



October 2003

The Conservationist

Potomac-Patuxent Chapter

www.pptu.org

Wednesday, October 15

The Underwater World of Trout

Part II: Feeding Lies

Wendell "Ozzie" Ozefovich

To truly know trout, you must see the world through their eyes. Over the years, most of us have come to know rivers and trout by viewing them from above. In these unique video presentations, which are shown on an eight foot screen and filmed in local waters including the Little Lehigh, you are taken into the underwater world of trout by fly fisherman and underwater videographer, Wendell "Ozzie" Ozefovich.

In Part I "DISCOVERY", which Ozzie presented last year, we saw that a stream is alive not only with trout, but also with many other living things. There are scenes of wild fish, stocked fish, feeding fish, fighting fish, and spawning fish. This exploration of a trout's world opened our eyes to a new appreciation for trout and their liquid world.

In Part II "FEEDING LIES", at the October 15th meeting, we will see trout feeding on the surface and below, in fast water and slow, and in all the typical feeding lies including eddies, behind and in front of rocks, and at all levels of the water column. There are segments on hydrology (how water moves), biomechanics (how trout swim), and what trout eat, from the smallest organisms to the largest.

The meeting will begin at 7:00 PM with a short business session, announcements, and a raffle of trout fishing related items.

Join us on Wednesday, October 15th, for another exciting and informative presentation.



Lou Boezi

Mark your calendar now!

It's Show Time

In just three months, the Washington Area will again host the "World's Largest Show for Fly Fishermen" at the Reckord Armory on the University of Maryland campus in College Park, MD

The organizers of the show promise that this, the 12th year, will be even better than last year, if that is possible. So, everyone is invited to the show on Saturday, January 10, and Sunday, January 11, 2004.

Our chapter will again have a booth at the show, and we expect to see all our members stop by. Take the opportunity to check out the vendors and guest speakers, not to mention the great door prizes.

The daily admission to the show is \$12 or save money and get a two day ticket for \$20. It is hard to see and hear everything at the show in one day. Children under 12 are admitted for just \$2.

To learn more about the show and to check on the stars and featured fly tiers please visit the show site at: <http://www.flyfishingshow.com>

Jack Dawson

Meetings

Time and Day: 7:00 PM, Third Wednesday except December, June, July, and August

Place: Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring, Maryland

Directions: From Capitol Beltway: North on Georgia Avenue (Rte. 97). First right onto Forest Glen Road. Pass Holy Cross Hospital and go across Sligo Creek Parkway. The Center is on the right.

The Conservationist

is published monthly, except Dec., Jun., Jul., and Aug., by the Potomac-Patuxent Chapter of Trout Unlimited.

The content of signed articles are the opinions and views of the authors and do not necessarily represent the opinions, views, and policies of Trout Unlimited, the Potomac-Patuxent Chapter, or their respective officers and directors.

