

On the Fly

Official Newsletter of California Fly Fishers Unlimited, a 501c(3) Non-profit - April 2018



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CFFU Wins Conservation Award

By Dave Lentz

The American Fisheries Society is the professional organization that serves scientists, biologists, managers, educators, and students that work in the field of fisheries and aquatic sciences in North America. The California-Nevada Chapter AFS has over 400 professional members and four student "sub-units" at several California campuses and at the University of Nevada. CFFU has supported the Cal-Neva AFS for several years with donations of many dozens of flies tied by CFFU members. Cal-Neva uses our donated flies in their fund-raising raffle held at their annual meetings. Funds raised are often used to support students to attend the annual meeting giving them experience at a professional society gathering and expanding their exposure to fisheries and networking opportunities.



Trout Telemetry Project on Putah Creek

This year, Cal-Neva AFS has chosen to recognize and honor CFFU with their "Conservation Achievement Award" given at their annual meeting held March 1, at San Luis Obispo. Some of the CFFU achievements in conservation that were recognized include:

Putah Creek side channel habitat enhancement: CFFU provided funding for excavator work and members provided labor to add spawning gravels that helped enhance spawning and rearing habitat. [continued on page 3](#)

April 2018 Speaker - Jim Cox

Program: Sometimes to Save a River You Have to Buy it.

By Trevor Segelke



Jim Cox, Director of Donor Relations for Western Rivers Conservancy (WRC), will make a presentation entitled "Sometimes to Save a River You Have to Buy It." WRC has been working to conserve and protect lands on more than 60 rivers in eight western states. The presentation will focus on how WRC purchases riverlands across the west to protect and conserve vital river ecosystems and to provide compatible public access. Included in the program is stunning photography of past and current projects including work on some of the most iconic fly fishing rivers across the west including Idaho's Salmon River, the Yampa and Rio Grande in Colorado, the Madison River in Montana, Washington's Hoh River, Oregon's John Day and North Umpqua Rivers and updates on California projects including Klamath/Blue Creek, South Fork Scott River, and South Fork Antelope Creek. [Continued on page 2](#)

Program: Sometimes to Save a River You Have to Buy It. - CONTINUED from Page 1.



Jim joined Western Rivers Conservancy as Director of Donor Relations in 2011. He has spent more than 30 years working professionally in the nonprofit sector. Jim is a past steering committee co-chair of the Nonprofit Association of Oregon, and is an active member of the Northwest Planned Giving Roundtable. He is a member of numerous conservation organizations including Trout Unlimited, Flyfishers Club of Oregon, FFI, the Native Fish Society, and The Freshwater Trust among others. Jim holds a Bachelor of Theatre degree from Willamette University. In his free time, you can find him fly fishing and hiking along the outstanding rivers of the West.



Demonstration Tyer for April - Bob Bettati

Join us at 6:15 to watch Robert Bettati demonstrate his fly tying abilities.

CFFU Calendar - APRIL 2018

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

APRIL	EVENT	INFORMATION LINK
2	Board Meeting	Board Meeting Link
3	General Meeting	General Meeting Link
7	Fly Fishing Specialties Annual BBQ	Fly Fishing Specialties
9,11,16	Beginning Fly Tying Classes	Beginning Fly Tying
14	Arcade Creek Clean-up	Arcade Creek Cleanup
21	Kiene's - American Fly Shop Fly Tying Expo	Kiene's Fly Tying Expo
21-22	Pyramid Lake Outing	Pyramid Lake Outing (PDF)
23-24	Pyramid Lake Outing	
25	Social - Coachman Program	Socials
26	Tech Thursday - Safe Wading	Tech Thursdays

MARK YOUR CALENDAR - MAJOR EVENTS

May 22	Spring Barbecue - Tickets on Sale NOW!	Spring Barbeque
October 13	President's Outing	President's Outing
November 11	Annual Fundraising Dinner	Annual Dinner

CFFU Wins Conservation Award - continued

Putah Creek Trout Population Movement Study: CFFU purchased radio telemetry equipment and partnered with CDFW to conduct monitoring and radio tracking of trout implanted with radio transmitter tags.

Little Truckee River Trout Movement/Telemetry Study: Using the CFFU telemetry equipment the club partnered with Trout Unlimited and CDFW to tag and radio track trout in the Little Truckee River between Boca and Stampede reservoirs. Previously, CFFU volunteers helped with habitat enhancement work organized by TU in this reach of the river.

Auburn Ravine Salmon Monitoring Study: CFFU provided \$5,000 to purchase cameras and video monitoring equipment to support Friends of Auburn Ravine to monitor the Chinook Salmon run in the ravine near Lincoln. CFFU volunteers helped with viewing many hours of video images to count salmon and with surveys to sample carcasses for DNA study.

Little Kern Golden Trout Surveys: CFFU has committed \$5750 to provide pack-stock and packer service for CDFW and volunteer crew to enable completion of a multi-year status assessment of the golden trout. The remaining surveys are located more than 15 miles from the trailhead in the headwaters of the Little Kern River, Golden Trout Wilderness. Pack stock will be used to transport sampling gear, camping gear, and food for a large crew to complete this work.

American River Parkway Clean-up: CFFU volunteers have “adopted” Mile 16 on the south side of the American River and several times each year (since 2009) provide members to pickup trash and clean the trail. CFFU also supports clean-up of Arcade Creek annually during Creek Week.

Bob Bittner Memorial Scholarship: CFFU provides a scholarship annually to a UC Davis graduate student in fisheries/aquatic science. The scholarship is

currently \$3000/year. Since 2010, CFFU has awarded \$22,900 in scholarships to Davis students; scholarship awards given since 1993. At least two past award winners are now Fisheries Professors at western universities.

Fish-in-the-Classroom Program: CFFU has purchased and provided aquaria, chillers, and insulation for dozens of classrooms in the Sacramento region and supported teachers to gain the In-Service training needed to teach the classroom curriculum. Typically, CFFU volunteers deliver salmon eggs (November) and steelhead eggs (February) to more than 50 classrooms. Some years as high as 75 classrooms. We are now providing at least one teacher per year with a grant of \$400-500 to provide buses for their students to travel to the river to release their fry.



