

On The Fly

May 2013 Volume 23, Issue 5

Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers, St. Petersburg-Clearwater



SFF Receives Grant from Fish Florida. Last week we received funds from Fish Florida for our youth program. Fish Florida is a non-profit statewide organization that promotes public awareness and encourages protection and conservation of the marine fisheries and coastal environs. The Grant Program provides funds to organizations that teach adults and youth about Florida's fishing resources, encourages ethical fishing habits and education to protect our aquatic environment. Funds from "Fish Florida" specialty license plates and other sources help support the organization and its grant program. Grants are awarded to organizations to support fishing summer camps and educational programs. SFF applied for a grant last November and were notified of approval of the grant in January.

We plan to have four fly fishing sessions at E. G. Simmons Park on June 19, July 3, July 17, and July 31 from 1:00 to 4:00 PM. This will be a great opportunity to introduce fly fishing to 9 through 12 year olds. There will be a sign up sheet at our meeting or if you are interested, please e-mail me (thomasgadacz@yahoo.com). We will have a structured program and it should be lots of fun. For more information about Fish Florida go to www.fishfloridatag.org.

Fort DeSoto Park Celebrated Its 50th Anniversary – May 11.

Saturday May 11 Ft. DeSoto celebrated its 50th anniversary and SFF had a booth. The event started at 9:00 AM and lasted most of the day. We were at the site of the Old Fort. Mark Craig, Toni Fernstrom, Tom Gadacz, Ken Hofmeister, Alan Sewell, and Tom Trukenbrod were tying flies, giving casting instructions and telling fly fishing stories. More next month when I get my digital pictures developed.

Fly Box Exchange.

For the last several months you may have noticed that about 10 to 12 members have been exchanging flies. This is a great program and thanks to Myron Hansen has been a great addition to the advantages of being a member of SFF. If you are a fly tier, you need to contact Myron and join the group. I know that we have more than 12 fly tiers in the club. The rules are simple. Each session a fly is designated along with the number of flies. You tie your versions and bring them to the meeting. Your box is given a number and at the end of the meeting, numbers are drawn except that you cannot win your own box. What a great way to exchange some flies.

Tom

Also in this issue of On The Fly

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We are Suncoast Fly Fishers

SFF Club Calendar

- May 16 Meeting -- Free pizza and our annual fly tie-a-thon. Bring your fly-tying kit and your appetite. The club will provide four vises for newbies. There will be lots of free instruction.
- SFF Logo Shirts. Bring a clean fishing shirt to the June meeting and have an SFF logo embroidered on it. Just \$10.
- Saturday, May 18, Urban Outing, Coffee Pot Bayou to Demens Landing, downtown St. Petersburg
- Saturday, May 18. Project Healing Waters veterans tournament. Bradenton Yacht Club.
- June 18 Meeting. The June fly-box exchange features a floating fly with a dropper.
- July 18 Meeting – Richard Oldenski, MD, fly-fishing first aid and prevention
- August 15 Meeting – Fly Casting Shoot-Out with Robert Fischer
- September 24-28 – Int'l Fly fishing Fair, West Yellowstone, Montana
- October 18-19 – Florida Council, FFF, Expo, Plantation Inn, Crystal River



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: Kirk Burton, 727- 631-3033

Secretary: Ken Hofmeister 725-521-1637

Treasurer: Paul Sequira

Board of Directors

Mark Craig – Pat Damico - Myron Hansen

David Putnam - Alan Sewell

Tom Trukenbrod – Karen Warfel

Committees

Volunteers welcome. Please speak to any director.

Casting Skills – Pat Damico, Dayle Mazzarella

FFF Liason—Pat Damico

Fly Tying – Myron Hansen

Membership – Paul Sequira

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

Welcome New Members

Suncoast Fly Fishers is now up to 123 members with this month's three new signups: Tom Tolrud, Robert Schrum, and Bill Hays. Tom sent us the following about his fly fisher bio.

