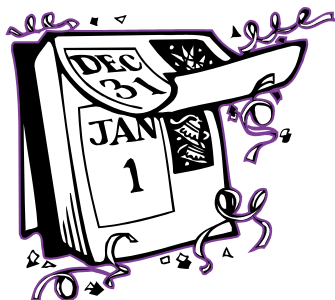


The Central Oregon Flyfisher

Vol. 32, Number 1, January 2009



RANDOM CAST

Happy New Year! Whew, it's 2009 already.

I would like to thank the retiring members of the board for their service. Larry Godfrey, Emil Seidel, Bob Evermore and Bob Griffin have contributed a great deal of time and effort toward improving our great fishing club. I expect that each of them will continue to actively serve the club. Bob Evermore has offered to serve on the membership committee. Bob Griffin has agreed to continue as club historian. (I can think of no one who is better suited to this position.) I would like to extend a sincere "thank you" to Yancy Lind for his skillful leadership over the past year. I have learned a lot from Yancy, and I have the privilege of beginning the New Year with a great board of directors for 2009.

The club officers for 2009 are:

President	Dennis Rockwell	Programs	Dave Magaret
Vice President . . .	Dick Olson	Conservation	Bill Seitz
Secretary	Earl Rettig	Banquet/Fund Raising	Eric Steele
Susan Telford . . .	Treasurer	Past President/Outings	Yancy Lind
Craig Dennis . . .	Membership	Kokanee Karnival	Dave Dunahay
Lee Ann Ross . . .	Education	Wild Women/Membership	Delores Marsh

Starting this year, each board member will chair his or her designated committees. Through the work of these committees, COF truly becomes a vibrant and dynamic club. I am sure that each member of COF has his or her reason for joining the club. What is

your reason? Why did you join? Where can you help?

Get involved. Contact one or more committee chairs. Let them know you are willing to pitch in. You will be glad you did. When you get involved, you are no longer simply a spectator watching from the sidelines. You become a vital, contributing member of the club.

I look forward to 2009. This year should be another great one for COF. This year should be the one when you make COF YOUR club!

Tight lines,
Dennis Rockwell

General Meeting

- 2 Winter fly fishing in Central Oregon

Education

- 2 Rod-building class
- 2 Winter fly-tying classes
- 2 Winter seminar

Outings

- 3 New Year's Day outing

Conservation

- 3 Trout, redds, and bigfoot

Wild Women of the Water

- 4 New in 2009

Other News

- 4 Matching grant program
- 4 Online auction
- 4 National anglers legacy
- 8 Angler education training
- 8 NW fly-fishing expo
- 8 2009 COF banquet

Kokanee Karnival

- 5 Summary information
- 5 Dear volunteer

Tyer's Corner

- 6 TLF, Biot wet fly

Renew membership

- 7 Reminder

Classifieds

- 8 Pontoon boat for sale

Up-stream events

- 7 Calendar



GENERAL MEETING

Winter fly fishing in Central Oregon

January 21 | 6:30 p.m. | Bend Senior Center, 1600 S.E. Reed Market Road, Bend

Don't put away your fishing gear just because it's winter. There are still places to go and fish to catch. Find out where to go, what kinds of gear and flies you need and techniques to use. Scott Robertson, COF member, competitive fly fisher, and former captain of the Team USA fly-fishing team, will share his tips for successful winter fishing.



Fly tyers at the December general meeting. Photos: Dave Semich

Rod blanks typically cost about half the price of an assembled factory rod. (The blank for a \$600 Sage rod will cost about \$300.) The reel seat, guides and fittings will run another \$40 to \$50. The class costs \$25, which includes the epoxy coating for the thread windings and all the supplies and tools needed. I am negotiating to get wholesale prices from our material supplier, but the discounts are not huge, and some of the name brand rods are not subject to discounting. Find an assembled rod that you like in a shop, and do a little cost calculation for yourself. And remember, there is the satisfaction of catching fish on a rod that you built with your own hands!

