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Target Talk

NEWSLETTER OF THE LONG BEACH CASTING CLUB, ESTABLISHED 1925

MARCH 2019

WWW.LONGBEACHCASTINGCLUB.ORG

Leader's Line...

The Two-Fisted Fly Fisher: Don't be Caught Unarmed When High Noon Comes to the Lower O

COLIN KUMABE, PRESIDENT

On Sunday morning of the Lower Owens River Club Trip in early February, 2019, I met a couple of fly fishers who stated that they were only fishing for rising fish with dry flies. I wished them "good luck" and overheard them say that they already caught two fish. There are many ways to catch fish before the hatch; may I offer a strategy for fishing at times other than during a hatch? Simply stated, offer the trout nymph patterns until the fish begin to rise for the hatch, then quickly switch to dry flies.

Several club members reported a blue-winged olive mayfly hatch at about 12:30 PM on Thursday, Friday, Saturday and Sunday. It occurred during the heavy downpour at 12:30 PM to 1:00 PM on Friday. I planned to be ready to cast dry flies around 12:30 PM each day.

Generally, trout find 90% of their food below the surface. The food found below the surface is higher in calories than the adult insects on the surface. Trout expend very little energy waiting on the bottom for nymphs, and eat them all day.

On the February trip the trout ate my #18 and #20 Copper Zebra Midges, #18 and #20 WD-40s, #14 and #16 Green Rock Worms and #16 Flashback Pheasant Tails. The fish weren't particular as to which one, as long as they were well presented, near the bottom.

Just before a hatch, trout actively feed on emerging nymphs, which have a high caloric value. So around 11:30 am, I removed the Zebra Midges and Rock Worms

and used PT nymphs, which imitate mayflies.

Carry a second fly rod, set up with a dry fly, to quickly switch from nymph setup to dry fly setup and fish for the rising fish. Be aware of the time and observe the stream water surface for rising trout and adult insects.

During these last two trips the hatch began at the same fishing spot almost the same time every day. Since the hatch lasted only about 30 minutes to an hour during the last two fishing trips, you will be happy you carried the second rod. When the fish start to rise, then quickly put away your nymph rod and begin using your dry fly rod.

The big trout are usually the most aggressive and are likely the first ones to eagerly take your dry fly. Be ready, game on!

Best wishes to catch more **BIG** fish! See you at the LBCC Pond and upcoming club trips.

Club Trips for 2019

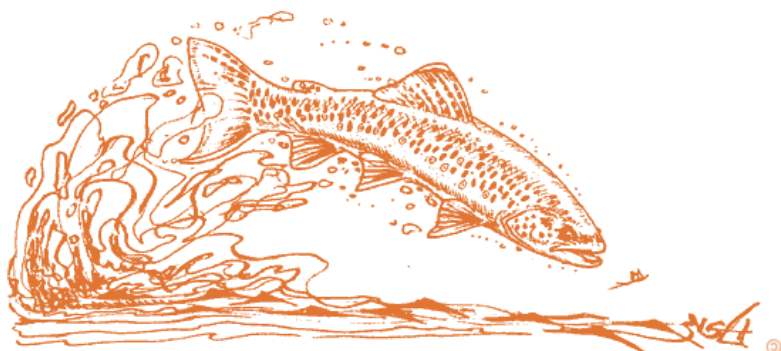
ART DAILY, 2ND VICE PRESIDENT

TRIP DATE TRIP & LEADER

Mar. 7–10	Lower Owens: Yash, Dan & John. Pre-Trip: March 2, 9:00 AM–noon.
Apr. 13	Kelsey Bass Ranch w/ Mick Woodbury. Pre-Trip: TBD.
Apr. 28– May 3	Green River, Utah #1 w/Yash Iseda. Pre-Trip: April 20, 9:00 AM–noon.
May 5–10	Green River, Utah #2 w/Colin Kumabe. Pre-trip: April 20, 9:00 AM–noon.
June 23–28	North Platte River w/J. Green and R. Allen. Pre-trip: June 19.
July 11–14	Brookie Bash w/ Mark Flo. Pre-trip July 6.

Trip deposits for trips that are 'double occupancy' and require deposits in advance are non-refundable. Should you need to cancel your reservation, your deposit money will be refunded if another club member replaces you.

Trip location, dates and pre-trip workshops are subject to change, so monitor Target Talk or the web calendar for the latest information. If you would like to be a stream keeper and need help organizing a club trip, let me know. Please contact me if you have any suggestions for a trip or any questions at dailya42@yahoo.com.



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Need a Steelhead Break? Frank Duarte Takes Us After Sacramento Shad

TERRY KOMISAK, FIRST VICE PRESIDENT

What is shad fishing all about? Shad are similar to steelhead in that they are anadromous. They are born in fresh water, transition from fresh water to salt and back to the fresh for breeding. Shad were imported from the east coast, the Chesapeake Bay area, more than a century ago. They were put into the Sacramento River where they thrive and live to this day.

Frank Duarte will be our speaker this March 28. He is from the Sacramento Valley and will talk to us about the mysteries of shad fishing. He got an AA from Diablo Valley College and a BA from Chico State in 1975 where he developed his passion for fishing.

Frank states: *"My last semester at Chico State, I took a one unit class called Complete Fly Fishing, taught by Walton Powell. This was the beginning of a long friendship and working relationship with the Powell Fly Shop and family. I was one of the lead guides out of the shop until it closed its doors, after the death of Walton Powell."*

He has been a licensed guide in California since 1985. There are now over 12,000 guides in California and Frank's guide license is number 150. Frank holds a Captain's License, which clears him to operate on any river in America. He has guided on the Klamath, Eel, Smith, Sacramento, Feather and Yuba River in California. Also, he guides on the Chetco and Umpqua in Oregon.

Frank also targets salmon, steelhead, trout and stripers and guides conventional as well as fly anglers. Frank Duarte's Guide Service just celebrated 35 years in business.

