

Hickory, Table Rock, High Country Trout Unlimited August 2025 Newsletter



I believe that many of you who have been out there on the streams for several years will agree with the old saying that “Many will flyfish much of their life without realizing that it’s not the fish they are after.” The other saying heard often is that “At stage four catching fish is a bonus, I just love being out there.”

There is something about fly fishing in beautiful surroundings that captures the mind and makes us forget everything else in our lives. Perhaps it’s related to human’s past of being more at one with nature for survival or perhaps it’s the concentration of trying to pick the right fly and land it in the perfect spot to catch that fish that distracts the mind, but it is a great therapy. Many people have discovered that and created organizations to help others recover from mental issues created by things like cancer and war.

This newsletter is dedicated to those groups and to get them recognized for the things they are doing to help people in need.

HIGH COUNTRY TU GET TOGETHER

The chapter is having an informal meet and greet at Valle Crucis Park on August 7th from 6-8 PM. Have a beer, cast, whatever. They will provide some beer or BYOB.

HICKORY TU MEETING

Hickory TU does not hold meetings in July and August. Our next meeting will be September 16th.

QUOTE OF THE MONTH

“To my mind, hunting and fishing is the big lure that takes us into the great open spaces and teaches us to forget the mean and petty things in life.”
....L. L. Bean

UPCOMING EVENTS

Rocky River TU Alarka 2025 Trip, October 16-19.

We will have cabins and tent/car/RV camping options. Registration will open later this summer.

Adult Fly Fishing Camp, August 3-7 at Lake Logan. For details and to register visit [2025 Adult Fly-Fishing Camp](#).

Casting for Hope has several September events where they are looking for volunteers and sponsors. For more information about Casting for Hope visit [Casting For Hope](#).

1) We are looking for volunteers to assist with a stocking day at the Casting for Hope Retreat Center in Bakersville, NC in early September, date to be set soon but likely Sep 3 or 4. Lunch will be provided!

2) We are also seeking volunteer guides (any angler with a good attitude who's excited about helping someone else catch a fish!) for our upcoming Patients' and Caregivers' Retreat. We have fishing sessions on both Saturday, Sep 6th + Sunday, Sep 7th. Lunch will be provided and there will be time to fish private water after guiding!

3) We are also hosting a premium one-day fly-fishing fundraiser at our Retreat Center on Sunday, Sep 21st. Spots are limited and corporate sponsors are welcomed to cover anglers' entry fee.

4) Interested in sponsoring Casting for Hope's Fall Events? Becoming a sponsor will get you on the event t-shirt for all of our September events as well as on our website and social media pages.

If interested in any of the above, reach out to Taylor Sharp at taylor@castingforhope.org.

Nat Greene extravaganza, August 12th 5:30-7:30.

Join us on August 12 for a fly fishing sales extravaganza and hot dog cookout at shelter 7 at the Bur-mil Park! Drop in anytime between 5:30-7:30 to explore the many items for sale including hackles, hooks, flies, fly boxes, reels, rods, lines, books, and other items that have been donated to the club. Various rods will be available for casting. This is a good way to get the feel for various rod actions (fast, medium, slow). Pick up some quality items at great prices and then enjoy a hotdog with all the fixings, sides, and a drink while sharing your best fish stories with other fly fishing enthusiasts. Hope to see you there! Bur-Mil Park 5834 Bur-Mill Club Rd, Greensboro, NC 27410.

Please RSVP below to help us know how much food to buy!
<https://www.addevent.com/event/YN26106570>

You are receiving this newsletter either as a member or prospective member of the Blue Ridge Chapter of Trout Unlimited. If you do not wish to receive this newsletter, please respond by email to HkyNCTU@gmail.com and let us know.



Brook Trout Bash, September 27th On Saturday, September 27th at 3:30 in the afternoon, a brook trout-related event at the Roaring River Vineyards in Traphill, near the state park. Kin Hodges will be speaking about brook trout genetics, along with Joe Mickey, Dick Everhart and

hopefully one of the executive directors of a local nature conservancy. There will also be food catered and some displays with historical fly fishing equipment and local fly tiers. The goal is to get together a group of people who share a passion for the outdoors and trout.



