



AUGUST

2017

CLUB MEETING

Date: Wednesday, August 2nd
Time: 7:00 PM
Place: Aptos Grange, 2555 Mar Vista Dr., Aptos

Club Barbecue

Grillmasters: Bob Peterson and Steve Rawson



Casting Practice: If you need help with your casting, or if you are a beginner, try to come a bit early, as we will be having casting instruction in the parking lot, starting at 5:30 PM, courtesy of Sam Bishop. The club has loaner rods and reels. If you want to use your own, please be advised that the asphalt is not kind to fly lines, so bring a reel with old fly line on it.

Visit with friends: Granted, sitting through the business part of the club meetings can get a bit tedious and on occasion, downright boring, and sometimes the featured speaker doesn't give a riveting presentation. I know, you'd rather just stay outside in the parking lot and chit-chat with your buddies, instead of sitting on those metal folding chairs trying to stay awake.

Barbecue: This month, you won't have to suffer, you can hang out with fellow SCFF members and catch up with each other's fishing exploits, even make up a few lies of your own. You can feast on expertly prepared barbecue fare, hot dogs, hamburgers, and all the fixin's, and maybe make some plans to go fishing together, make new friends, strengthen the friendships you've made over the years, and just enjoy being together.

Swap Meet: So, bring your appetite, your fishing stories, and any gear you'd like to swap. In addition to the barbecue, there will be a swap meet, so here's your opportunity to unload some stuff that's been gathering dust in your closet, and/or find a treasure you can't live without. Tuck a few extra bucks in your wallet; you never know what you'll find!

Donation: Please bring a \$5 per person donation to offset the club's cost of the barbecue.

FLY TYING CLASS

The Surf Percher

Instructor: Mark Traugott – 338-6056

Date: Wednesday, August 9th.
Time: Open - 6:45 p.m.
 Class - 7:00 p.m.
Place: Aptos Grange Hall, 2555 Mar Vista Dr., Aptos



The Surf Percher is used just as its name suggests: to catch perch in the surf. It is an easy fly to tie, and very effective.

Please bring 3/0 or 6/0 red thread, your vise, tools, light, magnification and glasses as needed. All materials, instructions, helpful assistance, and demonstration will be provided. Beginners are always welcome, and some equipment is available for their use.

Please sign-up at the club meeting, or by calling Mark at least 24 hours in advance. If you sign-up and later find you are unable to attend, notice of cancellation is appreciated.

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President's Line

Henderson Lake

By President Jim Black

In my recent message, I discussed the experience of Henderson Springs, a private multi-lake fishing resort northeast of Redding. With the impact of the amount of water they received this last year, in one lower elevation lake, they experienced a massive growth of two to six inch fish that would normally be excellent food for the brown trout in this lake. When I was there neither the brown nor rainbow trout were munching on these smaller fish.

Additionally, this lake had a limited hex hatch, which we watched and also fished with very limited success. The hex hatch was occurring in the evenings as the *hexagenia* reached the surface



of the lake to prepare to fly into the adjacent trees. However, if they lingered for more than a few seconds the minnows would attack them in large numbers, much like Piranha would attack animals, in a feeding frenzy. They would destroy the *hexagenia* in a matter of seconds.

On another subject, even though our planned Yuba Shad Fishout was postponed because of the massive amount of water flow, the shad migrated in very large numbers. The American, Feather and Lower

Sacramento Rivers also reported by the guides, of similar numbers of shad and stripers as well.

Reel News

* Special Joint Surf Fishout with the Amador Flyfishers
Aug. 23-24



Amador Flyfishers wrote us and wanted to let us know that they had such a positive experience fishing the surf last year that they are going to do it again. Their outing is scheduled for August 23 and 24. They will start at Manresa Beach. Low tide that day is supposed to be at 6:08AM, so they will be on the water early. It would be their pleasure, if any of our members cared to join them. Contact Gary Slade at gslade@sullygroup.com for more information.

* O'Neill Forebay Clinic – Saturday, Oct. 14th – Lee Haskins
Lee will be hosting a clinic for our club members on "How To Fish the O'Neill Forebay". The date is all day Sat. Oct. 14th. The date will allow members who were at the Mammoth fishout to attend.

Initial details:

First 3-6 people to sign up/pay the fee are in!

The minimum amount of club members to attend and make this happen - 3

The maximum number of members allowed for this clinic - 6

Fee - \$150.00 per person for a 10am till dark clinic.

Meeting - 10am morning of the 14th at the San Luis Creek Kiosk at the O'Neill Forebay

Please contact Lee Haskins lee@gurglersonline.com to register/ask questions.

