

# On The Fly

November 2012 Volume 22, Issue 11

## Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers

**Suncoast Fly Fishers Get Generous Grant from IFFF.** In May of this year SFF and Florida Gulf Coast Center for Fishing and Interactive Museum entered into an agreement to support a fly fishing program. There are three parts to this program of which the SFF exhibit at the Museum was one part. An exhibit committee was formed and discussed several components for exhibition. Tom Jones assumed design of the exhibit. The design was approved by the board and shared with the membership.



The cost of the exhibit was more than we anticipated. We requested financial assistance from our national organization, which is now the

International Federation of Fly Fishers (IFFF). Our proposal was reviewed and sent to the IFFF Foundation.

**Earl Rettig, President, Board of Trustees recently informed us that they are supporting our request and covering the cost for the exhibit with a generous grant. We are very pleased to have received funding from IFFF and thank IFFF President Phil Greenlee and Trustee President Earl Rettig for their support.**

I wish to thank all of you for your support especially the members of the exhibit committee--Bill AuCoin, Roger Blanton, Hugh Copeland, Joe Dail, Bill Gross, Tom Jones, Bill Lane and Charlie Most. This exhibit is a permanent part of the Museum and supports the goals of IFFF and SFF of fly-fishing education, preservation and conservation. It also provides a historical background of fly-fishing in Pinellas County.

**MarineQuest 2012.** SFF encountered many enthusiastic youths and parents at our annual support for MarineQuest. Many flies were tied and our new SFF business cards were passed out to those stopping by our table. MarineQuest was held at the Wildlife Conservation Commission's Fish and Wildlife Research Institute. According to Dave Reed, MarineQuest Outdoor Display Chair, there were a whopping 6,500+ people who attended MarineQuest! Dave sent an e-mail - "You all were great and I'm pleased about the fact that everyone was here by 9:30am." Thanks to Dan Bumgarner, Kirk Burton, Ken Hofmeister (and Ryan Voigt), Don Manning, Woody Miller and Bob Morrison for representing SFF and supporting MarineQuest. Special thanks to Bill AuCoin who coordinated and supervised the event. For more go to pages 13-14

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NEWSLETTER OF THE SUNCOAST FLY FISHERS

## On The Fly

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**TO RENEW YOUR MEMBERSHIP FOR 2012-2013 PLEASE COMPLETE THIS FORM AND BRING IT TO THE NOVEMBER MEETING OR MAIL IT TO**

***SUNCOAST FLY FISHERS  
P. O. BOX 40821  
ST. PETERSBURG, FL 33743***



## **SUNCOAST FLY FISHERS**

### MEMBERSHIP RENEWAL

Name\* \_\_\_\_\_ Date \_\_\_\_\_

Address\* \_\_\_\_\_

City\* \_\_\_\_\_ State\* \_\_\_\_\_ Zip\* \_\_\_\_\_

Telephone\* (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

\*This information is shown on the membership list which is distributed to members only and is not used for commercial purposes.

The monthly newsletter, "On the Fly," is only distributed electronically.

**Suncoast Fly Fishers (SFF) membership categories (select one):**

\_\_\_\_ Regular Membership 1 year - \$15 (*September 2012-13*)

\_\_\_\_ Family Membership 1 year (includes Member, Spouse and children under 18) - \$25

\_\_\_\_ Business Membership 1 year (includes monthly business card newsletter ad) - \$100

# We are Suncoast Fly Fishers

November 15 meeting, FLORIDA SHAD RUN FISHING – Craig Crumbliss

## 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 and casting
- 7:00—8:00 pm – Meeting and program



## SFF Club Calendar

- November 15 meeting, Walter Fuller Park – Craig Crumbliss presentation and fly tying to prepare for the Florida Shad Run outing in February or March of 2013. NOTE: Fly-casting is discontinued during darkness of winter months, but Alan Sewell will bring a casting aid for indoor use. NOTE. Fly Box Exchange with Myron Hansen.
- November 17 Outing – Project Healing Waters Fly Fishing tournament at Bradenton Yacht Club.
- Hog Roast, March 23, 2013
- NO MEETING IN DECEMBER
- December 15. Don Coleman Classic at Fort De Soto Park. SFF has invited members of other clubs to join in this tribute to deceased SFF member Don Coleman who wrote Wading the Saltwater Flats with a Fly Rod." Coleman dedicated it to his wife and also his good friend and fishing partner, Paul Sequira, editor emeritus of ON THE FLY, and to the memory of Carl Hanson who died June 7, 1998.
- January 17 – Trash and Treasures

