


FOURTH CORNER FLY FISHERS

President's Message

Some years ago, when serving as a Director on the Board, I was commissioned to write up a little brochure on angling ethics as a handout for local rivers, the idea being to improve the civility and manners of the gauche and thoughtless among us. I studied the current commentary on the subject, until it became clear that there is an indigestible lump in the middle.

Some issues of angling ethics involve nothing more than common-sense application of widely understood and observed principles of consideration and courtesy. Don't litter: who doesn't get that? Catch and release or keep and kill: knowing and obeying the law is obvious. Where the law gives us latitude, our own preference prevails. Empathy lets most of us identify with the fish we've just captured, which often leads to a merciful outcome; but in nature, where every bite of food involves the death of a formerly living thing, the prey's desire to live has no moral weight.

Most of the situations that occasion ethical choices are issues of territoriality. Whether sharing a crowded ballroom with other dancers, or an Alaskan salmon pool with a bear, constant adjustment to the perceived needs of those around you usually insures that nobody gets bruised. But there are situational problems for which no known rule seems sufficient.

A little role playing: It's been several years since you've returned to your favorite pool on that special river. As you emerge from the forested path, you see that it sparkles and glides just as you've constantly remembered it. But another angler is there, standing and casting over the heart of the pool. And as you watch him for a minute, then two, you realize that he is planted there, feet unmoving as he casts repeatedly to the same ideal spot.

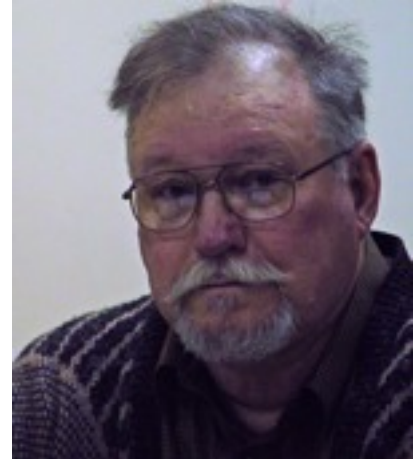
What do you do? Following the accepted standard practice, you start at the head of the pool, and fish down, step by step. But it's not long before you're approaching him from behind, your fly beginning to drift into the area he's still relentlessly fishing. A lot of anglers in your situation say nothing and go elsewhere. But you're reluctant to give up the dreamed-of experience. You politely ask him if he's planning to continue fishing down the pool. He replies, "No; I'm doing fine here." So now you must either go somewhere else to fish, or circle behind and fish the lesser water below. (Your gentlemanly nature won't let you blatantly invade his space, literally forcing him out of your way.) So you've missed out on your dream of fishing your favorite place. Who knows when you can return here and fish uninterrupted?

President's Message (cont.)

Speaking of which... You're now the stationary angler, who also knows and loves this place, and is reaping the rewards of arriving early. You've caught two and missed one, and have been dueling with an exceptional riser for nearly an hour, changing flies and trying to make one flawless cast after another. You've never in your life enjoyed anything more than this. But that other yahoo who's arrived and is fishing ever closer is a distraction, a marring of a perfect interlude. And what if he's aggressive enough to invade your space, or puts down - or worse, catches - the trout with which you've been so happily interacting?

What is the answer? I just don't know, which is why that brochure didn't get written. When fishermen want exclusive use of fishing waters *that are public property*, there's no perfect solution. What we have at our disposal are only politics, good manners, behaviors that are traditional but not universally accepted. You know...ethics.

Wayne McLemore, *President*



"Sometime in July, when the last of the winter's snow has melted out of the mountains, a clear river comes down to summer level. This is not the extreme low water of a late, dry fall, when water worn rocks are high and dry on either side of the last narrow channel, but a good, normal sweeping flow of water against which the bars show clearly and the known rocks stand out with the current folding gently on their shoulders. It is a good time to see the river and really learn it; it is a pleasant time to know the river, because the water is mild and the hands, warm enough to wade without boots if one chooses, shallow and clear to reveal itself and very full of life."

