

# On The Fly

August 2013 Volume 23, Issue 8

## Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers



### Membership Renewal

September is the month that SFF membership renewals are due. If you joined in the last three months (June, July or August), you do not need to renew or if you paid for 2013-14. If you want to renew you membership early, see Paul Sequira at the August meeting.

The benefits of membership in SFF are listed in the newsletter but deserve emphasis.

You will automatically receive our spectacular newsletter, "On the Fly".

We have monthly (except for December) membership meetings with great programs about fly fishing and catching in our area.

These meetings are followed by outings which include some great fresh and salt water places such as Ft. DeSoto, Walsingham, Pinellas Point, Hillsborough River and many others along with lunch. We have extra trips to the Everglades and St. Johns River.

There are special events such as Trash and Treasures Auction, which affords picking up some tested fishing gear at bargain prices.

Some additional bargains are also had at the Annual Hog Roast and Silent Auction in March.

You have access to fly casting instructions before some of the membership meetings and two well organized casting clinics staffed by IFFF certified casting instructors, some are even certified master fly casting instructors.

### Also in this issue of On The Fly

NEWSLETTER OF THE SUNCOAST FLY FISHERS

## On The Fly

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*There's more. Keep reading>>>>>*

# Prez Sez , continued

By Tom Gadacz, President, Suncoast Fly Fishers



**September is membership renewal month. Here are more reasons to renew your membership**

Like to tie flies? Then watch some of the best tie their favorite fly before most membership meetings and in addition fly tying workshops. Paul Sequira, Tom Jones, Charlie Most and Smitty have recently held fly tying workshops.

Participate in the fly box exchange organized by Myron Hansen.

Interested in outreach programs? Then join in with the Project Healing Water Fly Fishing (PHWFF) at the Bay Pines Veterans Administration Medical Center and help our service men and women tie flies, build rods and fly fish. Talk to Terry Kirkpatrick and John Craig about the details. We participate in PHWFF outings with the Bradenton Yacht Club.

We have programs with youth fishing camps and this past summer seven SFF members taught fly-casting to 101 youths nine to 14 years of age.

**All of the above and much more for only \$15 per year!**

Renew at the meeting or send a check for \$15 (individual membership) and the attached membership renewal form on the next page.

**Rafflemeister.** We are looking for two members to share the rafflemeister position. Tom Hummel has done a great job running the raffles at the end of each meeting. Tom has job commitments that make it difficult for him to continue and we need to recruit preferably two members to help with the raffles. If you are interested in helping please contact me or one of the board members. For a description of the position, see below.

**Fly Casting Shoot Out.** Bring your fly rod to this month's meeting and have fun casting. Robert Fischer will be conducting a friendly and fun casting session.

*Tom*

## **Official Rafflemeister Duties**

The SFF Raffle Chair and Librarian is appointed by the President with assistance from the Board. Raffle Committee Chairperson and Librarian has these responsibilities. The Chair is the rafflemeister who sees that the items are packaged, displayed, and raffled off. Items are purchased through the Board and the SFF Treasurer. Tickets are sold during the meeting at \$1/ticket and items raffled off immediately after the meeting. The Chair also manages the Suncoast Fly Fishers library. This resource features a donated collection of magazines, books, videos, DVDs, and assorted fly fishing accessories.

There is also the "Fly Box Program" in which members donate flies in return for tickets. Half of the flies go to the winner that night. The other half of the flies go in new member packets. The Chair and Board will select additional help from the membership. Members interested in helping should contact Tom Gadacz or one of the board members.

# We are Suncoast Fly Fishers



## SFF Club Calendar

- August 15 Meeting – Fly Casting Shoot-Out with Robert Fischer
- September 14-15, Florida Sportsman Show, Tampa Fairgrounds
- September 24-28 – Int'l Fly fishing Fair, West Yellowstone, Montana
- October 18-19 – Florida Council, FFF, Expo, Plantation Inn, Crystal River
- Saturday, Oct. 19, Marine Quest, Florida Marine Research Inst., St. Petersburg
- March 29, 4-8 pm, Hog Roast and Silent Auction, Treasure Island City Hall Auditorium

## 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 Sequeira

#### 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 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 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 2013-14*)

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

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

Make check payable to **Suncoast Fly Fishers** and mail to

Suncoast Fly Fishers  
P.O. Box 40821  
St. Petersburg, FL 33743-0821

## News 'n Notes

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### Fish Florida Thank You Note to Pres. Tom Gadacz

*Thanks for sharing the wonderful write-up about the youth event and Fish Florida in the newsletter. I really enjoyed Al Pitcher's analogy of fishing to the quote about baseball - it takes an adult to play the game well, but it takes a kid to think it's important. That hits pretty deep (no pun intended) about how important it is that we share what we love with the next generation. Please tell all the Fishers "thank you" for sharing their sport. I'll be at the Florida Sportsman show in Tampa in September. See you there!*