Editor’s Note: The CFFU Conservation Committee was initiated by Laurie Banks when she served as club President and wanted to expand our direct involvement in conservation issues. She recruited retired Fisheries Biologist Keith Pfeifer to serve as the Chairman of the Conservation Committee. Currently the committee includes Keith Pfeifer, Jim Berdan, Dave Lentz, Mike Wigginton, Mary Ellen Mueller, Laurie Banks, Ken Davis, and William Templeton. The committee accepts conservation proposals and actively searches for conservation projects that match CFFU’s Mission. Donations from the Annual Dinner support Conservation Projects, Scholarships and Fish in the Classroom.

Casual Corner - Tim Au Young

“You know you’ve been fishing too much when you catch yourself tying your 5-year old’s soccer shoes with an improved clinch knot rather than bunny ears.”

Memo from the President - Dave Lentz



Dave Lentz with a Brook Trout

This year our newsletter "On The Fly" will be featuring more content that captures some of the creative talents among CFFU's members. The newspaper industry is in the midst of a crisis-level

sea-change as publishers must adjust to the rapid changes in how readers interact with media and get their news. Maybe our newsletter is also adjusting to this 21st century media wave with a new view for serving CFFU. There are any number of opportunities to share your creativity with the Club, just contact the editorial staff - Ken Davis, Editor and Laurie Banks, Asst. Editor - to find out how you can contribute. (Note: a contribution of two articles to the newsletter will earn one credit or point of the two credits/points needed to earn the coveted "President's Pin")

To highlight one type of creativity that may find exposure in "On The Fly" we can turn to the centuries-old Japanese poetry form, Haiku. A traditional Haiku has 17 syllables distributed in three phrases of 5, 7, and 5 syllables. Haiku most often takes on nature as a subject

or theme. With no intent of offending the many fans of Haiku, for our purposes we can explore "Flyku" here:

*Unmolested float
Tasty Adams dry drifts by
They're taking the nymphs*

*The wet coldness seeps
Penetrating - I'm aware
Wader failure - Sad!*

*The Big Sky above
Under the surface - a tug!
Oh, it's a whitefish*

Ok, I am certain that in the minds of CFFUers, there is a ton of Haiku-Flyku brilliance just waiting to be exposed... I look forward to seeing yours on these pages. 

March's Speaker - Ernie Gulley

By Trevor Segelke

I wanted to give special thanks to Ernie Gulley.

Ernie gave a fantastic presentation at our March Meeting. His topic was "What Trout Eat." The presentation was very educational and enlightening. It broke down what the different food sources for trout are, when trout focus on each food source, and the seasons each food is available. Most inspiring to me was that Ernie included video of the food sources to show how they move, and how to imitate the movement with your flies.

Ernie is a very fine speaker and a renowned guide. If you ever get a chance to fish with Ernie, or hear any of his other presentations I would encourage you to take advantage of it. Thank you Ernie for your generosity to CFFU and taking the time to visit us.

[Ernie Gulley's Website Link:](#)



Chuck Odell and Dave Lentz during the 2017 CFFU outing to the Mammoth Lakes area day trip to Crowley Lake. The guys were fishing in the Crooked Creek arm of the lake. Most attendees chose to spend the day on Crowley Lake. The outing was organized by CFFU Fishmeister Jeff Howard and coordinated with Ernie's Guide Service.

Editor's Note: This trip to Crowley Lake is highly recommended if you attend the Mammoth Lake outing. Chuck Odell, the masked angler on the left, is organizing the trip in 2018.

Outstanding & Unusual Catch - Derrol Hammer



Nice fish! Sheepshead, apparently a rare catch on a fly. Caught near Houma, LA.

IN THE NEWS - Yellowstone Bans Felt Soles (Immediately)

MAMMOTH HOT SPRINGS, WY –Aquatic invasive species (AIS) could have devastating ecological, economic, and recreational impacts on Yellowstone National Park. They are costly to manage and extremely difficult to eradicate. Due to the urgent need to prevent these destructive species from entering the park, felt sole waders and boots worn by anglers will be banned permanently starting in 2018.

Felt Sole Ban

- Felt sole waders and boots will be banned because they can carry microscopic organisms even after cleaning.
- Rubber sole boots will be allowed. They trap fewer organisms than felt and can be cleaned with water and a scrub brush.

Editor's Note: This ban has been considered for many years. Apparently the death of thousands of Whitefish caused by a kidney parasite called the Proliferative Kidney Disease (*Tetracaula bryosalmonae*) convinced officials to ban felt which has proven to carry microscopic spores and other Aquatic Invasive Species (AIS).

Tech Thursday on April 26th: **How to Wade Safety!**

Editor's Note: Thanks to the current and retired Police Officers, Game Wardens, and Firemen that protect and rescue citizens and animals everyday in California.



Forrest Oldham image

Worried about being the next winner of the not-so-coveted "Wet Fly Award"? For April's Tech Thursday, some of our members who are retired firefighters along with the Water Rescue Team from

Sacramento Metropolitan Fire District will be putting on a Wading Safety Class on April 26th. The location will be determined based on the condition of the river that day but we are TENTATIVELY

planning on the Watt Ave access on the American River.

Watch the Listserv for further details!

Please Support our Funders!



[Link to Kiene's website](#)



[Link to Larry Lee's website](#)



[Link to Fly Fishing Specialties Website](#)

POSTCARD FROM NEVADA



ANNUAL SWAP MEET



Thanks to everyone who brought items to our annual swap meet. Members got some great deals on all kinds of fishing related items. The swap meet has been a great addition to our March meeting. Kudos to Chuck Honeycutt for coordinating this event!

Another Session With Our Veteran Friends!



By Rich Kendall

CFFU volunteers met with the Veterans twice in March. Our goal is to meet with them twice a month to keep their interest and our momentum going.

