

Fish Tales & Fly Lines

The Newsletter of the Stonefly Maidens Women's Fly Fishing Club

Volume 7, Issue 3, October 2006

Fly Line:

How I lost my sole, and found an Angler

It has been an exciting time for me as a new angler. I went on club fishalongs in August and September. In August, Tilda and I fished the Fall River, south of Bend. (See articles in last newsletter for description.) The Fall River is an amazingly clear spring creek. I immediately understood why trout are the color that they are from viewing the bottom of the river. Unfortunately, as clear as the water was, we saw very few trout. There were the few trout we saw a party of teenagers hauling out with dubious equipment, and the few that circled the consummate dry fly fisherman. Despite our following the river to it's headwater, and as far down as the hatchery, the trout were all on vacation.

So, how did I loose my sole you ask? And don't I mean soul? No, I mean the thing attached to the bottom of my fishing boot. I had unwittingly decided to walk back on the far bank after we went in search of fish from the hatchery. The walk was lovely, but as the path ran out, I was in a field of reeds. Reeds, I now know grow in the softer siltier portions of rivers. As I exited the reed bed, I sank

knee deep in the mucky stuff. I questioned whether I should proceed forward or return to the bank sending clouds of mud into the previously clear water. An eternal optimist, I plunged forward. The muck slowly converted to reasonable river bottom, but only after the sole from my right boot separated itself from the bootie part. The funny thing was, I had noticed the sole on my left boot was loose when I had put them on that morning, and worried about it. It was still well attached and took significant effort to remove, so I could walk back to the car.

So, obviously, I needed to buy new wading boots. Not so obvious was my NEED for new waders. Besides the small tear in the neoprene waders I realized it is just no fun cruising up and down a river on a sunny, 70° day. I've used these waders because they were my Dad's, and since he died, fishing is one of the ways I "keep him with me". I also have 3 of his rods; so breathable waders were looking very interesting.

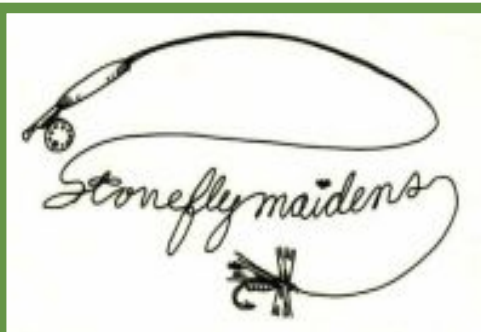
My next hurdle was finding waders to fit. In my usual fashion I thoroughly

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Fly Fishing Internet Radio Educates Fly Fishers Worldwide Experts Tell Their Secrets LIVE!

A new Internet radio show, Ask About Fly Fishing, has introduced a fresh approach to educating fly fishers. Interviews with industry experts tell you in their own words the secrets to their success in both Freshwater and Saltwater, are broadcast LIVE over the Internet and also via teleconference calls for an international audience. These experts then answer questions submitted by the audience about topics from fishing Spring Creeks to stalking Roosterfish in Baja's surf and every other aspect of fresh and saltwater fly fishing. D. Roger Maves and Don Bishop, the founders of Ask About Fly Fishing – Internet Radio, have assembled a cadre of experts for their twice monthly shows. "The live call-in question and answer portion of our show is particularly unique," says Maves, producer and co-host of the shows. Questions submitted by email are also addressed. The hosts promote the FFF website, club directory, and all Federation and club activities. There are also very interesting links to the world of fly fishing!

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This Month with the Stonefly Maidens

October 11

October Meeting

Ron Luzon

&

Annual Elections

October 14

Join us to fish the

Caddis Hatch

on the

Deschutes

[Trout Fishing]

CFR Fundraisers and Publicity

The CFR team has been thinking up ways we can raise money to support our October 2007 retreat. In addition to asking for donations, we are going to be making items that anglers would find useful and attractive. The ideas so far are: polar fleece socks to wear under waders, reel sacks, rod sleeves, fleece caps or hoods, tree ornaments with CFR fly inside, and note cards. We will be having work parties to produce some of these items. If you like to sew or even cut fabric, your participation will be appreciated. We will also be attending public events like the fly tyers expo where we will have a booth to educate about CFR and publicize our retreat. We will need SEM's to run these booths in 1-2 hour shifts. We'll let you know more about this, but start thinking about it. The first sewing/cutting party will be October 21, at 1pm in NE Portland. We will work on fleece socks. We will use a pattern I found at <http://www.uen.org/Lessonplan/preview.cgi?LPid=12356> If you are interested please drop us a note at cfrteam@stoneflymaidens.org. Sewers will need a serger. We may just cut socks at the party and take them home to sew. Karen Erde

