Mecklenburg County



President's Corner...



Welcome!

First, you may have heard your Board has decided to move the Bulletin from bi-monthly to a quarterly publication. There are several reasons for this change. Even the casual reader probably has noticed the LGA calendar year is pretty predictable. The shred event is in May, June is lake clean up and volunteers enter the water to repair cages, July and August we are enjoying the lake, and then comes the 350-mile shoreline vegetation survey followed by the John 3:16 toy collection project and then it's Christmas.

We are oversimplifying but there are only so many ways to say the same thing. A quarterly publication will save us money and we can use those savings to promote our programs. We've also decided to refocus our attention on the website which will have more fresh content, a new look, and can be quickly updated to record life's moments here at Lake Gaston.

So, please bookmark the website and check regularly for the latest news at www.LGAncva.com.

Some dates to remember. The Jack D Saunders Community Shred Event is Saturday, May 6 at the RWVFD station on Lizard Creek Road. The event is free and open to EVERYONE. The shred truck will be here from (10am – 1pm) and you can stay and watch as your confidential documents are turned into confetti. The LGA Annual Meeting will be on Saturday morning June 17th. This is an important meeting since we elect new directors, we will be voting on some bylaw changes; the first in over 10 years, there will be an update on the Lyngbya issue with some positive news and, finally, all in attendance will be served lunch.

There is a downside to a quarterly publication. I just realized this will be my last Presidents Corner as my term ends at the end of June. In one of my first columns, I repeated an old joke about the challenge of Elizabeth Taylor's seventh husband in knowing what he had to do but how to make it interesting.

Let me say in closing it's been an honor and privilege to write to you since July 2021. I hope you have enjoyed reading and I might say it wasn't as difficult as I thought saying something different for each issue.

Please continue to support the LGA. I'm not going anywhere. See you at the next meeting.

Thanks for reading and stay safe.

Brian Goldsworthy
President
Lifetime member since 2015

April 5, 2023 – LGA Monthly Board Meeting

9:30 a.m. at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road

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

Speaker: Kathy Pflieger - Master Gardener

Topic: Shoreline Landscaping with Native Plants

The meeting is open to the public, members, and non-members alike, so gather up your friends and neighbors and come join us. For more information, please email us at execdir@LGAncva.com or call (252) 586-6577.





Lake Environment Committee...

Vegetation Survey Results

2022 survey results were presented by Jessica Baumann, NC Extension Associate, recently to the Stakeholders Group. Over 60 LGA volunteers contributed over 400 hours collecting data at approximately 6000 points. Over 75% of these had some type of vegetation. Water Willow is by far the most common vegetation along the LKG shoreline. The survey indicates that the population of Hydrilla remains under control at 166 acres. The majority of this resides in the shallowest (water depth <2') upper creeks and coves. Lyngbya or "black mat" algae population showed a slight decline and covers 1,285 acres of the shoreline. A copy of Jessica's presentation is located on the Lake Gaston Weed Council web page: <http://www.lgwcc.org/pdfFiles/MeetingMinutes/stakeholdersMeetingPresentation-02-21-2023.pdf>.