Lara Kramer | Fish Florida

615 N 21 Avenue Hollywood FL 33020

p/f [954-927-8361](tel:954-927-8361) | c [954-257-6883](tel:954-257-6883)

[fishflorida1@gmail.com](mailto:fishflorida1@gmail.com) | [fishfloridatag.org](http://fishfloridatag.org)

*Fish Florida has helped more than 300,000 children learn to fish. You can help kids fish, too! Buy the sailfish license plate, volunteer, donate, and use our Goodsearch toolbar.*



### Suncoast Fly Fishers Salutes Bob Sousa



Dr. Robert J. Sousa

Dr. Robert J Sousa of Bristol, RI, a member of Sarasota's Mangrove Coast Fly Fishers, was awarded the William T. Hornaday Gold Medal, the highest adult conservation recognition by the Boy Scouts of America, with a history going back to 1914. Sousa originated the Fly Fishing Merit Badge. He leads the fly venue at the Boy Scout Jamboree. He started and teaches at BSA Fishing Camp Schools throughout the U.S. Sousa has authored several books including Learn to Fly Fish in 24 Hours (McGraw-Hill).

**Project Healing Waters** -- Bay Pines Veterans health Center needs volunteers, plus kayaks and fly gear, to help take up to 20 vets fishing at Fort De Soto Park September 28. See Alan Sewell's Reviews and Previews page for sign-up info.

### Thanks, Rafflemeister Tom Hummel. We need two to replace you!

The board officially thanks Tom Hummel for the great work he has done as rafflemeister and now has put out the word that it is looking for two members

to take his place.

**Fishing Center Relocating** - The Florida Fishing Center and Interactive Museum is relocating from Largo to another location. Meanwhile the Suncoast Fly Fisher wall display has been removed and is in storage until further notice. Stay tuned.

**Deals on Fly Fishing Equipment** - Brad Lowman at Bill Jackson's Shop for Adventure emailed that the fly shop has some long discounts on rods, reels, line and more. One customer (the writer) is mighty pleased with some Mastry fly line purchased at half price. Hubba, hubba. The sale continues to September with deep Labor Day discounts up to 70 percent, Lowman said.

**Teach Kids to Tie a Fly** - We need fly tiers to help teach kids to tie flies at two approaching events. The Florida Sportsman show is September 14-15 at the Tampa Fairgrounds. Marine Quest is Saturday, October 19, at the Florida Marine Research Institute in downtown St. Pete. Contact Bill AuCoin ([wmaucoin@verizon.net](mailto:wmaucoin@verizon.net)) to get your name on the schedules.





# Alan Sewell's Fishing Reviews & Previews



**JULY 20 - 21, 2013.** - This outing was the SFF night-time fishing adventure. Members could fish dock lights, bridges, passes or wade the beach. It seems that our members fished the dock lights. No one fished the beaches that are loaded with Snook. The night was perfect for fishing. Calm winds, no storms and good tides. Plenty of fish...but few snook. Bob Morrison did catch a 25-inch snook for the outing prize. Good catch! Mark Hays did land a 23.5-inch redfish that is entered in our yearly fishing tournament. Another good catch!

**AUGUST 17, 2013.** - Our August outing will be held inside Fort De Soto Park. Wade fish, kayak or canoe, swim or use your boat. Fishing boundaries are inside the park or areas across from the boat ramp. Outing prize will be for longest flounder and for the longest ladyfish. Lunch will be served at noon at Arrowhead Picnic Area.

