Official Newsletter of California Fly Fishers Unlimited, a 501c(3) Non-profit - **May - June 2026**

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The History of Shad in California

By Ken W. Davis

American Shad are not native to California. For eons American Shad migrated at sea only along the East Coast of North America. The California Board of Fish Commissioners (the forerunner of the modern day Fish and Game Commission) was established to provide for the restoration and preservation of fish in California waters. They contacted Mr. Seth Green who was not a biologist, but a fish culturist and owner of the Hudson River Hatchery. Their request? Bring Shad to California.

Mr. Green knew his attempt to move fish across the nation was considered hopeless by the world's top scientists. In a bold gamble June, 1871, Green collected twelve thousand young Shad that had been hatched the night before, placed them in four eight-gallon milk cans and headed west on the recently completed Transcontinental Railroad.

Laurie Banks with a beautiful Shad caught via Jeff Morin's donation to the Annual Dinner. (Photo courtesy of Jeff Morin)

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Hexagenia Hatching - Sooooon!

A gorgeous female Hexagenia mayfly at Lake Almanor. **See nymph on Page 17**

CFFU Calendar - MAY - JUNE 2026

DISCLAIMER: Dates on this calendar are subject to change. Check the CFFU website for the most up-to-date event schedules. CFFU Calendar LINK

MAY	EVENT	INFORMATION LINKS
4	BOARD Meeting	BOARD MEETING
5	General Meeting - Carson Jeffres	General Meeting
7	OTTERS	Otters LINK
9	Cub Scouts - Contact Frank Rinella	Frank Rinella EMAIL
12	*** Mike Giusti Casting at Gibbons Park	Mike Giusti email;
12 - 21	Duck Valley Reservoir Outing	CFFU OUTINGS
13	New Members Meeting	New Members Meeting
19 & 26	Fly Fishing 101 (Class for Beginners)	Fly Fishing 101
21	OTTERS	OTTERS
21	TECH Thursday - Knots	TECH Thursday
23	Casting Clinic	Casting Clinic
27	Social - Reading water in small streams	SOCIAL
27 - 29	North Umpqua Outing	North Umpqua Outing
30	Mentor Outing (Contact Laurie Banks)	Mentor Outing
JUNE	**EVENT**	**INFORMATIONAL LINKS**
1	BOD Meeting	Board Meeting
2	General meeting	General Meeting
4	OTTERS	OTTERS
9 - 13	MONTANA Outing	Montana Outing
15 - 22	BAJA outing	Baja Outing
18	OTTERS	OTTERS
18	TECH Thursday: Shad Fishing	Shad Fishing
24	SOCIAL - Tenkara Fishing	Social - Tenkara
27	Casting Clinic	Casting

Mike Giusti Casting Practice - Proposed Dates:
May: 12, 16, 19,23,26
June: 2,6 9,13,30

NOTE: Mike is a busy guy - Watch for date changes

Message from CFFU President JULIE KAYE

Welcome, Members!

As President of the CFFU, it's my pleasure to be a part our club's board as we enter the vibrant seasons of spring and early summer. With all the knowledge and enthusiasm board members bring to CFFU, we are pleased to be providing a variety of outings, clinics and meeting presentations.

This is a special time for anglers across our region, and especially here in the Sacramento Valley, where the rivers and streams are coming alive with activity. In the coming weeks, you'll find increased opportunities to target a number of species. Don't forget about the mountain creeks that become more easily accessible—perfect for exploring new waters or revisiting favorite spots.

We're also planning several club outings, casting clinics and classes focused on waters in the area and techniques. These events are a great way to learn, share experiences, and connect with fellow fly fishers. Listings and details will be posted on our website and sent via club emails.

Whether you are a new member or a longtime participant, I want to extend a warm welcome. Our club thrives because of your passion and involvement. I encourage you to participate in our activities this season—be it a river cleanup, casting clinic, or group outing.

We're always looking for fresh ideas for presentations and workshops. If there's a topic you'd like covered—maybe a specific technique (Tech Thursday) or water or species—we'd love to hear from you. Please tell our program chairs if there's something you're interested in that we haven't covered recently. Your input helps us shape the club's programs and ensures we're meeting the needs and interests of our members.

Thank you for being a part of the CFFU fly fishing community. Let's make the most of the spring and summer season, enjoy the beauty of Northern California's waters, and share our love of the sport. Fish on!

Congratulations

Yowsa! Tim Landrus caught his first Pyramid Lahontan Cutthroat Trout on the April CFFU Outing to Pyramid Lake, NV.

History of Shad in California - Continued

Seth Green, the father of fish culture in the U.S.

