

Fish Tales & Fly Lines

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

Volume 8, Issue 9, September 2007

PRESIDENT'S LETTER

Dear Stoneflies,

Wow, I can't believe summer is almost over and we are asking for nominations for club officers again! I have not done nearly as much fishing this summer as I had hoped for, though I am going to remedy that in the next two weeks. Going up to stay on Mt. Hood for 5 days and then the morning after our September 12 meeting heading north to the Skagit.

I hope all of you have been getting enough time on the water. Sometimes life (work, family commitments, illness) gets in the way but the fish are always there to welcome you back! Being involved with Casting for Recovery has really made me reflect on why I fly fish and it is one of those things that I just instinctively know is good for me, body and soul. Part of that is the fellowship I have found in the club, and in related activities like the CFR Team and other things that are out in the fly fishing community, rather than on the water. Fly fishers are honestly some of the nicest, most down-to-earth people it has been my pleasure to know. Most of this would not have happened if I had not made a commitment to get involved in the club early on. Ask anyone who has served on the board and they will tell you, it is rewarding in more ways than one. I have friends all over the country, some of whom I've only met once and some I have never met! You can't help but do more fishing when you are involved and the more you fish, the better you get and the more you fish!

What this is leading up to is to ask you to take a minute and think about volunteering yourself to run for a position on the board of the club. The majority of these only require a couple of hours a month, if that, in addition

to showing up at the monthly meetings. If you are one of those who often forget the meeting, being on the board will keep you "in the loop" as we are usually emailing about club business off and on during the month.



August Fish-a-long on the Kalama

The position most feared (as a commitment) is that of vice-president. This is the person who is responsible for the outings. Many think that means you have to go on every single outing during the year. Not so. Your responsibility would be to make sure there is a Fishmistress. That is the person who is going to lead the trip. If that is covered, you can go or not, as you wish. We hope you would want to go, but again, life can intervene. And know that the rest of the board is there to support you. Jennifer did a terrific job this year but her heart is set on running for secretary/treasurer, since Barb is stepping down after two years of keeping us in the black and organized. Barb is a great example of how getting involved gets you out on the water more. She shows for a lot of outings, including the last two years' extended outings, to the Big K Ranch on the Umpqua and Rogue River. Just ask her how much fun we had on those trips!

I will run for President again and I hope

MEMBERSHIP/ TREASURER'S REPORT

Last month we welcomed 2 new members to the club for a total of 51 memberships. In addition, the Stoneflies (Robin) presented a check to the CFR team (Sabina) for \$5000 from the SFM treasury. This represents money the Stonefly Maidens have raised from various fundraising activities over the past two years. The two biggest fund raising resources were the CFR Casting Clinic and donations and sales of CFR boutique items at various community functions including the CFR retreat, Fly Fishing Expo, Fly Tyer's Expo, and the Bamboo Rod Fair. Other sources of revenue included two guided trip raffles, monthly CFR raffle and miscellaneous donations. Congratulations to the entire CFR team and the Stonefly Maidens for this great effort! Our SFM checking account now has a balance of \$1,230.87.

Several Stonefly Maiden board positions are opening up this year. Please be sure to attend the September (nominations) and October (election) meetings so your voice will be heard. Only members present at the meetings are able to vote, according to our bylaws. Now is the time to be thinking of what speakers you want to have and where you want to fish next year as the new/transitional board will be planning the 2008 calendar this fall.

Barb

you see fit to elect me. I consider it an honor and a privilege to represent The Stonefly Maidens when I am out in the community. We have a good reputation for being an active club, let's continue that tradition.

Robin Healy

THIS MONTH WITH THE STONEFLY MAIDENS

This month's meeting is the See & Do skills meeting. We will have several stations set up to discuss various aspects of fly fishing, such as care of your equipment & fly tying.

We will also be discussing upcoming elections for 2008 club offices. Nominations will be taken. Please review the descriptions of officers and duties. We are looking for some "fresh blood". See August president's letter for ideas of positions that are definitely open. (We need a new newsletter editor as I need to stepdown, due to pressures at work.) The President, Vice President and Secretary/Treasurer are voted on. Other positions are filled by volunteers.

