



1922 2022
A Century of Conservation Leadership

THE IZAAK WALTON LEAGUE OF AMERICA

Suffolk-Nansemond Chapter



S-N IWLA Chapter Newsletter

Points of Contact

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

Vice President: Darden Langston
jd10@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
president@sniwla.org; (757)339-3905 (m)

Chapter website: sniwla.org
WebMaster: webmaster@sniwla.org

IWLA State/National

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

Backyard Conservation News

[AskHRgreen.org](#)
[Chesapeake Bay Foundation](#)
[Department of Conservation & Recreation](#)
[Division of Wildlife Resources](#)
[Hoffer 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
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 (April, 2025 Issue)

Chapter Board of Directors meetings are held on the second Monday of each month. They last met at 7pm on **Monday, April 14th** at the Constantia House behind Baker's Funeral Home. Next month's Board meeting will be at 7pm on **Monday, May 12th** 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, April 16th**, at the Oakland Church Community Life Center in Chuckatuck located at 5641 Godwin Blvd, Suffolk, VA 23434.

The dinner menu will be meatball subs, chips, 3-bean salad, beverages and assorted desserts. The cost will be \$10. The guest speaker is unknown at the time of this publication.

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 May is shown below:

WED 4/16 6:30pm - Dinner Meeting.
SAT 4/19 8am - *Park Workday.
SAT 4/26 9am - Chapter Hosts IWLA VA Division.
SAT 4/26 10am - *Teddy Bear Hunt Open-To Public Youth Event (with a Rain Date of May 3rd).
SAT 5/10 8am - *Park Workday.
WED 5/12 7pm - Board Meeting.
SAT 5/17 11:30am - Member's Picnic.
SAT 5/17 2:30pm - .22 RimFire Members-Only Competition.
SAT 5/24 9:30 - *Scavenger Hunt Open-To Public.
SAT 5/31 10am - Prospective Member Orientation.

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

President's Note

Ahh April, the signs of spring are everywhere; pollen, birds nesting, storms, freeze advisories ...

Prepare and clean your flowerbeds and gardens, the plants will be growing and blooming soon. We have a busy year ahead, with several children's activities. Like I always say, get the kids off the gameboys, phones and TVs and out into nature.

We are growing our future conservationists. If they do not get involved, all the nature we know could be lost within a generation or two.

The first of April is the day we remember what we are the other 364 days of the year. – Mark Twain

Respectfully Yours,

Chris Ferguson,
Chapter President,
Suffolk-Nansemond IWLA

HOLIDAYS/Community Events:

04/15 Tax Day.
04/20 Easter Sunday.
04/21 Easter Monday.
04/26 Suffolk Earth & Arts Festival.
05/05 Cinco De Mayo.
05/11 Mother's Day.
05/26 Memorial Day.

Recipe of the Month - Cheesy Pumpkin Ricotta Pasta Bake

Source Credit: Lorie Yarro, lemons + zest! at <https://lemonsandzest.com/pumpkin-ricotta-pasta-bake/>



Servings: 6

Ingredients

- 8 oz. rigatoni or short pasta
- 2 c fresh baby spinach
- 1 egg, beaten
- 1 c pumpkin purée
- 1 c ricotta cheese
- 1&1/2 c shredded mozzarella
- 1/2 c parmesan cheese
- 1/2 c heavy cream, or half and half, or milk will work
- 1/3 c vegetable broth
- 1 shallot, diced very small
- 2 to 3 garlic cloves, minced
- 1 tsp oregano
- 1/4 tsp crushed red pepper
- 1/2 tsp black pepper
- 1/2 tsp sea salt
- Pinch of nutmeg

Instructions

Preheat oven to 375°F.

Cook pasta according to box directions.

While pasta is cooking, add ricotta, egg, 1 cup of the mozzarella, parmesan, broth, cream and pumpkin to a medium bowl and stir until smooth and creamy.

If it is thicker than desired, you can thin it out slightly with more cream or broth.

Add in shallot, garlic and spices and stir to combine.

When pasta is cooked, drain and then toss with the spinach to wilt.

Add pasta to the pumpkin ricotta mixture and stir well to coat all of the rotini.

Pour into a small to medium greased casserole dish or a 9×9 greased pan and bake for about 15 minutes or until slight bubbling.

Sprinkle with the rest of the mozzarella and bake another 5-10 minutes or until cheese is melted.

Cool for several minutes before serving.

Store in the refrigerator in an airtight container for about 5 days.

Membership Volunteer Participation

Message from Chapter President Chris Ferguson

The purpose of the Membership Participation Policy is to develop camaraderie with our members and encourage chapter members to participate in chapter activities such as youth events, fundraisers and park workdays. The Board of Directors and I would like to thank the many members who do contribute their time and resources to make this chapter a success and commit to their membership pledge.

The Membership Participation Policy can be found on the chapters website <https://sniwla.org/sniwla/> under the Members menu. The policy requires each member to contribute 8 hours of service per year. To receive credit for your hours of service the hours must be submitted by the first of December. Credit hours worked during December will be applied to the following year's requirement.

