



Santiam Flycasters

www.santiamflycasters.com

Board Meeting

Monday, May 5

Garibaldi Family Restaurant

7:00 pm

General Meeting

Thursday, May 8

Cast Around

6:15 PM on the Lawn

March Program

Casting for the Lazy and Afflicted with Loc Vetter

7:00 pm Pringle Community Center

May SFC Outings

May 3 Metolius River

May 17 Wickiup Reservoir & South Twin lake

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Monthly Newsletter of the Santiam Flycasters

May 2014

May Program

Casting for the Lazy and Afflicted: How to Enjoyably Abuse Oneself Casting a Fly Rod with Carpal Tunnel Syndrome, Tennis Elbow, Shoulder Bursitis, Back Pain and Sore Knees

Thursday May 8 — 7:00 pm — Pringle Community Center

With Loc Vetter, 35 years a practicing Orthopedic Surgeon, 55 years a fly caster almost 20 years an IFFF Certified Casting Instructor.

As if the title of our program is not intriguing enough . . . !!

Bugology 101 with John Rodriguez

John will guide us through the May /June hatches. Spring is an important time of year to match hatches . You will gain insight to great opportunities for late spring time fishing.

Fly "Casting Clinic" Returns

With the return of longer evenings we have started the pre-meeting casting practice on the lawn. Bring your fly rod at 6:15 and pick up some fresh skills from our club experts.



The May Casting Clinic Theme: The Salmon fly hatch is coming and learn the secret of casting salmon flies that splashes on the water to attract the fish's attention.

SFC Board**Officers**

Howard Palmer
President, Newsletter Editor

Dwight Klemm
Vice President/Programs
FFF Representative

Sam Thomas
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Gary Caneva
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Bob Karau
Don Meyer

Board Members Wanted

The Santiam Flycasters want you!

We are looking for a few good men and women. If you are interested in helping decide who our presenters are and where we go for our outings, please join us. Or, if you just want to find out what goes on during the board meetings or want to share your opinion; please join us.

No experience needed, just your interest in fly fishing is all it takes to be a board member.

We are on the web!
www.santiamflycasters.com

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May Outing to the Metolius

Saturday May 3

Remember our outing to the Metolius River on May 3, which is before the club meeting. The club will provide an entrée for a mid-day meal so bring a small side dish to share if you wish.

We will camp at Smiling River Campground. To get there, drive east on Highway 22 to the Metolius/Camp Sherman turnoff to the left, which is near Black Butte Ranch. About a mile past Camp Sherman, turn left to the campground. Or, just come over for the day!



Suggested dry flies include size 14-20 Blue Wing Olives, 16-20 Pale Morning Duns, 12-16 olive caddis, maybe 12-14 Green Drakes, and maybe 8-12 Stimulators if stoneflies are out. Nymphs include size 8-12 tungsten bead Kaufmann Stone, 12-16 tan or olive beaded hares ear, 16-18 partridge and yellow soft hackles, 18-20 zebra midges, 14-16 egg, and 14-20 pheasant tails.

If you have questions about the fishing, contact Jeremy Richmond by e-mail at JeremyPaulRichmond@gmail.com or by phone at (503)391-9242. Remember that fishing is closed above Allingham Bridge until May 24.

May (Informal) Outing to Wickiup Reservoir and South Twin Lake

Saturday May17

On May 17, we will fish Wickiup Reservoir and South Twin Lake. We will camp at Sheep Bridge campground. This is an informal outing, so the club will not provide any food.

The fastest way to get there is to drive I-5 south past Eugene, take the Highway 58 turnoff, turn left (north) onto the Highway 61/Crescent turnoff after Odell Lake, turn left (north) onto USFS Road 46, turn right (east) onto USFS Road 42, and turn right (south) onto the campground road.

Fishing is open at Wickiup, North Twin, and South Twin Lakes, but will not be open on the Deschutes River. You may also wish to fish other lakes in the area, including Davis or Crane Prairie.

Flies for the lakes include the normal lake flies-the Fly of the Month, woolly buggers, leeches, carey specials, pheasant tails, soft hackles, etc.

If you have questions, contact Paul Johnston by e-mail at pjohnston992@comcast.net or by phone at (503)881-9386.

Youth Outdoor Day—May 31

As usual, we will be helping youngsters to tie Woolly Buggers at Youth Outdoor Day at E. E. Wilson (Camp Adair) Wildlife Area on May 31. We still need a couple more people to help at this event, for which you get a t-shirt, lunch, and lots of gratitude.

Please sign up to help with this fun event. Look for Ken at the meeting or e-mail him at KenKarnosh@gmail.com.