In conclusion, Frank states: *"I own property in Sula,*



Montana, on the East Fork of the Bitterroot River where I plan on spending my summers soon. I have a strong passion to share my love of fly fishing for shad. For more information, see my website: www.Fishduarte.com."

Come join us Thursday, March 28!

"Second reminder to all current members (see article on Page 14): We're coming up to the 2019–2020 membership year. Memberships are due by end of March. Please renew your membership by PayPal or check and fill out the membership application form so our records and roster will be up to date.

"Thank you members who have already renewed."

New Club Members

**WAYNE SAKAGUCHI,
MEMBERSHIP SECRETARY**

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

- ❖ Jeff Schaper
- ❖ Michael Taylor
- ❖ Steve Nakano & son David

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.

The Lower "O" Season

THE LOWER "O" BOYS

This traditional season of winter trips has morphed into a truly great experience for beginning fly fishers as the old pros spend Saturday and part of Sunday on the shoulders of rookies, teaching them to read the water, rig their rods and catch pretty trout.

Join Trip Leader Dan Rivett and the crew March 7-10; pre-trip is Saturday, March 2. Some comments from prior beginners:



*"The fish are **HUGE** on the Lower O", Zane G.*

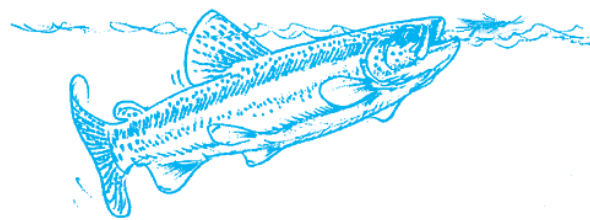
*"The Lower O is the best stream...**EVER**", Ernest H.*



The pre-trip meetings are a combination of trip info and a class telling you everything you need to know about, from when you step out of your car in jeans and sweatshirt until you step into the river in waders and boots and your rod, ready to rock-n-roll. The class starts at 9:00 AM and goes until you are exhausted.

- ❖ Secret spots revealed (Jeff's, Bob's and if he doesn't show up, three Libeu spots!).
- ❖ Master nymph rig techniques (Yash)
- ❖ Soft hackle and streamers (Danny)
- ❖ Dry flies (Danny)
- ❖ How to dress (John)
- ❖ These classes are worth your while even if you can't make the trips.

Gustatory delights include Amigo's (Thursday), Japanese (Friday) and Pizza Factory (Saturday).



PLUS, the home-made six, yes six foot sandwich on Saturday for lunch (free).

Bishop is $\frac{3}{4}$ of a tank north in the beautiful Eastern Sierra and winter fishing can be spectacular. The weather can vary from peeling off layers of clothing to horizontal sleet. The Owens flow is currently at a very fishable rate.

The best part is the camaraderie of old and new friends and the sharing of arcane secrets.

March Casting Schedule

MARK FLO, CO-CAPTAIN

The casting schedule for March is as follows:

- ❖ The first cast of the month has been moved to March 3.
- ❖ This will be followed by the Directors Handicap March 24.
- ❖ The winner of the Directors' Handicap will be given an all-expense paid surf fishing outing with Mark Flo to Bolsa Chica State Beach. Don't miss this exciting opportunity!



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February Lower Owens Trip another Smashing Success!

YASH ISEDA, PAST PRESIDENT

Our February trip saw a smaller group that decided to challenge the weather, and even the Super Bowl, to go up to Bishop.

Fishing on Thursday and Friday was good for a number of club members. Saturday was tough due to the change in weather with rain and snow. Some members stayed to fish on Sunday and did very well on dry fly, and even managed to make it home in time to see the Super Bowl.

Unlike last year, the water level was lower which made the fishing better. The fly that caught the most fish was a Green Rock Worm, or anything similar in a green color. Some members found success with soft hackle and Tenkara.

Looking ahead to our March 7–9 trip, there will be a workshop on Saturday, March 2 from 9:00 AM–12:00 PM. Think about making hotel reservations early since we expect a larger group.

By the way, I made a quick stop at the Bishop DMV to renew my driver's license. There were only two people waiting in line ahead of me. The total time spent was 30 minutes. You can also get your California ID at the same time. Make sure that you take all of the identification needed (Social Security card, passport and utility bill).

Once again, if you missed this outing we will return to Bishop the weekend of March 9–10. Please come out for some one-on-one time on the river and take advantage of getting to know other members better. Tight Lines...



LBCC Board Nominees

**BRAD LANDON,
CORRESPONDING SECRETARY**

This year's Nominating Committee has nominated the following members to the 2019–2020 Long Beach Casting Club's Board of Directors.

PRESIDENT:	Colin Kumabe
1ST VICE PRESIDENT:	Terry Komisak
2ND VICE PRESIDENT:	TO BE DETERMINED
CORRESPONDING SECRETARY:	Brad Landon
MEMBERSHIP SECRETARY:	Wayne Sakaguchi
TREASURER:	Tom McGivern
CAPTAIN:	Mark Flo/Mike Ivy
FACILITIES & POND:	TO BE DETERMINED
JUNIOR DIRECTOR:	Yash Iseda
SENIOR DIRECTOR:	Dan Rivett

The election will be at the Annual General Meeting. It is a brief meeting with no guest speaker and all members are encouraged to attend.

The Annual General Meeting is in lieu of the regular monthly meeting. Any ten members in good standing may nominate other candidates for the same office or offices from the floor at the Annual Meeting. Refer to the Long Beach Casting Club Constitution & Bylaws, Article VIII, Section 5, for the procedure to nominate candidates from the floor at the Annual General Meeting. The Constitution & Bylaws are located in the back of your copy of the LBCC Roster.

Fish the “Grey Reef” Section of the North Platte River in Central Wyoming with Grey Reef Anglers



*Wyoming's Best Lodge & Guide Service for Fly Fishing the Grey Reef
& Miracle Mile waters of the North Platte River*

ADDRESS: 2145 Sunflower St.
Casper, WY 82604

PHONE: 307-267-2559
EMAIL: WWW.GREYREEFANGLERS.COM

DATES: June 23–28, 2019. Arrive Sunday, June 23rd, drift 4 full days June 24–27, depart June 28th, 2019.

