

SHORELINES

Volume 26, Number 11

An Official Publication of LGLC

Board of Directors 2026-2027

President

Jennifer Allman

Vice-President

Jane Akom

Recording Secretary

Debbie Gravanda

Corresponding Secretary

Barb Jones

Treasurer

Donna Jeter

Assistant Treasurer

Sharon Kelser

Luncheon Chair

Kay Currin

Luncheon Treasurer

Burnie Simpson

Program Chair

Lynne Williams

Membership Chair

Cat Mohan

Publicity Chair

Elyse Anderson

Special Projects Chair

Mary Lou Kellogg

Newsletter Editor

Melissa Verkuilen

Asst. Newsletter Editor

Sue Feldmann

Parliamentarian

*Georgia Holder

Webmasters

*Einass Akari

*Kimberly Sminkey

Past President

*Valerie Ruch

*Non-voting member

What a wonderful year it has been serving as your 2025–26 President! Thank you to our amazing Board and to all of the volunteers who contribute in so many ways. It has been incredibly rewarding to see your smiling faces and hear your laughter at our luncheon meetings. I feel truly fortunate to have made so many wonderful friends through our meetings and activity groups. Serving in any capacity with the LGLC is a rewarding experience, and I encourage each of you to get involved in whatever way feels right for you. If you are wondering how to get started, I would be delighted to talk with you about the many opportunities and levels of involvement available within this wonderful organization.



It was a pleasure to have six of our Past Presidents join us at the May Luncheon and share memories from their terms of service. Although some served before I became a member of the LGLC, I have had the opportunity to get to know most of them through our monthly luncheons and activity group events. We were also fortunate to enjoy a wonderful program of patriotic music presented by the Gastonettes. Flags were waving, attendees were singing, and it was a beautiful sight!

Our June 2 Ice Cream Social was a memorable celebration of the LGLC's 50th Anniversary and an opportunity to recognize members with 25 or more years of membership in our remarkable club. We are proud to be the largest social club for women in the United States. Special thanks are due to the founding members whose vision and initiative brought women together at Lake Gaston and created the phenomenal organization that continues to enrich our lives today.

This year, we were also pleased to welcome representatives from 23 local nonprofit organizations to receive donations in appreciation of their service to our community. Thanks to your generosity, we were able to contribute \$11,500 to these organizations, as well as provide support through our monthly giving jars to five food banks and other worthy causes. Because of you, we were able to assemble and deliver more than 150 personal hygiene kits for residents of local adult care homes and helped keep community cupboards stocked throughout the year.

As summer arrives at Lake Gaston, I wish you and your family all the best. I hope your days are filled with the people and activities you enjoy—whether that means a house full of family and friends or a quiet afternoon on the dock with a good book. Stay safe, stay well, and enjoy the season. I look forward to seeing you again in September.

“Count your Age by Friends, Not Years; Count your Life by Smiles, Not Tears!”

With love and warm hugs, Jennifer

Meet Your Board Member



Hello, my name is Einass Akari. I'm originally from the Washington DC area...well that's not entirely true. I was born in Amman, Jordan and came to the US when I was 2 years old. I grew up in Maryland, right outside of DC, and moved to Baltimore after marrying my

husband in 1992.

We have 3 sons of our own and raised my husband's niece and nephew as our own. Our oldest lives in Northern Virginia, and is the father of our only grandchild. Our middle son is in his 3rd year in medical school, and our youngest just graduated from college.

In 2013, on a trip back from Florida, my husband and I decided to buy a house on a lake that did not house alligators and came across Lake Gaston. So, we purchased our first Lake Gaston home in Valentines, VA, while still living and working in Northern Virginia.

In 2017, when my husband began transitioning into retirement, we began looking for a home in North Carolina, a state where my husband had always wanted to retire. As I was not ready to retire, we purchased a large home in Wake Forest and I opened a bed and breakfast, Lions Gate B&B. My youngest and I moved down and my husband spent the next 3 years commuting to Northern Virginia.

