

The Leader

THE NEWSLETTER OF THE GRANITE BAY FLYCASTERS

August 2016

www.gbflycasters.org

Leader's Line

by John Hogg, GBF President



Upcoming events for August include an August 17th fishout at Discovery Bay on the Delta. **Doug Kytonen** leads this always popular event. At the August 11th general meeting, our speaker will be **Jordan Romney**, guiding out of *Fly Fishing Specialties* in Citrus Heights. Mark the weekend of August 27th and 28th for Nor Cal Spey Days, being hosted by *Kiene's American Fly Fishing Company*. Check their website for details.

You Need a Drink!

by Tony Jelinek

You are fishing, surrounded by water, and need a drink, but just finished the one bottle of water that you brought with you (you only brought one, as it added about one pound to your load) but are hesitant to drink from the lake or stream because of the dreaded Giardia. What should you do?

We know that we must drink water when fishing, and even more so when at altitude. At an altitude of 6,000 feet, you expire twice as much moisture as you do at sea level. Higher altitude means lower air pressure, resulting in more rapid evaporation of moisture from the skin surface and your lungs.

(source: <http://highaltitudelife.com/dehydration.htm>)

Dehydration causes a wide range of problems in the wilderness, contributing to hypothermia, heat illnesses, and altitude sickness. CamelBak has a nifty hydration calculator (<http://www.camelbak.com/HydrationCalculator>), which takes into consideration height, gender, age, weight, current urine color, how much you typically sweat, activity, time, intensity, temperature, and weather. On a sunny 80-degree day with low activity, I need to drink 0.8 liters (27 ounces, or about 4.5 glasses) of water per hour. Each 10 degrees of temperature adds about a tenth of a liter, or about 3.5 ounces. At 6,000 feet, you would need to drink twice as much water.

You must drink water, but you must also be careful of the water that is so readily available, as it could be contaminated with Giardia. It is obtained by drinking water from lakes and streams that have been contaminated by mammals that defecate in or

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AUGUST 2016						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1.	2.	3.	4.	5.	6.
7.	8.	9. Board Meeting 7:00 PM	10.	11. Monthly Meeting 7:00 PM	12.	13.
14.	15.	16. Fly Tying Jam	17. Discovery Bay Fishout	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.
28.	29.	30.	31.			

Monthly Program



Jordan Romney

Our speaker this month is **Jordan Romney**, who grew up fishing the rivers and lakes of Northern California. Growing up in Winters, he became well acquainted with the challenges of fishing Putah Creek. After attending Chico State, he decided to turn his fishing passion into a career, and graduated from the Clearwater Guide School in 2010. Since graduating, he spent two seasons in Alaska as the head guide for *Epic Angling and Adventure*, and is currently guiding several different waters in Northern California as the head guide for *Fly Fishing Specialties* in Citrus Heights.

His presentation will focus on the **American River: it's species, seasons and techniques to be successful.**

Welcome to Our Newest Members!

by Don Whitecar, VP Membership

Please join me in welcoming new members who have joined us recently. Make sure you keep an eye out for them at our meetings and events so that we can make them feel that they are an important part of our club.

Gayle Matsuoka

Geoffrey Poulos

You Need a Drink - Continued from Page 1

near the water—mammals such as cattle, dogs, marmots, deer, or humans. Giardia is a protozoa (parasite) that infects the human digestive system, and can cause a very unpleasant illness, giardiasis. The symptoms are diarrhea, nausea, and stomach cramps, and do not occur until five to ten days after infection. Backpacking guidebooks as early as 1991 were warning to take precautions against giardiasis. Ralph Cutter, of Sierra fishing notoriety, has had giardiasis, mentioning that "it is not terribly pleasant, but by the same token it's not so awfully terrible either." Now, this is just one instance, and occurred when Mr. Cutter was much younger. According to the CDC, the severity of the disease can vary, and can last from one to two weeks or longer. Giardiasis is the most frequently diagnosed parasitic disease in the United States, and among travelers with chronic diarrhea. Giardia is not something to treat lightly. It is treatable with antibiotics; so if you do think you have giardiasis, go and see your doctor.

