



# THE TRAILS



The Forbes Trail Trout Unlimited Newsletter • Spring 2017

## FTTU VETERANS' PROGRAM

### Help a Disabled Vet Learn to Fish

Some of you may have read about "Project Healing Waters Fly Fishing, Inc.", a nonprofit organization that gives disabled active military and veterans an opportunity to fish as part of a rehabilitation program. There was an article about the program in a recent TU magazine. FTTU has discussed the possibility of offering similar services at our chapter level. We're attempting to determine the level of interest and what resources we might need should we decide to move forward.

FTTU has over 400 registered members. We suspect many of our members are military veterans. By way of this newsletter, we are asking members, whether they are veterans or not, if they would be interested in helping us develop an outreach program for wounded vets. It could be something as simple as extending an invitation to disabled vets for regularly scheduled events. Or, depending upon the level of interest, we might

design an activity, such as a fishing derby, exclusively for them. We're in the brainstorming stage at this point.

If you are a member of a local American Legion, VFW, AMVETS or other veterans' organization, or just know of a disabled vet, you can help us get started. Ask around to see if disabled vets would be interested in some type of fishing or fly-tying program and let us know. They would have to provide their own transportation. But we would make sure any event would have ADA access. FTTU already has a number of rods, reels and equipment. We would make every effort to pair the vet with one of our members for assistance and instruction.

Not all disabled vets have an interest in fishing or fly-tying. But some may have a strong interest and are just waiting for an opportunity. If you have ideas on activities, how to reach out to disabled vets, or would like to volunteer with events, please let us know.

*If you are interested in getting involved as a participant or helper, contact Larry Myers 724-454-9345 myersld@comcast.net*

## FTTU SPRING SCHEDULE

### April Meeting

April 19, 2017 –Getting Ready for 2017 Trout Season: 7:00 p.m. Nimick Family Education Center (see back page for directions). Our own Dr. Lou Izzo, chapter director and former president will advise us about the danger of ticks, Lyme disease and treatments. We'll have an in-door fly casting refresher with Lefty Kreh's TCO practice rods, and a Q&A about including Veterans in our 2017 programs. And, we'll set some dates for water quality monitoring in Linn Run State Park.

### May Meeting

May 17, 2017 – Our annual stream-side meeting at the swinging bridge in the DHALO section of Loyahanna Creek in Ligonier. Arrive early and do some fishing or help with a litter pick-up of the upper DHALO section. FTTU will be at the Nature Trail parking lot at 5:00 p.m. with garbage bags. Business meeting will be at 7:00 p.m. at the bridge.

### June Meeting

June 21, 2017 – Lincoln Highway Experience (Kingston) (COME EARLY 5:00) Eat at LHE Supper Market and get an expert fly casting lesson and cast a bamboo fly rod if you'd like!

### Other Events

**May 11, 8:00 a.m.** our chapter will help our Trout in the Classroom teacher Patrick Roberts with his field trip for Greater Latrobe Junior High. Location is Rotary Park in Youngstown (VOLUNTEERS NEEDED). We'll help fly fishing demonstration and stream-side activities. Pizza lunch will be provided.

**May 16, 8:00 a.m.** our chapter will help our TIC teacher Lynn Adamerovich with her field trip to Linn Run State Park. Meet at Adams Falls parking lot, LRSP. We'll help students collect and identify macroinvertebrates. If you want to know about trout bugs and watch a stream shocking to count fish, this is your chance to learn from experts!

**April 19** ..... Monthly Meeting - Lyme Disease, Veterans Program  
.....and Indoor Fly Casting - 7:00 p.m. NFEC, Ligonier

**May 17** ..... Stream-Side Meeting Litter Pickup & Fishing  
.....Swinging Bridge on Loyahanna Creek, Ligonier

**May 11** ..... T.I.C. Field Trip - Latrobe Junior High  
.....Volunteers Needed - Rotary Park, Youngstown

**May 16** ..... T.I.C. Field Trip - Ligonier Middle School  
.....Volunteers Needed - Linn Run State Park

**June 21** ..... SupperMarket - LHE, Route 30 Latrobe  
.....Come for dinner and fly casting with FTTU 5:00 pm

Visit [forbestrailtu.org](http://forbestrailtu.org) for info on cancellations or changes.

