



COLORADO WOMEN

FLYFISHERS

A sociable club for women who flyfish

October 2006 Vol. X, No. 10

OCTOBER MEETING

DATE:

Tuesday, October 3, 2006

TIME:

5:30 - 6:30 Social Hour

6:30 - 7:30 Dinner (Optional, \$10.00)

7:30 - 8:30 Program

PLACE:

Piccolo's Restaurant

3563 S. Monaco Parkway (near the corner of Hampden), 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 October meeting...

FLYFISHING THE GUNNISON GORGE

with Bill Dvorak

The Gunnison Gorge is adjacent to the Black Canyon of the Gunnison National Park. This 14-mile stretch of Gold Medal trout water has been nominated for "Wild and Scenic River" designation, which would give it expanded protection. Its scenery is reminiscent of the Grand Canyon.

Bill Dvorak, president of Dvorak Expeditions, began commercial outfitting in the Black Canyon National Park and Gunnison Gorge in 1982. He was able to create a unique style of outfitting in this deep, narrow canyon with its limited access, making it available to anglers. He's hosted television crews from National Geographic, ESPN and Joe Humphries' filming of an instructional flyfishing video during the stonefly hatch. He has accumulated over 60,000 river miles of experience in his career and is Colorado's first licensed river outfitter.

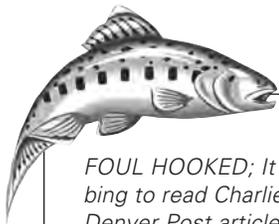
Come share his experiences of fishing this secret and magnificent water. — *Diane Meyer, President and Program Chair*

CFW Calendar

October 3	CFW Meeting
October 7	Club Day Trip, Williams Fork River
October 8	Race for the Cure
October 22	Girl Scout Sports Day & CWF Casting Clinic
November 2	Deadline for Mailing CFW Election Ballots

Welcome New Members

June Alexander Arvada
Anne Oium Granby
Jo-Anne Smoller-McDonald Denver
• 51 New Members Enrolled in 2006.



FOUL HOOKED; It was disturbing to read Charlie Meyers' Denver Post article about the dwindling supply of fish to be caught in Colorado's public streams. He laments that the "if it's hooked, it's cooked" mentality of so many anglers has created fewer and smaller fish to be caught in many of our small lakes and ponds, and much of our smaller streams. Fishing spots with standard creel limits are now "places for fools, or for someone with nothing but time on their hands" since there are so few fish to be found.

These are the places where the next generation of anglers get their start, but "where so many fresh angling careers shrivel on the wrong end of an empty line." The need for some sort of limited kill is now necessary in these days of burgeoning population growth, but to date wildlife managers are hesitant to incur the wrath of those traditionalists who rail at catch-and-release. Thoughtful anglers can voice their concern directly to the Colorado Division of Wildlife: that our fishing heritage is at risk unless new, limited kill policies are put into effect. — Ed

BACK CAST

SEPTEMBER 2006 MEETING: DAN WRIGHT CITES THE MANY FISHING OPPORTUNITIES ON THE COLORADO RIVER

BY ARLYS WARFIELD

The smart ones brought their Colorado River Fishing Maps so they could follow along with Dan Wright's discussion and slide show, which detailed the best fishing time of year, the best flies to use and the best places to fish along the river — and how to get to them. The rest of us either wrote fast or committed the tips to memory.

Fall Fishing

Dan loves to fish the Colorado from September through Thanksgiving — and does so at least once or twice a week. He particularly likes to fish the streams coming out of lakes, where the

largest male browns come out to spawn first, then the smaller hens follow (but do not stay long). The object is to get there first, before you see the gravel start to stir. He works a weighted streamer (if you need extra weight, put the shot next to the hook eye) on a 4-ft. sink tip (a.k.a. wet tip) line. He fishes across the stream and down and mends if necessary in order to make sure the streamer gets down to the bottom. Fish often hit after his mend.

"Old Rule: If you can only cast 20 feet, do not cast if the fish is 30 feet away from you."

DAN WRIGHT

Streamer Flies

Fall fishing offers the best time to fish streamers. Dan fishes woolly buggers, ranging from dark to light as he searches for the correct pattern. A clouser, either tan/white or grey/white, in size 6 is his favorite. He also uses Zonkers, Madonnas (which act like a sculpin) and Autumn Splendors in brown /orange/ yellow.

Spotting Sites on the Upper Colorado

The Middle Park section from Hot Sulphur Springs down to Troublesome Creek offers the most public access and longest stretches of Gold Medal Water.

- The Kemp/Breeze State Wildlife Area (SWA) offers very good fishing across the bridge and slightly downstream. But anglers need to be careful of their footing; it is not an easy wade.
- The Paul Gilbert Area is very popular and right now the water is low and very clear.
- The Confluence of the Williams Fork has changed considerably since the heavy 900 – 1200 cfs runoff in July. Anglers have been surprised at seeing new runs where there were none before and favorite holes which have disappeared.
- The Sunset Bridge Access has good water but heavy fishing traffic on weekends. Go there during the week.

