

December 13th, 2022



THE IZAAK WALTON LEAGUE OF AMERICA

Suffolk-Nansemond Chapter



S-N IWLA Chapter Newsletter

The Blue Heron Times (December, 2022 Issue)

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IWLA State/National

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Backyard Conservation News

AskHRgreen.org

[Chesapeake Bay Foundation](#)

[Department of Conservation & Recreation](#)

[Division of Wildlife Resources](#)

[Hoffler Creek Wildlife Foundation and Preserve](#)

[Nansemond River Preservation Alliance](#)

Meetings

The Chapter's Long Range Planning Committee (LRPC) met at 6:30pm on **Thursday, December 1st** at the Birdsong office.

The Chapter's Board of Directors met at 7pm on **Monday, December 12th** at the Constantia House behind Baker's Funeral Home. Next month's Board meeting will be at 7pm on **Monday, January 9th, 2023** at the same location.

NOTE: There will be no Chapter Members regular monthly dinner meeting in December.

*Per usual, chapter dinner meetings in 2023 will be held at the [Kings Fork Community House](#) on Kings Fork Road **at 6:30PM** on the 3rd Wednesday of each month. The next monthly dinner meeting is scheduled for **January 18th, 2023.***

Calendar of Events

You can review the full chapter calendar of events for 2023 online as approved by the chapter Board of Directors at the December board meeting by clicking on the [Calendar quicklink](#) located on the right sidebar of our chapter sniwla.org web site home page.

It is always a good idea to refer to

'Tis the Season, Happy Holidays!



President's Note

Another year has come and gone. It is time to reflect and spend time with our families and loved ones. I hope this message finds you well. We have accomplished a lot this past year and with everyone pitching in with their unique talents we can accomplish more next year.

In the words of St. Nicholas
 "Happy Christmas to all, and to all a good night."

--(Clement Clarke Moore)

Respectfully Yours,

Chris Ferguson,
 Chapter President,
 Suffolk-Nansemond IWLA

[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

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Izaak Walton League Of America Inc
Suffolk-Nansemond Chapter

See <http://sniwla.org/sniwla/donations-2/>

amazon smile

the online calendar for the latest information about chapter events. For example, several recycling events, additional chapter fundraiser(s), and quarterly IWLA Division level meetings are not yet shown here but will be added to the calendar once those venues/dates are firmed up.

A courtesy extract through the end of the 1st quarter of 2023 is shown below:

THR 12/1/22 at 6:30pm - Chapter LRPC Meeting.
MON 12/12/22 at 7pm - Chapter Board Meeting.
MON 1/9/23 at 7pm - Chapter Board Meeting.
WED 1/18/23 at 6:30pm - Chapter Dinner Meeting.
MON 2/6/23 at 7pm - Chapter Board Meeting.
WED 2/15/23 at 6:30pm - Chili Cookoff Chapter Meeting.
THR 2/16/23 - IWLA National Midwinter Board Meeting.
MON 3/6/23 - Chapter Board Meeting.
SAT 3/11/23 at 9am - Chapter *Adopt-A-Road Cleanup.
WED 3/15/23 - Chapter Tobin Award Nominations Due.
WED 3/15/23 at 6:30pm - Chapter Dinner Meeting.
SAT 3/18/23 at 9am - Chapter RimFire Members Shooting Competition.
SAT 3/25/23 at 9am - *River Cleanup.

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

HOLIDAYS:

12/24/22 Christmas Eve
12/25/22 Christmas Day
12/31/22 New Year's Eve
1/1/23 New Year's Day
1/16/23 Martin Luther King Jr. Day
2/1/23 First Day of Black History Month
2/14/23 Valentines Day
2/20/23 President's Day
3/1/23 First Day of Women's History Month
3/12/23 Daylight Savings Time Starts
3/17/23 St. Patrick's Day

Chapter Member Renewal Notice

You should have received your membership renewal notice. If you have not, please contact the Membership Chair by sending an email to Alan.Ferguson.IWLA@gmail.com.

Per the Chapter Membership Policy, for a member to be in "Good Standing" he/she is asked to pay their dues by December 31st prior to the new calendar year. Dues must be postmarked by December 31st to be considered timely. Members may pay their dues at the January 18, 2023, dinner meeting without being considered late. The Board of Directors has approved a \$20 late fee to be charged to those members who do not pay their dues by December 31st or at the first dinner meeting in January.

<https://sniwla.org/sniwla/membership-info/membership-policy-good-standing-requirements/>.

Please return the Chapter Committee list with your 3 selections for committees you would consider serving on. This enables our committee chairs to more easily seek out those member who have an interest in those committees when help is needed.

*Submitted by Alan Ferguson,
Membership Chair*

Recipe of the Month - Butternut Squash Lasagna with Spinach



Source Credit: <https://pinchmegood.com/healthy-butternut-squash-lasagna-with-spinach/>.
Posted at pinchmegood.com on October 2019 by Amy Estes.

Serves 10

Ingredients

- 1 butternut squash (about 3 pounds)
- 2 TBLSP olive oil
- 1 tsp kosher salt-divided
- 1 tsp ground black pepper-divided
- 2 cloves of garlic – peeled and minced
- 5 ounces fresh spinach – washed
- 1/4 c unsalted butter
- 1/4 c flour (whole wheat, white all purpose or gluten free all purpose)
- 1 1/2 c plant-based milk
- 1/4 tsp ground nutmeg
- 1 bay leaf
- 16 oz part-skim ricotta cheese
- 1 TBLSP freshly grated lemon zest
- 1 cup shredded mozzarella cheese
- 3/4 cup grated parmesan cheese
- 2 teaspoons fresh sage leaves-minced
- 1 tablespoon fresh rosemary-minced
- 10-12 no-cook lasagna noodles

Instructions

Cut and roast the squash.

