



S-N IWLA Chapter Newsletter

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IWLA State/National

[IWLA Virginia Division](#)
[IWLANational](#)

Backyard Conservation News

[AskH2Ogreen.org](#)
[Chesapeake Bay Foundation](#)
[Department of Conserv. & Recreation](#)
[Division of Wildlife Resources](#)
[Hoffler Creek Wildlife Foundation](#)
[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 St.
Suffolk, VA 23434

Appomattox River Company
(757)890-0500; 3009 W. Mercury Blvd.
Hampton, VA 23666

Arzillo Recycling (Scrap Metal)
(757)539-8593; Suffolk & PTMS Blvd.

The Blue Heron Times (May, 2025 Issue)

Meetings

Chapter Board of Directors meetings are held on the second Monday of each month. They last met at 7pm on **Monday, May 12th** at the Constantia House behind Baker's Funeral Home. The next month's Board meeting will be at 7pm on **Monday, June 9th** at the same location.

In lieu of a monthly dinner meeting in May (normally held on the 3rd Wednesday), we're having the annual Chapter Members picnic on **Saturday, May 17th at 11:30am**. See the picnic flyer later in this newsletter for more information about the picnic.

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 **June** is shown below:

SAT 5/10 at 8am - *Park Workday.
MON 5/12 at 7pm - Board Meeting.
SAT 5/17 at 11:30am - Members' Picnic.
SAT 5/17 at 2:30pm - Members' Rimfire competition.
SAT 5/24 at 9:30am - *Youth Scavenger Hunt (Open to the Public).
SAT 5/31 at 10am - Prospective Member Orientation.
SUN 6/1 IWLA National Award Submissions Due.
SAT 6/7 at 11am - Park Gazebo Area Use Reserved.
SAT 6/7 at 9am - *River Cleanup (Suffolk Keep Suffolk Beautiful/ National Clean Bay Day).
MON 6/9 at 7pm - Board Meeting.
WED 6/18 at 6:30pm - Dinner Meeting.
SAT 6/28 at 9am - *Recycle Drive SCCC (Northern Suffolk no tires).

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

President's Note

I saw the other day that this month is called May because it may be 80, it may be 20, it may snow, it may be sunny, or it may rain. This is a busy month with the members' picnic, the .22 rimfire shoot, and a children's scavenger hunt.

If you haven't already, get your gardens planted and going. Hopefully we will not have a near tornado/high winds this year just before my corn tassels.

Comparison is the thief of joy. Instead of measuring yourself against others, focus on becoming better than you were yesterday. Success is not about beating others—it is about continuously improving yourself and pushing your own limits.

Chris Ferguson,
Chapter President,
Suffolk-Nansemond IWLA

HOLIDAYS and COMMUNITY EVENTS

MON 5/5 - Cinco de Mayo.
SUN 5/11 - Mother's Day.
MON 5/26 - Memorial Day.
SAT 6/14 - Flag Day.
SUN 6/15 - Father's Day.
THR 6/19 - Juneteenth.

Recipe of the Month - Zucchini Mushroom Pasta

Source Credit: [Kitchen on the Avenue](#) Serves: 2



Ingredients

- 7 oz. Tagliatelle Pasta
- 2 medium Zucchini
- 1 cup Baby Bella Mushrooms
- 1/2 Onion
- 4 tbsp. Pesto
- 1/4 cup Parsley
- 1 tbsp. Olive Oil
- 1 tsp. Red Pepper Flakes
- 1 tbsp. Salt
- 1 tsp. Black Pepper
- Parmesan Cheese
- 2 Garlic Cloves

Instructions

1. In a medium-sized pot, bring water to a boil over high heat.
2. Next, add salt to the pasta.
3. Slide the zucchini, mushrooms, and the onions.
4. Chop the parsley.
5. Make sure you cook the pasta according to the package directions or al dente.
6. When the pasta is half-cooked, heat a skillet over medium heat and add the olive oil. Start sautéing garlic, onions, mushrooms, and zucchini in the oil.
7. Stir occasionally while frying for three minutes.
8. Next, sprinkle in red chili flakes, black pepper, and a pinch of salt.
9. Pesto and chopped parsley should be added. Then combine well.
10. With a tong, pull the cooked pasta into the sauce, stir everything together, and serve.
11. Serve mushroom zucchini pasta with some grated parmesan cheese.

Members' Picnic at Chapter Park Scheduled for Saturday May 17th at 11am



Suffolk-Nansemond IWLA Members & Guests Picnic at the Park Saturday May 17th, 2025 (11am—2pm)



Come out, enjoy your park, eat, play games, fish, practice archery, or just relax. Family, friends, and prospective members are welcome to attend.

There is no cost for this picnic.

Menu



Hot dogs & hamburgers, baked beans, chips, 3-bean salad, bottled water, canned beverages, and assorted desserts.

