



Riffles

The Monthly Newsletter of the
East Jersey Chapter of Trout Unlimited

Volume 39

January 2009

Issue 1

President's Beat

The cruel, cold winter months are upon us and only avid fishermen look forward to wandering around in bone-chilling water as they search for trout. And, ice fishing? Who wants to do a triple Axel while toting a bucketful of hooks and sticks with little flags? Maybe I've become a curmudgeon but I'm more comfortable when the surrounding air allows my body temperature to stay near 98 degrees without having to be wrapped up like Charlie Brown or like my Italian friend's fig tree.

Of course, as with most things, people's likes and dislikes vary considerably. One person's crisp winter day is my torture, and my glorious ninety degree day is a desert scene from Lawrence of Arabia to others. But, since people have preferences that should split them apart, how do the active members of EJTU manage to work together? How does this diverse group accomplish all that it does when each individual looks at and reacts to life and his surroundings differently?

I suspect that there are two traits that allow EJTU members to choose tasks and then work together toward their completion without having to fight through a suffocating cloud of arguments. One is a desire to do something concrete and valuable and the other is a willingness to volunteer our time.

Many people want to do concrete and valuable things but they do little more than want to do them; they don't act. Our members are willing to leave their TV's behind and, sometimes in bad weather, make things happen. Granted, during some of the activities there is an element of fun that is generated by camaraderie – gentle joshing about someone's hat, or another's moustache, or one's rowing ability – but that is only a pleasant sidelight as the group works toward a common goal.

When: January 14 at 7:30 PM

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

January Speaker

John Mordock Fishing Destinations

John Mordock is a Dutchess County fisherman who is also a psychologist with an interest in words. In addition to articles in well known fishing magazines, he has written books on child counseling, the derivation of common phrases, and one that is of special interest to EJTU, "Northeast Trout, Salmon, and Steelhead Streams; Every River Has a Story".

After learning to fly fish in the High Sierras at age 12, John Mordock has fished the Ausable, Battenkill, Housatonic, Willowemoc, Neversink, small Catskill trout streams, the Delaware, Esopus, Moosehead Lake rivers, the Salmon River in New York and many other eastern waters.

He will speak about "Fishing Destinations" at our January 14 meeting.

But, even our members' desire to do things might amount to nothing without an accompanying willingness to step up and volunteer time. Time is a limited resource but our members willingly contribute many hours as they help others.

There is, however, one problem. The members who volunteer the most and who get things done are becoming a smaller group. When scheduled events take place most of the EJTU volunteers are well known to each other because there are rarely new faces in attendance. And this is

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EJTU Fly Tying

Learn to tie your own flies - classes will be held at 2 Locations.

Beginners will learn the techniques and materials needed to tie flies. Patterns will include a selection of nymphs, streamers, wet and dry flies. You will gain the basic understanding needed to tie flies that will catch fish. Beginners are supplied with all tools, materials and an EJTU Fly Tying manual. A \$20 materials fee will be collected at the first class.

Intermediate tiers will learn additional techniques and patterns to advance their understanding of the basic materials and techniques learned in the beginner's course. Intermediate tiers are expected to have their own equipment and materials.

All instructors are volunteers from East Jersey Trout Unlimited with many years of experience in the art of fly tying.

The classes will be divided into small groups of 2 to 4 students per instructor.

Westbrook Middle School, Paramus, NJ

Tuesday Nights 7-10 PM

Classes Begin: Tuesday January 6, 2009

Fee: \$70 - Registration is required

Contact: Paramus Community School - (201) 261-7800 Ext: 3038

Clifton High School, Clifton, NJ

Monday Nights 7-9 PM

Registration: Feb. 5 and 9

Classes Begin: February 23

Fee: \$60 - Registration is required

Contact: Clifton Adult Evening School - (973) 470-2438

For additional information, contact Doug Penna (201) 288-4409 .

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Monthly General Member Meeting: The East Jersey Chapter of Trout Unlimited meets on the second Wednesday of each month at 7:30PM.

Location: The American Legion Hall,
33 West Passaic St, Rochelle Park, NJ. 07662.

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

How to contact us: Website <http://www.eastjerseytu.org>
Mailing Address: East Jersey Chapter, Trout Unlimited
Box 366, HoHoKus, NJ 07423-0366

For Membership Information call Ed Sikorski at: 201-337-6396 or email to: dored100@hotmail.com

For Information on trips and other Chapter Activities go to www.eastjerseytu.org

For East Jersey and National Trout Unlimited information, visit our website at <http://www.tu.org>. Go to chapter number 091 and you will get the latest information about our chapter. Riffles is your publication so we invite and encourage every member to contribute articles, tips, and stories. The articles may relate to trout, trout fishing, fishing in general or conservation but, all articles are published at the discretion of the editors and should meet EJTU standards regarding protecting our environment and the merits of 'catch and release' techniques. Pseudonyms may be used but the editors must be informed of the name of the member who writes the article. Email to raycapp@optonline.net.

