

Fish Tales & Fly Lines

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

Volume 8, Issue 7, July 2007

PRESIDENT'S LETTER

THIS MONTH WITH THE STONEFLY MAIDENS:

Summertime! Fish are jumping and we are hoping to catch them! This month we go to Hosmer Lake, armed with the information Michael T. Williams will be imparting to us at the July 11th meeting. Michael is a very fun presenter and we are glad to have him back with us. If you have the time, this is a great opportunity to stay over and get in 2 days of fishing. As always, if you do not have a float tube or other watercraft, let us know and we may be able to help. The weekend of the 21st/22nd is the Bamboo Rod Fair in Camp Sherman. Our CFR Team will have an information table, as well as selling tickets to win a guided float trip on the Rogue with our friend David Roberts! Drawing will be at 2pm on the 22nd. Tickets also available at our July meeting or by contacting me - 503-314-2384 or robinh@stoneflymaidens.org I hope to hear some good fishing stories at the meeting this month, and look forward to seeing a lot of you at the Iron Horse. Robin

CFR-NORTHERN OREGON

After a successful season of fund raising, the CFR team members are turning their attention to tasks for the retreat in October. CFR retreat leader Ilene Hirsch has built two rods to give away at the event. We are looking for two reels and two lines to make a complete outfit. In addition, we have had flies donated and we will need at least 14 fly boxes. If you would like to donate any of these items please contact Robin Healy who is in charge of the gift bag collections.

Remember the CFR team meeting are on the fourth Tuesday of each month. Contact CFR@stoneflymaidens.org for time and location. Sabina

HOSMER LAKE

(Westfly.com advice)

Callibaetis hatches are bringing trout to the surface during the day. Be prepared with size 14-16 flashback Pheasant Tail nymphs and Sparkle Duns or Callibaetis Cripples.

Midge patterns and damselfly nymph patterns are also good bets this month. Hosmer's Atlantics love adult damselflies, so carry some patterns such as Stalcup Adult Damselfly and Braided Butt Damsel. The best opportunities are when the wind is light or calm.

Evening hatches of travelling sedges have started. Try skating a size 8-10 Goddard Caddis across the surface. Black size 16-18 caddis might be active in the evenings.

Expect Hosmer to be busy, especially in the channel between the two halves of the lake.

Fishing typically slows down here in late July because of summer heat. When it slows, the best fishing will be in early morning and late evening. Sometimes you can find willing Atlantic salmon in the upper lake; look for them over the dark lines in the bottom.



Robin Healy & Lisa Wassgren
Rose Parade, 2007

MEMBERSHIP REPORT

We currently have 45 members for 2007. The SFM member roster was recently emailed to all members. Thanks to everyone for updating their information. I will send out a corrected version after our July meeting in case we get some new members in the meantime. Please remember to keep the contact info confidential as it is intended to be used among our members only. If you do not want your contact info given out, please let me know. Have fun fishing....Thank you, Barb Schmierer

NEW FFF MEMBER DISCOUNT

FFF needs to increase members to support the Federation's growing Conservation and Educational programs. One group that represents real potential is the members of our clubs who are not FFF members.

So, here is a great opportunity for those individuals to become Federators. From July 1, 2007 to December 31, 2007 club members may join the Federation at the special discounted price of \$15.00 for a regular one year individual membership.

- Membership form must be signed by the club president to certify that the applicant is a member of the affiliate club
- This is not for FFF membership renewals



Oregon CFR Northern & Southern Chapters, Rose Parade, 2007

THE HEX HATCH

by Scott Richmond, Westfly.com

Big fish are attracted to big insects because they get a mouthful of nutrition with a minimum of effort. And big fish like the cover of darkness because it offers them safety. So what you do get when *Hexagenia limbata*—America's biggest mayfly—hatches at sunset? Hefty, greedy trout rising aggressively to take their food off the water's surface.

It's no wonder the "hex hatch" gets so many fly anglers excited. But the hatch also has its frustrations. Because the Hexagenias begin their emergence at sunset and continue to dimple the surface for an hour or so, most of the fishing is done in the dark. More than one fly angler has begun the hatch with enthusiasm and good cheer, and ended it in anger and cursing.

