



## Stonely Maidens Women's Fly Fishing Club

### Now What Do I Do?

eHow.com

#### How to Avoid Spooking the Fish While Fly-Fishing



You can't catch a fish if you scare them all away. Fish have very wide angles of vision and sensitive nervous systems that allow them to detect your presence. Watching your movements and methods of casting can help keep your presence a secret.

#### Steps:

1. Gauge the water from a distance; don't just walk up and jump in.
2. Fish from the bank first. By hanging back from the water, you may be able to catch fish under the bank that you'd otherwise miss by jumping in.
3. Be careful not to make big splashes as you wade through the water and get closer to your fishing hole. Smaller and slower steps may make you less conspicuous.

4. Wade slowly and carefully if you're in water with a silt bottom. Quick movement will kick up sediment and dirt that will alert fish to your presence.
5. Avoid kicking or moving rocks - the lateral line of a fish can detect vibrations.
6. Try to keep your line from slapping on the water as you cast forward and backward, as this will certainly alert fish to your presence.
7. Avoid a splash when you let your fly, leader and fly line hit the water. This may spook the fish. You want your rig to land more naturally on the water at the same time; it makes for a more natural presentation.

#### Tips:

When you're underwater at the edge of a pool, remember how objects at the surface look (and how easy they are to see, even when away from the edge). This will give you an idea of how much the fish can detect.

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#### Meeting Information

- April 13, 2005  
6:00 pm Social Hour  
7:00 pm Business Meeting and Speaker
- Iron Horse Restaurant  
6034 SE Milwaukie Ave  
Portland, Oregon  
(503) 232-1826
- Speaker: Club Members  
Fishing Skills Roundtable and  
Demonstration

#### This Month with the Stonely Maidens

This month we are having a members round table. The topic is How Do I Catch a Fish? Basically, we are going to focus on things other than casting like what to do after you hook a fish, where to look for fish, or whatever questions you may have. Bring your questions to the meeting or email them to an officer before hand. This will be member participation at its best.

The fish-a-long this month will be at Lost Lake in Clatsop County. The date has been changed to Saturday April 23rd, to take

advantage of the stocking schedule. ODFW will be putting 1,500 legal trout into the lake the week prior. If you don't have a float tube, speak up at the meeting or contact an officer, several members have extras they are willing to loan. *This is a women-only trip.* Trip sheets and details will be available at the meeting. This site has very limited parking so we will be carpooling, if transportation is an issue.

Come to the meeting and share your experiences in catching fish.

## Fly Lines

*Our mission is to create opportunities, encourage, educate, and mentor women's participation in the sport of fly fishing.*

*Our goal is to bring women together who share a love of fly fishing and the beauty of nature to create friendships and lasting memories.*

While our main purpose is to learn how to be better fly fishers, our mission also has a component of giving to other women. The club has some great projects in the works right now to help us to accomplish this mission.

To do this, we need volunteers. While the officers are very dedicated to the club, we have only so much time and energy to do things. We hope to make the club be an

extension of what the members want. Please help us by volunteering to help Marti with the CFR Retreat. This is a big project that needs the whole club's talents.

Another place to volunteer is at the Casting Clinic in June. You don't have to be an excellent caster to help out. In fact, one of the benefits of being a casting assistant is the extra instruction from Katherine Hart and the other members who are participating. Guaranteed, you will become a better caster than when you started.

This is your club. We hope that you believe enough in what we are trying to do to help us do it. Let us know how we can best use your talents. We want to have fun going fishing and helping others.

## Tilda Runner



### Name This Fly Contest

This is one of the first flies that a beginner fly tyer learns to tie. It is also a great lake fly.

Write the name of this fly on a raffle ticket with your name. The first person drawing with the correct name of the fly wins six of them along with the recipe for tying your own.

## Casting For Recovery News

*Marti Franc*

I hope you were able to be at the March Stonefly Maidens meeting to see the DVD from last summer's retreat on the Umpqua River, sponsored by Women on the Fly. Sabina, a new member of our club and a participant in that retreat, was able to provide a wonderful narration. I'm sure we'll take other opportunities to view the DVD as we plan our event.

We're planning for summer of 2007. Sound far away? Well, in some ways it is, but when we look at how much work is involved, we really aren't starting too soon. Right now, I need to hear from people who are interested in participating in some way with the planning. So far I have Glynda, Ramona, Lisa W., Mary Ann Dozier, and Sabina listed. The more the better. We'll split into separate subcommittees working on fundraising, facility, media, getting participants, staff/volunteer coordination and probably other things. Let me know, too, if you have thoughts, ideas, or questions as we get going on this. Thanks.

## Goings On

### BOW



**April 23—Kayaking the South Slough Estuary, Charleston**

**May 7 - 8—Kayaking and Hiking, Cove Palisades State Park, Culver**

**May 21 - 22—Fly Fishing Workshop, Wizard Falls Hatchery, Camp Sherman**

**June 25 - 26—Wild Coastal Edibles, South Slough, Charleston**

**June 11 - 12—Multi-activity Workshop, La Pine State Park**

#### More Information

If you have questions about BOW, any workshop, or the registration process, do not hesitate to call or e-mail the BOW staff: Paula Booth, BOW Coordinator, 503-947-6016, paula.p.booth@state.or.us; Colleen Till, BOW Registrar, 503-947-6017, colleen.e.till@state.or.us; Mary Hoverson, North East Regional BOW Coordinator, 541-963-2138, mary.e.hoverson@state.or.us; Nancy Smogor, High Desert Regional BOW Coordinator, 541-388-6365 ext. 234, nancy.e.smogor@state.or.us

### Fly Fishing Shops

Don't forget to check out the links on the Stonefly Maidens website for the fly fishing shops that support the club. Many of them have great classes available.

