

TROUT UNLIMITED

Thames Valley Chapter Newsletter *Stream Lines*

The Voice of Eastern CT Trout and Salmon Anglers

June 2017

Dear Member,

It is that time again when we need members to step up and lead our chapter into the future. Come October our Treasurer, Jackie Preston, for the last 7+ years will be stepping down. This is a very critical position that has to be filled. There is also a need for a River Cleanup Coordinator. At present we conduct three river cleanups a season.

In addition, there are potential openings (TBD) for the Board of Directors. The slate of candidates will be determined at our August Board of Director's meeting and announced at the September Membership meeting. Nominations may also be made from the floor at the Annual Meeting in October.

Please consult the chapter By-Laws on our website for detailed information and duties for the open positions. If you are interested in a leadership role in the chapter, please contact me.

In closing, everyone have a great summer and thank you all for your continued engagement and support... because of you we had a terrific and successful 2016-17 season!!



"Duke" Preston
President TVTU

[Email Address](#)

"Destinations"

[Dream Catcher Lodge](#)

[Deposit, New York](#)

Dream Catcher Lodge is located on the West Branch of the Delaware River a few short miles downstream from Deposit, N.Y. The property has one mile of river frontage that contains every conceivable type of water including riffles, runs, pools and a back-channel loaded with native rainbow and brown trout. A fly fisherman couldn't ask for more.

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Calendar

September 19 - Tuesday, 6pm

Chapter Membership Meeting
Bozrah Firehouse
239 Fitchville Rd, Bozrah, CT

October 17 - Tuesday, 6pm

Annual Meeting Election

Chapter Membership Meeting
Bozrah Firehouse
239 Fitchville Rd, Bozrah, CT

We are now on Facebook!

When you visit our website there is now a link to our Facebook page. Also see our Quick Links below. Jenn Miner is our administrator and we are looking for an additional person assist her. Please contact

[Duke Preston](#).



Dream Catcher's team at the Somerset Fly Fishing Show

Dream Catcher was first the dream, then the reality, of Leonard Solomon and his wife Florence. Leonard was born and raised in Deposit where outdoor activities were a way of life. He fished, hunted and spent most of his adolescence years exploring the woods and stream surrounding the town.

Business opportunities took him away from the area he loved but he knew he would return someday and when 137

acres, with river frontage, became available a short distance from his hometown he jumped at the offering.



Florence and Leonard are wonderful hosts.

With property in hand Leonard starting exposing his three sons to the outdoor activities he so loved. It wasn't long before the idea of sharing their enthusiasm for fishing and hunting grew into a business idea that soon became Dream Catcher.

From the existing four bedroom colonial style home on the property that sleeps eight and the addition of the first few Cabins, Dream Catcher has grown steadily over the past 10 years.

There are now six cabins that sleep three and

four larger cabins that sleep four.

Both cabins have the ability to sleep one additional person as a Futon is located in each living area. All cabins have a

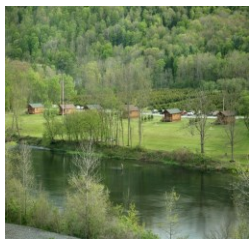


The Lodge

full kitchen and bath, cable TV, gas fireplace and an outdoor grill. And most importantly only a few steps from some outstanding fishing.



Riverside cabins



One mile of river frontage

If you're fishing the West Branch, or just want a place to relax, give Dream Catcher a look-see at:

dreamcatcherlodgeny.com or call them at (877) 275-1165.



Another satisfied Dream Catcher customer

And if you stay there please say hello to my friends Leonard, Florence and son

Scott for me. I've stayed at Dream Catcher many times and look forward a return trip in the very near future. It's a terrific place with outstanding services and wonderful owners. You will not be disappointed.

Editor,s Note: This is the first in what I hope will become a regular column in Stream Lines introducing places our membership might consider visiting

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Congratulations Paul Rice - Winner of TVTU Cabela's/ Orvis Fly Fishing Outfit



TVTU President Duke Preston (right) presents Paul Rice with a new Cabela's/Orvis fly fishing outfit

The drawing of our Cabela's/Orvis Fly Fishing Outfit was won by Paul Rice. Paul bought an extra ticket at our final meeting of the season and of course it was the winner. Thanks to Paul and all who helped us raise \$560 for the Thames Valley TU Chapter.

May Membership Meeting Recap: "Breaking Down Big Water" by Jesse Filingo

By John Preston



Jesse learned how to fish on the small waters of Tennessee. Using his first experiences of trout fishing in Montana while attending Montana University, he related that when we go to unfamiliar water and especially big water like the Clark's Fork... there are three

"disturbing factors": Intimidation - Scared of the water before you; Confusion - Where do I even begin fishing?; Frustration - No fish off the bat.