NCWRC FISHING CLASSES

<u>8/1/2025 - Family Fishing Workshop - Marion</u>
<u>8/6/2025 - Volunteer Orientation/Basic Fishing Instructor Training</u>
<u>8/8/2025 - Basic Knots & Rigging - Marion</u>
<u>8/9/2025 - Beginning Fly-tying Workshop - Lenoir</u>
<u>8/13/2025 - Rod Building Primer - Virtual</u>
<u>8/14/2025 - Intermediate Fly-tying Workshop - Morganton</u>
<u>8/16/2025 - Basic Rod building Workshop - Marion</u>
<u>8/20/2025 - Fly-fishing Basics: Wading Safety and Etiquette - Virtual</u>
<u>8/22/2025 - Catfishing Basics - Marion</u>
<u>8/29/2025 - Introduction to Kayak Fishing - Lake James Visitor Center - Paddy's Creek Access</u>

TIE FOR A CAUSE SATURDAY

Led by the **Southern Fly Tyers Guild**, and joined by members of the **Carolina Fly Fishing Club**, **Hickory and Rocky River Trout Unlimited**, the **Kentucky Fly Tyers**, and more—we came together to support **Project Healing Waters** in **Charlotte** and **Winston-Salem**, who teach disabled Veterans to fly fish and tie flies as therapeutic coping skills for service-related disabilities.

Together, we tied a remarkable **1,250 flies**, which were split and presented to the two chapters to help them continue their mission of healing through fly fishing. These flies represent more than just craftsmanship—they represent care, community, and commitment to our Veterans.



A massive thank you to: **Patterson School Foundation / Cap Wise Center** for hosting us, **Alan Baker**, **David Everhart** of **Jacobs Fork Fly Tying**, and **Bill Jewett** (**The Fly Tying Santa**) for organizing and leading the effort and **Stray Dogs** for providing a fantastic lunch with a wide variety of delicious hot dogs that kept our tyers fueled and happy!

And most of all—**thank you to the 53 individuals** who gave your time, your skills, and your heart to make this event such a powerful success.

Mark your calendars! The next **Tie For A Cause Saturday** will be **October 18th**, where we'll be tying flies to benefit **Casting Carolinas** and **Casting For Hope**—amazing organizations supporting women surviving cancer and other challenges through fly fishing retreats and community.

FLY FISHING WELLNESS PROGRAMS

If you search online for the above topic you will be amazed at the number of programs that appear, actually dozens. Those of us who have been fly fishing for a few years fully understand the saying “Many fly fisherman go fishing all their life without realizing that it is not the fish that they are after.” There is another saying about the stages of a fly fisherman's life:

- Stage 1 I want to catch a fish.
- Stage 2 I want to catch a lot of fish.
- Stage 3 I want to catch a big fish.
- Stage 4 Fish are a bonus, I just love being out there.

As the following article indicates, fly fishing will improve both your physical and mental being. That is why it has become such a popular way of helping to heal people with issues. While there are dozens of groups let's just discuss those nearby that we should all consider supporting.

Casting Carolinas

Casting Carolinas provides a comprehensive support and educational program for women surviving cancer. The program includes low or no cost weekend retreats and on-going educational groups and fly fishing related activities that will be conducted in a variety of locations in North and South Carolina. “Graduates” of our retreats become part of our alumni network... an ongoing program of support and connection called

the Casting Carolinas Fly Fishing Sisterhood. We offer bi-monthly gatherings called "Streamside Chats" and an alumni retreat plus other activities



Casting Carolinas holds a tournaments each year to raise funds and also asks for sponsorships. Their next tournament is October 25 & 26 in Cherokee. This tournament has divisions for amateur, alumni, and professional. Details for the tournament, sponsorship, donations, or to volunteer is available on their website at [Casting Carolinas](#).

The Mayfly Project



The Mission of The Mayfly Project is to support children in foster care through fly fishing and introduce them to their local water ecosystems, with a hope that connecting them to a rewarding hobby will provide an opportunity for foster children to have fun, build confidence, and develop a meaningful connection with the outdoors. They provide the kids with rods, reels, and the rest of the gear they need for fly fishing. They coach them on how to fly fish and take them on five trips per year on ponds and streams with a float trip as a year-end finale.

To learn more about the Mayfly Project you can visit their website at [The Mayfly Project](#). Wynn Parrish is the lead mentor for the Mayfly Project out of Boone and Annie O'Leary in the Triangle area. To donate or volunteer your time to help out contact Wynn at wynn.parrish@gmail.com or Annie at annietriflyfishers@gmail.com.

