

## Inside

- ❖ Fly of the Month: Green River Recap 2018
- ❖ Club Trips for 2018
- ❖ Three Month Calendar

## Highlights

- Page 3: Frank Selby: Local Saltwater Opportunities
- Page 5: The Pain of Casting
- Page 6: Protecting Fish, Restoring Rivers

# Target Talk

NEWSLETTER OF THE LONG BEACH CASTING CLUB, ESTABLISHED 1925

JUNE 2018

[WWW.LONGBEACHCASTINGCLUB.ORG](http://WWW.LONGBEACHCASTINGCLUB.ORG)

## Leader's Line...

## Fishing for Your Inputs to Improve the Club

COLIN KUMABE, PRESIDENT

**T**he LBCC is seeking input to shape future clinics, fishing trips and tournaments through an outreach which includes meetings, email, phone and personal contact. Input received is discussed at the meetings of the monthly Board of Directors. Every suggestion will be considered for implementation. We'll be trying to balance scheduling, cost and benefits with the goal of enhancing membership experience, in line with the mission of the club. Please make your suggestions known to me or any other director.

Meetings were held on April 12 and May 17 to collect input from club members. Ideas were expressed and noted to provide guidance to the Board of Directors.

These recommendations from April 12 are in progress:

- ❖ Regular Spey casting time: bi-weekly Thursday 7:00 PM (see the LBCC Calendar)
- ❖ Spey trips: BC, Clearwater, Bighorn, Missouri, Platte, etc. - we need Streamkeepers
- ❖ Spey casting instruction
- ❖ Beginning Casting class: see LBCC Calendar
- ❖ One-on-one paid instruction from outside experts – happening May 25–27
- ❖ Spey events
- ❖ Summer Spey tournament – August 4
- ❖ LBCC Spey Tournament – January 18–20, 2019
- ❖ Pond equipment
- ❖ Striping: during July 2018 pond cleaning
- ❖ WiFi at Clubhouse: cost to be voted/ approved by Board of Directors on May 21

The list of recommendations from the May 17 meeting will be available in upcoming newsletters.

Your patience is appreciated in seeing these suggestions implemented. Some recommendations involve scheduling that may occur next year. **ALL** recommendations need **VOLUNTEERS** for implementation.

Termite tenting is in the planning stages, and should occur within the next couple of months. Watch the LBCC calendar and upcoming email notices announcing dates for clubhouse closure. The tenting process will require that all food is properly stored away, and the clubhouse will have to be vacated for three days.

I'll leave you with a memorable quote from the great Lefty Kreh: ***"Most fishermen use the double haul to throw their casting mistakes further."*** (from [www.azquotes.com](http://www.azquotes.com))

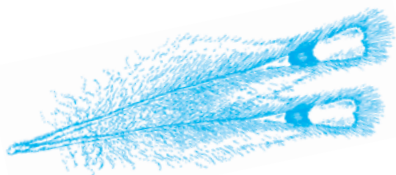
# Club Trips for 2018

ART DAILY, 2<sup>ND</sup> VICE PRESIDENT

## TRIP DATE TRIP & LEADER

June 23	'On the Bay' Trip 7:00 AM w/Mark Flo/Kevin Green; Pre-Trip: June 19, 7:00 PM
July 20	Sierra Tenkara w/Cecil O'Dell; Pre-Trip TBD (part of the Brookie Bash)
July 20-22	Brookie Bash w/Mark Flo; Pre-Trip July 11, 7:00 PM

Trip locations and dates are subject to change, so monitor Target Talk or the Web Calendar. Pre-Trip Meetings are usually at the clubhouse starting at 7:00 PM. Check here or the club's website calendar to confirm the time. Please contact me if you have any questions at: dailya42@yahoo.com.



## New Club Members

WAYNE SAKAGUCHI, MEMBERSHIP SECRETARY

The Board of Directors approved these new members at the last Board Meeting:

- ❖ Kevin Allen
- ❖ Kimberly Delafuente
- ❖ Richard Sargent
- ❖ Ralph Turkel
- ❖ Steve Shough
- ❖ David Nickolette Jr.
- ❖ Luong Tam
- ❖ Carl Barry
- ❖ Preston Barr

Please greet and welcome our new members at the club's next Monthly Meeting. Here's wishing them a lifetime of healthy hatches and tight lines.

## OFFICERS

### PRESIDENT

COLIN KUMABE  
(562) 221-9418

### 1<sup>ST</sup> VICE PRESIDENT

TERRY KOMISAK  
(562) 431-8686

### 2<sup>ND</sup> VICE PRESIDENT

ART DAILY  
(714) 335-4628

### CO-CAPTAINS

MARK FLO: (562) 420-8121  
MIKE IVY: (714) 720-6599

### MEMBERSHIP SECRETARY

WAYNE SAKAGUCHI  
(714) 264-2135

### TREASURER

TOM MCGIVERN  
(310) 947-4212

### CORRESPONDING SECRETARY

BRAD LANDON  
(714) 323-0586

### FACILITIES & POND

KEITH O'DONNELL  
(909) 223-9713

### SENIOR DIRECTOR

DAN RIVETT  
(562) 431-2738

### JUNIOR DIRECTOR

YASH ISEDA  
(562) 596-7766

### TARGET TALK EDITOR

ROB PETERSON  
(310) 963-2515

# Looking for a Little Salt in your Fly Fishing Diet? Frank Selby Cooks up Some Options

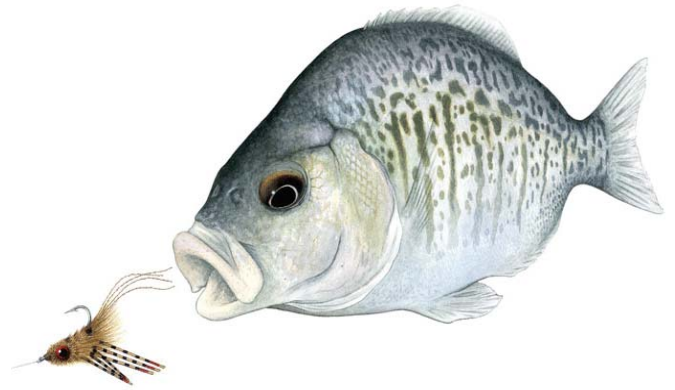
TERRY KOMISAK, 1<sup>ST</sup> VICE PRESIDENT

