This message is my final Random Cast. My term as COF president will end December 31, and Lee Ann Ross will then take the helm as president. Serving on the board takes time, but it’s a pleasure when you have active, friendly members, a strong board of directors, many willing volunteers, and club goals that go beyond simply fly fishing. I’m really proud of our club, glad to be a member, and I LOVE fly fishing!

Every year, some board members retire. This year Craig Dennis and Dennis Rockwell will leave the board. I thank them again for their dedicated service.

Despite a terrible recession, this year our membership grew more than five percent. We’re solid financially, yet we’ve not raised our annual dues for more than six years. Our Wild Women of the Water membership is active and growing. Our Kokanee Karnival fourth and fifth grade education program has had another tremendous year — thanks to your generous donations and volunteer time — and has recently received grants from the Federation of Fly Fishers to develop a DVD series for use outside Central Oregon to start programs like KK. We have outstanding outings, education seminars and classes, first-rate speakers at monthly programs, and an excellent conservation program. We also kicked off a COF sponsor-recognition program with annual awards for our top sponsors (those who donate free or heavily-discounted items for our monthly and banquet raffles and teach classes too). At our banquet, we raised more than $6,400, and we have a high-quality newsletter and website (thanks, Terri and Jeff Grimm).

One of our goals is to get young members to join. We now offer dues-free memberships to anyone who is 25 years old or younger. We plan to develop new programs to interest teens in fly fishing. Teens are the future; they will be tomorrow’s voters. To ensure a fishing legacy for children in the future, we must interest teens in conserving fish and waters today.

Congratulations to the ten members who received the ODFW Angler and Aquatic Education program’s bronze award this month. Each one has donated at least 75 hours teaching Angler Education. The success of this club has been, and will continue to be, driven by its strong volunteer commitment. We have lots of opportunities, so please pick one that looks interesting and volunteer. The Metolius redd (spawning bed) count begins December 8.

Don’t forget about fishing! We will have a January 1 outing on the Crooked River. After the November cleanup, I caught about a dozen each of redsides and whitefish on the Crooked.

Happy (and safe) holidays to all.

– Dick Olson
**GeneRal meetinG**

Dec 15 | 6:30 p.m. | Bend Senior Center, 1600 S.E. Reed Market Road, Bend

**Annual fly tying and swap meet**

**Fly tying**

The December meeting is the time to watch some great COF fly tiers (and guests) in action, learn new techniques, and ask questions. As usual, club members will help set up tables. What to bring:

- Your fly-tying equipment if you want to set up a table to demonstrate tying.
- Pencil and paper so you can take notes.
- Batch of your favorite holiday cookies or other “goodies” to share and munch on.

**Swap meet**

This year, we will also have a swap meet for gear and tying materials. Here is a great opportunity to trade your unused fly rod or reel, float tube, or other fly-fishing gear you no longer use for something useful. Bring your unused gear or extra fly-tying materials to swap or sell with/to fellow club members. Gear will be displayed on separate tables.

**Special raffle**

All tiers will donate a minimum of two flies and winner takes all in the special drawing.

**OUTINGS 2011**

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**OUTINGS**

**Outings for 2011**

The 2011 outings calendar is firming up, but we could use more outings and outings leaders. I would be happy to give you some guidelines and tips on organizing and running an outing. It takes a little effort, but you can have a good time with it. Think of a trip you want to go on with a few friends. You don’t have to be an expert. Leading an outing is a great excuse to learn about a place that you have always wanted to explore.

**New Year’s Day outing**

The first outing of 2011 will be the traditional New Year’s Day outing to the Crooked River. As always, meet at Jake’s Diner on the east side at 9 a.m., have breakfast with fellow COF members, and decide if the trip out to the river is for you. There are always some of us crazy enough to go, regardless of weather or river flows. (We have to make sure we get full value out of our 2011 fishing licenses.) Be sure to get your 2011 license beforehand. Sometimes the fishing is even decent on New Year’s Day.

**Coming in January**

Matt Paluch will give a presentation about fly fishing the Seep Lakes in Washington. More information will be included in the January newsletter.

continued on page 3
British Columbia trip

We need an outings leader for the June trip to British Columbia. Without a leader, this trip will not occur. Let me or Dave Dunahay (Dunahay@bendbroadband.com or 541-317-5843) know if you are interested in organizing this trip.

