



Riffles

The Monthly Newsletter of the
East Jersey Chapter of Trout Unlimited



Volume 40

June 2010

Rehabilitators

We, who spend more time walking on mud, twigs, rocks and natural earth than the average people who spend more time on concrete, are more likely to come across disabled wildlife. Sometimes it's an injured bird and at other times it might be abandoned offspring. What are we supposed to do when this happens? One of my sons once found a hairless, sightless baby squirrel; he raised it to full maturity and then released it in a properly prepared nest box but this is not the recommended course of action.

New Jersey has a number of volunteers, known as wildlife rehabilitators, who can answer questions and, if necessary properly care for sick, injured and orphaned wildlife. These volunteers, who donate their

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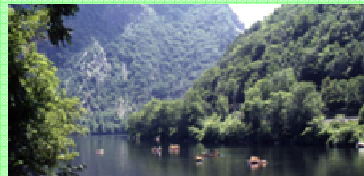
When: June 9 at 7:30 PM

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

June Speaker Kevin Smaracko

The official beginning of Summer, the Summer Solstice, is on June 21 this year. What could be more appropriate than to have a speaker who can tell us about summer fishing on one of the biggest rivers in the area – the Delaware.

O u r
J u n e
s p e a k e r
w i l l b e
D e l a -
w a r e



River Club guide, Kevin Smaracko, who will give us advice on "Summer Fishing on the Delaware

EJTU Calendar

Advise Rich Malizia of changes to calendar events (E) at 973-304-0789 or remqcp@optonline.net; let Ed Higgins (easyedh@gmail.com) know if you are interested in fishing trips (F) well in advance because openings are limited and reservations must be made in advance. Get your money in as soon as possible or someone else will take your place.

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

- June 5/6 - (F) Picnic/fishing at Catskill Fly Fishing Museum
- June 12/19 - (F) Twin Maples, Block Island, RI (Trip filled but a standby list may be set up.)

July/August – (E) Probable "Boulder Propping" on the Ramapo and a Dunkerhook Clean-up

Ramapo River Day June 12

School groups, scout troops and youth groups are invited to attend an environmental education program sponsored by East Jersey Trout Unlimited and Ramapo College faculty.



When: Saturday June 12, 2010 from 9:30 am to 12:30 pm rain or shine

Where: Halifax Road at the Ramapo river in Mahwah, NJ (behind the

Ramapo College tennis courts off Route 202)

Who can attend: fourth grade through high school aged children
You will learn about the things that live in and grow in the Ramapo watershed, what makes a healthy environment and what you can do to protect it. Catch and identify bugs, do water chemistry experiments, learn about non-point source pollution and botany. Try fly casting and observe fly tying.

For more information contact Rich Malizia at 973-304-0789 or

remqcp@optonline.net

The program is offered free of charge but attendance is limited so please reserve your spot soon.

Advance registration is required.

A few of our usual EJTU volunteers will not be able to assist with this Ramapo River Day, so Rich needs some extra help this year. If you've never helped on this event, call Rich and come on out on June 12.



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

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

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

How to contact us: Website <http://www.eastjerseytu.org> Mailing Address: East Jersey Chapter, Trout Unlimited Box 366 HoHoKus, NJ 07423-0366
For Membership Information call Ken Barile at 201-391-9214 or email to: kenbrile@optonline.net.
For Information on trips and other Chapter Activities go to www.eastjerseytu.org
For East Jersey and National Trout Unlimited information, visit our website at <http://www.tu.org>. Go to chapter number 091 and you will get the latest information about our chapter.
Riffles is your publication so we invite and encourage every member to contribute articles, tips, and stories. The articles may relate to trout, trout fishing, fishing in general or conservation but all articles are published at the discretion of the editors and should meet EJTU standards regarding protecting our environment and the merits of 'catch and release' techniques. Pseudonyms may be used but the editors must be informed of the name of the member who writes the article. Email to raycapp@optonline.net

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time, are licensed by the NJ DEP's Division of Fish and Wildlife and do not charge for their services. They treat and care for wild animals until they can be released into the wild. Since 1998 the number of rehabilitators has dropped from 98 to fewer than 40 but those who continue to volunteer manage to rehabilitate 16,000 animals and answer 46,000 phone calls per year.

To become a licensed rehabilitator applicants must prove that they have the proper knowledge and ability to care for the animals that are brought to them from the time that they are accepted until they are ready to be released. New rehabilitators must also serve a one year apprenticeship.



For more information on the state's rehabilitators, as well as links for contacting them and learning more, visit <http://www.njfishandwildlife.com/artrehab10.htm> on the Fish and Wildlife's website.