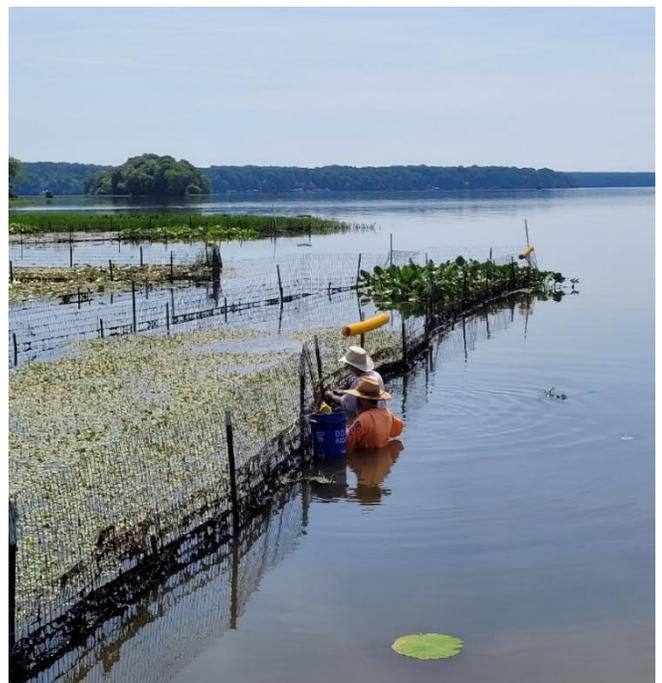
Integrated Research Results

In 2018 the North Carolina State's Aquatic Plant Management Program initiated an integrated research project for Lake Gaston. The purpose was to develop environmentally sound, cost-effective vegetation management strategies that will benefit long-term ecological fitness of the lake. The research had a strong focus on Lyngbya management. The final report was recently presented to the Weed Council. The report identifies effective control methods, best management practices, and provides direction for further studies, such as improving knowledge of Tidewater Mucket (a state-threatened mollusk) and understanding the potential toxin production capabilities of Lyngbya. A copy of the report, Integrated Research to Address Lake Gaston's Water Quality, Biodiversity, and Noxious Weed Management, is posted on the Weed Council website:

http://www.lgwcc.org/pdfFiles/weedControl/NCSU_Lyngbya_Research_Final_Report_2023.pdf.

Nuisance Vegetation Treatment Plans

The recommendations that the Weed Council received from the Technical Advisory Group (via the Stakeholders) is to treat up to 166 acres of hydrilla and 500 acres of Lyngbya. By the time this bulletin reaches you, a map showing the location of Lyngbya treatment areas should be available on the Weed Council website. Last year 375 acres of Lyngbya were treated. Financial limitations will continue to constrain these treatments. One important finding is that sites treated 1 year show a 16% reduction in acreage, while sites treated 2 years indicate a 30% reduction in acreage. Plans for treating hydrilla will most likely be made in June once we enter the active growth season.



Committee Work Plans

The Lake Environment Committee is now implementing our 2023 plans to monitor water quality, maintain native vegetation "cages" and prepare for the upcoming fall vegetation survey.

Lake Environment Monitors or LEMs will be collecting water clarity data and testing specific creeks for e. Coli. We will also survey shorelines looking for erosion and sediment issues. We will address control measures with the responsible parties.

Habitat Enhancement or the promotion of native aquatic vegetation continues. Our focus is on maintaining the structures that are currently in place. Additional planting of “natives” outside the existing “cages” will help spread these beneficial plants.

With an assist from an O’Sail grant to the Weed Council, we plan to make improvements to the survey equipment. Such as the ability to acquire a GPS location. Other survey improvements are being planned with NC State on procedures and extending the survey period.

Getting The Word Out



We will be spending more time getting the word out about how the LGA is working to maintain the environmental well-being of the lake and surrounding areas in balance with recreational use and enjoyment of Lake Gaston. Look for us at various events including the Bridge and Back for Q.W.A.C. [Lake Gaston Regional Chamber of Commerce - 2nd Annual Bridge & Back 6.5k Run/Walk \(lakegastonchamber.com\)](https://www.lakegastonchamber.com)

Cyanotoxin Release From Lyngbya: Ongoing Research

At our annual membership meeting, Saturday, June 17, 2023, Jessica Baumann, NC State Extension Associate will speak about the research that is ongoing to detect cyanotoxin production on Lake Gaston. A better understanding of the potential for toxin production will assist in addressing public concerns.

“Ignorance lies not in the things you don’t know, but in the things you know that ain’t so” - Will Rogers

Jeff Zimmer

Lake Environment Chair

Committees@LGAncva.com

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

May 3, 2023 – LGA Monthly Board Meeting

9:30 a.m. at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road

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

Speaker: Fillmore Bowen & Helen Savage - AARP

Topic: Learn how to protect yourself against Fraud & Scams

The meeting is open to the public, members, and non-members alike, so gather up your friends and neighbors and come join us. For more information, please email us at execdir@LGAncva.com or call (252) 586-6577.

