

Creel Notes from the



P.O. Box 639, Mercer Island, WA 98040

Website: www.wffc.com



MMXXV No. 7

July, 2025



President's Riffle

From Glass to Graphite to Grass (And an Opportunity for You)

Danferd Henke, President,
Washington Fly Fishing Club



I haven't always been a gear-head. Okay, I've always been a gearhead. It's just that for several decades I lacked the means to become the gearhead I wished to be. Doug, the first guy I met at college, put a fly rod in my hand in the fall of 1972. I instantly loved fly fishing. I bought my first fly rod then, a two-piece Fenwick fiberglass 5-weight. I paired it with a Pflueger Medalist reel. Functional. Not jewelry. I think I spent about \$40 on the rod and reel. That may sound like no money today, but at the time it put a serious dent in my beer budget.

I fished that glass rod for a decade, through college and grad school and into my first real job. It served me well on lakes in Maine, streams in New Hampshire, and beaver ponds in Vermont, for trout and bass. In the early 80's, my vacation of choice each year became a two-week or longer canoe or back-packing trip. The glass rod was awkward in length and heavy in its plastic case, it just didn't work very well. I went to see Tom Darling at the original Avid Angler on Roosevelt. Graphite rods were just coming in. Tom set me up with an \$80 graphite four-piece pack rod. It certainly was lighter than the fiberglass, and more convenient to pack, but that rod

stank. It cast okay at 50 feet, but casting any shorter distance was a trial. Still, I fished that rod into the early 90's, on all those trips.

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July Program

Steve Duda

Steve Duda is a writer, editor, and producer whose work in film, magazines, books, and live appearances has shaped the voice of fly fishing for over three decades.

He is the former editor of The Fly-fish Journal and a founding editor at Boise Weekly. Steve's cultural writing has been featured in Rolling Stone, Huffington Post, Seattle Weekly, MTV, San Francisco Bay Guardian, The Fretboard Journal,



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and many others. Currently, Steve is Head of Fish Tales at Patagonia, guiding the brand's fly fish activism and storytelling through film, video, web, social media, and more. He lives in Seattle with his partner and a semi-feral feline/raccoon hybrid.

(Continued from page 1) - Riffle

By then both graphite and my personal economy had improved. I bought a 5-wt RPL+, followed by a Sage Light Line, then a 4-wt RPL+. My gearheadedness came to the fore. It was a feeding frenzy. I began a long period of rod acquisition, different rods for different species, different rods for different places, multiple rods for remote destinations. I began building my own. All of them were graphite. Over the years the rods and blanks became faster and faster action, capable of throwing more and more line (in the right hands), and with less and less tippet protection. They're functional, some are even pretty. None of them is beautiful.

In the mid-oughts, I began meeting old college friends on the Pere Marquette River in Michigan, to fish for king salmon in the fall and steelhead in the winter. I brought graphite, but noticed my friends, including that same Doug who first put a fly rod in my hands, all were fishing bamboo. Doug let me fish his grass rod. Revelation. I'd thought of bamboo rods as fragile, delicate, old, and expensive, but these were newly made rods, powerful creatures, capable of throwing an entire line and playing enormous kings and immensely strong steelhead. And yet delicate in both presentation and the play. The softer action and greater tippet protection made for easier casting and many fewer breakoffs. And they were beautiful, each of them unique, as only natural materials can be. While more expensive than graphite, they weren't outrageously so. Doug explained to me that the best bamboo rods ever made are being made right now. With improvements in communication and tooling and taper algorithms and the availability of Tonkin cane, the population of small production rod-makers has exploded. These makers are not known names, their rods can't command the price of a vintage Paul Young rod, but they are making wonderful fly rods. Oh, boy, here we go, gearhead feeding frenzy!

All of this has been a verbose introduction to the real point of this Riffle. Local rod-maker Jon Lyman of Whidbey Island has donated a rod to the Club for our annual auction. Jon only builds a dozen or so rods a year, so this is quite a generous gift. The rod is a 3-piece, two tip 4/5 wt. The taper is what Jon describes as a gift from the Gods. He had purchased a used book on Garrison/Carmichael rods.