### 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: Roger Blanton

#### 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 – Roger Blanton  
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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### **FLORIDA SHAD RUN OUTING. GET READY**

Craig Crumbliss will be the featured speaker and fly tyer at our November 15 club meeting. Craig is an Orvis-endorsed fly fishing guide for Andy Thornal Company in Winter Haven and an FFF certified casting instructor. He is also the author of the book: *Fly Fishing Central Florida's Freshwater*. Craig will speak on fishing the Florida shad run. Our club is scheduling a St. John's River shad run outing with several other FFF Florida clubs in February or March of 2013. If his schedule permits, Craig also will participate in this outing with us.

### **NOVEMBER FLY BOX EXCHANGE: Three Topwater-Saltwater flies**

Myron Hansen reports that our fly swap for this month is for three topwater, saltwater flies. Fourteen members have signed up for the swap. You can still participate even if you haven't signed up. Just bring three topwater/saltwater flies to the meeting.

### **SMITTY'S WORKSHOP – 11 SIGNED TO TIE GRAND SLAM FLIES**

Layne (Smitty) Smith will lead fly-tyers in a four-session workshop to learn to tie eight flies designed to catch the Suncoast Grand Slam – tarpon, snook, redfish and speckled trout. Weekly classes are scheduled starting in February and members will meet in the conference room of High Performance Plumbing at 4450 Morris Street North

*\*\*\*Student alert: Smitty is asking those who have signed up to gather and informally meet with him at 6:30 pm during the regular November meeting at Walter Fuller Park on November 15.*

Class size has maxed out at 11 students: Frank Moss, Alan Sewell, Kirk Burton, Woody Miller, Walt Ruda, George Haseltine, Bob Morrison, Wes Demmon, Bill AuCoin, Linda Martian and Phillip Mazzei.

### **NEW ZEALAND IN MARCH. INFO ANYBODY?**

Frank Moss is going to New Zealand in March and while there he would like to spend a day fly fishing. Anybody have any info for him? Contacts or whatever. Email Frank at [smiley1228@aol.com](mailto:smiley1228@aol.com)

*October issue correction. Page 6  
Brad's Lucky Fly? Not.  
Creek Chub Fly? Yes.*





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

### ***October 20, 2012 Carl Hansen Tournament***

This was our annual tournament, fished with the Tampa Bay Fly Fishing Club, to recognize our mentor, Carl Hanson. The outing was on the Hillsborough River and it was truly a great experience. Good friends, good food, good fishing, and good stories about Carl. The weather was also perfect for fishing. This tournament also has its rewards. The clubs fish for the annual trophy of the most fish caught by a single member and a great picture of Carl to the angler with the biggest fish. The SFF won the trophy for the most fish thanks to MARK HAYS, who caught over 40 fish. The largest fish was caught by ROBERT FISCHER, representing the TBFFC. This was once again a great outing with our members and friends. Also, this year we will be giving a new award to Woody Miller. That's all I'm saying.

### ***November 17, 2012 - Project Healing Waters Bradenton Yacht Club Event at Palmetto's Emerson Point***

The club will have the next outing at Emerson Point in Palmetto. Some members will be helping the wounded vets in the guide boats. Emerson Point is a very good point to fish the south side of Tampa Bay. This is an area to wade or kayak or to launch a boat (a short distance away.) Lunch will be served at the covered shelters at the end of the road, around 12:00 noon.

### ***Upcoming Outings***

December 15,, 2012 - Don Coleman Memorial and Chili Event. Fort DeSoto Park

January 19th, 2013 - Pinellas Point

### ***Update: Fishing Tournament***

**Trout - Tie--Mark Hays - 18.5 inches. Tom Hummel - 18.5 inches.**

Bass - open

Snook - open

Redfish - open

Other Fish - open

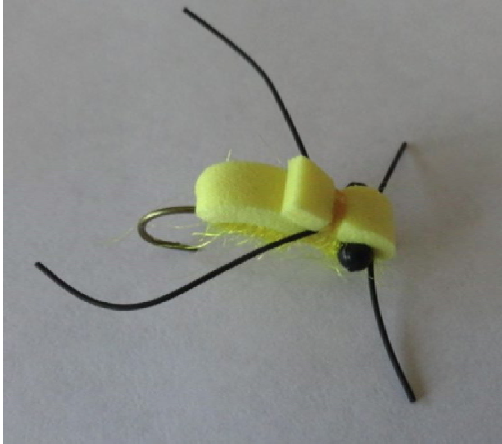
**Sunfish - Robert Fischer - 9.75 inches**

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.

