



The Civic League Ledger



December 2025

Seasonal Affective Disorder

Seasonal Affective Disorder, also known as SAD, is a type of depression that occurs at specific times of the year, most commonly in the fall and winter months. Common symptoms include: a persistent low mood, fatigue and low energy, changes in sleep patterns, difficulty concentrating, weight gain or changes in appetite (often craving carbohydrates) and difficulty concentrating.

The exact cause of SAD is not fully understood, but is believed to be linked to reduced sunlight exposure, which can disrupt the body's internal clock and affect neurotransmitter levels, such as serotonin and melatonin.

Easy, effective treatments for SAD include lifestyle changes that include regular exercise, spending time outdoors, using light therapy to simulate sunlight exposure, and maintaining a healthy diet.

While SAD typically improves with the arrival of spring and summer, recognizing and addressing SAD is important for improving quality of life during affected season

VBCCO News

The VBCCO officers and directors elected in November will take their oath of office at the December 17 meeting. The new officers and directors are: President Rick Boyles, 1st Vice President Cindy Freifeld, 2nd Vice President Rick Manolio, Secretary Donna Sandloop, Treasurer Ken Johnson, Directors Michele Sorenson and Al Wallace.

Creative Neighborhood Arts Grant

The PAPCL has an opportunity to apply for a Creative Neighborhood Arts grant for up to \$10,000. After a discussion at the November League meeting, a consensus of members agreed to the PAPCL Executive Board proceeding with the application, which is due in early January 2026. The Board will meet in December to work on preliminary plans for a community event that will partner with local artists, and follow up with Councilman Berlucchi to fine tune the application.

Bow Creek Stormwater Park Update

Recently, PAPCL President Buddy Wall, Councilman Michael Berlucchi, and Public Works engineers Mike Mundy and Jeff Vanfossen toured the stormwater park. The group drove around the excavated area, examined new culverts, and looked at the new and old plantings. Wall said there's a large variety of vegetation and everything is growing nicely. He saw a lot of birds throughout the park and even few fish in the water. Mundy said 1 million cubic yards of dirt will be removed, with about 400,000 yards already removed.

Portions of the park will be open late next year, with access to the whole park projected for 2027. Amenities residents can look forward to are walking and bike trails, a kayak launch and the former clubhouse which is being converted to an event venue available for public and private use.

Princess Anne Plaza
Civic League

General league meetings are the
SECOND Tuesday of the month
(except July and August)
and begin at 7 p.m.

2025 Dates

Dec. 9*

2026 Dates

Jan. 13

Feb. 10

Place

Bow Creek Recreation Ctr.
3427 Club House Road

Our PAPCL email address:

PAPCivicLeague@gmail.com

PAPCL website:

<https://princessanneplazacivicleague.godaddy.com>

[PA Plaza Civic League Facebook](#)



December 9 Meeting & Christmas Party

Please note the meeting starts early – at 6 PM!!

After a brief meeting, we will enjoy a meal catered by Olive Garden. Bring a dessert to share, wear holiday attire and be ready to play some games, and win prizes! RSVP to Trustee Cameron Turner by December 5.

November Meeting Highlights

Councilman Berlucchi was the guest speaker and focused remarks on the Virginia Beach Comprehensive Plan. After introducing his staffer, Parker Biswell and intern Taysir Muhammed, he invited District 3 Planning Commissioner Mike Anderson to join him.

Virginia law requires a review of the plan every five years. The last review was 2016 and is overdue to COVID. The Comprehensive Plan provides a vision of the appropriate use of city-owned available land. Noting this is a highly emotional topic for citizens, Berlucchi said there needs to be a balance of lifestyle land use and the need for business to provide jobs and contribute to the .city budget. He used three maps to show the boundaries of the Interfacility Traffic Area (ITA), the Green Line (beginning of the transition area between urban/suburban and rural areas as well as residential and commercial/industrial), and the Blue Line (where no services are provided for rural or agriculture.)

Anderson explained that land use applications are submitted to City staff for a technical review then go to the Planning Commission for review and recommendation to Council. Anderson also said the Comprehensive Plan is a vision of what the City wants, it is not a mandate. While not budget dependent, the plan affects decisions made by Council. Anderson also said the 2040 Comp Plan should probably consider infrastructure needs as far out of 2060.

As discussion continued, the following is some information noted:

- The "lines" aren't moving.
- Strategic Growth Areas (SGAs) were formulated based on light rail which is no longer part of the vision, so that office was closed.
- They are looking at current building sizes/uses, walk ability, economic opportunities, housing opportunities
- Current economic industries are the military, tourism and farming.
- There is a need to provide space for additional businesses to stay/locate in Virginia Beach which will in turn add to City funding.
- Public schools receive approximately 50% of the budget.

Both Berlucchi and Anderson asked that residents make your thoughts known as the process continues.

While Flood Committee Chair Bob Jennings provides a variety of information and statistics related to weather risks, insurance, building codes and emergency preparation, he also provided information if you are affected by an incident that is declared a federal disaster.

