



**GENERAL MEETING  
INLAND EMPIRE FLY FISHING CLUB  
MUKOGAWA FORT WRIGHT INSTITUTE  
COMMONS  
October 12, 2010  
Wet Fly Hour: 5:30 p.m.  
Dinner: 6:30 p.m.**

## OCTOBER PROGRAM

By Bob Harley

October is upon us and as the weather chills down getting ready for the long winter's nap I hope you are able to get into the hungry denizens of the deep before they go to sleep. I know I got my fill of fishing and golf this year. It's been a good year so far.

Phillip Rowley our program speaker for October comes from Canada. He is with Fly Craft Angling Adventures in Sherwood Park, Alberta. Phil is an outdoor writer, Instructional Guide, and does seminars and clinics. Phil also has been on TV sport fishing shows and Co Hosts a program called "The New Fly Fisher" in Alberta. We hope we will see a big turnout for this popular presenter and advocate of our sport.

## PRESIDENT'S MESSAGE

By Jason Mulligan

Gentlemen, Thank you for allowing me to take a "sick" day last month. It has become increasingly difficult for me to avoid the Fall fever as I age. I think my general lack of time has somehow diminished my immune system. I will try to make it to the last few meetings of my presidency regardless of certain Fall related ailments.

I recently fished with Bob Harley, Steve Dixon, and Doug Brossoit. This was an outing to remember for me. While it was a humbling experience to fish with such talent, this was the kind of outing for me that I will cherish. Thank you for a great experience and the opportunity to learn some new tricks.

During our trip we fished Chopaka. It was great to see our efforts in action. The lake had over twenty fly fishermen on the water and several others camped. While the crowd seemed overwhelming at first, the fishing was steady. It wasn't a banner day by Chopaka standards. However, the fish that were caught were lively and strong.

It is always better to have the water to yourself, but the fishermen at Chopaka on this day were a class of people willing to share reports, advice and good etiquette. The

overcrowded hot spots of our day can be daunting. This day was an example of what manners should be on the water. We should always remind ourselves that bad manners are contagious. To perpetuate good sportsmanship we should always be examples of such. Good luck with all of your outings this Fall and may you be blessed with the pleasure of fishing around classy people.

On a different note, I would like to thank Chet Allison for his efforts to continue the traditional outings this club once enjoyed. Due to lack of attendance the board has decided to pursue a new direction for our outings committee and will be processing new ideas for the direction of this committee. Chet has been an asset to this effort, thanks again!

## ULTRALIGHT RODS COLUMN ELICITS RESPONSES

By Rich Landers

The Spokesman-Review – 9-02-2010 (Repeated here with permission for the further edification of our members)

A recent story about fly fishing with ultra- ultralight fly rods rallied enthusiasm among some readers while simply riling others.

A few anglers wanted more details about the 0000-weight rod that Lee Elton of Inchelium has used to catch big Lake Rufus Woods triploid rainbows, including a recent 25-pounder.

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Elton made the rod from a Sage TXL series blank and fished with a 2-weight sinking line (difficult to find nowadays) cut back to match the rod action and fastened to a running line.

A notable clarification: He ties leaders down to 4-pound-test using Spider's monofilament line, not braided line as I reported last week.

But while some anglers focused on the tools, others said, "Wait! What about the fish?"

Pursuing large fish with undersized rods and outmatched tippets can lead to a fish's demise as surely as putting it on the barbecue, they say.

The issue isn't with fish an angler harvests to eat, but rather with those that are released supposedly to challenge anglers another day.

"To some extent, you have left the impression that this is an approach to be emulated by others," e-mailed Jerry McBride, an ardent angler and Inland Empire Fly Fishing Club member.

"There is definitely a down-side to using these light rods particularly in catch-and-release waters. Playing a fish down to the point where it cannot even wiggle and then releasing it is wrong.

"I'm sure many of these fish swim off and then die."

Survival rates aren't an issue in the case of Elton's 25-pounder, which he reportedly landed after a 25-minute battle. He bonked the lunker to have it mounted.

On the other hand, he contends that with some practice, a person can land a large fish as quickly with an ultra-ultralight as with a rod more conventionally matched to the quarry.

Anyone who doesn't believe that can see for himself.

Elton - whose 57 years of fly fishing include relationships with Fenwick's legendary rod designer Jim Green and Sage Rods founder Don Green- says he's starting an Inchelium-based guide service called "Lite Line Fishing Adventures."

"I provide all the gear," he said. "I'll start anglers with a 3-weight rod and work down from there depending on how they do."

