

# TROUTLINE

### NEWSLETTER OF THE NORTHERN VIRGINIA CHAPTER OF TROUT UNLIMITED

# **Northern Virginia**

### MAY/JUNE 2023

## CALENDAR

### May

### 4 May

7:30 In-Person Member Meeting

# 11 May

7:30 Virtual Board Meeting

### June

I June 7:00 Virtual Member Meeting

**8 June** 7:30 Virtual Board Meeting

### July

### 6 July No Member Meeting

**13 July** 7:30 Virtual Board Meeting

Aug

### 3 August

7:00 In-Person Member Meeting

**10 August** 7:30 Virtual Board Meeting

The In-Person Chapter Meetings are held at:

Vienna Volunteer Fire Department:

400 Center Street S. Vienna, VA 22180

# FROM THE DESK OF THE PRESIDENT

 $\mathbf{J}$  e are mid-way through the spring and our members have been busy. Northern Virginia TU members have helped at the four local Youth Fishing days, helped the Virginia Department of Wildlife Resources stock local water, helped Adams County TU and the Pennsylvania Fish and Boat Commission stock the Conewago, taught Girl Scouts about macroinvertebrates, stream health and fishing at our Stream Girls event, and tied Flies at Quantico for Project Healing Waters. Groups of volunteers worked with George Paine to release the fish raised in our Trout In the Classroom (TIC) programs. NVATU has 22 local schools involved in TIC. The state provides us with the trout eggs which we bring to the participating schools. The classes take care of them from eggs until they are hatched and ready to be released in a stream approved by DWR. We show the kids the insect life in the stream and explain the trout diet. I've had the opportunity to deliver the eggs and see the excited faces of the students when the trout eggs arrive and I've also been to release events on the river, helping students carefully release the fish into the wild. It's very rewarding to be part

of the team that puts the students together with nature.

In March Scott Allen, Bob Kreiger, Jim Wilson and I went down to Ashville for the TU Southeastern Regional Rendezvous. We had several days of seminars, lectures and hands on conservation work. Topics included Brook Trout Restoration, Project Mayfly, Strategic Planning, Social Media, Guidance in Grant Writing, the Virginia Trout Stream Sensitivity Study, Partnering with Conservation Trusts, Using the Event Groove Event and Fundraising Tool, Climate Change, and Creating Effective Business Partnerships. There were several fun events, like the "Iron Fly" fly tying contest and an opportunity to spend some time fishing. We did lots of networking and met TU Volunteers from all over the southeast to share knowledge and experiences as well as spend time picking the brains of the TU staff members that attended.

There are a number of organizations around that provide conservation information as well as opportunities to help on projects. I belong to or subscribe to newsletters from several of them including Loudoun Wildlife



Conservancy, Northern Virginia Soil and Water Commission. The Potomac Riverkeeper Network, Friends of the Rappahannock, The Potomac Conservancy, Wild Virginia, the Piedmont Environmental Council. I also signed up for email newsletters from Virginia Department of Wildlife Resources and the Maryland Department of Natural Resources. Those of you who subscribe to the Virginia Wildlife magazine got to read an informative article about Urban Fishing in Northern Virginia by our own Gregg Rockett.

Look forward to seeing you at our next in person meeting.

March 2023

-- Tony Hill

# February 2023

Michael Barboa Jason Bryk James Burdette Andrew Collins Charlie Cox Howard Glick Charles Green Scott Lindemann Jason Middleton David Vanell Ben Walker Alexandria Fairfax King George Arlington Springfield Leesburg Springfield Oakton Falls Church Reston Centreville

# New Members

John Angelides Oliver Broadrick Sean Burke Alec Chappelear John Dever Tyler Durbin Molly Lewis John Murphy Mike Patenaude Clifton Rodgers Michael Schultz Jason Shope Lindsay Slater Sara Strassman David Willett Fairfax Arlington Arlington Fairfax Annandale Reston Arlington Alexandria Arlington Alexandria Reston Reston Arlington Arlington Arlington

# **General Membership Meetings**

### Maggi Blomstrom & Laura O'Brian

Maggi Blomstrom and Laura O'brien will provide an overview of the Piedmont Environmental Council's Conservation Programs and describe:

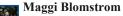
- "Blue Ridge to the Bay," - a

comprehensive tapestry of the importance of landscape-scale conservation in the Upper Rappahannock River watershed.

