



## President's Message - April 2025

The Merced is running high in Hills Ferry, so the Stanislaus and the Tuolumne can't be far behind. We'll soon be washed out of our favorite spots. I did get a few hours on the Owens River, and a brown trout on my visit to the Eastern Sierras a couple weeks ago.

The high-water spring doldrums are why we planned the Film Festival for Spring. Please make some plans with friends to attend. It's May 10th from 2-6PM. That's gives plenty of time to get home before dark, OR is a great way to start an evening in Downtown Modesto. Derek and his Committee are gathering a nice bunch of raffle prizes, and Robert Ladd is building a bamboo rod which we will raffle separately. I'm looking forward to a great event, and a generous fund raise for Rivers of Recovery.

Our classes begin again with Fly Tying 101 sold-out and beginning tonight. We also have a casting clinic coming up April 19. Fly fishing 101 will be shortly after the film festival.

Next month Katrina Harrison Professional Engineer will be talking about the restoration of the Tuolumne at the old La Grange bridge. I think we've all been enjoying enhanced fishing. It's going to be fascinating to hear about the engineering and design process. That site really worked out well as a new-fisher outing last month. Both the new-fishers developing their skills and the veteran-fishers who fished and coached had a good time!

We are scheduled to attend Modesto Farmer's Market this Saturday 5 April, and Saturday 3 May. We'll be in Turlock Saturday 12 April. Please come out and take a shift in the booth. Sell some film tickets, invite some prospective members to join, and tie some hat-flies for the kids! It's fun!

So please, get together with lots of friends, family and fishing buddies, and make plans to come to the Film Festival. Tix are available online, and at April's meeting. The first 100 "Farmers Market" physical pre-sale tickets will have a special raffle prize.

Please pay your dues if you haven't yet. I'm proud of the club's efforts this year, and your dues subsidize the speakers, outings, and events.

Tight Lines!

Paul

## **Link's Lines – April 2025**

### **Volunteering: A lifelong pursuit, finding a passion, combining the two.**

*Part the second.*

Funny how life works! A spur of the moment trip with my Brother-in-Law changed my life!

There was a time I did not fish (GASP! HERESY!) I was very involved in Harley's, and had left behind fishing sometime in between 6-7th grade. On a trip to Twain Harte, we staying in the in-laws' cabin. My brother-in-law said, "Hey, let's go fly fishing!" I promptly replied with a snort "Fly fishermen are all a bunch of stuck up snobs". Brad, who is still one of the coolest guys I know, looked at me with a raised eyebrow, and I quickly said "Except for you of course!" Needless to say, he drug me along for a quick trip up to the bridge by the Strawberry store. I was (pun intended) hooked! Took me a few years, but fly fishing became an obsession. Took a while, but fly fishing eventually became the major driver in my life. It was only a matter of time before volunteering and fly fishing merged.

I think the merge started in 2012, I took a more active role in the Club, and planned a very successful trip to Mineral King. That got me voted President for 2013! I hated that period! I was still reeling from a divorce and couldn't devote the energy I felt the job needed. Fortunately that only lasted a year!

Late in 2013 is when the merge became a full-tilt dedication! I received an email from a guy who was looking for volunteers to teach the Fly Fishing Merit Badge at a Scout Camp, Wente Scout Reservation in Willits, CA. The catalyst for Fly Fishing Volunteer was that simple email.

12 years later, 20+ weeks spent at Camp, multiple work weekends, becoming the Sign Up logistics coordinator, hours spent planning, finally getting Leigh to teach for a week, I think the die is cast! Add to that being VP of the Club, then President (again dammit!) for 2 years, I think I have finally found my volunteer forever home!

