

# Fish Tales & Fly Lines

## THE NEWSLETTER OF THE STONEFLY MAIDENS WOMEN'S FLY FISHING CLUB

Volume 8, Issue 4, April 2007

### PRESIDENT'S LETTER

Greetings Stoneflies! Last month we took the FFF Expo by storm, with our club staffing the registration table, we were the first impression the public got of the Fly Tyer and Fly Fishing Expo and we all had a great time doing it. We also had good feedback from the people who stopped by our table to find out more about the club and Casting for Recovery. Our table at the banquet and auction was right up front and we enjoyed the dinner as well as bidding on the items for the benefit of the FFF. Tilda won the 'River Runs Through It' package (after I dropped out of the bidding) and Lisa and Penny both won rod packages. Our table was the life of the party and Hank Hosfield from TU joined us at the last minute, he said next year we should auction off that seat, he had such a good time! The Expo was a big success in the new location and club members Tilda Runner and Mary Ann Dozer were 2 of the main committee members, with Tilda organizing the volunteers and Mary Ann backing up the Education Chair Dwight Klemin. Many of our members took advantage of the fine classes that were available.

Speaking of classes, I hope a lot of members are taking advantage of the CFR Casting Clinic on April 28 and signing up for some casting workshops. These are a great bargain and the teachers are all pros, donating their time to help us with our CFR project. Also, if anyone wants to volunteer to help with food, drop me a line: [president@stoneflymaidens.org](mailto:president@stoneflymaidens.org)

Our March meeting was really fun; Rob Crandall gave a great talk about tactics for trout and steelhead focusing on local waters and the Deschutes. Then on St. Patrick's Day we went to the St. Louis Ponds in Gervais, in search of some of the many species stocked there. Not much of a fishing hot spot, but we had a nice

### CASTING CLINIC

**SATURDAY, APRIL 28, 2007**

**STONEFLIES, DO YOU WANT TO TAKE YOUR CASTING TO THE NEXT LEVEL? WANT TO KNOW HOW TO MASTER THAT DRAG FREE CAST? DO THE FISH ALWAYS SEEM TO BE 10 FEET FARTHER THAN YOU CAN CAST?**

We have workshops to help you in almost any type of fishing situation. A great group of FFF Certified Casting Instructors — Rachel Andras, Al Buhr, Brian Chou, Dwight Klemin, Ron Lauzon, Dick Sagara, Stan Steele, Brian O'Keefe, Donna Teeny, Jim Teeny, and Leroy Teeple — have generously donated their time and skills to lead workshops including beginning casting, accuracy, presentation, distance, and single hand and two hand spey casting. You can even register for custom instruction where you can pick what you want to work on. This is a wonderful opportunity to meet some of the great names in fishing and take advantage of their knowledge. This is a co-ed clinic — be sure to invite friends, family or coworkers to register.

**DON'T MISS OUT — REGISTER NOW!**

**PICK UP REGISTRATION FORMS AT THE NEXT MEETING!**

or download from [www.stoneflymaidens.org](http://www.stoneflymaidens.org)

Wildlife to institute a very successful program on the Metolius River that ended stocking and brought back the native fish population (including the threatened and endangered Bull Trout). Quality of fishing on the Metolius and throughout Oregon has been greatly improved as a result of John's efforts.

### THIS MONTH WITH THE STONEFLY MAIDENS:



**JOHN JUDY**

John Judy is a well known writer and guide; a leader in the fly fishing community. He comes from a second generation fly fishing family and has been in the forefront of the develop-

ment of many new and innovative fly fishing techniques. His book *Slack Line Strategies* is considered by many to be the definitive primer on presentation skills.

He is also a member of the prestigious Scott Fly Rod Pro Staff. As a staff member he not only represents the company on stream he also gives in put and advice on product development and testing.

John's guide company *John Judy Flyfishing* is one of the oldest and best established outfitters on the Deschutes River. The company fishes for both native trout and steelhead — specializing in presentation skills for trout and Spey casting for steelhead. A trip with John and his staff offers not only great fishing but a chance to be on the very cutting edge of current fly fishing technology.