"My fishing has been primarily a Wisconsin experience. Fishing Lake Winnebago, Northern Wisconsin with a little Mississippi River on occasion as filler I can say has been my experience. My exposure to the Fly Rod is new. In the past I have only done 'spinning' even a little bamboo cane pole if I dare go back far enough as a kid – WOW that's a stretch. It seems that business has kept me off the water forever but now that that has eased up to a manageable factor I look forward to an increasing enjoyment of the fly rod and nature. I've live in Florida since the early 60's both on the gulf and intercoastal but have never really been able to devote enough time on the water to build a reputation with the bay and gulf fish as an angler but I look forward to changing all that. The wilderness and nature has always been therapy for me over the years and I now look to the fly rod as a vehicle and opportunity to further enjoy that relationship."



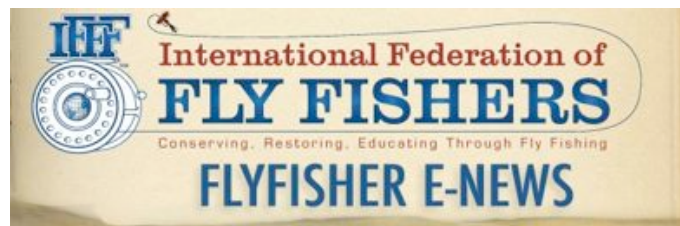
Tom Tolrud

New to the club? Tell other members about your interest in fly-fishing. Email the editor with a fly fishing bio, 25-50 words. Email a picture to Bill AuCoin, wmaucoin@verizon.net

Fly Casting Shootout

Member Robert Fischer has agreed to head up a "Shoot Out" Style casting event at our August 15 meeting. Competitions include accuracy at 20, 30, 40 and 50 yards and even an "under the dock" castoff.

The Big Spotlight



Thanks to IFFF President Phil Greenlee, our guest speaker, Suncoast Fly Fishers' annual Hog Roast fund raiser gets some international lead-article attention in the latest issue of Fly Fisher E-News, the widely-distributed webzine of the International Federation of Fly Fishers. The article includes a photo of Greenlee with our president, Tom Gadacz, and the big tarpon statue in front of the Florida Gulf Coast Center for Fishing in Largo.

Just \$10

Bring a ten-dollar bill and a clean shirt to the June meeting. You'll get the shirt back with the new SFF logo embroidered on it. It's kind of a big deal.





Alan Sewell's Fishing Reviews & Previews

April 20th, 2013, Walsingham Park

Our April outing was held at Walsingham Park. At least 30 members showed to fish for bass and sunfish on a breezy and cloudy day. Perfect weather for bass fishing. We were all impressed with the numbers of bass that were caught that morning. SFF members fished from boats, kayaks and from shore. Smitty caught several bass from the boat ramp. However, the largest bass, a 19-inch beauty, was caught by George Haseltine. This fired up George for fishing because he caught hundreds of bass the next week in the Everglades. He is now called "The Glades Man." Another great outing at Walsingham. Good fun, good food, and good friends.

April 25th - 27th, 2013 Everglades Adventure

Twenty-four SFF and TBFFC members fished the Glades canals and again caught hundreds of bass, sunfish, oscar, Mayan cyclid, and gar. I did say hundreds of fish were caught, but there was probably over a thousand fish landed or shook off. It was hard to make a cast and not get a strike. Yellow or white, poppers or spiders caught fish on almost every cast. Good fun. Good food. Good friends. Good weather. Another great trip.

George Haseltine caught so many bass he had to go to Bass Pro Shops to buy new fishing clothes. He now has a new boat, new rods, new lures and new clothes. He really looks like a Fly Fisherman.

May 18th, 2013 - Urban Outing

Our May outing will be held the bay off downtown St. Petersburg's shoreline. Boundaries will be waters between Coffee Pot Park and Demens Landing. It's great water to wade fish or kayak, and boats can be launched from Coffee Pot Park or Demens Landing. Kayaks can be launched from shore anywhere along North Shore Park. Lunch will be served at Flora Wylie Park at 13th Avenue and North Shore Drive, NE, at noon. Prize for the longest redfish.

June 22 - Float and Fish the Hillsborough River

2013-2014 FISHING TOURNAMENT RESULTS				
<i>Suncoast Fly Fishers yearly tournament starts now</i>				
<u>Species</u>	<u>Angler</u>	<u>Length</u>	<u>Location</u>	<u>Date</u>
Bass	George Haseltine	19"	Lake Walsingham	April 16
Sunfish				
Trout				
Redfish				
Snook				
Other				

Suncoast Fly Fishers April Meeting Report

Skinny Water/Dock Light Wisdom with Capt.
Rick Grasset

By Bill AuCoin

Capt. Rick Grasset fired the starting gun April 18. The sound was deafening. It sounded like this: "The time for big trout, snook and redfish is NOW." That was a month ago, at the April meeting, and if you didn't hear it, well, let's just say you're a little late, but not too late, to get in the game.