~ Link

## Club News

### ... April General Meeting - Tuesday, April 8 , 2025

Our April meeting will feature Katrina Harrison of Applied River Sciences with a presentation on the Tuolumne River restoration project at La Grange. Formed in January 1995, Applied River Sciences is a professional consulting corporation applying fluvial geomorphic and ecological research to river preservation, management, and



restoration. They worked with Tuolumne River partners Modesto Irrigation District (MID), Turlock Irrigation District (TID) and the San Francisco Public Utilities Commission (SFPUC) to complete construction of the Tuolumne River Mainstem Channel Restoration Upstream of Old La Grange Bridge Project.

### ... GGA&C Club Free Casting Clinic

The free casting clinic is usually held the second Saturday of every month from 9:30 am - 12:00 pm at Golden Gate Park. The next event will be held Saturday, April 12th. The event is held rain or shine and is a great way to brush up or improve upon your casting skills. And you get a hot dog lunch! They have poles or bring your own. Please sign up in advance.

<https://ggacc.org/event-5922118/Registration>. Cathy and Paul Wallace have made this a “day in the city,” casting in the morning and museum in the afternoon. Sometimes, a stop at Lost Coast Outfitters; always a nice lunch in the city! They’ve figured out the BART/Muni connection and it’s easy!

### ... Outings and Events

Our first major outing is the Fall River trip booked for April 25-27. There is room for 11 participants. Signups are open now. Cost is \$225 per person for two nights lodging if paid prior to April 1st. \$250 per person after that. For more information on the trip, there is a detailed description [here](#).



Fall River looking from the deck of the White House

### ... Open Fly Tying Night, Monday, February 17th

The fly night is held at Food Fix at 938 11th Street (between I and J Streets) in Modesto. This is easily accessible and food and beverages are available. These are loosely structured show-up-and-tie affairs with flexibility. Tie whatever you want, but there may occasionally be a target pattern for those interested in learning a new fly or in perfecting one.

Tying will usually start around 6:00 - 6:30 pm and the session will wrap up no later than 9:00 pm. BYO gear please.

### ... Fly Fishing Film Tour/Rivers of Recovery Fundraiser 2025

We're already hard at work on this year's fundraising event which is scheduled for Saturday, May 10, 2025. Both the theater and the film have been secured. We're always looking for donations for raffle prizes to help generate excitement and funds we can contribute to Rivers of Recovery, so if you have contacts with local businesses that might be willing to donate, please reach out to them for solicitation.



### ... 2025 SFF Dues

Dues for 2025 were due and payable. January 1st. Please remit your dues ASAP along with your membership form and a signed liability waiver. Dues can be paid in person at the January 14th general meeting, by check mailed to Dennis Stambaugh, or by Venmo. Links to forms and mailing and Venmo info are [here](#).

Starting this year we are following the lead of other fly fishing clubs and requiring all members to sign a hold-harmless waiver when they join or renew their membership. Any guests attending an outing will be required to sign the same agreement before participating. A copy of the waiver can be downloaded [here](#) and mailed to Dennis Stambaugh at the same address linked above. Waivers will also be available at the general meeting.

### ... Classes/Workshops

The next fly tying class began April 2nd, This five-night course covers the basic skills and tools to get started. Flies covered include midge nymphs, wet flies, woolly buggers, the PT nymph, and an elk hair caddis. Tyers are encouraged to have their own tools, but club tools can be borrowed for a \$50 returnable deposit. The class costs \$75 for SFF members and \$100 for non-members. The class is currently held in the Ceres Unified Schools District Office, Conference Room C, 2503 Lawrence Street, Ceres, CA., from 6:00-9:00 pm. Fly materials will be provided. Watch for future classes

Casting clinic scheduled: April 19. This is a one-day, three-hour clinic covering basic, foundational fly casting techniques. Sign up [here](#).

Fly Fishing 101, a five-week course covering the basis of fly fishing will start in early summer. Those interested in attending can sign up [here](#) to be notified. More details to come.



## NOTES FROM THE SFF INVENTORY MEISTER (Gus Link)

**April 2025**

I have taken over managing the Stanislaus Fly Fishers donated inventory. My plan is to get the inventory managed in sections. We have quite a lot, and if looked at as a whole, it is a daunting job.

