

# On the Fly

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



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## BIG NEWS - Trout Camp Scholarship

### By the Editorial Staff

CFFU is proud to announce a scholarship given to thirteen year-old Alyson Cardoza. Aly has been a member of CFFU since May of 2017. She is our youngest, yet extremely active member. At the entomology clinic/barbecue she was the first volunteer to lead a group to collect the bugs. At our combined Tech Thursday/ Social in December, no one knew the rules for the white elephant exchange. With poise and confidence Aly explained them to the adults. Just a few weeks ago she was a demonstration tyer at the ISE in the FFFI booth. She went on the CFFU Yuba outing last year and with her father has also fished the West Fork of the Carson, and two forks of the American. Last month on the Little Truckee she landed her first fish. In addition to fishing she has been playing softball for 10 years (she has made two triple plays herself). In school she has mostly straight A's. She has been playing violin since 3rd grade and has taught herself piano as well.

Susan Sylstra was a remarkable leader and a past president of CFFU. We have a fund set up in her name which is earmarked to be spent on a special youth project. We cannot think of a more special youth than Alyson. The Board of Directors voted to send Aly to Fly Fishing Camp the week of July 9-13. It is located on beautiful Antelope Creek north of



**Alyson's first trout on a fly rod.**

Redding. She will spend five days and four nights with other young people ages 11-15 honing her fly fishing skills: fly tying, casting, studying entomology, reading water, tying knots, learning safe wading, playing games, enjoying campfires and of course fishing. Youth don't take up fly fishing on their own. Kudos to Aly's father Jim for involving his daughter in this sport. It takes a committed parent or grandparent to be a mentor to a budding young fly fisher. 🐟

## March 2018 Speaker - Ernie Gulley

### By Trevor Segelke



### Program: What Do Trout Eat?

One of the most important questions that anglers ask themselves and try to answer every time they venture onto the water is, "What are the trout eating this very minute?" This can be a tough question because trout often have many different food items from which to choose. In fertile waters, the choices are almost limitless. How and when do we first observe and then conduct quick and reliable research in order to choose the correct fly that imitate what the trout are eating at that moment? This is the topic for our March Presentation. We will see how

**Continued on Page 2**

**Program: What Do Trout Eat? - CONTINUED from Page 1.**

individual trout food items can be broken down, and why trout choose them. We will become familiar with many of these life cycles, the time of year they are most prominent and which food items trout in our waters love to key on most of the time. And we'll learn the importance of understanding how these food items actually move in the water. Most individual food items move in different ways through the water column and this is often a key when trying to mimic how to fish your fly and make it look just like the real food the trout are seeking.



Common Scud - Image by Ken Davis

Our guide for these very informative and valuable facets of our sport is Ernie Gulley. Ernie has visited and worked with our club a number of times. Ernie will help us understand what foods are in

large abundance during which months of the season and, what actual choices trout have. Most importantly, how and why they choose to eat what and when.



**DON'T FORGET THE SWAP MEET FROM 5:30 - 6:30**

**March Demo Tyer - Tim Landrus**

Arrive at 6:15 and watch Tim tie a **Chernobyl Ant.**

**CFFU Calendar - MARCH 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](#)**

MARCH	EVENT	INFORMATION LINK
3	Fishing Derby	<a href="#">Fishing Derby</a>
3-4	Outing - Yuba River	<a href="#">Yuba River</a>
6	Board Meeting: 5:45 at Conzelmann Community Center	<a href="#">Board Meetings</a>
6	Swap Meet: 5:30-6:30 at Conzelmann Community Center	<a href="#">Swap Meet PDF</a>
6	General Meeting at Conzelmann Community Center	<a href="#">Ernie Gulley</a>
10	Casting Clinic & Mentor Outing	<a href="#">Casting &amp; Mentor</a>
25	Tech Thursday - Topic TBA	<a href="#">Tech Thursday</a>
28	Social: Basic Knots	<a href="#">Socials</a>

**MARK YOUR CALENDAR - MAJOR EVENTS**

May 22	Spring Barbecue	<a href="#">Spring Barbeque</a>
October 13	President's Outing	<a href="#">President's Outing</a>
November 11	Annual Fundraising Dinner	<a href="#">Annual Dinner</a>

## Memo from the President - Dave Lentz



Dave Lentz with a Brook Trout

CFFU kicks off March with an outing to the Yuba River on the weekend of the 3rd-4th. We have traditionally acquired access from the U.C. Davis Sierra Foothill Research Station which allows 20 anglers per day. While the 40 spots have been signed up for quite a while we will have other outings this year that will range from small groups to large. You can work with Outings Director Dave Tevlin to plan a Club outing this year. Dave can show you that being an outing fishmeister can be accomplished by fly fishers with all levels of skill. It's not necessary to be an expert. Perhaps you don't want to start out as a fishmeister but there are many other opportunities to get involved with CFFU.

