

Hickory NC Trout Unlimited

February 2018 Newsletter



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A LINE FROM THE PRESIDENT

What a program we had at the January meeting. Gary Hogue presented "Safety on the River". Very important for these cold winter months when an accidental fall in the water or any number of accidents could quickly be life threatening without a few safety tips. Great presentation on what to wear to stay warm, too. It is so important to dress appropriately for not only cold weather but cold water. Remember, you can get hypothermia even in the summer time. Hope everyone carries a survival kit. I don't leave home without it even in the summer.

Thanks to all of you who voted through Southern Trout Magazine for Hickory Trout Unlimited to win a fly rod from Thomas & Thomas rod builders. I am pleased to say that I was notified that our Hickory Chapter won for the state of North Carolina. The board will be deciding how to use the rod for fundraising or whatever. Thanks again for your votes!

We have a lot to get ready for as spring approaches. We need to start planning for the Kid's Fly-Fishing Day and we will need a lot of help with this event. It is very important as the kids of today are the future of our sport and of Trout Unlimited. If you don't have time to help, please consider a financial donation. No amount is too small. We also need to find a child candidate for the NCTU Rivercourse program to be held June 17th through the 22. Candidates must be between the ages of 13 and 15 years old, boy or girl. If you want to nominate a child, please contact myself or any Hickory TU board member.

The program committee has a good program lined up for the February meeting. Lynn Marilla of Eagle Rock Camp will be talking about helping veterans and their families. We owe veterans a lot for their service, so come listen to this important work that Eagle Rock Camp performs and how fly-fishing plays a role. You may be inspired to get involved yourself.

Hickory TU will have some raffle items and giveaways to bring in money for our chapter operations, and we hope you'll all bring some extra cash to get in on the fun. We're also planning a new five-minute event to follow the main

program that is a "How to" demonstration to help everyone improve their skills as fly-fishers.

I am still looking for a couple of co-chairs, one for the Conservation Committee and One for Kids Fly Fishing Day. In closing, if any member has any interest in being more involved or if you have a question or suggestion about Hickory TU, our events, procedures, whatever, please feel free to contact me at HkyNCTUpres@gmail.com or 478-284-1224. **See you Tuesday, February 20.**

NEXT MEETING

When: Tuesday, February 20

Where: Peddler Steak House
1350 U.S. 321

Program: 5:30-6:30 Dinner(Optional)/
Socializing/Raffle Ticket Sales
6:30-7:20 Guest speaker/ Program... Q&A
7:20-7:30 "How To"
7:30 Raffle/ Door Prizes... Conclusion

Topic: Eagle Rock Camp – reconnecting and restoring
HOPE for our military families

Speaker: Lynn Marilla

Our program for February is being presented by Lynn Marilla, the founder and Chief Executive Officer of the Eagle Rock Camp headquartered just south of Hickory in Newton. The Eagle Rock Camp program is unique in that it works with active military and veterans to reconnect and reintegrate with their families and in their communities. The entire family attends a retreat that includes workshops and outdoor activities (including fly fishing) that builds trust and takes down barriers to start the healing process. Lynn will present to us more details about the program, some successes achieved, and how you can help support them.

FUTURE MEETINGS

Meetings are held the third Tuesday each month except uly, August, and December. Locations may be changing so

keep an eye on the newsletter or website. Spring meetings currently planned are:

Mar 20 “*Let us know what you’d like to see*”

Apr 17 Determining the Health of Wilson Creek

May 15 Summer Fishing for Wild Trout

If you have a presentation you would like to share or an idea for something you would like to see, please contact Chick Woodward at hkynctu@gmail.com.

New Meeting Location



Your Officers and Board have been searching for a better location for our meetings and has found what we believe is a winner. The recently opened Peddler Steak House has a beautiful meeting room and a menu that includes a wide variety of fare. The best deal on the menu is a super soup & salad bar with a side dish. They have also discounted a few of their main entrees for us. One of the board had the 10 oz. prime last night and it was beautiful. There are also several appetizers on the menu that would make a great light dish. Come join us on the 20th for a great program and if you have an appetite, some great food.

