



# TVFF Club News

January 2019



**Program -January 17<sup>th</sup>, 7 pm**

**Spring Trip to Arkansas White River and  
Bass trip to Donovan Lakes, FFI Transition**

Larry Hice, TVFF Activities Director, will provide details for the White river and the Donovan Lakes trips.

Both trips are extremely cost effective and offer our members an opportunity to fish some of the best trout and bass waters available in the US.

Space is limited so bring your checkbooks. Deposits for the White River and the Donovan will be accepted at the January 17<sup>th</sup> meeting.

Debbie Hill, TVFF Membership Director, will provide an update on the transition of our members to FFI members.

## Updated Fishing Reports

[Great Smoky Mountains National Park](#) – Little River Outfitters (Daily)  
[White and Norfolk Rivers](#) – Cotter Trout Lodge (Weekly)

## In this issue

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\* The keyboard's HOME key returns you to this page

**Please make welcome  
our newest members**

**Keith Herron  
Sims Herron**

## This Month's Activities

- Jan 3 - BOD Mtg. 7pm Room 201
- Jan 10 - Fly Tying Social, 7pm at Orvis, BRIDGE STREET, **not at church**
- Jan 17 - Program 7pm Room 201 (see left )
- Jan 24 - 7pm Room 201 - Fly Tying, Gallagher Special



## TVFF Fly Tying Group



**Fly Tying Social for JAN 10<sup>th</sup> ONLY,  
LOCATION: Orvis Store in Bridge Street**

**Jan 10: Orvis Store in Bridge Street Town Center  
7 - 9 pm (early birds can come as early as 6 pm)**

**Held at Orvis in BRIDGE STREET, there will be no charge for this event**

This will be the first Fly Tying event for 2019 and something new for TVFF. We are calling it a Fly Tying Social hosted by Orvis in Huntsville. Orvis will provide space in the store and have loaner vises and tools. The purpose is education and outreach through fly tying. What better place to do it than in an Orvis store?

There will be a 20 - 30 minute talk on the use of Marabou in fly tying. Then we will break into groups where you can tie with the instructor or demonstrate tying a fly of your choosing. Bring your fly tying vises, tools, and materials for whatever flies you want to tie. We want to provide an opportunity for the curious to tie a fly of their own using Orvis vises/tools.

So please come out and help us share TVFF with the public in a setting that allows for a bit of informal fun and learning. And while you are there you can meet the Fishing Manger Nick who has a ton of knowledge and experience in fly tying and fly fishing. You can bring beverages of your choice.

### **Fly tying Night Jan 24 –Tier – Donald Dehm**

Faith Presbyterian Church Room 201 , 7 – 9 pm

Fly – Gallagher Special

There will be a \$3 charge for materials

This fly comes from the northeast United States and has been a proven fish catching fly for many decades.

This pattern first appeared in the 1950 book “Flies” by J. Edson Leonard, but has tried to be kept a secret to those in the know for the fly’s production rate.

This fly is tied on a size 14 hook, and uses minimal materials only using hackle, wire, and peacock herl. Bring some 6/0 or 140 denier black thread to tie this wonderfully easy fly pattern.



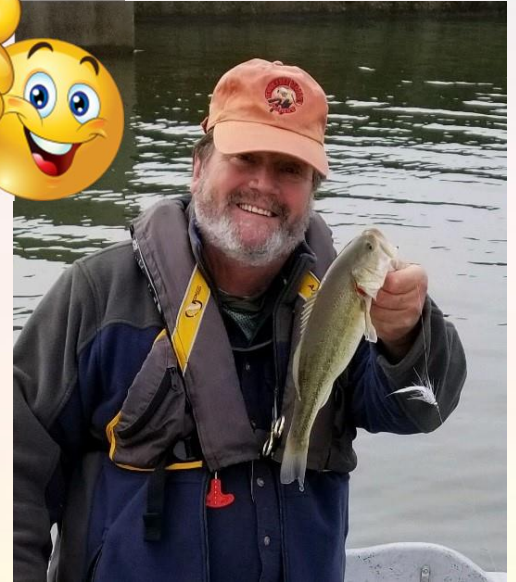
**All are welcomed! Fly tying equipment is available for new tyers. Come and discover the joy of catching fish on a fly you tied or even designed. Join us for 2 hour sessions held on the 2nd and 4th Thursday of the month at 7 PM.**





## Catch of the Month – Joe Tremblay

Caught at Nickajack Dam on a white streamer while fishing for white bass with David Darnell on 14 Dec. Fish were few and far between but beat staying home.



