



Reading the Water

Newsletter of Golden State Flycasters and Trout Unlimited Chapter 920

January 2007

Program—Northern California's mountain streams

By Helen Condict

Tactics, strategies and hatches for nymphs and dries on the Upper Sacramento, Pit, McCloud, Fall River and Hat Creek

Mount Shasta, California native, guide, researcher, author, and international mountain trekker, **Craig Ballenger**, grew up tying flies and fishing from a trout stream in his backyard, along with fishing the Upper Sac and McCloud rivers.



After graduating with a BA in Theology, Craig guided in the Canadian Rockies, Selkirks, Monashees and Purcell ranges. He even lived in a homestead log cabin (built in 1910) along the North Thompson River in the Northern Monashees.

Craig later studied creative writing and photography in Vancouver, British Columbia, which led to his photography and writing appearing in numerous magazines: *Climbing, Rock and Ice, Outside, GQ, Flyfishing and Tying Journal* and

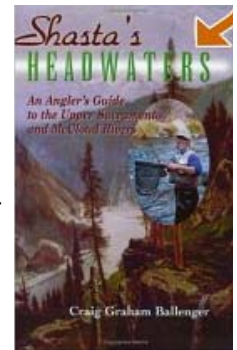
California Flyfisher in the 1980's. From 1979 to 1984, he served as Director for Frontier Encounters in Canada, and then operated Alpine International (1984-1992), guiding mountain expeditions to over 40 countries (including Alaska, Turkey, the Andes and Himalayas) on over 100 treks.

Since 2001, he has guided for California Trout at their Shasta Springs Trout Camp, and he researches Golden trout in the Sierra Nevada.

Craig's first book, *Shasta's Headwaters* (Frank Amato Publications, Inc., 1998), an advanced

fly fishing guide, covers history and historical photos including: river and canyon history, first-person accounts, historical characters, detailed pictures and life histories of bugs. *Volcanic Trout* is his second book heading for publication, with two more contracts awaiting!

For more info on Craig, go to: Craig-Ballenger.com. ■



MEETING

Monday

January 15

Wetflies: 6:00 P

Dinner: 6:45 P

Program: 7:30 P

Chevys Restaurant

2730 Via de la Valle
Del Mar
(Map—Back Page)

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President's Message

By Sandi Jacobson

The holiday season is upon us, and I want to take this opportunity to wish you all a happy holiday with family and friends. GSF started the season out in fine style. It was great getting almost half the membership together in one place for our holiday party last Monday at Scripps Surfside Beach House in La Jolla. The surf was up, the food was good and folks were in a festive mood.

The generosity from members and associates has been remarkable this past month. Byron Shovlain donated much of his tuna and dorado catch from the La Paz trip he won at our silent auction last March (see his article in Nov. 2006). Thanks also to member Tom Trozera for donating several of his finely crafted Jade fly-tying tools, and to AJ Rod Company for donating a sweet 3 wt. GSF-edition reel for our evening raffle. Father and son team Jeff and Andrew Dickinson of AJ Rod Company are extending their generosity in offering GSF members a 10% discount on a one-time purchase of equipment from them. Contact them at www.ajrodcompany.com for more information.

The year-end party was also a good opportunity to recognize the GSF committee chairs and board members who pitch in some long hours during the year. Thanks to the private contributions that made this recognition possible. One of the highlights was honoring John Wohlfiel for his leadership with GSF. John is a guy that takes on a variety of projects—and there are some big ones, such

as the GSF/TU-San Diego Annual Conservation Raffle and Silent Auction last year—with an unassuming style that often disguises the time and organization that went into it. Thanks to John and the entire crew who ably contribute your time and skills to GSF.

Speaking of time, here are a couple of suggestions for entries into your new 2007 calendar. First is the upcoming water quality sampling and training on Saturday, January 27th. We'll meet at Lake San Marcos at 9:00 a.m., for training, followed by sampling at selected sites in nearby Escondido Creek. Please contact me at sandij@biomail.ucsd.edu for more information. We need volunteers! On a personal scale, this is a simple way to make a difference in your local environment. On a broader scale, this focused project is a foundation for us to do future conservation projects in San Diego County that are funded through grant support.