**September 21, 2013** - Skyway area monthly outing

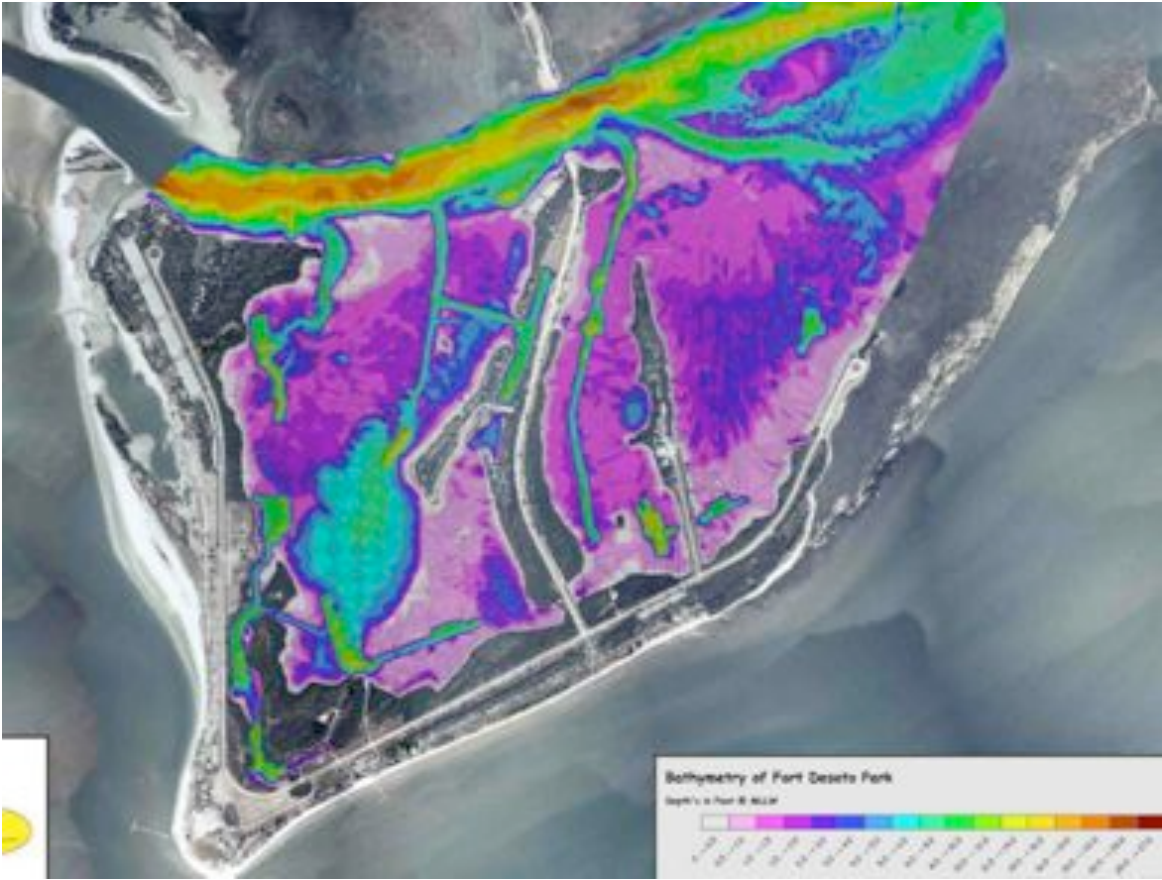
**September 28, 2013** - Bay Pines Veterans Health Center needs volunteers, plus kayaks and fly gear, to help take up to 20 vets fishing at Fort De Soto Park. Bay Pines will provide all the food and drinks. Our club helped last year and it was a great day to help our vets, and they had a really good time. Sign up with John Craig, Terry Kirkpatrick or Alan Sewell.

**October 21, 2013** - Carl Hanson Tournament, Hillsborough River

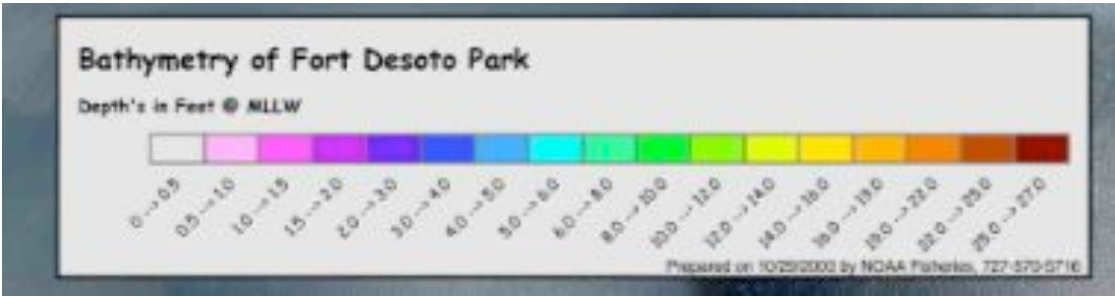
<b>2013-2014 FISHING TOURNAMENT UPDATE</b>				
<i>Suncoast Fly Fishers yearly tournament starts now</i>				
<u>Species</u>	<u>Angler</u>	<u>Length</u>	<u>Location</u>	<u>Date</u>
Bass	George Haseltine	19"	Lake Walsingham	April 16
Sunfish	Mark Hays	8"		
Trout	Mark Craig	22"	Tampa Bay	
Redfish	Mark Hays	23.5"	Tampa Bay	July 20-21
Snook	OPEN			
Ladyfish	Mark Craig	17"		

# Ready Set Go: Fort De Soto Park, Saturday, August 17

Our August outing is set. The NOAA aerial photo below, color coded to help distinguish depths, gives up some valuable clues for anglers including locations of channel-like trenches and deep potholes left over from World War II bombing practice.



Just below is a close up of the color chart showing areas of depth from 0.5 feet on the left, 5-6 feet in the middle, and up to 27 feet on the far right.





