

# On The Fly

February 2013 Volume 23, Issue 2

## Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers



### SFF Fly Fishing Exhibit

After receiving funding from the IFFF we completed the fly fishing exhibit at the Florida Gulf Coast Fishing Center and Interactive Museum (FGCFCIM). You will get a chance to see it at the Annual Hog Roast and Silent Auction on March 23 which is at the FGCFCIM. I think you will be very pleased with the exhibit. It tells about our history, the differences between fly-casting and spin casting, our activities and the fun we have,

the differences between fresh and salt water fly fishing, and how to contact us and IFFF.

### SFF Awarded Grant from Fish Florida

We just received word that Fish Florida funded the grant we submitted in November. We will receive \$2,550 for rods, reels, cases, vises, and fly tying material to support our program with Florida Gulf Coast Fishing Center and Interactive Museum and the fishing clubs in Pinellas County high and middle schools. We can also use the equipment to support other youth program, such as summer fishing camps.

### Annual Hog Roast and Silent Auction

Mark your calendars and save March 23 (Saturday) for our special event. It will be held at the FGCFCIM at 12211 Walsingham Road in Largo, FL from 5 to 8PM.

Ken has a great description of the things we will do and the auction and bucket items we will have. We are roasting our own hog so come early and watch the master chefs at work. This year we have tickets. Buy your tickets at the meeting or send in your reservation on the form in this issue. We would appreciate advance notice of your attendance. Be sure to see our exhibit.

### SFF Nominations of Officers and Board Members

At our February meeting the nominating committee will present its slate of members to fill the positions of vice-president, secretary, treasurer and three board members. Additional nominations can be made at this meeting.

Tom

### Also in this issue of On The Fly

#### February 2013 Volume 22, Issue 2

- News 'n' Notes 3-4
- Hog Roast: What to bid on 6
- Sewell, Previews 'n' Reviews 7
- Pinellas Point Outing 8
- Trash and Treasures 9
- Tying Bench-Smitty's Cockroach 11
- Oldenski: Pains and Sprains 12-13
- Mazzarella: Let the brain cast 14-15
- O'Byrne: Train to stay warm 17-18
- Damico: Casting Clinic #38 19
- Morrison: How-To 19
- Friends of Suncoast Fly Fishers 20-21
- Putnam-Fly Fisher Reflections 22
- AuCoin: Fly Over 23

# We are Suncoast Fly Fishers



## SFF Club Calendar

- February 21 meeting, Walter Fuller Park -- Leigh West ties flies and discusses wade fishing for redfish.
- February 23 outing, Blackthorn Memorial, I-275 rest area on the Sunshine Skyway
- March 16 Fly casting clinic with Dayle Mazzarella. Maximo Park. SFF members free.
- March 21 meeting, Capt. Tommy Thompson, author, Saltwater Anglers Guide to Tampa Bay
- March 23 Outing, Walsingham Park, Largo
- Hog Roast, March 23, 2013 at the new Florida Gulf Coast Center for Fishing in Largo. Get ready for good food and entertainment, auctions, raffle, prizes.
- April 18 meeting, Capt. Rick Grasset, Flyfishing the Flats in Spring

## Monthly Meetings

Suncoast Fly Fishers meet the third Thursday of each month (except December) at Walter Fuller Park, 7891 26 Avenue N. St. Petersburg, FL 33710

- 6:00 – 7:00 pm –Fly tying
- 7:00—8:00 pm – Meeting and program



## Suncoast Fly Fishers

P. O. Box 40821, St. Petersburg, FL 33743-0821  
<http://suncoastflyfishers.com/>

### Club Officers

President: Tom Gadacz 727-360-8030  
Vice President: Woody Miller, 727-560-6086  
Secretary: Ken Hofmeister 725-521-1637  
Treasurer: Paul Sequeira

### Board of Directors

Dan Bumgarner – Kirk Burton  
Hugh Copeland – Mark Craig  
Pat Damico – Myron Hansen– Alan Sewell

### Committees

Volunteers welcome. Please speak to any director.  
Casting Skills – Pat Damico, Dayle Mazzarella  
FFF Liason—Pat Damico  
Fly Tying – Myron Hansen  
Membership – Paul Sequeira  
Webmaster – Woody Miller  
Hog Roast – Richard Oldenski  
Outings – Alan Sewell  
Outing lunches – Richard Oldenski, Mark Hays  
Project Healing Waters – John Craig, Terry Kirkpatrick  
Raffles – Tom Hummel, Bryan Jankovic  
Florida Gulf Coast Center for Fishing – Kirk Burton, Tom Gadacz, Ken Hofmeister, Richard Oldenski  
Programs: Board of directors  
Newsletter/Publicity – Bill AuCoin

## **Suncoast Fly Fishers News 'n Notes**

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### **Nominating Committee Slate of Candidates**

The nominating committee has recommended the following members to serve two-year terms or, in the case of the vice president, to complete the remaining one-year term of Woody Miller who has resigned. The committee recommends these individuals for the following positions:

#### **Officers**

Vice President - Kirk Burton  
Secretary – Ken Hofmeister  
Treasurer – Paul Sequira

#### **Board of Directors**

Pat Damico  
Karen Warfel  
David Putnam  
Tom Trukenbrod



**NOTE: The committee's slate will be formally announced at the February meeting. Elections will be at the March meeting.**

#### **February 21 Meeting: Leigh West, Wading the Flats for Redfish.**

February's meeting spotlights Leigh West as a fly tyer and a presenter. Leigh is a long-time member, former president and board member of the Tampa Bay Fly Fishing Club and a member of the Sunshine State Casting Club. West has more than 20 years of fly-fishing experience on Tampa and Sarasota Bay area waters. He enjoys sharing his knowledge of fly-fishing, casting, rigging and tying with his friends and fellow fly fishers. Leigh will tie a few of his favorite fly patterns for redfish, snook and trout, and follow up with a slide presentation on wade fishing strategies.

