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CLEARWATER GAZETTE

A Publication of Nesbannock Trout Unlimited Chapter 216

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Are announced on the website.

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Sharon Hall, Penn State,
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"Once an angler, always a fisherman. If we cannot have the best, we will take the least, and fish for minnows if nothing better is to be had."

Theodore Gordon (1912)

November 2009

When you read this our senior member, head of the Trout Nursery, and "Johnny Appleseed" of Coolspring should be healing nicely from knee surgery done in late September. Pete Anthony went through the surgery well and is continuing rehab on his knee. He should be back at the nursery soon and on the stream as soon as the doctor allows. Wish him a speedy recovery and say hello if you get a chance.

Welcome to Eric Armbrurger as a new member of the Chapter board. Eric is part of the Deer Creek group that is working hard at restoration efforts on Deer Creek. They have the land owner's support and local efforts along with the PFBC are making positive changes to Deer Creek. Welcome aboard Eric.

Eric isn't the only change to the board. Jeff Kremis is the new President, and Carol Jochman is Treasurer. It's a good group that works well together.

HEY ALL!! If you would be willing to receive your newsletter via email let Tom Jochman Tomjochman@sbcglobal.net know. This will help in our "Green" efforts and reduce mailing costs for the chapter. Many of you may have given us your email address but some may have changed. We need any updates. If you are on our present email list WE Will Send Your Newsletter via E Mail unless you tell us otherwise.

Wow, is it me or did the summer go too fast. The good thing is that fall is just as great a season in this part of the country, especially for the outdoorsman. Let's make the most of this season before January and February put a lock on most of our outdoor adventures. If you snow ski...go for it !!

N. Lopriore

**Working to conserve, protect, and restore
North America's coldwater fisheries, and their watersheds.**



Deer Creek Project Day

Eric Armbrurger

The Deer Creek Subcommittee of the Neshannock Chapter of Trout Unlimited held a Project Day on August 29, 2009. The goal was to complete the second stage of our Fish Habitat Improvement Plan for the Brad Stallsmith property in French Creek Township. We had a good two or three dozen helpers show up to help at 8am in a pretty heavy downpour. Despite the rough start a good time was had by all and we completed a mud sill and a log vane deflector.

The group met at the Brad Stallsmith property on Deer Creek Road at 8am at the little picnic table as we usually do. We just stood around for the first hour trying to decide if we should fall back on our rain date because the weather conditions were not looking very good. The rain fell hard enough we could see the water rise before we even started working on the mud sill! Fortunately the rain tamed down by nine o'clock and we got started. The creek crested by eleven o'clock or so, it was interesting to watch the stream rise and fall as we worked. The water level changed nearly a foot from 8am to 11am.

We had already cut a small trail to the stream for equipment and placed our logs and rocks right at the structure locations earlier in the week to make things go smoother on work day. This proved to be a good

move as the rain would have made moving materials around Saturday morning impossible. We constructed the mud sill first. Except for our logs trying to float away it went pretty smoothly and had the mud sill finished by noon. A modified log vane deflector was constructed upstream of the mud sill. I say modified because we used a fallen tree that was on the bank for the deflector instead of larch logs. The extra logs freed up by the vane deflector were used in the mud sill.

Susan Armbrurger provided a lunch for the work crew after we had finished. Our lunch consisted of ham sandwiches, macaroni salad, homemade cookies and drinks were provided for all. Many fishing and non-fishing stories were swapped most of the morning from what I could hear. I think that everyone who came had a very good time. Most people stayed through the down pour and never missed a beat even though it looked questionable if we could do anything at all that morning. I feel it is hard to put down that kind of enthusiasm. Everyone was genuinely excited inspecting the mud sill after it was finished. A sense of accomplishment was felt by all involved I am sure. I heard many talk about what is happening for next year's project afterwards, so I think it would have been difficult to have the day go much better than it did.



