



# The BUFFER

The Newsletter of Buckeye United Fly Fishers, Inc., Cincinnati, OH

Volume 32, Issue 11

Web site: <http://www.buckeyeflyfishers.com>

November 2008

## The President's Notes

Lou Haynes ([bdhaynes@one.net](mailto:bdhaynes@one.net))

It's that time of year for the Board of Directors (BOD) to solicit nominations for next year's officer and director positions. Nominations for the 2009 BOD will be accepted up to December 31. Nomination forms will be available at the November and December general meetings and will also be sent to the membership by e-mail before the November meeting. You may turn in your nominations at the general meeting or send them to me by e-mail ([louhaynes37@gmail.com](mailto:louhaynes37@gmail.com)). If you know someone who would like to be considered for any position on the BOD, or if you have an interest yourself, please make that interest known to the BOD. Contact me or any of the current BOD members regarding questions about any of the positions. The positions that need to be filled for 2009 are President, Vice President, Secretary and Public Education Director(s). Please consider one of these; it is important for the health of our club to get new BOD members onboard each year.

A proposed slate of 2009 BOD candidates will be presented to the membership at the general meeting in December and will also be sent to the membership by e-mail. The election of our new BOD will be held at the January 2009 general meeting. Members "must" be present at the meeting to vote. The newly elected BOD will be sworn in and assume their club responsibilities at the March general meeting.

Nominations are now also open until December 31 for the 2008 "Fly Fisher of the Year" (FFY) award. FFY nomination forms will also be available at the November and December meetings and be sent to the membership by e-mail. Please return the nomination forms to me. Voting will be held at the January meeting. This award is the highest honor bestowed to one of our members each year in recognition of her/his extraordinary effort in giving time and talent to the club.

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### BUFF November 2008 Meeting Program

#### River Care for Coldwater Streams

A presentation by Conservation Resource Alliance's director, Amy Beyer, who will illustrate the innovative collaboration, construction techniques, and breakthrough financing being used to improve world-class fisheries like the Pere Marquette, Manistee, and Jordan Rivers in northern Michigan. This highly successful model can be used for restoration of river habitats in Ohio and your other favorite angling waters. Check out the web site: [www.rivercare.org](http://www.rivercare.org)

**The BOD recently voted to accept a new contract with Raffel's for hosting our club general meetings through June 2009. There is no increase in cost to the club in the new contract; meal costs will remain at \$12 per meal.**

**The BOD approved a \$250 cash donation to support the Northern Kentucky Fly Fishers banquet scheduled for November 1. NKFF has continued to support our banquet each year as well.**

**If you order your meeting meals by phone, the number has been changed to 513-829-1465. Also, you may now cancel a meal order, if needed, by calling this number or by going to the meal reservation page on the club website.**

**Carol Barton is now taking orders for BUFF logo tee-shirts. Orders must be prepaid (\$10/shirt). You may order these at the November meeting or by calling her at 513-677-1255. You might consider one of these as a Christmas gift or buy one to donate as a prize for the 2009 BUFF banquet.**

*Editor's Note: This article first appeared in the Buffer in September 2001*

## **CENTENARIAN ROCKFISH**

**Vince Cappiello**

The following article was excerpted from one I wrote for Life Extension Magazine. I thought BUFF members might be interested in the important role fish are playing in medical research.

What would you say if you were told the fish dinner you just ate came from a fish that was 100 years old? Believe it or not, people are eating rockfish that were born around the turn-of-the-century! And according to John C. Guerin, Centenarian Rockfish Project Director at Oregon State University, there is no difference in taste or texture between centenarian and younger rockfish.

Recent analysis of commercial catches of rockfish showed that 16% were more than 50 years old, and several were at least 100 years old. But these fish are not only long-lived, they don't senesce! Instead, they manifest what is known as negligible senescence (chronological aging without increased mortality). In other words, they continue to grow and reproduce after reaching maturity but show no evidence of senescence. In fact, fecundity (ability to reproduce) increases with increasing age.

How do we know these fish are that old? What mechanism(s) allow them to live so long without senescing? Can humans benefit from such knowledge? These are the questions that Guerin considered as he learned more about these fish. He had always been interested in the problems of aging but was fascinated by the idea of growing older chronologically without senescing. The more he studied the phenomenon of negligible senescence, the more passionate he became because he discovered that little research had been done in this area. Determined to fill this void, he began to assemble a network of scientists who could apply the principles of gerontological (the study of aging) research to these issues.