#### **Bluegill Fly Swap**

Myron Hansen reports that 16 are signed up to bring and swap three bluegill flies with other participants. Myron, it is reported, as a severe case of Arachnophobia. So he has outlawed spider flies. Myron has also asked some of our club's best fly tyers to bring some of their best work to the February meeting for the Hog Roast silent auction.

#### **Hog Roast March 23**

Have you made reservations for our annual Hog Roast March 23. Get all the details in the sign-up flyer and other articles in this issue. This year we're holding the Hog Roast at the new fishing museum in Largo – Florida Gulf Coast Fishing Center and Interactive Museum. FGCFIM, for short.

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## **Suncoast Fly Fishers News 'n Notes**

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### **Generous grants endorse the good work of your club**

*Continued from previous page*

#### **Thank You, [Fish Florida](#).**

Suncoast Fly Fishers join the board and President Tom Gadacz in sending a huge thank-you to Fish Florida for a generous \$2,500 grant. Fish Florida is the non-profit based in Hollywood, Florida that helps children learn about fishing and Florida's environment. When someone buys a Fish Florida specialty license plate featuring a sailfish Fish Florida gets \$22. Pooled, those revenues and other donations, go to fund the purchase of fishing equipment and pay for scholarships and grants, like the one to Suncoast Fly Fishers. How will we use the money? We'll be buying rods, reels, vises and fly tying material to support our Pinellas school fly casting and fly tying instruction through the Florida Gulf Coast Fishing Center and – this is news – with a summer youth fishing program at EC Simmons Park on the bay near Ruskin. Details to come. Thank you, Fish Florida, and thank you for recognizing that "*Kids who spend time outdoors have less stress, better concentration, more creativity and higher self-esteem than those who stay inside.*"

#### **March 21 Meeting: Capt. Tommy Thompson**

Captain Tommy Thompson , author of *The Saltwater Angler's Guide to Tampa Bay and Southwest Florida*, will share a lifetime of secrets about where to fish on the Suncoast, closely-guarded secrets from guides and from personal experience.

#### **March 23: Hog Roast and Silent Auction**

Suncoast Fly Fishers hold the 10<sup>th</sup> annual Hog Roast and Silent Auction March 23 at the Florida Gulfcoast Center for Fishing, 1221 Walsingham Road in Largo. BYOB. You'll bid on rods, reels, hand-tied flies, guided trips, artwork, gear and garments. Buy your tickets at the next club meeting or contact President Tom Gadacz, 727-360-8030 (email [thomasgadacz@yahoo.com](mailto:thomasgadacz@yahoo.com)). Adults, \$20. 13-20 \$10. Under 13 free.

#### **Thank You, IFFF**

While you're at the museum for the Hog Roast March 23 be sure to check out the Suncoast Fly Fisher wall display made possible by a generous grant from the International Fly Fishing Federation (IFFF) in Livingston, Montana. In the one good deed deserves another department....Visit the [IFFF online store](#)

#### **April 18 Meeting: Capt. Rick Grassett, Spring Flats Success with a Fly**

**Ready-Set-Go: Hog Roast- March 23**

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**SUNCOAST FLY FISHERS  
10<sup>TH</sup> ANNUAL HOG ROAST AND SILENT AUCTION**

**March 23, 2013 (Saturday)**

**5:00 to 8:00PM**

**Florida Gulf Coast Fishing Center and Interactive Museum**

**12211 Walsingham Road**

**Largo, FL**

**We will roast our own hog. Fish is available as an alternative.**

**Admission: Adults = \$20 Teens = \$10 Under 13 = Free**

**Member door prize: 10 wt rod, reel and line**

**Grand prize raffle: TFO 7 wt BVK rod, reel, & line**

**Many silent auction items**

**Guided trips & Casting lessons**

**Bucket raffle items**

**VISIT the Florida Gulf Coast Fishing Center and Interactive Museum and see the SFF exhibit, exhibit of many local artists, fishing exhibits, and much more.**

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If you are planning to attend the Hog Roast and cannot attend the meeting, please let us know. You can mail your reservation and pick up your tickets at the door. Please select hog or fish. Thank you.

Name: \_\_\_\_\_  
(please print)

Number of adults \_\_\_\_\_ X \$20 = \$ \_\_\_\_\_ Hog \_\_\_ Fish \_\_\_  
Number of teens \_\_\_\_\_ X \$10 = \$ \_\_\_\_\_ Hog \_\_\_ Fish \_\_\_  
TOTAL = \$ \_\_\_\_\_

Mail to: Suncoast Fly Fishers  
P. O. Box40821  
St. Petersburg, FL 33743

## **Ready-Set-Go: Hog Roast Bucket Raffle and Auction Items**

**Hofmeister. Fun. Pork. Fish. Fellowship. Gear.**

### Too Much of a Good Thing?

*By Ken Hofmeister*

*Chairperson, silent and bucket raffle*

Mae West said: "Too much of a good thing is wonderful." We could add: "especially when it comes to fly fishing."