Cut this out and send it with a SAS envelope for your tickets

2009 Banquet Ticket Order Form

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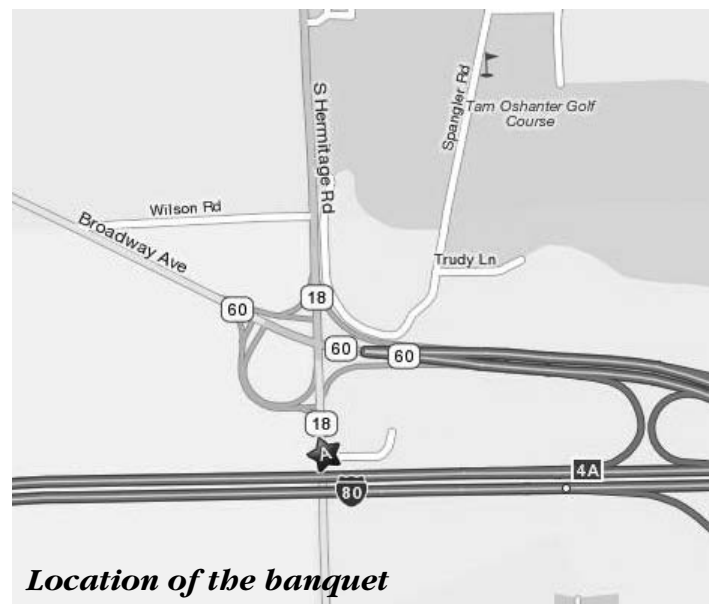
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Mail checks to:
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Come Support Trout Unlimited and have a great evening!!



Location of the banquet

Munnell Trout Nursery

By the time you read this, some brown trout from our nursery may be prowling our local streams. There were no plans to stock this fall but the growth rate of the trout may dictate that some get “an early release” to the wild. Though the fish are on a less frequent feeding program their growth and health is very encouraging. All the members of the nursery crew are to be commended for their efforts. If early stocking is needed it will be done by the time you read this, but we will need help in the spring. If you can help with the stocking in the spring call Pete Anthony at 724.662.2271, or email GPANTHONY@MSN.COM, or Ken Tarczy buggetarz@yahoo.com at 724.662.5765.

There is always plenty of work to be done to get ready for the 2010 stocking. Give the boys at the nursery a call if you want to help or get involved.



The 32nd Annual Spring Banquet

N. Loprire

WE ARE MOVING, to a new venue for the spring banquet. The Radisson Hotel at Rt. 18 and I-80 will be the new site for our banquet festivities. The facilities are excellent and the food is on the same level. Keep this in mind and plan to be with us on March 20, 2010.

After much discussion, we decided on this first rate facility and with it will come a modest increase in ticket pricing. A Single adult will be \$30, a couple \$55 and under 16 will be \$15. These are advanced ticket prices. At the door it will be \$35, \$65, and \$17 respectively. This means, mark your calendars, make a decision and buy your tickets early. More info to come about the banquet, but you can bet on a good time, some great prizes, interesting fly tiers and chance to dust off the mantle of ole man winter.

Change Something – Get Fit

N. Loprire

Staying fit is always a goal that we need to keep in front of us. That doesn't mean skipping Oreos and pie for a few days before your Doctor's appointment. There are simple things that will help and do work, but there is one requirement – change. When you were younger, the job, kids, sports, clubs, all took enough time and activity to burn those extra calories. Now, as the years roll by our metabolisms begin to slow and we don't burn as many calories in a day so we must change something. Work out more often, eat less, or eat different.

The key factor is accepting that we must change something. Eating habits are an area that can have a huge impact, and a change like smaller portions is great start. Try eating off of a smaller plate and when the food is gone, go read the paper or start clearing the kitchen for 10 minutes. The feeling of wanting to eat more will go away as your stomach tells your brain you are full. It works.

Obviously you can change what you eat. Try filling up on fruits and vegetables vs. processed foods. Pack a healthy lunch and snacks a few times a week and avoid fried.