MONTHLY RAFFLE

August Barbecue Special Door Prize

By Monthly Raffle Director Jeff Goyert



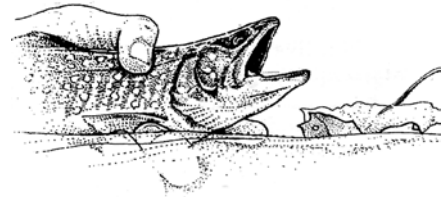
There will be a special door prize drawing for all BBQ attendees. River guide Bill Ferrero of Mokelumne River Outfitters has donated two discount coupons for a day of guided fishing on the Mokelumne River. This is a drift boat trip on the tail-water below Camache Dam near Clements, California. This Central Valley treasure provides opportunities for trout, steelhead, and salmon. There will be no charge for the door prize ticket; one per attendee.

Bait for Thought

Giving Thanks

Thank you, dear God, for this good life and forgive us if we do not love it enough. Thank you for the rain. And for the chance to wake up in three hours and go fishing: I thank you for that now, because I won't feel so thankful then.

Garrison Keillor



2017 Board of Directors

They Work for You

Officers

President	Jim Black	688-8174
Vice President	Milana Rawson	583-9370
Treasurer	Jim Tolonen	475-8859
Secretary	Roy Gunter	809-0316

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Raffle Coordinator	Jeff Goyert	234-0033
Membership	Bob Peterson	251-8655
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Programs	Tim Loomis	426-4683
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News Editor	Kirk Mathew	724-6811
Webmaster	Pat Steele	476-0648
Fly Tying Master	Elaine Cook	688-1561
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	John Steele	476-0648
Marketing/Publicity	Michael McGannon	688-3025
Annual Benefit Coordinator	Petar Ilic	475-0268
Facilities Coordinator	Steven Rawson	583-9370
Video Librarian	Mike DiCiano	688-1682

Members at Large

Kathy Powers	728-4130		
Dennis Davie	566-7447	Pablo Grabiell	562-652-3771

Board Meeting: The board meeting is usually held on the third Wednesday of the month at the home of John and Pat Steele, 331 Cabrillo Ave., Santa Cruz, at 7 PM. Club members will be notified of any changes of meeting dates and locations. Club members are all welcome and need to submit any agenda items to the President ahead of time

News: Members are encouraged to contribute news items. Submit copy to the editor, Kirk Mathew, 724-5611, k4mathew@sbcglobal.net. Please see calendar for the deadline each month.

Secretary of the Interior Ryan Zinke

Department of the Interior
Washington, D.C. 20240
<http://www.doi.gov/index.html>

Senator Dianne Feinstein

1 Post St., #2450; <http://feinstein.senate.gov/public>
San Francisco, CA 94104

Senator Kamala Harris

Washington D.C.
112 Hart Senate Office Building, Washington, DC 20510
Phone (202) 224-3553

Anna Eschoo, 14th District Congresswoman

698 Emerson St.; annagram@mail.house.gov
Palo Alto, CA 94301 (650) 323-2984

Jimmy Panetta, 20th District US House of Representatives

228 Cannon House Office Building
Washington, DC 20515
Phone: 202-225-2861

Governor Jerry Brown

Capitol Bldg., 1st Floor
Sacramento, CA 95814-<http://gov.ca.gov/home.php>

Senator Bill Monning, Assembly Dist. 17

701 Ocean St., #318-A, Santa Cruz, CA 95060
(831) 425-0401; <http://sd17.senate.ca.gov>

Assemblyman Mark Stone (D-Monterey Bay)

701 Ocean St, #318b, Santa Cruz, CA - (831) 425-1503
<http://asmdc.org/members/a29/>



Fishout Schedule

Date	Location	Target species	Fishmaster
August 5	Rio Del Mar Beach	Surf Fishout	Mark Traugott (831) 338-6056
August 6-10	Loreto Baja Sur	Dorado, saltwater species	Rich Hughett (831) 757-5709
Sept. 9	Manresa Beach	Surf Fishout	Sam Bishop (831) 476-6451
Sept. 23 - 30 (wk.#1)	Mammoth Lakes	Trout	John Cook (831) 688-1561
Sept. 30 - Oct. 7 (wk.#2)	Mammoth Lakes	Trout	John Cook (831) 688-1561
October 7	Beer Can Beach	Surf Fishout	TBA
October TBA	Lake Almanor	Large Browns	Tim Loomis (831) 426-4683
Oct. 19-22	O'Neill Forebay	Stripers	Steve Rudzinski (831) 462-4532

If you have any questions about Fishouts either call the person listed or you can call John Cook, 688-1561. Fishouts are a great way to meet people in the club and learn new techniques and places to fish.

