

Flyline

A Publication of the Flyfisher's Club of Oregon

F O U N D E D 1 9 6 1

Please join Flyfishers Club of Oregon for an evening with Gary Galovich Tuesday, September 13th!

Gary graduated from the University of California at Davis in 1985 with a degree in Fisheries Biology. He then worked with The Nature Conservancy and the California Department of Fish and Game before joining the Oregon Department of Fish and Wildlife in 1990. With ODFW he has held several positions and became the agency's warmwater fish biologist in 2006. Gary currently has statewide responsibilities and travels throughout Oregon, but is based out of ODFW's Salem Headquarters and keeps a field office in Corvallis.

Warmwater fish provide diverse and valued recreational angling opportunities throughout Oregon. However, because they are species that have been introduced there can also be concern for their impacts on native fish and wildlife. During this presentation he'll provide some history of warmwater fish in our state and discuss how we manage for them to optimize recreational use while avoiding or minimizing potential risks.



President's Message

I hope everyone is out enjoying their last days of summer on this Labor Day weekend. For me it ended on a high note as several of our club members joined me at the Oregon State Fair.

Last Sunday the Fly Fishers Club of Oregon was proudly represented. We had a great demonstration booth that offered Fly Tying, Casting & Joel's Famous Bug Boat. It was pretty magical to see young children sit down to watch a Fly being tied and walk away proudly saying they were going to catch a fish with that Fly. The Bug Boat was a major attraction offering crawdads, caddis, water boatman, snails & sculpin. They could examine the bugs under a microscope or pickup a crawdad from the Bug Boat. The casting area was outdoors and at times we had a line of kids waiting to try. It made me smile to see a 5 year old trying to hold a Fly rod that was 4 times his size, or to have a Dad say "I'd really like to go fishing again, it's been years."

The fair organizers were so pleased with our activities that they have invited us back for next year. Thanks to our volunteers Ross, Rick, Joe, Joel, Jerry, Anne, Mike, Lisa & Janet. I think a good day was had by all, lot's of smiles and a few corn dogs.

My best to you,
Teri



Joe Palanuk demonstrating his tying skills to Anne Brown as Jerry Brown and Teri Beatty look on.



Member Matters

Remember the amazing December 2015 FCO Event honoring past presidents? The Distinguished Presidents of the Flyfisher's Club of Oregon presentation now on the [FCO Website!](#) (Login required)

Dr. Mark Metzdorff and Wolfpk have converted his Distinguished Presidents of the Flyfisher's Club of Oregon into a pdf that you can view by going to the "Members Only" page where you will find the link. If you were unable to attend the December 2015 meeting, this presentation is a must see! It was chock-full of history, trivia, and special memories. A true labor of love to honor those who have shaped the Flyfisher's Club of Oregon. If you are a new member, Mark's presentation will show you some of the contributions that FCO Presidents and dedicated members have made to the Club and the sport over more than 60 years. Enjoy!

Your Upcoming FCO Meetings

Mark your calendars for upcoming Club meetings and stay connected with fellow members! Go to the Club's Facebook page or [the calendar on this website](#) to see the great programs that Sarah Lonigro has lined up!

Fly-Fishing is Good for You by Robert Deen

Editor's Note: Member Janet Arenz ran across this article from The Angler's Club Magazine and liked it so much that she asked for permission to reprint it in the Flyline. Clay Smith from the magazine kindly gave permission. You can find the article and a great photo of a fly fisherman calming his brain at this link. <http://anglersclub.com>

It doesn't take a brain surgeon to know that fly-fishing is good for you. Or it does it? The Harvard Medical School's Department of Neurobiology recently published an article that compared fly-fishing to yoga in its ability to relax the brain and combat the ill effects of every day stress.

"What is it about this so-called quiet sport, with its incantation of rod and fly, river, and nature, a sport of both stealth and strategy, that helps to lessen stress and calm the brain?" asked the article the Harvard Mahoney Neuroscience Institute Letter. Herbert Benson, Mind Body Medicine Professor at Harvard Medical School, says humankind has learned over millennia how to turn off stress by "breaking the train of everyday thinking."

Fly-fishing is Good for You

“What better example of this than fly-fishing,” says Benson, “with the repetitive back-and-forth motion of the rod and line and fly? You’re focusing on where that fly is going to land on the water and that breaks the train of everyday thought.”

The negative physical impacts of day-to-day stress in modern society are well documented. More recently scientists have identified the so-called “relaxation response” — the purposeful initiation of a physical state of deep rest, one that changes a person’s physical and emotional responses to stress. When practiced, the relaxation response slows down breathing rate, relaxes muscles, and reduces blood pressure.

Doctor’s Orders

Yoga has long been the prime example of an activity based on the purposeful pursuit of a state of relaxation. The Harvard neurobiologists compare fly-fishing to yoga, with its repetitive casting motions and contemplative state. A fly fisherman is removed from “the real world”, surrounded by nature, and disconnected from phones and electronic devices. Fly-fishing has also been compared to meditation, in that fly-fishers perform a simple, repeated task, often for hours on end. “The motion of fly-fishing is part and parcel of the activity itself and may contribute to its calming effect,” says Benson.