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# A Grayling Adventure

## Mark Ringlsetter

OK, so call me crazy, or anything else you like, but I decided to visit my brother, Chris, in Brussels, Belgium (during a recent business trip to Germany) instead of driving down to Munich and partaking in a weekend of Oktoberfest. Normally when my brother and I get together there's something fishy going on. After a few drams of our favorite Single Malt we got down to business, meaning we started drinking some really nice Belgium beer, while my 9 year old nephew showed me how to tie up some Belgium nymphs. Chris and I kept a watchful eye on Sebastian as he kept whip'n out the flies! Tough work but someone has got to properly guide the next generation of fly Anglers!

The next morning at 6AM, Chris, Sebastian and I met up with Chris' Royal Belgium Casting Club buddy, Bernard, and headed over to their local stream. After hunting down where the local stream monitor was having his morning coffee and each paying him the 10 euro stream fee we continued on our way to the river. I quickly pulled on some waders, a fleece pullover and a woolen sweater, strung the line through the guides of a 7 ½' Howells bamboo rod and tied on one of Sebastian's nymphs to an 8' piece of 7x fluorocarbon tippet. As it was the last weekend of the trout season there were quite a few Anglers already in "our" hole. After a breakfast dram, or two, we decided to head on down the river a kilometer or so to a more secluded section of the stream and began our quest for the fabled Grayling. Bernard took his time and carefully schooled me on Grayling, their habitat, behavior and Belgium nymphing techniques until I had the muscle motion down pat; meanwhile, Chris and Sebastian headed on down stream.

I have long dreamed of the day I'd hold a delicate Grayling in my hand. Since my childhood, our family would canoe down the Au Sable river in the Northern part of the lower peninsula of Michigan. Every Autumn, we'd rent canoes in a town called Grayling and float down the main stream for about 5 or 6 hrs, through the fabled "holy waters" as they're known, to Stephan's Bridge. Naturally I asked where the towns namesake were hiding and quickly learned they were all fished out and extinct by 1900.

So here I was, 40 years later, standing in the Ardense river on a gorgeous, brisk, Autumn morning watching a small piece of yarn gently floating down the stream with Sebastian's nymph happily bouncing on the rocks below, when it makes the faintest of hesitations. As instructed, I set the hook and after a few moments of thrashing about I pull up a wild, beautiful, little Grayling. In that instant, I had fulfilled a long time dream. I'd never have guessed as a kid, that I'd have to travel 9 hours in a plane and 4 hours in a car someday to finally hold one of these beautiful fish in my hands; especially when there used to be tens of thousands of them just 4 hours up the road. By the end of the day I was thrilled to have caught, and released, a total of 12 of these timid Grayling. A far cry from the 50 – 100 taken daily by my predecessors on the Au Sable in the late 1800's.

Oktoberfest would have to wait another year, but on that beautiful autumn day, I had caught a prize few other American Anglers can lay claim to today. Traveling a quarter of the way around the world allowed me to go back over a hundred years in time to when Grayling were wild in many of our cold and pristine northern streams. It gave me an opportunity to fulfill a childhood dream. Go ahead, call me crazy.



# 2008 Pere Marquette Salmon Trip

Ted Grossman

Meet at Dick Naber's house at 0600 was the rumor, Bob Mackey, Bruce James, Dick and myself planned on driving to Michigan together. Did someone say SIX O'clock? That means I have to get up at four-somthin. This was my first salmon trip so the anticipation helped.

When I pulled into the driveway (exactly at 6 am, by the way!), Bob and Bruce were already loading their gear into Dick's SUV. With my stuff added to the pile, gear was loaded to the head liner. First stop, per the captain, was coffee and donuts and no one complained.

Bruce fell fast asleep and would not be heard from again until Dundee, Michigan. Dick has a mobile GPS which provided lots of entertainment. When we stopped for lunch we found out that it had been raining in Michigan for 4 days straight so the Fisher-Four concluded the fresh water would make the fish push on into the river and we were going to have a spectacular week. We blew through the BBT (Baldwin Bait and Tackle) and got our licenses. It was fairly sunny when we pulled into Barothy's Lodge. Roger Corrado was already there to greet us. The scary part was opening the hatch on Dicks SUV. It was like opening a tube of Pillsbury pop-and-fresh rolls. POP and all the gear exploded!

