



November 2018



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Upcoming Events

Monthly Meeting:

When: Thursday November 1, 2018 7:30pm.

**Where: Foundry United Methodist Church,
2801 Virginia Beach Blvd. in Virginia Beach next to
Beach Ford.**

Meeting Subject: “Late Fall Striper Fishing”.

Meeting Speaker: Captain Jake Hiles.

November & Future Information Notes:

1. November 1 – Membership Meeting

**2. November 1-3 – Cape Hatteras Angler’s Club Invitational
Surf Fishing Tournament. **GOOD LUCK TEAM!****

**3. December 6 – Membership meeting, Christmas party,
and Elections for 2019 Board Members and officers. Our
2019 Election committee is chaired by Butch Eason
(757-424-3624, beason1@verizon.net) and Pat Searby
(757-705-4191, psearby@gmail.com) as co-chair.**

This Month’s Quote

There he stands, draped in more equipment than a telephone lineman, trying to outwit an organism with a brain no bigger than a breadcrumb, and getting licked in the process. ~ Paul O'Neil

VBAC Fishing Roulette 2018

<u>Species</u>	<u>Current Leader</u>	<u>Weight</u>
Croaker	Russell Willoughby	12.5" 15 oz.
Puppy Drum	Jerry Hughes	6# 12.8 oz
Sea Bass	Jerry Mariano	4# 8oz
Bowfin	James Eisenhower	6#
Sunfish	James Eisenhower	1# 5oz

Catch-A-Ride

BOAT

Preston Mangum (757) 582-1450

Jeremy Maguire (757) 407-0493

Rich Maguire (757) 619-4851

Rob Stommel (703) 244-1282

Bob Stuhlman (757) 374-7372

CREW

Pete Federico (908) 887-3113

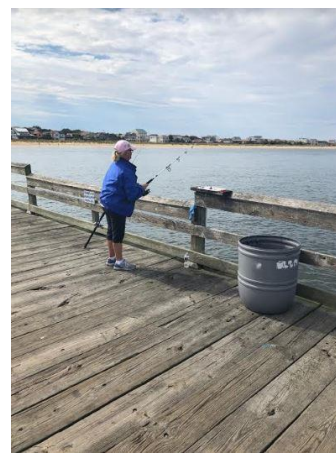
Kelly Hoggard (757) 416-8817

Victor Minak (703) 888-8992

Gerald Segelstrom (724) 809-7868

Ocean View Fishing Tournament

We had our final pier tournament of the year on October 14th. The water was flat calm and the temperature was just right. There were plenty of spot and blue fish to go around with the occasional croaker. Overall, we had 15 adults and 2 kids in the tournament and fish caught in every slot! The adult winning bluefish was 11 1/2 inches, the winning spot was 9 3/8 inches, and the winning croaker was 10 1/8 inches long. In the children's division the winning fish was a 11 3/4 bluefish. On a side note, although not a fish eligible for the tournament speckled trout were running in numbers! They could easily be caught closer to shore jigging gulps and spoons on almost every cast! I would like to personally thank everyone for all the help all year. It was a great learning experience at a new location and got better every month! Looking forward to an even better year next year!!!



Stuff The Boat



Sea Tow Hampton Roads and The Local Angler Clubs will be collecting toys this year for the “Stuff-a-Boat Toy Drive”. We will be collecting toys that are new and un-giftwrapped. Last year we were able to collect over 1440 toys due to the Angler Clubs tremendous participation. The only thing we are asking of club members is to bring a toy to your monthly Angler’s Club meeting in the months of November and December. Sea Tow Hampton Roads will attend your meeting each month and collect the toys. If for some reason you don’t make the monthly meetings, you can visit www.facebook.com/SeaTowHamptonRoads for locations where drop off boxes are available.

In December everyone will be invited to our office for hot apple cider, donuts & pizza and we will stuff the Sea Tow Boat with toys that we collected. The Marines from Toys for Tots will come to the Sea Tow office and receive the toys. We would like to get a group shot of all clubs surrounding the Sea Tow boat stuffed with toys. This date will be determined when the time gets closer.

Every little bit helps and will make someone’s holiday a little brighter. Thank-you again for all of your support. **REMINDER: For each toy you donate at your monthly meeting your name goes into a drawing for prizes.**

