



Riffles

The Monthly Newsletter of the
East Jersey Chapter of Trout Unlimited

Volume 47

April 2016

Number 4

President's Beat

While out walking our dog last weekend, I saw numerous people working in their yards getting ready for the coming seasons.



Besides the people raking, pulling weeds, cutting back tree branches, etc., I saw a number of people applying various chemicals to their lawns, gardens and shrubs. Unfortunately, a lot of those fertilizers, weed preventers and insecticides don't stay where they are spread and are washed away during the first heavy rain. We all know where they will wind up: in our rivers, streams and lakes.

Washing the car, cleaning exterior windows, power washing the house, deck or patio all accomplish the same deed: helping to pollute our waterways. But here at least we can choose to use green products that are more natural and will break down more easily than the more potent chemicals sold for these chores.

I cannot escape blame, as I too like my lawn to look nice and I do apply various substances to make it look good. I just try to apply only what is needed and then water it in slowly so it can be absorbed before it rains. I have also been trying to use green

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When: April 13 at 7:30 PM

Where: American Legion Hall
33 West Passaic Street
Rochelle Park, NJ

April's Speaker Scott Cesari

Scott, winner of fly tying championships, will present "The History of Fly Fishing as Seen Through the Eye of the Hook"

"The History of Fly Fishing in America as Seen Through the Eye of the Hook" is the culmination of my Pocono Patterns research project. Through my study of the flies that were created to fish the waters of the Pocono Mountain Region in Northeastern Pennsylvania, I uncovered a wealth of fascinating angling history.

This presentation details the flies that I found and illustrates how the history of our sport has been shaped by these patterns. You will learn about patterns that date back as far as the mid 1800's, about the rise and fall of the famed Henryville House and you will see how some of the patterns I discovered can be traced back to the first English writings on Fly Fishing in the 1600s.

It is a fascinating look at how our sport has evolved and how a study of the flies helped to uncover this rich history. The presentation runs about an hour, and offers something that everyone can appreciate and enjoy!"

Schedule



- Apr 14 [Thur] Start in-season trout stocking
- Apr 30 [Sat] Brodhead Creek, PA trip
- May 11 [Wed] Speaker: Matt Robert
- May 21/22 [Sat/Sun] Cast and Blast
- May 28 [Sat] Mahwah Fishing Derby
- Jun 3/5 [Fri] Catskill Bar-B-Que
- Jun 8 [Wed] Speaker: "Rock" Rockwell
- Jun 10 - 17 Block Island trip
- Jun 11 [Sat] Ramapo River Day
- Jun 24/7 [Fri/Mon] Ausable River trip
- Jul 13 [Wed] BBQ and tackle swap
- Aug Lake Aeroflex trip
- Aug 10 [Wed] Fly tying night
- Sep 14 [Wed] Speaker: Andy Still
- Sep 23/25 Housatonic River trip

Welcome to March's New members

- | | |
|-----------------|------------------------|
| Michael Colonna | Wayne |
| Joseph Fusco | Township of Washington |
| Philip Gromaldi | Maywood |
| Tom McCarthy | Glen Rock |
| Gary Muscarella | Montvale |
| Benjamin Pena | Paramus |
| Karl Sajdera | New Milford |
| Walter Wilhelm | Westwood |

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Monthly General Member Meeting:
the second Wednesday of each month at 7:30PM.
Location: The American Legion Hall,
33 West Passaic St, Rochelle Park, NJ. 07662.

**Board Members of East Jersey Trout Unlimited meet on
the last Thursday of each month at 7:30PM.**

How to contact us: Website: ejtu.org
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For East Jersey and National Trout Unlimited
information, visit www.tu.org. Go to chapter
number 091 for the latest information about our
chapter.
Riffles is your publication; we encourage all mem-
bers to contribute articles, tips, and stories. Arti-
cles may relate to trout, trout fishing, fishing in
general or conservation, but all articles are pub-
lished at the discretion of the editors and should
meet EJTU standards regarding protecting our
environment and the merits of 'catch and release'.
Pseudonyms may be used but the editors must be
informed of the name of the member who writes
the article.
Email to raycapp@optonline.net

Conservation Notes

Many thanks to all the members who participated in the Glen Gray parking area maintenance and cleanup on March 26th. We had many hands including two little tikes who did an impressive job with their plastic wheelbarrow, shovel and rake. It just goes to show that you are never too young (or old) to get involved. A few of the neighbors stopped to thank our crew for the work we do. This is a big change from years ago when they had the cops post temporary "No Parking" signs along the road to keep the anglers out.

