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Target Talk

NEWSLETTER OF THE LONG BEACH CASTING CLUB, ESTABLISHED 1925

FEBRUARY 2023

WWW.LONGBEACHCASTINGCLUB.ORG

Leader's Line...

Get Fly Fishing Fit!

BOB MAYFIELD, PRESIDENT

As we begin the new year, many of you have made New Year's resolutions. I'm sure that by the time you are reading this many of those well-intended resolutions have been broken. Well, I always like to think in terms of second chances, so I'm going to propose a resolution you might not have had on your list. That resolution is to get "fly fishing fit". The motivation for you is to keep you on the water longer, to reduce the chance of repetitive strains and to keep you on your feet (and not in or under the water). When we are out fishing, we are usually working our bodies in ways we are not used to. We can walk many miles in rough, slippery conditions. In a six to eight-hour day we can cast hundreds of times. A few of those casts hopefully can have us playing a fish, which can produce great stress on our hands and forearms. And the bigger fish can get us moving downstream a lot faster than we probably should be moving.

Any one of these stresses or conditions can produce injury. I speak from experience on the injury part. These are some of the exercises I do to try and prevent injury while fishing. Please note these are just my suggestions. I'm no doctor or PT, just a person who has been injured and needed rehab to heal. Before you launch into any exercise program, check with your medical professional to see if it is right for you.



- ❖ Get out and walk two to three miles, three times a week. If you can only do one thing to improve your overall health, this would be it. If you can add hills, stairs or trails, so much the better.
- ❖ Work on improving your balance. I use a balance board and Yoga. Here is a link to simple yet effective exercises you can use: https://therapyworkskansas.com/5-exercises-to-improve-balance-and-stability/?utm_source=rss&utm_medium=rss&utm_campaign=5-exercises-to-improve-balance-and-stability
- ❖ Shoulder exercises using TheraBand: <https://www.massgeneral.org/assets/mgh/pdf/orthopaedics/sports-medicine/physical-therapy/mass-general-theraband-strengthening-for-the-shoulder.pdf>
- ❖ Strengthening fore arms and hands using putty or grip tools. Hand exercise using grip ball: <https://a.co/d/2S6TwM7>

Leader's Line ...Continues on page 5

Club Trips for 2023

STEVE TIMM, 2ND VICE PRESIDENT

TRIP DATE	TRIP & LEADER
February 9–12	Lower Owens #2 w/J. Lincoln & D. Rivett; Pre-Trip February 4, 9:00 AM
March 9–12	Lower Owens #3 w/J. Lincoln & D. Rivett; Pre-Trip March 4, 9:00 AM
March 15–17	Pyramid Lake w/P. Nakamura; Pre-Trip: Zoom meeting February 14, details TBD
April 30–May 5	Green River w/John Lincoln Pre-Trip April 22, 9:00 am
May 7–12	Green River w/Colin Kumabe Pre-Trip April 22, 9:00 am
May 14–19	Green River w/Keith O'Donnell Pre-Trip April 22, 9:00 am
May 30–June 3	Fall River w/Marc Bonvouloir Pre-Trip May 20, 9:00 am

Trip locations, dates and pre-trips change, so monitor Target Talk or the Club's Web Calendar for the latest information. Deposits for trips which are "double occupancy", and require deposits in advance, are non-refundable. Should you cancel, your deposit will only be refunded if a Club member replaces you.

If you'd like to be a Streamkeeper and need help organizing a Club trip, email me and let me know. Feel free to contact Steve Timm if you have suggestions for a trip or any questions at: srtimm@hotmail.com.



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ROB PETERSON
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February Speaker: Steve Schalla

Origins of Golden Trout and the Golden Trout Wilderness

Thursday, February 23, 7:00pm

MARC BONVOULOIR, 1ST VICE PRESIDENT

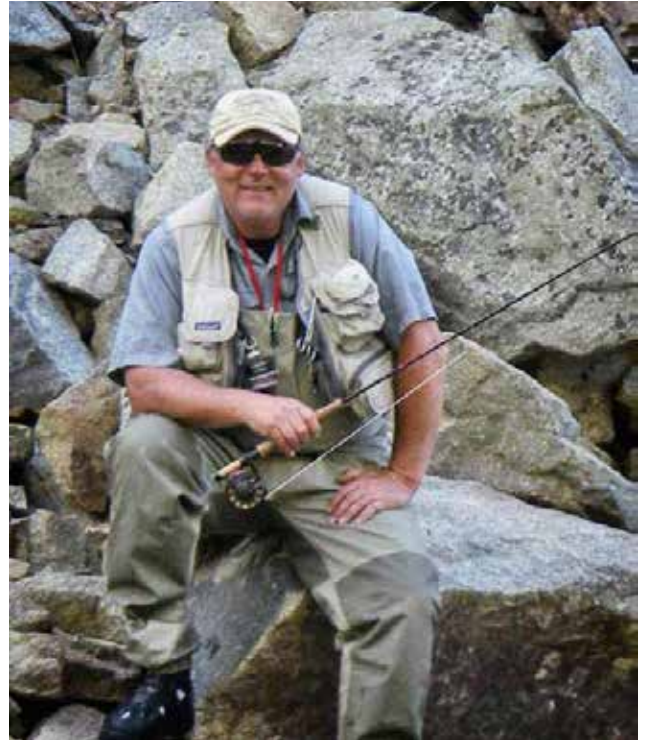
If you have not logged on to flyfishingthesierra.com, do yourself a favor and immerse yourself in one of the most incredibly detailed sites on fly fishing the Sierra Nevada. You will spend hours, days and weeks exploring this amazing resource.

Steve Schalla, aka Steven Ojai, will speak to us about the [Golden Trout Wilderness](#). Here are some of his thoughts on the topic, and some biographical info:

"This area is unique to the [Sierra Nevada](#) in that it was the only area that evolved three subspecies of our state fish, the [golden trout](#). Besides being one of the most beautiful fish in the world, the golden trout has adapted to changing conditions for thousands of years. Like the canary within the mines, the golden trout has been an indicator as to how we impact our streams and watersheds through management of our watersheds.

"My program will cover a natural and cultural history of the Golden Trout Wilderness. We will look at how the Sierra Nevada mountains were formed, impacts from glaciation and volcanos, fish migration, introduction of fish species, and how fish populations adapt to their watershed. From the cultural side, we will look at how timber, mining, fishery management and water interests have impacted our golden trout.