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Creel Notes

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Creel Notes Editor

batribble@juno.com

Club Aims and Purposes

The purpose of this club shall be:

1. To improve and increase the sport of Fly Fishing in the State of Washington.
2. To promote and work for the betterment of trout streams and lakes.
3. To encourage and advocate the conservation and increase of trout, steelhead, and salmon in state waters.
4. To promote a campaign of education against pollution in streams, lakes or Sound waters of the State of Washington.
5. To encourage and assist others—particularly young persons of high school age—to become fly fishers and true conservationists.

(Continued from page 2) - riffle

When he opened the book, a piece of paper fell out with a taper recipe on it. He was unable to find that taper in any of the taper libraries that now exist. He built a rod to those specs to see what it was like. It was sublime. Now, he says, this is the rod that everyone wants, after they cast it. I've cast it. He's right.

Jon suggested that several of us fish the rod, then write-up our impressions. I've been fishing it over the last couple of weeks on Rock Creek, pairing it with a Hardy reel to enhance my 19th century fantasy. It's everything Jon claims and more. It has plenty of power to fish the largest trout and makes even smaller trout a good play. It presents a dry fly with delicacy. With a 4-wt line it loads well and casts true at every distance I've tried, 30, 40, 50 feet, I'm sure it will easily cast as far as you wish. (I don't know why you'd wish to cast further on a stream. Perhaps for searuns off the beach.) The rod bears Jon's signature nineteenth century souvenir silver spoon artwork on its butt plate and reel seat. It's both functional and jewelry!

I'll be passing this rod around this summer to other Club members to try out.

The Club will auction this rod at our Holiday Party in December. Save up your pennies

Creel Notes



Creel Notes will take a breather in August and resume in September



Evening, Harriman Ranch, Idaho—From Neal Hoffberg

2025 Outings

From Mike Nolan – Outings Chair
WFFC 2025 Outings Schedule



- July 19 Cooper Lake
- September 13 Hood Canal - Jay Deeds
- October 4-5 Big Twin Lake
- November 1 Penrose Point Wet Buns

Cooper Lake Outing

Day Outing, Cooper Lake July 19th, 2025

There will be a day outing at Cooper Lake on July 19, 2025, which is located 3 1/2 miles northwest of Salmon-La-Sac and is accessible by a Forest Service Road from the upper Cle Elum River. Anglers can expect excellent angling opportunities fishing for brook trout and rainbows, 8-10 inches. Brown trout in the 1 to 3-pound range and some much larger are

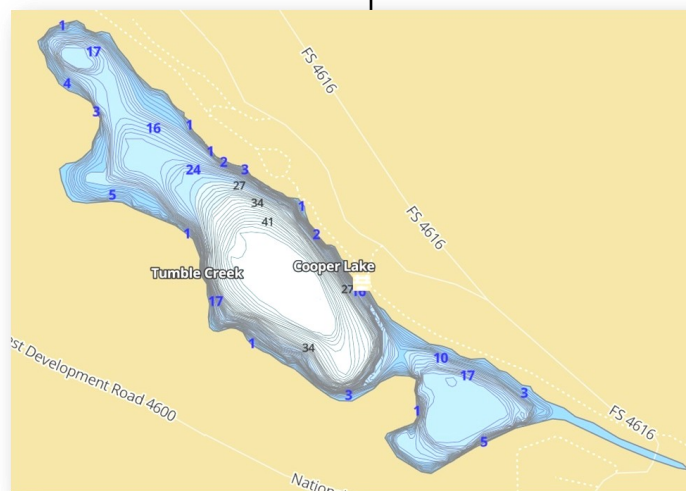
also available. Small kokanee and cutthroat are also taken. A boat launch is available, but all motors are prohibited by county ordinance. There is a small US Forest Service campground at the lake, and a Forest Service Pass is required for the area.

I'm planning on being at the lake at about 9:30 am on Saturday morning after making the nearly 2-hour drive from Seattle. If you don't see me at the boat launch, then you will find me on the lake in my green Outcast Fish Cat Cruiser float tube. In the late afternoon, we can gather for food and refreshments at the Brick Saloon located at 100 W Pennsylvania Ave, Roslyn, WA 98941.