In early March we had our first casting class with a few of our veteran friends. Four interested vets trekked to the Mather Sports Complex to meet up with Ken Giesser, Ty Espinosa and Bill Conway. Ty started the discussion with the differences in monofilament and weighted fly lines. We then moved into full casting mode. Only one of our vet friends had any experience with fly rods and casting. With the guidance of Ty and Ken, they were all casting very well by the end of the hour. We had one gentleman stay another 1/2 hour because he was having such a good time. He and the others are anxious to continue the skill and

education aspects of fly fishing. They are excited about heading over to the very close Mather Pond and practice what they are learning. We think more veterans will be attending the next session so we are trying to find a closer venue for our casting.

On March 21st we held another session with the veterans from Mather. Originally we planned for another outside casting class. We recruited Forrest Oldham to lead this group with a focus on technique since our guys had become acquainted with the way the rod and line works at our last meeting. When it was determined that a rainout was on the way (Thank you March Almost Miracle) we changed to a class on knots and rod rigging. One of our Vets had other plans but we added two more to our group. John Turner and Forrest

Oldham were very helpful while Laurie Banks jumped in and led the class on rod rigging. She came with handouts, actual flies to show some sizing, multi colored lines indicating tippet to leader to line to practice with. We helped each vet rig a rod.

We are on schedule to work on casting on April 4th. All the vets are very interested in continuing the learning and getting ready to go out and throw some flies around. In the future we hope to offer up an entomology class, fly tying, gear and general information. I really need help to run these groups because they are during the week (and I am still working). We are having good results so far by going to Mather and engaging with the veterans. We are starting with small groups from our side and theirs. If you are interested in helping with this rewarding project email me at:

rkendall7116@gmail.com



We are looking forward to different classes coming up such as a 101 type class, entomology, and knots and reading water on the American River, all the things the veterans need to learn to become successful at fly fishing



Photo by Rich Kendall

On the Road - Head for Yosemite with Paul Wisheropp

By Laurie Banks

Paul Wisheropp is leading two outings to Yosemite this year. The dates are July 17-20 and July 26-29. The groups are going to be quite small so sign up with him at the April General Meeting or send him an email:

wisheropp@gmail.com

Two years ago, Ken Davis, Phil McKibbin and I accompanied Paul Wisheropp on his Yosemite outing. It ranks as one of my fondest fishing experiences. We camped at Tuolumne Campground located at 8,600 feet. Ken and I camped for the first time in years. The guys were ready to go fishing at 6 a.m., but I refused to get out of my sleeping bag until the sun warmed the tent. Right by the

campground was the Tuolumne River, a small stream with lots of hungry brook trout. The wind made the furred leader on my Tenkara rod lift and drop my dry fly on the water, driving the fish crazy. They would race to grab the fly before it “flew” away. The next day, after being more acclimated to the altitude, Ken and I followed Paul up to Lake Elizabeth. Paul said, “It’s an easy hike.” Easy for him. He and Ken had no problem hiking the two ½ miles straight up and had to wait for me a zillion times while I stopped to suck in air. (Paul later admitted that others he had taken up a year earlier had turned back.) I’m in pretty good shape so I pushed myself to finish the climb and was richly rewarded. Lake Elizabeth

was beautiful! I told Ken that when I die I want my ashes sprinkled there (of course I say that about every beautiful stream and lake I encounter). I used my 5 weight rod (but a 4 or 3 would work). Paul and I had great success catching gorgeous Brookies on Copper Johns. Ken wasn’t having the best of luck until late in the afternoon, but he only likes dry fly fishing. Phil was cooking dinner that night for us (what a gourmet chef he is) and Ken had to drag me away from the beautiful lake before we missed dinner and it got too dark to see the trail. If you want to get to Lake Elizabeth, work on getting in shape now! Pick the tallest building you can find and start climbing their stairs! 

Ken’s Excuse No 34 - “Stupid Fish”

By Ken W. Davis

First, our trip into the Yosemite wilderness with Paul Wisheropp was an absolutely wonderful experience. Now the other side of the story penned above by Miss Banks: The trail was moderately difficult by we had lots of great views on the way to Lake Elizabeth. Creeks, flowers, etc. When we arrived at Lake Elizabeth, I had to pinch myself because the site was incredibly gorgeous.

The only problem with the beautiful Lake Elizabeth is that it’s full of really dumb trout. In the image of Paul in front of the lake on page 10, note the big boulder in the lake. There were a whole bunch of trout in the area of that rock. They jumped, flipped and leaped out of the water after something. I worked on those fish for about two hours. One fish on and none to the net. Okay, I reluctantly decided to move on and I joined Laurie and Paul on the other side of the lake where they were catching fish. Finally, I put on an Elk Hair Caddis and caught a slough of beautiful brook trout. After discovering what the brookies were after, I decided to head back to that big boulder to seek revenge with the trout that were teasing me. Cast after cast, nothing, nothing, nothing! Alas, here comes Laurie. On her first, or maybe her second cast, she had a fish on...to the net! Anyway, she continued and caught several more stupid fish around that boulder. Stupid fish - Great View! 



Trail to Lake Elizabeth

Head for Yosemite with Paul Wisheropp - continued



Lake Elizabeth with Paul Wisheropp. The boulder in the middle of the image is where lots of really stupid fish live. Laurie caught a bunch of the fish out there that eluded Ken. He was looking for smarter fish and found very few.



Enjoying life with friends after a great day and gourmet dinner.

Head for Yosemite with Paul Wisheropp - continued



Tuolumne Meadows. Dana Fork of the Tuolumne River near the campground. Perfect for Tenkara or a 3-weight rod.

Raffle Rod - We Have a Winner

By Rich Wilson



Congratulations to Zach Mefford for winning the ISE rod raffle. Zach won a 5 weight Heron rod with case, reel and line. Zach was pretty excited that he won! For those of us who bought tickets and didn't win we can take heart that a new young member won. Also, sales of tickets raised \$ 1,000 for CFFU.

