

— CLUB MEETING —

## The Mayfly Project & Shad Update

By Larry Forte

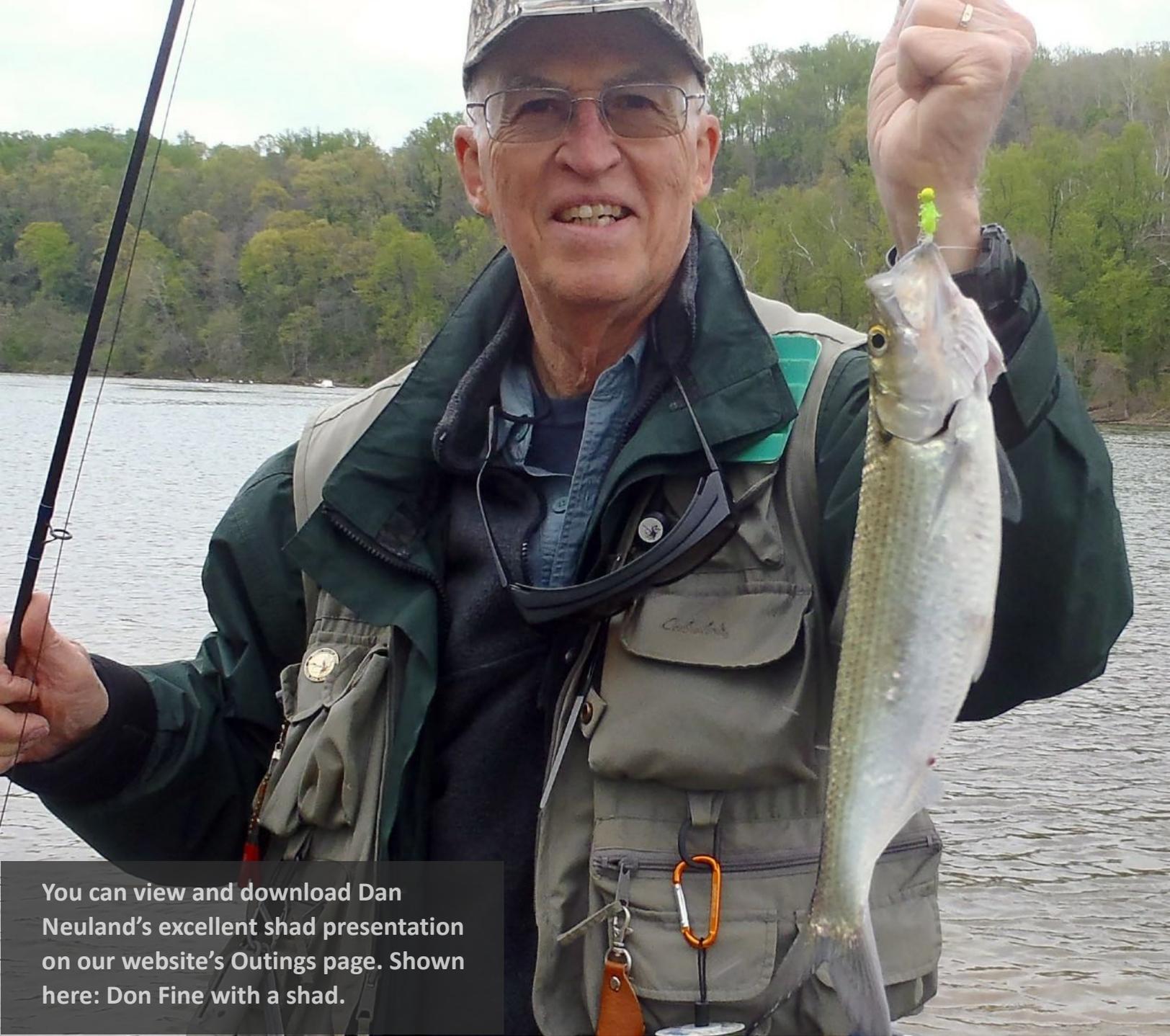
**W**e have a great evening planned for our March meeting on the 14th. First, we will hear from Marc Hutzell with the Mayfly Project. The Mayfly Project (TMP) is a great organization that uses fly fishing as a catalyst to mentor children in foster care. In addition, Dan Neuland will talk to us about shad fishing. The shad should be starting their run up the Potomac to Fletcher's Cove in a couple of weeks.