The first class will be Tuesday, January 13, 6:30 p.m. at Dave Dunahay's house. We'll prepare orders for blanks and hardware. Because there are always back orders for some of the material, the next classes for actual rod assembly will be Tuesday nights, February 17 and 23 and March 3, again at 6:30 p.m. To enroll, please contact Lee Ann Ross (rossleeann@yahoo.com or 312-2568).

– Harry Harbin

Winter fly-tying classes

January 6 | 6:00 to 9:00 pm | Bend Senior Center, 1600 S.E. Reed Market Road, Bend

Classes will begin promptly at 6:00 p.m. and end at 9:00 p.m. Bring your own tools and thread. All other materials will be supplied. To help defray the cost of renting the room, there will be a \$5 fee for each class, payable at the door. The class is open to COF club members **only**. For more information, contact Sherry Steele (steelefly@msn.com or 549-2072).

– Sherry Steele

Winter seminar

February 18 & 19 | 9:00 am to 4:00 pm | Aspen Hall, Bend

It's time to sign up for the COF Winter Seminar, which will be held Wednesday and Thursday, February 18 and 19 at Aspen Hall. Our speaker will be Jason Borger, writer, flyfishing educator, master caster and the shadow caster in the movie *A River Runs Through It*. Jason's program will include seminars on nymphing, presentation, mending, casting demonstrations

continued on page 3

EDUCATION

Fly rod-building class

Are you ready to build your own graphite rod? There are many reasons for building your own rod: save money; build a rod that suits your hands and fishing style; or create a work of art. Whatever your goal, this class could be for you!

This year, COF was unable to obtain rod kits from the FFF at a reduced price. So everyone needs to understand the cost, in advance, of building a rod. Unless you really are all thumbs, you can build an excellent rod on your first try; you don't need to build a "cheap" first rod.

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Rodger R. Carbone
Audrey M. Carbone

and instruction, as well as fly tying. The seminar will be limited to the first 60 members of COF or Sunriver Anglers whose \$60 payment is received. Non-members who are interested in participating will be put on a waiting list and will be able to attend if the class is not filled. Lunch will be provided. Send your check, payable to Central Oregon Flyfishers, to Lee Ann Ross, 3062 NW Underhill Place, Bend OR 97701.

– Lee Ann Ross
rossleeann@yahoo.com or 312-2568

OUTINGS

New Year's Day outing

Jan 1 | 9 am | Meet at Jake's Diner for breakfast

As usual, meet at Jake's Diner (just off Highway 20 west of Costco) at 9 a.m. We'll have a leisurely breakfast. Maybe we'll go fishing afterward, or maybe not. Be sure to have your 2009 fishing license.

– Yancy Lind, Outings Chair

CONSERVATION

Trout, redds and bigfoot

What are redds and why should we care about them?

As fly anglers, it is important to know something about the life history of the fish species we pursue. In Central Oregon, we fish mainly for rainbow, brown and brook trout and whitefish. Life history encompasses everything a fish does from birth to death. It includes how fish grow, mature and reproduce, what they consume and their patterns of movement and migration. Life histories are determined in part by heredity and the environment. This article focuses on reproduction. Without the annual birth of trout, their populations in a water body will decrease, which will decrease the number of fish available to catch.