QUOTE OF THE MONTH

With the cold winter we have had this year I thought a quote about fishing in the cold would be good. I Googled it and came up blank, so I posed the question to the “Fly Fishing Community” Facebook page: “When is it too cold to go fly fishing.” I got a lot of great answers, but a few stand out that I will share with you. Jeffrey Milligan offered: *It’s too cold when your cast freezes straight out*. Now that is really cold and similar to the suggestion by John Therou that *It’s too cold when icicles form on your back cast*. And of course there is one hardy soul in every crowd. Christopher Perez suggests: *Too cold to fly fish is like leftover bacon....never happens*. But my winning vote has to go to Ryan Gouldsbarry: *It’s too cold to fly fish when you open your fly box and all you see is a sign that says “flew south for the winter”*. Thanks to everyone at the “Fly Fishing Community” for your help.

If you haven’t been to the Fly Fishing Community Facebook page, you really need to check it out. There is a

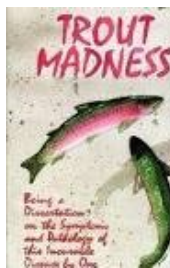
lot of very good information out there and some very interesting discussions. *Something to do when it’s too cold to fly fish*.

THANK YOU FOR YOUR HELP



The results are final and with your help the Hickory NC chapter is the winner of a Thomas & Thomas fly rod in the Great TU Shootout sponsored by *Southern Trout Magazine*. This rod will be a prize in an upcoming raffle to help provide money to expand the Trout In The Classroom program. Not only has your support helped our chapter, but I’m sure you’ll find that signing up for *Southern Trout Magazine* will provide you with great enjoyment reading the articles in the on-line magazine.

CHAPTER LIBRARY



We are creating a Hickory Chapter library of fly fishing books. The listing will be available on the Chapter website at www.hkynctu.org. You will make your withdrawal request on the website and then pick up and return your books at the Chapter meetings. We will initially start with book donations from our members and if the activity warrants it we may purchase additional books. Susan Anderson has graciously agreed to serve as our Chapter Librarian. If you have any books that you would like to lend or donate to the library, please bring them to the February meeting. Please indicate in the book whether you are donating or loaning it to the library.

MEMBER SURVEY

Don’t forget to fill out our survey, it should take less than two minutes. We’re trying to do all we can to make your fly fishing more enjoyable, but we need your input to do that. Please follow this link to the survey.

<https://www.surveymonkey.com/r/DWN7BNS>

MEMBER BIO - HOLLY COLE



Holly Cole dropping nephew Elliot Simpson off at TU River course at Lake Logan 2017

Holly has been our Secretary for a little over a year now. In that time she’s become quite adept about separating all the BSing that goes on in our meetings and just records the important issues we discuss. We thank her for making look very efficient in the minutes. I started our discussion by asking Holly what she does as a career. She said she works for the

Children's Development Services Agency. Thinking this might be a target youth audience for us I suggested that to her. She replied that perhaps we would be stretching it trying to teach the 0-3 age of the children they serve. Personally I think we could get them started by putting trout mobiles above their cribs, but that will be another BS discussion at our next board meeting.

When did you begin fly fishing?

I have been fishing since a very young age, but most of my life was only with a spinning rod.

In my 30s I started fishing albacore at Harker's Island and that's where I was introduced to fly fishermen. They demanded so much of the space around them and we thought they were very selfish. It wasn't until I began fly fishing years later that I understood that casting caused a need for that space.



Holly succumbs to her former ways before the fly rod in order to bring home a meal of Spanish mackerel.

This is also where I got my first fly rod. I hooked an albacore and when I pulled it in there was another line hanging out of its mouth and on the end of that line a fly rod. I cleaned it up and sold it for \$100. As a cancer survivor I learned about Casting for Recovery and tried several times to attend, but they were always full. In 2015 I heard about the new group of Casting Carolinas. I got in touch with them and was in their first retreat. I probably fell in love with trout fishing because on our stream outing I caught nine fish and had two doubles. What a wonderful day!

When did you join TU?

In 2016 I met Jackie Greene when she attended the Casting Carolinas retreat. She got me involved in the newly reformed Hickory Chapter.

What is Hickory TU doing best?

I think Hickory TU is doing a marvelous job with the Women's Initiative. Membership has grown dramatically and many women



Holly and Jackie accept rods for Women in TU from Gary at the Hickory TU meeting.

are attending the monthly meetings. I would truly like to thank Hickory TU for the welcome they have given women. I have spoken to many women from other chapters and organizations that just don't feel they are as welcome as we feel here.

How could Hickory TU improve?

I would love to see more members active in the chapter. We have over two hundred members and no more than 30-40 are actively engaged. I'd like to see the chapter sponsor more educational programs like fly casting and fly tying. Perhaps that would make more people active.