INCLUDES: 5 nights lodging, all meals, 4 full days of drifting the North Platte and area waters.

EXTRAS: Your Transportation to and from Grey Reef Anglers, Guide Tips, Fishing License, Liquor

COST: The total cost for the trip is **\$ 2200.00 per person;**

This Trip is Double Occupancy **AND** is limited to **10 anglers.**

HOW TO SECURE YOUR SPOT: Your 50 % deposit is due no later than April 1st, 2019. Make your check payable to “The Long Beach Casting Club” and send to the Club's PO Box 90035. Your final deposit will be due by May 15th, 2019.

HOW TO GET THERE: Drive to Casper, Fly to Casper, Grey Reef Anglers will pick you up in Casper and transport you to the lodge. Fly to Salt Lake or Denver and drive (approximately 4 hours) to Grey Reef Anglers.

MORE: Grey Reef Anglers Lodge & Guide Service is located southwest of Casper, Wyoming over-looking the wide open North Platte River Valley and the famed “Narrows” stretch of the Grey Reef. It's a river with limited pressure, larger eager fish, and beautiful surroundings. We provide world-class fly-fishing float trips, upland bird hunting, and full-service lodging for our customers. Grey Reef fly fishing trips include guided float trips for trophy trout on the Grey Reef, and Miracle Mile tail-water sections of the North Platte River. One day fishing on the Miracle section included at no extra cost.

New Swedish Cope Log Lodge Includes private decks, private rooms with private bathrooms, overlooking the entire river valley and the lower Grey Reef section of the North Platte River, a truly stunning view from each room in this brand new lodge, only 1/4 mile from the river. Your guide will pick you up here and drop you off at days end. Casper airport shuttles to the Lodge available upon request.

The Grey Reef and Miracle Mile tail water sections of the North Platte River arguably the best fly fishing in Wyoming right out our back door. Our trout pictures speak for themselves about Wyoming trout size, abundance, and our guides experience level. This is the place to fly fish for legendary trout on a relatively quiet river. Guided North Platte River fishing float trips with Private Access, and Private Boat Ramps that keep you away from anyone else, and the very best Grey Reef guide staff ready to show you a great time! Experience the thrill of a Grey Reef rainbow rising to eat your dry fly, or monster North Platte River brown trout eating your streamer!

As some of our members that have been there have said:

“...this is my number one choice fly fishing venue.”

Brookie Bash: 21st Year!!!

MARK FLO, CO-CAPTAIN

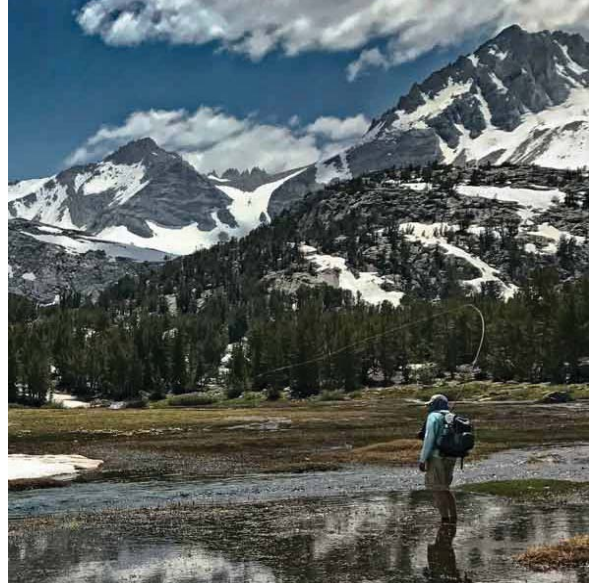
The 21st (as far as I can figure out) Annual Brookie Bash will be held Saturday, July 13th in Little Lakes Valley. The Pre-Trip meeting will be Wednesday, July 6th at 7:00 PM.

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 Friday, May 31st.

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!"*



Beginning Casting Clinic

JOHN VAN DERHOOF, PAST PRESIDENT

The Club's Beginning Casting Clinic is open to the public and is free. Though designed for beginning fly casters, the course will also meet the needs of those requiring a refresher or fine-tuning in the basics. Typically, students vary widely in experience. All are welcome.

Orientation will take place in the clubhouse on Tuesday, March 12, 2019 at 7:00 PM. Enrollment, rod/reel/line selection advice and practical tips will be addressed during the session. This is a short (45 minutes +/-) classroom presentation only. There is no need to bring a rod and reel to this presentation.

Actual casting on the pond will run for four consecutive Tuesdays, beginning March 19, 2019 and concluding April 9, 2019. All classes are on Tuesdays and run from 7:00 PM to about 9:00 PM.

This is the perfect introduction to fly casting, and, for those with a bit of experience, a great opportunity to sharpen their basic skills. Bob Midde and I look forward to this year's clinic and hope to see you there.

The LBCC's 2019 Winter Spey Casting Tournament

MIKE IVY, CO-CAPTAIN

Spectators and participants alike were treated to a series of impressive performances at the winter edition of the LBCC's annual Spey casting tournament held on the club pond over the January 19-20 weekend:

- ❖ Whitney Gould won the Women's Open Division with a combined score of 518'. Her 148' left handed Single Spey was the longest cast in all of the divisions in Sunday's finals. This is consistent with Whitney being the world's record holder for women's long distance Spey casting.
- ❖ Mike Ivy won the Men's Open Division finals with a total score of 543'. Mike's 158' Right handed Snake Roll during his Saturday's qualifying round found him with the longest cast in all divisions of the two-day tournament. David Ross's score of 585' in his Saturday qualifying round was the highest total of the two-day tournament. David grabbed second placed in Sunday's finals of the Men's Open Division.
- ❖ The Men's Novice Division witnessed a spirited competition between Larry Allen and Rix Gano. Larry won Sunday's final round with a combined score of 444'. In Saturday's qualifying round, Rix's combined total of 448' was the highest in the novice division and his 120' right handed Single Spey was the longest novice cast in the tournament.
- ❖ Bob Kumamoto won the Men's Super Seniors Division.