## Christmas Social

There was a nice turnout for the Christmas Social on Dec 20<sup>th</sup>. There were snacks and sweets to share culminating in a Dirty Santa Gift Exchange. A good time was had by all. Your new communication director neglected to snap a few photo's so you have to imagine the looks of surprise as folks opened their gifts.

## New Officers/Directors for 2019

Just a reminder, the new club officers officially assume their duties on January 1. BOD members serve a 2 year term with staggered elections so that 4 or 5 positions are filled each year. The Vice President and Secretary positions are currently vacant.

According to the TVFF bylaws, "Any vacancy in the BOD, other than the President, shall be filled by appointment from the President with the advice and consent of the BOD for the unexpired portion of the term." David Hatfield has agreed to serve as TVFF Secretary and will be appointed and confirmed by the BOD on the 3<sup>rd</sup> of January. Both positions will be up for election in October 2019.

President: Joe Tremblay

Vice President: Vacant

Treasurer: David Mahlik

Secretary: David Hatfield\*

Activities: Larry Hice

Communications: Steve Kerkhof

Conservation: Corey Pedigo

Education: Donald Dehm

Membership: Debbie Hill

\* To be appointed and confirmed on at the 3 Jan BOD meeting

I, Steve Kerkhof, am the new communications director with responsibility for the newsletter. I want to thank Joe Tremblay for the excellent newsletter he has produced for the past 3 years and I want to thank him for his help in getting me started on my first edition of the newsletter.

We always need pictures for the newsletter – so snap a picture of your fish, or someone you know fishing, or a scenic creek you'd like to fish plus some brief description and I'll find a place for it in the newsletter and the facebook page. The e-mail address that I check most often is [stevek283@icloud.com](mailto:stevek283@icloud.com).



# Fly Tying 101

## January and March 2019

TVFF Education Director, Donald Dehm, will be conducting Fly Tying 101 Courses in January and March of 2019. The courses will be a set of three classes, held on Saturdays for three consecutive dates. Classes will be held from 8 – 11 am each day at the Faith Presbyterian Church, 5003 Whitesburg Drive. Huntsville in Room 201. See the TVFF FaceBook page for a video of how to get to the meeting room. Handicapped access is available but please contact Donald Dehm by email at [donalddehm@yahoo.com](mailto:donalddehm@yahoo.com) prior to the event date.

The classes in the course will include basic fly tying equipment identification, material identification, basic fly tying techniques, tying basic to intermediate flies (8 flies in total), and more. Each course will be limited to a total of 20 students either with their own equipment and/or with no equipment, which TVFF will provide at no cost.

Cost of the course will be \$25 per person, and we recommend that you attend all three classes. All materials are included, to include hooks, thread, feathers, fur, and more for each student in attendance. You must buy tickets in advance due to the limited number of seats. Tickets can be purchased on a secure ticket site, <https://tvff.ticketleap.com> The site accepts all major credit cards and you can either save your ticket as a QRC or you can print it after uploading a selfie to the site.

### January Class Dates:

Jan – 12, 19, and 26 (8 – 11 am)

### March Class Dates:

March – 9, 16, and 23 (9 am– Noon)

Coffee and assorted breakfast pastries will be provided and included in ticket price.

TVFF membership is not required to attend these courses, so please feel free to sign up and spread the word. These courses are aimed at those that have no experience, novice tiers who want to brush up on the basics, and for those who have experience but want to refresh their tying skills during the cold winter months.

You may want to ask Santa for a fly tying vise and a set of tools for Christmas, as these courses will likely sell out quickly and we may not have enough equipment for all 20 students.

Please contact Donald Dehm by email, [donalddehm@yahoo.com](mailto:donalddehm@yahoo.com) with any questions or if you would like to volunteer to help.