What is your best fly fishing memory?

Well, as I mentioned above, it is hard to beat that day on the creek with Casting Carolinas, but the trophy trout I landed on private waters in Foscoe ranks right there with it.



Holly with a great rainbow at the Retreat on the Boone Fork

What other organizations do you belong to?

I am a member in Casting for Hope which is dedicated to women with ovarian cancer and Women on the Fly. In addition I do support work for Casting

Carolinas.

What is your favorite stream?

I'd have to say it is the Davidson private waters where my team won first place in the amateur division of the Casting Carolinas tournament.

What are your favorite flies?

I have to say that I agree what Gary said in his interview last month. My favorite fly is the one that catches fish. I'm willing to try them all.

Do you tie flies?

No, but that is something I want to learn. I would like to just be able to tie up the simple flies that I use regularly. *An aside: At that point I felt obliged to warn Holly that it is a great way to start, but the addiction of fly tying will soon take over and she should be prepared to end up tying a lot more than she plans.*

What events would you like to see us take on?

I'd like to see us take on more social programs. That would include things like weekend trips and day trips. Perhaps we could even plan some family picnics that would include some fly casting lessons and perhaps other events.

Holly is planning retirement later this year and hopes to be able to become involved part time with a volunteer organization. In addition she is looking to schedule that fly fishing trip to Alaska that she's been thinking about for awhile. Please come to the next meeting and thank Holly for all she has done and is doing for the Hickory TU chapter.

PLANNING A TRIP TO ALASKA?

If you are planning a trip to Alaska this year, you better do it soon. Many lodges start booking up in January and by the

WHEN TO COME - WEEKLY FISHING CHART				
	JUNE	JULY	AUGUST	SEPTEMBER
King (Chinook) Salmon				
Sockeye (Red) Salmon				
Chum Salmon				
Pink (Humpback) Salmon				
Silver Salmon				
Rainbow Trout				
Arctic Char				
Dolly Varden				
Arctic Grayling				
Northern Pike				
Lake Trout				

end of February many may be fully booked, especially during the best times. Those times are dependent on your target species. The different species of salmon each has its peak time period during the summer. This chart shows the typical times, but can vary, so it's best not to be there the first or last week of the schedule. The time of the spawn can vary in different parts of Alaska as well. On Prince of Wales Island there are actually early and late silver salmon runs. Check with the lodge you are planning to assure the spawning schedule.

There are many additional factors you need to consider in selecting a lodge and we will discuss them here to help you in that selection.

Is your primary plan to fly fish for rainbow?

Looking at the chart you'll notice that rainbow are available throughout the full summer and fall. The rainbow move into many rivers following the sockeye run and stay there through the remainder of the summer. As more and more salmon move into the streams the salmon (and also char, dolly varden, and grayling) gorge themselves on the abundance of eggs. For that reason they are much larger toward the end of summer. So if you're going for that trophy trout, plan that trip for later in the summer. At most lodges rainbow are a catch and release fish, so you won't be bringing them home for dinner. A 6 wt. rod will handle most rainbow, but our lodge recommended an 8 wt to be able to stop that big one when it gets into the current. I took an 8 wt with a 6 wt for a backup.

Are you planning to Alaska to bring home fish?

By far the best tasting salmon is a king (chinook) salmon. They contain twice the fat which gives them a richer taste, but it is still the healthy Omega-3 fat. You can fly fish for kings, but if you want to bring some home it's a lot more productive to cast or troll for them. Limits also vary. When I was at the Kenai, the limit was one king, not one per day or one per week, but only one fish. The Kenai has the biggest kings and is why so many people head there. In other places the limit is one per day and three for the season. **WARNING:** The state of Alaska keeps detail



reports on the king catch and has recently been shutting down the season early. To be safe it is best to schedule your trip earlier in the spawning run or you may arrive at your lodge and find you can't fish.

If it's silver (coho) salmon you want to bring home you can do that with fly fishing or casting. A ten pound silver salmon on a fly rod makes for a fantastic fight and when you get it home tastes great off the grill. We stayed on Lake Iliamna on our last trip and the rivers there had no silvers. The lodge flew us to the coastal side of the peninsula for a day of salmon fishing. I would recommend an 8 wt rod if you're going to be fly fishing for silver. The other way to bring home a nice mess of silver is to troll offshore for them. This guarantees you the freshest fish. Once salmon start upstream, the meat softens and it loses that fresh flavor over time. The silver comes into the stream bright silver, but once in the stream begins turning dark. If you catch one that is clearly dark, I recommend you put it back in to spawn.

