

# Fish Tales & Fly Lines

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

Volume 8, Issue 1, January 2007

### TUBE FLIES

#### THE TUBULAR ALTERNATIVE

BY JESSICA SALL

It's hard to pinpoint the exact birth of the tube fly, but the best story suggests tube flies appeared in the 1940s when an English woman (conveniently nameless) discovered that if she tied flies on hollow goose quills she could use the same hook for different flies. Today the good news for geese is that these flies are now tied on tubes made of plastic, aluminum or brass.

Tube flies first made a splash with Atlantic salmon anglers in Scotland and Scandinavia, and by the 1950s some tube flies were being used in the Pacific Northwest to troll for steelhead. In recent years, tube flies have become increasingly popular in PNW for both winter and summer steelhead fishing. The epicenter for the tube fly revolution in NW Oregon has been the Flyfishing Shop in Welches, where Mark Bachmann, Josh Linn, Marty Sheppard and others have pioneered new patterns and materials, and have proven the effectiveness of tube flies for NW steelhead.



Almost any steelhead fly can be tied on a tube. At the same time, many trout, bass and saltwater flies also can be tied on tubes.

#### How tube flies work

The hard tube slips inside one end of a soft vinyl connecting tube. The eye of the hook slips inside the other end of the connecting tube. To tie on a tube fly, run the tip of the hook through the tube and the connector, tie on the hook, and pull the eye of the hook into the connector tube.

#### Why tie on tubes?

Well, why not? Tube fly enthusiasts can list a number of good reasons to tie your flies on tubes. Some are very practical, and others are not very convincing. Some of the more obvious advantages include:

- o Flexibility. Given the choice of tube materials, hooks and fly styles, tube flies offer unparalleled opportunities to match the fly to the fishing situation. The fly tier can choose between different tube lengths and sink rates (brass tubes sink faster than plastic tubes.) And because the flies and the hooks are not attached to one another, the angler can change the size or style of hook without changing the fly.

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### PRESIDENT'S LETTER

Hello Stoneflies! As the club starts its 8<sup>th</sup> year, I'm very excited. We have a lot of big plans for the year. We're really expanding our presence in the fly fishing community.

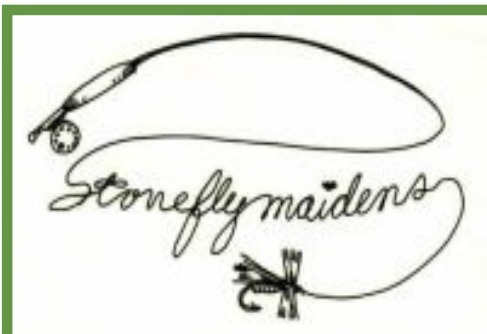
So far, we'll be appearing at the Fly Fishing Show in Portland in February, the Oregon Council FFF's NW Fly Tyer and Fly Fishing Expo in Albany in March and the Sandy River Spey Clave in May. Not to mention our 5<sup>th</sup> Annual Free Women's Casting Clinic in June.

The club's decision to create a committee to bring a Casting for Recovery retreat to Northern Oregon has been a major way of bringing the club to the attention of a lot of people who never knew about us before. If we keep up fundraising at this rate, our CFR team will be hosting the first Northern Oregon Casting for Recovery Retreat in October. This is a big project and Sabina's crew is expending a lot of effort.

We've got some terrific programs coming to the meetings. This year we've lined up some of the top people in the sport, including:

- February - Ed Engle, author of 5 books, including his latest, "Fishing Small Flies" and too many magazine articles to count.

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### THIS MONTH WITH THE STONEFLY MAIDENS

WEDNESDAY, JANUARY 10

SATURDAY, JANUARY 13

LEARN TO  
TIE TUBE FLIES  
WITH JESSICA SALL

FISH-A-LONG:  
STEELHEAD  
ON EAST FORK  
OF THE LEWIS RIVER

## GOINGS ON AROUND TOWN

### TUBE FLY TYING

Tying Tube Flies for Winter Steelhead

Sunday, January 7; 1-5 Fly Fishing Shop, Welches  
Leaders: Mark Bachmann and Josh Linn  
Visit [www.flyfishusa.com](http://www.flyfishusa.com) for more information.

