

Fish Tales & Fly Lines

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

Volume 8, Issue x, MONTH 2007

PRESIDENT'S LETTER

Greetings Stoneflies!

Well the first Northern Oregon Casting for Recovery Retreat is past and I think we did a great job. Having nothing to compare it to, I am going on the participants' reactions and also those of the volunteers who have been to more than this one. Even Ilene, who is a CFR veteran, said the only thing that could have been better was if the fish had cooperated a little more. We did have one fish caught, about 5 minutes after we started fishing and that was great. I was just across the pond being a River Helper and got a few good pictures of the lucky lady. I am more committed than ever to the CFR Team and would urge anyone who is interested to get involved next year.

It's about time to pull out the thick underwear for winter steelhead fishing. This year I hope to catch my first. I think there is a misconception about winter fishing that if you're not cold and miserable, you're not doing it right, but come on, technology is your friend! Synthetic layers, vacuum containers of hot beverages and chemical handwarmers can do wonders! And don't forget to cover your head. Keep an eye out for the trips on the calendar and come join us!

Hoping to see you all at November's meeting. Jakob Lund, who many of you may remember from Countrysport, and who is now with Kaufmann's in Tigard, will be doing a presentation on Alaska. He has been guiding in the summers up there for quite a while now.

Don't forget, the Winston Rod raffle is ongoing. See the ad elsewhere in the newsletter for details. -Robin



clipart by www.davewhitlock.com

CFR-NORTHERN OREGON

FIRST RETREAT BIG SUCCESS

The Northern Oregon Casting for Recovery Retreat was a great success! Fourteen wonderful women from all over Oregon gathered at Rock Springs Guest Ranch for a weekend of healing and fly fishing.

While the SFM staff were all new to running one of these things, we had the help of an experienced CFR retreat leader, Ilene Hirsh, who showed us the ropes. That, and the fantastic help we had from the ranch staff gave us the support we needed to learn on the job.

One weekend highlights was the bug talk, presented by our own Jessica Sall. There were visual aids including a graph, specimens and fly boxes donated by the Fly Fishing Shop with typical flies. In addition, the women received a box of flies tied especially for them by SFM member Penny Iwamasa.

Tilda Runner was our knot knowledge expert. She did a wonderful job teaching everyone the basics at the end of a long day. Her expertise really showed through when she was able to compress an hour talk into about 30 minutes! I know that she did a great job because the participant I paired with the next day for fishing tied all her own knots and I had her switch out flies about three times!

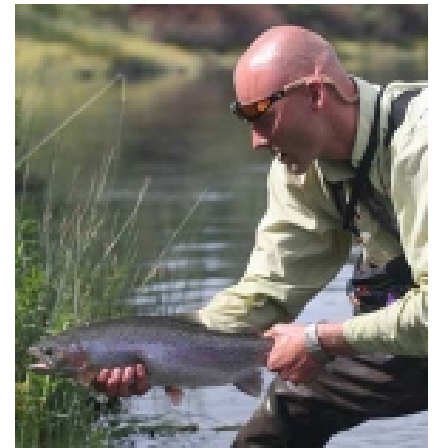
Rebecca Young, DeeDee Phillips and Donna Teeny were our fly fishing staff. They were on the field with all the participants during the dry land casting. When they were not acting as instructors they were visiting with the participants make each one feel special.

Marti Franc joined us on Sunday as one of the river helpers. We had four other river helpers that allowed us to give one-on-one instruction while on the water our thanks to Jim Teeny, Terri Grimm, Vivian Rockwell, Cindy Pilliod

Karen Erde and Diane Kearns worked

THIS MONTH WITH THE STONEFLY MAIDENS:

JACOB LUND, OF KAUFMANN'S WILL SHARE PICTURES AND STORIES FROM HIS MANY SUMMERS GUIDING FLY FISHING IN ALASKA



with the other medical and psychosocial facilitators Sherrill Beck and Linda Keller. They conducted both a medical discussion and helped with the Saturday evening session where participants guided the discussion about living with breast cancer.

And...as always, Robin Healy played a major role behind the scenes making sure that the meals were bussed, food provided and, in general, being Ms. Hospitality.