A big thanks is due to our Facilities/Pond Captain Keith O'Donnell and his crew of 20-plus Club members who drained, cleaned and refilled the pond the week before the tournament and then

again on the Thursday before the tournament. The latter was an emergency effort necessitated by the storm-generated mudflow that left the pond an unsafe health hazard, unusable and unsightly. Their hard work and dedication ensured the tournament's operations.

High praises for the group that worked on the design, printing and sale of the beautiful commemorative T-shirts. John Van Derhoof provided the artful design. Yash Iseda arranged the printing. Wayne and Shirley Sakaguchi organized and spearheaded the sales of these shirts. There are both long- and short- sleeve t-shirts in most sizes still available for sale at the club house. Buy one (or two) now before they are gone!

A huge thank you to all of the folks who helped out during the actual event days: judges, scorekeepers, scoring, time keepers, runners, helpers and raffle prizes. Could not have done it without you!

A final thanks to John Lincoln and his crew of chefs who provided breakfast, lunch and dinner to everyone on Saturday, as well as to Dan Rivett and Mark Tsunawaki of the Sunshine Committee who cooked the breakfast for the Sunday morning finals.



LBCC's 2019 Spey Casting Tournament Final Results

MEN'S OPEN

NAME	PLACE	SCORE	LEFT SNAKE			LEFT SINGLE			RIGHT SNAKE			RIGHT SINGLE		
			1	2	3	1	2	3	1	2	3	1	2	3
MIKE IVY	1	543	0	95	145	109	120	121	90	147	130	0	130	114
DAVID ROSS	2	511	129	0	0	127	129	0	119	118	0	131	134	0
BOB MIDDO	3	474	0	0	112	124	119	109	118	95	109	111	114	120
JOEL PHILLIPS	4	465	95	120	82	140	87	123	75	89	0	116	70	77
KEN SANDSTROM	5	401	80	95	0	90	88	0	80	96	90	120	0	0

MEN'S SUPER SENIOR

NAME	PLACE	SCORE	LEFT SNAKE			LEFT SINGLE			RIGHT SNAKE			RIGHT SINGLE		
			1	2	3	1	2	3	1	2	3	1	2	3
BOB KUMAMOTO	1	330	75	93	66	70	30	40	78	75	97	70	0	0

WOMEN'S OPEN

NAME	PLACE	SCORE	LEFT SNAKE			LEFT SINGLE			RIGHT SNAKE			RIGHT SINGLE		
			1	2	3	1	2	3	1	2	3	1	2	3
WHITNEY GOULD	1	518	0	140	148	120	113	120	115	126	124	124	111	118
LYNAE AXELSON	2	370	85	40	60	50	82	83	88	104	84	93	98	94
LINDA DAVIS	3	234	55	59	55	0	45	40	52	60	50	50	70	70

NOVICE

NAME	PLACE	SCORE	LEFT SNAKE			LEFT SINGLE			RIGHT SNAKE			RIGHT SINGLE		
			1	2	3	1	2	3	1	2	3	1	2	3
LARRY ALLEN	1	444	50	117	106	82	103	108	95	88	109	110	103	95
RIX GANO	2	428	85	0	88	0	0	105	113	125	109	106	110	110
MATT ABRAMS	3	421	60	80	0	100	90	105	107	85	121	115	104	80
TOM OLSON	4	392	88	70	50	94	62	94	70	94	97	113	90	106
KEN HENDERSON	5	353	0	0	83	75	50	75	97	96	98	86	0	97



Free Tenkara Clinic At LBCC Clubhouse!

CECIL O'DELL, MEMBER

We are happy to announce our second Spring Tenkara Clinic with Luong Tam, owner of Tenkara Tanuki. The clinic will take place Saturday, March 23. There will be a morning session from 9:00-11:30 AM, lunch (cost is \$7.00) and an afternoon session from 1:00-2:30 PM.

CLINIC FOCUS:

- ❖ The basics of TENKARA and HOT places to fish in the Eastern Sierras.
- ❖ Rigging the lines and setting up the sighter sections and tippet ring.
- ❖ Fly selection and techniques.
- ❖ Rod selection for different kinds and sizes of fish.
- ❖ How to fight and bring a fish to hand or the net.
- ❖ Casting, fly choices (tying demonstration) and fly manipulation techniques.



Luong will have some of his Tenkara Rods available for purchase at the Clinic. He will also have his floating Tenkara line material for you to make a line for your rod with a sighter and tippet ring. The cost for this is about \$0.80 cents a foot. **PLEASE BRING YOUR RODS** so we can measure the correct length. For those interested, here is the web link to see his products: <https://www.tenkaratanuki.com>.

You can check out Luong's new Tanuki Ninja Tenkara rod on "Kickstarter". The Tanuki Ninja rod, designed by LBCC member Luong Tam, is available for pre-order at the link below (if purchased by a LBCC member 10% of the cost will be donated back to LBCC). This rod is designed and built for fishers who love dry fly fishing or



high stick nymphing.

Please have a look at the entertaining video in this link (the link is good only until February 17th):

<https://www.kickstarter.com/projects/832460291/tanuki-ninja-tenkara-fly-fishing-rod-tenkara-tanuk?ref=90la63>

Furthermore, this is going to be the very first fishing rod featured in Yanko Design Magazine, www.yankodesign.com:

<http://www.yankodesign.com/2019/02/13/the-tanuki-ninja-fly-fishing-rod-brings-the-ancient-japanese-art-to-the-mainstream/>

Yanko Design Magazine is an online magazine dedicated to covering the best in international product design, with more than a million Facebook followers and hundreds of subscribers.

To register, email Cecil O'Dell at: COdell@encompassworldpartners.org with your name, cell phone number, email address and whether you are planning to participate in the lunch ("yes" or "no").

