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Swirl Tips

May 2006 Issue

Evergreen Fly Fishing Club
www.evergreenflyclub.org



MEETINGS

General Meeting – 4th Tuesday of the month, 7 pm (6 pm Wet Fly hr.) Flying Pig Brewery
Board Meeting – 1st Thursday of the month, 7 pm (6 pm dinner) Petosa's Restaurant
Conservation Committee Meeting – 3rd Thursday of the month, 7 pm Village Restaurant

Meeting: May 23rd, 2006 @ Flying Pig Brewery
Wet Fly – 6:00 p.m. Meeting – 7:00 p.m.



April Program
by Eric Nordstrom

Freshwater Restoration Projects in WA

By Peter Skidmore

Peter Skidmore is a hydrologist/geomorphologist with 13 years of experience in aquatic restoration and conservation. He is currently the Freshwater Program Manager for the Nature Conservancy, overseeing all freshwater conservation and restoration efforts in Washington. Prior to the Nature Conservancy, Peter spent 10 years as a consultant specializing in river restoration and taught a number of courses on restoration design. He received his bachelors in Geology from Macalester College and Masters in Earth Science from Montana State University, and is currently a registered professional geologist in Washington State. His recent claim to fame is winning the grand prize for the "Best Idea Since Sliced Bread", a national idea contest sponsored by the Service Employee's International Union. Peter's idea in a nutshell is to fund major environmental restoration and sustainable energy industries through levies on pollution, development and fossil fuels.



Peter's presentation will describe aquatic restoration projects that The Nature Conservancy is engaged in in Washington. Virtually all of the aquatic resources in Washington outside of our national parks and wilderness areas have been impacted to some degree, most significantly. Aquatic habitat within Nature Conservancy preserves is no exception. To address this, the Nature Conservancy is implementing restoration projects throughout the state. Peter will present an overview of aquatic restoration efforts on Conservancy preserves.

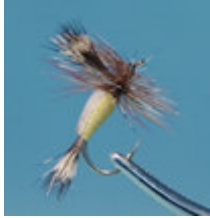
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Fly Tying Contest by Rob Gamage

The fly for May's meeting will be a Humpy, size 6-24, dry fly. For a good article on tying the Humpy by Skip Morris, go to the following web site that details out each step of the tying process with pictures: <http://www.flyangleronline.com/flytying/fotw/120699fotw.html>



President's Message by Carl Johnson

As I'm getting ready for the trip to Big Twin I realize that we are about one third of the way through the year. Looking back on the first four meetings of the year we have had good turnout to all of the meetings. It is good to see everyone there.

My guess is that by the time you read this the Spring Fishout will be underway. I hope to see lots of our members at the fishout and listening to all of the fishing stories. One thing about it, when you put two or more fisherman together there will be stories.

Looking ahead, the Stilly cleanup is scheduled for June 24th. We'll meet at Charlie Rickett's place for breakfast before heading out to the river. If you are new to the club, the clean-up provides a good opportunity to tag along with a veteran and learn about our home waters, the Stilly.

Auction Committee by Carl Johnson

There will be a meeting for anyone interested in being a member of the 2006 Auction Committee on June 8th. The meeting will be at the Village Restaurant in Marysville. The purpose of the meeting is to set up a schedule for this years auction on October 24th.



River Cleanup by Jesse Scott

The annual cleanup of the North Fork of the Stilly is scheduled for Saturday, June 24th. We'll meet at Charlie Ricketts for breakfast at 8 a.m. then team up and hit the river. After the trash is picked up, we'll return to Charlie's to consolidate the loads. Charlie has even agreed to have some refreshments on our return. So come on out and meet Mr. Charles and enjoy his hospitality.



Here's a great chance to share fishing stories over breakfast and meet new members. Don't worry if you do not have a truck, you can pair up with someone. Remember we will cover all the drifts so if you are not familiar with the North Fork this is your opportunity to learn. A stick with a nail in it, gloves, and knee boots are recommended. The river is open, so bring a rod and spend the rest of the day fishing. There is a map to Charlie's on the back of this newsletter. Hope to see you there.

Membership by Mark Simpson

I still haven't received Kyle Kragseth's dues for 2006. Kyle, if you are getting this please let me know if you plan to send them - this is your second written reminder before you are dropped from membership.

Please welcome these new members to EFFC, accepted at the February, March, April, and May board meetings:

John Silvey
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Al Vavra
15025 222nd Dr SE
Monroe, WA 98272
360-863-6267, dialtravel@aol.com

James Mathiesen
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Marysville, WA 98270, james60@gte.net



New EFFC Website by Eric Nordstrom

In case you haven't heard, we have a new club website at www.evergreenflyclub.org. This doesn't have the pop-up advertising like our old website did and has an index of old Swirl Tips newsletters available for download (back to 2003, with more to be added later). I know there are a few minor visual things I need to fix, but if you see anything that stands out to you that could work better please let me know. Check it out and let people know about our new address; remember it's "evergreenflyclub.org" *not* .com.