Copyright © 2003 Potomac-Patuxent Chapter of Trout Unlimited

2003-2004 Officers and Directors

President:	Lou Boezi	301-593-5889
Past-President:	Dave Piske	703-751-0208
Vice-President:	Jim Greco	410-997-2787
Treasurer:	Jim Greene	301-652-3848
Secretary:	Judy Hendrickson	301-384-7124
Directors:	Gus Bernard	410-381-3442
	Jack Dawson	301-980-4417
	Dave Wittman	301-725-6734
	Cathy Nutter	301-384-2431
	Rich Patterson	301-249-7311
	Bob Serrano	301-552-6784
Council Delegates:	Jason Beckstrom	301-540-0335
	David Dunmire	301-565-2970
	Bruce Eberle	301-854-3142
	Jim Greco	410-997-2787
	Jim Keil	301-588-8375
	Jay Sheppard	301-725-5559
	Robert Simpson	410-461-8180
	Val Walters	301-949-7882
	Dave Piske	703-751-0208
Editor:	John Colburn	202-545-8776
Program:	Sebastian Okelly	
Publicity:	Jim Greene	301-652-3848
Membership Secy:	Jack Dawson	301-980-4417
Fundraising:	Bob Serrano	301-552-6784
Raffles:	Willy Oldes	301-868-3508
Refreshments:	Cathy Nutter	301-384-2431
Water Quality:	David Wong	301-681-6425
Mentor Program:	Ken Bowyer	301-627-7154
	Paul Prevost	202-244-0168
Librarian:	Jack Dawson	301-980-4417
Outings:	Joshua Forster	410-290-8010
Conservation Advocacy:	Jim Keil	301-588-8375
Webmaster:	John Parchen	301-253-1701
Youth Program:	Marci LeFevre	
Trout in the Classroom:	Jim Greene	301-652-3848
Mid. Patuxent:	Larry Coburn	301-490-7170
NW Branch:	Jim Keil	301-588-8375
Paint Branch:	David Dunmire	301-989-0331
Patuxent:	Jay Sheppard	301-725-5559

Contributions in the form of articles, letters, fishing news, tying tips, book reviews, and even poetry about trout fishing should be sent to the Editor as plain MS-DOS (ASCII) text or Microsoft Word attachments to e-mail messages containing brief descriptions of the attachments. Attachments received without a description will be deleted without opening.

The deadline for submissions is the twelfth (12th) day of the month prior to the month of publication

EDITOR: John Colburn
(Phone: 202-545-8776)
(johnwcolburn@juno.com)

President's Column

Last month President's Column suggested an exciting coming year of activities for the Chapter. The annual Speaker's Program is just about set and exciting it is!

Last month's speaker Mark Frondorf had a thoughtful and interesting presentation on Small-mouth fishing.

This month's speaker continues the underwater film series that we began last year. The visual clues presented by "Ozzie" in last year's film presentation should have challenged some of the "old" views we might have held about presentation, drag, feeding etc. If it didn't you were just watching the pictures and weren't thinking. This month's presentation should be just as thought provoking.

Future months will bring a varied, informative and hopefully thought provoking series of discussions on our favored pastime. Oh, I want to point out that the Chapter has a new Speakers Program chair, **Sebastian Okelly**. Sebastian saw our appeal for help and stepped up quickly. Many thanks to Sebastian.

Take a look at our new Outings Program developed by our new Outings Chair **Joshua Forster**. It is going to be the best ever since it brings opportunities to visit and learn about a number of the favorite streams we frequent and in addition provides an opportunity to try out some waters you might not have fished before. Sign up early, lest you miss out on an opportunity.

Marci LeFevre has volunteered to lead our Youth Programs activities for the year. Thank you, Marci. We'll be soon learning about some of the fishing and educational opportunities the chapter is planning for our young members. These will be great opportunities to introduce our young folks to our sport and help start them out on the right foot. Marci will want help to manage some of these activities and she will be putting out a call for assistance in the coming months.

Jack Dawson, on our Board of Directors, serves as our Membership Chair and is the Chapter Librarian. Our library has expanded significantly since Jack took over that task, and we enjoy a wide variety of videos to view. I'm sure Jack can use some assistance with his librarian functions. If you have a little free time, why don't you stop by and ask how you might help out.

(Continued on page 3)

President's Column

(Continued from page 2)

In the coming months we'll become more acquainted with the numerous other activities / opportunities available to us in this Chapter.

Our **Cold Waters Fisheries** activities, beyond just fishing, always provide us an excuse to get outdoors in the spring and fall and learn something new about trout and their habitat and enjoy some exercise and camaraderie with fellow members.

Our **Conservation Advocacy Program** is an important responsibility we shoulder in this Chapter and has a never ending set of issues to contend with. It is important we discuss them from time to time and get a feeling of our positions on a number of these issues.

