

FINNY FACTS

Archived version

MAY 2006

San Diego



Fly Fishers

Cleaner Water. Brighter Streams. Better Fishing.

Volume 11, No. 5

May Meeting

Fly Fishing for Bass

RICHARD ALDEN BEAN, who most of us know from *California Fly Fisher* magazine, will be our May speaker. Rick has been writing about Southern California fly fishing for as long as I can remember. His articles have always been easy to read and informative.

He will speak on fishing for bass with flies, certainly something of interest given recent events at Dixon Lake.

Rick is a full-time freelance outdoor writer, with credits in *California Fly Fisher*, *Field & Stream*, *Outdoor Life*, *Fly Fisherman*, *Fly Fish America*, and

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MEETING NOTICE

Monday, May 1st, 2006
7:30 PM

Sequoia Elementary School
4690 Limerick Ave.
(See map on back page)

REMINDER

Volunteer hosts for this meeting
(report at 6:15 PM):

**Mario Grima
and Bob Blazer**

Thank You, Mona Morebello

13 Year Old SDFF Makes Appearance at Ontario Fly Fishing Show

The SDFF Fly Tying Congress is proud to report that through the efforts of **George Chapman**, **Al Venton**, **Peter Hofman** and **Lucky Ketcham**, our own **Danny Romero** made his first appearance as a local Celebrity Fly Tier at the annual Ontario Fly Fishing Show, February 25 and 26th. Danny is 13 years old and has been a regular member of the SDFF Congress for three years. He has some remarkable skills for handling materials and a good eye for proportions, when demonstrating fly tying. That combined with that big smile and bright eyes makes him a stand out in any crowd.

Famous, Orange County fly tier, **George "Chappie" Chapman** and I talked about getting Danny invited to demonstrate his fly tying abilities during last year's show. We wanted to show



San Diego Fly Fishers' Danny Romero is selected as a Celebrity Fly Tier at the 2006 Ontario Fly Fishing Show.

case, young fly tiers to future members of our sport. As the time approached this year, Al Venton almost single handedly, called the appropriate people, hand carried Danny's paperwork and made it happen. Al is a good person to have as a mentor and friend. Additional thanks to his Uncle and Aunt, **Peter & Nemesia Hofman**, both SDFF Mem-

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Cleaner Water, Brighter Streams, Better Fishing
San Diego Fly Fishers

Elsewhere in this month's Newsletter is the first general announcement for our upcoming Annual Raffle on Monday night, June 5th. Those stalwarts who have been supporting fly fishing in general and this organization in particular appreciate the importance of this annual event to our Club. **Lucky Ketcham** has been quick to remind me that we have been blessed recently with a significant number of new members, so perhaps this is a good opportunity to take some time and explain to them what our Raffle is really all about.

I don't have to remind any of you what we do for ourselves, the trips, the Fly Tying Congress, the Casting Clinic, the excellent monthly speakers, the monthly raffles and the rod building classes. But especially for our new(er) members, it is important to understand that becoming better fly fishers is only one part of a much longer list of Club accomplishments. Our masthead really describes who we are and what we stand for, "Cleaner Water, Brighter Streams, Better Fishing." Not only do we hope to teach others "how to do it," but we exemplify what we stand for by getting out and "doing it" ourselves!

I am proud to share that several years ago, your Board of Directors made the conscious decision to ensure that, after



LEE McELRAVY

deducting those expenses directly related to the Annual Raffle, our Raffle proceeds would be totally dedicated to conservation and education. Stated simply, the monies we raise on June 5th are utilized only to produce the Raffle and make contributions to conservation and education on behalf of our Club. Last year, your Club helped to support Cal Trout, Trout Unlimited, San Diego River Parks Foundation, Hubbs-Seaworld and the Chula Vista Nature Conservancy. In addition, we contributed to San Diego Trout, the Youth Fishing Program at Chollas Lake and we purchased books for the San Diego County Library System.

We have a legacy in this regard, and it is a legacy about which we can be justifiably proud. However, it requires commitment and effort on all our parts, including those like the **Strouds, Jim Reeg, Warren Lew** and **Jim Tenuto**, who are working hard to organize this event, and each one of you, whose involvement is essential to a successful effort. For those of you new to the Club, I would ask you to consider doing three things.

