



SANTIAM FLYCASTERS

SANTIAMFLYCASTERS.COM

March 2023

March SFC Meeting

Fluent Movement on the Fly with Lindsay Kocka



Join us for an experiential introduction to Fluent Movement on the Fly, led by Lindsay Kocka. Over the course of 60 minutes we'll explore methods to increase your standing balance, techniques to help support your hand, wrist, and elbow health, along with a short mindfulness practice that can be incorporated into your time while on the water.

A short Q&A will be offered at the end of our presentation. Notes on Accessibility: The majority of this interactive class can be practiced while seated, with an optional standing component during the balance section.

Lindsay Kocka, a Minnesota native, began her fly fishing journey while walking and wading the meandering spring creeks of the Driftless Region. As a professional movement, mobility, and mindfulness teacher, she was immediately enamored by both the meditative quality of fly casting, along with the unique experience of incorporating intentional



movement into her experiences while angling. In 2019 she founded Fluent Movement on the Fly, a mind-body practice that provides wellness focused resources for fly anglers. She shares in-person and virtual classes to support anglers joint health and movement capacity, as well as mindfulness methods to enhance the therapeutic benefits of exploring the outdoors. A long-time volunteer with a variety of community and conservation focused organizations, she's passionate about protecting our fisheries and teaching new anglers how to minimize their ecological impact with a stewardship-forward approach. Now residing in Montana, she's thrilled to be sharing her work with new and seasoned anglers across the globe.

Board Meeting By Zoom March 6 6:30 pm SFC Meeting **Broadway Commons** Coffee House (and by Zoom) March 9 7:00 pm Fly Tying Session March 15 6-8 pm Los Arcos Mexican Grill

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President's Corner By Scott Vasley

It is that time of the year where writing my monthly column gets tough. Haven't been fishing much and when I have, the fishing has been slow. I did manage to catch a couple of fish when we fished Turner Lake (in Turner). But missed the



Silverton outing because I had to stay home so some roofers could fix my leaky roof. So I'll go with some random thoughts.

I emailed Devin Olson of Tactical Flyfishing just for giggles. He has put out many videos on fly fishing mostly euro nymphing stuff and how to tie various flies of that ilk. I wrote to him how much I enjoyed his videos and how he inspired me to give euro nymphing a try. I also invited him to come down and fish a few of our local rivers, I would furnish the pontoon. He thanked me for "thanking him" but didn't mention dropping by and fishing with me. Hey, worth a try.

Bill and I are going to fly fish the Umqua later this month with our favorite guide Clayton. We tried to fish it last year but the river was blown out, Hopefully, the water level this year will be perfect. The picture of me in the newsletter that heads my column of me holding a steelhead was caught on one of our trips with Clayton.

I'm looking forward to the Northwest Fly Tyer and Fly Fishing Expo in Albany March 10 and 11. I've enjoyed the ones in the past, checking out all of the venders and dropping by and talking to some of the fly tiers.

We are sponsoring the silent auction so I volunteered to do something (not sure what, but I bet someone will tell me). I am seriously thinking about buying a Tenkara rod. Looks like they might be worth trying as a euro nymphing rod. Been watching a few videos on the subject and I believe there will be a representative at the Expo. All for now.

'Til next time. Scott.



Remember the Northwest Fly Fishing Expo on March 10 and 11, 9 a.m. to 5 p.m. each day plus Friday evening dinner/live auction, at the Linn County Fairgrounds in Albany. Check their website nwexpo.com for info on tyers, classes, etc.

2023 Outings-Santiam Flycasters

☐ March 18! Willamette River (Harrisburg) April 12* **Cheadle Pond** April 22 McKenzie River (Hayden-Armitage) May 9/10* **Deschutes River (Warm Springs-Trout Creek)** May 20 Middle Fork Willamette (Dexter) May 24!* South Santiam River* June 6/7* **Umpqua River (Shad)** □ June 14* Gold Lake □ June 24 East Lake ☐ June 28/29* **Diamond Lake** □ July 8 **North Santiam River** □ July 20!* McKenzie River July 29 South Santiam □ August 5 **Umpqua River** Willamette (Smallmouth) □ August 19 **South Santiam** □ August 23* □ September 6* Diamond Lake □ September 23 Hosmer Lake □ September 30 Walton Lake **Crooked River** □ October 7

Here is the list of outings that our club has planned for 2023. The list includes many opportunities to catch trout in streams and still waters, as well as opportunities for bluegill, shad, and both largemouth and smallmouth bass.

