



COLORADO

WOMEN

FLYFISHERS

A sociable club for women who flyfish

March 2004 Vol. VIII, No.3

MARCH MEETING

DATE:

Tuesday, March 2, 2004

TIME:

5:30 - 6:30 Social Hour

6:30 - 7:30 Dinner (Optional, \$9.50)

7:30 - 8:30 Program

PLACE:

Piccolo's Restaurant
3563 S. Monaco Parkway,
Denver

PLEASE BRING:

A donation for our monthly Raffle

A flyfishing friend *New guests are welcome!*

How to Get There

Piccolo's is located at 3563 S. Monaco Parkway, Denver, approx. one-half mile east of I-25 near the southwest corner of Hampden and Monaco in the King Soopers shopping center. Go to the private banquet room on the right side of the restaurant. We will be there!

At our March meeting...

Practical Aspects of Short Line Nymphing with Dan Wright

Author, speaker and guide Dan Wright describes the fundamental principles of the most productive western trout flyfishing method now in use.

Short line nymphing will catch more trout in Rocky Mountain rivers — from Montana to New Mexico — than any other flyfishing technique. Some fundamental principles, such as ensuring that the indicator is always drag free are fairly well known. Other principles — such as keeping the flies and weight upstream of the indicator (with one notable exception) and adding weight from the bottom up — are not so well known. But they are just as critical to a successful nymphing angler as any other principle. Conversely, the most notable errors committed by anglers when short line nymphing will also be discussed.

While it is difficult to learn any fishing technique without first getting into a river, the faithful application of any of the principles from Dan's nymphing presentation will help make an angler more successful on the water. —*Diane Meyer, Program Chair*

CWF Calendar

- Mar.2 Monthly Meeting,
Piccolo's
- Mar.9 Board Meeting
- Mar. 13 CWF Day Trip,
Cheesman Canyon,
Gill Trail
- Mar. 26-7 Western Colorado Fly
Fishing Expo, Grand
Junction
- Apr. 3 CWF Flyfishing Clinic
- Apr. 10 FFF Certified Casting
Instructor Workshop
- Apr. 17 CWF River Clean-up
- Apr. 30 CWF Weekend Trip
- May 2 Arkansas River

Welcome New Members

Rosie Chojnacki, Aurora
Donna K. Doudy, Austin
Anne Farr, Greeley
Mary Giarratano, Lakewood
Kathleen Harrington, Evergreen
Gaye Martin, Englewood
Sandy Montanez, Wheat Ridge
Jeanette Montoya, Arvada
Debora Ratliff, Santa Fe, NM
Ivy Riggs, Bailey
Lancey Ryan, Bellevue
Glenda Schneider, Greeley
Judy Stutsman, Lakewood
Genevieve Villamizar, Bellvue
Judy Zitzer, Aurora



FOUL HOOKED: In the February issue, we wrote that the words *flyfisher*, *flyfishing*, *flycast*, et al. were henceforth to be written as one word in this newsletter — not hyphenated, not two words. However, if these words appear as part of a proper noun, we regret that we are forced to print them as written by those organizations who used them in their titles. But . . . it is *fly tie*, *fly tier* and *fly tying*. Go figure. —Ed.

BACK CAST

FEBRUARY 2004 MEETING
BY ARLYS WARFIELD

Either it was the much-publicized fly tying headliners who brought them in. Or, it was the chance to win a carload of fly tying bootie that enticed them. Or, perhaps, it was the rumored return of Piccolo's Italian sausage cakes that lured them. Whatever it was, they came by the dozens — first in batches, then in twos and ones and threes. By the end of the night, the place was packed and ready to hear the stories from newcomers and to learn about CWF trips, assorted educational clinics and conservation activities scheduled for 2004. But mostly they came to learn how to increase their knowledge of fly tying — or how to begin to tie flies — from the Fly Tying Fab Four, **Sue Armstrong**, **Chris Juvan**, **Sandy Wright** and **Phyllis Vinson**.

The evening began, as usual, with the newcomers (I counted a new high of 13) introducing themselves and their reasons for joining CWF. Many of them were experienced anglers

"I am tired of fishing with the guys; I want to fish with people who don't distract me."

NEW MEMBER

GENEVIEVE VILLAMIZAR

looking for a new way to fish. As Genevieve Villamizar put it, "I am tired of fishing with the guys; I want to fish with people who don't distract me." But there were some looking for flyfishing educational opportunities, like Tammy Mankis who said, "I got the rod, I got the reel, I got the flies. Now I need to catch some fish."

After the business portion of the meeting was concluded, the fly tiers took their posts to discuss how each of them got started tying flies, what equipment is best for the task and, finally, how the art has satisfied them. Each panelist provided complimentary fly recipes, with Phyllis the Minimalist, handing out her valuable treatise, "How Little Can I Get Away With Until I Know I Like Tying." (see separate articles)

A major subject was equipment. Sue believes in tying on a surface just 26" off the floor (vs. normal dining table and desk heights of 28 - 30," respectively) to ward off aching shoulders. A lamp that provides good non-glaring light, and which does not get too hot, is a must — with or without an attached magnifier.

