

# TROUT TALK

The Official Newsletter of Western New York Trout Unlimited ([www.wnytroutunlimited.org](http://www.wnytroutunlimited.org)) June, 2012

## OFFICERS

**Gary Coons—President** yragсноoc@juno.com  
7329 Townline Rd, N. Tonawanda NY 14120 (695-1003)  
**Gene Romanyshyn-Vice President**  
5289 Roberts Rd., Hamburg NY 14075 (491-6111)  
**Antoinette Grote-Secretary** (684-9523)  
**Tony Messina-Treasurer**  
33 Deveraux, Buffalo, NY 14214 (832-8517) amessina@hotmail.com

## COMMITTEES

Awards-**Dave Tooke** (688-7492) tkflytier@yahoo.com  
Education-**Antoinette Grote** (684-9523)  
Library-**Nick Pionessa** (683-1873)  
Membership-**Larry Bolster** (688-5836)  
Fly tying sessions-**Len Bigaj** (826-4178)  
Resource protection-**Gary Coons** (695-1003)  
Salmon & Steelhead-**Don Kwiatkowski** (894-9807) & **Nick Pionessa**  
Shows-**Len Bigaj** (826-4178)  
Spring Banquet-**Len Bigaj** (826-4178)  
Stream Projects-**Chuck Godfrey** (440-6995)  
Sunshine-**Dee Maciejewski** (655-1331)  
Website: **Ric Toczek** [webmaster@wnytroutunlimited.org](mailto:webmaster@wnytroutunlimited.org)  
Welcome-**Len Bigaj** (826-4178)  
Video Library-**Jim Zak** (894-7301)  
Erie County Federation Reps:  
**Chuck Godfrey** (675-0057) steelheader@roadrunner.com  
State Council Delegates:  
**Chuck Godfrey** (675-0057)  
**Gene Romanyshyn** (627-2888)  
Newsletter: **Russell Shefrin** [AdkRuss@roadrunner.com](mailto:AdkRuss@roadrunner.com)

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**Next WNY TU Chapter Meeting: Tuesday, June 26, 2012, 7:30 pm at the Donovan American Legion Post, 3210 Genesee Street, Cheektowaga, New York. There will be no fly tying, because the meeting will be our traditional June picnic. The “entertainment” portion will be a screening of an as yet undetermined DVD from our recently re-organized film library. We have some great DVDs, so this should be a real treat. Please join us.**

## President’s Report

Greetings Fellow TUers,

Where has the year gone? I think someone is switching calendars on me.

Many thanks to Jill Jedlicka, Executive Director of the Buffalo Niagara Riverkeepers, for her presentation at our May chapter meeting. For you folks who are unable to get to the meetings, we had a great lineup of guest speakers this last year.

Please mark your calendars for August 8<sup>th</sup> thru the 19<sup>st</sup>; we need volunteers at the Erie County Fair booth in the Conservation Building. The booth not only helps us to raise funds; but, equally important, we are there to provide answers to the questions many Fair goers have about what we do and how we do it. As any of you know who have

worked the Fair in the past, at least half our time is spent doing “PR” work. I’m hoping we can get enough volunteers so that two people are in the booth for at least most of the day. In the past, days on which two volunteers are present allowed for a casting clinic outside the building. Passers-by who had not contemplated fly casting found themselves intrigued...and involved. Well worth the effort. Contact Len Bigaj if you would like to help out.

If you folks have been reading your newsletter, you know we have a new banquet chairman, Bill Jedlicka. That being said, he is the chairman, not the committee. We NEED volunteers to step up and to serve on the committee. Bill cannot do this alone, nor should he be expected to. We need your help. The banquet plays a VITAL role in our fund raising efforts. As Len Bigaj can attest, the banquet planning for next year started on the day of the last banquet. Your help is NEEDED!

This June meeting will be our last as we take a summer meeting hiatus. While we will not have a guest speaker, there will be an “Entertainment” feature. It will be a DVD presentation using our newly purchased Power Point projector. We haven’t quiet decided what the topic will be. We can look through our newly formed DVD library to see what might be interesting. Come out and join us. It will be a picnic atmosphere. Watch the movie, have a hotdog, salad, and non-alcoholic beverages provided by the chapter. If you care to bring something, such as a dessert, please feel free. Brownies or cookies are always favorite finger foods. Please e-mail or call me with a head count and intentions.

We ALL live downstream. Please come out and support YOUR local chapter; become involved.

See you at the meeting.

Gary Coons, WNYTU Chapter President.

## **Announcements**

- **A Report from Mr. Len Bigaj:**

**Shows:** The Erie County Fair will take place from August 8 through August 19, 2012. I will have a sign-up sheet at the meeting. If you can help with the booth, please let me know. The early shift is from 10am to 4pm; the late shift will be 4pm to 10pm. I will supply the tickets and parking passes. Thanks in advance for your help. Len.