Preheat the oven to 425 degrees F and spray a baking sheet with cooking spray.

Cut the ends off of the squash, peel it, remove the seeds, and slice it into planks that are 1/4 inch thick.

You can save the rest of the squash for roasting later.

Lay the squash onto a sprayed baking sheet, drizzle the squash with 1 tablespoon of olive oil, sprinkle with salt and pepper.

Bake for 15 minutes at 425 degrees F.

Remove and let cool for a few minutes.

For easier clean up, line the baking sheet with parchment paper.

Sauté the spinach. Heat the remaining tablespoon of olive oil in a pan over medium heat. Add in the minced garlic and toss and cook it for 1-2 minutes. Toss in the spinach and cook it for few minutes until wilted.

Remove and set the spinach aside.

Make the creamy filing – Add some butter to a medium-size saucepan heated to medium heat. Once it melts add in the flour. Whisk the flour in with the butter for a minute or so, then add in the milk about a 1/2 cup at a time, whisking lightly. Add in the nutmeg and a bay leaf. Simmer on low for 3- 5 minutes until the sauce thickens.

Make the ricotta filling – In a medium size mixing bowl, combine ricotta with lemon zest, freshly chopped sage, rosemary, parmesan, mozzarella, salt and pepper, and mix.

Assemble – Reduce the oven temperature to 400 degrees F and spray a 9×13 baking dish with cooking spray. Ladle some of the white cream sauce into the bottom of the baking dish. Layer on some of the lasagna noodles then some of the butternut squash. Next layer on some of the sautéed spinach and top that with a layer of the ricotta mixture. Pour some more (half of what is left) of the creamy white sauce all over everything then repeat with one more layer.

Finish the final layer with lasagna noodles, the remaining creamy white sauce, the remaining cooked spinach and a good sprinkle of parmesan cheese.

Bake the lasagna for 35 minutes on the middle rack of the oven until the top is nice and golden brown and bubbly.

Remove the lasagna from the oven and let it cool for at least 30 minutes before serving.

New Chapter Member

The chapter gained another member on November 16th. Chapter president, Chris Ferguson, swore in James Gwaltney during the chapter member's meeting. Welcome to the chapter, James!



Guest Speaker at the November Chapter Dinner Meeting

The Chapter welcomed Mr. James (Jamie) MacKenzie as the guest speaker at the November meeting. Mr. MacKenzie is a graduate of Virginia Tech with a degree in Forestry. He worked for 19 years at Union Camp and is now in private procurement.



His expertise is in Timber Harvesting/Management and he explained that harvesting timber may not seem like preservation of the woodlands, but it is actually very beneficial to ensuring the preservation of our woodlands by maintaining healthy, vigorous trees.

Mr. MacKenzie provided statistics on the forestry industry nationally and in Virginia. Timber stand management is effectively the same as cultivation in farming. The typical managed forest has a twenty-year life cycle from seedling planting to harvesting. The timber industry accounts for \$7.5 billion annually in Virginia, \$186 billion in the U.S. For every tree cut in Virginia, 3 or 4 are replanted. The southeastern U.S. is considered the lumber capital of the world because the climate is conducive to hardy tree growth.

While it can be disturbing to see a timber stand harvest, know that if the land is not being developed, the replanting or natural regrowth will provide valuable habitat. The newly planted seedlings will grow much more vigorously than the older trees that they replace, and in the future will be there to provide valuable products to future generations.

For more information, see the full news article entitled [Guest Speaker November 2022](#) posted under the News menu on our chapter website home page.

DWR (Department of Wildlife Resources) Blog - Inaugural Elk Hunt

Source Credit: [DWR Nov 30th Blog -Six Hunters Successful in the Inaugural Elk Hunt in the Elk Management Zone of Virginia.](#)

Photo Credit: Mike Roberts & Volunteers.

Submitted by: Chapter Ike Alan Ferguson.



The Virginia elk program reached a milestone in October—a successful first elk hunt in the Elk Management Zone (EMZ) in Buchanan, Dickenson, and Wise counties. It was a testament to all the hard work in planning, preparation, and execution from Virginia Department of Wildlife Resources (DWR) staff, landowners, and volunteers from Southwest Virginia Sportsmen, Rocky Mountain Elk Foundation (RMEF), and DWR's Volunteer Program. All six hunters were successful and satisfied with their hunting experience. Each one exhibited the utmost respect and appreciation for the once-in-a-lifetime hunting opportunity and for their role in making conservation history.

The hunt was all about providing opportunities for hunters, which is a key part of DWR's mission. Second, the hunt generated a tremendous amount of revenue for conservation, thanks to all the hunters who threw their hat in the ring for a chance at participating in the hunt. It all kicked off with the elk lottery in February and March of 2022, when hunters could apply to be considered in the random drawing for five bull elk licenses. One license was guaranteed to go to a resident of the EMZ and no more than one license could go to a non-Virginia resident.

The elk hunt was a blast all around and we are already looking forward to next year's hunt! Stay tuned for more information this January on the 2023 elk lottery." For more information, see <https://dwr.virginia.gov/blog/2022-dwr-elk-hunt/>.

Subscribe to the IWLA National Conservation Currents Publication



Chapter Members, a reminder, if you haven't already done so, you can subscribe to the IWLA National publication **Conservation Currents** at iwla.org/subscribe to get the latest conservation news from the National Izaak Walton League on a monthly basis with Action Alerts on key advocacy issues. By doing so you can join other defenders in learning more about the League's efforts to conserve our outdoor resources and how you can help. (It's free!).

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