The Chapter's **Educational Programs** are varied and exciting as well. These include the Mentoring Program, fly tying and casting classes, the Trout in the Classroom Program, youth scholarship opportunities and Kid's Fishing Day. Periodically the Chapter held rod building classes as well. Our Chapter is fortunate to have some of the most accomplished and notable guides in the region as members; they afford us the greatest learning opportunity of all.

Lou Boezi

Patuxent Report

The summer flow has been the exact opposite of last year—simply terrific. In early September the mean annual flow is about 11 cfs—not great, but a flow that is almost fishable. The flow this early September was over 4 times that average flow! There should be fair numbers of trout in the river if you are willing to brave the thickets and stickers to get to them.

ANNUAL WARNING: Hunting goes through mid-winter in many section of Patuxent River State Park, so be careful and stay alert. The firearm season for deer is still a way off, but squirrel hunting starts the first Saturday of October, and dove and archery season for deer will both be continuing as this is mailed. Suggest fishing on weekdays or Sundays; otherwise, wear a bright-colored hat on Saturdays, in particular. Sunday hunting for deer does not apply, to my knowledge, on public hunting zones, such as the Patuxent River State Park.

Jay Sheppard



More on Casting

Last issue I made some suggestions regarding fly casting technique for those just getting started. One point that I did not fully explain is the use of the clock in casting. Most fishers think that 12 Noon is always directly overhead. It may be on some occasions but not always. Think of your rod grip as being in the center of a clock. The clock face (sorry, but we do not use digital in this example!) is in the plane of that particular casting stroke. So if you are doing a series of side casts on the right side, the clock face is directed towards the sky, while a cast on the left side has the clock facing the ground.

In all cases, 9 o'clock is the direction of the point of aim of the forward cast; while the 3 o'clock position is the direction of the back cast. The aim point for either cast might be a foot or two above the surface or it might be 15–20 feet above the water depending upon the intent of the cast (e.g., a 'parachute' or stall cast is aimed upward well above the rod tip's maximum height).

Therefore, Noon on this clock can be above, behind or even in front of the fisher's shoulder on a forward cast. If one makes this Noon position too far forward, then the cast's 9 o'clock direction is downward and the line will plow into the water in front of the fisher, assuming the face of the clock is more or less in a vertical orientation.

However, if the plane of the clock face is either facing downward or upward and the rod tip is stopped well out in front of the fisher, then the cast will hook strongly to the opposite side. This can be useful in some cases.

Thus, the clock face and Noon direction is always moving as the rod moves back and forth during the casting strokes. The Noon position for the back cast can be different than the Noon position for the ensuing forward cast. This is because the back cast might be aimed upward and to one side of the fisher, while the next forward cast can be in a direction that is not even close to the opposite direction.

I suspect that this description may confuse many, so the next time you see me at a meeting or on the stream, I would be happy to take a moment and show you the faces of this clock.

Jay Sheppard



Conservation Issues

Last month I said I'd write about how to support those state legislators and council members who oppose the InterCounty Connector. I'll try to get that in an issue in the near future. This month I want to write about Trout Unlimited's efforts to protect salmonids and their watersheds, and about what you could be doing to help. In fact, unless I'm mistaken and PPTU is just a fishing club, you *should* be taking the time to support as many of these efforts as you can.

Let's run through some of the resources and issues of concern from TU's national perspective. In this issue, I'll limit the resources and threats I'll discuss to TU's webpage. Trout Unlimited has a national agenda, which includes

- *Improving water quality
- *Securing adequate instream flows
- *Recovering Pacific and Atlantic salmon and
- *Conserving wild salmonids.

TU groups the threats to trout and salmon into four large categories:

- *Habitat
- *Hydropower
- *Harvest and
- *Hatcheries

To find out what specific national issues TU has chosen to focus their resources on in order to address these "Four H's," you can read this column but you should also go to <http://capwiz.com/tu/issues/?style=D>. Here you will be able to check out current legislative and federal agency issues, learn TU's position on them, and contact your elected leaders and the agencies directly by email. URLs change, but you can usually find this page by clicking on the "Conservation" tab at the top of the home page and scrolling down to "Take Action."

