

February 13th, 2024



S-N IWLA Chapter Newsletter

The Blue Heron Times (February, 2024 Issue)

## Points of Contact

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 Suffolk Nansemond Chapter of  
 the Izaak Walton League of  
 America

## IWLA State/National

[IWLA Virginia Division](#)

[IWLA National](#)

## Backyard Conservation News

[AskHRgreen.org](http://AskHRgreen.org)

[Chesapeake Bay Foundation](#)

[Department of Conservation & Recreation](#)

[Division of Wildlife Resources](#)

[Hoffler Creek Wildlife Foundation and Preserve](#)

[Nansemond River Preservation Alliance](#)

[SCCC - Suffolk Clean Community](#)

## Meetings

Chapter Board of Directors meetings are held on the second Monday of each month. They last met at 7pm on **Monday, February 12th** at the Constantia House behind Baker's Funeral Home. Next month's Board meeting will be at 7pm on **Monday, March 11th** at the same location.

## ANNUAL CHILI COOKOFF

The next dinner meeting will be held at the [Kings Fork Community House](#) on Kings Fork Road on **Wednesday at 6:30PM on February 21st** and for it, Chapter Ike Claudia Powell will be coordinating our **Annual Chili Cook-off!** The cost will be \$10. If you have any questions please contact Claudia at [powelcje@gmail.com](mailto:powelcje@gmail.com).

There will be no guest speaker.

*Note: Chapter monthly Members Dinner meetings normally are held on the 3rd Wednesday of each month.*

## Calendar of Events

You can review our full chapter website calendar online at <https://sniwla.org/sniwla/calendar> for the most recent information about meetings and upcoming events. A courtesy extract through the end of April is shown below:

SAT, 2/10 - IWLA National Midwinter Meeting (virtual).  
 MON 2/12 at 7pm - Board meeting.  
 SAT 2/17 at 10am - Prospective Member Orientation.  
 WED 2/21 at 6:30pm - Chili Cookoff (Monthly Dinner meeting).  
 FRI 3/1 - Deadline for Tobin Award Submittals.  
 MON 3/11 at 7:00pm - Board meeting.  
 SAT 3/16 at 9am - \*Nansemond River Cleanup.  
 WED 3/20 at 6:30pm - Dinner meeting.  
 SAT 3/23 at 9am - \*SCCC Recycle Drive&Tire

## Chapter Membership Cards

Ikes, your membership cards will be available on **Wednesday, February 21st** at the chapter dinner meeting. Those not able to attend will have their cards mailed to them.

If you paid your dues after the January dinner meeting, your membership has been renewed though I am waiting for the National Office to send me membership cards.

The new chapter park gate combination for 2024 will be written on the back of your membership card and will be effective after the February dinner meeting. If you have questions regarding your membership renewal, please contact the Membership Chair by sending an email to [Alan.Ferguson.IWLA@gmail.com](mailto:Alan.Ferguson.IWLA@gmail.com).

You can find chapter policies under the Membership menu on our website at <https://sniwla.org/sniwla/>.

*Submitted by Alan Ferguson,  
 Membership Chair*

## President's Note

Welcome to February, the other 29 days of January. Yes, it is a leap year. Seriously, February is the second month of the year in the Julian and Gregorian calendars, coming between January and March. It has 28 days in common years, and 29 days in leap years. In Sweden in 1712 and 1732 the month had 30

[Commission Recycling](#)[TerraScapes Environmental Consulting](#)[The Wildlife Society](#)[Virginia Conservation Network](#)[Virginia Master Naturalist](#)

## Classifieds

[Chuckatuck Trading Post](#)  
(757)255-9295  
5969 Goodwin Blvd,  
Suffolk, VA 23452

[Suffolk Radio & TV Service](#)  
Radio/Television Repair  
(757)539-2110  
536 W. Washington Street  
Suffolk, VA 23434

[Appomatox River Company](#)  
(757)890-0500  
3009 W. Mercury Blvd.  
Hampton, VA 23666