– Yancy Lind, Outings Coordinator (yancy_lind@ml.com or 541-788-5514)

EDUCATION

Winter seminar – Mastering western rivers and lakes
Feb 12 and 13 | Aspen Hall | 9:00 a.m. to 4:00 p.m. | $65

This year’s winter seminar will feature Rick Hafele and Skip Morris. This workshop brings together entomology, pattern selection, presentation, and fly tying. Skip and Rick, with their characteristic easy manner, will teach you how to fish trout rivers (day one) and trout lakes (day two). Information will concentrate on the Pacific Northwest and will cover the following topics:

• recognizing critical hatches
• selecting and fishing patterns that match the hatches
• tying a variety of effective nymphs, emergers, and dries

COF and Sunriver Anglers will host this seminar at Aspen Hall in Shevlin Park on February 12 and 13, 9:00 a.m. to 4:00 p.m. Cost for the two days is $65 for Central Oregon Flyfishers and Sunriver Angler members. Cost is $75 for non-members. Lunch, coffee/drinks, and snacks are included in the price. To register, mail your check to: Gary Meyer, P.O. Box 1396, Bend, OR 97709.

For more information, contact Gary (541-633-0934 or education@coflyfishers.org).

Register early! Reserve your spot. Space is limited, and we anticipate this seminar will be very popular.

– Gary Meyer (education@coflyfishers.org 541-633-0934)

Building blocks for successful fly-pattern design
Dec 4 | All-day fly-tying workshop | Central Oregon Environmental Center

Kick off the fly-tying season with creative ideas and new techniques from Bend fly tyer and COF member, Wes Wada. Wes is noted for creating innovative and productive new patterns. Participants will learn approaches to fly tying that are definitely off the beaten path.

Topics include: Google-powered fly tying; Keys to color in tying and fishing; New flash materials: when and how; How to test flies; Tying Wes’s best-performing new patterns from last season: Snake Eyes and Juice Bug Damsel.

The workshop will feature lots of discussion, demonstrations, coached tying, live Internet, digital slides, and lots of handouts.

COF is an associate sponsor of this workshop. COF members can register for $24, a discount from the $28 workshop fee. Reservations reserved exclusively for COF members until October 15.

Details and registration information available from: www.info-fx.com/workshop.

Tuesday night fly tying

Tuesday night fly-tying classes will begin January 4, 2011, (6:00 p.m. to 9:00 p.m. at the Bend Senior Center) and will be held every Tuesday night for 13 weeks. I will teach the first class. The tyers schedule is just about set, and I’ll talk about the schedule during the first class. We’ll also discuss what you want to see presented this year. This year will be an expansion of the last two, with old and new techniques. I’ll try to keep materials to items you are likely to already have, rather than use materials that are good for only one pattern. Classes are set up for intermediate to advanced tyers, but beginners will find there is plenty of help in the class. So plan to attend even if you have only a little tying experience. These classes are a bargain at $5 per class.

Remember: Fly-tying will be the theme at the December COF general meeting, in addition to the swap meet.

– Jerry Criss (541-536-3581 or tlfly44@msn.com)
Wild Women of the Water

Holiday potluck
Friday, Dec 10

The Wild Women of the Water Annual Holiday Potluck is a fabulous opportunity to share fish stories and good food with the ladies you've met throughout the year and see some new faces too. Much fun and laughter is in store. Hope to see you all there!

Any ladies interested in attending, please contact Kristin Lambson (wildwomen@coflyfishers.org or 623-570-6446) to find out all the details.

— Kristin Lambson

Book Reviews

Review a book

We hope you enjoyed John Anderson's review of The Bug Book in the November newsletter. If you've read a fly-fishing book that you think others might enjoy, we'd love to have you write a review for an upcoming newsletter and email the review to cof@sonatainc.com. If there's a fly-fishing book you'd like to see in the library, please email the COF president (president@coflyfishers.org).