Trout inhabiting the streams, rivers and some high-country lakes in Central Oregon reproduce in cold, flowing water by creating excavations in gravel called redds. The female prepares a redd by turning sideways near the bottom of the stream or river. She touches her caudal fin to the substrate and rapidly fins gravel with her tail, as if forcefully swimming in place sideways. This movement dislodges gravel and removes fine sediment. Trout often seek riffle areas, or shelves at the head of a pool where the water is accelerating and the gravel is loosely packed. It is easier for fish to construct redds in these areas, and the water upwelling through the gravel maintains an adequate supply of oxygen. A constant supply of oxygen is critical for egg survival during incubation. Males will usually congregate and begin to maneuver for the opportunity to spawn long before females appear at the spawning sites. Domi-

nant males will spar (aggressive posture, intricate body language and tail biting) for several days to several weeks. When the females arrive, the courtship occurs. The start of redd construction attracts males to the area surrounding the female. A dominant male will move alongside the female over the redd. As she releases a stream of eggs, they are enveloped in a cloud of milt (sperm). Males may spawn with more than one female during the reproductive cycle. Females generally release their eggs in several sessions over the course of a day or two and may sometimes create an additional redd in close proximity to their initial spawning site. The female then covers the redd with a layer of gravel until the eggs are completely covered. She will then guard the redd for some time to prevent other fish from disturbing it and consuming the eggs. As a general rule, a trout will lay about 1,000 eggs per 2 1/5 pounds of body weight. For information, ODFW biologists have found that redbands (native rainbows inhabiting the streams and rivers east of the Cascades) as small as eight inches will spawn in the Crooked River. It takes about 40 days for a trout to hatch from an egg.

When do redbands spawn in Central Oregon streams and rivers?

Redbands initiate spawning in the spring when the days start getting longer and the daily maximum water temperature becomes warmer. On the flip side, brown and brook trout (not a trout but a char) spawn in the fall (late August through October). It is hard to identify a specific month on a specific stream or river because of the natural variations in water temperatures. For example, mountain streams warm early in spring before snowmelt, and the warmer temperatures can trigger spawning in April.

What about the Crooked River?

Generally, fish can spawn as early as April and as late as early June. In tailwaters (waters coming from a dam) like the Crooked River, irrigation releases can influence water temperatures and thereby influence spawning initiation.

What about whitefish?

Whitefish (a member of the trout family) do not construct redds. Instead, females scatter eggs during spawning above rocky areas of the substrate where eggs fall into spaces between the rocks to develop. In fact, the whitefish in the Crooked River spawn from early November through early February. According to COF member and our resident aquatic macro-invertebrate expert (bugs to us non-experts), John Anderson, whitefish spawn at night.

What is the conservation message for COF members?

1. Do not wade in spawning areas. Wading in redds is very disruptive to the trout spawning success. When fishing rivers such as the Crooked River during the spawning season, avoid wading back and forth in areas with a gravel bottom.

continued on page 4

Fish from the shore or near shore area. If it is easy wading at the head of a pool, you probably should not wade in this area. Many of the Crooked River fish spawn in small gravel areas among large boulder areas. Avoid these areas. Some rivers like the Deschutes, Metolius and Fall have clear water and often the redds are visible.

2. Avoid wading in spawning areas from April through May (redbands) and September through October (browns), because incubation time is around 40 days. Wading during the 40-day period in redd areas kills the eggs within the gravel. Because biologists cannot identify specific time frames, it is better to err on the wide time frame side.
3. Avoid fishing over redds with egg patterns or nymphs during the spawning times. If you use nymphs, fish the slower, deeper runs and target whitefish. Catching spawning fish is likely to have a negative impact on their spawning success. Leave the good-looking rainbow/brown areas alone. If you fish the redd areas, use flies in the mid to upper water column, such emergers or dry flies. This approach minimizes catching spawning fish on redds.
4. Practice catch and release during the spawning period. Common sense: give the spawners a chance to reproduce.

In 2009, COF hopes to initiate and complete (with volunteer efforts by members) a cooperative project with ODFW and BLM to identify and mark spawning areas on the Crooked River. An ODFW biologist will give a short presentation about trout spawning at one of our 2009 monthly meetings.