Welcome to May 2010's New Members

- | | |
|------------------|---------------|
| Leszek Dlugosz | Bayonne |
| Lawrence Dooley | Bayonne |
| Robert Girardi | Ringwood |
| William Grosser | Hawthorne |
| Parker Gundek | Ridgewood |
| Gregory Maher | Cedar Grove |
| Robert Plavan | Paterson |
| Brian Shuke | E. Rutherford |
| Stan Stoler | Westwood |
| Roy Taverner | Hillsborough |
| Lawrence Tobias | Dumont |
| Thomas Wiggins | Guttenberg |
| Steven Wiszowaty | Little Falls |

The Web Site

EJTU's web site - schedules for our many activities, photos, information about the chapter and its officers as well as links to an array of informative and interesting web sites.

It's easy to get to! Just enter www.eastjerseytu.org into your web browser.

Cell Phones For Seniors

Essex County is teaming up with CellPhoneBank.com to collect and reprogram used cell phones for emergency calling and distribute them to eligible seniors.

You can help by donating your unwanted cell phones and chargers at any of these four locations:

Essex County
Division of Senior Services; 50
South Clinton
St., Suite 3200,
East Orange,
NJ

Essex County
Environmental
Center; 621B
Eagle Rock Avenue, Roseland,
NJ

Essex County Codey Arena;
560 Northfield Avenue, West Orange, NJ

Essex County Hall of Records;
465 MLK Blvd., Room 408
Newark, NJ

Donations will be accepted
through December 2010

For more information, call 973-395-8375

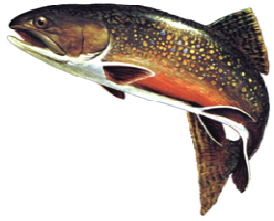


All the romance of trout fishing exists in the mind of the angler and is in no way shared by the fish.

~ Harold F. Blaisdell, *The philosophical Fisherman, 1969*

The Brook Trout

The brook trout, sometimes called the eastern brook trout and also known as the speckled trout or squaretail, is in the salmon family and is actually a char. While it is native to small streams, creeks, lakes, and spring ponds in a wide area of northeastern North America, some are anadromous.



Brook trout have a green to brown basic coloration with a distinctive marbled pattern (called ver-

miculations) of lighter shades across the flanks and back and extending at least to the dorsal fin, and often to the tail. There is a distinctive sprinkling of red dots, surrounded by blue haloes, along the flank. The belly and lower fins are reddish in color, the latter with white leading edges.

Brook trout can be separated into two basic ecological forms: a shortlived (3-4 years), small (8 to 10 inches) form, typical of small, cold stream and lake habitats and a long-lived (8-10 years), large (9 to 13 lbs), predaceous form associated with large lakes, rivers, and estuaries. However, the maximum recorded weight is 14.5 lb and there are reports of 15-year-old specimens observed in California habitats.

Brook-trout populations depend on cold, clear, well-oxygenated water of high purity and a narrow pH range, being sensitive to poor oxygenation, pollution, and changes in pH. Because of this they serve as indicators of the health of the watersheds they inhabit. Strong wild brook trout populations demonstrate that stream or river ecosystem is healthy and that water quality is excellent.

The "Brookie's" diverse diet includes crustaceans, frogs and other-

Aunt Dickie's Helpful Hints

Are your light duty extension cords and small lines (like the parachute cord some of us use on canoes and kayaks) often tangled?

Loop the wire or line so it's a coil about eight or nine inches long and then stick it into a cardboard tube on which toilet paper



was rolled or half of a tube from a roll of paper towels. It makes a neat package and if you happen to tear the cardboard there is a large supply of tubes that otherwise would be thrown into your recycles.

amphibians, insects, molluscs, smaller fish, and even small aquatic mammals such as voles, worms and flies.

As early as the late 19th century, native brook trout in North America became extirpated from many watercourses as land development, forest clear-cutting, and industrialization took hold. Streams and creeks that were polluted, dammed, or silted up often became too warm to hold native brook trout, and were colonized by transplanted smallmouth bass and perch or other introduced salmonids such as brown and rainbow trout. Brook trout populations, if already stressed by overharvest or by temperature, are very susceptible to damage by the introduction of exogenous species.

However, despite their seemingly precarious existence, native populations of brook trout continue to populate a few small streams in heavily-populated northern New Jersey. One of the streams, that lies about four miles from New York City, flows between Bergen County homes but holds native brookies that have been there since the ice age.

The Library Display

It is June and Doug has once again moved the EJTU Library Display.

For the month of June North Arlington will host our display. Why don't you stop by and take a look at it?

And, if your local library has a suitable space and would like to have our display for a month, give Doug a call.

Want to Sell or Buy Something?

Quite often EJTU members have excess equipment that they would like to sell while others, who are looking for a particular piece of equipment, would prefer to get it used to keep the cost down.