How about too much fun, pork, and fellowship at the famous SFF Hog Roast March 23? A \$10.00 **raffle ticket** gets everyone a chance at the TFO BVK 7wt. rod complete with reel, line, and case.

Or, how about the **bucket raffles** where you can buy 12 tickets for \$10.00? Last of the big spenders can get a ticket for a buck. Buckets include:

- 8 wt. Orvis/Scientific Angler fly lines
- On the Fly cups (stuffed with fly tying materials)
- Oil change certificates
- Light sticks
- SFF hat and fish shirts

Surely, you need a signature Alan Sewell 10 wt. rod—complete with reel and line. A \$20.00 admission ticket will get members a shot at this **door prize** item.

The **silent auction** will feature fly fishing stuff guaranteed to make you look and fish better than ever before. Some of these items include:

- TFO 8 wt. Lefty Kreh Professional series., 9' 4 piece rod
- TFO 6 wt. Lefty Kreh Professional Series, 9' 4 piece rod
- TFO 8/9 reel
- Fly tying vise kits
- Columbia fishing vest
- Fly rod blank with kit
- Premium boxed flies from SFF's elite tiers
- SFF boxed West Coast Grand Slam flies from Smitty's class
- Gift certificates for all sorts of stuff—including Polaroid glasses
- Jewelry guaranteed to get guys a couple of "go fish" cards
- Orvis Cookbook
- Guide trips with famous West Coast Florida guides
- Paul Sequira- 6 wt. built rod
- Art



***Al Pitcher flies for the silent auction.***  
*Bring your flies and other silent auction items to the February membership meeting and give them to Ken Hofmeister for silent auction bidding.*

What can you do? Bring guests, bring money, and bring a good appetite. You can also bring your flies and other silent auction items to Ken Hofmeister at the February membership meeting. You may want to donate some new items or suggest a vendor who would like to support SFF's annual fund raiser.

See you there!



## **Alan Sewell's Fishing Reviews & Previews**

### ***January 19, 2013 - Pinellas Point Outing***

This outing turned out to be one our better trips from this area. Low winds, comfortable temperatures, and good fishing. Lots of club members and even that "northern raffle visitor " showed up. He was a really nice fly fisher, and said we would certainly be missed. We wished more members had come to enjoy another FFF day (fun, food, and friends ). The largest trout was caught by Rick Warfel. one of many he caught.

### ***February 1, 2013 - Shad Outing, St. Johns River***

No SFF members attended.

### ***February 23, 2013 - Blackthorn Area, I-275.***

Our next outing will be held out of the North skyway rest area. Fishing should be done in a 5 mile area. You can fish both sides of Interstate 275 and the Fort DeSoto area, and the clam bar. Very good area to wade, kayak or boat. Small boats can launch at the rest area or larger boats at Pinellas Point or Maximo Park. Prize for the longest redfish, which would also win the yearly trophy. Lunch will be at the Blackthorn Monument area at 12:00 noon. FFF.

### ***March 23, 2013 - Walsingham Park***

This is the same day as our pig cookout. You can fish in the lake and then come to the cookout. The largest bass or bream will compete for this year's yearly trophies.

[For information about Walsingham Park go to [this website](#):

[http://www.pinellascounty.org/park/22\\_Walsingham.htm](http://www.pinellascounty.org/park/22_Walsingham.htm)

### ***2012 - 2013 Fishing Tournament Results***

**Trout - Tom Hummel - 18.5 inches.**

Bass - open

Snook - open

Redfish - open

Other Fish - open

**Sunfish - Robert Fischer - 9.75 inches**

IMPORTANT -- All fish must meet minimum size by FWC rules. Any fish may be entered for each category when we are having an outing and you must pass the strictest investigation.



# Suncoast Fly Fishers Report

## Tom Gadacz: Pinellas Point Outing, Saturday, Jan. 19

*By Tom Gadacz*

Several of our January outings have been on the cool side with some rain or wind. This year we had a very pleasant day but the wind did kick up a bit.

Wading Pinellas Point is my second favorite spot. Ft. DeSoto is my most favorite. Well the fishing was OK but my catching was lousy. I had a couple of partners who did manage to catch fish and one of them, Rick Warfel, caught the biggest trout of the outing. I used an intermediate sinking line and tried a variety of flies. The chartreuse Clouser had a couple of strikes but no hook-ups. Ron Kelly caught two nice trout but the big one got away. Richard Oldenski caught a few but had to leave early to put the coffee on for lunch.



*Rick Warfel's big trout fly: he ties it with radar-decoy glass chaff. (It's a secret. Don't tell anybody.)*

During lunch Rick showed me the fly he was using to land the big one (see photo). It looked pretty simple and he agreed to share its components. Rick used buck tail for the wing and chaff for the body.

**What is chaff? Well, it's very unique and an aluminized glass material. It is used as a countermeasure to decoy radar guided missiles fired at military aircraft. Good luck on getting any.**

Rick worked for a company that manufactured chaff. I guess his trout was not fooled by his decoy type fly! These Florida fish are pretty smart by not being fooled by the decoy or are they dumb for being caught? Your call.