– Bill Seitz, Conservation Chair

WILD WOMEN OF THE WATER

New in 2009

Whenever possible, Wild Women will hold the monthly outing/meeting on the **second Tuesday** of the month. We hope this approach will help everyone with their planning. Our first meeting in 2009 will be January 13; we'll watch the excellent and educational DVD *Bugs of the Underworld: A flyfishers guide to the natural history of aquatic insects* by Ralph and Lisa Cutter. (See the June 2008 issue of the newsletter for John Anderson's review.) Watch your e-mail for details about the time and location.

– Terri Grimm

OTHER NEWS

Matching grant program

The National Fish and Wildlife Foundation recently announced its "Five Star Restoration Matching Grants Program." The program attempts to develop community capacity to sustain local natural resources for future generations by providing financial assistance to diverse local partnerships for The Central Oregon Flyfisher

wetland, riparian, and coastal habitat restoration. The proposal deadline is February 16, 2009. Contact Amanda Bassow at amanda.bassow@nfwf.org for more information, or visit <http://epa.gov/owow/wetlands/restore/5star/> or <http://nfwf.org/Five-Star>.

Online auction

The Federation of Fly Fishers is conducting an online auction to help support their mission to conserve, restore and educate through fly fishing. Browse for unique gifts at <http://www.fedflyfishers.org/Default.aspx?tabid=4973>

National Anglers' Legacy partnership

Take the national anglers' legacy pledge and promise to introduce at least one new person to the sport of fishing each year. More information available from: <http://www.takemefishing.org/community/anglers-legacy/take-the-pledge/promo/FEDFLY08>

more news on page 8



Wild Women gather for our annual holiday get together. Thank you Anne Hutchison for your gracious hospitality. Photos: Delores Marsh



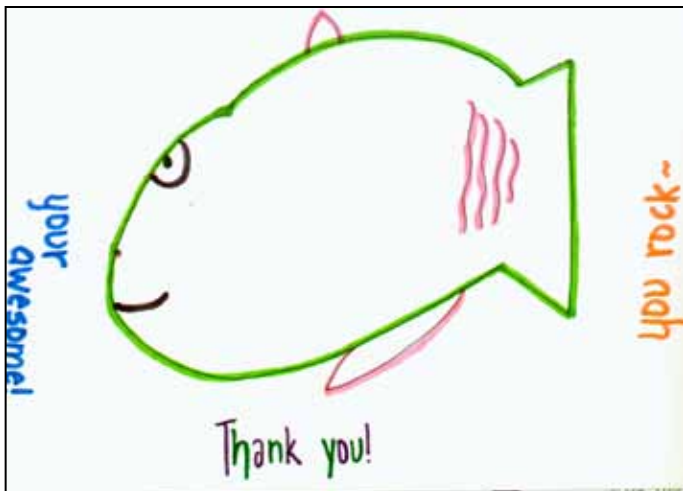
Summary information

Here are some outstanding numbers from the 2007-2008 Kokanee Karnival Program!

- 14 classes (350 students) participated in Angling Clinic and Fall Field Trip
- 33 classes (825 students) participated in Trout Biology (dissection)
- 44 classes (1,110 students) participated in Fish Eggs To Fry—Trout in the Classroom
- 21 classes (525 students) participated in the Angler Education Program
- 70 volunteers contributed at least 1,700 hours to Kokanee Karnival.

Everyone makes a difference! Thank you!

—Jen Luke



Editor's Note: The notes and illustrations on this page were written and drawn by students who participated in Kokanee Karnival.

Dear Volunteer,

Thank you for helping with the field trip. I learned a lot! Like, that not very many Kokanee survive to adulthood. I really liked the field trip. Thank you!

Alexa

Dear Volunteer,

Thank you for spending your day teaching us about the fish. I learned the cycle that the fish go through and about the lamas.

Taylor

Dear Volunteer,

Thank you for making this field trip possible. I really liked wading through the water. All of the bugs were cool too. I also liked sketching the bugs. The kokanee were the best part.