If you are in either of these categories, let the Riffles editor (raycapp@optonline.net) know about it and we can place your ad here.

Fly of the Month

June - The hatches we dreamed of all winter are in full swing.

The Mayflies, both large and small, have got our attention. March Browns, Green Drakes, Sulfurs, & Olives have all been getting the trout's attention as well.

The next time you come home from a days fishing and sit down at your vise to refill your fly box, how about tying a dozen extra for your chapter.

Tie up one of these, or any other pattern, and turn them in at the next meeting. You will receive 10 points and an entry into the drawing for every dozen flies you turn in. More importantly, you will be helping your chapter raise funds for our various projects.

The chapter's fly inventory is still quite lean, and we need your help in getting it rebuilt. If you can't make the meeting, mail your flies to the chapter P.O. Box or turn them in to any director.

Sun Damage!

This is not a fun topic but, because most of us spend more time in the sun than other people, we should be more wary of skin cancer.

As I've written before, I was lucky to have visited a dermatologist who discovered a melanoma on my back. Because of this, I go back to the dermatologist every six months for a "full body check"; The check is not invasive, there's neither pain nor discomfort, and, when you are told to go home and come back in six months, it's a relief.

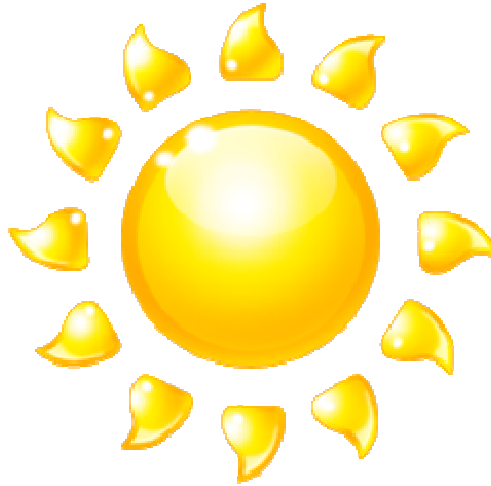
If you would like to find out more about skin cancer before you visit a dermatologist, the American Academy of Dermatologists has a web site devoted solely to skin cancer issues - www.skincarephysicians.com/skincancernet/. The site's page devoted to prevention prevents the following sun-related information.

Most skin cancer can be prevented by practicing sun protection, according to numerous research studies. The American Academy of Dermatology recommends the following sun protection practices:

1. Avoid deliberate tanning, whether in the sun or in a tanning bed.
2. Get your Vitamin D safely through a healthy diet and vitamin supplements.
3. Generously apply sunscreen (at least 30 SPF) to all exposed skin every day
4. Wear protective clothing and sunglasses where possible.
5. Seek shade when appropriate, particularly between 10 AM and 4 PM

- 6 - Use extra caution near water, snow and sand.
- 7 - Check your birthday suit on your birthday.

In addition to causing cancer, the sun's UV rays also cause:



- Premature aging of the skin.
- Immunosuppression, or weakening the body's ability to protect itself from cancer and other diseases.
- Cataracts and macular degeneration. (There is no cure for macular degeneration, the leading cause of blindness in people 65 and older)

After visiting the dermatologists' site you may want to visit the Federal Government's EPA site that is devoted to sun issues, www.epa.gov/sunwise. The site presents a wide variety of information and links and one of which, "[What's the UV Index today?](#)" will tell you , on a scale from 1 to 11 (that was developed by the EPA along with the National Weather Service), the predicted strength of solar radiation

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anywhere in the United States.

If you want finer detail than that presented in the US map you can enter your zip code and you will get the index for your town. Further, if you don't want to visit this site every day, you can download a phone app that will send you your index every day.

▶ Slip! Slop! Slap!®

Australia has the highest incidence of skin cancer in the world. To make it easy for Australians to remember how to protect their skin, The Cancer Council Victoria coined this catchy slogan: Slip! Slop! Slap!

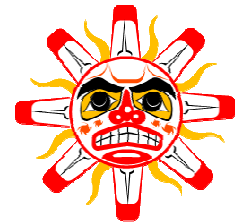
Maybe it can help you remember the essentials of sun protection. Here's what it means:

Slip! – Slip on a shirt.

Slop! – Slop on sunscreen.

Slap! – Slap on a wide-brimmed hat.

The Cancer Council Victoria (Australia) is the registered owner of the trademark Slip! Slop! Slap!®



Dermatologists agree that the Australians' use of the word "slop!" accurately describes how sunscreen should be used. Most people don't apply enough sunscreen to protect against harmful ultraviolet (UV) radiation. One ounce, enough to fill a shot glass, is considered to be the amount needed to cover the exposed areas of the body properly. So when applying sunscreen, remember to "slop!" it on.