*Top left. After lunch members describe their fishing success on the flats near Pinellas Point. From left, Joe Dail, Mark Hays, Adam Hays and his dad Bill Hays.*

*Top right. Charlie Most and Bob McIntyre.*



*Bottom left, l to r, Tom Truckenbrod, Tony Piazza and Capt. Dan Bumgarner.*



## **Meeting Report: Trash 'n' Treasures**

### **Trash 'n' Treasures--Photos by Tom Gadacz and Bill AuCoin**

#### **"Hey, Honey, look what I bought at the fly fisher auction"**

Suncoast Fly Fishers brought in everything a fly fisher could love (or not) for the annual Trash 'n' Treasures auction to beef up the club's checkbook balance. And a good time was had by all.

Clearly the donating folks were not that much in love with their leave-behinds or they wouldn't have brought them in, but it was clear that those on the receiving end were pretty pleased.



The auctioned items included Rio and Scientific Angler's fly lines as well as fly reels by Tibor, Fin-Nor, STH, and Cabela's; flies by Al Pitcher; bamboo fly rod; wading belt, boat shoes and water shoes; Martin 10 weight rod with two reels with line and backing; kayak anchor and apron, work-light, spotlight, and light box; worm box, fish cleaning table, towels and cups, fishing shirts and a rain jacket; solar charger and binoculars, spool leader holder, comic book about fly fishing; and much more including a strange-looking device that somebody finally identified as a Japanese fish scaler.



*Auctioneer Alan Sewell kept the bidding going, and club coffers growing, with lively repartee and a lot of laughs. Here Terry Kirkpatrick weighs in on the pros and cons of a bamboo rod donated to the club for Trash 'n' Treasures.*

## **Suncoast Fly Fishers Report**

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### **Layne Smith: Fly Tying Sessions have started**



*Eight Suncoast Fly Fishers are meeting Tuesday nights in February to learn how to tie eight "West Coast Slam" flies under the direction of Maestro Layne (Smitty) Smith (above). The flies? MGM (My Glass Minnow), Deadhead Minnow, Redfish Merlot, Golden Eye Shrimp, Mangrove Snook Fly, Summer's Tide, Tarpon Toad, and Cockroach. And the fly tyers are Dave McKay, Kirk Burton, Ken Hofmeister, Alan Sewell, Woody Miller, George Hazeltine, Dr. Frank Moss, Bill AuCoin, and Bob Morrison.*

## **Suncoast Fly Fishers Report**

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### **Constantinou: Apollo Beach Redfish**



*Andy Constantinou's iPhone has been active again, this time with a picture of a just-right-for-the-pan redfish that he caught fishing a Clouser on the skinny Apollo Beach grass flats not far from where he lives.*

## **Tying Bench - Cockroach Fly by Layne Smith**

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*The cockroach fly, in any of the different forms it has taken since it was first introduced by Lefty Kreh in pre-synthetic material time, is one of the premier flies for catching tarpon. It's not too late for Suncoast Fly Fishers to stockpile a few of these crustacean mimics for sight-casting to silver kings when they migrate down our beaches this summer. If you don't get a shot at them off the sand, chunk them at rolling tarpon at Egmont Key because, depending on how you tie it, this fly can be taken for a shrimp or a pass crab.*



### **Materials**

Hook: Gamakatsu SL11 3H size 1/0  
Thread: Hot Orange Flat Waxed Nylon (or color of choice)  
Butt: Hot orange Trilobal Chenille  
Claws: Cree or Brown Variant Neck Hackles (3 each side)  
Flash: Flashabou or Krystal Flash in Copper or Pearl  
Collar: Grey or Bleached Squirrel Tail  
Head: Hot Orange Thread over-wrapped (snelled) with 20# Mono

### **Tying Sequence**

Step 1: Pre-assemble squirrel tail in small bunches (See NOTE #1 below)

Step 2: Attach thread to hook above hook point and back wrap to just above barb. Tie in chenille and form a ball above the hook barb. Tie off and cut away remaining chenille. This is a spreader.

Step 3: Select 6 feathers and cut to approx. twice hook shank length and prep for tie in. Tie in three on either side of ball (back wrap to flare feathers).

Step 4: Cut 3 or 4 strands and wrap around bobbin for "V" tie in. Tie in and trim to 1/2 in. longer than feathers. (See NOTE #2)

Step 5: Advance thread to in front of hook point. Start to tie in prepared squirrel tail beginning at bottom (split 1st bunch evenly on either side of hook point then add additional bunches on either side of hook ending on top to make a full collar of squirrel tail. Wrap thread forward with a few loose, then back wrap with tighter wraps with each bunch.

Step 6: Over wrap all at the same time making smooth transition for elongated head. Whip finish and trim thread.

Step 7: Snell with 20# mono using FIRM but not tight wraps. Pull on tag end to finish snell. Trim off excess mono.

**NOTE #1:** When cutting squirrel fibers from tail, be sure to set them perpendicular to tail. If you are processing whole tail stack in sized bunches. Choose size that would fit or trim to fit (half length of feathers) cement butt ends and set aside to dry.

**Note #2:** Use this if you are trying to imitate shrimp; if you are trying to imitate a crab, eliminate Step 4. Crabs are dull. They do not shine.

## **Fly Fishing First Aid and Prevention**

### **Richard Oldenski: Sprains-Strains-Pains**

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#### **Dislocate a joint? Tear a ligament? What are you going to do about it?**

*By Richard Oldenski MD*

In the January 2013 issue of *On the Fly* we learned that three out of four fly fishers surveyed experienced pain from fly-fishing. Most of the injuries were the result of strain or overuse of the upper extremities. Sprains, although not usually the result of casting or fishing, can occur in the process of getting to our most promising fishing spots. This article will address the treatment of these injuries.