Ben

Dear Volunteer,

We saw fish, we saw their beautiful colors, we saw the fish in their spawning color and it's all thanks to you. I sure enjoyed what a wonderful field trip it was. It was one of my favorite field trips of all the one I've taken, you made this field trip the best it can be. I've learned a lot from you, and here's a couple of things: I learned how to take water tests and learned what the three flies are that live in water. The flies are stonefly, which has two tails, a mayfly which has three tails, and a caddisfly which is my street. I also learned what ppm is, parts per million. The polarized glasses are super neat to see in the water. Thank you for making this field trip fun and exiting.

Hetal

TYERS CORNER

As I write this month's article, the snow continues to fall, and at times, the wind takes the snow parallel to the ground. Winter is finally here, just three days ahead of schedule.

It has been a year of great fishing with club members and friends. There were some ups and downs as with any year, but for me this was a year of change and rearranging of the priorities in my life. It has been an honor to bring the flies that come across my bench to yours. As a new year approaches, I will continue to challenge your tying abilities with some new and innovative patterns. I'll also bring old standards back to life to fool the mighty trout we all hunt. Hopefully, each new fly will add to your arsenal of techniques and improve your fly-tying skills.

This month's pattern is one of my wet flies that can be used as a searching pattern. Tie it in the standard way, with a tail added. I would fish this under the surface and on the swing, or as dropper with a heavy weighted nymph. Not a difficult tie, just a good exercise in tying a good-looking wet fly. Good luck and happy hunting.

—Jerry Criss

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

TLF, Biot Wet Fly



strength. Tie in the peacock herl and make two to three wraps just ahead of the body; be sure to treat the peacock like good dry fly hackle and make it stand-up tall. (TIP: If you take the time to tie in the peacock correctly, the hackle will have better action in the water; it will not be able to lie down, and it will have a little bubble effect at the head of the fly - exactly the effect we want.) Attach a partridge feather that is large enough for the barb to reach back to the hook bend, and take no more than 2 ½ wraps, one in front of the other as you reach the hook eye. Complete the fly with a nice neat head and coat it with head cement, being careful not get cement on the hackle.

For advertising information, call Mike Shadrach at 541-678-5717.

Hook: #16 to #12 wet/nymph hook, 1x long and 1x strong

Thread: 8/0 rusty brown or burnt orange

Tail: 6 to 8 barbs of partridge, the brown feather

Body: turkey biot, blue-winged olive

Rib: pale yellow thread

Thorax: peacock herl

Hackle: partridge, the light gray feather

Head: tying thread

Lock on the tying thread and bring it back to the hook bend, tying in the tail along the way. Tie in the biot and rib material; bring the thread forward two-thirds of the way to the hook eye (make a neat bed for the biot). (TIP: To give the biot a little more strength, lay a very light coat of head cement over the thread wraps before winding the biot forward.) After tying off the biot, wrap the rib forward opposite the biot for added

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Central Oregon Flyfishers Up-Stream Events 2009

Date	Time	Activity	Location	Contact
JANUARY				
Jan 1	9:00 am	OUTING	Meet at Jake's Diner.	Yancy Lind (yancy_lind@ml.com)
Jan 6	6:00 pm	winter fly tying	Bend Senior Center	Sherry Steele (steelefly@msn.com)
Jan 8	6:30 pm	monthly board mtg.	Environmental Center	Dennis Rockwell (rockwell@bendcable.com)
Jan 13		Wild Women		Terri Grimm (tgrimm@sonatainc.com)
Jan 21	6:30 pm	general meeting	Bend Senior Center	
Jan 24	TBA	Angler education training		Capt (capt@bendnet.com or 389-4372)
IN THE FUTURE				
Feb 18 & 19	TBA	winter seminar	Aspen Hall	Lee Ann Ross (rossleeann@yahoo.com)
Mar 28	TBA	annual banquet/fund-raiser for KK	Bend Senior Center	Eric Steele (549-2072 or steelefly2@msn.com)
Non-Club Activities & FYI				
ongoing	Metolius redd counts. For more information, contact Nate Dachtler (549-7725 or ndachtler@fs.fed.us).			
Feb 14, 15	Fly Fishing Show, Portland, OR			
Mar 13, 14	NW Fly Tyer & Fly Fishing Expo, Albany, OR. Contact Sherry Steele (steelefly@msn.com).			
Jul 28 - Aug 1	FFF International Show and Conclave, Loveland, CO			

