



## Thames Valley Chapter Newsletter

# *Stream Lines*

*"The Voice for Eastern CT Salmon and Trout Anglers"*

**October Issue 2014**

**Dear Member,**

We had a great time at the TVTU Housatonic outing last month and I want to thank all the participants for making it a success. Especially, thanks to Jenn Miner and Duke Preston for preparing the meals and helping with set-up. I believe we need to have more of these types of events. The interaction among the members adds such an enjoyable dimension that you just can't get at a regular membership meeting, and, of course, you can get some fishing time in. Let's face it, it's the pursuit of trout fishing that ties us all together and why we support TU.

Speaking of what I believe the chapter should do... Finally the TVTU Member Survey will be out this month. The survey is your opportunity to let the Board of Directors know what is important to you and will help us plan future events, meetings and projects. The Board continues to struggle with what we should be doing and how to enlist more members to become more active and involved. With limited funds and manpower it is very difficult to fulfill our chapter's mission. Without more members helping out we are limited to what can be accomplished as a chapter. Hopefully, the survey will reveal what interests you, what's important to the membership, what things we should pursue, how to get more people at our meetings, and who is willing to give some of their time to make them happen.

Therefore, please take a few minutes to fill out the survey when it is distributed. You will receive the newsletter via email and there will be a link on the chapter website. For those of you who don't have access to a computer, we will provide hard copy at the membership meetings.

Thanks for your support,  
John Preston, *President*



Thames Valley TU, Chapter 282  
[jpreston44@yahoo.com](mailto:jpreston44@yahoo.com)

## Calendar of Events

**Tuesday, October 21st, 6:00**  
**Membership Meeting, Bozrah Moose Lodge**  
*(Fishing with Nymphs, by Antoine Bissieux, "The French Flyfisherman")*

**Tuesday, November 11th, 6:00**  
**Board of Directors Meeting, Bozrah Moose Lodge**

*(Members are welcome to attend)*

**Tuesday, November 18th, 6:00**

**Membership Meeting, Bozrah Moose Lodge**

*(Renowned bamboo rod maker Marc Aroner of Spinoza Rod Company)*

**Tuesday, Dec 11th, 6:00**

**Board of Directors Meeting, Bozrah Moose Lodge**

*(Members are welcome to attend)*

## The Fall Stocking Report



Many of our local waters were stocked with trout recently and the Shetucket River also received 274 Atlantic Broodstock Salmon. Due to the low flows stocking had been delayed, but with the recent rains the streams have rebounded and stocking was possible.

Volunteers from Thames Valley TU helped DEEP Inland Fisheries stock trout in the Natchaug and Yantic Rivers on Thursday Oct 9th and the Shetucket River on Oct 10th.

The Natchaug River received 1,000 Brown trout throughout the river and 600 rainbows in the trout park. The Yantic River TMA received 350 brown trout and the Shetucket River

was stocked with 550 brown trout. In addition, the Willimantic TMA was stocked in a few locations.

For volunteer information and future stocking schedule please visit the TVTU website [Click here to visit the website.](#)





Heike Talbert

# The Well

By George Jacobi ©2014

Sometime between 9 and 10 AM, the September morning has warmed enough for the Pseudocloeoens to begin floating down the long pools of the Housatonic. Nowadays they have a new Latin name. I still like 'Pseudos', or the common "Blue-winged Olives". These tiny mayflies, the most consistent food source for trout during these fall days, swim up from the bottom and then struggle to hatch into a winged fly and get airborne. Drifting in the river for a long, long time, they are difficult for a hungry fish to resist. They sail past the rock and into the Well, where some disappear in a gentle head and tail rise.

A cloudy windless day in the 50s or 60s is a perfect recipe for a heavy hatch. The bugs may not peter out until 5 PM when the cold of the night comes on. Brown trout are podded up along the best current seams, and they work with an unhurried grace, tipping up only for flies that go right above them. Time seems to stretch out, a blessing for a dry fly addict. A Bald Eagle sails past overhead. Mergansers in packs crash-dive into pockets and then leave ten minutes later. The ubiquitous Great Blue Herons are frozen on their rocks hunting. Today is a harmonic convergence, where all dissonances have been resolved. It already feels as if it will go on forever.