Yuba River – Scheduled for Aug. 18-20, 2017 is CANCELLED

Fishmaster: Mark Traugott – 831-338-6056

Due to a combination of continued high flows and difficulty in securing a place for club members to camp on the designated weekend, we decided, with regret, to cancel this year's outing. You may recall that this fishout had already been rescheduled from our original mid-April date for the same reasons. Rather than continue to struggle against the forces of nature and the Yuba County bureaucracy, our intention is to participate in the lottery for a date in 2018 in the hope that the rain and river gods look more favorably on our efforts next year.

Catchy Releases

Trump cuts would make funding more scarce for SPAWN projects

From <https://www.ptreyeslight.com> - By Anna Guth

07/20/2017 - An important source of support for local watershed restoration and salmon conservation efforts may dry up in fiscal year 2018, as the Trump administration's proposed national budget cuts millions of dollars from the National Oceanic and Atmospheric Administration's budget. On the chopping block is the Pacific Coastal Salmon Recovery Fund, administered in California by the Department of Fish and Wildlife, which has directed \$1.3 billion since 2000 toward conservation efforts to save coho and other salmonid species along the West Coast. In response to the administration's proposal to cut almost half a billion dollars to NOAA operations, research and facilities, the agency, in its required congressional submission, proposed nixing the fund in 2018. The salmon recovery fund contributes the lion's share of funding to the Fish and Wildlife-administered fisheries restoration grant program, which has awarded 10 grants amounting to \$1.7 million to the Salmon Protection and Watershed Network. "For us nonprofits, this fund has been a godsend," said Todd Steiner, director of SPAWN, which has two new grant applications pending with the program for habitat restoration and monitoring efforts in the San Geronimo Creek, for a total of \$2.9 million. "Fish and Wildlife works as the lead agency for these grants, and does a [California Environmental Quality Act] analysis for our projects, so we don't have to hire a third party to do this," Mr. Steiner said.

Most other funders do not undertake a CEQA review, he said, leaving SPAWN with the task of raising additional funds for this compliance. SPAWN has a diverse funding base, however, and Mr. Steiner said the group will apply for other grants for the same two projects until he hears definitively about the status of the award. "[Losing this fund] won't put us out of business," he said, but its absence "may reduce what we can do in the future." Many of SPAWN's past projects were completed in collaboration with other agencies that also depend on this funding, including the National Park Service and the North Marin Water District. Matt Wells, spokesman for the Watershed Restoration Grants branch of California Fish and Wildlife, said the agency is waiting to hear back on its awards from NOAA for the fisheries restoration grant program. Applying and receiving these funds for distribution to applicants like SPAWN is an 18-month process. "We're in the middle of our 2017 cycle in terms of reviewing proposals and applying to our federal award. As far as I understand, that money has already been allocated and 2017 is off the table for any federal cuts," he said. But if funds are not provided for 2018 or the years beyond, the 205 currently active projects funded by the program "are safe," as [the fisheries service] has five years to spend funds that have already been awarded, Mr. Wells said. "From our standpoint, we are moving forward," he said.

City of Santa Cruz Approves Hiring of Full Time River Coordinator

From <https://coastal-watershed.org> - by Greg Pepping

July 7, 2017 - You'll often hear the Coastal Watershed Council talk about how we're focused on the Transitional Reach of the San Lorenzo River. While the river is roughly 30 miles long, and we honor the importance of a full watershed approach for the entire 137 square mile San Lorenzo River watershed, we see enormous potential in this stretch of the lower river known as the Transitional Reach, between the bridges at Water Street and Laurel Street. CWC's hope is that the 2003 San Lorenzo Urban River Plan can be fully implemented. That will take a mobilized base of river stewards who feel a connection to the river, and because so many people live near the river in the City of Santa Cruz, we've focused many of our efforts on improving this stretch and moving out from there.

You may also know that the area around the lower river is all City of Santa Cruz property, and happens to be the City's longest public park, the Santa Cruz Riverwalk. Because the City has ultimate authority over the river, CWC has strived to be a productive partner with the City, while also tactfully advocating for improved management of the river.

Recently the City created a brand new position to lead their San Lorenzo River efforts. This was one of the top consensus recommendations coming out of a City-led Riverwalk Engagement Summit in March of this year, when over 30 river experts focused their attention on identifying key next steps to realize a safer and healthier San Lorenzo River.

