

*Santa Cruz  
Fly Fishermen  
est. 1977*



*to promote, educate  
and enjoy the sport  
of fly fishing*

*Monthly Newsletter*

*www.santaacruzflyfishermen.org*

**JULY**

**2016**

## **CLUB MEETING**

**Date:** Wednesday, July 6<sup>th</sup>  
**Time:** 7 PM  
**Place:** Aptos Grange, 2555 Mar Vista Dr., Aptos

**Non-Meeting Meeting and BBQ**  
*Grillmasters Steve Rawson and Sam Bishop*



If you don't come to the club meetings because the speakers' presentations don't interest you, or you would really rather chit chat with your friends than be quiet and pay attention to the board members' reports, this non-meeting meeting is just the thing for you! Mix and mingle with fellow fly fishers and munch on burgers and hot dogs. Share stories of fishing exploits with friends that won't roll their eyes and think "there he goes again." Most importantly, strengthen the fellowships you've developed, whether you're a new member, or one who has a bit more mileage with the old SCFF. Get to know one another, maybe plan a fishing trip together, do what we say we're all about: "to promote, educate and ENJOY the sport of fly fishing."

## **MONTHLY RAFFLE**

**Future Raffles**  
*By Monthly Raffle Director Jeff Goyert*

Due to the July Independence Day holiday, no official club meeting, and expected low attendance, there will not be a monthly raffle in July. However, in regard to future raffles, I am working on things like tenkara rods, long-handle Pyramid Lake-style nets, a donated float tube, and some Ralph Cutter books. I welcome any suggestions for raffle prizes. I want to provide a selection of things you want to win!

## **FLY TYING CLASS**

**Date:** Wednesday, July 13<sup>th</sup>  
**Time:** Doors open at 6:45 PM  
Class begins at 7:00 PM  
**Place:** Aptos Grange, 2555 Mar Vista Dr., Aptos

**Deep Sparkle Pupa, Tan**  
**Instructor: Greg Foy**



July's fly tying class will present Gary LaFontaine's Dark Sparkle Pupa. This imitates a caddis pupa that is ready to hatch in to an adult. Prior to a caddis hatch in a river, pupa often drift near the bottom. During the hatch, pupa drift near the bottom, then rise rapidly to the surface, drift a short ways, and the adult emerges and quickly flies off. So it makes sense to drift a pupa pattern on the bottom before a hatch starts.

Please bring brown 6/0 thread, your vise, lights, tools, magnification and glasses as needed. All materials are provided, as well as expert instructions, helpful assistance and demonstration.

Beginners are always welcome. Some equipment is available for beginners. Please sign up at the July 6th club meeting, or call Greg at 688-2972, so adequate materials can be prepared for those attending the class. If you sign up, and later find out you will be unable to attend, please do the instructor a courtesy and let him know.

### **What's Inside:**

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# President's Line

## Bad Combination!

By President Jim Black



A word of caution about antibiotics and sun exposure! Three weeks ago, my friend and I fished the first day of a two-day trip with a guide on the Lower Sacramento River, near Anderson, on a 106 degree, clear, bright sunny day. I had been taking doxycycline, an antibiotic. We caught wild, beautiful rainbow trout all day. By the early afternoon, I was sunburned everywhere my skin was exposed, including my fingertips protruding from my cut-off cotton gloves, despite suntan lotion. Never have I ever experienced such a sunburn, including blisters. The antibiotic amplified the degree of the sunburn to the extent I could not fish the second day. Others may know about this, I learned the hard way!

In May we had a presentation program from Jim Cox, of the Western Rivers Conservancy. I subsequently read in WON, that WRC had purchased and/or protected some 37,767 acres of land in the Klamath River watershed with an ultimate target of 47,000 acres! According to WON, The WRC is the only conservation organization in the West to buy land to protect fisheries and enhance fishing waters. To me, 47,000 acres is an impressive goal. If you are interested, their website is [www.westernrivers.org](http://www.westernrivers.org).