You are free to spread the word to other club members and friends who might be interested. If you have any questions please contact Cecil O'Dell, ph# 562-221-5253, codell@encompassworldpartners.org.



Giving Back to a Great Fishing Spot: Fifth Annual Owens River Cleanup

CHRIS LEONARD

Attendees of the Fifth Annual Owens River Cleanup woke up to a dusting of snowfall in Bishop, California on Saturday, February 9. It didn't however stop thirty-five brave, hearty souls from meeting at the Pleasant Valley Campground at 8:00 AM for baked goods and coffee.

Event organizer Chris Leonard thanked the volunteers for showing up, and handed them trash bags to divide and conquer the river for the morning. The volunteers were composed of about half local folk and half Southern Californians who traveled north for the event.



As usual, an assortment of various waste was removed from the river. Everything from spent beer cans, worm containers, and fishing line to broken mirrors and rolls of carpet. The good news is everyone agreed that the river looked cleaner this year.

In five years of an estimated 250 total people working four hours, that's 1,000 hours of picking up trash since the inaugural cleanup in 2015. The volunteers were served lunch and almost everyone walked away with free swag raffled off.

A huge "thank you" goes out to this year's supporters: [California Deer Association](#), [California Waterfowl](#)



Association, Caltrout, Ducks Unlimited, Eastern Sierra Fish Reports, Erick Schat's Bakery, Great Basin Bakery, Golden Trout Lanyards, Inyo Recycling and Waste Management, KIBS Radio, Kittredge Sports Guide Service, KMMT-KRHV Radio, Preferred Septic and Disposal, Rio, Redington, and Sage, Sierra Mountain Trout Guide Service, Snowbee, Silver Lake Resort, Southwest Council, Fly Fishers International, Tenkara Tanuki Fishing Rods, Trout Unlimited, and Virginia Lakes Resort.

Next year's event will be **Saturday, February 8, 2020 – always the Saturday following the Super Bowl**. People interested in making donations for the raffle – or any inquiries – can **call Chris Leonard at 818.288.3271**.



QUITE A HAUL!

Some Fresh Air on Air Exposure

DR. STEVE COOKE, DR. ANDY DANYLCHUK,
SASCHA CLARK DANYLCHUK,
KEEPEMWET FISHING

By definition, fish live in water and with few exceptions (e.g., lungfish, arapaima) can only extract oxygen from water. As such, it should be no surprise that air exposure is not a “good” thing for fish. Of course, a little air exposure is not going to kill a fish. But what defines “a little”? The answer varies based on many factors.

For example, some fish species are simply more tolerant to air exposure than others. Species like common carp and bullhead catfish are able to live in water with very little oxygen and therefore tend to also be fairly tolerant of air exposure — as much as 10 minutes of air exposure or more. And others (such as bluefin tuna, bonefish, and salmonids) are extremely sensitive to low levels of oxygen whether they are exposure to air or exposed to waters with little oxygen.

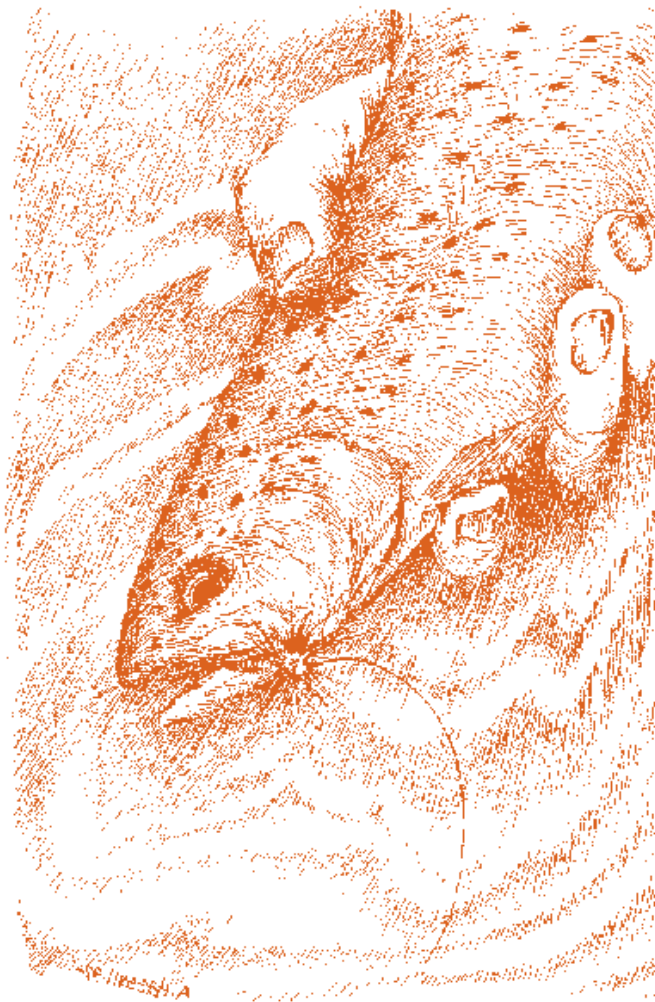
Sensitivity to oxygen can also vary for a variety of reasons for a given species. For example, water temperature influences how much air exposure a fish can withstand. For any given species, fish tend to be able to handle longer periods of air

exposure at cooler temperatures than at warmer temperatures. Take bluegill sunfish for example — for a given duration of air exposure, the extent of impact to the fish is always lower for the cooler temperatures than it is for warmer temperatures, and the extent of that difference increases with longer periods of air exposure. Water temperature is SO important for fish that it is referred to as the “master factor” (See *Finsights* 14), and it affects all biological processes and is also the reason why some fisheries close when water temperatures exceed a given threshold. The closer the fish are to the upper end of their thermal tolerance range, the more important it is to minimize stress from air exposure.

Sensitivity to air exposure can also vary depending on life stage. For example, Pacific salmon are quite sensitive to air exposure during early phases of their upriver migration yet when the approach spawning grounds (literally about to spawn), they become quite resilient to air exposure.