More than 38 million Americans fly fish. A survey by the Outdoor Foundation found that 38 percent of Americans who say they are considering taking up fly fishing will do so as means to relax and reduce stress.

The Harvard article also points out a study involving combat veterans that found participants had significant reductions in stress and post-traumatic stress disorder symptoms and improvements in sleep quality after participating in a fly-fishing retreat. And you thought you were fly-fishing just for the fun of it. Now you have scientific proof that going fishing Saturday instead of getting those home chores done is the right decision – after all, you’re only doing it for your health.



Literary Angler

Editor's Note: When I put in a plea last month for submissions to the Flyline, our dedicated "non-resident" member, Dr. Barry Mayer came through with this lovely story that takes you back to a great day of fishing in his state of Vermont. Thanks, Barry, for sharing the memories!

On Long Pond

This article was written in 1984 for the newsletter of the Santa Lucia Flyfishers of the Central Coast of California when I lived in San Luis Obispo. I've made a few changes to more accurately reflect the situation as it is today.

My wife Deni was raised in the small village of Orleans in the "Northeast Kingdom" of Vermont just 15 miles from the Canadian border. The population of 1200 had remained relatively constant over the past 45 years but is now about 826. Her parents, Margaret and Forrest Hardy, occupied the small white frame house they had lived in for 50 years. Things don't change much in those parts. Both elder Hardys have passed on, Margaret just 7 weeks shy of her 100th birthday in 2008 and considered the Grande Dame of the county at the time. In the summer of 1984 we had the opportunity to return for a reunion with family, friends and some serious fishing.

Although there are streams in Vermont which have widespread reputations like the Battenkill in the southwestern part of the state and the Willoughby just two blocks from the Hardy homestead, the ponds of the northeastern corner of Vermont is where the action is in July and August.

In 1949 my father-in-law, called Chick by his friends (nearly everyone there has a nickname), built a "camp" at Long Pond, 11 miles from Orleans and some 1200 feet higher in elevation. The pond covers about 100 acres and is about 80 feet at the deepest point. It has a wooded shoreline and a small island where people would sometimes camp but in recent years has been designated a preserve for a pair of nesting loons. There are four or five major springs feeding the pond at the south end and many smaller springs and brooks on the east side. About 10 camps are spread along the east shore mostly toward the north end. There is no electricity and telephones have been available only the past two years. The Hardys don't have one and don't want one. They lived at camp from the time the 2 ½ mile dirt road was passable until after Labor Day.

The day we arrived Chick and I got in the rowboat and headed for the springs at the south end at about 1:00 PM. We anchored out from one of the springs and using Grasshoppers (# 8-10) and Floatin' fools (#12) began to entice some rises. In the next two hours we hooked five or six squayah tails (local nomenclature for native brook trout) up to 13 inches long. I spent the first half hour of that time demonstrating I could exceed the breaking point of the 6X tippet by being too eager. Once the timing was mastered though the afternoon became much more gratifying.

Not far from where we were fishing is another spring that flows up into the pond creating a light colored sand bar over the bottom. We were close enough to hear a rise

from that spot but never observed a single one in the next several days. Chick hadn't had any luck there yet that year. In past years we had caught a few fish over this spring using dry flies but mostly early in the season.

One morning we rowed over to have a look and through the Polaroids saw that the sandy bottom provided a background for the silhouettes of at least two dozen good sized brookies. Chick liked to fish with flies but was not tied to this method. We anchored near enough to the fish to see them but not spook them and Chick dragged a live red worm through the school that had the effect of moving the fish away from it while developing not the slightest interest in it as food. I was using a long leader, floating line and a black leech. I let the fly sink on its own in the 3-4 feet of water and then worked it obliquely across the spring very slowly through the flotilla of finicky finning critters. The slightest tick of the line signaled a take and I had to react very quickly or it was gone. After missing several I landed one 13 incher then lost my only leech on a snag. I switched to a #12 weighted Hare's ear and the fun began again. Within an hour I had landed six beauties while the red worm had produced nothing.

Most of the rest of the week we fished mainly after dinner just at dusk. The pond had been stocked with landlocked Atlantic salmon that were silver torpedoes up to 16" and quite strong fighters. Tradition at the Hardy camp was that after dinner was done and the chores seen to everyone would gather around Margaret at the piano and singing would be heard until dark. Steve, my brother-in-law, and I would sit on the dock until we saw rising fish, get in the rowboat and make our way out 30-40 feet to the rises and manage to hook some of the salmon on dry flies.

While the camp is still in the Hardy family, the grand reunions don't happen since the passing of the senior Hardys. But the memories do persist.

Dr. Barry Mayer



Conservation Corner

Fall will be upon us soon and we look forward to cooler river temperatures and camaraderie on the water. There are opportunities to get together with like-minded fish lovers in town as well. Two worthy events are coming up soon. Please check them out and attend if you can.