Specifically, summit participants recommended the City create a full-time River Coordinator position. City Council approved the creation of this new position in their final budget deliberations in late June and the position will soon be filled. River experts at the summit recognized that the City is working diligently on a variety of San Lorenzo River issues, including vegetation management, flood control maintenance, parks clean-up, safety patrolling and enforcement and more. And that's in addition to the City's substantial investment in source control

protection, listed species protection, overall watershed restoration and youth and community education efforts in the upper watershed. If that sounds like a lot of moving parts to you, you're right; it requires regular coordination among City staff from a variety of departments, including the Water, Public Works, Police, Planning and Community Development and Parks and Recreation Departments as well as the City Manager's Office. The details of how this new position works with all of these units as well as external partners like CWC and community members like each of you is still to be determined. Sounds like a lot to coordinate, and that's why CWC is excited about the creation and funding of this new position. And speaking of funding, the City has been successful in securing grant funds to improve the health of the river and surrounding parks in recent years. But there's also money being left on the table, as a number of state agencies continue to offer grant funds financed by the Water Bond passed by state voters in 2014 (Prop 1).

While CWC and other partners often help the City with those grant pursuits, for many river fundraising efforts the City must be the lead agency. It was the intention of the River Summit participants that the River Coordinator coordinate the City's efforts on the river as well as work to secure additional grant funding for river and surrounding parks improvements. Join me in congratulating the City on this commitment and investment in a healthier watershed connected to a vibrant and thriving community. In fact, you can directly congratulate and thank them for taking this step, by emailing City Council a quick note of appreciation. Thank you for taking a moment to share your gratitude for the City's ongoing management of the San Lorenzo River. Here's to more good things to come for your river!



GEARING UP

August 5th Surf Fishout

Fishmaster: Mark Traugott – (831) 338-6056

Surf casters should meet between 6 and 6:15 a.m. at Rio Del Mar State Beach. (Directions below.) The official parking lot won't be open, but there are a few spaces outside where we can usually park. Bring a 6- to 9-weight rod, single- or double-handed. Dress in breathable waders and a waterproof jacket if you want to stay dry (although in this season it may be feasible to wet-wade.) A PFD (personal floatation device) is a good idea. I'll have a spare stripping basket in case you haven't already bought one of Sam Bishop's \$20 specials. (For more complete info, see the SCFF website: http://www.santacruzflyfishermen.org/SurfFishingInfo.html#Articles_tags.) We'll be dealing with a flood tide (low at around 4 a.m., high around 11 a.m.) which some people consider favorable (and others, naturally, consider unfavorable). The solunar tables say that fishing on August 5 "could be better", so we have our excuse ready-made. After we fish Rio Del Mar,

we sometimes retreat to the nearby deli for coffee and breakfast for those who are so inclined, while we work out what story we are going to tell.



The directions from Santa Cruz are as follows: from Highway 1, take the State Park Drive exit in Aptos. At the end of the off-ramp, turn right. At the stop sign, turn left onto Center Avenue, which turns into Seaclyff Drive East. At the stop sign at the very end of that street, turn right onto Spreckels Drive. After you cross the bridge over Aptos Creek and pass through the stop sign, bear right onto Treasure Island Drive and then bear right again onto Aptos Beach Drive. Follow that all the way to a round-about where you go half-way round and bear right onto Beach Drive. Follow that for about a mile along the beach to where it almost ends at "Platform Beach" and look for other fly casters gearing up.

2017 Loreto Fishout - August 6th through August 10th - Fishmaster: Rich Hughett – 757-5709

Experience a new HIGH! Catch Dorado and many other saltwater fish (Roosters, Sailfish, Yellowtail, bonita) on a fly! Join the group of Santa Cruz Fly Fishermen going to Loreto in Baja and fishing from Friday, August 4th through Tuesday, August 8, 2017. The cost is \$750.00 per person (double occupancy, no deposits up front) and includes:

- *Four nights at the beautiful Hotel La Mision, on the waterfront next to Loreto Harbor.
- *Three days of fishing on 22 foot Super Pangas.
- *Ground transfers.

It does not include airfare*, fishing license and meals, because there are some nice restaurants (A lot of fresh seafood!) in town or if you prefer, eat at the hotel, where they will also cook your catch!

The fishing day starts around 6:00 a.m. and we usually get



back to the harbor between 1:00 and 2:00 p.m. Spend the rest of the afternoon fishing from the beach, having a cool drink in the pool, exploring Loreto and the area, or just sitting around telling some tall fish stories. And, you will have many exciting moments on the Sea of Cortez to talk about.

Rich Hughett will meet with those going prior to the trip to discuss which rods, reels and flies to bring, the various types of fish in the Loreto area and to answer questions.

Interested? Please contact Rich at 831-757-5709, now for all the details. We need to book airline flights, hotel rooms and pangas as soon as possible.

*For the best deal, check Southwest Airlines out of San Jose and Alaska Airlines from Los Angeles to Loreto. Rich will help with your airline reservations.

