



# Riffles

The Monthly Newsletter of  
East Jersey Trout Unlimited

February 2019  
Volume 50, Issue 2  
Please Consider The Environment Before Printing Riffles

## February General Membership Meeting



*Cole Baldino - TU Upper Delaware River Manager*

EJTU's February general membership meeting will be held on February 13th. Doors open at 7:00 PM and the meeting begins at 7:30 PM. Cole Baldino will be our special guest speaker.

Cole graduated from SUNY Environmental Science & Forestry in Syracuse with a major in watershed science and coldwater fisheries biology, with the hopes of working for TU. He is now the Upper Delaware River Manager for TU's Home Rivers Initiative, where he implements watershed restoration for native and wild trout populations through NJ's Upper Delaware River Basin. In his spare time, you can find him floating the Upper Delaware or rock climbing when he's giving the trout a rest in the summer heat. He currently lives right over the border in PA's Delaware Water Gap.

Cole's presentation will be "Bigger Wild Fish and Healthier Watersheds: Combining Science & Fishing." Cole will take you through the Home Rivers Initiative's Upper Delaware River Program within NJ. This presentation will touch on threats to current native and wild trout in NJ, future projects, and how you can get involved in becoming a better conservationist and catching more fish. Come and join us!

## Other Fun Upcoming EJTU Events

- February 10th: Connetquot Fly Fishing Trip
- February 13th: General Membership Meeting - Speaker Cole Baldino
- March 9th: EJTU Booth at Ramsey Outdoor Fly Fest in Ramsey, NJ
- March 13th: General Membership Meeting - Anita Coulton
- March 23rd: EJTU Annual Banquet - Biagio's Ristorante
- April 10th: General Membership Meeting - Brian Appello
- April 27th: Mill Pond in Park Ridge, NJ Cleanup
- May 4th-5th: Catskills Cast and Blast Fly Fishing and Shooting Trip
- May 8th: General Chapter Meeting - Scott Cullenberg

A full list of upcoming events is available on EJTU's calendar.



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### Volunteers Needed

- Community Outreach Director

## EJTU Board of Directors

### OFFICERS

#### President / Webmaster

Chris Henrickson - Westwood

#### 1st Vice President

Greg Koch - Hoboken

#### 2nd Vice President / Membership

Elio Chiavola - Lincoln Park

#### Treasurer

Ray Tannberg - Washington Township

#### Secretary

Justin Fuller - Park Ridge

### DIRECTORS

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#### Conservation Chairman

Rich Malizia - Hawthorne

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Dino Eftychiou - Montvale

#### Publicity

Bruce Halstater - Norwood

#### Speakers

Ed Janiga - Franklin Lakes

#### Merchandise

Charlie Maccia - Verona

#### Education

Doug Penna - Hasbrouck Heights

#### Points

Paul Reithmeier - Ringwood

#### Director At Large

Igor Zaretsky - Fair Lawn

## Additional EJTU Leaders

#### Strategic Planning

Ken Barile - Montvale

#### Diversity Initiative

Jon Daffron - Ridgewood

#### Veterans Services

Vic Mignoli - Little Silver

#### Trout In The Classroom

Jim Piombino - Fair Lawn

## President's Beat

By Chris Henrickson



I am happy to report that we filled our large nymph box that we are in the process of raffling off!

I must admit that when we initially decided to raffle off our "Monster Nymph Box" I worried that we might have trouble filling it with donated flies. After all, the fly box does hold 900 flies. I was afraid that perhaps at the last moment, we might need to convene a fly tying session to hastily finish filling the fly box. Boy was I wrong!

Due to the overwhelming generosity of EJTU members, we not only filled the fly box, but we have about 200

extra nymphs in reserve. We will either bank these flies for next year's Edison show, use them as banquet raffle prizes or sell them to raise funds for the chapter. I had originally thought we could list the names of every-one who donated flies in Riffles to personally thank them, but the list would take up a whole page. In lieu, thank you very much to everyone who donated flies to help support our chapter. We really do have a generous and wonderful group of men and women at EJTU.

A couple of additional things that I learned from this event follow. First off, we have a bunch of really good fly tiers in our chapter. The quality of the flies donated was very impressive. The fly patterns were excellently tied and well crafted. This is a testament to not only the skill of the tiers, but to the quality of instruction that our EJTU fly tying classes provide. After all many of us have honed our skills at these classes.

