

Lateral Lines

The Monthly Journal of Winchester Trout Unlimited Chapter #638

... and when you go through the rivers, they will not overwhelm you. Isaiah 43:2

July 2023

Volume 28, Number 7

3 August 2023, Winchester TU Meeting

7:00 PM

Lake Frederick Community Lodge Lake Frederick, VA

Dinner before the meeting

5:00 PM at Region's 117 Restaurant

Please notify Wayne (703-919-2952) before the meeting if you will be dining with us. We have only 10 seats available.



You

Project Healing Waters Fly Fishing

The next Winchester PHW meeting 6:30 PM at the Lake Frederick Lodge Wednesday, 9 August 2023

BarFly

The next Winchester TU BarFly 7:00 PM at Escutcheon Brewery Wednesday, 19 July 2023



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Dave and Mike Support Pioneering SNP Science Effort: **Brook Trout Blitz**

article and photos courtesy of Mike Smith



On Saturday 10 June 2023, nearly 150 volunteers (including Winchester TU treasurer, Dave Juth, and member, Mike Smith) participated in one of the larger and more innovative citizen science projects hosted by Shenandoah National Park.

Nicknamed the "Shenandoah Park Brook Trout Blitz," the purpose of the field effort was to collect 2-liter water samples from every stream in the Park, a total of 96 waterways. The collected samples are being analyzed for residual traces of Brook Trout DNA. This is a fairly recent field technology that enables fisheries scientists to confirm and track the presence (or absence) of a species within a stream drainage.

"Brook Trout Blitz" continues on the next page.

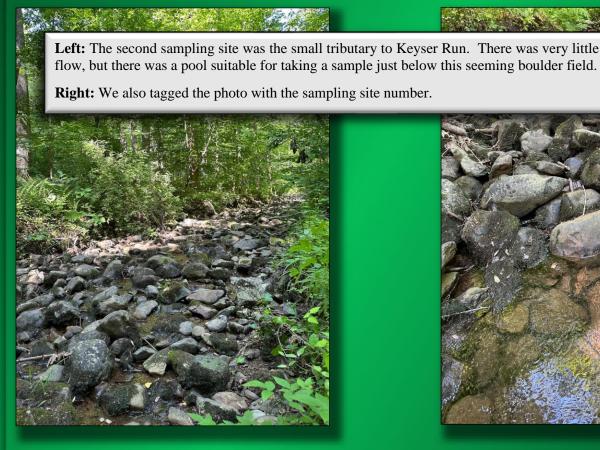
Brook Trout Blitz -- continued

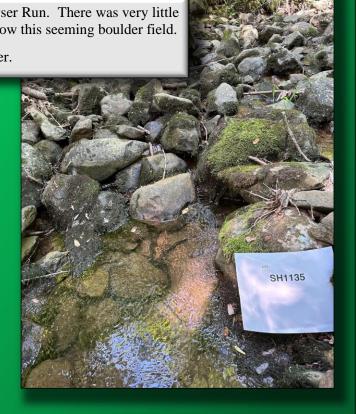
Right: Sat Nav screen shot location shows the coordinates and elevation of the Keyser Run sampling site.

Far right: The Keyser Run collection site was well upstream of the assigned GPS coordinates, but turned out to be the most accessible and still had a good flow. Following protocol, we tagged the picture with the site number.



The "Shenandoah Park Brook Trout Blitz" under the guidance of Shenandoah's supervisory fish biologist, Evan Childress, represents a collaborative effort on the part of the Park Service, the Friends of the Rappahannock, Shenandoah National Park Trust, and Trout Unlimited (at least three chapters were represented: Rapidan, Northern Virginia, and Winchester), supported by volunteers from other conservation groups, including the Commonwealth's new chapter of the Native Fish Coalition.





eDNA studies enable researchers and resource managers to assess a species health in a given The native eastern Brook Trout serves as keystone species in the Shenandoah ecosystem. While the species has demonstrated remarkable resilience throughout much of its Blue Ridge range, it nonetheless faces daunting challenges to its long-term sustainability. Nonnative species incursions in Park waters — especially from introduced species such and Rainbow and Brown Trout pose serious threats in some Park waters. Other streams have begun to show increasing vulnerability to climate change, especially as it manifests in reduced summer flows and elevated water temperatures.

Preliminary findings from the June 10 effort will be made public. Additional background on the eDNA project remains available on this Friends of the Rappahannock website: riverfriends.org

Right: While not an absolute requirement, some volunteers added stream temperature readings to their data log sheets. 13.5°C is approximately 56° F.







WINCHESTER VETS FIND LEETOWN FISH FUSSY

by Wayne White



Despite a near-perfect spring day and ideal conditions for feeding Trout, the Rainbows proved to be very selective and cautious, challenging the fly-fishing skills and wits of a small group of Winchester Project Healing Waters Veterans, on Saturday, 27 May at the Leetown Hatchery, in Kearneysville, WVA.

Maybe it was the off-color water, the many fishing birds of prey that nest in surrounding woods, or possibly the group that fished the lake the day before that caused the usual lunker-sized Trout to be less cooperative for what is normally a good day of catch-and-release.

According to Frank Roach, the USGS hatchery operations manager (and our host), the fish just seemed too weary and somewhat finicky even considering the recent cool weather.

After Phil Stevens, Winchester Assistant Program Lead, provided an overview of the hatchery fishing rules and presented the required safety briefing, he stressed the importance of keeping the fish in the water while removing hooks and instructed the participants and volunteers on the proper release of the fish.

Above: Charles Doc Smith, USA Ret., battles a nice Rainbow as Gary Myers prepares the net to land the fish.

Right: George Booth, USA Ret., (1) ties on a fly under the supervision of volunteer Galen Hart.

Below: Warren Dudenbostel, USA Ret., (r) puts the final touches on an improved clinch knot with some help from Gary Myers.





Although the conditions presented many angling challenges, most of our Veterans including George Booth, Christine Erin, Warren Dudenbostel, and Paul Arenti managed to hook and land a few of the picky Trout.