- Implementation, what this means on the ground:
  - Highlight both VDOT and private crossing replacement projects for trout passage
  - Public access projects:
  - Sperryville Trail Thornton River, increasing visibility and community energy around the river
  - Rappahannock County Park Free Fishing Day at the Rush River
  - Headwater Stream Initiative/tree plantings

- What folks can do on the ground: Opportunities for volunteering/getting out on the ground

# May Speaker (In-Person)





Maggi serves as the Rappahannock-Rapidan Conservation Initiative Coordinator - a multi-faceted initiative to promote land conservation, water quality

improvements, natural habitat protection and restoration, and public access throughout the Upper Rappahannock River watershed. She brings years of experience and enthusiasm engaging with landowners, volunteers, communities, and partners to advance environmental stewardship and land management.

Maggi has worked with a variety of organizations in a volunteer or staff capacity, including the Association of Northwest Steelheaders, PDX Women on the Fly (an affinity group of Trout Unlimited), Rapidan Chapter of TU, Virginia Department of Conservation and Recreation, and Oregon DEQ. She holds a B.A. in Geography and Urban and Regional Studies from Virginia Commonwealth University and an M.A. in Community Development and Planning from Clark University in Massachusetts.

### Laura O'Brien

Laura joined PEC's staff in December 2021 as the Rappahannock County Field Representative. Prior to joining PEC, Laura graduated from

Ithaca College in 2021 with a B.A. in Environmental Studies, and worked for Trout Unlimited doing stream crossing assessments in the Battenkill watershed.

Laura has worked with a variety of other environmental organizations, including the Cornell Lab of Ornithology's Land Trust Bird Conservation Initiative, the Ithaca Children's Garden, and the Cornell Cooperative Extension. Laura grew up in northern Massachusetts with a love for the outdoors and an appreciation for communitybased conservation efforts. In her current role, Laura collaborates with a variety of partners and landowners to conserve land and working farms, improve public access opportunities, and restore trout habitat

### JUNE SPEAKER(ZOOM)

### June speaker is TBD

### FLY OF THE MONTH [FLY RECIPES AND PHOTOS BY JOHN HADLEY]



# May/June: Too Simple Elk Hair Caddis

May/June 2023 Fly of the Month to be demonstrated by John Hadley, at the May meeting, is the Too Simple Elk Hair Caddis

Bring your vice, bobbin, black thread, scissors, etc. John will bring a couple vices/ tools for those wanting to try their hand at tying this fly. Materials will be provided to tie a couple flies. He plans to start tying at 6:30 pm.

This is a very simple, "Beginner" fly to tie, so if you've never tied a fly before and want to try, this is the fly to tie.

### **Originator:**

Al Campbell. Many of his patterns and beginning through advanced fly tying lessons can be found on flyanglersonline.com -"Features" - "Al Campbell". There is no palmered hackle as on the standard caddis pattern, so the fly body rests lower in the water. If tied in all black it can represent a cricket and on a small hook even a midge, black stonefly or other small nondescript insect.

### Techniques to be learned:

- \* Learn to use yarn for a body and to stack and tie on Elk Hair for the wing.
- Use of punch embroidery yarn for fly body (optional use single strand of black or other colored yarn or any color dubbing)
- \* Stacking Elk Hair
- \* Tips on tying in an Elk Hair Wing
- \* Finish with a double half hitch

### Recipe:

- \* Hook: Standard dry fly hook # 16-12
- \* Tail: None
- Body: Punch embroidery yarn various colors, black/green/tan/brown: or a strand of yard or dubbing
- \* Legs: None
- Thread: 6/0 Black or colored to match the body
- \* Wing: Elk hair. Bleached or natural, but black with a black body

### Fishing Tip:

Target species are trout and small mouth bass although I've caught lots of panfish with this fly. Cast across and up stream, let drift down stream. If you see active caddis laying eggs try to mimic their action with quick strips angling downstream or only let the fly sit for a few seconds, then lift and make another cast to land a foot or so downstream from the previous cast. I've had particularly good success in the spring catching stocked trout with a size 16 black version of this fly.