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a shame. Not because activities are not being carried out but because members who have the time to help but do not do so are missing many hours of enjoyment.

I urge all members to look over the list of activities that EJTU has scheduled and to choose one or two that seem interesting. Then contact the coordinator of the event to see if you can help; if it's a spur of the moment decision, just show up and introduce yourself.

There are activities at which all of us can be of assistance. Simply attending the knot tying class at this winter's fly fishing classes and helping beginners with the knots that you know can be fun; and you don't have to teach, just hang around and offer help where you can.

I'm sure that there are EJTU activities that can be enjoyable to all of our members. And don't worry about stepping into a cliquish, established group. Volunteers are nice people.

Ray Cappock

Kick-Back For Volunteers

Soon it will be time to once again wade through those distasteful forms, schedules and attachments that are part of completing your personal income taxes for 2008.



We obviously cannot give any tax advice but, if you do volunteer work for an organization that the IRS describes as a 'Charitable Organization', you may be able to benefit from the mileage that you drive in carrying out the organization's duties, and from other contributions to the organization.

IRS Publication Number 78 categorizes charitable organizations by Deductibility Codes, and Trout Unlimited of Arlington, VA is listed as a Code 1 organization. Code 1 is defined as follows by the IRS: Generally, a central organization holding a group exemption letter, whose subordinate units covered by the group exemption are also included as having contributions deductible, even though they are not separately listed.

While the standard mileage deductions for business, medical and moving have been increased by the IRS, the Charitable Mileage Rate is set by law and Congress has let it stay at fourteen cents per mile.

Fly of the Month

The holidays are now over and spring is a long way off. Not very many fishing opportunities around. Except maybe, the chapter's Superbowl Sunday trip to the Connetquot.

Like many spring creeks, the Connetquot can be productive all winter long. The staples of the trout's diet in most spring creeks, and the Connetquot is no exception, are this month's flies of the month - Scuds and Sow bugs.

Tie up a dozen of your favorite Scud or Sow bug pattern and turn it in at the meeting. You will receive 10 points and an entry into the monthly drawing for every dozen flies you turn in. More importantly, you will be helping your chapter raise funds for our various projects. If you can't make the meeting, mail your flies to the chapter P.O. Box or turn them in to any director.

Bruce Seiden

Suffern Show

It's getting colder and many of us will not want to brave the chill winds, the icy guides, and the slippery paths that lead to streams. So we will wait until early in 2009 and look forward to re-supplying our fly boxes and checking out all of that new gear that is guaranteed to catch more fish.

As we wait for the new fishing year, Basil Santamaria has already begun preparing for it. He has reserved space for EJTU at the Suffern Show (officially the World Fishing and Outdoor Exposition). The 2009 show will take place from Thursday, March 5 to Sunday, March 8, and will, as usual, be at Rockland Community college. Basil will need your help, so note the above dates on your calendars.

NJ Fish and Game Council Meetings Schedule

The Council meets monthly, usually on the second Tuesday of the month. Meetings are at the Central Region Office in the Assunpink Wildlife Management Area in Robbinsville unless otherwise noted. Dates and times below are subject to change. The public is welcome to attend these meetings.

Tuesday, January 13 at 1pm at Central Region Office, Assunpink WMA

Tuesday, February 10 at 10am at Central Region Office, Assunpink WMA

Saturday, February 14 at 10am - Trout Stocking Public Meeting, Pequest Natural Resource Center, Oxford

EJTU Calendar Of Events & Coming Fishing Trips

Advise Rich Malizia of changes to calendar events **(E)** at remqcp@optonline.net or 973-304-0789.

Ed Higgins (easyedh@verizon.net) is planning fishing trips **(F)** to the following locations in 2009. Let Ed know if you are interested in these trips well in advance because in many cases openings are limited and reservations for a firm number of participants must be made. Get your money in as soon as possible or someone else will take your place.

Please consult EJTU's web site's "Upcoming Events" for the most up-to-date details.

January:

→ Sunday, January 25: **(F)** Connetquot River - EJTU members have always referred to the annual Connetquot trip as the Super Bowl Sunday trip since the last Sunday in January was for a time the date on which the "Big Game" was scheduled.

The cost of the trip is \$45. Get your money in as soon as possible so you can guarantee that you will be included.

February:

No scheduled events

March:

Sunday, March 1; **(E)** Saddle River clean-up, Dunkerhook area

Thursday, March 5: **(E)** Sunday March 8: Suffern Show; Need set-up and take-down help, fly tyers, raffle sellers and EJTU promoters.

Saturday, March 7: **(E)** Ramsey Outdoor 'Cast and Blast Day'.