We spent the afternoon getting settled and rigging up. The remainder of the BUFF boys and girls rolled in. Dinner was pot luck and Justin Bolduc (who had come up earlier to fish on his own) had gone over to the ponds on the Barothy property and caught some monster rainbows. Hey, what about fresh trout for dinner? Sounds great! Dave French and Justin went about cleaning and broiling Justin's catch. The fish tasted like the water smelled, of dissolved sulfur. But, it was a great thought!

Monday morning was a little rainy. Some of the group brought river pontoons and floated away. The rest of us who stayed on the property went to the location on the PM where Joe Guenther was fishing his normal runoff of Long Lodge. The water was up and it was stained. Dick commented that last year he was standing on a sand bar that was now 3 feet under water. I saw one fish was landed and there were very few other hook-ups. So the Fisher-Four theory on fish moving up after the rain had not been proven (yet).

Monday night we were treated to a great spaghetti dinner that many of the BUFF members contributed and had a hand in preparing. Kevin Morlock (the local guide and friend of BUFF) came to dinner and shared his thoughts and techniques.

Tuesday started early. Dick and I had arranged to be guided by Kevin and were picked up at 6:30. Waking up at 5:45 was plenty of time to get ready. But, sometime in the wee hours of the night (probably 4:30 AM, ish) my room light pops on and this fuzzy figure waves at me like "Hey its time to get up". Thinking I'm late for the dance I rocket up out of bed and rushed to the bathroom, got dressed, make my bed, and then find out its not even 5 o'clock. I won't say who was up looking for the bathroom at that hour in the AM and stumbled into my room, but his name is Bill Schobel. Sorry, but at 4:30 in the morning Bill looked just like Dick Naber.

Fishing was again slow as the water was still relatively high and remained stained. I had my first (and only) hook-up in the water between Barothy's and the bridge late in the afternoon. It was particularly special as I was using a spey rod for the first time. (Hard to get used to the spey because I always wanted to grab the line with my left hand vs. using the rod for all line control). Most others on the trip reported slow fishing conditions (including the guides who joined us for dinner).

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Wednesday a large group of Buffers went up to the Clay Banks at the Flies-Only Section in an attempt to find fish.

Again, Dick and I floated the river with Kevin Morlock. We were fishing right at sun up, but nothing extra-curricular to report. Kevin stopped his drift boat at a large deep bend in the river. Kevin explained, "We are going to target staging fish and this is a perfect deep hole where I've been successful in the past". I hooked up on my third cast and lost it just at the net. Wow! This must be the spot! We were fairly disappointed because we did not hook-up another fish in that hole and we finally left at 11:00AM. We floated on downstream and only saw one other fish being played. It wasn't until late afternoon again when we saw a salmon roll from far away. We finally found an active redd. Dick and I each took turns casting upstream of the redd and each of us hooked up and finally brought fish to the net. Dick played a bruiser for over 30 minutes before it took his line and a lot of his backing and went way upstream under a log to break off. Dick returned to casting the same area and hooked on to a monster (45 inches and 26 pounds). After that catch, he cast back above the same red but, caught a large female which ended that fishing.

That evening back at Barothy's the club was given a spey casting clinic by Kevin and Jedd. Jedd lives and sleeps fishing. Turns out the group that went to the Clay Banks crushed them up there. Some buffers were hooked up 20 times during the day.

Thursday another large group went back to Clay Banks. Dick and I went off to the Green Cottage and went upstream. It was fairly crowded, but within a few hundred yards it starting to open up. The water was now down and was fairly clear. Dick targeted a shallow run and caught a small salmon and I went further upstream and targeted another deep hole for staging fish. I hooked up on three fish in that hole and broke off all three times. In fact, stupid me grabbed my rod up by the first stripper guide to turn number three and the rod broke right in my hand. Dick had a spare rod so I went back to the car for his rod. When I returned, Dick had spotted an active redd from a high bank along the PM and told me to go upstream and get into the water and he would guide me as to where the fish were holding. Dick stood on the bank directly over the fish and called signals as to where to drift my patterns. I ended up hooking three fish from that redd. Unfortunately, I think I might have foul hooked the female so the redd went dead after that.