# FISH WITH A MEMBER

### Please send any questions or comments about the Fish With A Member Trips to: **FWM@novatu.org**

In the event of adverse weather or stream conditions the destination may be changed, or the event may be cancelled. We will not cancel without first sending out a notification to all members. If in doubt, feel free to contact <u>FWM@novatu.org</u>.

Please download and complete the NOVATU FWAM waiver form using the link below. The form can be completed electronically and emailed to us at <u>FWM@novatu.org</u>. Alternatively, you can bring the completed form directly to the meeting point and allow the group to get on the road sooner. This is the same form all participants sign at their first FWAM trip each year. It is not required for future trips during the same calendar year.

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Robinson/White Oak Canyon - Virginia When: May 6 Depart: 8:00 a.m. Return: Whenever Meet: Starbucks in Fair Lakes Shopping Center (map) Make sure you have a current Virginia license and remember this is a catch and release only stream. You will also need a Shenandoah Park Pass or America the	<ul><li>Beautiful National Parks Pass.</li><li>Bring some water along because you will be doing quite a bit of hiking. Short rods, 5x or 6x tippets, and hip boots will be all you need to fish this stream.</li><li>My go-to flies for brook trout in the Park include Mr. Rapidan, Royal Wulff, Coachman and Parachute Adams. This time of year smaller terrestrials may also be productive, especially ant patterns. For</li></ul>	deeper pools I may tie a tandem rig with a Green Weenie dropped from a Neversink Caddis or Mr. Humpy. Remember that you may not return brown trout to any stream within the Shenandoah National Park. Dispose of undersized trout away from the stream, road or trail. George Paine
Rapidan - Virginia When: Friday, May 12 Depart: 8:00 a.m. Return: Whenever Meet: Starbucks at Fair Lakes Shopping Center (map)This is a Friday Trip! Depending on weather conditions, we have the option to fish either the middle Rapidan near Syria or the lower Rapidan/Staunton proximate to Graves Mill near where the Rapidan leaves the Park.East Branch of Antietam Creek - Pennsylvania Win Stardow	Make sure you have a current Virginia license and remember this is a catch and release only stream. You should find a variety of medium, and even some larger bug hatches. You can always do well with a size 12 Quill Gordon, or a size 14 or 16 Mr. Rapidan, Blue Quill, or Royal Wulff. As for insects, look for ants big Carpenter Ants. Don't know what it is about ants that make trout go nuts. If you like dry fly fishing, the ant is probably the easiest hatch to match. There is something about a splashy and voracious take on an ant The section we will be fishing is located the fly fishing only designated area. There are	that is addictive. Even, if nothing is rising, brookies will often hit a dry fly. If you nymph, a size 14 or 16 Hare's Ear, flash-back Pheasant Tail, and Prince nymphs, fished deep and allowed to tumble along the bottom, or a soft hackle fished on a swing will usually take fish. Bring some water along because you will be doing quite a bit of hiking. Short rods, 5x or 6x tippets, and hip boots will be all you need to fish this stream. <i> George Paine</i> red worm patterns, wooly buggers, caddis patterns, and stone fly patterns are effective.
When: May 20 Depart: 8:00 a.m. Return: You Decide Meet: Orvis-Leesburg Parking Lot (map) The East Branch of Antietam Creek, near Waynesboro Pa, is the planned destination. Weather may dictate some changes so we may divert to another stream if the conditions are not favorable.	stocked brown, rainbow and golden rainbow (palomino) trout that the state is stocking at that section in May. The upper sections will have been stocked earlier in and may move into the lower sections as well. As things warm up, surface action will create dry fly opportunities. Hopper, caddis and mayfly patterns should work well. Green and	If the water is up, streamers are a great option. Hip boots will suffice but waders will be warmer. I recommend a 4 to 6 weight rod Matt Kozak
	JUNE	
Rapidan - Virginia When: June, 3 Depart: 8:00 a.m. Return: Whenever Meet: Starbucks at Fair Lakes Shopping Center (map) Depending on weather conditions, we have the option to fish either the middle Rapidan near Syria or the lower Rapidan/ Staunton proximate to Graves Mill near where the Rapidan leaves the Park.	Make sure you have a current Virginia license and remember this is a catch and release only stream. You should find a variety of medium, and even some larger bug hatches. You can always do well with a size 12 Quill Gordon, or a size 14 or 16 Mr. Rapidan, Blue Quill, or Royal Wulff. As for insects, look for ants big Carpenter Ants. Don't know what it is about ants that make trout go nuts. If you like dry fly fishing, the ant is probably the easiest hatch to match. There is something	that is addictive. Even, if nothing is rising, brookies will often hit a dry fly. If you nymph, a size 14 or 16 Hare's Ear, flash-back Pheasant Tail, and Prince nymphs, fished deep and allowed to tumble along the bottom, or a soft hackle fished on a swing will usually take fish. Bring some water along because you will be doing quite a bit of hiking. Short rods, 5x or 6x tippets, and hip boots will be all you need to fish this stream.