Tying Tube Flies  
Saturday, March 24; 9-12 Northwest Fly Fishing Outfitters  
Presenter: Jessica Sall  
Stop by for a little or a lot.  
503-252-1529 for info



### PROTECT ALASKA FISHING

The Sportsman Alliance of Alaska is running an educational campaign about the BLM's plan to create a major mining district in Bristol Bay. What's at Stake?

-World class salmon and rainbow trout fisheries within tributaries of the Kvichak, Mulchatna, and Nushagak Rivers.

-Critical big game migration corridors, calving and winter grounds for caribou, forage for trophy brown bear and moose.

The Bureau of Land Management (BLM) accepting public comments on its Draft Resource Management Plan/Environmental Impact Statement 2.5 million acres in the Bristol Bay and Goodnews Bay region over the next couple of weeks with a [new comment deadline of Monday, February 5](#). View the draft plan on-line at: <http://www.blm.gov/ak/ado/BayRMP01.html>

Submit written comments via E-mail or mail to: BLM Anchorage Field Office, Attn: Bristol Bay draft RMP, 6881 Abbott Loop Road, Anchorage, Alaska 99507-2599

[akbayrmp@blm.gov](mailto:akbayrmp@blm.gov)

**"MANY GO FISHING ALL THEIR LIVES WITHOUT KNOWING THAT IT IS NOT FISH THEY ARE AFTER."  
-HENRY DAVID THOREAU 1817-1862**

*Fish Tales & Fly Lines*

## CLUB NEWS

*Continued from page 1*

For Ed's presentation in February, we are trying something new, teaming up with the Tualatin Valley chapter of Trout Unlimited, and we'll be meeting at their meeting place, the Lucky Lab Public House in Multnomah Village. Trout Unlimited is one of the 'other groups and clubs with similar fly fishing objectives' that we talk about in our by-laws, so we're excited about collaborating with them to bring this nationally known speaker to talk to us.

• Rob Crandall in March. When Rob's not guiding on one of the many rivers he works on, he works for Frank Amato Publications, biggest publisher of fly fishing books and a local Portland company.

• John Judy in April, this guide and author (Seasons of the Metolius) from the Sisters area will come prior to our Metolius outing. We were last at the Met in 2004.

• Chris Santella in May. Chris wrote '50 Places to Fly Fish Before You Die' and '50 Favorite Fly Fishing Tales'.

• Michael T. Williams will return to talk about Hosmer Lake, our destination in July. His presentation on 'Fly Fishing the Backcountry' was a big hit in 2005.

• Scott Richmond in October, with more tips for fishing the Deschutes, which is where we will be fishing in October.

• Brian Silvey in August. Brian is a well-known guide and fly tyer.

• Jakob Lund from Countrysport will be giving a presentation on fly fishing Alaska in November (that is, he'll be here in November, not talking about fishing in November, that would be crazy!).

"That's all well and good" you say, "but what about FISHING?" VP and outings coordinator Jennifer Dunn will tell you more about it. As always, we encourage anyone who wants to go fishing between club outings to take advantage of the club directory to call or email a buddy and go fishing (remember to send a report or at least some pictures for the newsletter).

I think the club is going to have a great year. We have a terrific group of officers, who are always happy to have another volunteer (hint hint) so if there is an aspect of the club you want to be more involved in, let us know! I want to hear from members on how we can improve and meet the needs of the greatest group of fishers I know! Write me at [pcbr@troutunlimited.org](mailto:pcbr@troutunlimited.org) or call me: 503-314-2384 and let's chat!

Robin Healy



*Robin Healy*

*Continued from page 1*

o Casting ease. A large fly tied on a lightweight plastic tube will often cast more easily than a similarly sized fly tied on a large traditional hook.

o Increased hooking power. Even on large flies, the hook is at the very back of the fly, reducing the chance of short strikes.

o More fish landed. The shorter shanked hooks used in tube flies are less likely to twist out of a fish's mouth.

o Reduced injury. The use of smaller hooks reduces the chance of injury to the fish.

o Creativity. In addition to tying on the tube, the tier can tie materials on the hook. This allows the angler to mix and match tubes and hooks to easily change a tail or butt section of a fly.

### Tube Fly Supplies

The only special materials you need to tie tube flies are tubes, and an adaptor for your vice to hold the tube.