A sprain is caused by a sudden direct or indirect trauma like a fall or blow to the body that knocks a joint out of position. The ligaments that hold the joint together are overstretched, torn or even ruptured. Strains are caused by the sudden stretching, tearing, or rupture of muscles or tendons that attach muscles to bones, or by prolonged repetitive movement that causes cumulative tissue damage to tendons and muscles.

In each case, as the tissues stretch, nerve endings are stimulated to cause pain. As tissues tear, chemicals are released to cause inflammation, which is characterized, by swelling, redness, bruising and heat. At the same time, chemicals, like endorphins, are released to relieve pain and promote healing. This is the "Ying and Yang" of injuries: Pain and inflammation vs. pain relief and healing. It is only as the inflammation decreases that healing can proceed. The sooner treatment can be given, the less the tissue damage and pain and the faster the healing and return to fishing.



#### **Pain is your body's warning system**

These injuries vary in severity and, except for the very mild ones, should be evaluated by a physician. There are some things we can do, before we get to the doctor, to minimize damage and promote healing. Sports medicine advises us to use R.I.C.E.: Rest, Ice, Compression, Elevation.

REST: Stop what you're doing and take some time out. For a lower extremity, stay off of it and avoid weight bearing. If it's an upper extremity, use it only as necessary. Let pain be your guide. Avoid any movement or activity that hurts. Pain is your body's warning system; pay attention to it. When the pain gets to the point that you can be active again, go back to casting practice and fishing gradually. Start back at 10 to 25% of your previous level and increase by 10% every week or so.

ICE: Immediately soak the injured body part in ice cold water or apply an ice pack for 30 minutes. As an alternative, hold an ice cube in a cloth to keep from freezing your fingers, and massage the injured area until it is numb. At home, fill a paper or Styrofoam cup with water and freeze it. You can repeatedly and conveniently use this "ice cone" to massage and ice down the injury. Ice the area for 30 minutes about every 2 hours for the first day, then 2 or 3 times a day, especially after activity and at bedtime.

COMPRESSION: Tightly wrapping the injury with an ACE dressing or gauze will limit swelling, provide support and relieve pain. Be careful not to create a tourniquet effect and cut off your circulation. Swelling and bruising may not appear until 24 hours after the injury, so failure to use compression at the start may put you behind the curve.

Continued on next page>>>

## Richard Oldenski: Sprains-Strains-Pains

*Continued from previous page*

**ELEVATION:** Gravity pulls swelling and bruising down an extremity, increasing your misery. Keeping the injury higher than your heart will help mobilize fluid and reduce swelling and pain. Even lying in bed, keep the injured extremity up on cushions, above heart level.

Nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen not only relieve pain, but also block the biochemical processes that cause inflammation. They can increase your chances for a speedy recovery. However, they must be used with caution. If you are taking prescription medications, check with your doctor first. Besides being hard on your stomach, NSAIDs can make hypertension worse. They can block the heart protecting effect of aspirin and increase your risk of a heart attack. They can cause kidney damage, especially if you already have hypertension or diabetes. For most of us, however, taking them with food for a few days can provide marvelous pain relief and put us on the road to recovery.



Any injury that is the result of a sudden trauma should be evaluated by a physician as soon as possible. Non-traumatic injuries that prevent use of a body part, get progressively worse, or are associated with numbness, tingling, coolness or discoloration also need a physician's evaluation. Injuries that come on gradually over time, with a milder but nagging pain that is most noticeable with certain movements, have a good chance of improving with a few weeks of self-treatment before you need to call your doctor. These overuse injuries, usually the result of prolonged repetitive motion, are the ones fly fishers most often experience.

Overuse injuries may not require every part of RICE. Rest is important. Take some time off and as the pain improves, return gradually to fishing. Use a lighter rod; target smaller fish; fish for shorter time periods. Ice is helpful. Do an ice massage a few times daily, especially after fishing and at bedtime. You can omit compression, but in some cases a splint may help by supporting the injured tendons and muscles. Elevation is helpful if there is swelling.

For overuse injuries, as well as for sprains and strains, therapeutic exercises and stretching speed up healing, minimize scaring and stiffness and prevent re-injury. Future articles in this series will cover treatment and rehab for specific joints.

Here are some recommendations to prevent injuries:

- Stay in shape. Exercise regularly with a program that includes stretching, strengthening, and an aerobic workout.

- Warm up before you fish. Do a few range-of-motion exercises to warm up your muscles before you start. Do a few practice casts using only the butt end of your rod.

- Stretch after you're done fishing. Studies show that stretching before sports activities does not necessarily prevent injuries, but stretching afterwards helps to maintain flexibility.

- Keep your muscles and joints warm. Wear appropriate clothing to keep from getting cold and protect yourself from wind chill.

- Use the appropriate weight rod and line for the fishing conditions and the fish you're targeting.

- Learn to cast properly. Poor casting posture and body mechanics will lead to painful fishing.

- If you've had a previous injury, learn to modify your cast to avoid stressing that joint or muscle.

- Learn how to properly land a fish, using the leverage of the rod and reel, and your entire body strength to prevent fatigue and injury of individual muscles and joints.