## PRESIDENT'S MESSAGE

"TU doesn't just talk about making trout fishing better, they get things done". That's praise from a noted fly fishing guide about our work. This Spring we'll be back at it; volunteering with school kids, monitoring the habitat and water to determine our next trout stream restoration project, and getting more folks, especially veterans, out on trout streams. We know the personal benefit of a sense of mission shared by like-minded outdoor lovers. Many others don't appreciate just how much there is to learn, and how much satisfaction comes from TU programs. Consider inviting and bringing a beginner to join us. Remember, all our events and meetings are open to the public. We don't check membership cards!

Monty Murty

# COLDWATER CONSERVATION CORPS TRAINING

## New Protocols For Macro Sampling

In November of 2016, representatives of FTTU along with members of Chestnut Ridge and other TU chapters participated in a day long water quality training session at the Ohiopyle State Park Visitor's Center. The training was led by Jacob Lemon the Mid-Atlantic Angler Science Coordinator for Trout Unlimited and focused on macroinvertebrate collection and identification.

The water quality of a stream can be evaluated by the number and species of aquatic organisms found in kick-net sampling. Some species are classified as pollution tolerant while others are classified as pollution sensitive. Streams with primarily pollution tolerant species generally have lower water quality even if the numbers of organisms sampled are high. During the training, we learned to identify macros to the taxonomic rank of Order - detailed enough to separate the pollution tolerant from intolerant but easy enough to do with the naked eye or hand lens. An index is then applied to the sampling results to determine the water quality of the stream.

After the classroom session, we went streamside to do an actual sampling on Meadow Run. The method for collection we used involves a 1 meter square net held at an angle in a carefully selected area of the stream which includes riffles and a good cobble/gravel substrate. While one person holds the net another kicks up the stream bed and brushes off the larger rocks of a 1 meter square area directly upstream of the net. The macros are knocked loose into the current and are swept downstream and into the net. The net and its contents are moved to a sorting area next to the stream where we identified and sorted our catch into trays. The organisms were counted and classified into three groups of pollution sensitivity. From these results we were able to calculate a score for the stream and determine if more net samples were needed based on the numbers and variety of organisms collected.

Macroinvertebrates are useful indicators of the general health of a stream and respond to sedimentation and habitat loss as well as chemical and biological pollution. We plan to take what we've learned and apply it to our home project waters. This is a fun and educational activity and we will be needing volunteers to help with our sampling. If you would like to get involved and participate in a similar training session, contact Scott Minster 724-593-0422 [sminster@pghmail.com](mailto:sminster@pghmail.com), or attend the April meeting.



Kick net collection of macros on Meadow Run

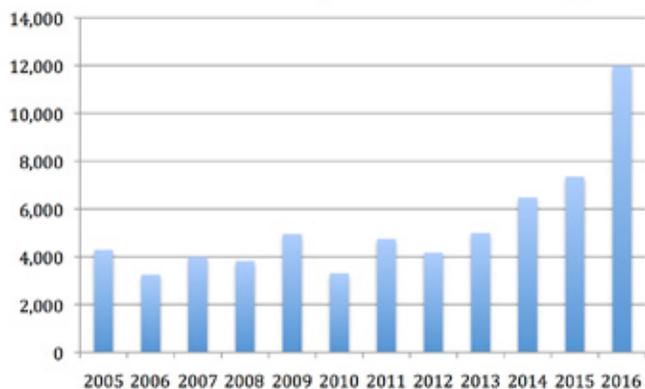


Sorting, counting and classifying



There are fair numbers of large stoneflies and mayflies in Meadow Run - high scoring species

### Confirmed Cases of Lyme Disease in Pennsylvania



of acorns, 6-10 times the normal amount. The abundance of acorns and mild winter temperatures are expected to cause a population increase in tick carrying mammals such as the white footed mice, the most prolific carrier of the tick. As we venture into the outdoors this spring and summer, it's important to learn how to protect ourselves and check for ticks and to know the signs of lyme disease. More information can be found at [. Lyme disease will be a topic of discussion at our April meeting. See page 1 for details.](#)