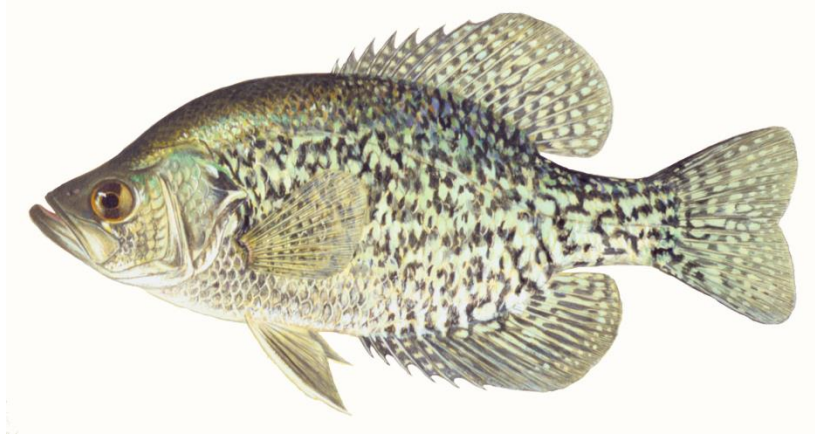
If you have any questions or know of anyone who would like a box to collect toys you may contact Karen or Ed Schrader at 757-496-1999.

Virginia Beach Angler's Club

Crappie Tournament

Lake Smith Shore or Boat

Saturday, December 1, 2018



Entry Fee: \$20.00 per adult angler, \$10.00 per child under 16

Please Register Early

Early Registration email: pmangum@roseandwomble.com or call: 757-582-1450

(give number of anglers child or adult)

General Registration available at ramp on Saturday December 1st

Location: Lake Smith

Lines In: 8:00 AM

Weigh-in Time: 3:30 PM until 4:15 PM

Prize paid on the heaviest single fish

\$150 Guaranteed 1st Place Prize, 2nd Place Prize Guaranteed \$75.00

Our 2018 Oyster Roast

If you missed the oyster roast, you missed a really good time with lots of friends, plenty of food (some fattening), great deserts (all certainly very low calorie), and lots of raffle prizes! **THANKS** to all those that shared their time, cooking talent, oyster assistance, muscle, food, and raffle items!



Virginia Waters Await: Fall Trout Stocking

The autumn trout stocking season in Virginia is in full effect!

Despite the cooler weather, fall is actually a prime time to fish. Don't miss out on the best time of the year to catch your limit.

Our biologists stock frequently throughout the season, and DGIF has a [Daily Trout Stocking Schedule](#) to help you plan ahead for your next trip.

If you aren't sure where to go to catch trout, check out our [Stocked Trout Interactive Map](#) to find your destination spot to cast a line this fall.

Don't forget, if you are fishing a Designated Stocked Trout Water then you will need a trout license in addition to your base fishing license.

[Learn More](#)

[Buy Your License](#)



VBAC Classified Page

Reese Explore ProSeries 63153 Rambler - Never Used

- Robust 500 lb. capacity on a 60" x 24" platform; ideal for camping, tailgates, road trips or whatever else life throws at you
- 5.5" side rails keep cargo secure and in place
- Smart, rugged mesh floors make clean-up quick and easy
- Fits 2" vehicle receivers, features rise shank design that elevates cargo for improved ground clearance
- 2 piece construction with durable powder coat finish that resists the elements, scratches, and rust

\$110.00

https://www.amazon.com/gp/product/B001G4Z5J0/ref=oh_aui_search_detailpage?ie=UTF8&psc=1

Stan Sutliff - 757.232.1107

Icom IC-M73 VHF Marine Transceiver. NIB (New in box)

https://www.amazon.com/IC-M73-01-Icom-Handheld-Marine/dp/B00AW46260/ref=sr_1_1?ie=UTF8&qid=1539276038&sr=8-1&keywords=icom+ic-m73&dpID=41YTsZatjUL&preST= SY300 QL70 &dpSrc=srch

\$130.00 Stan Sutliff 757.232.1107



I have a fully-turn-key boat, trailer and fishing package for sale.

<https://www.yachtworld.com/boats/2003/carolina-skiff-1965-dlx-3253449/?refSource=standard>

Stan Sutliff
757.232.1107

Ads are good for 90 days or until sold, whichever comes first. There is no charge for the ad.

If you would like to post an ad, email details and pictures to me at pmangum@roseandwomble.com . Thanks - Preston

2018 Virginia Beach Anglers Club Committees:

Boat Show:	Chair – Russell Willoughby
Calendar:	Chair – Butch Eason Co. Chair – Ronnie Nixon
Crab Creek Clean-Up:	Chair – Ronnie Nixon
Great Bridge Flea Market:	Chair – Preston Mangum
VBAC Flea Market:	Chair – Bob Burstein
Banquet/Oyster Roast:	Chair – Jerry Mariano
Seton Youth:	Chair – Dave Anderson
Raffles:	Chair – Preston Mangum
Audit Committee:	Chair – Mike Anderson
Surf Tournaments:	Chair – Robbie Parks
Club Tournaments:	Chair – George Gabriel Co. Chair – Bob Burstein
Pier Tournaments:	Chair – Gary Doerhoff Co. Chair – Bryan Watson
Prize Fish:	Chair – Chris Schneider
Nomination Committee:	Chair – Butch Eason Co. Chair Kelly Hoggard Co. Chair Beth Synoweic
Conservation and Regulations:	Chair – Butch Eason Co. Chair – Kelly Hoggard
T-Shirt Committee:	Chair – Patty Searby

**If You Would Like to Help on a Committee,
Please Speak to the Chair. Help is Appreciated!**

Saltwater Fishing News

The following page reflects the Prize Fish requirements updated on March 15, 2018.
Please save for your files.

