

Santa Cruz
Fly Fishermen
Est. 1977



To promote,
educate, and
enjoy the sport
of fly fishing

JULY

2019

NO CLUB MEETING IN JULY!

AUGUST BBQ AND SWAP MEET

Just because there is no club meeting in July doesn't mean we don't have anything planned. We should use the time between July 4th and the August 7th BBQ and Swap Meet to clean out our closets, garages, and storage sheds of all the fly fishing stuff we no longer use. Do a new fly fisher a big favor and sell, swap or just plain donate your used but still useful items. Bring it all to the Aptos Grange, Wednesday, August 7th, at 7 PM. Remember, one fly fisher's trash could be another fly fisher's treasure!



President's Line

Summer Fun

By President Tom Hogye

Happy Summer, everyone! Loving this time of year with the extra-long days filled with light - like you guys! Friday, I did as much as I possibly could, outside, just because it was the longest day of the year. It's sort of a tradition with me. Randolph, Noah and family, thank you for the super write ups about Roostercomb last month. It was so great to see you and the family having a blast. That's what it's all about.

As the Santa Cruz beaches are blanketed with fog these summer mornings, this is the time to get out your sink-tip shooting heads, a stripping basket and a couple of bonefish/clouser flies for surf perch and stripers. It's a terrific fly fishing experience right in your own back yard. Don't miss this perfect way to start the day and get on any of the beaches from New Brighton to Beer Can-before the fog burns off. The SCFF is going to have a fishout at Sunset Beach on the 6th. Get there early. Even if you haven't fly fished in the surf yet-go check it out. It's a great way to prepare yourself for the fun you can have without driving or flying somewhere.

There is no club meeting in July, and I will miss seeing you, but if you're inclined, get to Aptos and join us for the shortest 4th of July Parade in Aptos. We'll meet up for some good ol' American 4th of July fun. We're going to be casting "dollar flies" to the crowds!

While there is no July club meeting, there will still be fly tying, so plan to meet at the Aptos Grange on the 10th of July, at 7:00 PM. See details in the newsletter.

Mona and I are planning another quick trip to a fly fishing destination for a few days, location yet to be determined,

and on the last week of July, we'll be at our favorite spot in the Sierra, Kennedy Meadows Pack Station on the Middle Fork of the Stanislaus. If you're interested in some excellent fly fishing and a beautiful place to hang out for a few days, please come join us. There is plenty of great camping at Baker and Deadman Campgrounds. Kennedy Meadows has some cabins, which is where we'll be (Cabin 11), but they're usually booked a year in advance. The place has progressed considerably the last 25 years, but it's all been for the best. The general store is a great place to

stock up on needs, and the restaurant is a great place to grab a meal when you're not wanting to cook. Kennedy Meadows is also a drop point for Pacific Crest Trail hikers, and you're likely to meet a few of them even this late in the season as they pass through. If you're feeling adventurous, you can make plans to take some horses up into the high country for a short trip or a week-long adventure.

Anyhow, we'll be looking for you to come hang out with us and enjoy some great fly fishing on the Middle Fork of the Stanislaus River. Give me a ring or drop me a note if you're interested.

See you in August for the BBQ and Swap Meet at the Aptos Grange.

One last thing: if you're thinking you might like to help us grow SCFF and be a part of our mission into the 21st century, get involved, get on the Board, make a difference, have a blast and change the world through fly fishing. Ask any of us - come have fun with us!

Loose lips and tight loops. (Look it up!)



MONTHLY RAFFLE

No Bananas

By Monthly Raffle Director Jeff Goyert



As the the song goes "Yes we have no bannas, we have no banan-as today". It is kind of like that sign outside the bar in downtown Truckee; "FREE BEER TOMORROW".

What I am trying to say is that because there is no July club meeting, there is no July raffle! I still have a lot of goodies stashed away for the rest of the year so save your money to buy some tickets at our next meeting.

I will have for our in lieu of meeting August BBQ some nice door prizes, everybody gets a free ticket. Hope everyone has a great summer and manages to fit in more than a few fishing trips.

GONE FISHING

Surf Fishout - Saturday, June 8th

By Steve Rudzinski

I surf fished with Kirk Matthew and ten other guys this morning. Robert Eberle hooked a striper briefly, he said, and landed four to five small perch. I had two on briefly, lots of surf and low tide at Manresa beach. It's pretty much 5 AM or earlier to be on by the water this time of year. The rest of the fishermen were the 30-40 year-old age group, friends of Michael and Phillip who attend meetings and fish the San Luis Reservoir for stripers. Phillip ties flies for Lee Haskins.

Bait for Thought

Pay As You Go



"A world in which a sacramental portion of food can be taken in an old way - hunting, fishing, farming, gathering - has as much to do with societal sanity as a day's work for a day's pay." -

Thomas McGuane

2019 Board of Directors

They Work 4U

Officers:

President Tom Hogue 214-7578
 Vice President: Kevin Murdock 688-4518
 Treasurer: Jim Tolonen 475-8859
 Secretary: Angela Johnson (530) 320-

Committees:

Monthly Raffle: Jeff Goyert 462-3785
 Fishouts: John Cook 688-1561
 Newsletter Editor: Kirk Mathew 724-6811
 Webmaster/Newsletter: Pat Steele 476-0648
 Programs: Jim Black 688-8174
 Conservation: Steve Rudzinski 462-4532
 Membership: Bob Peterson 251-8655
 Fly Tying Master: Elaine Cook 688-1561
 Annual Raffle/Silent Auction: [POSITION UNFILLED]
 Annual Fund Raiser Coordinator: Mark Traugott 338-6056
 Marketing/Publicity: Michael McGannon 688-3025
 Facilities Coordinator: Stephen Rawson 588-9370

Ex Officio:

Fly Casting Master: Sam Bishop 476-6451

Member At Large:

Kathy Powers 728-4130

Board Meeting: The board meeting is usually held on the third Wednesday of the month at the home of John and Pat Steele, 331 Cabrillo Ave., Santa Cruz, at 7 PM. Club members will be notified of any changes of meeting dates and locations. Club members are all welcome and need to submit any agenda items to the President ahead of time.