Explaining that as much as we love our sport, it can be frustrating... but then sounding like a southern preacher he said, "Time to solve and be healed! Here are some of his solutions of breaking down big water and things to look for: Obstructions, Riffles, Pockets, Bank

on a future fly fishing trip.



Editor's Desk

By Ed Walsh



You suggested and we listened. That should sum up the reason for this issue's "Destination" article.

In the survey sent to our members last year many of you wanted the board to focus on speakers, and locations, outside the Thames Valley area.

We started that trend when our own John Springer talked to the attendees in April about places to fish and what flies to use (leach, leach. leach patterns) on Vermont streams. We followed that up when Jesse Filingo, a Catskill N.Y Region guide, discussed fishing techniques on big rivers in May.

So there are our first responses to your suggestion with more to come going forward.

The next stop on this adventure might be the Rangeley Lakes Region of Maine. I know we have some members quite familiar with this area and I will certainly be contacting them for some advice and guidance.

Until then I hope everyone is having a great season on your favorite streams.

"The finest gift you can give to any fisherman is to put a good fish back, and who knows if the fish that you caught isn't someone else's gift to you?"

Lee Wulff

"Just the Resource I was Looking For"

By Greg Dunn



Greg relaxing after a hard day of Florida fishing

I have been trout fishing since I went with my Dad in the 1950's with the tip of a fly rod, a leader and worms. Consider it. It works, and it can be a big enhancement to your expertise.

In those early years fishing for bass and panfish I would trade off between a spinning rod and a fly rod but I came to realize that a fly rod was my preferred method.

Many eons later I moved over to saltwater fly rodding, and that eventually led to some of the most technically difficult fly fishing I had encountered, sight fishing for Red

Fish in the south. You have to make a very long, very accurate cast to them so they see the fly and you don't spook them. My "trout" fly casting wasn't getting it done. So I worked on a long accurate cast, which I eventually developed. Being quite proud of that cast I brought it to my trout fishing, casting far across the streams to the riffles and runs on "the other side". My trout catching has always been a couple of fish in an outing,

Opportunities, and Braids.

Obstructions are anything in the river that cause current breaks and provide comfort zones for trout. They can be natural or man-made such as downed trees, boulder structures, or dams. Trout

prefer these areas because they provide cover and current breaks, offer plenty of food opportunities, and keep them safe from predators. Besides these areas are great places to start fishing!

Riffles are shallow, faster sections of water rushing over different gradients of streambed cobble. They are often overlooked and depending on the time of year, can be some of the most productive parts of a river. Aquatic insects such as the BWO mayfly love emerging in riffles, and trout know this! Riffles fish best in the Spring, Summer, and Fall.

Pockets (Jesse's favorite) are the sudden drop in depth and faster velocity of water moving around and over rocks or other structure. Pockets offer excellent protection and cover for trout, making them prime areas to seek out when fishing large bodies of water. His favorite time to fish faster pockets is the summer. They're sometimes too fast for trout to want to hold in throughout the coldest months.

Banks - Always look to the banks in search of trout and holding zones. Jesse has caught some of his most memorable fish right off the banks of some mighty rivers.

Even by boat, he is always searching out the banks. Look for undercut banks, protruding rock, log jams, grass wads, over hanging brush and anything else that sticks out. Large fish love to be near banks because they usually provide cover and allow for easy meals.

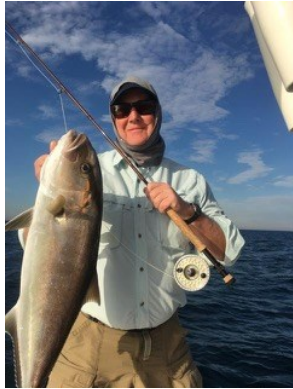


Nice Delaware brown caught by the bank

Braids (my favorite) - Big water and braids go hand in hand when it comes to helping out anglers. When traveling along rivers or mapping them out, especially on large bodies of water, braids are often key to success. Braids, islands, oxbows - they're perfect for narrowing down your options and locating trout. Just imagine you're fishing a small stream and you know exactly what you're doing

Jesse suggests that you should always **"plan your attacks"**. It's crucial to have a planned attack when

maybe a skunk, nothing spectacular but always worth a day on the water. So.... Since doing the same thing (long casts, same flies) over and over and expecting different results wasn't producing more takes I went searching.