Project Healing Waters



Project Healing Waters is dedicated to the physical and emotional rehabilitation of wounded and disabled active military personnel & veterans through fly fishing & fly tying education and outings. In the fulfillment of this mission, they work with wounded or disabled active military service personnel and veterans in Veterans Affairs (VA) hospitals.

Project Healing Waters has 8 chapters in North Carolina with the two closest to our area in Winston-Salem and Charlotte. To learn more about Project Healing Waters you can visit their website at [Project Healing Waters](#). To make a donation or to volunteer your time to help out, there are two nearby chapters. To support the chapter in Winston-Salem you can contact Chris Berger at chris.berger@projecthealingwaters.org. To support the chapter in Charlotte you can contact Joseph Parente at joseph.parente@projecthealingwaters.org.

Casting for Hope



Casting for Hope is committed to providing financial and emotional assistance to women across North Carolina who are living with ovarian or other gynecological cancers. Their financial assistance focuses on women who are experiencing economic hardships due to treatment costs, while their retreat experiences serve women and their families and friends regardless of financial need. Retreats focus on emotional and spiritual healing in the out of doors, chasing trout with a fly rod, and experiencing comfort by running waters.

Their next Patients' and Caregivers' Retreat is Sep 5-7, and they are seeking volunteer guides on the Saturday and Sunday of that weekend. At the Retreat Center, they will also have a stocking and tree planting volunteer day this fall. And on the fundraising side of things, their upcoming "Hope in the Hills" fundraiser in Morganton is set for Friday, September 19th, as well as a fly-fishing fundraiser Legends Invitational on Sunday, September 21st - they are seeking fall sponsors now to support all that we do.

You can learn more about the organization by visiting [Casting For Hope](#) or you can contact Taylor Sharp in Morganton at taylor@castingforhope.org or call her at 828-443-7726.



THE HEALTH BENEFITS OF FLY FISHING: A PATH TO PHYSICAL AND MENTAL WELL-NESS

By Audrey

www.theflycaster.com



Fly fishing offers more than just the thrill of the catch. It provides an opportunity for relaxation, physical activity, and mental clarity. Spending time in nature, focusing on the task, and engaging in low-impact exercise all contribute to improving overall health. Here's a look at how fly fishing can positively impact both physical and mental wellness.

Physical Health Benefits of Fly Fishing

Though often considered a gentle activity, fly fishing offers a range of physical health benefits, from cardiovascular exercise

to muscle strengthening. Here's how it supports physical well-being:

1. Low-Impact Exercise

Fly fishing is a form of low-impact exercise, making it accessible to people of all ages and fitness levels. Walking along rivers, wading through water, and casting a fishing line engage the body in a mild workout that strengthens core muscles, improves balance, and increases endurance.

2. Upper Body Strength

Casting a fly fishing rod is more physically demanding than it appears, particularly when casting for an extended period. The repetitive motion targets muscles in the arms, shoulders, and back, building strength and endurance over time. Engaging these muscles also promotes flexibility, which is important for maintaining joint health.

3. Cardiovascular Fitness

Fly fishing often involves walking over varied terrain, which helps improve cardiovascular health. The combination of light walking and casting provides a steady, low-intensity cardiovascular workout that can help manage weight, lower blood pressure, and reduce the risk of heart disease. This gentle, steady activity is an ideal way to boost heart health while enjoying nature.

Mental Health Benefits of Fly Fishing

Spending time outdoors in a peaceful environment, away from screens and everyday stresses, can be profoundly beneficial for mental well-being. Fly fishing has long been praised for its calming effects on the mind.

1. Stress Reduction

Fly fishing requires focus and patience, qualities that naturally encourage mindfulness. By focusing on casting and observing the environment, anglers can escape daily worries, achieving a sense of calm. The rhythmic casting motion has a meditative quality, which can help reduce stress and promote mental clarity.

2. Mood Enhancement

Outdoor activities like fly fishing stimulate the production of endorphins, the body's natural "feel-good" hormones. Spending time in nature and catching fish can provide a sense of accomplishment and boost self-esteem, which can positively impact mood. **Fresh air** and sunlight also help increase levels of serotonin, a neurotransmitter associated with happiness.

3. Mindfulness and Focus

Fly fishing requires close attention to details, from water currents to fish behavior, which encourages mindfulness. This heightened awareness not only enhances fishing success but also cultivates a focused mindset that can improve concentration. Practicing mindfulness through fishing helps manage anxiety and enhances cognitive functioning.