To all our wonderful mothers, we wish you a very



Government Relations Committee...



The Virginia state elections will be held this November. The group that needs the most help in getting their name out there and getting an opportunity to answer questions from the voters are the local county people.

The LGA will organize and host candidate forums for a number of the groups that are running for election. The groups we normally host are the candidates running for Board of Supervisors, the County School Board, and the Sheriff's office. A Candidate's Forum takes a half of a day and is held on a Saturday morning or weekday evening, and we try to cover a single county's three groups all in one day.

Candidate Forums

- * Board of Supervisors
- * County School Board
- * Sheriff's Office

These forums are labor-intensive, and we will need nine to ten of us to pull it off. Candidate filing deadlines are in early June. We have from then until November to schedule the forums. We will begin our planning for these events at our May committee meeting. Our April meeting will be used to try to catch up on lake happenings and become involved with events as necessary.

The Government Relations Committee meetings are held on the third Tuesday of each month at 8:30 am at Littleton Food & Spirits, 235 N Mosby Avenue, Littleton, NC 27850, and we'd love to have you join us!

John Cataldo

Government Relations Chair

Committees@LGAncva.com

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



Safety Committee...

The purpose of the Safety Committee (era 2001): "Networks with enforcement agencies and organizations on land and water safety issues. Coordinates with the Lake Gaston Water Safety Council and other authoritative agencies on issues relating to water safety. Monitors concerns of such things as: fires, flooding, vandalism, hunting, and medical." Well, that is what we do **but we also do more.**

Last year, we supported critical volunteer firefighter training. Brunswick and Mecklenburg first responders received building search and fire suppression training. This training helps fill gaps and increases individual proficiencies on the fire ground. We rely on volunteer fire services, and each fire company is looking for volunteers. Many fire companies conduct youth Fire Training Camps to educate future volunteers. The LGA Safety Committee was instrumental in supporting two fire camps last year.

The safety committee interfaces with the US Coast Guard Auxiliary LKG Flotilla 054-9-3, the Water Safety Council www.lakegastonwatersafetycouncil.com, and the Lake Gaston 911 Task Force www.lkgtaskforce.org. Each provides an essential role in promoting safety on both land and water. If you have not checked their websites lately, please visit soon.



Local participation in the National Neighborhood Watch www.nnw.org program has declined. In the past, one Lake Gaston group was the largest NNW group in the nation. What did this mean? It means that almost every residence participated and was watching out for their neighbors. So, if you do not have an NNW program in your neighborhood or HOA, what can you do?

First: ensure your outside lights work and prune shrubs to remove hiding spaces. When not at home, draw your shades to prevent individuals from looking in your home. If you have a security system, make sure it works and use it when away.

Second: if you see something, say something. It is important to contact law enforcement if something is not right; strange cars in the neighborhood driving slowly, or perhaps individuals walking onto the property or looking in windows. Take a description and call your appropriate 911 center.

See 👁️👁️
Something
Say
Something

Finally: if your neighborhood or HOA is interested in starting an NNW program, the Safety Committee would like to hear about it. We encourage as many NNW groups in our area as possible to discourage criminal activity of all types.

Did you just get a message on your phone or email that had a strange link embedded? Is a Nigerian Prince trying to give you \$40 million dollars? Are unknown callers trying to get you to send them money? Each of these is a scam to get you to send them money. The LGA meeting on May 3, 2023, at 9:30 a.m. will have a speaker to discuss scams and how to avoid them. Attendance is free, and we would be happy to see you. This important topic is of interest to all.

It is important that we protect our identifiable information (PII). Protecting PII is essential for personal privacy, data privacy, data protection, and information privacy and information security. With a few bits of personal information, thieves create false accounts, incur debts, or sell a person's identity to a criminal. The LGA will help protect your PII confidential papers at our free annual Shred Event (donations greatly appreciated to help defray the cost).