To start, Marc Hutzell will introduce us to the Mayfly project. Their mission is to support children in foster care through fly fishing and introduce them to their local water ecosystems, with a hope that connecting them to a rewarding hobby will provide an opportunity for foster children to have fun, feel supported, and develop a



Starting with our March meeting, we will begin at 7:00 PM at Tuscarora High School.

Image courtesy of The Mayfly Project



You can view and download Dan Neuland's excellent shad presentation on our website's Outings page. Shown here: Don Fine with a shad.

meaningful connection with the outdoors. The national program was founded in 2016 by Jess and Laura Westbrook of Arkansas and co-founded by Kaitlin Barnhart of Idaho.

Since then, TMP has added several crucial team members, lead mentors, and the program has spread across the country.

By the end of 2020, they have mentored and taught fly fishing to 800 children in foster care. Marc will

also talk about different ways that you can help support the organization.

Also, we are getting close to shad season. Dan Neuland – our shad fishing guru – will give us an update on the upcoming shad season on the Potomac. Dan has great success catching shad at Fletcher's Cove every spring.

Hope to see you there on March 14th at 7:00 PM, Room A170, Tuscarora High School, Frederick.

# Beginner's Fly Tying: Two Variants of the Bead Head Pheasant-Tailed Nymph

By Don Fine

Seeing that winter is nearly over, and there are more aquatic insect food forms available in our streams and rivers, local fish will begin to more aggressively take some of the larger emerging insects. It's also time for both beginner and more advanced fly tiers to stock up on some of the standard flies which each of us should carry in our fly boxes, particularly if we plan to try new freshwater fisheries. For decades Frank Sawyer's Pheasant Tailed (PT) Nymph has been listed as one of the top dozen flies to carry in one's fly box. And while my fly box is never without a PT Nymph, I have repeatedly found that the addition of a metallic bead head in front of the thorax of the fly makes the pattern more effective. As such, I've selected two variants of the Bead Head Pheasant-Tailed Nymph for our March Beginner's Fly Tying class. Join us at 7:00 PM on March 21st at Trinity United Methodist Church.



**IMPORTANT:** For newcomers who plan to attend this session, please contact me in advance ([dfine1443@gmail.com](mailto:dfine1443@gmail.com)) to ensure I have tying equipment available for you.

## Advanced Fly Tying: Tenkara Fly

By Larry Forte

At our Advanced Fly Tying gathering on March 15th at 7:00 PM, Donald Lee will show us how to tie a Tenkara fly. You may wonder why a Tenkara fly? Donald uses this fly for multiple species and different types of fly-fishing. For those of you that know Donald, you will not want to miss this. It will be a special fly.

I hope you can join us. This is open to everyone. Perhaps you are not sure if your skills are to the "Advanced" level yet? No worries. Come and watch

and check it out. I am barely an intermediate tier but I learn something new at each session. Plus, it is a lot of fun! We will meet in Room 108 at Trinity Church at 7:00 PM. For those that prefer to join us via ZOOM, no problem. We will have a Zoom hook-up at the church for folks. 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](mailto:lbforte@verizon.net).

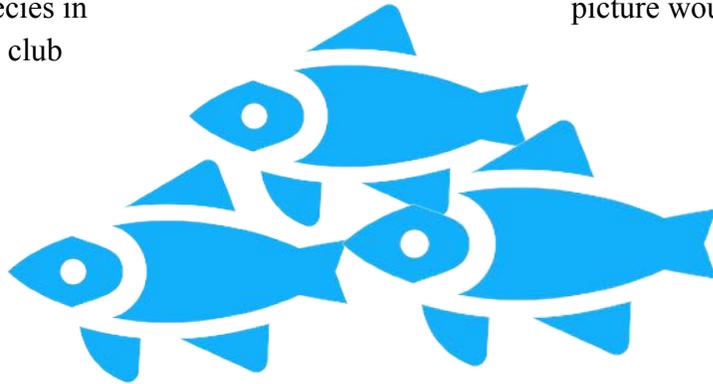
# The PVFF 3-Fish Challenge

By Larry Forte

Are you up for the 3- Fish challenge again? Last year's challenge was a lot of fun so we are going to do it again this year. The club will have a 3-Fish Challenge for club members starting now and will conclude on October 15th. Can anyone beat Denny Grizzle, the 2022 Club Champion?

The same rules as before. Catch 3 of more fresh water species in ONE day with a fellow club member. Complete the challenge and you will be recognized at the Annual Banquet in October.

The PVFF member that catches the most unique species will be the BIG winner and will be awarded a BIG prize at the Annual Banquet in October. In addition to the Big prize, the winner will be bestowed all club bragging rights for the year! Just ask Denny. I have seen him on numerous fly-fishing shows since he won last year 😊.



