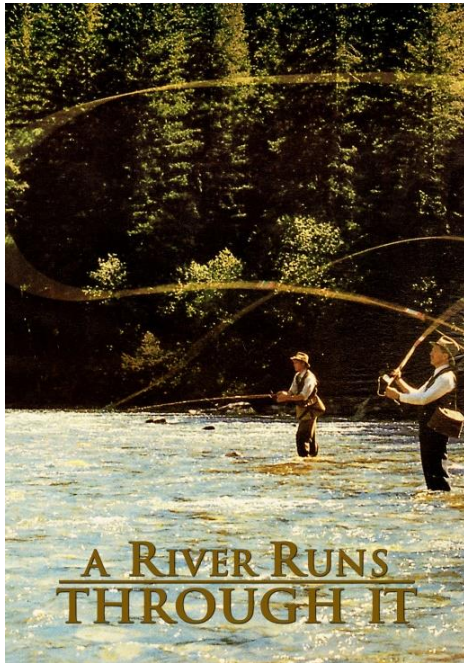


Blue Ridge NC Trout Unlimited



November 2023 Newsletter

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Perhaps one of the both loved and hated movies of all time. Most loved because it resulted in doubling the number of people flyfishing in the next two years...most hated because it doubled the number of people flyfishing in the next two years. The reason it encouraged so many people to take this up as a sport was the beauty and peace of mind shown throughout the movie. That along with the mental and physical benefits of fly fishing will be the theme of the newsletter this month.

PRESIDENTIAL CANDIDATE'S CORNER

My journey to fly fishing starts in my youth. I grew up saltwater fishing with my family in California. In fact, my grandfather was a commercial fisherman! I moved to Florida in high school and continued saltwater fishing. When I moved to NC as an adult, I purchased my first fishing boat, a 21ft center console, that I would take to the beach for more fishing! Are you sensing a theme here?

In the fall of 2016 I took my family to Asheville for vacation. I was looking for something to do with my boys and happened upon fly fishing. Little did I know these trips booked up fast.

I called around to a number of shops, but the guides were booked. I spoke with the man working the counter at one of

the shops and told him what I wanted to do. He told me he would find someone else to work the counter and he would take us fishing. I'm not sure why he agreed since we were three people who had never held a fly rod. Maybe fishing sounded better to him than working the counter!?

I am so appreciative of that first guide. He took us to the Davidson River right in front of the hatchery. We all caught small fish. Not only were the fish hooked on that trip, but so was I! That day changed my life. Fly fishing is now my passion. After another guided trip, I joined Trout Unlimited. I was initially assigned to the Natty Green Chapter, but I was anxious to get started. I saw online that BRTU was having a meeting at Carolina Ale house that week, so I went. From there, the rest is history! I am happy to support the chapter this year as President and to give back some of what they have given me. I've made so many great friends and have also made memories to last a lifetime. I am grateful to everyone who taught me and helped me along the way.

If you are new to BRTU, welcome to our chapter. We are all here to help and support you along your own journey.

Fred Frank

NOVEMBER MEETING

When: Tuesday, November 14th, 6 PM

Where: Little Richard's Bar-B-Que on Stratford Road

Who: Elizabeth Underwood, Director of
New River Conservancy

What: Conservancy Activities

Join us on November 14th to hear Elizabeth Underwood, director of the New River Conservancy speak about their activities. Note that this meeting is being held early on the 14th to avoid Thanksgiving week.

We will also be honoring Lynette Hicks, a ranger from Stone Mountain, to show her our appreciation of her long term support of TIC.

FUTURE MEETINGS

December: Pull out your recipe books and find your best chili recipe because on Sunday, December 10th from 4-6 PM there will be a chili cook-off at Fiddlin' Fish. Bring a pot of chili to share and join the fun as we celebrate the holidays and trade fish stories. Watch future newsletters for details.

You are receiving this newsletter either as a member or prospective member of the Blue Ridge Chapter of Trout Unlimited. If you do not wish to receive this newsletter, please respond by email to BRNCNews@gmail.com and let us know.