## SPECIAL GEARING UP

### Joint Surf Fishout with Amador Fly Fishers

From Sam Bishop, Surf Fishmaster

On June 21, I made a presentation on Fly Fishing the Surf to the Amador Fly Fishing Club in Jackson, CA. It was very well received. Their club is having a surf fishing outing here in Santa Cruz on **August 24** (Wednesday) at Manresa Beach and **25** (Thursday), at Rio Del Mar Beach. Please **SAVE** the dates, or at least the 24th. It will be very nice if a number of our members were there on the beach to show support and assist for a couple of hours (0630 – 0830). We will probably have a BBQ somewhere that Wednesday evening also, to which you will be invited. You don't have to save the whole day, but a couple hours in the morning will be appreciated. Right now they have 7 people signed up, with more possibilities.

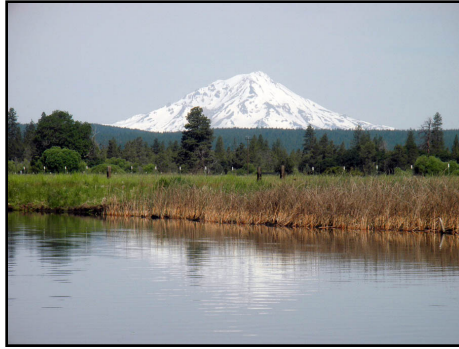
BTW – I found it interesting that, since most of their members are retired, they plan a lot of their events during the week rather than weekend.

Also, The Amador Club is having a fund raising "Catch it on a Fly" tournament on August 6 on the East Carson River, Markleeville. If any of you will be in that area and want to participate, there is more information here: <http://amadorflyfishers.org/events/outreach>

# Fishy Tales

\* Fall River, Hat Creek and Baum Lake – Late June – Steve Rudzinski

I packed up and became the other guy in the boat for a day testing out the Fall River, having never been there, new adventures are always exciting.



Putting in at an area controlled by Cal Trout is new and well thought out and there's even a storage spot for your small pram with chains so you can lock it up and come back in the morning and save time with the boat. There is a

three-day limit. We had to use an electric motor, which was just enough to get us miles upstream and home with a little paddling along the way home.

Fishing was as the reports said and the guys we met along the way said it was SLOW. We saw a guided boat land three nice fish using indicators in barely 18" of water. We tried many combinations and did not have one fish to the net until the last mile home. By this time I was fishing on automatic using a midge I would use at Pyramid Lake and finally had my fish of the day.

We fished the evening bite on the Hat the first night. I was using 6X and kept losing flies either in the reeds behind me or from a hard hitting fish and super weak line I got at the Fly Shop in Redding. Dry flies were not doing well with very few rises, we managed a fish to the hand each and very small at that. My last day fishing was Sunday and we tried a fast section of the Hat below the Hat Creek Park off the main highway. I really could have used a wading staff there and really got tired crossing some scary water. I managed one small fish on one of my own jigs.

It was great to try out some new area and the drive back down 89 to Lassen is a beautiful drive I had not seen yet.

We stopped at Baum Lake, which seemed like a nice little float tube lake, the state hatchery is right next door and the lake has a mix of wild and hatchery trout. Pelicans and osprey were



there. A fairly nice campground is nearby, which we explored on the way home. Fishermen up there are waiting for the Hex hatch to begin, and it's slow, slow, slow now.

