



COLORADO

WOMEN

FLY FISHERS.

A sociable club for women who flyfish

January 2014 Vol. VIII, No.1

JANUARY MEETING

DATE:

January 7, 2013

TIME:

5:30 - 6:15 Social Hour

“Bugs, Bugs, Bugs!”

6:15 - 7:00 Dinner (Optional, \$12.00)

7:30 - 8:30 Program

PLACE:

Piccolo’s Restaurant

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

PLEASE BRING:

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! Take light rail for a new and less stressful trip to the meeting.

At our January Meeting...

BUGS, BUGS, BUGS! WITH ROBERT YOUNGHANZ

As we all know, one of the most important (and in my opinion, one of the most interesting) aspects of fly fishing is knowing what flies to use, and when and why to use them. So for our January meeting, CWF is happy to welcome Robert “The Bug Guy” Younghanz. Based in Woodland Park, Robert is the owner of Robert’s Fly Fishing Services, and is serious expert on fly fishing entomology. (That’s the study of insects in case you didn’t know!)

Robert offers guided trips through his guide service, as well as stream side entomology and fly fishing classes. He is a in-demand speaker and we are quite lucky to have him volunteer his time. Please don’t miss this event, and come learn about the bugs and flies that can be the key to your fly fishing success!

Kellie Keenan-Heatherly, V.P. and Program chair.

CWF Calendar

Jan 3,4,5 Fly Fishing Show
Jan 3. International Fly Fishing
..... Film Festival
Jan 7. CWF Meeting
Jan 11. CWF Board Retreat
Jan 14. CWF Board Meeting
Feb 8 . . West Denver TU Fly Tying Clinic

Welcome New Members

Ann Baxter	Ft. Collins, CO
Aletha Munroe	Littleton, CO
Karen Savage	Castle Rock, CO
Lisa Sewald	Denver, CO
Susan Tiegs	Morrison, CO
Pat Palmer	Centennial, CO
Jamie Vernon	Denver, CO

PUBLIC EVENTS

BY ANN HOWELL

Bass Pro Brats n'Dogs/Gift Wrapping

We only worked the one day Sunday and competed with the Bronco Game but still did well with selling brats n' dogs and gift wrapping. We used Pay Pal this time and had more sales with people being able to charge their order. So we were able to sell \$70 more due to pay pal. All total we brought in \$497.73 for one day. Not bad, Thank you, to everyone that helped out that day. Thank you to Karen Williams for putting together the BBQ.

The Fly Fishing Show

This time we have all the positions full for the show at the Merchandise Mart. If you would like to be a back-up person just in case someone is unable to make it, let me know and I'll put you on the list. If you're not working the show, still come on down and check it out. Admission is \$15 for one day, \$25 for two days, \$35 for three days. Children under five are free, under 12 \$2; Scouts under 16(in uniform), free, Military with ID, \$10. Cash only at the Box Office; an ATM is available. The show is January 3,4 and 5, 10am to 6pm, Sat. 9am to 5:30pm, Sun 9am to 4:30pm. For more information on seminars and casting demonstrations go to flyfishingshow.com.

Back again!

The International Fly Fishing Film Festival is one night only Friday January 3 at 6:30. Tickets are \$15 at the door or \$10 in advance or with a paid Fly Fishing Show admission for Friday. So if you're working the show on Friday you can stay for the Festival.

West Denver TU Fly Tying Clinic

This event will be on Saturday, Feb. 8, 2014 from 8:30 to 3:pm, all tiers there by 7:30 for the early shift. I still need two ladies to tie fly's. You will need to be at the Jefferson County fairgrounds by 7:30 am to set up. The later shift needs to be there by 11:30 am so we can switch out. So if you're thinking for helping out, give me a call to check on available shifts. Ann Howell 303-910-6557 cell.

The Fly Tying Clinic will be at the Jefferson County Fairgrounds from 9am – 3pm This clinic features dozens of excellent fly tyers from Colorado and neighboring states. The entrance fee is \$10.00 but \$2.00 off coupons are available at your local fly shops. Kids under 12 years are free.

Directions:

Jefferson County Fairgrounds: Go on 6th Ave. to Indiana St. South one block to the south service road. Go west on the south service road to the Fairgrounds entrance. Look for the auditorium which has a lighted marquee sign, or just follow the people walking in. If you'd like to find out more about the clinic, go to: <http://www.west-denvertu.org/Fly-Tying-Clinic.html>

EDUCATION

WHAT DO YOU WANT TO SEE IN THE NEW YEAR?

BY RHEANA GAVAGAN, EDUCATION DIRECTOR

Your CWF board is working hard to plan exciting, engaging and educational events for the new year. It is so important to get a pulse at this stage for what you would like to see in your club. Have ideas to improve upon the events from 2013? Would you like to see an event have a new venue? Do you want to see something entirely new added? We are always open to your ideas and suggestions. We would also love to hear your success stories. Email education@colowomenflyfishers.org to be heard!