First, we need your contributions of prizes for the Raffle. We will have dozens of new items. But, if you have new or slightly-used fly fishing gear you no longer need, contact one of those individuals listed above, (look for them at the May meeting). They will be happy to take it off your hands.

Secondly, by the time you read this, you will have received an envelope in the mail from Jim Reeg, containing a packet of raffle tickets for you to purchase. Remember, this is a two-way street. We are not just asking you to contribute to our Club's conservation and education efforts. We are asking you to buy some tickets to win some great stuff!

Lastly, please plan to join us on June 5th and feel free to bring a friend. Our Raffle has a reputation for being a great evening and, with the announcement that **Bill Stroud** will be returning as our Master of Ceremonies, I am sure that tradition will continue. Mark it on your calendars!

FOR SALE

Two tote-n-float inflatable one person kick and oar propelled boats.

All needed equipment plus many extras including electric motor and mount.

All for \$500 or will separate with reasonable offer.

Jack Fletcher,



San Diego Fly Fishers

2006 Annual Fund Raiser

On June 5th 2006

Yes the SDFF's biggest event of the years is almost here!

Our annual fundraiser/raffle is how the Club raises virtually all its funds to support various conservation and fishing programs that benefit not only us, but also the whole fishing community in San Diego and California.

Over the years the net proceeds from the fundraiser have gone to organizations like San Diego Trout, the San Diego River Foundation, Cal Trout and the Chula Vista Nature Center. We have also provided much needed funds to the Lake Chollas' youth fishing programs and to Lake Cuyamaca's fishing instruction program. The past proceeds from this event have helped with the restoration of San Mateo Creek, the Sea World/Hubbs Steelhead studies, teaching children how to fish and respect our watersheds and much, much more.

This year will mark the return of **Bill Stroud** as the Master of Ceremonies. Jim Tenuto, who did a fantastic job of filling in for Bill last year, will also be there to hand out prizes.

There will be the a great assortment of prizes, including high end fly rods and reels from top-of-the-line manufacturers, high quality fly tying vises, tools and materials, float tubes, fly fishing apparel, and many other fly fishing related items. **The Grand Prize will be worth the price of admission by itself!**

Tickets are \$5 each or \$25 for a book of six. Club members will be able to purchase one ticket book by mail. Additional tickets may be purchased by Club members and non-members at Stroud's Tackle and at the Lake Murray Club casting clinic on Sunday mornings. Tickets will also be available at the May 1st Club meeting and at the fundraiser on June 5th. **Participants need not be present at the fundraiser to win, but must claim their prizes at one of the subsequent meetings held on July 10th or August 7th. Prizes not claimed will be raffled off in the September 11th meeting. Participants must be present to win the Grand Prize and must be a Club member before the raffle starts.**

We will also be conducting a silent auction, which will include many highly discounted trips to local and non-local prime fishing destinations, plus some first-class, new fishing equipment. **Auction participants must be present to bid and winners must pay the winning bid that night.**

The Club is also accepting donations of good quality gear (new and used), gift certificates purchased at Stroud's Tackle or other fishing shops, and cash donations to purchase items to include in the fundraiser. If you would like to make a donation either bring it to the May 5th meeting, or contact **Jim Reeg** or **Warren Lew** by May 26th. You may also drop off donations at Stroud's Tackle at 1457 Morena Blvd.

Come join us at 7:30 pm on Monday June 5th at Sequoia Elementary School for all the fun. This will be your chance to win some fantastic (and much needed!!!) high quality fly fishing gear and, at the same time, contribute to some very worth causes. See you there!



FLY OF THE MONTH

Cathy Beck's Super Bugger

Colors:	Tan, Black, Olive
Hook:	Tiemco 3761, Std. Nymph hook Sizes: 6 & 8
Thread:	Tan, Black, Olive, 6/0
Tail:	Tan, Black or Olive Blood Marabou Feathers, overlay 6 strands Krystal Flash in corresponding color. (Fine pearl or rainbow 5 or 6 each side.)
Body:	Hareline dyed grizzly hen body feathers, available from AA Outfitters, 800-443-8119 or www.aaoutfitters.com
Legs:	Tan, black or olive. (Webby Hen or Chickabou)
Eyes:	Two rubber sili-legs each side. Root beer, black or olive.
Head:	Lead eyes painted yellow and black. Extra small on size 8, small on size 6. Spiky loop dubbing figure-eighted around the eyes. Or, small Hareline dubbing brushes if available. (tan with gold cactus or olive with gold cactus)



The idea for Cathy's Super Bugger was to design a fly that would create more underwater vibration or noise which would help fish locate and find the fly. The combination of the thick web hackle body and the sili-legs pushes the water as the fly is retrieved, creating noise and vibration. Having the eyes tied on top of the hook inverts the fly as it is being retrieved, gives it a more leech-like action in the water, and keeps it from fouling on the bottom. Barry Beck demonstrated this fly at the Ontario Fly Fishing Show, March 2006.