Corbina season is upon us, the grunion are running and California halibut are moving close to shore. This time of year, upwellings of cold water typically bring all sorts of pelagic fish (including the occasional great white shark) to shallow water. Now that the winter runs of steelhead are long gone and the club trips to Bishop and the Green River are concluded, it's not a bad time to turn our attention to the ocean.

Frank Selby, our June speaker, is the perfect person to help us figure out our options. Frank is the owner of His and Her Fly Fishing Shop, and an expert on Southern California saltwater. Frank will be talking about the local saltwater scene, from corbina in six inches of water to our many opportunities offshore.

Here's a little background on Frank:

"Frank began fly fishing as a young boy. He was introduced to the sport by his uncle who lived in Missouri. Streams were and are his first love, especially those of Montana, Wyoming, Idaho and Alaska. Upon leaving Kansas and moving to Huntington Beach, California in 1955, he discovered



the ocean.

"After experimenting with various flies and techniques he realized he could fish close in year round and get lots of fish. Thus his love of saltwater fly fishing had begun. Frank soon branched out to bays, estuaries and anywhere he thought fishable. He has fished fresh and salt water in most of the world and enjoyed every moment. His favorite places are still here in the USA.

"Frank has been featured in numerous magazine articles, and has appeared on 'Blind Date' and 'California Fishing Journals'. He is an FFI Certified Casting Instructor, has worked with Fish and Game, Fishing in the City, numerous Boys Homes and Clubs, Boy Scouts and Indian Guides.

"Frank has lectured at sporting good shows and FFI clubs and is one of the featured casters and instructors at the Fred Hall Show, the largest recreational show in the world. He has taught many sports figures: hockey's Guy Hebert, baseball's Brett Maine and Jim Abbott as well as actor Martin Milner. Currently Frank is a co-host of 'Fish Hunt Talk Radio'.

"Frank lives in Newport Beach, California with his wife Bev. When Frank is not in his store you will usually find him along some stream, in the surf or offshore guiding clients or on a very nice day...fishing and enjoying the sunset on his own."

Come join us June 28!

# Fly Fish the Trinity and Lower Sac Rivers with LBCC

## LBCC WILL BE FISHING THE RIVERS OF NORTHERN CALIFORNIA! JOIN US...



**ADDRESS:** 4140 Churn Creek Rd, Redding, CA 96002  
**HOURS:** Closes at 6:00 PM  
**PHONE:** (530) 222-3555  
**E-MAIL:** info@theflyshop.com



Join the Club as we venture north to Redding, California and fish the Trinity River and the lower Sac(ramento) for Steelhead and Trout. We will be fishing out of 'THE FLY SHOP' in Redding, California for two days of fabulous Northern California Fly Fishing. Details are as follows:

**WHEN:** November 10<sup>th</sup>–13<sup>th</sup> 2018. Arrive on Saturday and depart on Tuesday.  
**COST:** The cost of the trip is **\$650.00** per person double occupancy. Trip cost detail is – \$475.00 per day for the guide, boat, flies and lunch and \$115.00 per night for the room, for two anglers.  
**DEPOSITS:** First deposit of **\$325.00** due no later than September 1<sup>st</sup>, 2018  
 Second deposit of **\$325.00** due no later than October 1<sup>st</sup>, 2018  
**INCLUDES:** Three Nights lodging and one day drift fishing on the Trinity River and one day drift fishing on the lower Sac. Lunch is included on drift days.  
**NOT INCLUDED:** Fishing license, steelhead card and alcoholic beverages.  
**LODGING:** We will stay at the Red Lion Hotel in Redding, a short distance from the fly shop. Room arrangements will be provided by Marc Bonvouloir. **ADDRESS:** 1830 Hilltop Dr, Redding, CA 96002 **PHONE:** (530) 221-8700  
**SCHEDULE:** Sunday 11-11-18. We will meet the guides at the Holiday Market in Weaverville, this is right behind the Burger King, for a full day float/wade on the Trinity River. Weaverville is one hour west of Redding. Monday we will meet the guides at the Sundial Bridge (10 min. from the hotel) to float/wade the lower Sac River. This is our plan for now. Based on 'The Fly Shop' recommendation when we get there we will go where the fish are biting, plenty of opportunities.  
**GEAR:** For the Trinity 6 to 8 wt. rods and for the lower Sac 5–6 wt. rods. Fishing license and a steelhead card (\$7.50) are required. Be prepared for all types of weather at this time of year.  
**MORE:** Questions or to get on the interest list CONTACT: Art Daily at dailya42@yahoo.com

## Fish the Missouri River in Montana

### with Trout Montana September 9–14, 2018



**ADDRESS:** 1321<sup>st</sup> St. N.  
 Cascade, MT 59421  
**PHONE:** 406-468-9330 (Fly shop & Motel)  
 844-468-3597 (Toll free)  
**E-MAIL:** flyshop@troutmontana.com