Here's a few tips that will improve your chances of catching fish, and that will diminish the likelihood of frustration.

- Anybody home? Hexagenias are pernickety bugs. They only live in a few stillwaters or slow-moving rivers, and if the weather isn't to their liking they just figure the hell with it and don't emerge in significant numbers. A cold spring and June can delay the hatch—maybe even put it off for the entire season. So before you pack up your hopes and your tackle, make a few phone calls to fly shops and resorts; find out if the bugs are really hatching this year.

- Start early. Many of the nymphs are active a couple of hours before they emerge. Take advantage of this by tying on a weighted nymph such as **Burk's Hexagenia**; use a floating line, a long leader, and a corkie-type indicator. Cast your fly and let it settle to near the bottom, then raise it up a couple of feet. Then let it settle back down. Use this lift-and-settle presentation until you've taken in enough line so you need to cast again. The indicator helps to keep the fly out of weeds, and it makes the "lift" more vertical, which is a better imitation of the natural insect's behavior.

- Be prepared. Take a headlamp (with fresh batteries!). Have a jacket or sweater to ward off the evening chill. Tie up several dry

flies on leaders; use a loop-to-loop system to hook these up when your leader gets hopelessly tangled in the dark. (Tangles are not a possibility; they are a certainty.)

- When the hatch starts, switch to a dry fly such as the **Hex Paradrake** or an cripple-type pattern. Cast the fly and let it sit, then give it a few twitches, then sit, then twitch, etc. The natural insect makes a big fuss, so don't worry about moving the fly around.

Use a heavy leader. It's a big fly, the trout are big, and it's too dark for the fish to see your leader. Give yourself an advantage and use a 1X or 2X leader. The heavier leader is also more resistant to tangling.

HEXAGENIA HATCH AT MERRIL LAKE, WA

(7/1/07 Westfly.com report)

The Hexagenia hatch has begun; it will continue through August. The early stage is best because trout will still take other fare, such as ant and Callibaetis imitations (when they're hatching) and at other times of the day than right at dusk. However, once they're keyed on the Hex hatch, they tend not to feed until dusk because they know a big dinner is coming.

The Hex action begins about a half hour before sunset, but they will start taking a dry or (better) cripple before many bugs are actually on the water.

Quigley Cripple patterns and a **Hexagenia Paradrake** are good flies to carry. Because the Hex hatch takes place in near-darkness, you can get away with a shorter, heavier leader. A six or seven foot 3X leader works just fine, and it's less likely to tangle while you cast in the dark. Most of the action is close to the east shore. Terrestrial fishing is best on windy days. A float tube works here, but it's a big lake and you can cover

more water with some other kind of watercraft.

Scientific Name: *Hexagenia limbata*

Common Names: Hex, giant mayfly, big yellow may

The largest of American mayflies, the *Hexagenia* inhabits some lakes and slow sections of a few rivers. Hatches usually occur between May and early July, depending on the local climate; I've seen them hatch in May on the Oregon coast, mid-June in California, and July in the Cascade mountains.

Because the nymphs burrow into silty bottoms and only come out to feed at night, it makes no sense to fish a nymph imitation until the hatch season, and even then you need to restrain yourself until near dusk because the hatch doesn't start until the sun kisses the horizon.

A couple of hours before the hatch starts, go to water that is less than ten-feet deep. Use a weighted fly or lead on the leader, and let the your nymph settle to the bottom. Pull it up two or three feet, pause, then let it settle back down; repeat this several times before casting again.

Hatches begin just before sunset, so take a flashlight with you. When you see duns on the surface, forget the nymph and fish a dry. Cripple imitations can be especially productive during the hatch. Occasionally impart some action to the fly; the naturals can be quite active.



Hex Paradrake



Quigley's Cripple
(Calibetis Cripple)



Jennifer, Tilda, Rema fish the Clackamas River

2007 CASTING CLINIC REPORT

Despite the rain, the 2007 Casting Clinic was another success. Thanks to all of you who helped as casting assistants, with registration, with general logistics and with food. We had 9 guests and about that many Stonefly Maidens attend the clinic. Katherine Hart was great again. She worked with us on our roll casts and our overhead casts.

