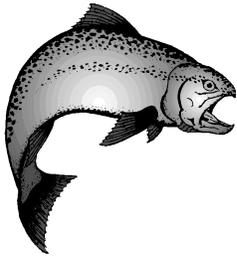


Downey Fly Fishers

"The Fishingest Club Around"

August 2009

Monthly Newsletter



Upcoming Events

August 11th

**General Meeting 7pm
Project Healing Waters**

August 27th

**Board Meeting 7pm
Brian Matthews' Home**

At This Month's Meeting

In the spring of 2005, retired Navy Captain Ed Nicholson of Port Tobacco, MD, got the idea to teach the skills of fly fishing to the wounded from Afghanistan and Iraq at Walter Reed Army Medical Center with injured or amputated arms and hands to help them recover from their injuries. With the help of some Federation of Fly Fishers members and members of the National Capitol Chapter of Trout Unlimited, Project Healing Waters Fly Fishing (PHWFF) was born.

Since then, that small cadre of fly fishers and a dozen or so wounded warriors in Washington, DC has grown to a program reaching active duty service men and women and veterans from World War II, Korea, Vietnam, and all the conflicts between, as well as those from the present War on Global Terrorism in military and Department of Veterans Affairs medical facilities across the country. Any patient in a military or VA hospital is eligible to participate in Project Healing Waters Fly Fishing. We now have more than 70 PHWFF programs nationwide and a program in Canada. Some former participants are returning as volunteers to help others.

While fly fishing was recognized as a valuable recreational activity, the skills learned or relearned were found to be valuable in the rehabilitation of both the physical and emotional injuries or disabilities of these men and women. The motions of fly casting and the necessities of walking over rough terrain and wading in streams developed the injured muscles and the sense of balance. Fly tying proved to be especially effective in developing the fine motor skills of those with wounded arms and hands, artificial arms, spinal injuries affecting the nerves of the hand and arms, and eye injuries. All of these helped the wounded and injured develop confidence in their ability to do things they thought were lost. In addition to the physical benefits, the camaraderie and psychological benefits can be remarkable. In addition to teaching fly casting and fly tying, we have added rod building classes in some areas. We sponsor local fishing outings as well as national destination trips. What makes PHWFF unique is that we are there for the long term, week after week, month after month; we are developing relationships. Everything is provided to the military personnel at no cost, so fundraising is an important part of what we do.

Continued on next page

Deadline for the Sept. newsletter is Aug. 26th

Members who have access to E-mail can send stories, announcements or classified ads to: Liz Rasmussen or Brian Matthews

Downey Fly Fishers - August

JR Sazman



There are many ways that interested persons can help. Cash donations are gladly accepted and can be made via the national website. Equipment can be purchased through several companies via our national website which will result in a donation to PHWFF. Donations of new or used equipment, materials used for fly fishing or fly tying or rod building can be used. We are a 501(c)(3) non-profit and donations are tax-deductible. And, of course, volunteers are always needed!

Project Healing Waters



Bill Johnston



An outing in Bishop

If you have any questions or would like to help, please call me at 714-731-6044 or email to Katzhogan@cox.net.

Carole Katz
National Trustee
Southwest Regional Coordinator
Program Lead, PHWFF @ Long
Beach VAMC

President's message

First of all, let me say a few words about the rod building class that we just finished. We had a great bunch of people at this class. There were some very nice rods built, and I think we have some new members for our club. I am finally getting to go fishing three days in the Bishop area, and onto Truckee where I will fish the Truckee and the Little Truckee Rivers and possibly Stampede Reservoir. While we are in Truckee we are attending a family reunion.

I'd like to get some input on putting together another surf trip. Please approach me at the next general membership meeting if you would be interested in fishing in the local surf.

DFF would like to offer our condolences to Don Mayo and family at the passing of Don's wife Diana on July 7th.

John Barnett

Clouser Croaker

Carl Laski, Perry Crosbie and guest, Paul Parke, float tubed Alamitos Bay in May. Action was good before and after low tide around 10am. It was just about time to head for shore when Carl managed to land a quality spotfin croaker on a chartreuse and white #6 Clouser while using six to seven feet of #8lb leader. The fish measured slightly better than 20 inches and was released. The trio scored several sand bass and croaker, as well as a halibut during the float tube trip. Carl and Paul celebrated the successful trip over a cheeseburger at the Crab Pot.