[Arzillo Recycling \(Scrap Metal\)](#)  
(757)539-8593  
Locations: Suffolk & PTMS  
Blvd

### Amnesty.

SAT 3/23 at 10am - Prospective Member Orientation.  
MON 4/1 - Scholarship Applications are Due.  
MON 4/8 at 7pm - Board meeting.  
FRI 4/12 at 4pm - \*BBQ Fundraiser.  
SAT 4/13 at 8am - \*Park Maintenance Work Day.  
WED 4/17 - Monthly Dinner meeting.  
SAT 4/20 at 10am - Prospective Member Orientation.  
SAT 4/27 at 9am - TBH Volunteers need to be at the park NLT 0900 to be ready for the children to start hunting Teddy Bears at 10am.  
SAT 4/27 at 10am - \*Teddy Bear Hunt (TBH).

*Note: Events marked with an \*asterisk count towards work hour credits for meeting the chapter's annual membership volunteer participation requirement.*

### HOLIDAYS and COMMUNITY EVENTS:

2/1 - 1st day of Black History Month.  
2/14 - Valentine's Day.  
2/19 - President's Day.  
3/1 - 1st day of Women's History Month.  
3/10 - Daylight Savings Time Begins.  
3/17 - St. Patrick's Day.  
3/31 - Easter Sunday.  
4/1 - Easter Monday.  
4/20 - Suffolk Earth & Arts Festival.

## 2024 Chapter Education Scholarships are due April 1st

Applications for 2024 chapter education scholarships are open for submission, and are due no later than April 1st. This year we are awarding 2 (two) \$1,000 awards.

See <https://sniwla.org/sniwla/scholarships/> for qualifications, instructions on how to make your submission, and contact information for the Chapter Scholarship Chair David Perdue should you have any questions.

days. Also, February 7th in 1964 was the date the Beatles arrived in America. I am looking forward to this month's chili cookoff when many of our members get to show off their skills. If you have not yet signed up, leap on it.

Respectfully Yours,

Chris Ferguson,  
Chapter President,  
Suffolk-Nansemond IWLA

*Newsletter Editor's note: At the time of this publication, most (but not all) of the volunteer roster slots for cooking & bringing a pot of chili to the Chili cookoff dinner meeting have been filled. Click on this [SignupGenius Link](#) or contact Chapter Food Chair Claudia Powell at [powelcje@gmail.com](mailto:powelcje@gmail.com) to find out if more pots are needed.*

## Youth Program 3 Year Plan

Our Youth Program Chair is seeking your support on a committee to develop a three-year plan for the Youth Program. Please contact Mr. Chris Trimpey directly if you would like to participate in the committee. Youth are our best investment for the future so please consider supporting the committee and future Youth Program activities.

### POC Contact Information

email: [Chris.Trimpey@hotmail.com](mailto:Chris.Trimpey@hotmail.com);  
cellular: (757) 449-4910.

## Recipe of the Month - Brazilian Chicken and Rice (Galinhada)



Source Credit: [Olivia's Cuisine](#)  
by [Olivia Mesquita](#).

The name of the dish is derived from the Portuguese word *galinha*, meaning chicken. Galinhada is a delicious traditional Brazilian dish of chicken and rice. Hearty and comforting, this dish is easy to make, cooked in one pot and great to feed a crowd! *Equipment that is needed: Dutch oven, and food processor.*

### Ingredients

#### FOR THE MARINADE:

- 1 onion, peeled
- 3 garlic cloves, peeled
- ½ cup fresh parsley
- 1 tablespoon ground turmeric
- 1 tablespoon apple cider vinegar
- ½ cup olive oil
- Salt and freshly ground pepper, to taste

#### FOR THE GALINHADA:

- 1&½ pounds skinless, boneless chicken thighs, cut into 1-inch pieces
- 1 teaspoon olive oil
- 2 (aprox. 4 ounces) calabresa sausages, sliced (substitute for kielbasa or chorizo)
- 1 onion, chopped
- 1 large carrot, finely diced
- ½ cup white wine
- 2 ½ cups chicken broth
- 1 cup white long-grain rice, rinsed
- 2 bay leaves
- 2 Roma tomatoes, chopped
- Salt and freshly ground pepper, to taste
- ¼ cup chopped parsley

### Instructions

#### MAKING THE MARINADE:

In a food processor, combine all the marinade ingredients and process until smooth.