Social and Emotional Benefits of Fly Fishing

Fly fishing is often enjoyed with family, friends, or fellow fishing enthusiasts, which can enhance social connections and emotional well-being.

1. Social Interaction

Spending time with others while fly fishing fosters relationships and builds a sense of community. Sharing the experience can create lasting memories and strengthen bonds. These social

connections are crucial for emotional health, providing a support system that helps reduce feelings of isolation and loneliness.

2. Sense of Accomplishment

The process of learning and refining fishing techniques provides a sense of achievement. The skill and patience involved in catching fish can lead to personal satisfaction, enhancing self-confidence. The sense of accomplishment that comes from mastering fly fishing techniques or landing a challenging catch contributes positively to mental resilience.

Conclusion

Fly fishing provides a unique combination of physical exercise, mental relaxation, and social connection, making it an ideal outdoor activity for health and wellness. By promoting physical strength, reducing stress, and encouraging mindfulness, fly fishing is a holistic approach to well-being. For more information on how to make the most of your fly fishing experience, visit TheFlyCaster.com.

EEZ-THRU THAT SQUIRMY

In Dave Everhart's fly tying article this month he discusses this option for tying the squirmy worm. Here are the details on the product, how it works, and other uses for Eez-Thru.



Wrapping thread too tight around that squirmy worm can cut the worm. You can use some dubbing to prevent it, but that's a lot of extra work. Dave Everhart, our fly tying editor, recommends running the worm through the bead, putting the bead in the middle of the hook, and then tying the bead in place by wrapping around the hook shank ahead and back of the bead. But getting that squirmy through the bead can be a bit difficult. Enter the GUM Eez-Thru to pull the squirmy into the bead.

Simply slide the straight end of the Eez-



Thru into the hole in the bead, put the middle of the squirmy into the loop and pull it through the bead. Tie off the bead and you have a great squirmy.

In addition to making it easier to tie the squirmy you can also use the Eez-Thru to put the thread through the shaft on your bobbin. Recently I've been tying a bonefish fly with Veevus body fuzz thread and there is no way to push it through the shaft. Now that I have the Eez-Thru, life is good.

So if you want to use Dave's version of the squirmy or have trouble threading that bobbin, head down to the nearest drug store and pick one up....and then your life will be good too.

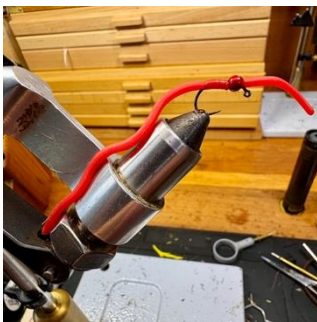
Happy fly tying.



ADVICE FROM THE VISE

This month I thought we would stay with the theme and pull up a fly(?) that is bound to cause some controversy, but the fish don't care about any of that. Squirmy Worms have been a stable in boxes for years now, and that's because they work. This year we have had some very well attended tying sessions for charitable organizations that use fly fishing as therapy and being part of contributing to events is just a great way to give back and prepare the next generation of fisher folk to embrace flyfishing as an art - as well as a sporting pursuit- is wonderful. If you haven't attended, please keep an eye out for the next event. If you don't have time and would like to learn, there's no shortage of talented teachers, tools and materials available.

Squirmys can be a challenge to tie for such a simple pattern, the primary frustrater is getting that material on the hook without cutting through it with the thread, and having it roll around when you don't apply enough pressure. I always say tying is a game of tensions, and when and how much to apply. So let's start off addressing that. Don't put any thread on the

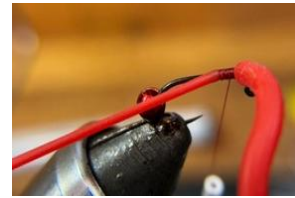


material unless it's stretched.

Here's squirmys 3 ways, first a conventional jig application.



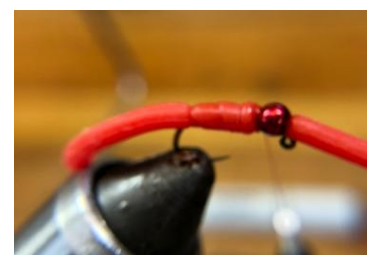
Start with putting the bead on the hook backwards. Slot facing forward- we are going to slide that slot over the worm when we are done. Lay down a single thread base from eye to about a bead length aft. Return the thread to the jig bend and double the worm over the thread at about 25% of the worms total length. Holding the worm with thumb and index, with a gentle stretch, take a couple wraps in front of the material. Then holding only the rear of the worm give it a pretty good stretch and wrap the thicker out material rearward, about the bead length. Stretch is the key here, when it's thin, you can work with it-and it stretches pretty good without breaking. Snug but not really tight wraps called for here.