## Tying Bench – The Juletrae (AKA Christmas Tree) Tied by Toni Fernstrom

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**This go-to fly for cold water sea run brown trout has Suncoast potential too.**

This simple pattern was originally designed to catch sea-run brown trout near the shorelines of the Atlantic and the Baltic seas. The pattern is the creation of Steen Ulnits, a fly-fishing Dane who also happens to be a marine biologist. Yes, I want to emphasize that the Danes are to blame for creating this hideous fly. Despite its ugly appearance, nobody in Scandinavia (except for some few Swedes) denies the effectiveness of the fly, especially during the early part of the season with water temperatures around 50 and below.



Having mentioned that, I can hear some objections from the local fly angling community. However, I still believe the pattern (with all its variations) has potential here in sub-tropical Tampa Bay. Also, in its favor, is that it is extremely easy to tie. The only two materials used, except for the hook and tying thread, are Mylar tubing and yarn. So tie up a few, give them a try and let me know what you find out. Trust me, if the fly fails I'll be the first in line to let the Danes know.

When you finish tying your first *Juletrae* you are entitled to a shot or two of *Gammel Dansk*, a bitter, traditional Aquavit that will make your eyes water and your whole body cringe.

I will be happy to answer questions about the pattern as well as Danish drinking habits at the upcoming monthly meeting. I will also be giving a lesson how to properly pronounce the name of the fly in Danish.



### Materials

Hook: typically a #1-#4 long shank hook. Personally, I like Mustad 34011.

Thread: originally red 3/0, but any contrasting and/or fluorescent color is suitable.

Overbody: originally medium silver Mylar tubing. Pearl (and other) transparent Flashabou tubing is also used.

Underbody: small/medium sized yarn, color of less or no importance. However, when using Flashabou the color of the underbody will shine through, so choose the yarn with this in mind. Fluorescent yarns work great in combination with this kind of tubing. Try pearl Flashabou over fluorescent red or orange. Other popular combos are chartreuse over fluorescent green and black Flashabou over fluorescent blue.

Eyes: originally no weight was used but you can use small or medium bead chain or barbells.

*Juletrae tying sequence, next page>>>*

## Tying Bench, continued- The Juletrae (AKA Christmas Tree) Tied by Toni Fernstrom

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### Tying Sequence

1. Attach red 3/0 tying thread about 1/8" behind hook eye. Cover hook shank down to above the barb.
2. Tie in a 6-8" length of thin/medium size red yarn. Wrap the yarn up to 1/8" behind hook eye and then back to the tie in point, creating a smooth body. Tie off and cut the yarn but leave the tying thread.
3. Cut a piece of medium silver Mylar tubing, the length of about 2.5 to 3 times the hook length. Carefully remove the inner core of the tubing and discard.
4. With your dubbing needle or the tip of your scissors, fray about 1/2-1 inch of the tubing and carefully slip this end over the hook eye and shank down to the bend. Try "threading" the frayed ends past the tying thread all the way to the "clean spot" where the tubing remains intact.



5. With the frayed ends sticking out as a tail, tie in the tubing firmly right at the "clean spot". Whip finish and cut the thread.
6. Stretch the tubing over the body by pulling on the end sticking out past the hook eye. While keeping the tubing stretched, attach the tying thread and tie down the tubing at the same time. The ideal spot is a point halfway between the eye and the front end of the yarn underbody. This operation is a little tricky and may require some thread maneuvering and adjustments.
7. With the tubing firmly tied down, fray the protruding end, again using a dubbing needle or the tip of your scissors. The "fibers" of the tubing should be completely separated all the way down behind the hook eye to the tying thread. (If you want to add weight, now is the time to tie in the bead chain or barbell eyes.)
8. Stroke the frayed "fibers" back over the body, making sure that the "fibers" are uniformly distributed around the hook shank. Tie down and secure the "fibers".  
Don't be concerned about the fact that the fibers are all crinkled and twisted, and that the fly has a sort of "the crazy scientist" look... This is ok and will actually add to its appearance once it gets in the water.  
(If you chose to add eyes, make sure to tie down the frayed "fibers" behind the eyes.)
9. Create a nice tapered (slightly oversized) head and whip finish.
10. With your scissors, trim the tail and wing to preferred lengths.
11. Secure the head and the rear tie in spot with cement. I prefer to first put on a thin layer of Zap-a-Gap, let dry and finish off with 2 layers of Hard-as-Hull or Sally Hansen's Hard-as-Nail.

Have a drink. Tight Lines -- Toni Fernstrom, the Swede

## Report: Simmons Park Summer Fly Fishing Camp

The goal is to get youngsters hooked on fly-fishing. To that end, Suncoast Fly Fishers teach fly-casting to 101 youths at three sessions in June and July thanks to generous support from **Fish Florida** and Russ Miller of **Far Bank Enterprise**.

### By Tom Gadacz

Suncoast Fly Fishers met at Hillsborough County's E. G. Simmons Park in Ruskin July 17 for the final fly-casting camp for boys and girls. Thanks to all who helped make these fly camp sessions so popular. Camp supervisor Dave Ramirez said the kids loved the fly-fishing and he has invited us to return in the fall to hold another fly fishing camp.