# 2016 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

## Committee Heads

Raffle Coordinator	George Pike	423-2956
Membership	Jim Black	688-8174
Fishouts	John Cook	688-1561
Programs	Dennis Davie	427-2626
	Pablo Grabiell	562-652-3771
Conservation	Barry Burt	688-0187
News Editor	Kirk Mathew	724-6811
Webmaster	Pat Steele	476-0648
Fly Tying Master	Elaine Cook	688-1561
Annual Raffle	George Pike	423-2956
	John Steele	476-0648
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 Steve Rudzinski 462-4532

**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 Ken Salazar

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 Barbara Boxer

1700 Montgomery St., #204; [boxer@senate.gov](mailto:boxer@senate.gov)  
San Francisco, CA 94111

## Anna Eschoo, 14th District Congresswoman

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

## Sam Farr, 17th District U.S. Representative

1216 Longworth Blvd.; [samfarr@hr.house.gov](mailto:samfarr@hr.house.gov)  
Washington, D.C. 20515 - (202) 255-2861 or 429-1976

## Governor Jerry Brown

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

## Mike Honda, 15th District Congressman

1999 S. Bascom Ave., Suite 815, Campbell, CA 95008  
(408) 558-8085; FAX (408) 558-8086  
<http://honda.house.gov/>

## Senator Bill Monning

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



## Fishout Schedule

2016

Date	Location	Target Species	Fishmaster
July 9	Rio Del Mar Beach	Surf Fishout	Sam Bishop - (831) 476-6451
July 9-15	Green River. UT	Trout	John Steele - (831) 476-0648
Aug. 4-11	Mono Creek (2nd reach)	Trout	Dennis Davie - (831) 566-7447
Aug. 6-11	Loreto Baja Sur	Dorado, saltwater species	Rich Hughett - (831) 757-5709
Aug. 6	Manresa Beach	Surf Fishout	Sam Bishop - (831) 476-6451
Sept. 10	Palm Beach	Surf Fishout	Sam Bishop - (831) 476-6451
TBA	O'Neill Forebay	Striped bass	Jim Hall - (831) 713-6835
Sept. 24-Oct. 1	Mammoth Lakes-wk.1	Trout	John Cook - (831) 688-1561
Oct. 1-Oct. 8	Mammoth Lakes-wk.2	Trout	John Cook - (831) 688-1561
Oct. 8.	Rio Del Mar Beach	Surf Fishout	Sam Bishop - (831) 476-6451

\* Some dates are tentative. You must be a paid-up member of Santa Cruz Fly Fishermen to participate in these fishouts. For more information and to sign up for outings, contact the fishmasters, look for handouts at the club meetings and write ups in the newsletter. Some fishouts require advanced planning and payment. Please don't ask fishmasters for refunds if you have signed up, paid, and later find out you are unable to attend the fishout. Fees paid ahead are not refundable, unless someone else takes your place.

## Schoolin' Up July Casting Practice

During the months we have Daylight Savings Time, and it's still light enough in the evenings, the club holds casting practice in the Aptos Grange parking lot before the club meetings, starting at 5:30 PM. It's a good way to tune up your stroke, with other, more experienced casters available to help you out, and if you're a rank beginner, get some basic instruction. There are rods, reels and line available for your use, and you're welcome to bring your own, but please bear in mind that we're casting on asphalt, and it can be rough on fly line, so bring some old line you won't mind scuffing up.

# Catchy Releases

California's Premiere Wild Trout Fishing Contest  
August 24 - 28, 2016 at Clearwater Lodge

This is an epic fishing challenge to benefit CalTrout. The most fun fly fishing event in California returns to the renowned wild trout waters of Northern California. The Five Rivers Challenge will have you testing your angling skills while fishing some of the most remarkable rivers in the state, all while benefiting CalTrout and local conservation projects.

Hat Creek - Fall River - Pit River - McCloud River - Upper Sacramento River

### The Contest:

You and your teammate will fish each wild trout designated section of river over three days. Go for most fish. The biggest fish. The grand total in inches of fish from all rivers.

Or, the total from a single river. Whatever your strategy, it's a unique challenge and there are great prizes to be awarded in each category.