Here are some tips from this Orvis-endorsed outfitter and IFFF Certified Fly Caster that make all the difference, as the Sarasota pro has learned in 23 years of putting fly fishers on fish on spooky, skinny water days and long dock light nights.



Tackle

Fish 6, 7, 8 and 9-weight fly rods with floating and sink tip lines. For floating lines Grasset likes fluorocarbon leaders that total up to 10 or 12 feet in length. When fishing clear sink tip lines, he'll shorten the leader to 6 or 7 feet. For toothy fishes he usually goes with four to six inches of multi-strand braided wire, 60-lb fluorocarbon or Orvis retwistable wire tippets.

Flies to fish

Ultra hair Clousers tied with all material near the bend of the hook, leaving an exposed hook shank. Crab and shrimp patterns are top producers. If the shrimp are running, he keeps a skitterbug between his fingers and shoots it directly toward the spot where he sees a shrimp jump out of the water. (A fish made it do that, of course.) Grasset has created a few flies that work especially well – Grasset Snook Minnow, Grasset Flats Minnow, and the Grasset Deep Flats Bunny Fly.

Skinny Water Techniques

Sight fish whenever possible with the sun at your back. Fish potholes and edges of sandbars when the tide is low. Fish mangrove shorelines when tide is high, focusing on shadow lines, cuts and coves.

Why are fish where they are?

Fish like good tidal flow. Fish close to passes. Fish points. Fish grassy areas (cover for baitfish and predators) mixed with deeper, sandy holes. Look for pelicans, terns and cormorants either diving or sitting on the surface

Fishing grass flats

Drift and cast ahead of the drift. Drift areas with diving or rafted birds. Fish weighted flies on intermediate sink-tip fly lines. Fish poppers and gurglers with floating line. Target seams where grass-meets-sand. Make a series of drifts to locate fish. When you find them the drift can be shortened to zero on the big guys.

Docks and dock lights

Fish flies under docks or as close to structure as possible with sink tip lines. Focus on shadow lines where light meets dark. Anchor up tide and let the current swing your flies to the strike zone. Fish during peak tidal flows. When fish are "picky" go with the lighter tackle, smaller flies and/or lighter bite tippets.

You can do this. Or, you can contact Rick:

Capt. Rick Grasset, Snook Fin-Addict Guide Service Inc.

Email: snookfin@aol.com, Telephone 941-923-7799

www.snookfin-addict.com

www.flyfishingflorida.net

Tying Bench - Grasset's Snook Minnow, by Capt. Rick Grasset

Rick writes, "I developed this fly, also known as Grasset's Snook Minnow, mainly for snook



fishing around lighted docks and bridge fenders I have also used it successfully for false albacore, Spanish mackerel, bluefish, trout and ladyfish. It is sort of ½ shrimp and ½ glass minnow with some weight to get it down in a fast current.

NOTE: Grasset Snook Minnow is also available at [Orvis](#).

Materials

Hook Mustad 34007 hook sized 2, 4 and 6.
(Rick usually ties it with #4)

Eyes Medium bead chain eyes (other options are small bead chain eyes for # 6 hook or x-tra small 1/50 oz. lead eyes for # 2 hook)

Thread Chartreuse thread

Body Polar Bear or white EP (Enrico Puglisi) Fiber, Pearl or Night Glow Flashabou, White or Pearl Estaz or Ice Chenille (Medium size)

Weed guard optional 20# Hard Mason mono



Tying Instructions

- 1) Tie bead chain eyes on top of hook just behind the eye of the hook. Lead eyes should be tied on the bottom. Lead eyes are used in very fast currents or following cold snaps when fish may be deeper. This fly rides hook down and lead eyes tied on top will turn it on its side.
- 2) Wrap thread back to bend of the hook.
- 3) Tie on 6 or 8 strands of Flashabou for the tail, kind of sparse. Tail should be about 1-inch long (total length of fly will be 2 inches.).
- 4) Tie in Estaz or Ice Chenille at base of tail and wrap forward to just behind eyes. Tie off.
- 4) Add weed guard of 20# Hard Mason mono (if desired). Cut about 2" long, flatten ends and twist ½ turn before tying each end on sides of head. Then cut to the proper length so it extends just past the point of the hook.
- 5) Finish fly by making the head of the fly and coat with Flexament.

