



# The Tippet

May, 2013

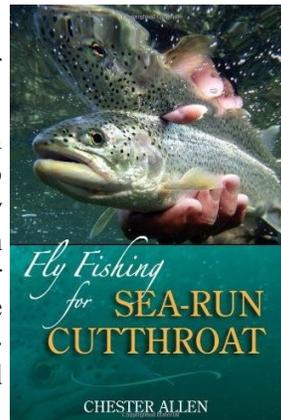
**Clearwater Fly Casters**  
[www.clearwaterflycasters.com](http://www.clearwaterflycasters.com)  
A Federation of Fly Fishers Club



## May Program: Chester Allen, Fly Fishing for Sea-Run Cutthroat Trout

Chester Allen is the author of the book "Fly Fishing for Sea-Run Cutthroat".

A fly angler for more than 40 years, Chester fell in love with sea-run cutthroat fishing when he moved to Olympia in 1996 to join the staff of The Olympian newspaper. Chester eventually became the paper's outdoor columnist – a position he held from 2001 to 2010. Chester is now executive editor of Sports Car Market magazine, which is based in Portland, OR. A graduate of the University of Oregon School of Journalism and Communication, Chester has worked for Northwest newspapers and magazines for more than 20 years.



Chester still makes the short run to Puget Sound several times a month to pester sea-run cutthroat trout. His presentation will explore Puget Sound's world-class cutthroat fishing, and he will discuss in detail how to find a good beach and how to use a tide table to improve your odds of hooking a few fish. Chester also casts flies on many waters in Oregon, Idaho, Montana and Wyoming, including Yellowstone National Park.



Chester is now working on his second book, which will explore the odd corners – and the often-weird tactics – in fly waters throughout the Northwest and the Rocky Mountains. Chester's blog is at [www.watermagic.typepad.com](http://www.watermagic.typepad.com).

## Presidents' Message (Kay and Lynn Youngblood)

What a stimulating and uplifting meeting we had in April! It was "Scholarship Night" with both last year's recipient as well as this year's providing presentations. If one needed any "restoration of faith" in the younger generation, April's meeting should have been the antidote. Liza Mitchell and Conor Giorgi are going to represent Clearwater Fly Casters exceedingly well in the future. In an exchange of correspondence with Liza after the meeting, she shared with Kay and me that the questions from the audience were most engaging and stimulating.....and from my perspective, impressive! That's another way of saying that the comments were over my head! So plaudits to those of you out there who were engaged so well on that evening. And finally, special commendation to all of you who donated and/or bid/purchased items at our Auction. Because of its success, we'll have more fulfilling Scholarship Nights in the future.



## Calendar

**May 8: CFC Meeting, Sea-Run Cutthroat, Chester Allen**

**May 11: Amber Lake Fishout**

**Jun 23-9: NW Youth Conservation and Fly Fishing Academy (see p. 5 of February On-line Tippet for details)**

**Jul 12-13: St. Joe Fishout, Fly Flat CG**

## Information

**The Tippet is available as a PDF file on our web site. Please submit information to the Newsletter Editor.**

**Meetings 2nd Wed:**

**Wet Fly Hour: 5:30 PM  
Dinner: 6:30 PM**

## Backcast to April Meeting

**Guests:** Bob Greenberg, Fred Meyer, Conor and Miranda Giorgi, Liza Mitchell and her colleagues Nichole, Troy and Becky, and Liza's research director Alex Fremier.

**Fishing Reports:** Bruce Frazier reported fishing a private lake in Western Spokane County, where he caught rainbows from 14 inches up. He saw some caught to 24 inches. David Yonge said that Dave Tharp seemed to be doing well after his back surgery. He also reported good flows on the Selway, where he fished with dry flies on the first five miles from the confluence. Steve Busch had fished Amber Lake and caught three on chironomids. He reported the water to be low and turbid at Coffee Pot Lake, where he managed a few, again on chironomids. Doug Baldwin fished Rock Lake and caught one nice brown. The water was off color. A week later, he got two nice browns. John Read and Jim Palmersheim fished the St. Joe River and caught only a few. They went to Amber with Bill Hendrix and all caught nice fish, with Bill landing three over 20 inches. Krystal Lewis reported a good women's event with many steelhead caught.

