



Lateral Lines

Volume 13, Issue 1

February 2008

Newsletter for the Winchester Chapter of Trout Unlimited

www.vctu.org/winchester

February Chapter Activities:

Thursday, Feb. 7th

6:30 PM – BYOD (Bring Your Own Dinner), social time and fish story/lie-telling-session

7:00 PM – Chapter Meeting

**Location: Gander Mountain Store Winchester, VA
251 Commonwealth Ct
Winchester, VA 22602
(540) 868-9312**

For Directions go to: <http://www.gandermountain.com>

Saturday Feb. 9th

Chapel Run work session: 9am-12pm

Editor's Comments

By Don Carter

For those of you who take the time out of your busy lives to read this newsletter. You have probably noticed that there are a few individuals who contribute content on a regular basis. As we begin to settle in to our routine for 2008, I wanted to take a moment to thank the people whose words you see below. Not only do they make this newsletter possible, but they also set a fine example by their steadfast dedication to the TU cause. If you get a chance to attend a

meeting or a work session you can witness this dedication first hand. I, for one, have resolved to make a better effort for TU in 2008. I hope you do too.

Please remember that all members are welcome to submit content for the newsletter. This month we see the second installment of "Fishin in The Kitchen". I hope to see others. I wish all of you health and happiness in 2008.

Trout in the Classroom

By Mark Zimmerman

We're still climbing the learning curve with our TIC program, but it doesn't seem quite as steep now. Our teachers and classes have had some real successes, and a few unfortunate problems. The brook trout eggs hatched well at all four schools, and everyone had free-swimming, feeding trout before the winter holiday break. The parr at Frederick County Middle School and Millbrook High are thriving, have grown to about 1 ½ inches long, and are very active. Here are a couple of pictures from the tank at FCMS:



During the break, there was a multi-day power failure at Sherando High, and they lost all of their fish -- they've decided to wait until next fall and try again. And at James Wood High, the majority of their fish died before, during and after the break due to high ammonia levels in the water. The teacher at JWHS was being very diligent about monitoring the water and doing daily

1-gallon changes, but the ammonia levels stayed high. After much consultation with TIC coordinators from other states, we now believe that the problem may stem from a lack of river rocks in the tank bottom, along with too frequent water exchanges, which effectively prevented the proper colonization of bacteria needed to establish the “nitrogen cycle.”

In aquariums, the nitrogen cycle eliminates ammonia from the water. The ammonia [ionized (NH_4^+) and un-ionized (NH_3 , which is toxic to fish)], which is excreted by the trout and also comes from decomposition of the food, is converted to nitrite (NO_2 , also toxic) by bacteria called *Nitrosomonas*. Another group of bacteria, called *Nitrobacter*, convert nitrite to nitrate (NO_3), which is only toxic to fish at extremely high levels.

In a new aquarium, the bacteria need to be added to the system, which is where the river rocks come in – they already have populations of bacteria, so they help “jump start” the process. At FCMS, the tank already had rocks and had been used for several years to raise warm-water tropical fish. At Millbrook, the students collected rocks from Redbud Run in early November and put them in the bottom of their tank. So we’ve now done the same for the tank at James Wood, and once we get the environment there stabilized, we’ll transfer some fish from FCMS to the JW tank.

The TIC program is also running well state-wide, and we now have about 60 tanks raising trout in Virginia. The majority (~ 35) are in the Martinsville area, where Dr. David Jones started the project 3 years ago and where they raise brown trout for release in the Smith River, a tail-water below the Philpott Reservoir. They had some interesting “anomalies” this year from their fertilized eggs, which we didn’t see with the brookies – here’s a picture of a two-headed alevin that hatched at one of the Martinsville schools:



Middleburg Fishing Show

The Rapidan Chapter of TU will again sponsor their Annual Fishing Show on Sunday, February 10th from 9:30 a.m. until 4:30 p.m. The event will be at the Middleburg Community Center, 300 West Washington St. (Rt. 50, next to BB&T), Middleburg, VA. Admission is \$5, and the Keynote Speaker this year is Walt Cary, who will be talking about tying perfect poppers. There will be hourly door prizes, bottle raffles, and a limited-ticket raffle for a fly fishing trip to Yellowstone. In addition, the Grand Prize raffle has several premium rods, a Sea Eagle 8 inflatable boat, and a \$300 gift certificate to Dick's Sporting Goods. For more information contact: Fred Kallmeyer, 703-753-7625 or FredKall@aol.com.

