

August 13th, 2024



## THE IZAAK WALTON LEAGUE OF AMERICA

### Suffolk-Nansemond Chapter



#### S-N IWLA Chapter Newsletter

#### The Blue Heron Times (August, 2024 Issue)

### Points of Contact

**President: Chris Ferguson**  
[president@sniwla.org](mailto:president@sniwla.org)  
 (757)339-3905 (m)

**Vice President: Darden Langston**  
[jdlo@charter.net](mailto:jdlo@charter.net)  
 757-377-8755(m)

**Park Use Reservations: Allen Kiger**  
[akiger00@hotmail.com](mailto:akiger00@hotmail.com)  
 757.650.8530(m)

**Membership Chair: Alan Ferguson**  
[Alan.Ferguson.IWLA@gmail.com](mailto:Alan.Ferguson.IWLA@gmail.com)  
 757-292-3705(m)

**Speaker Coordinator: Chris Ferguson (Interim)**  
[president@sniwla.org](mailto:president@sniwla.org)  
 (757)339-3905 (m)

**Chapter website:** [sniwla.org](http://sniwla.org)

**WebMaster:**  
[webmaster@sniwla.org](mailto:webmaster@sniwla.org)



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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](#)

### Meetings

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

Next month's Board meeting will be at 7pm on **Monday, September 9th** at the same location.

Chapter Members Dinner meetings are held on the 3rd Wednesday of each month. The next chapter dinner meeting will be held at **6:30pm on Wednesday, August 21st**, at the Oakland Church Community Life Center in Chuckatuck located at 5641 Godwin Blvd, Suffolk, VA 23434.

The dinner menu will be pork loin with potatoes, green beans, side salad, rolls, tea, and assorted desserts. The cost will be \$10.

The guest speaker will be Andrea Davis, Horticulture Unit Coordinator Extension Agent in the Suffolk ANR (Agriculture and Natural Resource) Department. Andrea earned both a B.S. in Horticulture with a concentration in Landscape Contracting and a M.S. in Plant Science and Pest Management from Virginia Tech.

### President's Note

We are going through the dog days of summer. The phrase is a reference to Sirius, the Dog Star. During the "Dog Days" period, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth. In the summer, Sirius rises and sets with the Sun. On July 23rd, specifically, it is in conjunction with the Sun, and because the star is so bright, the ancient Romans believed it actually gave off heat and added to the Sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as diēs caniculārēs, or "dog days."

Things will start to pick up with a park cleanup day in August and the youth fishing rodeo in September. Please come out and support these activities.

"In the long dusks of summer, we walked the suburban streets through scents of maple and cut grass, waiting for something to happen." – Steven Millhauser

Respectfully Yours,

Chris Ferguson,  
 Chapter President,  
 Suffolk-Nansemond IWLA

[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 October is shown below:

MON 8/12 at 7pm - Board meeting.  
WED 8/21 at 6:30pm - Chapter Dinner meeting.  
SAT 8/24 at 8am - Chapter Park \*Work Day.  
SAT 9/7 at 9am - \*Chapter Youth \*Fishing Rodeo (Open-to-the-Public).  
MON 9/9 at 7pm - Board meeting.  
WED 9/18 at 6:30pm - Chapter Dinner meeting.  
FRI 9/20 at 4pm - Chapter BBQ \*Fundraiser.  
SAT 9/21 - CANCELED: Land-based Chapter River cleanup.  
SAT 9/21 at 10am - Great Dismal Swamp National Wildlife Reserve 50th Anniversary Festival.  
SAT 10/12 at 9am - Suffolk Litter Control Department \*River Cleanup.  
MON 10/14 - Chapter Board meeting.  
WED 10/16 - Chapter Dinner meeting.  
SAT 10/19 - Chapter Youth \*Nature Walk and Scavenger Hunt.  
SAT 10/26 at 3pm - Suffolk Litter Control Halloween \*Cleanup at the Nansemond Brewing Station.

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

**HOLIDAYS**

MON 9/2 - Labor Day.  
SUN 9/15 - First Day of Hispanic Heritage Month.  
THR 10/31 - Halloween.

**Chapter Youth \*Fishing Rodeo Scheduled for Saturday, September 7th.**

*Message from Chapter Board Member/Youth Activity Lead Gary Brown.*

"Members, we will be holding an open-to-the-public chapter youth fishing rodeo on September 7th at 9am.

To R.S.V.P for this event, contact me via email or phone using the information shown in the Fishing Rodeo event flyer posted later in this newsletter.

At the August chapter dinner meeting we will be passing around sign-up sheets to fill the various volunteer work roster assignments that will be needed on the day of the event."