Whip finish at the front of the hook. Trim out the rear tag, and slide the bead up over the compressed material and thread. Some beads have really narrow slots and just won't work as well. Even if it's not perfectly encased in the slot- the fish won't care. 3.5 bead on a #14 works just about all the time.

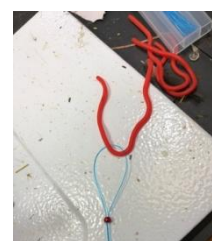


Trim out the tag, start thread behind the bead, and use the doubling maneuver to lay the worm material behind the bead. Stretch out the long end of the worm and wrap to the bend and return the thread to the bead. Stretch the tag end and make counter wraps behind the bead. The stretched material will naturally move itself to the bend as you stretch and wrap it.



With the tag end stretched, take 6 or 7 crossing wraps, snug not high tension, and whip finish behind the bead. Once you get a few of these down, you will have a feel for the tension issue- and remember, only wrap the stretched material.

The second squirmy is super easy and takes some of the tension issues out. The flosser squirmy uses a dental flossing tool to stretch the material through the bead, then it's a matter of thread dams to keep the bead on- you should not be tying on the worm itself at all. Many find this preferential to cutting the worm. If you are tying a lot of these, as we have been at the recent events- they go really fast.

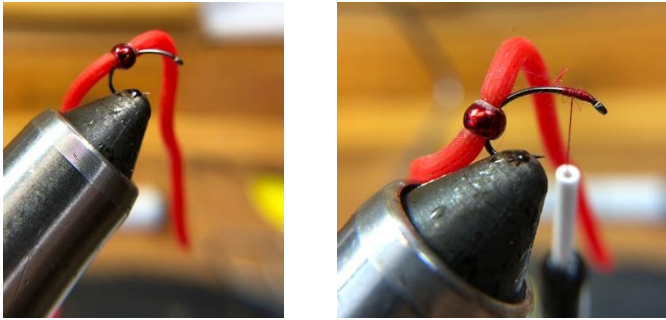


Feed a countersunk bead, 3.0 to 3.8 onto the flosser. Run the worm through the loop of the flosser to the at the midpoint of the worm.

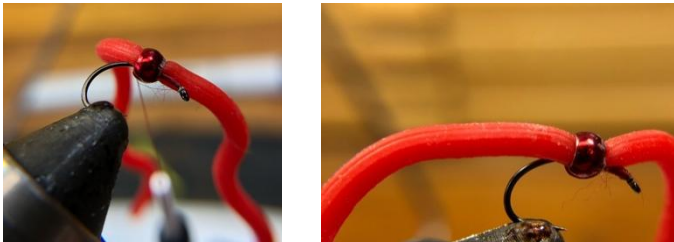
Stretch out the worm holding the flosser and pull the bead on the worm. Gently keep stretching the worm through the bead until the worm is fully through the bead.



I'm using a scud hook in #14, and I slide the hook through the worm and bead, then clamp into the vise.



Start the thread with a good layer from the eye back about a bead length.



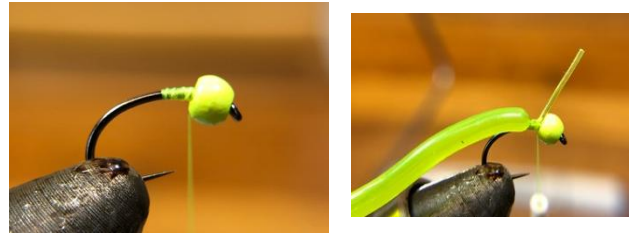
Slide the bead/worm forward and lifting up the worm, wrap in front and then behind and back in front of the bead, effectively tying the bead to the hook. Whip finish and you have a dandy no cut squirmy.

For the final, here's some new material from a company called Tye Sticks. They put a piece of mono through the worm, and all you need do is secure the mono. I've been tying and fishing these since last year and they are pretty tough.



Same scud hook in #14, countersunk bead, but you could tie this on a jig with a slotted bead just the same. Start the thread,

tie in worm stem, trim the tag. I add a little sparkle dub on



these and whip finish.