## Now What Do I Do?

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### How to Set a Hook When Fly-Fishing

You finally got the bite you've been looking for. There's no need to lose the fish. Setting the hook will lodge it in the fish and allow you to start the fight to bring it in.

#### Steps:

1. Be careful not to set the hook too quickly or too slowly, both of which could cause you to lose the fish. This is one of the hardest tasks in fly-fishing; do it in a moderate and steady fashion.
2. Remember that the hooks in fly-fishing are small and sharp, so it doesn't take a lot of force to hook the fish. The fish may actually end up hooking itself when it takes the fly.
3. Be aware that you can't set the hook with slack in the line. Keep tension on the line as you fish or you'll give the fish time to release the fly and get away.
4. Use your free hand to strip, or pull in, line as it becomes slack in the current. You want the minimum line out.
5. Lift the rod from 9 o'clock to 12 o'clock once you get a bite. At the same time, pinch the line with the trigger finger on the rod. You will need this action to apply the force necessary to set the hook.

#### Tips:

Remember that the more line you have in the water, the harder you will have to pull. But make sure you pull gently enough so as not to rip the hook out of the fish or snap the tippet. Once that hook is set you can start to land your fish.

### How to Land a Fish in Fly-Fishing

You've done all of the waiting and casting, then you get a fish. Landing the fish can be as much work as hooking it in the first place. Take your time, keep your line tight and bring in the prize.

#### Steps:

1. Think of the rotation of your arm in casting like that of the hands on a clock. After hooking the fish, keep your rod pointed to the sky at 11 o'clock, leaving only enough slack in the line to keep tension.
2. Take in any extra slack.
3. Raise your rod over your head to bring the fish into close range. Once the fish surrenders, it's time to land by hand or net.
4. Wait until the fish has worn itself out before you try to net it. This will make it less likely that the fish will get tangled. Be careful, when bringing the fish in by hand, not to lift the fish in the air while it's

still attached to the line - this can rip the hook out and also break the tippet on your line.

#### Tips:

Avoid plunging the net into the water; it can tangle, and may also spook the fish. Instead, gently put the net in the water and lead the fish in with your line.

### How to Release a Fish in Fly Fishing

Most fly fishermen practice catch-and-release. There are some simple things you can do that will ensure that your fish will swim happily on its way once released.

#### Steps:

1. Use a barbless hook, which is easier to remove. If your hooks have barbs, you can flatten them with needle-nose pliers.
2. Bring the fish in quickly rather than pulling it along rocks or letting it flop around in shallow water.
3. Handle the fish as little as possible. Fish have a protective mucous coating that is easily damaged.
4. Minimize the amount of time the fish is out of the water. Try to "land" the fish and remove the hook underwater.
5. Wet your hands before handling the fish and keep them away from the gills and eyes. If you bring the fish in with a net, make sure the net is both wet and made of a soft material that won't scrape the fish.
6. Take the hook out by bending it back the way that it went in. Keep a pair of forceps in your vest and use them to get a better grip on the hook.
7. If your fish has swallowed the hook, it's best to cut the line as close to the hook as you can and let it go. The hook will eventually dissolve, and trying to rip out the hook will do more damage than good.
8. Hold the fish by hand in the water by its mid-section until it can swim. Then just release your hand and it should swim away on its own. While holding the fish in the water, protect its spine by supporting its body from head to tail.
9. Consider that you may have to revive the fish if it exhausted itself during the fight. To do this, hold the fish in its swimming position facing upstream with your hands under it, gently moving it back and forth to get oxygen to its gills.
10. Be careful not to hold on to the fish too hard; when it tries to swim, let it go.

#### Tips:

Try not release a fish back into deep or swift-running water. If it's tired, it will have a difficult time swimming in these conditions.!



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*Stonefly Maidens Women's Fly Fishing Club*

**An Oregon Council-Federation of Fly Fishers Member Club**

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**Calendar**

Date	Meeting (Speakers subject to change)	Fish-a-long Date	Location (Locations tentative)
April 13	Members Roundtable: Fly-Fishing Skills	April 23	Coastal Lake, Trout
May 11	Marty Shepard, Smallmouth Bass on the John Day River	May 21	John Day River, Smallmouth bass (Women Only)
June 8	Kathryn Hart, Casting Demonstration & Practice	June 11 June 12	Casting Clinic, Blue Lake Park Clackamas River, Trout (Women only)
July 13	Michael T Williams, Backcountry Fly-Fishing	July 16 July 23	Big K Ranch, Smallmouth Bass (Women only) Merrill Lake, Hexagenia Hatch Bonus
August 10	Andy Pibal, Carp Fishing	July 13	Carp Fishing
September 14	Patty Barnes, Saltwater Fishing in Mexico	September 16-19	Skagit River, Pink Salmon (Women only)
October 12	Judith O'Keefe, Float Tube Fly Fishing	October 15	Hosmer Lake (Women only)
November 9	TBA		None scheduled
December 14	Christmas Party		None scheduled