

The Central Oregon Flyfisher

Vol. 32, Number 9, September 2009



RANDOM CAST

September is a great month. We are coming out of the summer fishing doldrums, and the steelhead are in the Deschutes. As the lakes and streams begin to cool, the fish will be back on the bite.

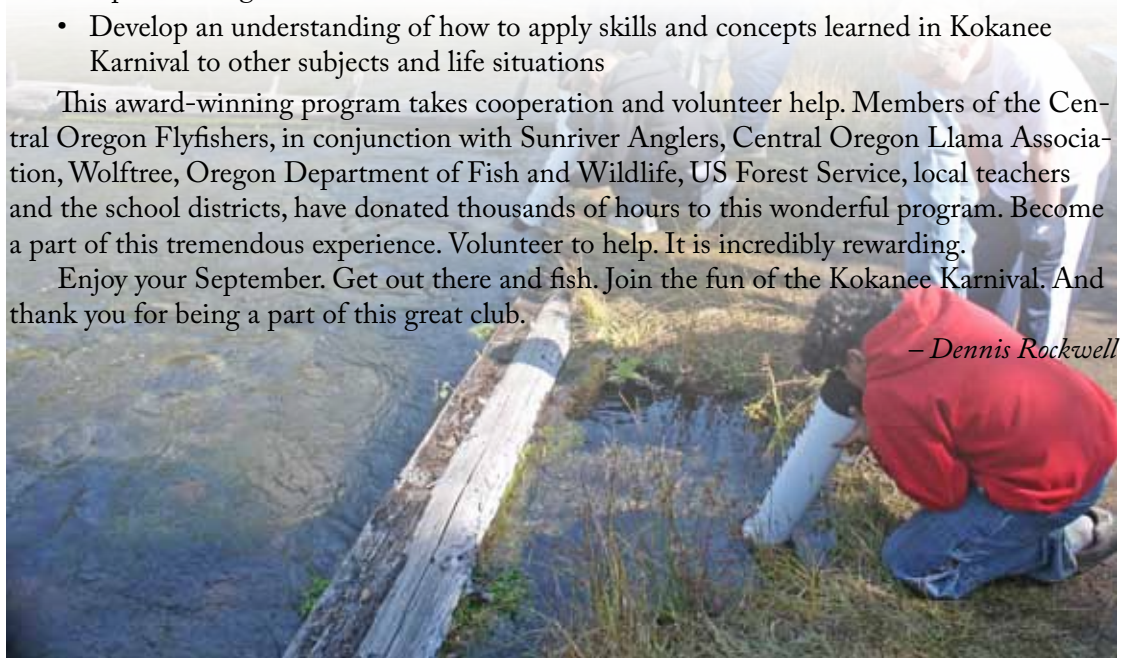
September is also the beginning of a new school year, and that means it's time for the Kokanee Karnival Youth Education Program to get rolling. Kokanee Karnival is a yearlong program for fourth and fifth grade students in the Central Oregon tri-county area (Crook, Deschutes, and Jefferson) that provides students with natural resource education opportunities. The program incorporates field trips, hands-on learning experiences, and yearlong classroom activities. Each portion of the program helps students achieve Oregon Department of Education benchmarks in most curricular areas. By participating in the program, students have an opportunity to achieve the following objectives:

- Learn about the kokanee salmon life cycle
- Observe and understand components of good fish habitat and learn how basic principles of conservation affect fish habitat
- Understand a fish's place in the food chain
- Learn about the role of fish hatcheries in managing fisheries resources
- Conduct a fish egg incubation project to model a fish nest (redd) in natural stream conditions
- Learn about fish biology, water safety, angling skills, and the role of fishing regulations in managing fish resources
- Understand and demonstrate the importance of caring for the watershed in which they live through community stewardship projects
- Develop skills in math, graphing, data collection and recording, reading, speaking, and report writing
- Develop an understanding of how to apply skills and concepts learned in Kokanee Karnival to other subjects and life situations

This award-winning program takes cooperation and volunteer help. Members of the Central Oregon Flyfishers, in conjunction with Sunriver Anglers, Central Oregon Llama Association, Wolfree, Oregon Department of Fish and Wildlife, US Forest Service, local teachers and the school districts, have donated thousands of hours to this wonderful program. Become a part of this tremendous experience. Volunteer to help. It is incredibly rewarding.