Finally, thanks to all the Stonefly Maidens for their support through the year, especially those who worked so hard but could not join Barb Schmierer, Jennifer Dunn, Mary Ann Dozer, and Lisa Wassgren,

A quick review of the formal evaluations gave us a glowing report, but even better, we continue to receive comments from the participants about how the event gave them much more than they expected. That is their gift to us. - Sabina

FFF CLUBWIRE ARTICLES

WHAT FLIES DO YOU CARRY? HOW ARE THEY ORGANIZED? THE CHALLENGE OF FLY ORGANIZATION

By Jim Abbs - taken from the Connecticut Fly Fisherman's Assoc Newsletter

The fly fishing magazines are full of me-and-Joe went fishing stories where the author saves the day by having just the right fly for an unexpected hatch. Because these experiences are not uncommon, many—if not most—fly fishers are obsessive about carrying every possible fly known to humankind. This obsession is not limited to fly fishers. Have you ever looked into the tackle box of a well equipped (and well-heeled) bass angler? The difference is that we must carry our entire inventory on our backs.

So how many flies does the successful fly fisher carry? I counted the flies in my trout-fishing vest and came up with just over 1,100. This count reflects every distinct pattern I carry, including duplicates. So for the Adams, I have 3 duplicates each of the upright, spent-wing and parachute styles in sizes 12-18, yielding a total of 36 flies. Is 1,100 a high number?

Dave Whitlock, in his famous book, Guide to Aquatic Trout Foods, provides a list of his fly boxes. He carries 4 or 5 boxes, organized as follows: (1) General Utility Box (general flies/ attractors), (2) Match the Hatch Box (mayflies, caddis, damselflies, dragonflies and midges), (3)

WORDS OF WISDOM GATHERED BY RON NEWMAN

Taken from the Kaweah Flyfishers Newsletter

Here are some words of wisdom regarding fly fishing that I found in the net.

Life is more than a can of worms but is less than a Royal Coachman.

Like hatches, most things in life occur in cycles. If you know the cycles will be successful.

Even beautiful things sometimes have a barbed hook.

Trout have shown me that you can get into trouble by opening your mouth.

Flies do not make very good earrings, particularly if you have never had your ears pierced.

De-barb your fly before trying it on as an earring or catching a fish you intend to release.

Never criticize anything prepared by the camp cook unless you are willing and able to take over his job.

Don't plan your evening meal around fish that you haven't yet caught.

If you consider the landing of a fish as a 'bonus', then you will always enjoy fishing.

If what you are trying isn't working, then try something else.

If you will need something while fly fishing, then don't keep it in your fishing vest.

Removing the barb doesn't decrease your effectiveness.

If you are observant it will improve your success as well as your enjoyment of the sport.

It takes more than expensive equipment to be proficient at what you are doing.

The joy of fly fishing is lost when you have a beer can in one hand and your rod in the other.

Fly fishers will share their knowledge, flies and gear but never their secret fishing lake. One good vise is enough for any fly tier. If you rock the boat or make waves, expect the skittish fish to scatter.

Don't wade into chest deep waters if you are only wearing hip waders.

A bad day of fly fishing is better than a good day at work.

Unless you enjoy fishing in a crowd don't advertise when the fishing is good. A wind knot is a casting knot made when there were no witnesses.

The heavy-handed fisherman and his fish are soon parted. Our trout have marvelous growth rates. They double in size each time story of their catch is retold.

About 20% of the fishermen catch about 80% of the fish.

What causes stress is different for fish than it is for people but the reactions are often the same.

Large fish establish and protect a territory leaving the smaller fish to school and compete with each other.

Streamers, (4) Terrestrials and Summer Midges, (5) Large Dry Flies (Hoppers, stoneflies) and (6) Skaters, Spiders and Variants. His total count is over 780 distinct flies, which includes several different sizes of the same pattern. He says he carries between 2 and 3 duplicates, yielding a total of over 1,900 flies!

Somehow, I am not surprised that I carry fewer flies than Dave Whitlock does. All these flies create certain problems. First, whatever happened to the idea that fly fishing was a minimalist sport? Second, carrying five fly boxes is about tops, depending upon vest capacity and how strong your back is. Finally, all these flies begin to tax your organizational skills. If you are like me, there comes a time when you have trouble remembering where each of the 300-400 patterns is located. Unlike Dave Whitlock, I started out with a fly box for each basic aquatic insect: three fairly full boxes, one each for caddisflies, stoneflies

and mayflies. Very soon, I needed a fourth box for terrestrials and yet a fifth box for streamers. Soon after that, I added another box of the so-called attractor flies, the Wulffs, Trudes and Stimulators. With this organization, I had six fly boxes. Of course, I do not carry all of them at once and I have added new ones. Some boxes I carry only at certain times. For example, I carry attractors or stoneflies out west, but only rarely in my home state, Wisconsin. Likewise, I have separated mayflies into summer and winter, with the smaller patterns for winter fishing and also added a separate box for midges. Because this is a universal challenge, there are undoubtedly some brilliant solutions out there.