Sue also believes in sitting in a good, ergonomic chair to ward off back pain. However, Chris uses her Grandma's vintage chair and feels the purchase of a good hot tub is a better solution to lower back aches. However, Sandy mostly uses any old chair available, knowing that when her back starts to hurt, she elects to stop tying, grab her rod and reel and go camping!

All agreed that beginners should borrow equipment (either from friends or from fly shops who are usually very cooperative in helping one learn) before investing, since cheap vices, whip finishers, bobbin holders and lamps can wreak havoc on one's enthusiasm for the art — not to mention turning the air blue in one's frustration with using inferior equipment. (When asked what features one should look for in a vice, Chris insisted that Johnny Walker Red Label was the best.)

The merits of fly tying books were discussed. The expensive but valuable "A Fly Tiers Benchside Reference" provides more experienced tiers with excellent illustrations and descriptions of all techniques to be used. More accessible information is available free on the Internet. Sue favors <http://www.blueribbonflies.com> as a valuable source for material, while Phyllis has listed her favorites in her Minimalist treatise.

The Raffle

Pat Nilsson and crew put together a fine assortment of Raffle prizes, with most of the fly tying material grouped together in useful packages. The organization of the prizes was superb. And everybody wanted a piece of the action. And that's what most of the attendees got: one piece. Two club members battled it out for the volume title. **Lisa Rattenni**, who some think has friends in high places, started out gathering every other fly tying prize and one in the regular Raffle, ending up with the ever-popular CWF Traveling Fly Box. But late comer, **Cindy Salamie** finished the Raffle segment garnering the last four prizes, plus the Piccolo's gift certificate. Both Lisa and Cindy were encouraged to take their good vibes and leave the meeting early to buy Powerball and state lottery tickets! ■

FIRST 2004 CWF TRIP

CHEESMAN CANYON, SAT., MARCH 13

BY CHRIS JUVAN

We have chosen this five-mile stretch of the South Platte River for two reasons. The first is the Club has completed numerous volunteer hours helping to restore the Gill Trail, and we should enjoy the fruits of our labors. Second, the future of the river is unknown due to the 2002 fire which

surrounded Cheesman Reservoir and the canyon.

This spring will determine the immediate future of the river. If last year's fire restoration efforts of planting trees, grass seeds and placing ground cover are not able to hold back the earth, the reservoir and the canyon could be



lost to fishing for many years to come. Until Mother Nature takes her course this spring, the Division of Wildlife does not have any immediate plans to clean the river of fire debris or to plant fish. So we are going to take this opportunity to enjoy this five-mile stretch of water that holds big rainbows and browns.

What to Bring

Be prepared for a 20 - 25 minute walk into the canyon. Some anglers prefer to wear their boots and waders in, while others carry their gear in a back pack. We will gear up at the campground at the trailhead. Bring layers of clothing, lunch and water. Due to the size of fish, bring your 5-weight rod, long leaders and 6x tippet (these fish are smart).

Suggested Flies

Bring flies in small sizes, i.e. 20 - 24's. RS2, Black Beauties, Brassies, Pheasant Tails, Miracle Nymphs; dries: Adams, Griffins Gnats, and egg patterns (spawning may have started).

Meeting Place

We will meet in the town of Sedalia at 7 a.m. to coordinate car-pooling, then proceed up the Canyon through the town of Deckers, past the Wigwam Club. We will park at the campground on the left hand side of the road and will make every attempt to be geared up to hike up the trail no later than 9:30 a.m.

Alternate Plan

Since this is a relatively long walk into the Canyon via the Gill Trail, the weather could play a role in allowing us to walk in to the Canyon. If there is a spring storm we will fish the river around Deckers and will meet at Deckers in the parking lot behind the Flies and Lies store.

Stay tuned into CWF Talk for any updates that may be necessary. Sign up for this trip at the March meeting, or call me at (303) 480-0985. ■

Contact Craig if you are not signed up for cwftalk@topica.com. CWF Talk will keep you up to date on all Club trips throughout the year, as well as the impromptu fishing trips others are taking throughout the winter.

SNEAK PEEKS

Oh, this is *the* trip of the year! 50 Club members enjoyed this annual trip last year.

Mother's Day Caddis Hatch Weekend on the Arkansas River, April 30 - May 2

The Arkansas River is known for the spring caddis fly hatch, famous the world over, which begins downriver and works its way upstream to peak in late April and early May. The river contains predominantly browns; however, it is becoming more frequent to catch rainbows, which were planted several years ago. We have been fortunate in the last few years in hitting the hatch and having great fishing, as well as catching. Because the river has easy access from Canon City all the way up past the town of Buena Vista, there is ample room for our entire Club to attend this trip and fish on good water. The International Women Fly Fishers have been invited to join us on this first Club fishing trip. This will potentially allow us to bond with women from all over the world and to show off our Club's strength.

