



# Cross Currents

March 2012

## February Meeting at Jack's March 6, 2012

Join us at 6:00 pm for a meal in the  
Wine Room

General Meeting is at 7:00 PM  
Naomi Gebo, will speak on  
"Making Sense of the Hinkson  
TMDL"

## Upcoming Programs and Events:

**NOTE:** As of January 3, 2012 we will be meeting at the Wine Room at Jack's Gourmet Restaurant. Dinner and conversation are at 6:00pm, followed by the meeting at 7:00pm. Jack's Gourmet Restaurant is on East Business Loop I-70 (across from east side Westlake's Hardware)

**Tuesday March 6 meeting** speaker will be Naomi Gebo, Stream Team Biologist – MDC on "Making Sense of the Hinkson TMDL"

**Saturday March 10**, 10am-2pm: "Kids Day at Bass Pro". Teaching kids to tie flies and flyfish.

**Saturday March 24**, 8:30 a.m. to 5:00 pm, Columbia. Stream Team Introduction Level Workshop – Volunteer Water Quality Monitoring, Register with Stream Team by Wednesday March 7

**Tuesday April 3<sup>rd</sup> meeting:** Tony Warren and Jeff Trigg will review the Driftless Area they are familiar with. We will then plan outing to Driftless in June.

**Saturday April 7, 7:30am. Little Piney Stream Team Survey.** Meet at Grindstone commuter lot; bring your own lunch, beverages, rod and even kids.

**Tuesday May 1<sup>st</sup> no meeting:** Instead please attend Fly Fishing Film Tour on May 19<sup>th</sup>.

**Saturday May 19<sup>th</sup> Fly Fishing Film Tour 1-4pm at Ragtag, Columbia, MO.** Sponsored by MMTU and CCFF. Seating is limited so buy your tickets in advance for \$10 (\$12 at door if available) online at [flyfilmtour.com/](http://flyfilmtour.com/). Scroll down the tour schedule to May 19th

**Tuesday June 5<sup>th</sup> meeting:** Annual Hot Dog Burn at Gordon Shelter, Stephens Lake Shelter, 5:30.

## President's Corner – March 2012

MMTU had a special board meeting in January to discuss our future. My take on it was that we need more outreach and activities that inspire our membership. As a consequence we will be making some changes.

Two of our meetings per year will be on special activities on weekends. Our regular first Tuesday of that month meeting will be canceled and members

and prospective members can participate in the special weekend activity. It also gives some of our out of town working members a chance to attend and have fellowship with us. The first of these events is scheduled for Saturday May 19<sup>th</sup> 1-4 pm , Fly Fishing Film Tour at RagTag in Columbia. Check out the trailers at [flyfilmtour.com](http://flyfilmtour.com) and buy your ticket soon; seating is limited. The second of these could be a bamboo rod building workshop in November, and the third a national flyfishing lecturer George Daniel in spring of 2013.

There was another desire to promote club Outings. The first of these is expected to be to the Driftless area in June. Please attend our regular April meeting where Tony Warren and Jeff Trigg will discuss their fishing experiences in this area and we plan a trip.

We will continue our outreach programs. The first of these is March 10<sup>th</sup> at Brass Pro, where we teach youth to catch and tie flies. The Stream Team Survey on the Little Piney on Saturday April 7<sup>th</sup> is a neat experience to identify the macroinvertebrates that inhabit good trout water here in Missouri. Take advantage of the Introductory Stream Team Workshop two Saturdays prior. We are also going to try to develop new ones, like "Catch a Trout", utilizing the Bethel resource this fall.

To accommodate the digital generation, MMTU will develop a Facebook page. You should expect to receive an invitation to become a friend in the near future. This is also a place where experience fisherman can offer advice or a ride to a Missouri stream to novice flyfisher. If you have other suggestions that may help our club, please forward them to me. In the meantime, I hope you will participate in some of these activities.

Michael Riley, President

## **CATCH & RELEASE – THE EVIDENCE**

by Gary Eaton, MCI

*I have expressed my concerns about urban trout fisheries fostering some bad habits by anglers. At Bethel Park in 2011, I witnessed TU members playing fish to death for no good reason and putting fish on dry dirt while looking for their pliers to remove a hook before releasing. Here is some insight with links to the studies from which the information is derived. We must aggressively educate or see our resources ruined.*

**Keep fish in the water** – When a trout experience gill exposure to air for 30-seconds, 36% of them DIE! When their gill exposure to air reaches 60-seconds over 73% of them DIE! This fact argues against taking pictures and lifting up fish to show to someone. The public venue seems to promote egotistic displays.

Ferguson, R.A. and B.L. Tufts. 1992. Physiological effects of brief air exposure in exhaustively exercised rainbow trout *Oncorhynchus mykiss*: implications for "catch and release" fisheries. Can. J. Fish. Aquat. Sci. 49(6):1157-1162.

