



TULLY TALK

Opening Day has just graced us - I hope that many found time to get out in the beautiful weather. This winter season has been much needed, and I hope that the cold snow melt helps nourish our cold streams and bring life back into them after several mild winters.

The days are getting longer and warmer, which makes me eager to get outside more and hopefully in the stream and of course into a TU project or two. Last year a small group of brave members masked up and planted trees along the deflectors we constructed 4 years ago. We put 100 trees in the ground that will help the riparian buffer and stream environment. The current status of the deflectors is great — they are collecting silt and operating as planned. The meadow that was planted to support natural habitat is also thriving. I look forward to seeing it's progress through this year, along Tulpehocken Road, just before the 222 overpass.

Speaking of deflectors, we've uncovered a couple of areas perfect for timber deflectors. Ed Ulmer has started the planning stages for initial deflectors in key areas of the Tully with downed trees. He's working with the Army Corps and it would be great to see some new faces come and help continue creating stream habitat.

Another project in motion hits all age levels. We're working with Parks and Rec to establish "Stream Libraries." Think of a free street library, but near the stream at Grings Mill park. The books will be focused on conservation and fishing topics. We're in need of donations and library builders for this project.

Since gatherings have been a challenge, we're trying to get things done in a safe manner. We feel that these projects allow us to continue to give back while maintaining safe distances and social practices. We've seen a surge in people utilizing the parks and waterways, as well as just getting out more and enjoying nature during Covid. It's important to keep in mind, that it's still a space that we are all sharing, not just as humans. Making sure that we're doing our part to keep trash, debris and other pollutants out of our natural habitats is an important part of keeping our natural habitats, natural, beautiful and safe for all.

Lastly, I'd like to ask a favor of our membership. If there's a topic that you find near to your heart, like clean cold water, trout stocking or stream clean ups, please let us know. Trout Unlimited can be an advocate for a concern that is alignment with our mission. At the last stocking event in the area, there was talk about the stocking and water pollution. Senator Schwank was there, and is a member to the Game and Fishery Committee. I encourage you to voice your opinions to your legislatures. We can only make a difference if our voices are being heard. On that note, I wish you all a wonderful fishing season. Stay safe, healthy and kind to one another. Tight lines.



Streamside fishing up in Northern Pennsylvania last fall

TCTU Officers and Board

President - Brenda Bittinger
Vice President - Mike McLaughlin
Treasurer - Ed Ulmer
Secretary - Open Chair

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Chris Meyer
Cathy Curran-Myers
Benjamin Klopp
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We Need Membership Involvement in these areas:

Education / Trout in the Classroom
Finance Committee
Programs Committee
Resource Committee
Social Committee
House Trustee

Chapter Mail

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 Tulpehocken Creek Trout Unlimited

 Tulpehocken150
Feel free to tag us! #tullytupa

For the full Spring 2021 TullyGram, please check your Inbox. If you're not receiving emails, please contact: b.bittinger@gmail.com and we'll get you on the list!

EVENTS

May - Breakfast on the Tully
June - General Meeting
July - Casting Competition & BBQ
August - General Meeting
September - Eco 5k



TREE DEFLECTORS IN THE TULPEHOCKEN WITH THE ARMY CORE

BY: ED ULMER, TREASURE

The Tulpehocken Chapter has been involved in many projects to improve the Tulpehocken Creek during the last 45 years. Rock deflectors have been installed in many locations. Most recently, three boulder deflectors were installed a few years ago near the confluence of the Cacoosing and Tulpehocken Creeks. Their purpose is to push water away from the bank. This reduces erosion, adds oxygen to the water, cools the water, and eventually, dredges a deeper channel. All of this being good for trout, other organisms, and ducks in particular.

So, tree deflectors are a cheap way of achieving these goals. Trees also add nutrients for the macroinvertebrates that trout eat. I worked with Brianna Treichler from the Army Corps of Engineers to plan the tree deflector project. Brianna was very helpful with the research into permits and safety issues. The volunteer lumberjacks attended a safety course with the Army Corps taught by Nate Freiwald. We learned a lot of good safety practices, and recommend a safety course to anyone who needs to use a chainsaw.