Once a federal disaster is declared, you should immediately contact FEMA to apply for federal assistance by completing an application online at www.disasterassistance.gov, by phone at 800-621-FEMA or TTY 800-462-7585. You will need the following information Social Security number; current and pre-disaster address; contact phone number; insurance info; household annual income; description of what you lost to the disaster; and a bank routing and account number if

your disaster assistance funds are moved directly into your bank account. Other helpful organizations and resources pages include:

- American Red Cross (www.redcross.org),
- Operation Hope/ HOPE Coalition America (www.operationhope.org),
- Financial Education (www.mymoneygov.com),
- Financial Preparedness (www.ready.gov/financialpreparedness)
- GoDirect.gov (www.godirect.gov)
- Disaster Survivor Application Checklist (<https://www.disasterassistance.gov/get-assistance/application-checklist>)
- Disaster Recovery Log (<http://www.ag.ndsu.edu/extension/apps/disaster-recovery-journal>)

2026 Winter Wildlife Festival

The 2026 Winter Wildlife Festival, running from Jan. 24 to Feb. 1, is officially open for registration. This festival celebrates the coastal wildlife and nature of our area with several trips, excursions, hands-on workshops, lectures and more. All ages are welcomed. Registration is officially open and spots go quickly. <https://parks.virginiabeach.gov/events-information/special-events/winter-wildlife-festival>

Snow Globe Spectacular

Fountain Plaza at Town Center comes to life for a Snow Globe Spectacular, Nov. 29th – Dec. 23. Enjoy a variety of entertainment including violinists, drummer boys, dancing elves, princesses, holiday tap dancers, royal musicians, and more, all performing live inside life-sized magical snow globes. Santa and Mrs. Claus make their grand arrival on Nov. 29 to light the tree and kick off the season's festivities. For more information, visit the Central Business District's website at: <https://www.cbda.net/events/snow-globe-spectacular-at-town-center-2025/>

HAMPTON ROADS OBEDIENCE TRAINING CLUB

We train you and your dog to succeed!

- 🐾 Looking for Dog Training?
- 🐾 Need help with your puppy?
- 🐾 Want your dog to have better manners?
- 🐾 Want your dog to be a therapy dog or a Canine Good Citizen?
- 🐾 Curious about - Tricks, Parkour, Agility or
- 🐾 Nose/Scent Work for your active dog?

WE ARE AN AKC CLUB
Small size classes-indoors-climate-controlled
Canine Good Citizen-AKC Trials-Non Profit

Website : hrotc.org Phone : (757) 264-0259
 Address : 4452 Hinsdale Street, Virginia Beach, VA 23462



Breakfast

With Santa!

Saturday December 13th | 9am-11am

Bring your whole family for breakfast with Santa!
 Breakfast is free!
 Donations are welcome
 Christmas activities will be set up as well

Plaza Volunteer Rescue Squad
3610 South Plaza Trail VB



SonRise @ Pembroke Manor Christian Church



600 Independence Blvd.
 VA Beach ~ 23462
 (757) 490-8290

www.SonRiseVB.church

Service Times:
 Saturday 6:00 pm ~ Sunday 10:30 am

- * Bible Based Teaching *
- * Nursery & Children's Ministry Available *
- * Casual Dress *
- * Small Group Bible Studies *

Serving: Bow Creek, Brookwood, Carriage Hill, The Lakes, North Gate, Pecan Gardens, Princess Anne Plaza, Windsor Forest, Windsor Oaks, Windsor Oaks West, Windsor Woods

Advertise with the PAPCL! Rates have not changed in over 20 years. Our newsletter is distributed to PAPCL members, numerous City and School Board officials, the Virginia Beach Council of Civic Organizations (VBCCO), supporters and advertisers. Newsletters are also posted on our website (under the Newsletter tab) and our Facebook page.

Published ten times a year, and there is 10% discount with a year's paid advertisement.

Rates per newsletter issue: 1/8th page - \$10 1/4th page - \$20 1/2 page - \$40 Full page - \$80

PET PICTURES WITH SANTA (Pet parents are welcome too!)

\$10 for a 4 x 6" print

All proceeds benefit Pug Rescue

Saturdays from 11 am – 3 pm, Nov. 29, Dec. 6, 13 & 20

St. Francis Episcopal Church, 509 S. Rosemont Rd., Virginia Beach

www.pugrescuenc.org

<https://www.facebook.com/pugrescuenc>

Please consider bringing a non-perishable food item to support the church's food



Serving: Bow Creek, Brookwood, Carriage Hill, The Lakes, North Gate, Peacan Gardens, Princess Anne Plaza, Windsor Forest, Windsor Oaks, Windsor Oaks West, Windsor Woods

PRINCESS ANNE PLAZA CIVIC LEAGUE

Executive Board Members

The area code for contact telephone numbers is 757 unless otherwise noted.

[President Buddy Wall](#) (203) 910-9282

[1st Vice President Matthew Hamaker](#) 617-7905

[2nd Vice President M. Ruth Snider](#) 431-9063

[Treasurer Clint Mills](#) 409-7755

[Recording Sec. Frances Sansone](#) 486-4208

[Corresponding Sec. Deane Donahue](#) 804-510-9214

[Trustee Betty Warren](#) 498-0915

[Trustee Phyllis Elms](#) 486-6506

[Trustee M Ruth Snider](#) 431-9063

[Trustee Cameron Turner](#) (804) 350-5150

Committees

[Newsletter/Advertising, Frances Sansone](#) 486-4208

[Flooding Chairman, Bob Jennings](#) 498-3842

[Membership Chair, M Ruth Snider](#) 431-9063

Effective June 2025

Dues are only \$25 per year per family/household, with the new membership year beginning in September. Your dues support the civic league in the publication of the newsletter, social media, participation in community events, local church food pantries, and more.

Renewal & New Membership Form Enclose this form with your payment of \$25	
Last Name	First Name
Street Address in ZIP Code 23452	
Telephone #	Cell Phone #
E-Mail Address For Newsletter Delivery. Please print clearly. Your information is for use only by the PAPCL.	
Can you help the League by serving on the Executive Board or a Committee?	
Yes _____ No _____	
Mail to: PAPCL - Membership Committee PO Box 2412 Virginia Beach, VA 23450-2412	

Serving: Bow Creek, Brookwood, Carriage Hill, The Lakes, North Gate, Peacan Gardens, Princess Anne Plaza, Windsor Forest, Windsor Oaks, Windsor Oaks West, Windsor Woods