For those of you with "vises," or are looking to acquire some new ones, fly-tying classes start Thursday, January 18th. For those of you who are contemplating casting into the living room fish tank during the long winter months, join us for the popular Lower Owens trip February 23-25. See: Dave Johnson's article for details on this and other GSF trips on the horizon.

Lastly, mark your calendar for Monday, January 15th at Chevy's where our speaker will be author and adventurer Craig Ballenger on "Northern California Small Streams".



Sandi Jacobson

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See Prez, p. 12

GSF 2007 trips update

By Dave Johnson

We continue to build our trip itinerary for 2007. *We have confirmed the Lower Owens River trip.*

February 23-25—Lower Owens River. We will drive to Bishop on Friday and hopefully get in a little fishing that afternoon. We'll fish Saturday and Sunday and head back Sunday night. Every one caught fish last year... most couldn't remember how many.

We will stay at the La Quinta Inn (651 North Main Street). The room includes a continental breakfast each day. Additional information on the hotel may be found at: <http://www.lq.com/lq/properties/propertyProfile.do?ident=LQ6046&propId=6046>

Please confirm your interest in the trip with me at davej92128@yahoo.com—I will be coordinating roommates, guides and ride sharing; *and* call (760) 873-6380 (mention Golden State Fly Casters confirmation number 604645008) to reserve your room. We've reserved 15 rooms at a rate of \$76.64 per night. To receive this preferred rate a minimum of 10 rooms must be booked prior to 2/9.

May 18-20—Eastern Sierra/Mammoth. We had a great time on this trip last year and will return to this area in 2007. There are many places to fish—including Lake Crowley, Upper and lower Magee, Rock Creek, Lower Rock Creek, Convict Creek, Hot Creek. We would drive up on Thursday or Friday for a weekend of fishing.

July—San Juan River, New Mexico. The San Juan River is a year-round, tail

water fishery with a reported 15,000 to 20,00 trout per mile. We will schedule the fishing for midweek on this busy river. The trip would include four full days of fishing, with a day of travel on each end. We are looking for someone to help put this trip together.

August—Sierra Pack Trip. We are currently looking at a trip to Sequoia/Kings Canyon with the Aztec Adventures Outdoor Program at SDSU. The pack trip will be reasonably priced and include transportation to and from the trailhead, four days fishing, meals and much more. There are limited openings for this trip. Please contact Dave Johnson at davej92128@yahoo.com for additional information or to express your interest.

September—Montana. We're looking at a trip to the Bitterroot River, Missoula, Montana, and three days of fishing the river and its tributaries. Rod Hendrickson is working out the details on this trip.

Local Blue Water Trip. Details will come in the near future.

Other Trips. Interest has been expressed in the following ideas for trips: Lees Ferry, Northern steelhead, Newfoundland, camping trips (Sequoia / Kings Canyon, Eastern Sierra), backpacking trip, Alaska, other salt water destinations. If you want to see any of these become a reality please contact me so I can work with you in getting it organized—Davej92128@yahoo.com. We would also appreciate any suggestions you can make about specific places to stay on these trips. ■

We have confirmed the Lower Owens River trip—sign-ups being taken now.

Annual Conservation Raffle & Auction

THE 5th Annual Conservation Raffle and Auction will be upon us before you know it! The date has been set for **March 19th.**

The Annual Raffle is *the* fundraiser of the year; and, in addition to your dues, is the life blood of the club and the activities we chose to support.

The Raffle is important to not only the conservation issues the club supports, but operation of the club. And, on top of supporting great causes, *you are guaranteed to have a lot of fun and the opportunity to take home some great prizes!*

Manufacturers, fly shops, lodges, guides and outfitters, restaurants, and other businesses are making generous denotations to the Raffle...***But we need your help and support as well.***

Here's what you can do...if there is a lodge or restaurant you frequent, or a favorite guide who owes you a favor, please ask them to donate to the raffle and auction. Tie flies? Consider tying a dozen or so as a prize. And everyone has books they'll never read again—donate them for someone else to enjoy.

Nearly new, hardly used items are also welcome. Another great idea is to purchase a gift certificate or two from your favorite fly shop and donate it to the Raffle.

The format will be the same as last year—a combination of raffle drawings

and a silent auction. The raffle drawings will be for a variety of mostly fly fishing related items, such as reels, rods, flies, fly tying equipment and materials, lines, vests, and hats. There will also be prizes such as dinners, books, binoculars, artwork, videos, etc. We expect to have over 50 raffle items!

