

NORTH SOUND

PROJECT HEALING WATERS FLY FISHING - HEALING THOSE WHO SERVE

PINKAPALOOZA - AUGUST 9

Saltwater Beach Fishing Outing. Join us for a weekend of camaraderie, camping, and fishing. We'll be camping out at Jeff's place Friday and Saturday nights, and fishing the Fort Casey State Park Beach on Saturday. WDFW forecasts an estimated 7.5M pink salmon will be returning to Puget Sound this year...and every one of them will be swimming past a Whidbey Island beach.

SKAGIT RIVER PINK SALMON FLOAT - AUGUST 27

We'll be floating the Skagit River for pink salmon. Boat seats are limited. Details TBD.

SEPTEMBER OUTINGS

TBD - High Country Lake Hike

TBD - Whidbey Island Beach Coho

Sep 26-28 - Northwest Region 2Fly



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 County

American Legion Post 91
721 E Fairhaven Ave #1914, Burlington
Last Monday of the month (6:30pm)

**BELLINGHAM LOCATION CHANGE
FOR AUG 11TH MEETING ONLY**
Beginners Casting Clinic at
Cornwall Park - Registration Req'd



PROGRAM LEADERSHIP

PROGRAM LEADER

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Vacant

LOCATION LEADS

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Everett - Tim Bennett

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Skagit County - Phil Latendresse

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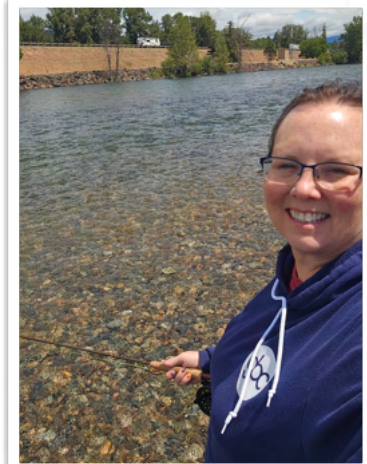
Bellingham - Vacant

PROJECT EST. 2005
HEALING WATERS

PARTICIPANT SPOTLIGHT

Amy Strawn - Everett

My name is Amy Moist Strawn. I was born in Alaska as an Army "brat" and most recently made the move from Florida's panhandle to the beautiful Pacific Northwest in March. I now call Silver Lake in Everett, Washington home, nestled in Snohomish County. I work as a Vocational Rehabilitation Counselor with IAMCREST, a non-profit organization proudly partnered with Boeing. From 1991 to 2001, I served in the U.S. Air Force-an experience that continues to shape my values: integrity first, service before self, and excellence in all I do. I'm a proud mom of two grown children and a joyful grandmother-"Mamie"-to four sweet grandbabies. Life at home is shared with three lovable dogs. I'm passionate about road trips, exploring charming small towns, diving into a good book or true-crime podcast, and most recently, learning the art of fly fishing.



I first heard about Project Healing Waters through an Orvis store in Destin, Florida. Though I wasn't able to join then, the seed was planted. After settling into the PNW, I saw the program mentioned in a local veterans Facebook group and felt compelled to reach out. I was looking for outdoor activities that would help me stay active, feed my curiosity, and connect with others-and PHW has offered all of that and more. From the moment I joined, I've been met with warmth and support. I've attended two fly-tying classes where I proudly crafted two flies with the help of incredible volunteers. Most recently, I

participated in a clinic in Cle Elum, WA with four other women veterans. It was an unforgettable experience-learning entomology, refining casting techniques, and wading into the Yakima River for the first time. It's been more than just fishing; it's been healing, connection, and empowerment.

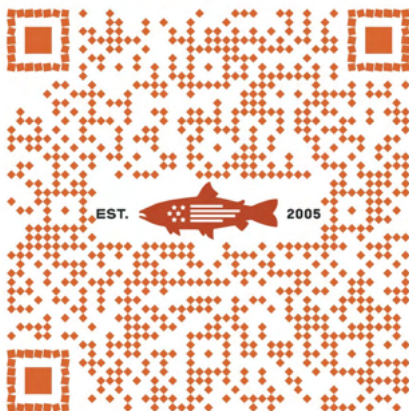


OUTREACH

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.

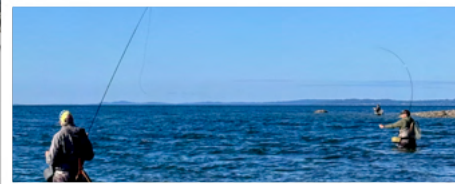
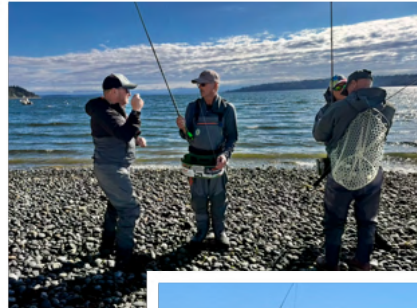
- **Upcoming Outreach Events:**
 - **Monthly PNW Vets Meetings** in Island, Skagit, Snohomish, and Whatcom Counties (various dates)
 - **VFW Post 8870** - Edmonds (8/20)
 - **Evergreen Fly Fishing Club** - Everett (8/26)
 - **Oak Harbor Military Appreciation Community Picnic** - Oak Harbor (9/6)
 - **Island County Veterans Resource Fair** - Oak Harbor (9/27)
 - **Skagit County Veterans Stand Down** - Mount Vernon (10/3 - 4)

DONATE TO PHW - NORTH SOUND



POSSESSION POINT

PUGET SOUND BEACH FISHING



LAKE FAZON

WARM WATER LAKE FISHING



WARM WATER TROUT TIPS

Temporarily clipping your digital thermometer to your wading boot is a great way to sample water temps without soaking your arm.