In addition to his skills on the river John has also worked tirelessly to promote better fisheries management. He and a few friends successfully launched a campaign that resulted in the formation of Oregon Trout, this state's leading wild fish advocacy group. He also spent close to twenty years encouraging Fish and



**FLY SHOP PROFILE**  
**FLY SHOP OF THE**  
**DALLES**  
**GALLERY & STUDIO**  
**511 UNION ST**  
**THE DALLES, OR**  
**97058**  
**541-296-3005**

<http://www.flyshopofthedalles.net/>  
 Jan Sage and Jeff Cottrell, owners

Lines carried: Rods: Loop, Hardy, Echo, TFO, Fly Shop of the Dalles. Reels: Vosseler, Loop, Hardy, Cortland. Lines and leaders: Airflo, Cortland, Jim Teeny, Varivas, Rio. Apparel: Cloudveil, Fishpond, Drift Creek.

What gives this shop its special character: Jan and Jeff restored this historic home that once belonged to a town father of The Dalles and they actually live on the premises, so to say it's 'homey' is an understatement! In addition to gear and flies, they also sell artwork and jewelry and their love of fish and fishing shows in every detail. The shop rambles through several rooms of the main floor of the building, with interesting nooks and crannies to be found everywhere.

The shop is taking a special interest in women fly fishers, as Jan is leading the way to starting a new club there: Ladies of the Gorge Fly Fishers Society. They hope to be going by late spring. If you know someone in the area that might like to join, send them to the shop!



**FLY OF THE MONTH**

I picked up this little beauty at the Camp Sherman Store, it is not what Robin caught her bull trout on that weekend. Stop by the meeting to put in your guess for the fly raffle.

**FISH-A-LONG APRIL 14<sup>TH</sup>**

This month we will be fishing the Metolius River at Camp Sherman, OR and I can't put it any better than this little blurb from the Prineville Chamber of Commerce:

**Metolius River-** The Metolius springs from the base of Black Butte, an ancient, symmetrical volcanic cone 3,000 ft. high. It doesn't start with a trickle, but arises from the ground as a full-blown river. It's said that a sad Indian Mountain Spirit shed a tear; it became this unforgettable river. The Metolius is near the crest of the Cascades. Being on the west side of the slopes it is in a mossy, wet, Ponderosa pine forest. Only 29 mi. in length, the Metolius flows from Black Butte to Lake Billy Chinook. It is a spring fed river, meaning it is fed by underground springs. It is not depleted by irrigation withdrawals. It is therefore always full, always 48°F, with a stable population of plants, insects, and aquatic animals. The river supports herons, otters, deer, osprey, and redband trout. The redband trout is a native trout that is genetically different from other trout. It is greenish with a brilliant slash of reddish purple along its sides. This fish is large in girth, and compact, often described as having "shoulders". The larger fish are 12" to 20" .

**Other Fish Species on Metolius:** Redband rainbows, brown trout, bull trout (Dolly Varden), whitefish. Robin Healy will be the fish-mistress this month (Thanks Robin!) Trip sheet and contact numbers will be emailed prior to fish-a-long. Hope to see you there - JD [vicepres@stoneflymaidens.org](mailto:vicepres@stoneflymaidens.org)

**TYING FLIES LIKE A PRO BY MARTY BARTHOLOMEW**

Frank Amato Publications, Inc., Portland, OR, 2006  
 182 pages, softbound, illustrated, Color, suggested price \$29.95

Reviewed by Bruce E. Harang  
 The author is a professional fly tyer that gathered some of his favorite patterns as well as the favorite patterns of thirteen other professional fly tyers to teach a collection of tying, materials selection, and material preparation techniques. This collection of techniques will provide the reader with lots of ways to tie better and better looking flies as well as speed up the tying process. The book starts with a chapter on materials preparation including how to weight hooks. The following seven chapters are an eclectic collection of patterns to imitate caddis flies, mayflies,

**CFR-NORTHERN OREGON**



No, this is not a picture of the last fish-a-long, it is the artist's rendition of the official CFR float that will be in the 100th PORTLAND ROSE FESTIVAL PARADE!!! The float was designed by Kathy McCartney, one of the Women on the Fly, the Southern Oregon CFR group. The float is sponsored by Baseline Consulting and Scott Humphrey of Humphrey Strategic Communications. Scott worked for over a year to make the float a reality, and both firms are very excited about sharing the CFR message and making CFR a recognizable name in breast cancer support and education!

