

TROUT TALK

The Official Newsletter of Western New York Trout Unlimited (www.wnytroutunlimited.org) March, 2010

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Next WNY TU Chapter Meeting: Tuesday, March 30, 2010, 7:30 pm at the Donovan American Legion Post, 3210 Genesee Street, Cheektowaga, New York. No fly tying is scheduled for the March meeting.

The presenter, for entertainment portion, will be Mr. Adam Cook, of the Eastern Hills Mall Orvis Store, who will be tying fly patterns and explaining how and when to fish them during the spring season. Please join us.

President's Report

Greetings fellow TUers,

March...already. Hard to believe. It is very busy month indeed.

First, I want to thank Rochester's Scott Seidman for his presentation, at our February chapter meeting, on unique fly tying materials and methods. The note pads I recommended you bring to the meeting came in handy to those fellow members who stayed to observe Scott spin his mastery of the bench into flies from his vise.

This month's guest speaker will prove to be just as entertaining and informative. Adam Cook, of the

Eastern Hills Mall Orvis Store, will be tying patterns and discussing how and when to fish them during the upcoming spring fishing season. If you favor the hatches of the early season, you shouldn't miss this one.

March is banquet season here in Western New York. The Erie County Federation of Sportsman's Clubs dinner is one of largest and best attended. (WNYTU holds a voting membership in this organization.) The guest speaker for the evening was Patricia Riexinger, NYSDEC Director of Fish & Wildlife Resources. Other political dignitaries also attended, and it was a busy evening. The ECFSC banquet, as does ours, includes presentation of awards to clubs and individuals for their accomplishments in volunteer work.

This year's Valerie E. Gonnello Sportswoman of the Year Award was given to Debbie Godfrey. (You should recognize the name after a while if it doesn't seem familiar at first).

The Volunteer of the Year Award went to none other than Len Bigaj. (And if you don't recognize that name, you need to come to a meeting, attend the banquet, or read your newsletter).

The Stanley Spisiak Conservationist Award is not given each year, only when merited. WNYTU was the recipient of this award for 2009. I was present to accept the award on behalf of the chapter.

I know that Len will be touting our banquet, because it is mere days away. As always, much preparation and effort has gone into this year's dinner. I want to recognize the efforts of the banquet committee in the newsletter; because, without them, this important event would not be happening. Len Bigaj, our banquet chairman, has a dedicated team of volunteers who provide us with top notch prizes and bidding opportunities. When you see them at the banquet, stop and take the time to say "thank you" to Lee Ann Bigaj, Andrea Marracino and Maria Marracino. This is your banquet. Come out and join us for what is sure to be a great evening. The awards nominations for the banquet closed, as announced, on March 14th.

If you have visited the national TU website recently, you will have discovered a change in the President and CEO for Trout Unlimited. Charles Gauvin, now CEO Emeritus of TU and dedicated conservationist for 20 years, has been succeeded by Chris Wood as President and CEO.

A few of you came by to visit our booth at the Erie Promotions Sportsman & Travel Show again this year. Sunday, March 14, 2010, we hosted a youth fly tying activity from noon to 4pm. Len will be thanking our volunteers personally, and I want to say "thank you" for a very successful day. We tied flies with seventy young men and ladies; and all were entered into a drawing for a fly rod & reel outfit donated by L.L. Bean of Freeport, Maine, through the NYS Council of TU. We also drew for two fly boxes donated by Cattaraugus Creek Outfitters and stocked full of flies by WNYTU. The winners received a one year Trout Unlimited Youth Explorer membership on behalf of WNYTU.

We remain in the fight for the protection of the Great Lakes against invasive species and are vigilant on the Marcellus Shale natural gas project. I attended the State of the Lake meeting in Lockport for Lake Ontario. WNYTU is not the only one concerned with the health of our resources. The information I gleaned from that meeting is too lengthy to go into in this format. However, it will be available to you on DEC's website within the next couple of weeks. I encourage you to check out the resource that puts \$114.5 million dollars into our economy. The monetary value of our Great Lakes resources means nothing without conservationists like us to protect it.

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

See you at the banquet and meeting.

