



FOURTH CORNER FLY FISHERS

President's Message

For a long while, I've believed that there was an ironic flaw in the local fly fishing scene: through much of summer, good fly fishing opportunities were hard to find, even though summer and abundant sport with a fly rod would seem to go hand in hand. Lately, reconsidering the options, I've concluded that late summer doldrums may be more the rule than the exception, and not just in western Washington.

By now, steelhead streams may be getting dangerously warm for their fragile residents. Lowland lakes simmer at torporous temp. levels. Farther afield, the prime streams of Yellowstone, already thermally enhanced, are so warm that Dan Bailey's weekly missive warns against abusing the Firehole and Gibbon after late July. Bass could still be a possibility, if I could make myself care. (I live a mile from Lake Whatcom, but continue to ignore it.)

There's an awkward few weeks in midsummer when everything seems ready for a hike up to alpine lakes - but much of the trails and lakes are still ice- or snowbound for a bit longer. That time has passed, and most any high mountain tarn is open to us - if we feel like humping a pack on 80-90 degree days. Fortunately, this is an odd-numbered year, so pink salmon will soon be meeting us more than halfway. Any creek mouth into salt water could be worth poking around for an hour or two. Thanks to the restoration work done along Whatcom Creek in the decade since the pipeline debacle, the creek from the new footbridge at Racine Street down to Diehl Ford is now accessible for easy fly casting whenever we want, and the cutthroat are a'coming.

Come to think of it, August isn't such a bad time, after all.

Wayne McLemore, *President FCFF*



"Evening fishing is important, though, traditionally, aesthetically and actual. The hot summer months are the time for it, July, August and early September, and it is no effort then to stay out until the last light is gone."

Roderick Haig-Brown, "A River Never Sleeps"

FCFF PICNIC

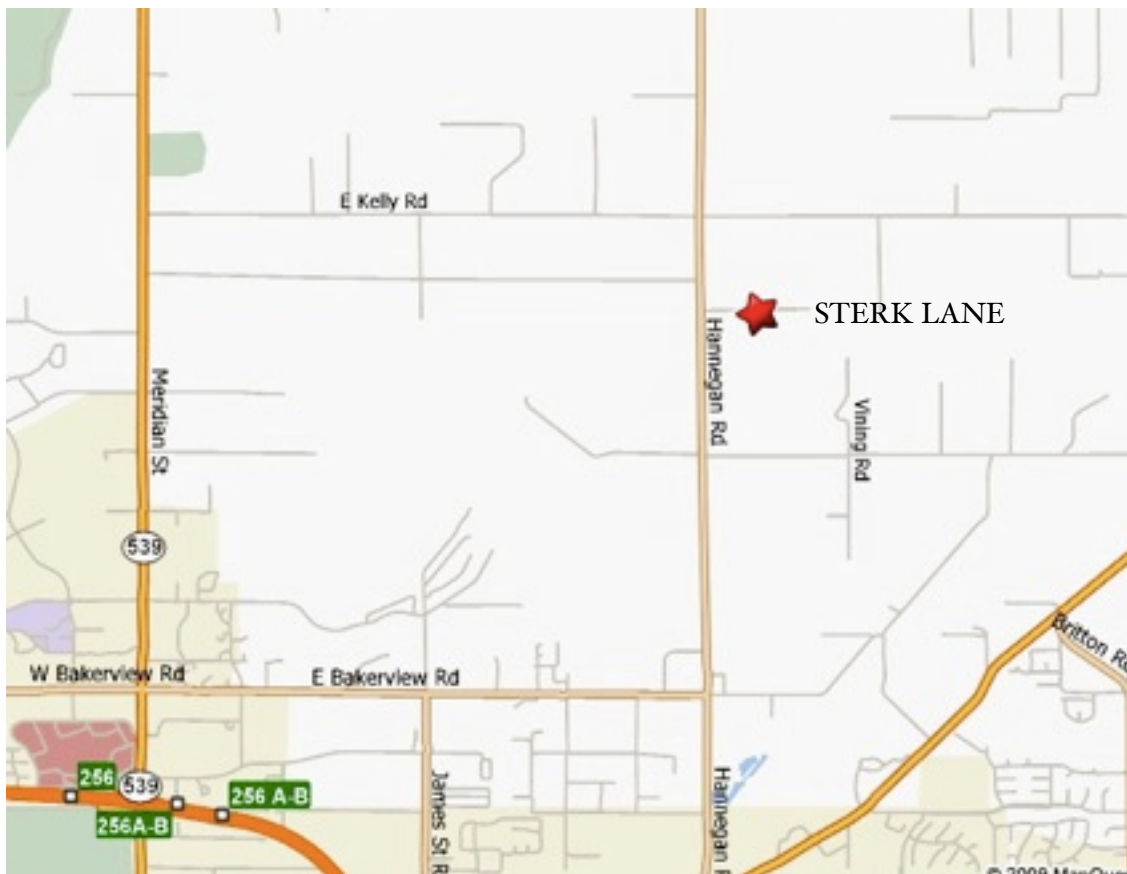
The Fourth Corner Fly Fishers Picnic will be held on Friday August 21 at Dan and Jane Coombs house . This will be the "Monthly Meeting" of the club. The festivities will start at 5:30 and members are asked to bring a potluck dish as well as something to Bar Be Que and your favorite imbibement. Club will supply all dishes, utensils, non-alcoholic drinks etc. If you can fit a lawn chair in the car, bring it. To add some extra interest to the evening, Dan and Jane are inviting the entire Job Corps crew that works for Nooksack Salmon Enhancement Assoc. as they have helped with our project on Nessel Creek. We figure that if we feed them well they might help us again! We hope all of you are having a great summer and that you will find the time to support the club picnic.



