

# FINNY FACTS

Archived version

OCTOBER 2011

San Diego



Fly Fishers

Cleaner Water. Brighter Streams. Better Fishing.

Volume 16, No. 10

*October Meeting*

## Steelheading the Trinity River



**T**he speaker for the October 3 meeting is **Jim Roberts**. Jim will cover the flies, rods, techniques, and timing to be successful on this Northern California river. Jim will provide diagrams and maps of this famous River.

### MEETING NOTICE

Monday, October 3, 2011  
7:30 PM

Sequoia Elementary School  
4690 Limerick Avenue  
(See map on back page)

### REMINDER

Volunteer hosts for this meeting  
(report at 6:15 PM)

**Lee Rudee and Bruce Harris**

*Thank You, Mona Morebello*

## Bioassessment of Nine Mile Creek

*A Layman's Point of View--Roger Yamasaki*

**I**f any of you have accompanied our illustrious Conservation Chairman, **Gary Strawn**, on one of his conservation efforts in the Golden Trout Wilderness then you know that this is no small task. I had no idea the work that had been placed upon the volunteers and the commitment that Gary has made over the past few years to this section of creek.

My brother Rick, my brother-in-law Bernie, and myself joined Gary and his wife Laqueta, chihuahua Maddie, biologist Jeff and his grandson Braedon at the Black Rock Campground for a two day bioassessment of the Nine Mile (golden trout) Creek located in the Casa Viejas Meadow of the Golden Trout Wilderness.

Frankly we had no idea what to expect, but we were all eager to find out. First of all the Black Rock Campground is located at an elevation of about 9,000 ft in an absolute beautiful secluded area of the eastern sierras. However, well paved roads led us all the way to the campground from Highway 395, about 46 miles away.

The hike down to the meadow is about 1.5 miles on a well defined mule/horse trail. Elevation change is only about 500 or 600 ft.; so not too tough for the average hiker. The meadow is



gorgeous. But what struck me as amazing is the story Gary told us of the crew that put up the fence to keep out the cattle. He still has some regret over how hard he had to drive these volunteers and I can see that this was a lot of hard work! This prepared us mentally for what lay ahead for us—which as it turned out was much less strenuous—more educational.

So what did we do? We were basically assessing the trout habitat by taking water samples for measuring phosphates, nitrates, pH, water temperature, water flows, bank assessment, creek bed assessment, bugs and flow height, among other things that I did not understand. But you get the picture.

One thing I do know is that it was quite involved taking the better part of two days. But of course there was time for fishing. The golden trout—

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## PRESIDENT'S MESSAGE: OCTOBER 2011

“ May the holes in your net be no larger than the fish in it.”

Irish Blessing

Just came back from a week of fishing in the **Eastern Sierra** and luckily my net had small holes. Many small browns and brook trout and a few large trout in between, that's fishing. The company was great, the surroundings were beautiful, and as they say “a bad day of fishing is better than a good day of work”. In truth, there are no bad days of fishing.

The next club meeting will be the last chance to sign up to join club members at the **Joan Wulff Dinner** event in Los Angeles on Saturday, October 15. There are still seats available and it would be a shame if we have empty



**ART REIFMAN**

seats at the SDFF table. If you ever want to see a legend in fly-fishing, going to see Joan Wulff is your big chance. Sign up at the October meeting.

On October 22<sup>nd</sup> and 23<sup>rd</sup> **Bob Barry** is teaching a fishing carving class.

This is a special class that does not require you to be a skilled craftsman or an artist. Bob will

guide all the participants through the process and by the end of the week-end all the class members will go home with a finished silhouette carving of the fish of your choice, and one you will be proud to show off. Don't miss out on this opportunity. There is still space available. Sign up at the

October meeting.

In December the Southwest Council of the Federation of Fly Fishers will be hosting a special **casting program** for SDFF and GSF in San Diego. It will introduce members to the Certified Casting Instructors program and help us improve our casting skills. Mark December 10<sup>th</sup> on your calendar. There will be more information later as the details become available.

If you have not been to a meeting recently come join us at the October meeting, I hope to see all of you there.

“ The gods do not deduct from the man's allotted span the hours spent fishing.”