Tip of the Month:

Use a wire brush on the felt soles of your wading boots to roughen them up and improve their traction. (send your tips to newsletter@stoneflymaidens.org)

Redington Rod & Reel

Karla Powell would like to sell a brand new Wayfarer 6 series Redington Rod & Reel she recently won. Contact her if you are interested (503.227.5085) Krugmaid@aol.com. [...broken down into six pieces instead of five and stored in the included Wayfarer 6 rod tube, the total package measures just 22 inches long. At that size, you can keep it in your desk drawer for a few casts in the park during lunch. .../www.redington.com]

Fish Tales & Fly Lines

Casting for Recovery Cookbook Eat good food and support a good cause at the same time

By Sara (SaraLynn24@aol.com)

One of our common interests on the FlyFisher.com Forum—specifically the “Off Topic” area—has always been food. After posting on and reading the forum for several years, I had collected quite a few excellent recipes over time. A few recipes seemed to be requested to be posted again or asked if someone could find it in the archives. I started thinking that an official forum cookbook may be a fun project.

As the 2006 GOTC (Gathering of the Clan) neared, the auction to raise money for Casting for Recovery (CFR) became a hot topic. I didn't have anything to donate to the auction, so the idea for the cookbook appealed to me. I posted my idea on the forum, and the project took off. The idea was for people to make a donation to CFR then I would email the cookbook to them in a .pdf format. My thought was to keep costs down so all the donations would go to CFR.

I began to search the archives for popular recipes, and also solicited a few through email. The next months were spent getting them into an attractive format and organized. This took longer than planned, and the book wasn't finished until the end of July 2006. While typing up the recipes, I tried not to edit them too much so the personality of the poster remained. There are classic recipes in this book, such as Braciolo, Beef Wellington, Chicken Fettucini, and game recipes, deserts, prize-winning chilis and a few foreign dishes as well. And since this was collected from the Forum, there are some “just for laughs” recipes, as well. There are a bit over 100 recipes donated by 50 or more individuals. The cover design was also done by a Forum member.

If anyone is interested in donating to Casting For Recovery, and receiving the cookbook, email me at SaraLynn24@aol.com to get the mailing address for your donation. Be sure and put OT Cookbook in the subject line. You would then write a check to Casting for Recovery in any amount, be sure to include a valid email address on a separate paper, then mail it to the address. When I receive the donation, the cookbook will be emailed to you. Thank you to *Fly Fisherman* magazine and to the on-line community that they sponsor to make such a project possible. <http://flyfisherman.com/gatherings/CFRcookbook/>

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You can listen to the shows as they are being broadcast by going to the website <http://www.askaboutflyfishing.com/index.cfm>, and clicking on **Listen to the Show**. The next live show is October 18th - 7:00 PM (MT) is Carp on the Fly with Brad Befus - Fly Tier/Writer. A new show is played live every first and third Wed of each month at 7PM Mtn time. A panel of lady professionals in fly fishing were featured on the June 7. s Not available to listen then, listen to any of the previous shows online while your at your desk by clicking on Archive at the bottom of the homepage, and choosing what you want to hear. You can also download the shows for your MP3 player by putting <http://feeds.feedburner.com/AskAboutFlyFishing> into your podcasting software, downloading all that interest you. Listen to them when your driving to your next fishing trip! Visit www.askaboutflyfishing.com and sign in free to receive advance notification of their upcoming fly fishing Internet radio shows and to receive a free report on improving your fly casting.

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investigated the major contenders on the Internet, looking at sizing charts, different types of breathable materials being used, and prices. I talked to Stonefly Maidens and other fishermen I ran across. The general opinion was Simms, if they fit. I made the rounds to a couple of our favorite shops and was about to settle for men's waders that I would have to send back to the factory to have smaller feet attached, when I took one last look and found Women's XXL that did the trick. The extra \$150 the men's would have cost, I spent on fly boxes and flies!! William Joseph Boots with studded felt soles completed my ensemble, and I was ready for the Rogue!