— Lee Ann Ross

Other News

COF Fly of the Month CD – Fund raiser and excellent stocking stuffer

For the fly tier who has everything! Fish Central Oregon waters with confidence knowing that you have the flies made especially for our waters. A compact disc (CD), with pictures and tying instructions for more than 75 COF flies of the month, is now available. Included are Jerry Criss’s TLF Emerger, which slays fish on East Lake, Carl Sanders’ Bead Head Estaz, which “increased his average fish size by three inches,” and Bill Seitz’s Bling, which is guaranteed to catch fish on the Crooked River. If you tie flies, this CD is a gold mine. If you don't tie, you still want this CD so you can identify the flies and know what to look for in the shops.

Fill those Christmas stockings with the COF Fly of the Month CD. Send it to your friends in the valley. CDs will be available for a $5 pittance at the December COF meeting. For more information, contact Lee Ann Ross (rossleeann@yahoo.com). All proceeds will support youth fly fishing.

— Lee Ann Ross

Frank Turek presentation now available on COF website

Last month, Flyfishing the Crooked River by Bill Seitz was made available on the COF website. Flyfishing the Crooked River by Frank Turek is now available too. This presentation is the same one that Frank gave at the October general meeting. To view the presentation, go to the COF website (coflyfishers.org), click Presentations, and click the format you prefer. Frank’s presentation is available in the following formats:

• PDF – Choose this format (smallest file) to view the presentation as a PDF file and print the information.
• Web page – Choose this format to view the presentation as a slide show in your web browser.

— Terri Grimm, Editor

COF volunteers receive bronze awards

Ten members of COF have received the Oregon Department of Fish and Wildlife’s Angler and Aquatic Education program’s bronze award. This award is given to angler education instructors who reach 75 hours of donated time. Central Oregon Flyfishers implement this activity through the Kokanee Karnival Youth Education Program, which has grown to be the largest organized facilitator of the program in the state!

Their investment of time, knowledge, and skills has demonstrated their personal commitment toward ensuring that the joy of angling is passed on to future generations.

— Lee Ann Ross

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were successful. One girl caught 11 fish in the short one hour we had on the site.

At the Ochoco Creek site, the Crooked River Watershed Council recently partnered with Ochoco Lumber Company to restore the three-eighths mile section of Ochoco Creek that runs through the old mill site property. Brian Wach’s students provided volunteer labor to assist with the plantings at the site. The riparian area is looking good and the plantings are becoming established.

Many thanks to all who made the weeklong event a success: Ted Brownrigg, Lee Ann Ross, John Anderson, Mike Tripp, Gary Meyer, Bill Myer, Joe Checketts, and Delores Marsh. Also, thanks to all who supplied equipment: Fly and Field of Bend, Orvis, TU, and COF.

– Herb Blank

Each volunteer received a bronze award certificate, bronze award pin, aquatic and angler education stainless steel tumbler, and a letter of congratulations. So, the next time you see the following members, thank them: Laurie Adams, Jerry Criss, Sandy Dunahay, Bob Griffin, Terri Grimm, Mark Reisinger, Earl Rettig, Vivian Rockwell, Dave Semich, and Frank Turek.

Thanks to all the great volunteers and a hearty “Fins Up!”

– Capt Caddis

Jerry Chris, Earl Rettig and Frank Turek receiving the Bronze Award from Bob Mullong.

TU and COF volunteers assist Prineville angler education

Most mayflies have two tails, but how do you tell the difference between a two-tailed mayfly and stonefly? You probably didn’t learn this in high school, but students in Prineville’s Crook County High School did last week. During the first week of November, members of the Deschutes Chapter of Trout Unlimited (TU) and members of Central Oregon Flyfishers (COF) participated in an angler education program in Prineville for middle school students of Tawnya Layne and high school students of Brian Wachs. Tawnya teaches a semester-long science class entitled “Stream Team” where the students use Ochoco Creek as their laboratory. Brian’s students are taking a semester-long course on fisheries and wildlife.

The week started off with basic education in angling: setting up a rod, tying knots, casting. John Anderson led the class on Tuesday and covered entomology for the high school students. In the classroom, students learned the difference between mayfly and stonefly nymphs, as well as how to identify several other important taxonomic groups of insects and other aquatic critters (like scuds, aquatic sow bugs, and leeches). John brought specimens that were displayed in vials and dishes that students were able to view with microscopes and hand lenses.