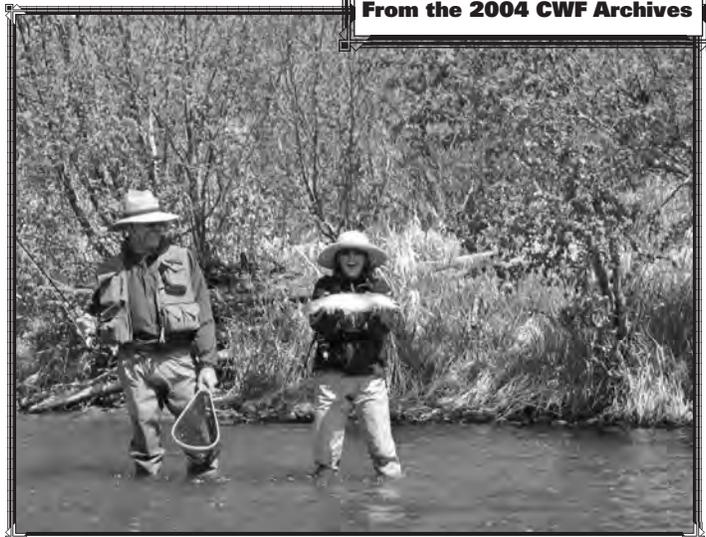
Fishing from Kremmling to State Bridge

Directions for the wading angler start at the junction of Route 9 and County Road 1, also

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COLORADO RIVER

THRILL: Pamela Middleton holds the biggest fish she ever caught with a fly rod. Her companion was duly impressed, also.



From the 2004 CWF Archives

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 known as Trough Road, which roughly parallels the river for 24 miles down to State Bridge and flows through beautiful canyon lands where many commercial outfitters float their fishing customers. Head for the Pumphouse Recreation Area (off County Road 106), or the Radium Recreation Area (off County Road 11), which is Dan's favorite fishing spot because the river braids out and is more easily waded. The best place to fish at State Bridge is just upstream from the bridge itself.

Insect Life on the Colorado

- Caddis: fish on top from spring to fall
- Stoneflies: for short periods of time, especially in early June, large Golden Stones are found in the water through Middle Park. The smaller Little Yellow Sally is successful throughout the summer months.
- Broad range of mayflies;
- Salmonflies (Pteronarcys): abundant for short periods of time during runoff;
- Bright yellow PMDs in the fall (Dan's favorite dry fly is the Sparkle Dun PMD);
- Tricos: September mid-morning hatches are found in the Middle Park section.

Six Strategies for Dry Fly Success

- Knowledge of river life
- Hatch creep (fish before the hatch)
- Terminal gear (leaders should be 10 – 12 feet long)
- Fly Choice
- Angler's Position in River
- Casting Improvement

Dan's belief is that waders are the angler's most important piece of fishing gear since one needs to get as close as possible to cast within one's limitations. "If you can only cast 20 feet, do not cast if the fish is 30 feet away from you," he advises. Presentation must not have drag, so you will need to mend if cross currents are creating it. The fish can hit in two or three seconds with proper drift.

THE RAFFLE

The Orvis Fly Shop in Cherry Creek provided a nice array of flyfishing gear for the Raffle. Winners included **Carol Leonard** (the wader bag), **Marion Roper** (the new magni-clipper), **Ellie Reiser** (the floating fly box), and **Joanie McCord** (the leader wallet). Pat Dorsey's Fly of the Month was won by both **Diane Meyer** and **Mary Ellen Freas**, who also won the fish earrings and infamous CWF Traveling Fly Box. ♦

**GO FISH THE WILLIAMS FORK
 FALL COLORS ENHANCE SATURDAY, OCTOBER 7 DAY TRIP
 BY DAWN DOBSON, TRIPS CO-CHAIR**

You won't want to miss our final Club trip for the season. We've broken tradition and will fish this wonderful stretch of water during the Colorado fall colors extravaganza. This is an excellent time of year to fish, as not only are the trees sporting their stuff, but the browns are strutting theirs, too! Even though we plan to leave spawning fish on the redds alone to do their thing, there will be plenty of action on the waters below the redds as young browns and rainbows do their impression of the high protein South Beach Diet.

Flies to Use

Stock up on egg patterns, midges, baetis emergers and dries, as the fish will be stocking up for winter. If you enjoy moving fish with streamers, bring some to tempt a wily, large rainbow or brown camped out under a bank waiting for the big bite!