Eligible Saltwater Species and Minimum Weights are:

***** Modified/updated March 15, 2018. Based on 75% of Virginia Citation Requirements.

Virginia Citation Requirements

2018 VBAC Requirements

	<i>Weight</i>	<i>Release Length</i>		<i>Weight</i>	<i>Release Length</i>	
Amberjack	Release only	50"		Release only	38"	
Bass, Black Sea	5 lb 0 oz	n/a		3 lb 12 oz	17"	

Bass, Striped (SW)	40 lb 0 oz	44"		30 lb 0 oz	33"	
Bluefish	16 lb 0 oz	36"		12 lb 0 oz	27"	
Cobia	55 lb 0 oz	50"		41 lb 4 oz	38"	*****
Croaker	3 lb 0 oz	20"		2 lb 4 oz	15"	*****
Dolphin	25 lb 0 oz	n/a		18 lb 12 oz	35"	*****
Drum, Black	80 lb 0 oz	46"		Release only	35"	
Drum, Red	Release only	46"		Release only	35"	
False Albacore	Release only	32"		Release only	24"	
Flounder	6 lb 0 oz	26"		4 lb 8 oz	20"	
Gray Triggerfish	4 lb 0 oz	20"		3 lb 0 oz	15"	
Jack Crevalle	Release only	40"		Release only	30"	
Kingfish (roundhead)	1 lb 8 oz	16"		1 lb 2 oz	12"	*****
Mackerel, King	20 lb 0 oz	n/a		15 lb 0 oz	33"	
Mackerel, Spanish	4 lb 0 oz	26"		3 lb 0 oz	20"	
Marlin, Blue	Release only			Release only		
Marlin, White	Release only			Release only		
Pompano	1 lb 8 oz	16"		1 lb 2 oz	12"	
Sailfish	Release only			Release only		
Sharks	Release only	72"		Release only	54"	
Sheepshead	10 lb 0 oz	24"		7 lb 8 oz	18"	*****
Spadefish	9 lb 0 oz	22"		6 lb 12 oz	17"	*****
Spearfish	Release only			Release only		
Spot	1 lb 0 oz	13"		12 oz	10"	*****
Swordfish	100 lb 0 oz	Any		75 lb 0 oz	Any	
Tarpon	Release only	36"		Release only	27"	*****
Tautog	9 lb 0 oz	23"		6 lb 12 oz	17"	*****
Trout, Gray	9 lb 0 oz	30"		6 lb 12 oz	23"	*****
Trout, Speckled	5 lb 0 oz	24"		3 lb 12 oz	18"	*****
Tuna, Bigeye	70 lb 0 oz	n/a		52 lb 8 oz	38"	*****
Tuna, Bluefin	100 lb 0 oz	60"		75 lb 0 oz	45"	
Tuna, Yellowfin	70 lb 0 oz	n/a		52 lb 8 oz	38"	*****
Tilefish, Blueline	10 lb 0 oz	n/a		7 lb 8 oz		*****
Tilefish, Golden	30 lb 0 oz	n/a		22 lb 8 oz		
Wahoo	35 lb 0 oz	n/a		26 lb 4 oz	38"	

Saltwater Fishing News

October 4, 2018 (Submitted by Beth & Kevin Synowiec)

Kevin and I decided to start in the Bay Area this morning where we picked up three sheepsheads, then we decided to see what other species may be interested in the fiddlers. And that is when the real fun started. It was early afternoon, we drove towards Cape Henry area.

We both drop our lines. Kevin says he feels a nibble. I am fishing the opposite side of the boat and I am feeling a nibble too. I then pull my line up and no bait and no fish. Hmmmm ok, I re bait and dropped it again. What happened next, I probably will not forget for a very long time. I put the rod in my left hand and I reach for something with my right hand and my line goes off! I squeezed the rod with my left hand as hard as I can so I don't drop it in the water. This fish just starts giving intense pullage. Kevin looks over to see what going on and I said it's fighting like crazy! My left wrist was sprained during the fight At this point, this fish has my full attention! It's zipping & pulling and I almost wondered if I had a sheepshead. It definitely had some similarities and it was acting that crazy! Kevin and I see this fish starting to surface but it's a very nice black drum. I was using a carolina rig with a fiddler. My wrist started really hurting as I'm holding the black drum for the photo and I half-jokingly say " you are a bad fishy ! " I swear that fish understood now looking at the expression on the fish's face in the photo.