There are only a couple of rules to follow. All fish must be caught on a fly with the name of the fly, the fly size which was used for each fish entered in the challenge and the location.

Given the history of fisherman and their ability to tell fishing tales – you must fish with a club member so that your day's catch is verified. A picture would be nice, but is not necessary.

Examples of Fresh water fish species 'for the challenge' may include (but is not limited to) the following: Brown trout, Rainbow trout, Brook trout, Golden trout, Smallmouth bass, Sun fish/ blue gills, Largemouth bass, Crappy, Catfish, White chub/

fallfish.

Join the PVFF 3-Fish Challenge. There is a simple form to complete and you can download this off our club website or you can send me an email ([lbforte@verizon.net](mailto:lbforte@verizon.net)) and I will email you a copy. Good luck and happy fishing in 2023!

## Project Healing Waters: Help Wanted

Our Project Healing Waters team is looking for help with our outings and monthly meetings. If you are interested in being a volunteer or would like to learn more about helping, just send me an email at [lbforte@verizon.net](mailto:lbforte@verizon.net) — or give me a call at 301-943-7533.

— Larry Forte



## Caddisfly Saturday: Huge Success

by Don Fine

For several years (pre-COVID) PVFF sponsored a wintertime fly tying event for all levels of fly tyers. These 'open tying' events provided a relaxed forum for all who attend to learn and to share fly tying techniques with one another, as well as to develop new friendships and opportunities to fly fish together.

This annual PVFF fly-tying event generally is focused on specific types of artificial flies, such as poppers, streamers, or wet flies. On February 18th we resumed this annual fly-tying event, entitled

Caddisfly Saturday, which focused on tying various live forms of the Caddisfly: i.e. nymph, pupae, emerger, and adult.

Eleven enthusiastic fly tiers turned out to tie the following seven caddisfly patterns: mopfly, muskrat nymph, green rock worm, soft-hackle caddis pupae, simple CDC caddis, CDC elk hair caddis, X-wing Caddis. Considering the success of Caddisfly Saturday, we hope to continue this annual PVFF group fly-tying event in 2024.

## Seeking Newsletter Editor

We are seeking a volunteer to prepare the monthly club newsletter beginning in the summer of 2023. Training will be provided. Contact me at [contact@troykitch.com](mailto:contact@troykitch.com) if you're interested.



From left: Doc Ledbetter, Dennis Allen, Don Fine, Ruby Fine, Sarah Costlow, Andy Mekelburg, and Toby Mendez.

## Lefty Project Hits Another Milestone!

*By Andy Mekelburg*

Lefty's sculpture has finished another phase. Artist Toby Mendez has completed the greater than life-sized foam model and molded the clay over it. The next step is to prepare a cast to send to the Foundry in Philadelphia. We're hoping to have Lefty in the water by this Fall. The group has already started to

contemplate the second phase of this living legacy to Lefty and Fly Fishing. We're looking at how and what we should do to create programs to share his passion for fishing, the outdoors, and conservation with others. If you're interested in getting involved, let me know.

# A Super Sunday

By Mike Holland

I was originally going to use the title “California Dreaming” but I will save it for another time. That said, I was blessed to be able to fish the Lower Sacramento or “Lower Sac” River on Super Bowl Sunday.

As I was planning my work trip to California, I realized that I faced the depressing prospect of watching the Super Bowl alone in my hotel room. For me, that simply would not do, particularly as California is one of fly fishing’s hidden gems and who knows how many opportunities one will have to fish in any given state.

In any case, I booked Colin Coogan of Coogan Fly Fishing in Chico, California; Colin is affiliated with Fish First, a fly shop in Chico. I had had the privilege of fishing for steelhead with Colin on the Feather River around Christmas in 2021. Colin and I had originally planned to fish the Yuba River near Marysville this time but made a last-minute course correction due to adverse water conditions. Speaking of steelhead, I did need to purchase a steelhead card. They can only be purchased at a state licensed agent or online. In my



Mike Holland on the Lower SAC, California

experience, finding a state licensed agent can be challenging but if you buy it online, make sure you do so at least three weeks in advance as they are mailed and there is no ability to print them off the website.

In his book, “California’s Best Fly Fishing,” Chip O’Brien describes the Lower SAC as being “renowned as one of the best wild-trout fisheries in the western United States ....” O’Brien explains that

the Sacramento River begins as a spring on Mount Shasta and becomes two very different rivers due to the interruption provided by several dams. The Upper Sac is the portion of the river between Box Canyon Dam and Shasta Lake and the Lower Sac begins downstream from Keswick Dam.