**DATES:** September 9<sup>th</sup>–14<sup>th</sup>. Sunday through Friday. Arrive Sunday and check out Friday morning.  
**INCLUDES:** 5 nights lodging and 2 days drift boat fishing +2 days to wade or whatever. Lunch and drinks are included on drifting days.  
**EXTRAS:** Your Transportation, Meals, Tips, Guide tips, Fishing License, others  
**COST:** 5 nights lodging, 2 days drift fishing and 2 days wade fishing: **\$825.00**. Float fish Monday/Wednesday, or Tuesday/Thursday—wade on alternate days.  
**RESERVE YOUR SPOT!** First deposit of **\$200.00** due no later than June 1, 2018. Make your check payable to the Long Beach Casting Club and send to LBCC, PO Box 90035, Long Beach CA. 90809.  
**MORE?**

- Additional drifting days can be arranged with Trout Montana fly shop
- This trip is limited to 12 anglers.
- Contact Art Daily for details and to get on the interest list at: dailya42@yahoo.com.

# The Pain of Casting...

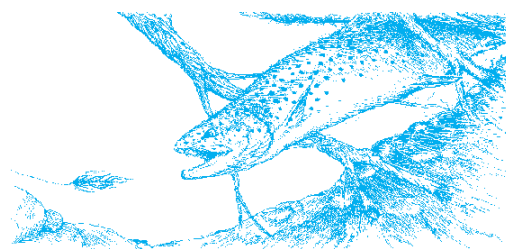
JOHN VAN DERHOOF, PAST PREZ

I cannot extol the virtues and joy of casting and fishing with a two-handed rod highly enough. It's a great way to enjoy time on a river or lake or in the surf. Sadly, many people have been given the advice by the unknowing that using a two-hander or switch rod (they're just short two-handers) will somehow reduce the wear and tear on their shoulders and minimize pain. Sorry boys and girls but this is an urban myth that needs to go away! Without a change in someone's casting style, pain will continue and more likely get a lot worse.

I have worked with dozens of individuals improving their single and two-handed casting and, in multiple instances, have worked directly with ways to allow many of these folks to cast with less pain—myself included. The amount of time I spend casting was taking its toll causing increased pain in my shoulder, so I made some changes. What reduces shoulder pain is either surgery, non-use or a change in casting style. Not the purchase of a two-handed rod. So, how do we fix it?

Anytime you have a problem you isolate the cause and minimize its use—easier said than done. Erasing months, years or even decades of muscle memory can be really tough. Only thing that might be worse is revamping your golf swing! What I am now going to tell you may border on fly casting heresy: you need to learn how to cast using your wrist. Since most of you have been taught not to, this may seem like a ludicrous suggestion but frankly, most of the best casters use some if not a lot of wrist. They just learned how to use it properly.

"Too Much Wrist"! You've all heard it and it's a lie—no such thing. There **IS** such a thing as too much crappy, bad and improperly used or timed wrist. The wrist can only be used at the very end of the backcast and the forward cast (there are other ways but let's stick to the KISS principle). Why does



using the wrist ease the stress on the shoulder? Simple; when the up and down motion of the arm is minimized, then wear and tear on the shoulder is lowered. As we use more wrist, we need to keep the casting hand lower—no higher than the shoulder—and out in front of our bodies. This hand and arm position prevents the caster from dropping the rod too far back on the backcast, and also means the hand barely reaches the height of the shoulder.

Conversely, the "Phone to the Ear" position we teach our Beginning Class students and using little or no wrist, requires the caster to raise their hand to the ear and also brings the elbow to almost the same height as the shoulder. Using the wrist properly keeps the elbow much lower. While we need some up and down motion, the less we do, the less we use the shoulder and the less pain we experience.

Another shoulder killer is casting with the elbow well out to the side of the torso. Called chicken-winging, it is exhausting and bad for one's shoulder. Learning to relax while casting, and to keep the elbow close to the side, will not only reduce the pain but allow you to cast with less fatigue and fish for longer periods of time. Unless, of course, you need an excuse to go back to the car and drink beer or take

*The Pain of Casting...Continues on page 11*



Joan K. Green, CPA  
joan@GreenZahn.com

1700 East Pacific Coast Highway • Seal Beach, CA 90740  
p 562.799.4440 877.838.3299 f 562.799.4441 www.GreenZahn.com

Member American Institute of Certified Public Accountants • California Society of Certified Public Accountants

## Protecting Fish, Restoring Rivers...

**SANDRA JACOBSON, SOUTH COAST REGION  
DIRECTOR, CALTROUT (RE-PRINTED BY  
PERMISSION OF THE AUTHOR)**

**L**ocals who like to fish off the coast might be surprised to learn that Southern California steelhead were once prized catches along the coast. With dwindling population numbers, these fish are now federally endangered.

Their struggle is symbolic of a larger challenge: maintaining healthy waterways for people and wildlife in urbanized coastal California. But real progress is being made toward recovering this iconic species. Recent efforts provide hope that these native fish can coexist with people, even in this highly altered landscape.

As urbanization encroaches on natural areas, it's a challenge to balance competing priorities like flood protection, clean water and environmental benefits. The South Coast Steelhead Coalition, charged with implementing the Southern California steelhead recovery plan, operates on the principle that endangered species are not an inevitable consequence of development. Its members know that ecology and urban infrastructure can coexist.

Composed of over 30 federal, state, local, tribal and non-profit organizations, the coalition works to integrate recovery actions into infrastructure projects



that provide additional benefits for people in San Diego and Orange counties.

Steelhead reproduce in freshwater, then migrate to the ocean, where they grow for several years before returning upstream to repeat the cycle. These fish require passage up and down coastal rivers, normally in winter months. They also need year-round cool water and spawning gravels in streams that may be 40 miles inland.