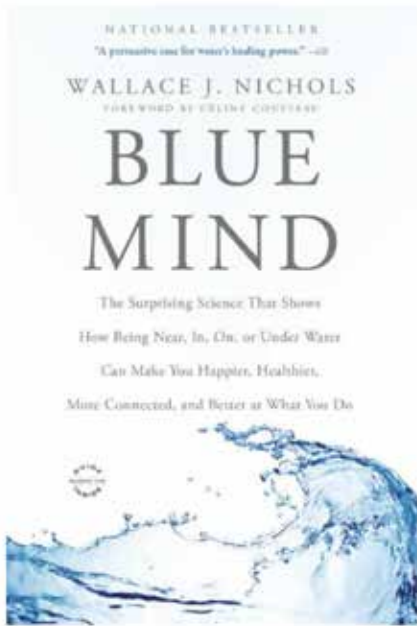
We started by identifying spots for deflectors about two years ago. My daughter, Katie, a TU Teen, helped get the GPS locations, and did the first site visit. The location is in the Tulpehocken, below the stilling basin. We tried to find suitable trees between the existing stone deflectors. We considered the difficulty of cutting and safety. We also considered things like habitats for owls and butterflies, and scheduled around opening day for trout season, as required by the Fish & Boat Commission.

Our first scheduled date was snowed out, so we rescheduled for March 19. Thunderstorms were predicted, but the weather was great. Our Lumberjacks were Al Williams and Mike McLaughlin, our VP. Kurt Shearer and I were the cable guys; wearing waders and cabling the trees to the stumps. Kurt had a lot of tree cutting knowledge from his work at the Game Commission. As it was, we did not need to go into the water. The dam operator had dropped the flow for us, to help with water safety, too. The Army Corps was represented by Jonah Eckert who was a great help. The Army Corps provided materials and the chainsaws. It all went well. We may add more tree deflectors at some point, or in other creeks. A great thank you to all who participated!

Do you know of another area in a local stream that could use a project like this? Please let us know, contact: Brenda at b.bittinger@gmail.com or info@tullytu.org



BLUE MIND - A BOOK REVIEW BY THOMAS HAM



I'm willing to bet if you're reading this newsletter you already know that being on, in or near water makes people happier. The TU crowd of conservation minded fishermen no doubt understand the great debt owed to the pacifying effects of waterways and the life they contain. We can also assume that many others sense the positive effects of water on our psyche, but how many of us truly understand why or how?

I recently read the book 'Blue Mind' by Wallace J. Nichols, PhD. In the book Nichols, a marine biologist by trade, explains, with a wide array of scientific data, the unequivocal connections between water and our mental and physical well-being. To make his case Nichols draws from his own studies as well as a host of others in the scientific community, largely from the realm of neuroscience.

It's not a hard read for the most part; in-fact the actual text is only 276 pages- however I highly recommend not skipping the preface or the forward by Celine Cousteau. The chapter by chapter Reading Group Guide offers neat perspective

too.

Nichols delves into many topics and whoever reads this book will find enjoyment in all the proof provided for our existing intuitions.

Standout discussions include economics in relation to real estate's proximity to water bodies, the numbers are staggering. Also his reporting on the effects of water based natural disasters is as insightful as it is heartbreaking; personally I realized I failed to consider more than just the immediate effects of things such as Sandy and Katrina, tsunamis or river flooding. The ongoing economic impact along with emotional issues such as PTSD in local residents doesn't make the news, but Nichols lays it out for the reader. His telling of his personal efforts to restore sea-turtle populations with fishing communities in Mexico offers much needed hope moving ahead.

The therapeutic and restorative effects of water are a major theme in this book; explanations range from our first nine months of life to human evolution. Aside from hard science Nichols draws anecdotally from those involved in water based health endeavors serving people recovering from injury, living with disabilities or navigating emotional trauma and mental disorders. Some entities, Project Healing Waters and Casting for Recovery, may sound familiar to subscribers to this newsletter.

While many of the results of brain studies referenced seem a bit repetitive and the language of neuroscience can be a little hard to track for the layman, they serve the greater purpose of solidifying Nichols' proposals as more than just opinion.

Nichols pays almost every imaginable water activity its due, describing how participation positively effects humans. He weaves a great tapestry of history, physical science, cognition and emotion. Ultimately he issues a hopeful plea for people to engage and appreciate our life source on the only planet we have ever called home, but whether you realize it or not, conservation of natural resources overall is a theme laced throughout his text.

I made so many notes knowing I wanted to write this piece, but instead of sharing too many details I encourage you to buy and read this book, and then lend it to others. Trout Unlimited exists on the sole premise of healthy aquatic habitats- what's good for the trout is good for us. But how many others really *get it*?