There a lot of new members in the Club this year. I encourage you to keep coming to the monthly meetings and experience the other activities and events that CFFU provides. Make your membership valued by engaging in these events and meeting other members. Take advantage of being in a club with almost 400 other people, this can be rewarding in many ways. We are in need of members to help with the many events, education, and conservation opportunities that are a regular feature at CFFU. We are also in need of volunteers to fill positions on the Board. The Club and all of us will benefit with the gift of your involvement. 🐟

## February's Speaker - John Squires

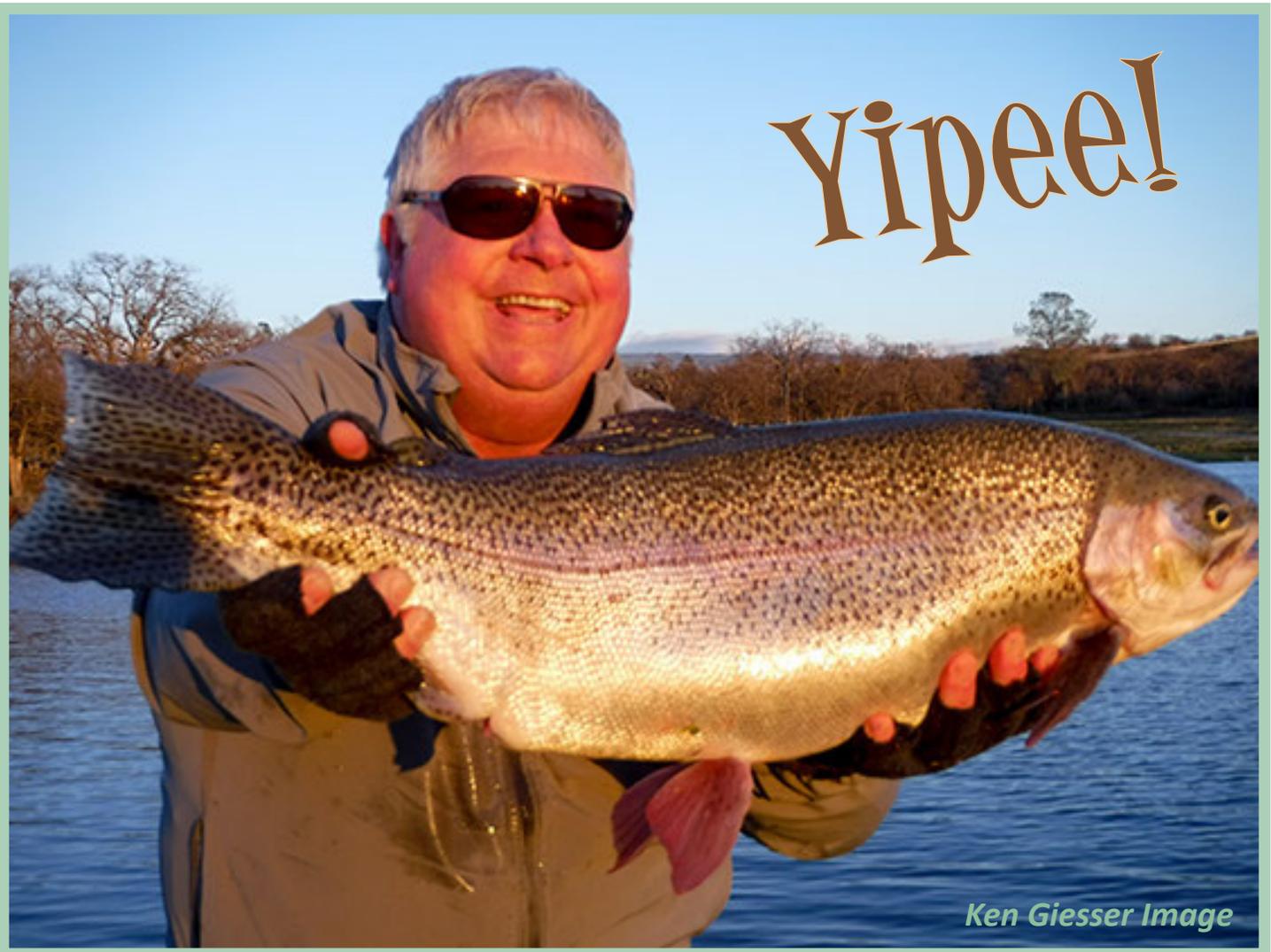
*By Trevor Segelke*

The CFFU February Speaker was John Squires. If you missed it, he gave us an insight to wilderness adventures in Alaska. He Shared information and experiences of planning and taking a multiple day wilderness float trip in Alaska. We learned about the wildlife, weather and gear considerations, variety of fish available and how the fish variety changes as the trip progresses further down to larger river forms. Thank you John for a wonderful presentation and your willingness to share your experience and expertise with CFFU.



Joe and Lee at the confluence of the North and South Fork of the Kottuli River on a John Squires trip.

## Outstanding Catch - Lanny Garman



Lanny Garman, along with Phil Shipley, his son Nathan and Ken Giesser, recently went to Eagle Canyon for the day. Fishing conditions were lousy, with gale force winds prevailing. The chili cheese dogs, however, were not lousy and in fact quite excellent. Unfortunately for the group, their fishing efforts were only rewarded with an occasional hookup as the wind stayed fierce and didn't ease much until the last twenty minutes or so. On his last cast of the day, stripping a black Bucky May Micro Leech, Lanny hooked a monster 12 pound Rainbow and after a tough battle of wills, was able to tame the beast! Back slaps and high fives ensued and that made the drive home a little easier. Submitted by Ken Giesser



[Link to Kiene's website](#)



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

## Cold Weather Social

We had a great turnout at the January social. Over thirty people came to share ideas. The food was incredible: pulled pork sliders, tamale pie casserole, pizza, hors d'oeuvres, dessert, wine and beer. Everyone had something to share and we all learned so much! About half the

attendees were experienced fly fishers who have fished Pyramid in the winter and been to Alaska. They had tons of ideas. The main thing I took from it was to layer! Never wear cotton and don't allow yourself to get wet. But if you do, towel off and bring extra clothes. Syn-

thetic materials like fleece, polyester and polypropylene are great and many people suggested wool. Bev Loren and Carl Tevlin were kind enough to share their copious notes. 