The Rogue trip was just what I needed to try out my new gear, get to know my sister Stonefly Maidens, escape Portland, and most importantly, see if all the casting lessons I'd had this year would make sense. This was my first time fishing for more than one day, and I needed the repetition for my body to figure out what I had learned. It worked. I now think I can actually cast a fly where I want to 30-50% of the time. I almost understand what I've done when my line doesn't lay itself out.

I confirmed that I really love fly fishing! I now **feel** like an angler. The fact that I hooked two steelhead, and caught one trout really had little to do with this realization. I love fishing because I get to stand in the river up to my hips with the water pushing at me while I gaze at the hawks playing in the thermals and the sunlight playing on the cliffs. The fishing rod, flys and casting are just the perfect props to keep me focused on the beauty of being alive and outdoor.

Stupid Fly Fishing Tricks

Submitted by Daryl Crowley – West Michigan Hacklers
We've all done it. And for what other reason then to amuse and entertain our friends. While akin to *Stupid Human Tricks*, or *Stupid Pet Tricks*, these are specific to our chosen sport. Many of these I've compiled from personal experience, others from observing friends equally practiced at executing tricks. You probably already know many of these tricks, but add any you're not already familiar with to your repertoire and amaze your friends. Here then is a collection of Stupid Fly Fishing Tricks bound to make you the life of the party during your next fly fishing trip.

1. Shut the car door on your rod tip.
2. Bring a box of streamers to the big hatch and leave your dry flies at home.
3. Bring your waders but leave your wading boots at home.
4. Just as a really big trout starts feeding voraciously, hang your backcast high in a tree.
5. Don't use the restroom *before* putting on your waders, belt, and vest.
6. Don't check the batteries in your flashlight *before* going night fishing.
7. While stopping the boat along the river for a break, let one of your oars drift away.
8. Forget to put the drain plug in your boat.
9. Float downstream until dark and miss your take-out.
10. Stab wildly at a big fish with your net and catch the fly on the *outside* of the net, knocking the fish off.
11. When stringing your rod, wrap the line *around* the rod between the 5th and 6th guides. Don't figure out why you are having trouble shooting line until you're done fishing and putting your rod away.
12. Tie on a very small and difficult-to-see fly in low-light, and then cut the main line instead of the tag end.
13. Tie a very complicated leader, weight, bobber, and two-fly rig, and *then* realize you've missed a guide when stringing your rod.
14. While closely examining your fly to make sure it's intact and the hook is sharp, burn your leader with your cigar.
15. Don't check your fly regularly and fish for a half-hour to a large *steadily* rising fish with an empty tippet.
16. Pull hard on a snagged and weighted fly until the tippet breaks and the split-shot rockets back striking you in the face.
17. Inadvertently get mosquito repellent on your lips.
18. Drop an open box of 150 meticulously tied and weighted nymphs into a fast riffle.
19. Decide it would be fun to fish salmon with your 2 weight.
20. Fish salmon with your 2 weight using 20 pound tippet and a tight drag.

21. Confide in someone a hot *secret* fishing spot, but ask them to tell no one.
22. Hike into a remote river through swampy lowlands but pay no attention to the thick growths of waist-high nettle.
23. While a fresh green 25 pound salmon is making that first screaming run, grab the reel handle and stop him.
24. After losing your fly to an overhanging bush, retie and *immediately* cast into the same bush. (Score extra points for a good grouping.)
25. Stick your thumb in the mouth of a big brown trout and land him like a bass.
26. When double hauling sixty feet of line at a big cruising fish, accidentally let go of the fly line with your left hand on the last back cast.
27. When roll casting a heavy weighted streamer, bring the rod tip back farther than usual, give it some extra punch on the forward cast and whack yourself upside the head, knocking your hat into the water. (A hugely popular trick)
28. While quickly hiking along the riverbank, ignore the brush grabbing your landing net, until it breaks free and the bungee on your net drives the handle into the center of your back.
29. When fishing from a boat and giving your very best efforts to not move or wiggle your feet even the smallest amount; find yourself frequently standing on your fly line.
30. After lightly hanging your fly on stick in the river, give the rod an expert little roll with quick snap and pop the fly cleanly off the stick and solidly into a tree branch high over your head.
31. Decide it would be a smart thing to put on a *fresh* fly at the peak of the midge hatch and cut off the perfectly good fly you've been fishing with and *then* realize you left your glasses in the car.
32. After snagging your fly on a submerged log, push your rod tip down to the fly and hook the tiptop onto the fly and break an inch off the tip of your fly rod. Still loose the fly in spite of breaking your rod.
33. When setting your boat up to fish a very fast run, lower your anchor into the fork of a submerged tree. Don't keep anything on board suitable for cutting an anchor rope.
34. While unsuccessfully trying to tie on a fly under a heavy mosquito attack, suddenly and angrily lose control and swat at the bugs in your face knocking your glasses off and into the river.
35. While fishing from a moving drift boat, pay no attention to the slightly submerged snags and when the boat comes to a sudden stop - pitch headlong out of the boat and into the river.
36. Finally the all time classic Stupid Fly Fishing Trick.....**Leave your rod and reel on top of your car after fishing and drive home.**