The silent auction is for items of a specialized nature—items not everyone may want or can take advantage of. Examples of silent auction prizes: Two for-one trips to a lodge, guided fishing trips, boots and waders, clothing, etc.

The Annual Conservation Raffle and Auction is open to *everyone*—GSF & TU members, members of SDFF and other organizations, family, friends, and business colleagues, as well as the general public!

There is no limit on the number of prizes you may win in either the raffle or silent auction. The more tickets you buy, the greater your chances of winning!!!

Raffle tickets will be made available for purchase soon, so please return them with your donation as soon as possible.

You can bring raffle prizes to the meeting, or call a Board member to make other arrangements. ■



Byron Shovlain —on the trip to La Paz he won at the 2005 Annual Raffle.

Late season trip to the San Juan River

By Byron Shovlain

When is the best time to go fishing? Whenever you can. That was true of my trip to the San Juan River in early November this year. I have fished the San Juan in March, July, and October; but this year, due to other trips and work commitments, I couldn't make it to the river until November. My friend since childhood, Anthony, drove out from Florida in his 40-foot RV and picked me up at the Albuquerque airport. Thus started our adventure.

I took the wheel of the RV first to give Anthony a break. After missing one turn off, we finally pulled into Abe's motel, flyshop, and RV park (505-632-2194) and hooked up, around 8 pm. The beauty of Anthony's RV is its triple slide-outs, which provide all the comforts of home and more space than the rooms at Abe's.

In the morning, we hit the flyshop when it opened at 6:30 am, and got our licenses, flies, and advice. We drove down to Texas Hole parking lot about 8 am. I have learned the San Juan is never un-crowded, just more or less crowded. I was rewarded with eight trout up to 18-inches long at the Kiddie Pool.

On Friday, early to rise, we trudged through the reeds from Texas Hole towards Upper Flats, encountering a quarter-inch of ice crust on a stagnant pool. The water was low, though, and my favorite hole was not quite what it used to be—the result of dropping the flow from 500 cfs down to 250 cfs for a

habitat restoration project.

It takes me a little while to get back into the swing of things: the need to change flies often, depth, presentation, and, ultimately, location, which all came back quickly. It is frustrating to see fish feeding in low, clear water, avoiding anything you throw at them, while continuing to feed on



something else. And the time of day presents different feeding patterns—what produces up until 9 am didn't work the rest of the day. One of Anthony's favorite sayings is, "The definition of insanity is trying the same thing repeatedly and expecting different results." Wait, it doesn't apply to trout fishing. I swear I tried the same thing a hundred times and

Anthony with nice San Juan River rainbow, top; section of the river showing elements of the restoration project.

finally got different results with a nice 16-inch rainbow.

The second day it was a little tougher fishing. I waded upstream from Kiddie Pool to Upper Flats with lesser results. We tried mainly nymphing the first and second day, but noted trout rising and a good blue wing olive hatch in the afternoon. That got me to throw dry flies in the front of Kiddie Pool. I started with #20 and #22 parachute adams and griffiths gnats, only to discover they were too big. I needed #24 or #26. Every once in a while, I got lucky and got a fish on the #22 parachute adams clipped of its white parachute.

But that second day I was introduced to a most amazing technique at Kiddie Pool. An angler fishing a *chamois leech* was hooking up about every fifth cast. He was generous in sharing information about the fly and technique—the trick was to cast the leech, twitch it, and set the hook when the leech disappeared.

He also dialed me in on Float-and-Fly, the premier fly shop in the area. So, I stopped in later that evening and found it to be one of the best-stocked fly shops I have been in with all the fly tying material you wanted and first-class rods, reels, and equipment.

I had hoped the water level would be back up by the second day, but to no avail. We made our way to Middle Flats and fished towards the upper main channel and around Middle Flats, but the low water made some of my favorite holes un-fishable. With more of the same on the third day, we had the great idea of hiring a guide for the fifth day, when the water level was expected to be back to

normal and when the fish settled down.

At the end of day two, we took the RV over the top of the dam to check out the Pine River campgrounds. We discovered Navajo Lake to be a large impoundment with a big marina and more houseboats than I have seen on Lake Powell, all lined up in rows of moorings. There were few non-reservation spaces, but few campers that time of year. Every space had an incredible view of Na-



vajo Lake and most had electric hook-ups.