The issues on TU's agenda right now concern:

- *Snake River Salmon
- *Acid Rain
- *Atlantic Salmon
- *Small Dam Removal and the
- *Western Water Project.

Some of the legislation and regulations that are important include the

*House-Senate Conference Committee deliberations on the omnibus Energy Bill (S. 517). I spoke to this last month: TU wants fish passage and public participation procedures strengthened in the bill.

*Attempts by the administration to implement cut-backs on Clean Water Act protection.

*"Forest Health" Bill HR 1904, which would allow road construction in and selective timbering of wilderness areas to inhibit wildfires.

From the "Conservation" page you can click on the issues that you want to do something about, and frequently you will be taken to a web page where you can write an email (or sign on to one already written for you) which you can then send to your elected officials. It is perhaps the case that phone calls or snail mail is more attention-grabbing than email, but do *something* to let the officials know where you stand on this or that conservation issue.

In Maryland we are blessed with two pro-conservation US senators, but they still need to hear where you stand. In the House districts, however, we are less fortunate, so these members of Congress really need to hear from you. See that they do. Frequently. The federal agencies under the current administration really need to hear from you.

I spend about 15 minutes a month looking at the TU web page and sending letters to elected and agency officials. I don't know anyone who cannot put together 15 minutes every month to do this. If you haven't made this a habit, October is a good month to begin.

In a future issue I'll speak to resources other than TU's web page for keeping up with and acting upon other threats to our watersheds.

Jim Keil

Member Assessment Now Payable

The annual assessment (see back) is now payable. Check your label—if the "PP-" date is "0903" (or there is no "PP-" and date), you can send your \$15 now, and you will not have to worry about paying at the October meeting.

Some members paid twice this year, so they are paid for the coming year and show "PP-0904." Make checks payable to "POTOMAC-PATUXENT CHAPTER - TU" and mail to our chapter mail box.

The assessment covers only the newsletter and related administrative expenses; all donations above expenses at raffles, etc., go to the resource and not to support our members with free newsletters, etc.

Final mailing for those having "PP-0903" on their label will be the November issue.

There will be NO separate mailings to remind members of this obligation. Please take action today! You will not want to miss our January and later 2004 issues with their announcements.

Global Positioning Systems

In the previous issue of *The Conservationist* we read a little about the design, characteristics and operations of the Global Positioning System (GPS) developed and operated by the US Defense Department. In this issue we see that there are many more applications of this technology than one might initially think. I guess that's not surprising since many technologies we enjoy today have evolved to applications not originally anticipated by the developers. Today we can find the "GPS engines" (the electronic chips that makes up the system and costs less than \$1.00) almost anywhere. Cells phones are being made with them as are marine radios, both capabilities which can be a real boon to our safety.

The previous article indicated that accuracies of up to 15 meters can be routinely achieved in the public application of GPS technology. Some among us might question if that is good enough. That wasn't quite complete a statement however because with the addition of supplemental equipments, accuracies of 1 centimeter (cm.) are readily available. Where would you use such accuracies you wonder? Ever wonder how land surveyors today can accurately relate boundaries and reference points to each other?

The list of GPS technology applications is long and interesting. Take geodesy for example, a body of science devoted to the study of the positions of things and places on the surface of the earth, the size and shape of the earth, the movement of the earth's crust, the position and changes in elevation of any point on the earth's surface (e.g. volcanoes).

Geodesists create networks of accurately measured points on the earth's surface called control networks. Information from these networks are used to create maps and charts that ultimately allow us to build roads, tunnels, pipelines and even locate the property on which our homes reside. Today this work is greatly assisted by the advent of GPS technology.

Modern farming techniques utilize GPS and Geographic Information Systems (GIS) technologies to collect, fertilize and harvest crops. Combines and other harvesting machines equipped with electronic scales, which are linked to a GPS, measure yield as a crop is being harvested. A computerized yield map is produced, which locates to within one meter those spots in a field where the yield is highest and lowest. The next time that field

is planted and fertilized, the farmer adjusts seeding and fertilizer application rates according to information on the yield map.