Report: Everglades Adventure

Bass, bream, oscar, cyclids, gars and gators give it up for SFF and TBFFC

Photos and reports are from Ken Hofmeister, David Putnam, Myron Hansen, Kirk Burton and Tom Trukenbrod. Thanks, all.



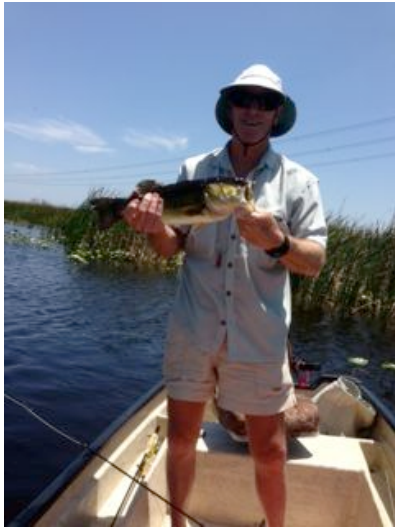
Myron Hansen, above, shows off one of his two-bass-on-one cast doubles. SFF and TBFFC anglers caught hundreds of fish on the late April expedition to fish the Everglades canals. Left, Alan Sewell, towel over his head, was discouraged because he had not yet caught 100 fish. Actually, that's not true. Tom Trukenbrod acknowledged that Alan needed some dark to read his cell phone screen. OK, whatever.



Below, anglers started practiced their fishing stories before the pizza and libations arrived.

Report: Everglades Canal Fishing continued

Putnam: A fish on every cast; hundreds of eight-inchers



David Putnam, left, with a fine Glades bass. He writes, "The photograph was so perfectly backlit. It's an indicator of how small the fish were that this fish, weighing in at 2 lbs, 14 ounces, was the biggest caught by the entire group of anglers...so far as I've heard. I'd say my average bass was less than 8 inches long but there were hundreds of 'em, and it's always fun to see a fish, any fish, take a fly "on top." Why there are so many tiny fish remains a mystery. We did catch some nice bluegills, which is odd too, as you expect that they compete with the bass and should be stunted.

One benefit for tyers is that you get to try every fly in your box. I must have used two dozen, and found one that was distinctly more productive--one with a wiggly tail. Here's my prescription: 1. Let it sit, don't move it. 2. Let it land, but keep it moving, gurgling and popping all the way. As you probably have guessed, I'm a proponent of the move it technique." It was a perfect place to use your tiniest fly outfit.

Editor's photo tip:

Use the flash every time, night or day, especially bright days, to wipe out shadows.



Kirk Burton. Kirk and Myron Hansen fished the gurgler or poppers with a dropper

Right, Mark Craig with just one of many bass



Next page, Hofmeister and Putnam debate flies for gators, pythons, etc.

Report: Important Debate in the Everglades

Ken Hofmeister & David Putnam talk flies for mudfish, gators, pythons

Ken: Gators loved David's bawdy fly with two really wiggly legs
David: It's hard to believe Ken's Green Dragon caught that big bass

Ken's report: Bass were busting every surface fly we threw Sunday morning in the Everglades. They seemed to love anything that had a moving tail. I was particularly pleased with the performance of my *Green Dragon* before I shifted to a popper with a tail. David Putnam was having great success with a bawdy thing he tied that featured two really wiggly legs.

Fishing was fantastic—so much so that Putnam was getting bored. We saw a seven foot gator nearby and David said: "This is an excellent gator fly." The gator, thinking that he was having a frog for an appetizer, made three bites and finally took the fly. "Think I should break off?" asked David.

The next gator was about eight feet long. On the first cast he opened his mouth and bit the fly. I had to admit that David was right. That was an "excellent gator fly."

Despite catching more bass than we could imagine, I thought it was time to go home when Putnam changed flies and pronounced, "This is an excellent Python Popper!"

But, Judge Judy, just listen to me...