But for the second consecutive outing, Erwin Casto landed the most fish, including a prize Rainbow that was no less than five pounds! In my many Leetown outings, it was the largest Trout I had ever witnessed caught at that lake on a fly rod!

"Vets Find Leetown Fish Fussy" continues on the next page.

VETS FIND LEETOWN FISH FUSSY

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Right: Dan Soper (c) discusses fly selection with Paul Arienti (USA Ret.) (l) and volunteer Ken Seroka.



Leetown is very often a venue for catching nice fishing. Since that was not the case for this event, the outing was an excellent opportunity for all the participants to hone their fly selection criteria as they tried to outsmart the wary Trout. They also worked on improving their knot-tying skills since they had to change flies often. The neatly trimmed banks surrounding the lake offered ample room for mastering a good backcast, adding another element to the training for the day.

Many thanks to our volunteers who guided the veterans: Dan Soper, Ray Schmidt, Jim Stonestreet, Pete Smith, Galen Hart, and his wife Sandy (our program on-site nurse), Gary Myers, Ken Seroka, and Dave Harrelson.

A very special thanks again to Frank Roach for his continued support of our Veterans and for allowing the Winchester program access to the Leetown Hatchery. His meticulous care of the facility always ensures a special and safe environment for our Veterans.

PROJECT HEALING WATERS: HEATHER WRIGHT AT BACK CREEK

by Wayne White photos by Heather Wright and Wayne White



Heather shows off her first Trout.

Winchester Healing Waters program participant Heather Wright and nine other Veterans from Virginia programs had high expectations of hooking and landing some good-size Rainbows during the Virginia Region Spring Back Creek outing,16-18 May.

However, changing water conditions and uncooperative fish proved less productive for the new fly anglers, making the usual "catching" trip more of a lesson in real fishing.

An Air Force veteran, Heather joined the Winchester program in February of this year and quickly developed a passion for fly fishing. In addition to attending our fly-tying classes and casting clinics, she took a fly-fishing clinic on her own where she hooked and landed her first Trout on a fly.

"Heather Wright at Back Creek" continues on the next page.

PROJECT HEALING WATERS: HEATHER WRIGHT AT BACK CREEK

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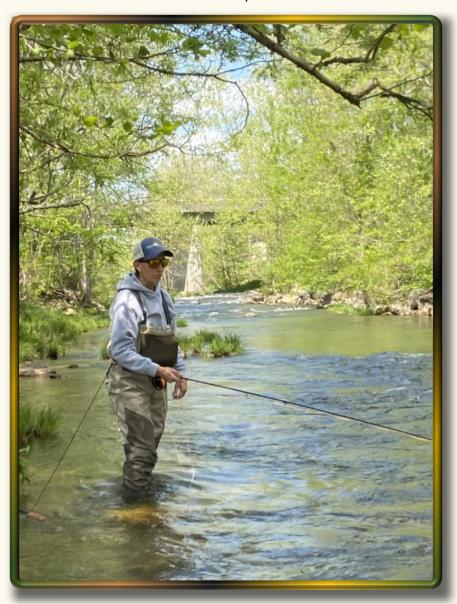
Left: Heather takes a selfie as Wayne changes flies.

Below: Stalking Trout with a wet fly, Heather works the seams on a nice run.

With her quick study and demonstrated fly-fishing capabilities, I knew that guiding her would be an opportunity for her to hone her skills and for me to learn more about this former Air Force Master Sergeant of civil engineering and later critical care nurse Captain.

The Back Creek outing is designed for beginner fly fishers to learn not only this art of angling but to gain an understanding and appreciation for the delicate balance of fishing on moving water while negotiating some tricky fishing holes.

Back Creek is a beautiful tailwater stream off the Dominion Energy dam cradled in Virginia's rugged Allegheny Mountains in Bath County. The energy facility is the world's most powerful pumped storage generating station and quietly balances the electricity needs of millions of homes and businesses across six states. It controls water flows to Back Creek and Little Back Creek which significantly improves stream flow during periods of drought and enhances the environment for fish and other aquatic life.



Volunteers from the Shenandoah Valley Healing Waters program and Dominion Energy stocked the stream and cordoned the mile-long water into 12 "beats," varying in size from 100 to 250 meters. Participants drew beats at breakfast and again at lunch each day to give everyone the opportunity to fish the various creek offerings.

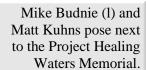
Heather and I fished a beat on the first day with still water and some deep holes. Approaching the water slowly and quietly and learning to read the stream structure, looking for fish and their feeding lanes were the first lessons. After witnessing some very sporadic rises, we knew the fish were there, but they were not interested in the Charles Howdyshell "Back Creek Black" Wooly Bugger imitation.

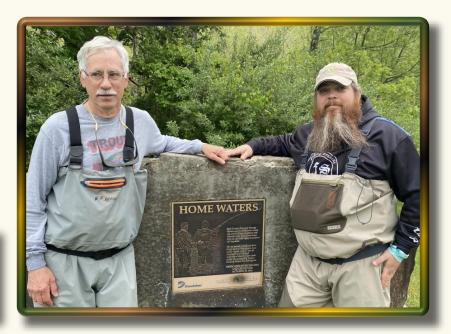
Although Heather managed to hook a nice Rainbow after lunch in another section of the stream on a streamer, it did not make it to the net. Since she had to roll cast streamers most of the day with little room for a back cast, we finished the afternoon practicing overhead casts. It was a nice break from chucking the heavier flies and provided Heather a chance to work on good casting form and technique.

"Heather Wright at Back Creek" continues on the next page.

PROJECT HEALING WATERS: HEATHER WRIGHT AT BACK CREEK

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At dinner, most participants lamented having very little or no success during the day. Only a few claimed to catch one or two fish. The water was running high most of the day and Dominion Energy agreed to reduce the flow to make wading the stream safer and to possibly make the fish more aggressive.

