



# On The Fly

## The Prez Sez *by Ken Hofmeister*



[WWW.SUNCOASTFLYFISHERS.COM](http://WWW.SUNCOASTFLYFISHERS.COM)

Members of Suncoast Fly Fishers have a powerful resource available to us on a round-the-clock basis. Our web site is a treasure trove of fly fishing information and help. While Tom Anderson reminds us that this is a “work in progress” as he continues to refine and improve it, you will find that it contains lots of helpful stuff. Judd Sheets will continue to update and enhance this site as we move forward with your input and participation.

For example, you can go to Club Outings and find directions to the monthly fishing site. But you can also find tips on what fly to use and where to find pictures and tying instructions for those flies in back issues of “On the Fly” newsletters.

In the Club Meetings section, you’ll find meeting dates and directions. You’ll also find under the Board box the upcoming SFF Board agenda and most recent monthly board meeting minutes. This will enable you to influence the agenda, decide to attend a meeting, or review what happened at the last meeting.

Under Fly Fishing Reports, you can complete a simple report on line and send a picture to dazzle and amaze your friends. These reports can be invaluable in helping members know what’s hot and what’s not on a timely basis. No need to wait for the monthly “did anyone catch any fish?” question at the meeting.

The Home Page features a brief welcome to visitors and a reminder of our vision and values that guide our actions as a club. On that page, you find a Guides section. That will be a list of seasoned anglers who have presented to our club and convinced us that they know what they are doing. Such a resource!

You’ll note a page on Links that features everything from tide charts to fishing regulations. (I’ve been reminded to consult the regulations.) FFF links will open up a wide network of resources to help you in your search for information and resources. Perhaps you’ll have some favorite sites to suggest. This would be an excellent time to complete the brief survey (found on top of Home Page) and suggest the site in the question about how to improve the SFF web site.

Under Events, you’ll find information on past and upcoming events, complete with pictures that capture the spirit of our group. Of special interest is the Project Healing Waters box. Click that box to access a “Readers Digest” article about Project Healing Waters. Scroll down and read about SFF members who are participating in this worthy venture to help vets learn to tie flies, cast, and fly fish. Bay Pines VA Healthcare System is perfectly suited to our sport. Staff members are most supportive of our efforts. You’ll note an online sign-up sheet for your convenience. Schedules will appear later.

Finally, you can turn to the Board page and see who heads up which committee. You’ll know where to go with your suggestions and ideas. Also, you’ll know how to volunteer to work on a committee of your choice.

Under Events, expect to see details about upcoming things of interest, along with directions. In addition, you’ll be able to sign up online for boating and fishing shows as fly tiers and talkers. SFF has provided a powerful resource for your use. Make the most of it. And help make it better with your contributions and suggestions. *Ken Hofmeister*

### SFF UPCOMING EVENTS

Sept. 5 – 8 Tampa Boat Show Tampa Convention Center

Sept. Program - Aaron Adams

Sept. 27 - 28 Florida Sportsman Show Florida State Fairgrounds

Anytime -Sign up for Project Healing Waters

### Inside this issue:

Outing reviews, Previews, Tournament Results	2
SFF Aims & Purpose, SFF Committees	3
Review of Ron Whiteley’s “How To catch Fish” program	4
Alligator Lake pre-fishing with Terry and Don	5
Poppers and Panfish by Capt. Pat Damico	6
Tying Bench—Ron’s Estaz and Al’s Grass Shrimp	7 & 8
SFF Pictures	9

---

## **OUTINGS -REVEIWS and PREVEIWS** *by Richard Oldenski*



### **August Outing - August 23, 2008 -- Alligator Lake**

#### **July Outing -**

In July our club invaded the Anclote River Estuary by boat, kayak and wading. The fish won again, but we had a good time. Snook and redfish were sighted but showed no interest in our flies. Their stomachs may have been full from feeding all night under the light of the full moon. A few trout; however, were caught, and the largest fish was a needle fish captured and released by Don Manning. Mark Hays treated us to venison burgers for lunch. You should have been there!