We kept one and released one more black drum and are out of fiddlers now. I start using cut bait. I catch a 36-inch red drum then release it. I wanted something bigger. I laugh and look at Kevin and I say, it's time for Bessie. He said Bessie? I said yes, Bessie.

Bessie is a rod and reel that I have had for a very long time. I have no idea how this rod does it but the big reds just won't stay away from her. I looked at Kevin. I said, Bessie's going to sniff out a nice red drum. She's quick too , I said . 😊 He looked at me like I was nuts. I drop the line in the water. I pull up a croaker and then I drop the line again, Kevin said it wasn't even 90 seconds later and my line takes off, the look on Kevin's face was Classic (I know he understands now what I was telling him). Oh heck yeah! what a blast & I suddenly didn't care about my wrist pain. I absolutely love to catch big red drum. The fish is zipping and pulling I'm trying to avoid getting braid line in the engine. I finally get the fish to the boat, and the hook falls out of her mouth on to the boat. When I go to pick her up, she thrashes and all I suddenly hear a noise from my left shoulder. Holy cow did it hurt! So bad that we had to leave and head back to the dock as soon as we released her back into the water. I was just getting started with the big reds too 😞. I contacted my doctor on the way in and bless his heart he knew I was hurting so badly and he said come on in. I was so grateful too, I can't imagine being in that much pain until Monday (he is off tomorrow) so a shout out to Dr Greg Schierer! 😊

Ps I don't have an entire catch photo because Kevin fillet the fish while I was in the doctor. Tight Lines Everyone

Saltwater Fishing News Continued

Beth's Fish



Another Drum!



Kevin's Sheepshead



Saltwater Fishing News Continued

10/22/18 (Submitted by Ike <https://www.fishtalkmag.com/read-fishtalk-online> Eisenhower)

Russell and I went fishing for red drum with Bob Stuhlman on 10/22/18 starting on the 3rd Island of the CBBT looking to catch a big red drum before they left the bay. Launching out of Lynnhaven Marina it was windy to start but it quickly settled down as we set the bunker on each rod. Russell was first up and within the first half of the hour he got a run that was clearly a red. A quick fight ended with the drum in the net and it measured 41 inch, a club citation size. It was easily released and swam away quickly. Next up was me and in no time I had a drum on my rod. But just as it got next to the boat he pulled off the hook. After that only small sharks took our baits over the next several hours but no more reds despite repositioning and constant re-baiting until we were out of bait. So we moved back to the Lynnhaven and started to fish for speckled trout. In the Broad Bay Canal we picked up a few shorts but again Russell had the fish that counted, two 14 inch fish released since we didn't want any to take home. Ended a beautiful and okay catching for Russell but not for Bob or me.

Blessings,

Ike



Saltwater Fishing News Continued

10/18/18 (Submitted by Preston Mangum)

On Thursday morning, in spite of fairly high winds, Melanie Bayford and I thought we'd try for spot in Lynnhaven Inlet. After anchoring up near the tennis court, we baited hooks with bloodworm and fish bites and crossed our fingers. As the tide came in, the wind continued to rise, and still there were no spot. Giving up, we went in the broad bay channel not far from the bridges. Fishing cut bait and bloodworm yielded nothing except nuisance fish so I started fishing a chartreuse lure on a 1/8-ounce lead head. We ended up catching a total of 14 trout that were throwbacks except one 15 1/2" fish. Had a pretty good day in spite of the wind!!



GEAR | HOW TO | WHERE TO | TACTICAL ANGLER | FISHBOAT REVIEWS | FISHING REPORTS

Thank you, anglers, for picking up FishTalk!

We hope you'll enjoy reading it as much as we enjoyed making it, and more importantly, that it helps you catch more, bigger fish. We love to hear from you. Please send your fishing pics and reports anytime to lenny@fishtalkmag.com

~ **Lenny Rudow**, Angler in Chief

Read the Latest Issue Online

Surf Fishing News

Surf Fishing Report: Nags Head Tournament

The VBAC team of Doug Wehner, Stan Sutliff, Carl McCoy, Gary Doerhoff, Bryan Watkins and Robbie Parks represented the club at the Nags Head Surf Fishing Tournament October 3rd – 6th. The weather was great, the fishing slow and the catching even slower. The team finished in 51st place, tied with 4 other teams. The tournament was shortened to just one session each day. We fished in the mornings during low tide. The recent storms (Florence & Michael) caused enough beach erosion that the beaches were impassable at high tide. For the most part the beaches were flat with an extra-long cast to get to the fish, most of which were bluefish in the 10 to 14 inch class. Robbie finished in first place for the team with 2 fish for 6 points (12" & 14" bluefish). Doug was second with 2 fish for 2 points; Stan third with 1 fish for 2 points. These three will be returning on the 2019 team.