**Project healing waters:** We will be at the Elma Conservation Club on June 27, July 17, August7, September 5, and September 27. If you would like to help, we meet there at 10:30 am.

- **International Joint Commission Petition:** New York State Council Trout Unlimited Chair, **Dee Maciejewski**, recommends that TU members sign a petition which supports a proposal by the International Joint Commission to regulate water levels on the Great Lakes. Ms. Maciejewski forwarded a message from “Save the River”, which states: “The International Joint Commission’s new proposal for regulating water levels on the river and lake, Plan Bv7, achieves a balance of benefits for all interests. Bv7 will benefit the environment and economy while improving hydroelectric power generation. This plan will make significant progress toward restoring the St. Lawrence River and Lake Ontario after more than half a century of environmentally damaging regulation. [More information on Plan Bv7](#)”. The petition can be accessed at: [Sign the online petition in support of Plan Bv7!](#)

- **News from DEC:** Mr. Jim Markham, of the Lake Erie Fisheries Unit, reports that the Army Corps of Engineers is breaking ground for the Chautauqua Creek fish passage during the week of June 11. We may have some photos in a future issue.
- **And From Stream Projects Chairman, Mr. Chuck Godfrey:** “The Erie County Federation of Sportsmen’s Clubs is holding a free raffle for at least 4 youth lifetime licenses. The drawing will be at the Federation’s December [meeting] at Bison City Rod and Gun, with the check for the license presented at the Federation’s annual Awards and Fundraising Banquet on March 2, 2013. In order to enter, the youth should be UNDER 16 on March 31, 2013 and reside in Erie County. Completed entries can be mailed to the address on the form or returned to Chuck Godfrey, 29 Yvette Dr., Cheektowaga, 14227, or any time you see Chuck. Notice that only one entry per youth per year is allowed. [Ed. Note: Unless you have requested no such material, please see “Appendix” for entry form.]
- **Treasurer’s Report for the Period Ending May 31, 2012 (Submitted by Mr. Anthony Messina):**

|            |                                 | prior period<br>thru 04/30/12 | this period<br>thru 05/31/12 |
|------------|---------------------------------|-------------------------------|------------------------------|
| BALANCE AT | APRIL 1, 2012                   | <b>\$753.03</b>               |                              |
| BALANCE AT | MAY 1, 2012                     |                               | <b>\$630.33</b>              |
| INFLOWS:   | 50/50 DRAWING                   | \$55.00                       | \$76.00                      |
|            | TRANS FROM MONEY MARKET ACCOUNT | \$1,200.00                    |                              |
|            | SHOWS                           |                               |                              |
|            | TOTAL INFLOWS:                  | <b>\$1,255.00</b>             | <b>\$76.00</b>               |
| OUTFLOWS:  | MONTHLY MEETING                 | \$70.00                       | \$70.00                      |
|            | BOND INSURANCE                  | \$100.00                      |                              |
|            | 50/50 DRAWING PRIZE             | \$28.00                       | \$38.00                      |
|            | SUPPLIES (Checks)               |                               |                              |
|            | SHOWS (Fly-Tying Supplies)      |                               |                              |
|            | SHOWS (Prizes)                  | \$52.00                       |                              |
|            | AWARDS                          | \$59.85                       |                              |
|            | STREAM PROJECTS                 | \$1,067.85                    | \$468.53                     |
|            | TOTAL OUTFLOWS:                 | <b>\$1,377.70</b>             | <b>\$576.53</b>              |
| BALANCE AT | APRIL 30, 2012                  | <b>\$630.33</b>               |                              |
| BALANCE AT | MAY 31, 2012                    |                               | <b>\$129.80</b>              |

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|  |  | prior period<br>thru 04/30/12 | this period<br>thru 05/31/12 |
|--|--|-------------------------------|------------------------------|
|--|--|-------------------------------|------------------------------|

|            |                              |                  |                    |                    |
|------------|------------------------------|------------------|--------------------|--------------------|
| BALANCE AT | APRIL 1, 2012                | (MONEY MKT ACCT) | <b>\$21,699.63</b> |                    |
| BALANCE AT | MAY 1, 2012                  |                  |                    | <b>\$20,501.02</b> |
| INFLOWS:   | INTEREST                     |                  | \$1.39             | \$1.39             |
| OUTFLOWS:  | TRANSFER TO CHECKING ACCOUNT |                  | \$1,200.00         |                    |
| BALANCE AT | APRIL 30, 2012               | (MONEY MKT ACCT) | <b>\$20,501.02</b> |                    |
| BALANCE AT | MAY 31, 2012                 |                  |                    | <b>\$20,502.41</b> |



**Articles:**

Trout Fishing: Doing and Being

By Russell Shefrin

On my office wall is a postcard captioned, “Stress Management Seminar”. It shows two fishermen who are fly casting on a lovely mountain stream. Presumably, they are finding relief from the chronic stress that seems to be pervasive in our modern lives.

