

June 13th, 2023



## THE IZAAK WALTON LEAGUE OF AMERICA

### Suffolk-Nansemond Chapter



S-N IWLA Chapter Newsletter

The Blue Heron Times (June, 2023 Issue)

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 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](#)

### Meetings

Chapter Board of Directors meetings are held on the second Monday of each month. They last met at 7pm on **Monday, June 12th** at the Constantia House behind Baker's Funeral Home.

Next month's Board meeting will be at 7pm on **Monday, July 10th**, at the same location.

Chapter Members Dinner meetings are held on the 3rd Wednesday of each month. The next dinner meeting will be held at the [Kings Fork Community House](#) on Kings Fork Road on Wednesday at **6:30PM on June 21st**. The dinner menu will be barbecue, cole slaw, potato salad, baked beans, iced tea, ice cream and cookies. The cost will be \$10.

At this dinner meeting, the winner of the annual chapter education scholarship will be announced. Also, nominations for officers and board members for the 2023-2024 term will be announced /accepted from the floor. The speaker will be chapter Treasurer Tim Doxey who will talk about the history of our chapter park and give an overview of recently acquired adjacent park parcels.

### President's Note

The English word June comes from the Latin Junius, the name given to the first month of summer by the ancient Romans. The June solstice or Summer Solstice is the longest day of the year in the Northern Hemisphere.

Despite recent temperatures and rainy weather, summer is here, and you should get out and enjoy it.

It is also a good time to volunteer to cut the grass or clean up the park for your work credits. Check with Jimmy as to what needs doing. Whatever you do, get out and enjoy our natural world and all its wonders.

Respectfully Yours,

Chris Ferguson,  
 Chapter President,  
 Suffolk-Nansemond IWLA

[Hoffler Creek Wildlife Foundation and Preserve](#)

[Nansemond River Preservation Alliance](#)

[SCCC - Suffolk Clean Community 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

## Calendar of Events

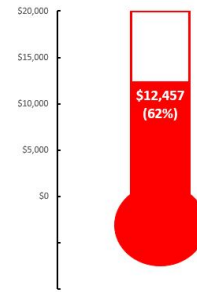
You can review our full chapter website calendar online at <https://sniwla.org/sniwla/calendar> for the most recent information about meetings and upcoming events. A courtesy extract through the end of **July** is shown below:

THR 6/8 - CANCELED LRPC meeting.  
MON 6/12 at 7pm - Chapter Board Meeting.  
WED 6/21 at 6:30pm - Chapter Dinner Meeting.  
WED 6/21 at 6:30pm - Nominations for Chapter Officers and Board Members.  
MON 7/10 at 7pm - Chapter Board Meeting.  
WED 7/19 at 6:30pm - Chapter Dinner Meeting.  
WED 7/19 at 6:30pm - Elections for Chapter Officers and Board Members.  
7/27,28,29 - IWLA National Convention.  
SAT 7/29 10am - Prospective Chapter Member Orientation

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

**HOLIDAYS:**  
June 14th - Flag Day.  
June 18th - Father's Day.  
June 19th - Juneteenth.  
July 4th - Independence Day.

## Chapter Capital Campaign Tracker



As you can see, to-date, we have received \$12,457 in donations towards our goal of

\$20,000. Please contact our Treasurer, Tim Doxey, if you are willing to make a donation. Any help is very much appreciated. Contributions may be tax deductible; see your tax professional.

*Information about the Capital Campaign: In order to purchase an adjacent chapter park property, the IWLA Virginia Division loaned our Chapter \$20,000. Our goal is to pay this loan off as soon as possible in order to free up funds needed to make repairs/alterations to our park dam. We are asking members to consider making a contribution to the Capital Campaign. Donations above our goal will be set aside for park dam repairs/alterations. The Capital Campaign tracker shown above will be included in future newsletters and updated at members meetings.*

## May Picnic in the Park & New Members Sworn In

Our chapter's annual picnic at the park was held Saturday May 20th. The weather was questionable but turned out to be great. The predicted chance of rain may have kept some members away but those who came enjoyed hamburgers, hot dogs, baked beans, cole slaw and a wide assortment of deserts.



Vic Pisani and Bob Marchant (pictured at left) manned the grill while Kathy Marchant organized and kept the serving line moving. 20-25 chapter IKES enjoyed



good food, the park and got to know a little more about each other. A couple of members tried their luck at fishing for awhile but apparently the fish weren't cooperating. During the event, the chapter added two new family memberships to the organization. Pictures here, from left to right are Rich and Katrina Cosendine, and Rosalyn and Kenneth Waters as they were sworn in by chapter president Chris Ferguson.



## Recipe of the Month - Lemon Rosemary Chicken



*Source Credit: Half Baked Harvest Every Day  
Recipes for Balanced, Flexible, Feel-Good Meals.  
by Tieghan Gerard*

*ISBN-13: 9780593232552, Publisher: Clarkson Potter/Ten Speed, Publication date: 03/29/22*

Serves: 6

### Ingredients

- 4 tablespoons extra-virgin olive oil.
- 2 tablespoons chopped fresh rosemary (or 1 tablespoon dried).
- Lemon zest and juice of 1 lemon.
- 2 pounds bone-in, skin-on chicken thighs, legs, and/or breasts.
- Fine pink Himalayan salt.
- Freshly ground black pepper.
- 2 (14-ounce) cans white beans, such as cannellini, drained and rinsed.
- 30 to 40 garlic cloves (from about 3 heads), skin-on, lightly smashed.
- 1 cup dry white wine, such as pinot grigio or Sauvignon Blanc.
- 2 tablespoons cognac.
- 1 tablespoon Dijon mustard.
- Crushed red pepper flakes.
- 2 tablespoons heavy cream or full-fat coconut milk.
- ¼ cup chopped fresh tender herbs, such as thyme, basil, and/or parsley.