# TO FLY FISH

BETTER FLY FISHING SKILLS FOR YOUR SPECIES!



## SMELLY JELLY, BUZZBAITS, AND DOWNRIGGERS!

The majority of fly anglers do not study the origins of fly fishing or have any idea when "fly fishing" began. I, myself, didn't really become at all interested in the earliest forms of fly fishing until I was crossing the backed-up waters of the Haliaomon river in... [Read More](#)





# 11 Reasons Fishing Makes You a Healthier, Happier Person

By [Ben Team](#)

If you are reading this, I probably don't have to sell you on the wonders of fishing – you are probably already a fan of heading out to the water, [fishing rod in hand](#), to see what's biting.

And you aren't alone: Fishing is one of the most popular recreational activities in the world, and the number of new anglers grows every year.

But few people realize that fishing is not only an enjoyable pastime, it provides a wealth of mental, emotional and physical benefits too.

In fact, many of these benefits endure much longer than a given fishing trip, which means that you'll not only feel better while you're on the water, you'll feel better after you come back home too. So, while you probably don't need any additional reasons to go fishing, we've given you 11 more below.

## 1. Enjoying nature can help you heal more quickly.

In the early 1980s, researcher Robert S. Ulrich noticed that post-operative patients in a hospital had different views outside their room windows.

Some of the patients could only see another building outside their window, while others had a good view of a natural area, which was full of trees. Ulrich began [studying the differences in recovery times](#) between the two groups, and his results were quite interesting: Those patients with a view of trees healed more quickly than those in the other group.

Additionally, the patients who could see trees suffered from less post-operative pain and required less pain medication than the other group.

Subsequent research has shown that there isn't anything special about a view of trees, per se. Rather, it is the view of natural habitats that helps accelerate the healing process and reduce pain. So, this means you don't have to go fishing in a forested stream or pond to enjoy these benefits – you simply need to go fish in any natural setting.

## 2. Time spent in nature can help reduce your blood pressure.

Although the exact reasons that it happens are not yet clear, time spent hanging out in nature helps to [reduce your blood pressure](#).

High blood pressure (or hypertension, as it is also called) can lead to a host of serious health problems, and put you at greater risk of having a heart attack or stroke. And while there are medications doctors can use to help reduce blood pressure, many have negative side effects.







Additionally, research has shown that the benefits provided by spending time in natural surroundings last for some time after you come back to civilization.

And don't think you have to spend 8 hours on the water to enjoy these benefits – researchers have determined that, while more time spent outdoors is better, it only takes about [30 minutes per week](#) to improve blood pressure and overall health.



### 3. Some types of fishing can help you burn calories in a low-impact manner.

Most of us could stand to lose a few pounds and get more exercise. In fact, a 2013 study found that [80 percent](#) of American adults fail to get the proper amount of exercise each week. But inactivity doesn't only lead to obesity, it can also cause cardiovascular problems, depression and a host of other illnesses.

Fortunately, fishing can help you prevent these outcomes. No, you won't burn many calories while sitting on a dock with a cane pole and doing 12-ounce curls with your favorite beverage. But if you are *actively* fishing, you can end up burning about [200 calories per hour](#) ( even more when fly fishing in a stream ), which can be significant.



Even a relatively relaxing day of bank fishing will require you to walk up and down a shoreline, while casting and retrieving for hours at a time – all of which burn calories. And if you are fortunate to hook up a true giant, you'll expend a ton of energy battling it to the shore, boat or [kayak](#).

### 4. Fishing gives us a chance to enjoy some peace and quiet.

In the modern world, we are increasingly assaulted from all directions by noise and commotion, and it is causing many people to suffer from [anxiety](#).

Think about your daily routine: You get up in the morning and watch the news over coffee, you ride to work with the radio blaring, you get to work and deal with ringing phones and blinking inboxes, you head home later while sitting in traffic and then you spend your night watching digital screens and listening to ear buds. It's enough to drive anyone crazy.

But fishing gives you a chance to unplug from all of that, and let your brain enjoy some peace and quiet. Mind you, fishing is rarely a silent activity, but the sounds you'll most commonly enjoy are of the relaxing variety.



