

# Alpine Fly Fishers

Our next meeting will be on  
**Tuesday**

We will be meeting at the  
**Puerto Vallarta**  
**215 15th St. SE**  
**Puyallup**

**OCTOBER 2009 / NEWSLETTER**

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## Presidents Line

*By Larry Gibbs*

The first of our fall fly tying sessions has come and gone. There were only three of us at the session, I had hoped for more, but it was the first one of the season. The next fly tying session is on Thursday, October 15 at the Sumner Library, 6:30 pm. Each month the day of the week may be different so I will be sending out notices as reminders about the tying sessions. The X- Caddis will be the fly of the month.

Bill Fox, Al Hess (PSF) & I went to Montana in mid-September for some great fall fishing on the Clark Fork River. I wish more people could have gone, maybe next year. I guarantee I will be making at least 3 trips to fish the Clark Fork in 2010. Look for my postings. You are all invited. I use Clark Fork Trout & Tackle for my guide service, owned by Brooks & Jackie Sanford. Really great people. The wind made fishing more difficult the first day but the second day was great fishing, lots of Rainbows, Cutthroats and CutBows.

We also had our first club meeting since last May. I hope everyone enjoyed our first official meeting at the Puerto Vallarta. Good food, good beverages, good friends; there is nothing wrong with that.

During the first week of October, five of us from AFF and PSF headed over to Dad's Lake in NE WA for four days of great Eastern Brook trout fishing. Fall should be in full swing with it's colors and crisp air. We will let you know how we did.

The Washington State Council FFF is having another meeting this month over in Ellensburg. We are making great headway at planning our next Fly Fishing Fair, to be held in Ellensburg on Friday and Saturday, April 30 and May 1, 2010. Should be a great event, even better than last year. The meeting is on October 10th.

I am still selling tickets for the **FFF Sweepstakes, Five Rivers Lodge**, Dillon, MT.

This will be a great fishing trip, I know because I won this trip about 8 years ago and had a fantastic time. See me for tickets. \$20 each or 6 for \$100. This is a \$6300 trip and you get \$1000 cash in your pocket for travel expenses. For a \$20 investment, you can't go wrong and you are making a donation to the FFF.

I hope some of you enjoy the FFF Fly of the Month that I started having in the newsletter. The FFF has years worth of these flies on their website so I will never run out of flies. I try to pick flies that are the type we may use around here.



## Key Dates In The Future

October 15 — Fly Tying Session

November 4 — Fly Tying Session

December 8 — Fly Tying Session

October 27 — Club Meeting

November 24 — Club Meeting

December 15 — Club Meeting

## Five Rivers Sweepstakes Continues

*By Larry Gibbs*

The Five Rivers Sweepstakes has been **EXTENDED!** You still have a chance to win a trip to Five Rivers Lodge in Dillon, MT and a chance at the grand prize - a trip to Cinco Rios Lodge in Chile.

The Five Rivers Sweepstakes has been extended due to economic conditions.

The drawing will be held on March 15, 2010. Tickets must be postmarked by February 28th, 2010 to be eligible.

Please support the FFF's ongoing efforts in conservation and education by purchasing a ticket.

To purchase tickets and for more information on the Sweepstakes

<http://www.fedflyfishers.org/Default.aspx?tabid=5030>

Phil Greenlee

F.F.F. - Chairman of the Board

## October Program

### Pasayten Lakes Wilderness

We will have a photo presentation by Bob Alston and the other members of the Pasayten Lakes Wilderness area trip that they took this past July. From the fishing reports given at the September meeting I would say that we are in for a real treat.

## —FFF Magazine Moving Towards Sending Via E-mail—

We are working towards being able to send out the Flyfisher Magazine to our members electronically.

By sending the Flyfisher this way the FFF will be saving rising printing and postage costs that can then go towards our many programs.

There is no need to send an e-mail to our office if you want to continue receiving the magazine by hard copy.