Derek Coelho, John Driver, Bud Heintz, Michael Hewitt, Roger Ringsted and Paul Wallace have already done a HUGE amount of work getting this started. I see my role as managing/coordinating the inventory, I believe this will be a much more efficient way of dealing with getting the inventory cataloged and sold.

I hope the above-mentioned folks will continue to help me, and if anyone else is interested in taking on a small project, let me know. We can use all the help we can get.

First on the inventory list: Rods and reels. I have gone through and put all rods, combos and reels in a spreadsheet with pricing. This spreadsheet will be available for the asking at [flylink48@gmail.com](mailto:flylink48@gmail.com) or ask me at the meeting. I will schedule sell nights throughout the year. I will add sections as I can, and I hope to have the list posted in the near future.

Pictures? Not at this point ... too much work just getting the inventory cataloged and organized. Any other questions? Please let me know.

### Upcoming Outings and Events

[Click here for a link to our Google Calendar.](#)

- General Meeting - April 8 - Katrina Harrison - Applied River Sciences - "Tuolumne River Restoration Project"
- Fly Casting Clinic - April 19 - Tuolumne River Lodge
- Flytying Night - April 14- 6:00 pm, Food Fix, 11th Street, Modesto
- Beginning Fly Tying Class - April 2, 11, 17, 30 & May 7
- Fall River Outing - April 25-27 - Burney, CA
- Surf Perch Outing - May (TBD)
- McSwain Outing - May 17
- White Pines Outing - May 31
- Fly Fishing Film Tour 2025/Rivers of Recovery Fundraiser - The State Theater - May 10
- Fence Creek Weekend Outing - August 22-24
- Mono-Hot Springs Outing (Guided)- October 7-8
- Outdoor Family Fun Night - June 10 - Tuolumne River Lodge

*Presented by Delta Fly Fishers*

# *Free Fly-Casting Day*



*April 26, 2025*

*10-2*

*Panella Park*

*5758 Lorraine Ave, Stockton, CA 95210-3607*

*Open to the Public.*

*Liability waiver and eye protection required.*

*All levels welcome. Certified casting instructors will  
be there. Beginners welcome!*

*Fly Casting Skills Development assessment available.*



**STANISLAUS FLY FISHERS IS A CHARTER  
CLUB OF FLY FISHERS INTERNATIONAL AND  
MEMBER OF THE NORTHERN CALIFORNIA  
COUNCIL OF FLY FISHERS INTERNATIONAL**

### SFF 2025 Board of Directors

President: Paul Wallace • Vice-President: Bob Bullock • Secretary / Webmaster: Michael Hewitt • Treasurer / Membership: Dennis Stambaugh • Outings: John Driver  
 F3T Chair / Outings: Derek Coelho • Programs: Janice Rinehart • Classes Co-ordinator -  
 Cristie Crawford • Roger Ringsted • Anthony Johnson • Past President: Gus Link

### SFF Membership Information

Membership fees for 2025 currently \$45/year, are now due. For your convenience, we can accept a credit card for your dues for an additional fee of \$2.00 to cover the cost of the transaction. All SFF memberships are “Family Membership” status; spouses, significant others, and/or children must also be Fly Fishers International members to be official SFF members. FFI General Memberships include you, your spouse or co-habiting partner, and children under 18.

Reminder: Club dues **DO NOT** include FFI dues. FFI dues are paid directly to the FFI and must be maintained regularly since the SFF is an FFI Charter Club. If you are not an FFI Life Member, or do not pay for three years at a time, you must renew your membership yearly! Remember to list the Stanislaus Fly Fishers as your Affiliated Club. This is important due to our Charter Club status as that links you to us on their roster. Application and liability waiver links are below.