He stopped to freshen the water at the Genesee River, Lake Erie, and some-where in Toledo. When he arrived in Chicago about 72 hours later, he commented on the water,

> *"Here I first tried the water from the city water-works, but found there was too much oil in it; so I went to the lake. Having tasted the water and found that it would answer, I put two hundred fish in Lake Michigan, and with cans newly filled for California."*

The continuing trip was fraught with water issues, stopping along the Green and Humbolt rivers, among others. On June 26, 1871 after a seven-day trip, he arrived in Sacramento and took about ten-thousand young Shad two hundred and seventy miles north of Sacramento and deposited them in the Sacramento River.

Livingston Stone, a good friend of Seth Green, continued to orchestrate the translocation of aquatic species from the East Coast to California. Under the direction of the California State Commissioners, he was instructed

> "...to bring to California a car load of the best varieties of the fishes of the Atlantic slope."

The species and numbers were left to Stone's discretion and included bass, catfish, yellow perch, glass-eyed pike, horn pouts, brook trout, silver eels, a barrel of oysters and forty-one spawning lobsters. On the sixth day of the transcontinental trip to California the aquarium car (outfitted to carry the aquatic animals) the train engine, and tender broke a trestle bridge over the Elkhorn River near Omaha and ended up falling into swiftly flowing twenty-feet deep water. The contents of the aquarium car were a total loss to California, every fish escaped into the river.

On June 23, 1873, Stone tried again and left New York with 40,000 live Shad. He left 5,000 Shad in the Great Salt Lake and continued with 35,000. On July 2nd, he deposited them in the Sacramento River at Tehama.

By 1879, a commercial fishery had developed, much of the catch was canned. In 1957, the inland commercial fishery was banned mainly to protect striped bass accidentally caught in the gill nets.

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Note: Livingstone Stone also established the Baird Hatchery on the McCloud River. In 1872 he was commissioned to ship more than a million Salmon eggs to the East Coast.

Image of a 146-year-old American Shad specimen that ichthyologist David Starr Jordan collected in the Columbia River in 1880 and sent to the Smithsonian. Shad migrated north from the Sacramento River and colonized the Columbia River creating a dynamic fishery.

138 year-old Shad preserved at the Smithsonian Museum

Big Oops

We forgot to renew our California Fishing Licenses. The fines cost us $400.00 each. Check the date on your License!

History of Shad (Continued)

The fishery authorities were surprised when the Shad migrated north up the Pacific Coast. By the 1880s the migrating Shad established a population in the Columbia River 600 miles north of Sacramento. Angry Salmon fishermen caught the Shad in their nets and threw them on shore to rot.

Scientists sent Shad specimens to the National Museum in Washington, D.C. See image on Page 3.

"The finest gift you can give to any fisherman is to put a good fish back, and who knows if the fish that you caught isn't someone else's gift to you?"

Lee Wulff

Rattlesnake Encounters - What to do?

NOTE: There have been a significant number of snake bites in the last month. At least three people have died from the encounters. So, we offer the following sage advice for dealing with the animals and what to do, and NOT do if bitten.

By Ken W. Davis
(With Information from CDFW, U.C. Davis and other medical sources)

I know you might not believe that I would do anything stupid like tease the most dangerous rattlesnake on the planet. Well, I did. Many years ago, I was "showing off" for a girl by using a stick to prod a snake we saw next to our car. Imagine that. Being that I'm color blind, I did not know the attractive reptile was green. My lady friend said, "Are they all green?", It was then I realized I had been messing with a Mojave Green! A rattlesnake that's specialized venom contains both neurotoxins and hemotoxins making it up to 10 times more potent than other rattlesnakes. Now I do my best to avoid all rattlers.

Rattlesnakes are somewhat common in Northern California. We had a club member who encountered one on the salmon survey in Auburn Ravine, a club member was bitten in her Carmichael garden, and I have encountered many snakes along the American River. They are also common along Putah Creek and at Lake Berryessa.

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Mojave Green Rattlesnake

The Mojave Green Rattlesnake (Crotalus scutulatus) is the one most dangerous venous snakes in North America. Most rattlesnakes are hemotoxic as they affect the blood system. The Mojave Green venom is neurotoxic and affects our nervous system.

If bitten, Do NOT use a dead chicken poultice like Festus when he "saved" Doc's life! Gunsmoke: "Wishbone" February 16, 1966.

Rattlesnake Encounters - Continued

Best Practice for Rattlesnake Bites:

1. Leave them alone! No playing with the snakes.

2. Wear the appropriate footwear.

3. Get immediate medical attention, as severe or even life-threatening symptoms may occur within minutes after the bite, or in other cases after a couple of hours.