On Wednesday the kids got outside to practice casting, and on the final two days everyone had the opportunity to try their luck on Ochoco Creek or the Crooked River; many

Here’s what the Crook County Middle School kids had to say about the program:

“It was the most fun I’ve had in four years.”
– Levi Hensley

“It was fun because we got to fish and meet new people.”
– Chandler Mendenhall

“It was fun because I’ve never fly fished before.”
– Robbi Timmer

“I had a lot of fun. Casting and being still and quiet was relaxing.”
– Austin Zurcher

“It was fun because I got to go under the bridge with Audrey and our lines got caught together and we caught a fish. I guess two really is better than one!”
– Hannah Bennett

“It’s better than sitting in a classroom.”
– Dustin Seyl

“It was a blast because the thrill of catching a fish and learning the new knots.”
– Audrey Bernard

“It was interesting because we got to go outside and get active. My dad’s proud of me.”
– Jon Grace

“I caught a fish!”
– Jeremy Haas

The Central Oregon Flyfisher 5 December 2010
CONSERVATION

Hello COF!

I successfully defended my thesis in June 2010. My committee approved the thesis with minor revisions so my defense was relatively painless. I submitted my thesis to the grad school in June and received my degree in July. My entire family flew in for the event, so the defense and party were well-attended and well celebrated!

After a 2½ year hiatus (academic leave) from ODFW, I returned to work July 1. I am happy to report that my schooling paid-off, and I landed a higher-level position with ODFW. In my current role as the Native Fish & ESA (Endangered Species Act) Coordinator, my job duties are primarily focused on ESA permitting, processes, research and planning. My position is split between ODFW in Salem and the USFWS in Portland. Everyday brings new challenges; the learning curve is steep! I love the challenges of my new job, and I am continually learning and stretching my brain. I relocated from Corvallis to Portland in August, and I absolutely love Portland. Thank you COF for all the support over the last few years! I hope to fish the Crooked with you in the future!

— Shivonne Nesbit, Native Fish & ESA Coordinator
ODFW -- Fish Division
3406 Cherry Ave NE, Salem, OR 97303
ph: 503.947.6253  fax: 503.947.6202
shivonne.m.nesbit@state.or.us

Editor’s Note: The following abstract is from Shivonne Nesbit’s thesis.

Thesis abstract

Over the last decade, the Oregon Department of Fish and Wildlife (ODFW) has documented a precipitous decline in the Crooked River redband trout population, prompting a Master’s study to address potential factors contributing to the decline. This thesis had three objectives:

1. evaluate the movement patterns of redband trout and mountain whitefish in the Crooked River below Bowman Dam
2. monitor total dissolved gas levels (TDG) in the Crooked River to evaluate the incidence of supersaturated water and gas bubble disease in redband trout and mountain whitefish and
3. implement a more comprehensive population estimate survey to document both redband trout and mountain whitefish population densities.

Prior to this study, limited data existed on the distribution and movement patterns of redband trout and mountain whitefish in the Crooked River below Bowman Dam. Based on the results from the 2-year telemetry study, redband trout and mountain whitefish population exhibit a resident life history strategy and stay in the Wild and Scenic Section of the Crooked River below Bowman Dam. Two potential explanations for the observed population decline were plausible: the decline was actually a decline, or the fish moved to other sections of the Crooked River downstream of Bowman Dam. The telemetry study showed that redband trout and mountain whitefish stay within this section of river, thereby providing evidence against the explanation that the observed population decline was a result of movement of fish to other sections of river.

The total dissolved gas study demonstrated that gas saturation levels become elevated enough to cause gas bubble disease in the Crooked River below Bowman Dam. The gas saturation in the Crooked River is equivalent or higher than levels shown to produce gas bubble disease (GBD) in fishes. When flows exceed 600 cfs, the total dissolved gas saturation exceeds the maximum Oregon Department of Environmental Quality mandated level of 110% gas saturation in the Crooked River. Flows in excess of 600 cfs are common during spring runoff events below Bowman Dam. From 1989-2009, flows exceeded 600 cfs in 13 of the 21 years. Given the strong linear relationship between TDG and stream average daily discharge ($r^2=0.93$), discharge itself can be used as a predictive tool for assessing TDG levels in the river. The past population effects of high flows and supersaturated waters on redband trout and mountain whitefish are difficult to quantify, but based on the hydrograph and the saturation curve, the years when gas bubble disease might have been present in fish can be predicted. Based on the flow data and the gas saturation curve for the wild and scenic section of the Crooked River generated here, gas bubble disease was probably present in fish in 1993, 1996, 1997, 1998, 1999, 2004 and 2006.

