

Volume 4 Issue 7

March 12, 2009



MAIN LINE FLY-TYERS

# March Newsletter

-Meetings on third Thursday of the Month-

## Gary Borger to Visit MLFT in March

Gary has been a fly fisher since 1955, and since 1972 has taught classes and lectured internationally on all aspects of fly fishing for trout and salmon. A freelance writer and photographer and a former active member of the Outdoor Writer's Association of America, Gary is also Midwest Field Editor for Fly Fisherman magazine, Editor at Large for the Virtual Fly Shop, and Fly Fishing Columnist for Midwest fly Fisher. He has written five best-selling books on fly fishing: "Nymphing," "Naturals," "The Borger Color System," "Designing Trout Flies," and "Presentation." Gary pioneered fly fishing video instruction with his release of "Nymphing" in 1982. Since then he has appeared in four videos for the 3M Company; and in cooperation with the Federation of Fly Fishers, produced the environmental video "Where The Trout Are." His video production company has produced an additional 21, internationally acclaimed videos in the "Skills of Fly Fishing Series. Visit Gary's website at: <http://www.garyborger.com/Data/WelcomeHome.html>



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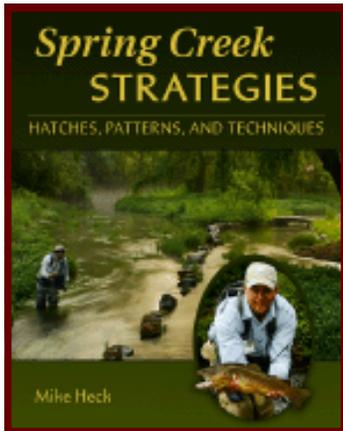
### Inside this issue:

Book review - <i>Spring Creel Strategies</i>	2
February Presentation by Jake Markezin	2
Stream Watch—East Brandywine	3
Upcoming events for 2009	4
Trout License Plates offered	5
Back Casts—"What Makes Trout Feed"	6

### Special points of interest:

- April activities being planned—*Ressica Falls, Opening Day, & Stick Day*
- *Fly Tying/Fly Fishing winter classes began in February*
- *Next meeting on Thursday March 19th*
- *Penns Creek trip slated for June 6. Contact Steve Larson for details.*

# Book Review- “Spring Creek Strategies” by Mike Heck



Falling Springs, Penns Creek, Big Spring, the Letort, the Yellow Breeches, and Spring Creek are nationally known fly fishing treasures, rich in history and abundant in insect life. Anglers can be rewarded with large, healthy trout. But the learning curve for fishermen is steep. Mike Heck has smoothed it out a bit with his well-written new book detailing strate-

gies, patterns, and hatches that will increase your chances of success whenever and wherever you seek trout in fabled limestone waters.

Mike is a guide in south-central Pennsylvania who grew up honing his skills on these cold, insect-rich streams. A discussion of the difference between freestone and limestone streams makes clear the need for new strategies when fishing spring creeks. Mike is an excellent fly tier who shares some of his favorite Sulphur, Blue-Wing Olive, Trico, midge, caddis, streamer, and terrestrial patterns. There is information on hatches, leader formulas, casting techniques, nymphing, dry fly fishing, and presentation strategies. But there is a psychology involved too. Mike believes that learning to “think like a predator” is vital for success and much of his book shows how.

This is an enjoyable and informative read for fly fishermen of all levels of experience. The photography alone makes one ready to grab a rod. Most of my fishing has been concentrated around freestone streams in the Poconos and north-central Pennsylvania. Only recently have I experienced the fine fishing south-central Pennsylvania has to offer. Spring Creek Strategies has helped demystify limestone streams. And, as Mike promises, if you can catch trout on spring creeks, you can catch trout anywhere.

By Gil Learn

## Jake Markezin made Presentation in February

Describing it as an often overlooked fishery but one with great potential, Jake Markezin of the Lehigh Coldwater Fishery Alliance, presented members with a summary of the ongoing efforts that are being directed at improving the Lehigh River in the Rockport, PA region.

He highlighted the ways that his organization, along with help from local clubs, TU chapters, and the U.S. Army Corps of Engineers are striving to protect and improve the environment of the Lehigh water-



*Jake Markezin describes Lehigh River Fishery  
At February Club Meeting*

way.

After some background information on

flow rates and storage levels, he went on to show some slides of recent fishing trips, some fly hatches, and some effective fly patterns.