2014 SFC Outings Yet to Come

Jun 21 — Deschutes River (Warm Springs to Trout Creek)

Jun 28 — Trail Bridge Reservoir*

Jul 12 — East Lake

Jul 26 — North Santiam River*

Aug 16 — Umpqua River

Sep 6 — Nestucca River*

Sep 20 — Lava Lake

Oct 4 — Crooked River*

Oct 18 — Deschutes River—Maupin Area

Nov 15 — Detroit Lake

* Denotes Informal Outing

From the President By Howard Palmer

First of all, I want to apologize to each of you who received a “Friendly Reminder” about some kind of \$10 gift certificate from a company called “**NOMORERACK**” through your E-mail. I assure you that neither I, nor my wife sent, or authorized the sending of those notices. It is an advertising SCAM, and should be ignored and marked as such. Somehow they got into our address book and sent out the “invitations”. For obvious reasons, I would highly recommend that you do not do business, or have any electronic contact, with this company.

That being said, there are much more pressing issues in the air, as spring is upon us and the fish are eagerly awaiting our arrival on the water. ODFW is busy with their transport trucks, planting thousands and thousands of home grown trout throughout the waters of our beautiful state. Many of our valley streams opened this past weekend and the rest will open at the end of May. I can personally attest to the fact that these fish are willing and eager to wrap their lips around a fly. I just happened to be present at Detroit last Monday when the truck put some 10,000 in at the ramp at Mongold State Park. And yes, the little buggers do indeed come out of the truck hungry. It was pretty much a



fish per cast for about two hours.

Our outing for May is scheduled for Saturday, the 3rd and will be at the Metolius River. As usual, we will be camping at Smiling River Campground, which is adjacent to Allingham bridge. This outing has always been well attended, as much for its social aspects, as it is for the fishing. Heck, some folks don't even wet a line. But, don't forget your best tied “**Cheet-o Flies**”.

The last Saturday in May brings us “**Youth Outdoor Day**” at Camp Adair, just north of Corvallis. This annual event is host to some 750 young people, all of whom come by our Fly Tying tent to learn how to tie a “Woolly Bugger.” Some come back two and three times. It is an intense 7 to 8 hours and we definitely need your help. Even if you don't tie flies, there is also casting to be taught. Don't know how to tie flies? Come early and we'll teach you how to tie one just so you can help out.

Tight Lines

Howard

Shepherd's House Fly Fishing (From the Central Oregon Flyfishers)

The Shepherd's House is a nonprofit serving the homeless community, providing over 30,000 meals each year in Bend. Established in 2006, they offer a long term resident recovery program for men. Each week the residents have an outdoor activity day – for some it's fishing. The Directors are establishing a Fly Fishing program in house for their residents, and are asking for equipment donations.

If you have surplus rods, reels, or anything else suitable for fishing the middle Deschutes, please consider making a tax deductible donation to The Shepherd's House. You can learn more about The Shepherd's House, including contact information at <http://myshepherdshouse.org>

*Please Welcome These
New Members to SFC*

Rex Cannoy, Keizer

**Frank Falsetto,
Salem**

Patrick Long, Salem

SFC-Fish Electronic Message Board

One of the benefits of being a Santiam Flycasters member is having access to the SFC-FISH electronic message board. The message board gives members the opportunity to communicate with other about fly fishing and related topics. Once subscribed, you can post messages to SFC-FISH by sending an email to sfc-fish@googlegroups.com

You will receive messages posted by other members via your email account. It's as easy as that.

To subscribe to SFC-FISH, simply send an email request to santiamflycasters@yahoo.com, and we'll subscribe you and notify you when you can begin using the message board. Note: your SFC membership must be current to be a subscriber of SFC-FISH.

Fishing with the Frog By Howard Palmer

KNOWING ONE'S LIMITATIONS

Aging sucks! Being retired, I have basically nothing to do; except that which I choose to do. The problem is, I sometimes just don't feel like doing it; what ever "it" may be. And, even when I do, some voice in the back of my head, says: "Howard, don't do that"! But then, I have never been strong on listening, and I go ahead and do what ever I have a whim to do (or that the little woman says I need to do) and, the next day, those same voices say: "I told you so".

I have learned that there are things in my body that I can not even pronounce, but I can show you exactly where every one of them are. My left knee is the latest victim in this never ending process of growing old. It aches continuously, and is having a terrible affect on my otherwise mediocre golf career. Likewise, it is also difficult to get enthusiastic about spending the day wading one of our local trout streams in pursuit of my main passion of Fly Fishing. As some smart fella once lamented; "If I had known when I was younger just what would happen to my body later in life, I certainly would have taken better care of it".