After he retired for the second time in 2024, we closed the business and moved to our second Lake Gaston home on a permanent basis. Unfortunately, failure does often happen in life, and I learned the retired life was not for me. I have happily returned to full time work. For this reason, you will not see me often. I will miss many, if not all club functions. But, you are all in my thoughts, and sometimes in my dreams, as I work on the Lake Gaston Ladies Club website.

I wish you all well and hope that you enjoy your summer!!!

Luncheon Information

For the 2026 — 2027 LGLC year, you have the ability to pay for all nine lunches at one time. You will be able to click on the QR code [Luncheon Information | Lake Gaston Ladies C](#) or submit a check indicating regular or gluten-free lunch. Once you have paid for all, you will not be able to cancel but you can offer to have another member attend in your place and have them reimburse you or not or it becomes a donation to the Ladies Club. Please notify [Burnie Simpson](#) if another member is replacing you for the luncheon.

The Tuesday, September 15, 2026 luncheon includes Breast of Chicken with Lemon Caper Butter, Mashed Potatoes, California Mixed Vegetables, Roll & Butter. Dessert will be Pound Cake with Rum Raisin Sauce. Iced Tea, Water, Black & Green Hot Teas and coffee are available.

Community Outreach Update—May 2026

1. *Hygiene Kits: The 85 hygiene kits have been packed and will be delivered by the end of May. A special thank you to Peggy Benton, Sue Feldmann, Salee Crosby and Jennifer Allman for helping put together the kits. The bright spring colors used will definitely bring smiles. We had an assembly line that beats anything that Ford Motor Company has ever done! What a joy it is to help each other to reach out to help others.*

2. *Skill Creations: A second visit by 3 LGLC members to interact with the residents of Skill Creations was completed on April 13th. Again, this couldn't have been accomplished without special volunteers. Thank you, Debbie Hill & Jeanette Lewis! They participated with story time, played with balloons and helped with a coloring project. The nine residents and staff enjoyed the time interacting with the LGLC volunteers. It was a blessing to be able to reach out to this special population. This activity will take a break for the summer.*

3. *We are grateful for ALL of the donations that were made to make the Holiday kits and the Spring Kits a possibility. THANK YOU, THANK YOU, THANK YOU!*

*Blessings be with each of you,
Karen Capps & Debbie Dowling*

Meet your 2026 Wonder Woman Peggy Donochod

Peggy has been a devoted member of the Lake Gaston Ladies Club since 1999. Her commitment to the organization is evident through her service as President during the 2010-2011 year. Throughout her membership she has actively participated in several activity groups including Vintage Gals, Gastonettes, Green Thumbs, Gason Gourmets, and the acting group Stage One. Additionally, Peggy has contributed her time and energy as a member of the Standing Committee for The Celebration of Life Service.

Peggy's dedication to helping others extends beyond the Ladies Club. She has generously volunteered for Hospice Care with CMH Community Hospice for 18 years. Peggy volunteered at the local Food Bank, Ray of Hope Food pantry demonstrating her compassion and commitment to supporting those in need.

She is actively involved with her Homeowners Association, a member of the LRG 911 Community Task Force since it started in the Appreciation Hospitality Committee, a strong supporter of the Ladies of the Lake Cancer Support Team as well as the "Sunshine Basket" taking food to friends in need. Once you meet Peggy, she is a friend for life.

Peggy is a loyal member of Prospect United Methodist Church and has taken on numerous roles within the congregation. She chaired the fundraising campaign for the church's addition, which resulted in the Fellowship Hall. Her leadership has also included being President of Council, serving as Trustee, Lay Leader, and Teller. In addition, she has been a Greeter and a Reader during services. Peggy helps prepare and serve Happy Meals to shut-ins. She is last to leave the kitchen for the monthly potluck meals. She is always willing to volunteer and help with any function, task, or need that arises within the church community. Peggy is known for offering rides to those who need transportation to medical appointments.

She is affectionately known as "Miss Personality". She brings joy and encouragement to those around her, always ready to lift someone's spirits, share in both laughter and tears and energize any gathering with her presence. She truly embodies the spirit of community and friendship.