UPCOMING EVENTS

Mitchell River Fall Stream Clean

The fall stream clean will be held on Saturday, November 18th from 9 to 12 AM. We will meet at the Mitchell River House located at 362 Grover Cockerham Rd, Dobson, NC. We need volunteers to help with our Fall Stream Clean at the Mitchell River in Dobson. We will pick up trash around the Delayed Harvest Section of the River. Afterwards we will serve lunch to the volunteers. After lunch feel free to stay and fish. If you will be able to attend, please register at [StreamClean](#).

Fly Tying Classes

At 9 AM on Wednesdays Project Healing Waters will host fly tying classes and at 6 PM on Wednesday evenings Blue Ridge Trout Unlimited will host classes. The classes will be held at the South Fork Community Center at 4403 Country Club Road in Winston Salem. The classes are free and all are welcome - from beginners to advanced. No need to sign up, just come join us. If you have specific questions about the evening classes, you can contact, Rusty Berrier at rustyberrier@outlook.com.

Fall Camping Trip

Thursday Nov 2 - Sunday Nov 5

Location: Helton Creek Campground
Grassy Creek, NC

Fall fishing in western NC is wonderful. We will camp, fish, and fellowship for the weekend! The cost is \$10 per person per night for camping. If you prefer you can make reservations to stay in a cabin about 10 minutes away. Click the registration link below for website information to reserve a cabin. [Click here to register](#).



HELTON CREEK FISH KILL

EVERYTHING IS FINE AT HELTON.....For any of you who have put off fishing at Helton Creek because of the reported fish kill. It has been reported that everything is fine. Kinnon Hodges at NCWRC let us know that he went there and found that it was a very small issue. Imagine that....social media exaggerated the situation. 🤔😂. The next stocking will take place on November 1st so there should be plenty of fish in the river for the camping trip.

HONORING RANGER LYNETTE HICKS FOR SUPPORT TO TROUT IN THE CLASSROOM



Those of you who have been able to attend the year-end release of the fish for Trout in the Classroom have had the opportunity to see the significant impact made by Ranger Lynette Hicks. For those who haven't had the opportunity to attend you can see a video of the release at [TIC Video](#).

Lynette began support of the program in 2005 and in 2023 it has grown to support 25 classrooms and over 2000 students.

Lynette does an excellent job of introducing the students to the ecosystem of the stream with an introduction of how to capture the insects, helping them gather the insects from the streambed, and then identifying and discussing them when they come out of the stream.



In addition to honoring her support to the program, the chapter will also be donating additional equipment to use for insect collection.

Please join us at the meeting to help honor her efforts in support of us over these many years.

PURPLE PAINT LAW



If you've been up to Wilson Creek in the last few years you may have seen purple paint on the trees along the river just south of the visitor center. The purple paint indicates that no trespassing is allowed.

Signs can fall or be stolen so many landowners now use purple paint to indicate "no trespassing" and 16 states including North Carolina have now passed laws enforcing this method.

So if you are fishing along a stream or hiking near some fields and see purple paint on a tree or fence post, turn around

and walk the other way. You are not allowed there without permission of the land owner.

A related issue is whether you are allowed to use the river bed when the surrounding land is private. Certainly you are not allowed to cross the property to the river and do not have permission, but you often are allowed to walk the river bed. In North Carolina a river is deemed navigable if you can float a canoe or kayak, but it's a bit of a sticky law. Before you consider walking the river bed to fish I suggest you read the following article about [River Rights, North Carolina-Style](#).

Editor's Note: In the opening this month it was mentioned that this newsletter will be dedicated to giving you the physical reasons it is good for you to learn to flyfish. It is not only beneficial to your physical health being out there, but also plays a large role in restoring as well as maintaining mental health. Cases in point, fly fishing has become a major program through [Project Healing Waters](#), [Casting Carolinas](#), and many other programs around the country. Fly casting provides Yoga like meditation, improved self-esteem, and happiness that can bring a person out of depression. At the same time it provides physical exercise to the full body with hiking to the stream, casting, and wading through current and over slippery rocks. Read on through the articles to learn more about why fly fishing not only helps with your mental and physical well being, but also provides some wonderful memories through your life.



TAKEMEFISHING.org

7 PSYCHOLOGICAL BENEFITS OF FISHING WITH A FLY ROD

DEBBIE HANSON
10/7/2020



When someone asks you what means the most to you in life, is it having material possessions or having experiences that bring you happiness and peace of mind? There are ways of finding peace of mind outdoors while fishing. For example, you may want to consider the many psychological benefits of fishing with a fly rod.