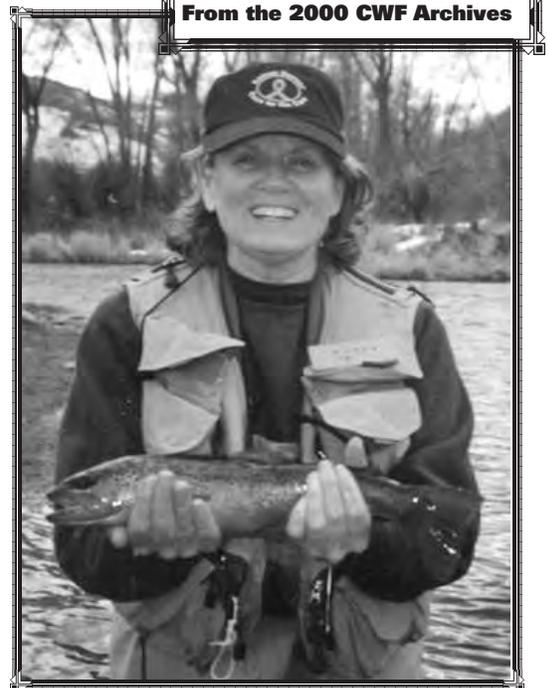
What to Bring

As many of you know, we will be crossing the river (flows/weather permitting) and hiking approximately one mile to the confluence. Otherwise, we will have to park at the reservoir and walk down from there. You will want to bring layers of clothing — be prepared for all types of weather — and a packable lunch to take on the river with you. Please sign up at the October membership meeting, or email me at dobsond@earthlink.net if you plan to join us.

Where to Meet

We will meet at the Morrison exit of I-70 at 6:45a.m. and depart promptly at 7:00.

From the 2000 CWF Archives



A CONFLUENCE OF FISH AND ANGLER Nancy Turley and her fine brown caught on the Fork.

We'll drive over Berthoud Pass and rendezvous at Mo Henry's Fly Shop in Fraser at approximately 8:15. Mitch will show us a couple of recommended streamers and emergers, then we'll head to the pull-off by Parshall. Note that by then Mo Henry's may have moved a few blocks — 200 yards north of the stop light in Fraser on the west side of the street, so you'll want to check cwfTalk the night before, or call me at (303) 777-8642 to make sure you arrive at the correct flyshop site Saturday morning. 🚗

RECENT CWF BOARD ACTION

At its September monthly meeting, the Board of Directors voted unanimously to join the Colorado Association for Nonprofit Organizations (CANPO).

CANPO (www.coloradononprofits.org) provides resources and assistance to groups in getting started as 501c.3 organizations, and it helps with management and development issues for existing nonprofit organizations such as CWF.

It also provides guidance/assistance in helping its member organizations construct grant applications, and it identifies foundations and CANPO supporters to whom grants can be directed.

It has two conferences each year for members. The annual membership (from date of payment) is \$75 for organizations with total yearly revenue of less than \$100,000.

CLUB TRIP REPORT
THE AUGUST 26 TRIP TO THE ST. VRAIN RIVER
 BY CONNIE ROGERS, TRIP COORDINATOR

Nine intrepid Club members met bright and early on August 26th at the Long Lake parking lot in the Brainard Lake Recreation Area. From there we split up to fish the head-water creeks of the South St. Vrain. **Chris Juvan, Barb Keller, Anne Nichting,** and **Arlys Warfield** headed east from the parking lot to fish the stream in between Brainard Lake and Long Lake, while **Lisa Timmons, Nancy Sherman, Jane Francen, Cathy Poirier** and I headed up the creek to the outlet from Long Lake.

Lisa Timmons caught a pretty brown in the outlet on a caddis. The fish were on the small side, as fits the size of the creek, but many were eager to take a dry – although they were also spooked easily if you did not use stealth in approaching the creek.

Most of the group spent their time downstream of Long Lake, but Nancy Sherman, Lisa and I hiked up past the lake to fish the inlet and the creek upstream. This was brushy, tight water, with little brookies in small pockets and riffles, rising greedily to dry flies. Most of the group caught fish, and all had great fun.

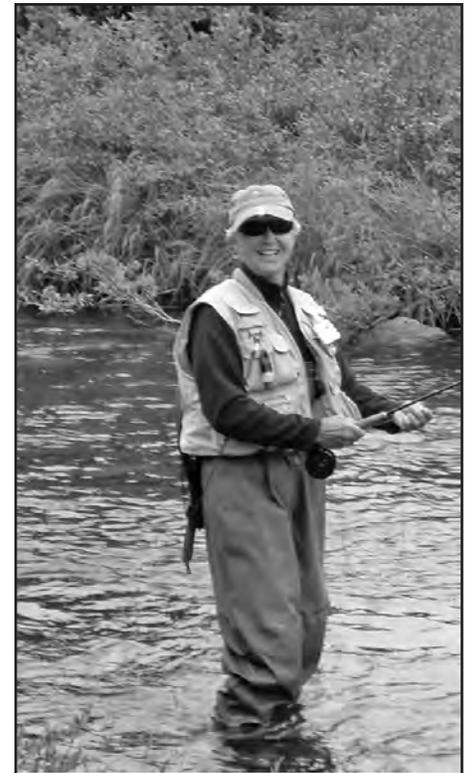
After a hailstorm and thunderstorm chased us into trees, bushes and trucks, the sun came out and we all had a delightful time in beautiful country. I am not sure whether Arlys Warfield ever made it up to see Long Lake and the classic alpine meadows and peaks surrounding it because the last time I saw Arlys, she was stalking the same fish in the same pool where she started. Now that is determination! ♦



LETTING GO Lisa Timmons sends her trout back to its lie.