News: Members are encouraged to contribute news items. Submit copy to the editor, Kirk Mathew, 724-5611, k4mathew@sbcglobal.net. Please see calendar for the deadline each month.

Governor Gavin Newsom

1303 10th St., Ste. 1173
 Sacramento, CA 95814-<https://www.gov.ca.gov>
 (916) 445-2841



Department of the Interior

Washington, D.C. 20240
<http://www.doi.gov/index.html>

Senator Dianne Feinstein

1 Post St., #2450; <http://feinstein.senate.gov/public>
 San Francisco, CA 94104

Senator Kamala Harris

Washington D.C.
 112 Hart Senate Office Building, Washington, DC 20510
 Phone (202) 224-3553

Anna Eschoo, 14th District Congresswoman

698 Emerson St.; annagram@mail.house.gov
 Palo Alto, CA 94301 (650) 323-2984

Jimmy Panetta, 20th District US House of Representatives

228 Cannon House Office Building
 Washington, DC 20515
 Phone: 202-225-2861

Senator Bill Monning, Assembly Dist. 17

701 Ocean St., #318-A, Santa Cruz, CA 95060
 (831) 425-0401; <http://sd17.senate.ca.gov>

Assemblyman Mark Stone (D-Monterey Bay)

701 Ocean St, #318b, Santa Cruz, CA - (831) 425-1503
<http://asmdc.org/members/a29/>
 (Assemblyman Stone is Chair of the California Environmental Caucus)



Fishout Schedule

Date	Location	Target Species	Fishmaster
July 6	Sunset Beach	Surf Fishing	TBA
July 13-19	Green River, UT	Trout	John Steele - 476-0648
July 14-18	Loreto, Baja Sur	Salt Water Fishing	Rich Hughett - 757-5709
Aug. 10	Rio Del Mar Beach	Surf Fishing	TBA
Aug 11-15	Lake Alpine/Stanislaus R.	Trout	Cecilia Stipes - 335 5727
Sept. 7	Manresa Beach	Surf Fishing	TBA
Sept. 21-28 (#1)	Mammoth Lakes	Trout	John Cook - 688-1561
Sept. 28-Oct.5 (#2)	Mammoth Lakes	Trout	John Cook - 688-1561
Oct. 5	Sunset Beach	Surf Fishing	TBA
Oct. 16-20	O'Neill Forebay	Striped Bass	Steve Rudzinski - 462-4532
TBA	Central Valley	Bass	Dan Eaton - 336-2933

Fishouts are one of the most enjoyed activities our club offers. I highly recommend club members to attend and possibly organize one. If you are thinking of sponsoring a club fishout, please give me a call. Club fishouts can be structured in many ways, from simple to involved. I will be glad to help you put one together. Call me, John Cook, at 688-1561.

Catchy Releases

Saving the Carmel River Steelhead

Here's a good story that I'm proud to say I and others in Fly Fishers International played a role some years back. At the time Santa Cruz Fly Fishers had a scientist and college professor, Dougald Scott, who was our central coast conservation person back then. Dougald suggested we get involved in trying to get San Clemente dam off the Carmel river. It is one of California's historic steelhead and salmon rivers. Dougald took the reins for us, along with a host of others and eventually the efforts of many paid off.

It takes a team of dedicated people focused on doing the 'right thing' for good, public benefit actions to happen. It's a story I'm glad to read, and one we all are proud to have been a small part of. Thanks, Dougald!

Dr. Mark Rockwell, D.C.

5033 Yaple Ave.

Santa Barbara, CA 93111

mrockwell1945@gmail.com; 530 559-5759 (cell)

Four years after California's largest dam removal project, how are the fish doing?

by Paul Rogers, *The Mercury News*

Four years ago, construction crews with huge jackhammers tore apart a 10-story concrete dam in the wooded canyons of the Carmel River, between the Big Sur hills and the beach front town of Carmel.

The destruction of the San Clemente Dam, which had blocked the river since 1921, remains the largest dam removal project in California history. It's still early, but one of the main goals of the project seems to be on track: The river is becoming wilder, and struggling fish populations are rebounding.

"We don't want to do the touch-down dance yet, but so far things are looking good," said Tommy Williams, a biologist with the National Oceanic and Atmospheric Administration, who has monitored the Carmel River's recovery. "It's just amazing how fast these systems come back. Everything is playing out like we thought."

Removal of the century-old dam is being watched closely around the country as a potential model for how to demolish other aging, dangerous and obsolete dams and restore rivers to a natural state not seen in generations.

The 106 foot-tall dam had been located 18 miles up river from Monterey Bay. In 2016, the first year after it was removed, researchers found that no steelhead trout, an iconic type of rainbow trout listed as threatened under the Endangered Species Act, swam past its former site to a tagging location seven miles upriver. By 2017, seven steelhead had made the trip. Last year, the count was 29. So far this year, 123 steelhead have traveled upriver.

"We're seeing progress. I'm surprised that it has been happening in such a short time," said Aman Gonzalez, who managed the dam removal project for California-American Water, the company that owned it.

The more of the muscular, silvery fish make it upstream, the more the species can expand back into its traditional range, scientists say, increasing the number of places where the fish can spawn and produce more babies in the years ahead.