Rainbow trout are the freshwater form of ocean-going steelhead, staying in landlocked bodies of water their whole lives. These trout are resilient even though their habitat is threatened by low water flow, drought and fires. Recovering steelhead will require removing migration barriers and improving steelhead habitat, as well as preserving existing native rainbow trout populations.

One of the most significant fish passage barriers in Southern California is San Juan Capistrano's Interstate 5 Bridge Array on Trabuco Creek. The barrier removal project led by California Trout in partnership with Trout Unlimited and funded through state agencies will allow steelhead migration through a flood control channel beneath five bridges. Key partnerships are in place with the Orange County

*Protecting Fish, Restoring Rivers...Continues on page 10*

# Sure Beats Helping Little Old Ladies Cross the Street—Boy Scout Merit Badges from LBCC!

CRAIG HAINES, MEMBER

**W**hat's the best way to start spring? For a Boy Scout, it's getting out there and earning some merit badges. In the first week of April your casting club hosted Kato, Robert, Gabriel, Hudson, Ronnie and Kelvin; six Boy Scouts who spent their afternoons at the clubhouse that week earning the Fly Fishing Merit Badge.



On Monday it was all about knots, choosing and matching your equipment, rigging and casting. Tuesday brought on fishing regulations and conserving our fishing resources, learning different kinds of flies, catch and release and, of course, more casting. With Wednesday came fly fishing safety and first aid, Leave No Trace, Outdoor Code and more casting. Thursday brought us to fly tying, when the Scouts each tied an Ant and a Woolly Bugger, then we cast some more.

Finally, on Friday, we fly fished at El Dorado Park and



observed aquatic life above, on and in the water. All of the Scouts caught at least one fish and some even caught up to six of those hungry and wild bluegill. All six of the Scouts earned their Fly Fishing Merit Badge.

This summer, we will once again invite up to 24 more Boy Scouts, eight per week, July 16–20, July 30–August 3 and August 13–17, 2018 to be coached and counseled by our club members to earn their Fly Fishing Merit Badge. Be sure to let Craig Haines know if you'd like to help out at either 562-282-8340, [craigh7271@hotmail.com](mailto:craigh7271@hotmail.com).

Special thanks and a tip of our fishing cap to club members Colin Kumabe, Sam Kwok, Art Strauss, John Jones, Terry Komisak, Eddie Madrid and Mark Flo, who all pitched in to help the Scouts with their merit badges this spring.



# Pasadena Casting Club "Western Friendly" Tournament Scores

## TROUT FLY

<u>A - ADVANCED</u>		
1	Henry Mittel	98
2	Michael Miller	94
3	Eric Callow	93
4	Matt Donaldson	92
5	Mark Lipe	89
6	Mark Tsunawaki	87
6	Mark Flo	87

<u>B- INTERMEDIATE</u>		
1	Justin Bubenik	89
2	Bob Moore	88
3	Mario Rodriguez	79

## BASS BUG

<u>A - ADVANCED</u>		
1	Michael Miller	94 (98)
2	Henry Mittel	94 (96)
3	Eric Callow	93
4	Mark Tsunawaki	91
5	Matt Donaldson	90

<u>B- INTERMEDIATE</u>		
1	Mark Flo	89
2	Justin Bubenik	88
3	Mark Lipe	86
4	Mario Rodriguez	81

## DRY FLY

<u>A - ADVANCED</u>		
1	Henry Mittel	99
2	Michael Miller	98
3	Mark Tsunawaki	94 (97)
4	Eric Callow	94 (94)
5	Mark Flo	92
6	Mark Lipe	91
7	Matt Donaldson	90

<u>B- INTERMEDIATE</u>		
1	Justin Bubenik	93
2	Bob Moore	90
3	Mario Rodriguez	88

## WET FLY

<u>A - ADVANCED</u>		
1	Michael Miller	97
2	Henry Mittel	95
3	Mark Tsunawaki	93
4	Mark Flo	91
5	Mark Lipe	90
6	Eric Callow	89
7	Matt Donaldson	88

<u>B- INTERMEDIATE</u>		
1	Justin Bubenik	89
2	Mario Rodriguez	85

## 1/4 OZ. PLUG

<u>A - ADVANCED</u>		
1	Henry Mittel	96
2	Mark Tsunawaki	88
3	Matt Donaldson	87

<u>B- INTERMEDIATE</u>		
1	Mark Lipe	90
2	Mark Flo	86

## 3/8 OZ. PLUG

<u>A - ADVANCED</u>		
1	Henry Mittel	96
2	Mark Tsunawaki	94
3	Matt Donaldson	86

<u>B- INTERMEDIATE</u>		
1	Bob Moore	88
2	Mark Flo	87
3	Mark Lipe	84

## 5/8 OZ. PLUG

<u>A - ADVANCED</u>		
1	Henry Mittel	95 (96)
2	Mark Tsunawaki	95 (90)
3	Mark Lipe	90

<u>B- INTERMEDIATE</u>		
1	Bob Moore	88 (89)
2	Mark Flo	88 (84)



## Spey Casting Tournament

**JIM ANSITE, MEMBER**

**P**lease mark your calendars: LBCC will be hosting a Club members only, Spey Casting Tournament, Saturday, August 4.

This will be a one-day tournament, with qualifying in the morning, and finals after a lunch break. All are welcome and encouraged to join us, including first-timers.

### FREE COACHING:

Greg Bencivenga, recognized as one of the top two-hand casting instructors in the world, assisted by other FFi THCI instructors, have volunteered time to coach, and/or de-brief, those interested in the competition, at no charge. The focus will be on what went right, as well as the path to improvement.

