

# Trout Unlimited

## Thames Valley Chapter Newsletter

# Stream Lines

*The Voice of Eastern CT Trout and Salmon Anglers*

February 2018



### President's Message...

It was wonderful to see many TVTU, other CT TU members and friends at the CFFA Expo and talk to several people who showed interest in becoming TU members. We were able to raise about \$300 for the chapter thanks to Ray Schaefer, George DeGray and the Preston clan for manning our table. The CFFA Expo is one of the best fly fishing shows in the area. IMO better than the Marlborough show and judging from the shopping bags my father had... great bargains for the fly tier too.

Our fly tying classes at the Fish Connection Tackle Shop in Preston had a good turnout this year. In fact we expect some of the students to participate in our Flies & Pies fly tying clinic this year. Of course, we thank fly tying instructors Bob Walsh, Ed Walsh, John Preston, and Jack Balint for all their efforts.

As most of you are aware of our "Flies and Pies" event will spotlight the angler's art of fly tying. Our members will be demonstrating their favorite patterns/techniques and offering instruction to those who want to learn. There will be a beginners table manned by Paul Rice and the McMahon "boys" to show anyone who wants to try how to tie a Woolly Buggie and they can keep their first creation. It isn't just about fly tying... there will be demonstrations on rod building, net building and furred leader making and more. TVTU will be offering fly fishing equipment and tying materials at bargain prices. This year we added an auction and an expanded raffle for fly fishing and non-fishing items. All to help raise funds for the chapter to work towards Our Mission: to conserve, protect and restore Eastern Connecticut's trout and salmon and their watersheds. There will be information and displays on our education and conservation efforts.

This event is also our opportunity to showcase what Thames Valley TU is all about and attract new members. Any TVTU member who signs-up a new member will receive a special gift. So bring the family, friends, neighbors, co-worker for enjoyable evening of fly tying, food, prizes and more.

Hope to see you at the Firehouse for our biggest event of the year...

"Duke" Preston  
President TVTU  
[Email Address](#)

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**TVTU Chapter Meeting**  
**Tuesday, February 20th, 6-9 pm**  
**Annual "Flies & Pies" Fly Tying Clinic**



Spend a great evening with friends and fellow members of the Thames Valley Chapter at our annual Flies & Pies Fly Tying Clinic, Tuesday, February 20th at the Bozrah Firehouse starting at 6 p.m.

Our members will teach you how to tie their favorite local fresh and saltwater patterns. This meeting is perfect for kids and families, and we'll have all the gear and tools you'll need to get started - though you are free to bring your own vise and materials. Even if you've never tied a fly before, come for the camaraderie, some refreshments, great fishing talk and more.

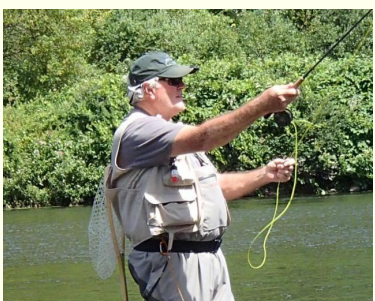
The fly tying clinic is great for kids and entire families... kid friendly patterns and instruction will be available. Stop by for an hour or stay longer to learn - you're sure to have a great time.

Chapter events are a great way to meet new fishing buddies and to introduce new anglers to a community just for them. Guests and the public are welcome and our chapter's more experienced members are always willing to spend time sharing information on fishing spots and techniques with new anglers.

- **Fly Tying Demonstrations and Instruction** - Learn how to tie a fly. Instructors & equipment will be available to show you the "Anglers Art"
- **Rod & Net Building and Furled Leader** demonstrations
- **Auction** - Fishing & non-fishing fundraising items for Our Mission: "to conserve, protect and restore Eastern Connecticut's trout and salmon and their watersheds"
- A complete list of auction & raffle items will be posted on our website soon...
- **Sale!** Fly Fishing and fly tying equipment & more
- **The "Art of Charley McCaughtry"**
- **Raffle and Free Door Prizes**
- **Refreshments- Pizza "pie", food, coffee & beverages**

**The Doors Open at 6 pm** - Our meetings are free and open to members, guests and the general public. Social time, fly tying demonstrations, refreshments, raffle, door prize & more... Featured Presentation starts shortly after short chapter business meeting at 7pm.