Reflection on Tenkara



Mike Williams using his Tenkara rod to catch a Lahontan Cutthroat trout. Note Dave Lentz observing from the boulder.

Editor's note:

For those of you unfamiliar with "Tenkara"

Tenkara rods are telescopic fixed-line rods, collapsing to approximately 15-20 inches and extending to 11 to 14 feet. They have no reel; the line is attached to the end of the rod tip's "lillian". These extremely lightweight rods were used for centuries in the heavily forested mountain streams in Japan. Daniel Galhardo introduced Tenkara to the U.S. His company, Tenkara USA, is one of CFFU's sponsors. Each of the last two years it has generously donated complete Tenkara Kits (rod, line, flies, and magazine) for our Annual Dinner fundraiser. To learn more about Tenkara USA visit their website at www.tenkarausa.com

By Trevor Segelke

Easy to Start: I started Tenkara because a friend of mine bought a rod. Since he was my main fishing buddy and the cost for an entire Tenkara setup is so reasonable, I took the gamble. A rod, a fly and we were off fishing. Casting was so natural and simple. Since the rod and line are about the same length you get a great amount of control and the casting is very forgiving. When it comes to fishing and getting started who cares what your cast looks like. Can a new person cast well enough to get on the water and start catching fish with 15 minutes or less of casting instruction? You bet! Since Tenkara is not dependent on fly selection, you are still able to catch fish while beginning to learn fly casting. All I had to do to start learning Tenkara and be willing to drive to a river and try it out.

Took my Excuses Away: Shortly after starting my Tenkara fishing journey I got a chance to fish with some other Tenkara enthusiasts. The day started off being cold in the morning. It quickly warmed to hot in the afternoon and then cooled

down to a very pleasant evening. Instead of changing gear or setups for the range of conditions, a Tenkara angler uses the same rod, same line and same fly all day. That day I found that I had my best results during mid-morning and evening when the temperatures were mild. The guy I was fishing with caught fish all day. The next day while fishing he noticed that I was watching him fish more than usual. He asked me, "What are you looking for?" I asked, "What are you using different than I am?" He said that he would have to "think on it." Through the day I asked how long his leader was, what fly, is your line heavier or lighter than mine, etc... etc.. He then finally said, "I got it. You are looking for excuses. I am looking for fish." That was the day I learned your gear is not the key to successful fishing. The key is what you do with your time on the river. It's not the fly, rod or outfit. In short, Tenkara took away my excuses. I no longer had the gear to distract me. Simply put, all I could do was accept it was a slow day,

Continued on Page 13

Reflection on Tenkara - continued

and reflect on what I could do to catch more fish. Without focusing on gear or other excuses, I quickly changed my focus to where the fish were, how water currents were moving, how to put the same fly in the three different column stages of the river, keeping a good drift and when and how to add movement to the fly. Without my excuses, I learned to get back to paying attention to where

I was, what I was doing, and what was going on around me. Without my excuses I let go of being competitive while fishing, and spent more time just having fun fishing.

Don't Overcomplicate - Find the Joy in Simplicity: While Tenkara fishing can be challenging, I find one of the biggest challenges is to not complicate something that is efficient and effectively

simple. Tenkara fishing always has its challenges. The elements, fly presentation, casting and I even long for the challenge of landing those wild trout that just demand being photographed. With its simplicity I was excited to fish anywhere I could. Gone were my excuses including the one of why I wasn't having fun.

After getting the opportunity to work with Tenkara USA at some trade shows, I found myself being involved in coaching and sharing my experiences Tenkara fishing. The more time spent coaching and sharing, the more detailed were people's questions. The stress of getting everything just right was coming back. Once while talking with Daniel, he reminded me that fishing was supposed to be fun. He asked me if I remembered the first time I caught a fish. He then asked if I missed being that happy while I fish now. I often remind myself of that conversation. It reminds me that fishing is my day of fun and adventure on the river. I find myself giddy looking forward to sharing a fun day with friends on my next trip.

Tenkara isn't for everyone. Each of us will find different aspects of fishing that will challenge and bring joy to us. For me, Tenkara has been a very positive influence on my learning to fly fish. While Tenkara fishing, I have opened my eyes to be more attentive to how I adapt to situations. I now try the simple things first. Most importantly, I remember a day of fishing is a day for fun and adventure.

Editor's note: Thanks to Trevor Segelke for leading the March Tech Thursday class on Tenkara fishing. He is the person to see to answer all your Tenkara questions.



Trevor Segelke (Left) showing Ron Woo a Tenkara rod during Tech Thursday at Fly Fishing Specialties.

Howe Park Fishing Derby



Thanks to Christie and Michael Roberts for chairing the Howe Park Fishing Derby. This event was held on March 3rd. Every year CFFU helps with the Fish in the City program in conjunction with Fulton-El Camino Parks and Recreation and California Fish and Wildlife. Fish and Wildlife added 1,000 pounds of trout to the pond. Tim Landrus, Jeff Gordon, Trevor Segelke, Sheila Cavanagh, John Daniels, Mic McPherson, Forest Oldham, Stan and Minh Stolt and Chris Weiland helped measure and record fish for the contest. They also tied Wooley Buggers with the kids. The children had a wonderful time and parents got to enjoy trout for dinner that night.



Casting Clinic and Mentor Outing at Granite Park



On March 10th, we held our quarterly Casting Clinic and Mentor Outing at Granite Park. The park has a huge treeless lawn for practicing and a big pond for fishing. Thanks to Ken Giesser and Mike Williams for volunteering to be our instructors. Attendees had an hour of casting instruction and time to practice. Then Ken demonstrated fishing techniques including: setting the hook, stripping line, rod position when fishing, where to hold the line, stripping rhythms-techniques, the tight line concept, playing and leading the fish, palming and adjusting drag on reel, what to do if snagged, netting and safely releasing a fish. We broke for lunch then tried our hand at fishing in the pond.