As mentioned, the beaches were flat for the most part. There were some holes in close to walk through to get to the bar. Gary stepped in one of them, lost his balance and tipped over. The following waves knocked him down again every time he tried to get up. We rushed over and helped him get back to his feet and back to the beach. As we get older, me included, we have to be very careful when wading in the ocean. You can be hit by a wave and knocked over before you know it, and as Gary found out, it can be really difficult to get back up. **BE CAREFUL OUT THERE!**

Coming up is the Cape Hatteras Angler's Club's Invitational Surf Fishing Tournament (the world's largest) November 7th – 10th. The team of Russell Willoughby, John Germanos, Bryan Watkins, Stan Sutliff, Jerry Hughes and Robbie Parks will represent the club at this tournament. **WISH US LUCK!**

Tight Lines!
Robbie Parks

Chef's Corner: Thanksgiving Special Roast Turkey with Oyster Stuffing

NOVEMBER 2018

This recipe is a Colonial Virginia classic that weaves Chesapeake Bay's finest delicacy into the classic turkey dinner for a true tribute to our past and present!

Thanksgiving may be our favorite culinary holiday because it infuses cross-generational and multi-cultural cuisine into a celebratory feast fit for natives and royalty alike.

This holiday is generally untainted by commercialism, and the only expectation is that all of us bring a spirit of humility, giving, and thanks to the table as we break bread in peace as did so many generations before us.

It is a time for family and friends to remember, recognize, and rejoice in all that is good in this crazy world, and I hope that the recipes and ideas presented herein help each of us kick-off the holiday season with joy and love in our respective hearts.

Now, on to the food!

"Moist and Delicious" is the theme for this month's nostalgic Thanksgiving feature.

While the details focus on the turkey, stuffing, gravy, and cranberries, Frances and I offer thoughts on some of the mainstays from our annual spread - *appetizers through desserts* - which typically feed the blessed multitude!

For me, the signature item that brings the Thanksgiving spirit to the forefront is Grandpa Harry's oyster stuffing.

Harry W. Meyer was my stepfather and a proud member of the Great Generation. A 30-year Navy man, Harry fought in WWII, Korea, and Viet Nam and was truly a *"broth of a boy."* His signature dish for the holidays was the oyster stuffing, which would elevate a goose, duck, or turkey to mouth-watering heights born from a labor of love (and several martinis!).

Harry, this one's for you!



Caught in the Act! Daughter April sneaking a sample!



Honoring Traditions: Fresh wild turkey harvested Thanksgiving morning at our farm in Southampton County, VA, then expertly dressed and prepared for stuffing!

Oyster Stuffing:

Pint (16 oz.) of shucked oysters and liquor – drain oysters and reserve the liquor! Use the liquor in the stuffing as part of the liquid, and round out with chicken or turkey stock from the giblets, neck, heart, and livers (boiled separately after being pulled from the turkey).

Stuffing Ingredients:

¼ cup butter (1/2 stick)

1 package Pepperidge Farm Herb Seasoned Stuffing (14 oz.) – simple and effective! (other brands will work – this is the one we tend to use)

1 large white onion, coarsely chopped

1 or 2 cloves of garlic, crushed, then finely chopped (*optional* for us garlic lovers!)

2 celery ribs, coarsely chopped

2-½ cups of liquid. The liquid includes the reserved oyster liquor! Make up the balance of the liquid using turkey stock from the giblets or chicken broth. We like Swanson Organic Chicken Broth if we must use a commercial brand.

1 pint *fresh* oysters (16 oz.), drained and coarsely chopped (be sure to reserve the oyster liquor!)

¼ cup fresh flat-leaf parsley, finely chopped (1 tablespoon of parsley flakes works in a pinch)

1 tablespoon fresh sage, finely chopped, or 1 teaspoon ground sage

1 tablespoon fresh thyme, finely chopped, or 1 teaspoon ground thyme

1 ½ teaspoons truffle salt or sea salt (to taste)

1 teaspoon ground black pepper

½ teaspoon ground white pepper

Preparing the Stuffing:

Melt butter in a large skillet over medium heat (or use bacon grease if desired). Add onion, celery and garlic; sauté, stirring occasionally, for three minutes. Cover pan and cook, stirring occasionally, until vegetables are almost translucent, 5 to 6 minutes. Remove cover, add broth, and cook to a boil, scraping up any browned bits from the bottom of the skillet.

Remove the skillet from the heat.

Add spices and stuffing mix and mix lightly. Add coarsely chopped oysters, mix lightly to distribute throughout, and immediately spoon the stuffing mixture into the prepared turkey! Bake extra stuffing in a small baking dish (last 30 min) – we like to add a bit of bacon grease on top!

