



SEPTEMBER 2020 NEWSLETTER

5 Inspiring Antidotes For Coronavirus Fear And Negativity



impacting our ability to be productive and engaged in our work The coronavirus is deadly serious. It's wreaking havoc for individuals, companies, municipalities, and the world. The news is filled with stories of sickness, job loss, disappointment and death. There's no shortage of bad news when it comes to COVID-19. It is impacting our ability to be productive and engaged in our work and leisure.



Exposure to all this negativity is making even the most optimistic among us feel frustrated, deflated and even depressed. Making matters worse, this negativity is highly contagious. We're taking major precautions to protect our physical health, so why do we resist protecting ourselves from things that can harm our mental health? Part of the reason comes from a built-in negativity bias we human beings possess.

In the field of psychology (and defined in Wikipedia) negativity bias is "the notion that, even when of equal intensity, things of a more negative nature (e.g. unpleasant thoughts, emotions, or social interactions; harmful/traumatic events) have a greater effect on one's psychological state and processes than neutral or positive things." So the way to override that primal alarm (which now does us more harm than good) is to drown it out with things that are positive, heartwarming and encouraging. One study suggests we need at least 5 times as much positive stimuli to counteract the negative. Now's the time to fill your heart and mind with all things fun, optimistic and kind. When we look for them, there are many copper linings (copper does not transmit COVID-19) to these otherwise tumultuous times. You just have to be intentional about it. These five ways, along with some examples are a good start.

1. Humanity.

Focus on the stories that remind you of the goodness of humanity and the power of human connection. In Rome on Friday, March 13th, everyone was encouraged to go open their windows or go out on their balconies to play music and sing. It prompted the hashtag #EverythingWillBeFine. A North Carolina woman wanted to share her engagement with her grandfather who was in a nursing home that did not allow visitors. She found a way to show him the ring by pressing her hand to his window. Although he is a doctor, Elvis Francois's name also destined him to be a singer. A believer that music is healing, Dr. Francois breaks out in song at the Mayo Clinic where he is an orthopedic resident. That's a frontline healthcare worker going beyond his defined role to soothe healthcare workers and their patients. This group of neighbors delighted a quarantined woman in Madrid by singing to her on her 80th birthday. This inspirational video of a virtual orchestra shows the power of collaboration and hope.

Actively seek and share stories like those that celebrate the best of the human spirit. Much better than images of people hoarding toilet paper, right?

2. Time.

Time may be the greatest gift of this devastating crisis. If you are now WFH, you've just been gifted your commute time. If some of your work is postponed or canceled, or if you've unfortunately been furloughed or even laid off, you surely have less wealth, but you do have more time. How can you spend that time in a way that will bring you joy and happiness—now and for the future? Back when you were working overtime and longed for a break, who were you missing? What did you wish you could do in order to restore the balance in your life? Fill your time with reaching out to people you love, or dabbling in things you have always wanted to try. Learn a language. Reconnect with old friends. Develop a new meditation habit.



3. Serendipity.

A lot of the disruption that's resulting from COVID-19 is seriously distressing. But some of the disruption comes with unexpected benefits for exactly what you were wishing for. For example, a neighbor of mine worked for a company that did not allow any employees to work from home. Nor did the firm have any provisions for paternity leave, yet he was just about to have his first child. The day he and his wife brought their newborn son home from the hospital, he received an email indicating that his company was moving to mandatory WFH until further notice. He is now working with his newborn son in the same room, and he will unexpectedly get to spend weeks or months with him during those precious first days of his child's life. Another unexpected side effect of the coronavirus is the positive impact on the environment. The canals of Venice, normally filled with pollution from people and boat traffic, recovered. They're now sparkling with sea life, including dolphins. And the sky is clearer over much of the world, thanks to fewer cars on the road and aircraft in the sky. Are you on the lookout for serendipity?

4. Generosity.

Human beings are wired to be generous. And being generous is good for your health. When you give, you increase your self-esteem and self-worth. It also gives your immune system a boost. Oprah magazine highlighted a story that showed that "simply contemplating generosity boosts your immunity. When Harvard students watched a film about Mother Teresa tending to orphans, the number of protective antibodies in their saliva surged." So help those who need it, and share in the positive benefits for yourself. The stories of doing good could fill a library. NBA stars are paying the salaries of the stadium workers who no longer have stadiums to staff. Delta's CEO is giving up his salary to help keep workers paid during a crisis that is having a disproportionate impact on travel industry workers. TV shows Grey's Anatomy, The Good Doctor, and The Resident have decided to donate their show wardrobe—surgical gloves and medical gowns—to the real doctors and medical professionals who need them.