"Many of you are familiar with my website, flyfishingthesierra.com. It is filled with maps and other tidbits, such as fly tying tutorials. Basically, it is a repository for all the things I've been learning about this activity for the past 30 years. My goal has been



to create regional maps covering all the waters of the Sierras. These maps show fish species, fishless areas, access trails, fishing regulations and permit needs. It also lists a hatch chart with suggested fly selection. Recently, I just finished all of the regional maps, but like most things in life, it will always need some tweaking.

"My background is as a graduate forester from [Cal](#) with an emphasis on Botany from [UCSB](#). I established [reforestation nurseries](#) in California, Oregon and Washington and grew close to 45 million seedlings for replanting many of our forests. I'm active with [Fly Fishers International](#) and my local club, [Sespe Fly Fishers](#)."

Join us Thursday, February 23 at 7:00 pm.

TOPIC: Marc Bonvouloir's Zoom Meeting
Time: Feb 23, 2023 06:00 PM Pacific Time

JOIN ZOOM MEETING:

<https://us06web.zoom.us/j/84422681465?pwd=ZTR2YUxra0lBNlR4Q2xlb3MyT2hQdz09>

MEETING ID: [844 2268 1465](#)

PASSCODE: [115496](#)

Time "Flies" By!

WAYNE SAKAGUCHI, MEMBER

I hope everybody had a great time off with family and friends during the holidays. Now 2022 has gone by and we are into 2023, halfway through the Beginning Fly Tying Class. The tiers have been making good progress learning how to tie on different materials and learning the secrets of fly tying. The instructors are having a difficult time choosing the first place fly for display.

The Beginning Fly Tying Class took the holidays off, but here are a couple of photos from some of our prior classes:



Recordings of LBCC Monthly Speakers

ROB PETERSON, TARGET TALK EDITOR

Last year, the Club began recording our monthly meeting presentations (see [February 2022 Target Talk](#), p. 17, for last year's presentations). Below is the info for this year.

Just click on one of the below links, and copy and paste the password at the prompt:

JANUARY: Steph Albano of [Finatical Flyfishing](#). Topic: "Global Guide Service for Women, Run by Women". Length: 37 minutes.

[Steph Albano Presentation Jan. 27, 2022](#)
Passcode: d9sE1*pn

FEBRUARY: Glenn Ueda, [So Cal Fishing Guide](#). Topic: "Planet Carp". Length: 110 minutes.

[Glenn Ueda Presentation February 24, 2022](#)
Passcode: 2C!.hWQ1

MARCH: Ernie Gulley, [Ernie Gulley Flyfishing](#). Topic: "Stillwater Tactics". Length: 81 minutes.

[Ernie Gulley Presentation March 31, 2022](#)
Passcode: Ri65p6%N

April-September speakers were not recorded.

OCTOBER: [Lance Egan](#), Topic: "Newfangled Nymphing". Length: 123 minutes (includes 37 minutes of October Monthly Meeting).

[Lance Egan Presentation October 27, 2022](#)
Passcode: i?hk7fd^

NOVEMBER: [Charlie Craven](#), Topic: Fly Tying Demonstration. Length: 126 minutes.

[Charlie Craven Presentation Nov. 17, 2022](#)
Passcode: C%uGCj33

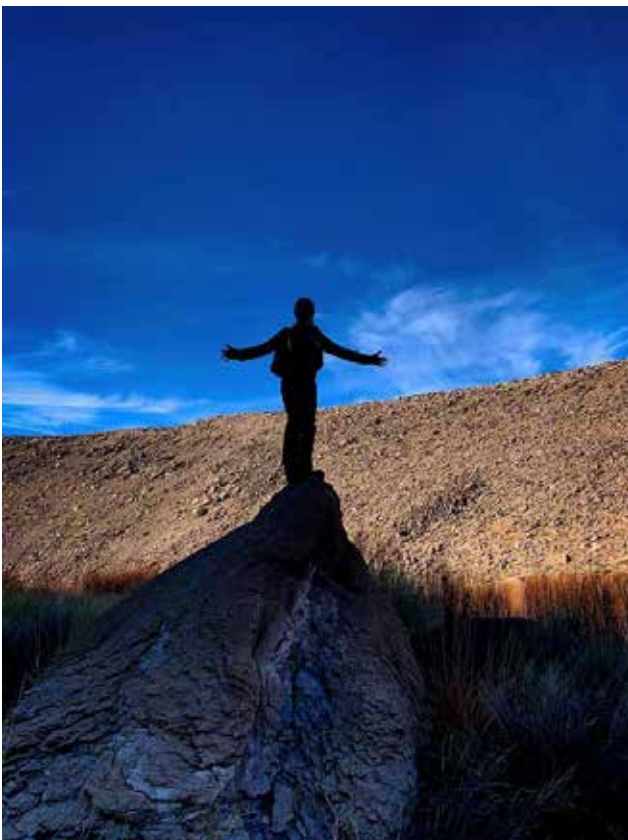
Leader's Line...Continued from page 1

- ❖ Tendon glides to keep forearms flexible: https://www.mcit.org/wp-content/uploads/2018/04/Tendon-Glide-Exercises_2018.pdf



These are a start. I'm sure that as you think in terms of fishing fitness you can add ones that will be particular to your fishing style and your body type.

My wish for all in the New Year is a healthy body that can get you out on the water. And once on the water, you can chase those big fish downriver.



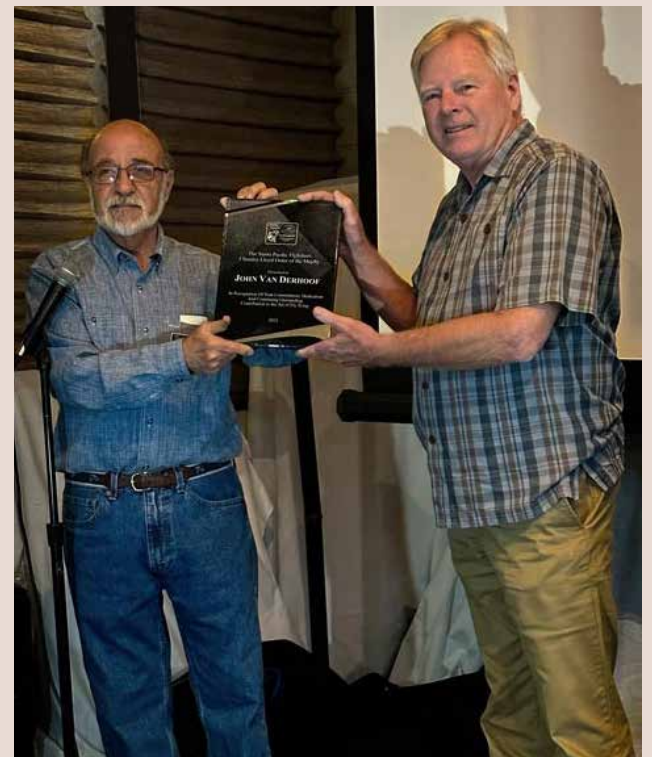
Van Derhoof Receives Order of the Mayfly!

