



OCTOBER

2018

CLUB MEETING

Date: Wednesday, Oct. 3rd
Time: Open - 6:45 P
Meeting - 7:00 PM
Place: Aptos Grange, 2555 Mar Vista Dr., Aptos

Modern Nymphing -European Inspired Techniques
*A Video Presentation by Lance Egan, Devin Olsen
and Gilbert Rowley*



European nymphing techniques are worlds apart from the traditional strike indicator methods. This video will change how you approach nymphing, provided you are motivated to try it and perhaps steepen your learning curve. It is effective if you choose to do the work involved to learn it.

Not only is this video instructional, it features very pleasing cinematography combined with plenty of action, as the featured fly fishers catch fish after fish. Lance and Devin do a great job of explaining things, and Gilbert Rowley does a fantastic job of capturing all the action and putting it together in a format that's easy to follow and even easier to watch.

From a more descriptive standpoint, the video follows a logical outline first giving you the introduction to the general methods they'll discuss and why they're so effective. That's followed by discussion on gear recommendations and why you'll need said gear. They very clearly discuss the rigs you'll use, how to build them and how to use them. This includes clear diagrams on the setups they're actually using in the film as well as how to rig your flies, tie knots etc. From there, you'll learn (or better said, be shown) about putting the rigs into action with casting, drift control and hook setting techniques. As a final piece to all of it, they then spend time reviewing effective fly patterns for this style of fishing.

So, come prepared to sit back and enjoy this video feast of information that will be invaluable to you when you nymph fish. You might even want to take notes!

FLY TYING CLASS

Date: Wednesday, October 10th
Time: Open - 6:45 PM
Class - 7:00 PM
Place: Aptos Grange, 2555 Mar Vista Dr., Aptos

The Red Throat Clouser
Instructor: Elaine Cook



Get ready for your trip and fishout to the O'Neill Forebay with this in your fly box. It's a must for those striped bass in there!

Bring your tools, vise, light and any magnification you might need, and some white flat waxed nylon monochord or other very sturdy thread. All other materials will be provided. Equipment and thread will be available for beginners to use, and we especially welcome you. Please sign up at the October club meeting, or call Elaine at 688-1561. If you sign up and later find you will be unable to attend, a cancellation notice is appreciated.

What's Inside:

President's Line, Bait for Thought.....	p.2
Board, They Work 4U, Fishout Schedule, Monthly Raffle.....	p.3
Catchy Releases, Fishy Tales.....	p.4
Gearing Up.....	p.5
Gone Fishing, Cartoon.....	p.6
Reel News, Cast of Thousands.....	p.7
LifeLines.....	p.8
Fly of the Month, Recipe of the Month.....	p.9
Calendar.....	p.10

President's Line

I Want You!

By President Tom Hogye

Yeah, you! Yep, you know who you are. Nothing to do but work, or not work? You're kinda bored 'cause you're fishing a lot, but it's pretty much the same old thing, isn't it? Waders, check. Flies, rod, new line, vest, net, check, check, check. Flight, gas in the truck, check.

But when you get home, what's next? Maybe you make a club meeting and share with a few friends, or post a few pictures on Facebook to people who "like" your photos, comment on the size of your catch, the scenery - but then what? Plan for another trip? Got to work? Repeat?

Maybe you kinda like participating in certain things, but you're not sure, if you make the commitment, will you do a good job, or will it be too much to do, too much to grasp?



I've been that way, most of my life. If anything, I have a tendency to overcommit to things. But what else would we do? Really.

Some of the most fun I've had is doing something new, not knowing exactly what I was going to do and just going for it. I remember so many times stepping into something (literally and figuratively) or being given a job, only to say: "What? I've never done that before. I don't know anything about 'computers' being a Conservation Chair, mountain bike racer, winner, husband, father...president of a fly fishing club? What?!!!"