Doing good doesn't require fame or privilege; generosity is even more infectious than the disease itself. Ordinary citizens are getting in on the act. *The San Francisco Chronicle* shined the spotlight on Sharky Laguana, the owner of Bandago, a San Francisco small business that rents vans. Laguana is working with City Hall to offer free use of his vans to transport homeless people to shelters or whatever else is needed. Sheri Yeisley, an interior decorator who specializes in window treatments, responded to health officials' ask for 10,000 and 15,000 face masks. She spread the word through her circles of sewing friends and through Facebook, which prompted hundreds to start making facemasks, reports CNN. Her story underscores the fact that you might not think you have much, but working with others, you have the power of plenty.

5. Humor.

It may seem hard to find the humor in such a widespread, devastating crisis, but there's humor all around if you pay attention. According to mental health and wellness website healthguide.org, "Laughter relaxes your body, boosts the immune system, triggers the



release of endorphins, protects the heart and burns calories.” Clips from “The Carol Burnett Show” and a slew of other classic comedies are two clicks away on YouTube. Write a mini-memoir featuring only the funniest incidents, people and phrases you can remember. The next time you want to check for another crisis update online, reach for something funny instead. Stop feeding your mind a diet of doom.

Laugh. Give. Appreciate. Acknowledge. Support. Nix the negativity and lift your spirits to new heights.

[William Arruda](#) is the cofounder of [CareerBlast](#) and author of [Digital YOU: Real Personal Branding in the Virtual Age](#).

Items Of Note:

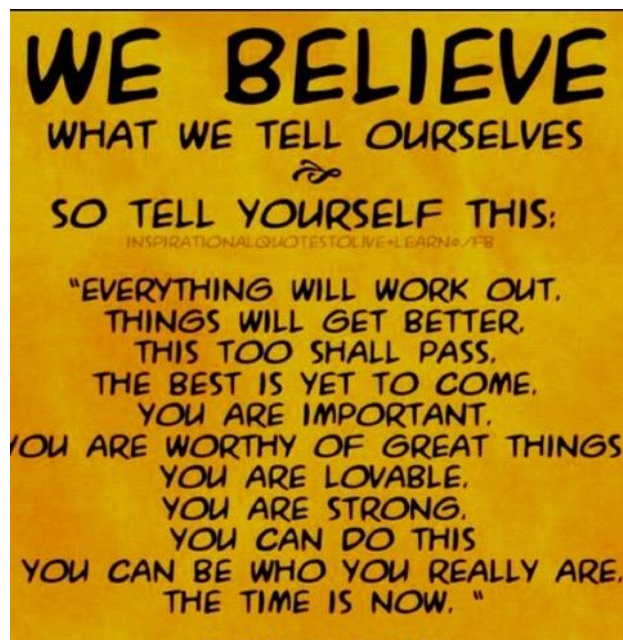
The Kruger's Gravenstein apple tree is loaded with apples about ready to be picked! Anyone wanting some come on out and get them. They make awesome pies! Get them at 2880 Lakeshore Drive Klamath Falls, OR

If anyone is available and want to join in on social distance camping, here's the Krueger's upcoming camping trip dates. For info, contact Lois & John Krueger at 541-539-1555

Driftwood Park
Brookings
Sept 10-14

Susan Creek
Umpqua River
Oct 1-5

Turtle Rock
Gold Beach
Oct15-19



CALENDAR

Sept 15th – No Monthly Meeting in September.

Oct 20th – Monthly Club Meeting if it will be held. Watch for updates

Nov 15th – Monthly Club Meeting if it will be held. Watch for updates

Dec 15th – Club Christmas Party if it will be held. Watch for updates

THE KCFC MISSION STATEMENT

We, the Klamath Country Fly Casters, out of a vital interest in the sport of fly fishing, do hereby join to promote fly fishing as a method of angling, to encourage youth to learn this method of angling, and to promote and participate in meetings to educate all persons in the many aspects of fly fishing as a sport. We agree to make every effort to protect and improve fishing resources in our area by encouraging the practice of catch and release fishing of wild, native fish and by supporting fly fishing organizations in other areas in the overall quest for improvement and perpetuity of fishing resources.