Enjoy your September. Get out there and fish. Join the fun of the Kokanee Karnival. And thank you for being a part of this great club.

— Dennis Rockwell



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GENERAL MEETING

The fishing COW

Sep 16 | 6:30 p.m. | Bend Senior Center, 1600 S.E. Reed Market Road, Bend

Phil Hager, past president of COF, will talk about tips and techniques for fishing Central Oregon Waters (COW).

OUTINGS

Check the schedule for changes to the outings in September. Want to lead a trip? Have questions or comments? Please contact me.

- Yancy Lind, Outings Coordinator
yancy_lind@ml.com or 788-5514

Lava lakes

Sep 22 | Meet at Black Bear Diner for breakfast at 7:00 a.m. and then at the general store at Big Lava Lake.

The Lava lakes outing is still on and scheduled for Tuesday, September 22. Only one person has responded so far, so the BBQ lunch and presentation by a fly shop representative have been cancelled. We can still meet for breakfast and fish all day long.

Meet at the Black Bear Diner (1465 NE 3rd St., Bend) at 7:00 a.m.; we will proceed to the lakes by 9:00 a.m. If you can't meet for breakfast, meet at the general store at Big Lava Lake.

If you plan to go, please contact me (389-4124 or mreisinger@bendcable.com).

- Mark Reisinger

Diamond Lake

This outing has been tentatively rescheduled for October 10 due to the Oregon Kokanee Power Fishing Derby that will be held at Diamond Lake on September 26 and 27.

- Scott Robertson

Outings 2009			
Month	Day	Leader	Destination
Sep	22	Mark Reisinger	Lava lakes
Sep	25-27	POSTPONED	Diamond Lake
Oct	10	TENTATIVE	Diamond Lake
Oct	8-11	Larry Godfrey	Lower Deschutes (steel-head)
Nov	21	Bill Seitz	Crooked R. cleanup & outing

Lower Deschutes (steelhead)

Oct 8 to 11 | Beavertail campground

Steelhead are on their way up the Deschutes River. So far, there have been record-breaking counts of migrating steelhead. The COF annual trip to the lower Deschutes will be Thursday, October 8 through Sunday, October 11. For the past four years, we have camped at the large camping area at Beavertail campground, which is about 20 miles below Maupin. (There is a \$25 per night camping fee for this site. The cost will be shared among all campers.) Everyone is responsible for their own meals. We will get together in the evenings to swap stories. If you plan to boat the river on any boat, including a pontoon boat, you'll need a boater's permit. To obtain a permit, go to www.boaterpass.com. If you plan to attend, contact Larry Godfrey (382-5860 or lgodfrey@bendbroadband.com).

- Larry Godfrey

WILD WOMEN OF THE WATER

We will not have an outing in September, but there are still plenty of things to do. Check out the COF outing to Lava lakes and the class at Three Creeks Lake. Volunteer for Kokanee Karnival! KK needs your help more than ever this year. (See details later in the newsletter.)

- Terri Grimm

EDUCATION

The Art of Lake Fishing

Sep 12 | 10:00 a.m. | Three Creeks Lake | \$25 | Instructor: Bill Myers

Learn how to lake fish at Three Creek Lake. This class is for beginning and intermediate anglers. Bill Myers will spend an hour going over lake-fishing strategies and flies to use and why. He will also paddle around and give each angler individual assistance. Class will run from 10:00 until 4:00, and we will continue fishing if it's good. Class is limited to the first ten people who sign up.

The lake is about 16 miles south of Sisters at an elevation of 6,550 feet and surrounded by old growth forest. It is an

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alpine gem resting at the base of Tam McArthur Rim. This 28-acre lake has planted rainbow trout and a self-sustaining population of brook trout, ranging from 8 to 15 inches. Most catches average around 10 inches. This class will be a great opportunity to do some "catching."