Back in 2000, I was driving home from a job I'd had for only a few months when the owner of the company called me to say I was going to run the computer portion of our business when I returned to work. I was like, "Uh, but I don't know anything about computers!" or that I would be that successful some 18 years later. Or when I was told I should race my mountain bike, I'd never raced a bike before, only to find out I could win. Or when someone said I was good with horses and I decided, at 20, to move from my comfy home in Ohio all the way to California with nothing but my Jeep, some clothes, and my bicycle! I would tell people I was never good at anything other than being a "good boy." Then I won and was more surprised than anyone. Or in 1993, when I was asking about steelhead and Kathy Powers said, "you should be the Conservation Chair." When I said I didn't know how to

do that, or what to do, she said, "I'll help you hold the reins."

When the kids came into the world, a whole 'nuther level of what to do we never did before came from that. Yeah, you read that right! But we made it work. Proof miracles do happen. We figured out then had backpacks to put kids, diapers, and bottles in and we could still fly fish and hike with the kids happily bouncing along on my shoulders. We just bought a bigger tent so the crib would fit in it! A portable one!

With this present position, as you've heard me say it a few times, to call upon the youth of the world to be the next generation of SCFF. Oh, and you're never too old-ever-so don't go there with that. I'll prove it to you. And yes, SCFF (skiff) is in a position where we older, more seasoned board members are looking for new candidates we can share our enthusiasm with. For new candidates to bring and share their own ideas like we did-and still do. It's not hard and there is no pay, so little chance of being fired-but the rewards are many and exciting.

We are presently embarking on a number of events these coming months where the youth are coming and they will be learning to cast a fly rod, tie flies and care for our local waters. Yes, they are young, but there will be dozens of them, and if only a few really stick with it, or even just one-you will have had the opportunity to share fly fishing, fly tying, conservation, love of the outdoors and all things flitting, crawling, and dancing about these wild places we long to preserve and restore. There is no greater reward.



Look at every position the "Board" has to offer - pick one. Come to a board meeting, check it out. We're a fun bunch. We'll shadow, help you make it "yours", and watch this fun little club continue

well into the future. We do need you. Specifically: Treasurer, Conservation, Annual Raffle Prize Gatherer, Casting Instructor... but really, every board member position would LOVE your help-yes, even the President. We all had to start somewhere! Talk to one of us. Ask questions. Take that first step.

You'll find yourself catching the fish of a lifetime-more often than you think, and you won't need a net.

Thank you for being you! No one does it better!

Bait for Thought

You've Got to Believe

All Americans believe that they are born fishermen. For a man to admit a distaste for fishing would be like denouncing mother-love or hating moonlight. -John Steinbeck

2018 Board of Directors

Officers

President	Tom Hogye	214-7578
Vice President	Kevin Murdock	688-4518
Treasurer	Jim Tolonen	475-8859
Secretary	Angela Johnson	(530) 320-3352

Committee Heads

Raffle Coordinator	Jeff Goyert	234-0033
Membership	Bob Peterson	251-8655
Fishouts	John Cook	688-1561
Programs	Jim Black	688-8174
Conservation	Dennis Davie	566-7447
News Editor	Kirk Mathew	724-6811
Webmaster	Pat Steele	476-0648
Fly Tying Master	Elaine Cook	688-1561
Annual Raffle	[POSITION UNFILLED]	
Marketing/Publicity	Michael McGannon	688-3025
Annual Benefit Coordinator	Petar Ilic	475-0268
Facilities Coordinator	Steven Rawson	583-9370
	Steve Rudzinski	462-4532

Ex Officio

Fly Casting Master	Sam Bishop	476-6451
--------------------	------------	----------

Members at Large

Kathy Powers	728-4130
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, t 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

They Work for You

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://asmc.org/members/a29/>
(Assemblyman Stone is Chair of the California Environmental Caucus)



Fishout Schedule

DATE	LOCATION	TARGET SPECIES	FISH MASTER
Sept. 29 - Oct. 6	Mammoth Lakes	Trout	John Cook - 688-1561
Oct. 6	Rio Del Mar Beach	Surf fishing	TBA
Oct. 11-14	O'Neill Forebay	Striped bass	Steve Rudzinski - 462-4532

Fishouts are one of the most enjoyed activities our club offers. I highly recommend club members to attend and possibly organize one. If you are thinking about sponsoring a club fishout, please give me a call. Club fishouts can be structured in many ways from simple to involved. I will be glad to help you put one together. Call me, John Cook, at 688-1561.

