Random Cast
Bowman Dam Legislation – A Call for Action

We have a historic opportunity to get additional water flows for fish on the Crooked River, but we need to ACT to make that happen. U.S. Representative Walden is drafting a bill that would 1) move the Wild and Scenic boundary on the Crooked River down a quarter of a mile to allow for a hydro project at the dam; 2) allocate additional water to meet Prineville’s domestic water needs; 3) give irrigators the right to “first fill,” which means they get water before all other needs are met; and 4) propose an unfunded study to determine the water needs of fish. Fish need water. Over half the water behind the dam is “unallocated.” We need to argue for a minimum release from the dam for fish. The current minimum is only 10 CFS, although there is a “gentleman’s agreement” of a 75 cfs minimum flow. That is not enough to sustain fish. I urge all of our members to write, email, and/or call Representative Walden and Senators Wyden and Merkley and ask them to include minimum water flows for fish now, not at a later date. Simply put, first fill for irrigators means extremely limited or no water for fish in low-water years. Congressional policy for the Crooked River is made only once in a Blue Moon. Don’t let this opportunity pass by without making your view heard. (For full details on the issues involved, see The Crooked River and Hydroelectric Power in the January newsletter.)

– Lee Ann Ross, President

Congressional Contacts
Senator Jeff Merkley
Online letters to: http://merkley.senate.gov/contact/
Central Oregon Office: The Honorable Jeff Merkley, 131 NW Hawthorne Ave., Suite 208, Bend, OR, 97701. Phone: 541-318-1298

Senator Ron Wyden
Online letters to: http://wyden.senate.gov/
Central Oregon Office: The Honorable Ron Wyden, The Jamison Building, 131 NW Hawthorne Ave.; Suite 107, Bend, OR 97701. Phone: 541-330-9142

continued on page 2
GeneRaL meetinG
Mar 16 | 6:30 p.m. | Bend Senior Center, 1600 S.E. Reed Market Road, Bend

Fishing Oregon lakes with Brian O’Keefe

Club member and professional photographer Brian O’Keefe will give a photographic presentation about fishing Oregon lakes. Brain will show some of his favorite photographs of lakes documenting successful days on the water and discuss flies, lines, and fishing strategies. Brian sold his first fly-fishing photo when he was 16 years old; he has since traveled to many exotic locations to continue his profession of fly-fishing photography. His photos have appeared in many fly-fishing and sports magazines, as well as in tackle catalogs and books. Brian's current major activity concerns Catch Magazine, a free photo and video-driven online fly-fishing magazine, available from www.catchmagazine.net.

OUTINGS

To lead an outing, contact Yancy Lind, Outings Coordinator (yancy_lind@ml.com or 541-788-5514).

Upper Middle Deschutes

This outing is full, and there is a waiting list.

Owyhee River

Mar 17 – 20 | Lee Ann Ross (312-2568 or rossleeann@yahoo.com)

The Owyhee River downstream from Lake Owyhee Dam is one of Oregon's best-kept tail water secrets. Fishing picks up in March as the ice eases off the river. It looks and fishes like the Crooked River, except for the big brown trout. The best information I have found is from the Clackamas Fly-Fishers club web site, available from: http://clackamasflyfishers.org/CMS2/content/view/104/33/. Within the article are two links to reports about their trip. This outing will be loosely organized, but that’s half the fun.

Directions: Take Highway 20 east to Burns and continue to Vale. It’s 250 miles to Vale. Get gas in Vale. In Vale, turn right on Glenn St. South, which becomes Lytle Blvd. Go for about 14 miles, and you will come to a country store. Turn right behind the store. Lytle becomes Janeta Ave. for about one block. Turn left on Lytle again. Turn right on Owyhee Ave. and then left on Owyhee Lake Rd. Allow at least 5 to 5½ hours of driving time from Bend to the campground.