-- Gregg Rockett

# **FISH WITH A MEMBER**

JUNE (CONTINUED)

Yellow Breeches Creek - Pennsylvania When: June 17 Depart: 8:00 a.m. Return: You Decide Meet: Orvis-Leesburg Parking Lot (map)

The Yellow Breeches Creek, near Boiling Springs Pa, is the planned destination. Weather may dictate some changes so we may divert to another stream if the conditions are not favorable.

The section we will be fishing is located the fly fishing only designated area. There are stocked browns, rainbows, brook and Palomino (Golden Rainbow) trout stocked as well as wild brown trout populations in the Yellow Breeches.

As things get warm, all the tricks you have up your sleeve will be in play. Red worm patterns, pheasant tails, wooly buggers, hoppers, slump busters, mop flies, caddis pupa patterns, stone fly patterns, rainbow warriors or any other flashy nymphs are effective.

With warmer temps, please be mindful of not stressing fish. The yellow breeches have spring water influence throughout so it helps

to stabilize temperatures. Trout are cold water species and can die if stressed in temps above 65 degrees Fahrenheit. Best practice is to handle fish in the water preferably in a rubber coated net.

Waders or hip boots will be good choices but waders will give you the most access because some sections can be deeper. Some of the fish in the Yellow Breeches are enormous so a 4 to 6 weight rod is recommended.

.--Matt Kozak

# MERCHANDISE / MARKETING MANAGER

The Chapter is looking for an enterprising individual t take on the role of managing and marketing the Chapter's merchandise. This role plays a key part in promoting the Chapter and is a positive source of revenue. This role does not require an extensive amount of time to execute. Responsibilities include maintaining custody of the Chapter merchandise, maintaining an accurate and up-to-date inventory of all items and associated values, providing merchandise for sale at monthly meetings, events, direct purchase, and web (future), procuring merchandise (e.g., Chapter logo items), coordinating with the treasurer for billing, payments, and purchases, and reporting the value of fiscal inventory levels for Chapter year-end reporting. Taking on this role is practically turnkey. This is a turnkey operation. If interested send an email to: <u>pres-vicepres@novatu.org</u>.

**DREAM TRIP SWEEPSTAKES** 



To enter go to: Chapter Sweepstakes Page

Scan this QR Code:



# North Fork Crossing Lodge 4 Anglers for 3 Days & Nights Blackfoot River - Montana (Valued at \$11,000)

Trout Unlimited has partnered with Eventgroove and Pro Outfitters to provide a dream trip sweepstakes. Take a shot at a dream trip to Montana while helping NVATU. This sweepstakes is open to all TU Chapters. <u>Every donation</u> <u>made through our local chapter page goes directly to the</u> <u>chapter to support our important local conservation</u>, education, and community work.