MONTHLY RAFFLE

October Trick or Treat
By Monthly Raffle Director Jeff Goyert

Door Prize - YETI - Door Prize

Yes, we will be having a Yeti door prize this month that will be - get this - full of goodies! Everybody gets a free ticket, and yes, you need to be present to win. Don't be a whiner, be a winner!

Speaking of winners, we are again going to have a winner's choice raffle for a really nice rod/reel package; your choice of a 9- foot four-piece fast action rod with cloth case and hard tube along with an Avid machined aluminum alloy frame reel. The winner gets to pick between four different rigs, a 5 weight, a 6 weight, 7 weight or 8 weight. Just to sweeten the deal, each rod and reel will include a Real Gold floating line. Don't miss this one!

A couple of other raffle goodies will include a really nice two-sided snap lock "O" ring sealed split foam fly box and a mesh landing glove for quick handling and release of our finned friends.

Ezee Pezee - buy a ticket or a few, and win a great prize!

Catchy Releases

California's rivers are under assault by feds, and the state isn't helping much

By Gary Bobker

Special to The Sacramento Bee - August 22, 2018 12:00 PM -
Updated August 22, 2018 12:00 PM

Earlier this month, President Donald Trump continued gas-lighting the public in a Twitter rant about "bad environmental laws" that supposedly limit water available to fight California's wildfires. Fire officials immediately rejected the claim.

Don't mistake these tweets as just one more illustration of our president's ecological illiteracy. They reflect a comprehensive attack by his administration and anti-environment Republicans in Congress on the health of California's rivers, water quality and fisheries.

For example, Interior Secretary Ryan Zinke recently told California regulators that he may sue to exempt his agency from new water quality standards for the San Francisco Bay estuary, and Congress is considering parallel legislation. Congress is also attempting to exempt the costly Delta tunnels project from review by state and federal courts. The administration recently unveiled plans to gut the Endangered Species Act, a critical reason why California's Chinook salmon haven't disappeared completely.

Will California hold the line against this federal assault? Unfortunately, no.

While Gov. Jerry Brown deserves credit for resisting federal plans to eliminate climate change and energy efficiency initiatives, state agencies display some of the same backwards logic on river, water quality and fisheries.

Decades of scientific research underpin the State Water Resources Control Board's finding that current river flows in the Sacramento-San Joaquin Delta are insufficient to protect fisheries and recreational opportunities. The California Department of Fish and Wildlife found substantial evidence that more natural flows

are vital to the health of the estuary and the millions of people who rely on it for water, food, employment and recreation.

But proposed changes to flow standards for the San Joaquin River and its tributaries, which the water board once again postponed adopting this month, are far below what its own findings indicate will be necessary to restore California's most beleaguered rivers. This decision and others would essentially maintain the status quo, with little more than half of the Central Valley's runoff making it to the Bay in most years. The result will be persistently poor Delta water quality, declining fisheries, and the continued slide towards extinction of a half dozen native fishes.

To make matters worse, the Department of Fish and Wildlife wants so badly to reach a deal with water districts, that it is willing to ignore its own scientists and undermine existing legal protections for the environment. In a letter to the water board, the department offered to support voluntary agreements with water districts even if those pacts required less water to remain in the rivers than the board proposed and even if they reduced flows that currently reach the bay. This is a recipe for the permanent loss of benefits that the public derives from a functioning San Francisco Bay watershed.

Make no mistake: California's rivers, the San Francisco Bay estuary and our endangered fish and wildlife are in the federal and state crosshairs. The antipathy from the Trump administration is predictable; for our state agencies to fail those same ecosystems is shameful.

Gary Bobker is program director at The Bay Institute, a nonprofit that protects the San Francisco Bay. He can be contacted at bobker@bay.org.



Fishy Tales

*** Tsiu River, Alaska - Sept. 16-23 - Pat and John Steele**

We almost didn't make this trip, owing to some confusion about departure dates, and we owe a big debt of gratitude to Bob Peterson, who stopped by the Friday before we were scheduled to leave and cleared up our confusion.