Activities



Horseshoes



Fishing



Canoeing



Cornhole



Archery

Note: A Members' Rimfire Shooting Competition at the firing range is scheduled to commence after the picnic (at 2:30pm).

22 Rimfire Members-Only Shooting Competition Scheduled for Saturday May 17th at 2:30pm

Message from Eric Fjell, Chapter Shooting Coordinator

On **Saturday, May 17th at 2:30pm** (after the conclusion of the chapter Members' picnic which ends at 2pm) we will conduct a Members-Only .22 rimfire shoot competition. There will be four classes; 25 yard open sighted handguns, 50 yard scoped handguns, 50 yard open sighted rifles, and 100 yard scoped rifles. Ammunition will be limited to .22 caliber rimfire; short long, or long rifle, subsonic or high velocity. Each distance and firearm combination will cost \$5. Please contact Eric Fjell at kefjell@comcast.net or 651.373.4620 (m) to signup for this event.

***Scavenger Hunt Youth Activity Scheduled for Saturday May 24th (Open to the Public)**

*Message from Chris Trimpey, Board Member/Youth Program Coordinator.
Article reprinted from the March and April chapter newsletter issues.*

This year the S-N IWLA chapter will hold our first ever Annual Scavenger Hunt. The event is open to the public and will be limited to 20 children from ages 6 to 15. The event will take place at the park on **Saturday, May 24th from 0930-1200**. In order to make the event a success volunteers are needed for the following positions: Registration (2) Parking Control (2) Artifact Hiders/Safety Monitors (3) Photographers (1).

Volunteers will assemble at the park at 8:30AM for safety/event briefings/preparations to ensure we are fully prepared for children starting their Scavenger Hunting at 09:30am.

ADDITIONALLY: We are in need of items for the Scavenger Hunt that would be found in nature: snakeskin sheds, turtle shells, deer horn sheds, and other items that are could be found in the woods, etc. If you are interested in a fun event to obtain some of your annual required volunteer hours and/or have items found in nature that could be found by children in the event, please contact Mr. Chris Trimpey, our chapter Youth Program Committee Chair, at email:chris_trimpey@hotmail.com or (757) 449-4910 to sign up for the event.

**Note: This event is applicable for chapter work hour credits in accordance with our Chapter's Volunteer Participation Policy.*

***Volunteer Opportunity - Clean The Bay Day Event Scheduled for June 7th at 9am**

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

The Suffolk's Litter Control Department (Keep Suffolk Beautiful) is coordinating a Chesapeake Bay Foundation "Clean The Bay Day" event on the Nansemond River on **Saturday, June 7th at 9am**. Volunteers should plan to assemble at 9am at the CONSTANTS WHARF PARK AND MARINA (Hilton Garden Inn). You can register for this event at

<https://www.suffolkva.us/331/Clean-the-Bay-Day> where you are encouraged to "volunteer by foot or by boat, individuals, families, civic organizations, business groups, scouts, students! Boaters – bring your kayaks, canoes, or any shallow water boat."

**Note: Although our chapter is not coordinating this river cleanup, our members can earn chapter work hour credits towards our annual membership participation policy requirement by participating in this event.*

Recap of IWLA Monthly Chapter Dinner Meeting Wednesday, April 16th



The April member's dinner meeting was held on Wednesday, April 16th. The dinner meal consisted of meatball subs, chips, 3-bean salad, tea and an assortment of yummy homemade desserts.

There was no guest speaker for the evening. After the Treasurer's report there was a recap of the recent barbecue fundraiser, and a reminder that this coming Saturday is a scheduled park workday in preparation for the Teddy Bear Hunt the following weekend.

Chapter president Chris Ferguson swore in four new chapter members, shown here from left to right: Eric Jackson, Elmer(Peanut) Swilley , Roger (Keith) Johnson, and James Winters. Welcome to the chapter, gentlemen!

Recap of IWLA Virginia Division Meeting Hosted on April 26th



On Saturday, April 26th, our chapter served breakfast and lunch to representatives from the IWLA Virginia Division for hosting their monthly meeting at our chapter meeting facilities here in Suffolk, VA.

After a breakfast of coffee, juice, and assorted pastries, the meeting was convened, and for lunch the chapter Food Committee Chair Claudia Powell, with help from

Chef and Vice President Darden Langston, served up a delicious meal of pork tenderloin with apple bacon chutney sauce, baked yams/pineapple chunks, broiled shrimp in butter/garlic sauce, green bean casserole, rolls, tea, and water with assorted home-made cookies. Everyone agreed that the meal was scrump-dilly-icious!



It was wonderful to catch up on old times, and to discuss current events, with the IWLA members from the Virginia Division, and we look forward to the next time we host them in our meeting facilities! Afterwards, the group travelled to the Chapter Park to catch the tail-end of the ongoing annual chapter Teddy Bear Hunt event.