Mammoth Lakes Fishout - Sept. 23rd-30th and Sept. 30th-Oct. 7th

Fishmaster: John Cook - 688-1561

This fishout will take place over two consecutive one-week periods, Sept. 23rd through Sept 30th, and Sept. 30th-7th. You may sign up for one of these two periods, or both.

Location: Mammoth Lakes is on the eastern side of the Sierras, six to seven hours' drive from Santa Cruz. There are many lakes and streams in the area for us to fish. We will be staying in condominiums in the town of Mammoth Lakes. There will be 2 people per bedroom. If you would like to have your own bedroom, it will be \$540 per week.



Cost: \$310 per person per week. This covers seven nights' lodging with three meals per day. Sign up for either week, for \$310, or both weeks for \$620.

Meal Preparation: Each person will be assigned to a group for a Kitchen Day. The group will set out breakfast and lunch foods, store unused food, prepare the evening meal, and clean up on the day designated.

Sign Up: Sign ups are currently closed, but if you want to take a chance on cancellations, let the Fishmaster know, also let him know which week you are interested in, as he will be keeping a waiting list and will notify you by telephone if space becomes available.

Unused Funds: Any funds received but not spent on the fishout will be used for prizes for our annual fund raiser.

Fishy Tales

* Lassen watershed – Steve Rudzinski

The plan was to take two vehicles, JT and Barry in the camping van and Yog and Stosh in the Ford truck. I-5 to Redding for flies and east to Manzanita Lake inside Lassen Park and right under the North slope side. It's a beautiful lake for float tube fishing, fed by icy flows but the surface temps were in the mid 60's so the fish were down and so were all the tree stumps and gear grabbing structure. I was using a type IV sinking line in 20-25' and hooked and lost too many fish one day. "old Walter" was one of the lifetime type fish that I never got more than a few feet off the bottom before it let go of my black leech to my extreme dismay. I did hook up later in the day, got a few nice browns by stripping my own marabou jigs and leeches fast on the same sinking line. Weeds were a few feet under the surface throughout the shallower parts of the lake.

The other guys were trying everything but the last couple days they found nice fish using midges and pheasant tail under an indicator in this one hot spot near the narrows area where there was a good drop and channel. We have to say that the fishing was really tough on this barbless hook only and native fish lake. I had three rods with me to try to figure out these fish.

We all stayed in a two room cabin near the lake, tight quarters and difficult sleeping especially for the guys on the top bunk built for teenagers and not grown men. We managed anyway and ate really well and had just the right amount of fire wood and single malt scotch.

We fished at Manzanita June 26-28, and took a side trip the last day to Crater Lake, a round lake you can kick your tube around in about an hour, 75' deep in the middle and where the fish were holding one of the locals told us. What we found was

freshly planted trout, most skinny and starving from this lake with almost no aquatic plants or obvious food there. It's a beautiful glacial blue lake where you do catch fish but you feel sorry for them and there it's not sporting, like at Manzanita or Almanor. There's a long gravel road to get there and a decent campground and a good place for bait dunkers wanting a few fish for the pan.

Last day we head south to Lake Almanor to catch a night of the "Hex Hatch", Yog and I fished the famous Geritol Cove while JT and Barry found another hot spot that night. Jeff got two nice fish including the largest bass he said he ever caught and gave him a good battle, we were surprised thinking it was a brown. I got only one grab all afternoon and early evening and it was the largest rainbow (jumped twice) I ever caught other than at Goodwin Lake, this one in the 27" range and a good 7 or 8 lbs. I used a hex nymph almost on the bottom in 30' of water as all the lakes we fished are 100% full. The amazing hatch came off in clouds of bugs about the time we were putting in to shore, we saw no top water action at all. There were at least 30 fishermen in the cove and not a lot of catching as far as I could see and hear.

We spent the night in luxury at Quail Lodge just down the road in Canyon Dam. It's decently priced and very fishermen-friendly. JT and Barry slept in the van and used our shower and bath after we left for home, no problem with the staff. We found some breakfast in Red Bluff and shared the driving home with good timing for traffic problems.

Oct 19-22 I am organizing the fishout at the O'Neill Forebay for the annual camp out and striped bass marathon, you can catch over 50 fish a day here so put it on your calendar and hope we have good weather as we had wind and rain last year and only three people stuck it out but the fishing was really good; ask Elaine Cook.



Flying Flying Fish Fly Fishing

GONE FISHING

July Surf Fishout

By Fishmaster Mark Traugott

Five club members and an honored guest showed up at 6 a.m. at Palm Beach (Pajaro Dunes) in Watsonville to try our luck in the surf. Pictured here are Sam Bishop, Elaine Cook, Mark Traugott, and Larry Lack (a professional guide from Marin who has fished with our club before.) Jeff Gose and George Tate arrived too late for the ritual photo but joined us on the beach.

