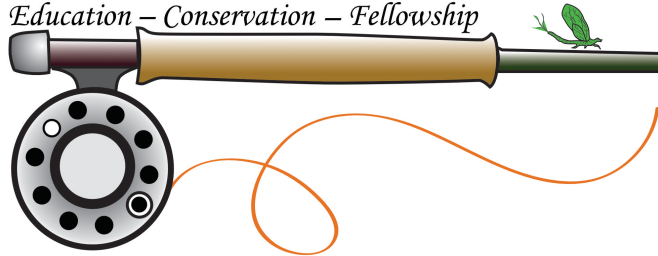


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POTOMAC VALLEY FLY FISHERS

Education – Conservation – Fellowship



STREAMLINES

potomacvalleyflyfishers.club

Vol. 33, No. 8 | August 2024

We'd love your feedback (good or bad) on *Streamlines* and also to have more members writing for the newsletter. If you have feedback, questions, or submissions please send them to pvff.newsletter@gmail.com.



There is no monthly club meeting in August.

We have the usual fly tying sessions this month and would love to see you there.

Project Healing Waters

Braving the Heat

by Andrew Frutiger

I hope everyone is finding a way to stay cool during this unseasonably hot summer. The local Project Healing Waters trip to Catoctin was again led by Pete Ring where he guided several of our veterans through the small streams that line the mountains, chasing native brookies. Although water temperatures were up, several fish were landed and quickly released.

For Project Healing Waters, we are continuing to find ways to get out on the water, whether it is chasing native brook trout on the small streams or sending two of our veterans to Oak Heart Lodge to fish the Muskegon and Pere Marquette Rivers of Michigan. It has been a productive July.

Oak Heart Lodge sits on the Muskegon River in Central Michigan and its use has been donated to Project Healing Waters to help disabled veterans connect and heal. Each trip is limited to ten veterans from all over the country. Earlier this year, Russell “Russ” Coleman and Kraig Laskowski were able to attend the 5-day retreat. This past month, Pete Rooney and Daniel Pipken attended the event. Pete spoke at our most recent meeting about how unbelievable the lodge is: the rooms, the amenities, the food, and the fishing; it is world class all the way. Veterans are not required to bring any fly fishing kit with them; everything is provided by PHW. They have a shop onsite that completely outfits each veteran with Orvis gear: waders, boots, rods, and flies. From there, the lodge provides guides to get the veterans out on the water. They start on the Muskegon before fishing the Pere Marquette. This time of year, they are targeting smallmouth bass, but they did see some salmonids on the Pere Marquette.

After each day of fishing the veterans returned to the lodge for an unbelievable dinner (racks of ribs!) and recreation (everything from horseshoes to shooting pool). This is just one of those places everyone wants to go, and no one wants to leave. Our goal is to send many more veterans in the coming years. If you have any questions or would like to make a donation to the program, please reach out to me

at any time or learn more from our Facebook page: [Project Healing Waters - Frederick Chapter](#).

Looking forward to August, we are able to schedule another trip to Leetown to chase monster, retired brood stock trout and hopefully some small water trout if the heat dies down.

Request for Donations

It's the time of year to start thinking about **donating items for our annual banquet**. We have already received some fly tying materials and hand-tied flies. If you are interested in donating an item or items, please send Sandy and Bob an email at sfacinoli@comcast.net, preferably with a picture of the items and your contact information. Your contribution will help make our club's annual fundraiser a success!



Beginner Fly Tying Foam Beetle

By Don Fine

Late summer is the time of the year when terrestrial insects (beetles, hoppers, ants, crickets, etc.) are prevalent virtually anywhere we might be fishing on freshwater streams, rivers, lakes, or ponds. Freshwater fish species key on these natural food forms, not only because of their abundance, but also that terrestrials are packed with energy, far more than what is found in a simple gnat or mayfly.

Accordingly, the fly pattern chosen for the August PVFF Beginner's Fly Tying session is a beetle, specifically Mike Lawson's Foam Beetle pattern.

We look forward to having you Join us at Beginner's fly tying class on Tuesday, August 20 (at 7:00 p.m.) at Trinity United Methodist Church, West Patrick St., Frederick.

As always, we welcome those who have never tied an artificial fly to join our Beginner Fly Tying classes. Equipment and materials are provided to both newcomers* and PVFF club members.

*If you are planning to attend and do not already have your own basic equipment for fly tying, please contact Don Fine (301-371-5617 or dfine1443@gmail.com) prior to the session, so a tying vise and tools will be available for your use. Tight Lines!