Look forward to seeing you there!

# Captain's Corner—LBCC's Own Mike Ivy Provides the Drama at Spey-O-Rama!

MARK FLO, CO-CAPTAIN  
JIM ANSITE, MEMBER

**C**asting tournaments and local practice at the club are now in full swing. Here are some notes from "around the pond".

## TUESDAY NIGHT CASTING GAMES COME BACK TO LBCC:

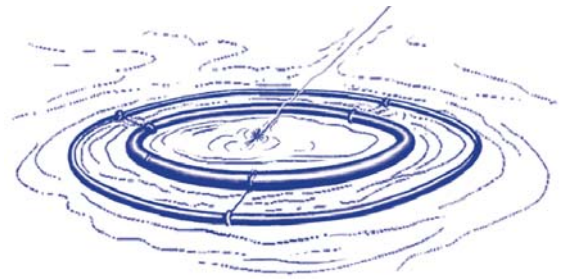
The Tuesday Night Casting Games will begin May 15th and will be played all summer. Come enjoy being outside in great weather and in good company, honing the skills that will help you to catch more and bigger fish. Learn to put the fly exactly where you want it, and you might get rewarded by the fishing gods. Start time is 6:00ish.

## LBCC WELL REPRESENTED AT PASADENA CLUB'S "WESTERN FRIENDLY" TOURNAMENT:

April 8th the Pasadena Casting club held a Western Rule cast competition for local casters. Mark Lipe, Mark Tsunawaki and Mark Flo competed from the LBCC. It was great to see members of the Pasadena and Long Beach clubs come together with the common interest of becoming better casters (*Editor's Note: see previous page for tournament scores*).

## OUR OWN MIKE IVY FINISHES SEVENTH AT WORLD CHAMPIONSHIP OF SPEY CASTING:

Mike Ivy, our illustrious "Pond Captain" and all-around good guy, had a remarkable performance at Spey-O-Rama. This is the World Championship of Spey casting, and was held at Golden Gate Casting & Angling Club, on April 21 and 22. He finished in seventh place.



This tournament is viewed by most as the most difficult Spey casting tournament on the planet, attracting competitors from over 15 countries. These are the absolute best Spey casters in the world and to even make the final top ten is an accomplishment for which most would give their eye teeth.

During the competition, each competitor has six minutes to complete 12 casts: three each of right and left singles and right and left snake rolls. The best casts of each category are added for a grand total. Oh, and that's not all—each cast must have a change of direction of at least 43 degrees! Sounds easy, right? No problem.

Mike's grand total was over 631 feet. Doing the math, that's averaging over 157 feet for each cast! This is truly an amazing performance for only his third attempt at Spey-O-Rama.



Thanks, Mike, for putting another feather in the cap of Long Beach Casting Club and doing it with true sportsmanship and grace. I couldn't be more proud of my friend and casting partner. The next time you see him, please be sure to give him a pat on the back.

Jim Ansite, FFI CI & THCI

### Protecting Fish...Continued from page 6

Flood Control District, city of San Juan Capistrano, Caltrans and other agencies to provide fish passage while improving water quality and stream health. This project folds into planned flood control work, ensuring efficient use of taxpayer funds.

Another project, on the Santa Margarita River, will replace the Sandia Creek Drive bridge two miles north of Fallbrook. The bridge is a steelhead migration barrier and presents public safety issues due to flooding after storms. Led by Trout Unlimited, the project will fix the fish passage barrier and provide many benefits to Fallbrook residents. This effort leverages a project underway on U.S. Marine Corps Base, Camp Pendleton, that enhances fish passage through a groundwater recharge structure at Lake O'Neill. It benefits fish while improving water supply reliability, reducing local dependence on imported water and meeting the long-term water needs of surrounding communities.

With these two projects completed, steelhead will have unimpeded passage to high-quality habitat in Santa Margarita Ecological Reserve. Improving habitat and clearing the way for migratory fish like steelhead to reach the upper ranges of a watershed are essential parts of fish recovery efforts. We've seen salmon and steelhead rebound in other parts of the country where dams are removed and habitat is restored. There's every reason to believe it will also work here.

These projects, combined with water conservation efforts in the San Luis Rey basin to improve irrigation efficiency and protect native rainbow trout, chart a new path to integrate natural processes into urban landscapes. The solutions that have the best chance of success support both wildlife and people. Protecting fish will ultimately restore our rivers, improving water quality for us all in the process.

**Editor's Note:** Sandra is the South Coast Region Director for Cal Trout; she'll be speaking at the Club later this year. Thanks to Art Strauss for suggesting this article — Rob