The water was still low but rising. Some of the familiar spots were too low to fish well, and it seemed like there were a lot fewer fish than in the summertime. I tried many things and didn't have good luck or skill. Some of the back runs below Lower Flats had many fish rising on #26 BWOs, which I didn't have. Every once in a while, I would get a rise if I targeted a particular fish many times—still, I was disappointed at the activity

Anthony with bent rod on the San Juan, top; moorage at Navajo Reservoir.

See *San Juan*, p. 11

Fly of the month—Lefty's Deceiver

By Gary Kutz

O rigin—The Deceiver is a very popular fly that should be in everyone's fly box and can be used for all types of fish. It is great for the ocean and surf.

It was developed by Lefty Kreh, one of the great men in fly fishing. Most of us are familiar with Lefty, who has received more honorary awards than we can list in this newsletter. He has served on many conservation boards and has fished in all fifty states, as well as all over the world. Lefty is the retired outdoor editor of the Baltimore Sun Papers and holds staff positions on several outdoor magazines. His writings have contributed a number of books on casting, fly tying and more.

Lefty has said about the deceiver: "The fly can be tied in many ways. The Lefty's Deceiver is not really a strict pattern but a method of tying. It can have various shapes, lengths, and colors. The fly can be tied as short as two inches and longer than a foot for billfish, amberjack, and other species demanding a large offering. It can be tied in a bend-back fashion or with the hook reversed. It has caught everything from striped bass to barramundi and billfish. To get full benefit from Lefty's deceiver, you need to analyze what you are trying to do and match the type of fly to the conditions."

Pattern—

- Hook—Mustad model 34007; sizes 10 thru 2/0

- Thread—white size 6/0
- Tail—six to eight white saddle hackle feathers
- Body—tying thread
- Wing—gray over white bucktail and several strands of pearl Krystal Flash
- Belly—white and green bucktail (alternates are polar bear hair or marabou)
- Throat—red Krystal Flash
- Head—thread coated with epoxy
- Eyes—sliver stick-on with black pupils



Tying Instructions—

1. Pinch down the hook barb
2. Wrap a thread base on the hook
3. Cement thread to hook
4. Tie on 6-8 tail hackle feathers at the rear of the hook, with a length depending on pattern
5. Tie on the white bucktail, with gray on top of that, then a few strands of pearl Krystal Flash
6. Tie on several strands of pearl flash, roughly half the length of the hackles
7. Wrap the thread toward the eye, leaving 3/16" of hook bare, wrap back to hook shank, and back to the eye again
8. Build up a collar of buck tail with green on top and white on the bottom

See *Fly*, p. 12

Getting the most from your fishing trip

By Patrick Case

The following is the first part of a two-part article. The author does not claim to be an expert fly fisher, and certainly not everyone will agree with the following advice—on the other hand, there's not a lot that fly fishers do agree on, other than this is a terrific sport.

There is an article in Nov/Dec 2006 issue of *Fly Rod & Reel* titled "The Trip From Hell...and How to Avoid It," which focuses on dealing with lodges and those travel businesses that specialize in fishing and adventure trips.

The article reminded me of the many advantages GSF club trips offer members, especially those new to the sport. First, we pick fisheries that offer the greatest chance for success. Next, we sort out all the logistics for you—what flights to take, where to stay, etc—and we arrange for top-quality guides selected for their teaching skills, patience and temperament, and ability to put you on fish. Lastly, everything is put together to be as economical as possible.

Can a club trip guarantee you a "successful" trip? Well...no...for the simple reason that one person's success is another person's disappointment. For some fishermen, anything less than a 40-fish day is so-so; for another fisherman, catching a dozen nice trout is nirvana—I know both types. Moreover, though, the individual has the first responsibility for making sure he or she has the best time possible. Following are some tips I've learned from personal experience, obser-

vation of others, and discussions with guides for getting the most from your fishing trip.

Learn and practice *practical casting*. Many people start out learning to cast a 30-foot basic overhead cast fairly quickly. But too often that's where the learning ends. If and when they do get out to practice, the session is concentrated on the same 30-foot overhead cast, often in a nice park on a windless day—after all, why would anyone want to practice casting on a *windy* day?