De-barb the hook and mount in vise. Attach thread behind the eye. Attach dumbbell eyes two or three eye widths back. Super glue thread wraps. Apply two coats of Sally Hanson's clear nail polish to the complete lead eyes and dry. Attach two marabou blood feathers, concave curves in or together to form a rudder tail. Attach and spread out six strands of rainbow Krystal flash on each side of tail. Create a dense collar of soft webby hen hackle by attaching four saddle hackles, one at a time. Make it a tapered body by using smaller and then larger hackles. Tie one in by the butt, concave face forward, palmer wrap forward, tie down and trim, then

wrap back on the fibers to compress. Repeat with next two hackles. The fourth and largest hackle, leave the marabou fluff at the base. Palmer wrap behind the eyes, tie off and trim. Attach a small tan and gold cactus dubbing brush. Wrap thread forward to the hook eye. Wrap and figure-8 the dubbing brush around the lead eyes forming head. Secure, trim and whip finish behind the eye. A dubbing loop can be made with Hare's Mask or any dubbing containing spiky guard hairs if you do not want to use the wire brush. \$\$ (The wire core brush adds weight for the jigging action)

Fish as a woolly bugger, worked down and across stream or dead drifted. Add movement by keeping the rod low to the water but lifting the rod tip 6 inches on the slow strip. Fly should undulate with a jigging action. Work the rod and line to give the tail movement and kick the legs. The silicone legs float and will move even when the fly is paused or resting on the bottom.

Notes by Lucky Ketcham (a more detailed version of notes is available)



ENTOMOLOGY CLASS A HOME RUN

By Gretchen Yearous

20 students were impressed with the little bottles containing bugs. It was actually kinda funny looking at the “dead” leeches in the bottle rather than seeing them on my chest waders hoping they stay below the belt. Handouts were generous – some 18 pages of condensed information on seasons that matched what type of hatches and drawings of the bugs from the main categories. Information truly was simplified for easy application on the water.

Maggie Merriman has combined this information along with casting techniques, water reading, and presentations for trout in moving water on her new video FLY FISHING TROUT STREAMS that can be ordered from her Montana Address: P. O. Box 755, W. Yellowstone, MT. 59758. DVD and VHS are available. I reviewed it and found it to be invaluable, especially if you only get to moving water once a year. It is easy to forget how to be successful at this style of fishing. There was a slight distraction from her dialogue: fish were jumping in the water behind her.

Vic Jones indicated that the room might be available again next year for a repeat class. For all of you who had conflicts, you will be able to take the class next year. Maybe by next year, somebody will come up with some “bug jokes”.

Danny Romero

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bers for introducing Danny to Fly Fishing and driving him to the fishing shows.

Danny tied flies for two days at the show and made quite an impression with the crowd and the other “older” tiers. Although Danny was giving his flies away for free, many people made donations when they saw the quality of his work. The SDFP goal of focusing on the youth activities and youth abilities was well served.

Since the Ontario Show, Danny has helped teach fly tying to other teenagers at the Lake Morena / Fishing Association of the Mountain Empire, and has appeared at the Fred Hall’s Fishing Show. I understand he has impressed our friends at the San Diego Fly Shop to consider having Danny tie some of their custom flies. **Tom Smith, Gary Hilbers** and our group are proud to say that “we knew him when...” And I have his first professional autograph. Danny may be

at our Day at the Docks booth this month and will wear his “Celebrity Tier” shirt at our August “Fly Tying Meeting,” while teaching you some new patterns.

The best of luck for you in the future -
Danny! — *Lucky Ketcham*



Fly Fishing for Bass

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Southwest Fly Fisher, plus a number of conventional tackle magazines.

In 2002 he published his first book “Fly Fishing Southern California’s Lakes & Streams”. He has a new book on fishing the Lower Colorado River. His books will be available for sale and autograph.