As Colin shared and O'Brien writes, the Lower Sac has a rich abundance of food and a very healthy population of wild rainbows. While it does have hatches in March and April, the predominant and consistently most productive fishing strategy is with nymphs. It can be fished all year, but the summer months are quite hot.

Colin and I put in at about 8 am at an area known as the Posse Grounds; it is behind the Redding Convention Center and is not far from the Anderson-Cottonwood Irrigation Dam (ACID) dam. We headed upstream and fished an area known as Market Street as it is in downtown Redding. I was using an Orvis Clearwater, 9-foot, six weight rod with a triple nymph set up. It included a chartreuse plastic egg with a hook followed by a caddis nymph.

From 8 am to about 11 am, the fishing was terrific. I hooked into nine fish and was able to land seven of them. They were each about 16 inches long and full-bodied; the biggest was 24 inches long. I only lost fish, "fumbled" if you will, twice; the second one was on the way to the Sundial Bridge and was a

clean break-off. I like to imagine that it was a "big un."

The Sundial Bridge is large, white pedestrian bridge which connects the Turtle Bay Museum to various walkways and gardens. It is not uncommon for people to watch the anglers below and to cheer them when a fish is landed. To me, it is pretty cool to think of fishing as a spectator sport but it sure can be on the Lower Sac.

From there, we floated through various sections of the stream known as the Long Bar, Little Alaska, and Hog Alley until we reached an area known as Aqua Golf which is home to a driving range. I will say that the fishing was fairly tough after 11 am with fewer and far more subtle strikes. I had good drifts but did not capitalize; perhaps I began to think too much about the mechanics of setting the hook or maybe I was too slow to react. In all likelihood, it probably was a little of both, but it is nothing that more time on the water cannot eventually cure.

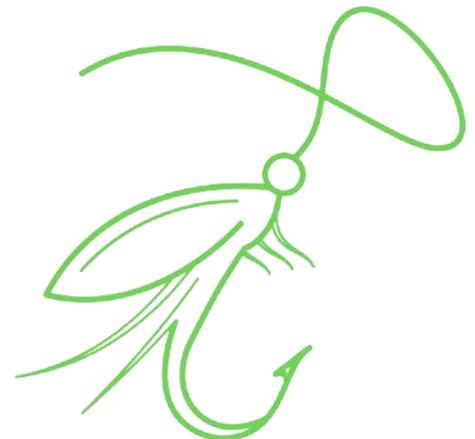
I did make it back to the hotel to enjoy a great half of the Super Bowl, which will always be memorable because of the time I spent with Colin on the Lower Sac. If you find yourself in California and are looking for a good guide, I encourage you to reach out to him at [www.cooganflyfishing.com](http://www.cooganflyfishing.com) or 530-636-5188.

## It's Time for Our Annual Spring Fly Swap!

*By Larry Forte*

As we have for the past few years, our club will host a spring fly swap for 2022. Here are the details: tie twelve flies to be shared with other members participating in the swap. Bring your flies to our March or April meeting.

If we're still not meeting in person at this time, I will share details on how to drop your flies off. After I get everyone's flies, I will mail you a bunch of different flies tied by club members. The deadline to have your dozen flies to me is April 15th. If you would like to participate, please send me an email at [lbforte@verizon.net](mailto:lbforte@verizon.net).





Catoctin Creek

## 2023 “Project Clean Stream” Event

*By Dave Keane*

Our Club will once again be cleaning up our “home waters” and supporting “Project Clean Stream.”

As spring arrives, tens of thousands of volunteers come together to remove trash from local streams, creeks, rivers and parks as part of the Alliance for the Chesapeake Bay’s Project Clean Stream — the largest cleanup event in the Chesapeake Bay region! Cleanups take place across the entire Chesapeake watershed, in all six Bay states and DC. Check out the Alliance’s website for all of the great work that they do.

Dress for the weather, bring gloves, water and waders if you plan to work in Catoctin Creek.

We will be cleaning up along the entrance to the park, Catoctin Creek, and reforestation areas. The nature center will provide trash bags.

**What:** PVFF “Home Waters” Clean Up

**When:** Saturday, April 8, 2023

**Time:** 10:00 AM-12:00 PM

**Where:** Catoctin Creek Nature Center – 2929 Sumantown Road Middletown, MD 21769

Send Dave Keane, Conservation Chair, an e-mail if you plan to attend the event at [davidkeane1968@gmail.com](mailto:davidkeane1968@gmail.com).