Who was puzzled?

Last month we featured a crossword puzzle with clues that challenged your fly fishing knowledge. Carol Stegink nailed it and won a \$20.00 gift card! Way to go Carol!

Here are a few highlights from the puzzle:

Clue: Knot for your garden. **Answer:** Arbor Knot. This is a very common knot used in all types of fishing, although few of us ever actually tie this knot. The arbor knot is primarily used to attach the fly line backing to the arbor, or center portion, of your reel.

Clue: Sparkle Caddis Pupa inventor. **Answer:** LaFontaine. Gary LaFontaine was a master fly fisher, fly tier and author of many books. His titles include Fly Fishing the Mountain Lakes, which we currently hold in the CWF Library, available for you to check out for free. This is an excellent book and a very entertaining read!

Clue: Not Dun yet, the Mayfly's final stage. **Answer:** Spinner. There are two winged stages of adult mayflies. They emerge from the water as duns, molt on land (usually) into their fully mature stage, spinners. As spinners, they mate, lay eggs on the water and die, falling onto the water's surface. This is a trout smorgasbord! If you have a mayfly imitation with white fuzzy wings protruding from each side, that's the spinner imitation for that fly.

MEMBERSHIP

BY SUE HOLTON, MEMBERSHIP CO-CHAIR

HAPPY NEW YEAR, EVERYONE!!

It's that time of year again when we step back and reflect on the past year. What were the most fun times, who made that happen and how can we build on those memories this year? Time doesn't stand still for anyone and the older I get the more I realize just how important it is to seize the moment and make the most of each day. CWF is evolving also through the efforts of some amazing leaders who are so willing to step forward and give of their time and energy to benefit all of us. CWF has the potential to help each of us achieve our personal goals in fly fishing. **The only real requirement is that each member (that means you!) is proactive by participating in events, trips and clinics.** Seek out the opportunities that interest you the most and refer to our website, contact the respective chairperson and go for it! Ask any Board Member at the monthly Piccolo's meeting and they are sure to help. Come on ladies and make 2014 a banner year!

From the Presidential Suite

Happy New Year! I am excited to see what 2014 holds; 2013 sure presented some surprises, changes, and challenges. The first change in 2014 for our club is a new President and several new Board of Director members. Serving on the board takes extra time that could be spent with family, home projects, or even out fly-fishing. I would like to thank the outgoing Board members for their hard work and commitment to the club – truly inspiring. I especially want to thank Joanie for the last 7 years serving as our President - wow – that is a lot of volunteer hours! Per our by-laws, the immediate past President serves as an advisor to the Board of Directors for one year (and Joanie thought she was “off the hook”). Joanie has agreed to offer advice and insight as needed. Thanks Joanie!

As your new President I want to introduce a not so original idea; I want to develop a Special President’s Initiative for the year. Since the charter for CWF is about fly-fishing education for women, and Rheanna has done such a great job with educating our members about fly-fishing; I was inspired to do something to get young women interested in fly-fishing. I am not sure what form(s) the initiative will take but if this is something you might be interested in please let me

know so I can invite you to a brainstorming session sometime in January. I would love to hear your ideas, share some of mine, and outline the initiative by the end of February.

In the meantime, I can’t wait to figure out what trips I can attend, what new things I can learn, the new friends I will make at the fundraising events, the members I will meet/see at the meetings, and the great ladies of CWF that I get to fish with. I am getting ready to have a great CWF year and I hope you are too!

So again, HAPPY NEW YEAR!



Amy Slaughter, CWF
President

CWF Board of Directors 2014

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Newsletter

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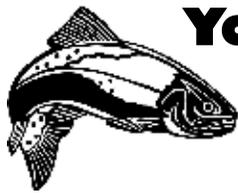
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Membership Roster

Email roster corrections to
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Because



You can't always FISH

By: Stephanie Sondock

We all have a mutual love of fly-fishing but you can't always fish. That is why I am writing this article. Do you have a passion for other sports or hobbies? I thought it would be interesting to find out what our members enjoy doing when they are not on the water.

Do you: weave your own hair, collect Hummel figurines, stalk celebrities, or even UFO watch? Seriously though...are you a gourmet cook? Do you volunteer at a senior center, or animal shelter? Whatever it is, I would like to hear about it and share it in an up-coming newsletter.

I will get the ball rolling by sharing my hobby (besides fly-fishing). I like to paint. I have been painting or drawing practically since birth. I won 1st place in an art show in the first grade and that was a life-altering moment for me. That was also the pinnacle of my interest in school. I did manage to graduate and eventually went on to college where I of course majored in art. I am now fortunate enough to make a living as a graphic designer.

I paint a lot during the winter months. It is a great time

waster and I find it very relaxing. I hope enjoy this sample of my work.



"Cottonwood Brown" By: Stephanie Sondock

I can't wait to hear from the rest of you! Please tell me what you enjoying doing with your time off the water...
Because You Can't Always Fish.