Looking forward to the 2026—27 Ladies Club Programs.....

- ◆ September 15th —sign up for Activity Groups
- ◆ October 20—Craft Fair (Application [Forms and Financial | Lake Gaston Ladies C](#))
- ◆ November 17—Fashion Show
- ◆ December 15—Gastonettes Performance & Silent Auction
- ◆ January 19—No Talent/Variety Show
- ◆ February 16th—
- ◆ March 16th —
- ◆ April 13th—Plant Sale
- ◆ May 18th—Gastonettes Performance & Installation of Officers
- ◆ June 1st—Ice Cream Social

Please continue collecting beverage pull-tabs from soft drinks, energy drinks and adult beverages. There will be a bucket at the church entrance in September to drop them off to benefit the Ronald McDonald House.

LGLC Monthly Meeting Minutes May 19, 2026

The May luncheon of the LGLC was held at Lake Gaston Baptist Church. The luncheon meeting was called to order by President Jennifer Allman at 10:30am. Lori Dobson led the group in God Bless America. The Pledge of Allegiance was saved for later in the program.

Jennifer welcomed Special guests with all the Past Presidents in attendance. Valerie Ruch 2023-25; 2017-19, Susan Zimmerman 2021-23, Liz Boyce 2013-15, Peggy Donochod 2010-11, Vickie Evans 2006-08 and Laura Kolb 2003-05. They were all honored with lunch on china plates and thanked for their years as President.

Other special guests included Carol Seidel for her many years of being an accompanist for the Gastonettes. Jennifer also reminded the Membership to bring in yarn as requested by Georgia Holder.

Jennifer recognized and thanked the angels, greeters, Sue Feldman's decorating and Trudy Stanek's hospitality volunteers.

Nancy Arena shared the Cares and Concerns for May.

Jane Akom recognized the new grandmothers, anniversaries and birthdays. The birthday winner was Kay Herman.

Jennifer reminded everyone about the LGLC 50th year Anniversary Celebration to be held on June 2, 2026 at 2 pm. at the LG Baptist Church. Free cake and ice cream along with a Scoop of Luck – a fun Fundraiser Auction. Twenty-three local non-profit organizations will be presented with checks.

At 11am, the Gastonettes under the direction of Janice Thompson provided a program of Patriotic music. Military in uniform were present towards the end of the program. The Pledge of Allegiance was led at the end of the program by all Military and LGLC members. Pictures were taken with all the military and some spouses.

Jennifer mentioned that the Luncheon Money Jars would be given to the Ladies of the Lake.

Outreach Project Update - Karen Capps provided information on the 85 Spring Kits for the adult group homes. The kits were put together by Peggy Benton, Jennifer Allman, Sallie Crosby, Sue Feldman and Debbie Dowling.

Valerie Ruch was this years Nominating Chair for 2026-2027. She thanked the members of her committee which included Carolyn Chyzik, Carla Boham, Joan Cornell, Jewel Moore and Suellen Amsler from the five counties represented in LGLC. Duties for the office held will begin on July 1st.

The following slate of officers were installed at the May meeting.

President – Jennifer Allman	Vice President – Jane Akom
Recording Secretary – Debbie Gravanda	Corresponding Secretary – Barb Jones
Program Chair – Lynne Williams	Lunch Treasurer – Burnie Simpson
Newsletter Editor – Melissa Verkuilen	Asst Newsletter Editor – Sue Feldman
Treasurer – Donna Jeter	Assistant Treasurer – Sharon Kelser
Luncheon Chair – Kay Currin	Membership Chair – Cat Mohan
Special Projects Chair – Mary Lou Kellogg	Publicity Chair – Elyse Anderson

Approval Of By-Law Changes – The Membership approved the By-Law changes as mentioned.

Summer Safety Tidbits – Georgia Holder presented a funny Summer Safety Tidbits to the group and also had a poster board that had all the items needed in a First Aid Kit.

Luncheon Chair Kay Currin gave the menu and the Devotion was given by Burnie Simpson. Lunch was providing by David's Catering.