The next morning, after some prospecting a new beat again with streamers, Heather hooked a decent size Rainbow, which decided to free itself darting back upstream into the faster water. That was an instant lesson in line management and controlling the direction of the fish.

With some fish rising to a sporadic Sulphur hatch, I decided to try an emerger. After some practice casts targeting the far bank and letting the #16 caddis parachute emerger sink on the swing of the drift, Heather hooked a beautiful 18-inch Rainbow. After finessing the fighting fish, she easily brought it to my net.

She released the fish, checked the fly, the knot, and the leader, and quickly selected her next target. While I was videotaping her casting, her line seemed to be snagged on the bottom. She claimed that it was a fish, a big fish! Just as I was about to disagree, the fish took off upstream. Heather took control of the line and managed what now was clearly a monster.

After some fish aerobatics, she directed the lunker to my net. However, the fish could not fit in my net. As I made another attempt to corral it, I slipped and fell catching myself on the bank and watching the fish swim between a rock and me, cutting the line and heading into the depths of the pool. Looking at the size of my net we figured the fish had to be about 22 inches. It was a real catch-n-release moment; as Heather noted, it was all part of the learning.

Although the fishing was frustrating for the new anglers, many of the guides also shared those sentiments. Nevertheless, the time on the water together gave the veterans and their guides more opportunities to talk and fully appreciate the benefit of the sport beyond fishing.

Winchester volunteer Mike Budnie, who was guiding at his first Healing Waters outing had a similar experience with his Veteran. He offered to help when another program needed a guide for their participant.

After the first day, with little success, Mike admitted that he learned more about being a guide than how to guide someone in their fishing. He said he was honored and privileged to guide and get to know Matt Kuhns, USMC Ret. With that new friendship, Mike explained that the outing helped him to understand that listening to the participant was more important than talking about the fishing challenges and focusing on whether Matt caught fish.

A special thanks to Charles and Brenda Howdyshell, Shenandoah Valley Healing Waters Program leads, and David Hissom for their organization and coordination to make this outing possible.

Thank you to Dominion Energy which has provided the grant for the Back Creek outing for over 10 years. A memorial stone proudly sits streamside in the private water section of Back Creek commemorating the company's dedication to the Project Healing Waters' mission.

The next Winchester PHW Program meeting is Wednesday, 9 August 2023, 6:30 - 8:30 PM in Rachel's Kitchen, Shenandoah Lodge, Lake Frederick. If you are interested in volunteering or know a Veteran who would be interested in learning to fly fish, please contact:

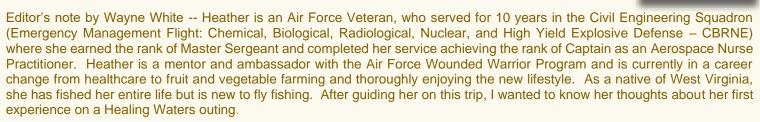
Wayne White Lead, Winchester Program Project Healing Waters <u>Wayne.white@projecthealingwaters.org</u> 703-919-2952 Phil Stevens
Assistant Lead, Winchester Program
Project Healing Waters
Phillip.h.stevens@projecthealingwaters.org
703-380-4088

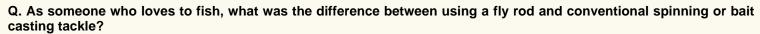
PROJECT HEALING WATERS IN HER OWN WORDS: HEATHER WRIGHT FISHING BACK CRI

by Heather Wright

Sidebar for: Back Creek: A Unique Experience for Healing Waters Veterans and Guides

by Heather Wright





A: For me fly fishing is a much more tactile experience that requires full attentiveness. Each part of the cast and working the line demands your focus; from the tension on the line, the need to mend it based on the flow of the water, to the surroundings and distance that dictate your cast(s), i.e., branches, grasses, riffles, pools, etc. It's a very immersive experience.

Q. What was the most challenging aspect of learning to use a fly rod?

A: A few months ago, it was keeping my rod pointed down toward the water. I guess you can tell who is new to fly fishing versus a crossover from reel fishing! My current challenge and focus are learning to let the rod do the work when casting rather than working too hard or forcing the line out. Meaning, ensuring there is tension on the line, focusing on the pop of the back cast, being patient and waiting on the line to finish the loop in the back cast, and then popping the rod on the forward cast, rather than forcing a follow-through with the arm akin to throwing a ball.

It was my first time wading so that added a whole new element to the experience. I've always respected the strength of water, but I learned so much from Wayne and fellow veterans (thanks to their water crossing combat experience) – from maintaining two points of contact to moving across the current and moving with more of a low shuffle rather than a higher leg lift as we use on dry land.

On this trip, the fish just weren't biting which really tried our patience throughout the day. It also gave us the opportunity to talk about flies, see what was hatching, and try various options from our fly box. As one participant told us when asked what he used (without a bite) – "the kitchen sink!"

Q. What best prepared you for your first fishing outing?

A: Talking with my program lead, Wayne, a few times prior to heading out and ensuring I had everything packed that I would need. Knowing the itinerary in advance. Being generously provided with gear donated by Dominion Power so that I could get into the water to wade and fish safely.

Our classes on knot tying prepared me to feel more confident about hooking and landing a fish and having the knot hold up. They do come loose now and then but therein lies the joy of learning something new. The largest fish I hooked did end up freeing itself but the line broke – at least our knot held!

Q. Once on Back Creek, what did you realize that you did not know about fly fishing?

A: There are so many things that I did not understand about fishing with a fly rod. Casting is a good example. A roll cast with minimal effort can make a great fly placement. We did a lot of roll casting! The banks were dense with trees and branches and the creek isn't very wide, it was very helpful.

I had never thought about needing a bigger net to hold a Trout that was too big to fit in the net because of its length! True story!

And fishing with a dry fly is elegant and meditative, to say the least.

Q. By the end of the outing how did you feel about fly fishing and what did you find most satisfying about the experience?