Send your stories to me at: ssondock@icloud.com

Ho, Ho, Ho, fishing in Mexico

By Joanne Sondock

Steph & I fled to the Yucatan Peninsula portion of Mexico for a little fun in the sun during the Christmas Holiday. While in Tulum, we took a day excursion to Punta Allen to fish in Ascension Bay in the Sian Ka'an reserve with Pesca Maya, the Yellow Dog endorsed fly fishing lodge/outfitter for the area. Steph used a spin cast rig with hermit crabs as bait while I attempted to fly fish. Steph caught a few Jacks and Blowfish. Our guide got me on a few nice bone fish even though I could only cast 40-50 feet away. I still managed to catch a baby barracuda. Near the end of the day, Steph finally got herself a nice bone fish. We both kissed

our fish, saying "catch ya later", and hope to return for another day.



Hypothermia, signs and symptoms

Excerpted from the Outdoor Action Survival Guide.

Hypothermia - "a decrease in the core body temperature to a level at which normal muscular and cerebral functions are impaired."

Conditions Leading to Hypothermia

- Cold temperatures Improper clothing and equipment
- Wetness
- Fatigue, exhaustion
- Dehydration
- Poor food intake
- No knowledge of hypothermia
- Alcohol intake - causes vasodilation leading to increased heat loss

Signs and Symptoms of Hypothermia

Watch for the "-Umbles" - stumbles, mumbles, fumbles, and grumbles which show changes in motor coordination and levels of consciousness

1. **Mild Hypothermia** - core temperature 98.6 - 96 degrees F
Shivering - not under voluntary control
Can't do complex motor functions, can still walk and talk
2. **Moderate Hypothermia** - core temperature 95 - 93 degrees F
Dazed consciousness
Loss of fine motor coordination - particularly in hands - can't zip up parka, due to restricted peripheral blood flow
Slurred speech
Violent shivering
Irrational behavior - Paradoxical
Undressing - person starts to take off clothing, unaware s/he is cold
"I don't care attitude"

How to Assess if someone is Hypothermic

If shivering can be stopped voluntarily = mild hypothermia

Ask the person a question that requires

higher reasoning in the brain (count backwards from 100 by 9's). If the person is hypothermic, they won't be able to do it. [Note: there are also other conditions such as altitude sickness that can also cause the same condition.]

If shivering cannot be stopped voluntarily = moderate - severe hypothermia

Treating Hypothermia

The basic principles of rewarming a hypothermic victim are to conserve the heat they have and replace the body fuel they are burning up to generate that heat. If a person is shivering, they have the ability to rewarm themselves at a rate of 2 degrees C per hour.

Mild - Moderate Hypothermia

1. Reduce Heat Loss
Additional layers of clothing
Dry clothing
Increased physical activity
Shelter
2. Add Fuel & Fluids
It is essential to keep a hypothermic person adequately hydrated and fueled.
 - a. Food intake
Hot liquids - calories plus heat source
Sugars (kindling)
GORP - has both carbohydrates (sticks) and proteins/fats (logs)
 - b. Things to avoid
Alcohol - a vasodilator - increases peripheral heat loss
Caffeine - a diuretic - causes water loss increasing dehydration
Tobacco/nicotine - a vasoconstrictor, increases risk of frostbite

3. Add Heat

Be aware, know the signs and symptoms, and stay alive!



LAST CAST

“If fishing is interfering with your business, give up your business.”

ALFRED W. MILLER

Stephanie Sondock kissing a bone fish caught in Punta Allen, Ascension Bay Mexico.

CWF 2013 MEMBERSHIP

Membership for Calendar Year (January - December)

___ RENEWAL (Member since ___)

___ NEW MEMBER (over 18?) yes___ no ___

Enclose a check for \$40 made payable to Colorado Women Flyfishers. Members are required to sign an Acknowledgment of Risk and Release of Liability Form as a condition of membership. The form can be found on the CWF website.

Name: _____ Date: _____

Address: _____ City _____ State _____ Zip _____

Home Phone: _____ E-mail: _____

Other Phone [specify CELL (c) or WORK (w)]: _____

The Club does not sell or trade or give away members' contact information to outside vendors. Rosters are printed for members' personal use only.

Newsletter Delivery Preference: (circle one) U.S. Mail Email

Flyfishing Ability: (circle one) Professional Advanced Intermediate Beginner

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

Programs Special Projects Public Events Outreach/PR Newsletter Raffles/Funding Trips Website

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

*** Enclose Signed Acknowledgment of Risk and Release of Liability Form.**



COLORADO WOMEN FLYFISHERS, INC.

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Address Correction Requested

First Class Mail



IF THERE IS A HEART IN THIS BOX, put a little love in an envelope and mail in your 2013 renewal dues. If there is no red heart in this box, congratulations, you are a paid up member of the Club and will continue to receive all benefits during 2013!