The parade is Sat June 9<sup>th</sup> 2007, and there will be many opportunities to help with float building in the week prior to the floral parade (June 2<sup>nd</sup> to 8<sup>th</sup>). Watch for Stonefly Maidens email for the work group schedule and sign up. – CFR Team

midges, stoneflies, terrestrials, as well as streamers, attractors, and saltwater flies. No matter what kind of flies you like to tie and fish there are tips and techniques that will help you to improve your tying quality and speed. The patterns have step-by-step tying instructions with high quality images of each step as well as the recipe and the tyer's notes. Overall, this is an excellent tutorial for intermediate and advanced tyers that wish to improve the quality and consistency of their flies. The use of different ways of breaking the hook shank down into sections is a bit confusing. One pattern will be done in quarters, then next in fifths, the next in eight sections. This is confusing and requires that the reader pay very careful attention. A more uniform and simplified system would have made the book a lot easier to follow along with while at the bench. This book is a worthwhile addition to the library of any fly tyer wanting to improve his tying. [This article is from the FFF Clubwire]

# TEN TIPS TO WINTER STEELHEAD SUCCESS

Winter steelhead fishing with a fly can be an act of drudgery and mere casting practices but it doesn't have to be this year. Stack the deck in your favor. Try these top ten tips to help you catch more fish on the fly.

1.) Fish smaller streams and rivers. The smaller the water the more confined the fish are and the better your odds are. Look for edges and soft water below or beside chutes and fast rapid spots. Smaller waters often have more easily identifiable holding water. Don't overlook pocket water, it can hold a lot of fish especially during a warm rain or near heavily pressured areas.

2.) Fish and explore in low water levels. Low water helps you learn structure. Water that is low and clear is also easier to spot fish in. Bring your polarized glasses and memorize those spots of good cover or where you see fish sitting. Fish will often be around that same structure in colored water or higher water conditions.

3.) Fish high water levels especially as winter rivers are just turning green. There will be fewer places to fish and wading can be treacherous so stay close to the bank and look for soft water. Fish will often be close to the bank and in shallow water. With color in the water use bright patterns and you can find outstanding results with no one else around.

4.) One more split shot. Winter fishing conditions often means dealing with cold high water. Fish aren't going to move farther for a fly than they have to. The old timers say, "The difference between a good nymph fisherman and a great nymph fisherman is one more split shot." Perhaps this can mean one more steelhead per trip for you.

5.) Take care of your gear. Be sure your floating lines are in prime condition. This can cost you fish if your gear is not in top shape. Keep a floating line on the surface by cleaning all the dirt and grime off it and applying a floatant type treatment to your line. Be sure your reels

are clean, free of sand and grit and make sure you are using fresh tippet.

6.) With the swung fly strategy match your sink tip correctly to each run you fish. Using the right tip ensures your fly is near the bottom but not continually snagged up. Learn which runs require the 15' type V tip and which ones fish better with a 5' tip. This will also save you a lot of flies.

7.) Try bigger flies in off colored water or bigger rivers. The larger the body of water the less confined the fish are. Use a fly that has color and action to draw fish to it from as far away as possible. In off colored water go bright. Try orange, cerise, or pink with some chartreuse mixed in.

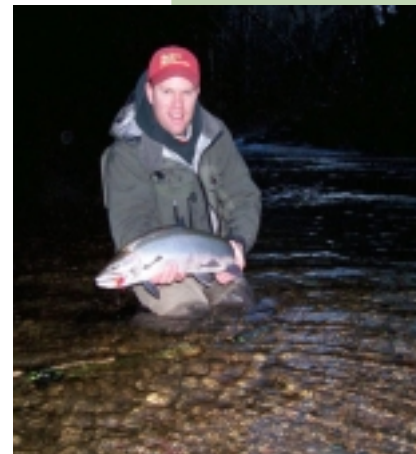
8.) Research the river you fish. Call fisheries management staff or hatchery staff on the stream and learn as much as you can about the fish in that system. Be sure to ask when the peak timing of the run is, when it starts and when it ends.