Librarian's Corner by Jim Pankiewicz

In response to the request of EFFC member Mike Schutt, I purchased "Lakes of Washington Volume I—Western Washington" and "Lakes of Washington Volume II—Eastern Washington" for our club library. I'm honestly not sure if there were previous editions. Either way these books are the most recent with a publication date of 1973; they are long since out of print. It took a few months to find the books but I'm pleased to report that the copies we have are in very good shape and were obtained at a reasonable price.

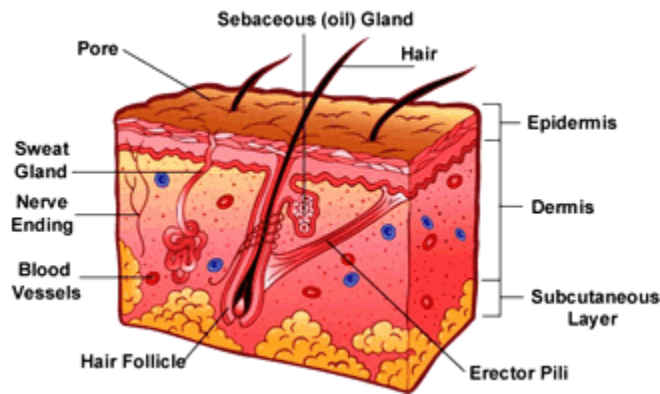
"Lakes of Washington" is not primarily about fishing or even recreation opportunities. It is primarily an evaluation of the waters contained in the lakes in our state and is an overall inventory of the water resources of the State. The Western Washington edition inventories 3,887 lakes showing location (by section), name, elevation, maximum depth, surface acres, and a phrase or sentence about the location. There are a good number of unnamed lakes listed for those of you looking to find that once in a life time lake full of fish which have never seen an artificial fly or a even a fisherman. Remember, reading makes you beautiful.

How's Your Birthday Suit

by Doug Nordstrom

How did you treat your skin this past year? Did you give it a mud bath or mineral spring soak on that luxury cruise last winter? Or was it just the usual bake in the Hawaii sun, shower, shampoo, shave, and powder the heck out of it routine. Well it deserves better. Few people realize that our skin is actually a vital organ. Remember in the movie "Gold Finger" where the girl was completely painted gold and she died. Our skin helps maintain body temperature and fluid balance. If we are burned over 30% of our body we may die by loss of these vital functions. So what does this mean to fishermen (and women)? We are harder on our skins than the average bear with extra exposure to the sun by reflection from the water and the drying effects of wind, cold, and heat. No matter what those commercials on TV might promise, remember that as we age those wrinkles don't iron out like our clothes.

So, what about this organ we call skin? It is more than that layer of dead cells that sloughs off and leaves a wring around the tub. There are actually five layers to our dermas or skin. The inner most layer contains blood vessels that feed our skin; the part that bleeds when we get a cut. The next couple layers contain glands that sweat to help us control body temperature and fluid balance. There are also sebaceous or oil glands that keep our skin smooth and supple. The skin has nerve endings that sense touch, pressure, pain, warmth, and cold. Too much sweat, dead skin and bacterial action and we, well, stink. Some European cultures think this natural perfume is sexy. Sebaceous oil has its own unique odor. That's why it's not hard to tell who's had



their Saturday bath and who hasn't.

That pretty brown color produced when the skin deposits melanin is more than what we call a "tan". It's the body's emergency response to the damaging effects of the UV rays in sun light. UV rays penetrating into the deeper layers of our skin kill some of the glands that keep our skin looking young. That's why the leathery look of older sun worshipers develops. Damage to the outer skin cells also produces various skin conditions including two cancers, basil cell and melanoma. Basil cell carcinomas are reddish patches that can itch and bleed with out healing. As the dermatologist was scraping and burning off the dozen patches from my body a few years back she asked if I had grown up in California. I said, "Nope, I'm a home gown boy who's spent a lot of time around the water." Melanomas are a serious and potentially deadly cancer. Everyone should be familiar with screening for unusual brown spots or moles. They can be in your scalp or on your back where only someone else could see.