My favorite Alaska fish to bring back home is the halibut. If you plan to bring any home you'll need to pick a lodge near the coast or plan time to travel there after leaving your lodge. In the Kenai the best halibut fishing usually ends about Labor Day, so plan that trip earlier in the summer.

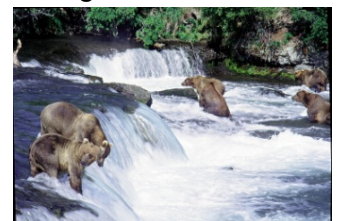


Do you want to see bears?

One of the most memorable things from my trips to Alaska was fishing with the bears. If you want to see the bears, I recommend you include a float trip in Katmai National Park. Our lodge on Lake Iliamna flew us to the Moraine River for a day float trip. The number of bears we saw was amazing and they were up close and personal. The bears were there to eat the fish, not you, and after a while you become comfortable with having them around you. It was a day I will never forget.



Another great place to see bears is along the Russian River on the Kenai. There is a great trail along the river that ends at the falls where they always show videos of the salmon jumping their way up it.



Do you need a guide?

If you've been to Alaska before you may be able to have a good trip without a guide. On our most recent trip to

Alaska we decided to do a self-guided trip to Prince of Wales Island. I did a lot of research on where the best fishing spots were and generally the results of my study would have paid off except there had been an exceptional amount of rain that had slowed the spawning runs. About half way into the trip we decided to hire a guide for the day and he put us onto the fish. The total cost of the lodge and food (we cooked our own meals) was about \$2,000 each and under normal conditions we probably would have done very well.

At the end of our trip to Lake Iliamna we spent a few days down in the Kenai and fished the Russian River and its confluence with the Kenai with success. There is a river in Anchorage you can fish on your own and a few that cross the highway on the way to Denali. But if you're new to Alaska or just want a relaxing trip where others tie on your flies, clean your fish, and cook your meals, I greatly recommend you find an all-inclusive lodge to take care of you. You're also likely to catch more and bigger fish.

How special are you?



The cost of a lodge can run from \$3,000 to \$10,000 for a week. The difference is in the experience you'll have in Alaska. The trip to Lake Iliamna was a luxury vacation. The package included 6 full days and two half days of fishing, including 5 fly in float trips. It was a luxury lodge with all the trimmings including gourmet meals. Our fish were all cleaned, packed and frozen for us. The current price for that lodge is \$7,000 for a week.

Do some sightseeing while you are there.



It takes a lot of travel time and cost to get to Alaska, so if you can manage it, include some time for sightseeing while you are there. I've been to the Kenai and to Denali and if my time was limited my first choice would be the Kenai. I've already mentioned the trek along the Russian River that is a must see. The other must see is Seward, not so much for the town as for the trips from there. There is a great harbor with a large charter fleet that can take you on the trip for some halibut. The other great tour is cruise to see Kenai Fjords National Park. We took the full day trip and it was fantastic. If you have the additional time, you should take the trip up to Denali as well. Include time for the day trip by bus into the park.

Hopefully this will help you to plan your trip to Alaska so that you won't be disappointed when you get there. And if you've learned nothing else here, remember that if you are planning an Alaska trip this summer, do it now. Happy travels.



HICKORY NC TU LOGO GEAR

The Hickory Chapter has an account at Lands' End for clothing and other items with our logo. There are frequent discounts available that you can sign up for by going to <https://business.landsend.com/>. To access the account go to: <https://business.landsend.com/store/hkynctu/>

We now have a second option for logo gear that Zan's wife Peggy has set us up with. Check out the following website: www.companycasuals.com/hickorytrout/start.jsp

FEBRUARY FLY PATTERNS

Trout don't move around much, nor do they feed often, especially when temperatures are at the freezing or below freezing level. Look for trout in deep pools and get nymphs down deep by adding extra weight and bump them along the bottom.

Good patterns for top water are No. 16 Dark Caddis, No. 14 Black Stone, No. 16 Blue-Winged Olive, No. 20-18 olive Midge, No. 16-14 male Adams and No. 14-12 Quill Gordon. For nymph fishing, go with a No. 10 Dark Stone, No. 10 My Pet, No. 14-12 Pheasant Tail, No. 14-10 Hare's Ear and No. 12-10 Prince.

