

# On The Fly

January 2013 Volume 23, Issue 1

## Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers



### New Year's Resolutions

Each year we generally make resolutions to improve or correct some of our habits or practices. We should consider some fly-fishing resolutions. How about learning to cast 70 feet? A very admirable goal. We can do better! How about helping someone learn to cast? These are not exclusive resolutions but the latter may have more merit. The characteristics of our club include friendliness, constant improvement and meeting members' needs. These apply not only to our club activities but also to our outreach programs. Make a fly-fishing resolution that will include someone else

by sharing your enjoyment and enthusiasm for fly-fishing.

### Don Coleman Classic

We had great time at the Don Coleman Classic and several members joined us from the Tarpon Coast Fly Fishers, Tampa Bay Fly Fishing Club, and Mangrove Coast Fly Fishers. Thanks to Alan Sewell who made his two kinds of chili (red and white bean). Both were delicious. Jerry Yancey's spicy corn bread was another hit. Also thanks to those who brought side dishes and snacks. Annie Hays organized the Texas Chili Cook-Off skit with Woody and Jerry. It was hilarious! We had great weather and good fishing. Even I caught several mid-sized trout, a jack crevalle, and a redfish. If you didn't attend, please mark your 2014 calendar for the Don Coleman Classic.

### Trash and Treasures

This month's meeting is an auction for items donated by members. Bring those items in your fly fishing closet you wish to pass on to another member. If you received any "replacement" fly-fishing gear as a holiday present, bring your "old" tried but functional gear. Alan Sewell is our auctioneer so be prepared for a memorable event.

### Elections in March

This March we will have elections for two officer positions (secretary and treasurer) and three board positions. The two officer positions are eligible for another two-year term or replacement. The three board members are eligible for re-election or replacement. The board has selected four members for the Nominating Committee: Woody Miller, Bill AuCoin, David Putnam, & Karen Warfel. They will present a slate of nominees at the February meeting and election will occur at the March meeting. If you are interested in serving as an officer or on the board, please contact one of the Nominating Committee members.

Tom

### Also in this issue of On The Fly

#### January 2013 Volume 23, Issue 1

- Hog Roast: Make plans now 2
- News 'n Notes 3
- SFF Club Calendar and more 4
- Sewell, Previews 'n Reviews 5
- Tying Bench, Tom Jones' DNA fly 6
- Gadacz-Sequeira: Don Coleman 7-8
- Gadacz, Boy Scout Merit Badge 9-10
- Warfel, Apollo Beach dock snook 11
- Constantinou, iPhone angler 11
- Oldenski: When fishing hurts 12-13
- O'Byrne: Pushing back the pain 14-15
- Damico, Casting Clinic 16
- Morrison, How-to 16
- Friends of Suncoast Fly Fishers 17-18
- AuCoin: Fly Over 19



# 10th Annual Suncoast Fly Fishers **HOG ROAST** and Silent Auction

• Raffles • Award Ceremony • BYOB

Saturday March 23, 2013, 5:00 - 8:00 PM at the Florida Gulfcoast Center for  
Fishing and Museum, 12211 Walsingham Road, Largo, Florida

Join us for some old fashioned  
pig pickin' and a chance  
to bid on outstanding:

- rods
- reels
- hand tied flies
- guided fishing trips
- fishing gear
- clothing



## **Tickets**

\$20.00 per adult  
\$10.00 youth  
under 13 Free

**Make your  
reservation**

and get your tickets  
at the next club meeting  
or call 727-360-8030 or email  
thomasgadacz@yahoo.com

## Suncoast Fly Fishers News 'n Notes

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### **January 17 meeting - Trash and Treasures Auction.**

January's meeting is our annual trash-and-treasures bidding wars featuring auctioneer Alan Sewell. Bring gear you no longer use. Especially, bring money to buy fly-fishing gear. You really deserve it.



### **February 15 Meeting: Leigh West, Wading the Flats for Redfish.**

February's meeting spotlights

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

### **March 21 Meeting: Capt. Tommy Thompson, author of The Saltwater Angler's Guide to Tampa Bay and Southwest Florida.**

Captain Thompson will share a lifetime of secrets about where to fish on the Suncoast, closely guarded secrets from guides and from personal experience.

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

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

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

Capt. Rick Grasset is a full time Orvis-endorsed fishing guide and outdoor writer based in Sarasota. He fishes the bays, back country and coastal gulf waters of Sarasota Bay, lower Tampa Bay and Charlotte Harbor in his 17-foot Action Craft flats skiff.