Some people make their own tubes out of materials as diverse as silicone auto tubing, Q-tips with the cotton heads cut off, or the little straws you use to stir cream into your coffee. Some of these same people try to use clothes dryer lint for dubbing.

If you prefer to buy your dubbing, you might also prefer the convenience of buying the pre-cut, pre-packaged tubes available at most fly fishing stores. These tubes come in a variety of sizes and materials.

If you're trying to own every fly fishing gizmo there is (and what's wrong with that?) you will want to buy a specialized tube fly vice. Equally effective, and far less expensive, is a tube fly adapter that can be used with the vice you already own. The tube slides onto a long metal mandrel (stick) that is clamped into an adaptor held in the jaws of the vice.

Finally, for those who pluck their pets for fur and make tubes out of empty ballpoint pen refills, a large paper clip – one end straightened to hold the tube and the bent end held in the vice – makes a workable alternative.

Most of the fly fishing shops in the Portland area sell a variety of tubes and adapters, including Countrysport Limited, Northwest Fly Fishing Outfitters, River City Fly Shop, and The Fly Fishing Shop.

### Where to Learn More

The staffs at almost any fly fishing shop will be able to help you get started tying tube flies. But if you'd like to dive in a little deeper, there are two upcoming tube-fly-tying events to consider. (See Side Bar: Events) And be sure to come by the Stonefly Maidens Meeting on Jan 10. See Ya!

### WHAT FLY SHOULD I USE?

Taken from the McKenzie Fly Fishers newsletter

What fly should I use? Understanding the resting-feeding cycle of fish can help make the first choice the right one instead of a blind guess. A fly fisherman can set up a rough timetable of the daily cycle on most streams. The main feeding period occurs during the most pleasant period of the day for the particular season, midday or early afternoon for spring or late autumn, and dawn or dusk for midsummer. Not surprisingly, this corresponds to the best water temperature and the frequency of hatches on most streams. Minor feeding periods occur before or after the major feeding time, and an angler should put roughly a two hour resting phase on either side of the main meal period to find the minor periods. Trout don't consciously set this rhythm; the feelings of hunger and station simply adapt to the cycle of food availability.

Stoney chose the Elk Hair Caddis, the Adams, and the Royal Trude as his three "must" flies. He picked these for our western trout streams so that he would have a downwing (to imitate stoneflies as well as caddisflies), an upwing (to imitate mayflies), and a general attractor (for bouncing ruffles).

The first thing a fly fisherman has to do when he gets to the river is stop and watch the water. Before he chooses a fly, whether he does it empirically, generally, or scientifically, he has to find out where he is at the moment in the daily feeding cycle. He can do that if he studies the water for rises on the surface and flashing fish below the surface. Either seeing something or seeing nothing will tell him about the mood of the trout.

**What fly do I use when a trout is inactive and not accepting natural food items?** A dry fly probably will not move the fish. A streamer might provoke a strike, or a perfectly drifted nymph might tempt him to open his mouth.

**What fly do I use when a trout is not actively feeding but receptive to food?** Trout are seldom so gluttoned that they won't show interest in any food. The exception usually is after long, heavy feeding on a superb hatch. If they're only mildly receptive, a fly that imitates a prime chunk of food will appeal to voraciousness. If they're almost ready to start feeding, a fly that inspires playfulness or curiosity will draw more strikes.

**What fly do I use when a trout is actually feeding?** Match the predominant food item, even if the drift is a smorgasbord of different insects and the fish are taking everything.

**What fly do I use when I can't decide which fly to use?** Sometimes the quickest way to solve a problem is with more than one possible answer. The easiest way is to fish two dry flies-or a dry fly and a nymph-is to tie an extra

### FIRST LADY FFF COUNCIL PRESIDENT IS SEATED

The Southern Council steps into the history books with the first lady Council President ever in the FFF. Sheryl Knight took the reins in October of the largest Federation Council. From Arlington, Texas, Sheryl has deep roots in fly fishing and the Federation since the early 80s.

Serving successfully as SOC Outreach Chair and VP of Conservation on their BOD, she has been an impressive addition to the council and our National Conservation Committee.

She was a founding board member of the Heart of America Flyfishers and has also served the Ft. Worth Fly Fishers on their BOD for some time as well as being recognized in "Texas Flyfishing Women". Sheryl also brings to the position a 20 year professional career as a CPCU insurance executive giving lectures around the country in her areas of expertise.