ROB PETERSON, TARGET TALK EDITOR

At the December meeting of the **Sierra Pacific Fly Fishers**, our own John Van Derhoof was awarded the 50-year-old club's highest award: the **J. Stanley Lloyd Order of the Mayfly**. This award "honors a person who has contributed to the arts and skills of fly fishing".

John joins a prestigious group of award recipients which includes Ralph Cutter, Darwin Atkin, Dan Bailey, Doug Swisher, Charles Jardine, Russ Peak, Lew Jewett, Ned Grey and others. He is the fourth Long Beach Casting Club member to receive the Order of the Mayfly; the other LBCC honorees are Joe Libeu, Allan Rohrer and Paul Collier.

Please join me in congratulating John on this award. And enjoy the below picture; as John noted, it will be *[drumroll, please...]* the first time many of us have ever seen him in long pants *[rim shot]*.



Long Beach Casting Club

Pyramid Lake Ladder Fishing Trip

w/Rob Anderson & Pyramid Lake Fly Fishing Guide Service
March 15–17, 2023



Experience a Truly Unique Adventure!!!

DATES – Fishing three full days - Wednesday, March 15 through Friday, March 17. Arrive Tuesday, March 14 and depart Saturday, March 18.

GUIDE ASSISTANCE – Provided by Rob Anderson and two guides from Pyramid Lake Fly Fishing Guide Service (PLFFGS). Website: www.pyramidlakeflyfishing.com. Phone: **775-742-1754**

COST – **\$510.00** based on 10 participants with 3 guides, but may be higher or lower if we do not get 10 commitments (12 maximum). This includes light breakfast, hot lunch, drinks on fishing days and guide assistance.

LODGING PLANS – Hotel in Sparks, NV – Western Village Inn & Casino, **800-648-1170**. We won't book enough rooms to secure a block of rooms. Please call them directly, ASAP, to get best prices as they will go up. Option, stay at Pyramid Lodge in Sutcliffe, NV, **775-476-0400**. Call them to get availability and pricing.

WHAT YOU ARE RESPONSIBLE FOR – Your Transportation, Hotel, Meals (other than breakfast and lunch on fishing days at the lake) Guide tips, Fishing Permit (from Piute Indian Tribe).

FISHING GEAR – Rods/Reels: 9' - 8 or 9 wt. or 11' Switch Rod with floating line for indicator fishing or fast sinking or shooting head line for stripping. Tackle – Flies, adjustable indicators, 10-15# leader/tippets. Check their website for latest info. PLFFGS will provide the ladders.

MORE INFO:

- Deposit of **\$255.00** due ASAP after signing up.
- **Final payment of \$255.00** due no later than January 15, 2022. Make checks payable to the 'Long Beach Casting Club', and send to LBCC, PO Box 90035, Long Beach CA 90809.
- Contact Paul Nakamura for details and to get on the Trip List at pnaka1946@gmail.com or **310-487-3367**.
- A Zoom meeting will be held on February 14 with Rob to get you acquainted with fly fishing at Pyramid Lake. Zoom link will be provided.
- A Pre-Trip Meeting will be scheduled prior to the trip and more details will be sent to members who have signed up.

The Fly Tying Forum Returns!

JOHN VAN DERHOOF, PAST PREZ

Okay, you took the Beginning Fly Tying Class but didn't get enough. We feel your pain. Wednesday used to be **THE** night to get your fix of tying and learning new techniques, and will be once again!

Starting on February 8th and again on the 22nd the Club will turn out a revised version of the Fly Tying Forum. Yup, you will be learning new patterns but, and possibly more important to your tying, with an emphasis on learning new techniques. A group of members has been targeting this popular class in an effort to bring it back with more and varied fly types and genres, a wider array of instructors and again, more ways to improve your tying with "how tos" and fishing methods along the way.

The first two classes will be hosted by yours truly (sorry about that) and we will be tying patterns you can use on our Lower Owens and Green River trips. A slightly different style of standard nymph, the Trigger Nymph, and an easy way to tie one of my favorite emerger dries: the Klinkhammer!

Email Shirley Sakaguchi (sakagusc@gmail.com) to make sure you are added to the Forum email list. Additional info will be emailed shortly with the patterns and a list of materials. Class will start at 7:00 PM, so mark the dates on your calendar and we will see you then.



Sad News regarding Steve Schiffner

ROB PETERSON, TARGET TALK EDITOR

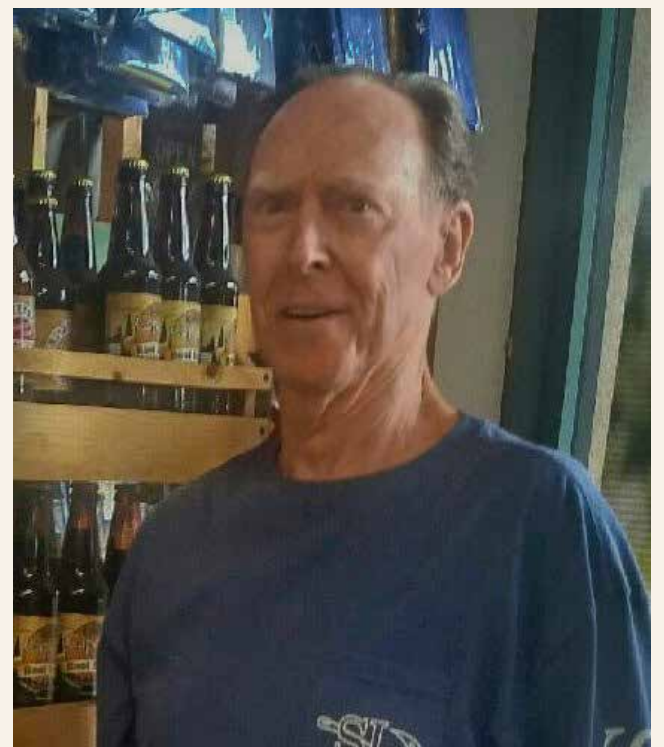
Steve, a former LBCC member, passed suddenly, Monday, January 16.