### The grand prize winner will be:

The team that catches the greatest total inches of trout from all five rivers. Winner's names will be engraved on the beautiful Five Rivers Trophy, permanently displayed at Clearwater Lodge. All teams will receive great tackle items and other prizes.

### The rules are simple:

Two person teams, fishing together with a guide. (8 team limit)

Fly fishing only, catch and release, barbless hooks.

Guides measure fish and keep score.

One half-day on each river.

6th half-day can be used on any of the 5 rivers.

Space is Limited to 8 Teams. Don't Miss Out

- Register Today! Go to [www.caltrout.org](http://www.caltrout.org) for more info and to register.



## GONE FISHING

June Surf Fishout

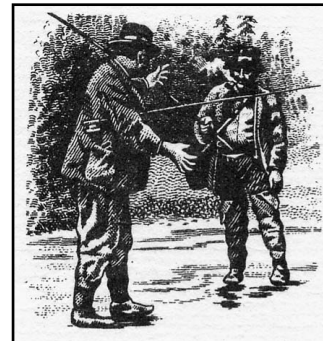
By Steve Rawson



We had a Surf Fishout on June 4. We met at 0545 am at Palm Beach. The tide was low -1.3 at 0438 so we were able to catch two minus tides in a row. The official fishmaster, Sam Bishop, was out of town, but regulars Michael DiCiano, Kirk Matthews, and Steve Rawson hit the beach. Excellent casting of course but not much catching. Steve Rawson came in as High-liner with one surf perch.

## Bait for Thought

Just Desserts



It has always been my private conviction that any man who pits his intelligence against a fish and loses has it coming.

~John Steinbeck

## HAVE A SAFE AND SANE INDEPENDENCE DAY!



# GEARING UP

## July Surf Fishout

**Fishmaster: Sam Bishop**

Our Saturday, July 9th Surf fishout will be at Rio Del Mar State Beach beginning at 0545 am. Sunrise is 0558, so there is plenty of light. Low tide +0.87 is at 0940.

I will have extra flies and stripping baskets. You just need to be there, waders on, rod in hand and be ready to catch some fish! Bring potential members too. I will be available for

assistance in any way I can, including double haul lessons. Take Rio Del Mar Blvd to the bottom round-about and double back along Beach Drive until you get to the state beach, about a mile from the round-about. We will NOT be near the round-about! Questions? Please call or email sambishop@totlcom.com. 831-476-6451 or 274-4024.

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## Backpack Fishout – Aug. 4-11

**Fishmaster: Dennis Davie (831-566-7447)**

This year's Sierra Backpack Fishout will be to Second Recess on Mono Creek from 4 August to 13 August. This very picturesque glacial canyon is a noted fishing destination with rainbows, goldens and brookies and is not difficult to get to. Located above Mono Hot Springs on the Kaiser Pass Road out of Huntington Lake, we will drive in on Tuesday, 4 August and camp overnight at Edison Lake to acclimate to the altitude (7,500'). After a breakfast at Vermillion Resort, we may take the ferry across Lake Edison (depending on water levels) or walk around and proceed up the Mono Creek trail. With only 1,000' of altitude gain over 8 miles (5 miles if using the ferry), this is pretty easy hiking. We will camp at Second Recess and fish for a few days and move up canyon after that if we decide to. Hike out is on 13 August. I suggest that we spend the night and drive home on Monday, 14 August, as driving the Kaiser Pass after hiking 8 to 10 miles might be too much for one day.

The trip is limited to 6 persons to keep the fishing pressure reasonable. (There are currently 3 hikers signed up.) There are plenty of creeks to fish and day hikes to lakes are possible. Hikers should be experienced in backcountry camping and fishing, but this is a pretty easy backpack on a well used trail. Bring the usual personal backpacking equipment, sleeping bag, ground cloth,

mattress and tent or rainfly. Rain gear will be needed as rain and thunderstorms are always a possibility in the Sierra. Warm clothes for the cool nights will also be needed. Otherwise pack as light as you can. It's just more fun that way!