Our compliment of salmon fishers included John and myself, Bob Peterson, and new to the Tsiu River, Bob Ransdell. We shared a three-bedroom cabin, which was cozy.

The weather on the Tsiu River is typically wet and rainy, but this year, a lot of rain came in August, and then stopped. We spent a week in sunshine, which, while pleasant, doesn't drive the fish upriver as does a good rain. We fished right down by the river mouth, where it empties into Prince William Sound, braving ocean swells that came up river when the waves were crashing on the beach. It made for some rather dicey footing, and the fish would come in waves as well. We all limited every day, but not as easily as in years past. Bob Peterson caught a nice 16-pounder,

4 Santa Cruz Fly Fishermen

and John caught one almost that big.

This river is wealthy in fish, regardless of the weather, and they are bright silver, firm, and feisty, so you know the dinner served at the Annual Fund Raiser will be stellar!



GEARING UP

O'Neill Forebay Striped Bass Fishout - October 11-14 (Thursday-Sunday) *Fishmaster: Steve Rudzinski*

We are having our annual striped bass fish out. Please either sign up at our October club meeting or send me an email at ssrudzinski@gmail.com or call 831-462-4532 (land line no texting) leave a clear message and number to call back. (email is the best).

This is a float tube or boating event, shore fishing is poor at best, veterans to this watershed know what to bring, others are advised to get in touch with me for advice.

Bring: float tube, waders, fins, a net, a 6 or 7 wt fly rod, full sink tungsten line type IV or type III work best. 6' fluorocarbon leader 15-17 lb. test. (fish are not leader shy and better to have enough strength if you hook a trophy fish). You will need some Clouser flies 2-3 inches and colors of chartreuse and white and red and white work well. (you can purchase some great flies from Lee Haskins who guides and fishes the Forebay and San Luis Res. contact me for his email address).

Campers: Bring your own food and firewood to share with the group at night, there is no water so bring all you will need to drink and clean. Vault toilets are decent to good shape, we will all camp just west of the power lines at Medeiros campgrounds, look



for signs, take first off ramp after you cross the bridge below the San Luis dam, take a left on HWY 33 and go 1/4 mi and turn left again into the campground.

Be aware that float tubes must be taken out of your vehicle and inspected before you camp. violations are severe. Everything must be clean and dry, even dew or a few drops of water will reject your boat. Follow washboard road past the power lines and look for our club banner. (photo here is taken from last year's camp. (it rained and the wind blew hard last two years so be prepared for anything).

Hope to see the largest group ever, we always have a great time and it's only about 70 miles from Santa Cruz.



Pyramid Lake Fishout-Mar. 24th-30th, 2019

Fishmaster: Mike White - (831) 706-5556

The Pyramid Lake fishout is one of the best-attended fishouts the club has, and for a good reason. Large fish cruise parallel to the shore in easy casting distance from shore. Cost for the week including meals and lodging and is around \$300+ per person depending on the number in attendance. You need not fish all six days as there may be openings (usually later in the week.) Contact Mike for more details (831) 706-5556, to check on openings, or be put on a waiting list. First come first served.

You can also make your own arrangements either by bringing your own RV (Crosby's Lodge has hook-ups and sells permits to park on the any of the beaches along the lake) or staying in Reno. Reno is 45 minutes away. Call Crosby's lodge to inquire about last minute cancellations in their cabins as well (775) 476-0400 and check out their website to see what the cabins look like at www.crosbylodge.com. The General Store in Sutcliffe offers meals on selected nights only to those who call in before 2:00 PM. Check at the General Store for details.

Equipment: 6-9 weight rods with hi-speed, hi-D shooting heads or fast sink integrated lines to fish the bottom in 6 to 9 feet of water, and a floating line for indicator fishing. You should bring a stripping basket and a ladder that will accommodate it. A ladder helps to get you up out of the cold water and enable you to cast out to where the fish are. You can still catch fish without one but not with near as much consistency.

