

LGA Monthly Meeting Minutes (Approved)
Wednesday, October 5, 2016
Lake Gaston Baptist Church

The meeting began at 9:34 am. The President, Bill Heflin, called the meeting to order and led the assembled in the Pledge of Allegiance to the Flag. He then called for a moment of silence. In attendance were VP Mozine Lowe, and Directors Jeff Dowhan, Al Potter, Tony Moran, Don Carson, John Cataldo, Brian Goldsworthy and Exec. Dir. Moira Underwood. The individuals in the audience introduced themselves. Bill asked for a motion to approve the agenda which was made, seconded (Tony/Brian) and passed.

Don Carson introduced Guest Speaker Claire Wright, Exercise Physiologist with VCU Heath Community Memorial Hospital Exercise & Therapy Center, South Hill, VA. Ms. Wright led an informative and entertaining presentation on “How to stay fit through the winter months.” She covered stretching, aerobic and weight bearing exercises. With the game assistance of an LGA member, she demonstrated a number of simple exercises that can be done at home, even while watching TV! She stressed that one should let their body tell them what level of exercise to exert. She also noted that weight bearing exercises are very beneficial for those dealing with arthritis, osteoporosis and other conditions that might normally limit exertions.

Don then moderated an information session on the proposed Halifax County Schools District Supplemental Tax question that will appear on the November 8 ballot in Halifax County. Mr. Tyus Few, of the Halifax County Board of Education spoke in support of the tax. Ms. Pat Croisetriere spoke in opposition to the tax. Ms. Spinosa Clements of the Halifax Board of Elections then provided information on who will be voting on the question and general information on early voting in Halifax county. A short questions session was held before moving on to the next item on the agenda.

Committee reports –

Education - Jeff noted the cancellation of the Warren County Lakeside Learning Day requested by Warren County due to a late replacement of the Principal and Vice Principal at Warren County High School. Jeff also announced the Education Committee's meeting with the Superintendents of all 5 area county public school systems. It will be held on October 28 from 10-12 am in the upstairs conference room of the Lake Gaston Camber of Commerce. The public is invited.

Environment – Bruce gave status of the Aquatic Plant Survey. Going well but we need more volunteers.

Safety – Clarence reminded all to check smoke, and CO detectors and to get your chimneys cleaned. He also noted that all our committees need volunteers to support the work we do. Al provided an update on the first responders appreciation program, asking folks to consider dropping off a little something at your local law enforcement, fire and/or rescue locations, like like a few pizzas, a case of soft drinks, etc. Al reminded us that we all like to be given something, especially when it is unexpected. He brought the point home by walking through the audience and handing out miniature gifts to everyone. It was clear that his point was made.

The meeting was then adjourned.

Reported by the temporary Secretary,

Don Carson, Director Warren County