- Practice casting and fish more often to keep up your skill and have more fun.

###



## **Fly Casting: Food for Thought**

Mazzarella: Brain Research and Casting Instruction Part I

### **Casting instructors are getting inside our head. It's a good thing**

*[Editor's note: The following is the first of a six-part series by Suncoast Fly Fisher Dayle Mazzarella dealing with new insights into how fly casting instructors are tapping into the logic and emotional drivers that can dramatically help us become better at fly casting and fly fishing in general. Mazzarella, by the way, will be the lead instructor at a fly casting clinic (free for SFFers) at Maximo Marine in St. Petersburg on Saturday, March 16.]*

**By Dayle Mazzarella**

Despite changes in distances, speeds, wind and angles, on virtually every cast, an experienced fly caster drifting down a river can throw a streamer to within inches of the bank 95% of the time, with no false casts - a task so complicated and intricate it puts a cruise missile computer to shame.

How does this happen, and just as importantly, what are the implications to fly casting instruction?

Having been intimately involved in the training of classroom teachers and athletic coaches for over two decades, I can say without hesitation that most have a limited grasp of modern cognitive research and its implications to instruction. To form a basis for our pedagogy most of us today, including fly-casting instructors, rely on intuition, observation, and experimentation. Intuitively, many have developed a fairly competent bag of tricks and lessons that have served them pretty well.

This series of articles, while grossly over-simplifying, will address how learning takes place and how we might want to rethink some assumptions about teaching fly-casting. Let's start with casting with accuracy as illustrated in the opening paragraph.

#### **Hand it off to your neo-cortex and limbic systems**

We see the target and our eye's receptors transfer this data and information to our neo-cortex. All of this is relayed to the thalamus, which regulates motor function. Also involved is the limbic system which regulates emotion. The signals are sent to the cerebellum which is responsible for coordination and balance. These systems are, in part, responsible for organizing, prioritizing, and storing plans and goals.

The goal in this case is to hit the target. When our fly lands, the eye records the landing and again relays this information as above. The Cerebellum acts as a sequence-error computer that compares the desired outcome of the cast to the actual performance.

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## **Mazzarella: Brain Research and Casting Instruction Part I**

*Continued from previous page*

What happens at this point is determined at least as much by emotion as it is by intellect. If the outcome is less than satisfactory and we feel some level of frustration, anger, embarrassment or some other similar negative emotion, the brain automatically attempts a different motor sequence on the next repetition.

If, on the other hand, the outcome is consistent with our expectations and we feel some level of joy, satisfaction, vindication or other similar positive emotion, our brain attempts to “lock in” the motor sequence that resulted in the successful cast. If we cast enough to different targets, with different variables, our brain automatically and instantaneously calibrates the force, angle, movement and timing required to hit any target.

### **Lessons Learned:**

- 1) DEVELOP EMOTION. Motivate the student to want to learn what we are teaching. Why is the cast important? How can it improve your angling success? How is it fundamental to future attempts at learning new casts?
- 2) The lessons must be designed so that the student knows exactly what is expected. (DISCRIMINATION TRAINING prevents incorrect muscle memory.) I give every student a detailed, written description/ reminder of each specific step required to make a particular cast (Visual Instructional Plan).

Next month, we'll explore whole-part-whole instruction.

###



*Dayle (right) with a happy client*

## **Ready-Set-Go: Casting Clinic with Dayle Mazarella**

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**Damico: Learn Quick, Learn Long, Learn Aim**

**Maximo Park. Saturday March 16.**

*By Pat Damico*

Dayle Mazarella, MCI, is going to conduct our next casting clinic. Dayle's many years of teaching and coaching have refined his approach to teaching fly casting that is very unique. He recently gave a program to certified casting instructors and has published several articles in publications that were received with exceptional enthusiasm. This program will be for all levels of casting skill, from first timer to expert.

We are fortunate to have someone of Dayle's skills in our Suncoast Fly Fishers Club. Bring a hat and glasses and if you show up at 8:31 you will be too late. As in the past, FFF members will attend free of charge, others will pay the equivalent of their FFF dues and join at the clinic. If you miss the sign up sheet at our meeting, and/or need equipment please call or email me: pat4jaws@hotmail.com or 727-504-8649.

### 8am - 8:30: Check-Ins

We will have some equipment for those need it. A 6-weight rod with a 7-8 foot leader is recommended. We will have leader material, yarn, name tags, etc. We will familiarize participants with the format, layout, schedule, etc.

### 8:30 Basic casting principles and execution (Be Prompt!)

This portion is designed to help beginners learn to make basic casts and understand the principles involved. In addition, more experienced casters will learn how to teach friends and family. A handout of the principles and drills will be provided. Even experienced casters will find this portion helpful in reviewing the basics which, in turn, will help prepare for the more advanced casts later in the day.

DRILLS: Pick-Up and Lay-Down, Grass Drill, Feeding Line, Roll Cast, Roll Cast to Pick Up and Feed.

### 9:45 BREAK

### 10:00 Split into Groups (45 minutes, then rotate)

- Basic casting
- Quick Casting
- Spey Casting
- Basic Double-Haul
- Advanced Distance Casting
- Accuracy and Mending

### 11:30 LUNCH

12:30 Repeat 10 am Group Instruction. (That way everyone can potentially go to 4 different groups.)