Questions or directions, please call.

Dan Coombs, *Member FCFF*

(360) 398-1637



REEL RECOVERY WASHINGTON RETREAT

Kris Kristoferson has informed me the Reel WA Retreat will be held September 14 through 16 at Canyon River Ranch, Ellensburg (at Red’s on the Yakima). He is looking for volunteers to serve as “Fishing Buddies”. If you are interested in additional information, please give me a call.

(360-305-0161) He will meet with those of us who are interested at a location to be determined and at a time of our convenience. Please consider this your invitation to apply for volunteering, and additional information will be forth coming at our meeting. If you are interested, it is important due to time constraints this year, that you contact me asap. Let’s support this really great program.



Bill Hall, *Member FCFF*



Conservation Outing

It was time to repaint the kiosk at Sq. Lake so our crew descended on the area on Monday morning July 27. In less than 2 hours we had recoated the kiosk and installed new plywood walkways across the 2 cattle guards. Many thanks to Terry Mc Ewen, Sid Strong and Emil Ekman for a job well done. In August we need to make a short visit to Nessel Creek for a little cleaning around the new plants so I’ll be contacting some of you for that.

Dan Coombs, *FCFF Conservation Chairman*



Hexagenia Limbata

(They're back...)



(What the fish see...)



“Three-fourths of the Earth's surface is water, and one-fourth is land. It is quite clear that the good Lord intended us to spend triple the amount of time fishing as taking care of the lawn.”

Doc Hackle's Corner

RED QUILL

Rene Harrop Style of Fly

Hook; Standard Dry Fly / Size 14 & 16
Thread; 8/0 Dark Brown
Tail; Brown Dry Fly Hackle
Body; Brown Hackle Quill
Hackle; Brown Dry Fly
Thorax; Brown Fur or Antron
Wing; Well Marked Deer Hair
Head; Deer Hair From Wing



Tying Instructions;

STEP # 1 Anchor thread on the hook and run a foundation of thread down to the bend of the hook and then back up to the mid point. Now tie in a small amount of brown dry fly hackle that is long enough so that when it is tied down it creates a tail that is 1 and ½ shank lengths long. Run the thread back to the hook bend keeping the hackle barbules on top of the hook. 6 to 8 barbules should do it.

STEP # 2 Now run the thread back up to just past the mid point and anchor in the prepared brown quill by the tip end. You prepare the brown quill by stripping off the barbules all the way up the stem to the tip and then soaking it in water for about 10 minutes. It is best to do the amount of quills that you might use, all at the same time. Now run the thread down the shank keeping the quill on the near top side to the bend of the hook. Now wrap the quill up the hook with nice tight wraps to the tie in point and tie it off. Clip the excess off.