Babylonian Proverb



*Gretchen Yearous sent in a suggestion about an article on hook removal.*

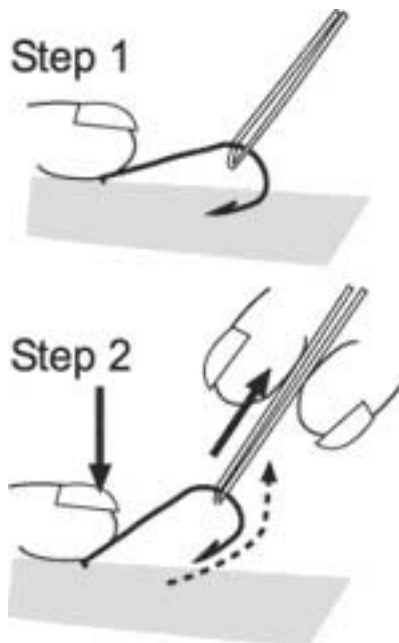
### Remove a Hook

One day it happens to all anglers. A hook does its job and hooks up, but not into a fish. It hooks up in you or one of your fishing partners. Removing a hook embedded over the barb, but not back out through the skin, is relatively easy:

Make a loop about 10cm (6") long, in strong line, 10kg (20lb) plus, and pass it over the eye of the hook, and then up to the **top of the bend** of the hook.

#### Then

Push firmly down on the eye of the hook so the eye of the hook touches



the skin.

#### Finally

With a sudden, strong yank on the line loop, pull up and away from the hook-eye. The hook should come out the way it went in, and because it will curve out the same way it went in the barb should not catch.

#### Very Important

It is very important to follow 'Step 1' to the letter if pain and discomfort is to be avoided. Most importantly the loop of line must be at the top of the hook bend, and the pull must be up and away. Way too many articles on this method advise having the line at the

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# The Southwest Council Federation of Fly Fishers (SWC FFF)

## An Evening With Joan Wulff

The SWC FFF is hosting the legendary Joan Wulff for an evening devoted to all things fly-fishing. Joan and her husband, Ted Rogowski, will fly from New York to Los Angeles where she will speak, answer questions, mingle with guests and talk fly-casting, fly-fishing, conservation and other aspects of the sport and her life.

When: Saturday, October 15, 2011; 6:00 p.m.

Where: The Olympic Collection  
11301 W Olympic Blvd.  
Los Angeles, CA 90064

Dinner: \$75

Fund Raising: The dinner will benefit the work of the Southwest Council FFF. Funds will be raised through sponsorships, a raffle, auction and silent auction. One of the auction "items" is expected to be a private brunch with Joan on Sun., Oct. 16.

Sponsors: The Winston Rod Co. is donating a Special Joan Wulff edition rod for raffle. Other sponsor opportunities are available to help defray the cost of dinner, transportation and hotel accommodations.

Background: Joan Wulff is one of the world's most famous fly fishers. From 1937 as an 11-year old tournament caster in Patterson, New Jersey to 1960, she won numerous International and National tournament casting titles. In 1951, she captured the Fisherman's Distance event while vying against an all-male line-up. Joan cast a fly 161-feet in one competition. Joan is the co-founder and chief instructor of the Wulff School of Fly Fishing in Lew Beach, New York. She has appeared in many fishing films and authored Joan Wulff's Fly Casting Techniques; Fly Fishing: Expert Advice from a Woman's Perspective and Fly Casting Accuracy. Her DVD, **Joan Wulff's Dynamics of Fly Casting**, is one of the most respected and the highest selling casting DVD ever produced.

Through promotion of catch and release, she has helped sport fishing be accepted as environmentally-sustainable. Both Joan and her late, legendary husband, Lee Wulff, have had a positive impact on fly-fishing.

SWC FFF: The Southwest Council Federation of Fly Fishers is composed of 23 individual clubs in Southern California and Southern Nevada. Funds from the dinner will be used to fund Trout in the Classroom, casting and fly tying programs and ongoing support for local clubs.