We had some really cool patterns as well, that I had never seen before and I plan to tie some of these patterns for my own use personal as well. It is interesting to note some of the more popular patterns that were donated by multiple chapter members. These include brassies, rainbow warriors, pheasant tail nymphs, frenchies, WD40s, green weenies, zug bugs, prince nymphs, zebra midges and lots of soft hackle patterns, such as partridge and oranges. I think a lot of these patterns are simple and easy patterns to tie that are also very effective and, at the end of the day, take a lot of trout. These patterns are staples and should really be in all anglers' fly boxes. If you are just starting off fly fishing, these patterns would make a great beginner's nymph box. Sizes of the donated nymphs did vary, but 16s and 14s were very popular.

We will be drawing the winning ticket of our nymph box raffle on February 13th at our general membership meeting in Rochelle Park, so there is still time to purchase raffle tickets, if you have not yet done so. Please consider purchasing a few tickets to help raise some funds for East Jersey Trout Unlimited. Thank you again to all who donated flies and / or purchased raffle tickets to help make this event a great success.

## Nanuet Fly Shop Under New Ownership



For many years long time fly fishers from Rockland County and northern Bergen County had the convenience of shopping for their fly fishing needs at a small little fly shop in downtown Nanuet, NY. Recently there were concerns among those who frequented the shop that it was going to close. However, the good news is that a long time employee has bought the business and renamed it Art's Tackle and Fly Shop.

Art, a fly fisher and excellent fly tier, has reached out to EJTU and has offered to give discounts to its members. So drop by the shop, introduce yourself as an EJTU member, and shop around. You might find something to buy

that you need (or as happens very often something to buy that you don't really need) and you might walk away with a nice bargain. Art's Tackle and Fly Shop is at 161 Main Street, Nanuet, NY.

## EJTU's 900 Nymph Fly Box! Raffle Tickets are Still Available at EJTU's February Member Meeting. Only \$1.00 per Ticket!



Photograph the Month: Greg Koch - "EJTU Nymph Box"

## Trout In The Classroom Restocking - EJTU To The Rescue

By Jim Piombino - TIC Coordinator

On January 30, members of our club restocked seven schools in our chapter's area that had lost all or most of their fish. Two schools lost their fish due to a power shortage, three to bad water quality issues and two to human error.

Each school received between 25 to 30 fingerling rainbow trout. They will continue to raise these fish until May. During this time the students will conduct water quality tests, do math and science projects related to the trout and many other assignments in other fields of study that deal with the life cycle of trout. In May the surviving trout will be released into designated streams and rivers.

The teachers and students were very happy to receive their new rainbow trout so they could continue to study their fish. I would like to thank Mike Capizzi and Dino Eftychiou for helping with the restocking delivery of trout to our area school.



### Contact EJTU

**Website:** [www.eastjerseytu.org](http://www.eastjerseytu.org)  
**Email:** [eastjerseytu@gmail.com](mailto:eastjerseytu@gmail.com)  
**Instagram:** [@eastjerseytu](https://www.instagram.com/eastjerseytu)  
**Facebook:** [eastjerseytu](https://www.facebook.com/eastjerseytu)  
**Twitter:** [@EJTU1](https://twitter.com/EJTU1)  
**YouTube:** [EJTU](https://www.youtube.com/EJTU)

### Mailing Address:

East Jersey Trout Unlimited  
P.O. Box 366 Ho-Ho-Kus, NJ 07423

### General Membership Meetings:

Second Wednesday of the month.  
Doors open at 7:00 PM, Meeting starts at 7:30 PM

The American Legion Hall

33 West Passaic Street  
Rochelle Park, NJ 07662

[Directions](#)

### Board of Director's Meetings:

Last Thursday of the month at 7:30 PM

Fair Lawn Athletic Club

14-19 Parmelee Ave  
Fair Lawn, NJ 07410  
201-796-9771

[Directions](#)

### Conservation Committee Meetings:

Second Thursday of the month at 7:00 PM

Louis Bay 2nd Public Library

345 Lafayette Avenue  
Hawthorne, NJ 07506

[Directions](#)

### About EJTU

East Jersey Trout Unlimited (EJTU) is a community of more than 700 anglers in the greater northeastern New Jersey region who are dedicated to cold water conservation and the stewardship of our local watersheds.