Members, if you can take another member in your boat to fish at the Cooper Lake outing, please acknowledge this in the "*I will assist with*" sign-up, so that I can organize members to fish with you.



Cooper Lake Depth Contour



Hood Canal Outing



Misery Point on Hood Canal

Hood Canal Outing Set September 13, 2025

From Mike Nolan, Outings Chair

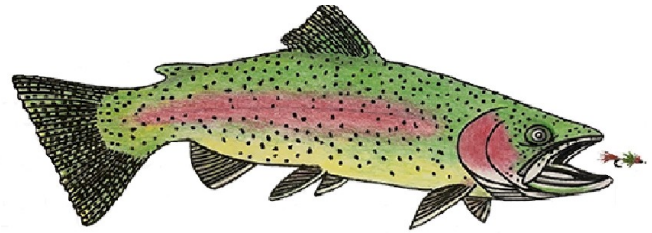
This is to let you know that the Hood Canal Outing date has been changed to Saturday, September 13th. The date change was made based on information from the tide charts for Hood Canal. Saturday, September 13, 2025, the high tide is 10:48 am with a +10.1 ft. Low tide is at 3:54 pm with a +7.1 ft. Perfect for launching and retrieving boats all day.

I will not be able to make the Outing and I'm looking for a volunteer to transport the Club cooler with ice and beverages for the Outing. This will need to occur by no later than Wednesday, September 10th because I leave for a trip to South Carolina on Thursday, September 11th. Please contact me by email at outings@wffc.com or call/text to (425) 754-1234

Hood Canal Outing September 13, 2025

Our annual trip to Hood Canal, hosted by Jay Deeds. Sea-run cutthroat, the occasional coho, hot pizza, fresh fruit pies and cold beer. What could be better! The sunsets from Jay's yard are amazing, and the fishing can be pretty good too! Saturday happy hour/dinner around 5:00 at Jays. The boat launch is just north at Misery point, and camping is available at Scenic Beach State Park, right next door. Sign up for headcount.

Jays contact info is: 15350 NW Maple Ln., Seabeck.
360-830-4885 dogooddeeds@wavecable.com.



Nemiah First Nations Wisdom



No Bull! 40" At the Editors Condo, Chelan WA

"Fly-fishing is solitary, contemplative, misanthropic, scientific in some hands, poetic in others, and laced with conflicting aesthetic considerations. It's not even clear if catching fish is actually the point."

— John Gierach

Fishing Reports



North Fork Coeur d'Alene River Idaho June 21, 2025



17 Y.O. Carter Hughes catches a nice native West-slope Cutthroat. Fishing was good throughout the day. Fine caster and one who will keep this sport alive in the future

Now in Canada, spaces in limited access wilderness areas are getting easier each year, perhaps because it is so difficult to play *World of Warcraft* in a canoe.

June 21-22, 2025 Leech Lake Outing

by Mike Nolan Outdoor Chairperson



Leech Lake

The Club had our scheduled fishing outing last week-end where the weather forecast was for cold temps, rain, and snow at higher elevations, and the weather made me think about it. I was thinking that maybe I needed to cancel the outing because of the inclement weather. The fact that I had survived the elements on other Lake Chopaka and Wet Buns Outings over the years made the case for not cancelling.

On the drive down, it was a steady rain, and we had some fog as we drove over Chinook and Cayuse Passes towards White Pass and eventually Leech Lake. Linda and I arrived at the lake to "Juneuary" weather conditions with the temps in the low 40's and occasional breezy wind conditions with light rain. However, the inclement weather played its part in keeping the mosquitos away. I met Kurt Peterson at the boat launch in receiving his report of over 70 fish caught the day before. The report persuaded me to use some small mayfly nymphs on intermediate and floating fly lines, which then I proceeded to catch about a dozen brook trout, with one about 14 inches in length. I saw a bald eagle in a tree watching me as I fished, and I wondered if he was jealous of my catch rate. Some of the members fished at the upper end of the lake near the rock slope and they reported that it was a productive spot for catching the jumbo rainbow trout.