**Join us at the Bozrah Firehouse!**



## Meet Some of Our Regional Fly Fishing Guides

By Ed Walsh

*In the past few years I developed a column introducing many of the fly fishing shops we patronize in this region. The ones that were included in those columns were the shops (The Fish Connection, JT's, UpCountry, and Bears Den) that responded to my request. There were a*

number of other shops that didn't respond.

*I thought it might be interesting to continue a similar concept by introducing fly fishing guides who service the New England Region. And for anyone who's ever taken advantage of a guide when fishing a new stream or river there is no better resource. Whether you catch a lot of fish or not the lessons learned always make future trips to that same area worth every dollar spent.*

## Meet Marla Blair



I had heard a lot about Marla from a couple of guys who've used her guiding services and could not say enough good things about those experiences. Fellow TVTU member, Phil Sands, has fished with Marla many times and will be taking his second trip to Chile with her shortly.

Another friend, Carl

Norcross, had Marla guide him on the Swift River in Massachusetts last summer and said it was the best experience he ever had with a guide.

When I told each of them I wanted to do stories about guides both recommended Marla be the first entry. Each suggested I would receive candid responses to my questions. They were right.

I have a number of generic questions I send after the initial contact with a person I want to highlight.

Marla's answers took candid to a new level.

When asked about her educational background she told me: "she was a runaway at age 16 and got her GED at age 30". The answer to a family question was: "husband Tony and cat Moses". When asked how she got into fly fishing the response was: "met two guys in a bar in 1989 who were fly fishermen". And finally the question was how you became a guide: "got talked into teaching someone and it snowballed". It didn't take me very long to understand why Phil and Carl recommended Marla be the first entry in this column. She's not only candid, she's interesting and funny. Pretty good combination in today's world I would say

Marla's been guiding since 1993. She spends most of her time on the Swift, Deerfield and Westfield Rivers in Western MA. and the Farmington locally. She also hosts guided trips on the Paloma River in Patagonia, Chile. The Paloma is her favorite river. She guides on other rivers but

tries to stay with a 60 mile radius of her home in Ludlow, MA. Marla is guiding, hosting fly casting clinics or making presentations at fly fishing clubs or youth groups on average 180 days a year. She spends winters in Florida when not on annual trips Chile.

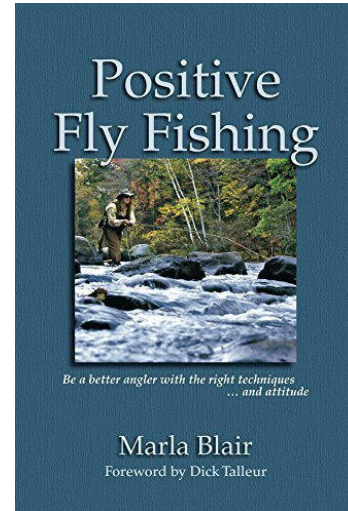
I asked why we don't see more women in fly fishing and she suggested I may not be looking hard enough: "There's a larger population of women fly fishing then you might expect. I see more equipment (clothing / waders, etc.) designed for women and more SPF rated wear is a step forward, for other produce lines that normally would not offer them. Marla also provided her thoughts on the future of fly fishing but with limited space all could not be included in this article. I did suggest she make a presentation at a TVTU meeting where she could share her thought with our group. Hopefully we can make that happen.

So if you are interested in some fly fishing instructions or scheduling a guided trip contact Marla at: Phone (413) 583-5141 or email

[MARLABLAIR56@gmail.com](mailto:MARLABLAIR56@gmail.com). And take a couple of minutes to look over her web site at:

[www.marlablair.com](http://www.marlablair.com). There's a lot of good information to be found.

I've wanted to fish the Swift and Deerfield for a while now and can't imagine visiting either of those find trout fisheries without Marla Blair showing me how, and where, to catch some fish. I'll look forward to telling you all about those experiences in the future.