Our members work to protect, reconnect, restore and sustain trout habitat for anglers today and for the next generations of sportsmen and women who value the relationship between clean, healthy waterways and sustainable fishing.

# Conservation Notes

By Rich Malizia



Occasionally there is a bright spot in the news about positive environmental advancements. A recent article in The Record is one which should attract our interest and support. A group of local students have developed and received a patent for a simple process which will remove nitrogen found in water and release it as nitrogen gas. Nitrogen is a primary cause of algal blooms which are a threat to fish and plant life. The device has been named the N Buster.

It is a tube filled with woodchips which slows the water flow allowing naturally occurring denitrifying bacteria to process the nitrogen and remove it from the water. Sounds simple but I assume it works. Nutrient overloads caused by fertilizer, pet waste and goose poop increase the potential of toxic algal blooms which can sicken people and pets. I hope to reach these students to see if EJTU can get involved.

Our calendar will show the dates for events which we will be running or partnering with others. There are some work projects, fishing derbies and other activities for which we will seek your help. Events are listed as the dates become available. We ask that you check the EJTU calendar regularly to learn of these events. I am certain that you will find one or more of interest to you. Please consider volunteering.

The current Administration in Washington continues its efforts to eliminate regulations designed to protect the environment. Sadly, at this point there are too many to enumerate. I ask each of you to become your own "watchdog". By getting on the e-mail list of any of the local or national environmental groups, you can try to keep up with the constantly changing regu-

lations. Consider groups like NJ Highlands Coalition, League of Conservation Voters, NJ Audubon, NJ Conservation Foundation, etc. These or similar organizations will keep you informed of proposed changes in regulations on the federal and state level. They will all ask for donations, but that is up to you and is not required. Somehow our citizenry has been convinced that "regulations" are evil and harmful to all. I think this was well addressed in an article in Trout magazine by Christopher Camuto which concluded with the following statement. "Regulation is not a dirty word; it evokes foresight, prudence and some hard-won wisdom."

Have you had the opportunity to read Chris Henrickson's article about Bear Swamp and the temperature logger recordings from last summer in the last issue of Riffles? It tells us a lot about the issues we face as our environment warms. We are investigating options to improve conditions affecting this special little brook. My thanks to Chris for his computer expertise and willingness to take the lead with this project and to Walter Nahadil for doing so much of the hands-on work placing and retrieving the loggers.

In the last few months, several communities in our area have taken steps to ban or reduce the use of single use plastic items. While plastic bags have received the most attention, I believe the most significant change will be the elimination of foam products. Items made from various types of foam cannot be effectively recycled but can be easily replaced with more environmentally friendly products. We all should take a close look at our practices. (Doug, get rid of those foam coffee cups at chapter meetings.) Foam products last for hundreds of years. They break down into smaller and smaller pieces so they are less visible, but they are still in the environment. We can all participate by using reusable shopping bags, asking the cashiers to place your purchases in a paper bag and not having your already wrapped purchased item placed into another bag. I recently purchased some tax forms from an office supply store. They were already sealed in plastic. When I asked the cashier not to place my purchase in a plastic bag, she initially looked confused. But then she smiled because she understood the reason for my request. It is just that simple.

TAKE TIME TO MAKE A DIFFERENCE

## EJTU's Annual Banquet

By now you should have received East Jersey TU's annual letter announcing our major upcoming events, especially what many of us consider the highlight of the year, the annual banquet. This is a celebration of our accomplishments and a time to honor the many volunteers who are the backbone of this organization. It is also an opportunity to eat, drink, and have a fun time with your fellow anglers and their invited guests.

The banquet is our major fund-raiser of the year. Besides having a great time and a great dinner, you will be helping us raise needed funds to support our many conservation projects that include planting trees, cleaning streams and ponds, and monitoring the water quality of our home streams and rivers. Funding is also needed to continue our speakers program, to help finance our membership activities such as the Catskills and July 4<sup>th</sup> barbecues, and to help subsidize our many fishing trips.

So try to attend and try to get your RSVP back to us as soon as possible. If you cannot attend, please consider making a financial donation to EJTU. Also, whether you attend or not, if you would like to donate a prize for our bucket raffles or silent auction, please let one of our directors know. That will help us cut costs.