Dick talked to Don Hogue and both he and Bill Schobel caught salmon. But, Don caught a steelhead and wow is was all of 87 mm. Yes, that millimeters or about 3.425 inches long.

So goes my first salmon trip,,now we can wait for and talk about 2009! Many thanks to all those who put in lots of time to plan this trip and make it such an overwhelming success, especially Joe!

## Library Notes

As a service to the membership, BUFF provides a free library of Books and DVD's to assist the BUFF Fly Fisher in his or her quest to become a more knowledgeable Fly Fisher.

We feel that "3 months" provides adequate time for the Books or DVD's to be checked out by an individual, as we wish to provide equal service and opportunity to all the BUFF Membership.

All Books or DVD's taken out of the Library **prior to August 1, 2008** should be returned to the BUFF Library at the next BUFF Monthly meeting on November 12, 2008.

All outstanding items after the next BUFF dinner meeting will require laborious individual contacts to be made in order to determine the status of the Book or DVD.

Your help and cooperation is needed.

Rockfish are also known as Pacific Ocean perch and belong to the genus *Sebastes* which has some 70 species. They are among a few species of vertebrates (animals with backbones) that can have life spans exceeding 100 years. Others include sturgeon which hold the record of 154 years, turtles, whales, and humans. What is interesting about turtles and rockfish is that they do not senesce. (*the process of getting old*)

One of the more important aspects of studying longevity in animals is accurate determination of age. To do this, Guerin used a special technique called the "otolith method". It is based on the fact that fish scales and certain bones reveal annual growth rates via growth rings that are laid down in these structures. These rings are analogous to the rings visible in the cross section of a tree trunk, and are counted to determine age. The technique involves the use of a specific bone taken from the fish's ear. It is removed, processed, and ground thin enough so that the annual growth rings can be seen through a microscope and counted.

Using this method, Guerin's team determined the age distributions of three separate rockfish collections off the coast of Sitka, Alaska. The oldest specimen in each collection was 109, 107, and 93 years old. These pioneering researchers are examining a number of questions, including the following:

1. How is it that rockfish continue to grow after reaching maturity?
2. Why is their ability to reproduce not affected by old age?
3. Why don't rockfish get degenerative diseases with old age as do humans?
4. What are the mechanisms for negligible senescence?

The answers to these questions could lead to health strategies that benefit us all.

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**Shortraker Rock-fish** (*Sebastes borealis*) is an offshore, demersal species distributed from the southeastern Kamchatka Peninsula, Russia, to Ft. Bragg, California (Kramer and O'Connell, 1986). It attains lengths greater than one meter (>39 inches) and weights to 20 kg (44 pounds). In the Gulf of Alaska, shortraker rockfish are sampled annually during longline surveys and are most abundant between depths of 300 and 400 m (984 and 1,312 feet). In 2007 fishermen caught a specimen that was studied and estimated to be between 90 and 115 years old. It was caught south of the Pribilof Islands at an estimated depth of 2,100 ft (640 m). The oldest recorded shortraker caught was 157 years old. Wikipedia, Joling, Dan (2007-04-06). "[Fishermen catch big, old Alaska rockfish](#)" (in english), *Yahoo! News*, Yahoo! Inc..)

## BUFF 2008 Calendar

### November

- Nov 6 **Tie and Lie West** 7-9 pm Bass Pro Outdoors  
Nov 7 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center  
Nov 8-15 **Little Red River Trout Trip**, Arkansas  
Nov 12 **Buff Monthly Meeting** 6:45 – 9 pm  
Raffel's on Reading Rd  
Nov 19 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7 pm  
Nov 20 **Tying at the VA** VA Med. Ctr. 6:30 pm Dave Jones  
Nov 21 **Tie & Lie, Bass Pro**, 7-9 pm

### December

- Dec 4 **Tie and Lie West** 7-9 pm Bass Pro Outdoors  
Dec 10 **Buff Monthly Meeting** 6:45 – 9 pm  
Raffel's on Reading Rd  
Dec 17 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7 pm

### November Menu PRICE THIS MONTH \$12

**Beef Sirloin Tips**  
**Roasted Pork Loin with Fruit Sauce**  
**Buttered Noodles**  
**Sauteed Vegetables**  
**Fresh Fruit Salad**  
**Rolls and Butter**  
**Chef's Choice of Dessert**