We were hoping for a nice day as it started out to be overcast, but once again Mother Nature played her joke on us and let the rains come. Robin, Marty and Lisa did a great job of setting up lunch and keeping it as dry as possible under the small canopy and the trees. The grilled chicken sandwiches were great both on Saturday and Sunday.

Sunday, Karen, Jennifer and I were joined by Rema Teeny, one of the participants at the Clinic for the fish-a-long on the Clackamas River. We managed to get up on the upper Clackamas and found some pocket water where we found small cutthroats and rainbows. Rema caught her first fish on a fly. We had a great time.

Thanks again everyone who came to the clinic as a participant or helper. --Tilda Runner

*Kathline Hart, FFF
Certified Master
Instructor*



Jessica, Tilda, Diane & New Angles At Casting Clinic, Blue Lake Park 2007

WOMEN'S WORKSHOP OFFERS INSTRUCTION ON FISHING, HUNTING, OUTDOOR SKILLS

Women can learn the basics of fishing, hunting and other outdoor skills in a September weekend workshop that includes several sessions led by Washington Department of Fish and Wildlife (WDFW) experts. Scheduled for Sept. 14-16 at Camp River Ranch in Carnation (King County), the annual workshop is coordinated by Washington Outdoor Women (WOW), a non-profit program dedicated to teaching women outdoor skills and natural resource stewardship. WOW, now in its tenth year, is an educational outreach program of the Washington Wildlife Federation. Some 20 classes will be offered throughout the weekend on subjects such as archery, basic fishing, flyfishing and tying, canoeing, kayaking, preparing fish and shellfish, big-game hunting basics, map and compass reading, wilderness first aid, survival skills, wildlife identification, outdoor photography and more. Several WDFW staff members serve as volunteer instructors for the event, including biologists Laura Till and Shelly Ament who will teach "Map and Compass" and "Wildlife Identification" workshops, respectively. In all, 40 instructors volunteer their time and expertise with WOW to help women re-connect with the outdoors. Workshop participants must be at least 18 years old. Those participating in the fishing and fly-fishing sessions must have a current Washington recreational fishing license. The workshop fee of \$225 includes the weekend's lodging, meals and use of all necessary equipment. A limited number of partial scholarships, provided by the Rocky Mountain Elk Foundation, are available for first-time participants. To learn more about the workshop and to download the registration form, visit the WOW website at <http://www.washingtonoutdoorwomen.org> or call Ronni McGlenn at (425) 455-1986.



Rema's First Fish on a Fly

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

President/Webmaster: Robin Healy
president@stoneflymaidens.org
webmaster@stoneflymaidens.org

Vice-President: Jennifer D.
vicepres@stoneflymaidens.org

Secretary/Treasurer: Barbara Schmierer
treasurer@stoneflymaidens.org
secretary@stoneflymaidens.org

Newsletter & Publications: Karen Erde
newsletter@stoneflymaidens.org

Librarian: Laurie K
library@stoneflymaidens.org

Raffle Coordinator Lisa Wassgren
raffle@stoneflymaidens.org

If you're not sure who to contact, try
info@stoneflymaidens.org

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

Fish Tales & Fly Lines

CLUB CALENDAR

Meeting date	Meeting	Fishing Date	Fishing	Other
July 11	Michael T Williams	July 14	Hosmer Lake	Bamboo Rod Fair, Camp Sherman, July 21/22
August 8	Brian Silvey	August 11	North Fork of the Middle Fork Willamette River	Officers Mtg
September 12	'See & Do' skills meeting	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 October 12-14 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	

PLAN TO JOIN STONEFLY MAIDENS EXTENDED TRIP

SKAGIT RIVER IN WASHINGTON STATE

(ABOUT 4 1/2 HOURS FROM PORTLAND)

SEPTEMBER 13-16, 2007

(THURSDAY TO SUNDAY)

TO BEGIN PLANNING IF YOU ARE 'THINKING' OF COMING,
 CONTACT JENNIFER VICEPRES@STONEFLYMAIDENS.ORG