The idea that the context matters makes it very difficult to identify a single duration of air exposure to guide anglers in how to handle fish. The default should be “as little as possible”. We are unaware of a biological explanation nor a single scientific study showing that air exposure is good for fish. So, what is a

“little”? If we are looking for a single number to apply across the board, the 10 second limit proposed in a synthesis of available data remains the most useful



value.

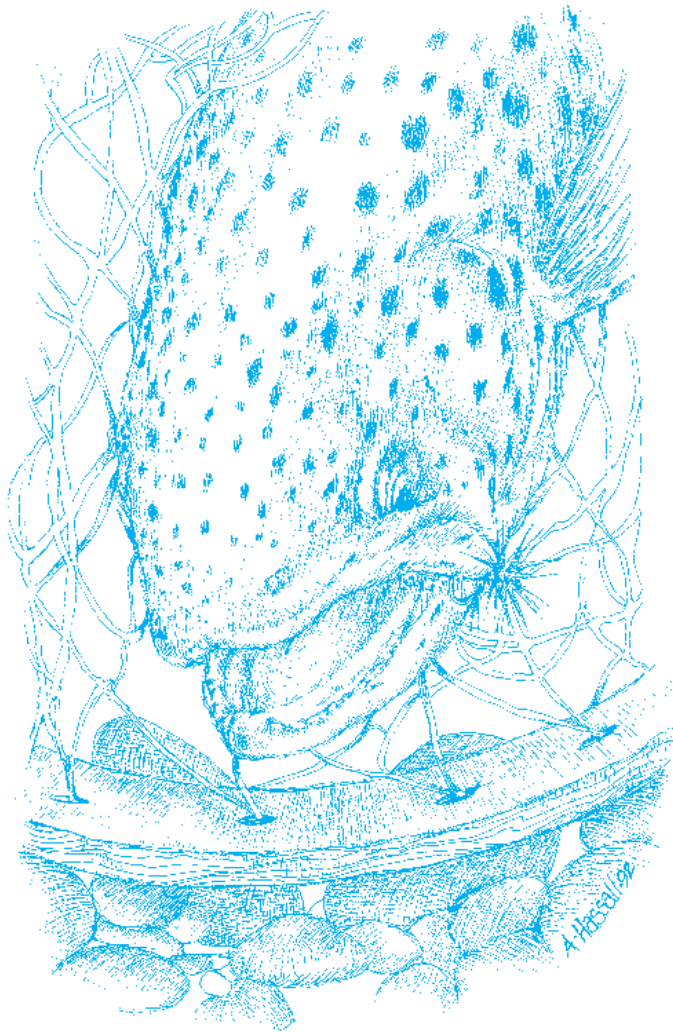
The Keepemwet Fishing mantra is about minimizing air exposure and keeping fish wet. Even we scientists love to admire fish and capture the moment just like anyone else. In fact, that was the entire premise for the #keepemwet movement — how fish can be admired in a way that also ensures that they are released in a state where there are likely to survive and thrive.

A couple of recent studies have been critical of the existing literature that suggests air exposure is bad for fish. Indeed, some of the older work was done in the laboratory for experimental purposes and some of those studies use absurdly long air exposure durations.

Nonetheless, the patterns that emerged from those studies stand — and the patterns are clear — more air exposure is worse than less air exposure. There are some studies that have failed to demonstrate a negative effect of air exposure. For example, a recent press release from a study by researchers at the University of Idaho used the headline “brief air exposure not a threat to fish survival”. The air exposure durations used in that study were 30 and 60 seconds and involved adult cutthroat trout as they approached spawning grounds. The researchers revealed that there was no difference in survival or reproductive success for control fish (no air exposure)

and those exposed to air.

However, this study, just as many that have come before it, has its own limitations (e.g. they held the fish in tanks before simulating angling, which we know to be stressful,) and is very context dependent (e.g. survival is a whole different ball game when there are predators around). This context was absent from the press release and we are concerned that anglers and the angling media are left with the impression that “fish are tougher than we give them credit for” when in reality the message is that the impacts of C&R are varied and depend highly on species, location, how a study is performed. “Spinning” such findings to get media headlines does nothing to help improve how fish are handled by anglers. In fact, it does the opposite — it creates confusion. We greatly encourage all anglers to be careful and not take press releases such as this at



face value.

We await a study that provides evidence that air exposure is good for fish — that it benefits them in a biologically meaningful way. There are many ways in which anglers can interact with fish and capture the moment forever without extending air exposure beyond 10 seconds. Let's #keepemwet.

Happy Fishing! *[Re-printed by permission-Ed.]*

Membership Renewal!

WAYNE SAKAGUCHI,
MEMBERSHIP SECRETARY

If you've enjoyed the many opportunities provided by the club to further your fly fishing passion, such as:

Speakers; Outings; Casting Classes and the Pond; Fly Tying Class and Forum; Rod Building Class; Special Classes, Tournaments; Social Events (lunches, Venison Stag, Noon Events); Meetings and more...

Please consider renewing your membership today.

You can renew using any of the following:

1. Online via PayPal at:
<http://www.longbeachcastingclub.org/membership/>

2. Use this link to download the: Membership Form
3. Download it from our website:
<http://www.longbeachcastingclub.org/membership/>

The completed form and payment can be mailed to our P.O. Box:

Long Beach Casting Club
PO Box 90035
Long Beach, CA 90809-0035

or... Drop off in the slot of the locked drawer in the back left of our Library.

Please do so by March 31 to ensure your place in the annual roster. If you have already renewed, we thank you and you can ignore this notice. If you do not wish to renew, I would appreciate it if you would let me know why not by replying to the email so we can make improvements and don't bother you with our follow-up efforts.



Spring is upon us here in the Eastern Sierra!!!

We are looking at a fantastic fishing season approaching us with the huge amounts of snowfall.

It's going to be a five-star fishing season!