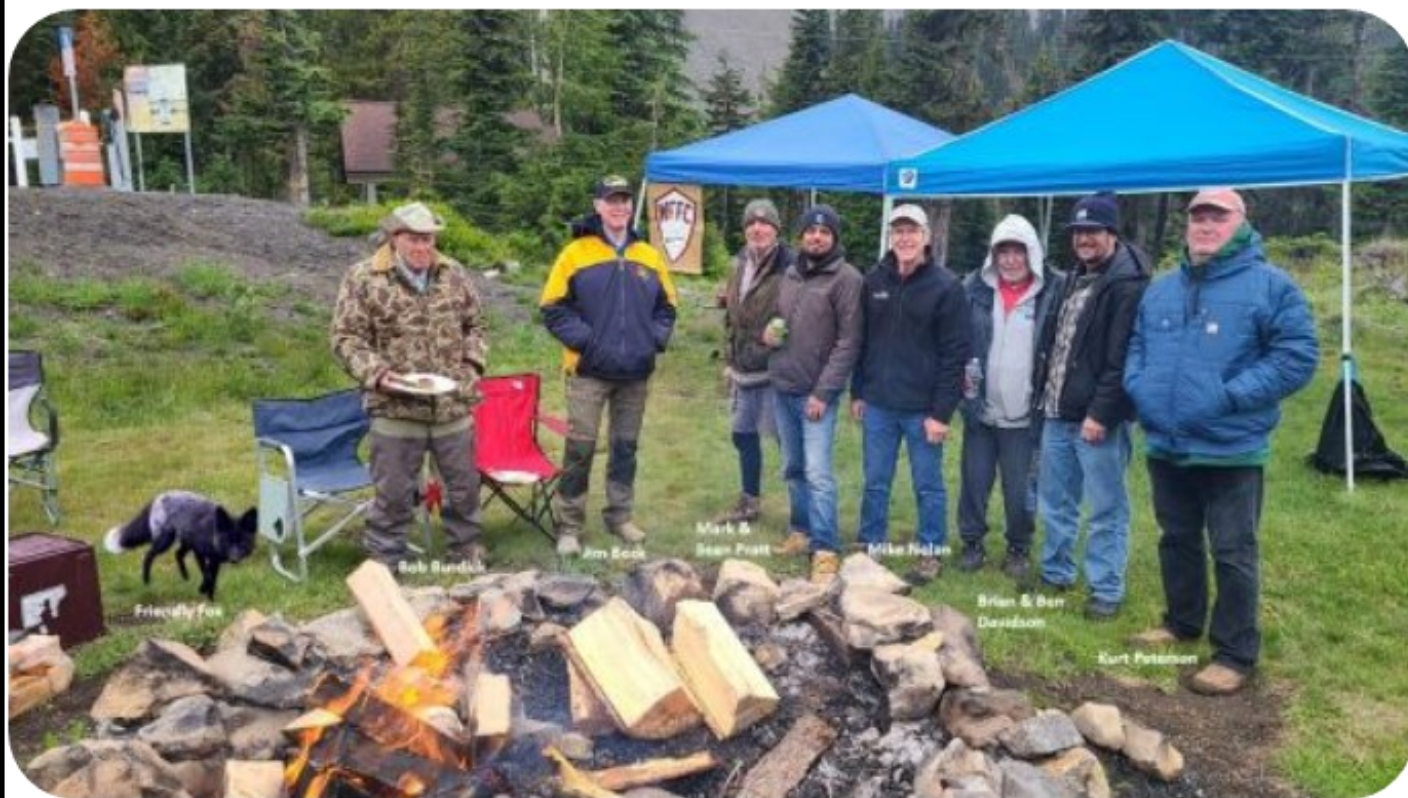
In attendance were nine people including Kurt Peterson, Mark Pratt, Sean Pratt, Ben Davidson, Brian

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(Continued from page 6) - Leech

Davidson, Jim Beck, Bob Burdick, Linda Leum and me. The Club provided beverages and a BBQ steak for all attendees. Members supplemented the meal by providing various salad side dishes and smoked salmon. A roaring fire kept the group warm throughout the night in the near freezing temperatures. We were visited by a friendly fox presumably looking for dinner handouts.

On Sunday morning a hearty breakfast of pancakes, sausages, OJ and coffee was served at 7:30am by Mark and Ben in one of the condos. The weather was calmer and warmer, which was a factor in an improvement in the fishing. Linda and I decided to go home after breakfast after packing up the equipment. Mark, Sean and Ben stayed until the afternoon catching rainbows and brookies during a callibaetis hatch.