Motors are not allowed on Three Creek Lake, contributing to the serenity of the setting. There is a primitive boat ramp on the east shore as well as a small store that rents boats.

Things to bring: paper and pencil to take notes, fishing gear, floating device, waders, water and lunch

Directions: Take Elm Street south out of Sisters for 15.7 miles. (Elm turns into Road 16, Three Creek Road.) The last part of the road is gravel, and the road has been greatly improved this year. Do not turn into the campground, continue on the road to the boat ramp, which is just before the store.

To sign up: Contact Lee Ann Ross or Herb Blank (312-2568 or rossleeann@yahoo.com or hblank@yahoo.com).

VOLUNTEER OPPORTUNITIES

Salmon Watch!

Get outdoors and teach kids about native fish and their home waters during a one-day streamside field trip. Volunteer training will be held in Bend September 12, 8:00 a.m. to 12:00 p.m. Salmon Watch will be held during the first two weeks in October. For more information, contact Kolleen Yake.

– Kolleen Yake

kolleen@thefreshwatertrust.org or 541-382-6103 X33
www.thefreshwatertrust.org

OTHER NEWS



River Rendezvous 2009

Sep 25 to 27 | Mecca Flats on the Deschutes River | Hosted by The Patient Angler

Members of COF are invited to join the daily clinics, classes and seminars that will be held in the Patient Angler camp. There are a limited number of spots available for the casting classes and the float trips (and a lot of interest), so reserve your spot NOW (541-389-6208). (Three anglers per boat on the float trips, so if you want to fish with friends, reserve your spots early.) For more information, contact Peter Bowers (info@patientangler.com or <http://www.patientangler.com/>).

Big turnout for the August picnic

Thank you everyone who participated in the August picnic at Aspen Hall. So many people, more than we can men-

tion, helped with the setup, cooking, cleaning and contribution of dozens of tasty dishes. We had a great turn-out; my count was 84.

Someone left a backpack with a bottle of wine. Give me a call to claim it (312-2578).

– Herb Blank

Metolius Flyfishing and Bamboo Rod Festival, 2009

The weather was hot and so was the festival! One COF table displayed club information; the other table was set up with knot tying and leader construction materials. There were many kid activities and prizes galore! Special thanks to Andy Smith, Richard Yates, Betsy Brauer, Vivian Rockwell, Joe Cornet, Bob Griffin and Bob Mullong. These volunteers logged a total of 95 hours and 952 travel miles! A perfect cast!

– Capt Caddis

Kokanee Karnival angler education

Once again, the classroom angler education portion of Kokanee Karnival has completed another cycle. Earlier in the school year, volunteers delivered materials to 20 classrooms. Students in each classroom spent a total of 10 hours over the next several weeks completing the assignments. Instructors then visited each classroom and spent two hours covering angling regulations, knot tying, dilemmas, and safety. Many thanks to Dave and Sandy Dunahay, Marilyn Forestel, Brad Emery, Dave Semich, Earl Rettig, Jeremy Sackett, Carol Christiansen, Bob Griffin, Jerry Criss, Betsy Brauer, Vivian

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ALASKA LEGACY

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Big fish even in small streams!

Toll free (800) 620-3474 ~ www.AlaskaLegacy.com

COF Members get 15% off 2009 Freshwater Fishing Trips!

Rockwell, Delores Marsh, Bob Hammond, Ike Monzulla, Rod Juranek, Doug Vakoc, Chuck Devine and Bob Mullong. These AMAZING instructors tallied 298 hours and logged 1998 miles. Wow! That is a real “Fins Up”!

– Capt. Caddis

First annual dry-fly challenge

The July outing to the Upper Deschutes River challenged members to catch the biggest fish on the smallest dry fly. The results are in. The winner of the dry-fly challenge is COF president Dennis Rockwell, who landed and released a fat, 11-incher. Vivian Rockwell landed a lunker 12-inch fish, but she was disqualified when it was discovered the fish was taken on a “dry presentation” prince nymph. A special award goes to Lee Ann Ross for trying to persuade a beaver to give up a prime spot. Other attendees were Phil and Peggy Ogburn, Andy Smith, Jack the dog and Betsy “keeping me in line” Brauer.