Our chapter participation policy states that "Service hours may only be acquired by participating in authorized activities" and "The Board of Directors may select alternative options for fulfilling the service hour requirement."

A few members have recorded incidental tasks on the park gate sign-in sheet. Descriptions of the task performed include "picking up sticks" or "picking up brass" (at the range). The board has determined that such tasks are NOT considered appropriate for earning service hours. Independent tasks that do qualify would include mowing the grass, weed whacking the shooting range berms or dam embankment. This is not an all-inclusive list and members can reach out to Jimmy Fanny the Park Maintenance Chair or contact the Board to inquire if another task would qualify for service hours. To contact the Board, you may attend the Board meeting or speak with an officer or board member who can bring the requested task to the attention of the board.

We will continue to extend the courtesy for members who do work at the chapter park outside of scheduled park workdays by placing an "X" in the work column on the gate sign-in sheets. Doing so relieves you of the requirement to fill in a volunteer participation form. As a reminder the Board modified the Participation Policy as of January 1, 2025. For members not completing the required 8 hours of service the participation fee has been increased from \$50 to \$150.

Respectfully,
Chris Ferguson, Chapter President

Alpha-Gal - Reminder to Beware of Ticks

Source Credit: DWR (Department of Wildlife Resources) Blog Post by By Emily Strother entitled "Alpha-Gal: Another Reason to Beware of Ticks While Hunting Spring Gobblers", March 2023.

In Eastern Virginia, ticks are most active during the warmer months, typically from April through September, with peak activity often occurring in June and July. While they can be active year-round, vigilance to avoid contracting Alpha-Gal with the resulting allergy to red meat is especially important during these warmer months. **Q: What is Alpha-gal?** Alpha-galactose (galactose- α -1,3-galactose) is a carbohydrate that is present in all mammals except higher primates, such as apes and humans. This carbohydrate is present in mammal meat such as beef and pork, but more importantly for hunters, it's present in wild game including venison, elk, bear, rabbit, squirrels, and other game we pursue here in Virginia. Alpha-gal is not found in fish, reptiles, birds, or people. Dr. Jonathan Mozena, a board-certified allergist and immunologist, said that AGS is where an individual develops an allergy to the carbohydrate present in mammal meat. This is unique because most other allergies—such as a peanut allergy—are an allergy to a protein found in a particular food. "Alpha-gal is unique because it's an allergy to a carbohydrate and not a protein. If a person is allergic to beef, that same individual will react to pork, lamb, bear, deer, and so forth," he said. Another unusual characteristic of the allergy is that while most food allergies occur within minutes of eating, that's not the case with AGS. Allergic reactions to alpha-gal, such as after eating tend to be delayed by nearly four to eight hours. The good news, at least for some, is that not everyone will develop an alpha-gal allergy after being bitten. Mozena said there is likely something genetically different about those who contract the allergy. For more information about Alpha-gal, see the full DWR news article posted at <https://dwr.virginia.gov/blog/alpha-gal-another-reason-to-beware-of-ticks-while-hunting-spring-gobblers/>.

Ken Dugan's Special Project - Duck and BlueBird Boxes

Not many of our Chapter Members know that, a few years ago, Chapter Ike Ken Dugan took on the responsibility, at the request of the chapter Board of Directors, to maintain the blue bird and duck boxes that are installed around the perimeter of the pond.



Ken says that every year, beginning in the Spring and continuing through the Fall, he checks on these boxes usually at about 2 week intervals, to clean them out, remove wasp nests, etc. For the duck boxes he also puts in cedar chips. He says it takes about an hour and a half to do the job.

Recently Ken experimented with adding metal plates to the box mounting poles to stop snakes from intruding. Interestingly, he says he has never seen evidence of ducks using the duck boxes. He suggests he might want to move them further back from the water and mount them much higher up.

Thank you, Ken for furthering one of the chapter's goals to promote wildlife conservation by taking care of our chapter park's bird boxes!

Recap of Suffolk SCCC Tire Amnesty Day held Saturday, April 12th

At the Suffolk Public Works Carolina Road location, it was cold and windy but the rain mercifully held off for the recently held Suffolk SCCC Tire Amnesty and Recycle event. Chapter Ikes Mike Lane (Board Member) and Ray Powell with help from three other volunteers collected and stacked about 600 old tires for subsequent recycling.



Shown here, Gino gives a "thumbs up" between Terri and Mike. There were numerous other stations for Suffolk residents to be able to drop off other types of recyclable material including electronics, cardboard, hazardous waste, batteries, and scrap metal. Additionally, there was a station for paper shredding.

Recap of Chapter BBQ Fundraiser held Friday, April 11th

18 (eighteen) chapter members volunteered to brave the rainy weather to help out at the chapter's recent BBQ & Fried Chicken dinner fundraiser. "It was a good day for all and for the club", said Chapter Board Member/Fund Raising Chairman Richard

Wentz. Shown here are Chapter VP Darden Langston and Chapter Ike Elaine Doxey at the ticket collection/money handling table.



Chapter Ikes Brenda

Chamberlain and Deborah Merryfield, along with President Chris Ferguson, are shown here at the to-go meals packaging and distribution station. Thanks to all who participated in this chapter fundraiser!