Think about the soothing sound of a babbling stream that meanders along a beautiful wooded trail, the gentle lapping of waves against the sides of your boat, or watching the graceful loop of your fly line in the air as you make a cast.

With the uncertainties of today's world, the psychological benefits of fishing with a fly rod are

worth exploring. Learn more about seven examples of the mental health benefits of fishing, more specifically [fly fishing](#).

1. **Meditation.** When you're fly fishing, you enter into a state that resembles meditation. In other words, because fly fishing requires you to be highly focused, you are much less likely to worry or think about anything that might be stressing you out.
2. **Lifting depression.** Time spent outside is therapeutic because it helps to produce lower activity levels in your brain's pre-frontal cortex. This means that it's easier to break out of cycles of negative thoughts, which leads to lower levels of stress hormones. When you blend the rhythmic movements of casting and the increased focus, it's not hard to understand why organizations such as Project Healing Waters Fly Fishing and Casting for Recovery incorporate fly fishing for mental health when working with veterans and cancer survivors.
3. **Meaningful connections.** According to Cigna's 2020 Loneliness Index, three in five adults report feeling lonely, and chronic loneliness can lead to mental health issues such as depression. The good news is that you can add meaningful social connections and family bonding to the list of therapeutic benefits of fishing. Plan a fishing trip with your family or join a local fishing club to enjoy time with other like-minded anglers in the great outdoors.
4. **Boost in brain power.** It takes practice and patience to cast into the precise places where fish are likely to be hiding, and it uses brain power to be able to perfect new techniques or pick up new fly fishing tips -- not to mention the thoughtful research on [where to fly fish](#) near where you live. The focused attention and rapid reaction time involved in fly fishing is very likely to strengthen your mind.
5. **Perspective.** Psychologists agree that when you give yourself some "me time," you gain new perspective on day-to-day challenges, creativity is often sparked, and you're better able to cope with life's demands.
6. **Improved self-esteem.** Take a casting lesson or check with a local fly shop to see if they offer a fly fishing for beginners course, there are plenty of resources available to help you master new skills. When you catch your first fish on a fly rod after learning how to cast, you'll get a big boost in self-esteem and experience positive feelings of achievement.
7. **Happiness and excitement.** The excitement of watching a fish slurp up your fly, and then landing your catch on a fly rod provides an unquestionable boost to the spirits. Besides, fish don't live in ugly places, so there is happiness that comes with just being outdoors in a serene environment.

Now that you know more about the [mental health benefits of fishing](#), and fly fishing in particular, buy your fishing license online and find a place to practice.

DELAYED HARVEST STOCKING SCHEDULE

Fall stocking on the delayed harvest streams takes place in early October and early November. If you've already had a chance to learn your basic casting skills, then October is time to get out there and use it. Fall is the most beautiful time of year to be on the stream with the colored leaves and cool air, however, you may catch more leaves than fish that time of year.

Stocking will resume in March of 2024, but the schedule will not be available until February.

COUNTY	LOCATION	MARCH	APRIL	MAY	OCTOBER	NOVEMBER
Allegheny	Little River	6	6	4	3	2
	Helton Creek	1	3	1	2	1
	Trout Lake	1	3	1	9	7
Ashe	Big Horse Creek	6	6	4	3	2
	South Fork New River	6	6	4	9	7
Burke	Jacob Fork	3	5	3	10	8
Caldwell	Wilson Creek	2	4	2	10	8
Clay	Fires Creek	7	11	2	5	13
Graham	Big Snowbird	7	6	1	2	9
Haywood	West Fork Pigeon River	1	4	8	2	6
Henderson	North Fork Mills River	2	5	5	3	1
Jackson	Tuckasegee River	3, 7	3, 5	1, 3	9, 10	2, 8
Macon	Nantahala	2	4	8	3	14
	Big Laurel Creek	1	10	4	4	1
Madison	Shelton Laurel Creek	1	10	4	4	1
	Spring Creek	3	6	4	6	9
	Curtis Creek	3	5	3	4	3
McDowell	Mill Creek	3	5	3	4	3
	Catawba River	3	5	3	4	3
	Cane Creek	3	5	3	5	6
Mitchell	North Toe River	2	4	2	10	9
Polk	Green River	6	4	3	6	7
	Ararat River	3	3	3	11	9
Surry	Mitchell River	1	3	1	2	1
Swain	Tuckasegee River	6	10	2	11	3
Transylvania	East Fork French Broad River	2	3	1	4	6
	Little River	1	3	5	5	7
Watauga	Watauga River	1	3	1	9	7
	Lake Coffey	1	3	1	9	7
	East Prong Roaring River	1	3	1	2	1
Wilkes	Stone Mountain Creek	1	3	1	2	1
	Reddies River	2	4	2	9	7
	Elk Creek	2	4	2	9	7
Yancey	Cane River	7	10	5	5	6