We tend to be content with this because somewhere along the way someone told us you can catch 90 percent of trout with a 30-foot cast. That's probably true, but here's the hitch: the wind often *does* blow on trout, salmon and steel-head streams and you need to be able to deal with it. Sometimes, even if you wade out into waist-deep water, the fish are still holding *beyond* your 30-foot cast, and maybe under low hanging tree branches. This is where casts such as a side-arm, or side-arm roll, or back-handed cast comes in handy, or even casting with your other arm. This is also where tight loops and being able to achieve good line speed comes in handy.

Speaking of wading, most of us cast decently standing on the grass in the park, but how far can you cast kneeling down?—the grass now represents the water surface if you are wading knee deep. How well can you cast *sitting* on the grass?—that represents the water surface if you are crotch- or waist-deep



in a stream. Can you still cast without the line slapping the ground in back of or in front of you?

I have frequently been amazed at how many people will commit a week or more of their valuable vacation time, plus a thousand dollars (or much more) on expenses and guides, and apparently not spend *any* time or money bringing their casting skills up to the requirements of the situation. If you don't learn at home, you're going to have to try to learn on the river—I have known guides to spend virtually the entire day teaching their client how to cast decently. If that happens, your trout fishing trip will become the most expensive casting lessons you have ever taken, and the overall experience may be a frustrating disappointment.

One piece of advice on the double haul cast...learn it!...you'll be glad you did. It is not just a fancy cast for experienced casters, it is for everyone. It is like putting a turbocharger on your distance cast, and will raise your casting skills, success, and fishing possibilities to a whole new level where line speed really counts, which is much of the time—e.g., casting into a breeze, reaching a trout or salmon lie in water too deep to wade, surf fishing, bay fishing, reaching fish crashing bait in near-shore fishing, bone fishing, tarpon fishing, and many other instances. Besides that, it looks cool.

The solution is to take some lessons and practice, practice, practice. The club frequently sponsors economical group lessons throughout the year, our local fly shops provide private lessons, and many excellent casters in the clubs will be happy to spend time with you to improve your cast.

Learn line control. It goes without saying that line control in certain situations is imperative—surf fishing comes to mind, where you either have good line control (usually with the benefit of a stripping basket) or you soon find yourself hog-tied in the foam with your line. This definitely does *not* look cool.

However, line control is equally important on a trout or salmon stream. I learned this some years ago while salmon fishing. If standing in the current, by the time you strip your line in for the next cast it has formed a 30-foot loop floating downstream of you. The next cast now requires you to drag all that line back before casting, or dragging it back a little at a time as you make numerous false casts to pull the dragging line against the current.

The answer: learn to coil the line in your stripping hand as you strip it in (and cast it without it tangling)—a real art—or wear a stripping baskets. Okay, stripping baskets look stupid, but they work. One word of caution, though, if you are wading so deep your line is floating in the basket, it will most certainly tangle itself as the coils slosh around.

Line control is equally important in a boat. There are few things more aggravating when boat fishing than standing on your line when trying to cast, having the line tangle around the anchor or other object, or, worse, have the line drag a fly box or sunglasses overboard with that hero cast. This can be accomplished with a waist-hung stripping basket or taller stripping basket sitting on the deck.

You don't have to spend \$100+ for a

One piece of advice on the double haul cast...learn it!...you'll be glad you did. It is not just a fancy cast for experienced casters, it is for everyone.

deck-mounted stripping basket; it can be anything you can readily strip line into without thinking too much about it—some use plastic crates, I have used a collapsible water bucket purchased at REI. One alternative I learned on a sail-fishing trip was a pop-open clothes hamper—they are 14" x 14" x 22" high opened up, collapse to 8" x 9" x 1" thick folded, and can be purchased from Wal-Mart for about \$8—I used one and it works.

Learn to tie basic knots quickly.

Like casting, you don't want to learn knot tying on the river. What is the best knot for what purpose is a bit like arguing politics. It is more important to be able to tie a couple of good basic knots fast and confidently than to try to keep up on every new knot you read about in the magazines or some guide tries to teach you as being the greatest knot ever tied (which is invariably the most *complicated* knot you have ever seen).