David's report: It's the old blind hog and the acorn, Bill. I tried to keep him busy getting my flies unstuck from bushes and rocks, but every now and then he'd manage a decent cast with one of my flies and something would eat it. As you know, Hofmeister likes to name his flies, claiming some sort of originality in their design, and he'll probably respond that he caught it on a green dragon, which is a lure made of rabbit hide and plastic that he says is effective. It resembles a greenish turd on the water, but I must admit that it does catch a lot of very small bass-- surely not the one pictured-- though he may have spiced up the photo by hanging one of his flies from the fish's mouth.



Ken Hofmeister – Bass



David Putnam - Mudfish

Report: Pass-a-Grille Dock Lights

Tom Jones and Norm Sande score with Clousers

Norm Sande and I went lighted dock fishing in the Pass-a-Grille area on April 17. We started out a couple of hours before dark and the outlook was dismal. Nothing stirring, much less biting. Then the sun went down, or for you technical types, the earth turned, and when it was completely dark, we hit



Norm Sande with a Pass-a-Grille dock light trout

a bonanza of large hungry trout. While I stubbornly persisted throwing my experimental Red Headed DNA Glass Minnow (no eyes) at them, Norm caught his limit (4) on a chartreuse and white Clouser with small yellow and black dumbbell eyes. Finally, I tried a similar clouser with bead chain eyes, to no avail. After repeated attempts, Norm finally convinced me to use his rod with the same beat-up Clouser with which he had caught his limit. First cast and I had my first keeper trout. Within a total of

an hour and a half, we both had our limit and headed home. What a night! And all at one underwater light! Looks like the Clouser is here to stay. The largest trout was 17 1/4".

Capt. Pat Damico: Pennsylvania Stream Brown Trout

Oh yeah



Fly Fishing First Aid and Prevention

Richard Oldenski MD: Wrist Pain



By Richard Oldenski MD

Photos by Jill Oldenski

When we first learn to fly fish, our instructors tell us not to move our wrist. Bending our wrist, we are told, will cause wide, tailing, inefficient loops. The wrist should be locked and bend very little, we are advised. If fly fishers do, in fact, keep their wrists from moving, they should not experience overuse injuries or strains of their wrist when fishing. Yet, 36% of fly fishers surveyed reported wrist pain, almost as many as the 39% who reported elbow pain.

Those fishing in freshwater admit to having wrist pain more than twice as much as those fishing saltwater, or 31% of freshwater fishermen versus 12% of saltwater fishermen. What causes this wrist pain and what can we do about it?

The human wrist has a lot of moving parts that give us our "manual dexterity," but that also are vulnerable to injury. Twenty-nine bones, 24 tendons and three major nerves allow us to grip objects and move them in multiple directions. There are multiple joints, ligaments and tendons that can get injured and inflamed with stress and overuse. We know that even the best casters allow a little wrist movement especially at the end of the cast and when casting longer distances. Even a small movement, done an excessive number of times, can cause the wear and tear that leads to inflammation and pain. Then there is the stress caused by continually and firmly gripping the rod handle when casting and also when landing a fish.



The V-Grip



Thumb on Top Grip

Try not to fall on your hands

Falling causes the most serious injuries to wrists. When we fall, we instinctively put out our hands to break the fall, but landing on an out-stretched hand will often result in a broken wrist. A wrist bone fracture is the most common fracture in people under 65 years of age. Fractures of any of the 8 carpal bones in the wrist are often hard to diagnose and difficult to treat. When you fall, it's better to pull your hands in, and try to land on your butt or torso. If you do land on your hand and have a swollen, painful wrist, begin RICE (Rest, Ice, Compression, Elevation) and get immediate medical attention.

Continued>>>>

Continued...Richard Oldenski MD: Wrist Pain

Sprains of the wrist can be caused by falls, but they are more likely the result of lifting, pulling or dragging heavy gear like packs, kayaks and coolers with just your wrist. When moving heavy objects, don't use just your wrist, or just your arm, or just your back; but develop the habit of using your whole body, coordinating all your muscles, joints and strength to get the job done. Most sprains will heal with RICE and time, but should be evaluated by your doctor if they do not show improvement with conservative self-care.



