



Stream Lines



A Newsletter of the Thames Valley Chapter of Trout Unlimited
The Voice of Eastern Connecticut Trout and Salmon Anglers

Volume 14 Issue 11

1998 Jean Bollinger Award Winner

November 2009

PRESIDENT'S MESSAGE

November 2009 By Dixie Handfield

As your recently elected President and Vice President, I and Dan O'Connor are thankful to have an experienced board of directors to assist us in our new roles. Our membership is approximately 450 strong. However, it is difficult to comprehend this number as we see a small percentage of our TVTU community at chapter meetings and events. This may be typical of most organizations but we sincerely believe there is opportunity to increase communications overall, and in doing so, we hope to continue to see new faces and increased volunteerism which is so important to our organization.

We look forward to another Trout in the Classroom year. All nineteen schools have confirmed their continued participation in our program. We added a twentieth TIC school to fully utilize existing equipment and resources. No need to store equipment in a garage when 100 very excited students are able to join all who await delivery of trout eggs Tuesday, November 17.

We had a couple key positions to consider following Rich Ives stepping down last spring after four years as newsletter editor and Mike Goodwin recently stepping down from our board to pursue his volunteer work with the Avalonia Land Conservancy. Dan O'Connor is taking on the newsletter editor role and Mike Goodwin will continue as our webmaster. We realize that we have BIG SHOES TO FILL now that Rich Ives is really pursuing his well-deserved retirement interests but we should be in good shape going forward thanks to Dan and Mike.

The "Autumn Splendor" photo of Gordon Gruetzmacher on the Shetucket River, which was featured in a recent issue of The Day, was a beautiful representation of fly fishing the rivers and streams of Eastern Connecticut at this time of year. I want to thank John Pallof and



Annual Holiday Party

November 21, 2009

5:30 PM

Bozrah Moose Lodge

Cash bar, Hors d'oeuvres, Dinner & Dessert

Raffle Baskets and Tables

Live Auction featuring our very own
Rick Cedrone as Auctioneer!

Tickets must be purchased by November 10th and will not be available at the door. Tickets will be \$20 per adult and \$45 per family.

Please contact Rich Revere (860-464-2326) to purchase tickets.



Charley McCaughtry for the coordination of our stocking efforts and members who assisted with fall trout stocking - large browns and small very active bows went into the rivers in spite of low water levels. Also, there was an overwhelming turnout to assist with stocking of brood-stock salmon in the Shetucket - lots of human intervention to get the salmon into deeper waters. I trust that our continued relationship with DEP to assist with stocking and stream projects will remain strong and positive going forward.

If you haven't already mailed your check for the Holiday Party tickets, please mail immediately as the deadline is November 10. Details are on our website and in our October newsletter. Please don't forget to provide an accurate count of family members who will be joining us for our holiday party.

I look forward to seeing all of you Saturday, November 21st - **Dixie** <>< <><

Visit us on the web!!! <http://www.thamesvalleytu.org>

STREAMLINES**Editor***Dan O'Connor***Trout Unlimited, Thames Valley Chapter**P.O. Box 76
Yantic, CT 06389**Board of Directors****Email - use address below**

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Morgan McGinley	447-2224	mmcginley
Gordon Gruetzmacher	536-0494	ggruetzmacher
John Pallof, Stocking Coordinator	442-1658	jpallof

Monthly meetings are at the **Bozrah Moose Lodge at 115 Fitchville Road in Bozrah, CT on the third Tuesday of the month. Fly Tying starts at 6:30 Meeting at 7:30 PM**

Board of Directors meets at 7 PM on the fourth Tuesday of the month at the **Dime Savings Bank on Route 82 in Norwich.**

Trout Unlimited's Mission

To conserve, protect and restore North America's trout and salmon and their watersheds.

CALENDAR

Saturday November 21st Annual Holiday Party
Moose Lodge Fitchville

Tuesday November 24th Board Meeting
7:00 PM Dime Savings Bank, Norwich

Tuesday December 15th Chapter Membership Meeting.
Frank Plona "Is this the best trout stream in New England?" (See article below).

