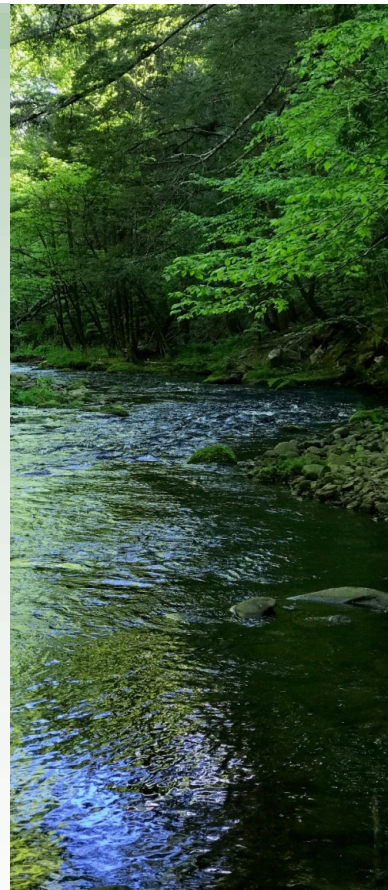




Riffles

The Monthly Newsletter of
East Jersey Trout Unlimited

January 2020
Volume 51, Issue 1
Please Consider The Environment Before Printing *Riffles*



January General Membership Meeting



Tom Gilmore - Author, Angler and Conservationist

Tom is an avid fly angler and an author of many books and numerous articles about fly fishing. Just a few of Tom's books include *Tuna on the Fly*, *False Albacore*, *Flyfisher's Guide to Pennsylvania*, *Flyfisher's Guide to Eastern Trophy Tailwaters* and *Flyfisher's Guide to the Big Apple*.

Tom will be speaking to us about his newest offering – *Flyfisher's Guide to New Jersey*. The book is a large format book with excellent color photos and maps with GPS locations, so it should be of great interest to all EJTU members!

Mr. Gilmore's presentations are always entertaining and informative. So make sure to mark your calendars and come and join us at our January meeting.

EJTU's January general membership meeting will be held on January 8th. Doors open at 7:00 PM and the meeting begins at 7:30 PM.

Tom Gilmore is the retired President of New Jersey Audubon and the former vice president and manager of the Philadelphia Zoo. During his career, he helped pass the Freshwater Wetlands Protection Act, the Highlands Watershed Planning and Protection Act and the Garden State Preservation Trust. Tom is also the founder of the Coastal Flyrodders fly fishing club which meets in Wyckoff, New Jersey.

Inside this issue of Riffles

- Upcoming Events..... 1
- President's Beat..... 2
- Playing the Odds..... 2
- EJTU Photo of The Month..... 3
- Conservation Notes 4
- What to do When You Can't fish..5
- EJTU Holiday Party Photos..... 6
- Fish Mis-Handling Techniques 7

Volunteers Needed

- Community Outreach Coordinator
- Bergen County Federation of Sportsmen's Representative
- Conservation Committee Chair

Other Fun Upcoming EJTU Events

- January 8th: General Chapter Meeting - Tom Gilmore
- January 24th-26th: EJTU Booth At The Edison Show
- February 1st: EJTU Connetquot Fly Fishing Trip
- February 9th: EJTU Beer Tasting at Ghost Hawk Brewery
- February 12th: General Membership Meeting - Stephen Sautner
- March 11th: General Membership Meeting - Tim Flagler
- March 21st: EJTU Annual Banquet - Biagio's in Paramus

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



President's Beat

By Chris Henrickson



Well, it is now January and with the holidays behind us, we can now refocus on fly fishing and conservation! Our upcoming meeting in January is our chapter's annual meeting and we will be electing new officers and directors. I am happy to announce that our chapter's nominating committee headed by Mr. Doug Penna has prepared a full slate of 15 Directors!

We have great veteran leadership returning and some new energetic new directors, who are excited to get started on planning all of our chapter activities for 2020. We anticipate having some fun new fly-fishing trips and excellent conservation projects. As always, if you have suggestions for new chapter activities or ways in which we can improve – we want

to hear from you.