A: It may be cliché, but I'm hooked! The mornings were cool and so was the water – which was refreshing but also pushed me to a place of uncomfortableness. Also, waking so early in the morning and driving while the sun rises and the fog lifts. Things that took me outside of my routine and challenged me were the most satisfying. I also find catch and release to be extremely enjoyable – something about getting older and shifting your focus.

Q. What was the best part of the outing for you and why?

A: Reflecting on the entire experience and considering that probably 99% of it was spent without a fish on the line, but then realizing that 99% is what makes up so much of this program – all the "other" things. It was also everything from meeting new people, identifying with others in their struggles or in their recovery journey, sharing stories and memories, learning about entomology and stages of development (what depth and breadth of a subject), to looking downstream to see my guide Wayne gazing in silence at the "washing machine of the mind" that which the water is and can be.



Bud on the Run: June 2023 Report

The next workday is set for 8 July 2023 at 9:00 AM.

by Bud Nagelvoort et al

photos by Nick Brognano & Bill Prokopchak

We had a stalwart crew of five Redbud workday regulars and one new crew member on Saturday, 3 June 2023, to make the final move of a 2,500-pound sycamore log into position to form the largest V structure we have ever accomplished in the Winchester Trout Unlimited Redbud Run restoration project.

Fred Boyer brought along his angling buddy and Redbud first timer, Nick Brognano. Regular readers of LATERAL LINES might recognize that name because Nick is a columnist in these pages, often in our series entitled "Angler Reflections."

Clark Thomas, Terry Lay, Bill Prokopchak, and Bud Nagelvoort completed the roster.

While Terry, ably assisted by Clark, notched the larger sycamore log with his powerful Husqvarna chainsaw, Fred and Bill considered ways of moving the "smaller" sycamore log to the edge of Redbud Canyon. Nick moved rocks.





Within minutes, Terry had completed the notch in the 8-ton sycamore, and Clark cleaned up the cut using an iron pry bar. All the while, Nick hauled more rocks.

Next came the move of the smaller log from its resting place about 20 yards from the edge of Redbud Canyon. This task proved more difficult than expected. Attempts to pull it from the opposite side of the stream proved futile because of a host of obstacles on the south side of Redbud Run, rendering a direct pull impossible.

As usual, Terry's engineering skill proved vital. Using a series of turning blocks and cables, Bill's Tacoma easily pulled the log over the edge where it slid down the hill to a near vertical position on the canyon wall. During all of this, Nick moved rocks.

Since the pull was blind, Fred's masterful skill at signaling to our winch operator insured that the log slid smoothly across the field and exactly into position for the next part of the operation.

Above: Terry's powerful Husqvarna saw makes quick work of the notch in the 8-ton sycamore log.

Left: Clark cleans up the notch with work from an iron prybar.

Below: Terry attached his cable and turning block system to his antique log dogs at the top of the smaller sycamore log.



"Bud on the Run" continues on the next page.

Bud on the Run -- continued



Again, Terry rigged a new pulley system after Bill secured Terry's antique log dogs to the top of the smaller log, enabling the crew to topple the log upper end first into the stream.

This pull, also, was blind for the winch operator, but Fred's skill at signaling, acquired over years of conservation work at Redbud Run, made the pull quick and exacting.

One final reset of the turning blocks, cables, chains, and winch followed for the most difficult part of the operation: setting the smaller log into the notch in the 8-ton log in the creek bed, an operation that our winch operator thought impossible with the power at hand.

Using the mechanical advantage of block-and-tackle configuration devised by Terry, and Fred's precise signaling to our winch operator, the 2,500-pound log slid neatly into place with the south end in the notch and the north end secured against the bank.



Dear Redbud Friends:

Despite the unavailability of some regular and very important Redbud Rock Rollers (etc.) the plan as of today is a **Redbud work session on 8 July 2023 at 9:00 A.M**. rain or shine or some combination thereof.

Key is the availability of Terry and his mighty big Stihl both for notching the smaller sycamore log to direct flow into Prokopchak's Pool, but also to use his big Stihl to help remove the trunk end of its parent dead sycamore tree from Wayne's otherwise in-operative electric fence.

At the same time, we will have the benefit of Terry's older grandson to help us old fossils with these activities and the other mind-twisting, back testing, fish benefiting elements to complete the construction of our unique pool enhancing combination of Terry's giant sycamore and sycamore segment junior.

Along with these two major Stihl-related items the session will include anchoring the north bank end of the smaller log with several steel posts driven into place with Winchester TU's hand-made steel post driver (courtesy of hallowed member Dave VanBenschoten) and held there with almost impossible-to-bend wire cable. (Another post or two may be necessary to help hold the south end of the smaller log in place at the notch in the giant log.)

But that's not all hopefully to be completed on 8 July. If you have been wondering what is to prevent the stream from flowing under both the new, smaller log and Terry's giant log the answer is, you guessed it, rocks - huge, large, medium and small-sized rocks courtesy of Drew who secured approval for their acquisition from a nearby giant warehouse construction site early this year (and more still available). We have a huge quantity currently at our worksite.

Please let me know if you can join us on the 8th at 9:00 A.M. for a unique experience. Refreshments will be provided if justified.

Any change in plans for this coming Saturday caused by derechos or some similar weather phenomenon will be made available Friday evening, as usual.

Barbara's Books

Compiled by Barbara Gamble

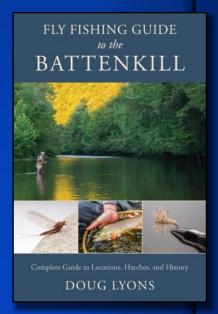
Fly Fishing Guide to the Battenkill: Complete Guide to Locations, Hatches, and History

Author: Doug Lyons Paperback: 288 Pages ISBN-10: 0811771954 ISBN-13: 978-0811771955 Publisher: Stackpole Books

Publication Date: 5 September 2023

The main stem of the 60-mile-long Battenkill forms from the confluence of the East and West Branches in downtown Manchester, Vermont, home of the Orvis Company and the American Museum of Fly Fishing.