Any guesses on the identity of this well-covered angler? Hint: She catches more fish than someone named Ken.

### ***From notes submitted by Bev Loren and Carol Tevlin:***

1. Dress in layers, inner wicking layer, warmth layer(s), and wind/waterproof outer layer
2. Bring extra shoes, socks, gloves, layers, jackets
3. Towel to dry off after fishing
4. Polypropylene clothing is hydrophobic, dries quickly
5. UnderArmor tech fabrics--wicking, comfortable
6. Poly filled down-style quilted jackets great for warmth layer under outer shell
7. Poly filled/fleece/down filled vest—non-constricting warmth layer
8. Poly fleece gloves stay warm when wet
9. Fleece or knit cap
10. Nitrile gloves great under fleece half finger gloves for warmth and dexterity
11. Hand warmer packets, foot warmer packets (full and half size)
12. Handwarmer muff from Cabela's--warms cold hands
13. Simms Freestone Half Finger Gloves have pockets for heat packets (Fisherman's Warehouse)
14. Glacier gloves, fleece lined neoprene @ Sportsman's Warehouse, Amazon
15. Wool layers and wool socks (Filson, Seattle WA and Army/Navy stores)
16. Sockliners and glove liners of silk or polypropylene
17. Test wind and waterproofing by blowing through the fabric
18. Nikwax products for waterproofing garments
19. Waders: Neoprene waders with attached boots large enough for 2 pair of socks

## Continued: Cold Weather Social



The always durable Betty and Keith Pfeifer on the Madison River an hour before the hail storm.

20. Dry waders and clothing on hangers overnight
21. Wear wicking inner layer next to skin with fleece over layer for warmth
22. Silk sock-liners to prevent blisters
23. Heatholder sox to keep feet warm (Sportsman's warehouse, Big 5, Target)
24. Glacier gloves at Sportsman Warehouse are \$27
25. Poly propylene. Is hydrophobic and will absorb no water
26. Look for deep hats. Try buying from ski and snowboard shops at year-end sales.
27. "Hot Hands" can be put in gloves and work for about 6 hours-they stop working when wet
28. Wear dense material under waders
29. Wool socks, dense
30. Must not allow yourself to get wet
31. Try shopping at Sierra Trading Post
32. Wool sweater
33. Colder on the water than the land
34. Some prefer fleece over wool
35. Merino wool long johns are not itchy
36. Silk sock liners reduce friction. Two socks slip between your skin and boot (stops blisters)
37. Don't put rubbing straps against Gortex - destroys the waterproof
38. Bring extra coat hangers to hang clothes
39. Plastic box to put waders and boots in. If you spend the night somewhere don't leave you boots and waders overnight in a cold car. Even if they're wet, bring them in your room. Bring hanger and hang waders over the heater to dry, turn boots upside down to drain.

Please Support our Funders!



**FLY FISHING SPECIALTIES**  
Wild Rivers to Blue Waters

6360 Tupelo Drive, Citrus Heights, CA 95621

[Link to Fly Fishing Specialties Website](#)

# On the Road - Cancun with Dick Angus & Gary Howard

*By Dick Angus*



*Dick Angus with a beautiful Tarpon!*

Susan and I have been spending a week with Gary & Melanie Howard at their timeshare in Cancun, Mexico every year for quite a few years.

A few years back Gary discovered a guide service that would take us out into the flats, north of Cancun, to fly fish for Tarpon, Bone, Permit and Snook fish. The first year Gary caught a Bone fish and I caught a "Baby" Tarpon. We quickly decided it was more fun catching Baby Tarpon than any other species. Tarpon are an exciting fish to catch; they do fantastic aerials while you try to hold them on your line.

We booked our day of fishing through "Cancun Fly Fishing.net" They pick you up at your hotel and drive you out to the boat docks....way out north of town. They provide fly rods, flies, soft drinks and lunch, eight hours of guide service on the water and a taxi ride back to your hotel. All of this for a total of \$400 U.S. dollars. Our favorite guide is Enrique. I usually like to fish with my hand-tied flies and then leave them with the guide, if they catch fish.

A taxi picked us at the hotel at 6 a.m., drove us to oldtown Cancun and then handed us off to Enrique, our guide. In his Jeep Wrangler he drove us out to the Isla Blanca dock and by 7 a.m. we were on the water. It took us about an hour to reach the Isla Blanca area. We then weaved in, out and around the

mangroves sight fishing. We stopped fishing around 3 p.m. and were back at the dock by 4.p.m. and to the hotel by 5 p.m., happy & tired.

This year we caught Tarpon, Snook and Mangrove Snapper. 🐟



Gary Howard with a Mangrove Snapper

## POSTCARD from Kaktuli River, AK.

*Hello from John Squires (10:00 p.m. Sunset)*



### Question - Adipose Fins

**QUESTION:**

I heard someone say that you can tell a hatchery trout from a wild trout because hatchery trout have their adipose fin clipped. Is this true?