Share this sweepstakes with family, friends, and through your social media to help get the word out and raise funds for the chapter

# TROUTLINE

Or

# **COMMUNITY—CONSERVATION—EDUCATION** NVATU Education: Creating a Macroinvertebrate Reference Collection

C onservation is a key role for Trout Unlimited and NVATU supports this role with education projects and collaborations targeted specifically at NVATU members home watersheds. A key component of conservation education is understanding the role of

macroinvertebrates as an indicator of stream health. Chemical monitoring, while also a key component, provides only a single point in time assessment of water quality whereas sampling macroinvertebrates provides a historical view of which specific macros populations have lived and evolved in the watershed. The specific populations indicate water quality because some macros are more sensitive to pollution than others.



microscope photo of a Dragonfly head showing remarkable detail

NVSWCD and NVATU collaborate on a number of activities including monitoring of local streams. Sampling requires trained and certified stream monitors. Training is available through the Izaak Walton League of America (iwla.org) and certification is performed by NVSWCD as well as IWLA. Sampling is done according to specific guidelines and data is reported to the Virginia Save Our Streams (VASOS) database and used to make informed decisions regarding water quality projects.



Macroinvertebrate Reference Collection

With this information as background, the data reported to VASOS is only as good as the ability of the person sampling to properly identify specific macros. Although there are a number of macro identification sheets available, it is sometimes difficult to identify macros from the guide sheets. This is partly due to the fact that local macros can differ in size, color, and shape from the generic drawings or photos in the guides. Collecting local macros and encasing them in epoxy can be an effective way to provide a reference for specific macros during sampling events. Such reference collections also serve as educational props

during outreach events where it is impractical or undesirable to collect macros during the event. Reference collections can also be used to support TU programs such as Stream Girls where girl scouts are asked to identify macros. The reference collection should not obviate the desire to have the scouts explore the stream, but it provides a more complete picture of aquatic life in the local environment and can be used to complete the identification requirement for Stream Girls. NVATU and NVSWCD collaborated in creating such a reference collection of local macros. The idea for the reference collection came from the Fairfax County Watershed Education and Outreach Team (WEO) who use this approach to support their student programs. This group also provided the macros used for this activity.

The simplified process of creating the reference collection involves thoroughly drying the preserved macros, placing them in silicone ice cube trays or other silicone molds which have been sprayed with mold



Selecting and placing macros in the molds

release, and pouring clear epoxy over them. After the epoxy has cured, the samples can be removed from the molds and any sharp edges can be removed. The samples can then be sequentially numbered with an engraving tool, if so desired. An identification key

can be created to use as a reference when identifying the samples.

While there are many interesting macros to learn about, the photo on the right of one of the samples in the collection shows the various versions of caddis fly nests including wood, stone, and leaf nests built by the caddis fly in the lower left of the photo.



The reference collection will be used by both organizations to support outreach as well as official sampling activities. The collection is a work in progress as a list of local, but not yet collected, species will direct rounding out the collection.

Want to learn more about NVATU conservation, Stream Girls or other youth programs, or join our macro sampling team, check out our website at www.novatu.org/education or contact Bob Parker at <u>bparker@novatu.org</u>.

Want to learn more about stream monitoring volunteering or other county outreach programs, check out <u>www.fairfaxcounty.gov/soil-water-conservation/volunteer-stream-monitoring</u> or contact Ashley Palmer at <u>Ashley.palmer@fairfaxcounty.gov</u>.

-- Robert Parker – NVATU Education Coordinator -- Ashley Palmer – Communication and Education Specialist, Northern Virginia Soil and Water Conservation District (NVSWCD)

In March, Herndon, Reston and Vienna repeated their annual fishing events focused on families. Participants averaged over 100 for each of the three events. Don Grattan led in Vienna, and I led in Herndon and Reston. We had a nearrecord of NVATU members support them!