Her husband Ron introduced her to fly fishing and is also a passionate fly fisher as well. He is the author of "Fly Fishing Spinner Baits" a recently published book which has been very successful. They are members of the FFF Presidents Club, as such; two make a great team and will certainly bring a new and fresh vision to the FFF with a lady's slant on the sport. (They do switch off paddling the boat if that tells you anything!) By: Roger Maler, Past SOC President



length of monofilament right to the eye of the first fly. This is not only quick, with no changes in the original leader, but the two patterns seldom tangle (Stoney showed me this dropper method - when a pod of trout couldn't make up their mind whether they wanted an Elk Hair Caddis or a Midge Pupa, and Stoney's solution was to show them both with this "New Zealand tie").

**Four Basic Categories of a Dry:** Dry flies have four basic categories, a low and high profile imitation and a low and high profile attractor. The high profile imitation (such as the Gray Fox Variant), the low profile Imitation (such as the Elk Hair Caddis), the high profile Attractor (such as the Bivisible), and the low profile attractor (such as the House and Lot). The key to finding the dry fly answer is not to change just flies, but to change categories.

### GOINGS ON AROUND TOWN

#### NW FLY TYER AND FLY-FISHING EXPO IN ALBANY MARCH 9-10.

Traditionally the Expo has been a opportunity to view 100's of tyers tying. The same will be true this year, however, in addition to the tyers there will be a wide variety of classes from casting, general fly-fishing techniques, fly tying to conservation classes. I encourage each of you to take a look at the offerings and see if one or two are of interest to you. There are some great ones. That I know I won't want to miss. Some unsolicited advice, is that the casting classes and the all day fly tying classes will be limited to a hand-ful of people. So if you are interested in these, I especially encourage you to sign up early. You can check out the class offerings at the following website <http://nwflytyersexpo.com/classes.php>

I worked with Dwight to pull the class offerings, so if you have any questions, don't hesitate to drop me a email. Mary Ann Dozer (dozer213@comcast.net)

#### REGISTER FOR CLASSES NOW!!

#### BOW WORKSHOP SCHEDULE

Oregon Department of Fish and Wildlife has a fabulous program for women, "Becoming an Outdoors Woman. Their program schedule for the next session, January - April 2007 is available. Contact Travis Aerni, BOW Program Assistant, 503-947-6025 [travis.s.aerni@state.or.us](mailto:travis.s.aerni@state.or.us) or Nancy Smogor, BOW Coordinator, 503-947-6018, [nancy.e.smogor@state.or.us](mailto:nancy.e.smogor@state.or.us) if you have any questions about the planned events

[http://www.dfw.state.or.us/outdoor\\_skills/bow/BOWWorkshopNSL2007.pdf](http://www.dfw.state.or.us/outdoor_skills/bow/BOWWorkshopNSL2007.pdf)



## 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 Hour  
 7:00 pm Business meeting and 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

President/Webmaster: Robin Healy  
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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	Fishing	Other
Jan	Jessica Sall - Confirmed Tube Flies	East Fork Lewis River (WA)	
Feb	Holding for possible big time speaker...	Crooked River	2/17-18 Fly Fishing Show @ ORCC
Mar- ch	Rob Crandall - Confirmed Des- chutes Trout & Steelhead Strategies	OFC Waters? St Louis Ponds	3/9-10 Fly Tyers Expo 3/10 Komen Life after BC
April	Conservation TBA	N. Fork of Middle Fork of Willamette	4/28 CFR Casting Clinic
May	Wey Yin - unconfirmed Spey Casting		5/5-6 Spey Clave Casting Practice
June	TBA	Shad?	6/16 Casting Clinic
July	Michael T Williams - re: Hosmer Lake	Hosmer Lake	Bamboo Rod FairJoan Wulff?
Aug	Brian Silvey, Guide/fly tying expert	Suttle Lake/ Metolius?	
Sept	Scott Richmond	Skagit - 4 days	
Oct	TBA	Deschutes	12-14 CFR retreat
Nov	Jakob Lund - re: Alaska	No fishing	
Dec	Holiday Party	No fishing	

**"DO NOT TELL FISH STORIES WHERE THE PEOPLE KNOW YOU; BUT  
 PARTICULARLY, DON'T TELL THEM WHERE THEY KNOW THE FISH"-MARK TWAIN**