### **Correction: Smitty's Fly Tying Workshop Schedule**

In February Layne (Smitty) Smith will lead eight SFF fly-tyers in four workshops to learn to tie flies designed to catch the Suncoast Grand Slam – tarpon, snook, redfish and speckled trout. Smitty will direct four 90-minute evening sessions in Tuesday. The first three are on TUESDAYS (February 5, 12, 19) and the fourth and final workshop will be on either Monday, February 25 or Wednesday, February 27. Time: 6 -7:30 pm. Tyers will meet in the conference room of John Craig's High Performance Plumbing at 4450 Morris Street North.

# We are Suncoast Fly Fishers



## SFF Club Calendar

- January 17 meeting, Walter Fuller Park – Trash and Treasures auction.
- January 19 outing, Pinellas Point. Launch & lunch at Bay Vista Park
- February 1-3, Special Shad Outing on St. Johns River. See Alan Sewell's Reviews & Previews page for details.
- February 21 meeting, Walter Fuller Park -- Leigh West ties flies and discusses wade fishing for redfish.
- Hog Roast, March 23, 2013 at the new Gulfoast Center for Fishing in Largo. Get ready for good food and entertainment, auctions, raffle, prizes.
- March 21 meeting, Capt. Tommy Thompson, author, Saltwater Anglers Guide to Tampa Bay
- March 23 outing, Blackthorn Memorial, I-275 rest area on the Sunshine Skyway
- April 18 meeting, Capt. Rick Grasset, Flyfishing the Flats in Spring

## Monthly Meetings

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

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



## Suncoast Fly Fishers

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

### Club Officers

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

### 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 – Vacant  
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



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

### ***December 15, 2012 - Don Coleman Memorial Tournament and Chili Outing.***

Our last outing of 2012 turned out to be a neat day fishing, eating, memorializing Don and having a lot of fun. The venue was Fort De Soto Park with lunch at one of the pavilions. Members of other local clubs participated in this event. It was a great day weather-wise and many fish were caught. Robert Fischer sighted, cast to, and caught a sheepshead on a fly. Another FFF day with fish, food and fun.



*Norm Sande and Jerry Yancey gave Alan's chili very high marks*

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

Come and fish Pinellas Point and eat a great lunch with your club members. Very good boat ramp, good kayak fishing, and very good wade fishing. Ramp is at Bay Vista Park and lunch will be served at 12 noon. NOTE: There will be a prize for the largest trout. Be sure to pick up a wading-spots map at the meeting.

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

The Backcountry Fly Fishing Association of Orlando has invited our club to participate in their annual shad outing tournament. The dates are Friday, Feb. 1, from 1 p.m. to 3 p.m. on Sunday, Feb. 3. The location is the St. Johns River near Mullet Lake Park. The address is 932 Indian Hammock Drive, Osteen, FL 32764. Check with Google to find your way. This is a camping outing. You can use a boat or kayak or someone can drop you off to wade fish. RSVP to Keith Browning, 407-466-1340 by January 25. There are hotels near the site. The Westin at Lake Mary, Days Inn at Sanford, Holiday In Express at Sanford, Residence Inn at Lake Mary and Comfort Inn and suites at Sanford. Camping is on private property, an open field. No electricity. Running water and bathrooms are nearby.

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

**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 - DNA Minnow by TOM JONES

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This little fly has become my go-to fly, especially for lighted dock fishing. Over the past year I have consistently caught more fish, larger fish, and more varied fish than with any other fly in my arsenal. One night, all on the same fly, I caught a couple of legal trout, a slot size redfish, a grouper, and a large sheepshead. It's a small fly (only 1 3/4-inches long) on a small hook but it has an offset point so it will dig into lips where other flies miss. Mash the barb down, of course. That's easier on the fish and easier on you. Or, you could call 911. Also read Dr. Oldenski's detailed instructions in a previous issue about how to rescue yourself.



### Materials

Hook: Eagle Claw 066NF-6 2X Long

Thread: White

Body: DNA Holo Fusion, White

Eyes: Self-adhesive mirage eyes

Epoxy: Clear. I like Z-Poxy because it doesn't turn yellow.



### Tying Instructions

1. Start with the right hook. This is a small hook but the offset point gives it a hook-set advantage that other small hooks do not have.
2. Tie on about 4-inches of DNA Holo Fusion (white) -- it has its own flash, built-in -- just before the bend of the hook, leaving half of the material forward.
3. Fold back the forward half of the DNA and wrap a small head of thread to force it straight back. I don't really think it makes much difference how you trim the tail as I have caught plenty of fish with a squarely bobbed tail. But I like to trim them at an angle as shown in the photo. Finished size is about 1 3/4-inches.
4. Stick on the smallest, flat self-adhesive mirage eyes you have just between the head and the DNA material.
5. Drop a small amount of clear epoxy (or whatever clear coating you prefer) on the top, bottom and sides. Rotate it until the epoxy sets up, about 3-5 minutes. I rushed the epoxy-drying in the pictured fly and you can tell that it's sagging.