Most waters are best fished from a floating device (float tube, pontoon boat, or other boat). In the newsletter article for the outing, we will say if there are opportunities for bank access at that location. If you do not yet own a floating device but want to participate in the outing, let us know and we should be able to have someone lend you a device for the outing.

Obviously, when we are on or around the water, there is an element of risk. Please be aware of the disclaimer also in this newsletter. Also, please use a personal flotation device (PFD).

Hope to see you on many outings this year!

* Denotes Wednesday or Mid-Week Outings. ! Denotes Changes from Previous Calendar





□ October 11* Willamette (Marshall-Harrisburg)

□ October 21 **Deschutes (Warm Springs-Trout Creek)**

□ October 25* North Santiam

□ November 8* Middle Fork Willamette River (Dexter)

□ November 18 Detroit Lake



SFC Outing Disclaimer

Santiam Flycasters does not represent that any of these trips are suitable for any of its members. Each stream, river and lake present its own unique hazards and dangers. Each member must evaluate the suitability of his or her own physical condition, equipment and skills before participating in any of these trips. Each member that chooses to go on any of these trips personally assumes all risks of injury and damage while participating

Time is Running Out to Renew Your Santiam Flycasters Membership

I think I have let everyone know who hasn't yet renewed their membership for 2023. I will send one more reminder in early March for those who haven't. If you aren't sure if you

have already renewed, please feel free to contact me at the following email address – santiamflycasters@yahoo.com.

Dues for 2023 are as follows: \$30 for individuals and \$35 for families. Life membership can be achieved for only \$300. Take advantage of this opportunity and you never again have to renew your membership.

Use the form on the back of the newsletter to renew your membership or download the form from the Santiam Flycasters website (www.santiamflycasters.com). You can mail it to: Santiam Flycasters, P.O. Box 691, Salem, OR 97308.

If you wish to pay your 2023 dues through PayPal, please use the following link: www.santiamflycasters.com/join

Tim Johnson, Treasurer/Membership

Welcome These New Members in February

Lisa Debruyckere, Salem Fara Etzel, Salem Ian Peyton, Monmouth Craig Siler, Salem

Silverton Reservoir Outing Report

About a dozen of us fished Silverton Reservoir on a nice February 10 and confirmed that ODFW had indeed planted about 1,000 of their trophy sized trout that week. The good and bad thing was that nearly all of the fish seemed to be in an area about a hundred yards square.

Ricky located the fish first. Then, Brian found them and hooked a fair number of 13-16" fish on his #16 flashback pheasant tail. Several others also were able to enjoy that bounty with a variety of flies. George and his wife fished basically the whole lake with their canoe, but caught the bulk of their fish in that small productive area.

As usual, not everyone was able to land a fish and the water temperature was about 41 degrees.

ODFW's plan is to stock about 11,000 more trout between the week of April 21 through mid-June. This lake is close to home and is easily fished with a float tube or pontoon boat. Put it on your to-do list!

See the photos of some of the trout, including Tim's Northern Pikeminnow.





More From the Silverton Reservoir





Detroit Lake Outing Report

Six of us fished Detroit on February 18. Although there was still some snow left from Valentine's Day, conditions were fairly comfortable with the temperature ranging from mid-30s to mid-40s with no wind until early afternoon.

New member Ian had the best fishing success. After he gave Scott and his pontoon a ride to the island with his jet sled, Ian fished a heavy sink tip with bugger near the island and caught a good number of fish there, with a couple around 15".

The rest of us used intermediate or Type 3 lines and caught a small handful of fish apiece. Kevin said his success improved after lunch when he switched to a full sink line.

Anyway, for our future winter fishing, we probably need to fish a bit deeper. The reservoir level is now rising, but will be fishable for a few more weeks. ODFW will start its annual planting of 12-15" trout at Detroit in late April.

March 18 Willamette River Outing

Prospects for fishing the Crooked River don't appear good so, on March 18, river level permitting, we will instead float and fish the Willamette River from Marshall Island to Harrisburg. Drift boats are nice and offer a bit more opportunity to fish, but pontoon boats work quite well. The float is about 7 miles with minor rapids.