#### **August Outing -**

The August outing will take us to Alligator Lake in Safety Harbor. This lake has been a longtime freshwater favorite for our club, and recent reports from club members indicate that the fishing has been "hot". We're not just talking about the weather. The sunfish are plentiful, hungry and eager to bite. This outing will require small boats, canoes or kayaks; as there is almost no wadeable shoreline. Be prepared to sign up and find a fishing buddy at the August meeting.

To get there, find your way to McMullen-Booth Road. If you're driving North, turn right on Drew Street, then left on Bayshore Blvd, and finally left on 7th St. S until you come to Safety Harbor Park on the left. If you're driving South, turn left on Sunset Point Road, then right on Bayshore Blvd and finally right on 7th St. S. to the park. Maps

will be available at the meeting.

Due to the usual hot August weather, we recommend starting out early in the morning coolness. A tailgate lunch will be served by the boat ramp at 11:00 AM.

Please bring a folding chair, as there are no benches or picnic tables at the park.

Recommended Flies for the August Outing and Newsletter Reference for Instructions:

Spiders and Beatles	February 2007	page 7
Woolly Buggers	April 2008	page 8
Mighty Myakka Minnow	July 2008	page 8
Little Brown River Clouser	July 2008	page 9

### **Future Outing Previews:**

September - 4th Street North

October - Carl Hanson Memorial Tournament

November - The Clambar

December - Don Coleman Invitational

### **Fishing Tournament**

Snook - Tom Trukenbrod - 30 inches

Trout - Mark Hays - 20 inches

Open Category - Robert Campbell - 20 inch gar

---

### **August Program: Fly tying Round Table**

Featured fly tiers for the August membership meeting will be Charlie Most, Alan Sewell, Ken Doty, Terry Kirkpatrick, and Al Pitcher. They will be tying flies that are proven "go to" patterns in both fresh and salt water situations. Since our August outing is Alligator Lake and September outing is Tampa Bay at fourth street (Howard Franklin) newcomers will know what to use for these events. Bring a vise and tie along with these folks, or just watch and learn what patterns work.

### **Project Healing Waters Fly Fishing Inc.**

We are having weekly meetings at Bay Pines VA Hospital Wednesdays at 12:30 p.m. Fly tying has been the primary focus as volunteers from Suncoast Fly Fishers continue to help disabled veterans tie their creations that will fool fish. Our club should be very proud of our officers and members who have moved us forward in a relatively short amount of time. The staff at Bay Pines has been a pleasure to work with. Our Board of Directors approved a Memorandum of Agreement between PHWFF and Suncoast Fly Fishers that will allow us to work together, 'to cooperate in delivering the best fly fishing experiences consistent with the physical condition of the participants and the resources of PHWFF and Suncoast Fly Fishers.' This was signed by Ken Hofmeister, President of our club.

Anyone wishing to volunteer should contact Terry Kirkpatrick, 725-1321, or John Craig, 596-5940. If you have any fly tying material, instruments, rods or reels that are not being used, you can donate them to PHWFF. They will be put to good use.

# SUNCOAST FLY FISHERS INFORMATION

## SUNCOAST FLY FISHERS

### *Our Aims and Purpose*

*The Suncoast Fly Fishers are dedicated to sharing their total fly fishing experiences and to developing interest in fly fishing in both fresh and saltwater. We shall promote and teach both fly fishing and related subjects of fly tying, rod building, fly casting and knot tying.. Through collaboration, fellowship, conservation and sportsmanship, we will help members become more skilled, have more fun and be more productive in the sport. Suncoast Fly Fishers support the conservation of natural resources,*

## LOCAL FISHING GUIDES

Capt. Pat Damico, Tampa Bay 727-360-6466

Capt. Rick Grasset, Sarasota Bay, Charlotte Harbor, Tampa Bay 941-923-7799

Capt. Pete Greenan, Boca Grande and  
The Everglades 941-923-6095

Capt. Mike Homer, Tampa Bay 727-418-5005

Capt. Ray Markham Sarasota and  
Tampa Bay 941-723-2655

Capt. Wayne Simmons Tampa Bay Area  
727-204-4188

## Suncoast Fly Fishers, Your Board Of Directors Working For You

Activities are at the heart of any successful organization. SFF's BOD has instituted the following Standing Committees to help us maintain a high level of activities that have proven to be popular with the membership and some new ones to fill a need as expressed through membership surveys. These committees are generally chaired by board members but you do not have to be a board member to fill that position. If you would like to volunteer to participate on any of these committees, please speak to any director.