**ANSWER:**

Hatcheries do not clip the fins on trout, but all hatchery steelhead and one-fourth of the salmon have their adipose fin clipped.

**ANSWER SOURCE:**

Thanks to Chelsea Palisoc and Richard Munoz, heads of the **CDFW Classroom Aquarium Program** for the above information. 



A gorgeous rainbow trout photographed in Winters Putah Creek Park Restoration Project. Image © Ken Davis

## Chili Cook off - Firehouse Bison Chili **WINS**

*From Editorial Staff*



We had a huge turnout for our February General Meeting. Meloney Welborn coordinated our Annual Chili Cook-off. Eleven CFFU chefs brought crockpots filled with chili and plates of cornbread. Members tasted the entries and voted on their favorite. By popular vote, Jeff Stephens was pronounced The Chili King for his "Firehouse Bison Chili" recipe. Jeff received a \$25 gift certificate to Kiene's American Fly Shop. Thanks to everyone who entered the chili cook-off!

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## Fish in the Classroom - Egg Delivery Day

*Brandi Herron - FITC Director*

Thanks to the following volunteers who delivered Steelhead eggs to classrooms: Christie Roberts, Laurie Banks, Ed Morell, Chris Weiland, Dave Kristien, Paul Wisheropp, Howard Ross, Greg Howard, Dave Tevlin, Ken Waterstreet, Carol Tevin, John Durand, Mic McPherson, Ken White, Forrest Oldham and Rich Wilson.



Sorting eggs at the hatchery. Image courtesy of Jennifer Harrison

## Fly Fishing 101



On February 20 and 27th the always entertaining Tim Landrus taught CFFU's quarterly 101 class to fourteen beginning fly fishers. The 1st session covered information on selecting rods, reels and leaders. Attendees

got hands-on experience tying knots and rod rigging. The second session covered equipment, safety, natural and artificial flies and constructing leaders for nymphing and dry fly fishing. Laurie Banks and Paul Wisheropp

were there to assist. On March 10th our new fly fishers will receive casting instruction from Forrest Oldham, Ken Geisser and Mike Williams at Granite Park.

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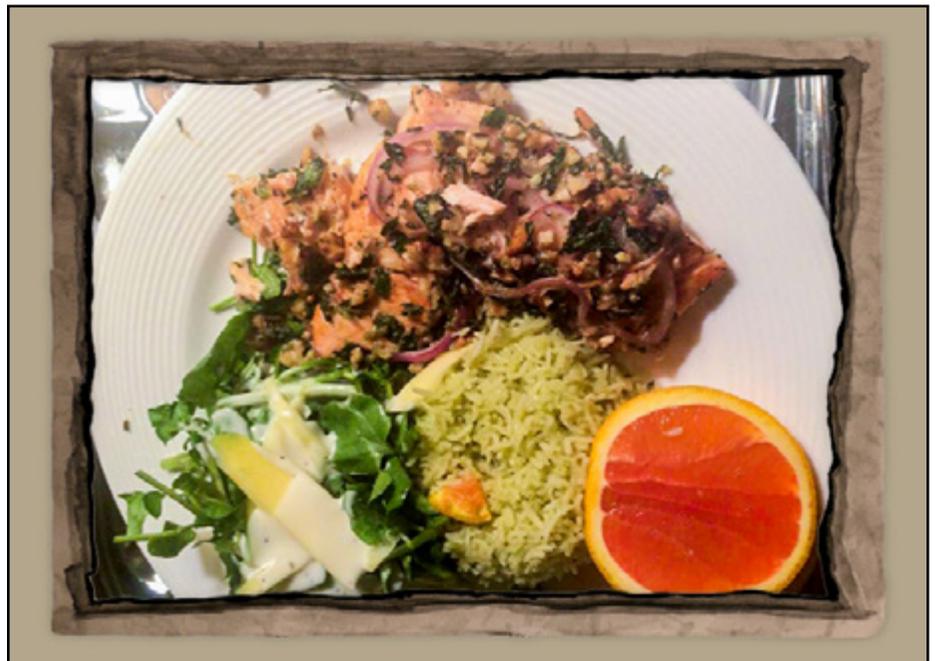
## Anglers in the Kitchen - Crusted English Walnut Wild Salmon

*By Mihn Xuan (Stan Stolt's wife)*

Place 2 salmon fillets in a medium hot skillet with 3 Tbs. butter and 2Tbs. of olive oil. Slightly brown and cook each side for 3 minutes. Remove fish from pan and sauté 1/2 onion in the drippings.

Coat salmon on topside with onions, chopped walnuts and cilantro. Season to taste with salt and pepper. (Use a tsp. of orange juice on each fillet for extra flavor). Place fish on in a baking pan and bake uncovered in a 350 degree preheated oven for about 15 minutes or until cooked all the way through depending on the thickness!

Enjoy!! (Served with rice and mango salad).



# CFFU Veteran's Program - Restart

*By Rich Kendall - Veteran's Committee Chair*

CFFU has many moving parts - The VA Program Restart is just another one of them.

About 2-1/2 years ago Laurie Banks, Ken Davis and I met with representatives from the Veterans Administration near Mather Field. We wanted to explore the possibility of working with Veterans that suffer from PTSD and depression. An MOU was written, medical clearances obtained, and a sample class given to some of their Peer Specialist. After 1 full year we scheduled and held an "Open House" at Hagan Community Park. Response from our club was strong with about 35 volunteers showing up to chip in wherever needed. Now for the bad news; we had 24 vets signed up, but only about 4-5 that showed up. We later learned that an additional group had come to the park but were intimidated by our large showing of volunteers, so they didn't feel comfortable to participate. We never thought of that, so we are learning.