Attached to the annual letter is an RSVP form that you can fill out and mail with your check. Or, if you prefer, you can bring it to the February general membership meeting. The RSVP form is also attached to back of this month's issue of Riffles and can be printed out.

One of our other major fund-raisers is the raffle for a guided float trip. This year we are offering a trip on the Delaware River with Anita Coulton, an experienced and personable guide. Tickets for this raffle were included with the annual letter. You can mail your money for these tickets with the banquet form or you can bring it to our membership meeting.



## Don't forget to take action on these important issues:



### Clean water

For clean water and good fishing, there is nothing more important than the laws protecting the headwaters of our streams and rivers. But those protections are now threatened.

Stand up for clean water



### Public lands

It has taken Congress no time to try to sell off the public lands that belong to us all. Multiple bills have already been introduced and we expect more to come. The time to protect our sporting heritage is now.

Protect your public lands



### Pebble Mine

Wrong mine. Wrong place. Plain and simple. Bristol Bay is North America's powerhouse for salmon — the largest sockeye salmon producer in the world. As a major local and international economic driver, Bristol Bay must be protected.

Save Bristol Bay



### Funding conservation

A dollar spent on conservation not only protects our natural resources, it fuels a multi-billion dollar industry and creates millions of jobs. Now more than ever, we need to invest in conservation and our future.

Fund conservation work



### National Monuments

Congress and the Secretary of the Interior are currently considering actions that would reduce protections for national monuments. Some have already been targeted.

Stand up for national monuments



### Little Mountain

Located in the heart of Wyoming, this wildlife rich landscape is a prime example of a place that can find the right balance between conservation and energy development.

Stand up for smart energy planning



### Abandoned mines

There are over 500,000 abandoned hardrock mine sites in the American West where there is no responsible party to take on the cleanup. Help us change that by supporting Good Samaritan legislation.

Stand up for Good Sam



### Get Engaged

Getting involved in conservation issues begins in your own backyard. Here are some resources to get engaged in the issues that matter in your community.

Get Engaged

## Standup.TU.Org

By Chris Henrickson

Many of you are familiar with websites such as [change.org](http://change.org) and [petitions.whitehouse.gov](http://petitions.whitehouse.gov) that allow people to create online petitions. After a petition has been created, those that share the same opinion as the creator of the petition can click on a link to sign the petition in support.

Trout Unlimited national has created its own online petition webpage [standup.tu.org](http://standup.tu.org). At this website you can sign onto coldwater conservation petitions that Trout unlimited believes are in our trout and river's best interest.

I highly encourage you to stop by this website and see what petitions TU recommends you sign. Make sure to educate yourself about these issues and then sign on to the ones you agree with and feel are important.

The website is quick to use, easy and user friendly. This is a simple way to make a difference in our environment that costs nothing other than a few clicks of mouse and a couple of short keyboard strokes

A selection of these petitions prepared by TU that you can sign on to and take action about on [standup.tu.org](http://standup.tu.org) are highlighted to the left.

*"Water and air, the two essential fluids on which all life depends, have become global garbage cans."*

- Jacques-Yves Cousteau



# Diversity Initiative

*Everyone Needs Cold, Clean, Fishable Water*

## The Big IDEA (IDEA = Inclusion, Diversity, Equity, Awareness)

By Jon Daffron

I'd like to start this new section with the last word in the acronym: *Awareness*. Although EJTU is already good, we're trying to build an even stronger chapter and, just like building a house, it's important to know what you are building on top of – in other words, what does our chapter currently look like from a diversity standpoint?

Well, here it is: we have 766 current members, but only 22 female members (my wife is one of them) - That's just under 3%. We know that women make up roughly one third of our nation's fresh water anglers. To better represent the angling public, consider inviting someone you know to one of our upcoming 2019 events: Pub Night, Women's fly fishing class, and Family Fishing/BBQ day.