Jane shared the Activity Group announcements for May and June.

The baked good for the community cupboard was provided by Elyse Anderson. Ann Thomas was the winner.

Lori Weitzel won the newsletter drawing for the number of bees in the May newsletter.

The luncheon table jar monies of \$495 will be donated to Ladies of the Lake. Charitable giving collected \$246 and the drawing winner of \$100 was Donna Beale.

Donna Jeter told the Membership that the Kentucky Derby Fundraiser raised \$7250 for Ladies of the Lake. The Horses who won for WIN was Judy Luter, to PLACE was Jennifer Allman, and to SHOW was Lynn Norton.

Jennifer Allman gave the closing remarks and adjourned the meeting at 12:55 pm.

Nancy Arena - Recording Secretary

LGLC Monthly Meeting Minutes June 2, 2026

The June luncheon of the LGLC was held at Lake Gaston Baptist Church. The luncheon meeting was called to order by President Jennifer Allman at 2:10pm. Lori Dobson led the group in the Pledge of Allegiance and then the singing of "God Bless America."

Jennifer welcomed representatives from local non-profit organizations as our Special guests.

Jennifer recognized and thanked the angels, greeters and Sue Feldman and her decorating committee for the festive decorations for the 50th Anniversary Celebration.

Nancy Arena shared the Cares and Concerns for June.

Jane Akom recognized the anniversaries and birthdays. The birthday winner for June was Nancy Oehler. The July winner was Jane Rountree.

Jane also announced what the Activity Groups have planned for the summer.

Jennifer shared the amounts of donations we made this year. Total donations were \$18,431.53. From that amount was \$4,251.76 for Giving Donation to 5 Food Banks for \$2,093. and \$2,158.76 for the Community Cupboards, Water Safety Council, Jackson Field, St. Luke's Church and Ladies of the Lake. The amount of \$11,500. was divided between the 23 non-profits for \$500. each.

Donation Recipients – Jane Akom announced their name and Jennifer gave out the checks and shook their hand. A picture was taken of the non-profits and Jennifer expressed her gratitude to all for what they do to give back to the community. The LGLC members gave them a standing ovation. The names of the non-profit organizations were Central Lifesaving and Rescue Squad, Churchill 5 Forks VFD, Gasburg VFD, Lake Gaston VFD, Littleton VFD, Littleton VFD Dive Team, Long Bridge VFD, Long Bridge VFD Dive Team, Roanoke Wildwood VFD, Roanoke Wildwood VFD Dive Team, Southside Rescue Squad, Warren County Rescue Squad, Ebony VFD, John 3:16 Summer Camp, Wildwood Foundation, Union Mission Women's Shelter, Coast Guard Auxiliary Flotilla, John 3:16 Community Resources, Hannah's Place, John 3:16 Child Abuse Resource Center, Helpful Hands and Hearts, LG Striper Club – Fishing with Veterans and Operation Vets with Nets.

50th Anniversary Celebration – Barb Jones introduced the Committee Members which were Jennifer Allman, Jane Akom, Barb Jones, Nancy Arena, Burnie Simpson, Kay Currin, Sylvia Alston, Liz Boyce, Peggy Donochod, Kaye Powell, Kim Orr, Marjorie Duff and Dorinda Paxton. With the help of Sylvia Alston as the "News Anchor", our Skit Fun spanned 50 years of LGLC history.

Presentation of the Poem to 25 Plus Year Ladies in Attendance – Jennifer called the names and a special poem was given to all of the ladies with 25 plus year memberships in attendance. A picture was taken for their time in the LGLC.

Cake and Ice Cream were served to the non-profit organizations and the LGLC members.

Jennifer mentioned that the Luncheon Money Jars would be given to the Littleton's Women's Club for the continued restoration and care of the Person's Ordinary. They are open the first Saturday of the month for visitors.

Community Cupboards Food Drive – Cindy Bigelow mentioned that if you have any canned goods, you can bring them to the LG Chamber of Commerce during the week or take them to nearest Community Cupboard box. All four community cupboards are always needing more food for over the summer. The baked good for the community cupboard was provided by Donna Jeter. The winner of the drawing was Claudia Slaydon.