The continuing effort by some of us to draw attention to the bad decision to cap the toxic waste in Ringwood seems to have finally received a second review. Water samples from nearby waterways have indicated the presence of a toxic and possibly carcinogenic chemical. SURPRISE! The time has come for Ford and Ringwood to step up and do what they should have done years ago: dig up that poison and dispose of it properly. It is still too early to know what the final outcome will be, but please write, call, e-mail or just inform your friends about the problem.

Pilgrim Pipeline personnel have begun to survey a route through Ramapo Reservation. Despite the fact that Mahwah, Oakland and Bergen County have all passed resolutions in opposition to the pipeline, Bergen County Executive Tedesco refused to withdraw permission. He has offered a lame excuse that he believes allowing the survey will give the County a place at the table when choosing a route and that he has avoided being sued. The public is opposed to this pipeline, so it is not

a question of where to build it; the answer is not to build it.

I hope you have all taken to opportunity to express your views about warm water and trout fishing by completing both questionnaires on the NJF&W web site. This is a great opportunity for you to express your views. I can assure you that your responses will be taken very seriously. I have had the opportunity to witness this firsthand by participating in some of the programs and discussions at NJF&W. Be sure to have your license handy because you will need the number on the front of it to access the survey.

By the time you read this the Pequest Open House will be history. I hope many of you had the opportunity to attend. There are always plenty of things to see and do. I offer thanks in advance to those who have taken time to help.

Preseason stocking is underway. We will assist the State on Tuesday, April 5th for the second preseason stocking on the Ramapo. Opening day is Saturday, April 9th. You can wet your line beginning at 8:00AM. I'm sure that the opening day tradition still brings excitement to many anglers young and old. These days I tend to be an observer until the rush is over. When you are on the water,



Scott Cesari



A Scott Cesari flies



Conservation Notes

please look for the NJF&W signs posted streamside. If they are absent please let me know. Also be alert to anglers fishing illegally or without displaying their licenses. DO NOT confront anyone. Just note where and when and, if possible, get a license plate number. The State is trying to improve enforcement of regulations and can use any help we can provide.

In-season stocking will start Thursday, April 14th and continue each week until May 26th. We will meet at the Glen Gray Bridge at about 9:00AM for the ever present coffee and munchkins. Then we will set up buckets, coolers and the boat to be ready for the trout to arrive. The schedule is for a 10:00AM start, but this can vary depending on the other stops on the schedule. We also try to have a few members at West Oakland Avenue for early bucket stocking in that area. Then, after Glen Gray is done, we hope to have several members go upriver to stock at Halifax Road and Riverview Terrace. The more volunteers we have, the more fish we get because we can reach locations that cannot be accessed by the State workers. So please come out and do your bit. I ask you to PLEASE send me an e-mail or call me at 973-304-0789 to let me know if you will be joining us. There is no worse feeling then to

be standing at the bridge at 9:40AM with only Al and Mike for company. We have never failed to have enough help but the anxiety is a killer.

The Town of Englewood has a summer recreational program which includes a fishing element and the administrators have reached out to us for assistance in executing the program. At this time the program focuses on fishing with conventional spinning tackle, but the opportunity exists to convert these kids to fly anglers. It is a BIG commitment since the program runs all summer. The fishing element is scheduled for Friday mornings at Overpeck Lake. If we can get enough members to volunteer to spend from 9:00AM until noon, we can turn this into a viable program. But it depends on support from our members. How about stepping up to do something great for these kids?

Be sure to check the calendar on the web site for events that are on the schedule for the next several months. Pick out one or two that meet your interests. Everyone is welcome to help. As long as I know you plan to attend, I will always find a job for you. And in those few instances when we have enough help I will tell you so you can go fishing instead.

Thank you for your support.

The Library Display

It must be Spring Fever; Doug has not moved EJ TU's library display this month! So, if you want to see it during the month of April, you can visit it in the Oradell Library.