## Support the Club: Volunteers Needed

As we are a member run organization, we always are looking for Members that want to volunteer to help. There are many areas where you can volunteer: being on the board, helping with the newsletter, website, outings, mentoring, trout pen stocking, project healing waters, the banquet, picnic, fly tying and whatever your imagination or talents can contribute to your fellow members. If you can spare an hour or two a month, please let me know at [andymekelburg@outlook.com](mailto:andymekelburg@outlook.com).

— Andy Mekelburg



Whittier Park Lake

## Wrangle Fish With Kids (or is it wrangle kids with fish?)

By Andy Mekelburg

There are two events coming up seeking PVFF club volunteers to demonstrate and teach fly fishing to kids.

1. The Annual City of Fredrick Youth Fishing Rodeo on Saturday, April 8. Details:

**What:** Help teach fly casting and fish for stocked trout

**Where :** Whittier Park Lake (near Christopher Crossing) in the City.

**When :** Saturday , April 8 10-12 Noon

Doc Ledbetter is coordinating for the club. Let him know if you're interested: [leadbettermd@aol.com](mailto:leadbettermd@aol.com).

2. Annual Fountain Rock Park & Nature Center fishing event for children on Saturday, April 29. Details:

**What:** Help teach fly casting and fish for stocked trout

**Where:** Fountainhead Nature Center in Walkersville

**When:** Saturday , April 29 1-4:00 pm

Let me know if you are interested in volunteering for this one: [andymekelburg@outlook.com](mailto:andymekelburg@outlook.com).

# Upcoming Outings:

## LITTLE HUNTING CREEK, MARYLAND

**Date:** March 4, 2023

**Time/Location:** 1 PM @ Catoctin Furnace, Maryland

**Outing Leader:** Pete Ring

**Note:** This event is booked up with the maximum number of people.

## TOWN CREEK, MARYLAND

**Date:** April 1, 2023

**Time:** Leave the Frederick area between 7:30-8:00 AM; Location will be provided.

**Outing Leader:** Larry Forte

**Note:** We will fish the upper stocked section of Town Creek.

**Contact:** lbforte@verizon.net

## SMITH CREEK, VIRGINIA

**Date:** April 22, 2023

**Time:** 9 AM @ Susie Q Farm; directions will be provided upon reservation.

**Outing Leader:** Mike Holland

**Note:** There is a \$100 rod fee payable to Mossy Creek Fly Shop.

**Contact:** michaeldhollandjr@hotmail.com

## YELLOW BREECHES, PENNSYLVANIA

**Date:** May 12, 2023

**Time/Location:** 9 AM @ Barnitz United Methodist Church, Carlisle, PA

**Outing Leader:** Seth Denbo

**Contact:** sdenbo@gmail.com

Visit the “*Outings*” page on our website for the latest updates and more details about our upcoming fishing trips, as well as to easily sign up.

# Last Cast

*By Andy Mekelburg*

Only one more fly show to attend in Lancaster, Pennsylvania, from March 4-5. We will once more proudly fly the Friends of Lefty Kreh flag to all fly fishers who attend. While we’ve found that most attendees of the fly fishing shows know Lefty and we’ve been fortunate with some great stories in various publications, the general public is generally not aware of the project. We’re ending that! The project is moving ahead — don’t miss the picture on page 6 of this newsletter. If you go to Lancaster, stop by our booth to say hi and get a raffle ticket, as well as a Bob Clouser-tied and signed fly.

Typically for most spin fishers, April 1 is the traditional start of the Spring fishing season. As we fish all year round, I like to mark March 1 as the official start of my fly fishing year. (for those keeping track of my objective of catching a fish each month, I’m 2 for 2).

We have a number of outings already lined up, so I encourage you to sign up. If there are other places you want to fish, just let Mike Holland know. Remember an outing is when we can get at least two PVFF members together. We’re also prepared to deploy a rapid communication plan if you see a good fishing opportunity in the short term. A lot of our members tell me they join to meet other fishers and find new places to fish. If you’re a new member, take up these opportunities.

The beauty of participating in our outings is that it will allow you to have a chance to win the three-fish challenge. One of the key requirements is that you have to be with a fellow member. So come on out!

As the club prepares for the fishing season, we have several events coming up. Make sure you pencil in the casting clinic for our May general meeting — a great time for beginners and experts alike. And also



reserve the second Tuesday in June for our annual picnic and one fly contest. Dennis has promised another fantastic event, like last year.