Medical science tells us that as we add years, good organization will help us remember those little things in life, like our anniversary or the big things, like where we put the # 22 black caddis.

SPECIAL RAFFLE

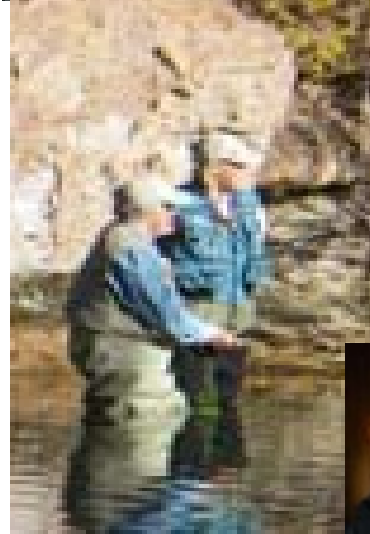
TOTAL PRIZE VALUE

OVER \$900

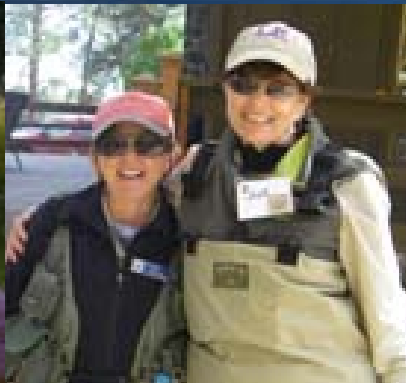
ROD: WINSTON LT483 5 PIECE 8'3" 4 WT
WITH BOX ELDER NICKEL SILVER REEL SEAT
REEL: ROSS CIMMARON 1
LINE: RIO GRAND WF4F IN CAMO GREEN

DONATED TO STONFLY MAIDENS BY
KAUFMAN'S STREAMBORN, 11960 SW PACIFIC
HWY, TIGARD

BUY TICKETS (\$5) AT
ANY STONFLY MAIDEN
MEETING



CFR NORTHERN OREGON 2007 ROCK CREEK RANCH



VALERIE THANKS CFR

To say Thank you for the wonderful CFR weekend in Bend hardly seems adequate. I thought I would probably enjoy myself--I had no idea It would be so compassionate, so heart worming and life-affirming and so very much fun! The Staff, Ilene Hirsch and all her people, were knowledgeable in so many areas and were always there to encourage and assist.

I was the oddball in my whole family of fishermen. I now intend to be the fly-fishing fool.

Thank you again for everything! The weekend and all those involved will be with me for a lifetime.

Sincerely, Valerie N.



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

YOUR 2008 OFFICERS:

Elected

President: Robin

Vice President: Lisa

Secretary/Treasurer: Jennifer

Volunteers

Newsletter: Kelley

Raffle: DeeDee

FFF Rep: Jessica

Librarian: no takers yet, if you are interested please let me know

NEXT OFFICER MEETING SUNDAY NOVEMBER 18, 2pm at Robin's house.
All members are invited and encouraged to attend this meeting, we will be planning next year's calendar and would like input.

For that matter, if you have suggestions for us or would like to join us, you can email me: president@stoneflymaidens.org

We would like input on:

Meeting topics

Outside activities (like fly tying)

Where to fish

General club business and organization

I would like to thank the following for their service this year:

- Jennifer for VP - she really jumped in, and put on some great outings
- Barb for 2 years as Secretary-Treasurer - kept things running smoothly
- Lisa for Raffle - she helped us raise money for the club and for CFR
- Karen for Newsletter - she stepped up when our newsletter was defunct and brought it back to life
- Sabina for CFR Coordinator - this weekend our 2 years of planning comes to fruition and we are well on our way for next year's fundraising
- Laurie for the newly created Librarian post
- Tilda for the 5th Annual Free Women's Casting Clinic
- Mary Ann for being FFF Rep
- And Lisa and Mary Ann for pulling off the CFR Co-Ed Casting Clinic (featured in the new Oregon Fly Fisher newsletter). This gave our CFR Team and the club a lot of visibility

Robin Healy, President



DEC 12 MEETING

JOIN US FOR OUR ANNUAL HOLIDAY
PARTY AND FLY SWAP. KATHERING
HART WILL TALK ABOUT FISHING IN
COSTA RICA

(NO FISHING ALONGS IN
NOVEMBER OR DECEMBER)