Amenities: There are NO amenities at the campground; bring all of your own food, water, gear, and supplies. On Owyhee Lake Road, there is a bridge to the right just below the dam. I think there is a sign to the irrigation office. When you cross the bridge, the campsite will be on the right. The campsite is rustic—outhouse ONLY, no water or other facilities. Camp here or stay at a motel in Vale or Ontario. The 10 miles of fishing below the dam to Snively Hot Springs is the best fishing. Owyhee Lake Road is scenic, but the road is narrow and it twists and winds. Drive cautiously, especially if you are towing a trailer or driving an RV. Allow extra time to drive this stretch of road. Lake Owyhee State Park above the dam is closed until April 15.

Hatches: Check out Westfly for a hatch chart at http://www.west-fly-fishing.com/cgi-bin/hatchChart.

Crooked River

Apr 9 | Chimney Rock, 9:00 am | Bill Seitz (conservation@coflyfishers.org)

To carpool, meet at the Pilot Butte Theaters (corner of Greenwood and 27th) parking lot at 8:00 a.m. Otherwise,
meet at the Chimney Rock campground and day use area at 9:00 a.m. Several club members will demonstrate the fishing techniques that are successful for trout and whitefish.

Flies: For the best fly patterns to use, go to the COF website, click Presentations, and view the presentations on the Crooked River. The patterns are also on the COF Fly of the Month CD (a good deal for $5).

British Columbia trip
Jun 16 – 24 | Rick Sironen (541-504-6697 or Rick@NWQC.com)

Every year a group of COF members travel to BC for eight days of fishing on some of the best trout-fishing lakes in North America. Trip hosts this year will be Rick and Debbie Sironen (541-504-6697 or Rick@NWQC.com). It’s time to plan for this annual trip. For first timers, here’s what you can expect.

Travel Time: Plan to drive 12 to 14 hours; the distance is about 600 miles. At the planning meeting in May, we will discuss routes. You must have a passport to return to the United States!

Gear: Pontoon boats are best. Most lakes cannot be fished from shore. Bring a five or six-weight rod. Some of these fish are in the 24 to 26 inch range. You will need a dry line and an intermediate sinking line. At the May planning meeting, we will talk more and have the chance to order flies from a local fly tier.

Lodging: This is a camping trip. Bring anything from a tent to RV. Tunkwa Lake Resort is about 10 miles from our campsite. The resort has cabins, but no food service.

Responsibilities: Everyone will share in camping duties (cooking, cleaning, meal planning, setting up and taking down). Everyone must be willing to plan and / or cook a breakfast or dinner. COF will reimburse for expenses. Everyone is responsible for their own lunches.

Costs: COF will charge a $75.00 fee to cover meals and other incidentals. The nightly camping fee will be about $18.00. You will also need a Canadian fishing license, about $50.00 at this time.

To be on the mailing list, contact Rick Sironen (Rick@NWQC.com or 541-504-6697).

Check the COF web site (http://www.coflyfishers.org/bc/index.php) for more details and updates. The presentation that Lee Ann Ross gave at the February general meeting is available at the COF Home page>Presentations>Fishing in British Columbia by Lee Ann Ross.

EDUCATION

Tuesday night fly-tying

Tuesday night fly-tying classes continue every Tuesday night, from 6:00 p.m. to 9:00 p.m. at the Bend Senior Center. Plan to attend even if you have only a little tying experience. These classes are a bargain at $5 per class.
OTHER NEWS

Calling all crafters!

The annual COF banquet and fund raiser will be held April 2, 2011. We are now accepting donations for the raffle and auction. This is the club's biggest fund raiser of the year. If you are a crafter, woodworker, quilter, artist, or home hobbyist, please consider sharing your art with the club. We would love to have some items that have been crafted by our own members. We hope that our early request will give you plenty of time to create a masterpiece. If you would like to donate or have questions, please contact Kristin Lambson (wildwomen@coflyfishers.org or 623-570-6446).

Fly tyers needed

Show off your fly-tying skills by donating flies to the annual COF Banquet. Tie one dozen or more of your best flies, place them in a plastic bag or disposable container, and attach your contact and fly pattern information. The flies will be placed in a special COF fly box and added to the bucket raffle. The tier with the most raffle tickets in their bucket at the end of the night will receive a $50.00 gift card to the Pine Tavern Restaurant. Contact Kristin Lambson (623-570-6446 or cofanglers@hotmail.com).