Gary Coons, WNYTU Chapter President.

Announcements

- **A Report from Len Bigaj:** The 2010 WNY Sport and Travel Show was a great one for our chapter of Trout Unlimited. We earned \$1046.75 (the most we have ever made at this show), \$904.75 of which was in flies. I would like to thank Bob Zank, Ed Luba, Gary Coons, Ray Kegler, Justin Damude, and Marina Christopher for staffing the booth and Ed Luba, Dave Bollman, Bill Swartz, Jim Stachowski, Antoinette Grote, Jerome Levan, Craig Zink, Dave Unetich, and Gary Coons for fly tying with the kids on Sunday. Everyone had a great time. While I am the Chair, I could never do what I do alone; I cannot say this enough. I thank you, and WNYTU thanks you.

Project Healing Waters: Our first outing at the Elma Conservation Club will take place on Thursday, April 29, 2010, from 11am to 2pm. If you would like to help, please let me know (826-4178).

Annual Banquet: The next banquet will take place on March 27, 2010, at Lucarelli's Banquet Center. Our thanks to Century Printing for donating the printing of our Banquet and Grand Prize tickets again this year. Some of the great items at this year's banquet include zippered waders, airline tickets, an up-right vacuum, fly rods and reels, a Florida golf outing, Lands End apparel, a Vera Bradley purse and wallet, Mikasa and Lenox accessories, T-Fal cookware, and much more. If you cannot attend but are interested in the banquet's Grand Prize drawing, we are pre-selling the raffle tickets. The first winner will get a choice of a Sage 2x1 590 9ft. 5wt. 4pc. fly rod with an Orvis Mid-arbor fly reel (value \$1000) or a Dell laptop computer with a T-Mobile Web-N-Walk card (value \$500). The raffle tickets are \$10.00 each, or three for \$20.00. Mark your choice on your check, and I will fill out your ticket, return your stub, and enter it in the Grand Prize drawing. If your entry is picked first, that is what you will win. The winner need not be present. Just send your check to Len Bigaj T.U., 58 Balen Drive, Lackawanna, N.Y. 14218. Details for the Banquet, our major fund raiser, are contained in the announcement at the end of this newsletter. Please try to attend; we need your support! P.S. Kindly order your tickets A.S.A.P., so I can order the food in time. Thanks, Len.

- **News from DEC: Mr. Scott Cornett,** Fishery Biologist at Region 9, would like all interested parties to know that "The New York State DEC Region 9 Fisheries Office will be running angler diary programs on three streams during 2010 and we [DEC] are currently recruiting anglers to keep diaries. A diary program for the Genesee River in Allegany and Wyoming Counties will run from April 1st through October 30th. This program will cover the river from the PA line downstream through Letchworth State Park and will record data for both trout and bass fishing trips.

The other diary program will cover Ischua Creek in Cattaraugus County and Goose Creek in Chautauqua County. This program will run from April 1st through June 30th and will evaluate an experimental stocking involving equal numbers of brook trout and brown trout. If you fish any of these three streams (even once) and would like to keep a diary for DEC, please call the DEC fisheries office at (716) 372-0645 or e-mail at fwfish9@gw.dec.state.ny.us. The diary programs will be used to evaluate the quality of the fisheries in these streams and determine future management actions for them."

During the 2008 trout season, Region 9 conducted an angler use survey on the Ischua Creek in Cattaraugus County. The survey assessed the amount of fishing on the stream, the catch rate, and angler

opinions regarding several trout management issues for Ischua Creek. One purpose of the survey was to evaluate the success of a 2.2 mile-long Catch and Release regulation in reaching its objectives which were set for it when it was established in October, 2004. A summary of the survey findings are available at the DEC website <http://www.dec.ny.gov/outdoor/59688.html>. Mr. Cornett would like interested anglers to read the summary and then to send DEC their opinion as to whether to keep the above Catch and Release Section or to remove it. The decision needs to be made by May, 2010.