Prior to getting into the outdoor field, he was an automotive magazine editor, and wrote about high performance hot rods, racing cars and motorcycles, quite a change!

We look forward to seeing you at the May meeting for a lively presentation about bass fishing in our backyard.



The Naturalist's Nook

Bruce Campbell

In the last edition, I wrote about the lack of information about the aquatic macroinvertebrates of Southern California. As I prepared for this month's article about stoneflies (Order Plecoptera), I referred back to Dr. Stanley Jewett's monograph *The Stoneflies of California*, published in 1960. The following quote seemed to jump off the page when I saw it:

"...both the physical character of the aquatic environment and its' biota govern the kinds of stoneflies which occur in a habitat. *Much valuable work*

could be done in determining the ecological distribution of stoneflies in California, and the results could have application in fishery management and pollution studies...."

Stoneflies are synonymous with trout habitat. They are found throughout the Northern Hemisphere, wherever well-oxygenated, cold water is found. In higher latitudes, a few Plecoptera species live along the shores of cold lakes, where gravels and wave action combine to enhance oxygen levels in the water. For the most part, stoneflies live in streams, and here in San Diego, they are found ONLY in streams.

Of the four major insect orders that interest trout and trout fishermen, stoneflies are the oldest and most primitive. They have two pairs of

wings of approximately equal length and form; they are hemimetabolous (three developmental stages – egg; nymph; adult). Plecoptera have a single claw on each foot; adults and nymphs exhibit two or three primitive eyespots (*ocellus*, *pl. ocelli*) between their laterally placed compound eyes, and both adults and nymphs have two appendages (*cercus*, *pl. cerci*) extending to the rear of the abdomen. Smaller adult stoneflies somewhat resemble the flying stage of termites; stoneflies can be distinguished by the *cerci* that extend beyond the rear edge of the wings. Finally, stonefly nymphs have simple external gills; species are distinguished in part by the location of these gills.

Stoneflies occupy two main ecological niches. One group, formerly known as the Filopalpia, are predators. These predatory species include the giant *Pteronarcys* (salmonflies) and *Acroneuria* (golden stones). The group also includes some much smaller stonefly families, which are present locally, if not widely distributed: *Capnia* and *Nemoura*. The predatory species favor sections of the stream with rocky bottoms and faster water, generally the narrower and steeper canyon sections. Nymphs are diurnal. The other group is the Setipalpia, which are largely herbivorous. Nymphs of the Setipalpia group are mostly nocturnal. For reasons that escape me, entomologists frequently describe the Setipalpia group as "cockroach-like" in general form. I think that means they are shorter and wider than the other group, which is sort of long and

Kingdom	Animal	—
Class	Insecta	—
Order	Plecoptera (stoneflies)	
Suborder	Filipalpia;	Setipalpia
Families	Nemouridae Capniidae	Chloroperlidae
Genus	<i>Capnia</i> , <i>Nemoura</i>	<i>Alloperla</i>

Table 1: Plecoptera of San Diego County

continued on next page



slender. The Setipalpia are usually found in areas with a shallower gradient, such as long pools or meadow stretches of streams. Table One (above) shows the representatives of each suborder that I know exist in San Diego County.



Capnia

Seasonal water temperature variations determine the order of emergence (succession) of Plecoptera species. Marked temperature variations, such as exist in all San Diego County streams but one, result in a distinctive sequence of emergence. These emergences mark the occasions when stoneflies are most available to trout. In San Diego, stonefly emergences begin with the Tiny Black Winter Stones, the *Capnia* (above). *Capnia*

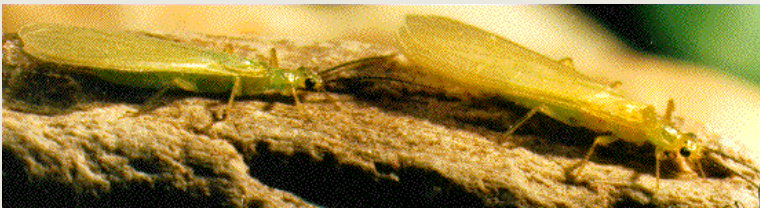
are between 0.25 and 0.375 inches long, and have very dark wings with a lighter shade of gray on the undersides of the thorax and abdomen. I have seen these on Deep Creek in December when the water temperature was 40 °F, and on the Upper Sweetwater River in February 2006 when the low water temperature in February was 41 °F. The next stonefly to emerge locally is *Nemoura*, about the same size as *Capnia*. Swisher and Richards call these the Tiny Brown Spring Stones. I have seen and collected *Nemoura* only on San Onofre Creek one morning in late April, near the Horno area of Camp Pendleton. The water temperature was 54 °F. I have seen these in higher elevation streams in mid May. The final stonefly species that I know exists in San Diego County is the *Alloperla* species (above), commonly known as the Yellow Sally. About 0.75 inches long, it emerges in June and July in the Upper Sweetwater in Cuyamaca Rancho State Park, and I have also