Committees are as follows:

- Casting Skills - Pat Damico
- FFF Liaison - Pat Damico
- Fly Tying - Alan Sewell
- Membership - Pat Damico & Joe Dail
- Newsletter - Paul Sequira
- Outings - Richard Oldenski & Mark Hays
- Publicity - Roger Blanton
- Programs - BOD
- Project Healing Waters - Terry Kirkpatrick
- Raffles - John Rodgers & Tom Hummel
- Webmaster - Tom Anderson

## Fly Fishing Argentina, Mar. 14-22 & 23-31, 2009

Anyone interested in this great fishing venture should contact me now as deposits are due. The guide service, [www.esqueloutfitters.com](http://www.esqueloutfitters.com), has been featured on ESPN, as well as many fly fishing magazines and websites. This is truly the trout fishing adventure of a lifetime. Contact me at 727-504-8649.

Pat Damico



"Never trust a man  
who doesn't fish"  
(Teddy Roosevelt)

### Platinum Real Estate

Roger Blanton—Broker

Please contact me if you are buying or selling residential, commercial or investment property. A full service real estate and mortgage company.

Phone: 727-515-5247

Fax: 727-864-4950

E-mail: [Roger.Blanton@hotmail.com](mailto:Roger.Blanton@hotmail.com)

Website: [PlatinumRealtyOfFlorida.com](http://PlatinumRealtyOfFlorida.com)

# Suncoast Fly Fishers Information and Activities

## JULY PROGRAM *by Ken Hofmeister*



Ron Whiteley tying his Estaz Marabou pattern  
photo by Ken Hofmeister

Ron Whiteley, program presenter from Ronda West, Florida, came early and showed us how to tie his famous “Estaz Maribou” pattern. He said this was his “go to” pattern 95% of the time. Ron switched hats from being a guest designated tier to presenting an informative program on “how to catch fish.”

He quickly made his case for the effectiveness of the Estaz Maribou fly when he overviewed tips gleaned from habitat, sensors, behavior, spawning, and anatomy. For example, “pressure waves attract fish to fly” because of their lateral lines and sensors. The Estaz Maribou was well suited to make such waves.

Ron reminded us to “fish where the fish were.” He went on to help us figure that out with a well illustrated presentation—including videos of fish jumping into the boat. “Fish,” he said, get a “visual turnoff.” (Don’t we know it!) Ron went on to show us ways to overcome this problem. Everybody left with an “ah ha” tip to try out on their next trip. Ron is listed on our website under guides.

## PROJECT HEALING WATERS SPIDER-MEN *by Ken Hofmeister*



Pictured from left to right: John Craig, Don Manning, Tom Anderson, Pat Damico, Terry Kirkpatrick, Ken Doty, Al Pitcher and Ken Hofmeister. Not pictured: Michael Gilman, Les Scott and photographer Tom Gadacz.

These SFF members shared time and skill with the vets at Bay Pines Healthcare System as they showed how to tie “spiders.” We had a one-on-one ratio that worked well in this initial venture with a pilot group. SFF has begun the first Project Healing Waters project in Florida. To learn more about this worthy cause, go to our web site [www.suncoastflyfishers.com](http://www.suncoastflyfishers.com) and click on Events. On the Events page, click Project Healing Waters and you’ll find a description of Project Healing Waters, along with a link to the Readers Digest article on this subject. Diane Lopes, SFF honorary member, is featured in this article. We are all proud of her achievements. You too can volunteer—use the convenient on line sign up to participate in this project.