is also a great way to de-stress, stay fit, and boost your emotional state.

In this article, we're going to take a close look at the health benefits of fly fishing.



The Link Between Mental Health & Fly Fishing

With greater awareness about mental health, people are actively looking for a way to take initiative and manage their wellbeing. But the benefits of fly fishing are still little known and under-appreciated. As fly fishers, we have personally experienced the huge impact that fly fishing has on our psychological wellbeing. There's nothing like getting out on the water, and the fresh air can do wonders for your mood if you feel tired or depressed.

But it's not all just anecdotal information. Studies have shown that the health benefits of fly fishing are significant for your physical and psychological wellbeing. Let's take a closer look at how fly fishing could benefit you.

Physical Health Benefits of Fishing

It's long been known that regular exercise can lead to lower levels of depression and anxiety. But did you know that you can burn as many or more calories fishing as when running on a treadmill? When fishing from a riverbank, you'll burn 234 calories per hour on average. Add in some walking during that time, and you'll burn around 267 calories.

And when you factor in fishing in a stream in waders, it jumps up to an impressive 401 calories per hour. That means that you could burn anywhere from 700-1600 calories in a few hours of fishing. Impressive, right?

Fly fishing is a total body workout – you'll use your arm, shoulders, legs, core, and back muscles. It's a great way to get fit and feel healthier without having to go through a grueling workout at the gym. Plus, it's low impact, so you're unlikely to injure yourself in any way when fly fishing. You can get out into the beautiful outdoors anytime, morning or afternoon, move your body, and focus your mind.

If you're wondering why fishing while wading in water burns so many calories, it's because you need to exert extra energy against the resistance of the water. Plus, you'll be using your core, back, and leg muscles to hold your balance.

Casting works your arm muscles, as does rowing and climbing. If you hook that fish, you'll need to use your



THE HEALTH BENEFITS OF FLY FISHING

By Ben Kepka

Despite the growing numbers of fly fishers, the benefits of fly fishing are often overlooked compared to other sports and wellness trends. Fly fishing is great fun, but there are much deeper health benefits of fly fishing, too. Read on to know more.

It's the perfect activity if you want to get outside, get your body moving, and boost your mood. Not only is it a total body workout that helps improve your physical fitness, but it

shoulders and upper arms to reel it in – especially if it puts up a fight.



Does Fly fishing burn calories?

Yes, fly fishing can be a good way to burn calories. Depending on how intensely you fish, you can burn anywhere from 200 to 600 calories per hour. The number of calories burned will depend on a variety of factors such as the type of fly fishing, the intensity, and the amount of time spent fishing.

Why is fly fishing so addictive?

Fly fishing is often considered an addictive activity due to its combination of physical and mental challenges. The peace and quiet of being out in nature, the thrill of the hunt, the challenge of mastering the technique, and the satisfaction of catching a fish can all contribute to the addictive nature of fly fishing.

Why is fly fishing so therapeutic?

Fly fishing can be a very therapeutic activity due to its combination of physical and mental challenges. The calming effects of being out in nature, the thrill of the hunt, the challenge of mastering the technique, and the satisfaction of catching a fish can all contribute to the therapeutic nature of fly fishing. Additionally, the physical activity of fly fishing can help to reduce stress and anxiety and improve overall well-being.

The Wrap Up

There's a lot to say about the physical and psychological benefits of fly fishing. It's a lot of fun, but at the same time, it is also hugely beneficial for all aspects of your wellbeing. By spending some time fishing, you can experience an improved mood, lower levels of cortisol and stress, and reduced anxiety.

