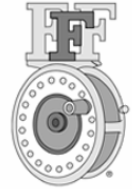




The Central Oregon FLYFISHER



www.coflyfishers.org

AN ACTIVE MEMBER CLUB OF THE FEDERATION OF FLY FISHERS

Volume 26

Number 7

July 2004

STEENS MOUNTAIN OUTING

July 22-25
South Steen's Campground
Gene McMullen
312-8939

GENERAL MEETING JEFF'S TIPS- JEFF PERIN

July 21, 6:30-8:30PM
Central Oregon Board of
Realtors

WILD WOMEN OF THE WATER

Outing - Location TBD
July 24
Delores Marsh

RANDOM CASTS

The Canadian trip was fantabulous! Almost all (all?) caught fish in the 18 to 22 in. range, and a few larger. I believe the largest was 28 inches. The weather was good, and the meals were fabulous. I believe we could open a new 5-star restaurant in Bend specializing in gourmet camp food.

The fish jump in Canada, and some folks got hit by the jumping fish. One landed on the back of my pontoon boat while I had a fish on, and Mark Reisinger could not figure out how I got two fish on board with only one rod. Jackie Cooper braved a hail storm when every one else cleared the water, and landed a 21-inch fish. And many did mortal combat with the Canadian loons trying to steal our hard caught fish.

Harry Harbin did very well on chironomids, landing over 30 good-sized fish one day, so everyone wanted chironomid lessons. Harry dampened the demand somewhat by recalling the chironomid lesson that he gave to Max Johnson on last year's trip. He gave careful instructions to Max on the long leaders and tippetts required, and the proper depth and fly. Max took one short strip and hooked a fish. However, Max could not land the fish because of the long length of leader/tippet in front of the indicator. Harry gave quick instructions on how to pull in the leader, pull out the toothpick with your teeth to let the indicator slide down, and land the fish. However, Max had a rubber band holding the indicator, and as he bit down to release the indicator, he bit the leader in half! With fishing rod in one hand and leader in the other, he still landed the fish.

In early June, COF submitted a proposal to the Oregon Council of the Federation of Fly Fishers to hold the OCFFF Conclave 2005 in Bend. The OCFFF accepted our proposal, and we expect several hundred out-of-town fly fishers to attend. It should be lots of fun and give us an opportunity to bring in big name fly fishers for

presentations and/or seminars, plus vendors and their paraphernalia. The camaraderie and hearing about other fishing areas and experiences should be great. Carl Sanders will be the Program Chair for this event.

Don't forget the Steen's Mountain trip July 22 thru 25. Last years trip was great fun and fishing, and we expect more this year. See you there. - Neal Buxton, President

JULY PROGRAM - JEFF'S TIPS

The Metolius River is one of Central Oregon's unique treasures. It is drainage of spring creeks, wildflower mosaics, towering ponderosa, and to most, elusive fish. "It doesn't matter on the Metolius if I catch fish or not, it's just a beautiful place to be." How many times have you heard or said this line? Well you're in luck, our guest speaker is Jeff Perin, owner of The Fly Fisher's Place in Sisters, Oregon. Jeff has been working hard to bring COF a great slide show on the Metolius River.

After July's program, you will be on your way to understanding where the fish are on the Metolius, when they are there, and what to use to have your cake and eat it too.* Jeff knows this river as well as anyone, and has graciously offered to give up some of it's secrets to COF members. Don't miss Jeff's Tips at the July 21st General Meeting.

*That is just an expression, we all know catch and release has helped make the Metolius the fishery it is today. - Carl Sanders

STEEN'S MOUNTAIN JULY 22-25

It's time to head east from the shady ponderosa and lodge pole pine country into the sagebrush, junipers and aspen rim rocks of Steen's Mountain where the Donner und Blitzen River and its tributaries drop out of Ice-Age glacial cirques. Here aspen and cottonwoods provide shade on down through the alder and willow rim rock canyons into the willow and cottonwoods of the Blitzen Valley at Frenchglen.

Besides viewing the scenery, those making the trek will want to fish for redband (native rainbow) trout. For those of you who haven't seen the

water, a picture of the river above Page Springs Campground is shown above. The upper canyons and tributaries in the area of South Steen's



Blitzen River - Bob Hooton

Campground (base camp) are smaller (10-20 feet wide). All of the water, except the 5 miles from Page Dam to the mouth of Bridge Creek, is fast-dropping roily, boulder strewn mountain streams. Depending on elevation, streamside cover is willow, alder, juniper, aspen, and cottonwood with grass and sagebrush. Wildflowers will be in full bloom in the cirque basins and along the higher elevations of the Steen's Loop Road.