Here are a few upcoming events that you should mark on your calendar. We will be having a booth at the Edison fly fishing show on January 24th-26th. Make sure to stop by and visit us. We also will be raffling off a large fly box with about 700 dry flies as a chapter fundraiser. Please consider tying up a dozen or two and donating them to the chapter to help out. Any director will gladly accept them from you. On Saturday, February 1st we will be have our first fly fishing trip of the year to the Connetquot River. Priority will be given to chapter members who earned points during the past year for a spot on this trip.

February 9th, EJTU will be having a beer tasting event at Ghost Hawk Brewing in Clifton, NJ. This is fundraising event and proceeds will help fund our conservation events next year. Tickets cost \$30 and include a sample tray of hand-crafted beers and light snacks. Please try to attend.

Lastly our annual banquet will be at Biagios on March 21st. This is our primary fundraiser of the year. We hope to have a robust turnout again this year. Please send in your RSVP as soon as possible. If you cannot make the Banquet, please consider making a financial donation to the chapter instead. If you have never been to our banquet before, it's a great evening filled with excellent prizes, great food and drink and friends. I hope to see you there at all of these events.

Playing the Odds

By Ron Mroz

It takes about one-and-a-half hours for me to get from my house to the Flat Brook, which is my "home" water. That means at least three hours of my time that is allotted to fishing is wasted on not fishing. I usually start fishing at first light and I don't have the luxury to wait around for a hatch to occur and the hatches that do come off don't last that long. So, I decided years back to increase my chances by playing the odds. In case you are in a similar boat as I am (or should I say waders?), I'm hoping to share with you a few ways to increase your success rate at the trout casino by putting the odds in your favor. But, first keep in mind that the only thing that is certain in fishing is that nothing is certain and these suggestions are only a guide.

When I started fly fishing I used to haphazardly flail flies and used flies that looked good to me in catalogs, which were usually larger western fly patterns from Dan Baileys. I stuck to fishing with dry flies longer than I probably should have because catching a trout on a dry fly is exciting, but this wasn't productive. By simply picking up a rock from the stream every now and then and turning it upside down, I was able to get a better idea of what my flies probably should look like. You can also use a small white aquarium fish net to see what's floating by. What I learned was that most of the aquatic creatures were much smaller than what I was used to using so I started down-sizing the flies I started tying. I often read that trout feed below the surface between 80-90% of the time. Also, I learned that worm-like caddis larva and worm-like midge larva dominated most of the food items in most trout stream. Also, midges, which are very tiny, hatch year-round.

One could use a hatch chart to help determine which flies are expected to hatch at certain times and approximate sizes suggested to use, but, as mentioned, most of the time the hatches aren't prevalent at the times when I am usually on the water. If you are going to follow a hatch chart, make sure you have more flies of those that are available longer than others, such as a Blue Wing Olive, which has an extended season, has a green-olive body, and blueish-gray wing.

Continued on Page 3

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

President Emeritus

Bruce Seiden - Fair Lawn

Conservation Chairman

Rich Malizia - Hawthorne

Trips

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



Photograph of the Month: Greg Koch - "Angler's Lie in Pulaski Too"

Playing The Odds Continued from Page 2

OK so, increase your odds by using flies that actually look like things in your local water, use more subsurface fly patterns that have more of a worm-like body in sizes 14-20 and smaller if your eyes allow. Anything else? I found I could double my odds by fishing with two flies at once. This allowed me to fish with a wet fly and a nymph or a dry fly and nymph or a lighter colored fly and a darker colored fly, with one fly up higher and one down lower. You can do this by tying two flies off a tippet ring with one longer tippet and one shorter or you can tie one fly to the tippet than add a dropper fly off the bend of the hook of the first fly. This enabled me to get a better chance at seeing what the fish want or where they want it. Well, if two flies might double your chances, why not use three? Well, you can and in the past most wet fly anglers used three or more wet flies at a time. However, using more than one fly does come with the downside of increased tangles and snags, but I still find it better to use two flies than one while searching for trout.

Here are some more generalizations that I use to put the odds in my favor. As the weather gets warmer, the coolest water temperature is at night. Night fishing is rewarding, but I don't find it fun or safe fishing alone in the dark. The next best thing is to fish just before dawn while the water is still cool. Larger fish usually hunt at night and very early morning. Knowing that, start with a streamer at first light and slowly transition to fishing with worm-like nymph patterns. As the water warms up a bit, switch to wet flies and emergers as aquatic insect activity increases. Switch to dry flies when you see fish rising. This system is far from fool proof, but remember it is a good generalization for increasing your odds when you don't know what the fish are taking.