A BRIDGE TOO FAR Jane Francen, Nancy Sherman and Anne Nichting enjoy the scenery after catching their share of trout from the bridge near Brainard Lake.



BIRTHDAY GIRL Jane Francen celebrated her birthday (but shared the birthday cake with other birthday celebrants, Nancy Sherman and Arlys Warfield) during the rain storm that followed the day of fishing.



BELOW TIMBERLINE Cathy Poirier casts between the logs in a nice pool.

PHOTOGRAPHS BY CONNIE ROGERS

AUGUST 2006 MEMORY ALBUM
JEN HUME & HUSBAND FISH IN GRAND TETON NAT'L PARK
 TROUT, OSPREY AND BEAR ARE VACATION HIGHLIGHTS

This is a fine-spotted Snake River Cutthroat caught on the Snake River during the 13 of 14 days we spent there fishing. We took my first-ever float trip through Jack Dennis' outfit. I had a blast, and caught three 14"+ trout, plus countless others. What made the trip even more fun was we got caught in a thunderstorm so pulled over into an eddy in a low part of the river. Then, we saw an osprey dive into the water about 20 yards from us and pull out a trout for a snack! This bear came into our campsite for cocktails one night — notice that we took our cocktails and left.

PHOTOGRAPHS FROM JEN HUME



AN OPEN MEMO TO CWF PARTICIPANTS IN THE "RACE FOR THE CURE"

FROM JANE FRANCFEN, CWF RACE COORDINATOR

All Club members who have signed up to walk in the Sunday, October 8th Susan G. Komen "Race for the Cure" should plan on meeting at the Pepsi Center at 7:15 a.m., allowing time to park and walk to the meeting area.

Members should look for the CWF Banner in the area reserved for groups, which is located behind the Kacey Furniture building (near Speer and Auraria Parkway). It is strongly suggested that participants take Light Rail, RTD or carpool to the Pepsi Center since parking for the event will be at a premium.

Race Attire

Let's identify ourselves and our group by wearing our fishing vests and logoed apparel (CWF ball caps and/or shirts). We plan to march in step behind Rhonda, our enormous fish mascot.

Brunch After the Race

Many events are planned after the race, if you wish to stay and enjoy them. We will gather at the Blue Bonnet Restaurant (Broadway near Alameda) at 11 a.m.

If you need more information about this special project of CWF, please contact me at (303) 777-9332. 

COMING SOON

NOVEMBER MEETING:
 "CWF's Funniest Fish Stories"

November is traditionally our business meeting, but this year we've decided to add some fun stuff as well. Please come and share your funny, or not-so-funny, flyfishing story for 2006. Story tellers will be judged by the audience and the winner will receive a pack of Tootsie Pops to enjoy on the rivers in 2007.

DECEMBER MEETING:
 "CWF Holiday Party"
 Sunday, December 17th

JANUARY SPEAKER:
 Jude Duran
 "Fishing the San Juan River"

HOLIDAY PARTY SLIDE SHOW FISHING AND OTHER PHOTOS NEEDED

BY JANET CANAAN

If you have any photos of CWF activities this year, or photos of members fishing, we need them for the Holiday Party Slide Show. Email your digital photos to jcanaan@jcanaan.com. Or, mail prints (I promise to send them back to you) or photos on CD to:

Janet Canaan
 8118 West Eastman Place
 Lakewood, CO 80227
 Photos are needed by October 15, so don't wait!

CLUB TRIP REPORT
THE SEPTEMBER 9 TRIP TO THE DREAM STREAM
 BY PHYLLIS VINSON, TRIPS CO-CHAIR

Our trip to the Dream Stream started off with overcast skies and threats of rain in Denver. Once we were over Kenosha Pass, the skies were clearer, but a dusting of snow could be seen on the mountains.

Early morning brought out our diehard anglers and some risers. Some fish even were up for some hopper action. Along with a discernable increase in flow, mid-morning arrived with a nice Trico hatch. After an hour or so, the bugs were dispersed by a light breeze. By noon, South Park was starting to show its true nature, with a much brisker wind, forcing most anglers to return to nymphing.

It's always a fun outing when the CWFers outnumber all the other anglers on the river.