Flies: Woolly buggers in black, white, purple, olive, midge, caddis and mayfly nymphs to name a few. If as in years past the Confab in February is offering the opportunity to see how some of the best Pyramid patterns are made plan to attend and bring a vise and tie some yourself. Flies may also available from club member Jim



Hall who ties some very good flies specific to Pyramid cutthroat as well as other species at reasonable cost. His number is (831) 713-6835. There is a general store with provisions as well as tackle and an assortment of flies.

How to get there: Take US 80 to Reno-Sparks, take the Pyramid Blvd. off ramp and go north about 35 miles. Crosby Lodge is at Sutcliffe, near the Ranger Station.

If you have any questions about equipment or how to get there, check the "Gearing up" columns in the March 2007-2009 archives on our great club website, or call Mike White at (831) 706-5556.

If you are considering going to Pyramid again this year with the club and you have not already done so, please contact the person who is booking the trailer you stayed in last year. Trailer-masters, if your trailer has gaps or cancellations, you can call Mike so he can pass the names of members who don't have lodging to fill the empty spots.

Fishing, Camping, and New Ladder Regulation:

Fishing and camping permits can be purchased online prior to the fish-out. We would highly recommend doing this. Go to www.plpt.nsn.us to obtain your licenses. There is also an RV Park available at (775) 476-1155.

As with any great fishery there are always a long list of rules and regulations. We would recommend you review them on the website above. Suffice to say those of us who have been going to Pyramid Lake for many years are a good source of information as well. We will help inform and guide all newcomers.

GONE FISHING

September 15th Surf Fishout

By Fishmaster Mark Traugott

We had a decent turnout for the September 15th Surf Fishout at New Brighton State Park Beach: seven rods in all, and a mix of old hands and new arrivals. The day was glorious, the weeds had abated somewhat, and the surf was moderate. There was a lot of bird action, but too far offshore to be of much use to us. The catch was meager, with one great exception. Mike Ferranaci and Phil



Pictured (L-R): Mike Ferranaci, Robert Eberle, Michael DiCiano, Phil Kowal (not pictured: Jeff Gose, Mark Traugott, Mark ? (possible future member))

Kowal took one perch each and Mark Traugott caught two, all on Sam Bishop's red-and-orange beadhead fly. But Robert Eberle, who was effectively fishing his home waters, showed us how it's done. He landed five striped bass, the last of which was well beyond "keeper" size. He definitely has the technique dialed in and needs to teach a master class to bring the rest of us up to speed.

Cartoon by Elaine Cook



Reel News

Youth Outdoors Day - Friday and Saturday, October 5th and 6th - 10 AM - 4 PM

Help bring the young people in to the great outdoor activity, fly fishing, by helping out with fly tying demos and fly casting instruction. You will get a free lunch, and much pleasure and gratification by engendering an appreciation for the outdoors through the sport of fly fishing.

3rd Annual Fly Fishing Clinic - October 20th - 10 AM - 2 PM - San Lorenzo Park

In conjunction with Coastal Watershed Council, American



Fisheries Society and Fish Bio, the SCFF will be presenting fly tying demos, fly casting instruction, and conservation education. Please volunteer to help at this event, as we play a pivotal part in the education of the public, particularly young people, in the preservation of our local resources. Contact Alev Bilginsoy, at abilginsoy@coastal_watershed.org for more information and to volunteer.

Castroville Rotary Club and the Monterey Bay Salmon and Trout Project Present:

The 41st Annual Albacore Feed

Saturday, November 10th, 2018

Door Prizes, Silent Auction and Project Demonstrations

No Host Cocktails at 6:00-7:00 PM - Dinner at 7:00 PM

Castroville Recreation Center

11261 Crane St., Castroville, CA

Dinner Tickets - \$20 (kids 12 and under-\$10)

Tickets available at the door

Cast of Thousands

For Sale:

Women's 3 mm Stockingfoot Neoprene Waders

Size Medium

Brand new, still in box

\$35 - call Bill Seaman at (831) 818-5612,

or e-mail billage@comcast.net



LifeLines

The Danger of Dehydration in Cold Weather From <http://health-faq.com>



On a hot summer day, when the sun is blazing and the sky is completely cloudless, the beads of sweat on your brow prompt you to ensure that you are consuming plenty of water. This is especially the case when you are doing hard physical work or exercise outdoors - because your body loses fluid much faster. The fluid loss from your body, which stimulates thirst when the weather is warm, does not trigger the same reaction when the temperature drops. This is not just because you feel cold, it's because cold temperatures affect thirst sensations.