*After sautéing the onion and celery, deglaze pan and add deglazing juices to gravy stock!



Oysters & Spices Ready for the Pan!



Progressively add ingredients to the pan.

TIP: Add the coarsely chopped oysters *last*, and immediately stuff the turkey so that the stuffing does not get too soggy before cooking – lets the bird absorb that delicious oyster liquor!

Roast Stuffed Turkey:

On average, a 10-12-pound wild or domestic turkey is about right for this recipe. We often cook one of each provided I can successfully harvest a fall bird! We then double-up on the stuffing and cranberry recipes accordingly. Likewise, for a very large bird (e.g. 20 lbs. or more), simply double-up on the ingredients. When in doubt, more is better because the leftover stuffing will be amazing and in high demand! That was the case for the turkey pictured at right!



Place extra stuffing in baking dishes with a tad of bacon drippings on top.

To Prepare the Turkey(s) for Stuffing:

If using a frozen bird, make sure it is *completely* thawed before preparing!

Remove all giblets (neck, heart, liver, and gizzard) from inside the bird and add to the gravy stockpot.

Truss the drumsticks to prep for stuffing. For lean wild birds, I often drape some bacon strips across the skin and exposed stuffing since it lacks the extra fat typical of domestically raised fowl (or simply baste with butter more frequently).

Spoon stuffing into the cavity until full. Leftover stuffing can be stuffed into the fleshy throat of the bird under the skin.

Cooking the Stuffed Turkey:

Preheat oven to 350 degrees.

Rub turkey liberally with softened butter.

Baste with juices from the roasting pan or fresh butter, and lightly season with salt and pepper during each basting. I usually baste one to two times hourly.

Cook approximately 15 minutes per pound (10 min per lb. for a wild bird). However, do not overcook – especially the wild bird! We usually take the turkey out a bit early; cover with aluminum foil; and let “rest” for up to 30 minutes before carving. It will continue to cook in this fashion without getting dry, and any juices that drain are added to the stockpot!



Wife Frances ready to baste the bird!



After the turkey has properly “rested,” scoop out stuffing, carve, and serve!

Once rested, scoop out the stuffing into a serving bowl; then, skillfully slice the turkey - disjuncting the wings, drumsticks, and thighs - and serve with fresh cranberry sauce, giblet gravy, and your choice of side dishes and condiments!

Giblet Gravy:

We always make far more gravy than we need for the dinner because it is so good with leftovers, and it freezes very well! We also like to use as many of the ingredients from the sides and de-glazed roasting pans and skillets as possible as we infuse the gravy stock with the flavors of the feast. I have found that this approach makes the gravy a perfect topping on just about any of the hot items served – from the turkey & taters to brussels and biscuits.

Preparing the Gravy Stock:

How to re-purpose vegetable broth, turkey stock, and water used to deglaze roasting pan to create the rich gravy stock for straining and thickening

* I usually remove the turkey liver once it is cooked about medium – this the Chef's treat! I squeeze a little lemon juice on it and snack away! I let the gizzard and neck cook until soft and tender – usually takes a while and really adds a nice richness to the stock. I reserve the gizzard, chop finely, and add to the gravy as it thickens at the end for that classic giblet gravy! I often pick the cooked meat and skin from the turkey neck, chop, and add to the gravy, also! Sweet and delicious!

Stock pot with peels and scraps from all veggies to start the gravy broth – bay leaf, thyme, sage, white pepper, etc. Ends and peels from celery, onions, carrots, parsnips, etc. Trim-out all celery, carrots, and onion for the stock pot and store dressed veggies in Ziplocs. I will occasionally add a few cubes of chicken bouillon as well. Just remember, when it comes to salty flavors, you can always add, but you can never take away, so add to taste, and know that deglazing pans and reserving steaming broths will add rich spice and flavor as well!



Deglazing roasting pan with strained stock.

Additional and/or optional stock seasonings to taste include sage, thyme, onion powder, garlic powder, celery salt, white pepper, black pepper, bay leaf, and ground mustard seed.

Preparing the Roux

A quality Roux is the key to making a smooth, creamy gravy, and it is very simple and straightforward to prepare!

I like to prepare the Roux slightly ahead of time so it is above room temperature, but easy to whisk smoothly into the hot gravy stock.

At its essence, Roux is flour and fat cooked together to produce a sinfully good thickener for soups, stews, sauces, and gravies.

Acceptable fats include clarified butter, margarine, bacon drippings, vegetable oil, or lard. I tend to use butter for a turkey gravy because it is easy to portion-out and has a mild, sweet flavor that goes with all classic side dishes.



Melting the butter....

Generally, an equal amount of flour and fat *by weight* produces the ideal ratio, so a good portioning scale can be handy until you get the feel for making this instinctively.

