



THE IZAAK WALTON LEAGUE OF AMERICA

Suffolk-Nansemond Chapter



S-N IWL A Chapter Newsletter

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IWLA State/National

[IWLA Virginia Division](#)

[IWLANational](#)

Backyard Conservation News

[AskHRgreen.org](#)

[Chesapeake Bay Foundation](#)

[Department of Conservation & 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 Street
Suffolk, VA 23434

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

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

The Blue Heron Times (November, 2025 Issue)

Meetings

Chapter Board of Directors meetings are held on the second Monday of each month. They last met at 7pm on **Monday, November 10th** at the Constantia House behind Baker's Funeral Home. Since there is no board meeting scheduled for December, the next Board meeting will be held at 7pm on **Monday, January 12th, 2026** 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, November 19th** at the Oakland Church Community Life Center located in Chuckatuck at 5641 Godwin Blvd, Suffolk, VA 23434.

The dinner menu will be fried chicken, bean salad, cheesy potatoes, rolls, ice tea, with assorted desserts. The cost will be \$10.

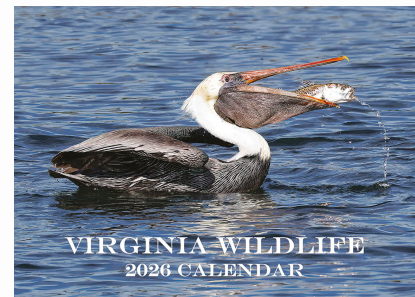
Our guest speaker is Julia B. Hillegass, Agricultural Specialist in the Suffolk Economic Development Department. Julia joined the Suffolk Economic Development Department as an Agricultural Specialist in January. She previously worked for the Virginia Beach Department of Agriculture where she coordinated the agricultural reserve program focused on conserving land and keeping working farms. She hopes to see a pilot program in Suffolk in three to five years and wants to bolster the network of farmer's markets, promote agritourism and create a clearinghouse of farm resources and assistance programs. She also plans to work with Suffolk's schools for students to learn about and cultivate job skills in agriculture.

2026 Wildlife Calendars

Article Reprinted from the October newsletter issue

Get Your 2026 Wildlife Calendars! You can buy a DWR (Department of Wildlife Resources) 2026 wildlife calendar at the November Chapter dinner meeting sign-in table.

Donation cost is \$10. This equates to 37% off the retail price. Quantities are limited. Any questions please contact Virginia Wahab at wahabv@cox.net who is coordinating the sale of these wildlife calendars.



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 the calendar year is shown below:

MON 11/10 at 8pm - Chapter Board Meeting.
WED 11/19 at 6:30pm - Chapter Dinner Meeting.

THERE ARE NO MEETINGS in DECEMBER.

*VOLUNTEER COMMUNITY EVENTS:
SAT 11/15 at 9am - Suffolk SCCC *Recycle Event.

HOLIDAYS:
TUE 11/11 - Veterans Day.
THR 11/27 - Thanksgiving.
FRI 11/28 - Black Friday.
THR 12/24 - Christmas Eve.
SAT 12/25 - Christmas Day.
WED 12/31 - New Year's Eve

*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 cannot believe it is November already. Where did the year go? I am watching the leaves put on a colorful show, better than years gone by. The corn and cotton is being harvested and the fields lain fallow. Northern states have already gotten or soon will get their first snowfall. Will we get snow this year? Wait and see.

It is time to gather family and give thanks. I am glad we have the chapter and members that do many wonderful things for the community.

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

--Lauren DeStefano

Respectfully Yours,

Chris Ferguson, Chapter President
Suffolk-Nansemond IWLA

2026 Membership Dues and 2025 Service Participation Hours

Message from Alan Ferguson, Membership Chair

Membership renewal notices have been mailed! Keep an eye out for yours in the mail. If you haven't received it, please contact me, Alan Ferguson, at SNIWLA.mdr@gmail.com.

You can pay your dues at the November dinner meeting or by mail using the address label included with your renewal notice. Please note: dues paid **after the January dinner meeting** will incur a **\$20 late fee**.

Each member is asked to complete **8 hours of service** for the Chapter. You can review our full participation policy on the [Chapter website](#) under **Members** → **Member Participation Policy**. If you will not meet the 8-hour minimum by December 1st, you can include the **\$150 participation fee** with your dues to avoid a separate invoice and delay in your renewal.

Please send any outstanding **participation forms** or checks (payable to **S-N IWLA**) to Alan Ferguson, 3231 Matoaka Road, Suffolk, VA 23434.

Thank you for helping keep our Chapter strong and active!

Volunteer Opportunities

Article Reprinted from the October newsletter issue with revisions.