Use sun blocks on exposed skin, especially that protuberance we call a nose and those flaps we call ears. Your lips are particularly vulnerable to the burning and drying effects of the sun. Wear

a hat when fishing or hiking and take a long sleeved garment when out in a boat or float tube. It only takes 20 minutes even on a cloudy day to start to burn. Treat your skin well this summer. It deserves better. It's more than a sack that keeps our inner sea from spilling out. Sunshine is what we all pray for, but worship it with caution and your summer will be more fun.

EFFC Coming Events

<u>Date</u>	<u>Event</u>	<u>Location</u>
June 24 th Sat.	North Fork Stilly Cleanup	Charlie Rickett's place
July 16 th Sun.	Unofficial Saltwater Searun Fishout	Marysville Launch – Ebby Slough
July 23 rd Sun.	Summer Fishout /Mtg.	Gordy Swanson's place on NF Stilly
Sept 17 th Sun.	Cutthroat Fishout	Haller Park, Arlington
Sept 29 th – Oct. 1 st	Kalama Cup (McKenzie Fishout)	North Umpqua River, Oregon

Fishing For Kids 2006 - Report

by Carlos Ditto

Well, here it is, the 'Morning After'. 'Tell ya what', Fishing for Kid's is a lot of fun but also a lot of work. I feel as though I have been pulled through the proverbial knot hole backwards.

However, I would not have missed it for anything [well, maybe a dollar three ninety five or something like that]. The weather was absolutely GORAGEUSE.

The Everett Parks Department did an outstanding job as usual. They had scheduled six hundred kids and five hundred and fifty showed up. It seems however that they failed to consider a BSA district Pine Wood Derby that was scheduled at the Everett Mall for most of the day. Unfortunately they had to turn at least fifty away at the park but how are they to know who will or won't show up?

The Flying Pig came through again with wonderful grilled hot dogs with all the condiments including sour kraut. They only charged two dollars a piece but if you were a volunteer, you got one for free. I think I waited all the way to 10:30 before I got mine.

As often happens, things come up and we are unable to attend those things we would really like to do. Consequently, only four from EFFC were able to show up.

Jesse Scott, Gordon McKay, John Townsell, and I had our work cut out for us but, again, it was great. I am thinking that next year it would be a good idea to have more people there but set it up a duty roster that only had us working for two to three hours at a time. We will work on that.

Although there were a few very large trout from Trout Lodge [courtesy of the Fish and Wildlife people] put into the pen, I do not think any of them were caught. The largest that I saw caught ranged in the 14" area.

The fishing itself this year was on the slow side. That probably was due to the sunny weather. However if you kept an eye on the line as the bait fell you usually would have a fish on very shortly. If not, it was time to bring it in, take off the weeds, re-bait and try it again.

That means that they will be released into Silver Lake. Unfortunately, we still are without a proper launch site. The only way to get onto the

lake is to carry your boat down at the Silver Lake park on the west side of the lake or, go to the south end and carry your boat to the lake at a small park that I do not know the name of at this point. Keep in mind however, if you want to take kids or grandkids down there they can always fish from the fishing piers at Silver Lake Park or there is a pier by Emery's Restaurant on the south east side.

Again, I want to emphasize how much fun the kids had. I was fortunate in having four of my grandson's there and had a great time with them. I was really pleased when Ethan caught his limit of three fish by himself. He then became the expert and started working the line with me. I think we are creating a monster.

Thanks again Jesse, Gordy and John.
Great job. Lets do it again!

"Ask About Fly Fishing" Internet Radio excerpt from Northwest Women Flyfishers newsletter

The Federation of Fly Fishers (FFF) has announced an affiliation with the Internet radio show Ask About Fly Fishing (AAFF), Ask About Fly Fishing - Internet Radio offers interviews of industry experts, who answer questions from the audience. The live program offers a unique call-in Q&A session, and the show can be heard as a live or recorded webcast. The broadcasts are FREE and you can listen in over the internet or by phone, so no one will be left out. If you're a podcaster, you can subscribe to their fly fishing podcast, too.

The AAFF website provides a link to the national Federation of Fly Fishers' website, as well as fly fishing clubs, fly shops and guides. A comprehensive national events calendar for shows, meetings, demonstrations, and all fly fishing related events is also planned.

The next live broadcast will be May 17th at 7:00 PM (MT) and the topic will be "Fishing Streamers for Trophy Trout", hosted by Kelly Galloup, Guide/Author/TV Host. From the website, you can ask Kelly your questions about fishing for trophy trout. Visit www.AskAboutFlyFishing.com and sign-in free to receive advance notification of Ask About Fly Fishing's upcoming Internet radio shows and to receive a free guide on improving your fly casting.

Evergreen Fly Fishing Club

PO Box 221

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Map to River Cleanup at Charlie Rickett's Place (23511 Wallitner Road, Arlington (360) 435 - 5413)

