

# NORTH SOUND

PROJECT HEALING WATERS FLY FISHING - HEALING THOSE WHO SERVE

## POSSESSION POINT BEACH FISHING - JULY 12TH

Saltwater Beach Fishing Outing. Join us at Possession Point State Park for a morning of Sea-Run Cutthroat Fishing at the southern-most point on Whidbey Island. We will meet at the parking lot at 7am. Pick-up and drop-off can be coordinated for those wishing to walk-on the 6:00AM Mukilteo-Clinton Ferry.

## SMALL CASCADE STREAM FISHING - JULY 26TH

Fishing the forks of the Snoqualmie River in the Mount Baker-Snoqualmie National Forest near North Bend. Great opportunity for new anglers to experience summertime walk and wade fishing with lightweight gear and eager fish. Details TBD.

## AUGUST OUTINGS

**Aug 9** - Pinkapalooza

**TBD** - High Country Lake Hike

**Aug 27** - Skagit River Pink Float



## MONTHLY MEETINGS & CLASSES

### Everett

Everett VA Outpatient VA Clinic  
220 Olympic Blvd, Everett

**First Tuesday of the month (6:30pm)**

### Whidbey Island

American Legion George Morris Post 129  
690 SE Barrington Dr, Oak Harbor

**First Thursday of the month (6:30pm)**

### Bellingham

Bellingham Vet Center  
3800 Byron Ave UNIT 124, Bellingham

**Second Monday of the month (6:00pm)**

### Skagit

American Legion Post 91  
721 E Fairhaven Ave #1914, Burlington

**Last Monday of the month (6:30pm)**

JULY 3RD WHIDBEY  
ISLAND MEETING  
CANCELLED



## PROGRAM LEADERSHIP

### PROGRAM LEADER

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### ASSISTANT PROGRAM LEADER

Tim Bennett

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### EDUCATION COORDINATOR

Heath Lawson

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### OUTINGS COORDINATOR

Mike Bradford

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### MEDIA MANAGER

Vacant

### LOCATION LEADS

#### Whidbey Island - Mike Bradford

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#### Everett - Tim Bennett

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#### Skagit - Phil Latendresse

[phil.latendresse@live.com](mailto:phil.latendresse@live.com)

#### Bellingham - Vacant

**PROJECT** EST. 2005  
**HEALING WATERS**

## PARTICIPANT SPOTLIGHT

### *Bob Wagner - Whidbey Island*

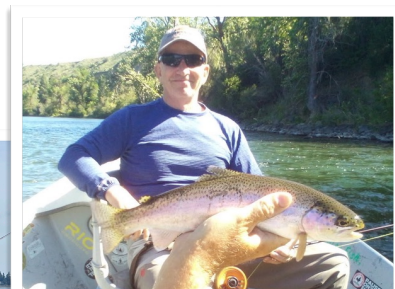
After 20 fulfilling years in the Air Force working in radiology and ultrasound, I relocated to Washington State to support my son, who's deployed aboard the USS Nimitz. Looking for a healthier way to manage stress and anxiety, I joined Project Healing Waters after a fellow veteran recommended it.



Since then, I've been on several fishing trips—but the most memorable was on the Yakima River. Guided by an outstanding angler, I was surprised by how quickly I began to relax. I learned casting techniques, connected with fellow veterans, and felt a deep sense of camaraderie. All gear and transportation were provided—thanks to volunteer leaders like Jeff and Mike— I didn't have to worry about anything except casting my line. That trip taught me a new skill, introduced me to new friends, and brought unexpected peace on the water .

Being part of this community has also shown me real opportunities to grow—perhaps even becoming a mentor someday, helping fellow vets find the same solace I've found. For anyone who's served, even without any fishing experience, I'd say: give this a chance.

Ultimately, I joined PHW to reconnect—with military culture, with nature, and with people who understand. It has given me moments of peace, meaningful friendships, and the potential to give back. If you've served, even with no fishing background, this might surprise you—with what it brings.





## OUTREACH

Outreach to veteran organizations and the fly fishing community is essential to the success of our program. These events not only help share the PHW story and connect with veterans in need, but also play a key role in recruiting volunteers for future activities. Your support in spreading the word and assisting with outreach efforts is always greatly appreciated!