In order to drink the bountiful water around you and prevent giardiasis, you used to have to boil the water for 15 minutes, or use iodine tablets, which means lugging a stove or having to taste iodine (and is not that effective). The parasite can also be filtered out of the water. Fortunately, water filtration systems have really advanced over the years, and are relatively inexpensive. The filter should be labeled to be effective against Giardia, or have a 0.2 micron filter. Several bottle filtration systems are available that effectively remove Giardia, viruses, bacteria (E.coli—also a fecal contaminant; Salmonella). Some are even designed for drinking heavily contaminated water.

The bottle systems are lightweight, easy to carry and use. Prices range from about \$20 to \$100. Bottle filtration systems either require you to squeeze the bottle to push the water through the filter to get a drink, or use a system to press the water through the filter, allowing you to pour the water from the container, or use a straw system, so you can suck the water through the filter. The life of the filter is based on the number of fills, and can vary widely, so take this into consideration. [The Lifestraw Go Water Bottle](#) has a straw filtration system that needs to be replaced after 1,000 liters (about 170 fishing days of 6-hour days, and drinking one liter per hour). The initial cost of the system is about \$45, and a replacement filter is \$18. [Katadyn](#) has a

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You Need a Drink - Continued from Page 3

squeeze filtration system that costs about \$55, has a replacement cartridge that costs \$30, and needs to be replaced after 155 fills (110 liters. 24 ounces per fill). [Grayl](#) uses a press system that costs about \$60, and is good for 150 liters. A replacement cartridge costs about \$25. [Lifestraw](#) also has the Lifestraw Personal Water Filter, which works like a straw, is good for 1,000 liters, and costs about \$20. There is no replacement filter. You can go to the company web-sites to get more information and purchase. Products are also available at REI and through Amazon.

Go and get yourself a drink! Stay hydrated and healthy this fishing season by making sure to drink enough water, and by using a water filtration system.

Classes and Clinics

Gordon Tornberg, Director of Education

Below is a list of the classes and clinics that are offered to members. Some have scheduled dates, while others will be scheduled shortly. If you have suggestions for other classes or clinics, be sure to contact me to discuss your needs and ideas. Look for specific dates and times on the web site, at upcoming meetings, and in future *Leader* articles.

Scheduled Classes and Clinics

Fly Tying Jam
Fundamentals of Knots
Short Line Nymphing Clinic
All About Leaders
Rod Building

Dates

Third Tuesday of each month
September 20th
October 8th, Dunsmuir City Park
October 18th
On-going as needed

Upcoming Classes and Clinics

Pontoon Boat Clinic
Fishing with Floating Indicators

Tentative Date

Fall, Lower Yuba River
Fall 2016 w/ Clay Hash

Classes and Clinics still to be scheduled

Fly Tying Basics
"Beyond the Basics" Fly Tying Class

Classes and Clinics for 2017

Net Building
Fly Fishing 101
Fly Casting Fundamentals

January – April 2017
February 2017
March 2017



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Conservation Corner

by Mel Odemar, VP Conservation



The Sierra Trout Camp that I reported on in the June *Leader* took place June 18-19 at the Resort at Squaw Creek and Sawmill Lake. Two \$150 student enrollments were put up for auction at the last dinner and silent auction, and **Steve and Joan Reem**, and a guest of a member bid on the enrollments for their grandsons. The GBF covered the remaining cost. The fishing camp for 10 - 13 year-olds was well attended by 20 students, and

enough guides and mentors to have a one-on-one ratio with the students. **Dave Fujiyama, Ron Davidson**, and I participated. **Gary** and **Barbara Millhollen** had volunteered, but could only do so on June 18, and decided not to attend. The club also loaned five fly rods for the students' use.

The camp was a huge success. Despite the wind, the students did very well, and some nice fish were landed. The trout ponds at the resort golf course produced most of the fish. Sawmill Lake was a bit of a challenge, but some nice fish were caught there as well. Try coaching a youngster on casting an indicator and tying flies in the face of a strong wind. Judging by the enthusiasm and skill levels of some of the students, I am confident that we enticed a few new fly fishers to pursue the sport. *Trout Unlimited* (TU) is very appreciative of our involvement, and we will be participating again in next year's camp.