Dragon Lake, BC

Norm Schafer, a COF member from Cottage Grove, has invited COF members to join him and his local club on an outing to Dragon Lake, British Columbia, May 1 to 7. Dragon Lake is famous for huge trout at ice out. If interested, contact Norm (elkdoc@msn.com).

COF Fly of the Month CD

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 for only $5. Contact Lee Ann Ross (rossleeann@yahoo.com).

Volunteer Opportunities

Kid’s fishing pond at Sportsmen’s Show

Mar 10 – 13 | Deschutes County Fairgrounds

We need flies for the kid’s fishing pond at the Sportsmen’s Show, coming to the Deschutes County fairgrounds March 10 to 13. If you can tie and/or donate egg patterns or San Juan worms, or if you’d like to volunteer contact Kathleen Schroeder (kathleen.s.schroeder@gmail.com).

Youth rod-building class

Seven Peaks Middle School has asked COF to help with a rod-building class that is held Friday mornings from 10:45 to 11:50 a.m. If you can help, please contact Delores Marsh (ladyd@bendcable.com) or Bob Griffin (bgriffin@bendcable.com).

Team USA

March 26 – 27 | Haystack Reservoir & Crooked River

The Team USA fly-fishing team represents the United States in international competitions. COF member Scott Robertson is a past member and captain of Team USA. COF will help organize and host a qualifying competition at Haystack Reservoir and the Crooked River on March 26 and 27. We need up to 24 volunteers to measure fish as they are caught. If you would like to volunteer, contact Lee Ann Ross (312-2568 or rossleeann@yahoo.com).

Central Oregon youth fly-fishing day

Jun 4 | Bend Pine Nursery | 10 a.m. to 4 p.m.

The Central Oregon Flyfishers (COF), Sunriver Anglers, Central Oregon Fly Tying Guild, and Oregon Department of Fish and Wildlife (ODFW) will hold its first Central Oregon youth fly-fishing day on June 4 from 10 a.m. to 4 p.m. at the Bend Pine Nursery pond. Save this date for this new, exciting event to get more youth involved in fly fishing. There will be stations for fly fishing, fly casting, setting up equipment (lines, leaders, and knots), fly tying, aquatic insects and flies, conservation, and general fly-fishing information.
Youth will have the opportunity to fly fish for rainbow trout in the park's pond. (ODFW will stock the pond.) To make this event we will need your help! Contact Bill Seitz (conservation@coflyfishers.org).

**Project Healing Waters**
May 24 – 26 | Mecca Flats

Central Oregon Project Healing Waters (COPHW) pairs volunteers and mentors with veterans who have physical disabilities. Five veterans want to learn about fly fishing and fly tying. We have available five rods, reels, lines, and vises. We need five volunteers.

COPHW will host an outing to Mecca Flats on the Deschutes River, May 24 to 26. We will camp on private property downstream from the boat ramp. We welcome volunteers and donations of salmon flies.

If interested in volunteering or donating flies, contact Brad Emery (541-536-5799 or Bdemery1@aol.com).

**Youth fly-fishing instructor needed**
Jun 13 – 15 | Shevlin Park

Each June, the Bend Parks and Recreation Department (BPR) sponsors a youth fly-fishing camp at Shevlin Park. The three-day camp will be held June 13 to 15, 2011 from 9 a.m. to noon. Warren Snyder, former COF member, has been the instructor for the youth camp the last three years. However, he will not be able to participate this year. BPR has requested COF’s help in their search for a new instructor. If you are interested in knowing more about this exciting opportunity to work with the kids at the youth camp, please contact Bill Seitz (conservation@coflyfishers.org) or Lee Ann Ross (president@coflyfishers.org).

**Metolius redd counts**

If you want to walk the beautiful upper Metolius and help survey for redband redds, here’s your chance. Meet at the Sisters Ranger District at 9:00 a.m. the day of the survey. 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.

Please contact me if you would like to volunteer. See the December 2010 newsletter for the survey schedule.

— Nate Dachtler
Sisters Ranger District Fishery Biologist
541-549-7725 or ndachtler@fs.fed.us

**FOR SALE** - Watercraft raft – “Watermaster Grizzly,” brand new, never used, all options included, paid $1300, will sell for $995.