4. If you have a pen, circle the bite and write the time near the circle.

5. Do not apply ice, do not use a tourniquet or constricting band, do not try to suck out the venom, and do not use any device to cut or slice the bite site.

5. Do not attempt to capture the snake, just get a photo to help medical personnel to identify the species.

5. Do not drive yourself to an Emergency Room. Call 911, as the ambulance drivers can contact nearby ER s to ensure they have the appropriate antivenom.

6. Constricting blood vessels near a rattlesnake bite can lead to amputation. Remove wristwatches, rings on fingers or anything constrictive.

7. Keep calm, try to avoid exertion, and keep the affected extremity below heart level until you can be transported to a medical facility.

The authorities in Arizona have reminded us that a strong rattlesnake bite can raise medical costs to over $100,000.00. Each antivenom vial can cost $10,000

Note from Laurie: I was not the girlfriend mentioned in this story. I would have told Ken to keep his dumb ass in the car.

Why We Drive.....No Flying

This is why we drive to fishing destinations. It's the stops inbetween, the scenery, the people we encounter and the "Indian Fry Bread" made by Nethanial on the Yavapai- Apache Nation Reservation in Arizona. A wonderful and funny man who made some fantastic Fry Bread.

New Member Stuff

NEW MEMBER MEETING - 101 Class

By Laurie Banks

All new members don't forget to come to the New Members Meeting on Wednesday the 13th 6:30-8pm at Northminster Church (3235 Pope Ave). Discover all the benefits of this club and get some free flies for your collection. If you are not a member but would like more information about CFFU this is an ideal place to start!

If you are new to fly fishing, the 101 Class for Beginners will be held on two Tuesdays, May 19th and 26th. These are also held at Northminster Church from 6:30-8:30. Learn how to rig your rod, basic knots, safety, how to select leader, tippet, flies, equipment, and so much more. The cost is only $5 for members and $20 for non-members, which covers the cost of your manual and room rental. These two workshops are followed by our mentor outing on May 30th. Instructors will get you casting and practicing fishing techniques on the water. You can sign up at the May General Meeting, New Member Meeting or email:
laurie@creekchick.com

"The great charm of fly-fishing is that we are always learning."
Theodore Gordon

"Beverly still bosses me around and is my fishing buddy."

By Dave Jepma

When I heard about CFFU I decided to attend a new member meeting. Forest told us you get out of a club what you put into it. So, I went to a general meeting where they served coffee and cookies, it was a nice start. A lady approached me and asked what I was doing, nothing, I said, I'm new. She suggested I go sign up for volunteer work and for an outing, which I did.
I heard a lot of talk about fish challenges which I knew nothing about. At a tech Thursday Jeff Morin gave me all his beer making books. And I followed Forest's suggestion and volunteer for various events for the club.
As of today:
1. Beverly still bosses me around and is my fishing buddy.
2. I have completed three fish challenges.
3. The beer I make is better.

PONDERINGS

By Forrest Oldham

Forrest Oldham with a McCloud Redband Trout

OUR RESPONSIBILITY

OK, so now you are a fly fisher. Have you stopped to ponder fully what this means? I hope you will take a minute and read what I have to share and apply to your life's journey as a fly fisher as you see fit. Being a 70 year old and a member of this club found me rubbing elbows with most all the founding members and their thoughts and feelings as fly fishers. Many of those related to our responsibility as simple fishers, like any other fisher for recreation or profit. We are not unlike hunting clubs, car clubs, photo clubs, or any other such organization. We would like to practice our pursuit for as long and wherever we can! This means we need to protect our rights to do so whenever and wherever they may be threatened. This is exactly why our club charter was written as it was! This means that not only do we need to work within our organization, we also must respect and work with other fishing groups as well. There was a time when fly fishers "looked down our noses" at other types of fishers for not releasing the fish they caught. We need to not do this and leave room for their pursuits as well if we are to work together to keep and maintain our rights into the future. This also means we need to listen to the thoughts of all in other clubs and also to those of our own members no matter how uncomfortable that may be. This is how we can get all options "out on the table" to hopefully come up with the best solutions possible to any situation that confronts us. We are fortunate that those that came before us took great care to maintain this club with great diversity of abilities and desires to provide avenues for any of our members to satisfy this responsibility as well as enjoy fishing from time to time. Inevitably there will be strongly held differences of opinion, however, when this occurs we must not cut ourselves off from one another! Respect for the thoughts and actions of others is essential if we are to keep CFFU the robust organization created by our founders. This open mindedness must prevail on the water as well as the meeting room. I encourage you to find a little time here or there to "pitch in" and discover the benefits of involvement.