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# FLY OF THE MONTH

## Red Butt Mosquito size 14 or 16

When looking through my fly box for patterns that worked well for me on Bishop Creek and other higher Eastern Sierra streams I found that I only had three of these Red Butt Mosquitoes left. Looking at one of the crumpled flies brought back memories of catching 16 stocker trout one September evening in the big pool on Table Meadows of the South Branch of Bishop Creek. Any fly that can be chewed and slimed and keeps on working deserves a place in my fly box. The heavier tail and full hackle keeps the fly floating and the red floss blood meal abdomen makes it an attractive target. Lucky Ketcham

- Hook:** Std. Dry Fly, TMC 100, size 14, 16 (with most success on the 14.)  
**Thread:** Black 8/0 or 6/0  
**Tail:** Fine deer or elk hair, well marked with light and dark tips.  
**Abdomen:** Red silk or acetate floss. (Blood / rusty orange works too.)  
**Wings:** Grizzly hackle tips  
**Thorax:** Peacock herl  
**Hackle:** Grizzly or Grizzly and Red rooster hackle. Full hackled.



**S**mash the barb and mount the hook. Make a jam knot at the mid shank point to mark the end of the abdomen and wrap a thread base to the bend and back to the mid shank. Select some straight fine deer or elk hair. I like to use hair with light and dark bands near the tips, they are usually harder and do not flare as much, plus I like the look they produce. The heavy tail has 15 to 20 hairs and will help float the fly. Remove any under-fur with a small comb and place the hairs in a small hair stacker. Carefully remove and manipulate into a small bundle. Remove any blunt end hairs. Hold the bundle with your right hand parallel to the hook shank and size the tail to have one hook shank extending beyond the bend. Pinch the bundle with your left hand near the cut off point and transfer. Move the bundle to the rear and see where it needs to be trimmed to end at the thread marker, mid shank. It is neater and easier if you cut the bundle before attaching. Cut the hair bundle square, not tapered like other patterns. Place the hair bundle on top of the hook shank and make two soft pinch wraps catching all the ends. Pull on the thread straight down or straight up to keep the bundle from twisting on the shank. Make three or four tight wraps on top

of each other, then beginning wrapping toward the bend. Practice using thread control on this pattern. The wraps at the front of the abdomen are tight to secure the tail, but as you wrap toward the bend make the thread wraps looser to prevent flaring the tail too much. Pull back and up on the hair bundle to keep it on top of the hook.

Wrap the thread back to the mid point and half hitch. Select a two-inch piece of shiny red floss. If 4 strand Acetate floss, separate to one strand and then separate the strand into two. Trim the end and attach on top of the hair bundle. Wetting the floss or silk will help control it and prevent loose ends. Flatten the floss with your bodkin or needle and wrap to the bend and back to the mid point. Secure with three thread wraps and trim excess. Select two nice peacock herl and trim off the stiff butt ends about  $\frac{3}{4}$  inch from the ends. (The barbules on herl from a tail are longer and better colored than some of the body feathers found in some strung packages of herl. Find a friend who raises peacock.)

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## Fly of the Month

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Wrap the thread to the eye of the hook and back to the abdomen. Attach the peacock herl by the butt ends with the long sections extending to the rear. Wrap the thread up onto the red abdomen a 1/16-inch so that the herl will start at that point.

Before wrapping the thorax you need to attach the wings and hackle. Select two matched grizzly hackles from a quality rooster neck. Turn the feathers to be shiny sides together, curved tips out. Hold in your right hand with about a shank length exposed. The thread should be at a marker two eyes back from the rear of the hook eye. Tip - If you half hitch it at this point it will help prevent it sliding forward when tying down the wings. Match the tips again and hold up parallel to the hook shank with your fingertips near the bend. Measure one shank length and see the point on the hackles that needs to be tied down. Move your fingertips up if necessary to get close to that point. Move the hackle tips into position with one hackle one each side of the shank or at least on top of the hook. Carefully make two soft pinch wraps and pull down and back on the thread. The thread will want to slide forward on the slick hackles. This is the hardest part of this fly. If the thread slides forward, the wing will be too short and positioned too far forward for the hackle and head. Try to avoid the sliding by pulling back on thread into your finger pinch. Tighten the thread and make another tight wrap or two. Carefully pull up on the delicate hackle tips and make two or three thread wraps on the shank, against the wing quills, making a "small thread dam" to make the wings stand up. Use your fingernails to reposition and split the wings. If they are crowding the eye and not the right length, unwrap them and start over. AK Best says: "If you don't like the way the wings look, now is the time to fix them, you'll never be happy with them later." Trim off the butt ends of the hackles. Wrap the thread close to the base of the wings and then figure 8 wrap between the hackle tips to separate at about 60 degree. (Tip - If you don't start the figure 8 wraps very close to the base of the wings it will pull them forward or backward and will cause frustration.)