Members, a reminder, there is only one scheduled event remaining (Suffolk SCCC *Recycle event on November 15th) at which you may earn volunteer participation work hours for this calendar year in accordance with the Chapter's [membership participation policy](#) as posted on our chapter website. *REMINDER: Be sure to turn in your hours prior to the December 1st, 2025 cutoff. For more information about this event, see the article directly below.*

Volunteer Opportunity - Suffolk SCCC (Clean Community Commission) *Recycle Event Scheduled for Saturday, November 15th at 9am

Article Reprinted from the October newsletter issue.

*Note: Although this event is not coordinated by our S-N IWLA chapter, our members can earn chapter volunteer work credit hours towards accumulating the required annual minimum volunteer participation hours.

What? SCCC *Recycle Event - Public Works Operations Center on Carolina Road

When? Saturday, November 15 9:00am – 1:00pm

Where? 800 Carolina Rd, Suffolk, VA 23434 (Public Works Operations Center on Carolina Road (SE quadrant of Rt.13 Bypass @ Carolina Rd. (Rts.13/32).

For questions about recording/submitting your volunteer work hours for credit, see <https://sniwla.org/sniwla/membership-info/membership-participation-policy/>.

Recipe of the Month - Broccoli Potato Cheese Soup

Source Credit: <https://everybitetells.com/broccoli-potato-cheese-soup> by Zella



Broccoli Potato Cheese Soup is a warm bowl of comfort that brings together tender chunks of potato, fresh broccoli florets, and creamy melted cheese. It's the kind of soup that feels like a big, cozy hug on chilly days, with each spoonful full of gentle, satisfying flavors and hearty textures.

Serves: 4–6 people

Ingredients

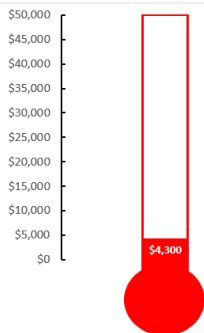
- 4 cups broccoli florets, chopped into bite-sized pieces
- 2 medium potatoes, peeled and diced
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 4 cups chicken or vegetable broth
- 2 cups milk (whole or 2%)
- 1 cup heavy cream
- 2 cups sharp cheddar cheese, shredded (plus extra for garnish)
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 4 strips cooked bacon, crumbled (optional for extra flavor)
- Salt and black pepper to taste
- ½ teaspoon paprika (optional)

Instructions

1. Cook Onions and Garlic: In a large pot, melt the butter over medium heat. Add the chopped onion and cook until it becomes soft and translucent, about 3-4 minutes. Then add the minced garlic and cook for another 30 seconds until fragrant.
2. Make the Roux: Stir in the flour, cooking it continuously for 1-2 minutes. This will help thicken the soup later and keep it smooth.
3. Add Broth and Potatoes: Slowly whisk in the chicken or vegetable broth, stirring to avoid lumps. Bring the mixture to a simmer. Add the diced potatoes and cook for 12-15 minutes, or until the potatoes are tender.
4. Cook Broccoli: Add the broccoli florets to the pot and cook for another 5-7 minutes until the broccoli is tender but still bright green.
5. Add Milk, Cream, and Cheese: Lower the heat to avoid boiling. Stir in the milk and heavy cream. Then slowly add the shredded cheddar cheese, stirring continuously until the cheese is melted and the soup is creamy.
6. Season and Finish: Season with salt, black pepper, and paprika if you like. Stir in the crumbled bacon if you're using it. Let the soup simmer gently for another 5 minutes to blend the flavors. Ladle the hot soup into bowls. Top with extra shredded cheddar cheese if you want. Enjoy warm, maybe with some crusty bread on the side!

Capital Campaign Tracker Status Update

S-N IWLA CAPITAL CAMPAIGN TRACKER



Information about the Capital Campaign Tracker: This graph shows that we've accumulated \$4,300 in donations thus far towards our goal of raising money for expenses related to repairs and/or alterations of our chapter park dam.

We are asking members to consider making a contribution to the Capital Campaign. This tracker will be included in future newsletters and updated at members' monthly meetings. Please contact our Treasurer if you are willing to make a donation. Any help is very much appreciated. Contributions may be tax deductible; see your tax professional.

CAUTION: BE SURE TO MONITOR YOUR EMAILS CAREFULLY FOR POTENTIAL SPAM/PHISHING ATTEMPTS. The chapter will not send emails to members asking for any type of payment or

donations.