Please find at the end of this writing a link to CFFU's Articles of Incorporation (Constitution). It is worth a read…

CFFU Constitution LINK

"Men and fish are alike. They both get into trouble when they open their mouths."

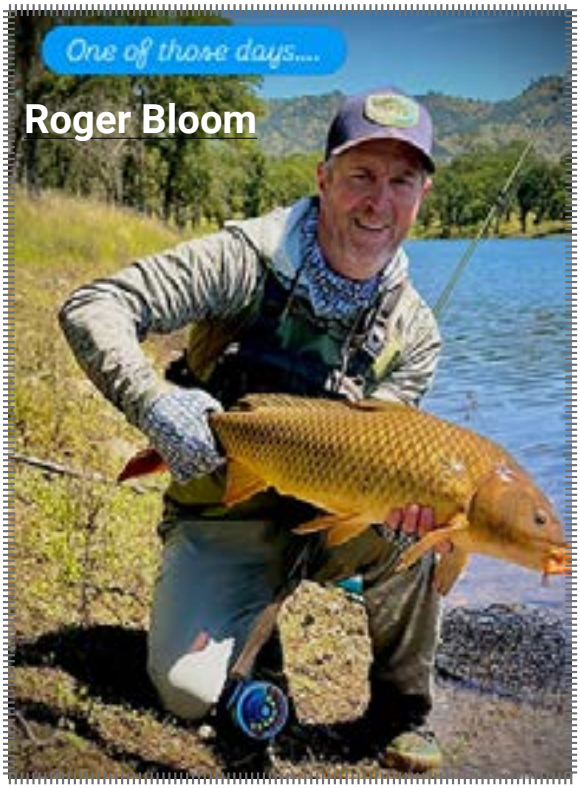
Jimmy D. Moore

CFFU and the GIRLSCOUTS

"The Girl Scout fishing day was wonderful! Seeing everyone come together, and the girls having an amazing time learning and discovering new skills. Thanks so much to Beverly and the CFFU volunteers for making it a memorable day—the energy and teamwork really shined. Looking forward to the next event!"

Sam Martinez

TECH Thursday



1876

"In California, carp were expected to be an excellent substitute for the worthless and unpalatable fish of the warm water of the great valleys in the state."

California Fish Commission Report for 1876-77

(Note: The name of the commission was changed in 1909 to the Board of Fish & Game Commissioners.)

By Jeff Morin

During April's Tech Thursday we welcomed Roger Bloom and his presentation on Carp fly fishing. Roger has been fishing for carp in Northern CA since his teenage years and he shared his many years of experience stocking this specie. Yes, you don't fish for carp, you stealthily locate, approach and cast to them with precision. While anticipating their direction of travel, you cast ahead of the carp, let your fly sink and set up you fly by dragging your fly, with long slow strips forward with a short strip in front of the carp to trigger a bite. Roger says to ensure you pull your fly at a 45 degree angle forward and never towards fish. Pull it towards them and they'll spook for sure. Fly fishing for carp sounds incredibly challenging, but Roger offered many tips and tricks and really made it sound possible for the average fly fisher. Many thanks to Roger for sharing his wealth of knowledge.

MAY TECH THURSDAY

The membership has spoken and May's Tech Thursday we welcome Jim Degnan presenting Fly Fishing Knots Part I based off a program he created for the Granite Bay Flycasters. So, new to fly fishing or want to build confidence with the basics? Join Jim for a hands-on session focused on an analysis and discussion of the essential knots every angler should know. Whether you're rigging up for the first time or just want to stop relying on YouTube, this session is also designed to give you practical, repeatable skills. Jim will start with the basis of all knots, the simple Overhand Knot, move on to the two or three turn Surgeon's Knot and its use in connecting lines. Jim will discuss the difference between the famous Clinch Knot and show why the movement of a simple turn makes a superior strong knot, the Improved Clinch Knot. It's a standard in the sport. After that, Jim will go into loops and the Cat's Paw and will introduce the very simple Kryston Knot, a surprisingly simple new addition to the field of non-slip mono knots. The little sister of the famous Kreh Loop and just as strong.

All levels are welcome, but this first session is especially great for newer members. Bring your questions and your fingers—CFFU will supply the material. We are looking forward to seeing you there on May 21st. Jim will return in August for Part II of his Fly Fishing Knots program as well.