Plan to meet at the Harrisburg City Park boat ramp at 8:15 a.m. We will combine boats as much as possible before driving to the launch site. To get to Harrisburg, drive I-5 south to the Brownsville/Halsey exit 216, turn right and drive west to Halsey, turn left onto Highway 99E, and drive about 9 miles to Harrisburg, and turn right on Monroe Street for a couple of blocks to the City Park and boat ramp. We will retrieve vehicles from the launch site at the end of our float.

Suggested gear is 4-6 weight rods with floating line or Euro setups. We will target the March Brown mayfly, so soft hackles, emergers, and dries should work, as well as woolly buggers and other nymphs. Methods include dredging nymphs, potentially with an indicator setup, along the bottom as well as swinging flies. There may be some dry fly action on March Browns or BWOs.

The club will not provide any food, so remember your lunch as well as PFD, wading staff, and suitable clothing. E-mail Ken at kenkarnosh@gmail.com if you have a question.

Fly Tying Session

Join us as fly tying sessions have resumed on the Wednesday after our club meeting, March 15. We will do it at the Los Arcos Mexican Grill at 4120 Commercial Street SE from 6-8 p.m.

These sessions are for persons with any and all levels of experience. Come and enjoy some tasty Mexican food and bring some fly tying stuff to tie flies afterward.

Or, just come to enjoy the camaraderie!

E-mail Ken at kenkarnosh@gmail.com if you have a question.

Fly Fishing in Chile's Patagonia Region (January, 2023) By Dell Swearingen



Figure 1: Chile Trout Lodge in center sleeping rooms on both sides
Picture Credit to F. Morse

Introduction: Through fishing friends and good luck, we were introduced to Pancho and Karina owners of the world-class Chile Trout Lodge. The owners extended an invitation to visit and we accepted. The Chile Trout Lodge was located by Lago Frio, In Chilean Patagonia, near the town of Coyhaique. The town was a jumping off point to some of the best fishing in the region. We planned our air travel, packed fishing equipment and appropriate clothing for all kinds of weather. Figures 2 and 3 display pictures from the main lodge. The owners also have a rustic Rolling Camp about 2.5 hours from the main lodge.







Figure 3: Another View of Lago Frio from lodge





Figure 5: At the Lodge, there was a family of border collie puppies. When the puppies were awake, they thoroughly enjoyed belly rubs.

Figure 4: These birds guarded the lodge

Trip requirements: Prior to traveling to Chile, the lodge required a current passport, completed medical report, passenger personal Information, personal travel and evacuation Insurance, emergency contact Information, passenger health Information and one half of the payment up front.

Tackle recommendations: The lodge suggested bringing 5, 6 and 7 weight high quality, fast action fly rods capable of casting large patterns. The lodge wanted us to bring floating fly lines; chest high or pant waders, with comfortable walking and wading boots; wading staff; personal floatation device; rain clothes and a buff; for lines; a combination of fly lines to match our rods. We mostly used dry lines, but on occasion, a full sink system 6 line was used for fishing streamers and woolly bugger (some anglers used sinking tips lines.) The owners recommended a selection of flies to cover varying water and weather conditions, locations and time of season. For dry flies, the lodge suggested: Fat Alberts sizes 4,6, 8 in colors (black and orange with rubber legs); Turk's Tarantula in sizes 6, 8 in colors (red and yellow); Elk Hair Caddis in sizes 14, 16 (tan and black); Chubby Chernobyl Ants in sizes 4, 6 (black/orange and black/yellow); and Royal Wulff in sizes 10 to 14' We were also encouraged to bring Parachute Adams and any of our favorite patterns. On lakes, we mostly used fat alberts in black/red, black chubby chernobyl ants and black woolly buggers. On streams, we added small nymph droppers off of the larger floating flies (a size 16 prince nymph, hare's ear or pheasant tail nymph.)