Looking for all the latest Information on EJTU's Diversity Initiative? Visit our new [DI Webpage Here!](#)

### New EJTU Members

Brian Brady, Jeffrey Cooperman, Martin Coyne, Rod Dmitriev, Phyllis Hornstra, John Larsen, Paul Marino, Joe McKenzie, Tim Meier, Kenny Rogers, Drew Strohmeyer, Dominic Sylvester

Welcome and thank you for helping us to protect northeastern NJ's cold-water resources. We look forward to meeting you at one of our upcoming conservation projects, meetings or fly fishing trips!

### To Join EJTU or Renew Your EJTU Membership

Visit TU National's membership page at [gifts.tu.org](http://gifts.tu.org). Remember to choose to be assigned to the "East Jersey Chapter - 091".

## The 2019 Fly Fishing Film Tour

The grand old Tarrytown Music Hall, a historic theater built in 1885 and still to this day presenting the performing arts, will host the 2019 Fly Fishing Film Tour on March 3. The theater is located at 13 Main Street, Tarrytown, NY, a short drive from Rockland County and northern New Jersey.

“The original and preeminent exhibition of fly fishing cinema, The F3T is a one of a kind experience. Each year anglers of all ages gather in big cities and small towns alike to soak up films from around the world, spin a few yarns amongst friends and dream about casts yet unmade. In its 13th lap around the globe, the Fly Fishing Film Tour is packed with remarkable films, topnotch stories and imagery that will fuel your dreams for months to come. With an emphasis on the people, places and fisheries that help make up the vast world of fly fishing, the 2019 F3T will take you from Alaska to Florida, South Dakota to French Polynesia, British Columbia to the coast of Australia and more! This remarkable evening of outdoor cinema is in itself an adventure you won't soon forget. Grab your fishiest friends and we'll see you at the show!” Visit the Music Hall's website [Here](#).



## Disposal of Single use Plastic Bags

By Bill Canning



To find a location where you can recycle plastic bags, go to [www.plasticfilmrecycling.org](http://www.plasticfilmrecycling.org). Select “Recycle Bags & Wraps from your home”, select “Get Started”; go to “Drop Off Directory” click on “Search Here”. Enter your zip code and click on “Find”. The site will provide a list of locations where you can drop off your bags.

New Jersey Outdoor Alliance's 4<sup>th</sup> Annual Wild Game Dinner

**Our Honored Guest - Governor Chris Christie**

At The Black Forest Inn

Sunday April 7<sup>th</sup>, 2019 - 3:00 PM

249 US-206, Stanhope, NJ 07874 **\$100 DONATION**

Tickets are Limited, visit <https://njoutdooralliance.org/> for details



Dinner ticket sales will support the NJOA (PAC). All other proceeds will support the efforts of the NJOA. When purchasing dinner tickets, please include your name, employer and town, address, telephone number and e-mail address per NJ Tax Law

## Refillable Household Products

By Chris Henrickson



Reusable Ice Cream Containers. Pretty Cool!

Well, good news! Some of largest consumer product companies such as Nestle, PepsiCo and Proctor and Gamble are experimenting with pilot programs selling products such as orange juice, deodorant and ice cream in reusable glass bottles or metal containers.

Customers that participate in these trials will be able to order products from a website for home delivery. The purchased items arrive at the consumer's home in a reusable tote, without additional packaging. After the products are used up, the purchaser simply schedules a pickup for the empty containers to be cleaned and refilled. The entire experience will be very similar to the manner in which a milkman once delivered dairy products to homes. Product costs will be approximately the same as regularly packaged items, except a deposit will be required on the container.

Naysayers wonder whether possible high start up costs and the throwaway habits of consumers may prevent the program from going mainstream. Similar criticisms were once leveled at hybrid automobiles and solar panels. Let's hope that the critics are wrong and that these new reusable containers are a big success. If so they surely will help keep trash out of our landfills and rivers!

## Last Call For The 2019 Frank Hall Fly Tying Contest



Entries are due no later than February 28<sup>th</sup>, 2019 and can be turned into any member of EJTU's Board of Directors.

More information about the contest including the pattern and both the patterns and winners from years past can be found on EJTU's website [here](#).

EJTU's Edison Show Booth - New Members. Flies Tied. Funds Raised. Conservation Message Shared. Fun Had.



# A Dam Shame....

By Justin Fuller



On Saturday, 26<sup>th</sup> January, 2019, a mine tailing dam burst near Brumadinho, Brazil at the Córrego do Feijão Mine. At the time of writing, emergency crews have rescued 192 people, found 99 bodies (only 19 of which have been identified), and another 259 people are still missing. If those other 259 individuals are not found and saved, this will be Brazil's deadliest mining disaster.