**Give me a call if you'd like to book a trip for this fishing season. Chris Leonard - 818.288.3271
I offer half-day and full-day trips. Moving waters and Crowley Lake.**

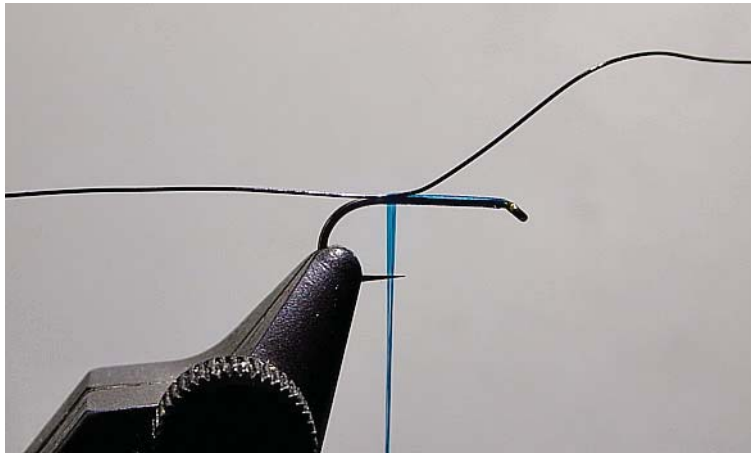
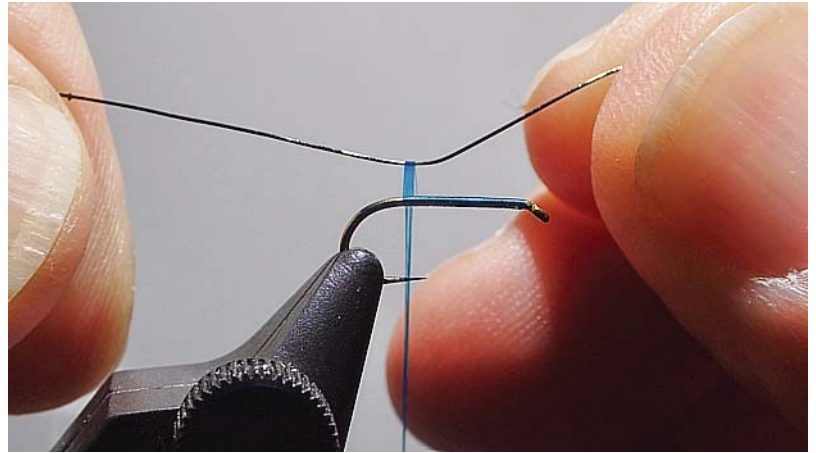


Fly Tying Tip of the Month: Thread Trap for Materials!

DAVE BOYER, MEMBER

Sometimes trying to catch your material with thread wraps is not easy and at times, downright frustrating. There are various solutions which many of you already know: using the Loose Loop method and learning to continually untwist your thread as you tie. But certainly one of the easiest is called a Thread Trap.

Take the material you are trying to tie in, place it through the space between the dangling thread and your vise and pull it up under the thread from the back side of the hook (FIGURE-1).



Once the thread has trapped the material on top of the hook (FIGURE-2), you can add an additional turn of thread to keep it from slipping out from under the thread. Now you can locate the material any place you wish. For example, when wrapping a wire rib in the conventional direction move it low on the back side of the shank. For reverse wound ribbing through dubbing place it low and on the front side of the shank. This will start the ribbing from the proper location and help make it more evenly spaced.

Once the final location is set, you can pull it in either direction to shorten or lengthen the material as desired (FIGURE-3).

Continue wrapping to bind down and lock. Placing tinsel, tails, floss, wire and even hackle is now a much easier and quicker task.



Fly of the Month: Improved X-Caddis

JOHN VAN DERHOOF, EDITOR

There is one place I always return to fish: that's Hot Creek. In 1963 I caught my very first fish on a fly rod there—a 13" brown trout—and on a fly that I had tied. I had no real clue as to what I was doing but either the stars aligned or the fish was really stupid (yup, I am voting it was the latter...) and I caught that thing on the swing with a Cowdung wet fly; no kidding, that's the real name of the fly. I tied it because of its name.

Since then I have watched "The Creek" change but love it nonetheless. It is a fascinating fishery; able to hold very large fish and provide a very distinct challenge with its weed banks and braided currents. The one insect that reigns supreme (and always has, frankly) is the caddis. Mayflies have declined in numbers over time there and midges are on the rise but the caddis is king. The Improved X-Caddis is the brainchild of Craig Mathews and John Juracek of Blue Ribbon Fly fame in West Yellowstone, Montana and is an imitation of an emerging caddis. It was intended to take Al Troth's Elk Hair Caddis away from the 50-Mile Riffle that is the Madison River—or any freestone river or creek for that matter—and make it a more suitable and usable fly for slower water environs like the Henry's Fork, Silver Creek and yes, my favorite, Hot Creek.

Offering a lower profile on the water than an Elk Hair Caddis and a Zelon tail/shuck and underwing, this pattern in olive and dark gray as well as other colors is an outstanding fish producer. Tie it in sizes from 16 way down into the 20s and, when they get real small, switch from coastal deer to CDC but keep the Zelon tail and underwing. Tie it with a shorter than normal wing and you have one heck of a mayfly emerger especially in olive for a Blue-Winged Olive or pale yellowish olive for a Pale Morning Dun.

This is a truly great pattern and you will be doing yourself a big favor to have several in your fly box. I know, I always do!

MATERIALS FOR TYING THE IMPROVED X CADDIS:

- Hook: Tiemco 100 or 101 or equivalent in sizes 16 to 24.
- Thread: Veevus 12/0 or favorite to match the fly body.
- Tail/Shuck: Zelon fibers matching the fly body.
- Body & Rib: Dubbing to match the hatch with pearl Krystal Flash ribbing.
- Underwing: Zelon fibers from the tail about two-thirds the length of the wing.
- Wing: Nature Spirit X-Caddis type (minimal flare) whitetail deer body hair.
- Head: Body dubbing over the wing butts.