Southwest Council FFF News

New SWCFFF Website Launched!

Please visit the new SWCFFF website (www.southwestcouncilfff.org) which was recently designed and developed by Melinda Burns of the Fly Fishers Club of Orange County. From the SWCFFF board of directors and club representatives, Melinda, we sincerely thank you for your hard work and for volunteering as the webmaster. Great job!

SWCFFF Elects New President

Michael Schweit, Sierra Pacific Fly Fishers, was installed as the new President at the SWCFFF at the quarterly meeting, June 13. See Michael's President's Message on the home page of the SWCFFF website (www.southwestcouncilfff.org). At the meeting, the SWCFFF board of directors and club representatives acknowledged and thanked past president Greg Stumpf for his contributions and service to the council.

Fisheries Resource Volunteer Corps (FRVC)

The FRVC (www.frv.net) held their Annual Meeting in January, at which time awards were presented to acknowledge service and achievements. In 2008, the volunteers of the FRVC logged 6,064 hours, 150 stream patrols, 5,273 public contacts, removed 10,226 pounds of trash from our rivers, broke 207 illegal fire rings, removed 1,300 Tamarisk trees (a invasive plant), serviced DFG Angler Survey boxes, graffiti removal, sold Adventure Passes, and participated in recreational dam removal projects on Piru Creek and the San Gabriel River.

Fishing with My Brother

By Tod Suttle

My brother Brian and I just returned from Traverse City, Michigan. Our vacation was more of a family trip for our annual 'cousin get together', but we were in a great fishing environment, so we intended to take advantage of our location. My cousin lives on a small lake called Lake Sanford and we were fishing within about thirty minutes of arriving at his house. He has two canoes right outside his back door and the little lake we on was loaded with bluegill, pumpkinseed, rock bass, and largemouth bass. We were instantly into fish, pulling panfish and bass out of the lake at will; they were hitting streamers and dry flies cast after cast and it was very exciting. With some pre-trip research on the Internet, we decided to indulge ourselves in a one day guided trip on Lake Michigan for a chance at the elusive Golden Bonefish (aka big giant carp). They are hard to hook, fun to hunt, and will have you into your backing faster than most any freshwater fish. Next time you are in a fly shop or scouring an online store, search for a book titled "Carp on the Fly"; it is an awesome and extremely informative book.

On Saturday, we hired local guide David McCool for a day of wading the flats on Lake Michigan in search of the Golden Bonefish. The lightening storm from the night before really threw the fish off of their normal feeding cycle, so the fishing was very tough. David warned us that absolute stealthy wading was the key because these fish spook at the mere sensation of a wading ripple that is out of the norm. We walked the flats in ankle to chest deep water in search of carp that were feeding. Some carp cruise, others sun themselves and some root through the bottom for food; casting on anything but the latter is a mere chance to practice your double haul. We were fishing mostly crayfish patterns, but we also fished a few panfish style bugs weighted with dumbbell eyes. The leaders were tapered mono style in 3x-4x, which is about 6- 8 pound test. When you spot a group of feeding fish, you must cast ahead of the group in a spot you predict that they are moving to. After the fly sinks, you start with short strips and then begin to vary the length with pauses in between. The take is very subtle, much like a corbina gingerly taking your fly in the bay. There is no strip strike involved; it is mere lift of the rod much like your standard trout hook set. I was able to hook and land one fish the first day of our trip; the experience was awesome. I was into my backing within about ten seconds of the fight. After three big runs and about twenty minutes time, we landed the fish. Our guide stayed with us for over 2 hours beyond his normal schedule (from 10am until after 6pm) and we were consistently spotting fish, they simply were not feeding due to the storm the previous night. After working for us the entire day, he set us up to fish a few days later on our own. If you visit Traverse City, Michigan or you want to schedule a trip in the United States that you will remember, consider giving David McCool a call (<http://www.mccooloutdoor.com/>)

Day two started with instant success. My brother spotted a group of feeding fish and was into one within the first ten minutes. I was extremely happy for him; this was his first carp of the trip and I did not want to fly home without him landing one. I could have left right then and been happy, however, what he did next was a bit frustrating due to our long-time sibling competition. He proceeded to land 3 more fish before I had my first. I had one break off and one came unbuttoned, but he fished a perfect four for four. I did land two fish the second day before we left for a total trip count of three. Six of the seven fish that we caught were in the 14-18 pound range, but he did land one that was in the mid twenties. He fought the fish for almost an hour with at least four huge runs over 100 yards into his backing. I cannot put into words how fun this trip was; I felt like I was wading the flats of a tropical island. My brother and I took several moments to really soak in what we were doing. Fishing hard for several hours with not only your brother, but also your best friend. It was a trip of a lifetime.