Finger on Top Grip

Most of the wrist pain experienced by fly fishers will be from excessive movement of the wrist in casting or, from casting with little movement of the wrist but doing it too many times for too long a period with too heavy a rod. Repetitive microtrauma to the joints, ligaments, tendons and tendon sheaths will result in inflammation, pain and possibly swelling. RICE and modifying your fishing by using a lighter rod, casting shorter distances, wearing a glove or a wrist splint, or changing the way you grip the rod can help relieve your wrist pain and prevent it in the future. Those of us with arthritis will find that these modifications can help us keep on fishing.

Wearing a glove can reduce the tension in your wrist and hand as you grip the rod, resulting in less stress on your wrist and elbow. Simms and other fly-fishing gear manufacturers make fingerless gloves. A work glove with extra padding in the palm is a good option. If you use a wrist splint, choose one that extends into your palm and holds your wrist in a "neutral" position. You can find these splints at most pharmacies or on line at <http://www.braceplanet.com/Wrist-Braces/?gclid=CKe6v6e767YCFQF4AodmyAAEw>, for example. Be sure to check with your doctor or therapist on which type of splint is appropriate for you.



Three Finger Grip

Researching upper extremity pain in fly fishers, Dr. McCue and his colleagues at the University of Montana studied the effects of four different fly-casting grip styles: thumb-on-top; finger-on-top; V-style and 3-point. They found no convincing relationship between the type of grip style used and wrist pain. The 3-point and finger-on-top styles, however, were associated with moderate to severe shoulder pain.

Continued on next page >>>>>

Continued...Richard Oldenski MD: Wrist Pain

Most fly fishers are taught and use the thumb-on-top style. This grip keeps the wrist in a neutral position and uses the strength of the thumb to stop the rod on the back cast and apply extra force on the forward cast. By using this powerful thumb, the caster can apply more power to the rod. This does; however, put more stress on the thumb and can lead to a painful thumb condition called De Quervain's Tenosynovitis, inflammation of the tendons that hold the thumb up and out, as when hitch-hiking. If you have this, you'll feel an ache and tenderness at the base of your thumb and have pain with thumb pinch, hand grasp, and twisting or wringing motion of the hand. If this happens to you, again begin with RICE and see your doctor for treatment. Also consider using a different grip style, at least for a while.

Those who fish smaller streams that require shorter more accurate casts favor the finger-on-top style. With the forefinger on top of the rod, the wrist is locked into a position with the palm side down, eliminating any side movement of the wrist and stopping you from bending the wrist too far back, resulting in a nice tight loop. The forefinger guides the rod in a straight line through the air and points the rod at the target. The line seems to follow where the finger points. It's no wonder that this grip is favored by many freshwater casting gurus. It is ideal for light rods on small streams. The University of Montana researchers remind us that it can be associated with elbow and shoulder pain, especially if used with heavier rods and longer casts.

The V-grip holds the wrist in its most natural position, the way it is at rest or when we hold a glass of our favorite beverage or, in the case of our caveman ancestors, a club. The wrist and hand are relaxed, but we have to concentrate on holding the wrist firm to keep it from moving. This grip might work best for someone with arthritis, especially if they are wearing a wrist brace.

The 3-point grip is the favorite grip of Jason Borger, a renowned fly-casting instructor and guide, who also contributed to the research on fly-fishing injuries at the University of Montana. He notes that the 3-point grip results in better alignment of the fly rod with the forearm and better wrist control. He admits that it is not a good grip to use with heavier and longer rods. You can learn more about this grip at his website: <http://fishfliesandwater.com/casting-mending/three-point-grip/>

Which Grip Should You Use?

Which grip is the "healthiest" and which grip should you use? Try them all. Choose the one that fits you best, the one that feels most natural to you. Try different grips in different situations: thumb-on-top for saltwater fishing and finger-on-top when you're using a lighter rod and need to get your fly accurately into that small space along the bank of the river or pond. If your thumb hurts, switch to the finger-on top or V-grip. If you have arthritis, you may find the V-grip is most comfortable, especially when wearing a brace and casting with your whole body, Lefty Kreh style. The 3-point grip might finally help you to stop moving your wrist and get a better cast. Be flexible and keep on fishing.