### Committee Reports:

**Conservation** – Doug Baldwin reported that no decision has yet been made on placer mining on the North Fork of the Clearwater River. The commercial fishers in Washington have filed suit to block the Oregon-Washington agreement to eliminate gill netting in the Columbia River. The CCA is working with the two states against the suit.

**FFF** – Steve Bush indicated that “Burgers and Flies” will be held in September this year. The WA FFF fair will be in Ellensburg on May 3-4. There will be over 100 tiers demonstrating their methods and flies, as well as seminars and auctions. Steve has been contacted by Robin Barnes of Moscow High School to help teach her students about fly fishing. She will do the introductory session, but would like help with knot tying and casting instruction. Her class is at 8:15 am, and she would like help with sessions on April 25, April 30, and May 2. Steve asked for volunteers and got several from the audience.

**Scholarship** – Cliff Swanson said that monies from our auction will be put into the scholarship fund, which Bruce Frazier reported to be near \$8900.

**Announcements:** Habitat for Humanity's “Jeans and Beans” will be held April 27 at the Toyota dealership. The Amber Lake fishout will be May 11, so nonresidents of WA can fish on a one-day permit for \$20. The St. Joe fishout will be July 12-3 at Fly Flat Campground. Cliff Swanson talked about IDFG's project to put radio transmitters on 40 cutthroat to study migrations – he hopes the club will buy two of them. They also need funding for non-game species management in the state. Marc Ratzlaff said there will be lots of fly tying material for sale at the next club meeting.

**Alspach-Engerbretson Scholarship:** This year's winner is Conor Georgi of Eastern Washington University. He gave a brief report on his research work. He is studying the impact of spawning salmon on stream invertebrates. In spite of great habitat, several salmon runs are struggling in Central Washington, perhaps due to nutrients being limited. That is, the bug communities may be in poor condition. His study will attempt to define the relationships and impacts. He promised to come back next year and give us a report on his results.

## Speaker: Liza Mitchell, “Spatial Patterns of Marine-Derived Nutrients in Salmon Spawning”

Liza is originally from Longmont, Colorado, and is working on a masters degree in water resources at the University of Idaho. She was awarded the Alspach-Engerbretson Scholarship in 2012. She works out of a remote UI research station. Taylor Wilderness Research Station is located in Valley County, Idaho, in the center of the Frank Church River of No Return Wilderness. It spans 65 acres on both sides of Big Creek, the largest tributary of the Middle Fork of the Salmon River, which is eight miles downstream. It can be accessed by air (approximately 70 air miles northeast from Cascade, Idaho), or on foot starting at the Big Creek trailhead, approximately 35 miles downstream. At the start, she and her equipment were flown in, but after that she had to hoof it.

Productivity of salmon spawning can depend on nutrients that originate from terrestrial, atmospheric and hydrologic pathways. In this regard, marine-derived nutrients from the dead carcasses of spawned-out salmon could play a role.

There are many factors that influence nutrient dynamics in streams, such as wildfires, geology, and river structure, in addition to the pulse from salmon spawning. It is desired that the nutrients end up in juvenile salmon. There have been studies in coastal areas, but not in small headwater streams far from the ocean, streams that are nutrient-limited. The Idaho area Lisa is studying is on the edge of both the historical and current salmon distributions.

Nutrients that originated in the ocean have a signature in the  $N^{14}/N^{15}$  ratio, different from land-based nutrient sources. Other isotopes that could be studied include  $C^{13}$  and  $S^{34}$ . Last summer, she followed the nitrogen isotope ratio in time through the spawning period. Her results to date indicate that year-to-year nutrient data is quite consistent for a particular stream, and that spawning does result in a temporary increase in marine-derived nutrients. Comparisons between streams involve other factors, as mentioned above, and the analysis of these other factors is needed. She and her colleagues are working with the Idaho Geological Survey, Idaho Game and Fish, the US Forest Service, and other agencies to try to pin down some of these other factors.