Though notoriously challenging to fish, anglers from all around the world ply its fabled waters for Brook Trout (it's rare for a river this size to have strong populations of Brookies) and large Brown Trout that swim in its waters almost as far downstream as its confluence with the Hudson River in New York.



In Fly Fishing Guide to the Battenkill, local expert Doug Lyons covers the fishing access, hatches, patterns, and strategies for both the Vermont and New York stretches of the river, as well as its major tributaries, including both its East and West Branches near Dorset and Roaring Branch, Green River, and Bromley Brook.

Doug Lyons has a lifelong love affair with the Battenkill and probably knows it better than anyone alive. --Tom Rosenbauer

Doug Lyons is a board member of the Battenkill Watershed Alliance and part of an ad hoc advisory group helping to guide the activities of the Battenkill Home Rivers Initiative, which he helped launch.

He was the vice president and president of the Southwestern Vermont Chapter of Trout Unlimited in the mid-2000s, where he helped fundraise for early habitat restoration efforts on the Battenkill.

He has written for the Manchester Journal, the Orvis.com fly fishing blog, and UpCountry magazine, and presents to local clubs on the Battenkill. He splits his time between Maynard, MA, and his camp in Shushan, NY.

Sources: amazon.com and the publishers

Getting Started at Fly Fishing for Trout

Author: Allen Sefton Paperback: 240 pages ISBN-10: 1472147944 ISBN-13: 978-1472147943 Publisher: Robinson

Publication Date: 18 July 2023

In this newly updated practical, easy-to-understand guide, Allan Sefton explains everything a new fly fisher needs to know.

Suitable for all ages and abilities, and featuring stepby-step advice on fly casting, tackle, and tactics, this is the perfect book for anyone who wants the technical terms and techniques explained simply and clearly.

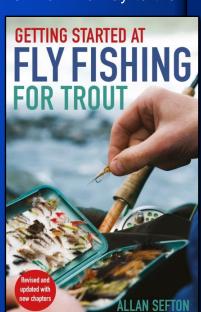
He covers modern fishing tackle, up-to-the-minute methods, how to develop the correct technical skills, right through to preparing and cooking the catch.

He'll help you to understand why techniques work and how to avoid the pitfalls. Gain insight into the world of the trout and understand why they behave as they do.

Allan Sefton (<u>www.allanseftonfishing.co.uk</u>) has fly fished for Trout and other fish from Norway to the Falkland Islands.

He was a regular contributor to the angling press until the pressure of another career intervened.

Retirement meant time to achieve a lifetime's ambition by qualifying as a Licensed Level Two Game Angling Coach.



Allen Sefton is now a coach for the England Youth Fly Fishing Association and coaches their international team. Regularly, articles by him are published in *Trout and Salmon*, the UK's premier game fishing magazine.

Sources: amazon.com and the publishers



My Trout Fly Box THE VERSATILITY OF WET FLIES – Sub Surface Success

article and photos by Burr Tupper

Wet Flies are one of the most effective styles of flies ever created, and one that should have a home in virtually every angler's arsenal. Wet fly patterns date back over half a millennium. What are the chances that a pattern that has persisted for over 500 years doesn't deserve some significant real estate in your fly box? In their simplest form, wet flies are little more than thread or herl wrapped around the hook shank and sparsely palmered.



Their lack of complexity in no way translates to lack of versatility. Much like with the woolly bugger, which is so well-loved by many an angler, there is virtually no wrong way to fish a wet fly. They can be dead drifted, where they will do an excellent job of imitating an emerging insect trapped in the film, a spinner or even a dun. They can be submerged and fished as you would a nymph, where the soft hackle fibers will dance and contribute to a buggy appearance. And they can be fished on the down-and-across-swing, perhaps the most common and deadly method of presentation for wet flies, daring a Trout not to strike.

Soft hackle flies for example can be twitched, "pulsing" their hackle fibers and imparting vitality to the fly. Twitch them during the aforementioned deadly swing to further up the pattern's effectiveness, twitch them while they float along the surface, bringing your fly to life and twitch them while you dead drift them under an indicator. You can even strip or swim them, too.



The Dabbler, above, is a hugely popular traditional wet fly from the UK. It is deadly on mayfly waters before, during, and after mayfly hatches. It can also be fished as a general searching pattern year-round.

The classic wet's silhouette bears a striking resemblance both to drowned and emerging aquatic insects. Emergers swim to the surfaces and drowned nymphs tumble downstream. Traditional presentation techniques were developed to copy both actions, sometimes in a single drift. Wets tumble along at the whim of prevailing currents implying naturals that didn't make it. This occurs during the initial moments after the fly touches the water and a mend is added.

Why, then, the wet's diminished popularity? The answer may simply be the growth of dries and the visual appeal of a Trout taking a dry on the water surface. Specific nymph patterns are developments from those traditional wet patterns. We've learned from fly life cycle graphics all about dries, nymphs, and emergers. It seems the "Wet" was left out of the entomology mix.

While dries get the fame and nymphs provide the numbers. Wet flies were developed and fished for hundreds of years. Most were developed for specific jobs, that is, to appeal to Trout under certain conditions. My recommendation is to combine wet patterns with both nymphing and dry fly-fishing techniques. Add wet fly droppers to presentations. A perfect addition to a streamer setup is a wet.

Adding a wet as a dropper to a dry fly pattern adds another offering just different enough from other offerings to induce a take.

Remember, the characteristics of effective wets are like those of any fly: size, shape or silhouette, and color. Tie on small, sparse, morsels that mimic those naturals. Sizes 14 to 20 are my favorites. Tied on light gauge dry fly hooks. Wets, that works one day may not the next, because it fails to create the right impression. In this, wets are exactly like drys. If we switch dry flies to match a size and color, shouldn't we adopt similar thought with wets?

Burr's "My Trout Fly Box" continues on the next page.

My Trout Fly Box -- continued

One of my favorite wet flies is the <u>Tup's Indispensable</u>. I have caught Trout, Salmon, and Bass on it. This also was one of James Leisenring's favorite flies.