The trip: From Silverton, the author was picked up by friends from Albany and Corvallis and traveled to Portland, Oregon Airport (PDX). We flew on American Airlines from Portland to Dallas, Texas (DFW) (1,016 miles, which took 3 hours and 33 minutes.) For the next leg of the trip we flew the American Airlines (red eye) flight to Santiago, Chile (SCL) (4,869 miles, which took 9 hours and 43 minutes.) From Santiago, we flew another 865 miles to Balmaceda (BBA) (the flight time was 2 hours and 8 minutes). We were met at BBA by the Chile Trout owner. It took 40 minutes to the lodge on a paved road (many roads in Chilean Patagonia are gravel.)

The setting: The Lodge sat on 12 acres of land overlooking Logo Frio. Other than scattered houses the surrounding area was expansive farmland.

The guides: The guides were professional, knowledgeable, helpful, extremely patient and spoke fluent English. There was a guide for every two fisherpersons. Pancho and his guides had about 35 total years guiding experience in the United States, Canada and Chile.

Food: The food presentation was excellent and prepared by a professional chef. We spent two nights and days fishing a lake by the rolling camp. It was the best lake fishing we experienced.

The fish: We caught aggressive brown trout, which often jumped like rainbows. The largest brown caught was 26 inches and the smallest were ten-inch rainbows.

The fishing: All of the fishing was within 2.5 hours from the main lodge. The fishing consisted of a combination of sight fishing, enhanced by the guides' keen eyes, and blind casting to pocket water. On the lakes. we used primarily fat albert dry flies, (casting as close to the shore as possible, stripped fast for five or six strips, strip slowly for about 20 feet and then recast.) One afternoon, we had three doubles hookups one after another. On the streams, we fished similarly to the way one fishes for steelhead; i.e., cast, mend, drift, take a couple of steps and recast. We used mainly roll, reach and wiggle casts.



Figure 6: The red and black Fat Albert Foam Fly was very effective. (top view.)



Figure 7: Fat Albert (bottom view.)

The family and staff: At the main Lodge, family members and guides joined us for breakfast and dinner. At the rolling lodge the guides and cooking staff ate their meals with us. It was a cultural experience, as well as an opportunity to catch brown trout on dry flies and explore the beautiful countryside. For anyone interested in fishing in Chile, I highly recommend the Chile Trout Lodge. One can see much more information on the web site: **chiletrout.com**.



Figure 8: Picture by Pancho floating a river



Figure 9 Countryside view



Figure 10: One type of wild flowers



Figure 11: A hillside covered with fuchsias



Figure 13: Another river with large browns



Figure 12: Some riverbanks were covered with purple flowers



Figure 14: A brown trout



Figure 15: Picture by Pancho



Figure 17 Lake hillside



Figure 19: We camped at the Rolling Camp two nights- There were comfortable bunkbeds on either end of the trailer.



Figure 16: Lake view from rolling camp



Figure 18: Rolling camp cook shack

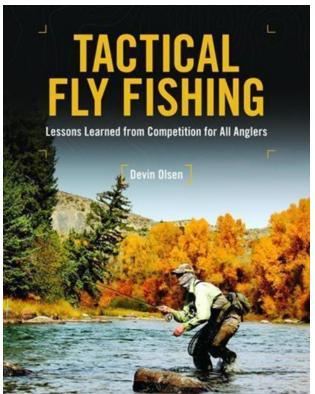
Additional thoughts:

- 1) According to our guides, Chile had the highest Covid vaccination rate in the world second only to Israel.
- 2) During the peak of Covid, unless they were vaccinated, citizens were not allowed in stores.
- 3) When fly fishing in Patagonia, a common phrase one heard was, "You must make friends with the wind."
- 4) The author felt completely safe fishing and traveling in this region of Chile Patagonia.
- 5) The writer was completely vaccinated and boosted for Covid. He followed his doctor's orders and wore a K -95 mask on the airplanes and in airports. However, very few passengers were wearing masks. Upon his return, the author tested positive for Covid. After seven days of quarantine, He tested negative for the second time and is feeling fine.

Water Temperature and Fish Behavior

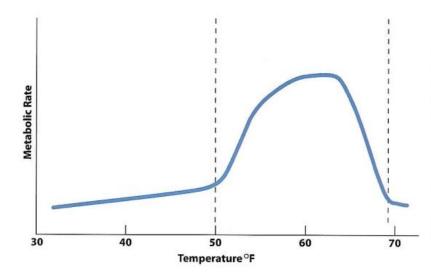
By Beth Jappay

In early December Tim and I fished the Marshall Island to Harrisburg stretch on the Willamette. I had high expectations since Tim had reported great success just a week earlier. It ended up being very tough fishing and I diagnosed the cause to be the drop in water temperature over the previous week. I remembered last year reading Devin Olsen's latest book "Tactical Fly Fishing" and his discussion about the importance of water temperature in trout location and fishing tactics. I regretted not having that information at my fingertips while on the water, and reread that section of the book when I was back home. I decided to discuss the topic in this month's column.