Advanced Fly Tying

Foam Post Dry Fly

By Ken Grandstaff

Below is a little personal background and information on the Foam Post Dry Fly that the advanced tiers will be tying this month.

I've been fly fishing since my dad gave me his old bamboo rod when I was about 9 years old. He taught me how to tie a dry fly to a tapered leader. I caught my first trout, a ten-inch brown, when I was about 12. And so began a span of 72 years of fly fishing, almost entirely for trout.

I began fly tying when I was nineteen. A friend of my grandfather, Henny Stafford of my home-town Lonaconing, Maryland, taught me how to tie a #12 gray hackle peacock body dry fly, and I've been "hooked" ever since. It's been a wonderful life! I am so blessed!

I've learned how to tie a lot of different flies over the years, but one of my favorite dry flies has been the parachute Adams tied with a white calf tail post. I could see it more easily on the water, and I had a lot of good luck with it. It didn't hold up well though and often fell over on its side in a riffle or just plain came apart after multiple fish. But then one day foam came into my life. I was astounded how much better flies tied with foam floated and how effective they were. But the first foam wasn't very sturdy and often tore apart when you caught a trout with a fly tied with it. But it was easy to tie with, and I loved the advantages. Then closed-cell foam was invented and marketed and really revolutionized dry flies. My flies improved so much more in durability, floatability, and effectiveness. So I've used all of this technology to update my favorite dry fly, the foam-post, foam-body, parachute dry fly. I've given away well over a hundred of these to angling family and friends. I've gotten great reports from many of them.

At our Advanced Meeting on August 21, I plan to teach all of you this wonderful fly technique. I'll provide all of the materials. The tools you need to bring are hackle pliers, a half-hitch tool, a hair stacker, a vise, scissors, and a bobbin. (You can tie it without the hair stacker, but I find it much easier if I use it.) I hope you have fun and have great fishing success with this pattern.

Our Advanced Fly Tying gathering will be on August 21 at 7:00 p.m. We will meet in Room 109 at Trinity Church. We will have a Zoom connection for those who prefer to join us virtually.

Interested? We would love for you to join us. Just let me or Don Fine know. You can sign up on our website or you can email me at lbforte@verizon.net.

If you would like to join us for the meeting but can't make it to the church, we will make this meeting available via Zoom. Please send me an email (lbforte@verizon.net) so that we can send you the Zoom link prior to the start of the meeting.

In addition to monthly in-person fly tying instruction, PVFF has a YouTube channel with a bunch of easy-to-follow step-by-step instructional videos.

PVFF YouTube Channel

Save the Date for the Annual Banquet

October 19, 2024

AMVETS Valley Memorial Post 9
409 West Green Street
Middletown, MD 21769

It's hot!

DNR Summer Trout Fishing Guidelines

From the Maryland Department of Natural Resources, please remember these trout fishing guidelines for this hot weather.

The Maryland Department of Natural Resources would like to remind trout anglers that catch-and-release fishing during the hot summer months can be harmful to trout.

The following guidelines are recommended:

Water temperatures greater than 68 degrees:

- Angling and handling of trout is extremely stressful and not recommended.
- Anglers are encouraged to target other species.

Water temperatures 65 - 67 degrees:

- To reduce stress on trout, fishing during morning hours is recommended.
- Keep trout in water while handling.
- Avoid taking pictures of fish.
- Gently revive trout before releasing.

Water temperatures below 65 degrees:

- Trout are most likely to be active and feeding.
- Reduced stress during landing and handling will give trout the best chance at survival after release.

Catch and release tips for trout survival:

- Land fish as quickly as possible.
- Use a rubberized landing net if possible.
- Keep fish in the water while removing hooks (barbless hooks are encouraged).
- Wet hands when handling fish.
- Hold fish horizontally.

Check river water temperatures before fishing.

It's hot, part 2

Shenandoah National Park Closed to Fishing

The tiny blue lines of Shenandoah National Park are premiere locations for Mid-Atlantic fly anglers to chase native brook trout. Unfortunately, the SNP closed to fishing in late June due to low water flows and high water temperatures, and remains closed to protect these precious jewels.

For more information, please visit the announcement from the National Park Service:

<https://www.nps.gov/shen/learn/news/shenandoah-national-park-temporarily-suspends-fishing-2024.htm>

Review

Eric Snyder's Adult Damselfly

By Dan Neuland



If you're like me, you're always looking for an innovative fly pattern to test on the water. Eric Snyder, owner of Warmwater Specialties, has created an adult damselfly pattern that caught my eye. Adult damselflies are plentiful on local waters during the summer months. They are similar to dragonflies but are smaller with slimmer bodies. The colorful pattern was visually striking to my human eyes and I impulsively purchased several, but will they catch fish?