Leech Lake Bunch

Green Lake (Okanogan)

July 1, 2025

From Chuck Ballard

Got up early in Chelan and headed up to Green lake west of Okanogan. Hot hot weather and I should have known better but went anyway. Three hours later saw 2 small trout on the bottom none rising or feeding. Tried type 6 slow bottom drag as well as some shore line casting but "NOTHING". Looking at the WDFW plant records it may very well been fished out as only 250 fish were planted.

I will try again in the fall but this lake may be lost for this years fishing. Water level was low by a foot or

so and although very clear did not have excessive weed growth.



Green Lake

24th Annual Northwest Conservation and Fly Fishing Academy

by Marcie Kindinger

The 2025 fly camp was held June 21 - 28 at Panhandle Lake 4H Camp near Shelton, Washington. During the Academy, young anglers get the valuable opportunity to learn from our numerous and knowledgeable volunteers the basics of fly fishing, both on lakes and rivers, entomology, fly tying, fisheries conservation, fishing ethics, and water safety. All topics were met with great enthusiasm by the students, especially the fishing and fly tying!



In addition to knowledge, the Academy provides campers with a new fly rod and reel kit, sling pack full of necessary items to fish successfully, and hand-tied flies donated by one of our local fly clubs. Panhandle Lake is a gorgeous private lake on approximately 500 acres. Plenty of kayaks and canoes are available for the kids' use. There is also a sports court and campfire pit, so the campers never run out of something to do. All under the supervision of four Ghillies, a Camp Leader and the Directors



We have the students write thank-you to the donors and volunteers. Here are a few excerpts, reflective of the positive attitude of the notes:

"Thank you so much for your contributions to this camp. You made it possible for me to make so many amazing memories. I will use the knowledge that I learned here for the rest of my life."

"I thank you so much! You all have made me into a better person. I'll take your lessons with me in life and pass it on to younger generations."

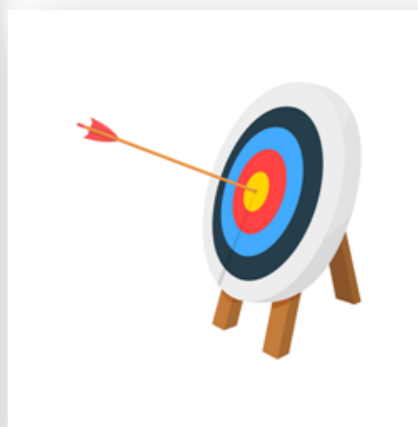
"It was my first time fly fishing and now I am confident in my ability to cast, tie flies and tie on my flies. This camp will last forever in our memories. We all really learned a ton!"

"Thank you for helping me get this education. This was impossible without you. I loved learning "Thank you for helping me get this education. This was impossible without you. I loved learning to fish and this is an unforgettable experience."



(Continued from page 8) = Northwest Conservation Fly Fishing Camp

As a Club, WFFC should be very proud of our contribution of time and money to this amazing endeavor! Just from our club alone, **Peter Shuitemaker, Chuck Ballard, Richard Plunkett, Neal Hoffberg, John Gravendyk, Jerry Kindinger, Jim Goedhart and Marcie Kindinger** all volunteered at camp. If you know of anyone interested in sending their 12-16 year-old boy or girl to camp next year, have them fill out an application, found at nwycffa.com, early next year.



!

Healthy Fishing

Sun Protection for Fly Fishers

Fly fishers are at particular risk for sun damaged skin (PD/photo-damage), eye damage and ultraviolet (UVL) induced skin cancer, some of which are life threatening. This is due to our sport requiring prolonged exposure to sunlight and its reflection off of water and sand.



UVL damage is cumulative and responsible for 90% of aging, which appears as thin, easily bruised and torn, wrinkled skin. UVL is associated with cataracts and numerous eye disorders. The annual cost of treating UVL induced skin cancer in the U.S. is around 10 Billion dollars. Protection is the key to avoid these adverse effects of sunlight.