### 2:00 BREAK

### 2:15 Fun Casting Drills - 5 Stations

- \* One-legged casting - (Keep the boat from rocking.)
- \* Accuracy - (Under mangrove, docks, and Trout fishing)
- \* Distance - (Get that Redfish!)
- \* Quick-casting - (Get that Bonefish!)

OR

INTRODUCTION TO FFF CASTING INSTRUCTOR EXAM

### 3:30 Finished

## Fly Fishing Fitness

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### Chris O'Byrne: You don't have to be cold

**Are you the first person to quit fishing when it's cold?  
You can fix that, you know.**

*By Chris O'Byrne. Photos by Chris and Taylor O'Byrne. First in a two-part series*

The crisp, dark water lapped at the wader belt, the seeping cold distracted focus, the floating line drifted time and again over the snowy bank reflected in the cold water. Our All American Angler, Payton, made the pilgrimage to The Holy Water. Now Stone Fly nymph patterns swung in deep currents looking for silvery steelhead.

After the exercise of a short hike, donning fleece and waders then wading onto the snow flecked water, Payton feels muscles becoming tired and spends less time stepping down current and more time standing still. The picture that this famous winter fishing makes in his mind does not excite Payton now that the reality of exertion frigid water and air is here. Fatigue forces Payton to leave the water and sit on a snow covered log, hands stuffed into fleece lined pockets and arms held tight.

The professional guide, Payton notices, never stops moving. Casting and following the fly line. Picking the next lie and casting target then stepping down stream and casting again. Payton wondered how this person can be happy as a clam. They were in the same conditions and the guide had personally picked out the same layers for Payton at the shop the night before.

Payton was not able to overcome the chill, and the guide made the decision to get back to the warmth of her truck well before shivering signaled the appearance of danger, but the dream trip was ruined, not by the cold, but by Payton's response to the cold

Payton is experiencing a challenge we all face; being cold is normal for humans. Our fishy quarry, their neighbors the mammals, birds and marine animals are gifted with fur, blubber, even variable metabolisms to deal with the cold. We must deal with the cold in other ways. Our clothing and regulation of our own body heat can be optimized for the conditions we put ourselves in. And of course we have the ability to warm our environment generally through fire etc.

**I am a fan of proper fabrics in proper combination and further heat devices.  
But the human body has mechanisms to deal with cold and we can improve  
our ability to deal with cold through our fitness.**



*Continued on next page>>>>*

## **Fly Fishing Fitness**

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### **Chris O'Byrne: You don't have to be cold**

*Continued from previous page*

Our mind is able to create a warm environment. Our body is able to conserve precious heat at a sub-venous level. We generate our own heat through movement. According to various research studies, all three of these thermo-regulatory functions are improved through physical fitness.

Our bodies have thermo-regulatory mechanisms which are heat-conservation mechanisms. These systems actually reduce the amount of heat our bodies lose by increasing the amount of heat our bodies produce. Generally, our bodies pump more blood and change the amount of heat exchanged in the blood at the point where arteries become veins.

#### **Keep Moving**

Movement is the best way for our body to generate heat. According to a U.S. Army study, "human activity is a part of the process, not being able to move makes us colder. "If we are not able to continue our moderate level of exercise we will begin to get over-cold. "Poor fitness is considered a contributing factor to hypothermia." By the time our muscles begin to shiver, we are past a safe thermal-state.

In my literature review I came across medical studies that said that the physiological management of heat loss is also improved in individuals with higher levels of basic fitness. Scientific research going back to 1970 has shown that physical fitness helps us better deal with cold.

**Individuals with a higher level of basic fitness can handle the cold better. (Their body functions more efficiently under the added stress of the cold.**

In an overall sense, when our body becomes over-cooled our mind reduces its functioning.

We can improve our experiences by improving our fitness. Try to focus on three main areas of fitness:

- 1. Keep a healthy body composition**
- 2. Keep our cardio-vascular fitness at a level that allows us to participate in fishing with out undo fatigue**
- 3. Keep our main muscle systems toned**

*To be continued. In the next issue Chris describes ways to prevent shivering and more.*

# **Casting Distance: Remember Gravity**

*By Capt. Pat Damico, Master Casting Instructor*

### **Casting tip #38**



Saltwater fly fishers are often concerned with improving distance. Joan Wulff's book has an excellent illustration showing a very useful tip. As you carry more line, you must aim both your forward and backcast a little higher, meaning above the horizontal. As the longer line unrolls, gravity will come into play causing the line to drop before your longer fly line reverses direction. The next time you practice your casting experiment a little with this concept. Your final delivery forward cast may be aimed as much as 20 degrees or more above the horizontal for better distance. This applies to situations with minimal wind.

Pat Damico, MCI  
St. Pete Beach

## **Bob Morrison: How-To**

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### **Foam: Cut it with a hot needle**

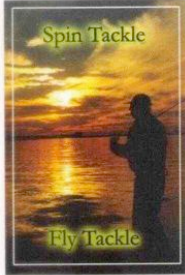
A friend tells me that when he wants to cut foam for bass bugs he uses a hot needle heated with a cigarette lighter. He claims that using the needle instead of a saw produces a cleaner cut with less loss of material. Interesting. Anybody want to weigh in on this?