This brings us to today. We rethought our game plan and decided to take our introduction to the veterans. We restarted our communications with the VA in October. Bill Conway and I went to Mather and put on a 15 minute presentation at the end of their regularly scheduled meeting. We were warmly welcomed and just talked about fly fishing: what it's about, why we fish and how we enjoy the background of the great outdoors. Of the 15 veterans two had experienced spin fishing and there were no fly fishers. Our VA contact later told us that 10 of the 15 seemed



Jim Berdan assisting a veteran with tying a fly.

very motivated to learn more about fly fishing!

For our next step, we are going to set up a casting session on the grass at Mather following one of their upcoming meetings. We think this will help gain their interest. Although 10 signed up, we may only have a few who show up. If we are successful with this small group we can start to expand the program.

Our Veterans contact asked us to return and talk with other groups at the Mather and McClellan site. For this we will need some help from CFFU members. Both Bill and I are still working and are not always able to get away during the work day. We need CFFU volunteers who can be available mid-day on week days.

Eventually, we would like to offer a fly

tying session and a Fly Fishing 101 class similar to the one taught by Tim Landrus. The end game would be to go fishing with the veterans, somewhere as close as Mather Lake or the American River. As they grow more comfortable perhaps the Truckee or Yuba. Our goal is to offer a reason for them to get out of the house and into the outdoors. We want them to know fly fishing is not a spectator sport. In order to gain some success, you really need to participate.

If you have some time to talk to a veterans group, or help them learn fly fishing skills please send me an email at:

[rkendall7116@gmail.com](mailto:rkendall7116@gmail.com)

Let me know how you would like to help. We are all excited about moving forward and seeing where we can take this.

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## Casual Corner - Tim Au Young

**“You know you're a fly tyer when your significant other finds rabbit hair in the coffee grinder.”**

**(Editor's Note: For those who don't tie flies, some people use coffee grinders to mix different colors of dubbing or hair. I wondered why the coffee has been so tasty and this explains my insatiable desire for carrots. Thanks Laurie.)**

# On the American River - Striper and Shad Fishing

By Andy Guibord



Summer evening on the American River during the shad season.



Captain Andy Guibord tying the Clouser (image below) at the February Tech Thursday meeting.

Striper and Shad are a wonderful game fish worth pursuing with a fly rod. Stripers swim the American River currents during the months of March through September. Shad are here from May into July. Your fly rod can be anything from a six to an eight weight with a reel and fast-sink-tip fly line.

If you are wading, a ten foot sinking poly leader looped to the end of a floating line works well to sink the fly a little deeper. You can cast twenty-four to thirty foot fast-sinking lines if you are fishing out of a boat or float tube. I like to use fifteen-pound test for the strip-er flies such as the productive Clouser Minnow, and eight to ten-pound-test line for the many brightly colored shad flies such as the Orange Weeny and the more subdued colored Bloody Maria.

The best fishing occurs during the first and last few hours of light. How deep to present to your fly depends on where the fish are holding. Stripers and Shad frequent shallow waters during low-light hours of the day and head for deeper water during the bright hours of midday. You must present the fly at the proper depth. A typical presentation would have you cast the fly out into the faster water and let the fly swing into the slower water. Sometimes I impart action to the fly as it swings across the current by jiggling or stripping in the fly. Let me finish by saying, if you are not catching fish, try something different. Thanks for allowing me to share some of what I have learned about fly fishing for Stripers and Shad on the American River. 



Andy Guibord's Clouser



Bloody Maria as tied by Andy Guibord

# New Members Meeting

By Sheila Cavanagh



On Wednesday, February 7, 2018, we had 25 new members attend the quarterly new members meeting. Their names are: Victor & Maria Romero, Shawn Halford, Jeff Woods & Jackie Sanyoyo, Grayson Maxwell, Nick Ciani, Dan Yparraguirre, Patrick Frazier, Randy Katoika, Dave Brown, Mark Anderson, Ken White (not a new member but 1st time to New Members) Daniel Smith, Matthew Barlow, Dave Thomas, Jay Atkinson, Jim Atkinson, Bob Steger, Avi Schochet, Julia Stone, Gary Roller, Leo

Signorotti, Gordon Moore and Mark Smith.

The CFFU members who attended were: Dave Lentz (CFFU President), Laurie Banks (CFFU Past President), Jim Walker, (New Member Liaison), Sheila Cavanagh, (Membership Director), Paul Wisheropp (Coachman's Award Chair), and Ken Giesser (Casting Instructor).

Laurie Banks chaired the meeting and informed our new members of all aspects of the club, answered questions and lead

discussions regarding what CFFU is all about. At the end of the meeting we all enjoyed the brownies Laurie made and our new members were presented with a certificate for 6 free flies from each of the three fly fishing shops in Sacramento and Roseville for a total of 18 free flies. That alone more than covered the cost of their membership dues for the first year. 

## Congratulations - Heritage Trout Certificates



Congratulations to Trevor Segelke and Laurie Banks.