This incident has not only been extremely disastrous to human life, but is already proving to be a significant environmental disaster for Brazil. A tailing dam is no ordinary dam that is just holding back water in a river or stream that was due to go on towards larger rivers and ultimately the ocean. No, a tailing dam is a dam built to hold a lake of a toxic sludge that is a by-product of mining operations. When this dam at the mine failed, it sent a several yards deep wave of toxic mud rapidly downhill and into the Paraopeba River. Aquatic life and vegetation along the Paraopeba have been destroyed south of Brumadinho, and the river flows into the larger Sao Francisco River, which provides drinking water to several municipalities in the area.

The cause of the dam's failure is unknown. The dam had been recently certified as safe by the German company TUEV SUED. Two individuals

from that company and another three employees of Vale SA, the owners of the mine, have been arrested and approximately 3 billion dollars of company assets have been frozen to pay for damages. Vale SA has stated that they now intend to decommission 10 dams similar to the one that failed.

So, to recap the story; a large mining company built a dam that was holding toxic waste mud near to a river, that dam failed and now a river that some of Brazil's indigenous people relied on for food, water, and bathing is dead, never mind what people are going to be drinking in the nearby cities in the coming weeks. In 2015 the village of Bento Rodriguez was destroyed by the same type of

dam, owned by the same company, in the same region of Brazil. That disaster allowed 60 million cubic meters of iron ore waste wash into the environment. Damages were paid and several members of the board were charged with homicide.

Luckily, those of us much further north can rest easy knowing that our government would never contemplate allowing a mining company, with no track record of developing mines, to develop a mine and build a dam similar to the those that failed in Brazil. Especially if that mine and its dam were next to our nation's last of the great salmon rivers that flow into Bristol Bay. Wait a minute! Oops! Say no to Pebble Mine.





# Fly Threaders

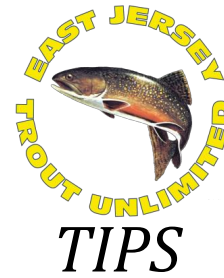
By Dino Eftychiou

You might be familiar with fly threaders, color coded for different size hooks: blue for #'s 26-18, pink for #'s 20-26, and red for #'s 24-32. They're meant to be loaded with flies and kept in their own dedicated fly box. When you need a particular fly that you've already loaded onto the threader, you just pass your tippet through the threader loop and slide on the fly. Quick and easy.

Now here's an additional tip, something that I've been utilizing on the river for many years:

I take the smallest threader, the red one meant for ultra small flies, and I drill a 1/8" hole right through the red dot. Then I get a zinger and attach the threader to the end of it. I attach the zinger onto my vest or pack, depending on what I'm using that day. When I want to thread a tippet through a small hook eye, I pass the threader loop through the eye of the hook, thread the tippet through the loop, and slide the fly right onto the tippet. I tie my knot and I'm ready to cast that fly.

A threader doesn't last forever. It gets bent out of shape and even breaks. When that happens, replace it with a new one. You don't have to buy a complete box. Just buy a set of replacements. Recently, I've started carrying two threaders on one zinger, just in case one breaks.



## EJTU Connetquot Fishing Trip Is Full

Our chapter trip to the historic Connetquot River on February 10th is full. As mentioned previously, this trip was prioritized for those members that earned points last year for volunteering at one of our many chapter events.

We plan on having this popular trip again next year, so if you want to guarantee a spot on next year's trip, make sure you get involved with EJTU and volunteer at an event to earn some points. We guarantee you will have a great time volunteering and also fishing the Connetquot.



Typical Connetquot Rainbow Trout

## Shinrin-yoku

By Justin Fuller

The old tongue-in-cheek adage that "a bad day fishing is better than a good day at work" holds more truth than you might realize. A recent paper published in *BioScience Journal* found that exposure to nature can help reduce feelings of stress and improve self-esteem. This would seem to be obvious to a great many anglers. Many of us head to water not only to catch wily trout, but to get away from the "day-to-day" and to soak up a bit of mother nature. In Japan this can be referred to as Shinrin-yoku or "forest bathing".