We anticipate expanding through other groups at Bay Pines and progressing from tying flies to fly casting. When sufficient progress has been made, we’ll take our flies and casting skills to the ponds at Bay Pines to catch some warm water species. Boca Ciega Bay is another option.

This project will require sustained service from a core of volunteers. Terry Kirkpatrick is our SFF point person and will be scheduling us so that we cover our commitments. Pat Damico, is regional coordinator and will be working with Florida VA facilities, including Tampa and the Tampa Fly Fishing Club. Mike Gilman, recreation therapist at Bay Pines, has been most helpful in getting this project off the ground.

# Suncoast Fly Fishers Information & Activities

## Alligator Lake with Don and Terry

By Terry Kirkpatrick



Terry and Don showing some typical Alligator Lake bream which they caught strictly for the benefit of the Club. Photos by Terry Kirkpatrick

*(Terry Kirkpatrick and Don Manning thought a little pre-fishing of Alligator Lake would provide some helpful information for the members prior to the Club's Saturday outing. Terry's report follows. ....PS)*

Spent a morning on Alligator with Don Manning. (Luckily, Don and Conrad's good friend James, are half a world apart. If the two ever got together, I don't know what would happen.) Don's also a deer hunter and a wing shooter but much more of the former than the later.

We launched his little John boat about 7:05 AM at the boat ramp. Spent the morning exploring the locations of fish. We took about 30 to 35 fish of all sizes but only kept 10.

Here are a couple of them.

We fished until it got hot and that was enough excitement for one day. Don decided that he didn't want to clean all those fish. So we motored over to an old gentleman who was bait fishing and gave him the fish.

Don got the dollar.

## FEDERATION OF FLY FISHERS

### DUES NOTICES by Joe Dail

Club members are beginning to receive dues renewal notices from the Federation of Fly Fishers (FFF). Such dues should be paid directly to FFF, and you should NOT wait until Club dues are renewed in September. Since FFF memberships expire 12 months after they started, and all Club memberships expire at the same time (in September), the dues periods for the two organizations do not coincide, and it was decided that it would be simpler for the Club's volunteer treasurer, and that there would be less room for error, if members deal directly with FFF with respect to FFF dues. Accordingly, the Club collects FFF dues only from new members, which gives the Club credits toward incentive fly rods awarded by FFF to charter clubs for obtaining new

## Poppers and Panfish by Capt. Pat Damico

---

Think back to some of your first experiences fly fishing. What were the things about those days that kept your enthusiasm and interest all this time? I would bet that



your excitement centered around adventures on a pond, or small freshwater lake. I know mine did. It didn't begin with a fly rod, but as soon as I began to become a successful fly fisherman it was because I fooled some panfish with a fly.

Ponds are readily available in most areas and generally have a variety of fish eager to gulp a small offering. The most innocuous looking one could be a bonanza.

Most can be fished from shore so a boat or paddle craft isn't needed. Panfish are usually not very selective and pound for pound will put a serious bend in your fly rod.

There is no better way to introduce a newcomer, regardless of age, to the joys of fly fishing. How do we get started? Equipment can be very inexpensive. A four weight fly rod eight feet in length with a reel that will hold a floating weight forward fly line and fifty yards of backing is ideal. You will probably never see the backing, but a full spool makes the reel work more efficiently. Reel drag should be reasonably smooth. A seven and a half foot leader tapered to six pound test will get us off to a good start. How about fly selection?

Fortunately, panfish are not very particular. I prefer catching these scrappers with offerings that float. Your local fly shop should have a good assortment of small poppers that come in a variety of shapes, colors and sizes. If you tie your own, Google panfish poppers and find some that are very simple to construct for a few pennies. Poppers are so called because they make a popping noise and disturbance when twitched. The design will usually have a flat face. This will call anything interested in an easy meal to your fly. There are also floating bug imitations that slide through the water without making much surface disturbance. Appropriately called sliders, they create a "V" shaped wake when moving through the water's surface; a Sneaky Pete would be an example. A pointed forward surface design doesn't disturb the water the way a popper does. There will be times when one will outfish the other. Favorite colors are white, yellow and black, or combinations of these. Sizes will vary from twelve to six, depending on the size of what you see on the water and also the

size of the fish you are pursuing. A large bass will hit a small fly when presented properly. Catching large fish with light tackle is always unexpected extra fun.