Note that there will not be a general membership meeting in November.

Frank Plona to Talk in November

Our December meeting will feature the presentation, "Is this the best trout stream in southern New England?" Frank Plona, the information machine from Farmington Valley TU, has agreed to drive down from the Farmington Valley to give his take on a dynamite fly fishing destination. Hmmm....wonder what this is all about?

Here are some comments directly from Frank:

"I have spent basically the '09 fishing season putting this presentation together. I don't represent any outfitter or guide service and I'm not selling anything. Isn't that refreshing? I'm project manager (note the small caps) with the Farmington Valley TU chapter and spend time traveling around always looking for a better hole or stretch to cast my arm out."

"Most members in Thames Valley TU I would think have not been to this river. In forty minutes I will tell you everything you need to know. There are important issues that have to be pointed out and I suggest members bring a notepad because we don't want to waste time repeating information. I show Kodachrome and Fujichrome slides and will be bringing a small fly donation for the raffle table. See you on the 15th."

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Fly Rods Jim Plante

If you think this is the same article as last months, well you're half right. I accidentally put in an old article and never put in the updated version. So, here it is. Next month, I promise a brand spanking new and fresh article. There are many facets of fly fishing that I love and one of them is the many different types of fly rods that are available. Different lengths, weights, pieces, etc. When I started out, I owned only 2 fly rods. Now, I own 10 different types. This is because over time, my skills have developed and I like to own a fly rod for every type of fly fishing that I do. Believe me, 10 rods sounds like a lot but I know guys who put me to shame in this department. In this article, I will discuss what types of rods I use and the reasons why.

First, when it comes to dry fly fishing, I like to use a 7ft 3 wt and a 9ft 5 wt. The 3wt is a glass rod which is perfect for the small wild trout on the little brooks and streams. It is capable of handling big fish but I like to keep it for the little guys. I don't normally use full flex rods but for the small bushy brooks and streams, you can load this with virtually no line out and it will fling that fly to any spot you aim to. When dry fly fishing, I like a fast action rod. I want the rod to load quickly and cast to short or long distances with ease. Plus a fast action rod will cut through wind better than any other rod action available. The 5wt is a great dry fly rod for pretty much any water. I like to use that rod on medium to large rivers like the Farmington and the Housatonic. Great dry fly rod for virtually any water conditions.

When nymphing, I have to have a 10ft and 11 ft rods and they need to be medium fast action or fast action with a sensitive tip. The softer tip allows for more sensitivity and once a fish is hooked, it makes it nearly impossible for the fish to throw the hook on you. I use an 11ft 5wt for all of my indicator nymphing but the 10 ft 4wt gets the Czech Nymphing call. When Czech Nymphing, sensitivity is key so using a lighter rod such as a 3 or 4wt is the way to go. The longer length allows me to get a longer reach. I can nymph further out from me with less line on the water. High sticking is a breeze. I can mend the line much easier and with a lot less effort at any distance. Plus, when

mending at longer distances, the 11 footer does this with no problem. The 11 and 10ft rods also allow you to set the hook with lots of power at longer distances which helps when your long line nymphing or wet fly fishing. A 10 or a 9.5 footer works very well if you just simply can't see yourself using an 11ft rod.

Now, for streamers, I like a 6 and 7wt fast action rod. Both have the power to cast streamers large and small using a sinking line with ease. I like to use the Rio DC 200 grain line as well as a 275 grain line. I use a 6wt for streamers on smaller water and the 9.5 7wt on larger bodies of water. I also like the 6wt for dry fly fishing in places that you encounter a lot of wind and need that extra punch to cut through it. Now with 7wts, I have 3. My 9.5 7wt is my favorite. Again, I use it for streamers but it makes a great all around trout rod when your fishing places where large trout are the norm such as New Zealand, Alaska, etc. You can throw dries, nymphs, and streamers with ease. It also makes for a great light saltwater rod as well. The 11ft 7wt is primarily for steelhead and makes for a great nymphing rod on larger trout. Again, because I use this for nymphing, it is a medium fast action rod. I also have a 9ft 7wt and that is a great streamer and light saltwater rod as well. I usually use this one for clients or as a back up rod.