Small, light rods (2 to 5 wt, 6 to 9 foot) or tenkara gear are suitable for the streams and lakes. An assortment of dry and wet flies and nymphs will catch anything up there. You might want a few streamers if you are going to lake fish. Wet wading the creeks is doable, but the water will be cold, so hip waders and fleece bottoms might help. Bring sanitized waders and boots - don't spread snails or mussels!

We will coordinate stoves, fuel, frying pan for brookies and big pots, but bring your own food, small pot for hydrating dinners, cup, spoon, fork, etc. We will provide hot water for breakfast drinks and freeze-dried dinners. Bear canisters and spray are recommended as this area has bears... Did I mention mosquitos? Be prepared! Sun screen, too.

There will be a coordination meeting around 1 August to finalize hikers, plans, ride-sharing and the kitchen. For more information and to reserve your space on the trip, call Dennis 831-566-7447 or email dendavie@cruzio.com.

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## Loreto Fly Fishing Trip- August 6-11

**Fishmaster: Rich Hughett 831-757-5709**

Experience a new HIGH! Fish for Dorado, and many other salt-water fish, including bonito, roosterfish, yellowtail, and sailfish, on a fly! Join the group going to Loreto in Baja from Saturday, August 6th through Thursday, July 11<sup>th</sup>. This trip includes:

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

It does not include 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 cost for everything but meals and airfare is \$730.00 per person (double occupancy).

The fishing day starts around 6:00 AM and we usually get back to the harbor between 1:30 and 2:00 PM. Spend the rest of the afternoon fishing from the beach, having a cool drink in the pool, exploring Loreto, 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 Hughett, 831-757-5709, for all the details. We will need to book airline flights\*, rooms and pangas as soon as possible.

\* Southwest Airlines from San Jose and Alaska Airlines from Los Angeles to Loreto.

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## Mammoth Lakes Fishout - Sept. 24th-Oct 1st & Oct. 1st-8th

**Fishmaster: John Cook - 688-1561**

This fishout will take place over two consecutive one-week periods, Sept. 24th through Oct. 1st, and Oct. 1st-8th. As of this date, there are only three places left, which are all in the second week.

**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.

**Cost:** \$310 per person per week. This covers seven nights' lodging with three meals per day.

**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:** Send me the money to secure a spot. Mail your check, made out to John Cook, to P.O. Box 2822, Aptos, CA 95001-2822.

The fishmaster will maintain a waiting list for each week. If space for you becomes available, you will be notified by telephone. Don't miss out. Since there is no call-in date, plan your trip soon, sign up, and send your check to John!

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

# LifeLines

## Heat Exhaustion

From [www.webmd.com](http://www.webmd.com)

*Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.*

### There are two types of heat exhaustion:

**Water depletion.** Signs include excessive thirst, weakness, headache, and loss of consciousness.

**Salt depletion.** Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

### The most common signs and symptoms of heat exhaustion include:

Confusion, dark-colored urine (a sign of dehydration), dizziness, fainting, fatigue, headache, muscle or abdominal cramps, nausea, vomiting, or diarrhea, pale skin, profuse sweating, rapid heartbeat.

### Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

### Other recommended strategies include:

Drink plenty of fluid (avoid caffeine and alcohol).

Remove any tight or unnecessary clothing.

Take a cool shower, bath, or sponge bath.

Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

### Risk Factors for Heat Exhaustion:

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important -- especially during heat waves -- to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.

If you live in an urban area, you may be especially prone to develop heat exhaustion during a prolonged heat wave, particularly if there are stagnant atmospheric conditions and poor air quality. In what is known as the "heat island effect," asphalt and

concrete store heat during the day and only gradually release it at night, resulting in higher nighttime temperatures.

### Other risk factors associated with heat-related illness include:

**Age.** Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.

**Certain health conditions.** These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever.

People with diabetes are at increased risk of emergency room visits, hospitalization, and death from heat-related illness and may be especially likely to underestimate their risk during heat waves.