He is survived by his wife, daughter, grandson, and his brother Mark. He and his brother joined the Club in 1995.

Steve loved fly fishing, the Club activities, classes, but mainly the members. An avid float tuber, he and his brother usually finished their days in Mammoth, fishing streams together. They both were catch n release guys.

A small Celebration of Life service for family and a few friends will be held to remember him.

Condolences can be sent to his brother Mark at: beingmarks@gmail.com



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New Year's Eve Fly Fishing

MARK FLO, CO-CAPTAIN

A group of surf fishers from the [Sierra Pacific Fly Fishers Club](#), Long Beach Casting Club, [Pasadena Casting Club](#) and [Wilderness Fly Fishers](#) go to the ocean every New Year's Eve. We wanted to flog the last day use out of our 2022 fishing licenses.

This year we drove to Santa Monica/Venice to try our luck. In spite of the pounding surf and drizzly rain, everyone caught a fish (or at least had a hit on the fly) in the surf.

Michael Schweit found a battered Frisbee in the sand that had a phone number written on the back. He texted the number, and a woman texted back immediately that she would love to have it back. She lost it 15 years ago while in school at UCLA, and is now living in Chicago.

We rewarded ourselves with breakfast at [The Firehouse](#) in Venice, where we tossed out ideas for a romcom about returning a lost Frisbee, fly fishing on the [Chicago River](#), ensuing missteps and, of course, a happy ending. A fun outing and a great time chatting over breakfast.

"My biggest worry is that my wife (when I'm dead) will sell my fishing gear for what I said I paid for it."

Koos Brandt

Women's on the River Clinic!

**Women's On the River Clinic
2/25-26, Pre-trip 2/11 8:00 am at
the Long Beach Casting Club**

KATHY KIM, MEMBER

We are excited to announce that a new Women's Fly Fishing Program is being established as a joint effort by the [Fly Fishers Club of Orange County \(FFCOC\)](#) and Long Beach Casting Club (LBCC). This joint club program will provide opportunities to learn together and share our common passion for all things fly fishing.

Kathy Kim, FFCOC and LBCC member and [Fly Fishers International Certified Casting Instructor](#), has volunteered to kick-start the program with a **Women's On the River Clinic Feb. 25-26 (pre-trip February 11 at 8:00 am at the Club)**. The trip includes a half-day classroom session and a weekend outing on the Lower Owens.

Kathy is also planning to host monthly casting practices and coaching sessions. There will also be virtual and in-person get-togethers. Participants will improve fly fishing skills and gain knowledge of fly fishing destinations and other topics of interest.

The core goal of the Program is to instill a sense of community for lady anglers, and to help them feel comfortable and safe as they learn new skills and grow as independent anglers, no matter their skill level. The Program will offer a space for lady anglers to exchange ideas on fly fishing tips and techniques, share potential destinations and, most importantly, have fun along the way.

If you are interested, or know someone who might be, please contact Kathy directly at kimkathy@sbcglobal.net.

Trout Rodeo Coming in February!

SOUTHWEST COUNCIL, FLY FISHERS INTERNATIONAL

On Saturday February 04, 2023, the town of Bishop and the Eastern Sierra will welcome anglers from California, Nevada and abroad to take part in the 2nd Annual Bishop Trout Rodeo. The Bishop Trout Rodeo is an open competition targeting trout on some of the most scenic and productive waters in California. The tournament will be held rain or shine and will be open to both fly and conventional anglers (in separate divisions) of all ability levels who will compete for the prizes of longest stringer landed and released and the largest single fish.

There are also team categories and there is no maximum limit to number of anglers on a team (scoring for teams is done on average so size of team has no advantage/disadvantage). So get your friends, club members or family together, come up with a name, and get yourself registered when the portal opens November 1, 2022.

With support from the Bishop Chamber of Commerce, the event is being produced by the Southwest Council, Fly Fishers International. This event will provide outdoor fun in a safe and beautiful environment during a time of year that offers very productive angling opportunities with minimal crowds on the water.

For more information, including times, location, rules and when to sign up, please visit:

<https://www.swcffi.org/rodeo>

For press information, general questions or sponsorship opportunities, please contact:

Southwest Council, Fly Fishers International

Michael Schweit 818.6019702

specialprojects@swcffi.org

Southwestern Tournament is Coming!

MARK FLO, CO-CAPTAIN

The Southwestern Casting Tournament is Saturday February 18th and Sunday the 19th.

Volunteers are much appreciated and will be needed to help with setup, score keeping, setting the lunches out, setting up the casting board and checking in equipment.

A volunteer sheet will be placed in the Clubhouse after New Year's; please sign up if you can help on Saturday the 18th and/or Sunday the 19th. Email Markcflo@yahoo.com with any questions.

FEBRUARY 04. 2023
BISHOP, CALIFORNIA



FLY OR SPIN FOR THE WIN



Lower Owens Trip #1

DAN RIVETT, PAST PRESIDENT

New Year greetings to all. January 12–15 was the Club's first 2023 fishing trip in Bishop. I think everyone had a good time spending time with other members at breakfast or dinners. On Saturday we had the traditional January lunch in the **Pleasant Valley campground** with a 6' Subway sandwich with chips and drinks under an Easy-Up canopy, which came in handy with light rain that started around noon. The dinners were organized by John Lincoln at **Amigos**, **Yamatani** and **The Pizza Factory**; thanks John.

Now the fishing. It was a challenge with the Lower Owens below Pleasant Valley off-color and brown. The flow was easily waded at 136 CFS, however, one needed to walk carefully because of visibility. Was it six inches or three feet deep? Which is why I'm an advocate for using a staff for probing and balance.

Some in the group fished above the reservoir where the water was clear. The word was a landslide in **Pleasant Valley Reservoir** was the downstream issue. Some fish were caught in the Owens River Gorge with good access, and in Hot Creek and the Upper Owens using snowshoes.

I hope you will join us during the February trip to Bishop. By the way, this was the first time in my 22 years when the water was off-color. These January, February and March trips are a wonderful chance to get out after the holidays where we can get snow or bluebird-clear days. See you soon...

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Open Spots: 2023 Green River Trips

COLIN KUMABE, PAST PRESIDENT
JOHN LINCOLN, KEITH O'DONNELL,
MEMBERS

There are a few spots available in each of the groups going to fish the Green River. To reserve your spot, please contact the streamkeepers.