– Capt. Caddis

Water Temp (degrees F)	Playing Time (minutes)	Time out of Water (minutes)	Probability of Death
60	4	1.5	10%
70	4	1.5	17%
60	2	1	5%
70	2	1	8%
60	2	0	3%
70	2	0	5%
60	4	0	5%

If you catch a FLOY-tagged fish

Please report the following information:

1. FLOY tag number (5-digit number) if readable, otherwise please report the tag without number
2. Species captured
3. Location of capture
4. Approximate size of fish

Please report FLOY tag information to: Shivonne Nesbit (Shivonne.nesbit@oregonstate.edu or 541-805-530) **OR Mike Harrington** (ODFW Prineville Fish Biologist, Michael.R.Harrington@state.or.us or 541-447-5111).

CONSERVATION

Fish mortality and warm water temperatures: How you play and land a fish is a matter of life and death

As I write this article, it is 100 degrees Fahrenheit outside. In previous articles, I have stated that catching and releasing trout in streams with warm temperatures increases fish mortality. A recent article in *American Angler* provides a good summary of this topic. The Colorado Division of Wildlife (DOW) has developed a program to help anglers better understand the causes of mortality in fish that have been caught and released. The variables that DOW considered include water temperature, length of fight and the amount of time the fish was kept out of the water. (The control fish was an 18-inch trout.) There was no distinction made between lures and flies, and the chart below applies only for “superficially hooked” fish. If the hook is swallowed or buried in the gills, the chances that the fish will die certainly go up, and statistics for fish caught with bait showed significantly higher mortality. The data shows that the faster you land a fish, the better. And leaving the fish in the water while you unhook it can double its chances of survival. These rules become increasingly important as the water temperature rises.

Take home message:

- Carry a stream thermometer and use it.
- Play the fish a short time. (Consider using a 5-weight instead of a 3-weight.)
- Never take the fish out of the water.

– Bill Seitz, Conservation Chair



Calling All Volunteers

We still need your help!

The first Kokanee Carnival activity for the new school year takes place from September 28 through October 2. The program runs all five days at Brown’s Creek and Monday through Thursday at Spring Creek (on the Metolius River). You can volunteer at either location on any day. So come on out and help our school kids learn about the kokanee life cycle, aquatic insects, water quality, fish habitat and so much more!

I need to hear from our seasoned veterans AND new volunteers.

Volunteers are still needed for all stations. New helpers are always allowed to observe and pitch in when they feel comfortable; don’t be shy. There’s enough to do for everyone. Also, for the first time lunch will be served to all volunteers at both locations.

You can’t go wrong!

Please contact Mark Reisinger
(mreisinger@bendcable.com or 389-4124)

Let Mark know when you are available so you can come out and have the time of your life with our local school children!

TYERS CORNER

With all this heat, I am looking forward to cooler weather. I have been doing more fishing since last month's column, with mixed results. I can tell you for certain that there are still some really BIG TROUT in Davis Lake. There's one 5-pound plus trout that has a beautiful prince nymph of mine. The fish are running deep as the water is getting warmer than normal for this time of year. Take your time and fish deep. Remember to release your fish quickly because this heat can take a toll on the fish. I know it's nice to get a picture of the big one, but do what is right.

Thanks to Lee Ann Ross, I had a wonderful day floating from Warm Springs to Trout Creek. It was my first time floating this stretch of river, and will not be my last. Lee Ann caught a few fish, and I got two (one about four inches and the other over 20 inches and weighing about five pounds). There was a caddis hatch all day, but only a handful of rises. Most likely, the fish had all they wanted to eat with the emerging caddis, and they were eating deep where it was cooler and safer.

This month's fly is a Caddis Emerger, the same fly the big fish fell victim too. This is a simple, but very effective, fly. I fished it deep with a heavy prince providing the weight to get it down in a back eddy along the bank near some fallen logs.