Perhaps the fact that winter lurks not far ahead makes it easier to ignore time and just immerse yourself in the present. Still, you better adopt an attitude of peace and patience if you wish to play this game. The flies are a size 28 at best (the size of a capital letter here) and imitations are best fished with a 12 foot 8X leader. You don't have to fish this way; it is terribly difficult fishing - but addictive. The riffles call you to go find some easier fishing. As the feeding settles into a rhythm, you can cast a short line and float your imitation over the trout again and again without disturbing their concentration. Whether they think it's a fake fly or just a piece of inedible twig is a moot point; they just ignore it and go on feeding. When you do almost everything right, a trout tips up and stares closely at the fly. When you do everything ALMOST right, a trout sips in your fly, you have too much slack in the leader, and you miss the strike.

Sometimes I follow the fly with my eyes, seeing it as a perfect drag-free float, and then the fly (for it is a real one) hops and skips a bit and takes off into the air. Where the hell is my own fly?

Once in a while, you hook a trout and have to resist looking around to see if anyone is watching. You're a success! More often than you want, you stop and change the fly or the tippet, searching repetitively for perfection of imitation.

I've fished this hole for more than 40 years. Remarkably, it's pretty much the same. The 'Well' is a deeper slot in the near part of the pool formed by two large rocks, one downstream of the other. Currents fan out and down on both sides and there are usually 30 or more brown trout in the living-room sized area. There is almost always a rise form dissipating, slowly disappearing. You can watch from the car as you go by and see a ring. On a fall day like this one, with a good hatch, there are usually ten or more slurps in various stages of spreading out, and a nose or two poking through the surface film. By two in the afternoon the river is carpeted with Pseudos and there are trout rising all over the place. I could stand here and watch this for hours.

The Well is just a deeper slot filled with moving stream water. The Well is a hole that one reaches into at will, filled with hope, trout, challenge, and sport. Sometimes the Well can become a magical space filled with dreams that look like red and gold reflections of trees. It's a zone where everything pauses and there is no growing older, no penalty for just stopping. Like Tolkien said in "The Fellowship of the Ring", "Time doesn't seem to pass here, it just is". The old Housatonic Line may run up the other side of the river, but that train don't stop here no more.

This is a moment where the energy and beauty of life is so much at peace with itself that even a human can feel it. Aren't we looking for such a place? The music of a river, ever-changing but always the same, is renewed minute by minute. The harmony of water and wind, the rich smell of falling leaves. There is always a mayfly and always a trout to eat it, the story of life and death, going on since the beginning of the earth. Constant movement, yet the sense that nothing happens. Timelessness. Never mind the trout, sometimes I think this is why I fly fish.

Thames Valley TU camped along the Housatonic this September for a long weekend. The water level and temperature were perfect and fat healthy fish were all over. Everybody that showed up caught some trout. A little rain, a lot of sun, campfires and tall stories. The President at the grill. The sound of running river in your ears all day and all night. Laughs shared left and right. If you weren't there, hey, come along next year. We'll put you onto some good ones.



## A Guide's Guide to Hatches

Presented by Steve Babbitt at Sept Membership Meeting

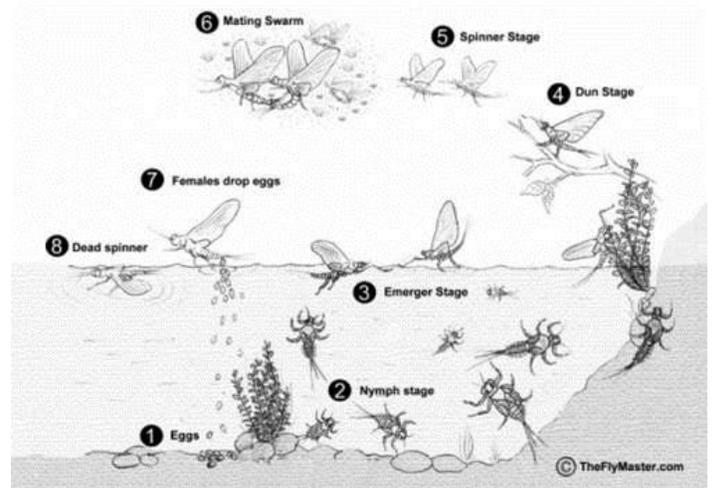
Our September's meeting presentation of "A Guide's Guide to Hatches - Fishing Hatches from the Bottom Up" by Steve Babbitt was very informative and timely. I thoroughly enjoyed his presentation and picked up some tips I didn't know, forgot or tend not to use. A number of people said the same thing to me after the meeting.