CFFU Conservation - Nigiri Project (Rice Fields and Salmon)

By Keith Pfeifer, Conservation Director

The Yolo Bypass is an engineered seasonal floodplain of approximately 60,000 acres that was developed in the 1930s as a “natural” diversion for water from the Sacramento River to reduce the risk of flooding during the rainy season. The flow of water into the Bypass is controlled by the Fremont Weir north of Sacramento. The Yolo Bypass mimics the historic natural winter floodplains of the central valley before dams, water diversions and levees caused a channelization and urbanization of the Sacramento River. These natural floodplains were essential winter aquatic habitat for migratory birds, wildlife and fishes, particularly the anadromous Chinook salmon and steelhead trout. During the dry season the Yolo Bypass provides a fertile substrate to grow rice, other crops and forage for grazing animals. Today, only five percent of the Central Valley’s original floodplain habitat remains for the region’s anadromous fish populations.

In 2012, a wetlands habitat improvement project, aptly named the Nigiri Project, was started at Knaggs Ranch in the Yolo Bypass, northeast of Woodland. Nigiri is a type of sushi with a slice of fish atop a compact wedge of rice. The study property consisted of up to 2,500 potential acres of land that could be winter floodplain habitat for salmon and farmed for rice during the summer. In this initial study during the winter of 2012-2013, 10,000 salmon fry were obtained from the Orville Hatchery and transported to the study site. At the field site, 300 fish were implanted with electronic tags, thereby allowing these study fish to be tracked after being placed into enclosed pens or swim freely in the study field. Individual fish were initially measured and weighed. Every two weeks, 50 free-swimming fish and 50-penned fish were re-captured, weighed and measured. After six weeks, all study and non-study fish were released into the Yolo Bypass to begin their journey to the ocean. These preliminary



For Comparison



For comparison, the above juvenile Chinook is a wild born fish in Putah Creek that had access to an adequate food source.

studies showed that the salmon fry can gain significant weight, (e.g. five fold increase for the free swimming fish) during a short period of time when introduced into a food rich environment. These larger, healthier juvenile salmon have better odds of avoiding predation during their migration down the Sacramento River and through the Sacramento Delta-San Francisco Bay estuary.

A subsequent three-week study in 2016 compared growth rates of juvenile Chinook salmon held in underwater pens on flooded rice fields to a sub- group of salmon held in pens floating in an agricultural canal and another group enclosed in floating pens in the Sacramento River. The results of this brief study confirmed that flood plain fish grow much faster than those fish raised

Nigiri Project (Rice Fields and Salmon) - continued

in either the wetland canals or the main Sacramento River channel. The floodplain salmon grew faster and were 7 times larger than their river counterparts (see photo).

The fast moving Sacramento River does not contain sufficient food or habitat for the fish to maintain their strength and endurance to avoid predators and other environmental hazards. The natural process of slowing down and spreading out shallow water across the floodplain creates ideal conditions for an abundant food web. After the rice is harvested, water is pumped into the fields promoting the decay of the rice stubble, thereby creating a carbon source. Sunlight promotes the growth of algae, a food source for small invertebrates, such as water-fleas (*Daphnia*), which in turn are

eaten by salmon fry and other small fish, such as smelt.

More recently, Sacramento Valley rice farmers have formed a partnership with U. C. Davis Center for Watershed Science, Cal Trout and water agencies to “grow” food (invertebrates) for salmon. The project is called “Fish Food on Floodplain Farm Fields.” Historically, rice farmers have flooded their fields after the Fall harvest to provide habitat for migratory birds. Once the water entered the rice field it was allowed to remain and over time soak into the earth. Now, the farmers have developed a process that mimics the natural floodplains of the Sacramento River. Water is allowed to slowly move through the rice field, promoting the growth of the invertebrates for the salmon. After 3-4 weeks,

the “bug-rich” water is pumped back into the Sacramento River via a series of canals. The goal is to provide the young salmon in the Sacramento River with a source of food to ensure their survival during their migration. Currently, the project has 12 farmers using about 50,000 acres in the Sacramento area, producing approximately 70 pounds of “bug-food” per acre. The project partners hope to expand their production to include more rice farms and utilize more of the 500,000 acres of managed floodplains in the Sacramento Valley. With the numbers of the winter-run Chinook salmon steadily declining, this iconic species needs all the help it can get to survive.

MicroLife in Rice Fields - Previewing a Blog

By Ken W. Davis

The history of the rice industry in California is replete with issues such as burning the rice stubble to inexpensively rid the fields of the stubble. If you remember those days, you will celebrate other treatments, such as flooding the fields to solve the rice straw problem. Flooded fields provide other benefits as eloquently stated by Keith Pfeifer in his article above.

While we know that water fleas, which are really freshwater crustaceans, are great fish food, I question some of the theories as originally presented by the researchers in the Nigiri Project.

My main concern is the contention that the juvenile salmon were existing on waterfleas and algae. The Aquatic Food Web is much more complex that has been presented. Consider that the flooded rice fields produce two essential sources of food. The first is the planktonic community which is the group of organisms that swim and / or float somewhat at the mercy of wind or water flow.

That includes the water fleas and possibly some algae. The second group are the organisms that form what is called “biofilm” or periphyton, terms that describe the microscopic forms that are attached to or graze on the rice straw. The biofilm group includes bacteria which actually begin the decomposition of the rice straw and release the “energy” necessary to support the upper forms of the aquatic food web. Anglers know biofilm as it makes river cobble slippery and is the food source for many aquatic insects (such as mayflies) that we study.

To determine what microscopic life actually lives in the flooded rice fields, the California Rice Commission has contracted my Environmental Media Company to develop a eight-week long Blog about the “MicroLife” living in the flooded fields, feeding the waterfleas and ultimately the juvenile salmon.

The MicroLife Blog will be featured at the link below:

[California Rice Commission LINK](#)



Water flea (*Daphnia magna*) with eggs



Ophiocytium sp, a colonial algae species that attaches to rice stubble.