With a good outlook for steelhead season, I could use a steelhead fly for October. If you have one you would like to share, please send me the recipe for next month's Tyers Corner. Good luck and happy hunting.

—Jerry Criss (541-536-3581 or tlfly44@msn.com)

Bead Head Caddis Emerger



Hook: standard nymph hook or curved hook, #12 to 18

Bead: gold or black bead to fit the size of the hook

Thread: black

Body: light tan, white or olive to dark brown nymph dubbing

Rib: fine gold wire

Hackle: partridge hackle, long enough to reach the end of the body

Collar: black thread or black ostrich herl

Slip the bead forward to the hook-eye and attach the thread just behind the bead. Wind the thread to the hook barb, tie in the ribbing and dub the thread. Bring the dubbed thread forward, stopping before you reach the bead. Leave enough room for the hackle and the collar. Bring the gold wire forward in even wraps and tie off. Prepare the hackle by stripping off one side of the feather as you would for a wet fly and tie it in. Make two full turns with the hackle and tie it off. Tie in the ostrich herl and make two turns with it. If you have the proportions correct, you should be right against the bead. Finish off by whipping right against the bead.

Variation: Stop the bead before the eye, leaving enough room to put the hackle and collar between the bead and the hook-eye. This conceals the bead a little and gives the hackle more movement. This method requires you to restart the thread in front of the bead, but it does make for a nice-looking fly.

Welcome New & Returning Members

Kevin & Laurie Adams • Bill Valenti

COF currently has 236 members. If your name, address, email or phone number changes, please notify the Membership chair (membership@coflyfishers.org).

Report your volunteer hours!

Your volunteer hours help COF to acquire funding and grants for additional projects. Please report your volunteer hours to Delores Marsh. Be sure to include your name, name of the event, month, number of hours and number of miles.

To report your volunteer hours, click [here](#) or send email to ladyd@bendcable.com.

Central Oregon Flyfishers Up-Stream Events 2009

Date	Time	Activity	Location	Contact
SEPTEMBER				
Sep 3		monthly board mtg.	Environmental Center	Dennis Rockwell (rockwell@bendcable.com)
Sep 12	10:00 am	CLASS	Three Creek Lake	Lee Ann Ross (rossleeann@yahoo.com)
Sep 16	6:30 pm	general meeting	Bend Senior Center	
Sep 22		OUTING	Lava lakes	Mark Reisinger (mreisinger@bendcable.com or 389-4124)
Sep 28-Oct2		KOKANEE KARNIVAL!		Mark Reisinger (mreisinger@bendcable.com or 389-4124)
IN THE FUTURE				
Oct 10		OUTING - Diamond Lake	TENTATIVE	
Oct 8-11		OUTING - Lower Deschutes River,	Larry Godfrey (382-5860 or lgodfrey@bendbroadband.com)	
Non-Club Activities & FYI				
Sep 25-27		River Rendezvous. Contact Peter Bowers at The Patient Angler (541-389-6208).		
Oct 5-16		Salmon Watch. Kolleen Yake (kolleen@thefreshwatertrust.org or 541-382-6103 X33).		

2009 COF Board Members: Dennis Rockwell PRESIDENT Dick Olson VICE PRESIDENT Susan Telford TREASURER Earl Rettig SECRETARY Dave Magaret Programs Eric Steele Banquet, Fund raising Yancy Lind Past President/Outings Craig Dennis Membership Bill Seitz Conservation Lee Ann Ross Education Dave Dunahay Kokanee Karnival Delores Marsh Wild Women of the Water/Membership

Membership application available from: <http://www.coflyfishers.org>

For advertising information, call Mike Shadrach at 541-678-5717.



Central Oregon Flyfishers

PO Box 1126 Bend, Oregon 97709



An active member club

For advertising information, call Mike Shadrach (541-678-5717).

NEWSLETTER - Terri Grimm *Editor & Designer*, Scott & Sarah Robertson *Distribution*