Here are some other tips to put the odds in your favor. Rains wash all kinds of terrestrials into the water, so consider them as a fly of choice. When the water is high, fast, and muddy, fish closer to the shore because trout don't have to fight faster current there as much. Also, you can get away with using short leaders of 3-5' and heavier tippets. Using larger dark colored flies provide more vibration in the water for fish to key in on and are easier for fish to see.

From mid-May to early September, when it is windy use terrestrials, such as a hopper, cricket, or ant pattern because many of these land-based creatures get blown into the water and many times this provides a more reliable dry fly "hatch". If water is low and slow, use longer leaders and lighter tippets to avoid spooking fish.

Continued on Page 4

Contact EJTU

Website: www.eastjerseytu.org
Email: 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. Meetings start at 7:30 PM

The American Legion Hall
33 West Passaic Street
Rochelle Park, NJ 07662

[Directions](#)

Board of Directors 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 750 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



By the time you read this column, Dunkin' (Donuts) should have replaced its foam coffee cups with paper cups. As a number of cities around the country have partially or completely banned the commercial use of foam cups, retailers have responded to the bans. While paper hot cups will not solve our sustainability problems, it is a step in the right direction. If you are old enough to remember

"The Graduate", the word was "Plastics". But that was 1967 and society has begun to reevaluate its priorities since then. Eventual elimination of plastics cups, lids, straws, single-use bags and foam food containers must be a societal goal. Our oceans and lands are choked with plastic. If you think that is an exaggeration, join EJTU or any environmental group to participate in a cleanup. You will come away with a better understanding of the problem we face. I observe more people bringing reusable grocery bags when they shop. Cashiers are beginning to ask if you want a bag in which to carry an already wrapped product. One of the newest threats is the discovery of microscopic plastics in our food and in our bodies. No one yet knows of the long term problems we will face. Things may be changing, slowly.

Efforts continue to convert a section of Craven Point near Liberty State Park from an undeveloped wildlife area into three additional holes of the adjacent golf course. My question is why? There is already an eighteen hole course there which I am told is a "world-class venue". The golf course is promoted as a facility owned by a billionaire for the golfing pleasure of millionaires. While some people only see undeveloped property as wasteland, most of us

understand that there is real value in maintaining open space. The Hudson River waterfront has gone from industrial use and forgotten factories and docks to high-end residential development. Much of the cost of reclamation has been born by the taxpayer. For several years there has been an effort to monetize this area. Prior to the golf course proposal, there was an attempt to build a marina at this site. Thankfully, that effort was scuttled. The Craven Point area has ball fields and areas for public recreation. Within the park there is a relatively small "natural" area where the public can walk, hike, bird-watch and enjoy the wildlife which has been able to survive in the area. I believe every effort should be made to maintain Craven Point as a natural area accessible to the public.

Winter has come early this year. For many anglers, the joys of fishing when you have most of a river to yourself have been displaced by cold, snow and ice. Frozen guides turn your favorite wand into a tenkara rod. I hope this trend does not continue because of the threat of anchor ice. Anchor ice is ice which forms on the bottom of a waterway during times of extreme cold. Anchor ice can destroy most lifeforms which live at the bottom or in the substrate of a river. Extreme cold will kill the eggs and nymphs of the flies we depend upon for good fly fishing in the spring and summer. Maybe it is time to tie flies and clean and repair your equipment. That way you will be prepared when the weather breaks.

In a few months we will again be involved with our usual conservation projects. As always we will be asking for volunteers to come out to support the Chapter's efforts. We seem to be in a cycle of too many or too few. Some events draw more volunteers than we really need but that happens rarely. Usually we are hoping for more help not less. It is not a perfect science and I ask that you recognize that fact. Please check our calendar of events for projects which will begin in March, 2020. Identify those which you would like to participate and mark your personal calendar accordingly. Additionally, if there are projects which you would like to have considered as a Chapter event, please bring them to my attention or to that of any of the Board members. We are always interested in adding new and different activities to our calendar of events which will benefit our community.

Please accept my best wishing for a happy and healthy 2020. May it be a year of big fish and safe adventures.

TAKE TIME TO MAKE A DIFFERENCE.