The luncheon table jar monies of \$250 will be donated to the Littleton's Women Club. Charitable giving collected \$101 and the drawing winner was Sylvia Alston.

Jane Akom announced the winners of the Scoop of Luck. The event raised \$315. Jennifer Allman gave the closing remarks and adjourned the meeting at 4:03pm. Nancy Arena - Recording Secretary

The 2026–2027 Lake Gaston Ladies Club Membership Application/ Renewal Form can be found here on page 8 or on the website [Forms and Financial | Lake Gaston Ladies C](#). Everyone **must** complete the NEW Membership form to include your signature at the bottom acknowledging the liability waiver. You can complete and mail to Cat Mohan with your dues.

Welcome to our New Member

Jennifer "Jen" Stites

Sandy Trace
290 Sandy Trace #40
Henrico, NC 27842

jen_stites@verizon.net
(804)920-9213 (cell)

Cares and Concerns

Lori Dobson
Susie Goertemiller
Betsy Griner
Carol Haefner
Carlies Little

Margaret Lodato
Carolyn Meyers
Pat Paxton
Margaretta Rose
Caroline Watkins

Donna Beale's daughter-in-law
Susan Cunningham's granddaughter
Irene Purdy's husband

Deaths

Pat Royals, 99 years old, passed on 05/05
Susie Deschenes's husband Pete passed 06/09
Denise William's son Michael passed 06/06

We received Thank You's from:

- ◆ Sisters of Providence in memory of Patricia Flynn Royals
- ◆ American Cancer Society in memory of Shirley Beazley Taylor
- ◆ Hospice of the Chesapeake in memory of Glenn R. St. Clair
- ◆ Churchill Five Forks Volunteer Fire Department
- ◆ Ebony Volunteer Fire Department
- ◆ Good News Baptist Church
- ◆ Hannah's Place, Inc
- ◆ Helpful Hands and Hearts
- ◆ Lake Gaston Striper Club
- ◆ Long Bridge Volunteer Fire Department
- ◆ Roanoke-Wildwood Volunteer Fire Department
- ◆ Southside Rescue Squad, Inc.
- ◆ St. Luke's Preservation Committee

Financials

LGLC FINANCIAL STATEMENT 2025/2026			
	April	May	Year to
Category Description	Actual	Actual	Date
Gen Fund Beginning Balance	28,656.00	25,537.82	
INCOME			
Fund Raisers	(74.00)	446.00	2,228.00
Membership Dues	100.00	0.00	12,875.00
Miscellaneous ,ncome	0.00	0.00	35.00
Total ,ncome	26.00	446.00	15,138.00
EXPENSES			
Board Meeting	0.00	0.00	100.00
Contributions Year End	0.00	0.00	0.00
Corresponding Secretary	0.00	0.00	208.31
Greeters	0.00	0.00	0.00
Ice Cream Social	0.00	0.00	0.00
Installation Service	440.45	50.00	490.45
Insurance	0.00	0.00	1,877.00
Lunch Chair	0.00	0.00	0.00
Lunch Treasurer	0.00	0.00	0.00
Membership Directory	0.00	0.00	113.79
Memorials - Family	50.00	50.00	450.00
Memorials - Members	0.00	50.00	300.00
Memorial Garden	0.00	31.36	90.55
Memorial Service	0.00	227.98	237.07
Newsletter	42.12	204.36	69.29
President	0.00	665.60	823.10
Program	0.00	97.39	272.39
Publicity	0.00	0.00	90.00
Recognitions	0.00	0.00	0.00
Recording Secretary	0.00	0.00	0.00
Special Projects Chair	0.00	0.00	0.00
Storage	0.00	0.00	715.00
Treasurer	76.29	50.65	585.33
Vice President	0.00	37.31	1,128.81
Webmaster	0.00	0.00	732.90
Transfer to Equipment	0.00	0.00	800.00
Uncategorized Expenses	0.00	0.00	0.00
Total Expenses	608.86	1,464.65	9,083.99
Profit Or Loss	(582.86)	(1,018.65)	6,054.01
Committed Monies			
Inflow	1,343.87	7,683.00	
Outflow	3,879.19	7,455.02	
Net	(2,535.32)	227.98	
Ending %alance	25,537.82	24,747.15	
Committed Monies			
Equipment	4,001.43	4,001.43	
Luncheon Account	4,508.23	5,214.71	
Luncheon Jars Outreach	432.00	495.00	
Memorial Garden	2,890.13	3,582.13	
Outreach Projects	4,279.51	3,046.01	
Total Committed Monies	16,111.30	16,339.28	
Uncommitted Balance	9,426.52	8,407.87	