I also find that all this aging crap is raising havoc with my circulation to a point that I can not feel my fly rod in my hand on cold mornings. Consequently, I don't feel the fish biting, and therefore I'm not catching them. There are a lot of articles on the effects of temperature on fishing success. 55 degrees seems to be some kind of magic number when it comes to trout. I know that I certainly do better when it gets warm. Besides, it's just so much nicer with the sun beating down on my aching joints.

That old crap of being first on the water doesn't cut it. There was a time when I did, and a good friend of mine and I were always there at first light, rod in hand, before the sun was even up. Just because someone said you need to do that. Over time however, I realized that we weren't even getting a bite until 9:00. Now, I firmly believe that 10:00AM is a really civilized hour to go fishing. Setting around the fire with a hot cup of coffee until then, does much to sooth my joints, promote my circulation, and generally temper my attitude.

I really think that my dog has the right attitude about growing old. Don't feel like doing anything? No problem; take another nap. She can sleep more than any animal I've ever seen. But, you ask her if she wants to go for a walk, or for a ride in the car, little miss Chi-Chi will beat you to the door even though she has to do so on three legs due to her arthritis.

Maybe I can get another nap in before the coffee is ready, or the fish start biting.

Tight Lines -

Howard

May Fly of the Month— by Jim Ferguson

Peacock Micro Leech

The Peacock Micro Leech is a pattern described by Brian Chan in his article "Short Casts" in the Spring 2014 issue of "Fly Rod & Reel" magazine. His article will describe how he fishes the micro leech and why it is a pattern that is worthy of your consideration.



Hook:	Mustad R72, Long Nymph 2X heavy / 2X long sizes #12 & #14
Thread:	Black 8/0 or 10/0
Tail:	Black marabou fibers with 2 strands of red Kyrstal Flash
Rib:	Fine red copper wire
Body:	Arizona Synthetic Peacock dubbing
Bead:	Extra Small red glass bead

There are several brands of synthetic peacock dubbing. Mixing several of these together will produce a productive result especially if some of the dubbing has some reddish tones in it.

Step-By-Step Tying Directions

1. De-barb the hook. Place the red bead onto the hook, slide it forward and mount the hook in the vice as in Fig. 1.
2. Attach the tying thread with a jam knot at the front behind the bead as in Fig. 2.
3. Wrap a thread base back to the beginning of the bend of the hook as in Fig. 3.
4. Select a section of black marabou as in Fig. 4.
5. Pull the marabou fibers back and tie in the marabou right at the position on the shank where the bend starts. Keep on the level part of the hook shank. After several wraps, make one wrap under the marabou between the shank and the fibers. This will keep the fibers along the line of the shank when they get wet. Bind down the fibers as you wrap the thread forward but do not tie down the stem. See Fig. 5.
6. Trim off the marabou waste and stem. Grasp the marabou fibers with the right hand thumb and finger and then grasp the ends with your left hand thumb and finger. Use the finger nail of the left thumb to push the marabou fibers into the pad of the left index finger. Pull the ends of the marabou off while trapping the fibers with a strong pinching

technique. Do not cut the marabou ends or it will be too blunt looking. The marabou tail should be about the length of the shank or slightly longer. See Fig. 6.

7. Bind down the marabou ends and take the thread to the end of the marabou waste. Attach a strand of red Krystal Flash. While holding tension on the thread, pull the flash towards the back of the hook and bind it down to create two strands of flash for the other tail component. Try to get some separation in the flash fibers as you tie them down and take the thread to the tail tie in position. Fig. 7 shows a top view of the shank where the flash is tied in and Fig. 8 is a side view showing the fibers tied down along the side of the shank. Do not trim the flash at this time.

8. Take the thread back to the middle of the shank and tie in the copper wire. Let a little bit of the wire extend beyond the tie in position as in Fig. 9. Hold on to the thread with some tension and bend the waste end of the copper wire back to form a "U" shape. The waste end should be pointing towards the back of the hook in the same direction as the rest of the copper wire as in Fig. 10. Bind the copper wire down onto the shank as you move the thread back to the tail tie in position, as in Fig. 11. This technique allows you to put some tension on the copper wire while ribbing the body without having to worry about pulling the wire out.

9. Form a dubbing noodle, or a dubbing loop containing the dubbing. Make one wrap to trap the ends of the dubbing at the tail tie in position as in Fig. 12. I used a dubbing noodle technique in this sample.

10. Dub the body with tight turns. A slight taper is preferred with the front being slightly larger than the rear. This is a matter of tier preference. Some like a thick body, some like a spiky body, and some tiers prefer a tight body. Tie off the body at the front behind the bead as in Fig. 13.