Both members completed DFW's Heritage Trout Challenge by catching six different forms of California native trout from their historic drainages and photographing the fish. DFW rewards members by sending them a colorful, personalized certificate featuring the art of renowned fish illustrator Joseph Tomelleri. The certificates show six full-color images representing the trout caught, along with the dates and locations. It is sized to fit in a standard 16" x 20" matted frame. For more information

about the Heritage Trout Challenge visit DFW's website at:

<https://www.wildlife.ca.gov/Fishing/Inland/HTC>

# CFFU Conservation - Little Truckee Telemetry Study

## Memo from Keith Pfeifer, CFFU Conservation Director

In 2016, CFFU provided fish telemetry equipment to the Truckee River Chapter of Trout Unlimited. The study was designed to monitor the movement of 25 native trout, implanted with electronic “tags”, in the Little Truckee River between Stampede and Boca Reservoirs. Preliminary data analysis indicated that the majority of the fish moved into the section of the river that had previously undergone a significant habitat enhancement from Trout Unlimited.

**By Sam Sedillo, California Public Lands Coordinator (Trout Unlimited)**

From November 2016 through November 2017, Trout Unlimited along with support from California Fly Fishers Unlimited, Sagebrush Trout Unlimited, California Department of Fish and Wildlife, the USFS, and numerous dedicated volunteers tracked 25 rainbow trout and brown trout on the Little Truckee River between Stampede Reservoir and Boca Reservoir in Nevada County. The trout were tracked using radio telemetry. Radio telemetry is a tracking system that uses a mobile receiver to pick up a unique signal from a radio transmitter placed in an animal (in this case a trout). This allows a tracker carrying the receiver to make observations and accurately pinpoint (within 5 meters) where the tagged trout sits in the river. The purpose of the project was to understand wild trout movement in the Little Truckee River in response to changes in flow, time of year, and recently placed fish habitat structure.

New fish habitat structure was placed in 2015 by Trout Unlimited to provide more varied habitat in the Little Truckee River. The ultimate goal of this placed structure was to increase angling opportunities to the public and provide good wild fish habitat. Tracking the 25 fish through 2016-2017 allowed for Trout Unlimited to see that the tagged fish in the river ended up using the placed structure at different times of the year and moved frequently through different locations in the Little Truckee River. This provided invaluable data on how to implement fish habitat projects in the future that benefit wild fish and anglers and how the wild fish move in this highly regulated stretch of river. Currently the data from

**“We could not have done this project without the help of CFFU.”**

Sam Sedillo, Trout Unlimited



**Mike Wigginton on the Little Truckee River tracking tagged trout.**

the telemetry project is being compiled in report form and will be used to help advocate for certain flows and management practices in the Little Truckee River. Trout Unlimited is dedicated to ensuring that the Little Truckee River remains one of the best wild trout fisheries in California. We could not have done this project without the help of CFFU. We look forward to partnering with you all on future projects. Thank you. 



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## Beginning Fly Tying Class



**Jim Berdan - Beginning Fly Tying Instructor**

The three day class was held February 19, 21 and 23 at the Northminster Church. The San Juan Worm, Woolly Bugger and Woolly Worm were the flies selected for the first class. By the second class the group progressed to tying sub-surface flies or nymphs: a Thread Midge, a Pheasant Tail Nymph, and a

Gold Ribbed Hare's Ear Nymph. The third and last class tackled the dry flies: an Elk Hair Caddis, a X-Caddis, and an Adams. Jeff Stephens, Christie Roberts and Tim Landrus volunteered as teaching assistants to give the tyers some one-on-one help. Another class taught by Tim Au Young will be offered in March. If you

are interested in attending, contact [jberdan@aol.com](mailto:jberdan@aol.com) ASAP. There are only 2 spots left. All equipment and materials are supplied. The class is only \$15 for CFFU members and takes a maximum of six students. 

**Please Support Donors**



[Link to Scribner Bend Website](#)

**New Record?**  
**CFFU has**  
**410 Members!**

## Interview with Mike Wigginton

**By Laurie Banks**

I'm sitting in a conservation meeting and CFFU committee member Mike Wigginton walks in. We are both there early and I think Mike would be a great person for this month's interview. He is always involved in an interesting project.

**Laurie:** Mike, How long were you a firefighter?

**Mike:** 30 years

**Laurie:** You got to retire fairly early.

**Mike:** I was about 54

**Laurie:** Besides being an avid fly fisher you have taken a great interest in conservation and fisheries resources. How did you go from firefighting to being so conservation minded and working on so many projects?

**Mike:** When I thought about retirement I knew I didn't want to be one of those people who sat home in my easy chair and watched TV. I like to learn. I feel like I'm stagnant if I'm not learning. I even like geeking out on bugs. I was always interested in fisheries issues so as I was finishing up my AA degree before I retired I took the Intro to Marine Biology class at ARC. The professor introduced me to some of the professors at UC Davis and they introduced me to other people. I started volunteering for some of their projects.

**Laurie:** I know you worked on a Salmon snagging project. What was that about?

**Mike:** DFW wanted to look at changing the regulation in order to address Salmon "snagging" so they did a study. We as volunteer anglers would fish beads on different leader lengths that were randomly assigned to us. They documented each landed fish with leader length and the location of the hook. I ended up landing 34 salmon during this project.