The pitch was a broad brush summary of the current conditions, the issues with acid mine drainage, and the pressure by whitewater rafters to request more warm water discharges.

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## Stream Watch—East Brandywine Creek (Delayed Harvest)

This is a creek that has a lot of the same characteristics that French Creek does; it's mostly a put-and-take hatchery fish fishery that has been helped a great deal because of the Delayed Harvest regs. It's not a great trout stream but it's, also, not bad. It sees a lot of pressure because of it's location and easy access but it does pretty well; all considered.

The Brandywine is just big enough to lay out enough of a back cast that you can fish nearly all of the water. It's easy to wade, even in the spring high water season and can be wet-waded in the summer.

Don't expect any great hatches on the Brandywine; they just aren't there. There are some moderately heavy hatches that do bring up some respectable trout. There are some caddis hatches that trigger lots of activity and you might score a 20-incher, from time-to-time.

You won't have the stream to yourself, as the access from Struble Trail is quite easy. The trail parallels the stream on the east side and is a great blessing if you have any physical limitations or don't have the energy to hike into a remote spot.

Because of the pressure and because most of the insects are small—

Much like the Tulpehocken Creek, the close-to-the-creek pathway

makes the trout a little less skittish than they would be on a more secluded stream. You still need to wade carefully but they don't "freak-out" every time someone goes by.

The best patterns for this time of year would be Pheasant Tail Nymphs in size 14-18, Midges in size 20-24 on warm days, and Woolly Buggers size 8-10.

[Ed note: I've tried some scud patterns but have done better

with the midge patterns.]

The water level is well below average for this time of year. The photo above [taken on February 24th] shows that it's well within it's banks.

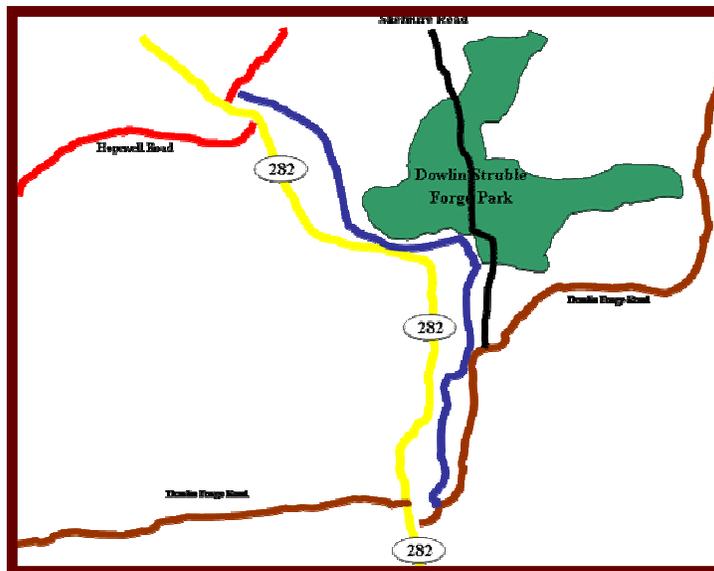
The temperature is still very low and, yes, those are ice patches near the rocks. Action will continue to be slow until the temperature starts to rise.

You might want to use a bead head nymph and fish on a day when the sun is on the water; the side pockets will warm quickly on a sunny day as

there are no leaves on the trees, as yet. Good luck.



*The East Brandywine Creek  
(Delayed Harvest Section)*



*Map of East Brandywine  
(Near Dowlin Forge Park)*

size 18 and under, the Brandywine can be challenging for the experienced angler, as well.

# Upcoming Events for 2009

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## (Suitable from fridge magnet mounting)

### Southeast PA Opening day - April 4<sup>th</sup> at 8:00 AM

- Not a scheduled Club Event

### Learn to fish Day – April 11<sup>th</sup> 9:00 AM

- Coffee in the AM
- Lunch Hamburgers, Hot Dogs, Chips and Soda
- Training Staff: Sam Vigorita, Dave Shillington, Mike Ebner, Steve Birkenmaier, Don Douple, Gene Paprocky
- Cooking Staff: Steve Larson, Rich Metzger, Steve Nack, Ed Emery
- For Cabin information call Scout Headquarters at 610-688-6900

### Northeast PA Opening day - April 18<sup>th</sup> at 8:00 AM

- Brodhead Creek, Stroudsburg, PA
- Meet for lunch at the Park right under the Rt 191 bridge
- Lunch Hamburgers, Hot Dogs, Chips and Soda
- Cooking Staff Steve Larson