There, bathed in brilliant sunshine and cooling waves, we encountered one sea lion, one dolphin, and zero fish. (Actually, there may have been a fish present: something bit off



the back half of Sam's motor oil grub, and we prefer to believe it was a fish, species unknown, but probably enormous.) Speculation as to the reasons for this disappointing result covered a wide range of possibilities: the full moon, the resulting minus tide, the upcoming August 20 solar eclipse, or the likelihood that the excess of fly-fishing talent assembled on the beach had scared all the fish away. Given that high water in the mountains has closed off other possibilities, it was a great day to stand in salty water and get in some much-needed casting practice.

The Green River – July 2017

By Pat Steele

Prior to our arrival, the Flaming Gorge reservoir dam was releasing water at a rate of 9600 cfs, with both jet tubes wide open, spilling water to make room for snow runoff, as they had had an unusually wet and snowy winter. The riverside trails had been inundated and the launch ramp bathrooms were underwater, and there was a lot of debris in the water. This made fishing impossible, and our guide, Doug Burton, had yet to take a trip down the river, as it was too dangerous and probably wouldn't result in many fish caught. However, once the big release had abated, and the river was running at 2900 cfs, things improved dramatically.

Our group this year consisted of John and myself, Dennis Davie and his wife Sandy, Petar Ilic and wife Margie, and Tom Pelikan and Noelle Nichols, and Kathy Powers.

As bad as things initially appeared, the script was quickly flipped. Bugs were hatching in abundance; little yellow sallies were so thick that you had to keep your mouth closed, or you'd end up swallowing them. Caddis were also hatching like crazy. The fish were all feasting on the bounty, and all you had to do was be able to spot your fly amongst all the naturals, and you'd have a fish on.

On Monday, we went out with Doug in his drift boat. Things started out nicely, John and I had a few fish in the morning on the upper section of the river, just below the dam. John caught a brown that was 21 1/2" and weighed almost 6 pounds. Along about lunchtime, the skies opened up, and we were glad we had our rain gear with us. We thought we'd sit it out, as most thunderstorms in the mountains only last about 20-30 minutes, but this one went on for several hours. After hurriedly eating our soggy lunch, we sat around a while, and when it didn't look like it was going to stop, we set out again. Fishing was slow until the clouds cleared and the bugs came out again.

On Tuesday, John and Doug went to the gun range and shot targets, and I put on earmuffs and read a book.

On Wednesday, we went out on the "B" section and fished. With the high water, we were able to shoot Red Creek Rapids. Usually the water is skinny enough there and the hydraulics so tricky that guides have their clients get out of the boat at

the head of the rapids and walk along the bank while the guide negotiates the rapids. Many boats have wrecked on the rocks there in lower water conditions, so it was a bit of a treat to be able to ride through.

I guess having survived being baptized on Monday put a halo over my head, because I can honestly say I have never had such a great day's fishing on the Green or anywhere. For some unknown reason, certainly not due to my expertise, mine was the magic rod that day; I lost count of the fish I caught. Not only were they after me in great numbers, the fish themselves were all



fit, fat, muscular, beautifully colored-out, and feisty as all get out. I suppose the lack of fishing pressure early on, during the big dam releases, plus the bountiful insect hatches were what put the weight on these fish. They certainly all looked in fine shape, and acted like they had been pumping iron in the gym.

On Thursday, we went back and fished the "A" section, and both John and I had a great day. What was so remarkable about this particular fishout was that all the fish we caught from the drift boat were caught on dries. We never had to

resort to nymphing, or any other sub-surface rigs. With the fish all keying on the little yellow sallies and caddis, fishing all dries meant better casting and less tangles, something I'm sure made the guide happy.

John ventured up the trail a couple of days and had moderate success from the bank, as did Kathy, Dennis and Petar. Due to the high water, the trail was somewhat muddy, and there were large puddles in places. The weather was pretty hot, though, so getting wet wasn't an unwelcome prospect.

Thursday night, guide Gene Gautieri and his wife Renee hosted a gathering for us at their home. Everybody brought some snacks, Renee prepared a tasty lasagna, and we had a great time telling fish stories.

All in all, this was one of the best trips to the Green John and I have had in many years, and God willing, we'll be able to make it back there next year.

LifeLines

Hot Summer Days: How to Stay Well in the Heat

From www.wbmd.com - By Janie McQueen

It's so hot the early birds need oven mitts, as your Aunt Ida would say. But while everyone around you is running to find the A/C, you're on your way to get some sun. It's summertime, after all. What's a little heat?