### Instructions

Preheat the oven to 425°F.

In a large bowl, stir together 2 tablespoons of the olive oil, the rosemary, and the lemon zest.

Add the chicken and turn to coat well.

Season with salt and pepper.

In a large oven-safe braiser or high-sided skillet over high heat, cook the chicken skin-side down, without moving, until the skin is golden and releases easily from the pan, 4 to 5 minutes.

Transfer the chicken to a plate.

To the same pan, add the beans, garlic, wine, cognac, and mustard.

Season with salt, pepper, and red pepper flakes.

Nestle the chicken on top of the beans, skin-side up. Drizzle the remaining 2 tablespoons olive oil over the chicken.

Roast until the chicken is cooked through (the internal temperature will reach 165°F on an instant-read thermometer), 25 to 30 minutes.

Remove the pan from the oven and stir the lemon juice and cream into the saucy beans.

Top with the herbs and lots of black pepper.

Serve family style.

## Fishing Report from Alaska

*Submitted by Chapter Ikes Ken and Joyce Dugan*

Joyce Dugan reports, "Fabulous trip! We caught 7 cod, 1 halibut, no salmon since the wind was too strong to go out in the ocean. They were caught in Resurrection Bay, Seward Alaska."

Her spouse Ken added, "this was the biggest fish [halibut] of the day on our boat [see photo below]". Did not weigh it, but our boat captain, Carrett thought it was about 35 lbs. We saw some other boats that tipped the scales at 100 lbs."



*Chapter Ike Ken Dugan with Alaskan halibut*

## Conservation News - Savings a National Treasure

*Message from Kirsten Hower, Digital Advocacy and Outreach Manager, Chesapeake Bay Foundation.  
Submitted by Tim Doxey, S-N IWLA Treasurer.*



The Bay's beloved rockfish (also known as 'striped bass' or 'stripers') has been in the news quite a bit lately! The Atlantic States Marine Fisheries Commission (ASMFC)—the interstate body that manages striped bass all along the East Coast—announced emergency actions last week to reduce fishing pressure in order to rebuild a healthy rockfish population. There have been a lot of questions following this announcement, and our experts are here to break down what these decisions mean and why they are important for this iconic sport

fish.

Rockfish are often seen as a great fisheries management success story in the Chesapeake Bay. Populations plummeted in the 1970s and early 1980s due primarily to overfishing. But by 2004, they had rebounded to historic levels thanks to intensive conservation efforts that included restocking programs, a harvest moratorium in Maryland and Virginia, and rigorous interstate management plans that have continued to include closed seasons and size restrictions.

Two years ago, when again faced with troubling declines in the population, ASMFC, thanks to thousands of vocal advocates, updated the fishery management plan to address concerns about additional population declines in recent years. Unfortunately, recreational fishing pressure on rockfish continued in 2022 just as the population was struggling to recover. In response, ASMFC last week took two actions to help reduce rockfish mortality, one of which was to decrease the maximum size limit for most striped bass fisheries. Read what our experts have to say about what these actions mean, how rockfish are doing, and what anglers need to know in our latest blog.

CBF supports the immediate and mid-term actions ASMFC is taking to reduce striped bass mortality and get rebuilding back on track. We are thankful to members like you who have continued to support our work to ensure science-based management of fisheries throughout the Bay. We'll keep you updated.

[LEARN MORE.](#)

## Volunteer Opportunity at Great Dismal Swamp National Wildlife Refuge (GDSNWR)

*Message from Chris Lowie, GDSNWR Manager*

"In cooperation with the Friends of GDSNWR, we have embarked on a new relationship with Suffolk Public Schools. It involves all grade levels to some capacity; however, the near-term priority and need is to support the 4<sup>th</sup> grade Standards of Learning (SOL) curriculum. Did you know that every 4<sup>th</sup> grader in the State learns about the GDS and Lake Drummond?!!! Our goal is to visit all 4<sup>th</sup> grade classes in all 11 elementary schools in Fall 2023 to support the curriculum. In April 2024, we plan to follow up by hosting all 1,100 of those students on a Refuge field trip to strengthen their knowledge and engagement at several educational stations.

Refuge staff cannot accomplish this goal without some help. What would it mean to help? This summer, we would train volunteers on the curriculum and program to be delivered. Then, you would be asked to independently present the program to classes in October (give or take a week in Sept. or Nov). The Spring 2024 field trip is a long time away, but it would be great if those same volunteers could assist with the field trip. We will probably make a second request for volunteers next year.

We are very excited about this initiative to become a greater asset to the community in support of natural resource conservation. Our vision is to take this to other Hampton Roads communities in the future. If you have interest in shaping young minds on the importance of the Refuge and environmental stewardship, please let me know by **June 30th**".

If you are interested in volunteering, you can R.S.V.P via email to: [chris\\_lowie@fws.gov](mailto:chris_lowie@fws.gov).

[forward to a friend](#)

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