Steve stressed a total approach to fishing hatches. That is, fishing from the bottom up, and using different techniques for the hatches throughout the season (See Steve's Hatch Chart below). Think about the overall hatch and not just the emergence. I know I am guilty of this. I like dry fly fishing so much that I tend to overlook the other stages of the hatch. He covered the major hatches of mayflies, caddis, stoneflies, scuds and midges.

And he revealed some of his techniques and strategies he uses to be more successful on the waters. Here are just a few that caught my ear: using white-out for an indicator; putting a small split shot in front of an Elk Hair Caddis (without hackle) to facilitate the action of an egg laying diving caddis on the swing; and, instead of trying to see a tiny #24-28 BWO how about tying two patterns on a larger hook (forming a cluster).

Steve also pointed out that midges don't have tails, but I have a lot of store bought midges that do? Maybe that's why my midges don't produce so well? And some stoneflies hatch on the surface and not always from crawling on rocks and to the shore. This would explain a tiny light green stonefly hatch I've run into out West that I've mistaken for PMDs on the Soda Butte. In short, you are never too old to learn.

Don't miss the next presentation in October on nymphing by Antoine Bissieux. Whether you are a novice or a seasoned fisherman I'm sure there will be some nugget of information there to help you become a more successful angler.



Common Name / latin name	Hook s	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	nov	Dec	
Midge / <i>Diptera</i>	#20-28													
brown stone / <i>Peltoperlidae</i>	#16-18													
little black stone / <i>Isocapnia sp.</i>	#16-18													
Blue winged olive/ <i>Baetis Sp.</i>	#20-22													
Quill Gordon/ <i>E. Pluralis</i>	#14													
blue Quill / <i>P. Adoptiva</i>	#18													
Hendricksons / <i>E. Subvaria</i>	#12-14													
Little black sedge/ <i>Glossosoma Sp.</i>	#18-20													
green apple caddis / <i>Brachycentrus</i>	#16													
cinnamon caddis/ <i>Isonychia</i>	# 14													
Tiny black caddis/ <i>Chimarra Sp.</i>	#20-22													
March Brown / <i>M. Vicarium</i>	#12													
Pale evening dun/ <i>E. Vitreus</i>	#14													
Cream Cahill / <i>M. Modestum</i>	#12-14													
Light Cahill/ <i>M. Ithaca</i>	#12-14													
Lead winged coachmen/ <i>I. Bicolor</i>	#10-12													
Green caddis / <i>Rhyacophila Sp.</i>	#14-16													
Sulphur / <i>E. Dorothea</i>	#18-20													
Sulphur / <i>E. varia</i>	#16-18													
Giant golden stone/ <i>Perlidae Sp.</i>	#2-8													
Little yellow quill/ <i>Leucrocuta Hebe, minerva</i>	#20-22													
Ants , beetles/ <i>Hymenoptera</i>	#14-22													
Tiny BWO / <i>Acentrella Turbida</i>	#24-28													
Scuds / <i>Amphipods</i>	#14-18													
Hatch Keys			Sparse	medium	Heavy									



## Wild Trout Management Area Threatened by Development on Willington

### Love's Travel Stops & Country Store approved by Willington PZC

Last September, the Town of Willington Planning and Zoning Commission narrowly approved a zone change and special permit for the development of a large truck and travel center off of I-84 near Nipmuck State Forrest and the headwaters of Roaring Brook. Roaring Brook is a Class 3 Wild Trout Management Area (WTMA) from Route 190 Stafford downstream to its confluence with the Willimantic River. In addition to its ability to support native brook trout, the brook also supports wild or naturally reproduced brown trout.

Known as "Love's Travel Stops & Country Stores" the project would entail a large scale truck and travel center with fueling stations and a large retail store. In all, 9 acres of development is proposed. The removal of trees and vegetation at the site and the addition of large areas of impervious surface threatens Roaring Brook with warm water storm runoff and non-point pollution.

The applicant must now file applications with DEEP and begin the state permitting process. TU plans to join efforts with other conservation groups and monitor the permitting process and participate in public hearings.

Please look for more information and updates in the upcoming TVTU newsletters and website.



