



1922 2022

A Century of Conservation Leadership

THE IZAAK WALTON LEAGUE OF AMERICA

Suffolk-Nansemond Chapter



S-N IWLA Chapter Newsletter

The Blue Heron Times (March, 2026 Issue)

Points of Contact

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

Vice President: Darden Langston
idl0@charter.net
757-377-8755(m)

Park Use Reservations: Allen Kiger
akiger00@hotmail.com
757.650.8530(m)

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

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

Chapter website: sniwla.org

WebMaster:
webmaster@sniwla.org

Meetings

Chapter Board of Directors meetings are held on the second Monday of each month.

They last met at 7pm on **Monday, March 10th** at the Constantia House behind Baker's Funeral Home. Next month's Board meeting will be at 7pm on **Monday, April 14th** 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, March 19th**, at the Oakland Church Community Life Center in Chuckatuck located at 5641 Godwin Blvd, Suffolk, VA 23434.

The dinner menu will be baked chicken, tossed salad, potato salad, green beans, rolls, and iced tea, with ice-cream for dessert. The cost will be \$10.

The guest speaker is Dorie Stolley of Three Birdz Consulting which specializes in communication, education and outreach for environmental, conservation and outdoor recreation organizations. She will speak about Blue Star Families, a nonprofit organization that was founded in 2009 by military spouses, empowering military families to thrive by connecting them with civilian people and organizations to create strong communities of support.

President's Note

The old saying is that March comes in like a lion and goes out like a lamb. Well, this March certainly came in like a very ferocious lion. I hope all our members and their property are okay. Hopefully the saying is true that March goes out like a lamb.

Spring has sprung; all the birds in the world are in our backyard. Who needs an alarm clock with them noisily greeting the sun each morning? I am contemplating an automatic conveyer to keep the feeders filled like what farmers use.

Let us remember to pick up and sell BBQ tickets and volunteer for the many exciting events coming up.

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." -- *Charles Dickens*.

Respectfully Yours,

Chris Ferguson,
Chapter President,
Suffolk-Nansemond IWLA

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 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 April is shown below:

SAT 3/1 at 10am – Prospective Member Orientation.
MON3/10 at 7pm - Board Meeting.
SAT 3/15 - Deadline for Tobin Award Submittals.
SAT 3/15 9am-12pm - St. Patrick's Day River *Cleanup.
WED 3/19 at 6:30pm - Dinner Meeting.
SAT 3/22 10am-12pm - *Bird House Building Youth Event (ages 5-12 Open-To-The-Public).
FRI/SAT 3/28-29 - Great Suffolk *Cleanup.
MON 4/1 - Chapter Scholarship Submissions Due.
SAT 4/5 at 10am – Prospective Member Orientation.
FRI 4/11 3-6pm - BBQ *Fundraiser at Westminster Reformed Presbyterian Church, 3488 Godwin Blvd, Suffolk.
SAT 4/12 at 8am - *Park Maintenance *Workday.
MON 4/14 at 7pm - Board Meeting.
WED 4/16 at 6:30pm - Dinner Meeting.
SAT 4/26 at 10am – *Teddy Bear Hunt Open-To Public Youth Event (Rain Date May3rd).
SAT 4/26 at 10:30am – Chapter Hosts IWLA VA Division.

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

HOLIDAYS and COMMUNITY EVENTS

03/09 Daylight Savings.
03/17 St. Patrick's Day.
04/15 Tax Day.
04/20 Easter Sunday.
04/21 Easter Monday

2025 Chapter Education Scholarships Reminder - Cutoff is April 1st

A reminder, applications for 2025 Chapter education scholarships remain open for submission and are due no later than April 1st, 2025.

This year we are awarding 2 (two) \$1,000 scholarship awards.

See

<https://sniwla.org/sniwla/scholarships/> for qualifications and instructions on how to make your submission, and for the contact information of Chapter Scholarship Chair David Perdue should you have any questions.