- ❖ Week of April 30 through May 5: John Lincoln (jlincoln1@yahoo.com)
- ❖ Week of May 7 through 12: Colin Kumabe (ctkumabe@gmail.com)
- ❖ Week of May 14 through 19: Keith O'Donnell (kdohighball@gmail.com)

Long Beach Casting Club New Members

MARK ANGELO,
MEMBERSHIP SECRETARY

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

- ❖ Cece Rubin of Westlake Village, CA
- ❖ Robert "Bob" Nicoll of Irvine, CA
- ❖ Tony Ogden of Porter Ranch, CA
- ❖ Gene D'Avella of Garden Grove, CA
- ❖ Kyle Miyamoto and Ariel Carter of Los Angeles, CA

Please greet and welcome all our new members at the Club's next monthly meeting. Here's wishing them a lifetime of healthy hatches and tight lines.

Members: if you see visitors at Club meetings, let's make them feel welcome and inform them of the activities we have to offer!

Pyramid Lake Trip Full!

PAUL NAKAMURA, MEMBER

The Pyramid Lake Ladder Trip is now full at 12 eager anglers. We will have a Zoom session with Rob Anderson on Tuesday, February 14 at 7:00 pm. Zoom link will be provided to the group prior to the meeting. This is a great opportunity to meet Rob and to get valuable information on fly fishing the lake and details of our trip.

Trip balances are due by February 15th. Make check payable to Long Beach Casting Club and mail it to:

LBCC

Post Office Box 90035

Long Beach, CA 90809

15% Discount from Aventik

PAUL BURGNER, MEMBER

Chao Hang of Aventik is offering LBCC members a **15% discount** on the below products. Go to the club page and click on "Sponsors", then "Aventik". The Aventik (Amazon) page will come up. Type the ASIN # in the search area (example: ASIN B079NBK9L4). The product will come up. **Or: just click on the item description below.**

Use code **SAWVV7CH** for the discount. The list and code change monthly, so keep watching here.

ITEMS FOR THIS MONTH:

- ❖ [Foam fishing hook box ASIN: 07T87ZR2S](#)
- ❖ [Aventik fly line tippet ASIN: B0B4B2RS9T](#)
- ❖ [Aventik fly line backing ASIN: 07WYXYTD1](#)
- ❖ [Riverruns jig lures ASIN: B083PP7ZVV](#)
- ❖ [Led String Lights ASIN: B09KRLQCJ6](#)

Rusty Finds Some Big New Mexico Trout!

RUSTY DRAPER, MEMBER

At the end of November I did a fishing trip to the **Soaring Eagle Lodge** in New Mexico, fishing the **San Juan River**. I fished for five days.



Rusty, my guide, and I caught many 15-18 inch trout. The trout pictured range 19-22 inches.



In the mornings I had deer outside my cabin door. On the water we saw beavers, muskrats, eagles and blue herons.



I will be returning in February for another five days.

Fighting Fish, Part Four: Rod Angle and Jumping Fish

COLIN KUMABE, PAST PRESIDENT

Let's discuss two important facets of fighting fish: angle of the rod, and handling a jumping fish.

ROD ANGLE: Fight the fish by creating an angle that directs the fish toward slower moving water or away from obstacles. While fighting the fish, the angle is made by lifting or tilting the rod to pull the fish away from obstacles and swift current. During the fight, you need to be constantly thinking of where the fish is heading and where you don't want the fish to get to.

Immediately after the fish is hooked, the angler lifts the rod and quickly determines which direction the fish is headed. The sooner the rod is tilted toward slower water or away from rocks, weeds or trees, the better chance the angler has of winning. The further away the fish is allowed to swim, the less impact tilting the rod has on directing the fish away from danger. Thus, take control of where the fish goes by immediately tilting the rod, before you are too late.

You will see many anglers fighting fish by holding the rod vertically. Many guides tell clients to hold the rod straight up as this is the best fighting position for inexperienced anglers. Nearly all fish caught with the guide will easily be handled with the tippet and drag setting, even by inexperienced anglers.

Please read this article before hooking that exceptionally **BIG** fish and think of using the rod to direct the fish away from danger. Fighting strong fish with the rod held only vertically will allow the fish to swim anywhere...you will lose the big one but land the small ones.

JUMPING FISH: When a fish jumps, the angler is nearly helpless to change the outcome of what happens when the fish lands in the water. Let's look

at changing the odds in our favor by considering the rod position.

Lefty Kreh says to "bow" to the big jumping fish. This means to lower the rod tip by bending at your waist and lifting after the fish lands in the water. You should not tighten the line while the fish is in the air.

Plus: do not allow the line to be slack; instead, just release "some" of the tension. When the jumping fish falls on the water, the tippet breaks when the line tightens too quickly. Releasing some of the tension, by bowing to the big fish, has to be done in order to avoid breaking fishing line by quickly "snapping" the line tightly.

Only some experience in this situation will teach the angler how much tension to keep on the jumping fish. This is the perfect justification for going fishing more often, right?

Please practice casting to improve your odds of catching more fish. Use the ideas in this article and improve your chances of winning the fight.

See you at the Long Beach Casting Pond soon! Let's chat about fighting fish.

*References:

1. [Fly Fishing in Salt Water, Lefty Kreh, Crown Publishers, 1974](#), pp 117-130.
2. [The Orvis Guide to Saltwater Fly Fishing, Curcione, Nick, Lyon and Burford Publishers, 1994](#), pp 72-76

Salmon/ Steelhead Harvest Report!

COLIN KUMABE, PAST PRESIDENT

Salmon and steelhead harvest reports can be done online via the [CDFW web page](#). Harvest reporting for 2022 is open from January 1 to April 1, 2023. You have to report even if you released all your fish or didn't catch any.

Highly Recommended "Field Trip": Check out The Fly Fishing Show, Pleasanton, California

MICK WOODBURY, PAST PRESIDENT

If your fly-fishing itch needs a different kind of scratch, here's a suggestion. The [finest old-fashioned fly-fishing show around](#) is February 24, 25 and 26 in Pleasanton, California.

You'll find more seminars than you can attend in three full days, you'll meet authors, chat with big-name fly tiers, watch casting demonstrations, shop for discounted items of all sorts, see the latest in rods and reels and, if you want, take classes from experts. The list of vendors and speakers isn't available yet, but you can get more information online as the date gets closer.