The fish should be feeding heavily to store up fat for the coming desert winter. They will be feeding on mayflies, caddis, and various terrestrials (ants, bees, caterpillars, and hoppers) that drop off the vegetation. As in most areas, dries work best early and late before the sun is on the water. During the day nymphs produce best. Elk hair caddis in several sizes and colors is a good imitator of caddis and hoppers as well as some terrestrials. Prince nymphs, beaded and non, are good bets for getting down behind the boulders and under the brush. The water will be similar to the Deschutes in clarity unless thunderstorms muck it up.

There are few developed trails along the streams so plan on wet wading or a pair of hot weather waders. For those who will be hiking into the canyons, hiking boots are a good bet with your walking stick, wading shoes/waders tucked into a daypack along with your water bottle (also consider

a water filter), fishing gear, munchies, sunscreen, bug dope, camera, and first aid kit.

Those of us familiar with the area will act as guides to get you started or lead some of the fishing trips as well as some of the sight-seeing drives. Plan some daylight hours for a drive up the mountain to enjoy the spectacular high desert panoramas. Maps of the area and sights to see will be available at base camp. For those who might want to go into the Riddle Ranch or Bridge Creek areas, a mountain bike will save you about 4 miles of hiking.

Directions from downtown Burns:

Fill the Fuel Tank at Burns. At junction of Highways 20/395, and 78, follow Highway 78 (straight ahead) east for about 2 miles to the junction of Hwy 205. Turn right (south) on Hwy 205 to Frenchglen (56 miles). Pick up any last minute items at the mercantile. Proceed south on Hwy 205 up "P" Hill for 10 miles to a small green sign and information kiosk that marks the start of the South Steen's Loop Road.

Turn left onto the gravel road and proceed about 17 miles to South Steen's Campground. The road often has serious washboards, so use caution and drive slowly. Use the second entrance to the campground unless you are bringing horses. Find a nice spot and settle in. There is one handicap accessible campsite. It's a fee campground (\$7) with one drive-to water point and two handicap accessible outdoor privies. Contact Gene McMullen if you plan to go, or for further information.

FLY FISHING THE NORTHWEST 2005

As mentioned at June's general meeting, COF had turned in a proposal to host the 2005 Fly Fishing the Northwest Conclave of the Oregon Council of the Federation of Fly Fishers in Central Oregon. The OCFFF sponsors this show, and has approved COF's proposal.

The plans are to hold the show at the Deschutes County Fairgrounds in the fall of 2005. The three day show will provide fly fishing clinics, booths, fly tying, silent auctions, guest speakers, an evening BBQ and other events. This is a big one folks;

bigger than any one-time event COF has done in the past. It is an educational opportunity like no other to bring our love of the sport of fly fishing to the public and introduce people to the quality fly fishing Central Oregon has to offer.

A show committee is being formed now. There are many chairs available. If you would like to be a part of this great event as a chair or volunteer in the planning stages, please contact Carl Sanders, Event Chair, at 4cesanders@earthlink.net or 548-0870.



The Wild Women at Crooked River

WILD WOMEN GET HOOKED ON FISHING

On June 5 and 6, a total of thirty-five Wild Women of the Water commandeered the creek side space and campsites at Poison Butte Campground along the Crooked River. School was in session, and the morning lessons were in entomology, casting, knot tying, and essential gear. The afternoon included more instruction in casting and catching fish. Steve Light from Central Oregon Outdoors and his fine crew of instructors did an excellent job of introducing women to the sport of fly-fishing. Skills learned in the school gave several women the confidence to venture out on their own and catch fish! Thanks to everyone involved, especially Ron Anderson, Delores Marsh, and Terri Grimm. All of the planning made this event a success. Here are a few comments from the ladies:

"Great lunch."

"Yesterday's event was fantastic. I am completely impressed with the quality of instruction, fun and lighthearted nature of the event."

"... I learned all about tying knots, flies, about rods, reels, lines and flies, about gear, more than I could ever wish for ..."

"When's the next outing?"

"When's our first overnighter?"

WILD WOMEN OF THE WATER SUMMER OUTINGS

Wild Women of the Water gathered at Cobble Rock Campground along the Crooked River on June 26 for their first outing. Few fish were caught, but everyone shared stories and laughs. The group made quite an impression on several fishermen from California who were trying their luck on the Crooked.