Water temperature is a great data point to track all year long. Many bug hatches only occur in certain temperature ranges and it's a critical indicator in what to be imitating. Keep track of this in your fishing notes.



Many newer phones are waterproof enough for an underwater or in-net picture of your catch. In warm temps, avoid the "grin and grip" and try a new angle.



Hoot owl hours are employed during the hottest times of year. During hoot owl hours, it is recommended (sometimes even required) that you avoid fishing during the heat of the day. Early mornings and late evenings are your best best.



EDUCATION

FISHING CONSERVATION: PROTECTING OUR WATERS AND FISH

Conservation is a shared responsibility for everyone who spends time on the water. Each of us plays a critical role in ensuring we minimize our impact on the ecosystems we enjoy.

One of the most important factors affecting fish health and behavior is **water temperature**. Warm water can be deadly for cold-water species like trout, while species such as bass and panfish are more tolerant of higher temperatures.

As a rule of thumb, fishing for trout in water above **65°F** can be fatal for the fish, and the risk rises sharply past **68°F**. When water temperatures reach **60°F or higher**, it's important to adjust your approach:

- **Carry a thermometer and check often.** For an accurate reading, sample water near the streambed in moving water.
- **Handle fish as little as possible.** #KeepEmWet by taking photos from the net or underwater when possible. If you must lift the fish out of the water, do so quickly and for only a few seconds.
- **Use a rubber basket net.** Avoid nets with knots, which can damage a fish's protective slime coating.
- **Land fish quickly.** Use the largest tippet you can so fish can be released without being overplayed, especially in warmer water.
- **Use barbless hooks.** They reduce injury and make releasing fish easier.
- **Help fish recover.** Point fish into fast-moving water and let them regain strength; they'll swim off when ready.
- **Target other species.** If water temperatures are too warm for trout, consider chasing bass, carp, panfish, or other warm-water species. Washington offers plenty of opportunities.

By following these practices, we can help protect the fish populations we all care about and ensure future generations can enjoy healthy, thriving waters.

Visit keepfishwet.org to learn more.

THANK YOU

OUR FLY TYING AND ROD BUILDING PROGRAMS ARE SUPPORTED, IN PART, FROM A GRANT FROM THE WASHINGTON STATE ARTS COMMISSION.

In late 2024, when North Sound was still a satellite program with limited resources, in conjunction with the JBLM program we received a veteran-specific grant from ArtsWA. This generous support allowed us to purchase essential fly-tying equipment and rod-building tools, enabling our young program to make an immediate and meaningful impact on the local veteran community. Our success today would not be possible without ArtsWA's support—thank you!

Healing Through Art: The Impact of ArtsWA Funding on Washington Veterans



The impact goes beyond the individual. These shared artistic experiences have helped build stronger, more inclusive communities—spaces where Veterans can be seen, heard, and supported.

Thanks to the generous support of ArtsWA, Veterans across Washington State experienced the healing power of art through Project Healing Waters Fly Fishing. This funding made it possible for us to expand our creative arts programming—like fly tying and custom rod building—offering Veterans meaningful opportunities for connection, expression, and recovery.

These aren't just hobbies. They're lifelines. Whether shaping a fly from feathers and thread or crafting a rod by hand, participants found peace and purpose in each step of the process. ArtsWA's continued investment in creative healing not only empowers our participants—it reinforces the vital role that public arts funding plays in building healthier, more resilient communities across our state.



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2005

PROJECT HEALING WATERS

WWW.PROJECTHEALINGWATERS.ORG



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PARTICIPANTS' GUIDE TO UPCOMING EVENTS				
Aug 1	OFF Friday Folies	Multi-Core	Third Place Books, Lake Forest Park	
Aug 5	Everett Meeting	Fly Tying	Everett VA Outpatient Clinic	
Aug 7	Whidbey Isl Meeting	Fly Tying	American Legion George Morris Post 129, Oak Harbor	
Aug 8-10	Pinkapalooza	Fishing Outing	Saltwater Beach Fishing - Fort Casey State Park, Whidbey Island NOTE LOCATION CHANGE	
Aug 11	Bellingham Meeting	Casting	Cornwall Park, Bellingham	
Aug 12	FFF Lies & Flies	Fly Tying	Rockfish, Anacortes	
Aug 25	Skagit Meeting	Fly Tying	American Legion Post 91, Burlington	
Aug 27	Skagit River Pink Float	Fishing Outing	Skagit River fishing for Pink Salmon	
LONG RANGE PLANNER				
Sep	Alpine Lake Day Hike and Fishing	Fishing Outing	Hike to a mountain lake for a day of fishing. Details TBD	
Sep	Whidbey Island Coho Fishing	Fishing Outing	Puget Sound Saltwater Beach Fishing for Coho. Stand by for 1-2 impromptu outings in September.	
Sep	Skagit River Float	Fishing Outing	Details TBD Limited Seats	
Sep 26-28	PNW Region 2Fly Competition	Fishing Outing	Ellensburg, WA	All North Sound participants and volunteers confirmed.
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- open to all	
Oct	Skagit River Coho Float	Fishing Outing	Details TBD Limited Seats	
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 Limited Seats	
Jan 1	New Years Day Outing	Fishing Outing	Lake Fishing at Pass Lake, Deception Pass State Park	
Feb / Mar	Rod Building Class	Rod Building	Multi-day Rod Building class for 5 active participants.	