Fishing Opportunities

Once again this year, we will be teaming up with ArkAnglers. There will be float trips and wade/guide trips on private waters for the entire week. Costs are based on two people

The International Women Fly Fishers have been invited to join us on this Club fishing trip.

per guide or boat. The half-day guide/wade trips are \$80 per person; full day wade/guide are \$110 per person. Half-day float is \$90 per person; full day

float is \$140 per person. ArkAnglers will make every attempt to accommodate our Club members for the days you sign up for; however, we suggest you sign up as soon as possible in order to get the day you want. Those who wish to fish independently (not with a guide or on a float trip) can count on fishing with other Club members since there will be a number of us attending this event.

Motel and Saturday Night Picnic

We will stay in Salida at the Rainbow Inn, which is a rustic motel which offers a nice parking area and central picnic area beneath trees. (Reservations: 1-800-539-4447) Last year we filled the Rainbow and overflowed into other motels. It is a good idea to make motel reservations soon. Some members have indicated that they will bring campers and camp along the river. We will be meeting at the Rainbow Inn on Saturday for a picnic dinner. Arrangements are currently being made for catering food for that evening and will be announced in the April newsletter.

Book Now!

Watch for more details at the March meeting and in the April newsletter. In the meantime, make your motel reservations, then contact Chris Juvan to sign up for the wade/guide trips — they will book fast.

Trip Coordinators Needed

This is a big trip and trip coordinators would be appreciated! Please call if you can help.

THE MINIMALIST FLY TIER

Or, How Little Can I Get Away with Until I Know I Like Tying

BY PHYLLIS VINSON

With one or two hook types in a useable size (say 16 or 18) and a couple of thread colors you can start filling your fly box with some of the most used patterns – and develop skills that will prepare you for those really complicated flies you’ve seen in the shops. After all, there’ll be plenty of time, after you develop your style, to hock your car and buy all the stuff you’ll want.

Minimalist Tools

- You may not need a lot, but buy the best you can.
- Vise
- Bobbin
- Scissors
- Whip finisher – not absolutely necessary, as there are some tiers (not I) that can do this by hand!
- Bobbin threader – not always necessary but having one will keep your language PG.

Minimalist Patterns

I suggest a selection of flies that allow you to learn fundamental techniques, are easy to tie, you probably already use and are patterns that catch fish. My choices are: thread midges such as Black Beauty, Zebra Midge, Miracle Nymph, Brassie; emerger patterns such as RS2, midge emergers; Pheasant Tail nymph.

Minimalist Materials Needed

- Hooks: #16 TMC 2488 or similar curved, TMC 3761 or similar straight
- Thread: 6/0 black, brown, green, gray
- Feathers: pheasant tail, peacock herl
- Other: Fine gold or copper wire, dun colored Antron, dun microfibers
- Beads (optional): Mercury and black glass, Gold brass

Once you’ve learned these patterns and add some additional hook sizes, you can cover three of the four major aquatic insect families in their pre-adult stages and be set to catch fish on your very own flies. Detailed patterns and techniques can be found in tying books or on the Internet.

References and Links

More detail and different takes on these flies:

<http://www.rockymt anglers.com/flybox/main.cfm> Go to Black Beauty and other Thread Midges, the Pheasant Tail, and the RS2.

- Chock full of flies:

<http://www.umpqua.com/cgi-bin/flies.cgi?action=showIndex>

<http://www.flyangleronline.com/flytying/fotw2/archive.html>
Patterns 'n' info:

<http://www.westfly.com/patterns/patterns.htm>

Patterns 'n' techniques

http://www.flyfishingconnection.com/patterns/fly_tying.php

<http://www.flyrodreel.com/ak.html>

<http://www.ultimateflytying.com/index.htm>

Always a good place to look for other links:

<http://www.colowomenflyfishers.org/tying.htm>

My recipes are for basic flies — nothing fancy.

Thread Midges

Techniques learned by tying a bunch of these bugs: starting thread, wrapping thread, tapering thread, tying in material, creating a head and finishing it.

Recipe

Hook: TMC 2488 or similar curved hook, #16-24

Thread/Body/Head: 6/0 Black.

Rib: Fine gold wire.

Gills: Peacock herl.

*Variations:

- Substitute any buggy color thread to suit the naturals.
- Substitute a contrasting thread for the wire.
- Tightly wrap the wire for a brassie.
- Put a glass bead on the hook prior to step 1 and then proceed with the recipe.
- Use the glass bead without the herl – you’ve got a mercury midge (with a straight hook if you’re picky).
- Tie the body with a light thread, omit the herl and use a dark thread for a contrasting head.
- On a straight hook, use white thread for the body and black for the head – it’s a miracle... nymph.
- Put on a brass bead, taper the thread body, omit the herl and voila – a zebra midge.
- Instead of the herl, tie in a tuft of Antron – it’s now a midge emerger.
- Add an Antron shuck to the above – we’re talking mayfly emerger.

Tying Instructions

(1.) Debarb the hook. Attach the thread starting about an eye diameter from the eye of the hook. Wind back towards the rear just far enough to secure the thread and clip off the tag end.

