



Newsletter

Stonefly Maidens Women's Fly Fishing Club

Be Prepared for Winter Fishing

Fishing does slow down a bit in the winter, but there are some excellent opportunities to catch some big fish. Winter steelhead soon will start migrating up the coastal rivers and the Sandy and Clackamas Rivers.

The important thing about fishing in the winter is to dress appropriately. Oregon winters tend to be mild, but the threat of hypothermia is still present because of the wet climate together with the cooler temperatures.

Most of you have heard that layering is the way to go. How you layer is important. You want to keep warm and dry not only from the outside in, but from the inside out. I generally wear two pairs of socks—one a thinner wool blend, the second a thicker fleece sock. Both types of socks wick moisture away from my feet while keeping them warm. It is important not to have too many layers that constrict the blood flow to your feet.

To keep your body warm, again remember that you want fabrics that wick the perspiration away from your

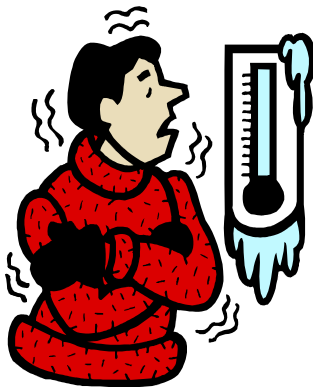
skin towards the next layer. A good set of non-cotton long underwear work well.

I like to wear fleece pants as my next layer, because it takes the perspiration away from the inner layer, but adds an insulation layer of air. On top, I usually wear a nylon shirt and then a fleece sweatshirt. Once again, all the fabrics are synthetic.

Waders are the next layer of protection against the cold. Some people like to wear neoprene waders for the insulation factor. Others prefer breathables because there is more room to move. Over the top of all that, a good rain coat is a must. Look for breathable fabric that protects you from the wind. Wind can cause you to lose heat just as fast as perspiration and getting wet.

Your wading boots and wading staffs are other ways to keep from getting too cold. Boots with felt soles and studs help you to not slip and fall on the river rocks. Your wading staff gives you a

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Meeting Information

- December 8, 2004,
6:00 pm Social Hour
7:00 pm Business Meeting and
Speaker
- Iron Horse Restaurant
6034 SE Milwaukie Ave
Portland, Oregon
(503) 232-1826
- Christmas Party

This Month with the Stonefly Maidens

That time of year is here to tell your fishing stories and share your fishing pictures. The most fun of the evening will be our annual fly exchange. Don't forget to bring 6 flies wrapped in a package. You can tie your own or buy them. You can bring 6 different ones or 6 of the same fly. All we ask is that you include the names of the flies.

Mary Ann Dozer will be stopping by to talk

about Casting for Recovery. She has been involved with retreats in Washington and Oregon and is looking to add another retreat in Oregon. This will be an opportunity to learn more about this worthwhile program.

Don't forget your flies and your holiday spirit. Invite a friend to join us. We are looking forward to sharing some good cheer with all of you.

Fly Lines *Tilda Runner*

Merry Christmas!
Happy New Year!
Good Fishing!



Goings On

BOW



Information on 2005 workshops will be available at www.dfw.state.or.us/outdoor_skills/bow.html. If you would like to put your name on the mailing list to receive registration materials, please contact Colleen Foster at 1-800-720-6339, Ext. 76017 (within Oregon only) or 503-947-6017, or e-mail her at colleen.e.foster@state.or.us.

Winter Fishing

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third place of balance. Getting a dunking in a winter cold river is no fun at all.

Don't forget to wear a warm hat. A hat with a bill can be worn under the hood on your raincoat to help keep the rain off your face. A stocking cap helps keep your ears warm. There are all types of hats in between the two that combine the features of both.

Winter time is no time to make a fashion statement other than how to keep warm. Dress smartly for the weather so you can fish longer and catch more fish.

Hypothermia

Jack Demers, Capital District Fly Fishers of Albany, NY, FFF Clubwire September 1999

You have been on the stream most of the day. The temperature has dropped from the 50's at 10 a.m. to the low 30's. Snow begins to fall, you are shivering and wet from the leak in your waders. (STOP) this is the time to assess your situation.