Forest bathing is the practice of heading out into the forest or nearest green space and using your five senses to fully experience your surroundings; no phones, no distractions, no specific purpose, this is not meant as exercise. The idea was generally accepted by the Japanese, but was formalized in the 1980s by the Forest Agency of Japan, and since that time, many studies have been conducted that support what everyone already knew, that spending time in the great outdoors is good for your physical and mental health.

As awareness increases of the impact our continuously connected fast-paced society is having on our mental health, we may see our own U.S. Forest or our National Parks Services produce guidance on how to destress by spending time out in the wild. If you find yourself interested in the subject, there seems to be a multitude of books available through Amazon and the Bergen County Cooperative Library System has no fewer than five different titles on the subject.

As for me, I'd suggest you grab your Tenkara rod and an Altoids tin worth of flies and head to the river. If anyone objects, just tell them: "fishing, it does a body good."



### About Riffles

**Riffles Editors:** Dino Eftychiou, Justin Fuller and Chris Henrickson.

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Riffles is your publication; we encourage all members to contribute articles, tips and stories. Articles may relate to trout, trout fishing, fishing in general or conservation. All articles are published, edited and may be condensed 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.

[Questions, Comments and How to Submit Articles](#)

Any suggestions you may have to improve Riffles are greatly appreciated. If you have any articles or content you would like to submit, please email the Editors at [eastjerseytu@gmail.com](mailto:eastjerseytu@gmail.com). We look forward to hearing from you.

### About Trout Unlimited

Trout Unlimited is a national organization with about 300,000 members and supporters organized into over 400 chapters and councils from Maine to Montana to Alaska.

This dedicated grassroots army is matched by a respected staff of lawyers, policy experts and scientists, who work out of more than 30 offices nationwide.

[Looking to Buy, Sell, Swap or Donate a Fishing Related item?](#)

EJTU can help! Chapter members are welcome to list items they are looking to buy sell or swap on either our online [website forum](#) or on our [Facebook Page](#).

All chapter members are welcome to attend our annual tackle swap and BBQ at our July regular membership meeting. At the meeting you can display all of the items you want to sell or swap.

EJTU also accepts donations (which are tax deductible) of items, which we will sell to raise funds for chapter activities and conservation projects.



# EAST JERSEY TROUT UNLIMITED

2019 Annual Banquet - Saturday March 23, 2019

Biagio's Ristorante - 299 Paramus Rd, Paramus, NJ 07652



## EJTU's Annual Banquet is an Evening of Celebration and Fun

Please join us at East Jersey Trout Unlimited's Annual Banquet as we commemorate another successful year of cold-water conservation in northeastern New Jersey. Throughout the evening, we will be recognizing the extraordinary achievements of our chapter members' volunteering efforts.

This event is our chapter's primary fund-raiser, so not only will you enjoy a great evening out, but you will be financially supporting EJTU which will ensure that we remain an effective steward of our cold-water fisheries. Your support is critical and very much appreciated.

The evening will begin at 6:30 pm with cocktails and good conversation in our own private banquet room. Hot passed hors d'oeuvres and a cold appetizer buffet full of delicacies will be available for all attendees to enjoy. At this time, you will have the opportunity to purchase raffle tickets and bid on silent auctions to win the many high-end prizes available. As in previous years, **unlimited wine, beer and soda are included** at no charge throughout the evening, with a cash bar also available.

The formal banquet activities will begin at 7:30 pm with our president's welcoming speech, followed by a 4-course dinner featuring your choice of Prime Rib, Chicken or Fish as an entree. Dessert with coffee and tea will be served at the end of our feast.

If you cannot make EJTU's Banquet, please consider sending a donation in lieu of attending to support our mission of cold-water conservation.



*Gourmet Four Course Dinner and Cocktail Hour*



*Raffles of Hand-Crafted and Luxury Items*

**Payment of \$68.00 per person is due by March 10<sup>th</sup>.**

Make checks payable to **EJTU**, and return this bottom portion of the form in the enclosed envelope or mail to:

**East Jersey Trout Unlimited  
P.O. Box 366  
Ho-Ho-Kus, NJ 07423**

Name: \_\_\_\_\_  
Guest: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Please do your best to sit me with the following members:

\_\_\_\_\_  
\_\_\_\_\_