Roderick Haig-Brown, "A River Never Sleeps"

JULY'S PROGRAM

Tyler Cluverius and Mark Hersh of Wild Fish Conservancy (WFC) will discuss their efforts to restore the Icicle Creek watershed and the anadromous fish runs it has historically supported. Tyler is Director of Outreach and Development and Mark is a Water Quality Specialist at WFC. Here is a summary they provided:



"Wild Fish Conservancy has been working to restore the Icicle Creek watershed (Chelan County) for over ten years. Icicle Creek drains 216 square miles of alpine, forest, meadow, and scrub habitats, most of it in National Forest, and most of that in the Alpine Lakes Wilderness. Icicle Creek may be the largest extant Wilderness watershed in Washington. The creek has historically been a significant component of the vast anadromous fish network of the Columbia River watershed, gathering runs of spring, summer, and fall chinook salmon, coho salmon, and steelhead. The creek also supports wild native populations of resident rainbow, westslope-cutthroat, and bull trout.

The migration of native fish, however, has been completely or partially blocked by the Leavenworth National Fish Hatchery (LNFH) for nearly seventy years. In 1938-1940, the LNFH was built 2.8 miles from the mouth of Icicle Creek and five on-channel dams (currently, three are remaining) blocked fish passage to miles of habitat in Icicle Creek and its tributaries."

Come and here about more of the great work this organization is doing. You can check out their website at:

<http://www.wildfishconservancy.org/>

Our meeting is Thursday, July 23 at the Bellingham Golf and Country Club. Please send your email to fcff@verizon.net and let me know whether you plan to attend and if so how many will be in your party. If you don't have access to email give me a call at 312-9856.

Charlie Scaief - *Programs, FCFF*



THIS, THAT AND THE OTHER THING. . . .

As a member of FCFF we all have an opportunity to choose any number of activities that makes us feel fulfilled and contributes to the Club. It has often been said that we are a Conservation Club with a fishing addition. With that in mind, there are ever so many roles we can do. We can be proud of our activities listed in part below:

1. Meetings monthly and dinner reservations. This camaraderie has proven to be a great way of socializing and making great friends. Please remember that your presence is wanted, and if you sign up for dinner, you are obligated to attend. All who sign up will be asked to cover the expense of your dinner even if you cannot attend. Charlie Scaief has done an outstanding job of being able to keep our meeting/dinner place and this has included the commitment/guarantee to the Bellingham Golf and Country Club of announcing in advance who will attend so dinners can be prepared. Signers will be asked to pay whether you attend or not.
2. Auction time is coming in October. Each aspect of putting this event together ensures its success. The Auction Committee will be asking for your support in the way of signing up for any number of jobs. These will include ticket sales. EVERYONE is asked to sell tickets. Other work to be done will be collecting donations in the next few months, and then each of us will need to decide what it is that we can do when the Auction Committee asks for our involvement.
3. Club Activities include leadership and participation opportunities for all of us. Members can decide when and how to step forward and bring meaning to their own membership. The important thing is that all of us do make this decision on a regular basis and not be happy with a passive role. Without your involvement, FCFF will become stagnant and not be the club we all want to be involved in. Some of the Club Activities are Conservation work parties, teaching fly tying and fly casting classes for students and beginners, newsletter article writers, monthly club fishing trips/outings, mentoring new members, Family picnic, Christmas party, Fly-tying sessions, monthly program entertainment and/or continuing educational times, etc. Each of our talents can be channeled into any number of activities, and it is expected that we each remain important to our club's goals and to our own involvement. Every member has said as much in his or her application to the club.

In summary, a man who moves a mountain begins by carrying away small stones. We may not have a mountain to move within our club, but our activities are a success by the small ways each of us are involved on a regular basis. Step forward. "No person is ever honored for what he received. Honor has been the reward for what he gave." (Calvin Coolidge)

Bill Hall, *FCFF MEMBER*



Doc Hackle's Corner

"THE ROYAL SPIDER"

This is a Cutthroat Fly built by my son Bruce. It makes a good summer run Steelhead Fly also.