**Medications.** These include some medicines in the following classes: diuretics, sedatives, tranquilizers, stimulants, heart and blood pressure medications, and medications for psychiatric conditions.

Check with your doctor to see if your health conditions and medications are likely to affect your ability to cope with extreme heat and humidity.

### Preventing Heat Exhaustion

When the heat index is high, it's best to stay inside in air conditioning. If you must go outdoors, you can prevent heat exhaustion by taking these steps:

Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.

Use a sunscreen with an SPF of 30 or more.

Drink extra fluids. To prevent dehydration, drink plenty of water, fruit juice, or vegetable juice per day. Because heat-related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity. Ask your doctor about the best types of fluid and how much you should be drinking.

A general recommendation for those doing moderate- to high-intensity exercise is to drink 17 to 20 ounces of fluid two to three hours before exercise, and consider adding another eight ounces of water or sports drink right before exercise. During exercise, you should consume another seven to ten ounces of water every 20 minutes, even if you don't feel thirsty. Also, drink another 8 ounces within a half hour after exercise. Take additional precautions when exercising or working outdoors.

Avoid fluids containing either caffeine or alcohol, because both substances can make you lose more fluids and worsen heat exhaustion. If you have epilepsy or heart, kidney, or liver disease, are on a fluid-restricted diet, or have a problem with fluid retention, check with your doctor before increasing liquid intake.

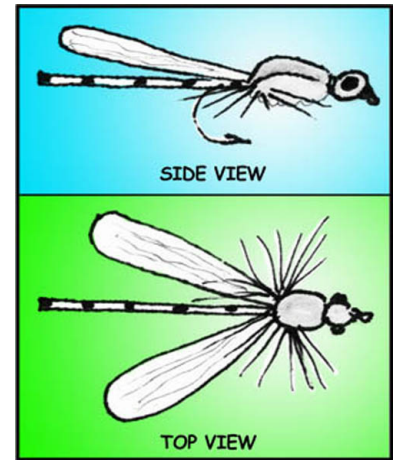


# FLY OF THE MONTH

**Adult Damsel**  
*submitted by Elaine Cook*

*In late spring and early summer approach, damselfly migrate from the depths of ponds and lakes, becoming very vulnerable to trout and bass. As adults they flutter around vegetation that sticks out of the water. They end up in the water from mating rituals and the wind. Fish will sometimes come out of the water to take them from the air or off vegetation. Do check out <http://vimeo.com/85147880>*

**Hook:** TMC 5262 size 12  
**Thread:** 6/0 royal blue  
**Abdomen:** "Braided Butt Damsel" blue braided monofilament, Black permanent marker (Sharpie)  
**Eyes:** Pre-made black monofilament eyes OR make your own from plastic hairbrush bristle. Holding a 5/8" piece in the center with hemostats, melt each end with flame, forming a barbell shape.  
**Thorax:** Blue 2mm close cell foam  
**Wing:** Medallion sheeting or clear cellophane.  
Note: if you are unable to obtain, contact Elaine at 688-1561, she has lots.  
**Hackle:** Dun saddle or neck  
**Thorax:** Blue superfine dubbing  
**Head:** Blue foam (as above)