For saltwater purposes, I like to use a 9ft 8wt and a 9ft 10 wt. The 8wt is great for flats fishing. It's a great rod to use when there is no wind up to about a moderate wind. Can cast big flies, small flies, it doesn't matter. Can handle big fish but isn't too much rod for the smaller ones. Can handle sinking lines and floating lines. A great all around saltwater rod. In my opinion, it is like the 5wt in the salt. Can pretty much do it all. Finally, I use the 10wt for all my heavy saltwater fishing. I like this rod when I am fishing from a boat, when I am fishing fast moving rips and tides, and of course when the wind is up and I am fishing from a beach. It is also the go to rod when fishing deeper water and you need more lifting power to get that fish off the bottom. Everyone has their preferences when it comes to fishing. Some like to use all light rods, some like to use heavier rods. Some like longer rods and others like them on the shorter side. I wanted to simply share with you the rods I use and why I find them effective. I also wanted to give all of you fly fishing maniacs another reason to buy another toy! Oh darn.....

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Fly Tying Round Table

Dan O'Connor, our new newsletter editor has suggested an improvement to the monthly Beginner's Corner fly tying article. Dan's suggestion is a good one on two accounts. It is a great idea and I am running out of Super Simple Flies to write about. Dan's suggestion is that each month I describe the tying of a specific fly and then tie that fly at the monthly meeting. Further that we hold a tying clinic or round table before the meeting where anyone who wanted to would be encouraged to tie along with me. We would plan to begin tying about 6:00. After an exhaustive 30 second discussion at the October Meeting we decided to give it a try for the December Meeting, remember the holiday party is in November.

With this in mind we would like some suggestions for the fly to be tied in December. You can email me at bkeister@thamesvalleytu.org. To make it work everyone who wants to tie needs to bring their own vice, scissors etc. If everyone knows what the fly is they can bring just the materials needed for the fly. Just a note, I seem to get the most questions about tying the egg. I will always have glo-bug yarn at each meeting. You need to bring the hooks.

I am looking forward to this new approach. I think we can all have some fun.

-Bill Keister <>< <><



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Beginner's Corner

By Bill Keister

Super Simple Flies #9

This month the super simple fly is the Trico. Saying Trico is almost synonymous with saying spent. Tricos are very small mayflies who's duns emerge early in the morning molt, mate and are back on the water as spents all within thirty to forty minutes. One of the shorter life cycles of all the mayflies. The fly we will tie is very small but the pattern can be tied for any spent mayfly it appropriate sizes and colors.

Before we get stated a word about tying small flies. Tying small is much more a mental hurdle than a physical hurdle. If you can tie the head on a size 16 fly you are moving the thread with all the precision required to tie a size 24 spent.

Materials

Hook: Temco 500U size 20 (difficult to find) or Temco 2488 size 24 (more easily found)

Tying Thread: 8/0 UNI or equivalent black

Tail: Two grey fibbets

Body: black tying thread

Thorax: black super fine

Wing: white poly yarn



When using small hooks I think an up eye or straight eye is very important. Hooks with bent down eyes significantly reduces the amount of hook gap, critical on small hooks. Both of these hooks have 2X short shanks. The 500U is an up eye hook. It is a true size 20 hook. The 2488 is essentially a light wire scud hook with a straight eye. It is called a wide gap hook, which is the manufacturers way to boost fly tiers egos. It means that in a size 24 the gap, the distance between the hook point and the hook shank, is larger than normal for the size of hook listed. Well, hooks are essentially measured by the size of the gap. So the wide gap 24 is really a true size 20.

But you get to tell your friends that you are tying size 24's. I am using a size 24 2488 hook in this illustration.