Saturday, March 14: **(E)** - The EJTU annual dinner.

Saturday, March 28 (tentative): **(E)** - EJTU Ramapo Clean-up and parking area maintenance at Glen Gray Road

April:

Saturday, April 4 - Sunday April 5: **(E)** Pequest Open House; Assist with youth fishing program, promote EJTU

April (Date To Be Announced): **(F)** Saturday trip to Ken Lockwood Gorge, Pequest, Paulinskill, Beaverkill, etc.

Saturday, April 25: **(E)** Hudson River Fisherman's Association; Demonstrate fly tying, provide fly casting instruction, promote EJTU

May:

Friday, May 1 - Sunday May 3: **(F)** Two nights at Frost Valley, Claryville, NY

Saturday, May 16 - **(F)** Shad trip to Worthington State Forest, NJ

Saturday, May 23 (tentative): **(E)**

Mahwah Recreation Dept. Fishing Derby; Assist kids fishing

June:

Friday, June 5 – Sunday June 7: **(F)** Picnic, plus a possible two night stay at Catskill Fly Museum, Livingston Manor, NY; They have two nice bunkhouses that we can rent.

Saturday, June 13 (tentative): **(E)**

Meadowfest; Demonstrate fly tying, provide fly casting instruction, promote EJTU

Saturday, June 13 – Saturday, June 20: **(F)**

Block Island trip. This is being arranged now; we must have confirmation from members who are interested in the trip so we can book the ferry, and rooms on the island. The trip may include a couple of classes for tying flies that are appropriate for the area

Date TBA: **(E)** Wanaque River clean-up

July:

No scheduled events

August:

No scheduled events

September:

Saturday, September 12: **(E)** Ramapo River Day 2009; Same program as in prior years.

Contact: Rich Malizia for Calendar Events **(E)** at remqcp@optonline.net or 973-304-0789.

Save A Life

A long time ago I took a course in cardio-pulmonary resuscitation (CPR) at my local ambulance corps. The course spanned a number of weeks and included a good deal of practice in how to clear the airway, how to find the proper position for your hands, how to apply chest compressions and how often to do it, how to pinch the troubled person's nose closed, how to time the breaths that had to be blown into the person's mouth, and how to switch positions with another CPR-giver when one of you became exhausted. It was somewhat intricate and, if performed correctly, tedious – and periodic recertifications in the procedure were necessary. But, by using it, it was possible to save the life of a person who had just experienced cardiac arrest.

The CPR that I learned is still a preferred procedure for assisting a person who has just

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Foul Food

We haven't heard about it since last summer but you probably remember the food problems that had most of the country worrying about jalapeno peppers, tomatoes



and other foods that the Food and Drug Administration said had caused more than 200 cases of salmonella in twenty three states. Salad bars in restaurants suddenly had

more olives and beets than they normally do and sales in the Taco Bell chain plummeted. But, since then it seems that little has been done to prevent a recurrence.

If Congress does decide to try to prevent further outbreaks of food borne diseases our representatives will probably act as they have in the past; i.e., throw money at the problem by funding a new agency and hiring thousands of people who will sniff lettuce and, using government required pressure, squeeze other vegetables and fruits. Or maybe they will insist that each piece of produce carry a little, glue-on bar code label; if so, grapes and radishes will be wonderful to behold, and good luck if peas and blueberries are found to carry any deadly germs.

There may be an easier solution to the problem according to a June 2008 article by Henry Miller in the Chicago Tribune. It is radiation.

Irradiating food eliminates almost all bacteria, germs, pathogens, and whatever you want to call them. According to Miller, if half of the meat and poultry eaten in the US were irradiated we could eliminate 900,000 cases of food poisoning per year and each year three hundred lives would be saved.

If radiation can be the solution to this health problem why aren't food processors and the government developing programs now? According to Miller it's because of "Organic food advocates and

other food-kooks" who claim – against all scientific evidence - that even brief exposure to low-level radiation alters food in ways that are unhealthy. Remember these "activist" people next summer if we are again doing without fresh fruits and vegetables because of them.



New Year – New License

It's that time of year again – eggnog, mistletoe, hangovers, and new hunting and fishing licenses.

Of course, if you fish New York streams a lot they started selling their licenses last August 18 because they do not use a calendar year. Full information about New York licenses can be found at <http://www.dec.ny.gov/permits/365.html>

Pennsylvania fishing licensing is based on a calendar year, so as of January 1 you need a new license. The Pennsylvania Fish and Boating Commission has a web site through which you can purchase licenses. The URL is https://www.theoutdoorshop.state.pa.us/FBG/fish_secured/FishLicenses.asp

Shop-perID=2ECA83B829FD47828FF9101F61CABE0A. But, if you are afraid of mistyping this string of characters, try it this way: First, go to the Pennsylvania Outdoor Shop which is at <http://www.theoutdoorshop.state.pa.us/fbg/>

Then click on "Fish and Boat Commission Outdoor Shop". The Outdoor Shop has yellow banners at the top and bottom of the page; click on the word License in either of the banners and you will be at a page where you can purchase fishing licenses.