One of the projects the Conservation Committee chose to support last fiscal year, was a proposal by TU and Putah Creek Trout, for a spawning bed

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improvement and fishing access project on Putah Creek. The GBF donated \$1,000 towards the project. Steve Karr, Executive Director of *Putah Creek Trout*, will be giving a presentation covering the project at the August 22nd Conservation Committee meeting at Round Table Pizza near the corner of Sierra College and Douglas Blvd. Steve will not only cover the scope of the work that will be done, but he will also give some expert advice on how and where to fish Putah Creek. There will also be a call for volunteers to help in the project. This promises to be a very informative presentation, and as usual, pizza will be served. I will be covering this again at the August 11th general meeting.

Granite Bay Flycasters Classifieds

To place a classified ad, you must be a member in good standing of the Granite Bay Flycasters. Classified ads will run for only one issue of The Leader, unless the seller requests it to run longer. Submit your listing to: fstolten@comcast.net with subject line: 'GBF: Classified'. Or mail your info to: Frank Stolten, 8290 Country Lake Dr., Orangevale, CA 95662. All ads must arrive by the 15th of the month to be included in the following month's Leader.

For Sale:

Outcast PAC 800 Pontoon Boat - \$400

This boat is in great condition. It was carefully used and stored in a garage. It comes with lots of extras, including:

- | | |
|---------------------|-----------------------|
| • Anchor system | • Motor mount |
| • Oars | • Outcast rod holders |
| • Scotty rod holder | • Stripping Apron |
| • Seat caddy | • Boat Bag |
| • Seat saddle bag | • Cargo pockets |



Contact: Tom Simms at 916-206-7634 or email: TomSimms64@gmail.com

Spey Casting Class

John Hogg will be conducting a beginning spey casting class on Saturday, July 31st. If you have any interest in learning about this type of casting, or just need to brush up on your technique, here's your opportunity. If you don't have a spey rod, that's OK, the club has several loaners available. Contact John for details on time and location. Johnhogg@sbcglobal.net

Also, Kiene's will have Nor-Cal Spey Days on August 27-28. Details at <http://www.kiene.com/events/>

Our website is designed to be a resource for club members who want to enhance their fly fishing experience through participation in various club activities. Check often at www.gbflycasters.org for information on club fishouts, conservation projects, classes & clinics, and other activities that support our mission.

Bill Carnazzo Fly Tyer's Corner
(Taken from the Article Written in August 2012)

Fly Patterns - Dark Lord Nymph



Dark Lord Nymph

Materials:

Hook:	Tiemco TMC 3761
Thread:	Uni 6/0 Tying Thread
Beads:	Spirit River Brite
Dubbing:	Wapsi Antron Sparkle
Wire:	Wapsi Ultra
Biots:	Goose Biots, Stripped
Patches:	Wapsi Hen Saddle Patches

Description

Last month, while discussing the addition of a soft hackle to my short line rig, I mentioned that the Dark Lord is one of the flies that I use a lot as the dropper fly on the rig. For me it is a “go to” pattern, especially when things get tough and the fish seem to have lockjaw. The Dark Lord will often produce results when nothing else works. About 6 weeks ago, I was fishing on the Upper McCloud, trying to determine whether or not to take my next day’s guide clients there. I fished through the morning with fairly good results using a Golden Stonefly nymph as a point fly, and a Prince Nymph on the dropper, but most of the fish were small resident trout, 8-12” in length. I resisted the urge to change to a dry fly despite the fact that fish were rising sporadically throughout the reach I was fishing—I was doing fine with the nymphs so there was no reason to mess with success. During a drift in a particularly lovely spot, my fly got caught on an Elephant Ear sprout. When I reached down to unfasten it, I noticed that there were small black stonefly nymphs on the stems of many of the Elephant Ear sprouts. Bingo!! I replaced the Prince Nymph with a size 14 Dark Lord, and added a Dark Lord tied soft hackle style as a trailer (3rd fly). For the next two hours I hooked and landed trout on every 2nd or 3rd cast, a good number of which were over 16”—all of them on either the dropper or the soft hackle. I took pictures of the most colorful and largest specimens, and decided to call it good at around 4:00 p.m. On the trail back to the car, I met up with two friends from Dunsmuir who had been fishing downstream of where I was. Their experience was similar to my morning results. When they asked how I’d done, I let the pictures speak for themselves. They immediately recognized the fly stuck in the jaw of some of the fish, and muttered something about wishing they’d thought of that. Just in case, I handed them a couple of extras, and bid them adieu.