4th Annual Wild Salmon Hall of Fame

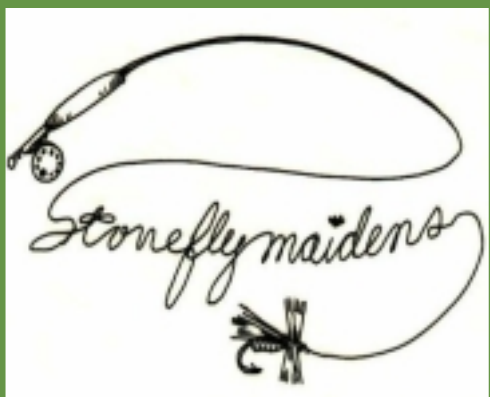
Jay Nicholas, a biologist with the Oregon Department of Fish and Wildlife, was named to the Wild Salmon Hall of Fame on Saturday, September 23 at the Kitsap Conference Center in Bremerton, WA at the 4th annual Wild Salmon Hall of Fame celebration.

Nicholas was selected for his 30 years of work supporting the future of wild salmon – from a scientific monograph about every Chinook stock on the Oregon coast, to writing the Oregon Plan for Salmon and Watersheds, a statewide partnership between government, communities and private landowners. Nicholas' respect for salmon and people is perhaps best represented by the pledge he wrote to introduce the Oregon Plan: "*We, the people of Oregon, promise to do our best to understand and respect the needs of salmon and to make some change in the way we live our daily lives, in the hope that both salmon and people will survive and flourish, together, in the future.*" After receiving the award, Nicholas said people sometimes come to him for "secret answers" to save wild salmon, but there are no secret answers. "If we look in our hearts and do what's right for people," he said, "we will do what's right for salmon."

The Wild Salmon Hall of Fame was organized in 2003 to recognize achievement in the preservation and recovery of wild salmon stocks. Nominees have demonstrated their commitment in a variety of ways, **but the single characteristic they all share is a desire to preserve the legacy of wild salmon**...these people have effected changes that make our world a better place for not only salmon, but for all species, including us, and more importantly, our future generations. More information on the Pacific Northwest Salmon Center and the Wild Salmon Hall of Fame can be found on the Salmon Center website at www.pwnsalmoncenter.org.
Tori Dulemba, Administrative Manager,

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.

2006 Officers

Program Coordinator Norma Vincent
programs@stoneflymaidens.org

Membership Coordinator, Secretary & Treasurer
Barbara Schmierer
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Newsletter & Publications Karen Erde
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Raffle Coordinator Lisa Wassgren
raffle@stoneflymaidens.org

Webmaster Robin Healy
webmaster@stoneflymaidens.org

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Club Calendar

Meeting Date	Speaker	Topic	Fishalong Date	Fishalong Details
October 11	Ron Lauzon		October 14	Deschutes caddis hatch - trout
Nov 8	Mike Duley	New Zealand	No trip planned	
Dec 13	No Speaker	Holiday party/fly swap	No trip planned	

4th quarter Officer's Meeting postponed until after October elections

Next Issue

The Best Gifts

I would like to have a column in the November Issue to help you get ready for the dreaded "Holiday Season". Wouldn't you like some help deciding what to buy for that special angler on your list? We would like to hear from you about what your favorite books, DVD's or piece of fishing equipment you've found that has made all the difference to you. Tell us what you want to get in your stocking or under your menorah. Send your favs to newsletter@stoneflymaidens.org



Stonefly Maidens on the Rogue September 2006

[go to <http://www.stoneflymaidens.org/gallery/Rogue06> for additional photos]