Greg loves to fish whether it's the salt or fresh waters

First a book on French Nymphing. "Definitely" the way to go, I thought. Tied up long leaders and tried them out on the Yantic. Could not cast a weighted nymph with my "beautiful" saltwater cast, and the fly line kept dragging the leader down the rod guides so line and leader fell down the rod all twisted at my feet. Disaster. That lasted a day. Another season of doing the same and expecting different results went by.

Then reading a book on small stream fishing I came across a chapter on Tenkara fishing. Quite interesting, so I picked up a "cheap" Tenkara rod. (Keeping pace with my tradition of something new each year whether I need it or not.)

The Tenkara system is a long rod with no line. Leader is attached to the rod tip. No long casts as there is actually no line. You fish the water right in front of you. I've only tried it once but thus far it is actually quite fun. But I'll hold off on the Tenkara experience for another time and get back to the point.

Reading books on how to do this method or that, where to fish, what fly to use is great but I retain maybe 21.5% (I'm being generous). When I get to the water in the spring I have remember and can confidently use just about 0.5%.

Thus it was time to admit that I was actually being insane. Trying to do the same method of trout fishing over and over each season and expecting different results. I needed some knowledge, on the stream where I can put it to use immediately, from a source outside my known fishing world. Often times what you KNOW confidently can actually make you blind to something better.

Enter Eastern CT Fly Fishing LLC and Mike Carl.

I found his website, looked up a bit about Mike and liked what I saw. Also read about Joe Humphries, one of Mike's mentors, and emailed Mike.



Mike is a talented fisherman and guide

Mike and I recently spent a fantastic half day on the 8 Mile River near Devils Hopyard. We got on the river and started talking about water temperature, nymphs, leaders, fishing wet flies etc etc. Everything that I was already an "expert" on but was actually blind as to what I was missing.

Then we got into casting. I had learned years ago that a trout cast doesn't work for saltwater very well, you need more distance and power for saltwater. Well

that day I realized that a saltwater cast doesn't work too well for trout either.

We discussed the bow and arrow cast, variations of the roll cast, how to effectively cast nymphs, the all important Tuck cast and its variations and staying in contact with your flies. Just tons of great information.

In a few hours I had learned more on the water than many, many winters

approaching the river. Every time you step into a new



Don't be intimidated...it's just water.

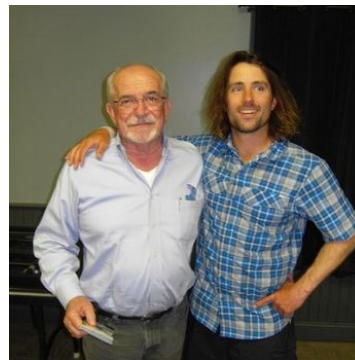
river, a new section of water, a new riffle, a new run, new pockets, you should always map out your strategy before you start fishing. Different fly fishing techniques

require different plans of attack. With a planned approach, the success of your fishing will definitely increase!

Three classic examples of how to approach a stream: (1) When nymphing plan your attack from the downstream up; (2) When streamer fishing plan your attack from the upstream down; and (3) When casting dries try an upstream casting down approach first.

Jesse then walked us through a number of river situations using what he presented above. He also cautioned us to "Avoid the Dead Zones". We often spend too much time casting in water that doesn't hold many fish. On a large river system, it's easy to mistake what seems like good holding water for lackluster water. Avoid the long, slow pool or flats that don't have a good mix of sunstrate. Avoid areas without cover, boulders, micro-currents, etc...

He ended his presentation with one more insight... Be on the alert for your flying friends (birds)! They know things way before we do... when hatches might occur.



Jesse with Pete Belisle (winner of float trip)

Jesse donated a float trip worth \$420 with him and Pete Belisle was the lucky winner. Jesse also provided coupons worth \$100 off a float trip to anyone at the meeting who wanted one. Judging from Jesse's presentation Pete and those who took advantage of Jess's generous offer will

have a great day on the waters that he guides in NY/PS. **Thank you Jesse Filingo!**

"Soon after I embraced the sport of angling I became convinced that I should never be able to enjoy it if I had to rely on the cooperation of the fish."

Sparse Grey Hackle.

of reading. I learned new methods, and actually tried them out with immediate feedback. I now have a wealth of techniques and methods to fish in many different stream situations. I am excited about the possibilities. The time Mike spent with me was priceless in my estimation.

So if you are satisfied with where you are as a trout fisherman GREAT. But if you keep doing the same things without results or want to learn about this sport from an experienced guy consider contacting Mike. My guess is you won't be disappointed.

And by the way the above statements are totally unsolicited.



Mike has always been a visible and supportive member of our chapter

Trout in the Classroom

TVTU has been active with our TIC (Trout-in-the-Classroom) efforts participating in outings with the Westside MS on May 12 and Barrows Stem MS on May 24. Lead by committee chair, Dave Parry, our group provides fly fishing and casting instructions and answers questions about TU.