#### MAKING THE GALINHADA:

In a bowl, combine the chicken and marinade, tossing so every piece is thoroughly coated. Cover with plastic or foil and refrigerate for at least 2 hours (or overnight).

Heat the olive oil in a large pot or Dutch Oven, over medium heat. Brown the sausage on both sides, about 5 minutes.

Remove sausage with a slotted spoon into a plate and reserve.

Remove the chicken from the marinade, reserving the excess marinade for later.

Add the chicken to the pot, sautéing until lightly browned on all sides, about 10 minutes. Remove from the pot and reserve.

Add more oil if needed, then sauté the onion and carrot until they begin to caramelize slightly, about 5 minutes.

Pour in the wine to deglaze the pan, scraping all the browned bits from the bottom of the pot.

Return the chicken and sausage to the pot, and pour in the chicken broth.

Cover and reduce the heat to medium low. Simmer for 15 minutes.

Add the rice, tomatoes, bay leaves, reserved marinade and a pinch of salt and pepper. Stir to combine.

Cover and continue cooking for another 15 minutes, or until the rice is cooked. There will still be some liquid in the pot, that is normal.

Turn the heat off and let the Galinhada rest, covered, for 10 minutes.

Stir in the fresh parsley and serve!

## Recap of January monthly chapter diner meeting

At the January monthly chapter dinner meeting, temperatures outside were very brisk but even so we had a good turnout of members who enjoyed a scrumptious meal of pork loin and roasted potatoes. Four (4) new members joined our chapter at this dinner meeting. Please extend a warm welcome to: Emily Ervin, Kevin Edwards, Deborah Merrifield, and Mike Edwards, shown below from left to right.



Following the meal, announcements were made: Chapter Fundraiser Chair Richard Wentz provided details of the upcoming chapter BBQ fundraiser in April; David Perdue, Scholarship Chair, announced that this year there will be two (2) \$1,000 chapter education scholarships. Chapter Treasurer Tim Doxey announced, on behalf of the new Awards Chair Virginia Wahab, that nominees for IWLA awards, including the Chapter Tobin award that recognizes an outstanding member, are due to Virginia via her email address [wahabv@cox.net](mailto:wahabv@cox.net) no later than March 1st, 2024. Your submission to Virginia should include a brief statement describing the achievements of your nominee for the 2023 calendar year. For more information about IWLA awards, see <https://www.iwla.org/chapter-resources/awards>. For more information, see the full news article entitled [January 17th Member's Dinner Meeting](#) that is posted under the chapter website's News main menu.

## Volunteer Opportunity - \*River Cleanup on March 16th

*Message from Sam Chambers, Chapter SOS/Clean Water Liaison*

A chapter river cleanup is scheduled for March 16th in coordination with the Suffolk's Litter Control Department (Keep Suffolk Beautiful) St. Patrick's Day River Cleanup event from 9am - 12pm. I will be coordinating a land-based cleanup effort along the river's shorelines; chapter members who wish to help out should **plan to assemble in the Belk's parking lot behind the Burger King at 9am**. Vests, grabbers, gloves, and trash bags will be provided.

\*Note: Chapter Members who participate in this event will earn chapter work hour credits towards our annual membership participation policy.

## Volunteer Opportunity - SCCC \*Recycling Drive and Tire Amnesty on March 23rd

There is Suffolk Clean Community Commission (SCCC) Recycling Drive and Tire Amnesty Day is scheduled for **Saturday, March 23rd from 9am to 12pm** at the 800 Carolina Road facility.