The broader lesson, scientists say, is one of hope. Despite declines in other species, some wildlife species—from the Great Plains bison to Pacific gray whales to bald eagles—have

rebounded significantly, despite plummeting close to extinction, after humans recognized what was killing them and corrected it. For bison and whales, it was hunting. For bald eagles, it was the now-banned chemical DDT.

For steelhead trout, dams built across the West over the past century blocked their ability to swim to the ocean and return upriver to spawn, crashing their populations.

"They just need the right conditions, and they'll come back," said David Boughton, a research ecologist with NOAA in Santa Cruz. "They are a resilient, hardy species."

When San Clemente Dam was built in 1921, the curved arch structure was a key source of water for growing Monterey Peninsula towns.

But its reservoir became silted up with sand and gravel that washed downriver over the years. By 2002, San Clemente's reservoir was so silted up that it stopped supplying water.

Worse, state inspectors declared in 1991 that the aging dam, with its rusted pipes, railings and valves, was at risk of failure in an earthquake—a disaster that could wipe out hundreds of homes downstream. So Cal Am Water had two choices: Shore up a useless dam for \$49 million, or tear it down and restore the river for \$84 million.

At first, the water company leaned toward buttressing the dam because it was cheaper. But the National Marine Fisheries Service said it was not likely to issue permits because the dam blocked the migration of steelhead, protected by the Endangered Species Act.

The impasse was broken after Cal Am named a new president, and former U.S. Rep. Sam Farr pushed for removal. Under the deal they struck, Cal Am provided \$49 million by raising water rates \$2.94 a month on its 110,000 customers in Monterey County. Another \$25 million came from the California Coastal Conservancy in Oakland, through state parks and water bonds. And the remaining \$10 million came from federal grants and private donations.

Construction crews couldn't simply dynamite the dam, however. That would have released all of the sediment behind it—2.5 million cubic yards, or enough to fill 250,000 dump trucks—and killed



...Catchy Releases - cont'd. from p. 4

everything in the river. It also could have flooded 1,500 homes downstream.

"All that sediment, how do you move it?" said Gonzalez. "Where do you move it? It would have become a 10-year project. That's why we decided to leave it in place."

Instead, under the contract awarded to Granite Construction of Watsonville, workers rerouted the Carmel River for half a mile into an adjacent stream, San Clemente Creek. The giant sediment pile was shaped, compacted and blocked off.

Crews recycled the dam's steel. They broke the concrete pieces ranging in size from softballs to boulders. They buried the debris in the sediment pile and covered it with willows, sycamores and other native plants. They built rocky step-pools, each one foot higher than the previous one so the fish could migrate upriver more easily.

They also tore out the Old Carmel River Dam, a 32-foot-high structure half a mile downstream that was built in the 1880s to provide water for Hotel Del Monte, the resort that was the precursor to Pebble Beach.

When the rains came in the wet winter of 2017, the river moved millions of tons of sand, gravel, broken trees and other

debris downriver. It reclaimed its historic meandering path. The debris created pools and hiding places for young fish to avoid snakes, birds and other predators.

Scientists say they will need another decade to make sure the experiment is working.

"If we go into another big drought, we expect there to be an impact," Williams said. "But we're making more resilient populations of fish, so they should be able to withstand it."

One more dam remains upriver from the San Clemente site. Los Padres Dam, built in 1946, is partially silted up and 148 feet high. Scientists are studying the feasibility of removing it. Cal Am draws its water now from wells alongside the river.

Other dam-removal projects, including four huge dams on the Klamath River at the Oregon-California border, along with the 165-foot Matilija Dam in Ventura County and others, are slated for removal. Many of the projects just need money. At the Carmel River, though, other species, such as lampreys, an eel-like fish, are coming back, and tributaries are showing more wildlife.

"The river is recovering to its natural state," said Tim Frahm, Central Coast Steelhead coordinator with Trout Unlimited, an environmental group. "We hope it will be as healthy in a few years as it was 100 years ago."

CONSERVATION SCHOLARSHIPS

Our Conservation Scholarships to High School Graduates

These thank you notes came from recent high school graduates who received our \$100 scholarships awarded to students who intend to go on to major in environmental studies. We also conferred honorary club memberships to them and hope they will join our ranks and help us fulfill our conservation goals.

"Dear Santa Cruz Fly Fishermen,

I would like to thank you for choosing me to be the recipient of one of your scholarships.

I have been doing environmental research on water quality in Santa Cruz for three years now, and this scholarship will help me continue those efforts in Arizona. Also, my grandfather was a big fly fisherman. My mother was thrilled when I was awarded this scholarship. She is writing a letter to you, too. She said she believes he was a member of your group, but she's not sure. Again, thank you so very much."

Katie Lozier

"To the Fly Fishing Scholarship,

Thank you so much for granting me one of your scholarships. Your contribution will allow me to go to college and fight against the biggest threat to our natural world: climate change. I can't wait for the day when climate change is no longer a threat, partially due to you and the contribution you have given me towards my education."

Celeste Robinson

"Dear Santa Cruz Fly Fishermen,

Thank you so much for awarding me the Santa Cruz Fly Fishermen Environment Scholarship. I look forward to using the money to help pay for some college textbooks. I've never been fly fishing, but I can't wait to try it out!

Sincerely,

Max Peppardine"



Reel News

* The 4th of July Parade is from 10-12, Thursday July 4-Need People to March!

We will need to meet at the Aptos Grange by 9 AM at the latest, and car pool and plan from there. Bring your best fly fishing costume, okay to be outrageous, it's all for fun. Bring an older rod and fly reel and line, I will give a demo on tying the B-1 dollar bill fly that sails in the air like a paper plane. (I will tie some up and trade you for a dollar) The kids are going to be swarming for the bill so bring some wrapped candy to toss on the ground and (not the kids) so they let go of the bill/fly, try not to let them get it.