- **Youth-Oriented Fishing Events: Mr. Chuck Godfrey** has provided the following list of “WNY 2010 Educational Outreach-Fishing Events for Youth” from the Erie County Federation of Sportsmen:

March 11-14, 2010 - ECFED at Outdoor EXPO/kids rod-reel raffle, 2/day.
April 25, 2010- Bison City Rod & Gun, Teach-Me-To-Fish.
May 2010-Springville Field & Stream w/Southtowns Walleye Jakes Day Fishing Clinic.
June 5, 2010- East Aurora Fish & Game, Teach-Me-To-Fish.
June 2010- Southtowns Walleye Association Boston Park Youth Fishing Event.
June 12, 2010- ECFED, Tift Nature Preserve Youth Fishing Clinic.
June 19, 2010- Valley Community Association, fishing contest - Buffalo Riverfest / Ohio St.
June 26, 2010- ECFED, Chestnut Ridge Park Lake / East Aurora Boys-Girls Club, supported by Legislator John Mills office w/Erie County Press Release.
July 17, 2010: Southtowns Walleye Association annual youth fishing derby at Tift Nature Preserve.
July 25, 2010-NY Walleye Association, Delaware Park Lake.
July 2010-Southtowns Walleye Association Youth Fishing Derby, Tift Nature Preserve.
August 2010- Elma Conservation Club, youth fishing derby.
August 11-22, 2010- ECFED at Erie County Fair; kids rod-reel raffle, 2/day.
Sep. 18, 2010- East Aurora Fish & Game Teach-Me-To-Fish.

(Mr. Godfrey points out that Chestnut Ridge site is an excellent large bluegill fishery and that the June 26 event is the only time during the year that the county allows children under eighteen to use it.)

- **Bison City Fishing Seminar for Kids: Mr. David Barus** would like to draw our attention to another youth-oriented fishing day. This one is on Sunday, April 26, 2009, from 2pm to 4pm, and is presented by the Bison City Rod and Gun Club. The “Teach Me to Fish” seminar for parents and children features Forrest Fisher and is FREE. It is open to the public. The location is the Bison City Rod and Gun Club at 511 Ohio Street, Buffalo, N.Y. Included are rod/reel demonstrations, free handouts, free how-to brochures, free area fishing maps, free Sahlen’s hot dogs, and prize drawings. If you have any questions, please call 652-2256 or 855-1139.
- **News from the Adirondacks:** On Saturday, May 15, 2010, the Natural History Museum of the Adirondacks (The Wild Center), in Tupper Lake, New York, will host “Spring Outside!”, a day dedicated to offering ideas to families for getting into the outdoors. Present will be author James Prosek (“Trout – An Illustrated History”) and some twenty organizations and businesses. There will be fly-fishing, fly-tying, nature scavenger hunts, and more. The Tri-Lakes Chapter of Trout Unlimited, NYS DEC, and the New York Outdoor Guides Association are conducting special programs and demonstrations on fishing in the Adirondacks. Mr. Prosek will speak in the afternoon. Admission to the Wild Center is free for the event.

- **WNYTU Treasurer's Report:** For Period Ending February 28, 2010. (Submitted by **Anthony Messina.**)

BALANCE AT FEBRUARY 1, 2010 (CHECKING ACCT.) \$164.41

INFLOWS: MONTHLY MEETING (50/50 DRAWING) \$50.00
 TRANSFERS FROM MONEY MARKET ACCT \$1,000.00
 TOTAL INFLOWS \$1,050.00

OUTFLOWS: WEBSITE REGISTRATION \$245.45
 TU MERCHANDISE \$314.76
 MONTHLY MEETING \$70.00
 NEWSLETTER PRINTING \$122.00
 50/50 DRAWING PRIZE \$25.00
 TOTAL OUTFLOWS: \$777.21

BALANCE AT FEBRUARY 28, 2010 (CHECKING ACCT.) \$437.20

BALANCE AT FEBRUARY 1, 2010 (MONEY MKT. ACCT.) \$18,609.85

INFLOWS: INTEREST \$1.38

OUTFLOWS: TRANSFERS TO CHECKING \$1,000.00

BALANCE AT FEBRUARY 28, 2010 (MONEY MKT. ACCT.) \$17,611.23
 (All funds on deposit at the Bank of America)