Select and size a premium stiff rooster hackle. If you are lucky you can use the bottom section of the hackle used for tips. The barbs should be sized to be  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hook gaps. When wrapped around the shank they will be shorter than the wing tips and a little longer than the hook gap. I use one grizzly hackle on size 14 or 16 and sometimes one grizzly and one red hackle for variation. Prepare the hackle by gently pulling back on the barbs to separate and trim off the fluff and stiff quill. Trim off about 1/16 inch for the tie down. Place the hackle on top of the hook, dull side up and tie down between the wings, wrapping thread to the rear to secure behind the wing. Wrap the thread forward to behind the eye and half hitch to secure.

Wrap the peacock herl forward. On this fly I did not marry the herl to the thread. Just wrap the two herl forward with some extra wraps as you move off the shoulder of the abdomen. Lift the grizzly hackle and make two wraps in back and two wraps between the hackle and wings. Make one or two wraps close in front of the wing. Do not crowd the eye. Make three wraps of thread to secure and trim off the excess herl. Half hitch to secure thread. Wrap the hackle 5 or 6 wraps behind the wings and three in front. Tie off behind the eye with three tight wraps while wetting and pulling back on any fibers sticking toward the eye. You want the eye to be as clean as possible. Trim off the butt end of the hackle and take a small half hitch tool to push any remaining fibers to the rear. Half the time I use a half hitch tool to make the three wrap whip finish. I may take a hackle guard to prevent catching the hackle fibers and make a standard whip finish.

Add a small drop of thinned head cement to the thread wraps for durability if desired. Tip - turn the hook up side down to reduce the head cement running into the eye of the hook. Make sure the eye of the hook is clean while the hook is still in the vise. It is much easier to clean the hook eyes now than to do it later on the water. A small feather quill passed through the hook eye takes

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## Fly of the Month

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removes excess head cement - or just use your bodkin needle. The bodkin is a great tool - half hitch tool on one end and needle, pick, head cement applicator on the other. Tip: Make a bodkin cleaner by filling a plastic film canister with fine steel wool or brass wool and poking a hole in the top. A few passes will clean super glue, head cement and epoxy from the bodkin.

I first used this fly about three years ago in Bishop Creek for stocked trout. It works

about the same as the Butt Ugly Hopper for Golden Trout at Horseshoe Meadows and has worked in many of the Eastern Sierra streams and even in New York. I usually fish it in the early evening when the reds and oranges are productive colors. I treat and retreat the tail and hackle with fly floatant. It seems to be a very durable fly. Just wash off the fish slime, blot it a few times and your back in business, at least until that tall willow tree or hemlock claims it.

Lucky



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## Bioassessment of Nine Mile Creek

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**Casa Viejas Meadow.**

can't think of a prettier fish in the eastern sierras.

Gary told us that he would probably not have to come back this year to take down the fence before winter—that others would take care of it this fall. But he will be back up in the spring of next year to put it back up, with another crew of volunteers.

If you have the opportunity to help Gary with the caretaking of this valuable resource please do so. I have a much better understanding of what he is trying to accomplish and I give max Kudos to Gary and his wife for the time and dedication they have expended on this project.



**Home sweet home.**



**The fence put up by SDFF volunteers.**



**Time to get to work...**



**Looking for bugs.**



**But there was plenty of time to fish...**



**...and to make new friends.**



## Members Fishing Reports

### Fishing Tidelands 8-27-2011—

**Barry Pechersky, Bob Blazer, Bob McKay, Dawn Laeske** and I launched just after 6 AM into a beautiful morning. We spread out and I headed out toward the buoys. I hit some mackerel and picked up a double. **Bruce Harris** joined me at the buoys in his power boat. He fished with us for awhile then returned to the Yacht club. Bob Blazer and Barry Pechersky both reported they had caught a dozen Bass. Dawn Laeske caught 5 Bass and 1 mackerel. I ended the day with 21 Bass and the 2 mackerel. I hooked my best fish of the day while talking with Wayne Allen on the phone. He gave me a good fight for a couple of minutes before my knot came untied and he took off with my Brown\White Clouser. I would have liked to seen him. Bob McKay had left before I got back to the beach so I did not get a report from him or one from Bruce Harris.