# **Suncoast Fly Fishers Report**

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## **Tom Gadacz and Paul Sequira: Don Coleman Classic**

### **Who was C. W. "Don" Coleman?**

*Suncoast Fly Fisher Don Coleman passed away on April 5, 2006 and the Suncoast Fly Fishers Board agreed to name the December outing at Ft. DeSoto the "Don Coleman Classic." We celebrated the 7<sup>th</sup> annual Don Coleman Classic this December.*

We honored C. W. "Don" Coleman at our outing at Ft. De Soto. Many of our new members did not have the opportunity to meet and know Don Coleman. (Ed note: Check out Paul Sequira's write up on Don in the [April, 2006 issue](#) of "On the Fly.")

Don was born in April of 1922 and spent most of his life in New York, mainly in Binghamton. When he was about eight years old, he fished and hunted with his father. They belonged to a fishing and hunting club and competed in various events. During World War II he served as a Navy radio operator in the North Atlantic. He received an engineering degree from Cornell University and served as the Broome County Highway & Roads Commissioner. He designed many of the roads and bridges in upstate New York. Don designed and built the Coleman home in Binghamton. This included digging and laying the foundation, laying all the brick for the walls, and installing all the electrical work and plumbing. Don had a good teacher, his father, who was a stonemason and bricklayer. Upon retirement, Don and his wife Beverly closed up their house in Binghamton to spend the winter months here in Florida.

Don retired around 1987 and spent a couple of winters on the east coast of Florida but then settled on the west coast where he was more familiar, having spent vacations as a youngster. He and Bev rented apartments for a while but then settled on a convenient trailer park where they purchased a comfortable trailer. Don and Paul Sequira met (in 1992) at Carl Hanson's house and a great friendship began. Both had a common interest in fly-fishing and had fished some of the same streams in New York's Catskill Mountains. They spent many a fishing day together, mainly wading along the coast from Honeymoon Island to Emerson Point. Ft. DeSoto and the Skyway were two favorite spots.

Don was a fly-fishing enthusiast and teacher. He read about new techniques and tested them. He tried new fly tying materials and simplified tying techniques and would share them with others. One of his rules included that a fly had to take less than ten minutes to tie. He also read about new casting techniques and he and Paul would put them to the test in the field. Most were rejected but the good ones were passed along. Don was an amiable person and loved to meet and discuss fly-fishing with anyone. He shared his experience and talent with anyone who was interested and many benefited from sitting at Don's table at Carl Hanson's house and at John Homer's shop. His go to favorite flies included the Clouser Deep Minnow, Carl's Bend Back, Lefty's Deceiver, Seaducer and Tabor's Snake Fly.

Don compiled his fishing experience in the booklet entitled "Wading the Saltwater Flats with a Fly Rod." Don dedicated the publication to his wife Beverly "And to my good friend and fishing partner Paul Sequira who keeps me going in the right direction. And to the memory of Carl Hanson who went to fish from that other shore in 1988 and who taught me that "the only thing you have that you can give away and still keep is your knowledge." This is great advice and part of the SFF Aims and Purpose. He also gave special thanks to all his friends in Suncoast Fly Fishers.

**Continued...Tom Gadacz and Paul Sequira: Don Coleman Classic**

Every member receives a copy of Don's book. If you have not read the book, please do so. It has valuable information about fly-fishing and life as a fly fisher. It is the go to source for anyone who fly fishes this area. Would you like to know what rod, reel, line and tippet to use? He gives you the scoop on wading the flats and how to catch fish. Don't wait for a windy or bad weather day to read it. Take a break from winter fly tying. For those of us who did not know Don, read his book and your life will also be richer. For those of us who knew Don, I envy you.