How do we present our floating fly? Unlike saltwater, a slow patient presentation will be more successful than an aggressive one. When fishing a pond, cast parallel and close to shore unless there are some obvious structures like a log, sand bar, rocks or noticeable beds. Cast close to and under docks and bridges. A fly landing with a splat can be more effective than one that lightly touches the surface. Calm water usually demands a quieter more subdued presentation than a surface rippled by the wind. The old rule to wait until the circles made by the fly hitting the water disappear before giving the first small movement is a good one. Your line should be free of slack so that your slightest movement with the line hand will be transmitted to the fly. A quick strip with your line hand will elicit a bubble producing surface "pop." Wait a few seconds before moving the fly again. Most strikes will come when the fly is sitting still. A slight hesitation, before setting the hook, is needed when you see the fish take the fly; otherwise you will miss a lot of fish. A line that starts to sink will affect the fly's action as well as prevent you from making a quiet pickup while beginning your next cast. I have been using a product called Zipcast. It is one of the best, and easiest to use floatants, protectors, cleaners and lubricants for fly lines that I have seen in years.

Early morning and evenings will have fish looking for food, generally close to shore. When the sun is up, fishing in shaded areas will be most productive. These areas are more comfortable for the fish we seek. The overhead cover also harbors insects and bugs that drop into their feeding zone.

Keeping some of these fish will generally improve the fishery; accelerating growth rates of the ones that remain. If you enjoy fresh fish fillets, panfish are superb. The skinless fillet can be coated with cornmeal, or your favorite coating. All purpose pancake batter made with beer is hard to beat.

Check out some of the freshwater ponds, or lakes close to home. A rigged fly rod can be put into service in a few minutes on your way from work or any other time that you want to have some instant action and a great diversion. Panfish and surface offerings will remind you why fly fishing is so much fun!

Capt. Pat Damico, a FFF Certified Fly Casting Instructor, guides in lower Tampa Bay as well as surrounding water offering fly and light tackle trips. He can be reached at 727-504-8649, or through his website [www.captpat.com](http://www.captpat.com) where more information is available.

# Fly Tying Bench — Ron's Estaz Marabou *by Ron Whiteley*

---

This fly was developed by Ron Whiteley as a simple fly that anyone can tie. It takes five minutes or less to tie and at that rate you don't mind losing a few. The marabou has great action in the water and when you shake the rod tip it makes the fly come alive. Numerous size and color variations can be applied to imitate many different forage species, but plain white works just fine in most circumstances.

## MATERIALS:

**Hook:** Size 1/0 Eagle Claw 254SS (Heavy Hook to provide sink rate.)

**Tail:** Two White Marabou Feathers

**Body:** White Estaz (crystal chenille), Large

**Thread:** Black, Flat Waxed

**Flash:** Crystal Flash



Ron's Estaz Marabou tied and photo by Ron Whiteley

## DIRECTIONS:

1. Wrap the hook with a complete wrap of thread.
2. Select two matching whole marabou feathers. Trim to the desired length, about two to three inches is good. Wrap the two feathers to the hook with the curved side in so that they fit together.
3. Tie about 10 strands of crystal flash, the same length as the feathers, or slightly longer, on each side of the marabou.
4. Wrap in the end of the Estaz to the rear of the shaft.  
Use your fingers to fold it back as you wrap it
5. Wrap the shaft solid so that no flash or feathers are showing.
6. At this point soak the thread wrapped shaft with head cement, or if you want a fly that stands up to bluefish, use super glue.
7. Start at the rear of the shaft to ensure all the black thread is covered and wrap the Estaz close and very tightly into the wet cement. With each turn use your finger to fold the material toward the rear of the fly as you pull the next wrap. (Use care with super glue.) Wrap the Estaz in this manner all the way to the eye of the hook.
8. Use the black thread to tie off the Estaz and trim it close. Continue wrapping the thread while holding the Estaz to the rear. Use the thread wraps to make a black spot on the front of the fly to simulate an eye.
9. Cement the head with head cement or super glue. Let dry and coat the head with clear nail polish.