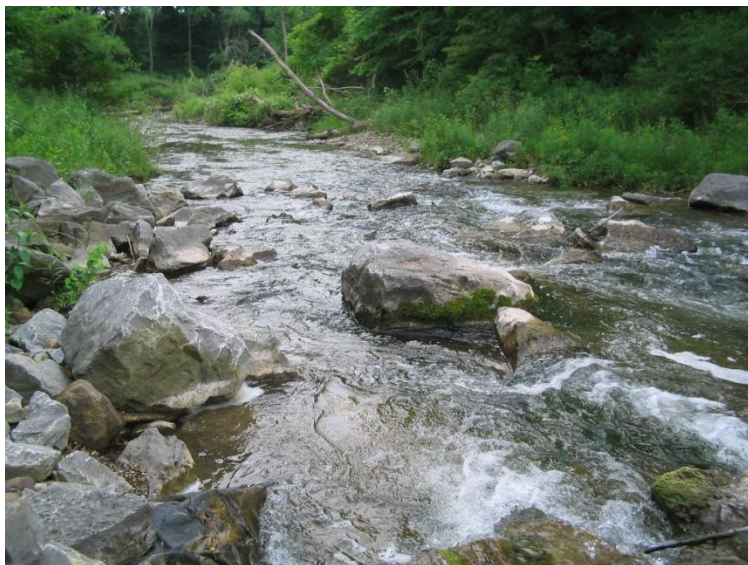
But are they? I don’t know about your experience; but, though I truly enjoy fly fishing for trout, I often find the process to be anything but stress free. Not that all stress is bad, mind you. In fact, some is downright exhilarating: The excitement of finding the perfect “lie” after a strenuous hike up-stream, the tense anticipation as you commit yourself to what you know is your only chance to make the perfect cast to the monster trout lurking just under that root-choked bank, the anxiety you experience when you realize that landing this big one may not go smoothly, and so on. This sort of temporary tension, though, is not what most of us have in mind when we think of the purpose of “stress management”. The culprit there is the more chronic tensions that plague us, often anxious concerns about uncertain future events over which we have little immediate control and the frustrations that come from daily hassles and irritants. So, in response, many take up a hobby like, say, fly fishing.

A problem is, though, that even in a pursuit such as this, we can easily sabotage our efforts to find peace of mind, at least I can; and I’ll bet I am not alone. It is easy for me to drag the same sort of attitudes and “mindsets” that maintain chronic stress in everyday life along on my fishing trips. “Time urgency” is a good example. The idea here is that, just as in so many other areas of daily existence, I often pressure myself to get as much out of the limited time I have to spend on the stream as possible. I have to be “productive” with this brief opportunity. That means hooking as many fish, preferably large, as possible, or at least perfecting my casting and stalking skills. So, events like encountering “unproductive water”, tangled lines, fly grabbing trees, and endless “refusals” by finicky trout, by impeding my “goals”, can make me as stressed out as if I am in a traffic jam.

Recently, I have decided to do something about this. After reading extensively about the healing power of nature, it has occurred to me that, while I am fussing and fuming about getting this minuscule knot tied in the

fading light before I have to quit the stream (after some devilish alder tree ate the last of my really good flies), I am missing some precious opportunities, right in front of me, to find peace of mind.

Sure, satisfaction and peace of mind can come from a job well done, a major goal accomplished. But in my study of the rejuvenating effects of nature, I have found that what the practitioners of meditation call “the being mode of mind” can have some pretty powerful, positive, impacts on our sense of well-being. The concept here is that we can look at the human conscious mind as having two modes. The “doing mode”, as I understand it, is focused on accomplishing some task: solving a problem, planning, foreseeing consequences, trying to work something out, categorizing, labeling, questioning, etc. Nothing wrong with that, of course; but there’s another mode worth trying. Some call it the “being mode”, just “being present”, noticing what is going on, inside and out, without consciously processing it too much. I took a three day course on this stuff once and was surprised at how calming and “grounding” the process can be. And, for whatever reason, I find the effect much more powerful in a natural setting. There is, in my experience, something about those settings that, if I allow it to happen, promotes



both this ‘being’ mode and a connection with nature that is deeply meaningful.