Our next outing will be July 24 somewhere along the upper Deschutes. (Location subject to change, depending on weather conditions, number of mosquitoes, and other factors.) Check you email in mid-July for more details.

WELCOME NEW MEMBERS!

A special welcome to new members! Look for board members with their green and white nameplates at the next meeting if you have any questions or special interests, and look up Delores Marsh, our Member Services committee chairperson at the back of the room if you have any membership issues, and to pick up your membership packet.

Allan & Lillian Jones
Al and Myrna Clarke
John Walker

WHAT ELSE IS IN THE CROOKED RIVER?

When: Friday, June 18, 2004, about 5:00 PM
Where: Crooked River, downstream from Stillwater Campground

While walking along the riverbank, I spotted an unusual looking fish floating belly up. I turned it over with my wading staff to get a closer look and

was stunned to see it was a catfish. Over a great dinner (compliments of Carl and Koreen Sanders) with Delores Marsh and John Anderson and crew, I related my fish tale, which made a few folks nearly choke on their B-B-Q ribs, because everyone knows there are no catfish in the Crooked River. Frank McKim walked downstream with me to verify my story - "That's a catfish alright." I took the specimen to ODFW.

According to Steve Marks at ODFW, it was a brown bullhead. Catfish and bass have been found on occasion in the Crooked River. Most of the time, these fish reside in the Prineville Reservoir. Steve's theory is that the catfish escaped through the gate at Bowman Dam, or it spilled over the dam. If you find catfish in the Crooked River, report the approximate location, date, and circumstances to ODFW.

VOLUNTEERS NEEDED FOR STREAM MONITORING

The following are details of a fun volunteer opportunity with the Upper Deschutes Watershed Council (UDWC) Regional Water Quality Monitoring Program Streamwatch project. Streamwatch Volunteers venture to many sites in Central Oregon under a variety of conditions, and have the opportunity to fish along the way!

Out of a total of 90 regional sites monitored by various agencies and coordinated by the UDWC, the UDWC monitors 32 regional sites. Most of the sites are in streams in the National Forest area south of Sunriver. At these sites are Vemco temperature loggers that record a temperature reading once per hour on the hour. Our job is to audit the temperature loggers to ensure good data quality. Auditing temperature loggers requires checking that the unit is working and recording the temperature with another thermometer. Since audits are performed at the top of the hour, a schedule is followed to ensure that each site is visited at the top of the hour.

Streamwatch currently needs field stewards to assist with field audits. In essence, a full day commitment is necessary to complete one route

with Leslie Jones, the Water Quality Specialist. The route hours are generally 8:00am to 5:00pm and routes can be scheduled any day. Field volunteers are needed for the remainder of this season and on a continuing basis for next year.

For next year, Streamwatch is looking for steward teams to "Adopt-a-Reach" by adopting a route and its audits. The time requirement is approximately one day a month plus some coordination and training time. If a volunteer team is interested in volunteering for the 2005 season, it is recommended that they do a field audit with Leslie sometime during July or August this year to learn the route and methodology. Volunteer teams should be prepared to drive to sites, wade into waters, take temperature measurements, check equipment, and record field data into field logs. Streamwatch volunteers should enjoy strenuous hiking and extreme weather conditions over long hours. First aid training is a plus.

To volunteer or for more information please contact:

Lesley Jones, Water Quality Specialist
Regional Water Quality Monitoring Program
Upper Deschutes Watershed Council
541-382-6850

FFF NATIONAL FLY FISHING WEEK

Helping the Federation of Fly Fishers celebrate National Fly Fishing Week, the Central Oregon Flyfishers is combining its annual roadside clean-up of the Cascade Lakes Highway near Hosmer Lake, with a outing to nearby Elk Lake.

We will meet at the turn off to Hosmer Lake on the Cascade Lakes Highway at 9 A.M. on August 14, 2004. After cleaning our bit of roadside, those who wish will adjourn to Elk Lake, where past COF President Phil Hager will show hot spots and hot flies. The lake is home to both Kokanee and Brook Trout. Bring your own lunch, beverages, and fishing gear. Those with boats or tubes can bring them; however there is fishing available from shore for those who prefer.

For more information contact either Phil Hager (317 1075) or Phil Havens (330 1454).