We had a couple of rod miscues, but Club members pulled together so everyone could get on the water. Thanks, Sandy!

Newer members, **June Alexander, Susan Thomson** and **Jo-Anne Smoller-McDonald** had their first taste of a CWF trip to the South Platte.

It's always a fun outing when the CWFers outnumber all the other anglers on the river. **Sandy Wright** and **Nancy Sherman** were true to form, catching their share of fish. Of course their share is quite a large portion! Although the number of visible "hogs" was down, **Sherri Moore** hooked and landed a beautiful 19" rainbow. Several others reported catching some nice fish over 16 inches. **Chris Juvan, Cathy Poirier, Linda Price, Joanne Sondock,** and **Fran Sturgis** combined to reveal how many fish can be caught at this wonderful tailwater. ♦

SPECIAL PROJECTS
GIRL SCOUT FITNESS FAIR AND SPORTS CLINIC
 BY MARION NUTT, COORDINATOR

CWF WILL PARTICIPATE SUNDAY, October 22, in the Ninth Annual Girl Scout 5K/1K Walk & Fitness Fair at Washington Park in Central Denver. This is the fourth year of running our Casting Clinic at the Sports and Fitness Fair. Ours is a VERY popular event, and we will reach 4,000 Girl Scout families and friends. This is really fun!

I am delighted to inform you that we have many "casting coaches" returning to this event to inspire Girl Scouts. Signed up to teach are **Alexis Ralston, Pat Nils-**

son, Arlys Warfield, Jane Francen, Anita English, Connie Rogers, Ellie Reiser, Joanie McCord, Chani Buchner, Eileen Egloff and I.

We show up at 8 a.m., as the girls are finishing their 5K and 1K walk/run, then we have a great time introducing basic casting techniques, letting them try their hand with it. Their brothers and even parents want to try it! We spend 4-8 minutes with each scout and have a line of eager waiters. It is fun to have the same little ones year after year.

We will go for lunch afterwards and reward our efforts with friendship and fish stories. ♦

The Steering Committee for the 2007 National Fly Fishing Championships, to be held here in Colorado, is looking for a few good women. If you'd like to be involved, we need people with all kinds of skills (not just fishing). Please call Janet Canaan (303-985-4479) for more information.



**2006
 CWF BOARD
 ELECTIONS**

Each October the membership elects one-half of the officers and committee chairs who serve on the Board of Directors. This year one additional position, the Public Events Chair, will be added to the Board.

As stated in the revised Club By-laws, the Public Events Chair will plan, coordinate, staff volunteers and conduct a raffle, if appropriate, at shows and events approved by the Board.

Each position has only one candidate, and we asked them to write briefly about themselves so you will get to know your Board members. Their statements are on the adjacent page. We want to thank all of the members who considered helping the Club by working on the Board or on one of the many committees.

Club members are asked to complete the ballot, which has been placed inside this issue of the newsletter.

Ballots must be postmarked by November 2nd, or emailed by November 4th. In order to help you make your decision, the candidates have answered questions posed by the Nominations Committee; they also will make brief statements at the October membership meeting. — *CWF 2006 Nominations Committee*

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BOARD OF DIRECTORS CANDIDATES 2006

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VICE-PRESIDENT
CANDIDATE
JODY YEHLE

After serving on the Board as Funding Chair for the past two years, I am now looking forward to serving as Vice-President. I will be able to continue to help develop Club policy, foster our ongoing mission of educating women in flyfishing and support CWF's public presence. I'm especially interested in getting to know more of the wonderful women we have in this Club and spending time on the river with all of you. ♦



TREASURER
CANDIDATE
BETTY PETERSON

I am a Colorado native and learned to fish as a child with my father and brothers, using a spinning rod. I am a relative "newbie" to the world of flyfishing — it's a big day for me if I catch one or two fish! I joined CWF in 2004 and have participated in various Club activities. My qualifications for Treasurer include 29 years as a Certified Public Accountant and serving on several other nonprofit and school-related boards. I am currently serving out the remainder of Sherri Moore's term as Treasurer and would love to continue to serve as your treasurer for the next two years. ♦



FUNDRAISING/RAFFLE
CANDIDATE
KAREN WILLIAMS

I joined CWF in 2002, thinking I was an intermediate flyfisher and quickly learned I was only a beginner. I have fished all my life, having learned from my grandmother. Previously, I helped CWF as a Trip Coordinator several times, served as Secretary of the Board (2003-2005) and was chair of the Nominations Committee (2005). I have helped on the Fundraising/Raffle Committee in minor ways. My goal as Fundraising/Raffle Chair is to increase the amount of outside money that comes into CWF. ♦