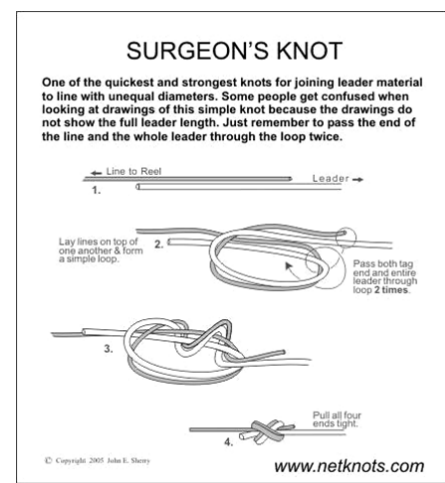
In trout fishing, at least, stick with loop connections and leave tying leaders directly to the end of the flyline to those that also find it necessary to learn the Latin names for insects. Learn to tie the following knots *fast and without thinking too much about it*: perfection loop for making loop connections, an improved clinch knot to tie on a fly, and a surgeon's knot to add tippet—that's the extent of your required day-to-day knot tying skills for trout fishing. You'll spend more time fishing and less time standing in the stream tying knots.

Learn basic nymph fishing techniques. While there are dry-fly die-hards that would just as soon not fish at all than fish with nymphs, the fact is that

if you want to catch trout you are going to spend a great majority of your time nymph fishing. The irony is you hear virtually nothing about nymph fishing in fly fishing classes, except maybe being shown what a nymph fly looks like; and casting classes certainly don't discuss casting nymphs (which generally consists of flopping your flies back upstream with big, open, chuck-n-duck casts).

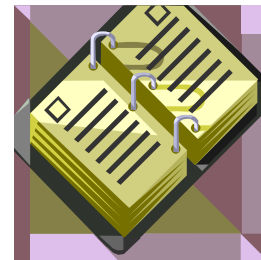
Admittedly, practicing casting techniques for nymph fishing is a bit difficult in your neighborhood park, but there are things you can do. For starters, learn about nymph fishing from videos, books, magazines, and the Internet. Secondly, *do* practice throwing about 20 feet of line from left to right and right to left without a back-cast, using short, big, loopy casts. This won't make you an expert nymph fisher prior to getting to the river, but it will put you up on the learning curve, and your guide will appreciate the effort you made prior to going on your trip.

Learn to mend line. Like nymph fishing, learning to mend line is also difficult in the neighborhood park, but there are things you can do here as well to practice before getting on the river. Again, start by learning what you can about mending from videos, books, magazines, and the Internet. Secondly, *do* practice picking up the near half of the line and moving it left or right without moving the piece of yarn at the end of your practice leader. (*Continued next month*) ■



Calendar of events

Month	Date	Day	Event	Time	Location
Jan					
	9	Tues	Board meeting	6:30 P	TBA
	15	Mon	Monthly meeting—Craig Ballenger, "Northern California Small Streams"	6:00 P	Chevys—See p. 12
Feb					
	6	Tues	Board meeting	6:30	TBA
	12	Mon	Monthly meeting—Dale Darling, "Fishing Colorado Dries"	6:00 P	Chevys—See p. 12



San Juan, from p. 6

compared how it is in the summer and early fall.

At the end of the fourth day, we stopped by the Sportsman restaurant, general store, and fly shop (505-632-3271) to look for a guide and partake of a fly fishing tradition: chicken fried steak dinner! Anthony went in the fly shop to inquire about a guide. We had met a guide on the river from Soaring Eagle Lodge who quoted us \$350 for two anglers, so we were pleasantly surprised when we were quoted \$265 for two anglers from our guide, Ray Vigil, who was working the cash register.

Getting to the river about 9:15 am with Ray, we found a queue of boats taking turns at the plunge to the upper end of Texas Hole. We didn't see a lot of action from any of the eight boats already there, but we took our turn near the front of the hole and hooked up with a couple of 14-inchers on red anne-

lids. Around 11:00 am, we floated to the bottom of Texas Hole, fished a pool at the beginning of the next section, and started hooking-up.

After lunch, we made our way down river and decided to fish Baetis Bend, which was very still and slow, but with only one other boat there. By 3:00 pm, lots of fish were rising; I had been fishing my dries with just one fly. Ray tied on Adams parachutes and his own spinner pattern. His trick was to first tie on a fly big enough to see, to which the tiny dry fly (the fish were hitting) was tied on as a dropper. We found good action for an hour...lots of small browns mixed in with medium rainbows to 16 inches. The guided float trip was the best day of the trip.