*Clockwise from top left:*

- *Al Pitcher and Ken Hofmeister*
- *Well-fed and smiling members at the Fort De Soto Park pavilion picnic*
- *Alan Sewell cooked chili. Dave Barson, and Tom Trukenbrod got to sit next to the chili chef*
- *Joe Dail, Ted Rich, and Robert Fischer swap fly-fishing tales*
- *Woody Miller, Annie Hays and Jerry Yancey do the "Texas Chili Cook-Off" skit.*



# **Suncoast Fly Fishers Report**

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## **Tom Gadacz: Helping Boy Scouts Earn Badges**

### **Central Florida Fly Clubs Help Boy Scouts Earn the Fly Tying Merit Badge**

*By Tom Gadacz*

Lake Wales - What a fun way to spend a day during the Christmas holidays by helping Boy Scouts earn a Fly-Fishing merit badge. The trip on December 29 was organized by John Hand and included members of Suncoast Fly Fishers and other Central Florida Fly Fishing Clubs including Bill Hopper, Dayle Mazzarella, Oscar Feliu, Jack Neely and myself.



*Central Florida fly fishing clubs help Boy Scouts earn merit badges. From left, Dayle Mazzarella, Tom Gadacz, Jack Neely, Oscar Feliu, Bill Hopper and John Hand.*

The facilities at Lake Wales encompassed 1,220 acres and three lakes with several hundred scouts assembled for the week between the holidays. Their goal was to earn as many merit badges as possible.

The fly-fishing requirements included 50-minute sessions on safety, hazards and care of injuries, knot tying, fly tying, casting and entomology. I led off with the boring stuff – safety, hazards, and injuries.

The only action part was the scouts extracting a fish hook from a pig's foot. (Note photo on the right)>>>>



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## Suncoast Fly Fishers Report, continued

Some topics, although not specified in the merit badge requirements that should be discussed include crimping the barb of the hook and hazards in salt water fishing such as sting ray barb injury. John Hand demonstrated knot tying and had them tie 4 knots. Using heavier and colored line helps demonstrate the knots. The nail knot was the toughest. Bill Hopper demonstrated fly tying and then helped them tie a Clouser. Using a partner or two to help with the tying provided an efficient session. We were treated to lunch in Wood Hall which accommodates 300 scouts. It was packed. We had fish, mac and cheese, vegetables, cake and Gatorade.



After lunch Dayle Mazzarella gave the fly-casting session. They learned the overhead cast, a roll cast and also to shoot some line. Oscar Feliu finished the afternoon with bugs in a jar – entomology. They learned to look under rocks and identify the various stages of aquatic insects. We finished with a group discussion and headed home.



Clockwise from top left:

- Dayle Mazzarella taught fly casting.
- Bill Hopper (blue hat) helped scouts tie flies.
- John Hand (brimmed hat) helped scouts learn fishing knots.
- Oscar Feliu did a show-and-tell on aquatic insects.

## Suncoast Fly Fishers Report

### Warfel and Constantinou: Apollo Beach Dock Snook and the Amazing Ladyfish



*Left, Rick Warfel reports that he has caught several nice snook this winter season while fishing from the dock at his home in Apollo Beach. Here's proof: This is a picture of a 28 ½-inch linesider that he caught the evening of Dec. 21<sup>st</sup> on an olive and yellow Clouser.*

*Below, Andy Constantinou iPhoned a series of images shot by Mrs. Constantinou showing his successful battle with a ladyfish. It was just one of many. Those are amazing fish, even the little ones, said Andy.*



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

### **Richard Oldenski: When Fly Fishing Hurts**

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**Fly Fishing is fun but a study of fly fishers shows lots of back pain, elbow pain, and shoulder pain. Something is wrong.**

*By Richard Oldenski MD*

Fly-fishing is fun. As Suncoast Fly Fisher Carl Hanson said: "It's the most fun you can have standing up." But do you ever have pain while fishing or afterward? Have you ever had to stop fishing or miss an outing because of pain? If you did, you are not alone. I searched the medical journals for studies on fly fishing injuries, and learned that many fly fishermen experience pain that may be due to their casting technique, the type of equipment they use, or the species of fish they catch.

Dr. Keith Berend MD, an orthopedic surgeon at Duke University, did an Internet based survey of 131 fly fishermen. Fifty-nine percent of those surveyed had experienced back pain. Saltwater fishermen had the most shoulder and elbow pain (31%), while trout fishermen had the most wrist pain (31%). Dr. Berend collaborated with Stephen Hisey, a physical therapist, to publish [Fit to Fish: How to Tackle Angling Injuries](#), a book on treating and preventing fly-fishing injuries. To read a review of this book go to <http://www.waywardflyfishing.com/bkHisey01.htm>



Dr. Timothy McCue MD et al. at the University of Montana did a survey of 292 FFF certified fly-casting instructors to determine how frequently overuse injuries occurred in this group and whether there is an association between pain and casting style and equipment. Seventy-four percent of the respondents reported some pain in the wrist, elbow or shoulder; but only 25% reported moderate to severe pain. Pain was in the shoulder in 50%, in the elbow 39% and the wrist 36%. The pain most often lasted a few hours or a few days, but 5% indicated that the pain lasted all year and 2% missed work because of the pain.