**Stocking foot waders** – two pair, men’s medium, like new, only $100 each. **Boot foot waders** – men’s, one pair, $25. Call Steve Sheldon (541-593-1546).

**CLASSIFIED**

**FOR SALE** - Minnkota 30 trolling motor & deep cycle battery, $130. Fly rod, 5 & 6-foot, fiberglass, $100. Also fly rods 9-foot, 5 to 9-weight, $100. Call Tom Philiben (541-389-5829).

**CONSERVATION**

**Little Steps That Make a Big Difference**

As fly fishers, there are some things we can do to conserve trout and trout habitat. Previous articles in this newsletter have addressed what we can do as individuals to practice good conservation for our sport:

- preventing the spread of aquatic invasive species (February, 2009)
- practicing proper catch and release methods (July, 2010)
- being informed about the impact of high water temperatures on fish mortality (September, 2009)
- practicing ethics (August, 2010)

Another thing we can do is pinch the barbs on our hooks. As a fly tier, the first thing I do is pinch the barb before I tie the fly. When I work with other anglers, I always check the angler’s hook and pinch the barb. When you purchase flies, the first thing you should do when you get home is pinch the barb. Why? Let me share some of the scientific evidence on barbless hooks. The following summaries were taken from the Native Fish Society web site.


“Adding restrictions requiring single hooks, barbless hooks, or flies can provide only relatively small incremental improvements in trout survival. However, managers have realized that these can become important in situations where individual fish are hooked many times. The chance of mortality from a single hooking event was examined for various unweighted combinations of terminal gear from our compilation of research results. The categories and single-event losses were as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Loss Percentage</th>
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<tbody>
<tr>
<td>Barbless hooks with flies</td>
<td>1.76%</td>
</tr>
<tr>
<td>All barbless hooks (with flies or lures)</td>
<td>2.16%</td>
</tr>
<tr>
<td>Barbless hooks with lures</td>
<td>3.00%</td>
</tr>
<tr>
<td>All hooks with flies</td>
<td>3.34%</td>
</tr>
<tr>
<td>Barbed hooks with flies</td>
<td>3.88%</td>
</tr>
<tr>
<td>All barbed hooks</td>
<td>5.86%</td>
</tr>
<tr>
<td>Barbed hooks with lures</td>
<td>6.86%</td>
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</tbody>
</table>

The most fundamental rule to remember in managing any open-access trout fishery is that effective regulatory control must be applied to every individual fish (Hunt 1970). Fishing seasons and daily bag limits, when used by themselves, are not continued on page 6
effective management tools, because they do not apply to each fish that is captured.”


“Recent studies have emphasized a holistic approach to evaluating the effects of catch-and-release angling on fish by evaluating both sublethal and lethal effects. When fish are subjected to angling stress, they are affected by stressors that may not cause immediate mortality; in fact, some may influence ultimate survival. These stressors include physiological disruptions from landing time, handling time, and exposure to air during the hook removal process or when photographed, as well as the potentially confounding effects of nonlethal hooking injuries.”

“…fishing methods and whether J hooks were barbed or barbless significantly influenced new overall injury rates. Fish caught by spin-fishing had similar injury rates as those caught by fly-fishing; thus, significance was from higher injury rates with barbed hooks for both fishing methods as well as higher injury rates for barbed hooks between fishing methods.”

“…novice anglers injured proportionally more fish than experienced anglers. The number of new injuries per capture was more significant in small fish. Small fish were hooked in more than one location more frequently than large fish (small fish <440 mm or 17-inches)…small fish were injured more frequently, and bleeding was most significant in fish hooked in sensitive areas and in small fish…small fish had higher bleeding rates. Bleeding was more prevalent in small fish. This presumably was because they were injured in sensitive areas more often as well as injured more often.”

“…hook removal time was significantly longer when barbed J hooks were used compared to barbless J hooks. Mortality was also higher for fish caught with treble hooks compared with single hooks, presumably because the increase in hook-point penetrations increased the probability of injury to critical locations and associated bleeding. My results indicate that smaller fish (<17-inches) may be more vulnerable to mortality.”