## Brookie Bash: 20<sup>th</sup> Year!

MARK FLO, MEMBER

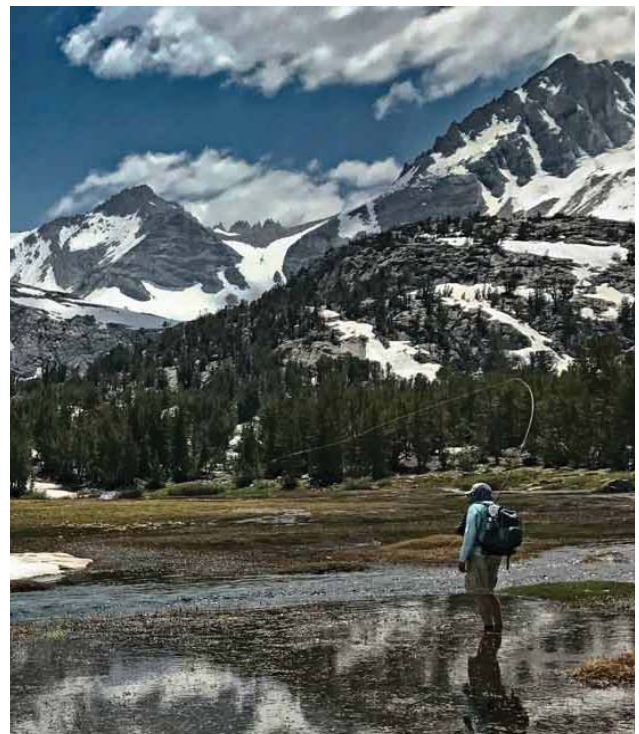
The 20<sup>th</sup> (as far as I can figure out) Annual Brookie Bash will be held Saturday, July 21<sup>st</sup> in Little Lakes Valley. The Pre-Trip meeting will be Wednesday, July 11<sup>th</sup> at 7:00 PM.

If we have enough people who are interested, we will be renting one or two condos for Thursday, Friday and Saturday nights. We need a headcount to determine how many people need to be accommodated. Please contact Mark Flo at markcflo@yahoo.com as soon as possible to reserve your spot. You must have your non-refundable deposit to Mark by Wednesday, May 31<sup>st</sup>.

Earn the LBCC special pin "The Sadler Slam" by catching all five species of trout that weekend: Brookie, Brown, Rainbow, Cutthroat and Golden.

Remember the immortal words of Jeffrey Sadler:

***"Rookies and Brookies  
are made for each other!"***



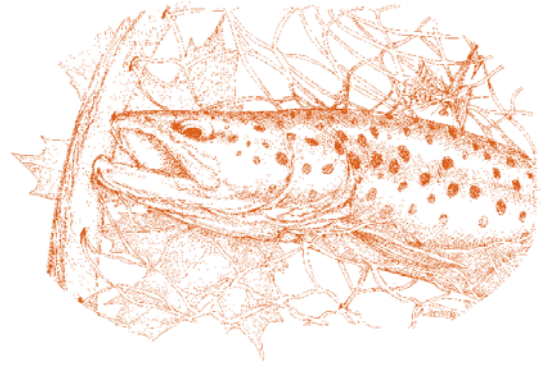
## The Pain of Casting...Continued from page 5

a nap... Joe Libeu likes casters to reach over with the non-casting hand and touch or lightly hold their bicep as a reminder to keep the elbow in. Another method is to stick a hat or neoprene reel case (leave the reel out!) between the elbow and the side. In the old days they would take you out *into* the river with your favorite book and use it instead. Oops, there goes my first edition copy of Joe Heller's CATCH 22!

So why aren't two-handed rods (including switch rods) for overhead or "Spey" style casting my choice for reducing shoulder strain? It starts with understanding that all two-handed casting is predicated on using both hands—top and bottom. The bottom hand pulls the butt of the rod toward the stomach at the same time the top hand pushes toward the target on the forward cast. This means the top hand has to be high enough to allow the lower arm to extend some distance in preparation for that forward cast. The longer the cast, the longer the stroke. In order to give you that extra length, the top hand needs to climb higher so the rod can clear your shoulder. Suddenly your top hand is level with your eyeballs, your elbow is almost to your shoulder and here comes the pain. Yes, you can keep the hands lower ("inside the Strike Zone" as Tim Rajeff would say...) but frankly, it is tougher for new casters to learn to do this and others will be limited in their casting distances as well.



Also, two-handed casting is not all backcast/forward cast; it is multi-plane and requires crossing the body with hands and arms to sweep the rod around and into a forward cast position. All of this reaching can



REALLY stress the shoulders (plural!).

The purpose of this article was twofold. One: to let people know that there are ways to reduce shoulder pain by changing their casting style and...

Two: to please stop telling people to buy two-handed or switch rods to reduce shoulder pain. Yes, the latter can reduce the pain (and gladden the hearts of fly fishing retailers) but, without other corrective measures, will likely make the whole problem a hell of a lot worse. Only if they adopt a change in their casting style will they start minimizing the pain!

See you, painlessly I hope, on the pond...

## June Saltwater Outing

KEVIN GREEN & MARK FLO, MEMBERS

**L**BCC half-day saltwater outing will be Saturday June 23 at 7:00 AM. This is not just one, not just two, but **THREE** outings in one! You can fish the ocean side of the Long Beach peninsula. Or the Alamitos Bay side in Long Beach. Or float tube or kayak in Alamitos Bay. Yes, this may be the greatest fly fishing extravaganza known to man. Or, it could just be a saltwater fly fishing outing...

Pre-trip will be Tuesday evening June 19th at 7:00 PM. Your hosts will be Kevin Green and Mark Flo. We will cover flies, tactics and gear. Lunch to follow at Ballast Point 12:00ish.

# Fly of the Month: Another Year; Another Recap

JOHN VAN DERHOOF, PAST PREZ

**W**ell, well, well. Here we are another year more ancient and talking about the wonderful fishing on the Green River. The fishing is almost always excellent but conditions, hatch matching and learning new techniques makes every year a unique experience. This year was no different with several newish challenges wade fishing and two really good float days.

The drive up this year was not one of the easier ones I've had. About Cedar City I was running into snow flurries. It was not yet dawn and the temps outside were in the low to mid 20s. When I got to Fillmore it was snowing pretty hard and by Nephi Interstate 15 was completely snow covered. Thankfully the snow relented a bit when I turned east in Spanish Fork. I arrived at Flaming Gorge Resort before 11:00.