Tod and Brian with their "Golden Bonefish"



Congratulation

to Nick Vargas for submitting the wining fly at the One Surf Fly event on May 9th. \$1,000.00 was raised for the Heal the Bay initiative.

Club Officers

President.....John Barnett
V.President.....Brian Matthews
Secretary.....Brian Matthews
Treasurer.....Bob Stuart
Past President.....Carl Laski

Board of Directors

Alan Grosdidier Jim Buchanan
Mike Jedlick Terry Matsuura
Eric Rasmussen Frank Russick
Liz Rasmussen "Doc" Phil Solomon

Chairpersons

Trout in The Classroom.....Randy Teeple & Richard Dekker
Conservation & FFF Rep.....Carl Laski
Education.....John Barnett & Bob Stuart
Pot Lucks.....Brian Matthews
Membership.....Brian Matthews
Outings.....Position open
Programs..... Zino Nakasuji & Ray Sugiyama
Refreshments....Mike Jedlick
Video Library.....Fred Roberts
NewsletterLiz Rasmussen
Raffles.....Brian Matthews
WebsiteJerry Phan & Tod Suttle
Publicity.....Brian Matthews & John Barnett
Fly bank.....Ron Sakoda

Help Wanted!

We are looking for volunteers for the following positions:

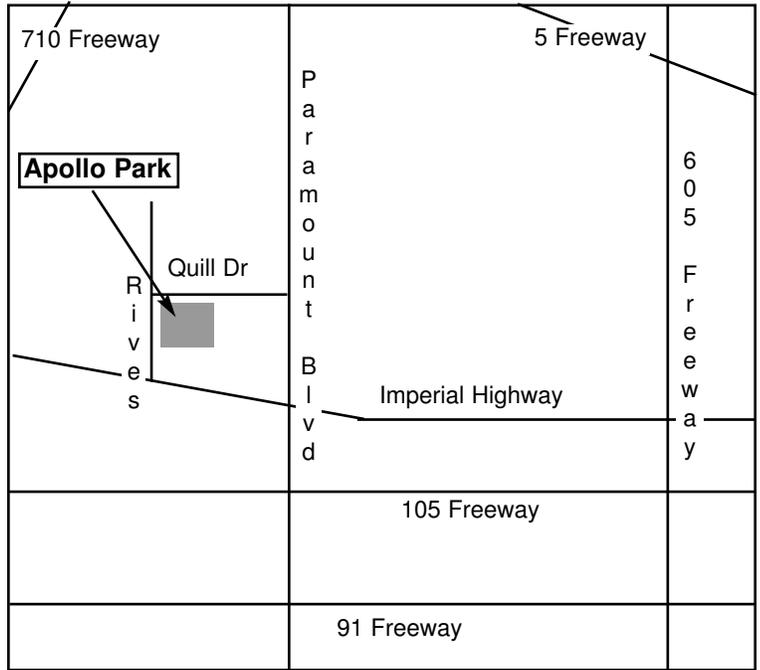
- Newsletter Editor
- Refreshment Chairperson
- Raffle Chairperson
- Outing Chairperson

If you are interested, please call or speak with any officer or board member.

Fly Tying Nights

This month it will be on Tuesday Aug 18 at 4729 Coldbrook Ave in Lakewood from 6pm to 9 pm. This is for those members or friends that want to get together to fly tie, learn about news patterns, get tips on techniques or just visit and BS. Contact info is (562) 425-7936 or e-mail at bnmandthegirls@earthlink.net. Hope to see you all there!

DFF Supports;



www.downeyflyfishers.org

This Month's Meeting
August 11th
Apollo Park Senior Center
12458 Rives Ave, Downey



PO Box 516
 Downey Ca 90241