Articles

Another Reason

By

Russell Shefrin

Here in Western New York, inland trout season starts next month. Just in case you need an extra reason to get out to your favorite stream, along comes Jane Brody's "Personal Health" column in the New York Times (March 2, 2010) which presents more evidence on the value of regular exercise. Citing a number of recently published studies, Ms. Brody points out "the myriad benefits to body, mind and longevity of regular physical activity for

people of all ages”. “Regular exercise”, she says, “is the only well-established fountain of youth, and it’s free”. What’s more, there is evidence that the benefit of regular exercise for physical and mental well-being is not simply an artifact, a result of the possibility that people who exercise more do so because they are already more healthy to begin with. Ms. Brody writes that “...studies in which some participants are randomly assigned to a physical activity program and others to a placebo (like simply being advised to exercise) call... [the] bluff” of those who hold to the artifact theory. I would encourage you to read the entire article, which has particularly exciting news for those of us who are, well, older.

Now, of course, it is possible to fish in a very sedentary way. But, as was pointed out in a book I read some time ago (and whose title and author I have long since misplaced), fly fishing is more like hiking. The same can be said of other fishing methods that require us to walk up and down our area streams and, sometimes, to reach them in the first place. It’s easy to work up a sweat before we even begin to cast. Then comes the repetitive casting, exercise in its own right. Moreover, the prospect of needing to be fit for a season of trout fishing can motivate us to remain in some semblance of good shape throughout the year. It is apparently that regular nature of activity (in addition to its nature and intensity) that can make such a difference in our health and mental functioning.

There’s also something about being out in nature, particularly if we are actively engaged with it, that often just *feels* healthy. I don’t know if that feeling, which I have experienced many times, is produced by psychological factors or physical ones or some combination; but it is powerful. Natural settings seem, by and large, to be beneficial to us humans. Many have commented on this phenomenon. Just recently, there was an article in the Buffalo News (February 21, 2010) about the author, Margaret Atwood, who has remarked on the great value to her of the closeness to nature which she developed in childhood. Some of you volunteer for the Healing Waters program and undoubtedly have observed the positive impact of both fly-fishing and of nature on the emotional ravages of war. In fact, there is now a movement in mental health practice, which some have named “ecotherapy”, that emphasizes closeness with nature as a healing force. It is becoming more widely recognized, too, that providing children with time and activity in nature is valuable to their development. One example of this awareness can be seen at The Wild Center natural history museum in Tupper Lake, N.Y. The facility has recently opened a play area specifically designed to help children to re-connect with nature.

Our sport of trout fishing, at its best, provides a marvelous way of combining both of the aforementioned restorative features. It can be an intersection of regular physical activity (with its attendant mental stimulation) and appealing natural settings. (As writer John Voelker – a.k.a. Robert Traver - reminds us, the “environs where trout are found...are invariably beautiful...”) The value of these things for our well-being appears to be increasingly well accepted. Now we come to the mission of TU. If we are going to be able to participate in our sport, with all its benefits, and if we want future generations to be able to do so as well, we need to be dedicated to the goals of conserving, protecting, and restoring the natural resources where it can take place. As we head out to the stream next month, and in the seasons that follow, we have even more reason to be proud of our efforts and those of others who invest their time, energy, and expertise in the field of coldwater fisheries conservation. (P.S. Elsewhere in this newsletter are announcements of activities designed to get children and families outdoors through fishing.)

A Photo Essay by Chuck Godfrey



Debbie Godfrey accepts the Valerie E. Gonnello Sportswoman of the Year Award at the March 6, 2010, Erie County Federation of Sportsmen Banquet. (Note Debbie's earrings: White woolly buggers, tied by Chuck Godfrey!)



WNYTU's Len Bigaj Receives the ECFS Volunteer of the Year Award.



On Behalf of Western New York Trout Unlimited, Chapter President, Gary Coons, accepts the Stanley Spisiak Conservationist Award at the ECFS Banquet.

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Amelia Island Plantation



Trout Unlimited is a non-profit organization with the mission to: conserve, protect and restore North America's coldwater fisheries and their watersheds.