Plating The Odds Continued from Pages 2 and 3

Next step is to get into position to present your fly in the most natural way. First, wear clothing colors that blend in with the surroundings. Try to avoid flashy items such as a watch, silver hemostats, silver reels, etc. because such flashes put down fish. Move slowly and quietly. Try not to push water when you walk. Fish can not only hear you splashing water and scraping on rocks, but their lateral line can detect vibrations sent out by water being pushed. Always consider where the sun is. Is your shadow going to be cast over the fish? Cast to the side of a fish or spot where you think a fish is instead of casting your line directly over a fish, which more times than not will spook a fish. Don't worry about long casts. It is better to make shorter controlled casts that keeps you in contact with the bottom, or you can see your indicator or line twitch, or enables you to get a drag-free drift. The hardest thing that I still struggle with is to get a good drag-free drift so that the fly is seen in a natural way, but practicing doing this is one of the best things you can do to increase your odds at catching trout.

Remember, you have a better chance at catching a trout when you fly is in the water than out while you are walking around pool hopping, fiddling with changing flies, or wasting too much time un snagging from bushes and trees. All of this is part of the overall fishing experience, but if you want to optimize more of your fishing time, then find a way to keep your fly in the water more.

The best thing about fly fishing for trout is that one will never know everything there is to know about fishing for trout and this keeps the sport forever interesting. However, the worst thing about fly fishing for trout is that one will never know everything there is to know about fishing for trout because there are so many variables. When you are fishing and there are no identifiable hatches, and/or there is nobody else around catching fish to watch or seek advice from, but you want to increase the chances of your limited fishing time, then think of ways that you can put the odds in your favor. Hopefully you find some of the above suggestions helpful.

New EJTU Members

Terry Ikeda-Iyeki

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](https://www.gifts.tu.org). Remember to choose to be assigned to the "East Jersey Chapter - 091".

What to do When you Can't Fish

By Greg Tarris

Well, except for those few of us who choose to go out into the cold to fish or can afford to go to Argentina or Chile, (not me), the rest of us may be facing fishing withdrawal symptoms this winter. But that doesn't mean we need to forget about fishing for the next few months. No indeed there are many things that we can do to make sure that when springtime comes we will be ready.

In December's issue of *Riffles*, Ken Barile had a very informative article on "**Seasonal Maintenance**" on getting gear cleaned and organized. If you have already done that, what else can you do?

Well, for those of you who tie flies, now is your time to be productive! As for those of you who do not tie but want to learn, TU gives classes on fly tying each year. Check in at one of the meetings to see when the next classes are held.

One of the things that I did last winter was to view many many You Tube videos. There are loads of videos on fishing, including those on specific bodies of water like the Delaware, Farmington, Flatbrook, Beaverkill, etc. Some of the videos are just travel logs of others' fishing experiences. However, they have value because if you observe closely, you can figure out where on the rivers they are fishing and what techniques they are using. Other videos are actually instructional in nature. There are series of such videos put out by Orvis and Rio amongst others that are especially helpful. Last year I spent a lot of time focusing on videos learning nymphing and wet fly techniques. As a result my success in catching fish increased measurably during the season. Whatever you are interested in learning more about, e.g., how to eliminate drag, streamer fishing, reading the water, double haul casting, dropper rigs etc., you can do so by watching videos while it snows outside. The choice of instructional videos is almost endless.

The next thing you can do is plan for the Fly Fishing Expo in late January. This is an excellent show with loads of seminars. Why do I say plan? Well, before my first attendance at the Expo last year, I scoured the schedule so that I could determine which day was the best day to attend based on the seminars/presentations that I was interested in. Some sessions overlap or are not given on certain days. I wrote out a schedule as to what sessions I wanted to attend, where they were to take place, and at what time. This way I was assured that my day was full. It is definitely worth figuring all this out before you get to the Expo in order to maximize your time there.

What else can you do instead of sitting there waiting for spring? Fishing the same rivers year after year means that you know where to go and what to do. But wait! What about seeing what is around the bend? What is up or downstream from your favorite spot? It is a lot easier now to do some research from the comfort of your home then to go trekking later on in the

season. First step is to go on line and check out those You Tube videos on your favorite river and see if there are some spots that you did not know about. I fish the Farmington River regularly and yet found three new spots just watching some videos last year. Next, I use Google maps and check out the rivers I already fish to see if there other possible locations to try. It is time well spent now before the fishing season to have a plan to try something new before going out next year.