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Damico: Fly Casting Clinic

When Clousers Collide with the Rod Tip--aaaaarrrrrgggghhhh

By Capt. Pat Damico, Master Casting Instructor

Casting tip #41



"Nothing good happens when false casting with a weighted fly." This is one of Lefty Kreh's comments that I often see violated. Collision with the rod tip with a weighted fly is a frequent cause of rod breakage. Add windy conditions and chances of getting hooked or "clunked" with a heavy fly increase dramatically. Avoid tight loops, keep the fly away from the rod tip, have your back cast and forward cast in different planes, use a Belgium or continuous tension cast, don't try to handle too much line especially if it is deep in the water. Slowing your casting stroke, picking up the line horizontally and delivering it more vertically, roll casting to get your fly closer to the surface before your delivery cast are some of the techniques that will improve your deep fly presentations.

Pat Damico, MCI, St. Pete Beach

Bob Morrison: How-To

Do you know Sally Hansen like I know Sally Hansen?

Sally is, you know, Hard as Nails

Save those old bottles of Sally Hansen Hard As Nails that become too thick to use as head cement. I pour the contents into a common bottle until it is full, and let the result age until it gets really thick. What I have at that point is a great substitute for epoxy, which is easier to handle and can be used to build up the head on a Deceiver or other fly pattern. You can put small eyes on first, then follow with several coats of Sally, drying between coats. Or you can put the coats of Sally on first, and when almost hard, squeeze with your pliers to flatten the sides of the head. You can then put on some much bigger eyes that predator fish seem to really like. Finally, epoxy can get cloudy over an eye, but Sally always stays clear.



Walmart "hiking staff" just right for wade fishing in muck

We old guys, losing our balance as well as some other unmentionable faculties, often like to use a wading staff to keep that balance while out on the flats. You can get an inexpensive telescoping example of this implement at Walmart or elsewhere, usually called a Hiking Staff. A small basket at the distal end helps to keep the staff from sinking too far into the mud. Then too, the staff is great for warding off ten-foot bull sharks and two-foot 'gators that might get just a little overfriendly. Use the staff to poke the critter in the eye, which should persuade him to hunt elsewhere. Works on beavers and bears as well, up north.

Tight Lines, Bob Morrison

Fly Casting Instruction

Dayle Mazzaralla: Essentials of Teaching Fly Casting Part III

Synchronizing Brain and Body

By Dayle Mazzaralla, IFFF Certified Casting Instructor

The following table gives us some idea of the power of teaching as a learning tool. When we teach, we learn - if we are really working at being the best teacher we can be!

Retention at 48 Hours Post Instruction

Lecture	5%
Reading	10%
Audio-Visual	20%
Demonstration plus audio	30%
Discussion after the above	50%
Doing (practicing)	60%
All of the above, then <u>teaching</u>	90% !



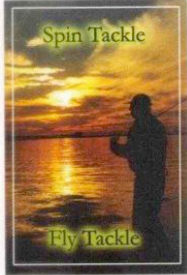
This is a table showing a composite of various research results compiled by the National Research Council. Contributors included Eric Jenson, Patricia Wolfe, David Sousa, and Robert Marzano. These are the Joan Wulffs, Lefty Krehs, and Mel Kriegers of the brain research and learning and teaching world.

Of course, a person's interest level and natural aptitude will skew the results somewhat, but you get the idea.

The big lesson here is that once you learn something, teach it to someone as soon as possible. *If you are unable to find a willing guinea pig - -use yourself!!*

Next time we will discuss a great technique to use when teaching.

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David Putnam Fly Fisher Reflections

Please, can we have a serious conversation about “The Fishing Story?”



Before we leave the dock on tournament day, I should address an important issue that is sometimes left out of fishing books entirely, yet it has a broad, far ranging effect on the angler's relationship with every fisherman he meets in competition or at the dinner table or local bar That issue is sometimes referred to as “a fishing story.” After many years of study and having been lied to over seven million times, I have come to the conclusion that the only way to deal with a man who tells a fish story is to blast him out of the water with an immediate one-upper so big there's no room for him to rework his original lie

Here's how it works: A fisherman, any fisherman, 10 years old or eighty, in Alaska or the Bahamas, male or female--women take to it more naturally than men--says to you, “We caught 73 bass yesterday using shiners, the biggest one nine pounds! Best day I ever had!”