At this event, Suffolk residents can responsibly dispose of various items such as common recyclables (#1-2 plastic bottles, cardboard, paper), household hazardous waste, clothing, electronics, appliances, scrap metal, residential tires, eyeglasses/hearing aids, plastic bags, and decommissioned US flags. They also have secure document shredding available on-site, and will be taking donations of non-perishable food and toiletries.

\*Note: Chapter members who volunteer to help out at this event will receive chapter work hour credits for their time in accordance with our chapter's [volunteer participation policy](#).

## Flyer for Chapter \*BBQ Fundraiser scheduled for April 12th

Richard Wentz, Chapter Fundraising Chair, is counting on Members to help sell tickets for the upcoming BBQ fundraiser scheduled for April 12th. Tickets will be available at the front desk at the February Chili cookoff dinner meeting, or you can contact [Richard](#) directly.

\*Note: Chapter Members who participate in this event will earn chapter work hour credits towards our annual membership participation policy. See the flyer below for more information. Click on it to download a printable version.

### Suffolk Nansemond Izaak Walton League



#### Fundraiser



### BBQ Dinner Drive –Thru Pick Up



**Friday, April 12th 4 PM—7 PM**

Westminster Reformed Presbyterian  
Church 3488 Godwin Blvd, Suffolk

**\$13 Ticket per person**

Captain Bob's BBQ & Fried Chicken  
w/ Cole Slaw, Mac & Cheese, Hushpuppies

To support the SN-IWLA Conservation Projects &  
Environmental Education

**Tickets are available for purchase now! To buy yours, contact either:**

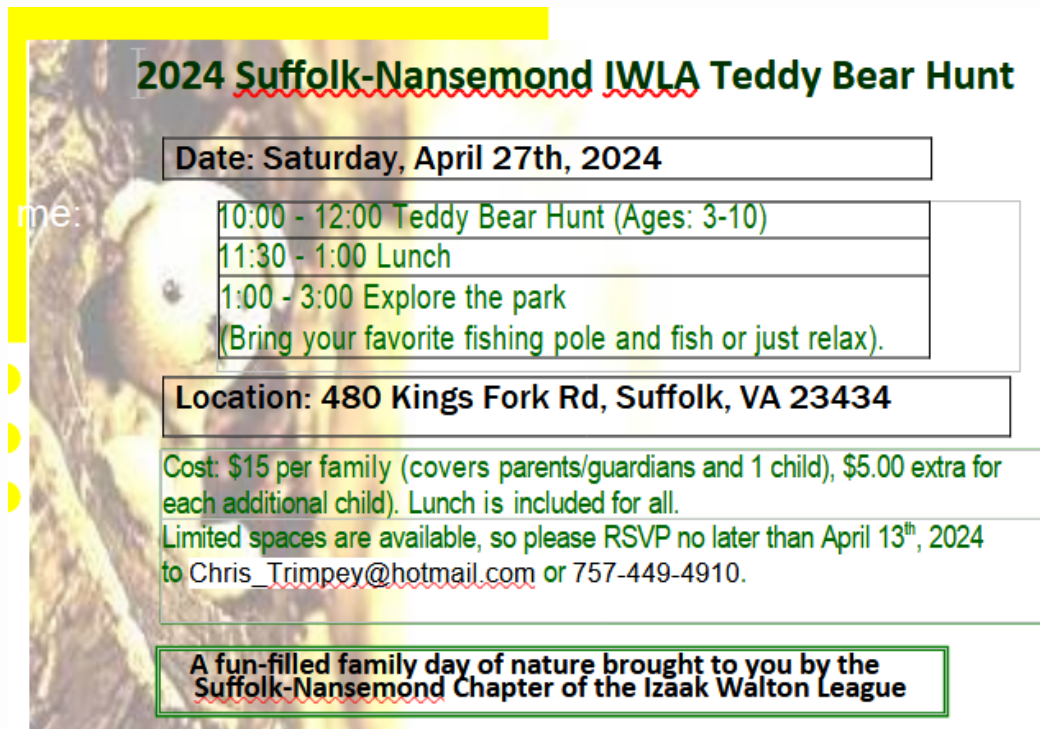
**Fundraiser Chair/Board Member Richard Wentz**  
**e: [rehwentz@gmail.com](mailto:rehwentz@gmail.com) m: 757.635.1215 (leave voicemail message).**