The best part of the show, for me, is Friday night at 6:30 with the showing of the [2023 International Fly-Fishing Film](#). Tickets are \$15 at the door but if you order ahead they're \$10. My non-fishing in-laws join us every year.

Pleasanton is about the same distance from Long Beach as Mammoth. There are plenty of hotels and good restaurants, and Pleasanton has a quaint downtown that spouses would enjoy. The drive up is scenic, with almond and fruit orchards in full bloom and, if you'd like, you can always striper fish the nearby reservoir.

It's a must-attend event in my book. Just sayin'.

It's Not too Early to Pay Your Dues!

MARK ANGELO, MEMBERSHIP SECRETARY

Dear Long Beach Casting Club Members,

It's that time of the year again for Membership Renewal. The Club looks forward to your membership renewal and appreciates your support. If circumstances have changed and you no longer wish to be a member, please let me know. Those of you who had already renewed, thank you in advance, and if you who are not sure of your status please email me.

Please mail your renewal form (https://longbeachcastingclub.org/wp-content/uploads/2020/02/LBCC_Membership_Application_Rev_Nov_2016_Fillable.pdf) and check to the Club address:

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

or pay by Paypal/credit card at:

<https://longbeachcastingclub.org/membership/>

Please take action by March 31, 2023. If not, you will be removed from our Roster and not be able to vote at our Annual General Meeting in April. Again, thank you for your past support. Don't hesitate to reach out to me with questions about renewal: angelo.mark64@gmail.com.

A Different Reason To Improve

JOHN JURACEK (REPRINTED BY PERMISSION)

A Note from the Pond: The following essay by [John Juracek](#) offers a great explanation of why I still practice casting. May it offer you a bit of inspiration—Rick Hilles

When most fishermen decide to improve their flycasting skills, they generally share a similar rationale for doing so. Better casting, they figure, will make them better fishermen, which in turn will lead to catching more fish. And in my experience as a teacher, this is exactly what happens. Better casters do catch more fish. So that's a perfectly sound reason for wanting to improve. But is it the only one? Not for me. Not by a long shot. I'd like to offer up a different reason for improving—one rarely talked about these days—but which I believe is equally valid. How about becoming a better caster so that we **increase our enjoyment of the process?**

Take a few minutes and watch a good fly caster. What you'll see is someone in complete and total control of their medium. You'll feel the grace, the elegance and the beauty inherent in their smoothly unrolling line. Good casting should be a matter for conscious enjoyment, celebration even, never something to be overlooked or dismissed as merely the mechanism by which we deliver our fly to a target. After all, isn't it the casting itself that separates fly fishing from other forms of angling? If we can't celebrate that, why fly fish in the first place? There are other, more efficient ways to bring fish to hand.

So I'm here to champion for the very real, tactile pleasures to be had from good casting. Ain't nothing like 'em, and we should all have the chance to experience those pleasures. Sure, I want to catch fish as much as the next guy, but never by downplaying or ignoring the process behind that catching. I believe that when you can look out over the water, pick the spots you'd like to cover, and then deliver your fly precisely to those spots in precisely the way you want,



well, that's tremendously rewarding. Rewarding in a way that transcends the mere act of bringing another fish to hand. Rewarding enough that I continue to work on improving my own casting.

And, hopefully, rewarding enough for you to do the same.

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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 that a percentage of your sale goes back to the club.



Fly of the Month: Soft Hackles & Flymphs

JOHN VAN DERHOOF, PAST PREZ

There are ways to tie a fly and there are ways to tie a fly. Fly tiers are practical folks and tie their flies as a means to an end: yup, catching a fish. This is the craft side of fly tying and **ALL** fly tiers are craftsmen and -women. There are also those who go a step or two beyond the act of crafting a fly and tie something more than mere function and a means to an end. More like art. Let's take a look at the humble Soft Hackle and its cousin the Flymph to see how even simple changes and additions, using techniques that are often not taught, can turn the simplest fly into something bordering on elegant.

Soft hackles are probably the simplest of all the flies we tie and use. Usually no tail, a simple body, maybe a thorax and a hackle. Even this most Spartan of flies is quite effective and a valuable tool. So why go beyond? Because we can and because without making minor changes to existing patterns, no new patterns would emerge. Patterns that can be more effective. This is not something that is new to fly tying.

I would argue that a simple and more economically tied fly with lighter use of materials might be more effective than one tied with a heavy hand. One with a thick, lumpy body and a hackle with three turns too many. The heavier fly might work fine on less choosy fish, but those who see many patterns all day and every day will likely find the more delicate and better-proportioned fly more realistic and appetizing.

Even as folks were testing the waters, as it were, in the mid and late 19th Century, these techniques were discovered and used. Find a copy of T.E. Pritt's [North Country Flies \(1886\)](#) or a more modern tome like Sylvester Neme's [The Soft Hackled Fly Addict \(1993\)](#) and you will see how many techniques were employed that you have never been taught. And that brings us to the Flymph.

Realism and the appearance of life is what makes a fly tick. Sometimes adding a few simple embellishments can transform a fly from an occasional fish catcher to a slayer of trout. That's what James Leisenring and Vernon (Pete) Hidy laid out in their classic: [The Art of Tying the Wet Fly & Fishing the Flymph \(1971\)](#). Here, these two take the simple and make it even more simple and a lot more effective in many circumstances. These guys were geniuses!

So let's take a look at a simple pattern that can easily be two different flies...

MATERIALS FOR TYING A GREEN & PARTRIDGE SOFTIE

Hook: Mustad 3906 or similar; #16–#10
Thread: Ephemera silk; green
Tail: Wood duck barbs; 3 (optional)
Body: Thread
Ribbing: Macaw center tail barb; blue/yellow
Thorax: Peacock herl
Hackle: Partridge; brown
Head: Thread



MATERIALS FOR TYING A GREEN & RUSTY DUN FLYMPH

Hook: same as above
 Thread: same as above
 Tail: Wood duck barbs; 3
 Body: same as above
 Ribbing: Mole (rabbit); medium gray touch dubbed
 Thorax: Mole (rabbit); dark gray split thread dubbed
 Hackle: Hen; dark dun or rusty dun
 Head: same as above

A couple of notes before we start...

I will be tying this fly using traditional materials and techniques. The hook is a standard length; the Mustad 3906 is correct and the 3906b is not (too long a shank). You might see these correct hooks labeled as "wet fly" hooks. Why? Well, it's the traditional way for starters, but also the fly looks right when completed on the shorter shank.