## A Forest of Fly Fishing Books

By George Jacobi

The sport of fly fishing has attracted some of the world's greatest writers. It's also the favorite pastime for many number-crunchers, grocery men, and steamfitters. We all like puzzles. This one, how to catch a feeding fish with an imitation of its natural food, combines man's natural inclination to solve an interesting problem with his or her predatory instinct. And as you know, the fact that it takes place in some of the most beautiful settings on earth doesn't hurt.

We live in a world of mass-produced goods; fine hand-made tools are rarer all the time. Quality bamboo rods are still being made, but there will be no more Paynes or Leonards. The last impeccably smooth fly reel by the late Stanley Bogdan is out in the world somewhere, probably in a safe rather than on a reel seat. Yet the same love, skills and effort these craftsmen put in lives in many a fishing essay, and you can ramble through those words again and again. Blood, sweat, tears, and time, invisible to readers, go into every book. A writer shapes sentences as a rod-maker uses a planer on bamboo, sculpting again and again until satisfied. Wakes up at night to scribble down an idea before it's gone, and then does it again just as he falls back to sleep. And then again. The art thereby composed magically awakens memories of your own adventures. Maybe the pundits are right, though, that fly fishing is an art – because it can be learned but not taught. At heart, fishing's essence is a state of mind. You have it or you don't.

The fact that essayists haven't found as much food for thought in the game of golf despite its popularity tells us something. Both pastimes are games with arbitrary rules, but in fly fishing our brain and all of our senses (vision especially) are on full alert, just as if dinner tonight is dependent on our outdoor skills the way it was ten thousand years ago. That there are many more reflective hunting books than golf books also comes as no surprise. Games are at best an imitation of life and death; outdoor sports are the real thing. Some of us still hunger for the real thing. Those twenty thousand year old cave paintings in Lascaux, France, primarily of large game, are evidence that our ancestors told each other the same stories we now share via the written word. And over the centuries a gentle stream with rising trout, overhung with willows and sycamores, has been the site for many a serendipitous insight about our life on earth.

The fly fishing library includes How-To books, Where-To books, storybooks, and essay collections – what academics now call creative non-fiction. The best of the How and Where books teach skills and techniques with engaging accounts and anecdotes. A good angling story is not about fish behavior; it's about human behavior, in ways that you can relate to yourself. It takes you on a familiar ride.

Thus some books become a treasured part of one's life, the particular tomes dependent on one's generation. Ray Bergman's "Trout" comes to mind, along with Art Flick's "Streamside Guide", as the ones that supported my initial growth in understanding what went on as I stood in a river with a chestnut brown Fenwick fiberglass six weight. The great essayists take it a step further. They strike a balance between the mind and the river (or the sea), and in the process of defining where they are, the reader too is carried, consciously or otherwise, to that place of stillness and insight.

Tom McGuane's "The Longest Silence", and all of Ted Leeson's elegant works, takes up where Dana Lamb and Norman Madean left off. John Gierach follows in the footsteps of Robert Traver, Nick Lyons, and Sparse. If you've followed me to this point, you probably already know and cherish these men and their writings.

In the Introduction (he called it a 'Statement') of his 1942 book "Gone Fishing", Negley Farson said something about flies that holds true for literature as well, "What I do know are a couple of dozen old reliables, and I think I know where and how to use them. As time goes on, I shall add others to this coterie, when I've found them useful." From a few strong roots a bookshelf grows throughout life with meaningful narratives, branches linking them all to each other and to your own experience. Though he's a perfect example of a terrific fishing author, Farson has almost slipped through the cracks. "Going Fishing" was his only piscatorial book, yet he was a decorated foreign journalist who met Gandhi and Hitler and was in Petrograd the day the Russian Revolution broke out. Yikes. His astonishing life and charming tales were appreciated by another famed fisher/writer, Ernest Schweibert. Ernie once remarked after a presentation of his that "Going Fishing" remained his favorite angling book, surprising and warming the heart of this angler, whose father once brought the volume home for me from a church tag sale.