1. Crimp barb.
2. Attach thread behind eye, wrap to rear of shank covering shank.
3. Prepare abdomen. Cut 1 1/8" long. With hemostats, hold material 1/16" from tip. Melt end with flame. Mark 6 times, starting at tip. (Note: some of this will be covered, leaving 4 - 5 exposed marks).
4. Lay abdomen on top of shank, melted end to rear, other end mid shank. Tie in place. Advance thread to 3 hook eyes length behind eye.
5. Position barbell eyes 2 1/2 hook eye lengths behind hook eye. Attach to top of shank with figure 8 wraps so it's at right angle to shank. Apply a drop of "Super Glue" or the like.
6. Cut 3/16 strip of foam. With end behind eyes, attach snugly to top of shank back to mid shank.
7. Cut wing strip 2" X 3/8", round tips. Twist center and attach to top of shank in front of extending foam.
8. Select hackle with barbs 2X hook gap. Cut off fuzzy end then cut 5 - 6 barbs short on each side of stem. Lay cut barb end on top of shank behind extending foam with tip to rear, tie in place.
9. Dub a thorax up to and a little around barbell eyes. Return thread to extended foam. Then wrap around base of foam: rear, other side, in front over shank toward you. Let bobbin hang.
10. Wrap hackle around base of foam 3 - 5 times. Tie off with 3 thread wraps around base of foam. Cut excess. Advance thread to behind barbells. Cut barbs short in front of foam.

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## RECIPE OF THE MONTH

**Halibut with Rice Wine**  
*From [www.allrecipes.com](http://www.allrecipes.com)*

*This is a great way to prepare halibut, cod, sea bass, or salmon. Serve it with couscous or rice.*

### Ingredients:

- 1 teaspoon vegetable oil
- 1 shallots, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon black bean sauce
- 1/2 cup mirin (Japanese sweet wine)
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 6 (4 ounce) fillets halibut, skin removed
- 1 teaspoon sesame oil
- 1/4 teaspoon pepper
- 2 tablespoons chopped fresh cilantro

### Directions:

Heat oil in non-stick saucepan over medium heat. Cook shallots and garlic gently until fragrant, but not brown. Stir in black bean sauce, rice wine, and soy sauce. Bring to boil and cook until reduced by half. Remove from heat, and stir in vinegar; set aside. Pat fish dry. Rub with sesame oil and sprinkle with pepper. Preheat an outdoor grill for high heat, and lightly oil grate. Grill fish for about 5 minutes per side, or just until cooked through. Sprinkle with cilantro. Serve with sauce poured over top.