Dave Parry talks to the students about fly fishing and TU



Dave and Gary Lussier explaining techniques to future fly fisherman.

"Angler's Pantry"

By Jennifer Preston

Creamy Beef & Spinach Enchiladas



Ingredients:

- 1 lb. ground beef
- 2 cups salsa fresh or jarred
- 5 oz. package of spinach
- 2 tsp ground cumin
- 1 block 8oz cream cheese
- 1 can diced fire roasted tomatoes
- 1 cup shredded Mexican blend cheese
- 6-8 corn (gluten free) or flour tortilla shells

Directions:

- Preheat oven 375
- Brown ground beef and drain.
- Add cumin, cream cheese, salsa, tomatoes and mix well. Once all blended add spinach and mix together.
- Warm corn or flour tortillas in microwave or on stove top till warm.
- Fill each tortilla using about 3/4 of mixture.
- Place each enchilada top with remaining mixture and cheese bake until melted about 20 minutes (you can also add a little more salsa to the remaining mixture to top enchiladas if you would like).

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

Fly of the Month: "Muskrat Nymph"

By John Preston



Tied by Tim Flagler

This fly is one of the first flies I ever learned to tie and it



The students put the young trout they have raised into the streams at Devils Hop Yard and Mashomocket Brook during their Field Trips.

CT. DEEP Opens the Fish Ladder at Versailles

In early May the CT. DEEP opened the renovated Versailles Fishway to help reintroduce anadromous fish to important spawning and juvenile rearing habitat on the Little River.

The anadromous fish species to include: American Shad, Alewife, Herring and Sea-Run Brook Trout.

The original wooden structures had a 10 year life expectancy and were constructed in 1998. The renovated fishway will be in use for many years to come.

The state expects this project to be a complete success.



Above are just a few of the TVTU members who worked on this important project. Please shake their hand and say thanks for a job well done when you see them at a chapter function or fishing on one

of our wonderful local streams. They are what TU is all about.

Editor's Note: See the April issue of Stream Lines for the complete story of

caught me many trout... especially in the spring. I haven't used it in years but a recent June 2nd TU newsletter feature it and I thought I would pass it on. If you don't subscribe the TU.org emails you are missing some very good information and news. It is about time that TU National is going back to its roots and it beats the constant barrage of fund raising notices we tend to get.

Here is the address for the TU website fly tying blog <http://www.tu.org/connect/groups/fly-tying> Be creative and use other colors and materials to imitate what is hatching in your waters. This "oldie but goodie" is going back in my fly box...

Fly Tying Recipe: Muskrat Nymph

Hook: Dai-Riki #730 #14-18 or equivalent

Thread: Black, Ultra70 or Danville 6/0

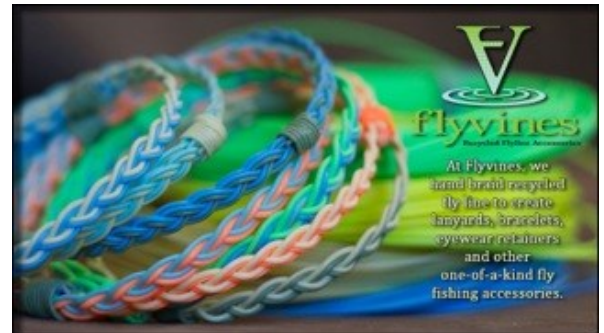
Legs: Partridge Hackle Fibers

Body: Muskrat Dubbing (option: can be weighted)

[Link to Tim Flagler Tightline Video](#)

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 for more information about what they do! Thank you...



Mis-Takes

In our last issue George Jacobi provided another one of his notable articles for this publication. Like all the others they are enjoyable reads and as the editor I am forever grateful for his continued contribution.

Unfortunately I screwed up when I transferred his copy to the newsletter and entered "Fish and Fiction" as the articles title. What a difference one letter can make.

The correct title was "Fish and Friction". I sure hope I am more careful from now on. Sorry George.

the Fishway and TVTU's involvement.

"Whether I caught fish or not, just the thrill of rolling out that line and watching my fly turn over has been good enough for me. That and the hundreds of treasured memories I have of this wonderful sport."

Curt Gowdy

About Us

To join Thames Valley TU or for information please visit our website www.thamesvalleytu.org.

Questions or comments on the Newsletter contact: walsh4613@cox.net | PO Box 211, Hanover, CT 06350 | Thames Valley Trout Unlimited | (401) 742-6536 |.



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!

Donations Wanted

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

Thank You for your generosity and support...


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