The 'nature' book club I recently joined functions on a drastically slower schedule than I find comfortable – one book a month. I read most books the way I trout fish: play them fast, appreciate them, and release them quickly. The strike, the first real contact, can be thrilling. I realize what I've hooked into and if it'll be a serious encounter; it's apparent in the introduction or the first chapter. If it's a small and weak 'hatchery' book, it gives up fast and I unhook it quickly (skim through it or take it right back to the library). I can then proceed to a better opportunity without wasting time. I can catch and release quite a few books in a good month.

A powerful one, a wild one, will take me deep, pull me all around, and I'll come out of the experience gratified. What was imparted will have enriched my life. But still, I move on right away, looking for the next one. It can't be relived (not right away), though something worthy stays behind; I can only cast about for the next meaningful encounter, one in which I will again feel vibrantly alive and excited to be so. The most valuable book, like the most valuable fish, forces me to slow down and pay attention, knowing that if I don't I may miss something significant.

The exercise we call 'nature writing' is about human perception. From Rousseau to Thoreau, contemplative writers have tried to see the world both as it is and as it appears through the prism of the mind. Awareness of nature, and awareness of how we interpret and misinterpret that reality through our own psychology, culture, and spirituality, is where their attention is directed. I'd suggest that outdoor sporting literature, and especially that of fly fishing, inhabits the same ecosystem, and because of its comprehension of the human as a predatory animal, focuses even more clearly on the relationship between man and the planet. You learn consequential things by watching and studying the natural world. You learn even more by interacting with it – and within it. Good fishing books can tell us something important.

There is a vast library of fly fishing books out there now. Going as far back as 1496, when Dame Juliana Berners perhaps began the genre with "A Treatyse of Fysshynge wyth an Angle", they are part of a thoughtful angler's habitat. Old reliable Negley Farson is a prized part of mine. Invisibly bound and tangled together, they echo the fungal rhizomes that mysteriously connect trees by their roots and share nourishment, forming a forest of riches for an angler to wander in during the off-season.



## TVTU Embrace a Stream Project Update

By Sal DiCarli

The data collections on Merrick Brook and Beaver Brook have given us a lot of insights into how these drainages function. While one would hope that a trout stream system would start cold and stay cold along its entire length, both of these streams are cool to warm in their headwaters and gradually cool off as ground waters join the flows (Fig 1). The temperature loggers told us a lot about where the water is warm, where the critical cold water enters and identified some possible actions that could be explored to improve the cold water habitats of the streams. Actions to be explored include: beaver control, modifying pond outlet structures to limit over pouring of warm water or possible dam removals.