seen it on Kitchen Creek and Pauma Creek during these months. The water temperature was in the low sixties. I had some very fine late evening fishing on Yellow Sallies in the years before the Cedar Fire wiped out the Upper Sweetwater fishery.

Next month, I'll take up the most important trout prey in the West, the caddis flies.

Resources
S. G. Jewett, Jr. The Stoneflies (Plecoptera) of California. Bulletin of the California Insect Survey 6:6 , 125-170 (1960).

C. Richards, D. Swisher, and F. Arbona. Stoneflies. New York: Nick Lyons Books, 1980.



Alloperla

Species	Adult	Nymph
Tiny Winter Black (<i>Capnia</i>)	#18 Black Elk Hair Caddis	#16 Black Copper John
Tiny Spring Brown (<i>Nemoura</i>)	-	#14 Bead Head Pheasant Tail
Yellow Sally (<i>Alloperla</i>)	#10 Yellow Sally	
#10 Yellow Stimulator	-	

Table 2: San Diego County Stonefly Imitations





From the FFF Clubwire News

By Jim Solomon – Taken from the Wilderness Fly Fishers Newsletter

Sore Elbows

I learned my lesson this past year. No matter how good of shape you are in, or how strong you are; bad casting habits can wreak havoc on your tendons. Why is it that the first casts of the day are smooth and effortless? Everything goes just right. Then gradually you fall apart. Your back cast hits the water, your fly falls way shy of your intended target, and most of your time is spent untangling knotted leaders and fly lines.

Believe me, this has been my own experience lately. And to top it off, both of my elbows are killing me. I can attribute some of my soreness to casting saltwater rods with heavy shooting heads. But I really believe the


cause is “overpowering the cast”.

And why do we overpower? Human nature I suppose. Or maybe just simply put, anxiety. I can’t tell you how many times I have become overly excited by a rising trout or the sight of bait being eaten in the surf. My adrenalin kicks in and before I know it, my casting stroke falls apart.

Overpowering the cast does three things to me. It kills my timing. I forget to stop the rod on both the back and forward cast. And I strain my elbow tendons.

What I need to do is “back off a bit” and wait a few more seconds before I

make the cast. I need to take a few more breaths and then make a calculated smooth effortless cast, instead of jamming the rod through the casting stroke and losing the rod load and line speed. I am going to take my seven weight to the high school football field and figure out how much effort is really needed to consistently cast a fly line sixty feet or more.


There is that magic “Zone of Comfort” that we need to learn through practice and practice and more practice. So take it from “Sore Elbows Jim” - A smooth easy casting stroke with firm stops on the back and forward casts will save your tendons and send your fly to its intended target. 

Do Flies Shed?

Submitted By Gary Davis –Member of McKenzie Flyfishers

The first fly I tied in 2006 was a Green-butt Skunk. The tail, abdomen and thorax were placed on a steelhead hook with perfect proportions. The tensile segmentation was beautiful. I used white calf tail hair for the wings, embossed with black hen hackle. I’m getting faster wrapping the hackle and whip finishing. I felt a silent pride growing in my chest. Upon completion, I gave the fly an evaluation while bragging to my tying buddy.

To check rigidity and structure, I blew into the fly as if cooling hot coffee. Some white hair fell out. I blew again. This time it reminded me of blowing on a Dandelion. Half of my wing shed into my lap and onto the floor. I heard chuckles from across the table.