We will shred your documents on Saturday, May 6, 2023, at the Roanoke Volunteer Fire Department, 790 Lizard Creek Rd, Littleton, NC. Your papers are destroyed onsite. Please remove metal binder clips or folder hangers. We will not shred cardboard boxes, so you should plan to bring them home and place them in your recycling bin.



Eric Wooster
Safety Chair

Committees@LGAncva.com

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

June 17, 2023 – LGA Annual Membership Meeting

9:30 a.m. at the Lake Gaston Baptist Church: 2378 Eaton Ferry Road

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

***** Election of new LGA Board Members & Approval of Bylaws *****

Speaker: Jessica Baumann, NCSU Extension Associate

Topic: Ongoing Research into Cyanotoxin Production from Lyngbya

The meeting is open to the public, members, and non-members alike, so gather up your friends and neighbors and come join us. For more information, please email us at execdir@LGAncva.com or call (252) 586-6577.

To all our fantastic fathers, we wish you a very



Marketing & Membership Committee...

“It's all our job”

Years ago, my wife and I owned a sailboat that we sailed on Lake Erie. That's up in Michigan for those geographically challenged. Every spring there was a boat show at the convention center in Detroit. The owner of the boat dealership asked me after I had the boat for a season if I would be willing to “work” the boat show and talk about the boat.

I said sure to help the owner and it was fun to talk about boats. Much to my surprise, I became the top seller over the weekend. There was no commission or pay (kind of like volunteering with the LGA) but it was fun introducing a prospective buyer to the owner who in turn sold a boat. Guess what? Yep, I was asked back for the following year and the year thereafter.

The point of the story we aren't asking you to sell boats or cars. It was easy for me to talk about something I valued. Can we ask you to do the same about the LGA? You have made the commitment to support a clean and safe lake. We need every member to just sell one \$25 membership. Just think about how that would help us promote the LGA mission.

How can you help? Just forward this link <https://www.lgancva.com/lake-gaston-association-membership-application/join-the-lga.html>

We need you to help us and thank you!

Brian Goldsworthy

Marketing & Membership Committee Chairman

Committees@LGAnCva.com

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





Lake Cleanup Committee...

Lake Cleanup Day – June 3, 2023

This is an unmanned event. It is a reminder that it is time to check your surroundings and shorelines for any trash that may have accumulated during the winter. Once you have collected any trash, it can be taken to your local convenience center for disposal. In late May, you will see our “RED” Lake Gaston Cleanup Signs around as a reminder.

June 3, 2023



I must say that I have been very happy to see our lake residents along our roads picking up trash. Thanks to each of you! I “honk” and “wave” each time I see one of these worthy people... Hope you will also.



Would love to have you join our committee. It is a good place to spend some quality volunteer time. We meet the last Wednesday of the month at 10:30 am at Littleton Food & Spirits, 235 N Mosby Avenue, Littleton, NC 27850.

Carol Warfel

Lake Cleanup Chair

Committees@LGAncva.com

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



Lake Gaston Water Safety Council...

Water Safety Council – The Electrical Safe Boathouse

The Water Safety Council was formed, in part, because of electrical shock around boathouses, and electrocution is still a real possibility at Lake Gaston. Improper installation, faulty equipment, or frayed wiring can allow electricity to flow into the water around the source. The accompanying picture shows a quick check for voltage on a boat lift.

The lift is up in the air not touching the water. The meter is set to a low range for AC voltage (sorry, this \$10 multimeter's lowest range is 200).

The black test lead is hanging in the water and the red test lead should touch a crossbar or the cable on the lift. If you don't feel comfortable testing this, ask an electrician.

Space is too short to go into all of the possibilities of what could go wrong, but here's a known problem...



You may have two grounding rods connected in the electrical panel (breaker box) at the boathouse. They can be at different potentials and cause an unbalanced system.