**Bigger fish suffer more dangers when played than smaller fish** - Unsurprisingly, this applies to Bass as well. In one study, the fish *swimming strongly away* offered no assurance that it would survive. Any bleeding from the fish bode badly for survival, too. In an exchange with MCI and CBG Gordy Hill, holder of 14 IGFA Saltwater records, he lamented the long battles seen in flats fishing as a factor in the decreasing size of individual Tarpon. In any wild fishery, this becomes a greater concern.

Ferguson, R.A., J.D. Kieffer and B.L. Tufts. 1993. The effects of body size on the acid-base and metabolite status in the white muscle of rainbow trout before and after exhaustive exercise. J. Exp. Biol. 180: 195-207.

Clapp and Clark (1989)

Myers and Poarch (2000)

Pauley and Thomas, 1993

**Nets with knotted net material do more damage to fish** – The abrasive nature of knotted mesh inflicts double the amount of injury to fish than non-knotted material. Interestingly, abrading the tail proved more deadly than any other location on the fish.

B.L. Barthel et al. / Fisheries Research 63 (2003) 275–282

**Barbed hooks and multiple (treble) hooks contribute to mortality** – In addition to the time it takes to remove the barbed hook, the potential for irreversible damage if the hook is taken in deeply increases, too.

Ayvasian and Cooke in 2002

Do we need species-specific guidelines for catch-and-release recreational angling to effectively conserve diverse fishery resources?

Authors: Cooke, Steven1; Suski, Cory2

Source: Biodiversity and Conservation, Volume 14, Number 5, May 2005 , pp. 1195-1209(15)

**Net them as fast as you can** – Longer “fights” or prolonged playing time after the fish is hooked greatly increases mortality. The single biggest factor in being able to *steer* a hooked fish, thus shortening the risky play-time, remains using heavier tippets. Co-polymer and fluorocarbon create great opportunities to keep tippet strength above four-pounds breaking strength without reducing stealth. Most refusals have nothing to do with one or two tippet sizes — they reflect *presentation* faults.

Tufts, B.L., Y. Tang, K. Tufts and R.G. Boutilier. 1991. Exhaustive exercise in "wild" Atlantic salmon, *Salmo salar*: Acid-base regulation & blood-gas transport. Can. J. fish. Aquat. Sci. 48(5), 868-874.

*Fish Physiology and Biochemistry*. Cory Suski & Andrew J. Gingerich co-author  
<http://www.sciencedaily.com/releases...0921120126.htm>

**Leave the 3-weight at home** – An old rule of thumb, as I recall, suggests that the breaking of a rod increases as the fish caught weighs more in pounds than the rod rating. Given that the past world record Brown Trout came from Arkansas’ Little Red River of over 40-pounds, prepare for bigger fish by reaching for the six-weight. I use a 7-weight most of the time and have taken fish on our

home-waters over twelve pounds — annually I catch and release several fish over seven pounds.  
Ferguson, R.A., J.D. Kieffer and B.L. Tufts. 1993. The effects of body size on the acid-base and metabolite status in the white muscle of rainbow trout before and after exhaustive exercise. J. Exp. Biol. 180: 195-207.

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Tufts, B.L. and R.G. Boutilier. 1991. Interactions between ion exchange and metabolism in erythrocytes of the rainbow trout, *Oncorhynchus mykiss*. J. Exp. Biol. 156:139-151.

**Use hooks with smaller gapes** – Many jurisdictions (Ontario, Colorado, etc.) have prescribed that hook gape must be smaller than a certain size —one-half inch — in C&R zones. Barbless hooks reduce mortality from all causes. This reduces inside-out damage to eyes, scenting apparatus, and gills — all potentially fatal. Good studies show that use of *circle* hooks reduces hooking mortality greatly, too.  
Cooke and Suski (2004) found that, the use of circle hooks reduced overall mortality rates t (Taylor and White, 1992) (Cooke et al., 2001)

**Protect their slime and scales** – Wet hands and nets before contact with fish, avoid stiff netting material, and avoid excessive handling of fish to be released. Critical areas to avoid contact include, gills, eyes, tails (caudal fin), and adipose fins. Do not let fish touch anything dry, especially the surface you stand upon!

B.L. Barthel et al. / Fisheries Research 63 (2003) 275–282

*Many studies are referenced in the Ontario Guidelines for C&R at*

<http://www.mnr.gov.on.ca/stdprodconsum/groups/lr/@mnr/@letsfish/documents/document/228125.pdf>

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*Cross Currents, the Mid-Missouri Chapter of Trout Unlimited newsletter, has a circulation of approximately 300. Regular chapter meetings are held on the first Tuesday of each month, except for July and August. The regular meeting place is the Wine Room at Jack's Gourmet Restaurant, located on East Business Loop I-70 across from the east side Westlakes Hardware in Columbia, MO. June meeting is at Bethel Park. Meeting time is at 7p.m., but come early to chat and eat. Board meeting before hand.*

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