Recipe of the Month - Chicken and Broccoli (Chinese Takeout Style)

Source Credit: <https://omnivorescookbook.com/chicken-and-broccoli/>

Author: Maggie Zhu

This stir fry recipe yields juicy chicken and crisp broccoli in a rich brown sauce.

Yield: 4 servings



Ingredients

- 1 lb boneless skinless chicken breast (or thigh)

For the Marinade:

- 1 tablespoon Shaoxing wine (or dry sherry)
- 1/2 teaspoon salt
- 1 teaspoon cornstarch

For the Sauce:

- 3 tablespoons oyster sauce
- 2 tablespoons Shaoxing wine (or dry sherry)
- 1/2 tablespoon dark soy sauce
- 1/4 cup chicken stock
- 1 tablespoon sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon salt

For the Stir-fry:

- 1 head broccoli, chopped into bite-sized florets
- 2 tablespoons peanut oil (or vegetable oil)
- 4 cloves garlic, minced
- 1 teaspoon ginger, minced

Instructions

1. Slice the chicken against the grain into thin 1/4" bite-size pieces. Transfer into a medium-size bowl. Add the marinade ingredients. Stir to mix well. Let sit for 10 minutes while preparing other ingredients.
2. Combine all the sauce ingredients in a bowl. Stir to mix well. Bring 1/3 cup of water to a boil in large nonstick skillet over medium-high heat. Add the broccoli and cover. Steam until broccoli just turns tender and water evaporates, about 50 seconds. Transfer the broccoli to a plate.
3. Wipe the pan with a paper towel held in a pair of tongs. Add the oil and swirl to coat the bottom. Spread the chicken in the skillet in a single layer. Allow to cook without touching for 30 seconds, or until the bottom side is browned. Flip to cook the other side for a few seconds. Stir and cook until surface is lightly charred and inside is still pink.
4. Add the garlic and ginger. Stir a few times to release the flavor and fragrance. Return the broccoli to the pan.
5. Stir the sauce again to dissolve the cornstarch completely and pour it into the skillet. Cook and stir until the sauce thickens, about 1 minute.
6. Transfer everything to a plate immediately. Serve hot with steamed rice or boiled noodles as a main dish.

Recap of the February Chapter Dinner Meeting



The February member's meeting was held on Wednesday, February 26th. The meeting was originally scheduled for the 19th but was postponed a week due to the local snow event. The dinner meal consisted of a variety of chili dishes. Chapter member Joyce Dugan (shown here on the left) coordinated a chili cook off competition. There were 14 different chili recipes entered in this year's event. In addition to the chili, members brought various corn breads and desserts.

First place went to Shawn Sherlock (below left) and Virginia Wahab (below right) walked away with second place.



Afterwards, chapter president, Chris Ferguson swore in new member Nickolas Blevins (shown here in the right side of the photo).

Vice President Darden Langston discussed the upcoming BBQ fundraiser on April 11th. Those members interested in assisting him contacting local businesses for potential ticket sales should contact Darden to prevent duplicating efforts. Youth Program Coordinator, Chris Trimpey, gave an update on the upcoming Youth events. He is still in need of volunteers for the April 26th Teddy Bear Hunt. Those members interested in volunteering to help with the event or to participate can contact Chris at 757-449-4910 or email Trimpey@hotmail.com.

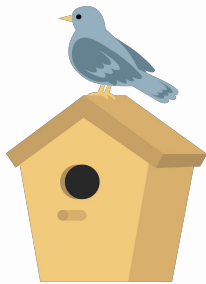
Fun In the Snow at the Chapter Park

Below are a few pictures that were taken at the chapter park during a recent snowstorm by Chapter Ike Shawn Bailes and his family. Chapter Board Member Chris Trimpey asked that they be posted here in this newsletter for everyone's enjoyment. Chris says that the Bailes family routinely uses the park to spend time in nature.