INSTRUCTIONS FOR TYING THE IMPROVED X-CADDIS:

1. Attach the thread to the hook behind the headspace and wind it smoothly down to the bend. You will be using the same clump of Zelon for both the tail and shuck so cut off a longish clump of Zelon and tie it in. It should extend beyond the bend of the hook about the length of the body or just a bit shorter and should be fairly sparse. Since you're going to use it later, don't cut off the excess!
2. Tie in a single strand of pearl Krystal Flash for the ribbing. Now apply dubbing to the thread and wind the body material forward to a point just short of the headspace. Wind the Krystal Flash forward about five turns and tie it off.
3. Remember the butt ends of the Zelon tail/shuck? Well now is the time to fold back the butt ends and bind them down, forming an underwing. Trim the underwing until it's about three quarters the length of the body.
4. Cut off a clump of hair from a nice piece of coastal deer. Do not use other species of deer like whitetail or mule deer as the hair from these deer will generally be too thick and too coarse (especially with flies in the #16 to #24 range) and will flare too much. Align the tips of the coastal deer in a hair stacker and then tie in the hair like you would on an Elk Hair Caddis. The length of the wing should extend to the end of the body and a bit beyond but, NOT beyond the bend of the hook. Trim off the butts of the deer hair wing completely. In other words, do not leave the butts exposed like on an Elk Hair Caddis.

NOTE:

If you want to tie a great emerging mayfly pattern just tie the wing in a bit shorter than the body and finish the fly in the way I have described.

Apply dubbing to your thread the same color as the body and wind it over the tie down point of the wing



MAYFLY EMERGER VERSION
WITH SHORTER WING

and all the way to the eye of the hook. Wind a very small head, whip finish, apply a coat of head cement and you have yourself one great fly!



In appreciation for the many years of support,

Bob Marriott's is pleased to give 2% of all Long Beach Casting Club member purchases back to the club. This store credit can be used by the club for raffle prizes or toward other product purchases that will help enhance and benefit club activities. When purchasing from Bob Marriott's, please be sure to mention that you are a LBCC member to help ensure a percentage of your sale will go back to the club.

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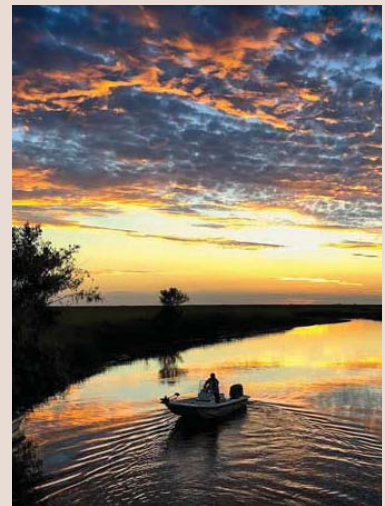


and license, meals in Buenos Aires. Space is limited to 8 anglers. Please reserve your space **ASAP!**

For inquiries and reservation, contact:

Joe at 310.749.6771 / fishlgef@ix.netcom.com

Kathy at 714.475.4529 / kksdfa@yahoo.com



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Calendar of Events

March

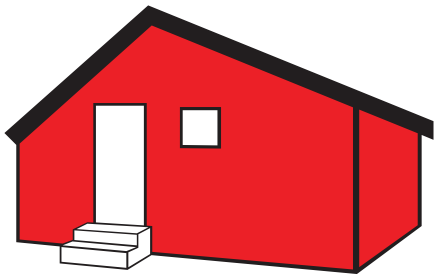
2	Saturday	9:00 am	Pre-Trip: Lower Owens #3
3	Sunday	9:00 am	Club Cast
4	Monday	7:00 pm	Board of Directors Meeting
5	Tuesday	7:00 pm	Beginning Fly Tying
6	Wednesday	7:00 pm	Fly Tying Forum
7-10			Lower Owens #3 w/ Dan Rivett
12	Tuesday	7:00 pm	Beginning Casting
13	Wednesday	9:00 am	Conservation Team at San Gabriel
		7:00 pm	Fly Tying Forum
19	Tuesday	7:00 pm	Beginning Casting
20	Wednesday	12:00 pm	Nooner Lunch
		7:00 pm	Fly Tying Forum
23	Saturday	9:00 am	Tenkara Clinic
24	Sunday	9:00 am	Directors' Handicap
26	Tuesday	7:00 pm	Beginning Casting
27	Wednesday	7:00 pm	Fly Tying Forum
28	Thursday	7:00 pm	Monthly Meeting: Frank Duarte

April

1	Monday	7:00 PM	Board of Directors Meeting
2	Tuesday	7:00 PM	Beginning Casting
3	Wednesday	7:00 PM	Fly Tying Forum
4	Thursday	7:00 PM	Annual General Meeting
9	Tuesday	7:00 PM	Beginning Casting
10	Wednesday	9:00 AM	Conservation Team at San Gabriel
		7:00 PM	Fly Tying Forum
13	Saturday		Kelsey Bass Ranch w/ Mick Woodbury
17	Wednesday	12:00 PM	Nooner Lunch
		7:00 PM	Fly Tying Forum
20	Saturday	9:00 AM	Pre-Trip: Green River #1 and #2
		7:00 PM	Awards & Installation Dinner
24	Wednesday	7:00 PM	Fly Tying Forum
28-5/3	Week		Green River #1 w/ Yash Iseda

May

1	Wednesday	7:00 pm	Fly Tying Forum
5/5-5/10			Green River #2 with Colin Kumabe
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
14	Tuesday	7:00 pm	Rod Building
		7:00 PM	Tuesday Casting
15	Wednesday	12:00 pm	Nooner Lunch
		7:00 pm	Fly Tying Forum
21	Tuesday	7:00 PM	Tuesday Casting
22	Wednesday	7:00 pm	Fly Tying Forum
28	Tuesday	7:00 pm	Rod Building
		7:00 PM	Tuesday Casting
29	Wednesday	7:00 pm	Fly Tying Forum
30	Thursday	7:00 pm	Monthly Meeting: Devin Olsen



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