COPPER BEADHEAD HALO

After checking in (thank God they let me in early) and a spot of lunch, I suited up and headed to the river. I was met with a 10–15 mph wind and gusts to 40 mph. Let's not forget the occasional snow flurries... With no fish rising I started with a two-fly bounce (bottom weighted) rig and spent the next hour "practicing" my fishing. I began with my "go to" pattern, a Halo, and put one on top and a copper bead version on the bottom. After 20 minutes I changed fly after fly finally putting a purple Zebra Midge with a silver bead on the bottom. Almost instantly I hooked up and landed 3 more in quick succession. The fourth however was on the remaining Halo—my top fly.

I later found out that the water levels from the dam had been increased to about 3000 cfs or more at night, dropping to 900 cfs at dawn, then slowly ramped up to 1700 cfs where it



PURPLE ZEBRA MIDGE

held the rest of the day. My belief is that the water temps were low and resulted in frozen fish and no BWO activity leaving midges the breakfast and early lunch menu items. Why they wanted purple I will never know but this color has worked well for me in previous years.



UPRIGHT BWO

The wind blew steadily and the gusts finally drove riff-raff from the river. Good thing too because the fish decided to start feeding on BWOs and midges popping off the surface and I had the whole stretch below Ramp Two to myself. I ditched the two-fly rig, tied on a bunch of 5x and 6x and an Upright BWO size 20. After one fish, the sky got darker and windier and I couldn't see that stupid thing so I tied on a Madison Buzzer (also size #20) with a bleached deer hair wing I could see. I continued to use these two the rest of the hatch and landed another six fish; all but one on the Upright BWO.

I floated A & B Sections with Doug Roberts, owner of Old Moe, the next day and it was a great. Forty plus fish and blue skies—only thing missing were rising fish! We pushed straight down to Diving Board Rapids, ran laps and fished nymphs. We tried one of my Halos and a black version that Doug had been tying. They wouldn't touch mine but they sure loved Doug's! Soon we changed the Halo out for dark midge/mayfly combo pattern that worked almost as well as his Black Halo.



BLACK HALO

I walked and waded the next three days below the ramps at Little Hole. Most of it was nymph fishing and I did well using the same flies I used the day I got there. No dry fly activity and a lot of varied weather—snow, rain, wind, hail, sleet—springtime in the Rockies... I did some swinging with my 3-weight two-hander and they hated my streamers but liked some of my soft hackles, especially a slimmed-down version of a Koby Killer. My last day

of walk & wade was fairly short—only a couple of hours. The wind was a steady 20 mph with gusts to 50 and 60 mph. There is now a very large pine tree lying in the river just above the take out at Indian Crossing. On a couple of occasions the gusts caught the line and lifted my nymph rig out of the water. After a couple of those I decided it was beer time...

My last day floating started and proceeded just like my first. The spots were the same, the flies were the same and the catching was the same. After lunch we got to a spot in the B-Section where we found one large pod of splashy risers but could not crack the code. These fish were coming up from a fairly deep bottom, hitting something on or near the surface, and going straight back down. We tried about everything we had on the little bastards but caught only three and that was dumb luck. One suicidal brown trout even ate the size #10 Purple



PURPLE HAZE

Haze that we were using as an indicator fly. I was so dumbstruck I never even set the hook—thank God the fish did it for me...

This place is always so productive for me and so much fun that I am already making plans to return. There are few places on the planet where I can catch great sized fish on such a regular basis. I also learn something new every year—different rigs, spots to fish and flies to try. If you can attach yourself to one of the Club's trips I think you will become a Green River addict like myself!



KOBY'S SLIM KILLER



MADISON  
BUZZER  
BWO

**FISHING**  
**AMMO**



**HUNTING**  
**ARCHERY**

**963 N. Main Street**  
**Bishop, CA 93514**

**PH (760)872-3000**  
**FAX (760) 872-8000**

**BISHOP, CALIFORNIA**

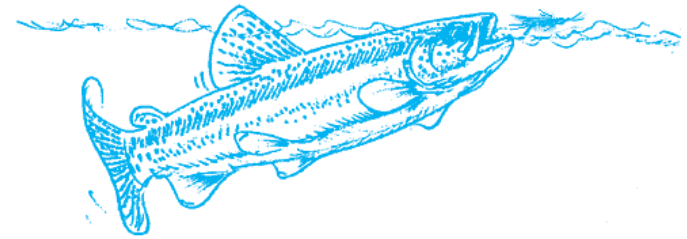
## A Word from the Conservation Committee

ART STRAUSS, MEMBER

**W**e have an opportunity to try to help California's precious waterways in the upcoming June 5<sup>th</sup> California primary.

Proposition 68 is a \$4 billion bond issue that is focused on water security. Passage of the bond is actively supported by Cal Trout and other groups. According to Cal Trout, passage of the bond would protect our own unique water resources, fight climate change and provide public access to clean drinking water and safe parks. Funds would be directed to local towns and cities to enable them to store and recycle water more efficiently.

The legislative analyst for the state proposes \$1.5 B



for natural resource conservation (state conservancies and wildlife conservation, climate preparedness and habitat resiliency, ocean and coastal protection and river and waterway improvements) and almost \$1.3 B each for parks and recreation and water (adding new and renovating local parks, trails, greenways and rural recreation, flood protection, groundwater recharge and cleanup, safe drinking water and water recycling).

The bond is evaluated by routine audits, does not raise taxes and is supported by the League of Women Voters, the Nature Conservancy, and the California Department of Forestry and Fire Protection.