## Don't Stress Out!

Here's a summary of a new report released by Trout Unlimited on handling stress and the effects on fish from catch and release fishing. You won't be surprised to read that the two factors that contribute most to fish mortality when caught were angling duration (the amount of time a fish is played before being released) and air exposure (the amount of time the fish is out of the water). The findings are extremely interesting. For example:

- **15-20 Seconds.** According to the report, a fish should never be out of the water longer than 15-20 seconds. After this length of time, the survival rate of released fish drops fast. In fact, one study found that rainbow trout had an 88% survival rate when exercised to simulate being caught. However, once exposed to air for 30 seconds, the survival rate dropped to only 62%! So, once you've landed your fish and removed the fly (in the water of course), make sure everything is ready to go before hoisting him out of the water for a photo. Aim for one big lift for that hero shot (closer to the water is better), before putting him right back in the water.
- **Long Fights Mean High Stress.** The amount of time the fish is played is one of the largest contributing factors of stress on a fish. According to the report, some studies have shown that up to 89% of fish played to exhaustion die after being released. You don't have to be a statistician to know that's not good. Use as heavy gear you can get away with (within reason of course), and put the steam on! You may be surprised you'll land more fish by doing so!
- **Learn to Remove Hooks.** The report also mentioned that some studies found that more fish were harmed by novice anglers, due to a longer time required to remove hooks. This shouldn't be discouraging to any novice anglers out there.. Practice makes perfect! However, if you think you might be in this category, try this exercise. Take an orange (or similar fruit) and stick the hook point of a fly into the peel. Grab the hook with your forceps, and rotate your wrist in the opposite direction of the hook bend. Practice until you are comfortable removing hooks quickly and safely.

In summary of the report, the good folks of TU offered some 'common sense' guidelines that every angler should abide by in order to minimize stress to the fish. Be a responsible angler and follow suit!

- Minimize angling duration (the time a fish is played and handled for hook removal).
- Minimize air exposure by removing hooks with the fish in water and photographing fish quickly.
- Use barbless hooks and artificial lures/flies.
- Use rubber nets void of knots that protect fish scales and mucous.
- Avoid angling during extremes in water temperature.

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## TVTU Housatonic River Outing 2014

### "A Fall Classic"

We had a good turnout for our first fishing outing on the Housatonic River. Some came for just a day and others stayed for the entire weekend. All had a great time experiencing fall fishing on the Housy. Tim Pindell and I had some great hatches coming off on a warm Thursday evening, Light Cahills #14-16, Sulfurs #18, Isonychia #10-12 and BWO #24-28 were everywhere. The river was full of fish and the DEEP wasn't scheduled to stock it until next week. Obviously, the Housy had a good cool summer and the flow was perfect for wading and very clear.

After registering and setting up camp on Friday, the crew spread out to sample what the river had to offer.



George Jacobi and I went to one of our favorite Housy haunts.... the Sand Hole. George was successful working his magic with his 2 weight and I was not. I was spoiled by Thursday's success and too lazy to use 6-7X on a load of trout that were sipping in very tiny BWOs. Meanwhile the others tried the pools around the campground. The fishing must have been good because it took some doing to get them to come in for dinner. Now who turns down steak, corn on the cob and pasta salad?

After dinner, we hit the evening hatches with renewed energy. As they say... we killed 'em! Duke Preston caught a nice plump 14" rainbow and a brown on another favorite pool, the Pine Hole. George reported he caught many at the "Corner" and Tim, George "Midge Master" DeGray and Phil Sands got some at the Tent and Gravel

pools. I had "Kitchen Patrol" so the big "0" for me... just some picture taking. Huddled around the campfire we swapped stories about the ones that got away, fly patterns that were successful, the Northern Woods and laughed about the legend of "Allagash Annie".

After Saturday's breakfast prepared by our chefs "La Duke" and Jen Miner, we did what fishermen do....FISH! Four of us did well at the Sand Hole and this time armed with 6X and a #24 BWO Sparkle Dun I was successful. "Midge Master" and Phil did really well too. So well in fact, that I had to go back from the campground to call them in for dinner. But no one can hold a candle to Tim "Energizer Bunny" Pindell. The man is a fishing machine! He keeps on fishing and fishing and fishing and never takes a break. Mike Arndt who is just getting serious about fly fishing was able to entice a brown trout with a Prince nymph and get some more "on-the-stream" experience.