## 2008 B.U.F.F Officers/Board of Directors/Key Positions

### OFFICERS:

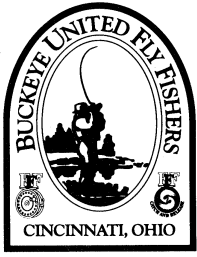
<u>OFFICERS:</u>	<u>NAME</u>	<u>PHONE</u>	<u>EMAIL</u>
President	Lou Haynes	513-777-4854	louhaynes37@gmail.com
Vice President	Jim Hampton	513-779-4349	flyfisher@zoomtown.com
Secretary	Sue Bloemer	513-737-3608	bloomer@fuse.net
Treasurer	George Fraley	513-829-1465	georgewf@fuse.net

### BOD/Chairs:

Communications Chair (Buffer)	Jon Kennard	513-732-1799	jonkennard@fuse.net
Communications Chair (Website)	Ken Foltz	513-398-1856	kfoltz@cinci.rr.com
Trips Chair	Steve Bailey	513-829-1823	chiefrsb@fuse.net
Banquet Chair	Jim Boude	513-697-8485	jboude@cinci.rr.com
Membership Chair	Dick Naber	513-539-7413	rnaber001@cinci.rr.com
Education Co-Chair (Club)	Tom Baker	513-697-7342	flytyer@fuse.net
Education Co-Chair (Public)	Donn Rubingh	513-385-3943	drubingh@fuse.net
Education Co-Chair (Public)	Roger Corrado	513-741-8411	corradohome@yahoo.com
Education Co-Chair (Fly Tying)	Ken West	513-726-6253	ken.flyguy@gmail.com
Education Co-Chair (Fly Tying)	Jeff McElravy	513-221-2298	jmcelravy@cinci.rr.com
Program Co-Chair	Lee Chambers	513-522-6174	leandsue@aol.com
Program Co-Chair	Randy Clark	513-741-8273	rclark3056@msn.com
Conservation Chair	Mike Bryant	513-697-9576	mjbryant@email.com
Outreach Co-Chair (CFR)	Debbie Hampton	513-779-4349	flyfisher@zoomtown.com
Outreach Co-Chair (CFR)	Mary Mays	513-779-3854	remod25@zoomtown.com
Outreach Co-Chair (VA Hospital)	Dave Jones	513-825-7174	jones.adov@zoomtown.com
Director At Large (Librarian)	Bob Mackey	513-831-4180	rmackey@cinci.rr.com
Director At Large (Raffles)	Jim Hampton	513-779-4349	flyfisher@zoomtown.com
Director At Large	Lane Stocker	513-542-7597	lstocker@cinci.rr.com
Director At Large	Tim Findley	513-258-9293	Fin9695A@yahoo.com
Director At Large	Bruce James	513-683-0429	bdjames@fuse.net
Director At Large (Banquet)	Bob Miller	513-271-2129	flyfission@earthlink.net
Director At Large (Historian)	Don Prince	513-398-0921	prince.dr.3@pg.com

### KEY CLUB RESPONSIBILITIES:

Future Leaders Owner	Lou Haynes	513-777-4854	louhaynes37@gmail.com
Day Trips	Steve Bailey	513-829-1823	chiefrsb@fuse.net
Great Miami Conservation/Trips	Joe Cornwall	513-891-0782	cornmuse@fuse.net
Mad River Conservation	Nick Rizzo	937-291-1687	macriz@sbeglobal.net
East Fork Conservation	Jon Kennard	513-732-1799	jonkennard@fuse.net
Dinner Reservations/Administration	Debbie Hampton	513-779-4349	flyfisher@zoomtown.com
Fly Fishing Show	Mike Bryant	513-697-9576	mjbryant@email.com
Casting Co-Instructor	Tom Scheer	513-321-5317	rtscheerdds@aol.com
Casting Co-Instructor	Gary Begley	513-932-4205	loopdude1@hotmail.com
Club Mail	Dick Naber	513-539-7413	rnaber001@cinci.rr.com
Fly of the Month	Joe Cornwall	513-891-0782	cornmuse@fuse.net
Fly of the Month	Jim Stuard	513-793-0749	jstuard@cinci.rr.com
Monthly Raffles	Jim Hampton	513-779-4349	flyfisher@zoomtown.com
Club Asset Owner	Lane Stocker	513-829-1465	lstocker@cinci.rr.com
Membership Health Owner	Katie Huber	513-891-5694	bkhuber25@aol.com
Brookville Tailwater Coordinator	David French	513-829-1226	info@davidfrenchphotography.com
BUFF Merchandise	Carol Barton	513-677-1255	nutmegblush@yahoo.com
Ohio FFF Council Rep.	Mike Bryant	513-697-9576	mjbryant@email.com
Ohio FFF Council Rep	Tim Findley	513-258-9293	Fin9695A@yahoo.com