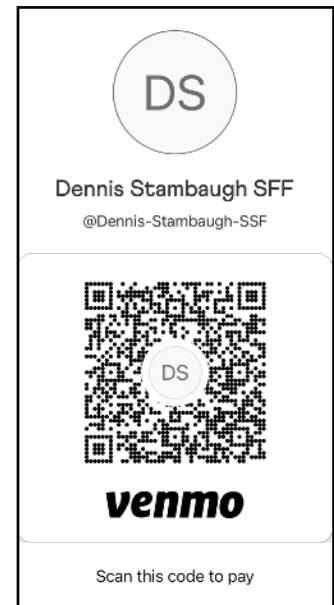
Venmo or Mail Membership Dues to:

Dennis Stambaugh  
 3833 Blue Bird Drive  
 Modesto, CA, 95356

[SFF Membership Form](#)

[FFI Membership Link](#)

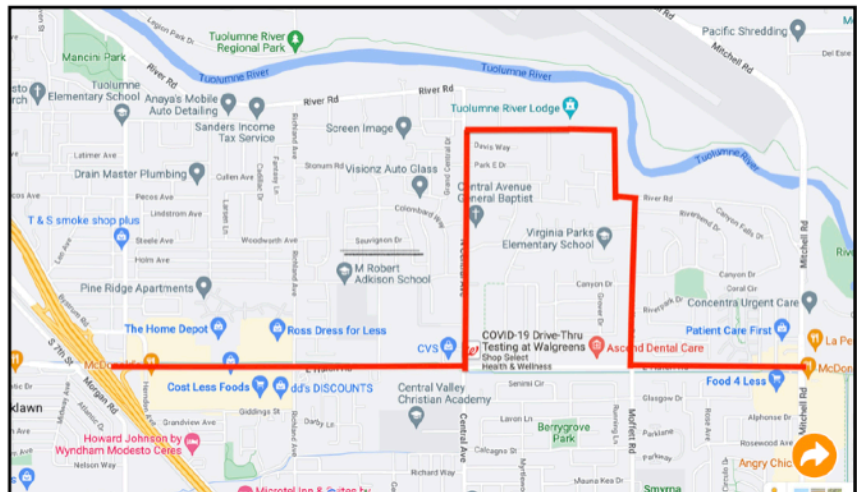
[SFF Liability Waiver](#)



### Directions to Tuolumne River Lodge 2429 River Rd, Modesto, CA

From 99 take Hatch Rd east to Central. Left on Central to River Rd. Right on River Rd.

From Mitchell Rd take Hatch Rd west to Moffett Rd. Right on Moffett to River Rd. Left on River Rd.







# 3-Day Fly Fishing Trip for Combat Vets with Rivers of Recovery

## WHO

- Combat veterans (active duty also welcome) from all branches and all wars/conflicts.
- Total beginners to expert fishermen.
- All physical ability levels. We strive to accommodate any physical limitations.

## WHEN

- Numerous dates available in 2025.

➤ Email [amy@riversofrecovery.org](mailto:amy@riversofrecovery.org)

➤ Cell 307-413-8113

## Rivers of Recovery Fly Fishing Trip

**Rivers of Recovery (ROR)** ([www.riversofrecovery.org](http://www.riversofrecovery.org)), a national nonprofit organization founded in 2008 to provide recreational therapy opportunities for combat veterans, is coming to your area. Combat vets (active duty members also welcome) of all fishing experience levels and all physical abilities will enjoy an **all-expenses-paid 3-day/2-night fly-fishing trip**.

**Our program is offered at absolutely no cost.** With the help of donors, Rivers of Recovery will host nationwide ROR trips including lodging, guides, drift boats, and equipment.

On each trip, the ROR staff, volunteers, and fishing guides have one priority: maximizing the enjoyment of our participants. The program is low-impact and requires very little walking.

ROR was founded on the belief that outdoor adventure and sharing good company with other combat veterans is great medicine. We believe, and are proving, that our unique combination of magnificent scenery, expert staff, established relaxation techniques—and of course spectacular outdoor activities like fly fishing—brings long-lasting, positive effects. The trips are very informal and feel more like a reunion with good friends than a therapy session.