## Tying Bench – The Predator *by Charlie Most*

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This was the first fly I tied at last month's SFF meeting. This is an easy fly to tie and is effective on bluegills and similar sunfish.



Suggested colors are yellow with black eyes and legs, white with black eyes and legs, and black with either yellow or white eyes and legs. Yellow is my favorite color but color depends on light and water conditions. My rule of thumb is black for discolored water and overcast skies, white for clear water and clear days, and yellow for those in-between days.

### **Materials**

Hook: Size 10 2X long hook such as the MUSTAD 3671

Foam: Narrow strip (1/4") of 2mm closed cell foam

Thread: (6/0 or 4/0) to match foam color

Flash: Estaz, ice chenille, or similar to match foam color

Eyes: Unweighted barbell eyes to contrast with foam color

Leg material: Contrasting rubber band color

### **Tying Instructions**

1. Attach thread about 3/16ths an inch behind eye and holding foam strip over shank and tightly wrap over it to beginning of hook bend. Attach chenille and wrap closely towards eye to where foam ends. Tie off chenille. Pull foam forwards over chenille and lash it down, wrapping tightly over it to two eye widths back of eye, leaving at least an inch of foam projecting out over the hook eye
2. Tie in the eyes just as in tying a Clouser but on top of hook shank. These "eyes" are available at many fly shops and also at sewing shops where they are sold as trim or whatever for dresses, etc. Get the ones that are about 1/8<sup>th</sup> inch in diameter.
3. Add a touch of super glue to eye wraps, then pull the excess foam back over the eyes and use two wraps of thread to hold the foam in place, then tie in the legs, two on each side and about an inch and a half long. (You can always trim them back but long ones seem to produce better).
4. Trim the foam end to about 3/16<sup>th</sup> and inch long, and cement the thread wraps, and go catch a 10-inch bluegill.

# Suncoast Fly Fishers Report

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## Carl Hanson Hillsborough Outing



*Photos and Report by Paul Sequira*

The Hanson Tournament on the Hillsborough River turned out well. We had about 26 people signed up plus a few from the Tampa Fly Fishing Club also attended. The weather was excellent, the river a little high and fast. Some folks caught fish and some didn't. The food was terrific. Alan made pulled pork and two different sauces along with baked beans and coleslaw. The pulled pork sandwiches were superb.



*Mark Hays (top) won the trophy for the most bream caught, a total of 40 fish. Robert Fischer (right), representing the Tampa Bay Fly Fishing Club, won the big fish trophy with a 8½-inch bream.*

# Suncoast Fly Fishers Report

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## **Terry Kirkpatrick: Bamboo Fly Rod Builder**

*Terry will build you one. You'll pay \$450 to \$650. You'll enjoy it for a lifetime*

By Bill AuCoin



*Terry demonstrated the labor-intensive work required to build a bamboo fly rod from scratch.*

Suncoast Fly Fisher Terry Kirkpatrick builds bamboo fly rods. It's a labor-intensive enterprise and when the final product passes inspection he'll have invested more than 40 hours in it.

Terry spoke at the October meeting and described the process. Bamboo rod fly fishers, he said, get a rod that will deliver more bang for the buck than graphite rods.

It'll cost you about the same as a top-drawer graphite rod, from \$450 to \$650 depending on whether you want the two or the three-piece model.

And it'll give you a lifetime of pleasure, -- enjoyment casting it and satisfaction knowing that it is probably increasing in value. Visit his website to learn more about it. <http://www.fishtested.com/>





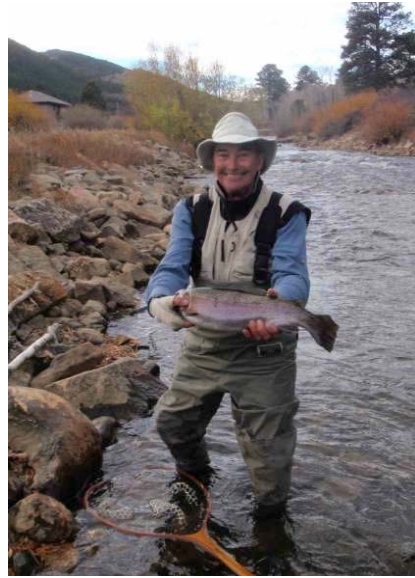
# Suncoast Fly Fishers Report

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## Hofmeister: Mend your line. Mend your ways