### Stick day – April 25<sup>th</sup>

- Brodhead Creek, Stroudsburg, PA
- Meet for lunch at the Park right under the Rt 191 bridge
- Lunch Hamburgers, Hot Dogs, Chips and Soda
- Cooking Staff Steve Nack, Steve Larson

### Delaware River - May 29<sup>th</sup> to 31<sup>st</sup>

- Pleasant Valley camp ground - Linda, 570-224-4038, Equinunk PA
- Each tent must call up for a reservation with number camping
- Bring your own food
- Must arrange own tenting/Sleeping arrangements
- Will break up in groups to fish

### Penns Creek - June 5<sup>th</sup> to 7<sup>th</sup>

- Contact Steve Larson 215-822-1511 for information
- Make reservations at The Feathered Hook, Colburn PA 1-814-349-8757
- Breakfast included
- Dinner usually on the Grill at the Feathered Hook, everyone splits the cost
- Guides available, Contact Feathered Hook

### Delaware River Trip II

- Late July, early Aug.

### Lake Fishing Day

- Tentatively scheduled for Oct 3rd

### Cast and Blast

- Tentatively scheduled for Oct. 17<sup>th</sup>

## “What makes Trout Feed?” - continued

(Continued from page 6)

therefore, have some kind of logical explanation; but what?

A trout's sensitivity to light or light tropism comes to mind. We all know that trout will instinctively find a lie where it can catch food but seldom will a fish abandon a protected and shaded area just to catch food. Their need for shelter and their sensitivity to light can even overcome their need for food. But we have also seen times when they will feed freely in full sunlight without showing any signs of discomfort. In springtime a sudden burst of sunlight will even bring on a feeding session, so their sensitivity to light, even though strong, can be overlooked when influenced by some other overpowering stimuli.

You might also say that, “the trout only feed when the hatches are in progress”. In general, that is somewhat the case for they can't eat what is not there; the food must be available. Again, we have all seen too many exceptions to be able to form such a simple rule that we can accept wholeheartedly. I personally have seen significant hatches in early springtime that failed to move a single fish and I seen times when no hatch was evident and the trout foraged for long periods of time. What

else could be the cause?

Barometric pressure has long been attributed with having almost mystical powers over trout and other fish. Some subscribe to the theory that the fish only feed during a rising barometer; others feel that fishing is only good when it is falling. It's hard to be sure if it's influence is real but it would seem to me that a trout would experience a far greater body pressure change simply by moving up or down in the dense environment in which it lives; the water. It is entirely possible that the relationship between trout feeding periods and the barometric pressure exists because the barometer does correspond to changes in weather (and, in turn, temperature).

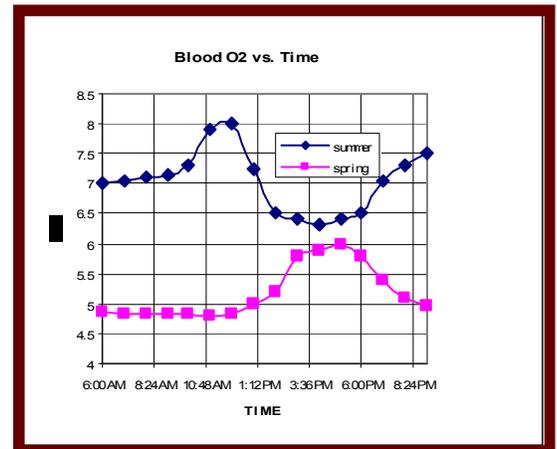
Because of my background as a thermophysics engineer, I became interested in the thermal effects on the trout's metabolism and, therefore, on their eating habits. It's no secret that their activities are strongly influenced by temperature, but it's not obvious as to why. After reading a few articles on trout's sensitivity I still didn't seem to be any closer to understanding the real connection.

In March of 1988 FLY FISH-

ERMAN ran an article by Leonard M. Wright, titled, “When Trout Feed.” In the article he discusses the interdependence of dissolved oxygen, trout gill efficiency and trout metabolism as related to temperature. He talks about the optimum temperature of 63 °F and how water actually loses oxygen as the temperature rises.

The graph below shows how a trout's blood oxygen varies during the day as a function of time and season. The data was derived from Mr. Wright's work.

Notice how the blood oxygen distinctly peaks at about 4PM in springtime and then peaks twice a day in summer. These would be the times that you would expect more activity. Sound right? I'll say!