I am looking forward to a mid-summer club-sponsored trip. I prefer the warmer weather and longer days, but as I say, fish whenever you can go. ■

Meeting details

Where: Chevys Fresh Mex restaurant

2730 Via de la Valle, Del Mar (Flower Hill Mall)—See map on back page of newsletter

Time: Wet Flies, 6 P; Dinner (optional), 6:45 P; Program, 7:30 P

Cost: \$15 for meal, including tax and tip (booze extra);

Menu: San Antonio-style steak & chicken Fajita buffet, plus unlimited coffee, tea and sodas.



Prez, from p. 2

As a final note, I'd like to extend a year-end thanks to **San Diego Fly Shop** in Solana Beach and **Andy Montana's Fly Shop** in Coronado for working with us

during the year. These guys run top-notch operations, and offer expertise, and resources that go beyond simply buying equipment, including fly-fishing books, classes, and guided trips. ■

Fly, from p. 7

9. Tie on a several strands of red flash forming a throat—length same as hook shank.

10. Wrap thread to make a small pea-shaped head in the 3/16" space reserved for the eye

11. Coat head with epoxy

12. Stick on or paint the eyes

Flies (fish) Imitated—Various types of bait fish

How to Fish—Most generally fished with a very fast two handed retrieve. ■

Reel Recovery—Be Well!...Fish On!

REEL RECOVERY is a national non-profit organization that conducts fly-fishing retreats for men recovering from cancer. Its purpose is to help men in the recovery process by sharing the healing powers of the sport of fly-fishing, while providing a safe, supportive environment to explore their personal experiences with cancer, with others who share their stories.



Retreats in Colorado, Utah, Montana, Michigan, Kentucky, New York, Nevada, Northern California, & Oregon are offered at no cost to the participants, and led by professional facilitators and expert fly-fishing instructors. Donated flies are also needed for these retreats! **For more info, go to:**

www.reelrecovery.org. ■

Photo: Courtesy of Boulder Flycasters, supporting Reel Recovery.

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www.goldenstateflycasters.org

Patrick Case, Editor
Helen Condict, Co-Editor

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Welcome to the Golden State Flycasters

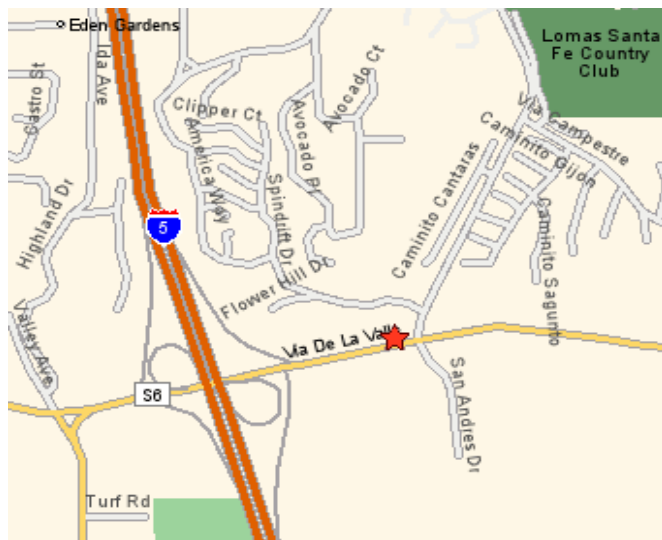
GSF, a 501 (c)3 non-profit, was formed in 2002 to serve the interests of fly fishers in North San Diego County, South Orange County, and Camp Pendleton.

Mission Statement

Golden State Flycasters supports the conservation and restoration of fisheries, and education in the sport and art of fly fishing.

Map to meeting location

**2730 Via de la Valle
Del Mar
(Flower Hill Mall)**



Submissions to newsletter

Submit personal, entertaining or informative articles.

Have you fished an out-of-the-way place recently?...Taken a trip won at the Annual Raffle...Come across a killer fly for a favorite river?...Have a newsflash about a fishery or event? Please share it with the rest of the members.



Please limit your Word article to 1,000 words, and *include photos*. Submissions should be in Times New Roman, 11 pt; single spaced, single space between sentences, and straight typing.

E-mail submissions to: Helen Condict at hrcondict2@aol.com.

Submission deadline is the 20th of the month.

Editors may edit your submission for grammar or to adjust length for space available. ■