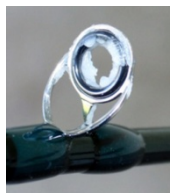
2018 STOCKING SCHEDULE

The NC Wildlife Resources Commission has published the stocking schedule for 2018. It is available from the following link and is always available as a Helpful Link on our website.

<http://www.ncwildlife.org/Portals/0/Fishing/documents/Delayed-Harvest-Trout-Waters-Stocking-Dates-Map.pdf>

Wilson Creek stocking will resume next month on Friday, March 2. If you would like to help with the stocking, be at the handicap parking between 9:30 and 10:00 in the morning.

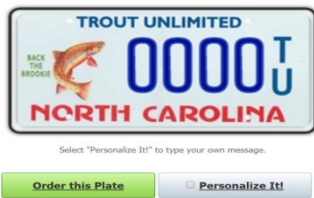
TIP OF THE MONTH



When you're fishing in below freezing temperatures ice in the eyelets can be a real problem. This article offers some great suggestions on how to prevent the ice from forming. What this article doesn't mention is the damage to your rod from water freezing and expanding in the ferrules where the rod pieces join. My son and I have both lost rods this way. A little water proofing from one of the products mentioned in the article could help keep the water out of the ferrules and prevent damage.

https://www.hatchmag.com/articles/tips-keeping-ice-fly-rod-guides/7711179?utm_source=newsletter&utm_medium=email&utm_campaign=weekly

NC LICENSE PLATE



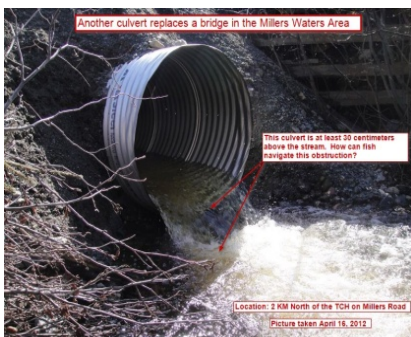
When it comes time to renew your license plate, consider pledging your vehicle to Trout Unlimited. With each purchase \$10 is donated to the North Carolina TU.

RECONNECTING ECOSYSTEMS

No matter which side of the debate you are on the causes of global warming (is it human caused or a natural event) the fact is that the earth is getting warmer as it has done many times over the history of earth. The last ice age ended 20-30,000 years ago and the earth has been warming ever since and will until hopefully something triggers a reverse as it has in the past. The Carolina mountains are far enough south that it won't take a great deal more warming to begin affecting our native brookies. That's where we as TU members come in to help delay the effects of warming on our trout streams.

Unlike past global warming periods, this time there are some clear impacts of man that are making the situation worse for our brookies. We have cleared forests, created sedimentation making streams shallower and have created disconnections in the ecosystems. Here is what we can do to reverse that damage.

- Plant trees to shade the streams
- Improve the channels to create deeper holes
- Replace culverts to give trout access to headwaters.



Culvert replacement has become a major program for TU and Andy Brown was hired in April last year to make these improvements in the North Carolina Mountains.

Andy spoke to our chapter at the November meeting and reported on the progress that has been made. It was quite impressive that in the short time he has been there, four significant culverts have been replaced. Recently I had a discussion with Andy about why it is so important that these culverts be replaced. He provided me with some excellent information that I will share with you here.

The ecosystems of our native trout streams here in North Carolina are entirely in the mountains. These streams generally start high in the mountains at elevations above the

3,000' mark and on up to over 5,000'. There is quite a difference between the upper and lower parts of these streams. The upper parts tend to be cooler and with smaller flows. As you move downstream summer temperatures warm the stream to temperatures that won't support trout. Also as you move downstream the



feeder streams collect into much larger streams with greater flows. The trout need both of these systems to survive global warming. I don't think you can say that brook trout migrate, but move for comfort and survival. In the winter the flow in the upper rivers tends to decrease, temperatures get very low and the trout move lower to where there is more flow and temperatures are warmer. In the summer the temperatures in the lower streams can rise above 70 which a critical survival point for brook trout. The trout will move up the streams where they can find cooler water. Many of the culverts on the roads in our mountains have been poorly designed and block the fish from moving up and down the streams. Studies have shown that streams above impassable culverts have less than half the number of fish as streams with passable culverts.