Speaking of trying new locations, going out West is something that we all dream about and a few of us have done. It sounds a bit intimidating before you do it the first time with the endless opportunities to fish in many beautiful locations. The first thing to ascertain is what it would cost. This is the time of year you can make a budget and figure out if you can swing it next summer. Once you do that and see that it may be reasonable, then comes the need to research about where to go. *That takes a lot of time with so many choices!* This is especially true the first time you go out West or for that matter anywhere you have never fished before. It is much easier to start that research now by speaking to your fellow TU members who may have already been out there. Also starting your research now is easier than trying to do so in the spring or summer when you should be out fishing. Of course, you can take the same approach to spending time now to research new locations like Maine or Canada or other areas before the fishing season is upon us as well. What else can you do now? Well a few years ago I bought a GoPro Camera and have been trying to video as many of my fishing excursions as possible. I cannot tell you how many times last winter I viewed those videos and it helped me get through those dark cold days. Seeing them again was just the tonic that I needed to help me cope with my fishing withdrawal symptoms. Also, I learned that by reviewing those videos I could see where I could have possibly used different techniques, fly set ups, etc. in order to have improved my experience. Hmmm...

Time to read. There are a bunch of great fishing books out there both new ones and old favorites. Besides seeking out new books, the ones I reread each winter to keep my fishing brain from getting foggy are *The Orvis Guide to Reading Rivers* and *Prospecting For Trout* by Tom Rosenbauer. Also don't forget, the best source for book recommendations is from your fellow TU members!

*(While writing this article, my wife who did not have on her glasses interrupted me and asked me to read a fortune from a Chinese Fortune Cookie she had just consumed. It said: **Do not let what you cannot do interfere with what you can do!**) -talk about coincidence...*

So take heed! By using your time wisely during the winter you can prepare yourself to have a great fishing season this year!

"The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share"

- Lady Bird Johnson

EJTU Holiday Party Photos

By Greg Koch



Fish Mis-Handling Techniques

By Justin Fuller



As we look forward to the first fishable days in this the year of our Lord 2020, I thought we might visit the little topic of how to handle fish, once caught. To most this may seem moronic, surely everyone knows how to handle fish! I would have thought so too. Growing up chasing bluegill and catfish out of farm ponds strewn across Stoddard County, MO, I can distinctly remember my grandpa getting frustrated with the fish if they took a hook too deep. Not because they were slowing down his fishing or for knocking his bait off, but because there was a genuine concern that the fish may have mortally wounded themselves. As we didn't normally keep them, it always felt as though a hurt or dying fish was a missed opportunity to catch a "whopper" in the future. Recently, I witnessed the worst-case scenario for fish handling that I'd ever seen. Picture this, a fish lands on the ground, guy walks up, shoves his finger right up through the gills of a trout and hoists it upwards, proudly displaying his unique handling method... If only I could have captured the horrified look of some chapter members' faces. Some might be thinking, why didn't anyone say anything? Well, shock for one, and, two, it was a hatchery fish and probably not going to make it past the weekend anyways.

I'm not going to pretend to be the author of the last word on fish handling methods. *Keep 'Em Wet Fishing* already has. I've perused their website: <https://www.keepemwet.org/> and bought their instructional stickers, which coincidentally shows up on a bank statement without the "Fishing" in the title and can be rather hard to explain to your significant other, just FYI. Now for the 3 principles from their website:

Principle 1: Minimize Air Exposure - in order to recover from being caught, fish need to be in the water so they can breathe and pump oxygen into their system. You can reduce these health effects by keeping a fish's mouth and gills fully submerged in the water as much as possible during handling.

Principle 2: Eliminate Contact with Dry Surfaces - Fish have a layer of protective mucus ("slime") that protects them from diseases. Contact with dry surfaces, whether they are hands, grass, boat bottoms, etc., can remove this protective slime and make fish more susceptible to diseases. You should try to do the following: land fish in the water, wet your hands prior to handling fish and hold fish in or slightly above the water, away from dry or hard surfaces.

Principle 3: Reduce Handling – The less a fish is handled, the better. Measures like landing fish quickly, fishing barbless hooks, having hook removal tools easily accessible, landing fish with rubber nets, ensuring they stay wet, and carefully reviving them prior to release can help to ensure the health of the fish.

Good luck out there and Happy New Year!

About Riffles

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

[Subscribe to and Download Back Issues of Riffles](#)

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. 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.