By Ken Hofmeister

*"This day would have been on my bucket list if I could have imagined how fantastic it would be. What an unforgettable experience – my best day on the water with a fly rod in my hand. These shots were taken on the North Fork of the South Platte River in Colorado. Family members: thank you for sending your father on the guided trip of a lifetime. I stopped counting those large rainbow trout. A few went 4-5 pounds. Note to Al: This was the day for that St. Croix 6 wt. rod.*



The car's thermometer said: 24 degrees–ice. And this fool was going fishing! Tim Schoenborn, the guide, met me at 7:30 and said it would warm up. OK.

We walked to the public stretch of water on the South Platte River and guide Tim talked about sight fishing for rainbows. He stressed that these trout were smart and these waters hard to fish. It was Monday and they had been hammered over the weekend. OK. Got it.

He then showed me how to do a roll cast (God knows, Pat Damico has tried too). The lesson got serious on this "mend your line" thing. It seems that fish bite when you do it right and they don't bite when you screw it up. I also had to correct a few saltwater habits that wouldn't work well on these waters.

Fishing was fun, the river was beautiful, and three deer waded into the water (how neat) and then they urinated, sort of like "Piss on you." But they had to watch as I landed a brown trout.

### **North Fork. South Platte. Be There.**

Monday was a good day on public water but Tim said I had seen nothing yet. Wait 'till Friday on the North Fork of the South Platte. Friday came–along with a 23-degree morning and it was good to join Tim and Marcy at Bailey, Colorado for breakfast and coffee. The day was warming up nicely when we got into our gear at Boxwood Gulch.

Seems that humility was a lesson I needed to learn (Suncoast Fly Fishers tried to teach me this too). Tim Colander (my fishing companion) hooked about seven nice rainbows–landing a seven pounder, before I changed flies and got a strike.

Sight fishing huge trout was thrilling and landing the first brown was a challenge. Rainbow after rainbow took that size 18 prince and all fish were landed – on the reel – in this rapid water. Lunch at the lodge was steak and potato salad. (Richard, Alan, and Mark do well for SFF; but, rarely steak).

*Continues on next page*

## Suncoast Fly Fishers Report

### **Hofmeister: Mend your line. Mend your ways, continued...**

After lunch I began to get the hang of this rainbow thing and landed some nice ones--including a 4-5 pounder. I stopped counting and started soaking in the beauty surrounding me. Colorado on a magnificent fall day was breathtaking.

Another lesson. Feeling cocky, I was joking around with my fishing companion. Tim the guide mashed the barb down on my size 18 prince (I thought). The next three nice fish hit hard, made a run across the rapids and then let go. Finally I realized that my fly had no hook. After promising to play well with others, they let me have a "big boy" fly with a real hook.

Again, I was landing nice rainbows and smiling in the "grip and grin" photos of the next six trout. Tim the guide was a positive role model for behavior modeling. He would tell you how to fish a stretch, demonstrate, and then hand you the rod for feedback. His words of advice on tricky stretches were on target.

Coaching was superb. I especially appreciated his reverence and respect for the fish and his admiration of the water. Tim's wife Marcy could read people like Tim could read water. They were a great match. Dan Mauritz, who owned Boxwood Gulch, noticed my Project Healing Water Fly Fishing hat and we talked of the program and how he hosted a couple of PHWFF events at Boxwood Gulch.

He was also keenly interested in our work with Marine Quest and especially with the high school fishing programs through the Gulf Coast Fishing Center partnership. Seems his grandson wanted to start a school fishing club. Tim and Marcy were eager to help. Clearly, these people were in a "give back" mode with an emphasis on youth.

This trip was not on my "bucket list," though it should have been. It was my best day on a fresh water stream with a six weight in my hand. I am simply overwhelmed with gratitude that this guide trip gift from my kids took me to Boxwood Gulch.