SPEY CASTING CLASS AVAILABLE

Some COF members have expressed interest in learning what spey casting is all about, and COF is sponsoring a new spey casting class on Tuesday morning, August 3rd. Spey casting involves a unique two-handed cast using a long rod to cover big water such as the lower Deschutes or the North Umpqua. It is not necessary to be an expert fly caster or to be a large strong person to be able to make very long casts with this method.

Peter Bowers, owner of the Patient Angler fly shop, has agreed to be our instructor, and he will provide spey rods and reels for those who need them. We'll have the class on the Deschutes, but the exact location will be determined later. The good news is you will learn from an expert what spey casting is all about, and the bad news is you will have to get up quite early because the class starts at 7 AM to avoid conflict with other river users.

The details:

Class Name:	Introduction to Spey Casting
Class Level:	All
Date/Time:	Tuesday, August 3rd, 7 AM to 10 AM (We can schedule a weekend class also)
Content:	Introduction to spey rods and reels The spey casting method and demonstration Practice casting with individual coaching
Location:	Meet at the Patient Angler
Cost:	\$40
Class Size:	Maximum 5

Equipment: Rods and reels provided or
bring your own
Waders and boots

Pre-registration and pre-payment is required. To register, contact Ron Anderson, 312-0013 or rlanderson@bendcable.com. No refunds after Tuesday, July 27th.

SUNRIVER ANGLERS FISH FRY

On Saturday, July 17, the Sunriver Anglers will host their 7th Annual Fish Fry at Fort Rock Park in Sunriver from 11 a.m. to 2 p.m. Keith Morrow, owner of the Trout House Restaurant in Sunriver will again be donating the trout and his chef services in preparing the barbequed trout. Tickets are \$8 per person and can be purchased at the event.

This is one of two major fundraising events for the Anglers, with much of the proceeds coming from a silent auction and raffle of nearly \$5,000 of goods and services donated by area businesses and individuals. Proceeds support conservation and educational projects in Deschutes County including Kokanee Karnival.

Central Oregon Flyfishers are invited and encouraged to participate. Come and meet your fellow anglers from Sunriver, enjoy a spectacular trout lunch and take home some wonderful deals from the auction and raffle. - Gary Carlson

USED WADERS NEEDED!

COF member Colleen Lynch has a teenage son in desperate need of waders to use and then grow out of - size men's medium. She would prefer breathable waders with neoprene booties, but let her know if you have anything suitable and the price. Contact Colleen Lynch, 383-2378, coleygirl@bendnet.com.

HEALTH ADVISORY POSTED FOR CRANE PRAIRIE

Deschutes County Health Department and Forest Service officials issued an advisory Thursday, July 1, that recommended people avoid contact with Crane Prairie Reservoir water, after tests showed high levels of blue-green algae that have the

potential to release toxins. It is safe to go boating and eat fish caught from the lake, according to Forest Service scientists.

The county and federal officials issued the warning because Crane Prairie Reservoir blue-green algae levels exceed World Health Organization guidelines. The WHO guidelines and subsequent alert levels are based upon the number of algae cells per milliliter of water.

On June 15, Forest Service scientists began taking water samples from 13 Deschutes National Forest lakes as a precaution to determine population densities of the algae, called *Anabaena flos-aquae*. Some samples were also tested for anatoxin-a and microcystin, two toxins harmful to people and animals. Blue-green algae are native to Cascade lakes. Harmful and benign strains can exist in the same lake. But, toxic strains are more likely during warm summer months.

Forest Service and Deschutes County Health Department officials issued an earlier health advisory on June 19 that recommended people avoid contact with Lava Lake water. People can still safely eat fish from the lake and boat on it. Lava Lake water samples taken on June 28 continued to show high blue-green algae levels and the health advisory remains in place. Roland Giller, Public Affairs Specialist, Central Oregon Office of Communications.

UNINTENTIONAL CURVES

by Gary A. Borger, From the Loop, Fall 1997

One way to make a curve cast is to roll the wrist inward or outward at the end of the casting stroke so that the rod tip describes a "J" pathway (straight for the first part of the stroke and then hooked at the end). It's an effective and easily learned casting method. However, many casters unintentionally make curve casts on both the back stroke and forward stroke, robbing the cast of energy and directing it along a path not desired by the caster. This unintentional curving results from turning the wrist and/or arm outward on the back stroke, and then inward on the forward stroke. The line curves to the angler's left (for a right-

handed caster) on both back stroke and forward stroke.