You tick through your list. Icy water bottle? Check. Sunscreen with the highest SPF you can find? Check. Trusty, wide-brimmed hat? Check.

Not so fast. Did you know super-cold drinks can make your stomach cramp? Or that other things, like how well you slept last night or what meds you're taking could affect how well your body adjusts to the heat? They also have a lot to do with whether you feel well or get sick in extreme temperatures.

If you're an outdoor-type, you might believe you know how to prepare for the heat. But it actually takes more thought and planning than you might think, says Chad Asplund, MD. He's director of athletic medicine at Georgia Southern University in Statesboro, GA.

When you spend too much time in the sun, your internal body temperature goes up. That can lead to heat rash or heat exhaustion. It happens when your body is so hot it can't cool itself. You're at even more risk if you don't drink enough liquids or you're pregnant, overweight, elderly, very young, or have heart disease.

In extreme cases, you can get exertional heat stroke. This can cause your central nervous system to shut down and your internal organs to fail. It can be fatal.

But if you keep a cool head and use common sense when you're out in super-hot summer weather, you should be fine. Asplund offers the following tips to help you stay well in the heat:

Take Cover

A tank top and shorts might seem like the best choice, but many fabrics just trap warmth. Bare arms leave you open to sunburn and skin cancer. You're better off in a light-colored airy blouse or long-sleeved shirt that lets air flow through. You can also find clothing with built-in UV protection.

Athletes have regular checkups to make sure they'll be safe in the heat for long periods, Asplund says. But it's actually a good idea for anyone.

Dump Heat to Cool Your Core

This means taking frequent breaks to lower your temperature. You'll reduce your chances of getting sick. It'll also help you if you live in the desert or high altitudes - two areas that can get so dry that you won't sweat. But even then, you still need to stay hydrated. A quick dip in a nearby pool or stream can do the trick.

Some people, like those with the sickle cell trait, have a

harder time keeping cool, Asplund says. That's an inherited disorder that affects red blood cells. Extreme heat can make them even weaker and lead to muscle breakdown. This condition is most common among African-Americans and Hispanics. Your doctor can find out if you have it with a simple test.

Pair Up

"If you're going outdoors with someone else, they can get a sense if you are not acting right," Asplund says. They can tell if you

have any of the early effects of heat sickness, like dizziness or confusion. You can remind each other to drink lots of water and take frequent breaks in the shade. "Also, if there is trouble, someone can provide aid or seek help," he says.

If you're going outside alone, let someone know your plans - your specific ones. "If you don't return on time, they'll know precisely what your route was so help can be sent," Asplund says.



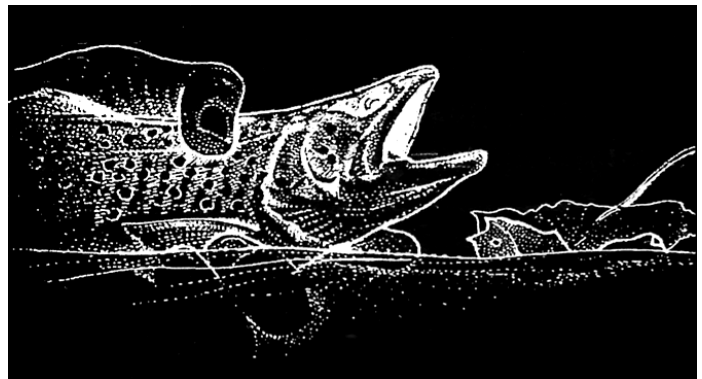
Watch Your Intake

Liquids are a must in super-hot summer heat. But avoid alcohol and drinks with caffeine or lots of sugar. They'll cause you to lose more body fluids. Plain water is best.

Stay away from certain medications, too, especially those for thyroid and ADHD or anything that speeds up your metabolism, Asplund warns. Diuretics and laxatives also dehydrate you, so avoid those as well.

Go to Bed Early

Asplund says you should be well-rested and hydrated before any outdoor adventure. When your energy is low, it weighs you down, and your odds of getting sick go way up.

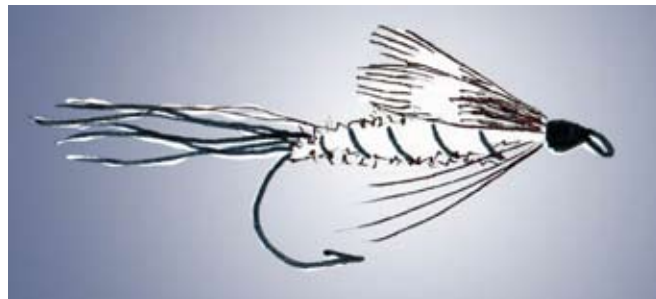


FLY OF THE MONTH

Timberline Emerger *Submitted by Elaine Cook*

This successful pattern was originally developed for High Sierra lake fishing, using a floating line and a very slow hand-twist retrieve. Moisten the fly so that it will sink. Don't hesitate to use it in any still waters