So, these days, I am learning to make a conscious effort, when I am out on my favorite stream, just to “be there”. Combining the suggestions of several writers (e.g., John Swanson), I am beginning to set aside a few minutes and to perform this little exercise: I find a safe and comfortable place, close my eyes, focus on my breathing, remind myself that, for now, I have “no place to go, nothing to do, just be here now”, listen for the sounds and silences of nature, then open my eyes, notice what attracts my attention, and observe my response to it. The

process takes deliberate effort, a setting aside of the focus on time urgency. For me, the results have been satisfying. A stress management seminar, indeed.

P.S. If you are interested in trying some meditation-in-nature strategies, I suggest you study up on the matter first. While good outcomes are undoubtedly common, they are not guaranteed; and self-reflection is not without its hazards.

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### Components of a Healthy Stream: An Outline By Russell Shefrin

As I mentioned in our November, 2011, newsletter, a great learning experience is presented by the Minnesota Department of Natural Resources in their on-line program, “Healthy Rivers: A Water Course”: <http://files.dnr.state.mn.us/assistance/backyard/healthyivers/course/home.htm>. In this month’s newsletter, I would like to continue my attempt to provide a highly abbreviated outline. Please note that this is my version of a course outline, not that provided by the program developers. Any errors in it are mine and are no reflection on the Minnesota DNR. In many places, I have paraphrased the wording in the course.

“Healthy Rivers: A Water Course” defines five components of a healthy stream. These components interact, meaning that changes in one can impact the others. The five components, into which the course is divided, are: Flow (Hydrology); Shape (Geomorphology); Connections (Connectivity); Water Quality; and Life (Biology).

Previously, I outlined “Flow” and “Shape”. Here, the focus will be on the third topic, namely, “Connections” (Connectivity).

- **Definition:** Connectivity “refers to the flow, exchange, and pathways that move organisms, energy, and matter through a stream system”. Think, for example of a river through which water moves freely from headwaters to mouth, while migrating fish pass upstream. Were a dam to be constructed across the stream, the result might be “fragmentation”, an interruption of connectivity.
- **Four Dimensions of Connectivity:**
  1. Longitudinal (upstream and downstream).
  2. Lateral (midchannel to flood plain).
  3. Vertical (underground, in the sediment surrounding the channel).
  4. Temporal (continuity over time).
- **Longitudinal:** The “River Continuum Concept”, which holds that there is a fairly consistent and predictable pattern of stream characteristics from headwaters to mouth. An example is the variation in energy sources at the bottom of the food chain. At the beginning of a woodland stream (first through third orders), the basic energy source is largely terrestrial – leaf fall and woody materials that enter the water. On the midreaches (fourth through sixth orders), aquatic plants and algae are more significant in their contribution to the energy supply. As the river becomes larger (seventh through tenth orders), more of the base of the food chain consists of dissolved and ultrafine organic matter as well as phyto and zooplankton.

Longitudinal disconnects can be physical (e.g., a dam), chemical and thermal pollution, or invasive species.

- **Lateral:** Includes periodic movement of water between the main channel and the flood plain. In the process, sediment, organic matter, nutrients, and organisms are exchanged.

Levees and similar structures can function as disconnects with important ecological ramifications for lateral connectivity.

- **Vertical:** Flow of water between a river and the sediment over and through which it flows. One example is the movement of oxygenated river water into sediment on the stream bed. The water then flows slowly underground, where it may be filtered and cooled, and may re-enter the river farther downstream in the form of springs. Various organisms depend on this “hyporheic zone”.

Disconnects in vertical connectivity include the paving of a large area of land, which prevents water from seeping into the ground and, therefore, from entering the river as cooling, filtered springs.

- **Temporal:** Streams rise and fall according to seasonal patterns. Ecosystems along the stream have adapted to these patterns and depend on them for healthy functioning.

Climate change, dams, etc., can change the timing and extent of the seasonal flows, causing a disruption of the associated ecosystems.

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Appendix: Federation of Sportsmen's Clubs Entry Form.

ERIE COUNTY FEDERATION OF SPORTSMEN'S CLUB

PO BOX 560, EAST AURORA, NY 14052

Free youth raffle for a NYS Lifetime Outdoor Sport License. Winner must be **UNDER THE AGE OF 16 BY March 31, 2013** and reside in Erie County. One entry per youth per year.

Please print

Name: \_\_\_\_\_

Address:

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

County: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Telephone: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Drawing will be held at the December 2012 Federation monthly meeting and awarded at the March 2013 Federation Annual Banquet.

PLEASE CHECK ONE:

\_\_\_\_\_ Trapping \_\_\_\_\_ Small Game

\_\_\_\_\_ Big Game \_\_\_\_\_ Fishing

\_\_\_\_\_ Archery \_\_\_\_\_ Muzzleloading

For more applications, or for information about who we are and what we do, see our website: [erictyfsc.org](http://erictyfsc.org)