Begin by melting the fat in a skillet over medium heat. Add flour to the melted fat a little bit at a time while continually stirring with a wooden spoon or whisk. Once all flour is smoothly blended into the fat, continue to cook over low-to-medium heat until desired color is achieved.

I recommend a blond Roux for the Thanksgiving table. To achieve the blond color, cook until the Roux becomes bubbly and continue to stir and cook until caramelization *just* begins. At that point, remove from the heat and put aside and use when ready to thicken the strained gravy stock.

Note: A good Roux is characteristically stiff or pasty vice runny or pourable.

Fresh Cranberry Sauce Condiment:

Simple is best here! No need to overcomplicate this superb condiment and classic side for the sliced turkey entrée.

1 bag (12-oz.) Ocean Spray Fresh Cranberries (or frozen), rinsed and checked for bad berries and stems

1 cup sugar

1 cup water

Combine sugar and water in a medium saucepan. Bring to boil; add cranberries, return to boil. Reduce heat and boil gently for 10 minutes, stirring occasionally. Cover and cool completely at room temperature. Refrigerate until serving time – may also be cooked a day or two early. Makes 2 1/4 cups. We usually double this recipe to make sure we have leftovers!



Fresh cranberries and velvety-smooth turkey gravy are the perfect accompaniment to Fran's stuffed turkey dinner!!

Classic Family Sides: (recipes *not* included for brevity!)

Fran's Country corn pudding.

Roasted medley of regular and sweet potatoes, parsnips, carrots, celery, and onions.

Mashed potatoes with too much butter.

Steamed fresh brussels sprouts – not overdone (can also roast these)!

Collard greens with smoked ham hocks, spices, and a touch of molasses and red pepper flakes.

Fresh green bean casserole – fresh beans add great texture, but frozen or canned will do in a pinch...I like texture, so fresh is best for me!

Nanny's **famous** Mediterranean marinated bean salad (to be published in a future article!). My Mom's specialty.

Fresh baked dinner rolls and/or biscuits.



Fran's country corn pudding – always goes quick!

Family Favorite Thanksgiving Appetizers & Snacks:

Southern fried oysters (kinda' primes the palate for that oyster stuffing!)

Pan-fried Bambi Bites from a choice cut of wild venison tenderloin

Greek-style venison meatballs (Keftedes) – I only use ground venison!

Spicy deviled eggs – the usual recipe with thinly sliced chili du jour!

Steamed Jumbo NC shrimp with homemade cocktail sauce & hot butter

Crab imperial-stuffed mushrooms – sometimes we stuff shrimp, too!

Mini-fried (or broiled) crab cake clusters with homemade tartar sauce.

Assorted chips, raw veggies, and dips

Buffalo chicken dip and pita chips – daughter Elizabeth's specialty.

Bacon-wrapped cheese-stuffed jalapenos – another one of Elizabeth's creations!

Marinated Cracked Green Olives with olive oil, lemon, and garlic, Greek Style (taught to me by my Uncle Lambros)

Fran's Favorite Dessert Menu:

Chocolate Chess Pie

From Scratch Pecan Pie

Pumpkin Pie with Whipped Cream

Granny Smith Apple Pie

Assorted Fruit and Sliced Cheeses



Fran's chocolate chess pie!

Stay tuned for next month's "***Christmas Special***" featured recipe!

Contributed by: John and Frances Germanos with a tribute and THANK YOU to a great American and Patriot, Mr. Harry W. Meyer (may he forever rest in peace).

Freshwater Fishing News

Eligible Freshwater Species, Minimum Weight, and Release Lengths.

***** Modified/updated March 15, 2018. Based on 75% of Virginia Citation Requirements.

Virginia Citation Requirements

2018 VBAC Requirements

	<i>Weight</i>	<i>Release Length</i>		<i>Weight</i>	<i>Release Length</i>	
Bass, Largemouth	8 lb 0 oz	22"		6 lb 0 oz	17"	
Bass, Rock	1 lb 0 oz	12"		12 oz	9"	*****
Bass, Smallmouth	5 lb 0 oz	20"		3 lb 12 oz	15"	*****
Bass, Striped (FW)	20 lb 0 oz	37"		15 lb 0 oz	28"	
Bass, White	2 lb 8 oz	18"		1 lb 14 oz	14"	
Bowfin (Grindle)	10 lb 0 oz	30"		7 lb 8 oz	23"	
Carp	20 lb 0 oz	34"		15 lb 0 oz	26"	
Catfish, Blue	30 lb 0 oz	38"		22 lb 8 oz	29"	*****
Catfish, Channel	12 lb 0 oz	30"		9 lb 0 oz	23"	
Catfish, Flathead	25 lb 0 oz	40"		18 lb 12oz	30"	*****
Chain Pickerel	4 lb 0 oz	24"		3 lb 0 oz	18"	
Crappie	2 lb 0 oz	15"		1 lb 8 oz	11"	*****
Gar	10 lb 0 oz	40"		7 lb 8 oz	30"	
Muskellunge	15 lb 0 oz	40"		11 lb 4 oz	30"	*****
Northern Pike	6 lb 0 oz	30"		4 lb 8 oz	23"	
Perch, White	1 lb 4 oz	13"		15 oz	10"	
Perch, Yellow	1 lb 4 oz	12"		15 oz	9"	*****
Sauger	2 lb 0 oz	18"		1 lb 8 oz	14"	
Shad, American				(Release only)	12"	
Shad, Hickory	1 lb 8 oz	10"		1 lb 2 oz	8"	
Sunfish/Bluegill	1 lb 0 oz	11"		12 oz	8"	*****
Trout, Brook	2 lb 0 oz	16"		1 lb 8 oz	12"	