- Look for a grounding rod at the shore and trace it to the panel.
- Now look for the power wires that are coming from your house. If the bare copper wire in that cable is connected, along with the wire that comes from the rod you found, that could be your problem.
- Kill the breaker at house that feeds power to the boathouse.
- Remove one of those grounds (either, but I'd remove the one from the shore rod) and securely tighten the remaining ground wire and any other wires that were under the ground lug in the panel.
- Turn the breaker back on and retest with the meter.
- If you are ever in the water and you feel a "tingle or buzz" swim back the way you came and have it checked out.

Next 3 Monthly Meeting Presentations

April: Dock Safety

May: National Water Safety

June: RWVFD Drones



Let's all be proactive and prepare for a safe summer season,

Lake Gaston Water Safety Council

Wyatt Andrews

(Not an electrician)

President

LKGWSC.ORG



From the desk of the Executive Director...

Hello everyone! Welcome to spring; crazy to think that summer will soon be upon us again – my how time flies. Wishing you all a safe, happy, and memorable summer with all your family and friends and hopefully it won't be too hot. Looking forward to an awesome summer myself and I hope you are too!



Important – Past Due Memberships...



To all of our LGA Members who have paid their 2023 dues – Thank You for your support; it's greatly appreciated! To any of our LGA Members who have not yet paid their 2023 Membership Dues, please expect a phone call from one of our Directors soon. We're now beginning the second quarter of this year and sadly, we still have 279 unpaid household and business memberships, and it takes every membership and then some to help fund our much-needed lake-wide programs. We invest heavily in the future of Lake Gaston on numerous committee levels, and we hope you see the value in the LGA and what we do for our communities around the lake, so we need your support today!

Urgent – LGA Business Members...

In case you haven't noticed yet, I've been in the process of updating our LGA Business Members' business cards which are shown at the end of our bulletin publications. Our LGA Members love to shop local and because you have a vested interest in the LGA, we work hard to promote your business to our more than 2,250 + members.

As we've all seen in the past, the current assortment of business cards posted in our bulletins is extremely old, outdated, and very difficult to read, and I am not able to reproduce them in a more readable version because I do not have any of the original copies. To date, I have only received roughly a dozen new cards out of 113 business members, so if you are an LGA Business Member who supports the LGA, please **MAIL** in a physical copy of your business card ASAP so I can update your business listing in our bulletin. Please note that I do need to have a physical card in hand to get the best readable copy saved for your business listing – so please don't delay and mail your business card today to the Lake Gaston Association, P O Box 656, Henrico, NC 27842. Thank you for your support!!



Lake Gaston Association

P O Box 656

Henrico, NC 27842

(252) 586-6577

execdir@LGAncva.com

www.LGAncva.com

Please **Mail Us** Your
Business Card ASAP

If you have any questions or concerns, please contact us at (252) 586-6577 or via email: execdir@LGAncva.com.

Beverly Summerfield
Executive Director



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 bi-monthly 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: \$25.00 General \$50.00 Bronze \$100.00 Silver \$250.00 Lifetime
 \$50.00 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

April 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Apr 5 - Monthly Board Mtg - (9:30 - 12 pm) - Lake Gaston Baptist Church: 2378 Eaton Ferry Rd, Littleton

Apr 9 - Easter

Apr 14 - Safety Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Apr 18 - Government Relations Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Apr 19 - Lake Environment Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Apr 20 - Marketing & Membership Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Apr 26 - Executive Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Apr 26 - Lake Cleanup Committee Mtg - (10 - 10:30 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

May 3 - Monthly Board Mtg - (9:30 - 12 pm) - Lake Gaston Baptist Church: 2378 Eaton Ferry Rd, Littleton

May 12 - Safety Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

May 14 - Mother's Day

May 16 - Government Relations Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

May 17 - Lake Environment Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

May 18 - Marketing & Membership Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

May 29 - Memorial Day - (Holiday)

May 31 - Executive Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

May 31 - Lake Cleanup Committee Mtg - (10 - 10:30 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Jun 9 - Safety Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Jun 13th - 15th - Annual Habitat Enhancement Project – Multiple locations around the lake – To be determined