Start by bending down the barb. Even in this size bending down the barb is good. Hooks this size can really bury themselves in a fishes jaw so they can be a bear to get out of a fish. In this case bending down the barb is for you not so much for the fish. Mount the hook in the vice and start the tying thread towards the head of the fly. Take just two fibbets and start tying them in on top of the hook a little behind the hook eye. The tips of the fibbets should stick out past the hook bend by about two hook lengths. Tricos have very long tails. You could use hackle fiber, but the fibbets are tough and well worth the cost. Because the hook has a continuous curve you just wind the thread down the hook until you get a little past the point of the hook. Trim the butt ends of the fibbets off close the hook shank. The two tail fibers need to be separated so that the stick out horizontally at on each side of the hook separated by 30 to 40 degrees. This is the only part of the fly that is difficult. One method that seems to work OK is to slide the finger nail of the index finger on you materials hand up the curve of the hook until you run into the fibbets then give them a good push. This should bend them up and separate them. Grab the one closest to you, or not, and work the tying thread over the near fibbet and under the far fibbets so the thread goes between them. Then take a turn around the hook and bring the thread up under the near fibbet and over the far fibbet. Sometimes the first turn gets the job done and the second turn makes the off side fibbet disappear. All I can say is once you get them separated don't mess with them again. It is however important that they be horizontal so you may have to play with this a while. If you think this is bad, Trico, "tri" really have three tails. I use to tie three, one to the left one to the right and one sticking straight out the back. Nice for the fly tiers art, but I don't think the trout can count.

Now the fly is almost done. Wind the tying thread neatly two thirds of the way to the eye of the hook. That is the body. Take an inch long bunch of white poly yarn and lay it horizontally on top of the hook. Next we will figure-eight the wing on by holding the near side of the poly yarn and wrapping the tying thread forward over the poly yarn. Come up in front of the poly yarn and wrap the tying thread over the top of the poly yarn from front to back. Continue the process two or three more times until the wing is successfully in place. It should be horizontal and perpendicular to the hook shank. If it is not twisted then it is. Next dub a very very small amount of black super fine dubbing onto the tying thread. Figure eight this over the wing. You can also take a turn in front of and behind the wing. Next lift the both wings straight up above the hook with the materials hand and cut both wings at the same time holding the scissors horizontally so that the

(Continued on page 6)

Fall Salmon Stocking

Our fall stocking of broodstock salmon has been completed for the year. We assisted the state with stocking 500 salmon in the Shetucket River on October 13th and 14th. Although we did not float stock, a lot of manpower was required. Thankfully there was no lack of volunteers. This was my first time stocking salmon and it was a different experience from stocking trout. The fish were much larger and the process was much more hands on. If you have not had an opportunity to participate in salmon stocking think about getting involved this time next year. Good luck fishing. Tight Lines.

-Dan O'Connor <><><>

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wings are about three sixteenths long. Whip finish and you are done.

When tying this fly in larger sizes the only thing you need to change is the amount of material in the tail. On a size 14 for instance you might want to use six or seven fibbets. With the larger sizes the separating of the tails is not as important, but it can still be done. Natural tail hackle fiber can also be used effectively.

A note about fishing Tricos. If you are on the water to fish Tricos get there well before the spinner fall. If you are observant you will see the duns coming off an hour before the spents are on the water. The duns look like little sailboats all over the water much like the BWO hatches on the Shetucket during October and November. During this period a BWO imitation has worked very effectively for me on Spring Creek at Bellefonte Pennsylvania. I actually have caught more on the BWO than the Spent Trico.

Bonus. A great small BWO pattern is tied the same way as the Trico above with the following exception. Use olive tying thread. And, instead of the poly yarn wing, no wing. Tie a standard collar hackle of blue dun. Once the fly is finished clip the bottom half of the hackle off so that only the top half



is left. Although it doesn't look like it, I did not trim the hackle under the hook very well, the picture below will give you an idea of the fly.