Another positive factor is exercise. Change your daily routine to include 30 minutes for exercise. Don't go out and buy a “Flex More” machine, just put on those shoes and walk. So what if it's cold, a good jacket and gloves and you're good to go. Start out with what feels comfortable and work the distance up to two miles over time. A key part of walking is to do it briskly. You should work up to a 4 mile an hour pace (according to my doctor) to get maximum benefit. That is about a 15 minute mile. Leisurely won't cut it and is not providing much benefit. Walking is aerobic, low impact, uses many muscle groups, and is good method of mental purging. Other exercise is great but for those that can't get into more strenuous activity, walking is a good as it gets according to The Cleveland Clinic and my doctor.

Remember, before starting exercise routines or diets, to consult with your doctor. It's all about change.

Judging Things – Outdoors

N. Lopprire

Things that are old may be new and new isn't always better, while tried may not be true and always is maybe. In the context of the great outdoors the above terms have varied meanings.

Let's take "old is new" for example. We all know that certain old fly patterns produce and old tactics in hunting still work, but my favorite take on the above phrase points to bamboo fly rods. If you have a true love of fly fishing then you surely have or will be exposed to the classic designs of bamboo fly rods. They are not the latest in high tech materials and some of the very best cane rods are hand planed and of course, hand built. The first high quality split cane rods appeared around 1900 when Tonkin Cane was imported to the U.S. from China. The heyday of cane rods - remember there were no other better materials at the time - was in the mid 1930's thru the late 50's until fiberglass came along. Those rods by name builders bring lofty prices today.

Even now the bamboo rod is revered by those who love the classic slower action. It is something that is old but still is very "new" today.

"New isn't always better" can have different meanings. New equipment may provide more speed, lightness, and other so called attributes like low glare and camouflage. It may lack craftsmanship and durability like many items that are from across the pond. So be careful what you buy as the saying goes "you get what you pay for". Nothing can ruin a day afield like failed equipment. My perfect example is the "sale" pair of **new** wading boots that lasted thru spring but the studded sole wound up floating down Conneaut Creek on a recent steelhead trip.

Moving on to "tried and true" as a term you can believe. It may be valid when it comes to discussing model 94 Winchesters or similar pieces with high reputations but not so solid with places and events. Take places to fish - they are still there but that doesn't mean they are as good as you remember. Lakes and streams can have off years but in some cases they just aren't what they once were when Gramps took you as a kid. A famous lake in Canada used to be commercially fished but now the sport anglers have a tough time catching a walleye. As a teen in Ohio, I

could take my dog (part Husky and German Shepard) for a run in the fall woods and see a dozen or more pheasant on most jaunts. Today I would have to walk by the pen where the pheasants are raised to see one. So tried isn't always so true.

How many times did you show up expecting a certain fly hatch that the visited river is famous for only to find out that the bugs are just not as prevalent this year and therefore your success is also affected.

Last we come to my favorite term "always is maybe". Always, is a word seldom if ever used by those schooled in any science discipline. In classes it was taught that the word always should not be used because it was not valid in most science situations. "Exceptions" was a more accepted term.

In the outdoors always will or could certainly mean a better than average chance and at worst a maybe but never an always. Does that make sense? Let's put it in terms we all understand. You call your friend Joe and ask about his trip to Sure Fire Creek. He mentions that the Olives were everywhere and he always did well with a size 18 Lil'Johnny sparkle whizzbang olive dun. You are excited because 1. You are going to SF Creek tomorrow morning and 2. You have plenty of 18 Lil'Johnny imitations. The next day you don't catch a fish on a Lil'Johnny but switched to a depth charge nymph and did well - things change.

After an evening summer spate, the morning condition of the stream was slightly colored. Nothing was hatching but an occasional confident rise lead me to try a terrestrial. This stream was noted as good terrestrial water. A beetle caught a fish but when the switch was made to an ant the fun began. I don't know how many I caught (never could understand why people know exactly that they caught 19, and lost 3) but it was more than enough to make me giddy. I could not wait for the next day.

The next morning the creek was clear and the terrestrials would not raise a fish. I guess that evening rain put ants in the creek but that was over a day ago and today the fish wanted something else. That's why always is at best a maybe in Mother Nature's world.

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