Trucking companies utilize GPS and Satellite communications systems to know where their vehicles are at any point in time or whether their drivers are stopped, speeding or weaving all over the roads.

Highway departments are experimenting with GPS technologies and high resolution weather information to accurately disburse abrasives in the winter.

Auto manufacturers provide and use GPS not only as an aide to your navigation, but also to locate your vehicle in case of an accident or emergency.

In future intelligent transportation systems (ITS), automobiles equipped with onboard computers and display terminals would automatically receive route location and traffic information.

Predictions for the future include fully automated systems with traffic completely controlled by computers. Drivers would instruct traffic control computers where they want to go, and the computer and GPS technologies would operate the car, delivering it to its destination.

Sound too far fetched? Components of these ITS systems are under development and test now!

GPS-type systems are so accurate that the FAA and its international counterpart, the International Civil Aviation Organization (ICAO), have agreed that satellite navigation will become the standard for international aviation navigation. Satellite navigation provides adequate accuracy for in-flight navigation but will need to be improved if it is to guide aircraft during the more complex landing procedure.

Two systems have been developed and are planned for installation by the FAA. One system, called the Wide Area Augmentation System (WAAS), uses a satellite transmitter to send accuracy corrections to all aircraft operating over the continental United States. The other, the Local Area Augmentation System (LAAS), will be installed at airports to provide guidance information that will allow automated aircraft landings in any type of weather.

Both hunting and fishing sports have been quick to use this technology. Off shore and fresh water boat operators have coupled chart plotters and fish finders with GPS coordinates to store accurate databases of "honey holes". Why even our own Chapter members have accused me of storing the

(Continued on page 6)

Global Positioning Systems

(Continued from page 5)

location of some of the trophy trout we stock on the Patuxent River!

The veritable explosion of the use of GPS technologies is happening almost overnight or so it seems. In actuality, the evolutionary development of applications for this new technology had been underway for over several decades.

Geocaching is a recent craze in the gaming department. A person will place a cache of some information or an item of interest in a known location; take a "fix" of this location with his/her GPS system and publish the coordinates on a web page. This cache can be anywhere on the earth's surface. Some happy wanderer dutifully following his GPS tracker can locate the cache, sign a log sheet and report its finding on the web. Apparently this activity is becoming worrisome to park management in some areas and most probably will cause some restrictions to evolve.

Now if someone would only post the coordinates of bin Laden

Lou Boezi

Tackle and Tactic Tips

The flows this summer and fall have all been superb. Fishing the rest of this fall will often be with small caddis, blue-winged olives, and terrestrials for the most part. Fishing terrestrials is about the only time trout fishers with fly rods are allowed to make any real noise in their presentations. Beetles, crickets, inchworms and even ants make some noise when they fall into the stream.

So a little "plunk" of a #12 beetle plopping down right up tight to a deep and undercut bank might produce a nice trout. Although I do see a small number of trout react favorably to hopper patterns in this immediate area, it is not a really common prey item for our trout. Field crickets, on the other hand, are very common. Try them in the #10 size, if you have a choice, on most of our local trout waters. Crickets can sometimes be actively fished with tiny twitches of an inch or three followed by a pause.

Ants are always excellent choices, too. You might fish a cricket or beetles with a small ant in tandem behind the larger fly. The ant can be fished on the surface or just an inch or so below it. Or you can use an inchworm or green weenie-type fly fished deep. There are still many caterpillars chewing on our streamside vegetation. A slight breeze and

a few are blown off the leaves and into the water.

In some situations I have used just an inch worm with no weight or even an indicator. I want it to go "plop" under a tree with the leader pretty much laid straight out. As it slowly sinks, any trout taking it will pull the leader away and downward. This really works well only on a glassy flat pool with relatively uniform flow. The strike is often within a few seconds of the fly hitting the water.