POSTCARD

Fly fishing in Arizona takes you by a multitude of sites and towns that are beautiful, educational and historical. A recent trip to Arizona took us to Montezuma's Castle that was built between 600 - 900 AD. Somehow the Sinagua people built the castle into a cliff complete with pillars and large beams. Several hundred people lived in this section of the settlement along the Beaver River

"You may not always end up where you thought you were going, but you will always end up where you were meant to be." **Jessica Taylor**

Pyramid Lake – A Mean Momma

Pyramid Lake was its unpredictable self. Fishing was tough and few fish were caught from the bank. The members who opted for boat fishing did slightly better. Thursday the weather was too nice and Friday we had to quit early due to lightning. Even if the catching is bad fishing with great friends is outstanding. Thanks to Mike Giusti for being the fishmeister and organizing the great potluck/BBQ Thursday evening.

Answer to last issue's puzzle-The masked fisher is our own Greg Nyland.

NOR CAL FLY CASTING DAY IN THE PARK

Where: Gibbons Community Park, 2026 Gibbons Drive, Carmichael

When: May 23rd 2026 Time: 9 to 3

We have local FFI Clubs signing up for practice casting and for work on your FCDS Bronze, Silver, and Gold requirement levels at this event.

The event will have all levels of casting instructors to help you out.

The team putting this event together comprised of members of many of our local clubs.

Our goal is to have a social event centered around improving your fly casting.

The event is geared for all levels of fly casters, so sign up at your local club

Lunch will be available for a minimum donation.

Participants are asked to bring their own fly rod and reels.

Please wear logo gear from your club and wear your club name tags.

There will be more information coming out as the event gets closer

So, mark your calendar and save the date
May 23rd, 2026.

If you have any questions about the event, contact your local club team member.

Clubs and organizations being invited:

CFFU, Granite Bay Flycasters, Gold Country Fly Fishers, Davis Fly Fishers, Amador Fly Fishers, GGACC, FFI and NCCFFI

For More Information, Please Contact

Frank Rinella sierraguide31@gmail.com

or Mike Giusti mjuicetea56@gmail.com

Fly Tying Corner

By Tim Au Young

Hello all, the last two articles have not directly been about fly tying, so here we go. The equipment in fly tying is very much varied, and it all starts with a fly tying vise.

Fly Tying vises are the mainstay of fly tying. Basically, they come in two fashions, either rotary or non rotary. Rotary vises offer the advantage of rotating the fly to see and work on the fly from all sides of the fly. That benefit makes finishing the fly with head cement or resin very easy. In addition, when working on a specific side, one may easily rotate the fly to get to the other side of the fly to make the wings, or whatever, perfectly even or equal. With non rotary vises, the above benefits are not possible. Generally, all rotating vises are held in place because of the stand or base that they are set in. the same is true of non rotary vises.

Fly tying vises are made by a variety of manufacturing companies, of which, Renzetti, Regal, HMH, Dyna-King, Peak, Nor-Vise, and Griffin are major brands. Generally, they are engineering companies and make both rotary and non-rotary vises, except Nor-Vise. This article is not going to go in depth on each company, as the analogy would be wanting to purchase a car, and naming major brands. They all have their own strengths and weaknesses, and part of fly tying is doing all of the homework to find out which company fits your own personal needs the most. Going to a store with multiple brands is a great first step to learn about the different brands. The only thing to be concerned about is getting a bias from a store employee promoting one brand because it is the most expensive brand in the store. When I do research, I always ask the person which product they personally use or have, and that gives me direction. Cost, variability of choices within the brand, what your friends/employees have, and your time, are all variables to give you information on what feels good for you, literally and figuratively.

Here are a few cases in point. As a store employee, I shared with a friend the vise I used, a rotary vise. He liked a competitor's vise because of the design: his hand fit better wrapping flies. With another customer I shared the vise I used, and she purchased it only to sell it later because she no longer had the strength to grip the clamp opening and letting go to close the head. So needless to say, one has to, or should, get their hands on a vise they consider to purchase as spending hundreds of dollars is quite an expensive decision.

Oh one last consideration is that these engineering companies make rotating vise heads to fit on a shaft that can be raised and lowered, commonly called a "c-clamp vise. Here again, speak with people to find out what works best for you. These "c-clamp vises" are very much in the minority of all vises sold, another topic of discussion possible in the future. So, find the features that work best for you,

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Fly Tying Corner - Continued

then go and purchase a vise. Ok ok, so what's the difference between buying a "kit", vs purchasing a vise separately? Generally, kits that have a vise and or many tools that are average in quality at best, but they give you everything one needs to start fly tying. If one stays with it, in a matter of no time, especially if you enjoy your new hobby, you will out grow the "kit", and then have to spend good money purchasing quality equipment, including a new vise. Although purchasing a "kit" for someone who may not stick with it is a good idea, you will not have spent a ton of money to find that out.