Tim Schoenborn can be reached at:

[Www.5280ANGLER.COM](http://www.5280ANGLER.COM)

Phone 303-862-2443 or 303-647-2073



# Suncoast Fly Fishers Report

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## Dayle and Barbara Mazzarella: Fall Fishing in Western Wyoming



*[Editor's Note: Suncoast Fly Fishers Dayle and Barbara Mazzarella put geography and climate on their side. Depending on the time of the year they land and fish, and Dayle guides, in Wyoming, California and Florida. They'll be back in Tampa Bay in November. We'll get the slide projector ready for their in-person report!]*

*By Dayle and Barbara Mazzarella*

It's Fall. Mornings are chilly. Aspens and Maples are putting on a beautiful show of brilliant reds and golds. The water levels are running lower causing fish to relocate to deeper pockets, deeper streams, warmer (relatively) waters.

Here in Western Wyoming's Star Valley the big Browns are leaving the Palisades Reservoir and starting to move up the Salt River, preparing to spawn. There are fewer fishermen and fisherwomen, fewer drift boats on the rivers, and hunting season has begun, which is not a bad thing if you're here to fish.

AND, this time of year can be an amazingly rewarding fishing experience! Sleep in! No point in showing up at daybreak;

the water needs to be warmed by the sun before the fish start feeding.

Those big browns in the Salt feed with gusto and many trophy fish have been landed here in the Fall. A variety of big streamers are perfect for the deeper holes, but Hoppers, Beetles and small Blue-Winged Olives are working on top. Yep - you need waders and a jacket most years (though the Fall months this year have been wonderfully mild) but oh, the fish you can land!



*Wyoming trout left. Dayle Mazzarella (above) and his client with a Western Wyoming trout.*

# Suncoast Fly Fishers Report

## **Richard Oldenski: High School Fly Fishers**

*By Richard Oldenski. Photos by Ken Hofmeister*

On October 24, 2012, the Suncoast Fly Fishers made history by presenting our first ever High School Fishing Club Program. The Pinellas County School fishing program is sponsored by the Florida Gulf Coast Fishing Center and Interactive Museum and is part of a joint venture with SFF. We got the 30 or so students in the Pinellas Park High School Fishing Club to experience casting a fly rod and tying flies. The fishing club's faculty moderator, Captain Tom Reckenwald, a licensed guide and avid fly fisherman, invited us to do a program to introduce the students in the club to fly fishing. Most of the students had never held a fly rod nor seen how flies are tied.

Ken Hofmeister and Jeff Heer set up vices and showed half of the club members how to tie a freshwater fly and a saltwater fly with lots of audience participation. At the same time the other half of the club was out on the baseball field where, after a brief demonstration by Alan Sewell, they each had a fly rod to cast with coaching from Alan, Bob Morrison, Richard Oldenski and Tom Reckenwald. After 20 minutes, the two groups switched places. Each student had the opportunity to see flies tied and to get a fly rod in their hand and learn casting. The feedback from the students and their faculty was overwhelmingly positive. We may have "hooked" a few new fly fishers.

In the future, we plan to do similar programs with the other fly fishing clubs in the Pinellas County School System. With the Pinellas Park High School Club, we hope to go a step further and get them out to catch fish on the fly. All SFF members are invited to participate in this project.



### **You can do it. We can help. (With apologies to Home Depot)**

*Left, faculty advisor to fishing club, Tom Reckenwald (standing) and other faculty members observing Pinellas Park High School students tie their Ada Potato flies. Other students were outside learning to cast, or with Jeff Heer, learning to tie freshwater flies.*

# Suncoast Fly Fishers Report

## MarineQuest 2012



Once again Suncoast Fly Fishers helped boys and girls learn to tie flies at MarineQuest, the annual open house sponsored by the Florida Fish and Wildlife Research Center (FWRI) in downtown St. Petersburg. Here are some of the pictures of our fly tiers at work Saturday, Oct. 26. Thanks to Ken Hofmeister and grandson Ryan Voight, Woody Miller, Dan Bumgarner, Don Manning (who worked all day), Kirk Burton, and Bob Morrison. A good time was had by all, especially the kids tying flies and their proud parents. *Photos by Ken Hofmeister and Bill AuCoin*



*More pictures on next page*

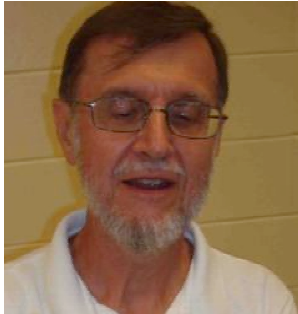
# Suncoast Fly Fishers Report

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## MarineQuest 2012



### Oldenski: Lightning Strikes Fly Fishers Too



*No place outside is safe when thunderstorms are in the area. Carrying a long pointy fly rod? Uh-Oh. If you are out in a small boat, drop anchor and get as low as possible.*

*By Richard Oldenski MD*

Every year in the United States, thunderstorms produce an estimated 25 million cloud-to-ground flashes of lightning. Each one of those flashes is a potential killer. National Weather Service data indicate that an average of 54 people are killed by lightning every year, and hundreds more are injured with most suffering permanent disability. The majority of these lightning strikes occur in Florida, the Atlantic Coast and the Gulfcoast States. In Florida, lightning causes more deaths than any other weather related event.