(2.) Tie in one end of a six inch piece of wire.

(3.) Wrap the tying thread over the wire (keeping the wire along one surface of the hook - I like the bottom) all the way to the bend of the hook using tight, closely spaced and even wraps forming a smooth body. Return the thread to within about an eye diameter of the eye.

(4.) Wrap the wire ribbing forward with five to seven spiraling turns to where the thread starts and tie it off.

(5.) Cut (or break) off the wire. NOTE: If you choose to cut wire use separate scissors dedicated to the task.

(6.) Tie in peacock herl where the body and wire end bringing the thread forward to the eye. Wrap the herl slightly back onto the body, and forward again to just behind the hook eye. Tie it off and cut off excess.

(7.) Whip finish in the head and clip the thread.

You now have a bunch of flies and can lay a thread base, create an even taper, tie in additional materials and whip finish a head. Tired of midges? Time for a mayfly emerger.

Minimalist RS2 Knockoff

This is a thread bodied version of the RS2. Techniques learned by tying a bunch of these bugs: tapering thread, tying in tails.

Recipe

Hook: Dai-riki 060 or any standard length straight dry or nymph hook.

Tail: Dun microfibet

Thread/Body: 6/0

Wing: Light dun Antron

*Color Variations

RS2	BODY THREAD	WING	THORAX THREAD
Black	Black	Dun	Same as body
Gray (light, med., dark)	Choice of gray	Dun	Same as body
Tan	Tan	Dun	Same as body
Brown	^Camel	Dun	Same as body
Cream	+Light Cahill	Dun	Same as body
*Green	Green	Dun	Same as body
**Green	Green or olive	Dun	Close to black
Tan and brown bicolor	Tan	Dun	Camel or brown

^or dark brown + or yellow *(hook size 20 or smaller) **or olive bicolor

Other color combinations may also do well. When tying bicolor flies, tie off thread after you've secured the wing.

Tying Instructions

- (1.) Debarb the hook. Start the thread then wind it back to within about 4 wraps of the bend.
- (2.) Lay the microfibets onto the hook with the tails split around vise jaws and forming an X across the top of the hook. It may help to leave them a little long to allow for a better grip with your left hand. Secure the microfibets at the X with a couple of wraps
- (3.) Pull gently on the microfibets to adjust the length of the tail to the length of the hook. Continue a couple wraps towards the bend with one wrap going under the tails to make them flare. NOTE: As with most things, there are several ways to do the same thing. I can think of 5 ways alone for attaching tails. Try them all and find what works for you.
- (4.) Wrap the thread to within about an eye diameter from the eye of the hook using tight, closely spaced and even wraps forming a smooth body.
- (5.) Wrap the thread back and forth from near the eye to points towards the bend of the hook but decreasingly far from the eye of the hook forming a tapered body.
- (6.) Tie in a small tuft of Antron for the wing at the thorax hump.
- (7.) Trim the wing end that is close to the eye of the hook.
- (8.) Create a well pronounced thorax by wrapping thread in front of and behind the wing. Taper the thread towards the eye and whip finish a head.
- (9.) Cut the wing by pinching and lifting the Antron fibers straight up and inserting the scissors approaching from the tail end of the fly at an angle.

The original fly uses a dubbed body and feather fibers for the wing but, remember, we're going the minimalist route and this version works, too. Now . . . for THE mayfly nymph.

Pheasant Tail Nymph

Techniques learned by tying a bunch of these bugs: working with several materials and a more complicated pattern. But who cares, this is the need-you-ask bug and is a must for your fly box.

Recipe

Hook: Dai-riki 060 or any standard length straight nymph hook

Thread: brown 6/0

Tail: pheasant tail

Body: pheasant tail

Rib: fine gold wire

Thorax: peacock herl

Wingcase: pheasant tail

Head: thread or optional gold bead

*Variations:

Various color feathers, add a bead head, add a bead thorax, dub the thorax, make a pheasant thorax (the original was nothing but pheasant and thread), make a wire thorax, make a wire body (a lazy woman's copper john), add a flash back, change the wire color, add marabou gills...

Tying Instructions

- (1.) Debarb the hook. Attach the thread to the hook. Wrap the thread back to above the point of the hook.
- (2.) Tie in one end of about 4 inches of wire. I prefer to attach it to the bottom of the hook.
- (3.) Tie in 3 or 4 pheasant tail fibers so that the tips form a tail that is about 1.5 times the width of the hook gap. Secure the fibers with a few wraps then add a wrap under the tails to flare them.
- (4.) Pull the butt ends back and wrap the thread forward forming a tapered body with the thickest part just past halfway between the tail and the eye.
- (5.) Wrap the butt ends of the pheasant tail fibers around the hook to form the fly's abdomen. It should be wrapped past the thick part of the taper. Tie it off and cut off the excess.
- (6.) Wrap the gold wire rib over the pheasant tail body. Usually it's a good idea to wrap it in the opposite direction as you wrapped the pheasant so that the fly is more durable. Tie it off and remove the excess.
- (7.) Clip off another bunch of pheasant tail fibers (I try for an even number) and tie them in just ahead of the thick part of the taper with the tips even with the tips of the tail. Fold the butt ends back and secure.
- (8.) Tie in the peacock for the thorax and wrap it forward. Tie it off and cut off excess.
- (9.) Pull the butt ends of the pheasant fibers over the top of the thorax and tie them down and trim.
- (10.) Pull the tips of the pheasant tail over the top and tie them down. Then divide the tips and pull each half to the sides. Wrap the thread over the tie down point again so they stay pointing to the sides and back. Finish the head, and you're done!