## Golden Dorado

### Rio Paraná, Argentina

**Don't miss this chance to catch this amazing gamefish!**

**January 21-27, 2019 / \$4,200**

**6 nights and 5 days of guided fishing**

Join us for 5 days of action packed Golden Dorado fishing on Rio Paraná. Package includes: 2 night hotel stay and airport transfers in Buenos Aires; All meals and drinks aboard the mother-ship; Ground/boat transportation to and from the mother-ship. Based on double occupancy and 2 anglers per guide. Not included are flights, gratuities, equipment and gear, insurance

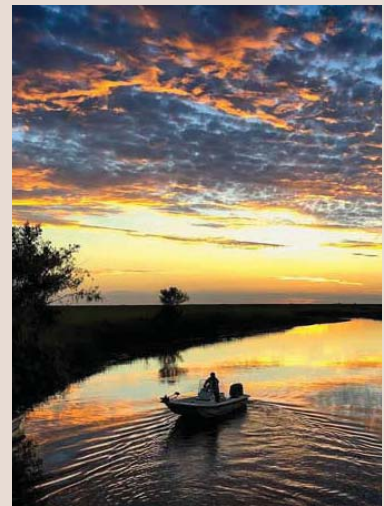


and license, meals in Buenos Aires. Space is limited to 8 anglers. Please reserve your space **ASAP!**

**For inquiries and reservation, contact:**

Joe at 310.749.6771 / fishlgf@ix.netcom.com

Kathy at 714.475.4529 / kksfpfa@yahoo.com



Sierra Pacific Fishing Adventures • 3901 Brayton Ave., Long Beach, CA 90807 • (310) 749-6771 • jlsfpfa@ix.netcom.com • www.joelibeufllyfishing.com

# Klamath/Blue Creek Project Complete!

ROB PETERSON, TARGET TALK EDITOR

In November, I updated you on the Western Rivers Conservancy's effort to preserve Blue Creek, a critical tributary of the Klamath. I'm happy to report that as of February 28th, the project is complete. Here's an excerpt from WRC's press release: "The Yurok Tribe and Western Rivers Conservancy have succeeded in creating a major salmon sanctuary within the Yurok Reservation to protect Blue Creek, the most important source of cold water for the lower Klamath River and a lifeline for some of the largest runs of salmon and steelhead remaining on the West Coast." This is a big win for the Klamath River, and for all of us—Rob.

## Calendar of Events

### June

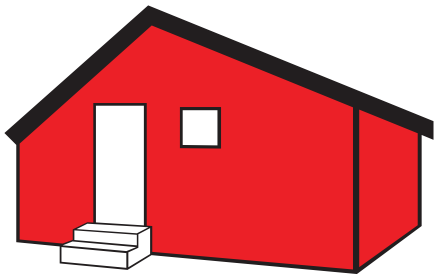
5	Tuesday	7:00 PM	Rod Building
6	Wednesday	7:00 PM	Fly Tying Forum
		7:00 PM	Tenkara Information and Planning Meeting
7	Thursday	6:00 PM	Spey Casting
11	Monday	7:00 PM	Board of Directors Meeting
12	Tuesday	7:00 PM	Rod Building
13	Wednesday	9:00 AM	Conservation Team at San Gabriel
		7:00 PM	Fly Tying Forum
19	Tuesday	7:00 PM	Rod Building
		7:00 PM	Salt Water Outing Pre-Trip
20	Wednesday	12:00 PM	Fly Tying Forum
21	Thursday	6:00 PM	Spey Casting
23	Saturday	7:00 AM	Salt Water Outing with Kevin Greene/Mark Flo
27	Wednesday	7:00 PM	Fly Tying Forum
28	Thursday	7:00 PM	Monthly Meeting: Frank Selby

### July

2	Monday	7:00 PM	Board of Directors Meeting
4	Wednesday	7:00 PM	No Fly Tying Forum! 4th of July Holiday
5	Thursday	7:00 PM	Spey Casting
11	Wednesday	9:00 AM	Conservation Team at San Gabriel
		7:00 PM	Fly Tying Forum
		7:00 PM	Brookie Bash Pre-Trip
18	Wednesday	7:00 PM	Fly Tying Forum
20	Friday		Sierra Tenkara w/ Cecil O'Dell (part of the Brookie Bash)
20-22			Brookie Bash w/ Mark Flo
23	Monday	8:00 AM	Pond Cleaning
23-26			Pond Closed for Striping!
25	Wednesday	7:00 PM	Fly Tying Forum
26	Thursday	7:00 PM	Monthly Meeting: TBD

### August

1	Wednesday	7:00 PM	Fly Tying Forum
4	Saturday		Club Spey Tournament
6	Monday	7:00 PM	Board of Directors Meeting
8	Wednesday	9:00 AM	Conservation Team at San Gabriel
		7:00 PM	Fly Tying Forum
15	Wednesday	7:00 PM	Fly Tying Forum
22	Wednesday	7:00 PM	Fly Tying Forum
29	Wednesday	7:00 PM	Fly Tying Forum
30	Thursday	7:00 PM	Monthly Meeting: TBD



[www.redshedflyshop.com](http://www.redshedflyshop.com)



YOUR FLY FISHING DESTINATION  
& RESORT OUTFITTER

FLY FISHING EXCURSIONS • CLASSES  
PRIVATE INSTRUCTIONS

(310) 749-6771

3901 Brayton Ave., Long Beach, CA 90807 • [www.spfadventures.com](http://www.spfadventures.com)



hotel CURRENT

NIA ENG  
DIRECTOR OF SALES

5325 e. pacific coast highway • long beach, ca 90804  
direct 562.597.1341 x 117 • facsimile 562.597.8741  
[nia@hotelcurrent.com](mailto:nia@hotelcurrent.com) • [www.hotelcurrent.com](http://www.hotelcurrent.com)