--Gary

*\*Note: Chapter Members who volunteer to participate in this event (by signing up to help out for specific work rosters) will earn chapter work hour credits towards our chapter's membership [participation policy](#).*

## Chapter BBQ \*Fundraiser Scheduled for September 20th - Tickets Availability and Volunteer Work Roster Sign-ups

*Message from Richard Wentz, Board Member/ Fundraiser Chair.*

"Members, Chapter BBQ fundraiser tickets will be available for pickup/purchase at the August 21st monthly chapter dinner meeting.

Also, at the dinner meeting we will be passing around sign-up sheets to fill the volunteer work roster assignments needed for the day of the event. There will be two shifts, from 3pm to 5pm, and from 5pm to 7pm. Your work hours will be credited towards the chapter's annual [membership volunteer participation requirement](#).

Tickets will be \$14 each for Chicken, BBQ, Cole Slaw, Macaroni and Cheese. *Note: At the gate on the day of the event (without a previously purchased ticket) the charge will be \$15.00.*

For my contact information see the BBQ Fundraiser event flyer posted later in this newsletter.

--Richard Wentz"

*\*Note: Chapter Members who volunteer to participate in this event (by signing up to help out for specific work rosters) will earn chapter work hour credits towards our chapter's membership [participation policy](#).*

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## Recipe of the Month - Chicken Zucchini Bake



By: Author [Zona House](#).

"This Chicken Zucchini Bake casserole has a delicious blend of diced chicken, zucchini, and mushrooms mixed with shredded Italian cheese blend, sour cream, green onion, and egg seasoned with basil, salt, and fresh ground black pepper."

Serves 4



### Ingredients

- 8 ounces boneless chicken

### Instructions

Preheat the oven to 375 F.  
On a cutting board, dice the chicken into bite-sized cubes.  
Slice the green onions, mushrooms, and zucchini. Cut the zucchini slices into halves or quarters.

- 4 ounces fresh mushrooms
- 1 medium zucchini
- 2 Tablespoons butter
- Salt and fresh ground black pepper, to taste
- 2 cups shredded Italian cheese blend
- ½ cup sour cream
- 2 green onions
- 2 eggs – large or jumbo (beaten)
- 2 teaspoon dried basil

Melt the butter in a large pan on medium heat.

Add the chicken, zucchini, mushrooms, salt and pepper to the frying pan. Cook and stir often, until tender, about 5 minutes. Drain in a colander.

In a bowl, mix together the cheese, sour cream, green onions, beaten eggs, basil, salt, and black pepper, until well combined.

Stir in the chicken, zucchini and mushrooms until well coated.

Spray two 18.6 ounce individual baking dishes with non-stick spray. Pour the chicken and cheese mixture into the two dishes, divided evenly.

Bake 30-35 minutes. Allow to cool 5 minutes before serving. Serve hot dishes on top of pot holders or trivets to protect the table or counter top.

## Recap of the July Chapter Dinner Meeting

The July 17th member's meeting was held at the Oakland Church Community Life Center in Chuckatuck. The dinner meal was delicious, as usual, and consisted of baked ziti, meat balls, garlic bread, salad and a selection of deserts.

Three new members were sworn in by chapter president Chris Ferguson. The new members (pictured left to right below) are Ron Westrich, Houstin Syvertson and Michael Crouch. Welcome to the chapter gentlemen!



Also, at this meeting, Election Committee member Bruce Kliche conducted the election process for chapter Officers and Board of Directors. As a result of no additional nominations from the floor, all chapter Officers and Board members agreed to serve an additional term in their respective positions for the 2024-2025 term.

Board Members and Officers will be sworn in at the August chapter dinner meeting.

A list of these Officers and Board members is located in the Members section of the chapter website under the

[Leadership 2024-2025](#) menu.

## Chapter Park \*Workday Scheduled for Saturday, August 24th at 8am

*Message from Board Member/Park Maintenance Chair Jimmy Fanny*

Chapter members can earn work hour credits to help fulfill the annual membership volunteer participation policy requirement. We will meet at the chapter park gazebo at 8AM to sign-in and receive our individual work assignments. Please bring yard maintenance tools such as shovels, heavy duty rakes, wheel barrows, lawn mowers, weed whackers, etc. and wear sturdy boots, work gloves, and safety glasses.

*\*Note: Chapter Members who volunteer to participate in this event will earn chapter work hour credits towards our chapter's membership [participation policy](#).*

## Chapter BBQ Fundraiser Event Flyer Scheduled for September 20th

Click on the image shown below to download a printable PDF of the flyer. *Note: At the gate on the day of the event (without a previously purchased ticket) the charge will be \$15.00.*

### Suffolk Nansemond Izaak Walton League Fundraiser



BBQ Dinner Drive –Thru Pick Up



**Friday, September 20th 3:30 PM—6:30 PM**

Westminster Reformed Presbyterian  
Church, 3488 Godwin Blvd, Suffolk

**\$14 Ticket per person**  
(or \$15 at the gate)

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

To support the S-N IWLA Conservation Projects &  
Environmental Education

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

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

*Flyer revision 2024-07-06*



## Chapter Youth Fishing Rodeo Event Flyer Scheduled for Saturday, September 7th.

Click on the image shown below to download a printable PDF of the flyer.