There are flies that are tied to attract fly anglers and others that are tied to catch fish. In other words, a fly might be exquisitely tied with the finest and fanciest materials but looking is what it takes aesthetically or functionally to elicit a strike from a fish, whether

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to tying a fly to catch fish. The fly that keeps catching fish despite losing hackle fibers and becoming more and more decrepit and battered after each battle should remind us that fish don't see what we see.



I was able to test Snyder's damselfly on a recent evening at Herrington Manor Lake in western Maryland. I am happy to report that this pattern performs as good as it looks. The durable foam pattern casts well without spinning and lands right side up. It retrieves with plenty of pop when twitched. Best of all, the fish found it irresistible. I

was fishing a red color pattern and my son, Nathaniel, was using a blue color pattern and both of us had plenty of action from largemouth bass, bluegills, and red-eared sunfish. Eric Snyder can be contacted at warmwaterspecialities@gmail.com or reached by phone at 410-409-8137.



August Outings

Club outings are a great way to meet people, learn from fellow members, and have a fun day out on the water. There are a couple of great outings coming up!

- August 17 - Monocacy River

Click the button below for more details on upcoming outings.

If you want to join an outing, host an outing, or have any questions, please email Pete D'Amato at lcs moss63@yahoo.com. Please put the title of the outing in the subject line.

Join an outing

Support the Club: Volunteers Needed

As we are a member run organization, we always are looking for members that want to volunteer to help. Whatever your imagination or talents can contribute to your fellow members. If you can spare an hour or two a month, join the effort! — Martyn Holland

Upcoming Events

Check our [website](#) for the latest club events.

August 20th, 7 p.m. — Beginner's Fly Tying

Trinity United Methodist Church, Room 207

August 21st, 7 p.m. — Advanced Fly Tying

Trinity United Methodist Church, Room 108

August 22, 7 p.m. — Board of Directors Meeting

Trinity United Methodist Church, Room 109



Last Cast

By Martyn Holland

Talk about dog days – phew, it has been too hot for anything, even fishing! Hopefully you have seen the warnings about closure of streams due to the high water temperatures and low water levels. Be sure to check before setting out to fish even familiar waters, and when fishing for trout take a stream thermometer to confirm that the water is 67°F or below (see the MD DNR guidelines above). Or this is a great time to fish for some of the warmwater species that inhabit our rivers and streams.

As we spend some time indoors this summer, I would ask that you all consider volunteering with us at Potomac Valley Fly Fishers. As you know, we are a member-run club and we only exist for our membership, you. Some times when people ask for volunteers, there seems to be a hesitancy to step forward. Maybe that is ingrained in us from watching too many movies where volunteers are seen as not the smartest people! In our case, my experience is that the people who help coordinate events, teach others to tie flies, help others to cast better, and lead fishing outings are the smartest and biggest hearted people that I know. They know

what a great feeling it is to see someone tie their first fly, catch their first brookie, or perfect a roll cast. What's better than to help others succeed and meet new friends along the way. We have so much knowledge and experience in the club it is always great to share it.

We are looking for a new Membership Coordinator and now is a great time to step up as we select new systems to make controlling the backend of club membership a lot easier than it has been. We are not looking for an expert in membership systems, just someone who is willing to help the club set things up in a logical way. We have the historical knowledge that will inform us in the selection process so hopefully we can avoid false steps, but it will be fun to see what new capabilities can bring us.

In consolidating my fly tying/fishing collection (or mess, as Amy puts it), I came across my old Cortland reels and strung one up on a cane rod that I repaired recently, which sounds grand, but it was just a few wrappings that needed replacing. It still worked fine, and I will try it out on the river when water temperatures drop and opportunity presents itself. It was a simple reel from a simpler time. Accompanying photo was from that time, wellies and all. I was looking at new reels recently, and it seems that the prices have just gone nuts! Are they that much better than they used to be? Bet I catch just as many fish on that old reel as I would on a new one!

Wishing you singing reels!



2024 PVFF Officers & Directors

President.....Martyn Holland
Vice President.....Dirk Vandervaart
Secretary.....Owen Davis
Treasurer.....Rick Baseley
3 year Director.....Kevin Haney
2 year Director.....Dave Dowiak
1 year Director.....Russ Hanson

Past President.....Andy Mekleburg

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