Three factors predispose to a lightning hit: height, isolation, and "pointiness" which is not a factor with people unless they are holding a long skinny rod.

The primary risk factor for lightning injury is failure to acknowledge that lightning poses a threat. Lightning injury prevention is not convenient. It sometime involves changing plans and evacuating to safer areas. No place outside is safe when thunderstorms are in the area.

Lightning can travel 10 miles in any direction from the thunderstorm clouds. Thunder usually cannot be heard more than about 10 miles away. By the time you hear thunder, you're already in danger and should be seeking a safe shelter.

Direct lightning strikes account for only about 5% of injuries. A victim is more likely to be struck by a flash discharge from another struck object, by contact voltage from touching an object that has been struck, or by ground current that spreads out across the surface of the earth when a nearby object is struck. An upward current that does not connect with a downward leader to complete a lightning channel can also be induced in a person and cause injury. The explosive force of lightning can also knock a person down, causing blunt trauma injuries and fractures. A lightning strike produces an estimated 10,000-200,000 amperes of current and 20 to 1 billion volts. A current of 100,000 amperes can throw a 50 pound boulder 20 yards or more.

Lightning causes death in about 10% of its victims, mostly due to cardiac arrest. Most of those who survive are left with some degree of permanent injury, usually neurological. Other factors related to fatal outcomes are head burns, leg burns, cardiopulmonary arrest and injuries from blunt trauma from being thrown by the blast. Milder injuries include superficial burns, hearing loss and eye injuries.



*Continues on next page*

## Fly Fishing Injuries, continued

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### **Oldenski: Lightning Strikes Fly Fishers, Too**

Brain injury and chronic pain syndromes are the most reported chronic sequelae. If you witness someone get struck by lightning, call 911 immediately. If the person is not breathing and has no pulse, begin hands-only CPR. (Go to [www.heart.org/HandsOnlyCPR](http://www.heart.org/HandsOnlyCPR) now and learn this easy lifesaving procedure)

If the person is conscious, stay with them until medical help arrives, as they may experience confusion, seizures or cardiac arrest. Check for injuries and provide appropriate first aid.

#### **WHEN THUNDER ROARS, GO INDOORS**

*When Thunder Roars, Go Indoors.* This slogan summarizes NOAA's recommendations for lightning strike prevention. When you hear thunder or see lightning, immediately move to a safe building or a safe vehicle, and don't come out until 30 minutes after the last thunderclap or lightning bolt. A building is safe if it has a roof, walls and floor, and has plumbing or wiring. Any fully enclosed metal-topped vehicle such as a hard-topped car, minivan, truck or bus is safe. Once inside, stay away from windows, showers, sinks, bathtubs and electronic equipment like TV's, radios, computers and corded telephones.

If you are in a remote outdoor area and cannot get to a safe vehicle or building, there are some measures you can take to *slightly* lessen the odds of getting struck. Avoid open fields, the top of a hill or a ridge top. Keep away from tall trees, towers or poles. Stay near lower stands of trees or in a valley or ravine. Stay away from water, wet objects and metal, as these are excellent conductors of electricity. Avoid close contact with others; stay 15-20 ft. apart. Stay low, hands over your ears to protect your hearing, and keep moving. Remember, these steps will not prevent you from being struck by lightning. Get to a safe vehicle or building.

If you are out in a small boat, drop anchor and get as low as possible. Large boats with cabins, especially those equipped with a lightning protection system, or metal marine vessels, are relatively safe. When thunderstorms are threatening, it's best not to go out if you have a small boat with *no* cabin.

Lightning only takes an instant, an instant that can kill you or injure you for life. Don't let lightning put an end to your fishing days.

"When thunder roars, go indoors!"