**Suncoast Fly Fishers members:** Ray Cianci, Don Manning, Rick Warfel and Tom Gadacz

**Fly Campers:** 41 youths 9-10 years old, 5 girls

**Set up:** 2 casting course 50' X 40', 10 stations 10' apart. Targets = hula hoops, 24" pot dishes, and V 4' stakes. Targets @ 20', 30', and 40'

### Instruction

- Discussed differences between spin casting and fly casting
- Explained rules to the group.
- Short discussion on casting stroke
- Demonstrated stroke and practiced with 0.5" diameter 2 foot length PVC pipe
- Had groups of 5 come to front of the room and practice with instructor. Called out forward cast "splash the paint" and back cast "pick up the phone"
- Went outside to the two casting courses.
- Divided into 20 and 21 youths and then into 8 and one 9 kids/group. One camp staff helped with casting so we had 5 instructors.
- Assigned casting lanes to each group



*Fly Casting instructors, l to r, Tom Gadacz, Rick Warfel, Ray Cianci, Don Manning*



*Fly fishing students at E. G. Simmons Park learn to cast a fly rod using short 50-inch rods called "Form Rods."*

• *Continued on next page>>>>*

## Continued....Simmons Park Fly Fishing Camp

### Instruction, continued...

- Demonstrated and practiced with Form rods (50" rods with no reel; line shortened to 20')
- Demonstrated and practiced with 8' 6" rods/reels (Crosswater youth sets). Short 4' leader.
- Target practice to pot dishes, hula hoops and V stakes
- Rain – delay. Adjourned to classroom and discussed casting stroke and importance in catching fish. Showed fresh water and saltwater flies. Had many questions from group.

### Comments:

Dividing the course into two areas resulted in less congestion and better control of the youths. Getting youths involved in the casting stroke in the classroom generated interest in learning and easy correction of some faults. The non-casting kids would comment on what one of the casters needed to improve. Everyone was involved in the indoor casting session. Very good feedback among youths.

Everyone participated in the group of five exercises and called out "splash the paint" and "pick up the phone". We had much better control of this young group than we had of the first group of the same age. The outdoor exercises rotated between the two types of rods and had half of them casting at any one time. Much improved session than we had with the very first group. We had better organization, planned exercises and dividing the course into two areas gave us better control of the kids.



*Suncoast Fly fishers received excellent support and assistance from camp counselors -- Ted, Linda, Evan, Ramona, James, and Mathew and program director Dave Ramirez (not in picture)*

**Summary:** We had seven SFF volunteers teach 101 youths fly-casting as part of the Fishing Camp Program at E. G. Simmons Park conducted by Dave Ramirez and staff. We had three sessions, each two weeks apart. The program was supported by a grant from **Fish Florida** and rods, reels and lines supplied with the help of Russ Miller of **Far Bank Enterprise**.

Tom Gadacz  
President, Suncoast Fly Fishers  
President, Florida Council IFFF



## July Outing Report: Docklighting



Alan Sewell, our outing impresario, reports that docklight night was perfect for fishing with great weather and tides. Bob Morrison, fishing with Tom Reckenwald, caught a 25-inch snook for the outing prize. Attaboys, Bob.



*The mystery angler is revealed below*



*Ken Hofmeister nailed this nice redfish but it measured just shy of the big fish of the night, Mark Hays 23.5-inch redfish.*



*The mystery angler is Mark Hays and his 23.5 redfish now leads the redfish category in the Suncoast Fly Fishers annual tournament. See Alan Sewell's Previews and Reviews, page 7*



*The night before the outing, Hofmeister decided to hit a few docks. He caught this 28-inch snook, which hit Layne (Smitty) Smith's well-known MGM – My Glass Minnow – on a 6 weight. The dark image doesn't do justice to the size of this bigger than the net fish.*



## Report: Tennessee Trout

By Tom Jones

Tommy Hogan, a Project Healing Waters leader from Tennessee who visited our club this past year and fished with Ken Hofmeister and myself, invited me to stop in and fish with him sometime. So, on my way home from a trip up north, I stopped in and took advantage of some of that Tennessee hospitality. Tommy put me onto some rainbow trout in the tailwaters of the Tims Ford Dam on the Elk River in central Tennessee just south of Nashville. I didn't count the fish we caught but we hooked a bunch and landed about four. They were small (10 to 12 inches) as we had missed the last stocking by about two months. But it was a blast. Here are a couple of pictures from that trip.



## Mark Hardies: New Mexico's Red River Trout

Mark reports that he fished the Red River in northern New Mexico on August 1. "The largest rainbow that I caught was 20 inches. Also, I managed to catch a few in the 18-inch range as well as several in the 14 to 16 inch range. Most were caught on a San Juan worm pattern, they showed little interest in anything else that I tried."