Last month I discussed how to cover the water while moving steadily upstream. Casts are to be made in approximately 2-foot wide lanes. I indicated that the drifts were to be no more than about two leader lengths. I was referring to dry flies in that case.

If you are fishing nymphs using this same pattern to cover all the water, you should let the nymph drift about three or almost four leader lengths, as it likely will be at least one leader length before the nymph is down to the 'hot zone' along the bottom.

Fortunately, I find, when blindly fishing nymphs, that the trout may move a bit more to chase them down than they will a surface dry fly. The casting lanes can be widened a bit more, and you can move a little faster up the stream.

On many of our heavily fished streams, such as the Gunpowder or Big Hunting Creek, you can often get fairly close to a trout that is still willing to take a nymph (or San Juan worm, etc.) bumping along on the bottom in water over knee deep.

Jay Sheppard

From the Vise Spiders



If you're interested in tying and fishing soft hackle flies, hie on down to the nearest chain bookstore (B Dalton, Borders, Waldenbooks, etc.) and look for the August 2003 issue of the British magazine *Fly Fishing and Fly Tying*. It will be pretty easy to spot because it will be in a clear plastic cover, and it's slightly taller than most American magazines. It will be in the section with the hook and bullet magazines, probably in the back row.

Don't be scared off by the sticker shock—probably about eight bucks plus tax, but it's worth it. I've been collecting books and magazine articles on soft hackle flies ever since I met Sylvester Nemes at the 1990 FFF Conclave. I've got every one I could lay my hands on. Stapled to the magazine is a small (about 4" X 6") 24 page booklet entitled *The Spider Guide; Dressing and Fishing the*

(Continued on page 7)

Seen Any Good Videos Lately?

For the past several years I have tried to keep our video library current with as many new video releases that I could find. My goal has been to purchase a mix of casting, tying, and strategy tapes.

It is once again time for me to place our order, and I need input from you the chapter members. If you have seen or would like to see a certain video, please drop me a line and let me know. You can either stop by the table at a regular meeting or send me an email at: dawsonj@comcast.net.

We have begun to order DVDs when they are available. I hope to post a listing of our current videos on our web site, so keep checking it for more info.

Please come and check out a video or book and the next meeting. I want my library box to be as light as possible when I carry it home.

Remember to bring back all library items you may have checked out to the next meeting..

Jack Dawson

Spiders

(Continued from page 6)



Flies by Malcolm Greenhalgh. That's what makes the price worth while.

The Spider Guide contains the essential information about tying and fishing spiders. This booklet has it all: the materials, the hackles, tying instructions, patterns, fishing notes, and variations of the basic soft hackle flies. With it and a basic knowledge of fly tying, you can tie flies that have been catching trout and other fish for more than 500 years. With the same tackle you've been using to fish with dry flies, you can catch fish with the soft hackle flies you tie.

John Colburn

Renew TU Membership Through Chapter

TROUT Unlimited accepts renewals of memberships sent through the chapter. In return, the chapter receives a significant rebate of \$5 for each such renewal.

We hope every member will save their postage and bring their membership renewal notices to the chapter meetings. We will take it from there. We prefer check (payable to TROUT UNLIMITED) or plastic for these renewals, but we will accept cash.

If you forget your renewal notice, we only need to have your membership card so we can obtain your member number.

Help support the chapter and bring your next Trout Unlimited renewal to the monthly meeting.

The Last Word

Burnout

(Continued from page 8)

burnout. Try it—you'll like it.

Let's see if we can get that 4.6% of the membership who are doing the work up to ten percent and prevent burnout. It will make the Potomac-Patuxent Chapter of TU an even better organization.

John Colburn

The Conservationist wants YOU!

Do you have a fish story—fact or fiction, a fishing photo, a drawing, an opinion—pro or con—related to the coldwater fishery, TU, PPTU or even *The Conservationist*?