The social aspect is not something to be ignored, either. As we showed above, reducing loneliness and creating a sense of community leads to lower levels of depression. And we all know that the fly fishing community is full of friendly, helpful folks!

If you've been looking for a great way to get outside and improve your mental state, why not give fly fishing a try? You can get back to nature and enjoy the calm of the water and the focus of luring out that trout. There's nothing quite like the feeling when you hook a fish, either!

ADVICE FROM THE VISE

Fall is in full swing at this point with leaves falling along with the water temps and my favorite time of the year to fish is here. As we use this issue to explore the “why” behind our shared passion, thought I would take a moment and include tying into that. There's lots of reasons that we seek solace, and I think that fly fishing has always provided that excuse to get out and spend time in beautiful places. Last week I was fishing a section of Jacobs Fork for the last of the smallmouths, caught a couple. The reward truly was being entertained by a pair of kingfishers, a blue heron, and a small doe that didn't seem at all concerned by my presence. How's that compare to tying? I got my first fly rod along with a tying kit. For me, the two were never really interchangeable. In the mid 70's, we just didn't have access to the wonders of the internet and 2-day delivery we enjoy now. So I fished what I tied and tying is still an integral part of the sport for me. I've admitted that I enjoy tying as much as being on the water. There's a meditative solace in tying for me. It's a quiet, contemplative time to reflect on the day, listen to music or (my favorite) listen to an audiobook while spinning up a new design, or just tying the standards in pursuit of that perfect example.

This month I want to tie a fly that I remember being somewhat an intimidating pattern - a parachute dry.

It's right up there with the Elk Hair Caddis as far as a “go



to” pattern, and this time of the year, trout are looking up, so dries in the fall are very effective. It floats really well, is super visible (which has become more important over the years), and I think the hook up rate is better. I taught myself to tie this in the early 80's when I was in Spain. There was a pool with an undercut and I don't think I ever fished a parachute there without taking a fish.

Put your tunes on, relax and be confident you can add this pattern to your bench. I'm using a #14 103BL dry hook, 14/0 grey thread, superfine muskrat dubbing, and genetic grizzly dry hackle. The post is Antron yarn. Traditionally the post was kip tail, but like the Antron as it comes in lots of visible colors and ties the post much easier. There're some foam posts available now that are also very nice.



Start the thread at the eye and dress to the bend. Tie in some tailing fibers from a cock hackle. Wrap back to the eye and trim out the butt ends.

The position of the post should be about at the 1/3 mark of the shank, measuring from eye to bend. Wrap rearward to that point.



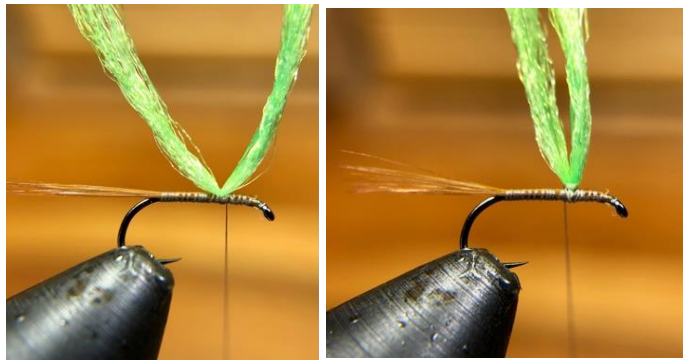
Double the post yarn (3 inches is a good length) around the thread, holding it taught with your left hand, assuming you are holding the bobbin in your right. Slide the post on top of the shank and take a couple wraps in front and behind it and then through the middle to secure its placement.



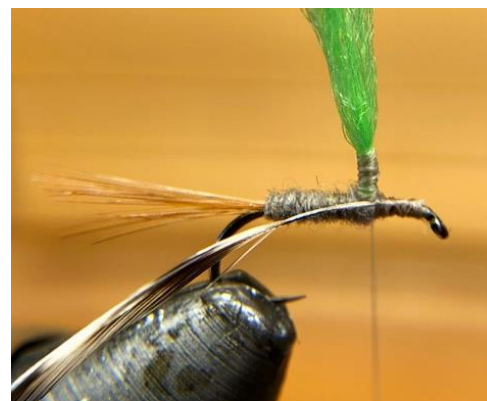
Start with wraps around the base and the shank. Around the shank, build those up. That's the foundation, and then start moving wraps up the post, in 2 thread increments, then back down, around the shank and then over again. Go up and go down, keeping that post in the left hand when you snug the wrap. If you lose the wraps off the top of the post just start over again. I wax my thread as well as that gives it enough tack to hold better on the post. I've probably tied thousands of these, but I still feel a grand sense of accomplishment every time I make a post.