MEMBERSHIP
CANDIDATE
ELLIE REISER

I am a Colorado native, who fished with Dad as a kid on day jaunts and on family camping trips. My adult children — Marcy (a CWF member) and Sam — are both currently in college. I joined CWF three years ago and am a flyfishing novice. I live in Aurora Hills and teach middle school at West Middle School in Aurora. I am a long-time volunteer with Arapahoe County 4-H and the Arapahoe County Fair. ♦



PUBLIC EVENTS
CANDIDATE
SUSAN KELLEY

I have been flyfishing since 2001 and have been a member of CWF since 2002. I currently work at the Denver Merchandise Mart, and my job includes organizing and attending trade shows. With the experience I have acquired with my company, I can easily organize and execute Club activities for all trade shows that CWF will be participating in. My goal is to introduce more women to the sport of flyfishing and to CWF. ♦



SPECIAL PROJECTS
CANDIDATE
JANE FRANCCEN

I owned an employment agency for 20 years and have been retired for the past eight years. I grew up in Minnesota, land of 10,000 lakes, and my father and I fished about 5,000 of them on rod, reel and bobber — and on king poles. I have flyfished for the past four years, having joined CWF in 2003. I have worked with the Newsletter Production Team, the Special Projects Committee on the Holiday Party and the Girl Scout Casting Clinic. I have organized CWF's participation in the "Race for the Cure" for the past two years. ♦

EDUCATION

FISHING EQUIPMENT MAINTENANCE

BY ANNETTE MCLEAN

Excerpted from a previously published article in the International Women Fly Fishers Newsletter, Vol. 7, No. 2.



PHOTOGRAPH BY SHERRI MOORE

KEEP 'EM CLEAN Watch out if dirt gets in the reel.

At one time or another all of us are guilty of stashing our fishing equipment without cleaning and general review. Let's start with the fly line. While most fly lines today are much more durable and less dependent on maintenance, we still need to pay attention to them. We need to clean the lines on a regular basis. A clean line not only extends the life of the line, it also avoids the wearing and damaging of the guides on our fly rods. I have seen guides nearly sawn in half from dirty fly lines. When the guides are damaged, then the fly line itself will be cut or torn. Imagine what happens if you decide to replace the old line with new fly line but the guides are still damaged!

A clean fly line is much easier to cast than a dirty line. (*And a dirty line won't float as designed; if it won't float, you won't catch fish* —Ed.) Customers who come to our shop have asked me why their rod won't cast the fly line. When I clean their line and let them cast again, a big smile always comes over their faces.

Rod Upkeep

The upkeep of a rod is not necessarily a big issue. However, there are some things that you need to do on a regular basis. A good fly

rod is a substantial investment and with attention to a few little details, the rod should take you through many fishing seasons. Here are a few tips to keep your fly rod in great condition.

When we reviewed the maintenance issues with the fly line, worn guides was a concern. It is very easy to check for worn guides. Simply use a Q-tip to trace the inside loops on the guides. If there is a problem, the soft cotton Q-tip will fray.

Also check for any loose guides. You should not be able to move them. If you find a damaged or loose guide on your rod, please notify your dealer or rod manufacturer about having the guide replaced.

It is important to keep ferrules clean.

Use a Q-tip to clean inside the ferrules.

Remove any grit or debris that might build up inside the ferrule. There should not be any wax build-up on the ferrules. This habit

“... a dirty line won't float as designed; if it won't float, you won't catch fish.”

mask a questionable ferrule fit and can do damage to a ferrule connection. It is important that the rod have a good, tight ferrule fit. Otherwise, you will be casting off a section of the rod and chasing it down stream! But you won't chase it too far. It will eventually sink never to be found again, at least not by you.

Cleaning the Grip

It doesn't hurt to clean the grip occasionally. I know for many of us a soiled grip is a badge of participation, an unreadable scroll of fishing memories. For many of our customers, the grip is not to be messed with. It carries the scents, colors and memories of the fish and their waters.

But there are some folks who like to have a relatively clean grip in their hands. It is easy to achieve. Mild soap in warm water with a soft to medium bristle brush will fill the ticket. I don't really advocate sanding the

grip clean. You can do this once or twice, but if you continue to sand, eventually the grip will not be comfortable in your hand. It is very important that the grip be comfortable. If it isn't, your hand may suffer muscle cramps during fishing or become very fatigued by the end of the fishing day.

The finish on a fly rod can easily be returned to its luster with a little warm, soapy water and a soft cloth. Some folks have used Armor-All to spiff up the shine. But this can also collect dust and grit. Dust isn't a big problem, but grit is an abrasive. A rod finish problem that we see on occasion is the result of a rod having been stored away in its bag and tube while the rod, bag and/or inside of the tube is wet. When a rod is stored in a wet environment, the heat and moisture will blister and fade the finish on a rod. There is no repair for this cosmetic disaster. So be sure that the fly rod, its rod bag and the rod tube are dry when you store them away.