Tie 'em small for mayflies, large for stoneflies. Whatever you do, just tie them! ■

VOLUNTEERISM

A ONE ON ONE FISHING EXPERIENCE

BY KAREN WILLIAMS

The ad reads, “Volunteers needed to go fishing.” That’s what One on One Fishing Experience, Inc. needs, and it sounds like a dream volunteer opportunity. One on One pairs a volunteer with a Denver-metro youth who is involved with the system through juvenile courts or social services. The goal is to “transform our destructive behaviors into constructive participation in the world” through teaching patience, and fostering a unique sense of independence and confidence.

In case you don't know how to do this, there is a volunteer training on March 20th. The commitment is to volunteer one Saturday during the summer with the group. One on One also accepts donations.

At its February meeting, the CWF Board voted to sponsor two girls this summer at \$35 each. For additional information, go to www.lon1fishing.org or e-mail Karen Williams at karen-william@iglide.net. ■

TRIP REPORT

A COLD, VERY COLD, VALENTINE'S DAY TALE

BY CRAIG STANTON

SATURDAY, FEBRUARY 14. Yes, Valentine's Day. Weather was predicted to be a balmy 45+ in Denver. After several days of very cold temperatures, 45+ did seem balmy. Lisa Rattenni, Chris Juvan (and Boomer Boy) and I decided we would head for Eleven Mile Canyon. We got an early start —no extra stops along the way to carpool

Rim crunched his way back from the water saying he had caught three fish and was headed back because only the . . . fanatics would be out in this weather.

Arriving at the Canyon's entrance and having an annual Parks' sticker allowed us to drive through the registration/fee pay area without stopping, getting out and completing the \$4 day use fee pay envelope. We were there early and we were loving the sunshine and clear blue skies above.

Driving to the end of the road where

the State Water Board fences off their property, we did not encounter many other vehicles. Only one or two trucks were parked at the last parking area. It was not yet 9:30 a.m. We stopped. We let the dog out. Snow was squeaking beneath the tires and our feet (well, it would have squeaked beneath our feet, if we would have walked around). It was cold. What about that sign in Woodland Park? The dog wanted back in. A few other trucks began arriving. Nobody seemed in a hurry to get out.

We drove by a bank sign in Woodland Park that boasted 41 degrees. We knew we had a wonderful day ahead. Then we noticed two women sitting in a big red Ford 350 with their diesel running. Another white pickup sat. A green Suburban sat. Another pickup arrived and sat. All occupied. We all just sat inside our vehicles. Finally, I got out to say hello to the women in the F350 and to possibly drum up new members. We chatted. Another truck door opened. Rim Chung (RS2 flies) got out and wandered over for a brief hug. The Suburban door opened, he wandered over to say hi to Rim. Thermometers in the F350 and Suburban registered 1 degree and minus 9 degrees, respectively. The F350 was pointed into the sun. It was cold. The 41 degree sign must have been facing into the sun, too.

Well, a few anglers suited up. There were bulges appearing on the smooth, calm surface of the big pools below the Water Board house. Those bulges appeared just after 10:00 a.m. The four of us sat in the car a bit longer. Rim crunched his way back from the water saying he had caught three fish and was headed back because only the . . . he was searching for a word — and I know “fanatics” would have ended his search — needed to be out in this weather.

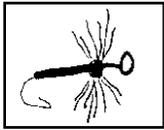
Lisa began suiting up in the car. Chris got her gear to do likewise. If you kept the doors closed it was very comfortable inside. I had brought a book just in case. Noses started to appear. And then, the race was on. Rising fish and near zero temperatures . . . what a combination. My gear began its donning.

The day remained very cold, very glorious, with its clear, sunny skies. Fishing size 22 and 24 midge patterns we managed, each of the three of us, to hook and land brown and rainbow trout up to 17 inches. As they swam away from our releases, their colors were a wonderful reward for the dedication we had shown for fishing that very cold, but happy, Valentine's Day. ■

Broadcast Your News!

April Newsletter Deadline is March 15

Your contributions to the CWF Newsletter are very welcome! Send educational or personal experience articles (200 word max.), news items, trip reports, off-beat fishing photographs, favorite fishing quotes or non-commercial classified ads to Arlys Warfield at the new e-mail address arlysw@comcast.net. Sorry, no commercial ads.



Emerging Midge
Simple is best.