## Andy Constantinou: Report from England

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In a late July iPhone report from the home country Andy said he was catching these tiny dace-like fishes in his garden. Well, his latest missive clarifies that somewhat.

Andy is catching them, he writes, "at the bottom of our communal garden. It's a small lake formed from the River Chess which is a tributary of the River Thames. The River Chess is one of two rivers in the UK where rainbow trout breed naturally.

"Unfortunately my stretch only has coarse fish as opposed to game fish like trout, salmon and grayling. I don't care because dace and chub will take a tiny fly."



## Andy Constantinou: Back in Florida

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Hey fly fishers and golfers...is this an oscar? A Mayan cichlid? Or a bluegill?

August 3, 2013

Here's something a little different from my normal catches. Nice 2.5 lb oscar caught in golf course lake in Estero, Florida on a tiny popper.

*Andy*



*Oscar on FWC website*



*Mayan cichlid on FWC website*

# Fly-fishing First Aid and Prevention

## Richard Oldenski MD: First Aid Kit



Where do you keep your first aid kit?

Years ago the Suncoast Fly Fishers purchased a first aid kit, and the BOD elected me to bring it to our outings. Fortunately, we have not had to use it. If you ever need it on an outing, it will be in the trunk of my car. You might want to bring along your own first aid kit to have with you in your boat, kayak or car, just in case.

What does a fly fisher need in a first aid kit? Fly fishers are mostly at risk for minor cuts and wounds (hooks?), stings and bites, strain and sprains. The first aid kit should have the proper supplies to treat these problems. For some minor injuries, first aid is all that is needed. For other situations, first aid is to stabilize the injury until medical care can be obtained.



Ready-made first aid kits are available in a variety of sizes and prices at most pharmacies and from the American Red Cross. First aid kits designed specifically for outdoor sports activities are available at retailers like Bill Jackson's, Cabela's and Amazon.com. Their prices usually range from \$10 to \$30. You can buy one "off the shelf" and be all set, or you can buy one and customize it to suit you, or you can make one from scratch.

*Continued on next page>>>>*

## Oldenski: Your First Aid Kit, continued

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Below is a list of items you might consider for your first aid kit.

- Start with a watertight box or bag, especially if you keep your kit on a boat or kayak.
- 4"x 4" sterile gauze pads to apply pressure to bleeding wounds and for dressings.
- Rolls of 2" and 4" wide sterile gauze to wrap dressings and make splints.
- Hand sanitizer or antiseptic wipes for hand and wound cleansing.
- A syringe, bulb ear syringe or turkey baster to irrigate wounds. Studies show that rinsing wounds with a stream of water removes dirt, debris and bacteria and reduces the risk of infection.
- Tweezers to pull splinters out of wounds and skin, and to remove ticks.
- Butterfly bandages to close lacerations.
- Tincture of benzoin to clean skin so that butterfly bandages will stick.
- Neosporin or Triple Antibiotic ointment.
- Cotton tipped applicators to apply ointment.
- Telfa or other nonstick pads for wound dressings.
- Adhesive tape for dressings and splints.
- Band-Aids in assorted sizes including special shapes for fingers and joints.
- Elastic wrap or ACE dressing for wound and sprain compression, and for splints and slings.
- Moleskin for blisters.
- Scissors for cutting gauze and tape.
- Sterile gloves.
- A plastic bag to dispose of contaminated material.
- Safety pins to secure dressings and slings.
- Ibuprofen (AKA: Advil; Motrin) for pain and inflammation.
- An antihistamine like Benadryl, Zyrtec or Claritin for bug bites and stings.
- An instant cold pack for sprains or for insect bites and stings. Also consider an instant heat pack to lessen the pain of ray stings until you can get to hot water.

The list could go on, but this should provide what we would need for most fly-fishing injuries. Be sure to check your first aid kit from time to time to remove any outdated items. I hope they all expire before you get to use them.

For more information on first aid kits for any situation, check out the following websites:

<http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>

<http://www.mayoclinic.com/health/first-aid-kits/FA00067>

<http://www.ready.gov/basic-disaster-supplies-kit>

<http://www.isu.edu/outdoor/frstaid1.htm>





## Damico: Fly Casting Clinic

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### Practice for Casting Events

*By Capt. Pat Damico, Master Casting Instructor*

#### **Casting tip #44**

Visit a local "Dollar Store" and purchase a couple of Hula hoops. Mount one vertically on a tree or pole in your practice area. Start with a short line and make your forward cast go through the hoop. If your loops are too large, you will fail. Review our casting essentials. When you can do this with a short line, move back a little at a time and increase your line length. Using only your casting hand with line pinched against the cork with your index finger, shoot line when your rod stops seeing how much distance you can add to the cast. Include your line hand as a last step to really get distance. Next tip will make use of your other hoop.