**Laurie:** Tell me about some of the other projects you have worked on.



**Mike Wigginton on CDFW Salmon-Snagging Study**

**Mike:** I helped with the Telemetry project on Putah Creek with CFFU and DFW. CFFU lent TU their telemetry unit to use on the Little Truckee. Most recently I helped with that too. Fish were found by both dams but not in the middle section. TU did some significant restoration and they wanted to see if the trout would use that area. This project had 25 fish implanted with transmitters and they were tracked once a week to look at movements throughout the river. The telemetry study shows that the fish are now using that area. (See Sam Sedillo's article on page 14).

I did some electrofishing with UC Davis on the delta that was looking a rearing habitat of bass.

I worked with Kramer Fish Science in collecting the DNA from Steelhead in the American River drainage. Talk about pressure, I fished with a biologist following me with a clipboard waiting to document the fish I caught and take a DNA sample.

Since 2010 I've gone out almost every month with UC Davis to help on a project that has been going on for over 35

years. This project has looked at trends of fish and invertebrates in the Suisun Marsh. Throughout the years several graduate students have added their projects so it's been interesting to see the different things that are being looked at. One of the best parts of this project is the addition of an adult Striper diet study. The most effective way to collect adult Striper is by what we have come to "Boom, Line, Retrieval Sampling" i.e. spinning rods. The things I've found most interesting on this project are the number of invasive species that have been introduced, the effects of salinity change and who eats who in the fish world.

**Laurie:** Let's switch from conservation to fishing. What is your favorite river to fish?

**Mike:** Anywhere in Montana, but I like to fish different rivers for different fish. I am working on the California Heritage Trout Challenge. Also, I have a long-term goal to catch every species of cutthroat trout in the western states.

**Laurie:** Thanks Mike. A lot of people send TU and Cal Trout a check to help with conservation, which is wonderful, but it's really a pleasure to talk to someone who has taken their conservation contribution to a whole different level.



# American River Cleanup - January 2018

*By Bill Felts - River Clean-up Meister*



I want to thank the Club's January 27th American Clean-up Crew for their valiant effort in beautifying our mile of the American River Bikeway. They are: Robert Roth, Pamela Rourke, Russ Heckley, Bob Steger, Jake Mater, Dave and Carol Tevlin, Bob and Loren Kristunas, Ed Morell, Chuck Odell, Mary Ellen Mueller, Jeff Gordon, Trevor Segelke, Bill Conway, Julie Kaye, R.J. Dlugopolski, Rico Quarles, David Thomas, Chris Weiland, Ken White, Dave Lentz, Ken Waterstreet, Tom Worth, and George Lazar. My thanks to everyone. P.S. If I left out your name, please let me know.

## Bug of the Month - Western March Brown Mayfly

*By Ken W. Davis*

March Browns are a rather unique mayfly for several reasons. If you look closely at the gills, they form a large suction-like cup which allows them to survive in fast-flowing water. It also allows them to avoid collection when you turn over a rock. They will rapidly run to the opposite side of the rock evading capture. Getting them off a rock into a net is frequently difficult.

In most waterways, they are typically the first large mayfly to emerge in significant numbers in the late winter - spring fishing season. Watch for the empty nymphal exoskeletons, or shucks, floating near the bank. Fishing wet flies or nymph patterns a few inches below the surface will imitate the emerging nymphs as they head for the surface.

The common March Brown is **Rhithrogena morrisoni** which is the one you will encounter on rivers such as the Yuba

and many small Sierra waterways. There are other species, one in particular is reddish and emerges in September and October. I have found them in the Trinity River, its tributaries and other rivers in Northern California and sections of Oregon. Some entomologists consider this an "echo hatch" of the Western March Brown. Other bug guys, including me, consider the reddish specimens a different species.

*What's important for fly fishers is that the second March Brown (*R. futilis*) has reddish-colored gills and hatches in the fall.*

Value this insect as it has disappeared in some East Coast and Canadian Rivers probably due to pollution. It's a good indicator of unpolluted water.



**Western March Brown nymph showing a wide set of gills on its abdomen. Hook size is 12-16. Ken Davis image.**

# Fly Tyers Exchange - Submitted by Don Wallace

*Photos by James Simon*

**Gary Ant**



Gary Howard ties his Gary Ant on a size 18-10 Tiemco 900BL hook, using black Danville prewaxed thread. The post is white calf tail. Add some head cement to the base of the calf hair post. This strengthens the post. Tie in the pearl tinsel. Tie in black deer hair with the butts pointing to rear of the hook. Try to make the deer hair body even from the base of the calf hair post and the start of the bend of the hook. Wrap the pearl tinsel forward to the one-third point. Lift the deer hair and continue wrapping the tinsel forward to just in front of the calf hair. Tie off and cut the excess. Split the deer hair equally on each side of the post. Cut the deer hair on an angle to the eye. Make a thread head. Use black hackle to tie around the post.

**Gary Ant**



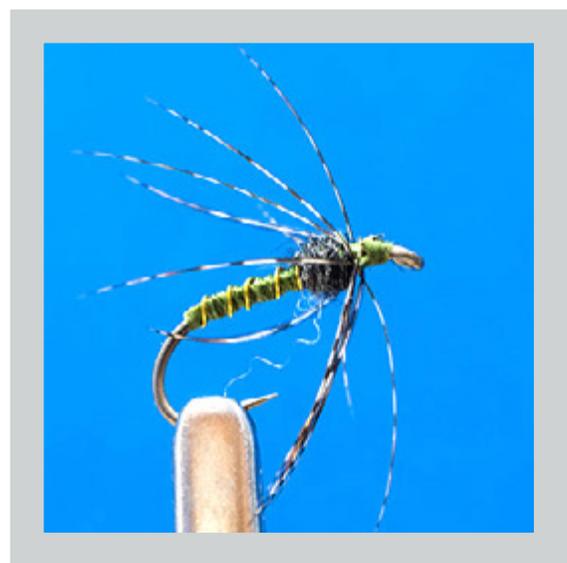
Christie Roberts ties her Gary's Ant on a Tiemco size 14 hook using black UTC 70 thread. The abdomen is black deer hair and the under body is flashabou. The wing is white calf tail tied as a post. The post is encircled with a black hackle. The head is black thread.