Trout, Brown	5 lb 0 oz	25"		3 lb 12 oz	19"	

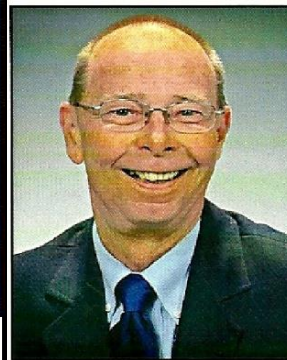
Trout, Rainbow	4 lb 0 oz	22"		3 lb 0 oz	17"	

Walleye	5 lb 0 oz	25"		3 lb 12 oz	19"	

2018 Advertisements

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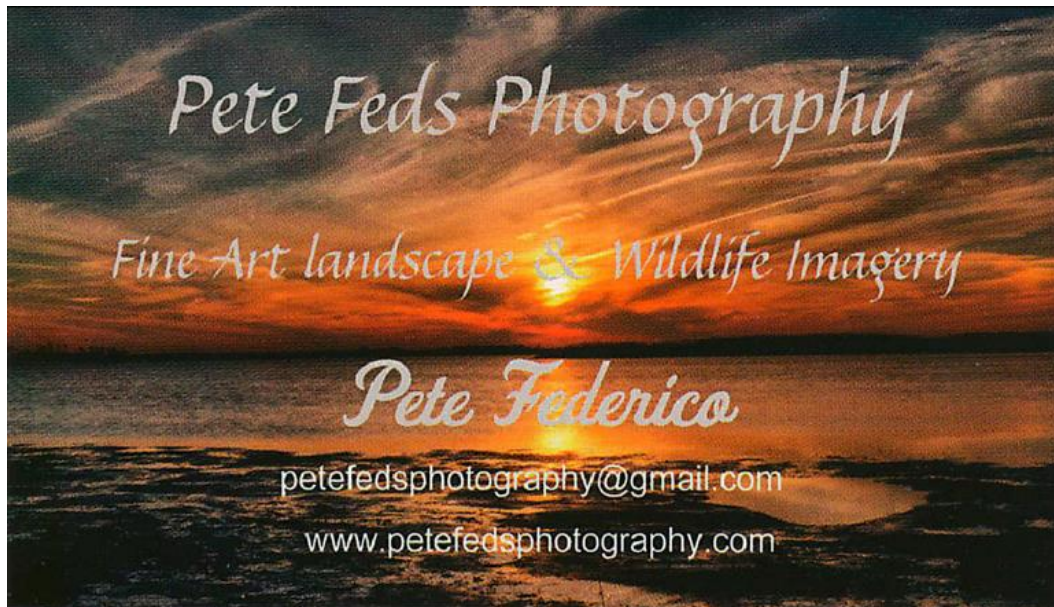
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VBAC MISSION STATEMENT

The purpose of the VBAC is to encourage sport fishing, both freshwater and saltwater, while supporting prudent governmental and other policies that promote the preservation, conservation and ecology of all marine life.

Our Objectives:

- ❖ Monitor legislative and regulatory activities relating to management of local and regional fisheries and participating actively, where appropriate, to assure the adoption of sound management policy and practices that best serve the interests of VBAC members.
- ❖ Promote interest and participation in recreational angling by conducting programs and activities that encourage sport fishing.
- ❖ Educate members and others in the techniques of sport fishing to enhance their enjoyment of the sport.
- ❖ Conduct social activities that create a wholesome climate for deriving the maximum pleasure from sport fishing by members, their families and guests.
- ❖ Plan and conduct fund raising activities to provide the revenues needed to support these objectives.

2018 VBAC Elected Officials

Officers:

Chairman of the Board: Larry Regula

President: George Gabriel

First Vice President: Bob Burstein

Second Vice President:

Treasurer: Mike Anderson

Recording Secretary: Russell Willoughby

Corresponding Secretary: Bob Stuhlman

Board of Directors:

Gary Doerhoff

Jerry Mariano

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