Hope to see you at a Tying for a Cause event soon! Please don't hesitate to contact me at Jacobsforkflytying@gmail.com Please check out some current ties on Instagram at Jacobs Fork Fly Tying

Dave Everhart

FOOTHILLS CONSERVANCY 30TH ANNIVERSARY

It's hard to believe Foothills Conservancy of North Carolina is 30 years old this year, and that I have had the privilege and honor to be associated with this land trust for 20 of those years.

Throughout this region of Western North Carolina, it's obvious that people care about land and water conservation. During both the flourishing times and the challenging times, Foothills Conservancy has been a steady, reliable partner and a definitive **leader in the protection of more than 71,575 acres - roughly 25% of all conserved land in our eight-county service area.**

The special places FCNC protects today are part of a legacy we leave for tomorrow. Some of the special places that our land trust has helped protect over our 30 years include South Mountains, Lake James and Chimney Rock state parks, Bobs Creek State Natural Area, Johns River and Buffalo Cove state game lands, Catawba Falls in the Pisgah National Forest, and many more.

FCNC's work has tipped the balance of conservation in the Wilson Creek watershed, ensuring that over 80% of that spectacular, free-flowing river is not only protected but also accessible to people today, and for generations to come.

This summer, as we celebrate 30 years of progress, we ask for your continued partnership. Together, we can ensure that our natural and cultural heritage is preserved for generations to come. Your gift, large or small, will have a lasting impact on the future of our region and the many people and creatures who call it home.

To learn more about Foothills visit [website](http://www.foothillsconservancy.org).

HOOKED FOR LIFE: FISHING STORIES THAT CHANGED LIVES

[Fishing Stories That Changed Lives - BAITCAMP](#)

Imagine standing at the water's edge, the gentle lapping of waves against the shore, a fishing rod in your hand. For many, this scene represents more than just a hobby. It's a lifeline, a path to healing, and a source of profound personal transformation.

As John, a Vietnam War veteran. Cast his line into a serene lake, he felt the weight of his PTSD slowly lifting. "Fishing saved my life," he shares, his voice filled with emotion. "It gave me a reason to keep going when I thought I had nothing left."

John's story is just one of many that illustrate the profound impact fishing can have on mental health and personal growth. In fact, recent studies show that 72% of anglers report significantly reduced stress levels after spending time on the water. This statistic, while impressive, only scratches the surface of fishing's therapeutic potential.

In this article. We'll dive deep into ten inspirational fishing stories that showcase the resilience of the human spirit. The power of community, and the transformative nature of connecting with water. From addiction recovery to intergenerational bonding. These tales will demonstrate how fishing can be a powerful tool for healing, growth, and self-discovery.

Fishing as Therapy: Mental Health Benefits & Recovery Stories

Water Therapy: Nature's Impact on Stress & Anxiety

For Sarah, a 35-year-old marketing executive battling chronic anxiety. The rhythmic cast and retrieve of fly fishing became a form of moving meditation. "When I'm on the water, my racing thoughts slow down," she explains. "It's like the river washes away my worries, leaving me feeling centered and calm."

Dr. Emily Chen, a clinical psychologist specializing in eco-therapy. Explains this phenomenon: "Water environments have been shown to reduce cortisol levels and activate the parasympathetic nervous system, promoting relaxation and stress reduction. The repetitive motions involved in fishing can also induce a state similar to mindfulness meditation."

Addiction Recovery Through Fly Fishing: A Case Study

Tom's story of overcoming addiction through fly fishing serves as a powerful testament to the sport's therapeutic potential. After years of struggling with alcohol dependency, Tom found solace and purpose in the challenging art of fly fishing.

"Fly fishing requires total focus," Tom shares. "When I'm reading the water, tying flies, or perfecting my cast, there's no room for cravings or negative thoughts. It gave me a healthy obsession to replace my destructive one."

Tom's experience aligns with research from the National Institute on Drug Abuse. Which highlights the importance of engaging, goal-oriented activities in addiction recovery. Fly fishing provided Tom with not just a distraction, but a new identity and community that supported his sobriety.

Dr. Michael Ross, an addiction specialist, adds: "Activities like fishing can help rewire the brain's reward system, providing natural dopamine boosts that support recovery. The

mindfulness aspect of fishing also enhances emotional regulation skills crucial for maintaining sobriety."