***Build a Birdhouse Youth Activity Scheduled for Saturday, March 22nd (Open to the Public)**

Message from Chris Trimpey, Board Member/Youth Program Coordinator; Reprinted from the February chapter newsletter issue.



The Youth Program will hold the first ever "Build a Birdhouse" Open-To-The-Public activity at the park on **Saturday, March 22nd from 10am-12pm**. The event is limited to children 5-12 years old; there is a limit of 20 children. Please contact Mrs. Claudia Powell who is leading this event at 757-504-8159 or via email at powelcje@gmail.com if you want to sign-up to participate. There is no cost for children/families to participate in this event. For more information and to share this event via social media, see the news article posted on our chapter website at <https://sniwla.org/sniwla/build-a-birdhouse-open-to-the-public-youth-activity-on-saturday-march-22nd-2025/>.

Note: This event is applicable for chapter work hour credits in accordance with our Chapter's [Volunteer Participation Policy](#).

St. Patrick's Day Suffolk River *Cleanup Scheduled for March 15th.

The St. Patrick's Day River Cleanup, coordinated by the Suffolk Public Works Litter Control Department, is taking place on March 15, 2025, from 9 AM until 12 PM at [Constant's Wharf Park & Marina \(100 E Constance Road, Suffolk, VA 23434\)](#), and welcomes individuals, families, or groups for a comprehensive public cleanup on both land and water. The primary focus will be the Nansemond River in the Downtown Suffolk area. Participants opting for river cleanup need to bring their personal kayak or canoe. Cleanup supplies and registration will be on-site. For those cleaning from the river, longer grabbers can be provided.

If you choose land-based cleanup, you can work from the wharf or be guided to specific nearby sites that require attention. It's crucial to tackle litter before it reaches the river!

For more information, please contact us by phone at (757) 514-7604 or email KSB@suffolkva.us. You can register online at <https://www.suffolkva.us/1289/St-Patricks-Day-River-Cleanup>.

**Note: Although this event is being coordinating by the Suffolk Public Works Litter Control Department, it is applicable for chapter work hour credits in accordance with our Chapter's [Volunteer Participation Policy](#).*

Great Suffolk *Cleanup Event Scheduled for March 28th/29th

Suffolk's Great Suffolk Cleanup is scheduled for **March 28th and 29th** as part of the nationwide Great American Cleanup initiative! This event brings people together to clean up litter and debris from our streets, neighborhoods, and parks, helping to create cleaner, more beautiful spaces for everyone.

Whether you're an individual, part of a group, a local business, or a community organization, you can make a real difference. Form your own cleanup group, pick a location that matters to you, and choose a time that fits your schedule. If you can't participate on March 28 and 29, no problem—you can choose a date that works best for your group!

All necessary cleanup supplies will be provided, and Public Works will collect any trash you gather. Just report your cleanup, and we'll take care of the rest. To sign up or get more information, contact Keep Suffolk Beautiful at ksb@suffolkva.us or call 757-514-7604. Let's work together to keep Suffolk beautiful! You can register online at <https://www.suffolkva.us/1748/THE-GREAT-SUFFOLK-CLEANUP>.

**Note: Although this event is being coordinating by Keep Suffolk Beautiful, it is applicable for chapter work hour credits in accordance with our Chapter's [Volunteer Participation Policy](#).*

Volunteers are needed for the Chapter BBQ *Fundraiser Scheduled for Friday, April 11th

Message from Richard Wentz, Chapter Fundraiser Chair; Reprinted from the February newsletter issue.

BBQ Tickets for our Friday, April 11th BBQ Chapter Fundraiser (to be held from 3-6pm at the Westminster Reformed Presbyterian Church, 3488 Godwin Blvd, Suffolk) will be available at our March dinner meeting. To purchase tickets through April 10th, please leave a VM for Richard at 757-635-1215 and he will contact you with a place to meet to receive your tickets. A sign-up sheet to volunteer to work at the BBQ Fundraiser will be circulated at the March dinner meeting. We need volunteers to fill two work rosters: one group from 2:30 pm to 4:30pm and a second group from 4:30pm to 6:30pm. Thanks, Richard.