“In this study, barbed J hooks caused significantly more new hooking injuries, took longer to remove, and were more efficient at catching fish than barbless hooks. Higher injury rates and longer handling times for barbed hooks were mostly likely due to difficulty in hook removal and hooks becoming tangled in landing nets, both of which were observed to intensify injuries and bleeding. Barbless hooks have been found to cause a lower incidence of injury and bleeding than barbed hooks and decrease the amount of time fish are handled and exposed to air while removing hooks.”

“The results of this study indicate that the use of barbless J hooks may minimize injury and reduce the amount of time fish are handled during hook removal and that angler experience can contribute to hooking injury.”

“However, a slight reduction in hooking injuries and less handling time are two important benefits to consider in support of a regulation change or promotion of angler education programs for catch-and-release trout fisheries.”

“…focus future research on the prolonged sublethal effects of hooking injury on trout populations, and develop angler education programs and gear restrictions to minimize injury.”

There are other good studies that you can check out on the Native Fish Society website, available from: (http://bakke-nativefish.blogspot.com/2010/12/single-barbless-hooks-required-for.html).

– Bill Seitz, Conservation chair

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Kokane Karnival needs to organize volunteers for the Angling Clinic well in advance to ensure that we have enough volunteers for each day. Please sign up as soon as possible – don’t wait until the last minute because that makes scheduling difficult.

Members who are participating for the first time: You will not be on your own. You will work with an experienced volunteer.

A total of 14 classes will participate, with two classes attending each day.

Morning activity stations where volunteers are needed:
- Fish Biology/Care of Catch
- Knot Tying
- Fishing Tackle/Angling Methods
- Casting/Water Safety

Lunch will be provided for all students and volunteers. After lunch, students are divided into small groups and fish in Shevlin Pond, with the assistance of volunteers. Students who catch a fish receive a First Fish Certificate. Students have the option of having their fish cleaned and taking it home.

To volunteer or for more information, contact Frank Turek (541-381-7507 or waldo1ft@msn.com).
Last fall, Dave Semich, John Anderson, and I were fishing for rainbows in some ponds near Grass Valley, OR. Fishing was tough – the wind was calm (a rarity), and the skies were sunny. The water was clear, and the pond had a fair amount of aquatic vegetation. We all caught a few fish but we were not reeling them in. An angler from Roseburg joined us and immediately started catching fish. John could not resist the temptation and finally asked the angler what he was using; he said it was a Tiger’s Paw. Never heard of it! When the angler left, John talked him out of the fly. John then used the fly to catch three fish before I could get it away from him. A Google search revealed the fly to be a coastal steelhead pattern. The version in this article is a highly modified version of the original pattern. I tied up a bunch of the “Paw” for later fishing trips. All during fall, the “Paw” caught fish – sometimes lots of fish. What does the fly imitate? Nothing natural. Why does it work? Who cares? The Roseburg angler caught a six-pound rainbow with the fly on Diamond Lake. This got our interest. Tie some and give them a try. I found the fly fished well with a size 18 Cal’s Birds Nest (a Callibaetis imitation) trailed about 18 inches behind the “Paw.”

– Bill Seitz

Tiger’s Paw (Grass Valley version)

Hook: # 8, scud
Thread: black 8/0 (70 denier)
Bead: one-eighth inch, copper
Tail: black hackle fibers
Rib: brassie size copper wire
Body: medium black chenille
Wing: gold Krystal Flash (copper and orange colors optional)
Hackle: black hen hackle

1. Place bead on hook, start the thread, and wind back to the tail position.
2. Tie in six to seven hackle fibers for the tail.
3. Tie in copper wire rib.
4. Tie in a piece of black chenille and wrap it forward to about one-eye width behind the eye to allow room for wing and hackle.
5. Counter wind the rib forward over the chenille.
6. Cut six to seven strands of Krystal Flash about two inches long. Position the mid-point of the strands at the tie-in point and tie in the strands.
7. Grab the strands that are facing forward, fold them back, and tie down. (This technique prevents the wing from being pulled out when fishing.) The wing should form a 45-degree angle with the hook shank (see photo). Cut strands to the length of the hook bend.
8. Tie in and wrap hackle. Hackle fibers should not extend beyond the hook point (see photo).
9. Whip finish and fish.