**For more information, go to:**

[www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov)

[www.struckbylightning.org](http://www.struckbylightning.org)





# Fly Fishing Fitness

## Chris O'Byrne: Stout Angler Legs

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*Editor's note: SFF member Chris O'Byrne is an FFF Casting Instructor and a physical educator. Here he identifies ways we can become physically stronger fly fishers, freeing our mind to focus on the fish, not our wobbly legs.*

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The waves undulated perfectly; several inches high, arriving in regular intervals. They were big enough to calm the wary bonefish and to give some window into the floor of Biscayne Bay. Perched on the casting platform of the flats skiff, our All-American-Angler, Payton, focused all attention on the water in front. This was a trip of lifetime and Payton meant to make the best of it.

After standing on the small table for the better part of an hour, drifting the length of the day's first flat, concentration began to fail Payton. A tired mind dragged our angler's attention to the dull ache burning through out both legs. Each passing minute on the gently rolling deck, pushed the soreness deeper into legs unaccustomed to the stress. The enthusiasm to be photographed with a Miami Silver Streaker was pushed out by the desire to rest in a cool hotel bed.

### **"One O'clock! Sixty feet!"**

With the sudden energy of a barracuda, the guide whispered "One O'clock! Sixty feet!" The casting motions Payton had practiced for weeks did not come. A distracted mind delayed the back cast and tired legs wobbled making the presentation less important than maintaining position atop the water borne teeter-totter.

Any fishing from a boat will require fitness in the legs that most people do not possess. If your trip is to include drifting shallow water in search of in-shore fish, then "Stout Angler's Legs" will make your trip more pleasure than pain. And if your guide uses a flat-bottomed skiff with a casting platform, legs with endurance to work all day are as necessary as the long rod.

Our excitement to be ready when a bonefish or redfish comes within casting range drives us to prepare our gear, our casting and our cameras but we need to evaluate our fitness as well.

Don't be a Payton! Check with your doctor before using these exercises to improve your fitness and your angling experience. Beginning a number of weeks before the big trip, incorporate some of these suggestions in order to develop "Stout Angler's Legs."

### **Seventeen ways to build stronger legs**

1. Stand as much as possible during your day.
2. Does your kid have a game, recital or fishing hole they like to visit? Stand.
3. Do you have a desk job? Standing desks were used by Jefferson, Churchill, Hemingway (that should be good enough) Kennedy, Rumsfeld and yours truly.



**#3. Stand at your desk**

## Fly Fishing Fitness

### Chris O'Byrne: Stout Angler Legs, continued

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4. Walk!
5. Stand on one foot.
6. Balancing will begin to exercise the muscles that a casting platform will test.
7. Try casting your fly rod while standing on one foot.
8. Take the stairs.
9. Park farther away
10. Try simple squats:
11. Stand as if you are on the casting platform. Bend your knees slightly in a sitting motion; do not allow your knees to extend past your toes.  
Repeat.
12. Stand on one foot while bracing your self on a firm surface, do shallow squats.
13. Walk on unstable ground.
14. Walking in sand or sideways on gentle slopes will force your leg muscles to work more than solid ground will.
15. Incorporate simple stretches into your day.
16. Sit on the ground with feet shoulder width apart, reach toward your toes.



**#12. Try simple squats**

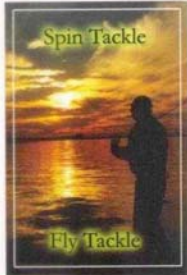


17. Stand; take one step forward with your right foot. While keeping your right leg straight, bend your left knee and place both hands on your left thigh. Gently lean forward. Repeat on the other side.

**#17. Stretch during the day**

1.

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**Capt. Pat Damico**  
 2981 E. Vina del Mar Blvd.  
 St. Pete Beach, FL 33706  
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 Web: <http://captpat.com>  
 Email: [flyguy@captpat.com](mailto:flyguy@captpat.com)



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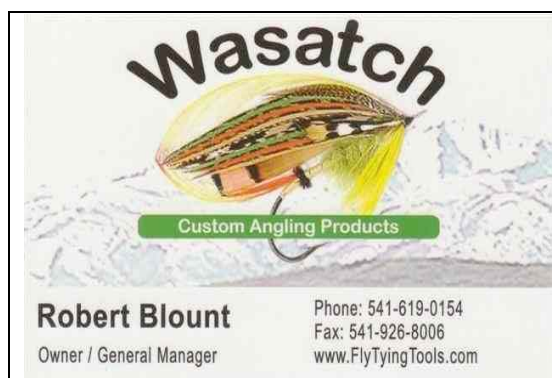
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### Favorite Fly Fisher Websites...