Recap of Chapter's March 19th Monthly Dinner Meeting

At the March Member's dinner meeting Scout Sean J. of Troop 1 gave a summary presentation for his upcoming Eagle Scout project. He intends to repair the warped or damaged boards on the picnic tables and benches as well as pressure wash the cement tables and benches at the park. Members present at the meeting made donations towards the project when Sean passed his hat.

The guest speaker for the night was Dorie Stolley. Dorie is an outdoor leader and consultant for Blue Star Connect Outdoors (BSCO), a Blue Star Family group. The organization fosters meaningful relationships with the outdoors and is focused on Military families. They also strive to build community ties, engage in recreational activities and embrace stewardship opportunities. They collaborate with partners such as the National Park Service, the Armed Services YMCA and other non-profit organizations focused on outdoor activities. BSCO has ten different locations nationwide.



One of those locations is here in Hampton Roads.

Many of the Core Values of BSCO align with the values of our organization. The chapter is currently coordinating a fishing event for Blue Star Families at our park this coming October. For more information about Blue Star Families and BSCO go to www.bluestarfam.org.

Chapter President Chris Ferguson is shown here swearing in the chapter's newest member Joseph Kulick. Welcome to the chapter, Joseph!

Recap of Youth Build-a-Birdhouse Event held March 22nd



The Youth Program held its first ever annual "Build a Birdhouse" Open-To-The-Public activity at the chapter park on Saturday, March 22nd, from 10am-12pm. The weather was beautiful and the kids who showed up had a lot of fun driving nails into



wood pieces that beforehand were cut and hand-sanded by Chapter Ike Tim Doxey from planks of cedar fencing.

The custom design that Tim devised provides for ventilation, an adequate entry hole, and a swivel clean-out bottom panel. The adults helped the kids with gluing and with straightening out the occasional bent nail.

Chapter Ike Elaine Doxey, with help from event coordinator Chapter Ike Claudia Powell, showed the kids pages from a bird booklet that she had prepared showcasing a variety of native birds in our area and also had them play a match-the-bird-name-to-the-picture game. Also, she demonstrated to the kids how to use a bird identifying phone app. To see more pictures taken at this event, see the full news article entitled [*Build a Birdhouse*](#) posted on our chapter website under the News menu.

Chapter Park Maintenance *Work Day has been Rescheduled for Saturday, April 19th.

The previously scheduled Park Work Day for Saturday April 12th was canceled due to inclement weather. Consequently, Board Manager/Park Manager ***Jimmy Fanny has rescheduled the park workday for April 19th at 8am.***

Members should plan to assemble at the park gazebo 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.

There's a lot to be done to spruce up the park for our upcoming April Teddy Bear Hunt the following weekend: priority tasks for this workday include removing leaves from ditches and culverts alongside our driving paths to ensure adequate drainage and of course the usual tasks of mowing and blowing leaves from the gazebo area. Overhanging limbs should be trimmed from around the pond's perimeter and alongside our driving paths as required.

Time permitting, we should yank out all pine saplings from the dam's front and back surfaces. Also, grass can be trimmed from the dam's surfaces, but for removal of hardwood saplings please coordinate with Jimmy to receive guidance on the preferred method for doing that.

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

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

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

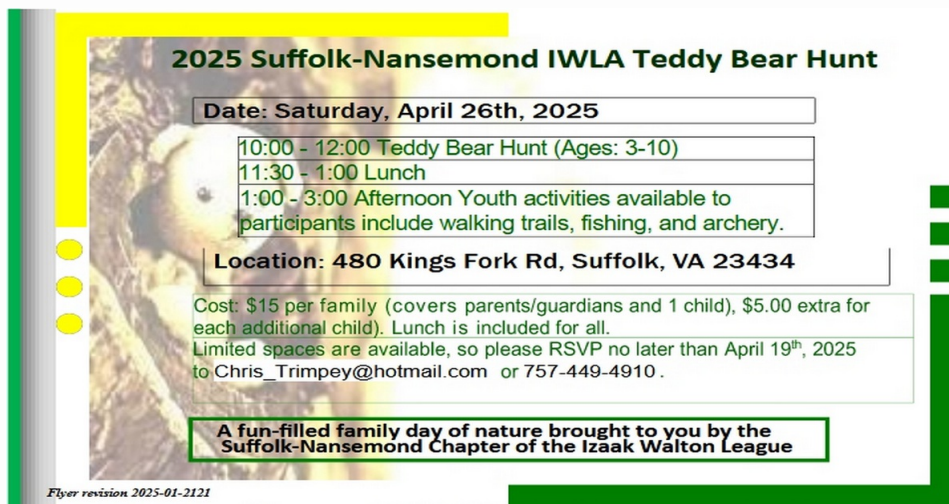
Members, it is the time of the year when children start to anticipate the annual Teddy Bear Hunt! This year's event is scheduled for Saturday 26 April from 10am-3pm (with a rain date of May 3rd). In order to make the event a success, volunteers are needed for the following positions:

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-teddybear-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.
Article reprinted from the March chapter newsletter issue.*

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.

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