Hook:	TMC 5262, sizes 12-16
Thread:	8/0, color to match body
Tail:	Moose mane
Rib:	Small copper wire, medium size for size 12 hooks
Body:	Blend of Angora goat (or goat imitation) and Hairtron; olive, tan, brown or gray
Legs:	Brown hackle neck or color to match body
Wings:	Grizzly hen hackle neck, natural or dyed to match body



1. Crimp barb.
2. Attach thread 1/3 back from eye, wrap to rear of shank.
3. Stack about 5-8 moose hairs. Tie in so length equals hook shank. Wrap in place on top of shank to tie in. Cut excess.
4. Lay rib on top of shank, wrap to rear of shank.
5. Blend body materials. Using a dubbing loop, insert dubbing sparsely. Make only enough twists of thread so that lots of dubbing can be pulled off. Dub a thin, tapered body forward to tie in position. Trim any aberrant fibers short.
6. Rib forward in 5-6 wraps in opposite direction than dubbing wraps.
7. Select hackle with barbs equal to 2 hook gaps. Cut off thick stem end. Cut several barbs short on both sides of stem (crew-cut). Tie in crew-cut in front of body with shiny side toward you. Advance thread to one eye length behind eye. Make 2 wraps of hackle spiraling toward hanging thread. Tie off, cut excess. Stroke barbs backwards, wrap thread backward forcing barbs to stay angled back.
8. Select 2 same-sized wing feathers. (Note: finished wings will be equal to or 3/4 length of body). Strip excess barbs from base of feather. Put shiny sides together (be sure tips match up), hold in place on top of shank so tips angle to the rear, tie in place cut excess.
9. Wrap thread head. Whip finish. Cut thread.

RECIPE OF THE MONTH

Barbecued Trout with Marmalade and Chiles

From the Fast Fish Cookbook by Hugh Carpenter and Teri Sandison

Ingredients:

- 1/4 c. orange marmalade
- 1/4 c. thin soy sauce
- 2 Tblsps. freshly squeezed lime juice
- 1 Tblsp. minced serrano or jalapeno chile, including seeds
- 2 cloves garlic, minced
- 1 Tblsp. minced fresh ginger
- 1/2 tsp. salt
- 4 (8 to 12 oz.) whole trout, bone-in or boned
- Grated zest of lime, for garnish

Directions:

In a bowl, combine the marmalade, soy sauce, lime juice, chile, garlic, ginger and salt and mix well. If the trout has not been boned, diagonally slash the fish four times on each side. (The marinade and the fish can be covered and refrigerated for up to 8 hours before using.)

Prepare a medium-hot fire in a charcoal grill or preheat a gas grill to medium (about 450 degrees F). Stir the marinade. Place the fish in a baking dish. Rub the marinade into both sides of the fish, including the slashes and cavities. Spray a sheet of aluminum foil that is slightly larger than the fish with nonstick oil or rub with oil. Lay the foil on the grill rack. Lay the trout on the foil. Cover the grill and cook the fish, turning once, for about 5 minutes on each side, until the flesh just begins to flake when prodded with a fork. Transfer the fish to dinner plates, sprinkle with the lime zest and serve at once.



AUGUST 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Club BBQ Aptos Grange 7 PM	3	4	5 Surf Fishout RioDelMar Beach
6 ← Loreto	7 Full Moon ☉ Baja Sur Fishout	8	9 Fly Tying Class Aptos Grange 7 PM	10	11	12
13	14	15 Last Qtr. ☾	16 Board Meeting Steele home 7 PM	17	18 ← Yuba River	19 Fishout
20 Newsletter Deadline Yuba River Fishout →	21 New Moon ●	22	23 Amador Fly Fishers Surf Fishout ←	24 Manresa Beach 6 AM →	25	26
27	28	29 1st Qtr. ☽	30	31		

SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6 Full Moon ☉ Club Meeting Aptos Grange 7 PM	7	8	9
10 Grandparents Day	11 Patriot Day	12	13 Last Qtr. ☾ Fly Tying Class Aptos Grange 7 PM	14	15	16
17 Newsletter Deadline	18	19	20 New Moon ● Rosh Hashanah Board Meeting Steele home 7 PM	21	22 1st day of Autumn	23 Mammoth Lakes Fishout ←
24	25 Mammoth	26 Lakes Fishout	27 - week #1	28 1st Qtr. ☽	29 Yom Kippur	30 Mammoth Lakes Fishout-wk.#1 →