Dub the rear body up to and including the post.



Now comes the magic, building the post. This is all about a solid foundation and the light touch. It can be frustrating when the wraps come wizzing off the post, but just keep at it. It's riding a bike, once you get your groove, you will never forget how, but it takes some trial and error. Don't try and make every wrap super snug, and make sure you have the post in the left hand when you do put tension on the bobbin.



A really good genetic dry fly saddle can be notoriously expensive. Conversely, cheap hackle can be notoriously hard to use. Whiting "100" packs provide per size high quality hackle at an affordable price- especially if you don't plan on tying lots of dries.



Strip off the fibers from about ¾ inch of the hackle stem and tie it in from the eye to the post. Leave the thread at the post. I like the shiny side down so the curve is up, but it's up to yourself and how you prefer the fly to float. I think it rides higher this way.

Take wraps with the hackle stem up to the top of the post, then down to the bottom with touching wraps down to the shank.



A little more gentle upward tension on the post, and cut the tag end off the post even with the highest point of the hackle fibers.



Once at the bottom, secure the hackle, with a couple wraps and trim out the butt end.



I hope you give this fly a try, it's one of those patterns that I really get into the relaxation zone on, it takes some concentration and focus, plus have an awesome finished product at the end. It's a joyful pattern to tie.

As always, I'm honored to answer questions, give a lesson, or just talk fly tying and fishing. Don't hesitate to contact me at or check out some of my current ties on Facebook and Instagram at Jacobs Fork Fly Tying.

Dave Everhart

LEFTY KREH STATUE UNVEILED



With some light traction, gently pull the post back and clean up any stray fibers and dub the front of the body. With a few wraps form the head behind the eye, whip finish.



Wading in Culler Lake, a new sculpture will immortalizes local fly fisherman Bernard "Lefty" Kreh doing what he loved most: casting a line into the waters in the heart of his hometown of Frederick.

A LIFETIME OF MEMORIES

I've been fly fishing for 72 years and many of my life memories are of times I spent fly fishing. Those memories still make me smile when I think about them. They remind me of the places, people, and even the fish that have been part of my life.

One thing people often remember is the *first fish they caught on a fly*. In my case I was only five years old at the time and I don't remember the fish, but it was likely a bluegill as my grandfather taught me to flyfish off of our dock on a lake in southern Michigan. However, I do remember my first catch because on the day he taught me I managed to catch the crown of my head with the fly.



just before it got dark. The world becomes a little more quiet at that time of day and I can still remember the manmade log wingdams and the water rippling around them. It was a time of absolute peace.

And that was the time when there was always a hatch going on and the fish were rising to the hatching flies. One of those times was during one of the amazing mayfly hatches. There was a large fish rising right behind one of those wingdams. It was a difficult position, but I *made a perfect cast* just above the fish and he grabbed my fly.

I remember the *first fish my son caught on a fly*. Perhaps it wasn't the very first he caught, but I remember it as his first. We were visiting family in Colorado where my brother worked at a water plant along a stream. He took us out there and my son caught his first fish, about a ten inch rainbow trout. The other memory of the day was when he buried the hook in his arm on his cast. Apparently hooking ourselves runs in the family.



It seems that trout seldom jump, but when they do it's always exciting and fun to see. But the fish I really remember was the baby tarpon I caught down in Campeche Mexico. It was about a 25# fish and *he must have jumped a half dozen times* before I got him to the boat. It was my first tarpon of any size and I don't know if I bowed to his jumps, but I landed him anyway.

I have been tying flies since my early teens and have caught most of my *fish on flies I tied*, but there are a few that stand out in my memories. The first was when I was about 14 and we had a massive mayfly hatch. We were using

storebought mayfly imitations and had no luck. That night I tied up a huge white miller moth. The next night I went out and caught a trout on nearly every cast. The other I remember is the fly I tied that I caught the baby tarpon on. Tying saltwater tarpon flies was a big step up from most of my trout flies.