## Fly Tying Bench — Grass Shrimp *by Al Pitcher*

---

This fly was originally designed by Jay Murakoshi

### Materials:

**Hook:** Mustad 3407 size #2 to #6

**Thread:** Danville's Flat Waxed Nylon or equivalent

**Wax:** Waspi Dubbing Wax

**Carapace:** Gray Bucktail

**Body:** Whitlock's Dubbing Blends #2 by SLF; Use a blend of Minnow-Belly and Stonefly-Gills. Alternatively, use any off-white dubbing.

**Shell:** Gray Bucktail

**Antennas:** Two stripped grizzly hackle quills

**Eye's:** Black Mono-Medium

**Glue:** Head cement and Zap-a-Gap CA+



Grass Shrimp tied and photo by Al Pitcher

### Tying Instructions

Step 1: Starting at the hook eye lay down a base of thread back to the hook bend and then back towards the eye until just opposite the hook point. Tie in a pair of medium-sized black mono eyes using figure-eight-wraps just opposite the hook point. Add a drop of Zap-a-Gap on the figure-eight-wrap.

Step 2: Tie in a bunch of gray bucktail, in front of the eyes and slightly before the hook bend, making sure it stays on top of the hook shank. Pull the bucktail up, and wrap thread underneath to form a post. Then wrap the thread back to the front of the hair. Trim the tip ends of the bucktail at an angle.

Step 3: Tie in a pair of large grizzly hackle quills that have been stripped of their barbs along each side, splayed slightly outward to form the antennae. Don't wrap too tightly because you can easily cut the quill. Trim off the butt sections and remove a little from the tip ends. Add a drop of Zap-a-Gap to the thread.

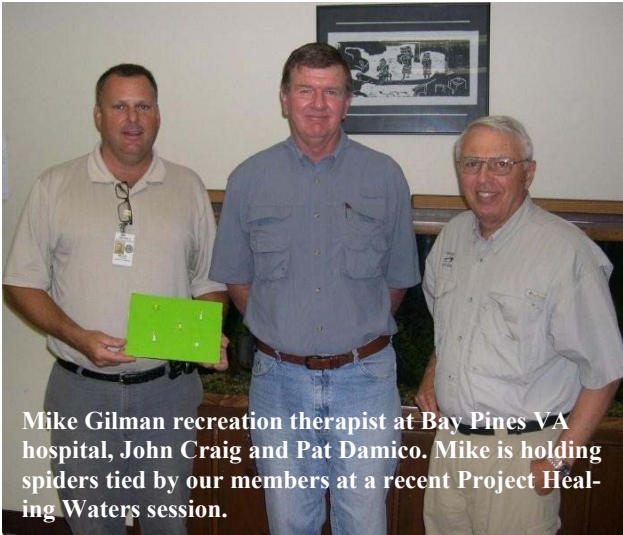
Step 4: Make a dubbing loop about 5 inches long and apply a small amount of wax to the thread. Open up the loop and add the dubbing material; using a dubbing tool spin the loop and material into a dubbing strand. Wrap the dubbing strand forward almost to the eye of the hook forming the body, and tie off. Leave enough space to tie down the tail. With a bodkin, tease out some of the dubbing to form the legs of the shrimp.

Step 5: Pull the bucktail down over the top of the body forming a shell and tie off at the eye of the hook.

Step 6: Make a few wraps at the front section of the tail to flair it at a 45 degree angle. Splay the bucktail to give it a wide look. Now take a few more wraps to secure all material. Whip finish, cut the thread, and apply a drop of head cement to the thread wrappings.



# Suncoast Fly Fishers Photos



Mike Gilman recreation therapist at Bay Pines VA hospital, John Craig and Pat Damico. Mike is holding spiders tied by our members at a recent Project Healing Waters session.