Recipe

Hook: Dry fly hook sizes #20 - 22

Thread: Black

Wings: White Antron Yarn

Thorax: Black dubbing

Tying Instructions

- (1) Wrap thread from hook bend to 2/3 way up hook eye.
- (2) Tie in (using figure 8 around Antron) spare piece of Antron for wings.
- (3) Dub in (sparsely) around wings.
- (4) Tie off, half hitch, whip finish, glue.



Z-Wing Midge
Simple is easy.

Recipe

Hook: Dry fly hook sizes #20 - 22

Thread: Black

Wings: Crystal flash

Legs: Black yarn

Tying Instructions

- (1) Wrap thread from hook bend to 2/3 way up to hook eye.
- (2) Sparsely tie in yarn under hook for legs.
- (3) Tie in Crystal flash on top of hook for wings; bring thread behind hook eye to tie off.
- (4) Tie off, half hitch, whip finish, glue.



Unnamed Midge Emerger
Simple, but good (but, alas, unnamed).

Recipe

Hook: Scud hook sizes #20 - 24

Thread: Black

Wings: White Antron Yarn

Hackle: Grizzly Hackle

Tying Instructions

- (1) Wrap thread from hook bend to 2/3 way up to hook eye.
- (2) Tie in Antron yarn as a post on top of hook.
- (3) Wrap grizzly hackle around Antron pos, bringing thread behind hook eye to tie off.
- (4) Tie off, half hitch, whip finish, glue.

Beginner, Intermediate and Advanced Anglers will Profit from the CWF April 3 Flyfishing Clinic

BY DAWN DOBSON, EDUCATION CHAIR

Have you had trouble getting motivated to get out that new rod? Have you been letting that rod sit in the basement unused? Feeling like your casting is in a slump? Or maybe you just want to learn a bit more about fishing and have a great time doing so! If any of these are true for you then you just can't miss our full day clinic!

It will be held on Saturday, April 3, 2004. Check-in begins at 7:30 a.m. and introductions/orientation at 8:15.

The Instructors

We are very excited to offer our members the opportunity to receive expert instruction from the likes of **Jean and Michael Williams**, **Dana Rikimaru**, as well as casting extraordinaire **Dan Wright**. Not only are we able to recruit great instructors, but we will be hosted by The Perfect Drift Fly Fishing Club, a private club located one hour from Denver in Pine, Colorado. Operator **Paul Turner** and Head Guide **Kurt Deeter** have put together a wonderful package for us, which includes full access to the property, a catered buffet lunch and après-fishing cash bar (also available during lunch). During the afternoon social time, they will host a raffle for a Loomis Rod, as well as a half-day guided trip for two.

The Package

The Perfect Drift features a stretch of the North Fork of the South Platte River. The river changes drastically as it meanders through the confines of the club, offering technical pocket fishing in a canyon area and gentle riffles and channels in the valley. Classroom instruction and shelter can be found in the main lodge, which overlooks a beautiful lake. This will allow us to provide a full scope of classes designed to meet the needs

of a variety of skill levels. Included is a strand of classes designed to give beginners the basic skills and information needed to get started safely and with confidence. For the intermediate and advanced fly-fisher, we have a variety of specialty technique and casting classes.

Registration

To register, just fill out the enclosed registration form and mail it with your check made out to CWF. **This is a members only event.**

Take advantage of the early registration discount (\$60.) by mailing your check and registration by March 10th. Late registrations (\$70.) will be accepted if postmarked by March 15th.

We will try to keep class sizes between 7-10 participants, though we reserve the right to cancel classes due to lack of interest. Because of financial constraints and space, we will need a minimum of 25 total participants and will close registration at 50. Members must sign up for at least one class offering, but can choose to fish on their own when/if not participating in instructional sessions.

Priority over water use will be given to instructors and classes. In order to ensure a positive experience, please try to select courses that reflect your current ability. If you have any questions, please call me at (303) 777-8642. ■

SPECIAL PROJECTS

CLEAR CREEK RIVER CLEAN-UP — APRIL 17
BY SHERRI MOORE

We all enjoy our state's beautiful rivers several times a year. Now it is time for us to give back and pick up the trash that some (not CWF!) leave behind to the distress of all others. Join us for the first conservation project of the year on Saturday, April 17th (the inclement weather date is April 24th).

Clear Creek fished very well last year, but many of us noticed that it has been neglected, and, therefore, is a good candidate for our attention.

We will meet at the T-Rex parking lot at the Morrison exit off of I-70 at 7:30 a.m. and carpool to a location on the river to begin the clean-up. We will divide into groups of four with assigned sections of the river to clean — complete with clear directions and maps. We will bag trash until 1 p.m.,

have a picnic lunch (provided by CWF) and then fish the remainder of the day!



The days spent cleaning up rivers are some of the most rewarding and enjoyable CWF events of the year.