For a 2009 New Jersey fishing license, go to <http://www.njfishandwildlife.com/als/websalesintro.htm>. From here you can purchase all hunting, fishing and trapping licenses and permits. Fish and Wildlife will mail hunting licenses to you but fishing licenses and permits must be printed on your home computer.

For those veterans who have a service-connected disability there are special rules. Here is what Fish and Wildlife writes on the site, "Any NJ resident who has been honorably discharged from any branch of the Armed Forces of the United States and has been declared by the US Department of Veteran Affairs to have a service-connected disability of any degree is entitled to free hunting and fishing licenses, permits and stamps.

"Applications for disabled veteran status can only be approved at one of the following Division offices: Pequest Trout Hatchery & Natural Resource Education Center, Central Region Office and the Southern Region Office. Applications can be mailed with proper documentation to: Disabled Veteran Licensing, NJ Div. of Fish and Wildlife, 605 Pequest Rd., Oxford, NJ 07863. Applications CANNOT be approved at license agents or through the Internet sales site."

US Congress Art Competition

The following information came from Congressman Scott Garrett

It is once again time to launch the annual Congressional Art Competition. This nationwide art competition allows Members of Congress to showcase the talent of their high school constituents and acknowledge the nation's most gifted young artists. Many students in our area have already participated in the program and earned the honor of seeing their original artwork on display in the United States Capitol. Students are able to submit an array of two-dimensional artwork including paintings, drawings, collages, photographs and computer generated art. All artwork must be original in concept, design, and execution and may not violate any U.S. copyright laws.

More information and guidelines will be available soon. Please do not hesitate to contact Holly Ostby in Congressman Garrett's Western District Office at (973) 300-2000 or by email at Holly.Ostby@mail.house.gov with any questions.

2009 Freshwater Fishing Digest

Everyone likes to read the Freshwater Fishing Digest when it comes out, probably because it is somewhat like reading a gardening catalog; they both arrive in the dead of winter and they both allow us to think about pleasures to come.

If you haven't been able to get a copy of the Fishing Digest (I assume that your mailbox is getting a lot of seed and gardening catalogs) you can read it, download it, and print it out from the New Jersey Fish and Wildlife web site. The hard copies should have been sent to local dealers in mid-December but you don't have to leave your home to see if any are still available. Just turn on your computer and go to the following site: <http://www.njfishandwildlife.com/digfsh09.htm>

Welcome to EJTU's November New Members

Thomas DeAngelis	Tenaflly
Paul Knight	Ridgewood
Matthew N. Knutsen	Hoboken
Robert H. Morrow	Fair Lawn
E. Neuschaefer	Cedar Grove
Eric Sarrow	Emerson
David Vogel	Essex Fells

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suffered a heart attack. However, in March of 2008 the American Heart Association and the European Resuscitation Council reversed their policies and endorsed the effectiveness of using chest compressions alone for adults who suddenly collapse in cardiac arrest. The reason for the change is apparently an attempt to have more bystanders, who otherwise might worry about timing, breaths, and the supposed intricacies of full CPR, become willing to step in and try to save the lives of people who are dying because of cardiac arrest.

CPR is not likely to restart a stopped heart and is not intended to do so. The purpose is to maintain a flow of oxygenated blood to the brain and heart of the victim and, by doing so, to prevent tissue death and to prevent brain damage if the person is revived. This means that CPR is a delaying action that is carried on until medical personnel who are able to restart the heart arrive.

The American Heart Association's web site gives this advice:

Two steps to save a life.

When an adult suddenly collapses, trained or untrained bystanders – that means a person near the victim – should:

- 1) Call 911
- 2) Push hard and fast in the center of the chest.

Studies of real emergencies that have occurred in homes, at work or in public locations, show that these two steps, called Hands-Only™ CPR, can be as effective as conventional CPR. Providing Hands-Only CPR to an adult who has collapsed from a sudden cardiac arrest can more than double that person's chance of survival.

It would be nice if everyone took a course in first aid and CPR but at minimum, we should all be familiar with Hands-Only CPR.

The following web sites are a few of those that offer information on CPR:

American Heart Association - <http://handsonlycpr.eisenberginc.com/>

Mayo Clinic - <http://www.mayoclinic.com/health/first-aid-cpr/FA00061>

Medline Plus - <http://www.nlm.nih.gov/medlineplus/cpr.html#cat63>

University of Washington School of Medicine - <http://depts.washington.edu/learnpr/>

Wikipedia - http://en.wikipedia.org/wiki/Cardiopulmonary_resuscitation

Ray Cappock