**Our goal is to empower combat veterans to live a life free from restrictions, and take a leadership role in addressing the needs of our nation's warriors by finding positive treatments for their physical and mental well-being.**



*The Rivers of Recovery approach provides both effective rehabilitation and a heartfelt "Thank You!" for the sacrifices our participants have made on behalf of all Americans.*



### COLLABORATIVE EFFORTS

The Rivers of Recovery business model leverages collaborations with the government and private sector. Program participants are identified by DoD and VA advocates and collaborating organizations, including the USO,

Semper Fi Fund, Wounded Heroes Fund, Wounded Warrior Regiment and Warrior Transition Units. In addition, the operational template allows for systematic expansion with turn-key replication in multiple states.



### MAKE A GIFT TO SUPPORT RIVERS OF RECOVERY

contact Amy Simon at amy@riversofrecovery.org



### ENGAGING OTHERS

As a nonprofit organization, Rivers of Recovery relies on philanthropic contributions to continue to improve the program and help reach more veterans – all at no cost to the participant.

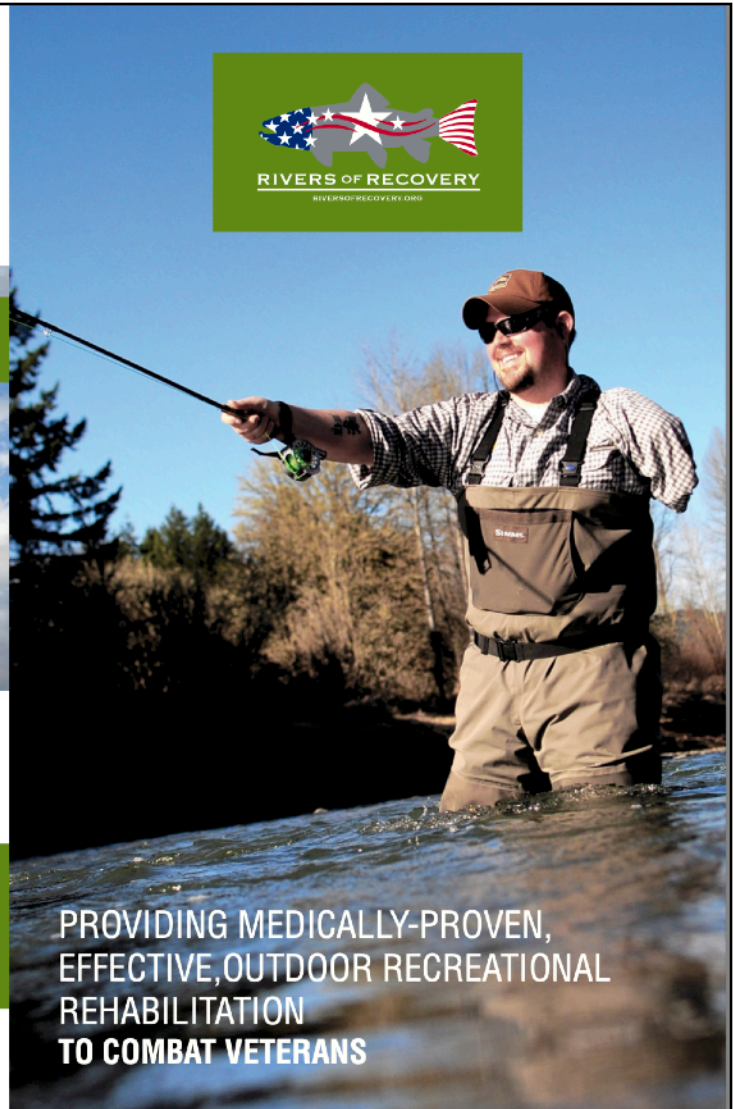
For more information on making a gift as an individual or supporting Rivers of Recovery as a corporate sponsor, please contact Amy Simon at amy@riversofrecovery.org.