If You Want To Receive The Flyfisher by E-mail Send your e-mail to [fffoffice@fedflyfishers.org](mailto:fffoffice@fedflyfishers.org)

1. Please put the following in Subject Field of your e-mail: **Flyfisher**

1. Advise FFF member number if you have it on hand – not required

3. Give your full name – city & state – e-mail address you would like the magazine sent to.

## AFF Club Fund Raiser

*Donated by Bruce Everett*

**Ross CLA 4 fly reel**, Copper colored, with a 9 wt sink tip line and backing already on the reel **PLUS a spare spool** with a 9 wt multi-tip fly line system and backing already on the spool. This multi-tip outfit has 4 tips and are contained in a zippered pouch. These have never been in the water. Retail price for all of the above is \$582. A great reel for most salmon or steelhead.

**For sale for \$400**

**Sage Launch 9 foot 9 weight 2 piece fly rod**. This rod has never been used but I don't have the tube for it. Sold originally for \$205. A great rod for steelhead or most salmon.

**For sale for \$150**

Selling these either together or separately. Contact Larry Gibbs for details.

## FFF Fly of the Month

### X-CADDIS

By Wayne Luallen and Bob Bates



Years ago this pattern became one of my (Bob) favorites when it allowed me to catch fish that were refusing my friends flies. They are excellent fly anglers so it wasn't that I was better a better fisherman I just had a better fly. This version of the pattern has some advantages over the way most people tie it. Wayne has shown these methods to students attending his workshops at annual FFF Shows.

The X-Caddis was originally tied about 1980 by Craig Mathews and company at Blue Ribbon Flies, West Yellowstone, Montana. Early patterns were tied with dubbed beaver bodies, but now most tiers use Antron because it is "buggier." It is a fly for spring, summer and fall, and will take fish during the day when there is no hatch, during a hatch and during the "evening rise." Most of the time fish it drag free using a floating line. Some anglers put floatant on the whole fly, but there is an advantage to putting floatant only on the wing. This makes it float low like a crippled caddis that hasn't freed itself from the shuck.

Tying the X-Caddis is simple: Zelon shuck, dubbed body and deer- or elk-hair wing. However, how these materials are handled can make a difference.

The shuck is made of Zelon if it came from Blue Ribbon Flies and Z-lon if it came from John Betts, Colorado Springs, Colorado. It represents the sheath that protected the insect (pharate adult) as it moved upward to hatch. As the adult caddis hatches it leaves behind a shuck that is nearly transparent so the tail on our flies should be pretty thin. With too much Zelon the shuck is stiff and opaque rather than ethereal, translucent, and natural as it should be.

For a number of years George Bouvoin of Union City, California and Jan Kurahara of Cupertino, California worked closely with a real student of the trout and its habitat, Ralph Cutter of Truckee, California. Together through some rather progressive thinking, scuba diving, and aquarium testing, they observed, among other things, that caddis patterns with a shuck of crinkled Zelon yarn that has been cut off straight splays outward when fished, looking very unnatural. This splayed appearance did not match the elongated bubble appearance of the caddis' natural husk. They changed the caddis shuck by twisting and looping the Zelon back onto itself to better represent this bubble. The left fly above, tied by Wayne Luallen, shows a bubble shuck. The other fly, tied by Bob Bates, shows the cut shuck style on the original X-Caddis.

Many tiers have been frustrated with their elk or deer hair caddis wings. After only a few fish, the wing comes loose and twists around the hook shank. The problem is that thread mounted simply over the hair butts is not adequate to hold the wing in place. There is a solution, but it is not placing 49 more wraps of thread around the hair! The solution is the proper placement of thread to apply the most force.

A flat thread base made with un-twisted thread is needed at the wing location. When it comes time to mount the wing, secure it directly on top of the forward-most wraps of the thread base with a few wraps of well-twisted thread. This does several things: 1) the base thread on the hook acts as a friction point; 2) as with a rope, flat untwisted fibers are not as strong as when they are twisted (to a point); and 3) twisted tying thread is narrower than flat thread, so it bites deeper into the wing, thus pinching the hair onto the base thread tighter.

The wings on the two flies above were tied with this technique. However, the amount of hair on the two flies is radically different. Both styles have caught fish, so it is up to the tier to decide what is best for their fishing situation.