Six Stonefllys will be heading up to the Skagit River to fish for pink salmon for the extended Fishalong this month. Plan to join us next year if you didn't make time for this trip this year. This is especially true if you are a new angler, and want to learn. I went of this trip last year, and it really helped to make the whole process click. Plus, it's great fun to be out fishing with this group.

Plan on joining us for the last Fish-a-long in October on the Dechutes!

SHE'S HOOKED AND NOW SHE'S CASTING FOR RECOVERY:

CFR FLOAT - 2007 ROSE FESTIVAL PARADE

BY LISA WASSGREN

"Someone recently said to me - 'there's a fishing gene, you either have it or you don't'. It's that simple really. I have it. I don't know where it came from. I didn't inherit it from my parents or their parents. But it's there. It exists somewhere deep inside me and courses through my veins like water running through the beds of my favorite streams.

A boyfriend taught me to fly fish and I was immediately "hooked." I joined a women's fly fishing club. Then I became a board member. Our club's mission is to create opportunities, encourage, educate and mentor women's participation in the sport of fly fishing. So we decided to become involved with Casting for Recovery (CFR). CFR is a national nonprofit organization founded in 1996 by Gwenn Perkins and breast reconstructive surgeon Dr. Benita Walton as a way to improve the health and mobility of women who have had breast cancer. And I became a casting clinic coordinator, fundraiser and media promoter. I had no idea of the ripple effect a passion for fly fishing would have on my life.

Last fall I attended a CFR retreat in the Methow Valley in Washington. It was an unforgettable experience. The women I met at the retreat had several things in common: they all had experienced breast cancer and along with that a variety of medical problems, family and relationship issues and financial burdens. But they also shared a love of nature, a need to feel normal and a strong will to survive.

On one of my favorite trips to Idaho there was a lone pair of salmon spawning in the Middle Fork of the Salmon River. To be where I saw them, these fish had overcome seemingly insurmountable odds in order to continue their lifecycle and species. They had swum over 700 miles

CFR-NORTHERN OREGON

Next month we will conduct the first Northern Oregon Casting for Recovery Retreat. I am excited and a little anxious about the upcoming event, but I know we have a great group of women working hard to make it a wonderful experience.

We had a very successful fundraising year. We heard last month that the Komen Foundation sent a \$2000 grant for our retreat. Donna and Jim Teeny donate to CFR from the sale of their pink line AND they conducted a weekend seminar with the proceeds going to CFR-N. OR

Last but not least was the \$5,000 check from the Stonefly Maidens Womens Fly Fishing Club to. This significant contribution was raised through our monthly raffles, the casting clinic in April, and our boutique sales of hand made goods.

In addition to raising money, we raised awareness for Casting for Recovery. We have heard from women in Astoria to Central Oregon and perhaps beyond. Our presence at the sports show, Komen conference and the Portland Rose Festival Floral Parade have made a difference.

Thanks to all who worked so hard on this effort and everyone for your support. Sabina



and made their way past ocean predators, commercial fishermen, gill netters, sport fishermen and dams, in order to return to their native waters and spawn. Their strength and will to survive amazes me. Like these fish, one of the women I met at a retreat particularly affected me. She had been diagnosed with breast cancer. Later she was diagnosed with ovarian cancer.

Then came the diagnosis of a brain tumor. She said she still buys green bananas. She hasn't given up. She's young, has a family and has overcome seemingly insurmountable odds. Her strength and will to survive amazes me.

This year our club successfully raised funds for a Northern Oregon CFR retreat in October. We'll bring together 14 women who have survived cancer. They'll bond over laughter and tears. They'll learn more about the disease they have fought and the effects it may continue to have on their lives. And for some, releasing a fish will be a symbol for letting go of the emotional and physical pain they've experienced with their disease.

A love of fishing has opened doors for me I might not otherwise have gone through. It's brought me immeasurable joy through incredible opportunities and experiences. A lot of people don't get it. It's simple really - you either have the fishing gene or you don't. I have it.