Hook = TMC # 700 Size 8

Tail = Golden Pheasant Tippet

Body = Peacock Herl, Red Floss, Peacock Herl

Body Hackle = Coachman Brown

Hackle = Mallard Flank



Tying Instructions;

Step #1; Anchor the thread on the hook and run it back to the bend.

Now tie in the Golden Pheasant Tippet. About 8 sprigs should do it. It should be 2/3rds of a shank in length.

Step # 2; Now take about 4 pieces of peacock herl and tie them in by the tips at the tie off point of the tail. Twist them around the tying thread making a peacock noodle. Now wrap this noodle forward ¼ of the hook length and anchor it there. Unwrap the thread from the peacock herl.

Step # 3; Now move the thread up the hook shank trapping the peacock herl on top of the hook shank about 1/3 of the hook shank. Now tie in the floss at that point. Now wrap the floss back to the rear peacock body and back up to the tie in point of the floss tying it off. Cut the floss off .

Step # 4; Now tie in the body hackle by the stem at the point where the floss and peacock herl meet. Now take your peacock herl and make a noodle just like you did with the rear body part and wrap it forward making it about the same size as the rear peacock herl. Now palmer the body hackle up the forward peacock herl and tie it off.

Step # 5; Now select a well marked Mallard flank feather, it should be long enough to reach the end of the hook. Now tie it in by the tip and make 2 complete wraps folding the feather as you go, now tie it off. Make a neat thread head and tie it off.

You now have the Royal Spider for both Cutthroat and Steelhead fishing. Good luck.

Ed Ruckey,
"Doc Hackle"



July Outings Report

What a difference a year makes! Last year the campground at Roche Lake was virtually empty and there was abundant room for the three members who made the trip. This time we were lucky to get enough spots to crowd in all thirteen of us! The lake was host to a rather large derby and the week before there were four such competitions sharing the water. Several times during our stay it looked like a bass tournament broke out!

The campfire at the club's Cabaña was a pretty lively place for a couple of nights. I threw together a "Flatiron Steak" dinner (see the Culinary Corner for more.) and the pot luck was pretty festive with good food and drink available for members and guests alike. Ed Ruckey tied up two boxes. The primary went to Gary Roberts, Charlie Scaief's guest. And the second was won by Matt a potential club member and acquaintance of Sue Swetman, we met on the lake.

Even with such heavy pressure on the water everyone did get into some fish and several attained personal bests. As usual, chromids were the primary tactic, whether fished from an indicator or fished "naked" As for a particular pattern or technique, there were many swapped between the different fishers in attendance.

Several groups did fish other lakes in the area with mixed success. We fished Pass Lake on the other side of Kamloops with a very limited success. There was a massive chromid hatch without much of a response from the fish. When we talked to the folks at the Kamloops Fly Shop, they indicated that there was a severe winterkill in the lake last year. Another group fished Horseshoe Lake in the park. Let's just say the fishing was good but the catching...not so much.

I would like to schedule another outing to this area as there are a number of lakes we could visit. If you have any suggestions let me know.

We have no scheduled outings for this month. In August we have two. The first is at the Methow River on the 7th and 8th. We will again be staying at the River Bend Campground in Twisp.

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. The second outing will be later on in the month depending on the fish and the tides. The tides on the 28th and the 29th are in the mid afternoon. I will be looking at camping Camano Island or South Whidbey State parks. The other variable and the big one will be the arrival of some fish. I will send out emails and make an announcement at our meeting later this month.

I want to extend a personal invitation to all members and guests to attend an outing. I think they are one of the best deals going. This is especially true, if you are new to the area, the sport or the club. Fourth Corner Fly Fishers' membership contains a host of individuals who are willing to share a lot of information on all aspects of this activity we enjoy. And they are not a bad bunch to hang around with as well!! Our outings are a great way to expand your participation with the club. And I hear there are times when the food isn't so bad either! So I hope to see you there.