This event is lots of FUN, and we won the blue ribbon both years we marched. Wearing waders is going to be hot and a fairly long walk back to where we parked.

Please email me before June 26 (going fishing till July 2). (Sam Bishop, formerly organizing this event, had fallen and is awaiting foot surgery. Heal quickly, Sam! I want to get an idea how many are coming. Let's show the local community who we are and about having a good time.

Steve Rudzinski.

Conservation SCFF

ssrudzinski@gmail.com; 831 462 4532 (land line with message machine)



* Beautiful Commemorative Postage Stamps

Four years ago, Bob Irvin, president of American Rivers, suggested to the U.S. Postal Service Citizens Stamp Advisory Committee that a set of commemorative stamps would be an excellent way to honor the 50th anniversary of the Wild and Scenic Rivers Act.

American Rivers recently celebrated the release of the Wild and Scenic Rivers Forever Stamps with the U.S. Postal Service and partners at Oregon's Tumalo State Park. The event was a chance to honor the beauty of the 12 Wild and Scenic Rivers chosen for the stamps, captured by photographers Tim Palmer, Bob Wick and Michael Melford. And, it was an opportunity to thank the grassroots advocates, agency staff and champions in Congress who are working every day to leave a legacy of wild, free-flowing rivers for generations to come.

Get your stamps and learn more about America's Wild and Scenic Rivers!

<https://about.usps.com/newsroom/national-releases/2019/0521-beauty-of-unspoiled-waterways.htm>

For the rivers, Amy Kober, National Communications Director, American Rivers



* Donations Needed!

Do you have any nice donations or possible donors for the Santa Cruz Fly Fishermen Annual Fund Raiser? If you do, please contact John Steele at 476-0648 or e-mail him at owlspad@me.com.

Cast of Thousands

For sale:

Two Mustang Bucks Bags Float Tubes and Fish-N-Buddy fish finder

Bladders in perfect condition and fish finder functions perfectly.

Asking \$400.00 for everything.

Contact: Bob Garbarino. 831-247-2045 rjgarbarino@gmail.com



For Sale:

1. Simms waist high waders, medium, guide quality, used once - \$200
2. Patagonia fishing vest, new - \$35
3. Patagonia flats wading boots, size 11, used once - \$35
4. Korkers wading boots, size 12, several replacement soles. Used once - \$50
5. Fishpond hip pack, fold down work area. New - \$50

Brand New Rods:

1. 8'9" 4 piece, 5wt. CF Burkheimer
 2. 8'9" 4 piece, 4wt. CF Burkheimer
- Both rods are brand new. Top of the line.

Cost: \$400 (1/2 price) each.

Robert Lowe, lbtrout@comcast.net, 408 335-8000

Will consider all offers.

GEARING UP

Green River Fishout - July 13-19, 2019

Fishmaster: John Steele - 476-0648

The Green River Fishout is scheduled for July 13th through July 19th, 2019 (Saturday through the following Friday). The Green River has its headwaters in the Wind River Mountains of Wyoming, and is the largest tributary of the Colorado River. It reemerges from Flaming Gorge Reservoir Dam, situated in the northeast corner of Utah, and the tailwaters are where our group will fish. The water released from the dam is regulated to maintain an optimum temperature and flow that has created a world-famous blue-ribbon trout fishery. It carves its way through a spectacular red rock canyon and is the home of a healthy number of large brown and rainbow trout. It is rare to catch one under 16 inches, and not uncommon to catch several over 20 inches. You can walk a well-maintained trail along the river and bank fish, and/or book a guide to drift the river. The Trout Creek Flies and On The Fly guides are all very competent, excellent teachers, and provide all your terminal



tackle, plus a delicious riverside lunch.

Lodging for some of the Santa Cruz Fly Fishermen group will be at Trout Creek Flies Lodge, which has cabins that can accommodate up to four fishers each, and have mini-fridges and microwaves, and there is an on-site restaurant. John has

reserved two cabins thus far, so you wish to stay there, please call Trout Creek at 435-885-3355, and tell them you are with the Steele group. There are other lodging options in the area, namely, Flaming Gorge, (435) 889-3773, and Red Canyon Lodge, (435) 889-3759, and other dining opportunities as well. Your accommodations are up to you to reserve.

If you intend to go on this fishout, please let John know, so he can determine how to schedule guides. At this time of year, both accommodations and guide books fill up, so if your summertime plans include the Green River, call John ASAP.

Loreto Fly Fishing Trip in July 2019 - Sign Up Now!

Fishmaster: Rich Hughett - 831-757-5709

Experience a new HIGH! Fish for Dorado, and many other saltwater fish, including Bonito, Roosters, Yellowtail and Sailfish on a fly! Join the group going to Loreto in Baja from Sunday, July 14th through Thursday, July 18th. This trip includes:

- * Four nights at the beautiful Hotel La Mision, on the waterfront, next to the Loreto Harbor.
- * Three days of fishing on 24 foot Super Pangas.
- * Ground transfers and fishing licenses.

It does not include meals, because there are some nice restaurants (A lot of fresh seafood!) in town or if you prefer, eat at the hotel, where they will also cook your catch.

The fishing day starts around 6:00

a.m. and we usually get back to the harbor between 1:30 and 2:00 p.m. Spend the rest of the afternoon fishing from the beach, having a cool drink in the pool, exploring Loreto, or just sitting around telling some tall fish stories. And, you will have many exciting moments on the Sea of Cortez to talk about.