**WD-40**



Tim Au-Young ties his WD-40 on a scud shaped hook in sizes 14-16 using UTC 140 denier in brown, The tail is wood duck. The abdomen is the brown thread. The wing is wood duck and the thorax is Paxton buggy nymph blend in olive or light olive.

**Partridge and Green**



Trevor Segelke ties his Partridge and Green on a size 14 hook using green thread. The body and abdomen are the green thread with a wire rib. The thorax is peacock-black antron dubbing. The hackle is one turn of partridge feather

## Fly Tyers Exchange - Continued

**Partridge and Green**



William Conway tied a Bead Head Pheasant Soft Hackle on size 12 hook using 210 black thread. The bead head can be of different colors and can make a difference. The abdomen is dubbing mix. The hackle is pheasant feather.

**Partridge and Green**



Rob Scafe ties his Humpy on a size 10-22 standard dry fly hook using 210 denier 10 to size 14 and 6/0 for 16 or smaller. Use olive, yellow, red black or chartreuse thread. The tail is moose the length of the hook shank. The hump is elk or deer hair. The butt of the wing hair is wrapped to the tail and folded back to form the wings, divide equally. The hackle is one grizzly and one brown hackle (three wraps behind the wings and two in front of the wings). Whip finish and seal with head cement.

**The last \$25 gift certificate was won by Rob Scafe.**

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## February Demo Tyer - Ty Espinosa



Ty Espinoza was the Demonstration Tyer this month. He tied a Birdsnest Variation on a size 14 Firehole Outdoors using 6.0 brown thread. The head is a 2.8 mm tungsten brown bead. The tail is Mallard speckle tan. The body is raccoon / beaver dubbing with a gold wire rib. The thorax is raccoon / beaver dubbing.

# Fly of the Month - March Brown Soft Hackle

**By Christie Roberts**

Variations of the March Brown can be tied as a soft hackle, nymph/emergent (as shown below), or as a winged wet fly. It is recorded that the March Brown winged wet-fly pattern was used in Scotland by 1496 and can represent any brown bug as an attractor pattern. Traditionally it was tied with Hare's mask and ear with copper wire ribbing.

Materials	
<b>Hook:</b>	TMC 3761 10-14
<b>Thread:</b>	UTC 70 dark brown
<b>Tail:</b>	3-5 Pheasant Tail fibers
<b>Ribbing:</b>	Fine or x-fine oval gold tinsel (option: small gold or copper wire)
<b>Dubbing:</b>	Chocolate brown rabbit mixed with Rust UV Ice Dub. (Traditionally used Hare's mask and ear)
<b>Soft Hackle</b>	Hungarian Partridge

Soft Hackle		
STEP	IMAGE	TYING INSTRUCTIONS
1.		Place bead of hook. Dress Hook to bend in hook. Tie in tail a hook shanks length. Tie in tinsel or wire rib.
2.		Dub a noodle of mixed dubbing (with a little wax to make it easier to keep hair on thread) Wrap dubbing noodle to 2 hook eye lengths from eye of hook. Counter wrap tinsel or wire 5-6 wraps up abdomen and tie off.
3.		Wrap partridge feather. Prepare by cleaning up by stripping off wispy feather at base of quill. From tip of feather stroke fiber back gently and tie onto hook with curve of feather facing down. Wrap 2-3 turns of feather, stroking back barbules at each turn and tie off when desired amount is on hook. Trim off quill stem.
4.		Clean up head with few turns of thread. Put a small amount of zap a gap on thread to secure thread. Whip finish.

## Soft Hackle - continued

STEP	IMAGE	TYING INSTRUCTIONS
5.		Finished fly. Enjoy.

## Vintage Fly Corner - Lady Caroline

*By Christie Roberts*



MATERIALS	
<b>Hook:</b>	Daiichi 2051 3-5 or equivalent
<b>Thread:</b>	UTC 70 or 140 Black
<b>Rib:</b>	Gold flat embossed tinsel
<b>Tail:</b>	Red breast feather from Golden Pheasant
<b>Abdomen / body:</b>	Dubbing is Red/Brown/Olive blended wool traditionally (I used a Rust and Olive Seal Substitution or you can use "Ice Dub" blend.
<b>Hackle:</b>	Traditionally is Blue Heron (I used Blue-Eared Pheasant feathers)
<b>Beard:</b>	Red breast feather from Golden Pheasant

The Lady Caroline is noted to have been created for the River Spey in Scotland in the 1830's. It is also noted to have been the second spey/salmon fly to have a tail. It is considered a Salmon Pattern in Scotland and a Steelhead pattern in North America.

*Note: I used Davey McPhail's pattern and Clark's custom flies as references.*

### **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](#)

### **Newsletter Editorial Staff**

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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**

Craig Williams on the Upper Sac - Ken Davis image

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