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

To access a full-sized printable PDF version of the flyer shown below, or to share the flyer image via social media, see the news article posted at our chapter website: <https://sniwla.org/sniwla/chapter-bbq-fundraiser-friday-april-11th-2025/>.



Friday, April 11th, 2025 3:00 PM—6:00 PM

Westminster Reformed Presbyterian
Church, 3488 Godwin Blvd, Suffolk

\$15 Ticket per person

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 2025-02-06(revb)

Park Maintenance *Workday Scheduled for Saturday, April 12th at 8am

Message from Board Member/Park Manager Jimmy Fanny

Members, we need your help! There's a lot to be done to spruce up the park for our upcoming April Teddy Bear Hunt. Priority tasks include removing leaves from ditches alongside our driving paths to ensure adequate drainage and of course the usual tasks of mowing, blowing leaves from the gazebo area, and trimming overhanging limbs. Time permitting, we should yank out all pine saplings from the dam's front and back surfaces.

This first park workday of the year is scheduled for **Saturday, April 12th** and members should plan to assemble at the park gazebo **at 8am** to review the work that needs to be done. Tools needed may include mowers, trimmers, leaf blowers, rakes, shovels, chain saws and pruning tools. Please wear heavy work boots and bring gloves, sunscreen lotion, insect repellent, hearing protection, and safety glasses.

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

Volunteers are Needed for Chapter *Teddy Bear Hunt Scheduled for Saturday, April 26th (Open-To-The-Public)

Message from Chris Trimpey, Board Member/Youth Coordinator; Reprinted from the February chapter newsletter issue.

Members, it is the time of the year when children start to anticipate the annual Teddy Bear Hunt! This year's event is scheduled for Saturday 26 April from 10am-3pm (with a rain date of May 3rd). In order to make the event a success, volunteers are needed for the following positions:

- Registration (2)
- Archery (2)
- Parking Control (5)
- Teddy Bear Hiders/Safety Monitors (4)
- Photographers (2-3)
- Floater (1)
- Fishing Instructors (4)

Volunteers will assemble at the park at 8am for safety/event briefings/preparations to ensure we are fully prepared for children starting their Teddy Bear Hunting at 10am. If you are interested in a fun event to obtain some/all of your annual required volunteer hours, 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.

To access a full-sized printable PDF version of the event flyer shown below, or to share the flyer image via social media, see the news article posted at our chapter website: <https://sniwla.org/sniwla/chapter-teddy-bear-hunt-april-26th-2025/>. *Note: This event is applicable for chapter work hour credits in accordance with our Chapter's Volunteer Participation Policy.

2025 Suffolk-Nansemond IWLA Teddy Bear Hunt

Date: Saturday, April 26th, 2025

10:00 - 12:00 Teddy Bear Hunt (Ages: 3-10)
11:30 - 1:00 Lunch
1:00 - 3:00 Afternoon Youth activities available to participants include walking trails, fishing, and archery.

Location: 480 Kings Fork Rd, Suffolk, VA 23434

Cost: \$15 per family (covers parents/guardians and 1 child), \$5.00 extra for each additional child). Lunch is included for all.
Limited spaces are available, so please RSVP no later than April 19th, 2025 to Chris_Trimpey@hotmail.com or 757-449-4910.

A fun-filled family day of nature brought to you by the Suffolk-Nansemond Chapter of the Izaak Walton League

Flyer revision 2025-01-2121

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

Message from Chris Trimpey, Board Member/Youth Program Coordinator.

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 24 May 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](#).*

[forward to a friend](#)

Copyright © 2025 Suffolk-Nansemond Chapter of the Izaak Walton League of America, All rights reserved.



[unsubscribe from this list](#) | [update subscription preferences](#)