Be sure to bring:

- Old ski poles for picking up trash from bottom of the river
- Waders and thick waterproof gloves to protect your hands
- Folding chairs for lunch
- Fishing gear for the afternoon

A sign up sheet, detailed schedules and maps will be available at the March and April monthly meetings. If you are unable to attend a meeting and would like to participate, please contact me at samoore99@msn.com or (303) 355-5844. ■

THANK YOU

CWF would like to acknowledge and thank the following for their generosity and donations to the CWF Raffle at West Denver Fly Tying Show on February 21st:

(1.) TU West Denver Chapter for inviting us to participate in their great event;

(2.) Guide Mike Spence of Tom Jenni's Reel Montana Classic Western Flyfishing, Bozeman, MT (866) 885-6065 for donating a free one

day float guide trip for two;

(3.) T. L. Johnson Rod Co. for donating their new 9-foot, 5wt, 4 pc., IM6 graphite rod;

(4.) Sportsmen Warehouse for donating a Redington reel;

(5.) Trout Fisher (303) 369-7970 for donating a Cortland fly line.

And thanks goes to our Club members for their time and effort at the raffle. —Pat Nilsson, Fundraising Chair



Liz's Casting Clinic Quiz

BY LIZ WATSON

Reprinted with permission
from the Northwest Women Flyfishers
Newsletter, March, 2001.

1. Why should the rod tip be held close to the water in most fishing situations?
 - a. To eliminate slack
 - b. To detect a strike
 - c. To move the fly at the same rate as the retrieve
 - d. All of the above
2. If you hear a snapping or "bullwhipping" sound during false casting, you should:
 - a. Speed up your casting stroke.
 - b. Pause a little longer between the back cast and the forward cast.

- c. Cast over the opposite shoulder.
- d. Lengthen your leader.

3. Name two methods for casting across a current.
 - a. Double haul; single haul
 - b. Single haul; pile cast
 - c. Horizontal cast; vertical cast
 - d. Reach cast; slack line cast
4. A splashy, or noisy, rise form most often indicates:
 - a. Large fish are feeding on the surface.
 - b. Fish are taking fast moving insects such as caddis.
 - c. Fish are feeding just below the surface.
 - d. Fish are not feeding.

Answers:

1. (d); 2. (b); 3. (b); 4. (b)

EDUCATION CLINIC
CASTING SECRETS REVEALED
BY DANA RIKIMARU

Intermediate casters seem to plateau at the same place and for the most part, the problems have to do with the power in that forward cast. If you can cast well to a certain distance and (1) you lose power beyond a certain line distance (usually around 4 or 5+ feet), or (2) you're throwing a tailing loop (getting wind knots or overhand knots in your leader, or having the fly hit your line or rod on you're forward cast), congratulations! You are now an intermediate caster! Beginners don't have the necessary skills to have these problems but you're in luck, I'm here to help you out.



driving your thumb to push on the handle. Your thumb is the key to your forward cast. Your thumb controls the direction of your cast, and puts the finesse and the touch on your cast. The secret is, when you cast, your thumb should be the last thing moving or extending toward your target to finish your cast, not your arm!

Improving the Cast

If I were to guess, most of you intermediate casters are turning over your wrists too early in your forward cast, causing either a tailing loop, or having your line accelerate too early and then losing line speed and power in the forward cast beyond a certain distance. The absolute best way to improve casting problems is to spend a little time with someone who really knows how to teach, diagnose casting problems, and offer suggestions to which you can relate. ■

Dana Rikimaru is an Orvis Endorsed Guide, Head Instructor of the Orvis Colorado Fly Fishing School and Certified Federation of Fly Fishers Casting Instructor who guides and teaches for the Blue Quill Angler in Evergreen. Signed copies of Dana's book, "Fly Fishing, A Woman's Guide" are now available at www.bluequillangler.com.

Analyzing the Cast

Without seeing each individual cast, it's hard to diagnose your particular problem; however, most intermediate casting problems are fixed with the proper power application in the forward cast. The backcast consists of lifting the arm/rod, and accelerating the line speed as a result of snapping your wrist (yes, wrist!), over your shoulder. The top or stop of your backcast should be a firm and decisive stopped rod — do not hedge around your stop. Think of accelerating your backcast to an absolute stop at the top. The forward cast is then a mirror image of that; beginning your arm motion down, and then closing or flipping your wrist down while

Water Rights Wrongs

- 1 75% of Americans are chronically dehydrated; if you are one of those, your urine is unpleasantly odoriferous.
- 2 In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- 3 Even MILD dehydration will slow down one's metabolism as much as 3%.
- 4 One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- 5 Lack of water, the number one trigger of daytime fatigue.
- 6 Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- 7 A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- 8 Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. —Tom Morrissey, reporting from "Myth Busters" on the Discover Channel.

SHOWTIME MEMORIES

CWF VOLUNTEERS (with friends). BLESS THEM. THEY ONLY STAND TO SERVE.

PHOTOGRAPHS BY LISA RATTENNI



THE FLY FISHING SHOW: Lisa Rattenni, Pat Nilsson, Rocky Mountain News Ed Dentry and his wife, Craige Stainton and Suzanne Sneed.



INT'L SPORTSMEN'S SHOW: Kathy Fierro, Lisa Rattenni, Department of Wildlife's Robin Knox, Craige Stainton and Joanie McCord.