To attend a Rivers of Recovery trip as a participant, please contact Amy Simon at amy@riversofrecovery.org.

#### CONNECT WITH US



Rivers of Recovery • PO Box 22326 • Eagan, Minnesota 55122  
307-413-8113 • www.riversofrecovery.org

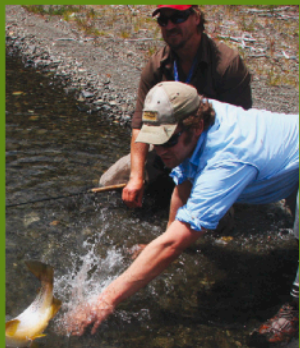


## INNOVATIVE PROGRAM

Our science based, outdoor recreational program empowers participants to live a life that is no longer restricted by psychological or physical disabilities.

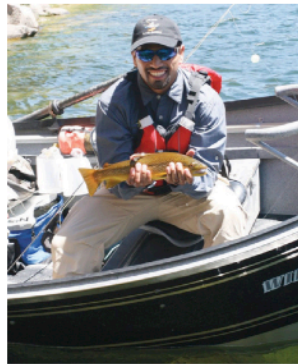
Each Rivers of Recovery trip hosts six combat veterans on a four-day, science-based, experiential rehabilitation program. Our relaxed, positive environment focuses on confidence-building outdoor-based activities (fly fishing), talk therapy, and proven techniques on self-management of stress, depression, and anxiety symptoms.

Fly fishing acts as a mechanism to increase self-confidence, a sense of empowerment, and facilitates enthusiasm and resiliency. During the fishing day, participants apply newfound skills on the river, demonstrate ability and build confidence. The social interaction among participants reinforces a sense of success, empowerment, and a reconnection to self.



## SCIENTIFICALLY PROVEN

Rivers of Recovery, unlike other recreational programs, is a scientifically proven treatment focused on ensuring positive outcomes. To measure the effectiveness of the Rivers of Recovery program, assessments have been conducted with participants, and stress markers measured (physiological and psycho-social symptoms). This research was designed and overseen by Department of Defense (DoD) experts.



The following are results from the independent research conducted with Rivers of Recovery participants.

**After six months:**

- **Perceptual stress has decreased**
- **PTSD symptoms have decreased**
- **Depression has decreased**
- **Anxiety has decreased**

## COST-EFFECTIVE TREATMENT

Rivers of Recovery is a cost-effective, successful and sustainable treatment. **Average one-time cost per participant is \$2,500. This compares to two-year maintenance costs of \$5,904-\$32,759** as administered by the Department of Veterans Affairs (VA).

The RAND Corporation estimates the socio-economic costs of psychological injuries to be \$2.3-\$3.1 billion per year.

This does not include medical costs such as clinical and hospital visits or medication. Authors Stiglitz and Birmes estimate the total cost of medical care for veterans of the Iraq War is \$1 trillion.

A Rivers of Recovery trip is free to the participant, with \$2,500 covering airfare, lodging, guiding/instruction, meals, transportation and research study.

IT IS ESTIMATED THAT

**400,000 to 600,000**

IRAQ AND AFGHANISTAN VETERANS SUFFER FROM PSYCHOLOGICAL INJURIES.

ANOTHER **320,000** RETURNEES SUFFER FROM A PROBABLE TRAUMATIC BRAIN INJURY.\*

*\*Estimates by RAND Corp. "Invisible Wounds of War Summary"*



## CONNECTING WITH OTHERS

Rivers of Recovery provides a network of continuing support, including access to an extensive social media and personal network. This connects participants to each other and to a wide network of combat veterans, offering a platform for continuing education, socializing, sharing, skill-building and crisis support system.

Over 20% of past participant's have returned as Volunteer Leaders, helping participants through their therapy, investing in their own continued recovery, and even becoming members of the Rivers of Recovery staff.



# Tuolumne River Outing @ La Grange - March 22, 2025