After all, who could be stressed by listening to the sounds of the waves rhythmically rapping against the hull of the boat or the birds and frogs calling off in the distance. Alternatively, some anglers like to listen to relaxing music while they are fishing, and this can have [positive health effects](#) too.





## 5. Fish are a healthy protein source.

While the majority of recreational anglers probably release most of the fish they catch, there's nothing wrong with taking a little time.

Fish is a low-fat, [healthy protein](#) that can help you shrink your waistline, and several species are rich in omega-3 fatty acids. Additionally, some species of fish are among the best dietary sources vitamin D.

You'll obviously want to follow all your local laws and regulations regarding the harvest of fish, and you'll want to concentrate on consuming ecologically sustainable species, rather than those that are rare or at the top of the food chain.

For example, a healthy lake will not miss a stringer full of bluegill; in fact, removing a reasonable number of bluegill from a lake can help ensure the population stays balanced. But on the other hand, you don't want to take home too many wild trout, as many of their populations are in decline.



## 6. Fishing can be a great way to spend time with your family and friends.

Perhaps nothing is more meaningful than [spending time with loved ones](#), and fishing provides a great opportunity to do so. Whether that means bringing along a good fishing buddy, your spouse or your kids, you'll often have a great time fishing with those close to you.

Of course, you'll have to make adjustments when fishing with others – particularly when fishing with those who are not avid anglers. You may want to target more easily caught species and fish in less demanding environments, for starters.

Learn more about taking your [children fishing](#).

Also, be sure to consider the types of creature comforts that will make your companions have a better time, and do your best to make sure they catch fish too. You may not have the type of fishing success to which you are accustomed, but the smiles, love and companionship will help make up for it.



## 7. Fishing gives you a reason to stand up.

Many of us spend too much time sitting down according to healthcare researchers. In fact, it is thought that more than one-half of an average American's day is spent sitting down, and this isn't good for your health.

[Excessive sitting](#) (defined as more than about 8 hours per day) is linked with an 18 percent increase in the likelihood of dying from cardiovascular problems and a 17 percent increase in the likelihood of dying from cancer.







But fishing often forces you to stand – particularly if you are [fly fishing](#) or wading out into the water to access deeper pools. And if you are fishing from the bank, you may end up walking for a mile or two in search of productive waters. So, get up from your chair, head to the water and start fishing (while standing).

### 8. The intellectual side of fishing can help keep your brain sharp as you age.

Unfortunately, memory problems and a generalized cognitive decline often occur as we age. However, one of the best ways to keep your brain healthy and operating at light-speed is by challenging it with mentally stimulating activities.

And as we know, fishing often presents myriad mental challenges that require innovative and creative solutions.

[Harvard Health Publications](#) provides an overview of some of the best ways to fight off cognitive decline, which is worth reviewing. Spoiler alert: Their recommendations align nearly perfectly with fishing.

For example, the first three tips recommend that you keep learning, use all your senses and have confidence in yourself, all three of which you'll have to do to have success while fishing.



### 9. Sunshine helps boost your mood.

Unless you are fortunate enough to work outdoors for a living, you probably spend most of your time indoors. And that's unfortunate, as sunlight provides a number of important health benefits.

For example, exposure to sunlight [triggers your brain to release serotonin](#) – an important hormone that is thought to help improve your mood and encourage happy thoughts. Fail to get enough sunshine in your life, and you may become depressed.

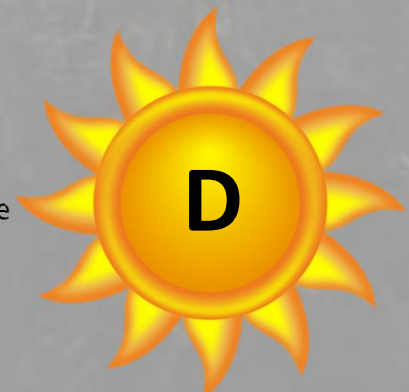


But don't forget to practice good sun-safety. Be sure to cover up with lightweight fabrics during the hottest part of the day and coat yourself in sunscreen before opening your tackle box and getting to work. And don't forget to protect your eyes too, by investing in a pair of high-quality, polarized, UV-blocking shades.