## 14 Ways to Prevent Fish Mortality (by Louis Cahill)

<http://www.ginkandgasoline.com/fly-fishing-tips-technique/14-ways-to-prevent-fish-mortality/>

The 10 Second Rule	Never Beach Fish	Don't Freeze 'Em
Hold on Loosely	Wet Your Hands	Don't Beat 'Um Up in the Heat
Barbless Hooks	Don't Dig Around in There	
Fight with Authority	Have a Coke on Hand	
Use a Net	Revive Before Release	
Protect Their Heads	Look for Predators	

For details, see the web site or go to page 5 of this on-line *Tippet*. Most are self-explanatory, but you might have to look up what to do with the Coke! Anyway, the explanations are worth reading for them all. Thanks to Jim Palmersheim for submitting this item for inclusion in *The Tippet*.

## Fly of the Month: Grease Liner

by Bob Bates, WA IFFF

<http://www.fedflyfishers.org/Tying/FlyoftheMonth.aspx>

Materials:

- Hook:** Ken Sawada SL2 Salmon hook size 8  
**Thread:** 6/0 Danvill gray or white  
**Tail:** Deer hair  
**Body:** Musk ox under fur, dyed black (or other colors)  
**Wing:** Caribou



Bob's Notes: Rockwell Hammond tied the Grease Liner in honor of the late Harry Lemire at the 2013 Fly Tiers Expo in Albany, Oregon. Harry Lemire was one of the fly fishing/tying leaders in the northwestern U.S. and southwestern Canada. He was noted for tying beautiful flies without a vise. He developed this pattern about 1962.

This is a floating pattern. Rockwell noted that, sometimes Harry would be in the truck messing around with the flies (gooping them up a little with a paste floatant). Other times he would start fishing without gooping the fly. If Harry had a fish miss the fly sometimes he would put on a fly that would sink into the surface film.

Rockwell is the curator of much of Harry's flies and equipment. He has some 500 flies, Atlantic Salmon and steelhead patterns. Some 170 to 200 of the flies are carefully preserved in containers. The Atlantic Salmon patterns will be mounted in plates and donated to the Western Washington University Libraries Special Collections.

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*Clearwater Fly Casters*

*May, 2013*

## **Clearwater Fly Casters Officers 2013**

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CFC membership dues are \$20/yr for individuals, \$30/yr for families, \$10/yr for students, \$50/yr sustaining, \$300/lifetime. Meetings are on the 2nd Wednesday, September through May, at the Best Western University Inn, 1516 Pullman Rd, Moscow, Idaho. Wet Fly Hour 5:30 PM, Dinner at 6:30 PM and Program at 7:30 PM.

# 14 Ways to Prevent Fish Mortality (by Louis Cahill)

<http://www.ginkandgasoline.com/fly-fishing-tips-technique/14-ways-to-prevent-fish-mortality/>

## The 10 second rule

A fish's gills are remarkably efficient at collecting oxygen but the delicate membranes that extract the oxygen molecules rely on their buoyancy to keep the collecting surfaces exposed. Out of the water they collapse and are useless. This is to say the obvious, fish can't breathe out of water. It's easy to over estimate how long a fish can hold its breath. The fact is, a fish can't hold its breath at all because it doesn't have lungs. He is out of air as soon as you lift him from the water. Add to this that his metabolism is raging because he's been fighting for his life and you have a pretty desperate situation. While you are trying to get that hero shot, he's dying. Use the 10 second rule and never keep his head out of the water for more than 10 seconds and give him a good 30 seconds before you lift him again.

## Hold on loosely

I can't tell you how many times I've seen guys squeeze a fish until its eyes pop out. Some guys just get so rattled holding a fish you'd think they never saw one. This death grip can cause serious internal injury especially to the heart. The trick is a nice loose grip. The tighter you hold a fish the more he will struggle. To control one, properly grip him just in front of his tail where there's nothing but muscle and let him just rest on a loose hand under the boney part of his pec fins and gill plates. He will relax and the whole vibe will be nicer.