9.) Hire a guide. Look at it as investing in your future fly fishing success. You can glean years of knowledge in one day. Be sure to ask lots of questions.

10.) Just keep casting. Winter waters fluctuate and change rapidly. Roily waters work against you to keep your fly out of the "zone". With off colored water you can easily be missing where your fly is actually at in the water column. Focus on keeping your fly in the "zone" (just over the tops of the rocks) to be sure you have the odds in your favor.

by Rob Crandall, guide (503-704-6449)

[Editor's note: Rob was our speaker in March, and agreed to share this with us.]



*"Do not tell fish stories where the people know you; but particularly, don't tell them where they know the fish"*  
-Mark Twain

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time and a good al fresco lunch together. It was a lovely warm day and it was nice just to be out in the sun.

Looking forward to April, the magic word is Metolius! John Judy is the acknowledged expert on this tricky fishery and he will be with us on the 11<sup>th</sup> giving a presentation based on his book, "Seasons of the Metolius". Then on Saturday the 14<sup>th</sup> we will fish there. See the Outing article and come to the meeting for more details. As you may have heard, I caught a fish there in February.

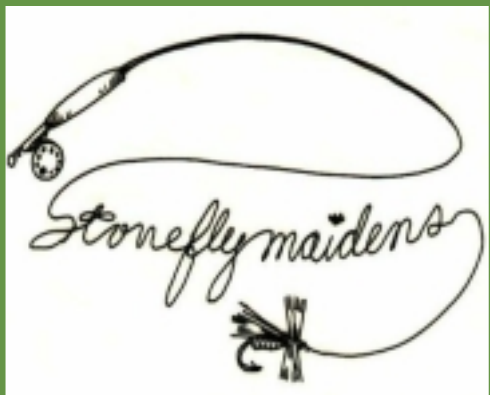
Renewals and new memberships continue to pour in as I have been on PO Box duty and it's great to see. The club continues to grow and attract new members, which is not necessarily a given in this age of many fly fishers going to the internet for their information, rather than joining a club. Many of the other club officers I meet are saying they have a hard time attracting new members and I think we are an exception. Our members are also very engaged with the



Robin on the Metolius

## MEETING INFORMATION

We meet the second Wednesday of Each Month  
 Iron Horse Restaurant, 6034 SE Milwaukie Ave,  
 Portland, Oregon (503) 232-1826  
 6:00 pm Social Time  
 6:30 pm Business Meeting  
 7:00 pm Speaker



## STONEFLY MAIDENS WOMEN'S FLY FISHING CLUB

An Oregon Council-Federation of Fly Fishers  
 Member Club

*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.*

### 2007 OFFICERS

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If you're not sure who to contact, try

[info@stoneflymaidens.org](mailto:info@stoneflymaidens.org)

We'll make sure it gets to the right person!

## CLUB CALENDAR

Meeting date	Meeting	Fishing Date	Fishing	Other
April 11	John Judy	April 14	Metolius River	4/28 CFR Casting Clinic @ Blue Lake Park Officers Mtg
May 9	Chris Santella Author of "50 Places to Fly Fish Before You Die"	May 12	TBD	5/5-6 Sandy River Spey Clave
June 13	Conservation Night with Trout Unlimited, Sierra Club, Save Our Wild Salmon	June 17 (sunday)	Clackamas River	6/16 5th Annual Women's Casting Clinic
July 11	Michael T Williams	July 14	Hosmer Lake	Bamboo Rod Fair, Camp Sherman, July 21/22 Annual FFF Conclave, Livingston, MT July 31-Aug 4
August 8	Brian Silvey	August 11	North Fork of the Middle Fork Willamette River	Officers Mtg
September 12		September 13-17	Skagit River	Outing for Pink Salmon
October 10	Scott Richmond-Fishing the Deschutes Election of 2008 Officers	October 13	Deschutes	CFR retreat Officers Mtg
Nov 14	Jakob Lund Fly Fishing in Alaska		No fishing	
Dec 12	Katherine Hart- Fishing Costa Rica Holiday Party & Fly Swap		No fishing	