The day was perfect. GREAT weather and feeding fish.

Bob Pharoah

Norb sent me a fishing report from his remote camping location on Convict Lake near Mammoth.

Fishing was slow on Crowley and the Upper Owens but he and brother Jim always catch some fish - some how.

Some of Norb's best days came on the weed beds of Hot Creek. He was high stick nymphing a small size 16 and 14 olive scud pattern tied below a silver Tiger Midge. He caught a few fish on the midge but the scud patterns fished deep in the dark channels of the weed beds

produced the best fish. He used light 6X tippet in this weed choked stream, resulting in several break offs of bigger fish. Hot Creek was very crowded with anglers and parking was a problem.

Norb is experimenting with strong curved scud hooks instead of the TMC 200R's we like to tie. So far he thinks the 200R's do not hold or hook the fish as well as the stronger wide gap hooks. Also a size 16 scud hook has almost the same length and profile as a size 18 on TMC 200R.

Norb sent me a few pictures and I converted them into a recipe for the group. I added a few notes about the biology of Amphipods for those of you that like details. Thanks to Norb Spitzer for the Sierra Tips,

Remember the great cutthroat hatchery - Heenan Lake is only open Friday, Saturday and Sundays following Labor Day weekend. It is open until the heavy snows arrive in late October. It is catch and release only and barbless hooks only. I can still remember catching two 21 inch cutthroats one evening on the lake. At the time they were the largest trout that I had ever caught on a fly rod and both in one day. Scud patterns are good on Heenan Lake but big purple Prince Nymphs were the ticket for me.

Lucky

Saltwater - I am glad I tied some of my small 3 inch anchovy patterns on an over sized #1 or #2 hook instead of just #4. I caught a nice 6 pound barracuda on the small clouser style line side anchovy on



just 17 pound tippet. The large gap hook caught in the side of the mouth and was not immediately cut off by those sharp teeth. If I had used a smaller hook, I would have probably been cut off - like so many of my early versions tied on a size 4. If I know I am going to fish for big barracuda or big bonito I will use hooks with longer shanks or larger gaps. The larger hook looks a little funny on such a short bait fish pattern, but it doesn't seem to matter to the Snakes.



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## Members Fishing Reports

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We put on 10 inches of 30 pound bite tippet for the next 4 barracuda I caught. The first fish was the largest of the bunch and was a good way to break in my new Galvin T10 salt water reel. - Sweet drag on that reel. I caught at least 20 sand bass between 3 and 5 pounds on conventional gear and live squid as bait. I fished with **Louie Zimm** just below the Bull Ring on the Mexican border.

Another day in paradise. Louie caught another 20 to 25 and we lost another 15 or 20 each when the bass would just grab and run with those big squid baits.

Lucky



**8-28-11** Hi Guys,  
Haven't heard back from either of you, not sure if this is getting through. I took this Rainbow on the Hamsfork a few days ago along with three more in the 16 - 19" range all on a Crane fly imitation. This one was just shy of 23". We hiked the Grays Canyon day before yesterday for 6 fish we landed and a few more that were a bit more difficult to deal with. They were in the 14-16" range plus a bunch of smaller ones. We caught them mostly on a

Stone fly imitation. The hike in was memorable including a slide down what seemed to me was a 50' cliff

Yesterday was a fun day up by Dubois for Yellowstone Cuts, Snake River Cuts and Brookies. One Bookie was a 14+" monster with the biggest Cuts about the same. This was out of a little creek about 10' wide winding through the willows. Every elbow held a couple of nice fish 10" + . Too much fun. Likely see you guys next Thursday.  
Jerry Barstow

**9-12-11 Crowley Lake-** Fished the Stormy Flats area of Crowley Lake. (This is the area you launch your float tube from to get to McGee Bay.) Have not seen the lake level this high in a long time. The algae bloom is in full force, and the weed beds are well developed. Fishing was very slow but I did manage to hook and land a nice 22" brown that was lurking in the weed beds looking for perch fry.