Fly Reels

Fly reels are easy to maintain as well. Don't be afraid to take the spool out of the cage. When you do this, the internal workings of the reel are exposed to you. (Don't worry, they won't fly out at you.) Be sure that sand or any other grit or debris is not accumulating in there. Clean it as necessary and then lubricate according to the manufacturer's recommendations (*be careful here; some reels should not be lubricated.* — Ed.). Check for line wear on the line guide plate. If you have a habit of stripping line from your reel in a downward motion, be sure to check this plate. You may be wearing a sharp groove in it.

These are a few suggestions for maintaining your fishing equipment. When you make them a habit, it doesn't take very much time, but they do save the most valuable time — that of fishing time. If you have any questions or concerns, please feel free to give me a call at the Winston Rod Co. The number is (406) 684-5674. ♦

A native Montanan, Annette has worked for the Winston Rod Company for over 17 years and is currently the production manager. She has conducted casting clinics for women throughout the United States as well as in many fly fishing shows.

Scott Fly Rod for Sale

8 ft, 3 wt Model: A2 Used once, mint condition. \$225.00 case included. (Retail \$285.00) Will support manufacturer's guarantee.

— Diane Meyer at diane@dianemeyerphoto.com, or telephone 303-988-0546

CHILI

IT'S WHAT'S FOR DINNER (APRÉS FISHING)

The Saturday night Chili Cook-off at the April Club Trip on the Arkansas River generated many requests for the chefs to publish their award-winning entrées. Here is this month's entry.

Rita Grover's Green Chili Bean & Beef Burritos

(Exported from MasterCook) Serves 6

GREEN CHILI:

- 1 tbs vegetable oil
- 1/2 lb lean pork shoulder, coarsely chopped
- 1 med onion, chopped
- 1 clove garlic, minced
- 4 lg Anaheim chili peppers, roasted and peeled, chopped
- 1 T cumin powder (or to taste)
- 1/2 tsp salt (or to taste)
- 1/4 tsp pepper
- 4 C water

4 ozs canned crushed tomatoes, for color (optional)

Heat oil in dutch oven or large saucepan over high heat. Add pork and onions, and stir until pork is well browned. Add the chili peppers, garlic, cumin, salt and pepper and stir for 1 minute. Add the water, the peppers and turn heat to low. Simmer for 40-45 minutes or until pork is fork tender. Add tomatoes, if desired, and simmer another 15-20 minutes.

BURRITOS:

- 6 lg flour tortillas
- 1 can refried beans (with green chili and lime)
- 1 lb 92% lean ground beef
- 1 pkt taco seasoning mix
- 3/4 C water
- 6 ozs shredded cheddar cheese
(or Mexican mix shredded cheese)
- 6 ozs light sour cream
- 1-1/2 C shredded lettuce

Brown hamburger in large skillet. Drain fat. Add taco seasoning mix and 3/4 c. water. Cook over low heat, stirring occasionally, until water has mostly evaporated. Heat refried beans in saucepan or place in microwaveable dish and microwave for 3 minutes on High.

Spread 1/6 of refried beans across center of each tortilla. Add 1/6 of hamburger mixture. Add Picante or Taco Sauce and shredded cheese, if desired. Roll tortilla up from one side and place seam side down on serving dish. Ladle 1/6 of green chili over each burrito. Serve with remaining ingredients as condiments. NOTES: If you like a thicker, gravy-like green chili, mix 1/2 T. flour with enough water to make a smooth paste and add to green chili during the last 10 minutes. Stir until thickened.

SERVING IDEAS: Serve with bowls of shredded cheddar cheese, sour cream, shredded lettuce, chopped onions, chopped tomatoes, fresh salsa, sliced black olives, etc.

Diane Meyer's Advice for Avoiding Digital Disasters



So you're ready to take pictures. Camera, angler, trout...everything is ready. But, wait. Are you sure you can't make the picture better? Here are some basic tips for both digital and film cameras to consider before you hit that shutter button.

So you're ready to take pictures. Camera, angler, trout...everything is ready. But, wait. Are you sure you can't make the picture better? Here are some basic tips for both digital and film cameras to consider before you hit that shutter button.

To get the best quality picture from your digital camera, set it to the highest pixel setting. Sure, you'll get fewer images on the Flash card, but with digital, you can simply delete the ones you don't like, so snap away!

1 Hold your camera steady: Camera movement is the most common reason for blurry pictures. Steady your upper body by tucking your arms into your sides. Hold your breath and snap the shutter. Tripods are the best way to avoid camera shake.

2 When to use a flash: Most cameras have automatic flash that fires in low light. Turn it on in daylight when your subject is in shade, has shadows on their face or the sun is behind the subject you are photographing. Know your flash's distance limit. Most point-and-shoot cameras, including digital are limited to 10 feet. If you're out of that range, the flash won't reach the subject.

3 Avoid the Bull's-Eye Effect: There's nothing exciting about placing the subject in the middle of the picture. You can create a better picture by placing your subject off center, either to the right or to the left.