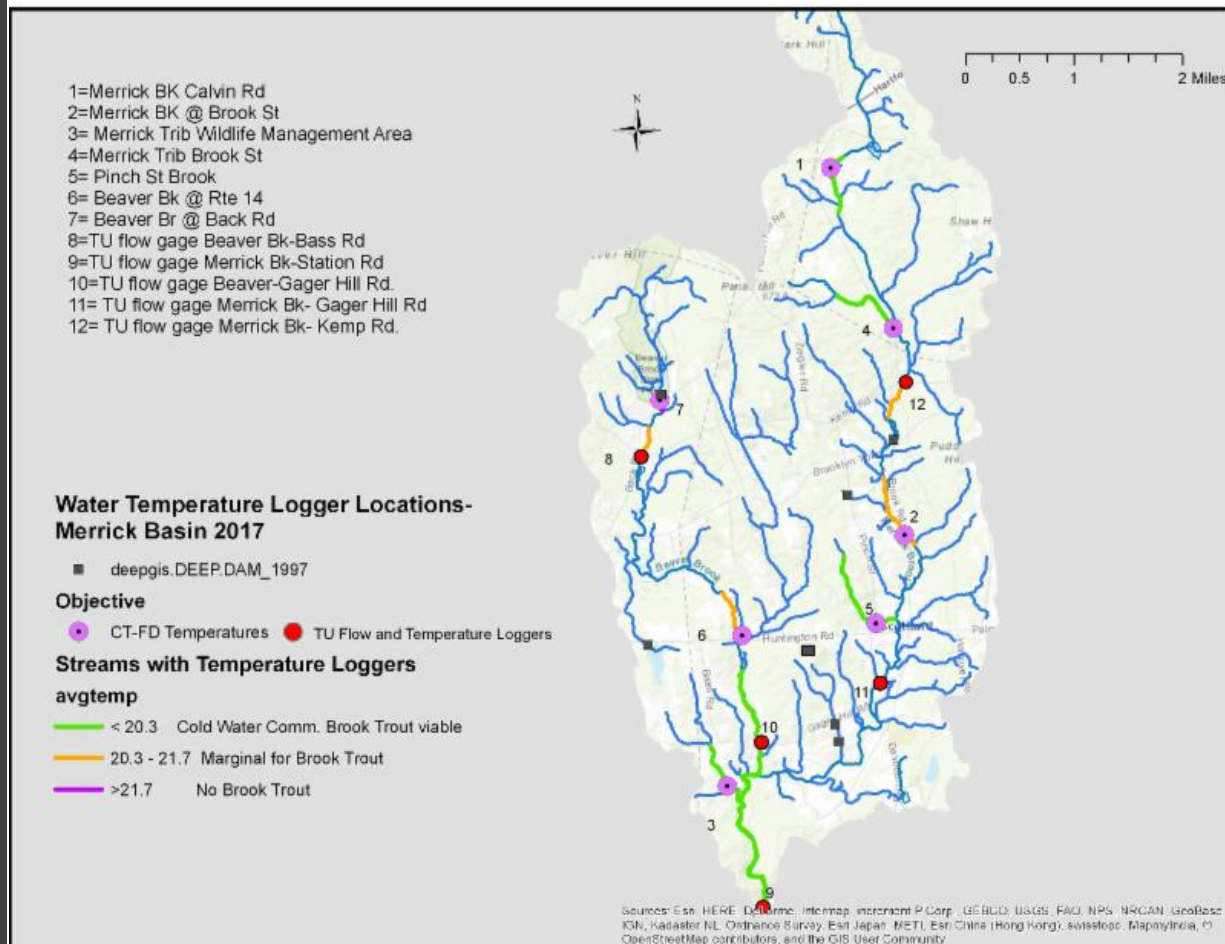
The flow data has told us a lot about how much water is present, and where in the system it is originating. As an additional side benefit, the flow data has proven of great interest to the local towns' highway departments. While they had designed road crossing based to estimated flows for the size drainage, actual data has allowed them to reevaluate the size and type of structure that are needed for long term safe road crossings. Sharing data directly with the towns has also created a way that we could open discussions on bringing fish passage into the town's design of road structures.

The Thames chapter's cooperation with the Connecticut DEEP on this project has insured that our finds are being included in habitat management decisions. Additional fish population evaluations and support with proper establishment of the flow gauges have been short term benefits of this cooperation. As a result we have located two new, small, cold tributaries with brook trout populations (Pinch Brook and unnamed trib) that were not previously known. We have identified locations where additional information is needed and are planning additional water temperature monitoring sites this spring. In short the **Embrace a Stream**, has been a spring



board for active habitat evaluation with DEEP that will hopefully result in future projects that will preserve and enhance the cold water habitat for trout in this drainage.

*Ed: Sal would like to recognize Neil Hagstrom of Connecticut Fisheries Division for his contribution to this update.*



## TVTU Chapter Fund-raising Raffle 2018

**Only 50 tickets to be sold... \$15 ticket**

**Cabela's Theorem Fly Rod and Ross Evolution LT Fly Reel Outfit  
(Value \$655)**



**Cabela's Theorem Fly Rod (9ft, 4pc, 5wt)** - With Generation-II nano-silica resin and a high modulus graphite blank, Cabela's Theorem Fly Rod produces the accuracy, distance and sensitivity you need to help solve the fly-fishing equation. Four piece high modulus graphite blank features lightweight, corrosion resistant REC recoil guides that always return to their original shape. Tapers increase feel yet recover quickly for exceptional accuracy. Burl wood reel seat with high-polish aluminum hardware and a modified western cork handle. Rod case & Lifetime Guarantee

**Ross Evolution LT® Fly Reel #2 (4-6 wt/4.2oz)** - Conical drag eliminates start-up friction; Heat-dissipating Delrin 500AF drag material; Triple redundant radial pawl engagement; Aluminum alloy construction; Quick release locking spool; Oil impregnated bronze bushing; Stainless steel spindle; Easily converts for right or left hand retrieves; Quick release locking spool. Rated for freshwater or saltwater duty. Manufacturer's lifetime warranty. Made in USA.