In addition to the passage of fish issue, poorly designed and undersized culverts can create a blockage during high water conditions. The water flows up and over the banks above the culvert and washes large amounts of silt into the streams, smothering creek beds and filling pools. Large amounts of silt can smother the insects living on the bottom



of the stream, thus reducing the food supply. The silting in of pools eliminates areas that trout move to in low water conditions to survive. With properly sized

and designed culverts, you have the opposite effect where the high water flows down the main channel and scours out the silt.

It is with these things in mind that Trout Unlimited has embraced culvert replacement as a primary program. In his short time working with the National Forest Service here in North Carolina, Andy Brown has seen to the replacement of four major culverts that were blocking the streams. These have been replaced with hydraulically designed culverts and

bridges that will not only improve the habitat for the brook trout, but also will help reduce flooding that can cause property damage and wash out road access. The photo shown here is a new road crossing on Roaring Fork in Avery County. A large part of the funding for this program is from private donations. If you would like to make a contribution to the program, contact Andy at abrown@tu.org or at (828 674-1067).

TU WOMEN'S INITIATIVE

FLY FISHING ESSENTIALS FOR WOMEN CLASS

This class is designed for women who are interested in learning to fly fish or are new to the sport. We'll spend 4 hours learning about the basic concepts of fly fishing, equipment needed, the trout stream, practice casting, and what to wear on a trout stream. You'll leave with enough knowledge and resources to prepare you for your journey learning this fulfilling and engaging sport.

When: March 24, 2018 or April 21, 2018

Time: 10 am to 2 pm

Where: Wilson Creek Visitor Center

What: Cost \$5.00 for box lunch

Preregistration required: 12 participant limit per class
Register via email to jean.mcmullin1@gmail.com

EAGLE ROCK CAMP

The spring veteran event is the week of April 8 at the YMCA camp east of Lenoir. Our role in the program is generally on Thursday or Friday. Exact details will be sent out as soon as they are available.

Eagle Rock Camp is dedicated to support veteran families. If you would like to learn more about Eagle Rock Camp or make a donation, you can visit their website at <http://www.eaglerockcamp.org/>

CASTING CAROLINAS

The spring retreat will be at Lake Logan, March 23 thru 25th. The opening day for registration for Cancer Survivors is Jan. 1st 2018 on the CC website.

The Alumni Retreat will be April 27th. Thru 29th. In Spruce Pine.

The events can always use more volunteers to support the program. If you would like to join the next event, go to <http://castingcarolinas.com/community/volunteer/> and sign up.

CHAPTER WEBSITE

The chapter website is constantly upgraded and revamped with a lot of additional information about our activities, past newsletters, interesting links and much more. Please check in at www.hkynctu.org and look it over. If there is something you would like see added, please let us know.

VISIT THE FLY FISHING MUSEUM



When it's too cold to head out to the river to fish, spend a day at the Fly Fishing Museum of the Southern Appalachians in Bryson City. The museum is open weekdays from 9-5 and Saturday from 11-5.

NEWSLETTER CONTRIBUTORS INVITED

Got a great photo or story from a recent fly fishing trip, a new product you think others would love, or any stories to share with other members? We'd love to hear from you and publish you in the next newsletter. Send it to us at HkyNCTU@gmail.com for consideration of publication.

PHOTO OF THE MONTH



Doug and Cathy Wells are two of our newest members and new to trout fishing. This is Cathy's second time out. She was drifting the Wautauga and pulled in this beaut of a rainbow. She says she's hooked on fly fishing.

Be sure to share your special memories with us at hkynctu@gmail.com.

SPONSORS INVITED

As part of our fundraising, we invite you to post an advertisement in our monthly newsletters and on our chapter website. The newsletter is sent to over 300 people in the Hickory metro area. For \$100, we will post your business card on both locations for twelve months. Please send your business card and a check for \$100 to:

Hickory NC Trout Unlimited 032
2425 N. Center Street #183
Hickory, NC 28601-1320

For more information, please contact us at
HkyNCTU@gmail.com.

HICKORY NC TU OFFICERS

Zan Thompson... Pres

HkyNCTUpres@gmail.com

Jackie Greene... VP

HkyNCTUveep@gmail.com

Holly Cole...Secr

HkyNCTUsec@gmail.com

Gerry Johnson... Trea

HkyNCTUtreas@gmail.com

Chick Woodward...Newsletter

HkyNCTU@gmail.com



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