The next article will share thoughts on fly tying equipment. Feel free to ask questions of other club members, friends, or ask for my opinion, no problem.

CFFU - FlyTyers Exchange

Exchange Chair Paul Smith shows his submission to the fly tyers exchange

The Fly Tying Exchange provides an opportunity for members to practice their tying skills and share their flies with other tiers. Another benefit is the chance to win a gift certificate to a local fly shop.

Each month members submit one dozen samples of the same fly, along with the written recipe of the fly and any comments they wish to provide. The club will take two of the flies to be sold in fly boxes at the annual dinner. The remaining flies are then distributed among the participants for that month. Each contributor will receive flies from all the other contributors, but none of their own.
For more information contact our Fly Tying Exchange Chair: Paul Smith

TYERS LOOK HERE

Wilton Frequent Tyers
(Andy Penn (916) 804-9629

WHEN: Last Thursday of the Month
TIME: 7:00 PM - 9:00 PM
WHERE: 12945 Orange Road
Wilton, 95693

Hexagenia Nymph - ©Ken W. Davis image

Upcoming Socials

Wednesday, May 27 - Reading Water or How to Find Fish in Small Streams and Rivers

Fishermen have a saying that 10% of the water holds 90% of the fish. Regardless of the percentage, trout need certain things to survive. By understanding these needs, we can pinpoint where trout are hiding in small streams and rivers. At the May social we will discuss how to dissect a stream to find where trout may be holding. That way you don't have to waste time fishing in a fishless spot and can move on to a more productive area. I can remember being a new fly fisher and learning to read the water, but I still had so many questions. Should I stand on the bank or in the water? How do I present my fly? Should I cast upstream or downstream? How do mending and the dead drift fit into my presentation? Socials are informal gatherings where any attendee can participate. Half the time we spend socializing over great food and drink. Speaking of that, if you would like to bring food or drink (even adult beverages) to share it would be much appreciated. Remember to wear your name badge if you have one

Wednesday, June 24 - Fishing Tenkara Style

Tenkara is a simplistic, minimalistic way of fishing, but it can be frustrating when you first start. Ken and Laurie love to fish meadow streams with their Tenkara rods. They'll show you different ways to rig your rod, advantages and disadvantages of Tenkara vs. a traditional fly rod, casting, line management and lots more. They will schedule an outing this summer to take anyone interested in trying Tenkara. If you don't own a Tenkara rod, CFFU has loaner rods for you to use.

Directions to East Ranch:

The East Ranch Clubhouse is part of a condominium complex. The address is150 East Ranch Road. It is located near Highway 50, off the Howe exit. The nearest cross streets are American River Drive and Munroe. East Ranch Road doesn't have a street sign but a low stone monument in a flower bed. There are two entrances; the clubhouse is by the southern one. Power lines straddle this entrance providing a great landmark. As you turn into East Ranch Road you will notice eight parking spots on the right-hand side. (If these are full you can park on either side of the street). Directly in front of the parking spaces you will see the wrought iron fence surrounding the pool. The clubhouse is attached to the swimming pool.

CFFU Gathers for Two-Handed Spey

By Bill Barron

After joining CFFU a few years ago, it was surprising that among the many outings, there were none focused on two handed Spey**. Bev Thomas, our leader of outings, suggested that I grab the opportunity and organize Spey-interested members.

Spey is not new to CFFU. Bob Cooper, CFFU President in the late1990's, informed me that Jeff Putnam held occasional instructional workshops on the Lower American River (AR), but there was never regular Spey group. So there must be CFFU members that shared a passion for Spey and were just waiting to get organized.

Why Spey?

A good friend, and seriously capable Spey angler, encouraged this mature angler to give the two-hander a try, citing several benefits:

- Less wear and tear on the shoulder
- Less need to wade deeply
- Ability to cast at distance with obstructions behind
- Opportunity to access large water with far less effort

Additional benefits soon became apparent:

- Easier to cast heavy, wind resistant flies on sinking lines
- Easier to keep the line on the downwind side of the angler using different casts
- Superior ability to mend with the longer rods

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Spey Fishing – Continued

The above are more than enough to convince one that Spey is worth a try. After several lessons and a few days fishing, it was obvious that this was going to be a go-to approach. At the end of a Spey workshop organized by Jason Renfro, local expert casting instructor, Whitney Gould (see here and here) told the group: now go out and practice, practice, practice.