You should always nod as he's beginning a story, as though you can't wait to speak He will feel rushed The instant he finishes the tale, or just as he's nearing the end--as he's saying, 'Best day I ever had,' in the example above -- before he has a chance to add polishing thoughts or repeat it, you say, “Yeah, well, the best day I've ever had bass fishing I was fly fishing with my good friend Ed Waters and his little crippled eight-year-old son, in June of 1978, on Lake Okeechobee It was hotter'n a pepper sprout, over 100 degrees”

Detail is everything in a fish story, adding authenticity, and the use of a distant location and a long-ago date “We caught 119 bass I caught an eight and a ten pounder, and Ed caught a twelve pounder using a little white #10 popper I make out of the sole of a flip flop I use legs I make out of spinner bait skirts They don't dry out and get brittle like rubber legs I've got a picture back at the house Best day I ever had.” Leaving out what the boy caught adds extra interest Starting with the phrase, “yeah, well,” as soon as he begins any story will suck all the air out of him Avid and experienced outdoorsmen fall away after having just a few stories crushed by this tactic, and give up entirely, shaking their heads.

Your story? Let 'er go! Your number of fish on fly and the sizes are untoppable, and Ed's dead, died in 1984 Simple: Go up and over his number substantially, mention the availability of proof--a photo or a newspaper article--and never use a partner who is still alive or available for confirmation A friend of mine is so accomplished at this sort of story that he sometimes throws in that they cleaned and ate the biggest fish--maybe a State record, before weighing it, “but I've seen a lot of big bass--caught a bunch of ten pounders myself--and it was at least that big.” Using a fly rod substantially undermines a bait fisherman. Using a fly rod and a weensy hand-made fly adds depth Here's how the first liar is easily identified as a novice: He didn't ask first about *your* best day and biggest fish *before* telling his story. The first liar doesn't have a chance!

Bill AuCoin Fly Over

Fly Fishing, Once Over (very) Lightly

Recreational versus Commercial Fishers

Recreational fishers catch two percent of the fish; commercial fishers get the rest. Recreational fishing generates as much economic activity as commercial fishing. Those are NOAA numbers. So why in the name of sustainable fishing does NOAA's National Marine Fisheries Service spend so much toward supporting the commercial sector even as it slices, dices and blocks recreational fishing access? Inquiring minds want to know. Specifically, the American Sportfishing Association (ASA) is asking. ([ASA](#))

Orvis on a Roll

Orvis announced it will acquire Scientific Anglers and Ross Reels from 3M. Orvis will run the companies and market their products as separate entities. ([Orvis](#))

New Black Bass

Florida's FWC has discovered a new black bass that is found in Florida Panhandle and southern Alabama. It looks a lot like its cousin, the spotted bass. ([National Geographic](#))

Sarasota Bay Watch

As you know Tampa Bay Watch has done amazing things for our estuary while simultaneously, educating and building enthusiasm among thousands of volunteers planting sea-grasses and coastal vegetation as well as rebuilding oyster reefs. This good work will continue on for generations. Now, Sarasota Bay has its own bay watch organization patterned after Tampa Bay Watch. It's Sarasota Bay Watch and the founder, my good friend Rusty Chinnis, came to our April meeting with Captain Rick Grassett and talked about SBW. Spend a few minutes checking out the website and support this new mission with time or money if you can. ([Sarasota Bay Watch](#))

Epstein: **History of Fishing in the Florida Keys**

Florida long has been a sportfishing destination for anglers from around the world and, deservedly, the Florida Keys has been the center of that attention. A new book that describes how this happened is on the way; I recently received an alert from the author and friend, Bob T. Epstein. *A History of Fishing in the Florida Keys* will be up on the Amazon site soon. Interestingly, it is already available in Japanese. Nice cover! ([Amazon.jp](#))

Where do you fish at Fort De Soto Park?



All the great attention that Fort De Soto Park is getting for its 50th anniversary is very well deserved, especially as a fishing destination. It is the wade-fishing capital of the world, in my opinion. I'll share my favorite wade-in spot if you'll share yours. Just a short distance east of the HQ parking lot there is a maintenance road on the north side that intersects the main road. Park on the side of the main road. (You're not allowed to park on the maintenance road.) Now get your stuff and cut through the mangroves to the water. I prefer the east side, but I've caught redfish and trout on both sides. Here's a map. ([Bing.com](#))

"I am not young enough to know everything." (Observation borrowed from "1001 Logical Laws....")