While we were feasting on Duke's BBQ chicken, Hugh Cipparone came in muttering how frustrating the fishing was and what was he doing wrong. In spontaneous unison we all laughed because we've all experienced what Hugh was going through. The Midge Master gave Hugh some of his BWO emerger creations and sage advice. Phil and I armed him with a spool of 6X and 8X... 5X just won't do it. After dinner a #18 Sulfur Sparkle Dun or emerger was the answer that evening for the campground pools. Many fish came to our nets that night.



On a misty, cloudy Sunday morning Phil and the Midge Master put in a few of hours catching six trout on BWO emergers before the 11 o'clock checkout time. Take a look at the slide show on the website for more photos. Better yet... next time join in the fishing and fun. Let me know where you think we should go for the next outing... fresh or saltwater. I hear the Albies are hot in Rhode Island...

To see more pictures of the event go to TVTU website home page and take a look at the slide show, [www.thamesvalleytu.org](http://www.thamesvalleytu.org)



## Fly of the Month

### "Pearl Zonker"

Video by Tim Flagler, Tightline Productions

Try the Zonker in a variety of color patterns for large fall trout and broodstock salmon. Vary the retrieve or just let it swing in the current. If you get a "bump", let the fly rest for a few seconds, then begin the retrieve again. Often, the fish will strike in anger once the fly starts to move again. Good luck!

Click the link to learn how to tie a Pearl Zonker; [Link to Tying Video](#).

### Fly Tying Recipe

Hook: 3X-long streamer hook (here a Lightning Strike SN3), sizes 2-6.  
Weight: 020 lead-free round wire.  
Thread 1: Red, 6/0 or 140-denier.  
Body: Pearl Mylar tubing, medium.  
Adhesive 1: Superglue or UV Cure Resin.  
Back & tail: White zonker strip.  
Adhesive 2: Superglue or UV Cure Resin.  
Thread 2: Black, 8/0 or 70-denier.  
Hackle: Red saddle hackle.  
Head: Black thread.  
Adhesive 3: Head cement or UV Cure Resin.



## Thames Valley TU Annual Election Slate

The following slate of chapter officers is presented by the Board of Directors for a vote of confidence and/or election at the upcoming chapter membership meeting on Tuesday October 21. The president, vice president and treasurer are presently serving their two year terms and are presented for a vote of confidence. The position of Secretary is now vacant and open to the membership for nomination.

### TVTU Chapter Officers

President: John Preston  
Vice President: Jim Smith  
Treasurer: Jackie Preston  
Secretary: Vacant

### Secretary Duties & Responsibilities

Section 5 : Secretary - The Secretary shall keep the minutes of all meetings of the Board and the membership, keep an accurate and current record of Chapter membership, and be the custodian of all records of the Chapter. The Secretary shall assist the Treasurer in preparing the AFR form. The Secretary shall send all required notices to members of the Chapter, as stipulated by these By-Laws or requested by the Board and/or the President. Notice may be in writing or by electronic communications, including fax, electronic mail or by posting on the Chapter's web-site. The Secretary shall also maintain the correspondence of the Chapter.

### BOARD OF DIRECTORS

John Preston, President  
Jim Smith, Vice President  
Jackie Preston, Treasurer, Women in TU

Secretary - VACANT  
Charley McCaughtry, Membership  
Jim Clark, Fund Raising Chair  
Gene Cyr, River Cleanup Coordinator  
Morgan McGinley, Programs Chair  
Ray Schaefer, Stocking Coordinator  
Bill Keister  
Bill Cone  
TIC/Education Coordinator - VACANT

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## Place an Advertisement in "Stream Lines"

Looking to reach a new and diverse audience? Presently we have over 470 members in Eastern CT and the newsletter is published September through May (9 issues). If you have a service or product and would like to reach out to our outdoor and conservation minded readership, consider placing an advertisement in the chapters newsletter "Stream Lines". The cost is only \$50 for the entire year (9 Issues). For more information and to purchase an ad contact Jim Smith via email at, [jsmith@thamesvalleytu.org](mailto:jsmith@thamesvalleytu.org). Thanks for your support!

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To join Thames Valley TU or for more information please visit our website, [www.thamesvalleytu.org](http://www.thamesvalleytu.org)  
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