The north arm of the lake including the Green Banks area also had a significant algae bloom. In all my years of fishing Lake Crowley (some 50 years) I have never seen algae in this area of the lake. Is this good or bad? I don't know but the fishing was tough even for the guide out there on the boat.

Hopefully Lake Crowley can recover from whatever has been ailing the lake for the past few years.

Roger Yamasaki

## Remove a Hook

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back of the bend, and pulling straight back - this will only result in the barb catching and causing pain.

### Remove a hook from yourself using this method

You can make this hook removal a one-person operation where the hook is in your arm or hand, or anywhere you cannot use your two hands. Make the loop larger and hook the loop around something immovable, like a tree branch, then press down on the eye of the hook as above, and jerk your hand away in the direction shown above. I used this method once when I stuck a hook in the back of my hand, and I hooked the loop around the tow bar ball of my car - worked a treat - felt nothing!

### Acting quickly is a key to pain free removal

The sooner you do it after the hook goes in the less time there is for shock to set in around the wound and make removal with anesthetic the only viable proposition. If you have some ice handy, pack it around the hook for a minute or two before pulling it out - I actually don't think it does nothing to reduce pain, because there usually is none, but it sure seems to make the 'patient' feel better before you do the deed.

In general it is a pretty painless business; the thought is more painful than the extraction itself. In fact, of the many hooks I have removed from myself or others, there is one common factor - the almost complete, and surprising, lack of any pain.





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*Although it is not fun to think about, there is always a chance that we may be called upon to do CPR when we are out on a fishing trip or in our everyday lives. I was lucky to be with Wayne Johnson, who knew what to do and how to do it. But, we may not always be so lucky--Gary Strawn*

## **Stayin' Alive with Hands-Only™ CPR**

**MacReady, Norra**

Hard and fast: That's the rule to remember when compressing the chest during cardiopulmonary resuscitation (CPR). How hard? The American Heart Association (AHA) recommends pressing to a depth of at least two inches for adults and children, or 1½ inches for infants. How fast? At least 100 times per minute—which just happens to be the beat of the 1977 disco tune by the Bee Gees, “Stayin’ Alive.”

Using “Stayin’ Alive” as a CPR coach is the brainchild of Alson Inaba, M.D., associate professor of pediatrics at the John Burns School of Medicine, University of Hawaii at Manoa in Honolulu. As a member of the AHA's Program Administrative Committee in 2005, Inaba was one of the experts who reviewed the guidelines for administering CPR for pediatric cardiac arrest before their release to the public. The guidelines emphasized that the optimal rate for chest compressions was 100 times per minute or more. “I realized we needed a way of teaching people how to compress at that rate,” he says.

About a year earlier, Inaba recalls, he had been teaching CPR to medical residents in Honolulu. “We’d do a little skit in which someone would collapse on stage and the residents would use an automated external defibrillator (AED) to save the person’s life. One of them happened to bring a boom box on stage, and I told him to use the song ‘Stayin’ Alive’ because the title seemed fitting.” That skit came back to Inaba as he pondered the most effective way to demonstrate the best rhythm for CPR, so he put on a CD of “Stayin’ Alive” and simply counted the beats. “I realized that it had a beat of almost exactly 100 times a minute, and I decided that would be how I would teach CPR to my students: I’d play the song and have them do the compressions to that.”

Word of Inaba’s unique teaching tool spread. It was featured in the Fall 2006 issue of the AHA publication *Currents in Emergency Cardiovascular Care* and appeared on the AHA website. The tip went viral faster than you can say John Travolta. “Within a few months I was getting e-mails from people who were using it to save lives in Canada, Egypt, and Australia. I even got a video clip from Botswana, Africa, of the chief executive officer of one of the hospitals there performing compressions on a mannequin with ‘Stayin’ Alive’ blaring in the background.”

### **HOLD THE BREATHS**

Despite the clear benefits of CPR, it is seriously under-used. According to research by Bentley Bobrow, M.D., associate professor of emergency medicine at Maricopa Medical Center and Arizona Emergency Medical Research Center in Phoenix, only 30 percent of bystanders attempt CPR when they see someone in cardiac arrest. “Roughly 70 percent of the victims, on average, get nothing,” Bobrow says. “Many lay people are uncertain what to do.”