Getting the correct balance of fluid in your body depends on thirst stimulation. When you feel thirsty, you consume fluids voluntarily - and your kidneys will conserve or excrete the fluid as necessary. This process is facilitated by fluid controlling hormones, like AVP (plasma arginine vasopressin), and a couple of things can stimulate these hormones. When your body loses fluid, the level of sodium in your blood rises, and your blood volume reduces overall as well. Both of these reactions stimulate your hypothalamus to discharge AVP, which makes your kidneys produce urine at a slower rate. This replenishes the fluid in your body. Simultaneously, your hypothalamus sends a signal to the cortex of your brain, to generate a thirst sensation - encouraging the intake of water required to restore healthy salt levels.

When the weather is cold, the thirst response of your body declines by as much as forty percent, even if you are suffering from dehydration. This occurs because your blood vessels tighten when you are cold, to stop blood from traveling easily to the body's periphery. This allows your body to preserve warmth, by attracting extra blood to its center.

However, due to this, your body is "tricked" into believing that it is correctly hydrated. Your brain will not detect the reduction in blood volume, so the AVP hormone is not discharged at the normal rate - in spite of increased blood sodium levels. Consequently, your body will not preserve water and you will

not feel particularly thirsty. This is why athletes tend to drink less water, when training in cold weather. Also, their kidneys do not receive the hormone signals to preserve water, so urine production rises. This condition is known as cold induced urine diuresis.

There are a few other factors that can cause dehydration during the winter too. In cold weather, you lose more fluid via the respiratory process. For instance, when your breath is visible, that is really water vapor being lost from your body. If you exercise vigorously in extremely cold temperatures, you will lose lots of vapor when you breathe.

Insulated underwear, thick coats and other warm clothing items can help your body preserve heat. However, the extra weight also means that your body has to work ten to forty percent harder. As a result, it generates more sweat - which leads to a loss of fluid. In cold air, sweat evaporates much quicker. Often, this makes people wrongly believe that they are not sweating in cold conditions. This can cause a reduced thirst sensation.

Revealingly, animals such as dogs and rats also exhibit reduced thirst sensations in colder weather. Typically, they drink back the lost fluid though. They also tend to experience increases in central blood volume, because of cold induced vasoconstriction.

It is important to drink plenty of water, particularly when doing physical activities outdoors in cold weather. You can check by examining your urine to see if you are correctly hydrated - it should have a clear color. In addition, you might be dehydrated if your lips and mouth become dry, if your skin is flushed or if your saliva thickens. Severe symptoms include muscle cramps, abdomen and chest pains, sickness, dizziness and confusion, dimmed vision and a raised pulse. You need to seek medical assistance immediately if you experience any of the aforementioned dehydration symptoms, but more importantly, stay hydrated to avoid them entirely.



FLY OF THE MONTH

The Bunny Stripper *Submitted by Elaine Cook*

This streamer pattern simulates a bait fish or large nymph such as a dragonfly. Trout, steelhead and bass can find this irresistible. Use a sinking or floating line. The weight will make the fly sink. Strip to entice a strike.

Hook: TMC 5263, size 6
Thread: Black 6/0 monocord, flat wax nylon, or other sturdy thread
Eyes: Silver bead chain eyes, 1/8" size
Tail: Black rabbit strip
Body: Estaz or cactus chenille, purple or black
Beard: Mallard flank, dyed orange