STEP # 3 Now tie in the hackle, butt end first, dull side facing forward. Next grab a small amount of dubbing and twist it on to the thread. Remember less is best, your only dubbing the thorax of the fly. Now run your dubbed thread up towards the hook eye. You want to leave about 3/16th of an inch in back of the eye free for this is where you will be mounting your wing. Now run your hackle up to the same tie in spot as the dubbing and tie it off. About 6 to 8 wraps should do it.

STEP # 4 Now grab a bunch of well marked deer hair and stack it, taking out all the small hairs and fibers. The bunch of deer hair should be about the same size as a wood pencil. Once stacked you take and measure the clump so that the tips are even with the hook bend. Now tie it in with the butts extending out beyond the hook, down wing style. Make several wraps of thread, cinching them down nice and tight. Then move the thread in front of the tie down area and under the butt ends of deer hair. Your thread should be just behind the hook eye. Now with the butt ends lifted up take and whip finish the the fly and clip the thread.

STEP # 5 Now clip the butt ends of the deer hair just as you would for an elk hair caddis. Next take the fly out of the vise and turn it over and clip a V in the bottom of the hackle and you are done.

NOTE: This fly tied with a ginger hackle and hackle stem, with a pale yellow thorax, along with light colored deer hair makes a good PMD (Pale Morning Dunn). With a body of light olive fur and yellow ribbing together with olive dyed grizzly hackle, coastal deer hair wing and olive dyed grizzly tail hackle you have the lesser green drake. Size 12 or 14 works best.

Good tying and I hope to see some of you on the Upper Skagit.

Ed Ruckey, a.k.a. "Doc Hackle"



August Outings Report

As a reminder our next outing is on August 7th and 8th on the Methow River. We will be staying at the River Bend Campground. I have requested that they hold a number of sites for us. Give them a call to reserve one, especially if you want an RV Hook-up. Their number is **(800)686-4498**. Last year we had a huge crowd so any forewarning we could give them will help. There will be a pot luck and fly box on Saturday

As far as the second outing, I have been spending time on the Conservation Auction and putting together the Raffle and the Auctions, so I have not gotten anything put together. I would like to point out there are some great opportunities to go after Silvers right here in our own back yard. A number of club members chase them off the beach below the refinery berth near the end of Slater Rd. Before you go check, with Dan Coombs or someone who has been there to find out where the access is and the parking. We don't want to cause problems for the residents of the area.

I talked to our friends up at Reaction Fly and Tackle about their two-handed casting clinic. They are waiting to find out the openers on the local rivers to set the schedule. They anticipate it will be toward the end of August. If you are on their e-mail list you will be notified. And when I find out I will send it out via "Sid-net".

The first outing for September will be the Upper Skagit trip on the 11th and 12th. Once again we will be at the Hozameen Campground. The pot luck and fly box will be on Saturday the 12th probably about 7:00pm. When I checked the weather during the current hot spell the temp at the campground was 94. Hopefully, it will be far lower than that when we get there.

To get there:

- Cross the border at Sumas and take HWY 1 towards Hope.
- Take the 2nd Hope exit, and turn right at the stop sign.
- Go to the flashing light and take a right onto Silver Skagit Road.
- Stay on this all the way to the campground.

This is one trip where you will want to be prepared. There are no services, stores or anything else once you make the turn onto Silver Skagit Rd. The campground has water and there might be firewood available on the US side. Do not take wood in from north of the border, they really frown on that. With anything else make sure you bring it or have great stuff to trade, 'cuz it's a long way back to Hope. I know, last year I lost an evenings fishing to run over the hump to get propane!!!

So, I hope to see you out there!!!