The approximate cost for everything but meals and airfare is: \$795.00 per person (double occupancy). Interested? Please contact Rich Hughett, 831-757-5709, for all the details. We will need to book airline flights*, rooms and pangas as soon as possible.

* Southwest Airlines from San Jose and Alaska Airlines from Los Angeles to Loreto. Rich will help with your airline reservations.

Lake Alpine & Stanislaus River - August 11 - 15, 2019

Fishmaster: Cecilia Stipes

If you want to fish the Sierras this summer, join me at Lake Alpine near Bear Valley. The Hwy 4 corridor from Arnold to Ebbetts Pass in Calaveras County offers some of the best trout fisheries: Lake Alpine, Stanislaus River in and outside Calaveras State Park, White Pines Lake; Spicer, Union and Highland Lakes, Mokelumne River, Kinney Reservoirs, and Carson River near Markleville. You will have the opportunity for float tube fishing and river wading. Accommodations:

Camping is available at campgrounds surrounding Lake Alpine, Silver Tip Campground (1 mile away), Red Meadows (4-5 miles).



I have one opening left in the cabin rented for five people, cost is \$218. Everyone is responsible for his/her own meals; the exception will be Wednesday's final dinner at the Lake Alpine Lodge restaurant. Please contact me for more information. I hope you will join me for four days of beautiful scenery, lots of fishing, fly tying, instruction (great place to learn) and camaraderie.

(831) 566-7707
flyfishgal3@aol.com

GEARING UP

Mammoth Lakes Fishout - Sept. 21st-28th and Sept. 28th-Oct. 5th

Fishmaster: John Cook - 688-1561

This fishout will take place over two consecutive one-week periods, Sept. 21st through Sept 28th, and Sept. 28th-Oct. 5th. You may sign up for one of these two periods, or both.

Location: Mammoth Lakes is on the eastern side of the Sierras, six to seven hours drive from Santa Cruz. There are many lakes and streams in the area for us to fish. We will be staying in condominiums in the town of Mammoth Lakes.

There will be two people per bedroom. If you would like to have your own bedroom, it will be \$540 per week.

Cost: \$310 per person per week. This covers seven nights' lodging with three meals per day. Sign up for either week, for \$310, or both weeks for \$620.

Meal Preparation: Each person will be assigned to a group for a Kitchen Day.

The group will set out breakfast and lunch foods, store unused food, prepare

the evening meal and clean up on the day assigned.

Sign Up: Starting February 15th through April 22nd the first people who send me their money will get first shot at a spot. When you send me the money, state which week you want.

Money is not refundable unless someone takes your place. I will let everyone know after April 30th. Make plans with friends to secure a spot for each of you. I must receive your money **before April 22nd**. Mail your check, made out to **John Cook, to P.O. Box 2822, Aptos, CA, 95001-2822**. I will maintain a waiting list for each week. If a space becomes available, you will be notified by phone. At this issue, there are still spots available.

Unused funds: Any funds received but not spent on the Fishout will be used for prizes for our annual fund raiser.



O'Neill Forebay - Medeiros Campground - October 16 - 20

Fishmaster: Steve Rudzinski

This annual fishout is only 70 miles from Santa Cruz, and we camp in a good area with access to excellent fishing around the islands with the high power lines. Float tubes are a must or boats - you have to launch across the lake but can park it over night at the campsite.

This is a very relaxing time with often good to great fishing for striped bass and occasional black bass, carp or bullhead. Most stripers are in the 12" to 16" range the last few years, an occasional keeper size is 18" to 20". But know the world record bass was caught here. It would likely grab one of the small fish on your line. Big ones are there, so bring a 7 weight rod, or a #6 will do. Guides will often use 8 weight rods just in case the



record comes along. Rig up with full sinking lines and 15-17 lb. fluorocarbon leaders, which only need to be 6 or 7 feet, as the fish are not line shy, and the shorter the leader/tippet, the more positive hook sets you'll have and you can turn over the fly better when casting.

Those interested please email me at ssrudzinski@gmail.com. I will have a list of things to bring like firewood, drinking water and maybe something to share for dinner Friday and or Saturday nights. I will have the club banner flying, I hope the weather is not too blustery and the fish are biting. Flies that work the best (San Luis smelt) are tied by a club member and invented by

Lee Haskin the master guide of the lake.

Recipe of the Month

Bacon-Wrapped Bourbon-Marinaded Salmon

From <https://www.allrecipes.com/recipe/246210/bacon-wrapped-bourbon-marinated-salmon/>

This can be served as a main dish or an appetizer.

Ingredients:

- 1/2 cup steak seasoning sauce (such as Dale's Steak Seasoning)
- 1/2 cup brown sugar, divided
- 2 tablespoons bourbon (such as Jim Beam), or more to taste
- 3 scallions, chopped
- 1 (1 1/2-pound) salmon fillet, cut into 2-inch cubes
- 1/2 pound bacon strips, cut in half
- 15 toothpicks, or as needed

Directions:

1. Mix steak seasoning sauce, 6 tablespoons brown sugar, bourbon, and scallions together in a large bowl to make marinade.
2. Toss salmon cubes in marinade. Cover with plastic wrap and let sit in the refrigerator, 4 to 6 hours.
3. Wrap each salmon cube with bacon; use a toothpick to hold bacon in place. Sprinkle remaining 2 tablespoons brown sugar on top.
4. Preheat an outdoor grill for medium heat and lightly oil the grate.
5. Grill bacon-wrapped salmon, turning frequently, until bacon begins to crisp, about 5 minutes.