The redband trout population density has varied considerably from year to year, with a peak observed in 1994 and the lowest point observed in 2006. A large increase in the number of redband trout per km occurred between 1993 and 1994, indicating that the density of fish can increase substantially in one year. The decline in redband trout density from 1994 to 2006 appears to be more gradual than the increase in density observed from 1993 to 1994. Since 2006, the redband trout population density appears to be increasing based on qualitative patterns. One interesting finding was that in 2007, the mountain whitefish density was estimated to be 7 times greater than the redband trout density in 2008. It was estimated to be 4 times greater, but in 2009, the mountain whitefish density was only marginally higher than the redband trout population. In the three years of this study, there appears to be a shift in the relative abundance of redband trout and mountain whitefish directly below Bowman Dam. The reduction in the mountain whitefish population density from 2007 to 2008 was not expected based on angler accounts of the increase in mountain whitefish population densities.

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I recommend that ODFW continue to monitor the redband trout and mountain whitefish populations in the Crooked River below Bowman Dam. Ideally, enumerating the number of recruits in a year would be a better way to understand survival and population changes, but as recruitment may be difficult to quantify in the Crooked River perhaps a better effort at sampling age-1 fish would be helpful in addition to the annual sampling. Management recommendations for flow releases from Bowman Dam include pursuing dam modifications to fix the TDG problem. The US Bureau of Reclamation is currently researching dam modifications to reduce the total dissolved gases below Bowman Dam. Until a solution is implemented, TDG monitoring during high flows coupled with fish surveys would better our understanding of how fish in the Crooked River respond to high levels of total dissolved gases.

MEMBERSHIP

Welcome new members

Welcome to new November members Eric Davis and Neil McDaniel! We now have 257 members.

REMEMBER: Renewal notices for 2011 memberships have been mailed. Renew your membership before January 1 and save six dollars. Check your contact information to ensure it is current (especially email address). Please have each participant sign the liability release before returning the form. If you need another form, contact membership@coflyfishers.org.

To join, go to coflyfishers.org to print a form. New members qualify for renewal rates for 2011 as long as they join before January 1, 2011.

Current rosters are available by request, so please contact me at the next meeting, or send email to membership@coflyfishers.org with ROSTER as the subject. Or mail me a card at Membership Services, PO BOX 1126, Bend, OR 97709. (Please indicate if you want a PDF file or printed copy.)

Matt Paluch will be the incoming chair for the membership services committee as of January 1, 2011.

– Craig Dennis, Membership Chair
541-548-1689 or 503-577-1179

VOLUNTEER OPPORTUNITIES

Youth rod-building class

Seven Peaks Middle School has asked for help from COF for a rod-building class that will be held on Friday mornings from 10:45 to 11:50, beginning December 10. If you can help, please contact Lee Ann at rossleeann@yahoo.com.

Metolius redd count schedule

Attached is the Metolius redband redd count schedule for 2010-2011. (See schedule on page 8.) If you want to walk the beautiful upper Metolius and help survey for redband redds, here’s your chance. Please look at the attached schedule and let myself and the lead biologist know if you want to sign up for a day or two. We will meet at the Sisters Ranger District at 0900 the day of the survey and carpool from there, unless other arrangements are made. Surveyors should be back at the district no later than 2:00 p.m. Bring chest waders, backpack, lunch, water, polarized glasses, and warm clothes.

Three of the dates have already been filled by volunteers: January 19, February 2, and March 16.

– Nate Dachtler
Sisters Ranger District Fishery Biologist
PO Box 249, Pine St and Hwy 20
Sisters, OR 97759
541-549-7725 or ndachtler@fs.fed.us
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<td>METOLIUS *sec 00-7</td>
<td>PGE</td>
<td>Cory Quesada 325-5348 <a href="mailto:Cory.Quesada@pgn.com">Cory.Quesada@pgn.com</a></td>
<td>Mike Harrington 388-6363 <a href="mailto:michael.r.harrington@state.or.us">michael.r.harrington@state.or.us</a></td>
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</table>

Headwater Springs to Old Spring Cr Bridge
TYERS CORNER

It is winter in Central Oregon. Cold temperatures, snow, and short, solitary days on the Fall River come with the season. The high canyon walls that shadow the Crooked River cause imaginary early sunsets. There is something special about winter in Central Oregon; the rivers take on a greenish-gray hue and become somewhat subdued and quiet. The fishing is great this time of year, and you find yourself alone a lot. Get out and enjoy it!