Materials:

**Hook:** Tiemco TMC 100, 5210, 100BL, 900BL, Daiichi 1310, Mustad 94840, etc., sizes 12-20

**Thread:** 6/0, 8/0 color to match body

**Tail:** Zelon, amber gold or caddis gold, crinkled

**Body:** Dubbed beaver or Antron: tan, brown, olive or black to match the naturals

**Wing:** Deer or elk hair

Tying Steps:

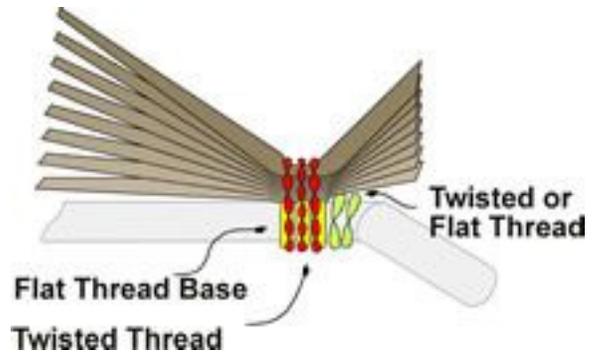
1. Smash barb on hook with smooth jaw pliers or your vise.
2. Attach tying thread near bend and wind forward to within 1-½ to 2 eye-widths of the eye.
3. Separate out a quantity of Zelon equal to about half or less of what you would normally use. (The material will be doubled onto itself, thus the need for less than you would use when just trimming the Zelon to length.) The length of material should equal at least 3 shank lengths or more for ease of handling. Secure it where the thread was left in step 2 and trim excess. Next twist it about one turn clockwise. While holding the twist, fold the Zelon back onto itself forming a loop that is more than a gap width, but less than a shank length. Secure this now overlapping end just behind the first, and trim excess.
4. Twist the bubble shuck tightly counterclockwise. While holding the twisted bubble shuck wind thread toward bend to secure it on top of hook. Stop where you want the shuck to begin: Before, at or after the bend.
5. Dub thread and wind a body forward to a point just behind where the wing will be tied in.
6. Untwist the thread, and lay a flat thread-base for the wings
7. Start the bobbin spinning to twist the thread by moving the thumb toward the hook's eye relative to the first finger. (This will spin it counterclockwise for right hand tiers and clockwise for left hand tiers. A picky detail that will make the thread naturally wind toward the hook bend and away from the wing butts, which keeps them from spinning around the hook.)
8. Select a portion of deer or elk hair clean out under fur and stack it. Place hair on top of the hook with tips at rear of body. Secure the wing with twisted thread placing each wrap to rear of the first wrap. If the hair flares too much, un-twist the thread and wind rearward from the tie down point to make the hair lay more along the body.
9. Pick up the butts and put four or five whip-finish wraps tightly against the wing. If the thread furls with your whip finish technique, untwist the thread before whip finishing.
10. Trim butts leaving a small stub. Natural caddis have a small head.
11. A touch of flexible head cement (like Dave's Fleximent) will help the thread and wing stay in place.

This is a simple but effective pattern. We don't have the space to regale you with a bunch of fantastic X-Caddis fishing stories. We encourage you to go out and collect your own stories.

A foam fly box is best for storing these flies. If stored in a compartment they will tangle even with barbless hooks. If barbed hooks are stored in a compartment you will spend all of your fishing time untangling flies. Have fun and good fishing.

To see over 120 great FFF Flies of the Month, visit the FFF website at <http://www.fedflyfishers.org> and click on the drop down menu of Fly Tying then on Fly of the Month, or use this to go directly there:

<http://www.fedflyfishers.org/Default.aspx?tabid=4478>



### Quote Of The Month

*We wish to reproduce as nearly as possible the effect of the insect as it floats upon the stream; to deceive trout that have had enough experience of flies and of fishermen to make them a bit shy and crafty.*

*Theodore Gordon (1914)*



# October/November 2009

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>October 1</b> 3 Lakes Trip	2 3 Lakes Trip	3 3 Lakes Trip
4 3 Lakes Trip	5	6	7	8	9	10
11	12	13	14	15 AFF Fly Tying Session Sumner Library	16	17
18	19	20	21	22	23	24
25	26	27 AFF Meet- ing At Puerto Vallarta, Puy.	28	29	30	31
<b>November 1</b>	2	3	4 AFF Fly Tying Session Sumner Library	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 AFF Meet- ing At Puerto Vallarta, Puy.	25	26	27	28
29	30					

**Alpine Fly Fishers**  
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Visit our website at [www.alpineflyfishers.org](http://www.alpineflyfishers.org).

### Club Officers:

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