Frank Koterba
Your Outings Chairman



ROCHE LAKE



Cancer patients 'relax' up the Icicle

I caught up with a group of gentlemen having lunch at the Sleeping Lady recently. They looked like a bunch of anglers. Many of them were, but many of them were going fly fishing for the very first time — on our own Icicle Creek. They were all part of a retreat planned by an organization called Reel Recovery. The group is dedicated to offering those afflicted with cancer an opportunity to "take a break" from the disease, by getting outdoors and experiencing fly fishing.

I had been contacted by Robert Bernard, the Northwest regional coordinator, and he explained that he helps scout potential destinations and gather the volunteer help needed to conduct a retreat for Reel Recovery participants. This was the third-annual Washington state retreat. Those who participate are provided with lodging, meals, fly fishing equipment and assistance on the water. Since May 2003, Reel Recovery has welcomed more than 600 participants at 54 retreats all over the nation.

The Reel Recovery program is more than a bunch of fly-fishing enthusiasts taking some people fishing. The program blends the outdoor activity with the opportunity for the participants to be part of sessions of directed conversation, facilitated by mental-health professionals.

"These sessions involve a lot of courageous conversation," said Bob Boice, who came to his first retreat as a participant, and now as a volunteer.

The benefit of being outdoors and trying their hands at fly fishing was obvious to me. There were lots of smiles from these anglers. Byron Swedberg, who caught his first fish fly fishing, was even more impressed with the time he spent with his fellow cancer survivors.

"I wish you could sit in on one of these group sessions some time and hear what people share," he told me. "There's nothing else like it."

Each participant is fully outfitted for the fishing adventure. They get waders, wading shoes, a rod and reel, a box of flies and a very special piece of gear — a fishing vest. Each vest is covered with

names, written in indelible ink. These names represent a participant that has worn it before. One of the volunteers told me that each vest invokes memories of previous retreats.

"Jim there, he came to our very first retreat. Bob, well he's a volunteer himself now. There's Fred, although, he's gone now, he was a great guy," he recalled.

The entire Reel Recover program is run by volunteers. All the equipment, lodging and meals are made possible through donations and grants.

"I understand that the Lance Armstrong Foundation helped provide the funding for the first retreats," said Kris Kristoferson, one of the volunteers from the Washington Fly Fishing Club. "Most of the money comes from fly fishing clubs, Trout Unlimited chapters, and I understand that many of the Wal-Mart stores across the country contribute to our program."

Reel Recovery Retreats are open to all men who are currently suffering from or are even recovering from cancer. As long as they can get a release from their doctors they can come. Even those who are in remission are welcome. They have a lot to contribute to the "courageous conversation" aspect of the retreats. The participants at the Leavenworth retreat were from all over the state, and Bernard traveled from Portland in his duties as coordinator. The volunteers also came from all over the state to help out. There was no shortage of volunteers. Every participant was assisted by at least one volunteer to assure a safe and enjoyable time on the water.

For more on the Reel Recovery program: www.reelrecovery.org or 1-800-669-4490.

From what I observed, the Reel Recovery program is about the distraction of being outdoors and having fun fly fishing. I couldn't avoid knowing that it serves a much more serious purpose through the discussion sessions.

What wasn't really clear to me was who was getting more out of the program, the participants or the volunteers.

I love their motto: "Be Well! Fish On!"

Dave Graybill of Leavenworth is a longtime fisherman and writer. He can be reached at fishboy@nwi.net. His Web site is www.fishingmagician.com.

Outdoor Insider



Dave Graybill
For The World

Frank's Culinary Corner

Every once and a while something new does happen! Butchers have known for a long time that there is a part of the beef chuck, the top blade roast, that was both tender and flavorful, but it had one big drawback. There was a piece of really tough connective tissue running right down its middle. If you cooked it long enough to break this down, the meat was really dried out and very tough. Enter a coupler of teams from the Universities of Nebraska and Florida. They developed what became known as the "flat iron" steak, named for its resemblance to old cloths irons.