The best sun protection is opaque clothing: hats without mesh, sun-gloves, “Buff” bandanas for face and neck, quality sunglasses, recently popular sun “hoodies,” and long sleeved shirts and pants. The density of the thread count is most important....a \$10 Kmart shirt that you can’t see light through when held up to strong light is equal/better in protection than a \$90 one impregnated with sun protective factor (SPF) chemical. Some clothing like a white T-shirt become worthless when soaking wet. Don’t forget umbrellas where practical.

Sunscreen is the next best protection. They are rated in SPF (generally the higher number the better) and they are classified “organic” (meaning chemical) or ‘inorganic’ (meaning physical or mineral components). Of the dozen or more US approved ingredients, organic Avobenzone is considered the the safest and most effective. Oxybenzone the most likely to cause allergic reactions. Of the inorganic ingredients, micronized titanium dioxide & zinc oxide are the

most commonly found. In addition, there may be pigments or antioxidants added for additional protection. When using any of these products remember to use them liberally, and re- apply through out the day. The inorganic group tend to be messy/greasy and wash off easily, so they definitely need to be re-applied more often than the chemical types.

Sunscreens have repeatedly been shown to prevent most common skin cancers and about 50% of malignant melanomas. They have recently come under scrutiny and controversy regarding THEORETICAL effect on human hormone production, bleaching of coral reefs, effect on algae in still waters, and presence of “nanoparticles” in the bloodstream. To date there is NO EVIDENCE of harm due to sunscreen in any of these areas. The supposed “bad ingredients suspected are Benzophenone, Homosalicate, and Octinoxate. Sunscreens thought to be “safer” are the mineral type.....but these have negative aspects as listed above. “Safe “brands include: Think Sport, All Good Sport, Thrive Bodyshield, Banana Boat Light as Air, Badge Adventure Mineral, Hello Bello, Purely Simple & Sun Burn.

Thankfully, as fly fishers, if properly clothed, we only need a small dab of sunscreen on ears, nose, lips and possibly hands, so we don’t need to sweat safety issues.....feel free to use something cheap, highly effective and hard to wash off like Copper-tone Sport 50 or 75 SPF! The best selection of sunscreen lip balms are found at “ski” shops.

Book of the Month

The Little Red Book of Fly Fishing

By Kirk Deeter and Charlie Meyers

Conceived in the “take dead aim” spirit of Harvey Penick’s classic instructional on golf, The Little Red Book of Fly Fishing offers a simple, digestible primer on the basic elements of fly fishing: the cast, presentation, reading water, and selecting flies.

In the end, this collection of 240 tips is one of the most insightful, plainly spoken, and entertaining works on this sport—one that will serve both novices and experts alike in helping them reflect and hone-in their approaches to fly fishing.





Fly of the Month



Resin Krill

Hook: Ahrex FW531 Sedge size 12

Thread: Black

Eyes: Barbell - 3.2 mm

Body: Raidzap Thick clear with tinted orange and white

Hook /Body Area: Raidzap florescent orange resin

Wire: Thin Copper

Beard: Partridge soft

Tail: Partridge soft, Pearl Tinsel

Recipe of the Month

Halibut with Rice Wine

From www.allrecipes.com

This is a great way to prepare halibut, cod, sea bass, or salmon. Serve it with couscous or rice.

Ingredients:

- 1 teaspoon vegetable oil
- 1 shallots, finely chopped
- 2 cloves garlic, finely chopped
- 1 tablespoon black bean sauce
- 1/2 cup mirin (Japanese sweet wine)
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 6 (4 ounce) fillets halibut, skin removed
- 1 teaspoon sesame oil
- 1/4 teaspoon pepper
- 2 tablespoons chopped fresh cilantro

Directions:

Heat oil in non-stick saucepan over medium heat. Cook shallots and garlic gently until fragrant, but not

brown. Stir in black bean sauce, rice wine, and soy sauce. Bring to boil and cook until reduced by half. Remove from heat, and stir in vinegar; set aside. Pat fish dry. Rub with sesame oil and sprinkle with pepper. Preheat an outdoor grill for high heat, and lightly oil grate. Grill fish for about 5 minutes per side, or just until cooked through. Sprinkle with cilantro. Serve with sauce poured over top.