Trout are beautiful fish, but I especially remember *the beauty of a native brookie* I caught up in Michigan a few years ago. It was a small dark stream through the forest and the fish was well camouflaged. He was almost pure black with scattered red and yellow spots and orange along the belly. He was unlike those we normally catch in the hatchery supported waters. I didn't get a picture on film, but I still have his picture in my mind.

The best thing I ever did was to teach my son to flyfish. For the last several years we have managed 2 or 3 fly fishing trips together each year. *The planning and adventure of fly fishing trips* has kept us close and bonded with our common love of fly fishing. These have taken us from Alaska rainbow trout to bonefish in Belize and famous trout streams in the Rocky Mountains. I stream the photos of these memories on my computer and relive them every day. (A recent study conducted by the [Institute for Applied Positive Research](#) found that 97% of respondents report that having a trip planned makes them happier.)



And joining Trout Unlimited has created several other *friendships and shared adventures*. Three of us joined a private club in Virginia and fished many times together. I planned a trip back to my times in the Upper Peninsula of Michigan and guided a group of friends to the streams I grew up with. And many times a year some of us head up to the North Carolina streams.

One experience you never forget is that large trout that grabs your fly and heads off up or down the stream. We didn't take up salt water fly fishing until a few years ago and have concentrated mostly on bonefish. Unless you have experienced it you can't imagine the *screaming fly line* that even a little 2# bonefish can create. If you decide to go bonefishing be sure to buy some fishing gloves. More than once I've had the line leave a burn on my fingers as the line goes streaming across them.

I share all of these memories with you to let you know that you too can create a lifetime of beautiful memories by learning to flyfish, teaching family members to fish with you, and developing a group of friends who share in your adventures. In your later years this will give you the memories that will fill your mind and keep you happy even into the days when you may no longer be able to wade the streams but will allow you to wade them in your mind.

Editor's Note: There is no greater reward than teaching your child to fish. When he was young I took him fishing. Now that I am old, he takes me fishing.

ROBBIE TURNS THE PRESIDENT GAVEL OVER TO NEW PRESIDENT FRED FRANK.



Robbie is thanked for his service as President of BRTU with the give of a nice bamboo rod made by Rusty Barrier.

Robbie Abou-Rizk served two terms as president of the BRTU chapter, starting in October of 2019 and completed this past October. During that time he kept the chapter active through Covid by setting up on-line Zoom meetings and developed a strong environmental program for the protection of our streams.



One of the first major activities was the construction of access stairways at the Mitchell River to help reduce erosion from stream access. As a follow up to that he worked with the NC Co-operative Extension Service to set up

a slope protection workshop where members learned how to plant trees and shrubs to reduce bank erosion. A second planting for bank erosion restoration program took place at Elk Creek in 2022.



Under his direction there were two major “embrace the stream” fund raisers in 2021 and 2023 that were very successful in helping support the conservation efforts and the very popular Trout in the Classroom program that was held in 11 local classrooms.



Perhaps Robbie’s most difficult effort was due to major erosion issues at Ramey Creek in 2021 and then at the Mitchell River in 2023. Robbie made contact with other environmental groups in our area to get them involved to promote action from the NC state government agencies to get them involved to take action to rectify the problem and make the parties that caused it responsible. He wrote several articles describing the situation and status of the cleanups. He even

was able to get Wake Forest University to begin sediment monitoring at the Mitchell.

The chapter thanks Robbie for his strong and valuable leadership that got us through these difficult times and hope he will continue to stay active in his new role as Advocacy Chairman.

CARBON FIBER WADERS

I usually make it a point not to recommend gear, but found this very interesting. Carbon fiber has taken over our rods and now it seems to be moving into our waders. The light weight of our rods is great and light weight waders sounds like another great idea. They aren’t cheap, but maybe you might find them an interesting option.

[Skwala Carbon Waders - Troutbitten](#)

We’d love to hear your input. If there is a topic you’d like addressed or if you have something to share in the newsletter, please contact us at BRNCNewsletter@gmail.com.

WELCOME THE NEW SLATE OF BLUE RIDGE NCTU OFFICERS

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- Robby Abou-Rizk.....Advocacy Chairman
- Jon Bowman.....Sec
- Alex Jung.....Trea

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