8 Santa Cruz Fly Fishermen



LifeLines

Heat Stroke - Symptoms and Treatment

From www.webmd.com

Heat stroke is the most serious form of heat injury and is considered a medical emergency. If you suspect that someone has heat stroke -- also known as sunstroke -- call 911 immediately and give first aid until paramedics arrive.

Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes.

Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, heat syncope (fainting), and heat exhaustion. But it can strike even if you have no previous signs of heat injury.

Heat stroke results from prolonged exposure to high temperatures - usually in combination with dehydration - which leads to failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 104 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

Symptoms of Heat Stroke -The hallmark symptom of heat stroke is a core body temperature above 104 degrees Fahrenheit. But fainting may be the first sign. Other symptoms may include:

- * Throbbing headache
- * Dizziness and light-headedness
- * Lack of sweating despite the heat
- * Red, hot, and dry skin
- * Muscle weakness or cramps
- * Nausea and vomiting
- * Rapid heartbeat, which may be either strong or weak
- * Shallow breathing
- * Behavioral changes such as confusion, disorientation, or staggering
- * Seizures
- * Unconsciousness

First Aid for Heat Stroke - If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal. While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment - or at least a cool, shady area - and remove any unnecessary clothing. If possible, take the person's core body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. (If no thermometers are available, don't hesitate to initiate first aid.)

Try these cooling strategies: - Fan air over the patient while wetting his or her skin with water from a sponge or garden hose. Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.

Immerse the patient in a shower or tub of cool water.

If the person is young and healthy and suffered heat stroke while exercising vigorously - what's known as exertional heat stroke - you can use an ice bath to help cool the body.

Do not use ice for older patients, young children, patients with chronic illness, or anyone whose heat stroke occurred without

vigorous exercise. Doing so can be dangerous.

If emergency response is delayed, call the hospital emergency room for additional instructions.

Preventing Heat Stroke

When the heat index is high, it's best to stay in an air-conditioned environment. If you must go outdoors, you can prevent heat stroke by taking these steps:

Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.

Use a sunscreen with a sun protection factor (SPF) of 30 or more. Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Because heat-related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity.

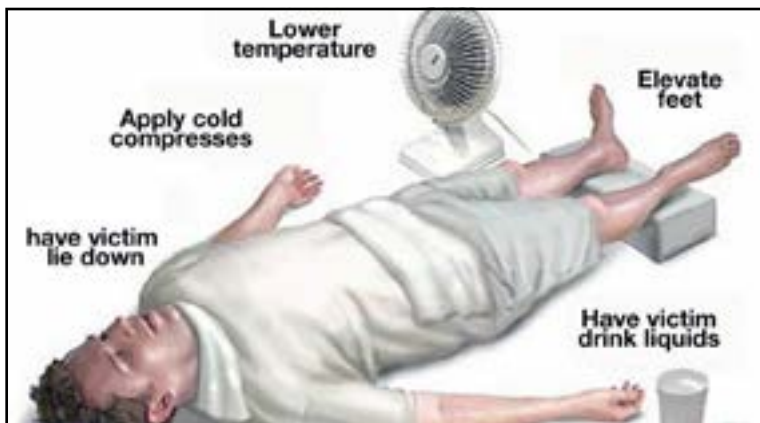
Take additional precautions when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid two hours before exercise, and consider adding another 8 ounces of water or sports drink right before exercise. During exercise, you should consume another 8 ounces of water every 20 minutes, even if you don't feel thirsty.

Reschedule or cancel outdoor activity. If possible, shift your time outdoors to the coolest times of the day, either early morning or after sunset.

Other strategies for preventing heat stroke include:

Monitoring the color of your urine. Darker urine is a sign of dehydration. Be sure to drink enough fluids to maintain very light-colored urine.

Measuring your weight before and after physical activity. Monitoring lost water weight can help you determine how much fluid you need to drink.



Have a safe and sane 4th of July!

Fishy Tales

* Pyramid Lake - May 13-17 - Steve Rudzinski

Pyramid Lake May 13-17 trip was my latest spring trip to the big lake. The drive planned would have taken us to Wild Horse L. (70 minutes north of Elko NV) 600 + miles from the clubhouse in "Ap-toes"

Thanks to Doug Ouelette, who answered his phone and had just driven past this lake and was camping at another lake further north. Fishing was not as red hot he said and that he would, (if he were us) "go fish Pyramid, the best lake to get a trophy sized fish, even the small cutthroats are larger than the fish they are catching at Wild Horse," he said. We went back to Crosby's, got the best newest 5th wheel trailer that was perfect for two or three persons. It was \$110 a night if paying cash.

I didn't use the ladder until the fourth day so I didn't see any fish moving in close, but it was swirling winds all the days with some real hard blows at times and light rain the third day. The best day (6 in net) and a few hook ups for 1-2 seconds, and then shaken off, or came up and rolled so I could see its size. (teen sizer after a long morning of zero). I used my own wild turkey grey marabou jig under one of those new "screw top" floats. I like white for most conditions and it's not noticed as much by the fish, which could be either good or not so good. I switched to the standard size midge in dark or black with white bead head. I used two flies; I tie a triple surgeons knot and leave a 6" tag end, the one that hangs down. Clip off the other end pointing up. I used a loop knot at the terminal end and just a single clinch knot to the black midge to the top fly which was the one that caught all the fish after the second day. That fly was unraveling and had to cut off the loose thread, and still the fish were eating it. I was only



using a 5' plus or minus drop.

Stripping popcorn beetles was working the last two days for another fisherman nearby on a fast strip. I took off the indicator the last day, and that was the ticket and a great choice to get more movement down below. They were still all on the top fly, I rarely if ever before hooked one on the top hook.