Recap Chapter Hosted Blue Star Connect Outdoors Families (Military Families) 18 Oct 2025

Message from Board Member and Chapter Youth Coordinator Chris Trimpey



Our S-N IWLA Chapter, for the first time, hosted Blue Star Families Connect Outdoors. For information about this organization, see Blue Star Connect Outdoors – Blue Star Families whose focus is to get Military Families into the outdoors. The event's main focus was to teach participants how to fish.

Fifteen "First Fish" award certificates were issued to children and adults; it was amazing to see both children and adults be so thrilled at catching a fish for the first time in their life! During the event one of our S-N IWLA Chapter members demonstrated the art of Fly Fishing and Fly Tying. Children and adults were fascinated to see and learn about both of

these activities.



But wait, during our park cleanup just prior to the event, Bear Scat was discovered on the dam; where could this have come from? As suspected, some of the Teddy Bears from our Annual Teddy Bear Hunt in April, that escaped from children in the April event, were still present in the park. Children from Blue Star Connect Outdoors have experience in the outdoors, so most of the roaming bears were no match; as a result, five of six fugitive bears were captured (there is still a wild Teddy Bear roaming the park.)

During the event, fifteen S-N IWLA Chapter members worked to give Blue Star Connect Outdoors families an experience to remember for life! Several of our members earned their required 8 hours of annual volunteer work, while others far surpassed their minimum number of hours for the year.

Special thanks to the volunteers that came in early to make the park ready for this event and for those that stayed afterward to clean up the park in several areas. Suffolk Fire and Rescue Station #6 supported the event with an ambulance on station. For a slideshow of more photos taken at this event, see <https://youtu.be/Gy27GIWHzpI>. <https://sniwla.org/sniwla/chapter-hosting-blue-star-connect-outdoors-families-military-families-18-oct-2025/>.

Recap of October 2025 Chapter Members' Dinner Meeting



The October Chapter Members' meeting was held on October 15th at the Oakland Christian Church Community Center.

A scrumptious Fried Fish Fry dinner was provided by Chapter Ikes Jonathan Echols and Les Ward, shown here in this photo from left to right. The meal consisted of three varieties of fried fish, french fries, coleslaw, and hush puppies, along with an assortment of homemade desserts, served up with help from the kitchen crew.

Our guest speaker for the evening was Linda Byrd-Masters of the Virginia Tech Tidewater AREC (Agriculture Research & Extension Center) which is one of eleven (11) such centers in the state. Linda

works in the Plant Pathology Department as a Laboratory and Research Specialist II. The extension center was established in 1914 and is committed to applied research and educational programs that support profitable and sustainable agriculture in the Tidewater region of Virginia and North Carolina. Linda is also a member of the local Southside Chapter of the VMN (Virginia Master Naturalists) of which there are thirty (30) in the state.

Her presentation was entitled "It Takes A Village...Two Approaches to Conservation", which highlighted the disparities between the various practices followed by both farmers (Growers) and conservationists (Naturalists), particularly with regards to pesticide use. Linda noted that VMN has a no-pesticide/no-fungicide/no-herbicide policy. Due to practical considerations for increasing crop yields, AREC on the other hand does recommend that such chemicals be applied to crops. However, AREC strives to mitigate such applications, with the primary goal of reducing pesticide usage which not incidentally saves money. AREC encourages an IPM (Integrated Pest Management) approach which looks at thresholds of disease and pests that are considered acceptable before pesticides must be applied; also encourages crop rotation, no-till, and using new varieties of plants. Such policies help keep nutrients and water in the soil and cut down on diseases and insects.



Linda encouraged each of us to become intimately involved in following conservation practices in every aspect of our lives. For more information, see the article entitled [October 2025 members' meeting](#) that is posted under the News menu on our chapter website.

Menhaden Fishery Follow-up Status From Will Poston, Chesapeake Bay Foundation

You may recall that Will Poston, Forage Campaign Manager for the Chesapeake Bay Foundation (CBF), was the Guest Speaker for our chapter August, 2025 dinner meeting.

Will just recently sent us a *link to a WHRO news article that provides a status update on the 2026 Menhaden Fishery, entitled "Menhaden board cuts amount harvesters can catch along the Atlantic next year" that was published by Katherine Hafner of WHRO on October 29, 2025. See https://www.whro.org/environment/2025-10-29/menhaden-board-cuts-amount-harvesters-can-catch-along-the-atlantic-next-year?utm_source=newsletter&utm_medium=news.

This article announces that in 2026 the coastwide menhaden catch limit will be reduced by 20%, which is less than environmental and recreational fishing groups had hoped after a recently reported decline in the menhaden population. The topic will be revisited next fall, with the potential for further cuts for 2027 and 2028.

**Note: special thanks to Chapter Membership Chair Alan Ferguson for forwarding this information from Will.*