This month’s fly is a dry midge pattern, for those days when you just can’t seem to match the hatch or you are not hooking fish with any consistency. Nothing unusual about that, right? Tie this fly in any color to match what you find, but light dun to black and olive to dark brown should work. Vary the hackle color as well, and experiment with the shuck material. I find that is one of the key triggers with midges. Fish the fly on top. With this style of hackle, the fly floats really well.

This fly uses the hackle/stacking technique or what some people call a paraloop hackle. This style of hackling for dry flies is becoming more popular each season, with old standards being hackled this way. I will demonstrate this technique at the COF December fly-tying meeting. Or you can find a You-Tube video of it. Good luck and happy hunting.

– Jerry Criss (541-536-3581 or tlfly44@msn.com)

TLF Paraloop Midge

1. Wind a base layer of thread from the hook eye to just beyond the barb of the hook.
2. Tie in the shuck and trim to no longer than the hook gap.
3. Wind the thread forward, about one-sixteenth of an inch; be neat.
4. Tie in the hackle post, making a loop about 2½ to 3 inches long. (When you wind the hackle, use your left index finger or a gallows tool to hold this post.) Make sure that the post is secure.
5. Tie the hackle by the butt end with the tip facing the rear of the fly.
6. Dub a fine, tapered body forward to just behind the hook-eye, leaving room to tie off the hackle and head.
7. Start winding the hackle up the post at least six to eight wraps. When you have enough wraps; open the loop above the windings and push the hackle tip through the opening; let the loop close. Carefully push the hackle windings down, compressing the hackle. Bring the hackle loop forward over the top of the body. With a couple of wraps in place, pull the loop forward until the hackle meets the tie-in point.
8. Add a couple more tight wraps of thread, cut off the end of the loop and cover with tight wraps of thread until a nice head is formed.

Lee Ann Ross found a great website that has super clear graphics on knot tying. If you want to brush up on your skills, go to:
## Central Oregon Flyfishers Upstream Events 2010

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Dec 2</td>
<td>6:30 pm</td>
<td>monthly board mtg.</td>
<td>Environmental Center</td>
<td>Dick Olson (<a href="mailto:president@coflyfishers.org">president@coflyfishers.org</a>)</td>
</tr>
<tr>
<td>Dec 4</td>
<td>6:30 pm</td>
<td>CLASS</td>
<td>Environmental Center</td>
<td><a href="http://www.info-fx.com/workshop">www.info-fx.com/workshop</a></td>
</tr>
<tr>
<td>Dec 15</td>
<td>6:30 pm</td>
<td>general meeting</td>
<td>Bend Senior Center</td>
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### IN THE FUTURE

- **Jan 1** OUTING - Crooked River. See page 3 for details.
- **Jan 4** Tuesday night fly tying (Jerry Criss, tlfly44@msn.com) See page 3 for details.
- **Feb 12 & 13** Winter seminar – Mastering western rivers and lakes. Rick Hafele and Skip Morris. Aspen Hall, 9:00 a.m. to 4:00 p.m. $65. See page 3 for details.

### NON-CLUB ACTIVITIES & FYI

Trout Unlimited, Dec 6, 6:30 p.m., Environmental Center, 16 NW Kansas Ave, Bend, Crook County High School Natural Resource Education Program: Use of a Drone Helicopter in Conservation.

### 2010 COF Board Members

- **President** Dick Olson
- **Vice President** Lee Ann Ross
- **Treasurer** Susan Telford
- **Secretary** Bill Raleigh
- **Programs** John Anderson
- **Banquet, Fund raising** Yancy Lind
- **Outings** Dennis Rockwell
- **Membership** Craig Dennis
- **Conservation** Bill Seitz
- **Education** Gary Meyer
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- **Wild Women of the Water** Frank Turek

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**NEWSLETTER - Terri Grimm Editor & Designer**