Jun 17 - Annual Membership Mtg - (9:30 - 1 pm) - Lake Gaston Baptist Church: 2378 Eaton Ferry Rd, Littleton

Jun 18 - Father's Day

Jun 20 - Government Relations Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Jun 22 - Marketing & Membership Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

Jun 28 - Executive Committee Mtg - (8:30 - 10 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton

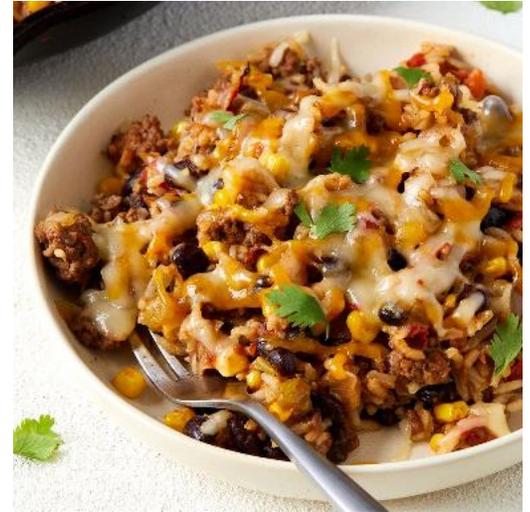
Jun 28 - Lake Cleanup Committee Mtg - (10 - 10:30 am) - Littleton Food & Spirits: 235 N Mosby Ave, Littleton



LGA Recipe Roundup...

Mexican Beef and Rice Skillet

Is there anything better than a one skillet meal? Absolutely not, especially when it's as family-friendly and quick as this one, featuring spiced ground beef, flavorful rice, hearty beans, and lots of cheese. It all comes together in just 40 minutes with minimal prep, and is a total weeknight dinner winner!



Ingredients

- | | |
|---|--|
| 1 tbsp extra-virgin Olive Oil | 1 - 4 oz can Green Chilis |
| 1 large Onion, chopped | 1 tbsp Ground Cumin |
| 1 lb Ground Beef | 1 tbsp Chili Powder |
| 1 cup White Rice | Kosher Salt |
| 1 - 15 oz can Diced Tomatoes | 2 cups low-sodium Chicken Broth |
| 1 – 15 oz can Black Beans, rinsed and drained | 1-1/2 cup shredded Cheddar/Monterey Jack |
| 1-1/2 cups Corn (fresh, frozen, or canned) | Fresh Cilantro for garnish |

Directions

1. In a large skillet over medium heat, heat oil. Add onion and cook 2 minutes, then add ground beef and cook until no longer pink, 6 minutes, breaking up with a wooden spoon as it browns. Drain fat.
2. Move beef to one side of skillet and add white rice to other side. Cook 2 minutes, then add fire-roasted tomatoes, black beans, corn, green chilis, cumin and chili powder. Season with salt and stir to combine, then pour over chicken broth.
3. Bring to a simmer, cover, and cook 20 minutes.
4. Top with cheddar and Monterey Jack and cover to let melt, 2 to 3 minutes.
5. Garnish with cilantro and serve.



Please welcome our newest LGA Business Members...



Feel free to click on any Business Members' business card for a direct link to their website...

Blinds • Shutters • Shades • Drapes
Home Automation

BUDGET BLINDS
Style and service for every budget!

Michael Ellis
Owner
mellis@budgetblinds.com

Budget Blinds of Richmond
o: 804.269.3995
Budgetblinds.com/Richmond

An independently owned and operated franchise.

Jason B. Harrell, MSN, RN, ANP, CPHQ
President
Administration

252.535.8159 office | 252.535.8468 fax | 252.578.3741 cell
Jason.Harrell@VidantHealth.com

ECU HEALTH
ECU Health North Hospital
250 Smith Church Road
Roanoke Rapids, NC 27870
ECUHealth.org

exp REALTY

Liz Christensen
919.434.1351
liz.lcrealty@gmail.com
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