*Pat Damico, MCI, St. Pete Beach*

## Morrison: How - To

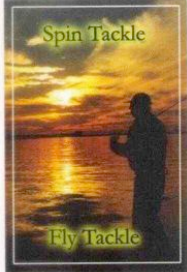
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On my first ever docklight fishing trip, just after our July meeting, I learned some things. Here are some of them:

1. When you are fishing from a boat, use a net to land your fish. On my first docklight trip, I hooked and brought to the boat a hard-fighting 25" snook, my first on a fly. My partner Tom Reckenwald netted the fish and brought it in. When he dumped the snook out on the deck, the hook fell out immediately. If Tom had not used the net, this lightly hooked fish would probably have been lost. 'Nuf said. Furthermore, when releasing a fish from a boat, put the fish back in the net and hold it in the water inside the net until it revives and is ready to swim away under its own power. A revived fish is much more likely to re-oxygenate completely, increasing its chances for survival. Finally, a stronger fish is much less likely to fall prey to sharks or other large predators.
2. Use extra-heavy leader tippets for snook since the sharp-edged gill plates are possibly just as harmful to leaders as are their teeth.
3. Remember to fish the dark areas just outside the lighted areas. It was in one of these that my snook was waiting for me.
4. Try Smitty's Deadhead Minnow in all white, a mullet pattern, and remember to add those bright red gills. It works. For deep fishing on those underwater bottom-mounted lights, use weighted flies to get down to the fish.
5. Unless you are in top physical shape, be sure to exercise and strengthen your legs to prepare for long periods of standing while casting. And if you are old like me, this goes double. After six hours standing on a moving deck, I had to be helped out of the boat, since my legs were completely gone. Lesson learned.

Go get 'em, and good luck. *Bob Morrison*

# Special Friends of Suncoast Fly Fishers



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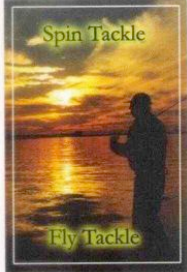


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# Mazzarella: Fly Casting Instruction

## Components of Lesson Planning

*By Dayle Mazzarella, IFFF Certified Casting Instructor*



### PRACTICE TIPS

Nearly everyone is busy and finds it hard to make time to practice. Here are a few tips that might help you get over the hump!

Find a partner - If we make a commitment to another person, we are less likely to let distractions get in the way of a practice session. Besides, the partner can help us by seeing the cast in a way we are not able.

Have a regular schedule - For example, every Wednesday after work, every Sunday morning for an hour before the family day begins.

Frequent small chunks are better than infrequent, long chunks. Keep a rod in your car. If you have 15 minutes and you are driving by a park, stop and cast for 10 minutes.

Have a specific goal and keep records. Pick a task like distance, or accuracy, or quick-casting. Stick to one thing until you improve. Measure and mark your progress.

Get a practice rod. Several manufacturers sell small rods that can be used in any yard. I like the Form, made by Redington. It sells for \$39.00 and can be found under accessories at Redington.com

Practice without a rod! I've learned my most complicated casts by pantomiming the motions while I watch TV. You will train your nervous system quickly and efficiently!



Hope this helps! Next month we'll discuss the five components needed to catch fish!



## David Putnam: Fly Fisher Reflections



“Oh, to be a golfer and never hear a rod go ‘snap’.”

Fly rods, unlike golf clubs, are very fragile and subject to attack by paddle fans in motel rooms, car doors and boat hatches. Fish can snap ‘em too if they’re handled carelessly, like when anglers put too much bend in the rod when there’s a big fish on the line at boat side. There’s a known term for that called, “high sticking”. It’s a common error caused by excitement and lack of experience. Oh, to be a golfer and never hear that loud crunching “snap” as the rod breaks... just before the fish gets away.

(Climbing back into a boat one day while wade fishing I sat on a pal’s rod tip. It snapped. While apologizing, showing the mess I’d made, the line on the rod found its way around the trolling motor propeller, which tangled and stretched it beyond repair.)

Let’s not get into here a long discussion of boat ownership as a means of catching more fish, as costs vary widely for boats, but the reader should know that all fly fishermen end up in boats if they have any money left after buying all the rods, reels, lines and tackle they “need.” The simple idea is to get nearer more fish to throw your flies towards, and after an angler has fished hard standing on dirt--wet or dry-- for months, not catching many fish, the desire for a boat follows quite naturally. It’s what fly anglers call a “need.” Maverick Boats has a 16 foot model that seems quite nice, a boat that would take an angler and a pal fishing for multiple species in Florida. Package price, \$50,000... used. There is no equivalent cost in golf.