Silk thread is also traditional and the original used by most was Pearsall's—either naples or gossamer (thinner of the two). Sadly Pearsall's is no longer available, but there are two good options in almost the same exact colors as the original: Morus and Ephemera. While the Morus colors more closely resemble Pearsall's, I prefer the texture and quality of the Ephemera. One other comment on silk is that it is claimed to have more translucence when wet than regular thread, but i really am not so sure about that, so i'm waiting for science...

Finally, controlling the amount of thread used is paramount. One layer down. One layer back. Two or three turns to tie off the ribbing and thorax; the same for the hackle and whip finish. No more!!!

INSTRUCTIONS FOR TYING A GREEN SOFTIE & FLYMPH

- 1 Mount the hook in the vise and attach your thread behind the eye. Wind the thread back toward the bend with touching wraps—keep it smooth! For a softie continue to the bend. For a flymph stop about half way back and prepare three barbs from a wood duck flank feather. To



keep the body thin, measure the length with this as the tie-in point and wind with touching wraps to the end of the shank, binding the butts of the wood duck. Make one turn underneath the tail fibers, as this will help elevate them and separate the barbs.

- 2 For a softie wind forward 3 turns of thread and tie in a prepared barb from a blue/yellow macaw tail feather. These feathers are unique in that the barb is yellow and the barbules (the fluffy bits that stand upright) are blue. Tie in the barb about one third the distance from the tip (they can be delicate) and advance your thread to the thorax. Now wind the barb forward to the thorax, allowing the green thread beneath to peek through, and tie it off. For a flymph, wind forward three turns and spin the thread counterclockwise (lefties do the opposite) until there is little or no twist left. Prepare a very light amount of mole, rabbit or other fine textured dubbing. Apply dubbing wax (a tacky/sticky one) to the flattened thread and very, very, very lightly touch the dubbing to the thread. Less is best closest to the body, and maybe a bit heavier farther down the thread, but very little is applied. Now gently spin the thread in the clockwise direction, trapping the dubbing in the twist of the thread. Now wind forward to the thorax, leaving small gaps and allowing the green thread below to show through.
- 3 For a softie, tie in a peacock barb. I like to use a barb from the left side of the stick as you are

looking at it. It is tied in with the dull side forward, and when wound, the barbles will cup forward toward the back side of the future hackle. For a flymph prepare some more dubbing in a slightly darker shade and, if possible, a bit longer in length. Now we counterspin our thread again. Silk thread is usually three thin bundles twisted together, and when the thread is counterspun you can separate one of the three strands from the other two. Insert the dubbing between the strands. You don't need much as you will only make two or three turns. Now spin the thread clockwise to lock the dubbing in and wind it two or three turns forward as a thorax.

- 4 For a softie select a brown partridge of the appropriate size (about 1½-2 times the gap of the hook), remove all of the basal fluff and tie it in at the quill end with 3 or 4 turns. Now wind the feather forward 2 or 3 turns (3 only for larger flies). It helps to gently pull the barbs back slightly on the first turn to avoid trapping fibers forward over the eye. Now for a flymph select a good quality hen feather of the appropriate size. Use a hen feather that is closer in quality to a rooster and less soft and fuzzy—technical terms—than most hen capes. Stroke the barbs so they are perpendicular to the rachis. Tie the feather in by the tip end with 3 or 4 thread turns. Gently stroke all of the barbs back toward the bend as you wind 2 or at the very most 3 turns of the hackle.
- 5 Tie off your hackle with 2 or 3 turns of thread but no more. If I bind the hackle down initially with 4 turns I usually remove 1 or 2 turns before I tie down the completed hackle. If there are any stray hackle barbs pointing forward, stroke them back and add 1 or 2 turns to rein them in. If there are still any recalcitrant barbs, then remove them by plucking them in the direction they were wound or with your trusty scissors but do **NOT** add

any more turns of thread. Make a 3-turn whip finish and you're finished and probably have something to be proud of. Simple and elegant.

Final thoughts on softies and flymphs...

Fish the Soft Hackle deeper and the Flymph as an emerger. The Flymph can be and often is fished upstream like a dry fly. I learned this method years ago from none other than Sylvester (Syl) Nemes while we fished the Madison River. In fact the Flymph is the perfect point fly with a dry as a dropper/indicator... a combination I often use with picky fish!



A BEVY
OF SOFT
HACKLES &
FLYMPHS

Fly Tying Tip: Lead Wraps

DAVE BOYER, MEMBER

The other day I watched a video by Tightline Productions' Tim Flagler, doing a tribute to Dave Whitlock tying a Red Fox Squirrel Nymph. One cool trick was the way he wrapped the lead (or non-lead substitute) on the hook.

He starts his thread at the front of the hook, comes back a few wraps and ties down the lead where he wants the wraps to start (PHOTO-1).

He then wraps the lead toward the back of the hook, but in front of the thread (PHOTO-2).

As he gets to the end of his lead wraps, he ties off the lead as you would another material, at the same time, helicopters off the rest of the lead (PHOTO-3). This gives a nice termination of the lead and now you can either use adhesive or cover with thread (PHOTO-4).

If you are worried about the start of the lead being too much of a bump, you can flatten the very tip of the lead before you tie it in (PHOTO-5).

I am finding this a very slick way to avoid wasting lead, much easier than cutting a piece off the roll and wasting some of the beginning and end sections. This has become my go-to way of tying in round lead for weighting the fly.