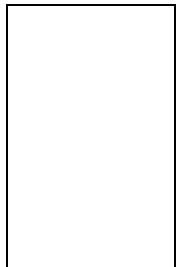


# The BUFFER

The Newsletter of Buckeye United Fly Fishers, Inc.

P. O. Box 42614

Cincinnati, OH 45242



*A Non-Profit, Tax-Exempt, Charitable Corporation*

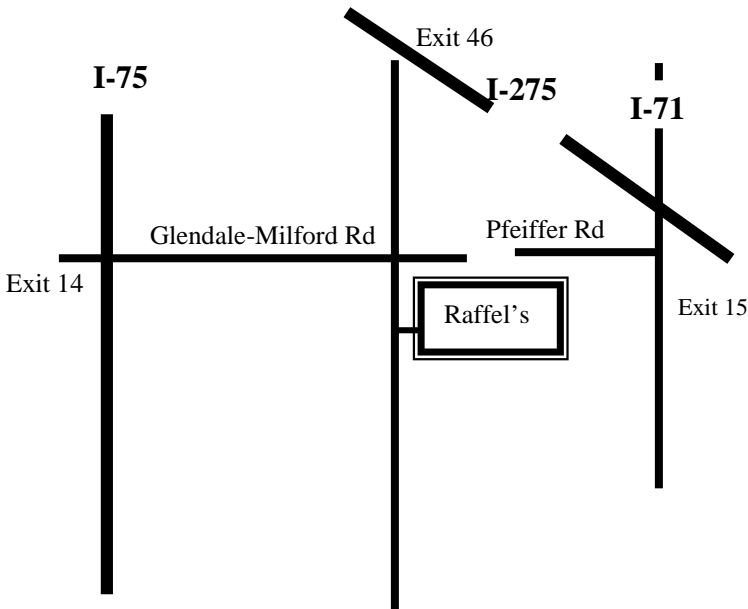
**FIRST CLASS MAIL**

**NOTICE:** Dues are \$25 (Individual), \$30 ( Family), with a one time \$5 Initiation Fee for new members. New members will pay a prorated membership amount according to month of initial membership for the first year. Annual dues are due January 1. Refer to BUFF website for further information. B.U.F.F., P.O. Box 42614, Cincinnati, OH 45242

Mailing Address

## Next Monthly Meeting – Wednesday – November 12

**CALL 513-829-1465 OR SIGN UP ON LINE AT [WWW.BUCKEYEFLYFISHERS.COM](http://WWW.BUCKEYEFLYFISHERS.COM) FOR DINNER RESERVATIONS NO LATER THAN MIDNIGHT ON THE SUNDAY BEFORE THE MEETING. DINNERS ARE \$ 12.00/PERSON FOR A CATERED MEAL SOCIAL HOUR AT 6 PM – DINNER SERVED AT 6:45. RESERVATIONS ARE REQUIRED – DON'T WAIT – CALL NOW! (SEE THE MENU ON PAGE 6)**



### Directions:

**From I-275 – Take Exit 46, (US 42), south for three miles to Glendale-Milford Rd. -- Continue south and RAFFEL'S will be on the left approximately 3/10 mile.**

**From I-75 -- Take Exit 14, east, on Glendale-Milford Rd. until the intersection of US 42, (Reading Rd). Turn right (south) on US 42, and RAFFEL'S will be on the left approximately 3/10 mile.**

**From I-71 -- Take Exit 15, west, Pfeiffer Rd. & this becomes Glendale-Milford Rd.. At the intersection of US 42, (Reading Rd), turn left, (south) on US 42, and RAFFEL'S will be on the left approximately 3/10 mile.**