### LYME DISEASE CASES UP IN PA

Much has been written about Lyme Disease both here in *The Trails* and in the media over the past few years, but new and alarming statistics have been recently released by the Centers for Disease Control and Prevention. Pennsylvania led the nation in reported cases of Lyme Disease in 2016 and the trend is showing a sharp increase in recent years. This is important to know as fishing and outdoor recreation season is upon us. Lyme disease is transmitted by a tiny insect, the black-legged tick, that can be picked up by anglers or anyone moving thorough brush, high grass or wooded areas. Experts are predicting an even greater number of disease carrying ticks in 2017 because of a bumper crop of acorns that fell in the autumn of 2016. Last fall, red oaks produced a mast crop

## A Look Back... Linn Run Stream Work



George Daniel (left) and Dave Keller (center) of the PAF&BC get ready to pin a log being cut to size by Ken Vallino of FTTU



The same area of the stream today. One of the log vans is still visible beneath the fallen tree.

In 2004, FTTU along with Linn Run State Park, Outside-In and the PA Fish & Boat Commission completed a project on Linn Run which involved the installation of seven log vans designed to protect a severely eroded bank. Working with us on that project was George Daniel who at the time was an employee of the PA F&BC Habitat Unit. George went on to rack up a bunch of fly fishing honors including US National Champion, and winner of the Fly Fishing Masters Tournament. Daniel competed internationally with Team U.S.A. placing 5th in the 2006 World Championships. He also was head coach of Fly Fishing Team USA, coached the U.S.A. Youth Team and is the author of *Dynamic Nymphing* and *Strip-Set, Fly Fishing Techniques for Streamers*.

## CHAPTER ACTIVITIES WINTER 2017

### Officers

FTTU named officers for the next term. Monty Murty of Laughlintown is President, Denny Hess of Irwin is Vice President and Scott Minster of Derry Twp. is Secretary /Treasurer.

### Meetings

We had a good turnout when FTTU kicked off the new year with our first meeting on January 18 which featured our annual Fishing Trip Slide Show & Tell. We had slide shows from the South Holsten River, Tennessee; Alaska; Shenandoah National Park, Virginia and nearby locations such as the Yough River.

February 15th's meeting featured fly tying. We were able to put the chapter's fly tying equipment and materials to use and help some beginners learn to tie their first fly.

Our March meeting was cancelled due to the snow storm.

On March 11th, FTTU teamed up with the DCNR/ Forbes State Forest to put on a fly tying workshop at the State Forest facility in Laughlintown. FTTU President Monty Murty gave a "trout stream insects 101" presentation along with an introduction to Trout Unlimited. We then broke into small groups for some beginners fly tying lessons. There were 25 participants and 10 mentor/teachers. The program was a big hit and left the group anxious to learn more.



Everyone is hard at work at fly tying night at the Nimick Family Education Center (Above)

**THANK YOU!**

Many thanks to all those who made year-end contributions to FTTU and donations in memory of member Dan Grobe.

# THE FORBES TRAIL CHAPTER OF TROUT UNLIMITED

## CONTACTS

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Meeting Location

### The Nimick Family Education Center

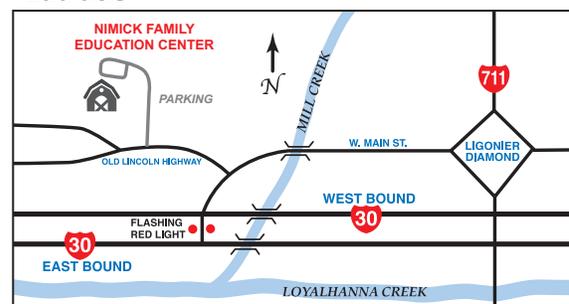
Directions: From the west, exit Route 30 at the first Ligonier exit. Cross the west-bound lanes at the flashing red lights and make the first left onto the Old Lincoln Highway. Make the first right onto the gravel road and proceed straight to NFEC located in the remodeled barn. There is limited parking at the barn and farmhouse. There is plenty of overflow parking in the Country Market area to the right of the gravel road.

## MEETINGS

**April 19**  
Lyme Disease and Veterans' Program  
7:00 p.m. - Nimick Center, Ligonier

**May 17**  
Stream-Side, Fishing & Litter Pick-Up  
5:00 p.m., Meeting at 7:00 p.m.  
Swinging Bridge, Loyalhanna Creek, Ligonier

**June 18**  
SupperMarket  
5:00 p.m. - Lincoln Highway Experience,  
Latrobe



For More Information: [www.forbestrailtu.org](http://www.forbestrailtu.org)