Includes: **Cortland Precision Finesse WF5F Fly Line**

Thames Valley TU is continually working on our Mission of conserving, protecting and restoring our cold water fisheries in the Eastern CT. This takes a lot of resources... man-hours and money. Please help us raise funds for current and future projects

Raffle tickets are only \$15 each. The drawing will be held once we have sold 50 tickets. You do not have to be present to win. Tickets are available at our monthly meetings and through the Chapter's Board of Directors members. Or, send a check payable (with name, address & phone#) to: Thames Valley TU Chapter 282, P.O. Box 211, Hanover, CT 06350. A ticket will be mailed back to you and recorded.

## Thank You for your Support

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### "Angler's Pantry" Chicken Broccoli Braid

By Jenn & Duke Preston



#### Chicken Broccoli Braid Recipe

1 cup (250 mL) chopped broccoli florets  
2 cups (500 mL) chopped cooked chicken breasts (see Cook's Tip)  
½ cup (125 mL) diced red bell pepper  
1 cup (250 mL) shredded sharp cheddar cheese  
½ cup (125 mL) mayonnaise  
2 tsp (10 mL) All-Purpose Dill Mix  
1 garlic clove, pressed  
¼ tsp (1 mL) salt  
2 pkgs (8 oz or 235 g each) refrigerated crescent dough  
1 egg white, lightly beaten  
2 tbsp (30 mL) slivered almonds

1. Preheat the oven to 375°F (190°C). Chop the chicken and broccoli using a Food Chopper, and place the mixture in a bowl. Chop the bell pepper and add to Bowl. Press garlic over the vegetable.
2. Shred or if shredded already add cheese to the vegetable mixture; mix gently. Add mayonnaise, Dill Mix, and salt and then mix well
3. Spread the filling evenly over the middle of the dough. To braid, lift two opposite strips of dough up, twist once, then lay over filling so that the ends meet at the center. Lightly pinch the ends together. Continue alternating strips to form a braid. Tuck ends up to seal at end of braid.
4. Brush the egg white over the dough. Sprinkle the braid with almonds. Bake 25-28 minutes or until deep golden brown. Cut and serve

Share one of your favorite recipes with us! [Contact Duke Preston.](#)

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"Beginner's  
Corner"

Fly of the  
Month  
"Matt's Midge"



By Bruce Danielson

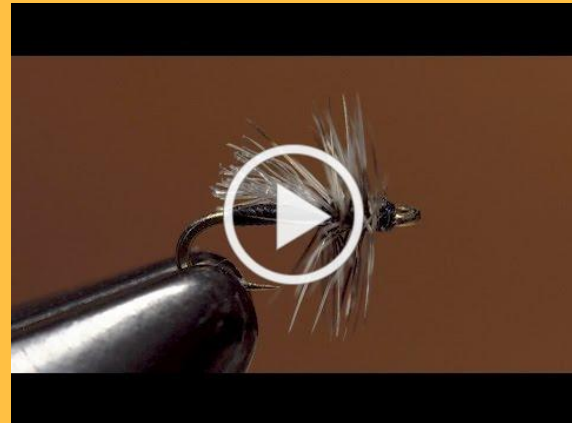


By John Preston

## Thread Control Tip

I was having difficulty getting my thread to cooperate when I was trying to pinch wrap material to the hook.

This video helped me avoid that awkward loop of the thread. Just simply spin your bobbin counter (if right handed) or clockwise (if left handed) to make the thread move towards your pinching fingers.



Winter is a great time to fish midge patterns, as these tiny bugs are often the only insects hatching in the colder months (the late Fall is a good time too). Here's a simple killer down-wing midge pattern from guide Matt Miles. Matt's Midge imitates an insect that's either recently hatched waiting to fly, or landed on the water to deposit eggs. The fly works great wherever midges are found. Another one of those uncomplicated and easy fly patterns that I prefer... KISS!