### 10. Sun exposure helps boost your immune system.

Sun light doesn't just provide mood-enhancing benefits, it also helps to bolster your immune system.

Most of the immune-system boosting effects sunlight provides precipitate from the production of Vitamin D, which our bodies synthesize when exposed to sunlight. Among other things, vitamin D plays an important role in [bone formation](#) and allows the body to use the calcium present in the blood stream.





But [recent research](#) suggests that Vitamin D synthesis is not the only way in which sunlight helps prop up the immune system.

It appears that exposure to the some of the wavelengths present in sunlight (remember that sunlight is actually composed of many different colors of light) causes some of the body's infection-fighting cells to begin moving more rapidly.

## 11. Fresh Air Is Better for Your Lungs

Although you may come home stinking of fish and bait worms, you'll breathe easier while out on the lake or in a secluded mountain stream. Here, you'll spend the day breathing relatively clean air, which will give your lungs a break from the polluted urban air many of us breathe of a daily basis.

This constant exposure to things like ground-level ozone, smoke and dust particles can lead to a number of [health problems](#), including chronic respiratory conditions (such as asthma), heart disease and lung cancer.

While healthy adults can and do suffer from the effects of polluted air, children and seniors usually suffer the most. So be sure to grab your kids and your parents and bring them along the next time you head out to fish.



\*\*\*

Understand that there are undoubtedly dozens of other reasons fishing will help you be a healthier, happier person. Being a moderately-active, outdoor-oriented, fun activity, this should come as no surprise.

But we'd love to hear about the ones we may have missed, so let us know in the comments. Each of us enjoy fishing in our own unique way, so share your experiences and outlook on this fantastic hobby with us.

What kinds of mental, emotional and physical benefits do you derive from fishing?

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### [Ben Team](#)

Ben is a lifelong environmental educator, former ISA-certified arborist and avid angler who writes about the natural world. He lives in Atlanta, Georgia with his beautiful wife and spoiled rotten Rottweiler. You can read more of Ben's writing at [FootstepsInTheForest.com](http://FootstepsInTheForest.com).





## January Holidays

### National Kazoo Day

**Date When Celebrated :** January 28

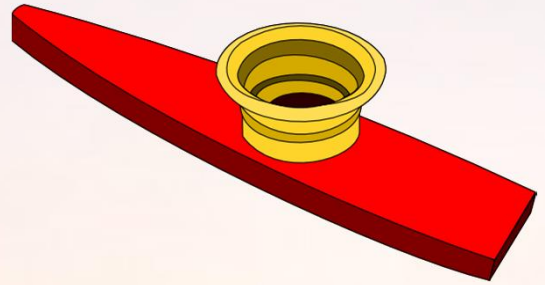
Happy National Kazoo Day images and download free pictures. People young and old love Kazoos. Kazoo Day celebrates the the joy of this musical instrument.

Alabama Vest of Macon Georgia made the first Kazoo in the 1840's. Actually, he conceived the Kazoo, and had Thaddeus Von Clegg, a German clockmaster make it to his specifications.

Commercial production of the Kazoo didn't occur until many years later in 1912. Manufacturing was first started by Emil Sorg in Western New York. Sorg joined up with Michael McIntyre, a Buffalo tool and die maker. Production moved to Eden, NY where the factory museum remains today.

Kazoos are easy to play. Simply hum a tune into the kazoo, and you're an expert. Kazoos can be played solo, or in groups. It plays a great tune both ways.

What do you do on National Kazoo day? Why, play the kazoo, of course.



### National Corn Chip Day

**Date When Celebrated :** January 29

National Corn Chip Day celebrates the Corn Chip. Fifty years ago, few Americans knew what Corn Chips were. Today, most American can not imagine life without this tasty, crunchy holder of salsa, cheese and (mostly) mexican dips. Its even sprinkled atop salads, making salads even more crunchy.

On National Corn Chip Day, enjoy eating one of your favorite snacks. And, take our Corn Chip challenge....eat corn chips for breakfast, lunch, dinner and snacks today! I don't know about you. But, I will find that easy to do.

For more on Holiday Insights, traditions, fun & facts visit <http://www.holidayinsights.com/>





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