So here is the story, I was not seeing any fish swim by while standing in the lake so the last day I finally broke out my ladder (no seat). I see motion below and easily spot an obvious cutthroat but its back is white, like its belly should be, and the belly I could easily see was black or very dark - a reversed colored scale pattern? I asked my veteran friend if he ever saw anything like that before, and he answered as I expected, "maybe it was swimming upside down". I thought that too, because I knew what I was seeing and it didn't make sense. I even looked up "trout anomalies" on the web and there was nothing at all like that. Perhaps the hatchery may have an inbreed-

ing problem with the rediscovered species. Your guess as good as mine.

I told Ben Harris from MBSTP and he shook his head not knowing either as were the first to show up for the sometimes annual Chinook salmon delivery to the Monterey bay via the Yacht Harbor launch ramp. The first few minutes at the harbor launch ramp I heard this loud splashing and saw a harbor seal chase a 10-12 pound steelhead up onto the ramp and chomp on it midsection and slide back to disappear under the surface. I yelled to Ben and he and I saw it surface the fish still in its mouth. That was special. Matt McCaslin later said he noticed the steelhead returning to the bay at the river mouth and the seals cruising and chasing fish.

Fly of the Month Callibaetis Nymph

This pattern imitates swimming mayfly that prefer still and slack water along the margins of streams, lakes and spring creeks. Quick flips of their tails propel them in 6-inch bursts. There are 15 species in Western USA and Canada. Fish subsurface with an intermediate line.

Hook:	TMC 5262 size 10-18
Thread:	Olive or black 6/0 or 8/0 (for smaller flies)
Tail:	Barred golden mallard breast feather
Rib:	Fine copper wire
Hackle:	Grizzly dyed burnt orange, barbs 1 to 1 1/2 hook gap
Body:	Peacock herl dyed orange
Overbody:	Same as tail



1. Crimp barb.
2. Apply thread mid shank, wrap to rear of shank.
3. Select about 10 to 16 barbs, line up tips, cut from stem. Position on top of shank tips hook length to rear. Tie in place with 3 touching wraps forward. Bend barbs back and make 3 wraps back on them.
4. Position wire on top of shank, butt end near eye, remainder extending to rear. Tie in place.
5. Hold tip of hackle. Stroke remaining barbs against grain. With dull side facing you, tie in at rear of shank.
6. Select 3 strands of herl (2 for smaller hooks). Tie in tip ends on 3/4 on top of shank. Finish with thread at rear of shank. Form chenille with herl. Wrap forward to one eye length behind eye.
7. Palmer hackle forward in 6 wraps. Tie off, cut excess. Cut barbs short on top and sides.
8. Wrap wire forward in opposite direction in 6 wraps. Tie off. Twist to cut excess.
9. Bring mallard barbs forward, leaving tail barbs extending to rear. With barbs snug against top of body, tie in place. Cut excess.
10. Tie thread head, whip finish, cut excess.

Rod Tips

Ten Inexpensive Fly Fishing Life Hacks from Home Depot From <https://www.ginkandgasoline.com>

Everyone wants their life to be easier and everyone likes to save money.

Here are 10 handy and inexpensive items you can repurpose to accomplish both. You can pick all of them up at the local Home Depot or order them online. Some of them are so obvious you're probably using them already, but there's likely to be at least one thing on the list that you haven't thought of and will love.



1. Tool Holster:

This tool holster by McGuire Nicholas is made for a tool belt, but is right at home when clipped to the edge of a drift boat or boat bag. It holds all your frequently used fishing tools and supplies and can easily be moved around the boat so your stuff is always handy. There are endless variations, so it will be easy to find one to hold whatever you need.



2. Anchor Keeper: This oversized carabiner is made by Husky for drop cords. It's the easiest way I've found to handle a boat anchor. You can clip it into the anchor ring and carry it easily by the padded rubber handle. The real benefit comes when you get into the car. If you drive an SUV, having an anchor in the truck is a real hazard. If you crash, that hunk of metal is coming up to the front seat in a hurry! Use the Husky carabiner to secure it to a seat belt or tie down and you're rolling safe.



3. Easy Dry Zip Pocket Organizers: These handy zippered pouches from Husky can be used to keep up with anything. They are particularly useful for Spey heads. The mesh panels allow the contents to dry quickly and you can see what's inside without opening the zipper. A tab with a grommet allows them to be stacked on a carabiner.



4. Fly Tying Travel Bag: This canvas tool bag, made by Husky, is great for taking your tying kit on road trips. It will hold a ton of feathers and fur as well as your hooks, tools, and leader material. It has handy pockets for special items like the Clear Cure UV flashlight.

5. GoPro Boom: This five-foot painter's pole, made by Shur-Line is the bomb for shooting fishing photos and video with the GoPro. It collapses to about two feet and extends effortlessly. Submerging it in water doesn't hurt it, so go for the underwater shot or the overhead. A GoPro mount is easy to attach via a 1/4-20 bolt.



6. Hook Magnet: These are made for roofers to find nails in tall grass. You should keep one by the tying bench and do a quick sweep when you are finished tying. It's a whole lot nicer than finding stray hooks with a bare foot! It's a must if you have kids or pets.

7. Easy Tool Hooks: These little quick hooks are great for attaching tools to your fishing pack. They let you customize any pack to carry exactly what you want.



8. Sampling Seine: This paint strainer, made for a five-gallon bucket, goes over most fishing nets and lets you take a quick and easy sample of aquatic insects. Matching the hatch was never easier! It folds down so small you'll never know it's in your pack.



9. Magnetic Tray: These magnetic trays are great for the tying bench or the boat. Use them to organize beads and hooks at the bench or as the perfect drying patch on windy days.