Social at East Ranch - CFFU Outings



We had an interesting Social last month about CFFU Outings. This meeting was led by our Outings Director Dave Tevlin. We still have very few outings on our calendar. First, we brainstormed places to fish near Sacramento. I was totally amazed at the number of lakes, rivers and streams within a few hours of us. Our goal is to have at least one outing a month; one a week would be ideal. The problem is not the lack of places to fish, the problem is finding people who

are well enough acquainted with them to lead a group there. Some fishmeisters have a large task: lining up guides, arranging reservations at restaurants for large groups, and collecting money. We are as grateful for those fishmeisters as it is a time consuming task. But Dave reinforced the idea that some outings can be much less formal. It can simply be a matter of finding a place for a day trip. We ended the night with everyone

there agreeing to visit one place on the list and write up its potential as an outing spot. Include information such as directions, parking, ease of access, nearby camping, hotels, restaurants, fish, flies, and include a photo. We will post those in the newsletter then compile them as a resource. Our thoughts are if we examine a place through the eyes of a fishmeister it may give us the confidence to lead a group there in the future.

Congratulations

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Interview with Carl Lang

By Laurie Banks



Carl Lang getting a briefing on the Putah Creek Telemetry Project by CDFW Biologist Stephanie Hogan

“Signing up with the club was one of the best things I ever did. CFFU people are top-notch. You want to be around them.”

Carl and I agree on many things. We both love fly fishing and KFC’s coleslaw. I’m at Carl’s house and we are dining on 3 piece meals.

Laurie: We are so used to seeing you at all the events. We miss you!

Carl: I miss the club members too. I hope one day to be back. My physical therapist has me working on standing and walking, but I don’t always do my exercises. I’m pretty happy sitting and keep myself busy.

Laurie: When did you start fishing?

Carl: I grew up in Sacramento. My father was a sausage maker and my uncle ran a butcher shop. When I was about 14 my neighbor took me fishing. I used a cane pole with an Ocean City reel. I tied guides on it, just like we do today, but I didn’t have epoxy and they kept falling off!

I also fished a throw line with a sinker and sardine wrapped in cheesecloth. I caught a striper and it seemed like a monster to me. When I was young my neighbor and his family would take me with them to Snodgrass Slough and we’d fish for catfish. His mom would pack a picnic lunch with ham sandwiches on white bread. I still remember how much I enjoyed that. Before they built the Folsom Dam we’d fish for black bass using hellgrammites we found under the rocks.

Laurie: You were an electrician for your career.

Carl: When I was in high school my neighbor was a contractor and I’d do odd jobs for him. He asked what I planned to do for a career and I didn’t know, so he encouraged me to be an apprentice electrician. I used to drive his truck around. It was a ’35 Dodge pickup. I saw that truck at the Auto Museum a couple years ago. It even has Rex Moore painted on the side. I was in the Air Force and used the GI bill to become an electrical engineer.

Laurie: You like to tie flies.

Carl: I’ve been tying flies for as long as I can remember. Field and Stream had an article on fly tying. I sent away and got a crude vise and feathers. The only patterns were the ones in the book that came with the vise. If there were fly

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Interview with Carl Lang - continued

shops in this area, I didn't know of any.

Laurie: Do you remember when you first became involved in fly fishing?

Carl: My first fly rod was a Spalding Siloflex I didn't know how to use it and it blew out of the back of my truck. My friend was a CFFU member and brought me to a meeting. Vince Jacobs was president back then. Signing up with the club was one of the best things I ever did. CFFU people are top-notch. You want to be around them.

Laurie: Where's your favorite place to fish?

Carl: I love the Fall River. I never had a float tube. I was too late for those.

Laurie: What are your favorite fishing memories?

Carl: We were at Circle 7 Ponds. My friend caught a huge brown. I looked in the water and saw one even bigger. I'd never seen a bigger trout. I cast my dry fly perfectly, right in front of his nose. I saw him come up to take it, I was so excited I was shaking. That fish bumped it with his nose, turned and swam away.

Laurie: Oh no, I wasn't expected that ending!

Carl: I love stream fishing. I'd go camping with a bunch of friends. We'd drive up Highway 50 to some small stream. I had a creel lined with grass. The fish were only 6 or 7 inches and I'd keep

them. Catch and Release was not a concept back then. It was dusk and I knew I should go back. I heard cow bells and thought, when it gets dark I'll know my way back because I can follow the sound of the bells. When I went to leave there were no cows! I was lost, but soon heard my friends yelling for me. We cooked up the fish and had it with beans. It was the best meal ever because it could have been my last. I didn't know if I would ever get to eat again.

Laurie: Let's review some of the things you did for CFFU. You were the Tech Thursday Director from 2007 to 2017. You have been an important part of the OTTERS, on the Conservation, Bittner Scholarship and Annual Dinner Committees. You brought volunteers coffee and doughnuts to the FITC egg delivery and the American River Clean-up where you also guarded the cars for us.

Carl: When I was younger, I really enjoyed walking at the clean-up.

Laurie: How would you like to see the club spend its money?

Carl: I thought the telemetry project we did on Putah Creek was fantastic. I think we should support local conservation and restoration projects. I also want to help the Veterans and I'd like to see us donate to Casting for Recovery.

Laurie: How are you spending your time now that you are "retired" from the club?

Carl: I like to watch news programs. Although sometimes I find myself yelling at the TV. I like getting mail. I find things to do around the house and a handyman comes once a week. I have belonged to several clubs: Society of Military Engineers, Over the Hill Gang (baseball players) and the ROMEOS.

Laurie: That's fitting. What does it stand for?

Carl: Retired Old Men Eating Out Society. Although I'm not as active, I still spend time on the phone with many of the members. I also like to take classes I get for my DVD. I'm talking ones on Electronics, Variable Calculus, The History of the Catholic Church and the Higgs Boson Particle. I won't ever use the information, but I like to learn.

Laurie: Gee, the only time I heard of the Higgs Boson Particle was from Leonard and Sheldon on the Big Bang Theory.

Carl: Who?

Laurie: Never mind.