Send it as a MS Word .DOC, MS-DOS .TXT or .JPG attachment to an e-mail message about it to johnwcolburn@juno.com.

All the news that fits, we print.

PPTU Mentor Program Beginners and Beyond

Available to members of PPTU current with their dues, Ken Bowyer or Paul Prevost will conduct one on one streamside flyfishing instruction. Interested members must show commitment by having waders or hipers, a rod and reel outfit, and leader. Discussions will include equipment, knots, casting, flies, dry fly and nymphing techniques, entomology, reading water, conservation, etc. at nearby streams. Instruction will be tailored to individual needs.

Beginners should contact Ken at 301-627-7154 or e-mail: kenbowyer@comcast.net

For advanced instruction contact Paul at 202-244-0168 or e-mail: pprevost@hotmail.com

Address Changed? Missing an Issue?

If you have moved or see any error in your label on this newsletter, please advise both the TU national office and this chapter with separate notices. We maintain our mailing list apart from the national list; we do eventually get the notice of address change from national TU, but it is often a few months before it affects your newsletter and other mailings. Please help us help you. Thank you.

This past year we had several reports of members not receiving their newsletters. Make sure we have your correct address, including 9-digit ZIP, and that you have paid your dues. If you are missing a back issue, please contact us for a copy.

The *Conservationist*

The Potomac-Patuxent Chapter of Trout Unlimited

Membership

THE POTOMAC-PATUXENT CHAPTER of Trout Unlimited has two membership categories: **Regular or Family** (\$15/year assessment) or **Student** (free). The Chapter operates on a September-to-September basis. The assessment is totally separate from Trout Unlimited dues. Send correspondence, change of address, or assessment payable to POTOMAC-PATUXENT TROUT UNLIMITED, PO Box 2865, Wheaton, MD 20915.

Chapter and national TU expiration dates are indicated in the mailing label as PP-0903 or NTU-0903.

First time visitors receive two free issues of this publication.

MEMBER'S ASSESSMENT NOW PAYABLE

The annual assessment is now payable. Check your label; if the "PP-" date is "0903" (or there is NO "PP-" and date), you can send your \$15 now, and you will not have to worry about paying at the September meeting. Some members paid twice this year, so they already show "PP-0904." Make checks payable to "POTOMAC-PATUXENT CHAPTER—TU" and mail to our chapter mail box. The assessment covers only the newsletter and related administrative expenses; all donations above expenses at raffles, etc., go to the resource and not to support our members with free newsletters, maps, etc. **Final mailing** for those having "PP-0903" on their label will be this next November issue. **There will be NO separate mailings to remind members of this obligation. Please take note and action today! You will not want to miss our January issue and later issues and their announcements. Thank you.**

The Last Word

Burnout

In the last issue I put a guilt trip on you, the members of PPTU, and it did get some results in the form of new volunteers. Lou Boezi has the story in his "President's Column" on page 2 of this issue.

Now I'm going to warn you of one of the dangers of volunteering: burnout. It comes when you really believe in what the organization is trying to do, and you keep doing more and more because there's no one volunteering to help.

Take it from the voice of experience: *Burnout ain't fun!* I suffered it twice, and I'm pretty sure that the last time contributed to open heart surgery and five arterial bypasses. No, it wasn't caused by my volunteer work in TU or FFF, but in another organization I really believed in too.

The warning I didn't heed was when the challenges and opportunities became duties and obligations—when it quit being fun. I literally became sick when the time came for meetings. As I said, "Burnout ain't fun!"

For those who are volunteering, heed the warnings and back off on some of your jobs. The world won't come to an end if you do, and there may be someone waiting to take over if you let go of something.

For those who aren't volunteering, you could take over some relatively small job and quite possibly prevent one of the workers from suffering terminal

(Continued on page 7)



Return Address:

Potomac-Patuxent Chapter TU
P.O. Box 2865
Wheaton, MD 20915

FIRST CLASS MAIL