The number one killer of sportsmen is HYPOTHERMIA, loss of heat in the body core. Normal core temperature is 97° F, when the core temperature falls below 77° F death is almost certain. Hypothermia can take place any season, but is most common when sportsmen are caught off guard in the fall and spring.

There are 4 conditions that can cause hypothermia:

COLD: The danger of hypothermia increases when the temperature falls below 60° F, but most often occurs between 20 to 50 degrees Fahrenheit.

MOISTURE: Cold air temperatures, combined with rain, cold water or perspiration can increase body heat loss. Most of your body heat is lost through your head and feet, while most clothing loses 90% of its insulating values when wet.

WIND-CHILL: As wind speed increases the chilling effect increases, it can freeze your exposed skin in 30 seconds and can penetrate clothing and shelter. At 30°F with a 20 mph wind the wind chill temperature will be 4° F.

EXHAUSTION: When you are over tired or out of shape, your body can't produce enough energy to keep you warm.

ALCOHOL also effects the body temperature by opening blood vessels and bringing blood to the surface of the skin, this effect makes the body feel warm, but in reality lowers the body core temperature.

HYPOTHERMIA IS THE PAINLESS DEATH, you go to sleep and never wake up.

****SIGNS IN OTHERS:** Poor coordination, slow pace, stumbling, slurred speech, amnesia, irritation, hallucination, decreased shivering as hypothermia increases, weak or irregular pulse, dilated pupils, decreased heart or respiratory rate.

****SIGNS FELT:** intense shivering, muscle tensing, irresistible drowsiness, numbness, poor coordination, disorientation, decreased shivering as hypothermia increases.

****TREATMENT:** Get out of the weather and into shelter, replace wet clothing with dry clothing, start a fire, bundle up (blankets, sleeping bag, extra clothes, etc.)

REMEMBER, PREVENTION IS THE BEST CURE! Check the weather station, layer clothing, bring foul weather gear and extra clothing, tell someone where you will be and when you expect to be returning.



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.

Stonefly Maidens Women's Fly Fishing Club

An Oregon Council-Federation of Fly Fishers Member Club

Stonefly Maidens Women's Fly Fishing Club
 PO Box 82412
 Portland, OR 97282-0412
 Phone: (503) 658-6394
 Email: info@stoneflymaidens.org
 newsletter@stoneflymaidens.org

VP & PROGRAM COORDINATOR
 Carmen Smith
 vp@stoneflymaidens.org

SECRETARY/TREASURER & MEMBERSHIP COORDINATOR
 Lisa Wassgren
 membership@stoneflymaidens.org

NEWSLETTER EDITOR
 Tilda Runner
 503-658-6394
 newsletter@stoneflymaidens.org

OREGON COUNCIL, FFF REPRESENTATIVE
 Laura Coblenz
 kat5mom@aol.com

RAFFLE COORDINATOR
 Robin Healy
 webmaster@stoneflymaidens.org

Calendar

Date	Meeting (2005 Speakers subject to change)	Fish-a-long Date	Location (2005 locations tentative)
December 8	Christmas Party	None scheduled	
January 15 '05	Mark Bachmann, Winter Steelheading	January 15	East Fork Lewis River, Winter Steelhead
February 9	Fly-Tying Demonstration	February 12	Crooked River, Trout
March 9	Video Night	March 12	MacKenzie River, March Brown hatch for trout
April 13	Members Roundtable: Fly-Fishing Skills	April 16	Coastal Lake, Trout
May 11	Marty Shepard, Smallmouth Bass on the John Day River	May 14	John Day River, Smallmouth bass
June 8	Kathryn Hart, Casting Demonstration & Practice	June 11 June 12	Casting Clinic, Blue Lake Park Clackamas River, Trout
July 13	Michael T Williams, Backcountry Fly-Fishing	July 16 July 23	Big K Ranch, Smallmouth Bass Merrill Lake, Hexegenia 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
October 12	Judith O'Keefe, Float Tube Fly Fishing	October 15	Hosmer Lake
November 9	TBA		None scheduled
December 14	Christmas Party		None scheduled