Nevertheless, McBride's objection is backed by science.

Numerous studies over the past 15 years have explored hooking mortality in sport fishing.

According to Steven Cooke, University of British Columbia fisheries biologist, five clear patterns emerge from the body of research on catch-and-release fishing that should be applicable to virtually any catch-and-release fishery:

1. Duration of the angling event increases the physiological disturbance.
2. Air exposure is harmful to fish and should be minimized.
3. Extreme water temperatures magnify the level of disturbance and angling should be avoided at those temperatures.
4. Barbless hooks and artificial lures or flies can greatly reduce handling time, hooking injuries and likelihood of mortality.
5. Angling immediately prior to or during the reproductive period should be avoided.

**Landers Continued on Page - 4**

# ***FLY OF THE MONTH***

Ed's Hellgrammite

October, 2010

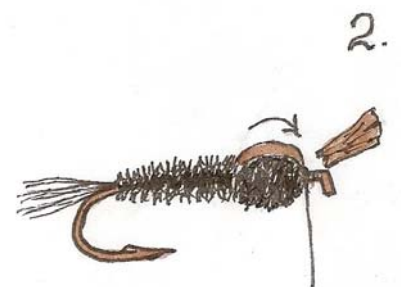
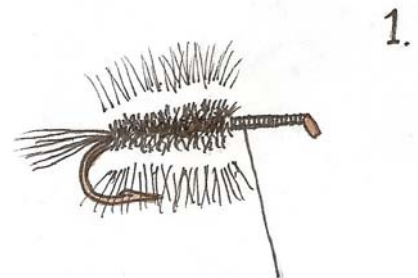
Ed Wolf

This month's pattern was #13 in Everett Caryl's fly tying class of yore. It is a tribute to Ed Wolfe, a past fly fisherman-of-the-year recipient. Ed was a quiet, generous gentleman and a terrific fly fisherman as well as an expert fly tier. The Ed Wolfe Award is a prestigious honor given to Club members for outstanding service to our Club and our sport. The hellgrammite was one of his best patterns and is still a great nymph anywhere you want to fish it.

**Hooks:** 10-8 2 or 3X long  
**Thread:** Fine black  
**Tail:** Soft black hackle tips  
**Body:** Tightly palmered, trimmed, black hackle  
**Wing case:** Chinese pheasant tail section  
**Thorax:** Black chenille  
**Hackle:** Soft black neck hackle



1. Pinch that barb and line the hook shank with tying thread. Tie in the tail fibers. Fasten the black hackle at the bend. (Size doesn't matter as it will be trimmed.) Palmer the hackle tightly 2/3 of the way up the shank. Trim the hackle evenly, making a nice tapered shape.
2. Tie in the wing case material. Then attach the black chenille and wind the thorax and trim. Bring the pheasant tail piece forward to form the wing case and trim.
3. Tie in a soft, black neck feather and make a sparse hackle. Wind a small head, whip finish and cement.

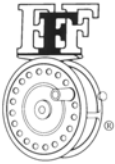


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**INLAND EMPIRE FLY FISHING CLUB**

PO Box 2926,  
Spokane, WA 99220-2926

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CHARTER MEMBER and McKENZIE PLAQUE WINNER

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Cooke, who's specialized in this research, says various studies have proved that catch-and-release fishing kills a certain number of fish even though they may swim away from the angler's hands.

It's called delayed mortality.

Fish should never be removed from the water for more than 60 seconds and ideally they should not be lifted out of the water at all, he concluded in one research review.

And Cooke solidly backs McBride's point with this observation based on the body of research:

"Techniques for achieving short-duration angling events are generally focused on choice of equipment. "Anglers should choose optimal equipment matched to the size of fish that are expected to be encountered.

"Efforts to intentionally prolong the angling event through the use of light line or rods should be dissuaded."

McBride, a local student of this topic, offered these simple steps for catching and releasing trout with minimal impact:

- \* Use equipment and tippet size that matches the size and weight of the fish you are pursuing.
- \* Play the fish aggressively. Often you can get the fish up to the boat and have it netted almost before it realizes it's hooked.
- \* Use a net made of soft no-knot material or rubber and leave the fish in the water.
- \* Reach down and turn the hook out then allow the fish to rest in the net.

Resting is particularly important with large fish. With trout, if the surface temperature of the water is warm (not a problem at Rufus Woods) it is probably best to release fish immediately so they can go down into cooler water that has more oxygen.

- \* Reverse the net and allow the fish to swim away.