In a size 20 500U this fly works great for fall BWO hatches.

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November Program “Catfish” given by Neal Hagstrom

At November’s general membership meeting Neal Hagstrom gave a very informative presentation on the state’s catfish stocking program. Currently there are wild Catfish in the Connecticut River, Thames River, and the Lower Housatonic River. Channel catfish are brought in from Arkansas to be stocked throughout the state. A truck carrying eight boxes, each holding 1,500 pounds of fish make a 24 hour trip from the hatchery. Spaulding Pond, Lower Bolton Lake, Silver Lake, Black Pond, and Maltby Lake No 2 are some of the stocking spots.

This year 5,200 adult catfish in the 14 to 18 inch/two pound range are stocked in five urban fishing ponds in Connecticut. 10,000 yearling catfish in the 9 to 12 inch/one third pound range are used in eight put and grow ponds in the state.

The state also does wild and stocked catfish assessments. As of the 1997 survey 60,000 catfish are caught and taken out by fisherman each year. The catch numbers decrease in late June and early July. This means the stocked fish are only lasting about a month and the state has no way to restock throughout the year. Neal said it is still a very young program and they are developing data including age length keys, growth rates, the average age of fish, current populations, and the number of fish taken. One of the goals is to find out how fast the fish are being depleted and if the program can sustain.

The catfish program is used to bring more interest into the sport of fishing and as a follow up to spring trout fishing. Channel catfish can reach upwards of 40 pounds, tolerate warmer water temps and low oxygen levels. They are a popular food fish, can be caught year round, and can even be caught on a fly. I had never heard of or thought to fly fish for catfish but it may be one of my fishing goals next summer when trout fishing slows down.

Neal also commented on next year’s trout stocking, saying we can probably expect the same numbers we saw this year. Neal always shares a wealth of information and is happy to answer questions about fisheries activities when he presents. Make sure you attend the next time he’s on the program list.

-Dan O’Connor <>< <><

Holiday Party Auction Items

We will have great items again this year for our live auction so please come prepared to bid as this is an important fundraiser for our organization. Check out the table prior to the bidding for the following items and more:

A beautiful fly rod, a framed print by well known artist Charley McCaughtry, primitive-fired pottery by artist Dixie Handfield, a guided day trip for two on the Housatonic River provided by river guide Jim Plante and Housatonic Outfitters, a guided trip on the Salmon River, and a two-hour casting lesson for one or two provided by Federation of Fly Fishers Master Casting Instructor Bill Keister (see details below for Bill’s deals).

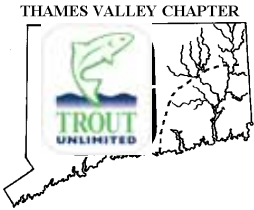
Certificate

This certificate entitles the bearer and one guest to a guided trip on the Salmon River between the dates of April 19, 2010 and June 30, 2010. The objective can be to catch the most number of fish. Or, see the greatest length of river. Or, explore long line and high stick nymphing using a double nymph rig. Or, any combination at the bearer’s discretion.

Nymphs and dropper rigs and other flies will be provided. A fly rod and reel can be provided if desired. A cold three-course gourmet lunch with wine will be provided if desired.

Casting Lesson

The winner of this auction will be entitled to a two hour casting lesson from Bill Keister for one or two people. Bill is a Federation of Fly Fishers Master Casting Instructor. The lesson can be tailored for anyone from beginners with no experience to experts who want to work on one particular aspect of casting. To make arrangements call Bill at 860 295 0264 or email him at wmsegg-fly@aol.com .



Thames Valley Chapter
 Trout Unlimited
 P.O. Box 76
 Yantic, CT 06389-0076

Next Regular Meeting:
Tuesday December 15th, at the **Bozrah Moose Lodge** on **115 Fitchville Road** in **Bozrah, CT.**
Fly Tiers start at 6:30 p.m. The **Speaker will be Frank Plona**
Topic:
"Is this the best trout stream in New England?"