## Local TU Club Offers Trout License Plates



The Pennsylvania Council of Trout Unlimited is offering a Brookie License plate for the front license plate mount of your car. It looks like they can be attained via their website for around \$22. The artwork is by Scott Wilson of the Oil

Creek chapter of TU. See Ed Emery for details.

[http://www.patROUT.org/Back%20the%20Brookie/Back\\_the\\_Brookie\\_Plate.htm](http://www.patROUT.org/Back%20the%20Brookie/Back_the_Brookie_Plate.htm)



**MAIN LINE FLY-TYERS**

Greater Plymouth Community Center  
2910 Jolly Road  
Plymouth Meeting, PA 19462

Club Officers:  
President: Steve Birkenmaier  
Vice Pres.: Gil Learn  
Treasurer: Frank Howard  
Newsletter: Dwaine Glidden  
Secretary: Al Kotake  
Librarian: Jim Costello  
Website: Mike Ebner

submit newsletter items and suggestions to:  
dglidden43@verizon.net

**We're on the Web**  
[www.mainlineflytyers.net](http://www.mainlineflytyers.net)

## Driving Directions:

### From Pennsylvania Turnpike (I-276)

Take Exit 333 (Norristown - old exit 25). At the end of the ramp, turn left onto Plymouth Road. At the light, turn right onto Germantown Pike West. Continue approximately one (1) mile, through four (4) traffic lights (not counting the left hand turn light at Sandy Hill Road). At the fifth light, turn right onto Jolly Road. The Community Center is on the right at 2910 Jolly Road.

### From Blue Route (I-476)

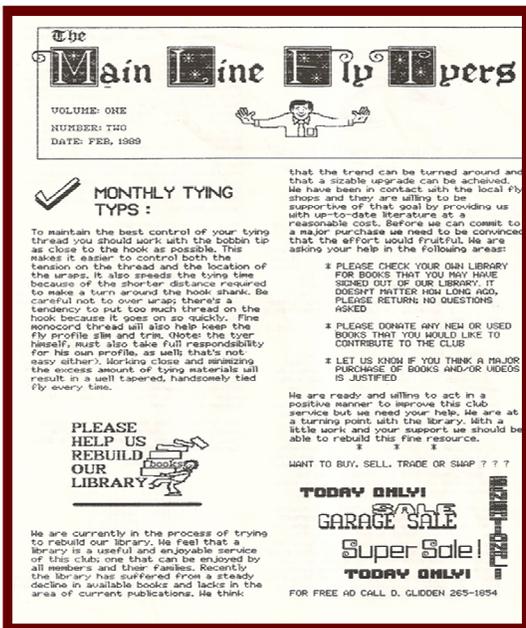
Take exit for Germantown Pike West (Exit 20). Continue on Germantown Pike west for approximately one (1) mile, through five (5) traffic lights (not counting the left hand turn light at Sandy Hill Road). At the fifth light, turn right onto Jolly Road. The Community Center is on the right at 2910 Jolly Road.

### From Route 202

Follow Route 202 to Germantown Pike. Travel EAST on Germantown Pike, through five (5) traffic lights. At the next traffic light, approximately half a mile, turn left onto Jolly Road. The Community Center is on the right at 2910 Jolly Road.

*Meetings held on third  
Thursday of the month  
starting at 7PM*

## Back Casts—"What Makes Trout Feed?", we still wonder!



Copy of our Newsletter from 1989  
(It was just two pages back then)

*This article is a reprint of one that appeared on the back page of our newsletter in February of 1989. It addresses the age-old question that we've all asked at one time or another—"What makes trout feed?". After an additional twenty years of fly fishing, it's still a question that sometimes comes to my mind when faced with the unpredictable behavior of our worthy quarry. It's one of the great mysteries of this sport and may be one of the reasons that we don't seem to get bored with this awesome pastime—we may never solve all of it's secrets. -Editor*

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### "What Makes Trout Feed?"

By D. Glidden

One of the most fascinating and intriguing things about trout fishing is how quickly a seemingly barren stream will suddenly come alive with hungry trout, feeding freely almost everywhere you look and how fast that same frenzy will abate. It seems, at times, like every trout within miles has come running, as if for their last meal. For those of us who have fished for years, this type of erratic behavior has been witnessed enough times that it is possible to conclude that this is more than just a freak-of-nature and must,

(Back cast to page 5)