The Raffle Corner

March 2004

Great Gusts from Pat Nilsson — No Lion.

The winds of March are blowing in a terrific surprise at your CWF meeting. A SILENT AUCTION will be held for A FREE ONE DAY FLOAT TRIP FOR TWO PEOPLE ON THE NORTH PLATTE RIVER, which includes shuttle to and from the shop, lunch, flies, leaders and indicators. Greg Mueller, head guide, at the Platte River Fly Shop, Casper WY (303) 237-5997 (\$350.00 value) donated this fun trip and will be your guide.

The Raffle has another exceptional surprise. Our guest speaker Dan Wright, Master Certified Fly Casting Instructor (720) 312-2523 has donated a FREE ONE HOUR CASTING LESSON, which will be custom fitted to match the casters capabilities and goals (\$40.00 value).

Thanks to Our Featured Fly Shop

Our featured fly shop is DENVER ANGLER (303) 403-4512. Rich Typher donated 13 flyfishing items, plus a \$20.00 gift certificate. Our V.P. Diane Meyer was able to make 20 club purchase items at a great discount. Please, stop by this shop and say "Thank you from CWF."

Thanks to Our Business Donors

A big thank you goes to the following retailers for their donations: Blue Quill Angler in Evergreen — Pat Dorsey's Fly of the Month fly (Six Hi Viz Griffith Gnat, size 20) with how to fish, receipt and history of the fly (303) 674-4700. A \$9.00 VIP Gift Certificate was donated from Piccolo's Mexican and Italian Restaurant. Trout Fisher (303) 369-7970 donated assorted fly tying items.

Thanks to Our Member Donors

Last but not least, some great Raffle items were donated by the following Club Members: Mary Kuchynka, Debbie Seiden, Marion Nutt, Cordie Medina, Jennifer Saccomano, and Georgia Peterson. Your donations are appreciated. If you plan on contributing prizes to the Raffle, please tag your items with your name and approximate value.

Raffle Ticket Specials

Raffle drawing will be held before the program. Please buy your tickets early (\$1.00 each, or \$5.00 gets you 6 tickets and best buy for your money \$10.00 gets you 13 tickets). Be sure and get your FREE DOOR PRIZE ticket at the membership desk. There will be 20 free items. —PN.

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www.colowomenflyfishers.org

Please check the Membership Roster in the Members Section of the CWF web site for any errors. Send corrections to *dpahn@earthlink.net*

PHOTOGRAPH BY BILL HARVEY, AUSTIN, TX



SHOULDA' BROUGHT THE "ICE OFF" Special Projects Chair Sherri Moore has all the gear for streamer fishing off snow-packed banks, save one — Stanley's Ice Off Paste. Spending the day cracking ice off her rod guides really cut into her fishing, and catching, time.

FFF Certified Casting Instructor Workshop To Be Held April 10

If you're serious about becoming a better flycaster, and a better flycasting instructor, now's your chance. A Federation of Fly Fishers Certified Fly Casting Instructor candidate educational workshop will be held on April 10.

Led by Master Certified Instructor Dan Wright and FFF Casting Board of Governor Dusty Sprague, the day-long workshop will thoroughly cover preparation for successful completion of the FFF Certified Casting Instructor examination.

In addition to distributing and discussing an extensive set of study guide and

casting materials, Dan and Dusty will demonstrate and explain the various casts that successful candidates must complete. Insight into teaching the casts and continued development of the instructor's role will also be covered.

To ensure the highest quality interactivity, workshop attendees will be restricted to 15 registrants; registration will close on March 26.

To register for the workshop contact Dan at (720) 312-2523 or dwright@peak-peak.com, or Dusty at (719) 591-0180 or dsprague@pcisys.net. ■

L A S T C A S T

" Many go fishing all their lives without knowing that it is not the fish they are after."

HENRY DAVID THOREAU

Reserve the Date Now!
This year the annual CWF Holiday Party will be an evening event at the Arvada Center on Sunday, December 12, starting at 6 p.m.

Coming in March
CWF SHIRTS, 'FER SHUR
THE NEW ONES DIDN'T MAKE IT
TO THE FEBRUARY MEETING, BUT
THE 2004 COLUMBIAN EDITIONS
WILL BE SHOWN AT THE
MARCH MEETING . . . HONEST.

CWF 2004 MEMBERSHIP

___ RENEWAL

Enclose a check for \$25 made payable to Colorado Women Flyfishers.

___ NEW MEMBER (over 18? yes___ no ___)

Name: _____

Address: _____ City _____ Zip _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

The Club does not sell or trade or give away members' e-mail addresses.

Flyfishing Ability: (circle one) Professional Advanced Intermediate Beginner

I would like to serve on the following committees: (Circle as many as you like!)

Programs Membership Special Projects Education

Outreach/PR Newsletter Raffles/Funding Trips

MAIL TO COLORADO WOMEN FLYFISHERS, P. O. BOX 101137, DENVER, CO 80250 - 1137