Frank Koterba
YOUR Outings Chairman



Allergy to chironomid larvae (red midge larvae) in non professional handlers of fish food

S. Cabrerizo Ballesteros¹, M. de Barrio², M.L. Baeza², M. Rubio Sotés²

¹

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²

Allergology Department. Hospital General Universitario Gregorio Marañón, Madrid, Spain

Summary. Chironomids are insects which inhabit wetlands. In countries such as Sudan, The United States,

Egypt and Japan they are the cause of serious environmental allergy. In Europe, and particularly in Spain, allergy to Chironomids is infrequent and has only been described in patients who handle Chironomid larvae which form part of certain fish foods. *Materials and methods:* We report a case of hypersensitivity to the Chironomid Midge (*Chironomus thummi thummi*) in a 23-year-old patient who on two occasions, after being in contact with fishfood, suffered rash, rhinoconjunctivitis, dyspnea and dysphagia. A Prick test was carried out with the habitual pneumoallergens, Chironomid Midge extract (PBS: 1.3 mg/ml),

Common Mosquito (*Culex pipiens*), Squid, Mussel, Prawn and Anisakis. Conjunctival provocation was also carried out with Chironomid Midge extract; detection of specific IgE for Chironomid Midge, Common Mosquito (*Aedes comunis*), Mussel, Squid, Shrimp, Anisakis, house dust and house mites by means of the CAP technique; detection of IgE by means of ELISA in response to Chironomid Midge, *Aedes* mosquito, Squid, Prawn, Mussel and Anisakis; ELISA-inhibition and Immunoblott-inhibition.

Results: The positive results of the cutaneous tests, the detection of specific IgE and conjunctival provocation confirmed the existence of an IgE-mediated mechanism. In our patient, the *in vitro* techniques demonstrated cross reactivity with the Common Mosquito.

Conclusions: We report on a patient with a case history of rhinoconjunctivitis, rash, dyspnea, and *dysphagia* after handling fish food. The etiological agent was the Chironomid larvae. The sensitization of our patient has been demonstrated by means of *in vivo* and *in vitro* techniques.



".....let me introduce an idea, just something to kick around: Maybe your stature as a fly fisherman isn't determined by how big a trout you can catch, but by how small a trout you can catch without being disappointed, and, of course, without losing the faith that there's a bigger one in there."

*John Gierach,
Fly Fishing Small Streams*

Conservation Auction

The Fourth Corner Fly Fishers hold a Conservation Auction every odd year and in 2009 we are holding our **21st** edition. The event will be held at the Bellingham Golf and Country Club on Friday, October 23rd (***Put in the Time for viewing and the dinner.***) Dinner tickets are \$30 and can be purchased by contacting Charlie Scaief (360) 312-9856. Our event has both a live and silent auction in addition to a raffle. The proceeds of our event are applied to conservation projects such as stream-side restoration, the Nooksack Salmon Enhancement Association, the Coastal Conservation Association, education scholarships, as well as working with 4-H groups, classroom teachers, and Western Washington University.

Each year we receive many great items for our auctions from the individuals and businesses that we encounter in our outings and activities. While many are related to fly fishing, we also bring in contributions that have a different appeal.

This year with your \$10 dollar ticket you can decide with of the following you want to win!!

1. A Worley Bugger Fly Co Guided trip for 2 on the Yakima River and a stay at Lincoln Inn and Suites or Nites Inn.
2. A fabulous multi-course dinner and winery tour for 10 at Mt Baker Winery Prepared by our Club and our resident Chef. (Yes, he went to Culinary School and graduated with honors)
3. A Sun Mountain Lodge Weekend - 2 nights lodging in beautiful Eastern Washington with dinners included.
4. Two relaxing hours of Swedish massage at our own Chrysalis Spa.

And you need not be present to win!!!

We request your support and contributions to enable us to continue our efforts of the last 41 years. One of our club's primary aims is to practice and advocate protection of the resources and the natural environment, another is to spread and improve the art of fly fishing. We are committed and give time and energy to these purposes. In truth it might be said that we are a Conservation Club with a fly fishing problem.

Additional information will be available in Septembers Newsletter.

Frank's Culinary Corner

This year's bumper crop of cherries brings a really great opportunity to try a recipe for a cold cherry soup. I served it at a dinner recently and it was a big hit. It is also a great way to mitigate some of the heat we have been experiencing.