The library also has not moved this month, so set your GPS to 375 Kinderkamack Road in Oradell. The library's entrance is on Church Street, but if you can't find a parking spot in front of the library, there is a large, free parking lot immediately to the west of the building.



The Bugs of the Ramapo



Last year our resident biologist, Mike Sebetich, PhD, along with Fred Madura, Walter Nahadil and Lou Falone, captured, classified and evaluated the various macroinvertebrates that reside in the Ramapo River. His study was performed in two locations in the river and at two times, once in May and again in August.

One of the reasons that Mike did the study and wrote the report was to let our members know what food the trout in the Ramapo are used to seeing and feeding on. From this, our members may be able to make better fly selections when they are stalking the fish in our local river.

We summarized the report in Riffles last year, but the full report, with its accompanying tables, is somewhat large to present in the newsletter, so it is being added to the EJTU website, EJTU.org.

April Fly of the Month



After a long winter opening day has finally arrived. The first hatch of the year will usually be the early black stonefly. These tiny (size 18) stones can frequently

be seen crawling out of the water onto a snow bank to hatch.

The first mayfly of the year will usually be the tiny (size 22 or 24) blue winged olives, and of course we cannot overlook the midges. But don't worry; the larger flies are only a few weeks away.



New York State Trout Fishing

Many of our members enjoy fishing in our nearby neighbor to the north, New York. These links will bring you to New York's trout stocking information and to a site where you can find information about various streams along with maps of the streams

[2016 Spring Trout Stocking Lists](#)

[Public Fishing Stream Maps](#)

If you would like to go further north to fish, the following link has information about Brook Trout in Adirondack ponds.

[Guide to Brook Trout Fishing in Adirondack Ponds](#)

President's Beat
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cleaners when doing any outside cleaning.

Another item that I cannot help but notice is the people who don't pick up after their dogs. I may be a little fanatical, but I always pick up, even when out in the woods or in other remote areas. These are the places where I frequently see droppings left behind, droppings that in some of the more popular areas, can really start to build up. Even in my backyard, I try to keep up with what has been deposited so it doesn't wash away and so I don't track it into the house.

Keep this in mind when you are working on these types of projects and think about where the cleaners, fertilizers and other compounds will eventually wind up. Use them sparingly and, if possible, use low impact *green* chemicals. And if you have a dog, make sure you have a good supply of poop bags on hand.

Bruce Seiden

New York State Licenses

New York State fishing licenses are good for 365 days from the date of purchase, so it is easy to forget when they expire. Licensing information can be found on the following two web sites:

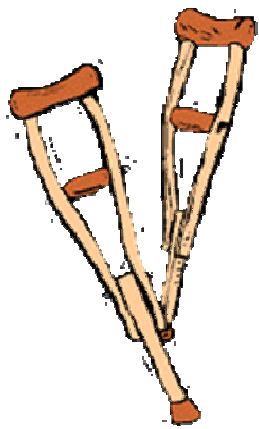
[Purchase your fishing license online](#)

[Sporting License Issuing Agents](#)



The Dangerous Sport of Fishing

So there I was alone as the sun was setting on the Beaverhead River outside of Dillon, Montana. The trout had started a feeding frenzy, not dissimilar to a blue fish frenzy (albeit on a smaller scale), as there were clouds of dark caddis everywhere. After landing a few 16-20 inchers, and anxious to land another, I squatted down to quickly release my latest catch. But, as I started to squat, I lost my balance, and fell



on my back, hitting a rock. I realized that I could only move very slowly and with great pain. I made my my way back to the car in the dark, but I could barely

get into the car to drive back to the motel. Once in the motel, I found that I could neither bend nor undress and could only sleep in a sitting up position. Needless to say, that was the end of fishing for me on that vacation in Montana.

In analyzing what happened, I realized that my muscles and tendons were so tight that I could not squat or kneel without losing my balance. I decided that the most important thing for me to do was to learn how to do stretching exercises to increase my flexibility.

There is another reason to increase your flexibility: if you are on a stream making a minimum of 2 false casts per drift of your fly, and if each drift lasts 10 seconds and you fish for three hours, you



can make over 2,000 false casts. Are you sure your shoulder and arm are up to that repetitive movement? And what about the following day when you want to fish even more? Now that I am into stretching, especially for that part of my torso that is involved in casting, I can fish for longer than three hours or for days without any soreness or tightness.