There are many lessons buried in that little vignette. A couple of the more obvious ones: First, be very observant when you are on the stream. Things can change as the day progresses; fish eager to take, say, a Red John in the morning may not give it the time of day in the afternoon, or even a few minutes later. Abrupt changes like that are a red flag—something is going on beneath the surface. Look on and under the rocks, watch for surface activity, shake streamside bushes, drag a stick out of the water—in other words, think outside the fly box and don’t stick with the “usuals.” Practice awareness as a tool and it will, over time, become a ticket to success. Second, be willing to change when you recognize something is going on with the fish—even if you don’t know what that something is. Change something—add weight, back off a bit, use a finer tippet, change flies, whatever. Third, even if you see surface activity

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don't assume that the fish are taking adult insects from the surface. Chances are they are not doing that—rather, they are taking nymphs, emergers or cripples in or just below the surface film. You will generally catch far more fish if you resist the urge to tie on a dry fly, and stick to nymphs and soft hackle flies.

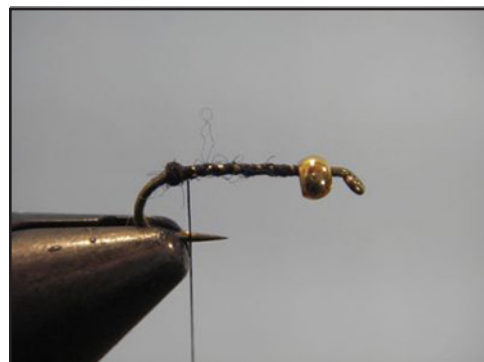
So, let's look at how to tie the Dark Lord. Incidentally, this pattern was originated by Ron Hart, a long-time Upper Sacramento and McCloud River guide, and a practical, inventive tyer.



Tying Instructions

For best viewing: (1) Maximize your Computer Screen Window. (2) Type "Ctrl + or -" to enlarge or contract the photograph display. (3) Use the Horizontal and Vertical Scroll Bars to scroll right and up/down to display larger photos on your screen.

1. Slide the bead on the hook and start your thread. Move the thread back to the bend of the hook and grab just a wisp of dubbing. Use this to dub a very small dubbing ball at the bend of the hook.



Step 1



Step 2

2. Take two dark brown goose biots and tie them in on each side of the hook. The biots will have a natural curve to them and this curve should be going towards the hook. The tails should be no longer than 1 1/2 times the gap of the hook.

3. Tie in some gold wire at the base of the dubbing ball for your ribbing.



Step 3

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Step 4

5. In 4-5 evenly spaced wraps rib the body and tie the ribbing off just before the base of the bead.



Step 5



Step 6

6. Now grab two Ginger biots and tie them in on top of the body. It is easiest to tie them in at the same time. Their tips should extend slightly beyond the end of the body and again they should curve back into the fly. Once tied in, fold the butts of the biots back toward the bend of the hook and make a couple of thread wraps over them. This will help secure them better and make it easier to cut the butts off cleanly.

7. Using the Hen Saddle tie in a set of legs on each side of the fly. They should extend the entire length of the body.



Step 7



Step 8

8. Dub a small collar to cover up your thread work and whip finish directly behind the bead.

Enjoy, and see ya on the creek...!!!

Granite Bay Flycasters

Mission: The organization is dedicated to conservation of fish habitat, advancement of the art of Fly Fishing, and good sportsmanship.

Meetings: General club meetings are held on the second Thursday of each month at the Granite Bay Activities Center on the shores of Folsom Lake. For directions, check www.gbflycasters.org.

Doors open between 6:00 P.M. and 6:30 P.M. for socializing and fly tying demonstrations. The business portion of the meeting begins at 7:00 P.M. The main program gets underway after a short refreshment break and usually involves a guest speaker and slide show, or other presentation. All meetings are open to the public and visitors are encouraged to attend.

Membership: Applications are available on-line at www.gbflycasters.org and at general meetings. Single membership: \$30; Family memberships: \$35; and youth (under 18): \$10. There is also an \$8 name badge charge for all new members. Membership is prorated throughout the year. For membership information, contact Don Whitecar at 916-804-5384, or visit the website at www.gbflycasters.org.

The Leader: To send articles, photos, ads and other materials, please e-mail to: Frank Stolten at fstolten@comcast.net. Please put **GBF Leader** in the subject line. Deadline for materials is the 15th of each month.

Please notify if address change

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