1. Crimp barb.
2. Attach thread behind eye. Wrap to rear of shank in close wraps, then forward to one eye length behind eye.
3. Cut two beads from chain using wire cutters. Position on top of shank so they are crosswise and parallel to table. Use "figure eight" method and wraps around base of eyes to keep in place. Apply Super Glue or Zap-A-Gap to thread wraps. Wrap thread to rear of shank.
4. Measure hide part of rabbit strip to 1/8" longer than hook. Separate hair fibers at that point with bodkin. (wet hairs make it easier to handle). Cut across hide with natural grain of hairs angled to rear, measure hide from hook eye to rear of shank. Separate hair fibers at that point. Tie to top of shank with several wraps. Lift forward hide and make several wraps in front of hide.
5. Strip fibers off 1/4" of string core. Lift front rabbit strip and tie in strings. Wrap forward to eyes. Wrap chenille forward stroking fibers back with each wrap preventing crushing. Tie off. Cut excess. Turn fly upside down.
6. Stroke barbs away from stem, lining up tips. Pinch tips of about 20, then cut from stem. Lay on underside of shank, tips to rear, cut ends extending a little past hook eye. Tie in place with 3 wraps.
7. Bring hide of rabbit skin firmly forward. Snugly tie down behind eyes.
8. Advance thread in front of eyes and make about 10 wraps. Whip finish. Cut thread. Super Glue or Zap-A-Gap final thread wraps.

RECIPE OF THE MONTH

Thai Steamed Salmon *From the Fast Fish Cookbook, by Hugh Carpenter and Teri Sandison*

Ingredients:

1/4 cup dry sherry, sake or Chinese rice wine
1/4 cup freshly squeezed lime juice
2 Tbsp. honey
2 Tbsp. Thai fish sauce
2 Tbsp. chopped fresh basil
2 Tbsp. chopped fresh mint
2 Tbsp. minced fresh ginger
1 serrano or jalapeño chile, minced, including seeds
4 (6-oz.) salmon fillets, skinned, pin bones removed
1/4 cup chopped roasted unsalted peanuts for garnish
Grated zest of 1 lime for garnish

Directions:

In a bowl, combine the sherry, lime juice, honey, fish sauce, basil, mint, ginger and chile and mix well. (The marinade can be covered and refrigerated for up to 8 hours before using. Store the peanuts at room temperature.

Reserve 4 tablespoons of the marinade. Place the fish in a baking dish and add the remaining marinade, turning to coat evenly. Place in the refrigerator to marinate for 10 minutes. Assemble a Chinese steamer. Bring a large saucepan or sauté pan of water to a boil over high heat. Place a sheet of aluminum foil inside the steamer. Lay the fish flat side down on the foil in a single layer. Place the steamer over the boiling water and cover the steamer with its lid. Steam for 8 minutes, until the fish just begins to flake when prodded with a fork. Transfer the fish to dinner plates and drizzle 1 tablespoon of the reserved marinade over each serving. Sprinkle with the peanuts and lime zest and serve at once.



OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 — Mammoth	2 <i>Last Qtr</i> ☾ Fishout	3 Club Meeting 7 PM Aptos Grange — wk.#2 —	4	5 Youth in Outdoors Day SC Fairgrounds ←	6 Surf Fishout Rio Del Mar Beach →
7	8 Columbus Day	9 <i>New Moon</i> ●	10 Fly Tying 7 PM Aptos Grange	11 ← O'Neill	12 Forebay	13 Fishout
14 O'Neill Forebay Fishout →	15	16 <i>1st Qtr</i> ☾	17 Board Meeting 7 PM Steele home	18	19	20 Fly Fishing Fair San Lorenzo Park 10 AM-2 PM
21	22	23	24 <i>Full Moon</i> ●	25	26	27
28	29	30	31 <i>Last Qtr</i> ☾ Hallowe'en			

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 DST Ends	5	6 Election Day	7 <i>New Moon</i> ● Club Meeting 7 PM Aptos Grange	8	9	10 MBSTP Albacore Feed-6PM Castroville Rec. Ctr.
11 Veterans' Day	12	13	14 Fly Tying 7 PM Aptos Grange	15 <i>1st Qtr</i> ☾	16	17
18	19	20	21 Board Meeting 7 PM Steele home	22 Thanksgiving Day	23 <i>Full Moon</i> ●	24
25	26	27	28	29	30 <i>Last Qtr</i> ☾	