Not only does this casting error reduce casting efficiency (and often tosses the fly into a tree situated well off to the angler's side), but it can be dangerous as well. Just try throwing shot with this tactic, or a big tarpon fly, or an epoxy minnow for pike, or a bass popper. Not fun when that big imitation digs a deep furrow across the back of your neck or imbeds itself firmly in your scalp.

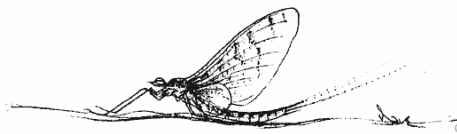
A sloppy arm can be cured by having the student stand with the casting arm next to a wall and running through the casting motion in pantomime

with the arm moving parallel to the wall. While a smoothly finished wall is ideal, a rough brick wall works great because it only takes one casting stroke (and a bunch of medical and legal bills) to cure the bad habit....

If the student twists the wrist only (a highly unusual situation) then have the student cast and watch his/her wrist—not the rod, not the line, not you—the WRIST. Have them say, "Straight back" (such vocalization aids in the learning process). Very quickly a student can learn to control the movement of the hand and arm and correct the unintentional curves.- Reprinted from the June FFF Clubwire.

UPSTREAM EVENTS - 2004

	DATE	EVENT	CONTACT
JULY	1	COF Board of Directors Meeting	Neal Buxton
	17	Sun River Anglers Fish Fry	
	21	COF Gen. Mem. Meeting, Jeff Perrin, Jeff's Tips	Neal Buxton
	22-25	Steen's Mountain Outing	Gene McMullen
	24	Wild Women of the Water Outing	Delores Marsh
	TBA	Bull Trout Distribution Survey, Camping 4-5 days	Jenn Bock
AUG	3	Spey Casting Class	Ron Anderson
	5	COF Board of Directors Meeting	Neal Buxton
	13-22	National Fly Fishing Week	FFF
	14	Nat. Fly Fishing Week Outing, Elk Lake & Roadside Cleanup	Phil Hager/Havens
	16-21	FFF Conclave, West Yellowstone	Phil Hager
	26	COF Picnic- NO MEETING!	Dick Stentz
	27	East Lake Outing	Dave Dunahay
SEP	2	COF Board of Directors Meeting	Neal Buxton
	8	Middle Deschutes Outing	Dave Dunahay
	13-19	Bull Trout Spawning Survey, Camping	Jenn Bock
	15	COF Gen. Mem. Meeting, Scott Richmond, Steelhead	Neal Buxton
	20-26	Lahontan Trout Genetics Sampling, Camping	Jenn Bock
	21-24	KK Streamside, Brown's Creek	Kurt Boettger
OCT	7	COF Board of Directors Meeting	Neal Buxton
	11-17	Bull Trout Spawning Survey, Camping	Jenn Bock
	20	COF Gen. Mem. Meet. Central Or. Out. Winter Fishing	Neal Buxton
	23	Metolius River Outing	Dave Dunahay
NOV	4	COF Board of Directors Meeting	Neal Buxton
	17	COF Gen. Mem. Meet. Steve Shunk, Riparian Hatches	Neal Buxton
	Tues.	Fly Tying	Phil Havens
DEC	2	COF Board of Directors Meeting	Neal Buxton
	15	COF Gen. Mem. Meeting, Fly Tying	Neal Buxton
	Tues.	Fly Tying	Phil Havens



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Mail this completed application and check to:
THE CENTRAL OREGON FLYFISHERS • P.O. BOX 1126, BEND, OREGON 97709
and receive Club Logo Patch and Monthly Newsletter

FULL NAME (S): _____
member and partner

ADDRESS: _____

PHONE: H: _____ W: _____ OCCUPATION: _____

FORMER OCCUPATION IF RETIRED: _____

E-MAIL: _____

New 2004 Family or Single- \$36 Renewal by 12/31-\$30 Renewal After 12/31- \$36 Associate Member \$12.50
(Associate Membership Available Outside of Crook, Deschutes and Jefferson Counties.)

Former Member Address Change Only Check if You Do NOT Wish to Receive the Newsletter on the Web
But Want the Print Version Instead

Please check Interests: Acquire More Knowledge Find Fishing Partner Volunteer For Projects

Improve Fishing Techniques Social Functions List Other Interests on Back

TOTAL ENCLOSED: \$ _____ DATE: _____

The Central Oregon Flyfishers
PO Box 1126
Bend, Oregon 97709