Then, there is the outdoor adventure sport I call wading. I remember not using a wading stick but that must have been in the last century. Now it is an indispensable part of my fishing tool kit. If you don't have a wading stick try one and see why this can make a difference both in safety and in your ability to get to that spot that is just over there on the other side of the river.

Speaking of wading, are you a felt bottom boots guy or a rubber bottom boots guy? Personally I own both types with studs or cleats. My conclusion is that whichever works best in a stream depends on the water/slime/rock conditions. But what about walking on dry land? As someone who has to see what is around the bend, I remember trying to go down a steep slope of gravel where my studded felts let me slide all the way down, causing a bruised shoulder and arm. Or

there were the times when I was trying to exit streams on grassy or muddy banks and cleated rubber boots gripped the surface firmly. So for me it is clear: if you are a wanderer, especially on land, cleated rubber boots work best. In water I call it a tossup.

What about eye safety? Most of us wear polarizing glasses when fishing, but what about on shore. I was in Maine trekking through a dark pine forest to get to the river when I took off my sunglasses to see better. Next thing a pine tree's dried branch whisked across my cheek, narrowly missing my eye and giving me a "battle scar" to talk about. After that, I keep my glasses on even when I am heading to the next fishing spot.

Speaking of wandering, what can you do if you are alone in the wild and you injure yourself? I carry a whistle that produces a 120 decibels blast that is supposed to be heard even if you are next to a roaring river and I also have sealed waterproof matches in case I need to make a fire to create smoke to attract attention. And my cell phone is with me, but it is doubtful that there will be reception where I go fishing. Most importantly, I always carry a Personal Beacon Locator. It looks like a fat cell phone, but is waterproof and, at the touch of a button, can send a signal to a satellite that lets people know you are in trouble.

I do not know about you, but now that I am well into my third score of years, I have learned to be prepared because fishing can be a dangerous sport! Hopefully not for you!

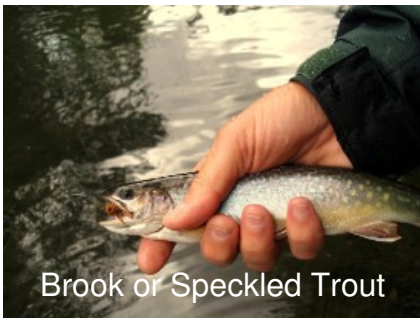
Gregory Tarris

Fishing for Stream Trout

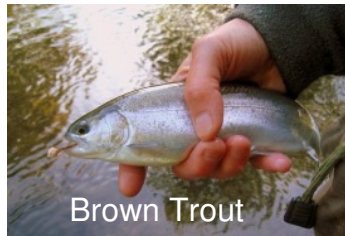
This is a nice little primer on trout fishing. It is a slightly abbreviated version of an article that is on New York State's Department of Environmental Conservation web site.

The web site is at <http://www.dec.ny.gov/outdoor/62477.html>

With thousands of miles of streams across the state, there are ample opportunities to trout fish in New York State. Each year the DEC stocks around 2.3 million catchable-size brook, brown and rainbow trout in almost 300 lakes, ponds and roughly 3,100 miles of streams across the state. Many of these streams support wild populations of trout as well. Fishing access is good with many streams having [Public Fishing Rights Easements](#) (PFR) along their banks that allow fisherman access to the water. PFR holdings in NYS currently total over 1,300 equivalent miles on over 400 streams.



Brook trout are native to the state and are New York State's official state fish. Brook trout generally live in small-to moderate-sized streams, lakes, and ponds, wherever cool (below 72 degrees Fahrenheit) water is available. They tend to prefer colder water than rainbow and brown trout, and they are often found in the headwaters of streams. The DEC stocks round 151,000 brook trout each spring.



Brown trout were brought over from Europe in the 1880's and can now be found in waters all across New York State. Browns can be found in streams, rivers, ponds and lakes and can tolerate higher water temperatures than brook trout. Many anglers feel that brown trout tend to be more wary and challenging to catch than brook or rainbow trout. Spring stocking include 1.8 million brown trout, 89,000 of which are two year old fish that average thirteen inches.