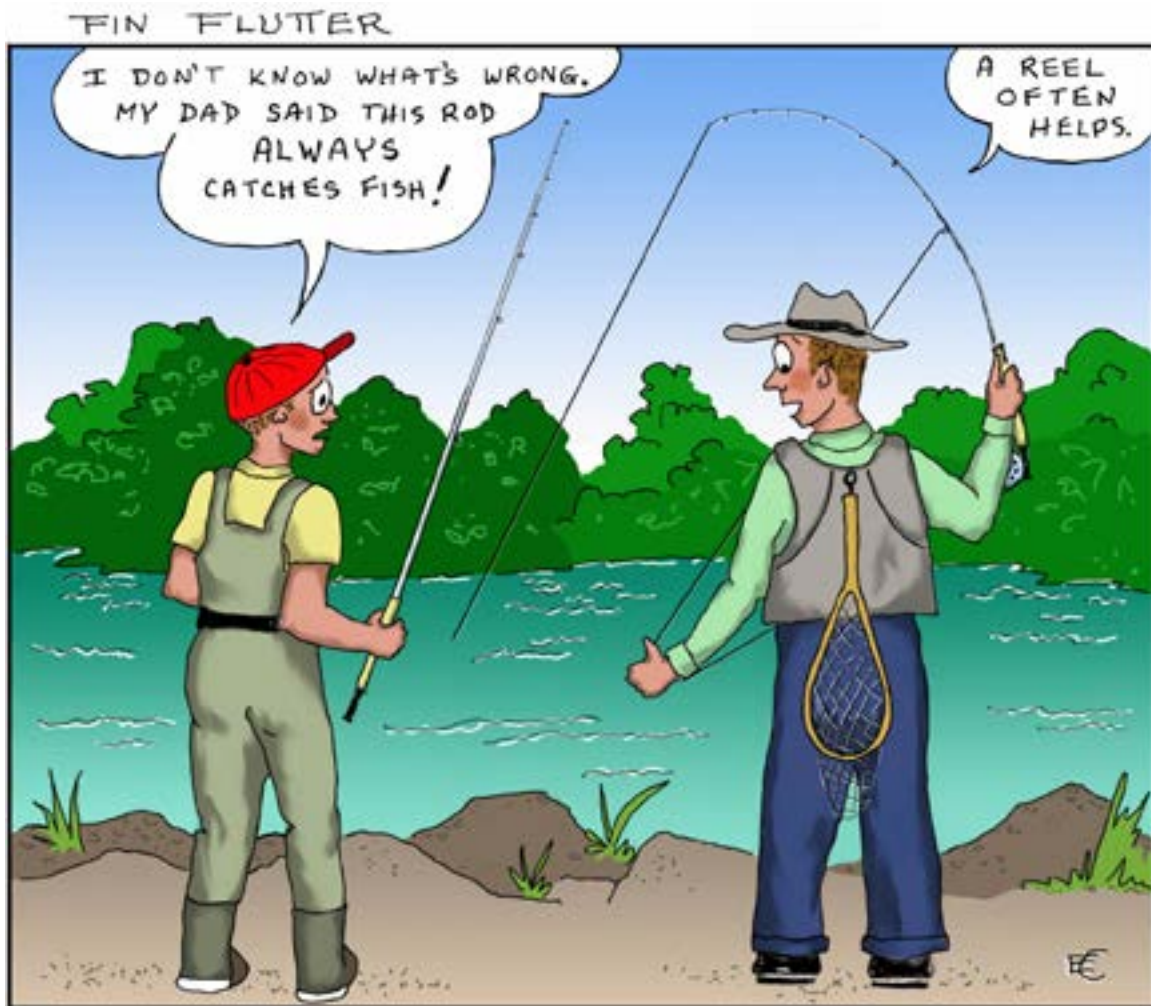
10. Rubbermaid Tote: Too many uses to name, great for waders and boots and backup gear. Always handy on road trips and can be used to clean your wading boots and stop the spread of invasive ugliness. Umpqua now makes fly fishing gear organizers that fit standard size totes, making them indispensable.

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>NewMoon</i> ●	3 NO CLUB MEETING	4 HAPPY INDEPENDENCE DAY! March with us in the Aptos Parade!	5	6 Surf Fishout Sunset Beach
7	8	9 <i>1st Qtr</i> ☾	10 Fly Tying Class Aptos Grange 7 PM	11	12	13 Green River Fishout ←
14 Green River Fishout ← Loreto Fishout ←	15	16 <i>FullMoon</i> ●	17	18 Loreto Fishout →	19 Green River Fishout →	20
21	22	23 <i>LastQtr</i> ☽	24	25	26	27
28	29	30	31 <i>NewMoon</i> ●			

AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 Club BBQ & Swap Meet Aptos Grange 7 PM	8 <i>1st Qtr</i> ☾	9	10 Surf Fishout Rio Del Mar Beach
11 Lake Alpine Fishout ←	12	13	14 Fly Tying Class Aptos Grange 7 PM Lake Alpine Fishout →	15 <i>FullMoon</i> ●	16	17
18	19	20	21 Board Meeting 7 PM Steele Home	22 <i>LastQtr</i> ☽	23	24
25	26	27	28	29	30 <i>NewMoon</i> ●	31



Please Note: August Newsletter Deadline
By Newsletter Publisher Pat Steele

I usually notify the SCFF officers and board members about my monthly newsletter deadlines via e-mail, and the rest of the membership may also submit articles to the newsletters. My deadlines are usually the Sundays after the board meetings. The deadline for the **July newsletter is Sunday, July 21st, by 7:00 PM**. I welcome stories about your fishing exploits, helpful hints, opinions, and as always, publication of submitted articles is at the discretion of both the editor, Kirk Mathew, and myself.