STONEFLY MAIDENS OFFICERS AND DUTIES - AS OF 9/1/07

President – Elected, term is one year

Plans meetings/primary speaker contact
Presides over monthly regular membership meeting
Presides over quarterly board meetings
Co-signatory on club bank account (with secretary/treasurer)
One of two officers that has a key to the P. O. Box
Oversees all committees, subcommittees of the club
Picks up duties of other officers, as needed

Vice President – Elected, term is one year

Responsible for making sure there is a Fishmistress to plan each trip
Reports to members
Presides in absence of President

Secretary/Treasurer – Elected, term is one year

Keeps member roster current
Distributes roster to officers
Makes sure webmaster has emails
Custodian of current and prior year club records
One of two officers that has a key to the P. O. Box
Answers mail directed to membership@stoneflymaidens.org
Keep records of membership and board meetings
Record attendance and any votes taken at meetings
Keeps nametags
Responsible for all the funds of the club
Makes quarterly report to board, then membership
Responsible for getting the dinner check paid at meetings
Answers email directed to treasurer@stoneflymaidens.org & secretary@stoneflymaidens.org
Collects funds on behalf of club from other board members (Membership, Raffle Coordinator)
Co-signatory on club bank account

Newsletter Editor – Volunteer (was Publications)

Responsible for content of monthly newsletter
Sends completed newsletter to Webmaster one week prior to meeting for posting on Website
Responsible for content and layout of club Brochures
Answers email directed to newsletter@stoneflymaidens.org

Librarian – Volunteer

Responsible for cataloging club-owned resources (books, videos/dvds, fishing equipment)
Responsible for bringing items to meetings
Responsible for tracking who has what

Raffle Coordinator – Volunteer

Responsible for obtaining (via donations or occasional purchases) raffle items for monthly raffle
Responsible for bringing items to meetings and holding monthly raffle

Responsible for longer-term (big item) raffles or special (charity) raffles
Responsible for sales and inventory of Stonefly logo merchandise
Primary contact between club and fly shops

Webmaster – Volunteer

Keeps website updated and current
Posts newsletter on website as it becomes available.
Answers email directed to info@stoneflymaidens.org and webmaster@stoneflymaidens.org
Keeps mailing list up to date (with current members only)

FFF Rep - Volunteer

Responsible for attending/representing club at Oregon Council quarterly meetings and reporting back to membership
Responsible for making sure FFF literature and applications are available to members,
Answers questions about the FFF mission etc
Primary contact for volunteers to assist at Sportsman's Show (Feb)
Primary contact for volunteers to assist at Fly Tyer's Expo volunteers (March)

Casting for Recovery Coordinator - Volunteer

Primary contact for CFR (Casting for Recovery)
Answers emails directed to cfr@stoneflymaidens.org
Casting Clinic Coordinator - Volunteer
Answers emails directed to castingclinic@stoneflymaidens.org

Possible other structures or positions

Program Committee

- Chair (Program Coordinator)
- Meetings Chair
 - Meetings Committee members
- Outings Chair
 - Outings Committee members ('fishmistress' for individual trips?)
 - Works closely with Special Projects Coordinator

Special Projects Committee

- Chair (Special Projects Coordinator)
- CFR Chair
 - CFR Committee members
- Casting Clinic Chair
 - Casting Clinic members

•PR or Media relations type position:

- Central contact for announcements re: meetings and events
- Responsible for making sure our brochures are 'out there' at shops

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

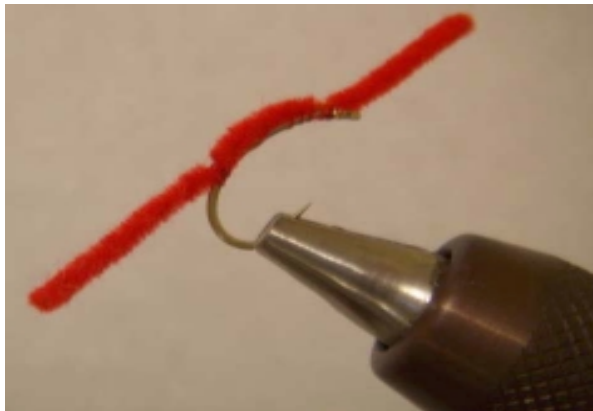
We'll make sure it gets to the right person!

Fish Tales & Fly Lines

CLUB CALENDAR

Meeting date	Meeting	Fishing Date	Fishing	Other
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	

Race for the Cure
with
Stonefly Maidens
& CFR Friends Team
Sunday, September 23, 2007
For Info:
Call Robin 503-314-2384



FLY OF THE MONTH:
DO YOU KNOW WHAT THIS IS?
COME TO THE MEETING AND TELL US AND YOU WILL WIN THE CONTEST!