4 Delete the White Space: White space is the empty, boring area around the subject. If you're photographing people, move in close and fill the frame.

Every photo you take will benefit from your newfound expertise when you apply just these few new techniques. And our CWF newsletter will benefit also!

A professional writer and photographer, Diane is a member of ASMP, ACFW, and EP.



GOOD COMPOSITION . . . but the pixel setting is too low, or the hand that held the camera is a bit shaky.

PHOTOGRAPH FROM NANCY TURLEY

CWF LEADERSHIP CHANGES

FROM THE BOARD OF DIRECTORS

For those of you who were not at the September membership meeting you may not have heard that our President, Anne Nichting, has found it necessary to step down from her leadership role with CWF. Our Vice President, Diane Meyer, will assume the duties of the President through the calendar year 2006. The Board has appointed Joanie McCord as President for the remainder of Anne's 2007 term. ♦

GREAT PERSONAL SAFETY IDEA



Nancy Sherman shares this clever idea, which is especially useful for women who live alone.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It's a security alarm system that you probably already have and requires no installation. Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying

to get in your house, just press the panic button on your car remote.

Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain.

It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break in your house, odds are the burglar or rapist won't stick around . . . after a few seconds all the neighbors will be looking out their windows to see who is out there and, sure enough, the intruder won't want that.

Try yours to make sure it works before you rely on it. Just know that you must press the alarm button again to turn it off.

And remember to carry your keys while walking to your car in a parking lot. The alarm can work in the same way there.

This is something that should really be shared with everyone. Maybe it could save a life or a sexually abusive encounter.

CWF CONTEST SERIES

Where Are You Now?



Club members are known adventurers and have traveled widely to catch all forms of trout on all forms of flies. Therefore, we will now test your memories of fishing locales and fly shops you may have seen along the way.

Can you identify this town in the western United States? The fly shown measures approximately 10 feet x 6 feet tall.

The first correct answer wins an assortment of flies and fly box. Send entries to "Where Are You Now," c/o Arlys Warfield, 685 So. Monroe Way, Denver, CO 80209, or email answer to arlys@earthlink.net. May the most observant traveler win!

CWF Board of Directors 2006

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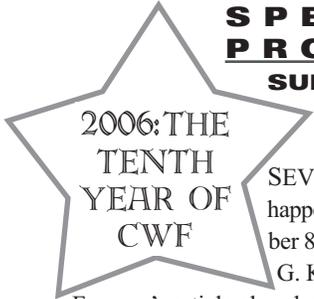
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SPECIAL PROJECTS

SUNDAY FUN IN THE FOURTH QUARTER

BY JOANIE MCCORD, CHAIR



2006: THE TENTH YEAR OF CWF

SEVERAL GREAT SPECIAL PROJECTS ARE ABOUT TO happen in this last quarter of our tenth year. First, on Sunday, October 8th we'll have a team of CWF members walking in the Susan G. Komen "Race For The Cure." Read more about this in Jane Francen's article elsewhere in this month's newsletter. Second, on Sunday, October 22nd we will participate with the Girl Scouts as part of a whole 5K/1K Walk/Run and Sports Clinic day held at Washington Park in central Denver. Our casting clinic, chaired by Marion Nutt, is described in her article on page 6. So, if you would like to be involved with teaching young girls how to cast a fly rod, please contact Marion.

And the third event ... to be sure NOT to miss ... will be the ...tenth anniversary celebration of our

ANNUAL HOLIDAY PARTY AND YEAR-END RAFFLE AND SILENT AUCTION

We'll be returning to the Arvada Center on the evening of Sunday, December 17th. There will be more information at the October meeting and in the November and December newsletters. So stay tuned for ... good food ... good drinks ... good company ... prizes ... goodies — what more could one ask! If it's not already there, put this date and event on your calendar!

Happy Fall Fishing! ♦

LAST CAST

"It may be that a little knowledge is a dangerous thing, but, far worse, the lack of a sense of humor about life's little disappointments can just ruin your day."

ANONYMOUS
2006

"There were entirely too many puns in the last issue of the newsletter." — Reader Complaint, September 2006

CWF 2006 MEMBERSHIP

Membership for Calendar Year (January - December)

___ RENEWAL

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

___ NEW MEMBER (over 18? yes___ no___)

Name: _____

Address: _____ City _____ State _____ Zip _____

Home Phone: _____ Work Phone: _____

Email: _____ Cell Phone: _____

The Club does not sell or trade or give away members' contact information to outside vendors; however, rosters are printed quarterly for members' personal use only.

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



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IN THIS ISSUE:

CANDIDATES FOR CWF BOARD POSITIONS

AND FISHING GEAR MAINTENANCE

PLUS CLUB TRIP REPORTS AND

DIANE MEYER'S PHOTOGRAPHY ADVICE.