Carl and I talked for hours, long after the KFC was gone. Carl loves getting mail and visitors so don't hesitate to drop him a line, or call to arrange a visit. I hope I am as sharp as Carl when I'm his age...Wait a minute, I take that back. Carl's studying Variable Calculus and Higgs boson particles.... I'm not now, and never will be as sharp as Carl. 

Bug of the Month - Chironomid Midges

By Ken W. Davis

The term "Midge" is frequently misused to refer to a variety of small aquatic insects that are in the Diptera or True Fly Order. The group for this edition are more commonly called Chironomids, which is the name of their family, Chironomidae (origin is from the Greek *cheironomos*, one who gestures with his hands).

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Bug of the Month - Chironomid Midges

The Chironomids, also called the non-biting midges, or gnats are one of the most imported ecological groups in aquatic environments. They are a food for a wide variety of other animals, including aquatic insects, fish, birds and bats.

Their life history varies significantly; some species in warm water may have several generations per year, others may require a year for emergence depending on altitude, water temperature and habitat. The complete life cycle consists of egg, larvae, pupa, and adults. Except for possibly the eggs, all developmental stages are fed on by trout.

What's important for fly fishers: Chironomids are in most inland waters, including pristine spring waters, deep lakes, highly polluted waterways and even areas with little or no oxygen. The latter are known as the Blood Midges or bloodworms due the presence of hemoglobin which can give them a bright red color.

Larval forms build protective cases made of silk-like secretion from their salivary glands. Some in rapid streams build shelters on the stones, others on lake bottoms make cases of flexible tubes of silt. When the chironomid larvae venture outside their cases to feed, they present fish with a distinctive rapid S-shaped movement.

The larvae will moult several times (getting larger) before they seal themselves in their protective tube and transforming into the pupal stage. Once the transformation is complete, the pupae will break out of the larval tube and ascend vertically to the surface.

Important: The emergence rise of the pupa attracts the most attention of hungry trout. Because entomologist estimate there are more than 2000 distinct chironomid species, you must determine the color phases of the chironomids in your favorite waters. Being that many waterways have chironomids emerging all year, you have a task. Good luck. Have fun!



Chironomid cases made of silk-like material and sediment on a rock. All images by Ken W. Davis.

Fly Tyers Exchange - Submitted by Don Wallace

Photos by James Simon

Skwala Stonefly (female)



Rob Scafe tied a Skwala Stonefly (female) on a size 10 3X long Tiemco 200 hook, using 6/0 light cahill yellow or tan thread. The egg sack is black 2mm foam 1/16" wide (clip the corners back). The body is fine olive brown dubbing and the overbody brown or tan 2mm foam 1/4". The wing is a web wing mottled yellow, white with brown and black markings. The overwing and head are deer hair with head molded "bullet style." The legs are sili-legs barred green-orange color or equal. Optional indicator white foam or Antron yarn.

Skwala Nymph



Christie Roberts tied a Skwala Nymph on a Tiemco 5262 size 10-12 hook using olive UTC 70 thread. The tail is olive biots. The rib is olive small wire over an abdomen of olive dub. The wingcase is mottled thin skin. The legs are homegrown grizzly rooster.

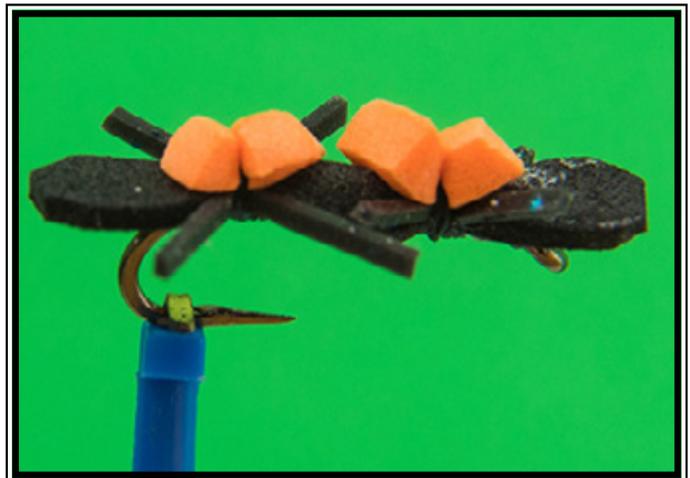
Caddis Emerger



William Conway tied a Caddis Emerger on size 12 Tiemco 921 hook using tan 200 denier thread. The underbody is green dubbing. The wing is deer hair. This can be tied with or without a thorax. If using a thorax, use ostrich feather. Comment: William tied this different from the originator (Gary Fontaine) in the use of material like flashabou. This material glows in the dark.

February Demo Tyer Tim Landrus

Chernobyl Ant



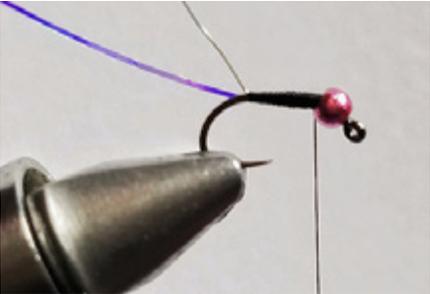
Tim Landrus was the demonstration tier this month. He tied a Chernobyl Ant on dry fly 2XL size 6-12 hook using orange 3/0 or 6/0 thread. The body is closed cell foam. The legs are black rubber leg material. The indicator is orange closed cell foam.

Fly of the Month - Turbo Midge

By Ty Espinosa

How to fish the Turbo Midge: In stillwater fish just above the bottom and very slowly using inch-length pulls strip the fly in. In moving water, nymph fish with a split shot and dead drift either Czech nymph method or under an indicator in the slower moving water.