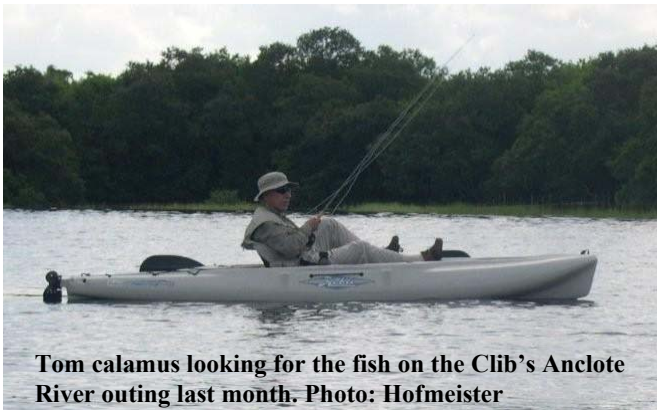
Les Scott and Tom Gadacz watch Al Pitcher demonstrate tying the Grass Shrimp at the July meeting.



Al Pitcher looking for the right fly at the Anclote outing. Photo: Ken Hofmeister



Ken Hofmeister with a beautiful Anclote River trout. Photo: Ken Hofmeister



Tom calamus looking for the fish on the Clib's Anclote River outing last month. Photo: Hofmeister



Al Pitcher on an Arizona trout stream on his summer vacation this year. Photo: Al Pitcher

## SUNCOAST FLY FISHERS

### Club Officers

President: Ken Hofmeister 727-521-1637

Vice President: John Zientarski 727-391-1480

Secretary: Joe Dail

Treasurer: Enver Hysni

### Board of Directors

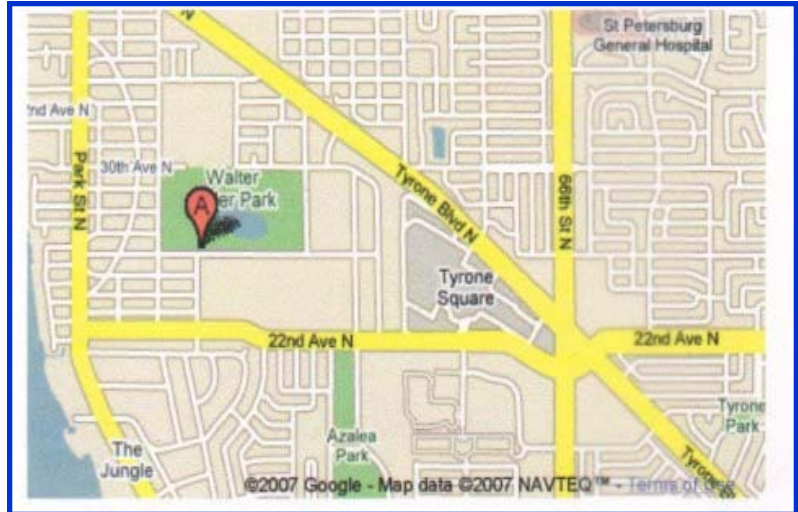
Roger Blanton - Pat Damico

Mark Hays - Richard Oldenski

John Rodgers—Alan Sewell - Paul Sequira

“On the Fly” is the monthly newsletter of the Suncoast Fly Fishers (SFF), a not-for-profit organization offering fly fishing and fly tying instruction to members and visitors. Club membership includes newsletter subscription. Send e-mail submissions to the editor, Paul Sequira

[psequira@tampabay.rr.com](mailto:psequira@tampabay.rr.com)



**Next Club Meeting: August 21, 2008**

**Time: 6:30-7:00 PM Outdoor Activities**

**7:00-8:30 Meeting & Program**

**Location: Walter Fuller Park**

**7891 26 Avenue, North, St. Petersburg, FL 33710**

**Program:**

**FLY TYING ROUNDTABLE**

***VISIT OUR WEBSITE***

<http://www.suncoastflyfishers.com/>

***Suncoast Fly Fishers***

**P.O. BOX 40821**

**St. Petersburg, FL 33743-0821**