This book is highly worth buying and reading. Devin Olsen has been a member of the USA Fly Fishing team since 2006, and in 2015 won a team silver and personal bronze in the World Fly Fishing Championship in Bosnia. This book distills the strategies he has learned from over a decade of competition. His emphasis is on Euro-Nymphing, and this is the first fly fishing book that I have read that has separate chapters on how to fish different types of water on a stream. His approach was to fish a stretch of river with a teammate and compare and contrast their individual strategies and successes. He has separate chapters dedicated to pocket water, riffles, runs, pools, glides, and bankside lies. I found it fascinating how very differently he approaches each of these types of water. However, having read this book over a year ago, the information that still sticks with me the most is the information he presented about how water temperature affects fish metabolism, fish location, and fly fishing strategies.

Trout are ectothermic (cold-blooded) and their metabolism is ruled by the temperature of the water they are in. Below 48-50 degrees they have a very low metabolism, and they are concentrating on energy conservation instead of feeding.



Temperature is one of the most critical variables affecting trout feeding behavior because it directly affects their metabolic rate. Trout metabolic rates follow a left-skewed bell curve. The shape of the curve is similar between different species, but the specific temperature where changes occur can differ by a few degrees. Their metabolic rate descends as stress increases once the water becomes too warm for their optimal function.

As you can see by this graph from his book, as the water temperature climbs above ~50 degrees there is a steep rise in metabolism. On a stream, the water temperature can change from 3 to 8 degrees from morning to late afternoon,

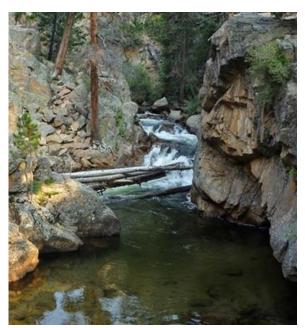
so Devin advocates checking water temperature multiple times a day, and considers his streamside thermometer to be one of his most essential tools.

I was surprised to learn that a trout living in a water temperature in the high 50's will eat/need about three times the calories of one living in a water temperature under 50 degrees. Therefore trout will move further for food items when the water is near prime temperature. If the water is cold, Devin fishes each likely holding spot with more drifts from various angles, and also tries to keep his flies near the bottom. On the other hand, if the temperatures are ideal he fishes more quickly through an area, emphasizing showing his flies to the most trout.

Water temperature will also change his choice of fly and presentation; for example when the water temperature is close to ideal trout are more likely to chase a streamer.

Finally and most importantly, water temperature affects the water types where fish hold. Riffles and fast-water areas of a river are the food-production zones within a stream, while the pools and slow-water areas are the food sinks. Studies have shown that macroinvertebrate drift within riffles averaged 3.5 times more than in pools. Since it requires more energy for trout to hold in faster-moving water, they will only do so at more ideal water temperatures.

The most useful information I found from this book was an explanation of what water type trout are likely to hold at various water temps:



From 32 to 35 degrees concentrate on the slowest water and fish the flies hard on the bottom. Use jig hooks (less likely to snag) and larger patterns such as eggs, mops, and stoneflies.



From 36 to 39 degrees trout activity will pick up. Continue to concentrate on slow water, but often the rear half of pools, runs and large pockets will now be more productive. If unable to approach the fish close enough to euro-nymph, suspend the fly with a dry dropper, etc.



From 40 to 45 degrees, expect the fish to spread out a bit. Focus on the upper half as well as the rear half of the pools and runs. Now larger pockets in pocket water can be productive, as well as bankside eddies. In this temperature range a midge hatch or BWO hatch may happen, so be prepared to fish a dry pattern.



From 46 to 50 degrees, the trout will start to inhabit shallower water as well. In addition to the pools, runs, and bankside eddies, fish may be found in shallow pockets and riffles.