The members of the board of Klamath Country Fly Casters put forth this statement:

"We invite people to become board members of the Klamath Country Fly Casters who wish to promote a healthy and harmonious sense of collegial spirit within the environmental milieu of our board. We on the board, choose to care for the well-being of board members, Club members, and for our fly-fishing community. We ask those who want to be board members to practice positive intervention, to work harmoniously with other board members, and to be willing to promote well-being amongst fellow members of the Klamath Country Fly Casters and our community."

OFFICERS AND BOARD**John Krueger**

jk@timefliesoutfitters.com
President

Lois Krueger

lk.timefliesoutfitters@yahoo.com
Vice President/President Elect

Marie Ganong

<http://mganong@aol.com>
Treasurer

Carl Gurske

<http://carlgurske@gmail.com>
Secretary

Carol Ann Meadows

meadows.carolann@gmail.com
Past President

Peter Calvo

nogndr@petercalvo.com
Board Member

Jim Eiman

jieiman@gmail.com
Board Member

Bob Kingzett

bobk@wendtff.org
Board Member

Kevin Westfall

kevincwestfall@gmail.com
Board Member

COMMITTEES

Conservation: Vacant

Education: Greg Williams

Fly Tying: Ralph Carestia

Membership: Mark Kelley

Outings Coordinator: Kris Henry

Programs: Bob Kingzett

Social Events & Auction: Lois Krueger

Monthly Raffle: Marie Ganong

ORCFFI Club Representative, Newsletter Editor, Budget and Communications: Dale Zemke

Regular KCFC meetings are held on the third Tuesday of the month, September through May, at the Waffle Hut 106 Main Street, Klamath Falls. Dinner starts at 6:00 with the meeting beginning at 7:00. Board members, please be there at 5:00.

The KCFC website is: www.klamathcountryflycasters.com



PRESIDENT'S MESSAGE from John Krueger

Hello KCFC members, what a year it has been, such a mess. I miss our meetings and I miss each and every one of you. It doesn't look like much change for the rest of the year, meetings are still held to 10 people and of course masks are required per mandate.

The good news is that this will all end and I look forward to that day. Lois and I have not sheltered at home and at same time we are not putting ourselves at great risk. We have used our travel trailer more this year than we have in the past, we actually sold it and purchased a larger one. we've traveled to lake Juanita just inside California and also taken trips to Brookings to fish the Winchuck and Chetco rivers. We have several more trips planned before the end of the year, to the coast and Umpqua River, join us if you can. Fishing, hiking, sightseeing and conversation with friends at a distance of course.

For our members and friends we will have Rich Henry and Roy Johnson out for fly casting lessons at our place this September or early October. This is a great event for all. More details to follow.

As always, stay well, safe and keep in touch with fellow members

All the best,
John Krueger



MEMBER'S PHOTO GALLERY:

Mary & Harry Craggs visited the Green River over the Summer.

"Between Harry and me I am holding the only fish caught. We had a few setbacks. After driving to 900 miles we got into 40 mph winds. Our campsite was perfect. First two days snowed, rained and very cold. Stuck in RV. We extended our trip two days because we were told everything would be perfect for catching fish. We walked 5 miles each day, cast a million times, temperature went up to 85 degrees. We fished in tail water below the Flaming Gorge dam, where water was decreased or increased each day. Fish stayed on the bottom. The millions of Cicada bugs that were supposed to hatch and make the fish go on a feeding frenzy, did not happen."

"The last picture is of a one inch sucker fish. The fluctuations of the water were to act as Spring runoff and allow this little guy to swim into the grass and spawn and the big fish could not eat them. Of course it ruined the catching of fish for everyone. Because we were in such a beautiful place with a fishing rod in our hands , we had a great time."



John Krueger & John Hyde and Cayden (John Hyde's Grandchild) at Yamsi Ranch



Peter Calvo and John Krueger on the Williamson River



Mel Twyman and John Krueger at Lake Juanita in California



ANNUAL CLUB DUES ARE COMING DUE!