Building Community Through Angling: Social Connections That Heal

Intergenerational Bonds: A Father-Daughter Fishing Tradition

The story of Lisa and her father, Robert, illustrates how fishing can strengthen family ties across generations. What started as occasional weekend trips when Lisa was a child has evolved into a cherished tradition spanning three decades.

"Those early mornings on the lake with Dad taught me more than just how to catch fish," Lisa reminisces. "We talked about life, shared our dreams, and worked through challenges together. Even now, at 35, some of my best conversations with Dad happen when we're out fishing."

Robert, now 68, agrees: "Fishing with Lisa keeps me young. It's given us a special bond that goes beyond the typical parent-child relationship. We're fishing buddies, confidants, and best friends."

Fishing Communities: Casting for a Cause

The power of fishing to build community is exemplified by the annual "Fish for Mental Health" charity tournament organized by the Riverside Anglers Club. This event not only raises funds for local mental health initiatives. But also provides a supportive environment for those struggling with mental health issues.

Mark, the club's president, explains: "We've seen incredible transformations through this event. People who came to us battling depression or anxiety have found a sense of belonging and purpose. The camaraderie among anglers is truly special."

The tournament has raised over \$500,000 for mental health programs in the past five years. Demonstrating how fishing communities can make a tangible difference in people's lives.

Jake, a professional fishing guide with 20 years of experience. Offers insight into the unique bonds formed on fishing trips: "There's something about being out on the water together that breaks down barriers. I've seen strangers become lifelong friends after a day of fishing. It's a great equalizer—whether you're a CEO or a college student, everyone's just an angler when they're on my boat."

Personal Growth on the Water: Lessons from the Deep

Overcoming Limits: Adaptive Fishing Opens New Horizons

Maria's story of discovering adaptive fishing after losing her arm in an accident showcases the sport's inclusive nature and its role in rebuilding confidence.

"I thought my fishing days were over," Maria recalls. "But then I learned about adaptive fishing equipment. Catching my first fish post-accident was incredibly emotional. It showed me that I could still do the things I love, just in a different way."

Organizations like Cast For Kids, which provides fishing experiences for children with disabilities. Have seen firsthand how adaptive fishing can boost self-esteem and independence. Their data shows that 89% of participants report increased confidence in trying new activities after their fishing experience.

Life Lessons: Patience and Perseverance in Every Cast

For teenagers like Alex, fishing has become a powerful teacher of life skills. Struggling with ADHD and impulsivity, Alex found that fishing helped him develop patience and emotional regulation. "Fishing taught me that good things come to those who wait," Alex says. "I learned to stay focused, to keep trying even when I wasn't getting bites. Those skills have helped me in school and in dealing with my ADHD symptoms."

Research from the Journal of Adolescent Health supports Alex's experience. Indicating that nature-based activities like fishing can improve attention span and reduce symptoms of ADHD in adolescents.

Dr. Laura Thompson, an educational psychologist, elaborates: "Fishing provides natural consequences and rewards that can be particularly effective for children with attention difficulties. The need to stay quiet, wait patiently, and persist despite setbacks develops executive functioning skills crucial for success in many areas of life."

Conclusion: The Transformative Power of Fishing

These inspirational fishing stories demonstrate the profound impact that fishing can have on mental health, personal growth, and community building.

From providing a calm escape from the stresses of modern life to fostering intergenerational bonds and teaching valuable life lessons. Fishing offers a unique blend of therapeutic benefits.

The power of fishing lies not just in the act of catching fish. But in the connections it creates. With nature, with others, and with ourselves. Whether you're battling mental health challenges. Seeking personal growth, or simply looking for a way to unwind, fishing offers a path to healing and self-discovery.

We encourage you to share your own inspirational fishing stories or. If you haven't yet experienced the transformative power of fishing, to give it a try. Local fishing groups, adaptive fishing programs, and mental health organizations often offer resources and opportunities to get started.

Remember, every cast is an opportunity for growth, healing, and connection. The water is waiting—what will your story be? Oh if you have any fishing stories that have changed people's lives. We would love hear about them.



Project Healing Waters Winston-Salem



Casting Carolinas



In case we missed any North Carolina organizations that use fly fishing to promote wellness, please contact us with your information. And for all of those organizations, please feel free to contact us to request volunteers and support for the programs. This newsletter goes out to about 4000 people across NC. We can be reached at hkynctu@gmail.com.

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