In addition to its culinary attributes it has one other very appealing quality. **IT'S Cheap!!!!** I find it locally at Fred Meyers, and when it's on sale you spend about \$4.99 a pound. It comes vacuum-packed and you can buy a bunch and throw them in the freezer. They weigh 1-2pounds. So its easy to scale your need to feed X number of people easily.

Now for the really good part, they are really good to eat!!! Imagine flank or Skirt steaks without the really heavy grain. You have to cut them like a flank steak but they are really tender when you do! As tender as a tender loin, at 1/3 the price!! They will take marinades and rubs well and are great with a good pan sauce.(recipe to follow)

The secret is to turn up the heat and cook them fast. Since they are very lean low and lingering heat is not a good idea. I cook them fast, let them rest and slice them across the grain about 1/4" thick. They come out with a great flavor and they are fork tender. My hat's off to the college teams that worked this out. By the way we will be eating this cut when we have our Conservation Auction in October. Don't forget to buy your raffle tickets, and the money you don't have to spend on dinner can get you that little you always wanted from the auction

Here is a recipe I used at Roche Lake.

Flat Iron Steak with Marchand de Vin Sauce au Champignons (Red wine Sauce with mushrooms) :

For the sauce:

3 cups thickly sliced crimini mushrooms

2 tablespoons unsalted butter

1 teaspoon olive oil

1/8 cup roughly chopped shallots

1/4 teaspoon chopped garlic

1/2 cup dry red wine

1 bay leaf

1 sprig fresh thyme

2 cups reduced veal stock or demi-glace

2 tablespoons cold unsalted butter, cut into pieces

Heat the first 2 tablespoons of butter in a medium heavy pan over medium heat.

Add mushrooms and sauté until they quit loosing liquid and remove from pan

Add the shallots and garlic and cook, stirring, until soft, about 1 minute.

Add the red wine and stir to deglaze the pan.

Bring to a boil, add the bay leaf cook until reduced to 1/8 cup in volume, about 10 minutes.

Frank's Corner (cont.)

Add the thyme veal stock and bring to a boil. Reduce the heat to medium-low and simmer until reduced by half and the mixture coats the back of a spoon, about 1 hour.

Remove from the heat and strain through a fine mesh strainer.

Add sautéed mushrooms

Over low heat, add the butter, one piece at a time, whisking constantly to incorporate. Remove from the heat and season with kosher salt and freshly ground black pepper, to taste. Serve immediately.

Yield: 1 cup

This is the classic recipe. I make a quick version using commercially prepared and reduced demi-gloss and beef stock. I like a product from “More than Gourmet”. This reduces the long simmering process from the hour to just a couple of minutes. This product can be found in high end groceries or on the web. Its not cheap but it really saves a lot of time. They also make many other sauce reductions as well.

<http://www.morethangourmet.com/>

For the steak:

Get your grill hot (all the burners on high if gas and the equivalent if charcoal)
Season the steak with Salt and pepper on both sides.
Grill 5 to 6 minutes on each side for medium rare for an average grill.

Remove from grill and cover the steak with foil and several towels to hold in the heat and let it rest 10 minutes.

Slice across the grain into about ¼ inch thick slices.
Serve immediately with sauce.

Enjoy



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

July's Club Meeting

July 23, 2009

BELLINGHAM
COUNTRY CLUB
3729 Meridian St
Bellingham, WA 98225
(360) 733-3450

Wet Fly	6:00
Dinner	7:00
Program	8:00
Meeting	9:00

You have to make reservations.

Call or write Charlie Scaief.
(312-9856) fcff@verizon.net

Bring money for the raffles and a fly for the "Fly Plate".

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.

August's Board Meeting

August 4, 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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Library Chairman

Brian Duim ((398-2030)

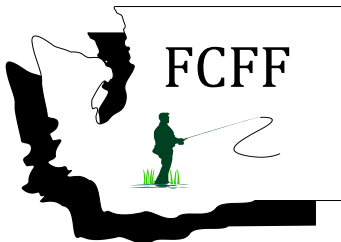
Newsletter

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Raffle Chairman

Errol McWhirk



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