



# Ohio Fly Line



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## Summer's Finally Here!

It seemed like the nice weather would never arrive here in Northeast Ohio, and it was pretty much the same story all over the state until just a couple of weeks ago. Mother Nature did not want to release her grip of cold weather, and she only gave up the occasional warm day to tease us. Reports of 18-20" Smallmouth from some of the Northeastern streams are coming in on a regular basis, and the bluegill action is in full swing in the lakes and ponds with big gills on their nests hitting just about any fly you throw their way. Many of the Ohio FFF Clubs are winding down their meetings for the summer so everyone can take a break to be with their families and spend more time fishing. Hopefully you have tied a pile of flies so the kids and grandkids (and yourself) will have plenty of flies for the summer. You don't want to spend time tying when you could be fishing.

By the time you read this newsletter the leadership of the OSC will have been to the Annual Meeting of the Great Lakes Council and the GLC Fly Fishing School in Roscommon, Michigan. This takes place each year over Father's Day weekend and is a great opportunity to hone your casting and tying skills before the summer. If you've never attended this event you're missing out on a good time. The OSC hopes to someday have an event like this right here in Ohio so our Ohio FFF Members don't have to travel so far.

This summer the FFF celebrates its 40<sup>th</sup> Anniversary with a special Conclave in Livingston, Montana from August 11-13. This will be the largest Conclave ever held with over 85 workshops, 50 exhibit booths and more than 150 fly tying demonstrations. Visit the FFF website for all the details at [www.fedflyfishers.org](http://www.fedflyfishers.org), and while you're there check out the new website. They have done an outstanding job with this makeover and new content is being added on a regular basis. Come back often to see what's new.

This issue of the Ohio Fly Line has a couple of interesting Conservation articles that clubs and individuals can get involved in. The Adopt-A-Stream program is new and is something that every club should consider participating in. We all have "*Home Waters*" regardless of their type or size, and they all could use some form of monitoring and TLC. More information and an application is available on the FFF website, along with other Conservation projects.

FFF dues will be increasing by \$5 beginning July 1, 2005. There has not been a dues increase in many years, and it is needed to maintain the programs we all enjoy. You can still renew your dues online at the current rate, and even take advantage of the 3-year renewal until the end of June. More details will be on the FFF website in the near future.

The OSC Board of Directors has finalized most of its organizational tasks, and will now be focusing on funding sources. We're only a couple of clubs shy of the 10-Club requirement to become a full Council, but we cannot become independent without getting our financial house in order and putting some money in the bank. We welcome all ideas from the Ohio Membership on what you would like to see as fundraising ideas, so send your ideas to us via e-mail at [info@ohiofff.org](mailto:info@ohiofff.org). The only criteria is that your idea should be in line with the goals and objectives of FFF...Conservation, Education, Restoration.

Have a great summer and remember to take a kid fishing. You'll both be better for the experience.

*Don Van Buren*

## Insect Repellents

By Wm. A. Sodeman, Jr., M.D., J.D.,  
(June 2003 FFF Clubwire)

(Editor's Note: While this article has appeared in numerous places over the past three years, it continues to be a ready reference in making your summer fishing trips more enjoyable and insect free)

In July of 2002 the New England Journal of Medicine published an article written by Mark S. Fradin, M.D. and John F. Day, PhD on the effectiveness of various insect repellents. These authors used mosquitoes in their testing. Diseases caused by biting insects, particularly mosquitoes, are responsible for a great deal of death and disability worldwide and that is the reason for a scientific study of the effectiveness of insect repellents on mosquitoes.

The information provides a collateral benefit for those of us bothered by mosquitoes while fishing. Herewith is a brief summary of the information they obtained. Anyone who wishes to look at the original paper can find it in the July 4, 2002 issue of The New England Journal of Medicine, Volume 347, p. 13.

Insect repellents were tested by applying the repellent to the arm of a volunteer and then having the volunteer stick his or her arm into a cage full of mosquitoes. The time to the first bite was recorded. If there was no mosquito bite after the first minute then the volunteer removed his or her arm from the cage. The treated arm was reinserted at regular intervals until a bite eventually occurred. A great deal of care was used to insure that test was free of bias and error.

The good news is that products containing 20 percent DEET offered protection from mosquito bites for an average of 4-5 hours. For most of us this means bug free fishing with a need to reapply repellent only once, or at the most twice if you are going to make it a long day. The bad news is the lesser concentrations of DEET, below 20 percent, offered protection only in the one and one half hour range, which would mean more frequent interruptions to reapply.