# JULY 2016

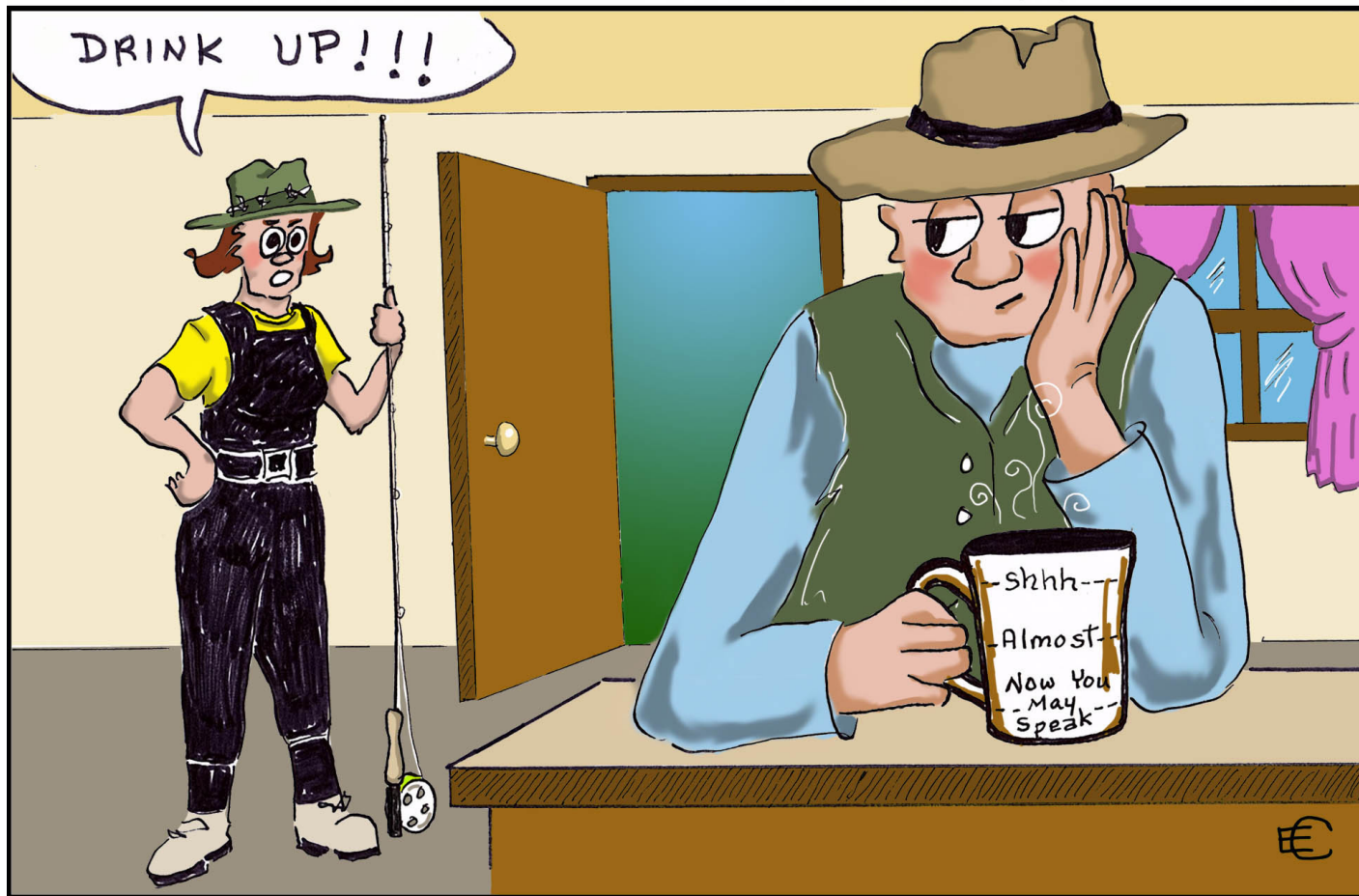
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 New Moon ● Independence Day	5	6 Club BBQ 7:00 PM Aptos Grange	7	8	9 Surf Fishout Rio Del Mar Green River Fishout ←
10	11 First Qtr. ◐ Green	12 River Fishout	13 Fly Tying Class-7 PM Aptos Grange	14	15	16 →
17	18	19	20 Full Moon ●	21	22	23
24 Newsletter Deadline	25	26 Last Qtr. ◑	27	28	29	30
31						

# AUGUST 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 New Moon ●	3 Club Meeting 7:00 PM Aptos Grange	4 Backpack ←	5 Loreto Fishout ←	6 Surf Fishout Manresa Beach Fishout
7 Loreto Backpack	8 Baja Sur Fishout - Mono	9 Fishout → Creek	10 First Qtr. ◐ Fly Tying Class-7 PM Aptos Grange	11 →	12	13
14	15	16	17 Board Meeting 7:00 PM Steele home	18 Full Moon ●	19	20
21 Newsletter Deadline	22	23	24 Last Qtr. ◑	25	26	27
28	29	30	31			



FIN FLUTTER



Be sure and check out the enhanced content on our website, at [www.santacruzflyfishermen.org](http://www.santacruzflyfishermen.org).  
The July issue features a slide show of photos taken at our recent event, “Fly Fishing 101-Public Education Day” held at beautiful Quail Hollow Ranch!

# 2016 ANNUAL FUND RAISER CONTRIBUTORS

*We thank all our contributors, both corporate and individuals, for their support of our club, and apologize for any we may have inadvertently omitted.*

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**Please Patronize Our Contributors!**

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## MEMBER CONTRIBUTORS AND HELPERS

*Thanks to all our member contributors and helpers, we couldn't have done it without you!*

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Cecilia Stipes  
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