At our last couple of board meetings, we've had some (non-board) members attend. We encourage that: the club is member driven so we want to do what members want. We meet on the 4th Thursday of every month at Trinity United Methodist Church in Frederick. I also encourage you to let me know if you have any ideas or suggestions for things we aren't doing. If you have a good idea, let's hear it — but remember my favorite motto: "All great ideas ultimately degenerate into hard work!"

See you on the stream...

# Calendar of Events

- Mar. 4** Little Hunting Creek Outing
- Mar. 14** Club Meeting at 7:00 PM  
Tuscarora High School  
Room A170  
Frederick, Maryland
- Mar. 15** Advanced Fly Tying  
7:00 PM  
Trinity United Methodist Church  
Frederick, Maryland  
Room 108
- Mar. 21** Beginner's Fly Tying  
7:00 PM  
Trinity United Methodist Church  
Frederick, Maryland  
Room 207
- Mar. 30** Board of Directors' Meeting  
7:00 PM  
Trinity United Methodist Church  
Frederick, Maryland  
Room 109
- Apr. 1** Town Creek Outing
- Apr. 22** Smith Creek Outing
- May 12** Yellow Breeches Outing

## 2023 PVFF Officers & Directors

- President.....Andy Mekelburg
- Vice President.....Martyn Holland
- Secretary.....Owen Davis
- Treasurer.....Dennis Allen
- 3 year Director.....Dave Dowiak
- 2 year Director.....Kevin Lynn
- 1 year Director.....Dirk Vandervaart
- Past President.....Larry Forte

**POTOMAC VALLEY FLY FISHERS**

**P. O. BOX 3001**

**FREDERICK, MD 21705**

[www.potomacvalleyflyfishers.club](http://www.potomacvalleyflyfishers.club)



**FLY FISHERS**  
INTERNATIONAL



**POTOMAC VALLEY FLY FISHERS**  
**MEMBERSHIP and RENEWAL APPLICATION and LIABILITY RELEASE**

**Year** \_\_\_\_\_

The purpose of the Potomac Valley Fly Fishers (PVFF) is (1) to promote fly fishing as the most sportsman-like and enjoyable way of fishing and the most consistent with the preservation and wise use of our resources; (2) to provide advice, suggestions and assistance to club members; (3) to publicize the best practices and techniques of fly fishing, fly tying, fly casting and other related subjects; and (4) to maintain liaison with other organizations of sportsmen and conservationists. By my joining PVFF voluntarily, I understand there are risks involved and will not hold the PVFF club, board of directors, and officers responsible for any injuries, accidents or death as a result of participation in the activities of the Club. I also grant PVFF permission to photograph me and/or my family at any activities and also to publish them in our monthly newsletter, at the meetings and any PVFF fly fishing functions.

Website: [www.potomacvalleyflyfishers.club](http://www.potomacvalleyflyfishers.club)

The undersigned being in agreement with the above does hereby apply for membership/renewal in the Potomac Valley Fly Fishers.

Applicant's Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(Last) (First)

If family membership, other names: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Street City State Zip

Phone Number: \_\_\_\_\_ E-mail address for e-mailing newsletter \_\_\_\_\_

Applicant's signature: \_\_\_\_\_

Are you a Fly Fishers Int'l (FFI) member? Circle **Yes or No**      **Yearly Dues:** \_\_\_ \$15 single \_\_\_ \$20 family      \$ \_\_\_ Donation

How did you hear about PVFF? \_\_\_ Friend \_\_\_ Facebook \_\_\_ Newsletter \_\_\_ Fly Shop \_\_\_\_\_ Other

Interested in a volunteer position? \_\_\_ Officer /Board of Directors \_\_\_ Committee/Chair \_\_\_ Banquet \_\_\_ Trip Organizer \_\_\_ Teaching Fly Tying \_\_\_ Other Activities

**MAKE CHECK PAYABLE TO POTOMAC VALLEY FLY FISHERS.** Mail your check with this completed form to:

**David Dowiak, PVFF Membership**  
8920 Bloomfield Road  
Frederick, Maryland 21702

**Dues for calendar year Jan 1-Dec 31**

**Cash** \_\_\_\_\_      **Check #** \_\_\_\_\_      **Amount** \_\_\_\_\_      **Date** \_\_\_\_\_  
**New** \_\_\_\_\_      **Renewal** \_\_\_\_\_      **Life** \_\_\_\_\_