Practice was far from drudgery. It provided the joy of making progress while being enveloped in an artistic, Zen-like activity. Many have commented on the non-technical aspects of Spey. An anonymous author of the Epic Blog called it an "elegant dance between angler and river blending precise physics with rhythmic motion" Rick Kustich views it similarly: "… it became clear that the enjoyment of Spey was found in the casting and overall rhythm of the approach…the regular tempo becomes entrancing as hours simply melt away in the… Spey fishing has evolved into a craft or art form".

No doubt, CFFU members have had a similar experiences, so off went a query on our ListServ. Unsurprisingly, nearly twenty members expressed an interest in regular Spey get-togethers. And on Sunday, March 8th eleven members gathered on the AR at Sacramento Bar for several hours of comradery, mutual support, learning, and casting (see photo). A special thanks to Gareth Lacy for sharing his expertise. Catching was not to be, but little did we care. We had launched the new CFFU Spey Group. The interest and passion were palpable. Several members of the group expressed their own non-technical reasons for taking up the two-hander.

"What first impressed me with Spey casting was the elegance of it …"

"In the end, it is just a great way to take my mind off of everything else which is going on."

"I got a Spey rod because I wanted to fish in a way that allowed me to be more present where I was. Fishing by feel with a fly on the swing means I can look around and enjoy being on the river…"

"I much prefer being in the water. That's my happy place."

The next event will be a workshop led by Jason Renfro on Sunday, April 26th at Sacramento Bar. The CFFU Spey Group will continue to meet on the AR and perhaps on distant destinations yet to be identified.

COMING: JULY - AUGUST NEWSLETTER
The History of Two Handed Spey

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If you are interested in Spey meet-ups and have not already done so, feel free to contact me at BillMBarron@gmail.com

* Rick Kustich provides an excellent definition of two handed Spey in his book, Modern Spey Casting: "… an efficient means for making a 90-degree change in direction cast while requiring little or no clearance behind the casting position…"

** Spey casting can be done with both single and two-handed rods. For the purpose of this article, the term "Spey" will refer to two-handed casting.

CFFU CONSERVATION

Spring Run Chinook - Ken W. Davis image

CFFU has been a significant party in the protection of Spring Run Salmon in Butte Creek. These gorgeous fish enter the Sacramento River drainage in the Spring and hold within deep pools in Butte Creek and a couple other small waterways. The CFFU Conservation Committee approved a $5000.00 donation to the Friends of Butte Creek for work protecting the "Springers."

Migratory Fish Day – MAY 23rd

Spring Run Chinook - Ken W. Davis image

World Fish Migration Day (WFMD) culminates every two years in a global celebration to create awareness about the importance of migratory fish and free-flowing rivers. On World Fish Migration Day, thousands of organizations from around the world coordinate events around the common theme of: CONNECTING FISH, RIVERS AND PEOPLE.

Migratory Fish Day

Celebrate free flowing rivers and migratory fish!

Join communities from around the world on

World Fish Migration Days

Cosumnes River Preserve Visitor Center
13501 Franklin Blvd.
Galt, CA 95632
9:00am to 1:00pm
www.cosumnes.org

May 30, 2026

Enjoy a day flowing with free educational activities for the whole family

- Watershed Stewards Program restoration project
- Fish on the Floodplain nature walks
- Salmon Life Cycle bracelet making
- Fish hats, Fish printing, Fish games, and more
- CA Fly Fishers Unlimited demonstration fly tying
- US Fish & Wildlife Service displays and activities
- CA Department of Fish & Wildlife displays and activities

World Fish Migration Day – Connecting fish, rivers and people

Canoemoblie

The Canoemobile floating classroom is returning to the Cosumnes River Preserve April 7-17, 2026. Volunteers are needed for this really fun event! For the last five years CFFU volunteers have helped with the land-based activities including i The Canoemobile floating classroom is returning to the Cosumnes River Preserve April 7-17, 2026. Volunteers are needed for this really fun event!

For the last five years CFFU volunteers have helped with the land-based activities including introducing students to fly casting and fly tying. The Canoemobile program is one of CFFU's largest annual education, conservation, and outreach events introducing students to fly casting and fly tying. The Canoemobile program is one of CFFU's largest annual education, conservation, and outreach events.

2026 Annual Dinner

The BIG Winner

The 2026 Annual Dinner and Fundraiser was a Huge Success!