# **Regional Family Fishing Days**

The TU Team members who supported the **2023 Vienna Family Fishing Rodeo** are, pictured left to right: Don Grattan, Michael Mulkey, Michael Gregory (Centerville H.S. 4-H Club), Dan Cunningham, Bill Goss, Laurie Goss, Jim Galligan, Dave Semler, and Ralph Nappi.

A huge thank you to all the members who stocked, assisted kids and cleaned fish!

-- George Paine

# **Member Photo Album**



Don Gratton and Jim Galvin tying flies for Project Healing Waters at the 8th Annual Fly Tying Marathon at the Museum of the Marine Corps.

Rainy day Fish With A Member trip to the Lower Rapidan





R ailey Vacations and Alpine Dreaming are proud sponsors of the Chapter's Western Maryland Fly-fishing trips

Railey Vacations, Deep Creek's #1 vacation rental provider, offers Alpine Dreaming (https:// www.deepcreek.com/vacationrentals/alpine-dreaming) and other fine homes!

https://rentals.deepcreek.com (866) 544-3223



MAILING ADDRESS:

Northern Virginia Chapter **Trout Unlimited** P.O. Box 3592 Oakton, VA 22124

> CHAPTER WEBSITE: www.novatu.org contact@novatu.org

Go to the Chapter Website for information on chapter activities and to sign up for a full year of TU member benefits including: TROUT magazine, discount on travel and fishing gear, opportunities to win trips prizes, and more. Be sure to specify Chapter 360



KEEP UP WITH THE LATEST CHAPTER HAPPENINGS ON FACEBOOK:



### **NORTHERN VIRGINIA CHAPTER OF TROUT UNLIMITED – CHAPTER LEADERS**

### Officers

President (FY 2023)	Tony Hill	
Vice President (FY 2023)	Scott Allen	
Treasurer (FY 2023)	Ken Bailey	
Secretary (FY 2023)	George Paine	
Administration		
Secondary Secretary	Terry Lowe	
Secondary Treasurer	Vacant	
Financial Reviewer	Gregg Rockett	
Legal Counsel	Victor Kernus	
<b>v</b>		

### **Board of Directors**

Board Member (FY 2021)	Bob Parker
Board Member (FY 2021)	Carl Jordan
Board Member (FY 2022)	Terry Lowe
Board Member (FY 2022)	Suzanne Malone
Board Member (FY 2022)	Bob Krieger
Board Member (FY 2023)	Kiki Galvin
Board Member (FY 2023)	Gregg Rockett
Board Member (FY 2023)	Jim Wilson
Ex-officio board member (FY 2021)	

Operations Membership Chair.....Carl Jordan Meeting Coordinator.....George Paine Merchandise Marketing Chair.....Vacant Communications Chair ......Scott Allen Newsletter Editor.....George Paine Newsletter Publisher .....Scott Allen Email Coordinator.....Carl Jordan Webmaster.....Rob Snowhite Facebook Administrator.....Scott Russell Instagram Administrator.....Jeff Mangeno

### Community Billar

Community Final	
Community Chair	Tony Hill
Delegate to Virginia Council	Jim Wilson
Member Engagement Chair	Vacant
Events Coordination Chair	Vacant
Service Partners Coordinator	Eric Gregory
Women's Initiative Coordinator	Kiki Galvin
Diversity Initiative Coordinator	Vacant
Youth RepresentativePal	mer Kasprowicz
Fund Raising Chair	.Gregg Rockett
Fish With a Member Coordinator	George Paine
Fish With a Member Coordinator	Gregg Rockett
Fish With a Member Coordinator	Matt Kozak
Western MD Trip Coordinator	Vacant

### Conservation Billa

Conservation Final
Conservation Chair Bob Krieger
Project Committee ChairVacant
Conewago Project CoordinatorBob Krieger
External Coordination Committee ChairVacant
Opportunity Development CoordinatorVacant
Legislative Awareness CoordinatorJim Wilson
Climate Change CoordinatorJim Wilson
Natural Resources AdvisorKirk Smith
Road Salt Sampling CoordinatorBob Speegle

### **Education Pillar**