Wild Steelhead Celebration

Sunday September 11th 9:00 a.m. – 6:00 p.m. McCoy Park N. Trenton St. and Newman Ave.

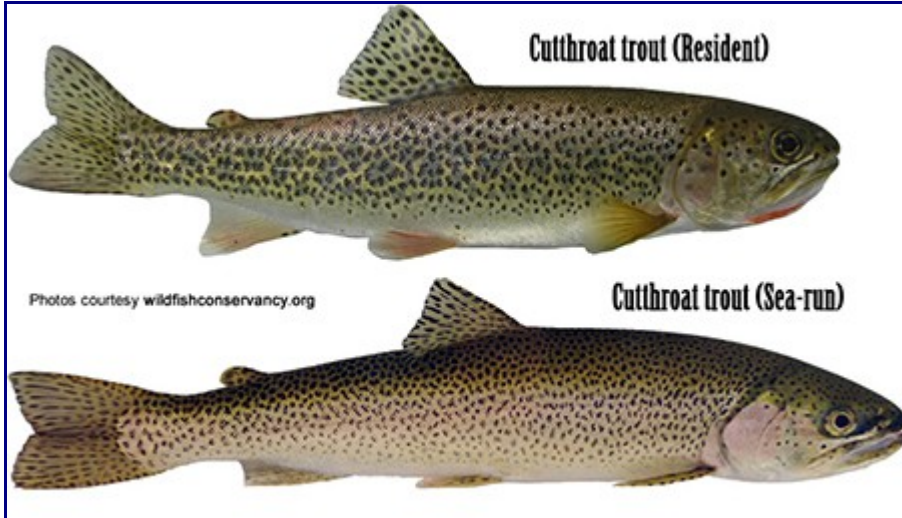
Soul River Runs Wild, a non-profit that promotes fly fishing and conservation to inner city youth is holding a free event to “share and promote the spirit of wild steelhead and what conservation means to the next generation.” This is the 4th year for Soul River Runs Wild’s community event held in North Portland. It’s a fish party of sorts that includes music, fly tying, engagement in fly fishing, and information on the various outings conducted by this community based conservation and youth group. The organization pairs military veterans with inner city youth, “serving, teaching, and shaping youth into leaders and ambassadors of Mother Nature.”



Fly Swap Benefitting Coastal Cutthroat Coalition

Thursday September 15th 7:00 p.m. Burnside Brewery 701 E. Burnside

The Roving Dears are a group of enthusiastic new fly fishers who have fallen in love with Coastal Cutthroat. They have organized an event to educate folks on the cutthroat and to have a fly swap to benefit the Puget Sound-based Coastal Cutthroat Coalition. The Coastal Cutthroat Coalition is “dedicated to the science and management of wild coastal cutthroat trout.” They have partnered with agencies such as Washington Department of Fish and Wildlife, angling groups, and Native American tribes to better understand the life histories, abundance, and economic value of coastal cutthroat. So bring your flies, have a beer, and talk cutthroat trout with folks who care enough to expand the scientific knowledge base for this beautiful fish.



Cutthroat trout (Resident)

Photos courtesy wildfishconservancy.org

Cutthroat trout (Sea-run)



What Do You Know About...

Coastal CUTTHROAT COALITION

DEDICATED TO THE SCIENCE AND MANAGEMENT OF WILD COASTAL CUTTHROAT TROUT

Here's What We Know:

- Native only in North America (northern California to south-central Alaska)
- Apparent reduced abundance across their range
- As a non-commercial species, Coastal Cutthroat Trout receive very little attention from scientists and managers
- Mandated recovery efforts for other fish species, leaves few resources for the study of this unique, wild and native trout

Recent work by Washington Department of Fish & Wildlife staff & volunteers has improved understanding of the spawn timing, redd identification and marine distribution of Coastal Cutthroat Trout in the South Puget Sound, but there is still more work to be done.

Here's The Next Step:

Your help is needed to reach the following goals:

- Produce the first redd-to-fish conversion for Coastal Cutthroat Trout
- Apply redd conversion to historic redd count data in South Puget Sound
- Describe differential spawn timing of Coastal Cutthroat Trout by age, sex, size and time
- Expand stock assessment efforts beyond South Puget Sound with volunteer training.

The information gathered from this project will also help biologists define annual abundance, evaluate management plans, ensure the long term stability of the Coastal Cutthroat Trout population throughout the Northwest, and maintain sustainable fishing opportunity.

What Can You Do?

Join us to raise funds to supplement Coastal Cutthroat Trout research and volunteer training programs!

- Volunteer to count redds in your local area
- Contribute Directly to WDFW Fiscal Services
"Cutthroat Research MI 54639"
600 Capitol Way N.
Olympia, WA 98501
- Tax Deductible Donations via Puget Sound Fly Fishers made on behalf of "Cutthroat Research MI 54639"
11502 51st Avenue Ct. SE
Tacoma, WA 98446

For more information:
Greg Shimek, PSFF VP
gregs47@icloud.com



Photo Courtesy of Bob Triggs