If you leave tomorrow to fish for permit in the Florida Keys you will need to pay a guide who *does* have a boat. Ditto for many other fish in different parts of the country. Gotta have a guide. Golf doesn’t have guides. A day with a Florida Keys guide with a skiff costs around \$600 per day for two anglers.

Fly fishermen in search of permit who spend a few eight-hour days with a guide in Key West rarely catch one, though they look where the guide says to look, and try their best not to screw up a casting opportunity if they get one. Despite doing their best, fly anglers are often hollered at most of the day by the guide, except when they’re eating lunch. After a week of that and *not* catching a permit--wind and sun burned, hammered in a flat-bottomed skiff by afternoon chop on the water while heading back to the dock--- permit fly fishermen have been known to give all their tackle away at the dock. Hollering just isn’t done on the golf course.

Private club memberships are available in golf and fly fishing, and are always a plus, though they can be expensive. All that water you see in Colorado? Most of it’s private or unfishable for a variety of reasons...like the Poudre River in Ft. Collins, which looks gorgeous but is fast and treacherous. A guide can help you avoid the Poudre by taking you somewhere else to fish. (It takes time to get accustomed to the pronunciation, which is, “pooter.”) Or, just west of Fort Collins In Walden, Colorado you might be able to get a membership in a decent fly fishing club with a reasonable \$10,000 membership fee. Ask at North Park Anglers, the fly shop in Walden, about membership. Don’t want to join a club, don’t want a guide? Fish the North Platte River on your own. Good luck with that.

It’s easy to see why so many fly fishermen miss the cleaner game of golf. Usually a golfer’s hands don’t smell of fish even after a sloppy eighteen holes, and bloody clothing is rare, while fly anglers can look like car wreck victims after a day catching fish like mackerel. A golfer gets to clean his balls regularly, while a fly fisherman, if he’s lucky, may get to wipe his hands on a slimy rag.



## Fly Over

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### Bill AuCoin: Fly Fishing, Once Over (very) Lightly

**Recreational anglers spend money** – SFF President Gadacz forwarded a link to a segment shown on CNBC TV describing the big financial boost recreational anglers make. Exhibit one is the Everglades. CNBC headlines it as “Fish are worth more alive than dead.” ([CNBC](#))

**You know, legislators don't seem to like recreational anglers** – Maybe we don't contribute enough to their campaigns. Ken Hofmeister reminded me about the times legislators in Tallahassee tried to soften the seine net regs in favor of the commercials. And about the unfair recreational limits on trout in favor of the commercials. Now we're staring at federal legislators. When they think about saltwater fishing they're thinking commercial fishing. (They contribute more?) But, guess what, recreational anglers add much more to the economy. We land only two percent of the fish (commercials 98%) but add three times more to the U.S. GDP. American Sportfishing Association argues that it's way past time to update fisheries laws the country can make the economic boost even bigger than it is already. ([ASA](#))



**Who is Ted Juracsik?** – You know about Billy Pate Reels and Tibor Reels, right? Top drawer merchandise, for sure. Here's the story about the tool and die man behind those finely-tuned instruments, Ted Juracsik, a Hungarian refugee from communism. ([Fly Fishing in Saltwaters](#))

**Do you like to wade fish?** – Wade fishers are paying attention now. Recently a Hernando County woman who was swimming in the Gulf was infected by a bacteria -- *Vibrio Vulnificus* – that led to her losing a leg and some say she's lucky to still be alive. Health officials say it's not a common bacteria but it's not that rare either. So, do you wade fish? I do, and I recently successfully fought back infections in my right foot and right hand after a day of wade fishing in Tampa Bay. I'm paying attention now. ([ABC Action News](#))

**Peace River Fall Fishing** – One of our major Hog Roast and Silent Auction donors was the Canoe Outpost, headquartered in Arcadia. Its website has some solid information about fishing the upper Peace River and even if you're in a canoe or a kayak you can jump some pretty sizeable fish, fresh or salt, including snook and tarpon. Fall fishing can be impressive as the river drains summer rainfall and the rapid current pulls down huge schools of bait. That huge crash you just heard from around the bend was probably a visiting tarpon crashing into a school of a zillion tilapia. ([Canoe Outpost](#))

**What's up with this “weird” word?** – Everywhere you go on the Internet these days there is a banner ad enticing us to link to it with a headline using the word “weird.” Like, you know...This *weird* spice destroys diabetes...*Weird* golf tip for more distance...Cut down on your belly fat by following this *weird* old tip. So far I've not seen a weird tip ad for fly-fishing. If I do I'm not going to waste my time. The weird tip they all share, after you have wasted long minutes of your time, is to buy the book or subscribe to something so you can learn their weird tip. It's so weird. ([Straightdope](#))

**Weird fly patterns** – Check out some of the strangest fly-fishing patterns you've ever seen and join in the fun discussion on The Fly Fishing Forum. One fly fisher said he saw a fly tied like an actual helicopter. ([Fly Fishing Forum](#))