### • **Upcoming Outreach Events:**

- **Monthly PNW Vets Meetings** in Island, Skagit, Snohomish, and Whatcom Counties (various dates)
- **Nine Line Veterans** (7/19) - Suns Out - Guns Out at Holmes Harbor Rod & Gun Club, Langley (10am - afternoon)
- **Blue Star Families Fishing Class** (7/27) - Deception Pass State Park
- **VFW Post 8870** - Edmonds (8/20)
- **Evergreen Fly Fishing Club** - Everett (8/26)

## DONATE TO PHW



## LAKE SIXTEEN

### SKAGIT COUNTY LAKE FISHING



## WOMEN'S FLY FISHING CLINIC

### WITH STREAMSIDE COVEN CO IN CLE ELUM



## TIPPET TIPS

Applying a little water or saliva to lubricate the **tippet** before setting a knot will minimize the chance of weakening tippet and losing flies and fish.



Use your nippers to cut **tippet** at an angle. This ensures a finer point which maximizes your success in threading the eye of flies.



Label your **tippet** with the purchase date. While tippet doesn't have an expiration date, it can weaken with age and exposure to UV so it helps you keep track of your freshest tippet.



## EDUCATION

### TIPPET

Tippet is a critical part of your fly rigging and is used for tasks like prolonging leaders and rigging additional flies.

Many types of tippet are available:

- **Monofilament** – versatile and the most affordable of tippets. It floats well and is the go-to for dry fly fishing.
- **Fluorocarbon** – doesn't transmit light underwater, is more pliable, and is more resilient against cuts and nicks from rocks. For these reasons, it is best when nymphing or streamers.
- **Specialized Tippets** – you may see sighter, wire, or other unique tippets intended for specialized fishing techniques and species.

Tippet ranges in size 0x to 7x, strongest to weakest, and with strength comes larger diameter. It's important to select a tippet size small enough to not spook the fish, while also strong enough to ensure you can land them quickly.

Another good rule of thumb in selecting tippet is that it shouldn't be stronger than your leader.

When trout fishing in the PNW, I find I mostly use 3x-5x tippet, and only occasionally need to move to 6x. I usually begin my day with 4x, but will vary depending on technique and river conditions.

*Heath Lawson*





## PARTICIPANTS GUIDE TO UPCOMING EVENTS

Jun 30	Skagit Meeting	Fly Tying	American Legion Post 91, Burlington
Jul 1	Everett Meeting	Fly Tying	Everett VA Outpatient Clinic
<del>Jul 3</del>	<del>Whidbey Isl Meeting</del>	<del>Fly Tying</del>	<del>American Legion George Morris Post 129, Oak Harbor</del> <b>CANCELLED</b>
Jul 8	FFF Lies & Flies	Fly Tying	Chuckanut Brewery, Burlington
Jul 12	Possession Point	Fishing Outing	Saltwater Beach Fishing - Possession Point State Park, Whidbey Island
Jul 14	Bellingham Meeting	Education	Bellingham Vet Center
Jul 26	Forks of the Snoqualmie	Fishing Outing	Small Cascade stream fishing in Mount Baker - Snoqualmie National Forest area around North Bend, WA.
Jul 27	Blue Star Families Fishing Day	Fishing Outing	Fishing Outing for Blue Star Families. Deception Pass State Park. <i>Volunteers need to help.</i>
Jul 28	Skagit Meeting	Fly Tying	American Legion Post 91, Burlington

## LONG RANGE PLANNER

Aug 9	Pinkapalooza	Fishing Outing	Fort Casey State Park	Saltwater Beach Fishing. Cookout and camping at Jeff's place in Coupeville.
Aug	Alpine Lake Day Hike and Fishing	Fishing Outing	Details TBD	
Aug 27	Skagit River Pink Float	Fishing Outing	Details TBD	
Sep	Skagit River Float	Fishing Outing	Details TBD	
Sep 26-28	PNW Region 2Fly Competition	Fishing Outing	Ellensburg, WA	Open for four active North Sound Participants. Volunteers Needed. Camping in Ellensburg at Kittitas Event Ctr.
Oct 10-12	Fall Yakima River Canyon Trip	Fishing Outing	Multi day camping and fishing on the Yakima River. Camping in Canyon at Big Pines BLM Rec. Site.	
Oct	Skagit River Coho Float	Fishing Outing	Details TBD	
Nov 8	Veterans Days Weekend Float	Fishing Outing	Multiple Boat Float with cookout on the river. Possible weekend camping. Details TBD	
Dec 6-7 + add'l days as needed	Rod Building Class	Rod Building	Multi-day Rod Building class for 4 active participants. We are still working out the details, but class will be at Jeff's shop outside Coupeville. Still finalizing schedule, but definitely Dec 6-7 with additional days once we can finalize with the instructor.	
Dec	Skagit River Float	Fishing Outing	Details TBD	