



The President's Message: May 2022

Here's to good health. For the last two plus years Covid has dominated our lives. Infections are trending up due to the Omicron sub-variant, but overall rates are still relatively low, and deaths are almost at pre-Covid levels. It is time to remember that there is more to good health than avoiding Covid.

Many years ago, I studied Biology at FSU. In my introductory class, the professor said that, except for some minor nutrients, you can get everything you need to live by drinking beer, eating peanut butter and having two grapefruit a week. To that I would add fly fishing. Fly fishing is great for our physical health, our social health and our mental health.

What could be more beneficial to your health than getting outdoors and going fly fishing? It is good exercise, it helps with concentration, coordination, balance and physical stamina. It also stimulates creativity and helps support good mental health. Fly tying can really get our creative juices flowing and there is nothing better than catching a fish on a fly that you tied yourself. As for mental health, it is hard to think about whatever may be bothering you when you are on the water fishing. (See [8 Reasons to Consider Fly Fishing | California Trout \(caltrout.org\)](#), originally published in the Washington Post}. There are many programs like Project Healing Waters that employ fly fishing to promote mental health and many other programs that utilize fly fishing to raise awareness and money for good causes like the Tampa Bay Area Council of the Boy Scouts of America tournament that SFF supported earlier this month.

Fly fishing is a social activity. Belonging to a club like Suncoast Fly Fishers is a great example. You get to interact with fellow fly anglers, participate in community service, and learn about our sport and about the environment that we fish in. This month we will focus on another aspect of good health. Please welcome Maya Burke of Tampa Bay Estuary Program to speak at our May member meeting about the health of the bay. It will be a great evening. See you there!

Stay safe and keep fishing!

Rick

Rick Warfel
SFF President