Following our KCFC bylaws, membership renewals and dues were due as of October 1st each year. As of November 1st, the membership fees were considered **Past Due!**

In an era of ever-rising prices, our Club dues are still **\$35.00** per family! And, that includes two adult voting members!

Please print and fill out this form and either bring it to the December 19th Christmas Party along with your dues, or mail them to:

Klamath Country Fly Casters
PO Box 324
Klamath Falls, Oregon 97601

First voting member:

Name:

Address:

Email:

Telephone:

Second voting member:

Name:

Address:

Email:

Telephone:





Hooked on Fish by Dale Zemke

Creamy Garlic Butter Tuscan Salmon

from cafedelites.com

<https://cafedelites.com/creamy-garlic-butter-tuscan-salmon/>

Prep Time: 5 min Cook Time: 20 min Serves: 4 serves

Ingredients

4 salmon fillets, skin off (or Trout or any white fish)
Salt and pepper, to season
2 tsp olive oil
2 tbsp butter
6 cloves garlic, finely diced
1 small yellow onion, diced
1/3 cup dry white wine (OPTIONAL) -- (do not use a sweet white wine)
5 oz (150 g) jarred sun dried tomato strips in oil, drained of oil
1 3/4 cups half and half
Salt and pepper, to taste
3 cups baby spinach leaves
1/2 cup fresh grated Parmesan cheese, (do not include for dairy free option)
1 tsp cornstarch (cornflour) mixed with 1 tablespoons of water (optional)**
1 tbsp fresh parsley chopped



Preparation Steps

1. Heat the oil in a large skillet over medium-high heat. Season the salmon filets (or fish if using) on both sides with salt and pepper, and sear in the hot pan, flesh-side down first, for 5 minutes on each side, or until cooked to your liking. Once cooked, remove from the pan and set aside.
2. Melt the butter in the remaining juices leftover in the pan. Add in the garlic and fry until fragrant (about one minute). Fry the onion in the butter. Pour in the white wine (if using), and allow to reduce down slightly. Add the sun dried tomatoes and fry for 1-2 minutes to release their flavors.
3. Reduce heat to low heat, add the half and half (or heavy cream), and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.
4. Add in the spinach leaves and allow to wilt in the sauce, and add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce. (For a thicker sauce, add the milk/cornstarch mixture to the center of the pan, and continue to simmer while quickly stirring the mixture through until the sauce thickens.)



5. Add the salmon back into the pan; sprinkle with the parsley, and spoon the sauce over each filet.
6. Serve over pasta, rice or steamed veg.

Fishing with Club Members:

If you decide to go fishing and would like some company, take some club members fishing with you. Contact Kris Henry at 541-880-8105 or [http://kj9henry@gmail.com](mailto:kj9henry@gmail.com) and give about 4 days' notice of the fishing event to provide time to get the word out. Leave Kris your telephone number or email so that others can contact you about going fishing with you. Kris will then see that the word of the event gets out in a club-wide email to announce your invitation to go fishing, and he will have those interested contact you directly.

Reminder - the following offer PAID MEMBERS of the Klamath Country Fly Casters Club discounts when making a purchase

Parker's Rod & Gun Rack at 7364 S 6th St offers a 10% discount on purchases when a current club membership card is presented

The Ledge at 369 S 6th St provides a 10% discount on purchases when a current club membership card is presented.

Timeflies Outfitters at 541-539-1505 or jk@timefliesoutfitters.com offers up to a 15% discount on fly tying materials & tools as well as all fly fishing gear & flies, to current members of the Club.



INDISPENSABLE FLIES, by Ralph Carestia

Fall (October) Caddis



The October Caddis adults hatch in late fall, anywhere from late September to November in the Pacific Northwest depending upon weather, elevation, and stream characteristics. These large, orange caddis flies are approximately three centimeters long and provide too large a meal for big trout to pass up.

Gary LaFontaine considers this the most important hatch to fly fishermen because the bugs are huge, the activity is concentrated and the hatch occurs in prime fly fishing river level conditions. Emergence and adult insects often occur at the same time and normally the fall caddis flies you see on or above open water are egg laying females. To imitate their movements, I like to use a well hackled fly that will skitter around with a light twitch of the line.