Chapel Run Update

By Bud Nagelvoort

Had a cool day work session on the 12th of January, so cool only three of us enjoyed the fresh air - Robert, Scott and Bud - but we moved three big rocks to provide a standing place just upstream from McAllister II for filling the feeder and wired in another cover log at Red Tire. On the 7th Bud and Robert had placed 21 nice 15 1/2 to 18 inch rainbows from Orndorff's mostly at McII and Christmas tree pools. To our dismay on the 12th we spotted a dead 15 1/2 incher in the shallows just down from McII. It was apparent she had been spiked at the base of her gill plate by a Great Blue Heron and had bled out. It was also apparent she was too big for the Heron to eat. Dang! Full of spawn, too.

However, on Jan. 24th, while filling the feeders and changing the settings from 3X per day to 2X per day as we taper off in bribing the fish to stay with us, Bud made a couple casts at the dam in the presence of Mark and recruit Eric Olmstead from Charlestown and had a biggie on long enough for some Ohs and Ahs before the hook came out. WILD FISH! And we saw several more. The feeders are now set for noon and 4 PM so fishing in the morning should be best. We'll change the settings to 1X in another couple weeks - probably for 5 PM as the days grow longer.

Next work session will be Feb. 9. We have a huge spruce log with a nice curve to place as bank protection at Blue Bell V. Will require skillful use of the cable and turnbuckle and movement of some big boulders, but the work will be within a few feet of the present location of the log and rocks so we shouldn't wear anyone out more than usual. 9-12. if anyone wants to fish before the session they are welcome. Got to tell you, though, these new fish will be hard to photo.

Feb. 1 follow-up. Fished for a couple hours on Jan. 30. Saw one fish at Christmas tree who wouldn't take. Watched at the dam when the feeder operated at noon, but no feeding fish observed. Saw a streambed with caddis casings just about everywhere I looked. Zillions of them. Opened one and stared at a 1/2 inch long fat larvae. Saw a small pile of feces at Nothing V that may have been river otter. Did not examine closely to check for fish bones and scales, but will look again next time there for evidence. Should have taken pic so you could all enjoy, but probably would not have impressed without fragrance. If we have an otter it would explain disappearance of big fish.

Redbud Update

By Bud Nagelvoort & Jim Lawrence

Bud's comments - Wayne Seipel called on Jan. 22nd to advise he had found 10 10-12 inch dead rainbows on a snow bank next to the road by his place and on the 21st found three smaller rainbows next to his mail box. With Stan's arson investigation mind working on this he suggests it may be someone trying to send a message to DGIF and us related to the loss of 4 wheeler trails and resentment at losing privacy, etc., and determining to catch all the rainbows out of the DGIF stretch to make it unattractive for fishermen/women. Carl says there weren't larger rainbows at DGIF stretch so it should be stocked fish caught at Seipel's. But Manny has quit stocking as far as we know. Very strange. No provable thoughts, of course, but who else would have an interest in such stupid action? We do need special regs. making it illegal to keep fish from that stretch so there would at least be a basis for prosecuting/fining/warning anyone who might get caught doing the dumping, if found taking fish from DGIF waters.

Jim's comments: I am scheduling a Work Saturday at the DGIF property for Saturday March 1. Please ask folks to contact me if they are interested. We will tackle projects in accordance with number of volunteers. I envision cleaning up around Bobby's and the barn and removing old fencing along the stream.

Bud's comments: Jim also indicated DGIF had done some surveying to better define McTiernan's property boundaries. And probably the most important fence removal would be the chain link fence at Bobby's so that stream could be entered above the closed bridge on that side.