## Barbless hooks

Once in a while a fish will unbutton due to a barbless hook. That's just a fact of life but most anglers understand that they will hold hundreds, if not thousands, of fish in their life. Decreasing that number by a few is not a crisis. The fact is that barbless hooks go a long way to reducing fish mortality from hook injuries. If you are fighting fish properly you will not lose many and if you aren't, fishing barbless hooks will teach you to fight fish smarter and you'll be a better angler for it.

## Fight with authority

The biggest mistake I see anglers make is not fighting fish with authority. Most of us are taught to play fish too long, exhausting them before they are landed. A fish that is fought with authority is landed fresher and released fresher. Keep a good angle on the fish and use good side pressure and you can put a lot more pressure on that fish than you think and you will reduce the chances of an LDR.

## Use a net

I should say that the most fish friendly landing method is to not touch the fish at all. When possible instead of landing the fish I will bring him in and grab the fly rather than the fish, easing it out of his mouth and sending him on his way immediately. That's a great method but it doesn't always work. Sometimes the fly isn't where you can get at it, or the fish is too green, or too big, or you just want a photo. The next best thing is a net. A good quality catch and release net, (I like the rubber ones) is very friendly to the fish and a good long handle lets you seal the deal quicker. A healthy basket is nice too. No need to fold him double.

## Protect their heads

Believe it or not, head injuries are the leading cause of fish mortality, even if you don't count the ones that get bonked. Fish's heads are not designed for hard surfaces. A seemingly benign blow to the head can end in a fish going belly up after 20 minutes or so. There is hard data on this. That's why it's a bad idea to beach a fish when landing it. If the bank is rocky a flopping fish is in mortal danger.

## Never beach fish

Dry land is no place for a fish and they face several dangers. It is impossible to beach a fish without disturbing his protective slime. That slime keeps out a host of dangerous bacteria and parasites. The slime will regenerate but in the meantime the fish is vulnerable. Being on the bank also dramatically increases the risk of head injury, eye injury and oxygen deprivation. If you are by yourself and want to get a photo, find a sandy spot in the margin of the water where to fish can lie with one side submerged. Cover his face with a wet hand to settle him down. Lift your hand and shoot quick.

## **Wet your hands**

Dry hands remove slime too. Many times I've caught fish with fungus in the shape of a careless anglers hand. It's a simple thing to do. I dip my hands as a reflex action, almost as soon as I hook up.

## **Don't dig around in there**

Once in a while a fish takes a fly deep. The best way to avoid this is not to dally on your hook-set. Still, it's unavoidable and when it happens don't try to be Dr. McCoy. Start digging around in there and you'll end up saying, "he's dead Jim." Cut the line and turn him loose, he'll spit it out. Flies are cheap.

## **Have a Coke on hand**

There's nothing like it! If a fish is bleeding pour a Coke down his throat and the bleeding stops instantly.

## **Revive before release**

You should always revive a fish before releasing it, especially after a long fight. Hold him in medium fast current where there is plenty of oxygen. Most fish are able to pump water across their gills without the aid of current but slack water has less oxygen than current. Just hold him gently under the pec fins and he'll go when he's ready. If he swims a few yards rolls on his side, go get him. He needs more time.

## **Look for predators**

An exhausted fish is easy prey. Before you turn the little guy loose have a quick look around. No need in feeding the otters, herons or sharks, they do fine on their own. Chase those munchers off. That's a little tougher with the sharks but you can tow a fish to safer water, just watch your hands.

## **Don't freeze 'em**

I love winter fishing and in general it's better on the fish since the water holds more oxygen when it's cold but there is an added danger. Fish have no body heat and when it's below freezing the delicate membranes in their gills can freeze surprisingly quick. The colder it is the shorter the time you can safely keep them out of the water. Once it's below zero don't lift them at all and never, ever, put them on the snow.

## **Don't beat 'um up in the heat**

As water warms up it holds less oxygen. Trout can get highly stressed as water temperatures approach seventy degrees. The stress of a fight can raise their metabolism to the point that they just can't get enough oxygen. The effects can be lethal. When water temps are high head for high elevation streams or tailwaters. You'll be cooler and the fish will stay healthy.

Louis Cahill

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