[Suncoastflyfishers.com](http://Suncoastflyfishers.com)

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[Earthnc.com/online-nautical-charts](http://Earthnc.com/online-nautical-charts)

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**Members, got a good fishing website you want to share with other Suncoast Fly Fishers? Email Bill AuCoin, [wmaucoin@verizon.net](mailto:wmaucoin@verizon.net)**

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### **Is the double haul doubling your mistakes?**

*By Capt. Pat Damico, Master Casting Instructor*

#### **Casting tip 36**



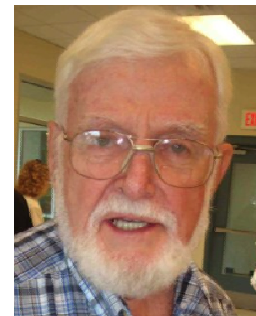
At a recent fly club meeting there was a question from a member about learning the double haul. I hear this often, especially by a casting student who is getting into saltwater fly fishing, when asked about their primary reason for our session. What they are really saying is, "I want to cast farther." Lefty Kreh has stated, "Most fly fisherman use the double haul to throw their mistakes further!" In most instances when the student is asked to demonstrate his or her casting skills there are many errors in basic casting mechanics. Once these basic errors are corrected, then the teaching of the double haul, which primarily increases line speed can begin.

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

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#### **Prep fly for stick-on eyes**

On the head of a fly that is finished with epoxy or similar material, I sometimes have a problem putting stick-on eyes on the curved surface of the head. For a solution to the problem, I wait until the head is dry and almost hard, but still somewhat flexible. At this point I pick up a pair of longnose pliers. With the pliers' hinge above the top of the head, I place the smooth surface of each jaw on each side of the head and give the head a gentle squeeze, producing a flat surface on each side of the head. I make sure that the fly is aligned properly before I squeeze, so that the flat spots will be aligned vertically, and make the flat spots just large enough to accommodate the diameter of the eye. I place the eyes and finish with a coat of head cement. Poifect, as they say in New Yawk.



**The sun is your friend...shadows are your enemy.** When approaching fish in shallow water, try to keep the sun at your back while not letting your shadow cross the fish or the path where they are swimming. If a fish turns toward you, freeze until he turns away. When false casting to determine proper distance to the fish, try to cast to the side or rear of the fish. Whenever possible, make your final cast far enough in front of the fish so as not to spook him. Place the fly on the side of the fish that is toward the sun. Since the fish has to look toward the sun to see the fly, the sun's glare will reduce his chances of recognizing it as an imitation of the real thing. If you can do all of these things at once, you're a heck of a lot better fisherman than I am.

**Wet wading shorts?...dry car seat!** Remember that bath mat that I use to keep my feet out of the dirt while changing my wading shoes? If necessary I put that mat on my car's seat cushion to keep my wet wading shorts from soaking the upholstery while I'm driving home.

# Fly Over

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## AuCoin: A Bird's Eye View of Fly Fishing

*By Bill AuCoin, Editor, On The Fly*

### History of Fly-Fishing Film

American Museum of Fly Fishing (Manchester, Vermont) is filming a history of fly-fishing. Narrated by Mark Sosin it will feature a number of saltwater fly angler stars like Chico Fernandez, Flip Pallot, Lefty Kreh, Stu Apte, Bill Curtis and Nat Ragland. [More here.](#)

### Baitfish in Space

Right this minute, as we speak, baitfish are in space and Japanese scientists are studying them to see what makes them tick. Like, do their bones degrade and muscles atrophy in a no-gravity environment. I just wish they'd take some of that research money and study what flies work best on gamefish in a, you know, real-gravity environment. [Fly Fishing in Saltwaters](#) has the scoop.

### Saltwater Fish Calendar

On The Fly, our namesake store in Tampa owned by Suncoast Fly Fisher Enver Hysni, has a what's-biting-now web section, including a month-by-month chart. Red checkmarks indicate the best bests for each month. [Check it out here.](#) And, with the holidays approaching, it's also a good time to check out On The Fly – the store -- at 4203 El Prado Boulevard for some gifts for the fly fishers in your family.

### St. John's River Shad Run

Fly anglers all over Florida are getting ready for the winter shad run on the St. John's River. (It's the subject of our November meeting presentation!) Here's a [Mike Holliday article](#) from a year ago that helps set the scene for this year's shad run opportunity.



Bottoms up

*Andy Constantinou photo*