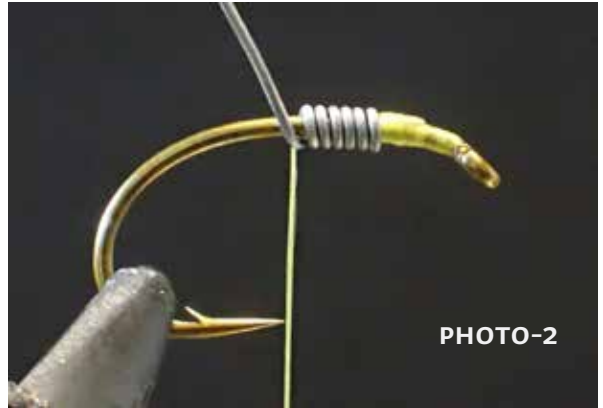


PHOTO-2

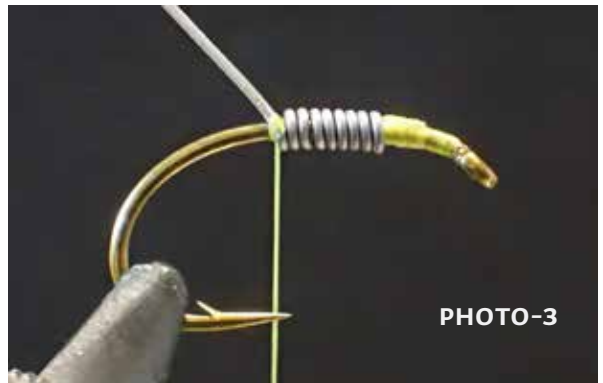


PHOTO-3



PHOTO-4



PHOTO-1



PHOTO-5

Calendar of Events

February

1	Wednesday	7:00 PM	Fly Tying Forum
4	Saturday	8:00 AM	Club Spey Cast
		9:00 AM	Pre-Trip: Lower Owens #2 with John Lincoln and Dan Rivett
5	Sunday	9:00 AM	Sunday Club Cast
6	Monday	6:30 PM	Board of Directors Meeting
7	Tuesday	7:00 PM	Beginning Fly Tying Class
8	Wednesday	7:00 PM	Fly Tying Forum
9-12	Weekend		Lower Owens #2 with John Lincoln and Dan Rivett
11	Saturday	8:00 AM	Club Spey Cast
			Women's On the River Clinic Pre-Trip
13	Monday	9:00 AM	Project Healing Waters Rod Building
14	Tuesday	7:00 PM	Beginning Fly Tying Class
15	Wednesday	12:00 PM	Nooner Lunch
18	Saturday	8:00 AM	Club Spey Cast
18-19	Weekend		Southwestern Tournament
20	Monday	9:00 AM	Project Healing Waters Rod Building
21	Tuesday	7:00 PM	Beginning Fly Tying Class
22	Wednesday	7:00 PM	Fly Tying Forum
23	Thursday	7:00 PM	Monthly Meeting: Steve Schalla
25	Saturday	8:00 AM	Club Spey Cast
25-26	Weekend		Women's On the River Clinic
28	Tuesday	6:00 PM	Supplemental Fly Tying with John Van Derhoof
		7:00 PM	Beginning Fly Tying Class

March

1	Wednesday	7:00 PM	Fly Tying Forum
4	Saturday	8:00 AM	Club Spey Cast
		9:00 AM	Pre-Trip: Lower Owens #3 with John Lincoln and Dan Rivett
5	Sunday	9:00 AM	Sunday Club Cast
6	Monday	6:30 PM	Board of Directors Meeting
7	Tuesday	7:00 PM	Beginning Fly Casting Class
8	Wednesday	7:00 PM	Fly Tying Forum
9-12	Weekend		Lower Owens #3 with John Lincoln and Dan Rivett
11	Saturday	8:00 AM	Club Spey Cast
14	Tuesday	7:00 PM	Beginning Fly Casting Class
15	Wednesday	12:00 PM	Nooner Lunch
		7:00 PM	Fly Tying Forum
15-17	Week		Pyramid Lake Trip with Paul Nakamura
18	Saturday	8:00 AM	Club Spey Cast
19	Sunday	9:00 AM	Sunday Club Cast
21	Tuesday	7:00 PM	Beginning Fly Casting Class
22	Wednesday	7:00 PM	Fly Tying Forum
25	Saturday	8:00 AM	Club Spey Cast
28	Tuesday	6:00 PM	Beginning Fly Casting Class
29	Wednesday	7:00 PM	Fly Tying Forum
30	Thursday	7:00 PM	Monthly Meeting: Michael Schweit, Southwest Council FFI

Calendar of Events Continued...

April

1	Saturday	8:00 AM	Club Spey Cast
3	Monday	6:30 PM	Board of Directors Meeting
4	Tuesday	7:00 PM	Beginning Fly Casting
5	Wednesday	7:00 PM	Fly Tying Forum
6	Thursday	7:00 PM	Annual General Meeting
8	Saturday	8:00 AM	Club Spey Cast
12	Wednesday	7:00 PM	Fly Tying Forum
15	Saturday	8:00 AM	Club Spey Cast
		5:00 PM	Awards & Installation Dinner
19	Wednesday	12:00 PM	Nooner Lunch
		7:00 PM	Fly Tying Forum
22	Saturday	8:00 AM	Club Spey Cast
		9:00 AM	Pre-Trip: Green River #1-3 w/ Lincoln, Kumabe, O'Donnell
26	Wednesday	7:00 PM	Fly Tying Forum
29	Saturday	8:00 AM	Club Spey Cast
30-May 5 Week			Green River #1 w/ John Lincoln



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SPFA Hosted-Trip Calendar 2023-2024

DATE	DURATION	DESTINATION	TARGET SPECIES / HATCH	SPOTS REMAINING
1/7-13	6 nights 5 days fishing	Argentina	Dorado	Full
1/14-21	7 nights 6 days fishing	Argentina	Rainbow, Brown, Brook	Full
6/14-23	6 days fishing with Days of cultural experience	Japan	Rainbows, Char, and Cherry Salmon	2 Spots
9/3-9	7 nights 6 days fishing	Bighorn River	Rainbow, Browns	10 Spots
9/9-15	7 nights 6 days fishing	Bighorn River	Rainbows, Browns	10 Spots

2024

1/13-20	7 nights 6 days fishing	Chile, Cinco Rios	Rainbows, Browns	10 Spots
1/4-11	7 nights 6 days fishing	Christmas Island	Bonefish, GTs	10 Spots

SPFA On The River Clinic Schedule 2023-2024

Casting Instruction, Call for lesson.

Lower Owens, Call for dates

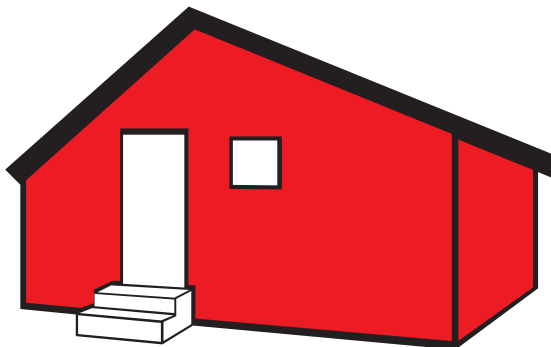
Please contact, Joe Libeu 310-749-6771 or Kathy Kim 714-475-4529 for more information on Trips and Classes.

Please inquire about any of the trips listed above to:

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