### **Small Minnow Mimic**

If you see very small minnows swimming in the shallows try a very small sparsely-tied fly, with maybe a little flash. I tried this at Emerson Point just after I left you guys last month. After completing a retrieve, I was lifting the fly out of the water for the next cast when a good-sized sea trout struck right at the surface about six feet in front of me, splashing water on me and missing the fly, then swimming right past my leg about only about a foot away. From above it looked just like a rainbow trout.



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Members, got a good fishing website you want to share with other Suncoast Fly Fishers?  
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## **Fly Fisher Reflections**

### **David Putnam: How Low Can You Go?**

#### **Lake Istokpoga: It's Deeper Than You Think. Hah!**

*By David Putnam*

My hunting and fishing buddies enjoy putting snakes in sleeping bags, hiding the toilet paper and making you sardine sandwiches when you get seasick. Rotten bait sardines slapped between slices of plain white bread are good, or longer baits, like ballyhoo or mullet, which extend out past the bread. It's a rough crowd.

The words "Mark Twain" referred to two fathoms, or twelve feet of water under the keel of a Mississippi riverboat. Traditionally, a "leadsman" would drop a weighted line with a knot every six feet, and holler the depth to the captain in the pilothouse. Fishing experts today use all sorts of fancy depth-finding equipment, but a redneck out for a day of bream fishing pokes a stick overboard until it touches the ground to see how deep the water is, the stick being his or her fishing pole. It's basic and foolproof, like the lead line. Well, almost foolproof.



*The author doing research*

One day I was fly fishing at Lake Istokpoga in central Florida with three Florida Cracker friends. Sam Crutchfield, one of Florida's best fishermen and a lifetime friend, was running the boat, acting as our guide. We were searching for bluegill beds, washtub-sized circles of sand on the dark lake bottom that indicate where the fish lay their eggs. Bluegills are small fish—a pound's a good-sized one—but they aggressively attack anything that comes close to their nest. That day we were using four-weight fly rods, light by Florida standards, and tossing white #8 homemade foam poppers with rubber legs. As the poppers hit the water, a bluegill would strike, and the fight was on. They smash the bug imitations like much bigger fish.

We'd get overboard and wade-fish an area dotted with beds, and then get back in the boat and search for new territory. It was fun fishing, with lots of kidding going on. You could see all the other guys casting and catching, or getting their flies caught in the bushes. We released all the fish, and by noon we'd probably caught a hundred.

Each time we'd search and find a new bunch of beds, Sam would lean over the side and touch bottom with the tip of his fly rod to check the water depth. Then he'd hold out his rod to show us how deep it was. Once we were anchored he'd slide over the side and stand up, taking first shot at the fish. We all became accustomed to seeing the water depth on his measuring stick—the fly rod. And, we became a little aggravated at having always to be second in line behind him. Finally, someone said something about him hogging the best-looking spots at every stop. Words were exchanged, mostly friendly.

One more time we motored to a new bed, and Sam measured the depth as he'd been doing. He held up the fly rod to indicate that the water was about thigh to waist deep, perfect. Sam then casually said to my friend in the bow, "You can go first this time. Get goin'!"

The man eagerly swung his legs over the side and sat on the gunwale with his fly rod in hand for a few seconds. He let go and jumped, expecting thigh deep water as Sam's measurement had indicated it was. Instead he went down and out of sight until his ball cap floated. When he surfaced you could see by the look on his face that he knew that Sam had set him up perfectly with the old measuring stick trick. Did we laugh?

## **Fly Over**

### **Bill AuCoin: Fly Fishing, Once Over Lightly**

#### **Will your outboard like more ethanol?**

It's pretty clear now that outboard motors hate ethanol gasoline. So what's this about the Feds increasing ethanol in gas by 50 percent? The EPA wants to take it from E10 to E15. Farmers may love it but the boating industry is so mad it has decided to challenge the EPA in court. [NMMA.org](http://NMMA.org)



#### **Tarpongenetics Update**

Marine biologist Kathy Guindon and her tarpongenetics team at Florida Fish and Wildlife Research Institute (FWRI) in St. Petersburg have released new information about their tarpon DNA collection program. (Note: Guindon briefed Suncoast Fly Fishers in September 2009 when this program was just starting.) Tarpon anglers now have swabbed the cheeks of 16,000-plus tarpon and sent the DNA samples to FWRI. Guindon said it appears that one of every 100 tarpon genetically sampled is a recaptured tarpon. One tarpon was caught three times in the Sebastian River system. Another tarpon was swabbed and released south of Sarasota and later caught, sampled, and released near Islamorada. Details at [Myfwc.com/research](http://Myfwc.com/research)

#### **Do you tie a unique fly? Umpqua wants it.**

Umpqua is looking for new flies to add to its catalog. Flies submitted by tyers that stand out will be judged. Deadline is May 31. This is your chance to go down in fly tying history! The deadline for this year of submissions is May 31st. So, get going. [Floridasportsman.com](http://Floridasportsman.com)

#### **We need a fly that looks like a thumb**

An angler caught a 5-lb trout in Priest Lake in Idaho and he checked the contents of the stomach to see what the fish was feeding on. He found a rather well-preserved human thumb. (It was later determined to belong to a wake-boarder who lost three fingers when his hand got tangled in a tow-rope.) Anyway, in a match-the-hatch kind of mood, my question is, is there a fly that looks like



the human thumb? With a few modifications the Deadhead Minnow would do it, I think. You could use pink Polar Fibre for the body and draw the fingernail with a Sharpie. [Fly fishingfrenzy.com](http://Fly fishingfrenzy.com)

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