**Suffolk-Nansemond Chapter Izaak Walton League of America**

**Youth Fishing Rodeo**  
**Saturday, September 7<sup>th</sup> 2024**



**Location: 480 Kings Fork Road, Suffolk, VA**

***Parking Instructions:***  
***Go through front gate at the chapter park's main entrance***

**Registration/Safety Briefing 8am-9am**  
**Fishing 9am-11:30am**  
**Lunch will be provided at 11:30am**

***Open-to-the-Public Event***

**For kids ages 4 -15    Cost \$5 per angler**

***Only 25 spots are available, please R.S.V.P the event coordinator, Gary Brown, at 757-642-0008 or gtbrown213@gmail.com in advance to sign up.***

**We will provide all equipment and anglers will be given certificates. No fishing license is required. Bring your kids to show them how much fun they can have fishing!!**

Chapter website: <https://sniwla.org> flyer revision 07.29.2024

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## Volunteer Opportunity - Suffolk Litter Control \*River Cleanup Scheduled for Saturday, October 12th.

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

The Suffolk's Litter Control Department (Keep Suffolk Beautiful) is coordinating a Nansemond River Cleanup on **Saturday, October 12th at 9am**. Volunteers should plan to assemble at 9am at the CONSTANTS WHARF PARK AND MARINA (Hillton Garden Inn).

Suffolk's Litter Control Department will provide cleanup supplies at the site. Volunteers planning to participate by boat should bring their kayak or canoe. Long grabbers will be distributed to those using boats. Stay updated by following Keep Suffolk Beautiful on Facebook and Instagram. See <https://www.suffolkva.us/1244/Nansemond-River-Cleanup> for more information.

For those chapter members who participate I will write down your names and pass them on to the Membership Chair/Webmaster so that you receive chapter volunteer work hour credits.

--Sam

*\*Note: Although our Chapter is not coordinating this event, those Chapter Members who volunteer to participate in this event will earn chapter work hour credits towards our chapter's membership [participation policy](#).*

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## Chapter Youth \*Nature Walk and Scavenger Hunt Scheduled for Saturday, October 19th - Members and Their Families Only

*Message from Chapter Ike Gary Beemster, Youth Activity Lead and from Chapter Board Member/Youth Program Coordinator, Chris Trimpey.*

Our 1st S-N IWLA "Youth Nature Walk and Scavenger Hunt" (Ages 06-15) with a 20 Children limit (must have parent or guardian) is tentatively scheduled for **Saturday, October 19th, 2024**. This is a great event to show our chapter's support for introducing youth to the outdoors and an opportunity to bring your children or grandchildren out to the park for a fun-filled morning.

This event is for **members and their families only**.

Please help spread the word! Limited spaces are available. To sign up as a participant please RSVP our Mr. Gary Beemster, the Youth Activity Lead for this event at [gfbeemster@gmail.com](mailto:gfbeemster@gmail.com) or (253) 590-7925(m) no later than the RSVP cutoff of **October 12th, 2024**. Please also CC: Mr. Chris Trimpey, our chapter Youth Program Coordinator at [chris\\_trimpey@hotmail.com](mailto:chris_trimpey@hotmail.com) or (757) 449-4910 when you RSVP.

Also, chapter members are needed to fill volunteer work rosters to help hide items for the Scavenger Hunt, to serve as Safety Monitors and serve as Photographers.

*\*Note: Chapter Members who volunteer to participate in this event will earn chapter work hour credits towards our chapter's membership [participation policy](#).*



## IWLA National Convention Recap

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

"Three weeks ago, League members and leaders from across the country came together for an energizing national convention. Gathering on the shores of the Chesapeake Bay, we recommitted to our historic mission to protect the nation's great waterways, and we strategized about how we can take action today to secure a better future.

At the convention, Executive Director Scott Kovarovics reported on measurable progress toward achieving the League's vision for our second century. That vision, designed to be an actionable roadmap, has indeed been leading us towards tangible victories on our key priorities.

Below, we have more takeaways from Convention, along with resources to support your advocacy work, opportunities for outdoor recreation, and amazing stories of volunteers making a difference.

We are grateful to have you with us on this journey. Thanks for being part of our conservation community."

To read more about what happened at the convention, click on [https://www.iwla.org/news-events/convention2024?utm\\_source=cc&utm\\_medium=email&utm\\_campaign=ccaug2024](https://www.iwla.org/news-events/convention2024?utm_source=cc&utm_medium=email&utm_campaign=ccaug2024).

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