Lake Gaston Ladies Club 2026-2027 Membership Form (New and Renewal)

Membership Chair
use only:
Check # _____
or Cash _____
Amount _____

Check one box: ☐ New member ☐ I was a member last year and want to renew ☐ I was not a member last year but have been in the past

Last Name _____ First Name _____ Nickname _____

Birthday: ____/____/____ (Birth year determines lifetime membership) Spouse/Partner Name _____

Article III, Section B of the By-laws of the Lake Gaston Ladies Club: *Lake Gaston property is defined as part of an established Lake Gaston subdivision or individual property on the lake. Property on the access road to the lake or to a subdivision on the lake does not qualify.*

Do you own/reside on Lake Gaston property as defined in the current LGLC By-Laws as stated above?
Yes ____ No ____

RENEWING MEMBERS, READ: No changes to your personal information since your last membership year (Directory has correct information)? If so, skip to the Dues box at bottom of form. If you are not sure, please fill out the form. If you have not been receiving club emails, please provide your email address.

Lake Property Address:

Subdivision _____

No. & Street _____ City _____ State _____

Zip Code _____ County _____ Cell Phone _____

Other Phone? _____ Email _____

Mailing Address if different from lake property: No. & Street _____

City _____ State _____ Zip Code _____

Phone _____

All Emergency Communications, Death Notices, and Shorelines Newsletters are sent via email. If you do not use email and therefore have a need to be notified another way, please indicate it here:

Dues: **\$25** Non-refundable and Non-Transferable \$ _____
Printed Shorelines Newsletter: **\$20** (optional) \$ _____
Printed Directory: **\$15** (optional) \$ _____
Both the newsletter and the directory are available on the website
www.lakegastonlc.org in the members' area. New members will receive login
information soon after the membership form is received.
Total Amount Enclosed: \$ _____

Make checks payable to LGLC
and mail to:

LGLC
59 Hilltop Lane
Gasburg, VA 23857

Renewals received after
September may not appear in
the printed directory

Questions? Contact Cat Mohan at 919-961-0755 or
membershipchair@lakegastonlc.org

Please read and sign:

I understand that participating in Lake Gaston Ladies Club activities involves inherent risks. I agree to assume all risks of injury or damage and hereby release Lake Gaston Ladies Club from any liability, claims, or causes of action arising from my participation. I understand that this liability waiver does not expire.

Signature _____ Date _____



NEWSLETTER EDITOR

MELISSA VERKUILEN

109 ROANOKE DRIVE

HENRICO, NC 27842

The Community Cupboard

Even though we do not meet in July and August, we still maintain the Community Cupboards to help beat food insecurity. Your donations means the world to someone who doesn't have food for themselves and/or family. Donations of canned goods are accepted at the locations listed below and can be dropped off throughout the Summer at:

Chamber of Commerce M-F 8:30 to 5 p.m.

One of the 4 cupboards which are located at...

Kingswood United Methodist Church on Highway 903 in Bracey

Ebony Volunteer Fire Department in Ebony

Olive Branch United Methodist Church in Gasburg

Norton's Flea Market on River Road in Henrico

If you have any questions or want to be more involved with this community outreach, please contact Cindy Bigelow at cbigelow@me.com or 252-801-6539.

Have an enjoyable and safe Summer!!