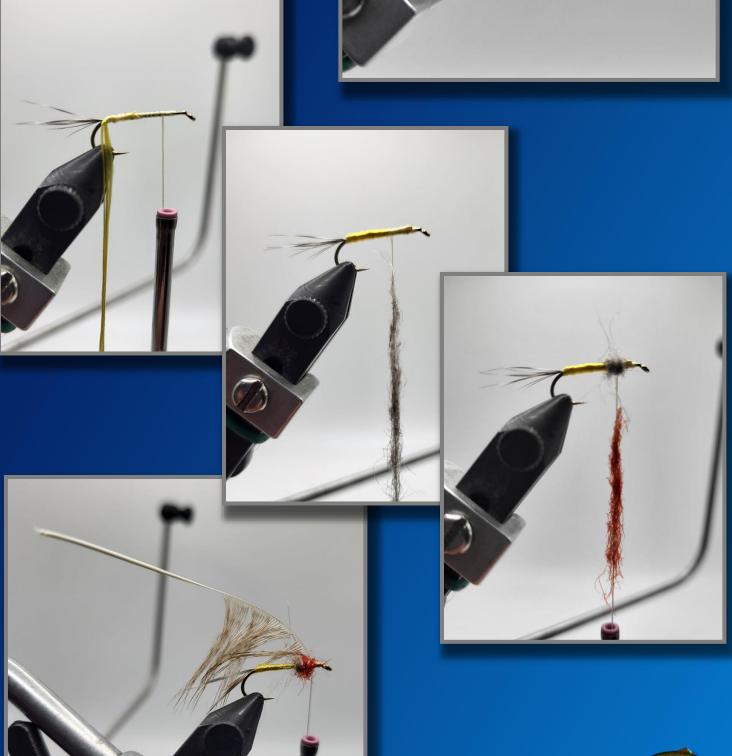
Tup's Indispensable Materials

- Hook: #12 16 2X Heavy Nymph
- Thread: Light Yellow
- Tail: Tan Hackle Fibers
- Body: Yellow Floss or Silk Thread
- Thorax Back: Hareline Hare's Ear Natural
- Thorax Front: Hareline Ice Dub UV Red
- Hackle: Tan Rooster or Partridge

Editor's Note:

Remember to fish with barbless hooks or bend down your barbs, especially when catch-andrelease fishing.







Winchester TU 2023 Speaker Schedule

Mark your calendar now and plan to hear all of these presentations.



Thursday, 5 October 2023 Joshua Kincaid, PhD

Professor of Environmental Studies and Geography
Shenandoah University

Josh will talk about the importance of large woody debris in streams. Woody debris in streams plays important roles in stream ecology, erosion, and sediment storage and there has been a great deal of research on this over the last decade.

If you have an idea for a Winchester TU meeting speaker, please let me know. We are always looking for great programs on topics of interest to the fly angler.



Trout in the Classroom (TIC) News
"Out of one school and into another!"
Sherando High and Orchard View Elementary Release Baby
Brookies into Redbud Run







Poet's Corner:

Poems selected for the angler.

Oh Migrating Salmon

Attributed to
Adelaide Bridgewater-Hastings
Circa 1850-1901
Norwich, England



Ink wash portrait of Adelaide Bridgewater-Hastings by W.M. Prokopchak ©2023 all rights reserved after the only known photograph of her

Our thanks to Professor of English Literature, Emily R. Williams-Watkins, PhD, of Balliol College, Oxford University, England, for the work she has done bringing this formerly unpublished poet to the attention of the public and for securing for us permission from the Bridgewater-Hastings estate to include several of her poems in LATERAL LINES during 2023.

The Complete works of Adelaide Bridgewater-Watkins will be available for purchase everywhere in 2024.

Oh migrating salmon, how wondrous thy way, From the river's mouth to the ocean's spray. Thy journey is long, yet thou dost not stray, For instinct guides thee day by day.

Thou leap'st over rocks and shallow streams, Thy silvery scales gleaming in the sun's beams. Thou art a symbol of strength and might, As thou dost battle with all thy might.

Thy journey is perilous, fraught with danger, But thou dost persevere, thy courage never to waver. Thou dost follow the call of the sea, Where a world of wonder awaits thee.

Oh migrating salmon, how noble thy quest, As thou dost journey to thy final rest. Thy life is brief, but thou dost not fear, For thou dost know that thy legacy will persevere.

Thou art a reminder that life is fleeting, And that we must seize each moment, without retreating. Thou art a symbol of hope and resilience, As thou dost journey through life's _____* turbulence.

Oh migrating salmon, how blessed thou art, As thou dost follow the call of thy heart. Thou art a wonder of nature's design, And a reminder of the divine.

Thou art a gift from the Creator above, A symbol of His boundless love. Thy journey is part of a greater plan, To sustain life and nourish the land.

Thou art a treasure, both wild and free, A source of sustenance for both land and sea. Thou art a symbol of balance and harmony, In a world that is often far from serenity.

Oh migrating salmon, how we admire thee, For all that thou art and all that thou be. Thou teach us to journey with purpose and grace, And to trust in the wisdom of nature's embrace.

Thou art a reminder that life is a journey, And that we must learn to navigate its twists and turns. Thou art a symbol of hope and renewal, As thou dost journey to thy ancestral pool.

Oh migrating salmon, how we honor thee, For all that thou bring to this world, and all that thou leave. Thou art a symbol of beauty and grace, And a reminder of God's love and mercy, in this place.

^{*} According to the University staff, Bridgewater-Hastings left this space blank in her original hand-written manuscript.



ANGLER REFLECTIONS WHOTER KELFECTIONS

ONG



My First Workday on Redbud Run

by Nick Brognano

I had heard a lot about the restoration of Red Bud Run and was eager to do my small part in making the stream more Trout habitable. Fred picked me up at 8:15 on a fine Saturday morning and said we should be home by noon. He first stopped at Martin's to buy a big plastic container of what looked like small yellow or orange cheese crackers. I have learned Fred likes food and will just about eat anything. While extra sharp provolone is my favorite, I decided to go with the lesser crackers. I expected to spend a few hours doing a good deed, meeting new friends and end munching a few processed crackers on our way home.