It’s Coming

Saturday • April 2, 2011
Seventh Mountain Resort

For more information, contact:
Chairman – Howard Olson (541-279-0982 or banquet@coflyfishers.org)
Donations/Raffle/Auction – Kristin Lambson (623-570-6446 or donations@coflyfishers.org)
**Central Oregon Flyfishers Upstream Events 2011**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tr>
<td>MARCH</td>
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<tr>
<td>Mar 1, 8, 15, 22, 29</td>
<td>6:00 pm</td>
<td><strong>Fly tying</strong></td>
<td>Bend Senior Center</td>
<td>Jerry Criss (<a href="mailto:tlfly44@msn.com">tlfly44@msn.com</a>)</td>
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<tr>
<td>Mar 10-13</td>
<td>9:00 am</td>
<td><strong>Kid's fishing pond</strong></td>
<td>Deschutes Co. Fairgrounds</td>
<td><a href="mailto:kathleen.s.schroeder@gmail.com">kathleen.s.schroeder@gmail.com</a></td>
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<tr>
<td>Mar 16</td>
<td>6:30 pm</td>
<td><strong>general meeting</strong></td>
<td>Bend Senior Center</td>
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<td>Mar 17-20</td>
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<td><strong>OUTING</strong></td>
<td>Owyhee River</td>
<td>Lee Ann Ross (<a href="mailto:president@coflyfishers.org">president@coflyfishers.org</a>)</td>
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<td>Mar 15, 20</td>
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<td><strong>Wild Women</strong></td>
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<td>Kristin Lambson (<a href="mailto:wildwomen@coflyfishers.org">wildwomen@coflyfishers.org</a>)</td>
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<td>Mar 26-27</td>
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<td><strong>Team USA qualifier</strong></td>
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<td>Lee Ann Ross (<a href="mailto:president@coflyfishers.org">president@coflyfishers.org</a>)</td>
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<td>Mar 26-27</td>
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<td>IN THE FUTURE</td>
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<tr>
<td>Apr 2</td>
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<td>Annual Banquet, Howard Olson (541-279-0982 or <a href="mailto:banquet@coflyfishers.org">banquet@coflyfishers.org</a>)</td>
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<td>Apr 9</td>
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<td><strong>OUTING</strong> - Crooked River, Bill Seitz (<a href="mailto:conservation@coflyfishers.org">conservation@coflyfishers.org</a>)</td>
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<td>Apr 25-29</td>
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<td>Kokanee Karnival Angling Clinic, Frank Turek (541-381-7507 or <a href="mailto:waldo1ft@msn.com">waldo1ft@msn.com</a>)</td>
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<td>Jun 4</td>
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<td>Youth Fishing Day, Bill Seitz (<a href="mailto:conservation@coflyfishers.org">conservation@coflyfishers.org</a>)</td>
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<tr>
<td>Jun 16-19</td>
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<td>Trip to British Columbia, Rick Sironen (541-504-6697 or <a href="mailto:Rick@NWQC.com">Rick@NWQC.com</a>)</td>
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<td>NON-CLUB ACTIVITIES &amp; FYI</td>
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<td>Mar 11-12</td>
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<td>NW Fly Tying &amp; Fly Fishing Expo, Linn County Expo Center, Albany, OR</td>
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<tr>
<td>Jun 13-15</td>
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<td>Youth fly-fishing camp, Shevlin Park, Bill Seitz (<a href="mailto:conservation@coflyfishers.org">conservation@coflyfishers.org</a>)</td>
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**2011 COF Board Members:**
- **President** Lee Ann Ross
- **Vice President** Eric Steele
- **Treasurer** Susan Telford
- **Secretary** Bill Raleigh
- **Programs** John Anderson
- **Banquet, Fund raising** Yancy Lind
- **Outings** Dick Olson
- **Past President** Matt Paluch
- **Membership** Bill Seitz
- **Conservation** Gary Meyer
- **Education** Frank Turek
- **Kokanee Karnival** Kristin Lambson
- **Wild Women of the Water, Banquet Fund raising**

**Membership application available from:** [http://www.coflyfishers.org](http://www.coflyfishers.org)

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