Materials	
Hook:	#16 jig hook
Bead:	2.4 mm Metallic pink tungsten bead
Thread:	Black 70 denier
Ribbing #1:	Silver wire - small diameter
Ribbing #2:	Opal mirage tinsel - small
Dubbing:	Black UV Ice
Other:	UV Cure hardener

Turbo Midge		
STEP	IMAGE	TYING INSTRUCTIONS
1.		Step 1: Place tungsten bead onto jig hook and wrap thread approximately halfway on shank of hook.
2.		Step 2: Add silver wire onto side of hook facing you, then, add on opal tinsel and complete wrapping thread to beginning of hook bend then wrap forward towards eye of hook. Build a smooth tapered body.
3.		Step 3: Wrap tinsel first in uniform spiral (with space gaps) and secure with a couple thread wraps. Then, wrap wire between tinsel wraps and tie-off behind bead head. Cut off thread.
4.		Step 4: Add UV resin over body keeping smooth tapered body. Careful not to build too big of body, then cure with UV light.

Turbo Midge - continued		
STEP	IMAGE	TYING INSTRUCTIONS
5.		Step 5: Reconnect black thread behind bead head and add on black ice dubbing forming a small taper on the thread. Wrap dubbing behind bead head and finish with a couple whip finish knots.
6		Step 6: Use a dubbing brush or bodkin to gently pick out dubbing to complete the fly pattern.

About the President's Pin - What is it?

By Editorial Staff

The President's Pin tradition started in 2001 by (then president) Jerry Kilbert. He was looking for a way to recognize those members who went above and beyond to help the club. In addition to the pins, he also started the Presidents Outing. It was reserved for those members who volunteered their time and energy. These traditions have continued. It is a way that current CFFU presidents can show appreciation for all members who contribute to our club's success. We are a volunteer organization and cannot function, nor provide needed services without help from our members. There are many ways you can earn the two points needed to receive your President's Pin.

The following would count as one point: participate in the American Parkway or Arcade Creek clean-up, help at the fishing derbies, deliver eggs for FITC, tie flies or be a casting instructor at a youth, veteran or mentor event, man the ISE booth, sit on a committee that met



once, demonstrate fly tying at the general meeting, instruct at a Tech Thursday or Social event, write two articles for the newsletter, or become an assistant fishmeister.

The following would count as two points as these involve reoccurring meetings or time consuming coordination: serve on the BOD, be a director of a program or event, sit on a committee that meets multiple times, become a fishmeister.

The above lists of activities are not complete. Check with our president, Dave Lentz, if you are involved in a fisheries related conservation effort or other project you feel might qualify. You have until Early October to qualify. Members who have earned the two points needed to earn their pin are invited to a special outing. This year the outing includes fishing on Putah Creek, a barbecue on the grounds of the Green River Brewery, with games like cornhole, horseshoes and cast-in-a-cup.

As of this date over 66 people have earned their President's Pin! The complete list will be posted at the April General Meeting where you can pick up your pins. Thanks to all our CFFU volunteers!

Vintage Fly Corner - Royal Coachman

By Rob Scafe



MATERIALS	
Hook:	Dry Fly, Sizes: #10-20.
Thread:	Black, 6/0.
Tail:	Golden Pheasant Tippet.
Wings:	White Mallard Quill, upright and divided.
Body:	Peacock Herl/Red Floss/Peacock Herl.
Hackle:	Coachman Brown (dark brown).

Royal Coachman - Wikipedia (I couldn't have written this any better than what Wikipedia has here.)

The Royal Coachman was first tied as a traditional winged wet fly and is a derivative of the Coachman wet fly. Mary Orvis Marbury in her *Favorite Flies and Their Histories* (1892) tells the story of its creation as follows:

The Royal Coachman was first made in 1878 by John Haily, a professional fly-dresser living in New York City. In writing of other matters, he inclosed [sic] a sample of this fly for us to see, saying: "A gentleman wanted me to tie some Coachmen for him to take up into the north woods, and to make them extra strong, so I have tied them with a little band of silk in the middle, to prevent the peacock bodies from fraying out. I have also added a tail of the barred feathers of the wood-duck, and I think

it makes a very handsome fly." A few evenings later, a circle of us were together "disputing the fly question," one of the party claiming that numbers were "quite as suitable to designate the flies as so many nonsensical names." The others did not agree with him, but he said: "What can you do? Here is a fly intended to be a Coachman, yet it is not the true Coachman; it is quite unlike it, and what can you call it?" Mr. L. C. Orvis, brother of Mr. Charles Orvis, who was present, said: "Oh, that is easy enough; call it the Royal Coachman, it is so finely dressed!" And this name in time came to be known and used by all who are familiar with the fly.

The Royal Coachman pattern is one of the very few patterns that appeared in Marbury's work that is still being tied and fished today in some form or another.

Materials:

The distinguishing features of any Royal Coachman or its derivatives are the peacock herl body partitioned with red silk or floss, a white wing and brown or red-brown hackle. Depending on whether the fly is tied as a dry fly, wet fly or streamer the white wing can be made with white duck quill, bucktail, calf tail, hen neck, hackle points or other white material. Tailing has varied over the years from the original wood duck flank to include golden pheasant tippet, brown or red hackle, moose, elk and deer hair.

Variations and sizes

There are many variations on the original Royal Coachman. Typically dry fly variations are tied on hook sizes 10-16, wet fly versions on hook sizes 8-14 and streamer versions on hook sizes 1 to 8. Commonly named variations include:[5]

- Royal Trude - a down hair wing dry fly
- Royal Coachman Bucktail - a hair wing streamer pattern
- Royal Coachman Streamer - a feather wing streamer pattern
- Fanwing Royal Coachman - a dry fly
- Royal Wulff - a hair wing dry fly
- Royal Humpy - a hair bodied dry fly
- Royal Sakasa Kebari - a reverse tied soft hackled tenkara wet fly

CFFU Club Meetings

First Tuesday of each month.

Richard Conzelmann Community Center ([PDF Map Link](#))
2201 Cottage Way, Sac., CA 95825

General Meeting Schedule:

6:15 p.m.: Fly Tying Demo

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: \$25.00 (Under 18 years old)

New Membership Dues:

(Includes \$10 initiation fee.)

After September 1, annual fees are pro-rated through December 31.

JOIN CFFU: Membership Form: ([PDF Link](#))

CFFU RENEW Membership Online: ([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](#)

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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

Pyramid Lake Lahontan Cutthroat - Ken Davis image

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