Welcome

New Members

David Abell
 Ted Brownrigg
 Jerry Davenport
 Bim Gander & Cindy Murray
 Charlotte Oakes & Dan Pebbles
 Ned & Kiki Ongaro
 Glen & Mary Lynn Stillings

Renew Your Membership

Membership renewal for 2009

The deadline for a discounted early-membership renewal has passed, but you can still renew your membership. Choose e-mail delivery for the newsletter to help us reduce costs.



Inserting a FLOY tag into a whitefish, Crooked River, June 2008. Photo: Shivonne Nesbit

2009 COF Board Members: Dennis Rockwell PRESIDENT Dick Olson VICE PRESIDENT Susan Telford TREASURER Earl Rettig SECRETARY Dave Magaret Programs Eric Steele Banquet, Fund raising Yancy Lind Past President/Outings Craig Dennis Membership Bill Seitz Conservation Lee Ann Ross Education Dave Dunahay Kokanee Carnival Delores Marsh Wild Women of the Water/Membership

Annual COF Banquet

March 28, 2009, Bend Senior Center

For more information, contact
Eric Steele (549-2072 or steelefly2@msn.com).

Do you have ideas for improving the banquet? We have assembled a great banquet committee for 2009, and we are asking for your suggestions to improve the banquet. Our theme this year is *Kokanee Karnival*. If you have an idea that you would like us to consider concerning food, fun, prizes, raffle items, program/entertainment, timing of events or anything else that may entice more members to participate, please contact Eric Steele or one of the banquet committee members.

Chairman – Eric Steele (549-2072 or steelefly2@msn.com)

Cleanup – Larry Godfrey (382-5860 or lgodfrey@bendbroadband.com)

Decorations/Food Services/Set Up – Delores Marsh (382-7595 or ladyd@bendcable.com)

Donations/Raffle/Auction – Frank Turek (318-7507 or waldo1ft@msn.com)

Membership/Print Material – Craig Dennis (548-1689 or denniscb@bendnet.com)

Program – David Margaret (693-4058 or dmag@ykw.net)

Angler education training

January 24 | Bend | For more information, contact Capt. Caddis (a.k.a. Bob the Fish Guy, capt@bendnet.com or 389-4372)

Here is an opportunity for you to hand down your knowledge and experience. Enroll now and become a certified Oregon Angler Education Instructor.

– Capt. Caddis (capt@bendnet.com or 389-4372)

Northwest Fly Tyers & Fly Fishing Expo 2009

March 13 & 14, 2009 | Albany, OR

This Expo is the main fund raiser for the Federation of Flyfishers Oregon Council and an outstanding educational opportunity for all fly-fishing enthusiasts. The Expo Web site (www.nwflytyerexpo.com) has information about classes, demonstrations and vendors who will attend.

CLASSIFIEDS

FOR SALE – 6-foot Alpine Bucks Bags Pontoon Boat. Good shape. Upgraded (longer) oars and a brand new transport wheel. Also includes line-stripping apron. \$300.00. Roger Vlach (410-1312).

**Membership application available from: <http://www.coflyfishers.org>
Mail all newsworthy items to cof@sonatainc.com by the 22nd of the month.**



Central Oregon Flyfishers

PO Box 1126 Bend, Oregon 97709



An active
member club

www.coflyfishers.org

For advertising information, call Mike Shadrach at 541-678-5717.