From 51 to 59 degrees the trout are now inhabiting water temps at their peak metabolic rate, and all but the fastest water is profitable for them to hold in. Water types from 6-inch-deep riffles to 6-foot-deep runs will produce fish. Fewer fish will be found inhabiting the slower parts of runs and pools.



From 60 to 70 degrees focus on banks, riffles, and heavy pocket water, as well as the fastest water in the river that has any sort of place for a trout to hide. At this temperature fish (often the largest) may be holding underneath water fast enough to produce standing waves. These often signal boulders disturbing the current, creating a break in the current that a large fish can take advantage of.

In addition to the absolute water temperature, changes in water temperature are also important. If the temperature is warming fish are more likely to be biting, whereas a large shift in water temperature can shock fish.

Lastly, temperature can also influence the time of day that is ideal to fish. For example, in winter it is often better to wait until late morning to start fishing, whereas in summer the best times would be early morning and late afternoon.

Have I convinced you to buy a fishing thermometer yet? I keep one in the inner pocket of my waders, looped onto a lanyard along with a hook sharpener, a whistle, and a compass.

How To Join the March SFC Meeting

The monthly meetings will continue to be hybrid In-person and online meetings. Participants can join the meeting either by attending in person or online via Zoom.

In person, the gathering will be held at the Broadway Commons/Coffeehouse, 1300 Broadway Street, NE, Salem. There is parking at the rear of the building. Enter the Coffeehouse through the doors at the southeast corner of the building (facing the parking lot). Take the elevator to the Mexico Room on the third floor.

By Zoom, the link will be emailed to members twice: one day prior, and also the morning of the day of the meeting. The meeting starts at 7:00 PM. If you are not a Santiam Flycasters member, you can request the Zoom link by sending an email to santiamflycasters@yahoo.com at least one day prior to the day of the meeting. If you have questions, contact Tim Johnson, santiamflycasters@yahoo.com, 503-507-8552

Simple Olive Perdigon By Robert LeClerc



This fly pattern is pulled from the Tactical Fly Fisher Website and is a simple fly that can be adapted to other variations simply by changing the thread and body color. Perdigons are designed to sink very quickly due to the thin body, bead and resin coating on the body.

Materials List:

Hook: Scud hook in sizes 16-20.

Beads: Tungsten beads, sized to match the hook, in black or silver.

Tail: 3-4 fibers of Coq de Leon

Thread: Light Olive

Body: Veevus Body Quill. I have used olive Krystal Flash, Semperfli Perdigon body and plain thread on different

versions.

Wing Case: Black UV resin or black fingernail polish

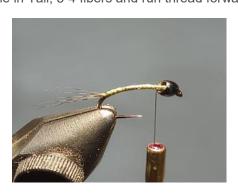
Resin: UV Resin.

Tying Instructions:

1. Debarb hook and install bead.



2. Tie in Tail, 3-4 fibers and run thread forward to bead.



3. Tie in body material and run thread forward to bead.



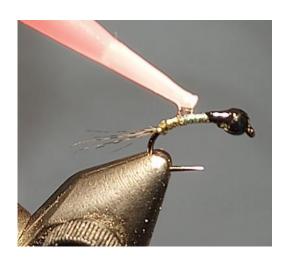
4. Wrap body material forward creating a thin even body, whip finish and cut thread.



5. On top of the hook, apply black resin or fingernail polish to form a head. Head should be on the bead also. Cure using ultraviolet light if using resin or air dry using fingernail polish.



6. Coat the body with an even coat of resin and cure.







Santiam Flycasters

2023 Membership Form

The Santiam Flycasters, Inc. is a group of men, women, and youths in the Salem area who have a common interest in flyfishing and have joined together to share their experiences and knowledge of the sport since 1975. The club was incorporated as an Oregon non-profit organization in March of 1977. The Santiam Flycasters, Inc. is affiliated with the Fly Fishers International.

The mission of the Santiam Flycasters is to promote the sport of fly fishing for all interested individuals of every generation now and into the future. Through fellowship, education, conservation practices, promoting research, guardianship of proper regulations and support, the Santiam Flycasters can succeed in this mission.

We meet in Salem the second Thursday of each month (no meeting in July)
www.santiamfiveasters.com

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 waving 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.

| S | ignature | Print Name | Date | |
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