Other News and Info

Virginia Council Winter Meeting

The VCTU winter meeting will be held on Saturday, February 16th, 2008, starting at 10 a.m. in the Odom Room of Clark Hall on the UVA campus in Charlottesville (for directions go to www.VCTU.org). The agenda will include: new leadership at VDGIF, plans for VCTU's new website, conservation projects in the I-81 Corridor (I-CARE), and presentation of annual awards. Our Winchester chapter has been nominated for a Council Award for Excellence.

8th Annual Virginia Fly Fishing Festival

Make plans now to attend the 8th Annual Virginia Fly Fishing Festival on April 19-20, 2008. Held on the banks of the South River in Waynesboro, the Virginia Fly Fishing Festival is the largest fly fishing event in the state and draws anglers from across the Mid-Atlantic. Here's where you can learn all the latest techniques and gear and then walk right over to the river and try them for yourself. The highlight of the weekend is the Festival VIP Dinner, where this year's recipient of the Virginia Fly Angler of the Year Award will be announced. Tickets for the dinner are \$35 apiece and sell out well in advance of the festival. Last year many attendees also enjoyed small group casting classes with Bob Clouser, which are back again, so don't miss out. The \$75 fee includes admission to the festival. Noted fly anglers from across the mid-Atlantic

will speak and demonstrate fly casting at the 2008 event, including Bob Clouser, King Montgomery (2005 Virginia Fly Angler of the Year), Dusty Wissmath, Capt. Brian Shumaker, Capt. Gary DuBiel, and festival artist Bill Bolin. Also, Beau Beasley, author of "Fly Fishing Virginia: A No Nonsense Guide to Top Waters," will officially release his book to the public. Beau will be speaking and autographing copies of his book.

The festival will again host its very popular "On the Water Instructional Tent" Captain. Cory Routh, a noted kayaking expert, will offer classes on how to manage and outfit your kayak for fly fishing. Also, take a spin down the South River on one of Hog Island Boat Works latest water crafts. Between demonstrations and lectures, sample fine wines from eight of Virginia's noted wineries (tasting included with festival admission) while you listen to live riverside music.

Daily admission to the festival is \$12 per person \$20 for a weekend pass. The festival runs from 9 AM-5 PM on Saturday and Sunday. For more information about the festival, or to buy festival t-shirts and advance.

tickets visit www.vaflyfishingfestival.org.

Fishin in the Kitchen

By: Bill Prokopchak

Trout with Lavender

This simple dish matches the subtle flavor of trout with the aromas of Provence.

Serves Two

Preparation time 4 hours (not counting the time it took you to catch the trout)

Cooking time About 4 minutes

Ingredients

4 Tablespoons Salted butter (I use good quality salted butter, but add no salt at the table.)

2 Tablespoons Food-grade lavender buds (I use lavender from www.spicehunter.com the phone number is 800-444-3061.)

4 Fillets Trout (approx. 1 pound)

Preparation

Place the trout fillets on a plate and sprinkle half of the lavender on the four trout fillets. Very gently, press the lavender onto the fillets. Turn the fillets over and sprinkle the rest of the lavender on the other side each fillet.

Cover the fillets with plastic wrap and place them in the refrigerator for at least 4 to 6 hours to let the lavender flavor and aroma penetrate the fish.

Before Frying

Gently remove most of the lavender from each trout fillet. (I use the back edge of a knife to scrape off most of the lavender. Since trout has a very subtle flavor, you don't want the lavender to overwhelm the trout and the butter.)

Frying

Place the butter in a heavy skillet and heat the butter to frying temperature.

Fry each fillet in the butter until the fish is completely cooked. (I fry this dish at a higher temperature to both cook the fish and give it a slightly golden color from the caramelized butter.)

Note

This recipe is my own creation based on the wonderful things I learned about cooking with lavender at the culinary school at Mas de Cornud, St. Rémy de Provence, France.

Wine

To make this very special dish even more amazing, serve it with a nice Prosecco like Montello E Colli Asolani from Montebelluna, Italy, available at a remarkably reasonable price at the Salut  wine shop on the Downtown Mall, Winchester, VA.

Beer

If you prefer beer with your trout, try a very simple American lager.

Or, for a real taste treat, try Leinenkugel's Sunset Wheat beer with this dish.

Chapter Officers

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