## Flyer for Chapter \*Teddy Bear Hunt scheduled for April 27th

Chapter Youth Coordinator [Chris Trimpey](#) has been busy lining up the resources we will need to support this year's annual chapter Teddy Bear Hunt. He is the central point of contact for registering families and their children who want to participate in this open-to-the-public event. Cutoff to R.S.V.P for registration is **April 13th**.

Also, he needs help from our membership to fill all of the work rosters needed to make this event a success, so Members, please reach out to him if you are available to help on the day of this event.

\*Note: Chapter members who volunteer to help out at this event will receive chapter work hour credits for their time in accordance with our chapter's [volunteer participation policy](#). See the flyer below for more information. Click on it to download a printable version.



The flyer features a background image of a child holding a teddy bear. The text is organized into several boxes with black borders. The title is in green and red. The date is in a white box with a black border. The schedule is in a white box with a black border. The location is in a white box with a black border. The cost and RSVP information is in a white box with a green border. The closing statement is in a white box with a green border.

**2024 Suffolk-Nansemond IWLA Teddy Bear Hunt**

**Date: Saturday, April 27th, 2024**

10:00 - 12:00 Teddy Bear Hunt (Ages: 3-10)  
 11:30 - 1:00 Lunch  
 1:00 - 3:00 Explore the park  
 (Bring your favorite fishing pole and fish or just relax).

**Location: 480 Kings Fork Rd, Suffolk, VA 23434**

Cost: \$15 per family (covers parents/guardians and 1 child), \$5.00 extra for each additional child). Lunch is included for all.  
 Limited spaces are available, so please RSVP no later than April 13<sup>th</sup>, 2024 to [Chris\\_Trimpey@hotmail.com](mailto:Chris_Trimpey@hotmail.com) or 757-449-4910.

**A fun-filled family day of nature brought to you by the Suffolk-Nansemond Chapter of the Izaak Walton League**

Any questions, please contact Chapter Youth Coordinator [Chris Trimpey](#).

## Free Firewood

Chapter Board Member Jacob Bosco (a former Paul Bunyan chapter award winner) has been busy cutting and stacking firewood at the chapter park, as you can see below from these stacks that are located on the far side of the chapter pond. Very nicely, neatly done, Jacob! Members are invited to take whatever firewood they can burn at home. Even though the firewood is free, donations to the chapter are always welcomed and are greatly appreciated. Also, scout troops are encouraged to use the firewood in our burn pit while camping at our chapter park.



## IWLA National February Issue of Conservation Currents - Summary Highlights

*Message from Janette Rosenbaum, IWLA National Strategic Communications Manager*

- Wetlands play an essential role in improving water quality, mitigating flooding, and providing critical habitat for fish and wildlife. The Farm Bill presents a meaningful opportunity to protect America's wetlands, and the next one is being drafted now. [Urge your members of Congress to protect wetlands in the Farm Bill.](#)
- A year ago, EPA vetoed a plan that would have irreversibly destroyed the pristine waters and extraordinary salmon run of Bristol Bay in Alaska. The League will continue fighting to protect this incredible ecosystem. [You can help by telling the Bureau of Land Management to preserve existing protections on 28 million acres of land in Alaska, including 1.25 million acres around Bristol Bay.](#)
- Every year, the League awards [IWLA National] scholarships to college students studying environmental science, natural resource management, and other conservation-related subjects. [Applications for the 2024-25 school year](#) are open now.
- In five months, League members from across the country will gather in Cambridge, Maryland, for the 2024 national convention. In the months ahead, the national office and Maryland Division will provide convention-related information via email, in *Outdoor America* magazine, in a printed convention kit, and on the national and Maryland Division websites. Watch for those updates.

[forward to a friend](#)

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