See the full news article posted on our chapter website under the News main menu entitled [S-N IWLA Chapter Hosts IWLA VA Division Meeting](#) for more photos taken at this meeting.

Recap of Chapter Information Booth at Nansemond River High School for Earth Day April 23rd



The chapter was invited to set up an information booth at the Nansemond River High School for their Earth Day event on Wednesday April 23rd. We were among several other local conservation-oriented organizations that attended the event.

During the event, we were able to speak directly to 25-30 students who stopped by our table. We discussed our expanding Youth Program, both our local and National Scholarship programs and the various volunteer opportunities available through our chapter.

Some of the biology students set up booths or games that reflected recycling and other conservation related themes. It was a great opportunity to speak with high school students about conservation and their plans for the future.

See the full news article posted on our chapter website under the News main menu entitled [2025 Nansemond River High School's Earth Day](#) for more pictures taken at this event.

Recap of Chapter Teddy Bear Hunt April 26th



The chapter held our annual Teddy Bear Hunt on Saturday April 26th. The weather report was questionable, but the day turned out to be a beautiful 75-degree spring day. Our volunteers made the event a great success. Approximately 90 people attended the event. 31 children (pictured with Youth Program Chair Chris Trimpey) hunted and successfully tagged Teddy Bears. After a lunch of hotdogs, chips, cookies and drinks, the children and their parents/guardians got to experience fishing in the pond, archery at the range and some

instruction on the use of a magnetic compass.

Our thanks and appreciation go out to those Youth Program members who donated Teddy Bears, fishing rods, tackle boxes and rod holders. We also appreciate the continued support from Perry Minnow Farm for supplying the red wrigglers for the event.

Suffolk Fire and Rescue Station #6 also supported the event by having a fire truck on site. Some of the children enjoyed seeing and exploring the fire truck almost as much as hunting Teddy Bears. Several of the unclaimed Teddy Bears will be donated to Fire House #6 to be carried onboard their ambulances as "care bears" for children involved in accidents.

See the full news article posted on our chapter website under the News main menu entitled [April 2025 Teddy Bear Hunt](#) for more pictures taken at this event.

Outdoor Ethics - Fishing for Rainbow Trout

We fight for clean water so that we have outdoor spaces we and future generations can enjoy. One of our chapter members last week travelled to Central Pennsylvania and while fishing a stream didn't see a single piece of trash anywhere along a several mile stretch. After the member landed this enormous Rainbow Trout shown below that was estimated to be between 28-30" inches long and weighed over 4 lbs, the fish was released back into the stream.



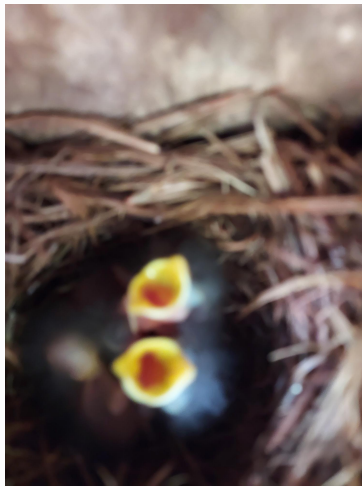
Scientific Name: *Oncorhynchus mykiss* **Order:** Salmoniformes, **Family:** Salmonidae **Life Span:** The lifespan of Rainbow Trout in Virginia ranges from 3 to 10+ years, and is heavily dependent on the waterbody they inhabit. Rainbow Trout are opportunistic feeders, but regularly consume benthic macroinvertebrates, crustaceans, and other fish. Rainbow Trout are native to the western United States in waters that flow into the Pacific Ocean. They have been introduced throughout portions of Virginia and much of North America as an additional recreational opportunity for anglers. Anglers are reminded that it is illegal to stock fish into a public body of water without an authorization from the Virginia Department of Wildlife Resources.

For more information about Rainbow Trout, see <https://dwr.virginia.gov/wildlife/information/rainbow-trout/>

Chapter Park Wildlife - Follow-up Report on Bird Nest Boxes

Report from Chapter Ike Ken Dugan on his recent volunteer work in maintaining the chapter's bird boxes at the chapter park

"Two of the bluebird (BB) nest boxes are producing chicks as of today (April 23rd). Chicks in the first pic are about 4-5 days old and the second pic has 4 chicks about 14 days old that will be fledging in about 5-7 more days. I cleaned out all of the wood duck boxes. Most had small wasp nests which I sprayed and removed. I put in fresh wood shavings even though it is unlikely there will be any ducks trying to nest at this time of year. In the BB boxes, I rub ivory bar soap around the roof where the wasps usually attach their combs. As I understand it, the soap film discourages the wasps and the slight odor does not seem to bother the birds and is not toxic. In the duck boxes, I used Spectracide wasp spray because I figure it will leave a residue to keep new wasp nests out and since the ducks won't look for nesting sites until next spring, the odor/residue should dissipate by then and I will coat the roof with the bar soap again this winter."



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