Upon our arrival I saw two other pickup trucks loaded with chainsaws, pinch bars, heavy chains, shovels, and an assortment of thick cable and turning blocks which, I had never seen used before. Standing beside the trucks were Bud, Bill, Terry, and Clark. They looked a lot like any typical roadside utility crew, all talk -- no work being done.

Were they waiting for Fred and me to do all the work? I thought to myself. With all that equipment on site It quickly dawned on me that this was not going to be a picnic, but Fred drove, and I could not escape.

Right: Nick became very familiar with his rock pile. During the hours-long work session, Nick moved the entire pile of rock, one stone at a time, all by himself, to a location near what will be its final location.

Below: Several years ago, our WTU sawyer, Terry, dropped this dead 8-ton

sycamore into the stream bed exactly where Bud wanted it.





After the introductions, I walked over to the fence line and looked down the steep slope to the small stream.

I could see where the guys had cut down and miraculously laid alongside the opposite bank a huge tree.

A few years ago, Terry had managed to set that chunk of wood exactly where Bud told him it should go. I wish I could have been there to see that thundering feat. Fortunately for all, Terry grew up in Washington State cutting down trees and clearly knew what he was doing.

Now he was standing in the stream below with a chain saw in hand, cutting a large wedge out of that same log.

The idea was to place one end of a second log into that notch with the second log's other end resting against the opposite bank. Getting the second 2,500-pound log to accommodate this engineering challenge is where the story really begins.

"My First Workday on Redbud Run" continues on the next page.

ANGLER REFLECTIONS

My First Workday on Redbud Run -- continued

Even with my poor hearing I quickly surmised that I was with a smart and talented group. Sometimes that is good and sometimes not so good. Out of the six of us there were four Generals and two Privates. Clark and I were the Privates. Bud was the four-star, Terry was the three-star, Bill was the two star, and Fred sneaked in as a one star.

Right: A long-standing Winchester TU tradition holds that every rock needs to be moved at least six times before reaching its final resting place.

Below: Bill's Tacoma and winch were instrumental, along with Fred's precise hand signals, in moving the 2500-pound lot into its final position.

Just before the first conference began among the big brass, I was given the awesome responsibility of attacking a tall pile of large heavy rocks. I was to move them from point A to far-away point B. I instinctively knew it was a big mistake to have earlier revealed to the Generals I once practiced law. As I began my laborious task someone whispered in my good ear that the pile had already been moved at least six times. I could have fought the assignment and argued the task constituted an abuse of process and a waste of legal talent, but I am not that stupid.





At the first gathering among the Generals, it was decided Bill would drive his truck with its mounted winch around to the other side of the stream. The battle plan was to run a very long cable across the mini gorge and connect it to the heavy log patiently waiting on the opposite side. The winch would then pull the log across the pasture under the wire fence and down the steep slope. Hopefully, it would slide into the notch recently cut into the log lying beside the stream.

As I was carrying the rocks, I could see the Generals on the other side holding an intensive second meeting.



Bill had first moved his winched wagon to the left then to the right as directed by the higher-ranking Generals. The left angle didn't look like it would work anymore than the right angle. This job would not succeed on guesses. Placing the logs together to fit precisely demanded precision.

After the third gathering they finally decided to try something different. That is when Bill drove his truck back to where it initially was, near the waiting log.

The team made several attempts to slide the huge log to the edge of the high embankment. On the first attempt the cable was too short to reach around a big tree on the other side of the stream and back to the huge waiting log. On the second try the cable was long enough but the log refused to move. The Generals called another huddle, and they determined a second cable was needed. Still no movement.

By this time, I had finished moving the rocks, and we all needed a break. Fred brought out the cheese crackers and Yuengling beer appeared out of nowhere. I gulped the beer and tried to understand the complicated and complex geometry and physics being discussed by the Generals. It brought me back to my law school days when it was important to understand the complicated "Rule against Perpetuities" which no one could adequately explain, and I still don't understand. It was way past noon; the beer was gone and the brainless log sitting above was still there taunting and outsmarting the Great Generals. Obviously, it was time for another very, very serious field maneuver.

"My First Workday on Redbud Run" continues on the next page.

ANGLER REFLECTIONS

A third cable was hitched and as Bill backed up his truck, the stubborn log finally began to slide across the grass toward the stream. Terry was in the stream below waiting when he noticed a pile of rocks at the water's edge and went on a mild rant wanting to know what idiot put the rocks at the bank's edge. No one answered. The more Bill backed up his truck the closer the log got to the edge of the 10-to-12-foot embankment.

I said to my sweating self, "How on earth are they going to get that log to slide down the embankment and slip into the notch cut into the other tree?" Remarkably, the log went down smoothly and came close to the cut in the other log. Close is not good enough.

Someone suggested we quit and return sometime in the future. That person was verbally reprimanded when General Bud said, "Let's not put off till tomorrow what we can do today." No one revolted or challenged the wise General.

At this point Clark and I bravely broke protocol and took matters into our own hands. We smartly placed a heavy chain under one end of the recently laid log. With a cable attached to the chain and use of a turning block or two, Bill's tank was able to eventually slide the log into its intended place.

Both logs were now separate and inseparable. Watching this entire engineering feat unfold was amazing but just as amazing was observing the highly motivated 92-year-old Bud climb several times up and down a steep embankment wearing hip boots. Bud and Terry, the two Generals in the ditch below, worked well together. This entire project was the four star's idea, but the three star was instrumental in making it happen.

With logs now in place, it was time to go. Next year, if not sooner, we will return to witness Terry cut a long horizontal notch on top of the second log for proper water flow. Completion, however, won't be realized until the rocks are moved for the eighth time. Of course, that all depends on what the Generals can agree on. Everyone is invited to come and witness the parley.