During this hatch, the trout may be concentrating on the larvae, pupae or rise freely to the adult Caddis flies. To be successful fishing during this hatch, carry patterns that imitate both the surface and subsurface stages of the October caddis. When huge trout are feeding on the surface, the adult October Caddis pattern encourages many strikes. It floats high and the fly is clearly visible on the water. Sometimes, fishing the dry right at dark can net you the biggest fish of the day.

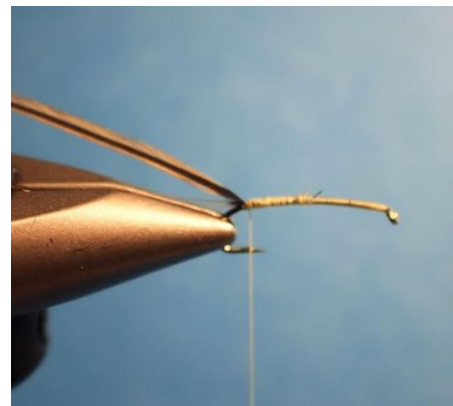
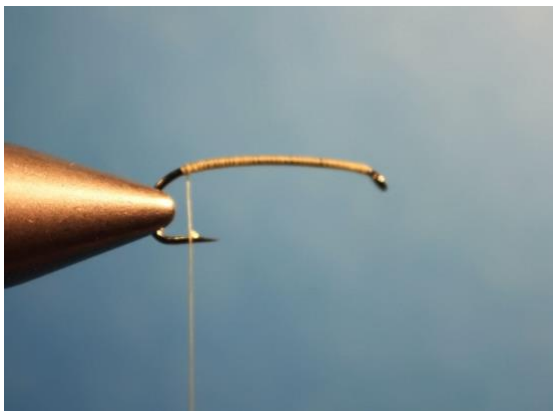


Recipe:

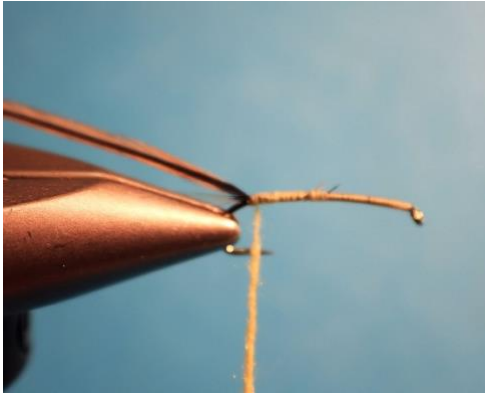
Hook:	Tiemco 2312 Size 10 – 16
Thread:	Amber or Yellow Veevus - 8/0
Body:	Superfine amber or peach dubbing
Wing:	Deer Hair
Rib:	Brown or Furnace dry fly saddle hackle
Head Hackle:	Furnace Dry Fly Hackle

Instructions:

- 1) Start the tying thread right behind the eye and build a smooth thread base to the bend of the hook. Select size and prepare a brown saddle hackle feather. I like to shoot for about the width of the hook gaps. Tie the hackle feather in at the bend of the hook with the outside of the feather facing up. Wrap forward over the bare stem and clip the excess.



- 2) Apply a thin, even layer of amber superfine dubbing to the thread. Start wrapping the dubbing at the bend of the hook and work forward forming a single dubbing layer on the shank up to the 1/3 point behind the eye.



- 3) Grasp the tip of the hackle feather with your hackle pliers and palmer it forward to the 1/3 point behind the eye with five to six evenly spaced turns.



- 4) Cut, clean and stack a medium sized clump of good quality deer hair. Cut the butt ends off the hair at the point where the hair is equal to the length of the hook. Place the hair on top of the hook with the butt ends tapered from the edge of the eye to the tie in point on the hook. Make four or five tight turns of thread to compress and tie down the hair and wrap the thread forward to the eye and back to the tie-in point on the hook creating a smooth surface.



- 5) Tie in a Furnace hackle at the Hair tie-in point and wrap the thread forward to the eye. Begin wrapping the hackle forward to just behind the eye of the hook. Tie off the hackle feathers and trim the excess. Build a smooth thread head and whip finish.





Top View



Bottom View