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## CPR

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Even those who know something about CPR may not remember the exact ratio of breaths to compressions or may be afraid of doing more harm than good. Other people may feel uncomfortable making mouth-to-mouth contact with a stranger.

Hands-Only™ (also called compression-only) CPR “may remove many of the barriers to conventional CPR,” Bobrow says. As the name implies, Hands-Only CPR focuses on chest compressions and eliminates the need for mouth-to-mouth breathing. In 2005, concerned about the dismal survival rate of people who experienced out-of-hospital cardiac arrest, the Arizona Department of Health Services launched a statewide effort to encourage more bystanders to perform Hands-Only CPR. Between 2005 and 2009, the proportion of bystanders who attempted CPR increased from 28 percent to nearly 40 percent, and the proportion of rescues that involved Hands-Only CPR jumped from about 20 percent to 76 percent. Most importantly, survival increased from just under 4 percent to nearly 10 percent. Survival was 60 percent more likely with Hands-Only than conventional CPR with breaths and pushes.

### HANDS-ONLY HOW-TO

One of the advantages of Hands-Only CPR is its simplicity. “If we want bystanders to start doing CPR, we need to make the message as simple as possible,” says Marion Leary, R.N., assistant director of clinical research at the Center for Resuscitation at the Hospital of the University of Pennsylvania in Philadelphia. “There are a lot more steps involved with conventional CPR with breaths and pushes. It’s simpler just to say, ‘If you find someone down on the ground without a pulse, just start pushing on his chest as hard and as fast as you can.’”

Hands-Only CPR consists of these steps:

- Position the person face-up on a hard, flat surface.
- Place one hand in the center of the victim’s chest and interlock the other on top.
- Start compressing the chest hard and fast. Push to the beat of the Bee Gees song “Stayin’ Alive,” and keep that in your mind as you are pushing.
- Continue until the person begins to breathe or move, or until someone with more advanced training arrives and takes over. “Look for purposeful movement, such as sitting up and talking to you,” Bobrow says. “Moaning and shaking are not purposeful.”

Conventional CPR with breaths is preferable to Hands-Only if possible, says Inaba, “because you do get some ventilation that way. But if an adult collapses in front of you, it might be better just to compress the chest because you saw the person and know they were breathing until the moment they went down. Remember: Each time you interrupt compressions to do ventilation is time you are not pumping blood through the heart.” Conventional CPR is also preferred for infants and children or adults who have collapsed from a respiratory emergency such as choking or drowning.

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Recipients of the  
**Stroud Award**

2004-Jim Brown  
2005-Allen Greenwood  
2006- Hugh Marx  
2007- Mike Rivkin  
2008- Bill Van Wulven  
2009- Larry Bottroff  
2010- Gary Strawn



## EILEEN STROUD CONSERVATION FUND



Donations are gratefully accepted  
Make checks payable to Eileen Stroud Conservation Fund

Mail to:  
Stroud Conservation Fund  
1457 Morena Blvd  
San Diego, CA 92110

All funds collected in Eileen's name will be donated to fresh water fish conservation or research programs in San Diego County.

Cutoff date for November *FINNY FACTS* articles---Friday October 14th.

Send articles to:  
Rose and Roger Yamasaki,

You can E-mail at Thanks!!

Send change of address information,signup for electronic version of newsletter, or Club membership renewal to:

Paul Woolery  
membership@sandiegoflyfishers.com

### LIFE MEMBERS

Gordon Foster (in memoriam), Bill Stroud, Eileen Stroud (in mem), Bernie Hammes (in mem), Hugh Turner (in mem), Nancy Pitts, Bob Wisner (in mem), Ken Armer, Glen Paul (in mem), Betty Coram, Ned Sewell, John Kasten (in mem), Leo Bergevin (in mem), George Beach (in mem), Bob Camp (in mem), Marvin Darling, Gene Jerzewski, Oz Osborn (in mem), Robbie Robinson (in mem), John Gauld, Lloyd Jefferies (in mem), Doug Joseph, Gary Hilbers, Tom Smith

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Jim Brown, Louisa Kassler (in memoriam), Hugh Marx, Randy Ford, Allen Greenwood, Mike Rivkin, Bill Van Wulven, Larry Bottroff, Aubrey Wendling

Recipients of the:

### GORDON FOSTER MEMORIAL AWARD

For unselfish and outstanding service  
to the flyfishing community

|                           |                            |
|---------------------------|----------------------------|
| 1991-Ned Sewell           | 2001-Rose & Roger Yamasaki |
| 1992-Bob Camp             | 2002-Larry Sorensen        |
| 1993-Bill & Eileen Stroud | 2003-Jim Tenuto            |
| 1994-Ed Velton            | 2004-Joe Bain              |
| 1995-Bob Wisner           | 2005-Jim Reeg              |
| 1996-Gary Hilbers         | 2006-John Kasten           |
| 1997-Jack Bentley         | 2007-Lucky Ketcham         |
| 1998-Gordie Zimm          | 2008-Louie Zimm            |
| 1999-Gretchen Yearous     | 2009-Warren Lew            |
| 2000-Tom Smith            | 2010- Paul Woolery         |





## SAN DIEGO FLY FISHERS 2011 OFFICERS

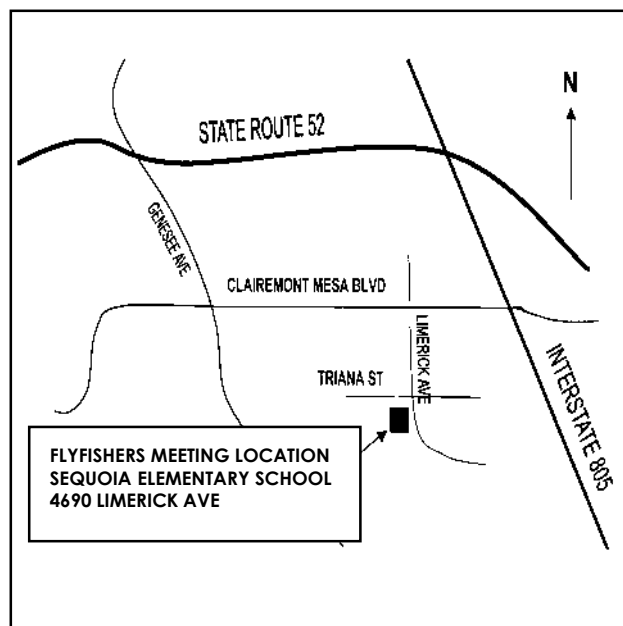
President- Art Reifman  
1st VP- Don Davis  
2nd VP- Bob Pharoah  
Treasurer- Bruce Harris  
Secretary- Bob Stafford

### DIRECTORS

Heidi Brown  
 Gary Farrar  
 Jonathan Hee  
 Jon Holland  
 Lucky Ketcham  
 Lee McElravy  
 Larry Sorensen  
 Gary Strawn  
 Alan Thompson  
 Paul Woolery

### COMMITTEE CHAIRPERSONS

Conservation-  
 Gary Strawn  
FFF Southwest Council-  
 Don Davis  
Fly Casting Clinic-  
 Ned Sewell  
Fly Tying Clinic-  
 Lucky Ketcham  
 Bill Hanson  
Membership-  
 Paul Woolery



Local Outings-  
 Larry Sorensen  
Newsletter-  
 Rose & Roger Yamasaki  
E-mail:

Programs-  
 Gary Farrar  
Raffles-  
 Alan Thompson  
 Jim Tenuto (annual)

Refreshments-  
 Maria Goldman  
Rod Building-  
 Jack Duncan  
Travel-  
 David Collins  
Video & Library-  
 Bill Stock  
Web Page-  
 David Collins  
[www.sandiegoflyfishers.com](http://www.sandiegoflyfishers.com)

### Meeting Place for Workshops

San Carlos Recreation Center near Lake Murray. The address is 6445 Lake Badin Ave. To get there from Hwy. 8, take the Lake Murray Blvd. exit just like you were going to the lake. Instead of turning into Kiowa, keep going on Lake Murray Blvd. another 1.6 miles. When you come to Lake Adlon Drive, (first corner past Jackson Dr.) turn left. Go down three blocks and the recreation center will be on your right. It is on the corner of Lake Adlon and Lake Badin.



**San Diego Flyfishers**  
**10601-G Tierrasanta Blvd. #327**  
**San Diego, CA 92124**

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**San Diego  
Fly Fishers**

*Official Chapter of  
Federation of Fly Fishers*

**SINCE 1962**