### Mat's Midge Recipe:

**Hook:** Straight-eye dry-fly hook, size 22-26.

**Body:** Danville 6/0 Black Thread.

**Wing:** White Zelon or Antron.

**Hackle:** Grizzly rooster hackle

*"If fishing is interfering with your business, give up your business."* -

*Alfred W. Miller*

## Did You Miss Last Month's Meeting?

By Bruce Danielson

If you did, you missed a great presentation from Thomas Baronowski on his backcountry fishing trip to the Slough Creek area of Yellowstone National Park.

The idea of the trip for Thomas and his friend was created while sitting in a bar when they decided to plan a low cost fishing trip far away from the crowds.

Fast forward a few months and permits were filed and approved to backpack into the Slough Creek area of Yellowstone. The Slough Creek area was reputed to be some best native trout fishing in the Yellowstone backcountry. It was also known to be well populated bear country.

The first part of Thomas' presentation described the backpacking equipment they used for the 12 mile hike into this backcountry. He emphasized the importance minimal weight for each item. The only exception to that practice was the canister of bear spray and the .44 magnum's each carried. Fortunately, neither of those last 2 items had to be used, although Thomas said he slept a lot better at night having them.

Thomas then moved on to the actual hike into the camp area. We saw many photos of the different areas of Slough Creek and the equipment used to catch some very nice backcountry trout.

I'm sure a lot of us left that meeting with dreams of taking a similar trip and that this presentation provided a lot of insight as how to make it happen.



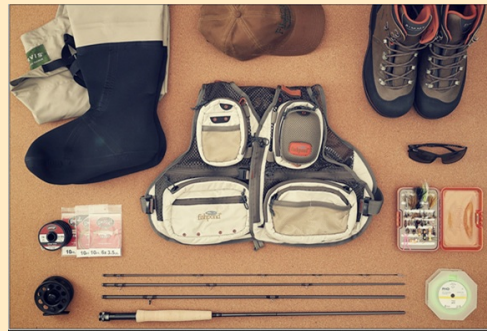


## Old Fly Lines Wanted

A company called "Flyvines" located in Missoula, MT recycles fly line and makes them in to a number of accessory products that are carried in Orvis retail stores, and fly shops across the country. They asked our chapter if we would be interested in recycling any of our old fly lines. If you are interested in participating we plan to collect donated lines at our meetings and bulk send the collected fly line to them. You can check out their website at [www.flyvines.com](http://www.flyvines.com) for more information about what they do! Thank you..



## Donations Wanted



You can help our TU chapter by donating your unused fly fishing and fishing equipment including rods, reels, flies, books, fly tying and other reusable items. We will auction or raffle the items off and used the money raised to support our chapter's programs including conservation projects, stream clean up, stocking, TIC, speaker fees, and other operating expenses. Email [John Preston](mailto:John.Preston@tu.org) or call 860-546-6690 if you have something to donate or bring the item(s) to the next chapter meeting.

**Thank You... for your generosity and support**

**Thames Valley TU Chapter 282 - PO Box 211, Hanover, CT 06350**

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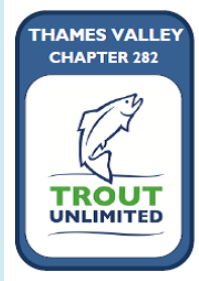
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## About Us

### TVTU Chapter's Mission:

*To conserve, protect and restore Eastern Connecticut's trout and salmon and their watersheds.*

### Our Vision\

*By the next generation, Trout Unlimited will ensure that robust populations of native and wild cold-water fish once again thrive within their North American range, so that our children can enjoy healthy fisheries in their home waters.*

Questions or comments on the Newsletter contact:  
[jpreston44@yahoo.com](mailto:jpreston44@yahoo.com)



## Place an Advertisement in "Stream Lines"

Looking to reach a new and diverse audience? Presently we have over 450 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 chapter's newsletter "Stream Lines" and website. The cost is only \$50 for the entire year (9 Issues).

For more information and to place an ad, contact [Jackie Preston](#).

**Thanks for your support!**

**Visit our Website**