Enjoy

Frank Koterba
FCFF Chef d' Cuisine

Fresh Cherry Soup with Lemon Sorbet

SERVINGS: 4

Ingredients

1. 1 1/2 pounds sweet cherries, pitted
2. 1 cup dry red wine
3. 1 cup water
4. 1 tablespoon light brown sugar
5. 1/4 cup plus 2 tablespoons reduced-fat sour cream
6. 3 tablespoons fresh lemon juice
7. 1/2 teaspoon pure almond extract
8. 4 rounded tablespoons lemon sorbet
9. 4 mint sprigs, for garnish

Directions

1. In a medium saucepan, bring the cherries, wine, water and brown sugar to a boil. Reduce the heat to low and simmer for 10 minutes. Let cool for 15 minutes, then pass the cherries through a food mill fitted with a fine disk into a glass bowl or puree in a food processor. Cover the soup and refrigerate until cold, at least 2 hours or overnight.
2. Add the sour cream, lemon juice and almond extract to the cherry soup and whisk until smooth. Ladle the soup into bowls and top with the lemon sorbet. Garnish each bowl with a mint sprig and serve immediately.

Notes

ONE SERVING

Calories 207 kcal, Total Fat 3.2 gm, Saturated Fat 1.4 gm



OUTINGS 2009

August 7th & 8th

Methow River
Pot Luck and fly box

August

Saltwater Coho in Puget
Sound
Pot Luck and fly box

September 11th & 12th

Upper Skagit River
Potluck and fly box

OCTOBER 3rd-4th

East Side Lakes—
Chopaka,
Blue, Sidley, etc.
Fly Box & Food?

ATTENTION!!!

The position of Newsletter Editor is OPEN.

All that is needed is a computer and a desire to get involved. The computer can be either a PC or a MAC. Our newsletter is formatted for "Publisher" on both. You may use the current format or stretch out on your own.

I will personally guide and help anyone interested taking on this position with technical and moral support for a truly seamless transition. I have a library of quotes, insights, jokes, photos, and sketches that are available for use. I also have on disc every newsletter since the clubs conception.

Calendar

August's Club Meeting

August 21, 2009

FCFF PICNIC!!!

Dan Coomb's Cabin in
the woods

Information and directions are
on Page 2 of this lovely
Newsletter.

Basically...bring something to
cook, your own "adult
beverage", and a chair.
Everything else including the
jokes and stories will be
supplied.

VOLUNTEERS NEEDED!

**Volunteers are ALWAYS needed in our club.
Conservation projects, educational classes, and all
chairman positions are always open for new and old
members.**

**It is the responsibility of ALL members for ALL of the
outings to obey ALL local, state, and national regulations.**

**We represent an outstanding conservation and fishing
club. Let's set a great example to ALL.**

*All entomology sketches are drawn by Jack Salstrom,
Member of the FCFF.*

*All Fly illustrations are drawn by Ed Ruckey taken
from, "Diary of Northwest Trout Flies" by local author
and FCFF Member Dan Homel.*

September's Board Meeting

September 1, 2009

Trinity Lutheran Church
119 Texas Street
Bellingham, WA

6:00 P.M.

FCFF Board Members

PRESIDENT:

Wayne McLemore (676-9417)

Outings Chairman: Frank Koterba (647-9715)

Secretary: T.F. Lambert (752-9997)

Treasurer: Larry Irwin (752-1506)

Program Co-Chairman: Charles Scaief (312-9856)

Membership Chairman: Rick Todd (961-3539)

Trustees: Klaus Lohse, Sid Strong, Mike Riber, and Ed Ruckey

**Environment,
Education, and
Conservation.**

Dan Coombs (398-1637)
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Klaus Lohse (671-8453)
kpstnlohse@nas.com

Library Chairman

Brian Duim ((398-2030)

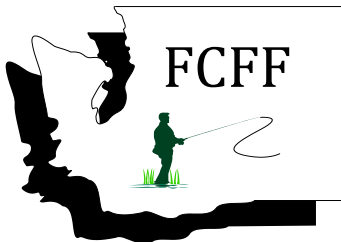
Newsletter

Sid Strong (715-8875)

Email: sidstrong@comcast.net

Raffle Chairman

Errol McWhirk



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