I forgot to separate the fluff out of the guard hair. The fluff is soft and spongy in comparison to the coarser guard hair. The fluff easily dislodged which loosened my thread wraps. The whole thing went kaput! I felt like a green-butt skunk and scored it a 1 ½. Do flies shed? You bet!
Stoney McFly 

WEB SITES YOU SHOULD VISIT

Processing Fly Tying Materials at Home
<http://www.uky.edu/~agrdanny/flyfish/petti.htm>

Fly Fishing Float Trips: Checklist
http://fly-fishing-smallmouth.com/html/trip_checklist.html

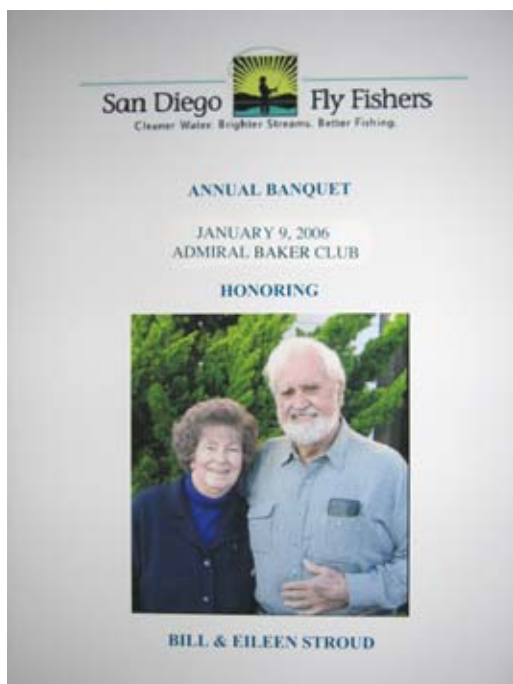
Fly Tying Recipes
http://www.illawarraflyfishers.com.au/fly_tying.htm

The Ultimate Bamboo Fly Rod Library
<http://www.wohlfordrods.com/SplitCaneLibrary/articles1.htm>



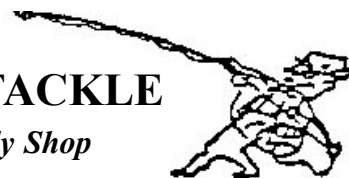
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Cutoff date for **June FINNY FACTS**
articles---Friday May 12th.

Send articles to:
Rose and Roger Yamasaki,
5415 Lodi Place
San Diego, CA 92117
858-274-2712.

You can E-mail at finnyfacts@gmail.com Thanks!!

Send change of address information,signup for
electronic version of newsletter, or Club mem-
bership renewal to:

Lucky Ketcham
3510 Gayle Street
San Diego, CA 92115

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| 1997-Jack Bentley | 2005-Jim Reeg |
| 1998-Gordie Zimm | |



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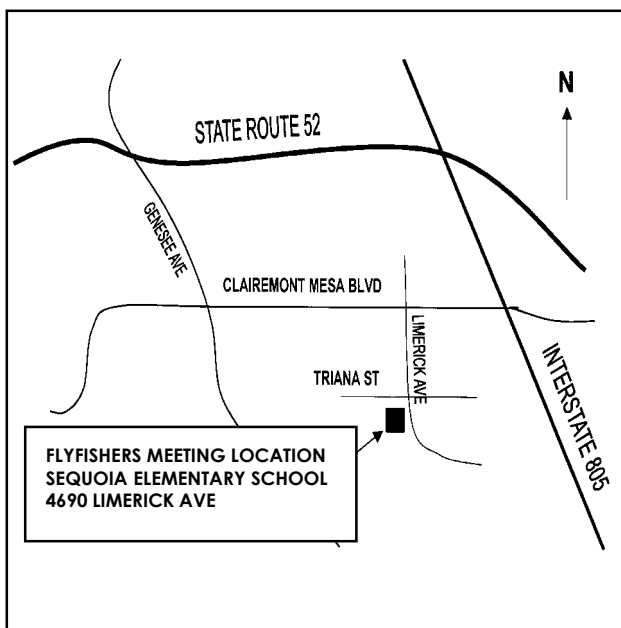
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Meeting Place for Workshops

San Carlos Recreation Center near Lake Murray. (We no longer meet at the Lake Murray Water Training Facility at Lake Murray). The address is 6445 Lake Badin Ave. To get there from Hwy. 8, take the Lake Murray Blvd. exit just like you were going to the lake. Instead of turning into Kiowa, keep going on Lake Murray Blvd. another 1.6 miles. When you come to Lake Adlon Drive, (first corner past Jackson Dr.) turn left. Go down three blocks and the recreation center will be on your right. It is on the corner of Lake Adlon and Lake Badin.



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