An enormous thanks to everyone who made the CFFU Annual Dinner and Fundraiser such a success. This includes not only our wonderful committee, but everyone who bought dinner and raffle tickets and bid on auction items. Kudos to all of you who donated over 200 items for our auctions and raffles! Cheers to our pastry chefs who made such wonderful desserts. Our combined efforts helped us raise over $14,000 These proceeds help support all the terrific things our club does including scholarships, conservation, education and outreach. Mark your calendars for next year's Annual Dinner and Fundraiser, Saturday, April 10th, 2027.

A special thanks to these Annual Dinner committee members for going above and beyond to help: Jim Berdan, Betty and Keith Pfeifer, Meloney Welborn, Julie Kaye, Lori and Paul Wisheropp, Shelly and Marlon James, Mike Guisti, Rich and Sandi Wilson, Justin Trick, Ken Davis, Steve Payer, Sheila Cavenagh, Wiliam McZeek, Brandi Herron and Lisa Clark.

FARMERS
INSURANCE
VALERIE ADAMS
Insurance Agency
7932 Sunset Avenue, Ste G
Fair Oaks, CA 95628
Valerie Adams
Lic #0715432
Bus: (916) 961-3436 Fax: (916) 961-3497
vadamsinsurance@yahoo.com
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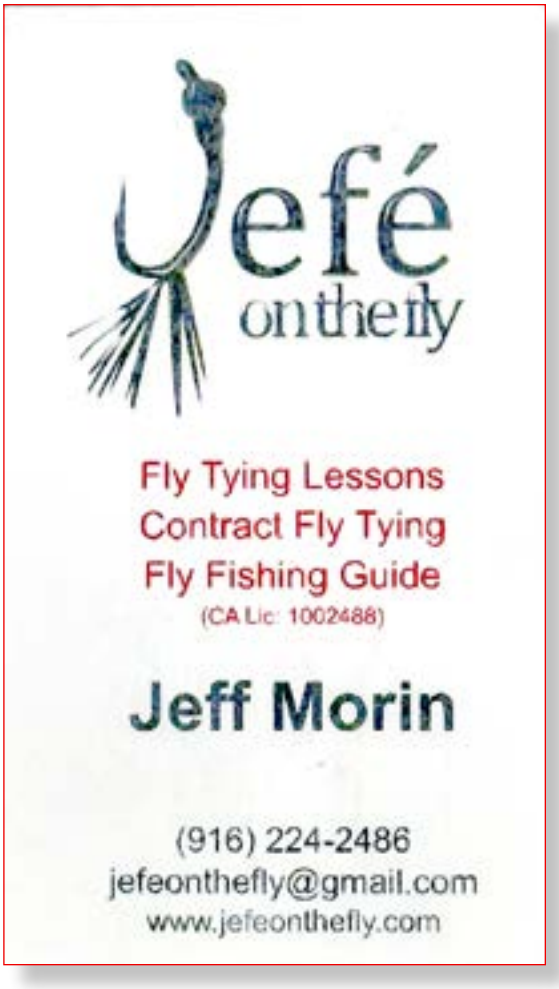
Jefé
on the fly
Fly Tying Lessons
Contract Fly Tying
Fly Fishing Guide
(CA Lic: 1002488)
Jeff Morin
(916) 224-2486
jefeonthefly@gmail.com
www.jefeonthefly.com

HORSESHOE BAR
Fish & Game Preserve
7430 Morningside Drive
Granite Bay, CA 95746
Ph: 916-205-6073
E-mail: hbp@surewest.net
http://horseshoebarpreserve.com/

Total
Wine
& MORE

ORVIS

Newsletter & Club Information

CFFU Club Meetings

First Tuesday of each month.

Richard Conzelmann Community Center
2201 Cottage Way, Sac., CA 95825

(PDF Map Link)

General Meeting Schedule:

6:15 P.M.: Fly Tying Demo - Coachman Corner

7:00 P.M.: Program Presentation

8:00 P.M.: Club Information

CFFU Membership

New Member: Individual: $40.00

New Member: Family: $55.00 (Includes spouse and children under 18 years old.)

New Member: Junior: $35.00 (Under 18 years old)

JOIN CFFU: Membership Form: **(PDF Link)**

CFFU Board of Directors

Please visit the CFFU Website for information about the Officers, Directors and Club Committee Leaders

LINK to CFFU Leaders

Newsletter Editorial Staff

Editor: Ken W. Davis
ken@creekman.com

Assist. Editor: Laurie Banks
laurie@creekchick.com

Newsletter Submissions

All submissions, images and other material are due by the 25th of the month. The Newsletter Editor reserves the right to reject any article or image that does not meet the Editorial Guidelines.

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Banner Image

Craig Williams casting on the Upper Sacramento River