Rainbows are native to the Pacific coast and were introduced into NY waters in the 1870's. Rainbows are found in streams, rivers, lakes and ponds. Like brown trout, they can tolerate higher water temperatures than brook trout. Around 392,000 rainbow trout are stocked each spring into streams and lakes.

Fly Fishing Equipment

Fly Rod

A good fly rod for stream fishing would be a 7 1/2 to 9 foot 4 to 6

weight rod. Match this with a disc drag or single action fly reel spooled with 50 yards of Dacron backing; along with a weight forward floating line (matched to rod) with a 9 to 12 foot tapered leader with a 4X tippet.



Flies:

A good all around starter fly assortment for much of New York would be:

Dry Flies (sizes 12, 14): Adams, Light Cahill, Pale Evening Dun (Sulphur Dun)

Wet Flies (sizes 10, 12, 14): Leadwing Coachman, Black Gnat, Gold Ribbed Hares Ear Nymphs (sizes 10, 12, 14): Gold Ribbed Hares's Ear, Prince, Pheasant Tail, Elk Hair Caddis

Streamers (sizes 8, 10): Muddler Minnow, Woolly Bugger, Blacknose Dace

Fishing Methods

When fishing for trout in streams, it's best to work your way upstream (against the current) whenever possible. This is especially important when fishing for wild or spooky fish. Trout usually face into the current and will be less likely to see you approaching from behind. Wear camouflage clothing or "natural colors," and try to avoid brightly colored clothing and hats. Move slowly

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and disturb the water as little as possible. Polarized glasses will aid you when wading and for seeing fish and fish-holding areas.

When fishing for trout you will usually be fishing stream pockets, pools and runs:

Pocket - located in riffles or rapids, this is a small area of calm or protected water located behind a boulder or rock that provides shelter or a holding spot for fish. When fishing pocket water, you will be targeting the slack water areas behind rocks and boulders. These current breaks provide trout a location to hold and dart out for passing food. To fish pocket water, cast your bait upstream of the current break and allow your bait to drift along the edge of the slack water. After working both edges, start working your way into the slack water area.

Pool - area where the water is slower and deeper than other water areas in the stream. A pool contains three parts: upper end (called the head) where riffles or rapids feed into the pool; central portion or main body of the pool; and the lower end (called the tail or tail out) where the riffles or rapids begin again below the pool.

Actively feeding fish are usually found at the head and tail sections of the pool. Pools, being deeper than runs or pocket-water, generally require using more weight to get your bait down. When fishing the head of the pool, cast your bait into the current and allow your bait to flow into the deeper part of the pool. The tail of the pool, being shall-

lower, requires using a little more stealth to fish. Cast your bait into the middle of the pool and allow it to drift into and through the tail section. It's good to cover the whole pool looking for fish. Fish will often hold near any structure in the pool, such as logs, rocks, bridge pilings, or overhanging vegetation. It definitely pays to work these areas.

Run - area where a stream flow narrows, caused by either the river banks or bottom structure. A run is deeper than a rapid, but not as deep as a pool.

Stream Etiquette



At times, the fishing pressures can be heavy and stream etiquette can go a long way in making everyone's day a pleasurable one. Elbow room to fish is a common courtesy. The stationary or slow moving angler should be given room by over taking them noiselessly out of the water and re-entering as far away as practical. Wading right up to another angler could disturb a pod of feeding fish, and no one appreciates this type of conduct. Pleasant conversations are OK, so long as you don't disturb other anglers. Remember, elbow room to fish is a common courtesy.



Catch and Release

There's nothing wrong with keeping some fish for the frying pan. If you plan on releasing fish though, there are some steps you can take to help improve the survival of the fish.

Methods for Releasing Fish:

- 1 Use barbless hooks; they cause less damage to the fish.
- 2 Play a fish no longer than necessary. To do so decreases its chance of survival.
- 3 Wet your hands before touching a fish that is to be released. Dry skin will remove the mucous coating on trout. Avoid touching the gills.
- 4 Use of a landing net also increases the survival rate of a trout.
- 5 Gently push the hook out and cradle the fish in your hand, underwater and facing upstream.
- 6 After a moment, allow the fish to swim free. If the fish turns upside down, catch it and revive it as stated above.