I had been concerned in the past about rumors of possible toxic side effects from DEET and was heartened to find that it has an excellent safety profile. It has been used for 40 years and there have been approximately 8 billion human applications. Out of this 8 billion there have been fewer than 50 cases where there have been serious side effects and only 13 produced any kind of residual effect. This works out to one bad residual event for every seven and one half million applications. My guess is it would probably be safer to use DEET than it is to wade the stream.

For those few people who are allergic or sensitive to DEET there are a couple of alternative options that seem to work. They are effective but not as long lasting.

- \* There is a soybean oil based preparation (Bite Blocker for Kids) that gives about an hour and a half of protection.

- \* Eucalyptus oil preparation (Repel Lemon Eucalyptus Insect Repellent or Fite Byte Plant-Based Insect Repellent) that on average works for two hours.

- \* The rest of the repellents tested seem for all practical purposes to be useless. Herbal preparations containing citronella were effective for 10 to 20 minutes, IR3535 for 22 minutes and the skin softening preparations, which have had a great deal of popularity, seem to be even less effective at 10 minutes or less protection. If you use these you will spend more time applying insect repellent than fishing!

- \* The wristband preparations and presumably the stick on tabs, though they were not tested, including those impregnated with DEET, did not give a full minute of protection.

- \* Other studies have shown that the small mechanical devices that emit sounds that are supposed to scare away mosquitoes are ineffective.

Based on these studies, the strategy which I will adopt is to use Deep Woods OFF which contains 23.8 percent DEET or Sawyer controlled release which contains 20 percent DEET. (I pick these because they were the ones tested, but there is no good reason why any DEET preparation of 20 percent or greater would not work as well.

## **FFF Launches Adopt A Stream**

What is the Adopt-A-Stream program?

Our home waters offer us a place of comfort and familiarity. They are the local places we go to fish and unwind from life's hectic pace. They are also places we feel attached to and protective of. In the FFF's ongoing efforts to preserve our angling heritage and protect fish habitat, the FFF has launched the Adopt-A-Stream program. In accordance with the 2003 FFF Clean Water Resolution, the Adopt a Stream program provides a way for FFF clubs to watch over their local waters. By adopting a local stretch of water, clubs can foster a sense of ownership amongst their members by holding regular stream clean-ups, conducting water quality monitoring or biological monitoring. With the sense of ownership created through these activities comes a sense of pride and stewardship over our home waters.

In recognition of these efforts, the FFF will fund a portion of the cost (\$100) of an approved professional sign to be erected at the adoption site naming the adopting club and stating "Please respect these waters". Club efforts must be sustained and ongoing to maintain a presence at their adopted site.

How can my club get involved?

Any FFF club wishing to adopt a stream must submit an Adopt-A-Stream application to their Council Conservation VP with a check or money order for \$100 toward sign production. The application can be downloaded from the FFF website at <http://www.fedflyfishers.org/conAdoptAStream.php> or by contacting the following:

Conservation Coordinator  
Federation of Fly Fishers  
215 E. Lewis St.  
Livingston, MT 59047  
(406) 222-9369

Or e-mail [conserve@fedflyfishers.org](mailto:conserve@fedflyfishers.org)

Do your part today and contact FFF to involve your Club in the Adopt-A-Stream program for your home waters.

## **Conservation Grants Program**

The Federation of Fly Fishers (FFF) is proud to offer conservation grants to clubs, agencies, organizations and individuals who are working to preserve and restore the waters we cherish.

If you know of a resource project that is working to assure healthy aquatic habitats, download the application form at [www.fedflyfishers.org/conDocuments/Cons\\_Grant\\_Form\\_2005.doc](http://www.fedflyfishers.org/conDocuments/Cons_Grant_Form_2005.doc) or contact us directly at (406) 222-9369, [conserve@fedflyfishers.org](mailto:conserve@fedflyfishers.org). Electronic application submission is preferred. Applications must be approved by the Council Conservation VP, see the directory to find your representative.

Applications are accepted year round and are considered three times each year.

Summer Deadline: July 15, 2005. Successful applicants notified September 1, 2005.

Fall Deadline: November 15, 2005. Successful applicants notified January 1, 2006.

Spring Deadline: March 15, 2006. Successful applicants notified May 1, 2006.

FFF Conservation Grants for resource projects have normally been limited to \$2,000 per year for any individual project. Please use this as a guideline in making your annual requests for funding.

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## **FFF Guide Association Webpage**

This is a webpage for professional guides who would like to join the Association and for potential clients who would like to search the continually growing database for talented guides to hire at some distant fishing destination. This Association is administered by the FFF as a service to its members and to the fly-fishing public.

For more information visit the Guide Association webpage at [www.fedflyfishers.org/guide.php](http://www.fedflyfishers.org/guide.php)