11. Pull of the waste dubbing from the thread and trim strands if necessary as in Fig. 14.

12. Reverse wrap the copper wire with 5 or 6 turns to form the rib. Tie off the wire as in Fig. 15.

13. Make several wraps to secure the wire and while holding the bobbin to provide tension, you can helicopter the wire to break it off rather than cutting it with you scissors. After the wire is broken off, make several wraps of thread and whip finish to form the head as in Fig. 16. Apply a little head cement to the head threads behind the bead. Trim the red Krystal Flash at this time. The strands should be the same length as the tail.

14. Option: If you want a tight body, trim off fibers sticking out from the body. If you want a more spiky effect, rough up the body with Velcro tool or a burr.

15. Be sure to tie enough of these to share with your fishing partners or replace those that get broken off from those lake monsters. See Fig. 17.



Fig. 1

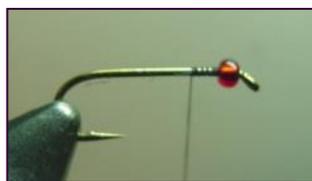


Fig. 2

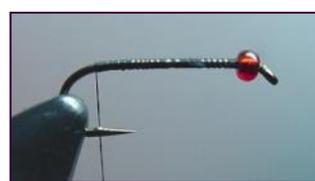


Fig. 3



Fig. 4



Fig. 5



Fig. 6



Fig. 7



Fig. 8

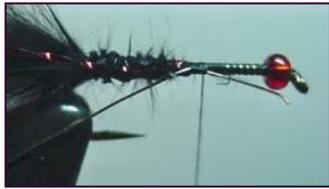


Fig. 9

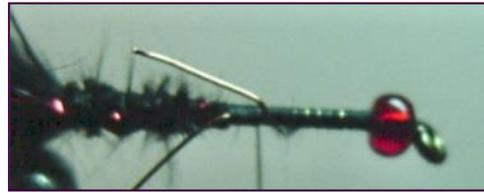


Fig. 10



Fig. 11



Fig. 12



Fig. 13



Fig. 14



Fig. 15



Fig. 16



Fig. 17

Need up-to-date information on what's happening with the Santiam Flycasters?

Go To . . . santiamflycasters.com

The Calendar lists all the meetings, events, and outings.

Back Issues of the newsletter are archived.

Contact Information, Helpful Links, and other Resources are just a click away.



**SANTIAM
FLYCASTERS**

P.O. Box 691
Salem, OR 97308
santiamflycasters@yahoo.com
www. Santiamflycasters.com

Membership Application

It is the mission of the Santiam Flycasters to promote the sport of fly fishing for all interested individuals of all generations now and into the future by fellowship, education, conservation practices, promoting research, guardianship of proper regulations and support, affiliation and cooperation with other like-minded organizations.

2014 Membership Application

The Santiam Flycasters, P.O. Box 691, Salem, OR 97308

www.santiamflycasters.com

Type of Membership (circle one) Regular \$25 Family \$30

*Note: Dues are from January 1st to December 31st. There is a 50% reduction after July 1st for new members.

Name _____

Address _____

Telephone: _____ Email _____

Family Members: _____

Are you an FFF Member? (circle one) Yes No

Please tell us why you want to be a member (please check all that apply):

Hear presentations on various fly-fishing topics

Improve my Fly Tying skills

Improve my Fly Casting skills

Participate in fishing stream and lake improvement projects

Go on fishing trips with other club members

Learn more about fishing in the area

Other, Please specify _____

You must sign this release each year when you renew to participate in club activities.

Liability Release and Hold Harmless Agreement

As a condition of membership or of participation in any activity encouraged or publicized by the Santiam Flycasters, I voluntarily assume all risks of my participation. In acknowledgment that I am doing so entirely upon my own initiative, risk and responsibility I do hereby for myself, heirs, executors, and administrators agree to remise, fully release, hold harmless, and forever discharge the Santiam Flycasters, all its officers, board members and volunteers, acting officially or otherwise, from any and all claims, demands, actions or causes of actions, on account of my death or on account of any injury to me or my property that may occur from any cause whatsoever while participating in any such Santiam Flycasters activity. I acknowledge that I have carefully read this hold harmless and release agreement, and fully understand that it is a release of liability. I further acknowledge that I am waiving any rights that I may have to bring legal action to assert a claim against the Santiam Flycasters for its negligence. I have read the above statement and agree to its terms as a condition of my membership in the Santiam Flycasters.

X _____

Signature

Print Name

Date