When I got home with dirty shirt and pants my wife asked, "What happened to you?" I said, "I had a great time."



Winchester TU Monthly "BarFly" Event Wednesday, 19 July 2023 at 7:00 PM Escutcheon Brewery Commercial St., Winchester

The Winchester Chapter of Trout Unlimited (WTU) will be gathering at Escutcheon Brewing in Winchester to offer anglers and **non-anglers** in our area the opportunity to learn about Trout Unlimited and to tie fishing flies.

We hope all of you can attend our monthly "BarFly" at Escutcheon Brewery.

No fly-tying or fly-fishing experience is necessary.

Please invite your friends. We hope to introduce more folks to the Winchester TU chapter and support a local business that supports WTU.





Whiskey/Whisky:

Los Amantes Mezcal Añejo with

Oliva Master Blends 3 Robusto 5X50

Wrapper: Sun Grown Nicaragua

Filler: Nicaraguan

by Phil Stevens

It was an excellent pairing, indeed.

The Oliva Master Blend 3 is a box pressed robusto, my favorite size. Dark wrapper belied its smooth draw and, interestingly, a very smooth rather light taste.



Photos courtesy of cigarsinternational.com and losamantesmezcal.com

There was none of the harsh flavor that often is shown with a dark wrapper, and it delivered the richest characteristics of Nicaraguan ligero filler and Broadleaf Sun Grown wrapper.

Los Amantes mezcal is without a doubt my favorite Mexican libation. This is the first time I have had the pleasure of tasting the añejo distillation since my other Los Amantes have been reposado. The nose is clearly a bit lighter without the instant inhalation of alcohol that often accompanies mezcal and other adult beverages. On the tongue the flavors of smoke and agave are present but clearly more refined than the reposado. After letting the glass sit for a few minutes a very pleasant floral scent arrived accompanied by the hint of freshly turned earth -- very pleasing fragrance that I was not expecting. It is worth noting that the añejo is aged for two years in French oak barrels whereas the reposado is aged only 6 months in the same type of barrel. The difference is palpable.

Combining the Oliva and the Los Amantes was an excellent pairing given that the two were complementary to the nose and tongue. I highly recommend them both.



LETTERS TO THE EDITOR

Here is a picture of a bass that my son caught with a popper on our pond.

Rod D.

Boyce, VA

VCTU Newsletter – A First

Virgina Council of Trout Unlimited (VCTU) has produced the first in a series of newsletters. The Council will be producing subsequent newsletters to keep Virginia TU members of appraised of events and items of interest that are related to the TU mission in Virginia.

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Newsletter

- Message from the Council Chairman
 Virginia Trout Stream Sensitivity Study (VTSSS)
- TU Priority Waters Focus
 a. TU national strategic plan overview
 b. Virginia Priority Waters Focus
- Virginia Priority Waters
 Capital Chapter Reestablished
- TU Teen Summit (Alex Koll-Virginia)
- 6. Help Wanted

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Below is a link to the first edition.

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Burr Tupper

2023 Calendar of Events Winchester Trout Unlimited

See also

http://winchestertu.org/

Reminders

All Winchester Project Healing Waters monthly meetings will be on the <u>second</u> Wednesday of the month during 2023. The location remains the same: Lake Frederick Community Lodge.

All monthly Winchester BarFly sessions will be on the <u>third</u> Wednesday of the month during 2023. The location remains the same: Escutcheon Brewery.

July 2023

- **✓**Winchester Trout Unlimited Meeting There is no Winchester TU monthly meeting in July.
- Saturday 8 July 2023 -- 9:00 AM Redbud Run workday
- ✓ Wednesday -- 12 July 2023 There is no PHW meeting in July.
- ✓ Wednesday 19 July 2023 -- 7:00 PM BarFly at Escutcheon Brewery

August 2023

- **✓ Winchester Trout Unlimited Meeting 3 August 2023 -- 7:00 PM**
- ✓ Saturday 5 August 2023 -- Redbud Run workday -- Time to be announced later.
- Wednesday -- 9 August 2023 -- 6:30 PM Monthly Project Healing Waters meeting
- ✓ Wednesday 16 August 2023 -- 7:00 PM BarFly at Escutcheon Brewery

September 2023

- **✓ Winchester Trout Unlimited Meeting 7 September 2023 -- 7:00 PM**
- ✓ Saturday 9 September 2023 -- Redbud Run workday -- Time to be announced later.
- Wednesday -- 13 September 2023 -- 6:30 PM Monthly Project Healing Waters meeting
- Wednesday 20 September 2023 -- 7:00 PM BarFly at Escutcheon Brewery

October 2023

Joint Meeting of Winchester Trout Unlimited and Northern Shenandoah Audubon Society

– 5 October 2023 -- 7:00 PM

The featured speaker is Joshua Kincaid, PhD, Professor of Environmental Studies and Geography at Shenandoah University

The meeting will be at Laurel Ridge Community College, Middletown, VA

- ✓Saturday 7 October 2023 -- Redbud Run workday -- Time to be announced later.
- Wednesday -- 11 October 2023 -- 6:30 PM Monthly Project Healing Waters meeting
- ✓ Wednesday 18 October 2023 -- 7:00 PM BarFly at Escutcheon Brewery

November 2023

- Winchester Trout Unlimited Meeting 2 November 2023 -- 7:00
- ✓ Saturday 4 November 2023 -- Redbud Run workday -- Time to be announced later.
- Wednesday -- 8 November 2023 -- 6:30 PM Monthly Project Healing Waters meeting
- ✓ Wednesday 15 November 2023 -- 7:00 PM BarFly at Escutcheon Brewery



The opinions expressed in *Lateral Lines* are those of the individual authors and are not necessarily those of Winchester Trout Unlimited or Trout Unlimited National.

All water sports, including fishing, and stream restoration activities have inherent dangers. Participation in <u>all</u> Winchester Trout Unlimited activities is at the participant's own risk and participants agree to hold harmless Winchester Trout Unlimited and its members. A responsible adult must accompany all minors.