Moderate to severe pain was more frequent in saltwater fishermen. Although overuse injuries occurred frequently in this group, they were self limited and not very severe. Overhead casting was associated with less wrist and elbow pain than with sidearm or elliptical casting. Those who used multiple casting styles had less elbow pain than those who use mostly one method. Pain was more frequent in those who cast with a haul, used shooting heads, or added weight to sinking flies.

*Continued on next page>>>>*

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

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### **Continued...Richard Oldenski: When Fly Fishing Hurts**

As for fly-casting grip styles, no relationship was found between different grip styles and wrist or elbow pain. Moderate to severe shoulder pain, however, was more frequent in those using the forefinger on top grip.

These surveys show that overuse injuries occur frequently in fly fishers, and although they suggest that these injuries are associated with casting styles, types of equipment and type of fishing, they do not establish a cause and effect relationship. Dr. McCue, an avid fly fisherman, has brought together a group of experts in kinesiology, physics, medicine and fly casting to establish the Fly Casting Institute to research the biomechanical/medical aspects of fly casting. Using high tech video and infrared cameras and computers, they are researching every aspect of fly-casting to determine what is the "healthiest" way to cast. They hold casting clinics where you can have your cast scientifically analyzed and possibly learn how to avoid injuries. Go to <http://www.flycastinginstitute.com> for more information. To read Dr. McCue's original study go to [http://www.wemjournal.org/article/S1080-6032\(04\)70503-7/fulltext](http://www.wemjournal.org/article/S1080-6032(04)70503-7/fulltext).

Overuse injuries are caused by too many uninterrupted repetitions of a motion, unnatural or awkward motions, overexertion, incorrect posture, or muscle fatigue. These activities stress our ligaments, tendons, joints, muscles, and peripheral nerves and can cause temporary or permanent damage. But not all of the injuries sustained by fly fishers are caused by repetitive motion. You could strain your muscles or tendons while landing a big fish like a large snook or a 120-pound tarpon. You could sprain your back hoisting your kayak onto your truck, or you could sprain your ankle by stepping in a hole on your way to the river. There are many ways for the unwary fisherman to be injured. Future articles in this series will cover the treatment and prevention of sprains, strains, and overuse injuries of specific joints. Hopefully, this information will help us recover quickly from our injuries and spend more time on the water.

## Fly Fishing Fitness

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### Chris O'Byrne: Pushing Back From Angling

Check with your physician regarding your exercise plan.  
Improve your fitness to improve your angling.

*By Chris O'Byrne. Photos by Chris and Taylor O'Byrne*

Suncoast Fly Fisher **Chris O'Byrne** uses his background in Physical Education and coaching to inform his teaching an IFFF Casting Instructor. Check with your physician before starting an exercise program, or a strenuous trip.

Our All American Angler, Payton, spies a pond, just right for a half-hour of chasing bluegills with poppers.

Visions of tail walkers danced in Payton's head, but dashing away from it all, a swift pain stings the lower back. Minutes later, the deceitful popper disappears. Payton enjoys a brief tussle, admires the fish and returns it home. The next cast is stopped with an unnatural speed. Payton must bend over and tug the fly line free from tall grass, triggering another sharp pain in the lower back. Straightening up is a slow, difficult process.

Payton eases through a dozen more casts before the thought of an eggnog becomes attractive. While reeling in the final cast, a young relative running along the shore line squeals the terrible warning; "Cousin Payton... caaatch me!"

Payton's low back pain is almost normal these days. Some medical journals report that as many as 80% of us experience this debilitation. But we can end lumbar pain. Improving our fitness can reduce lumbar problems. One cause of Payton's low back pain is weak stomach muscles.

The muscles of our abdomen provide a brace which supports our spine in normal functions, add power to our fly cast, endurance to our casting day and even help us pick up the tackle box. Abdominal strength is a must for fitness. These muscles can be exercised several times a week. Below I have described exercises done on the floor and standing.

***Check with your physician regarding your exercise plan and don't be a Payton! Improve your fitness to improve your angling experience***

#### The Crunch

- Lie on your back, arms across your chest, feet flat on floor and heels near your bottom
- Lift your bottom slightly off the ground; hold this position while you lift your shoulders off the ground, hold and return
- Continue for approximately 10 repetitions
- ALWAYS keep your spine in good alignment; ears – shoulders – hips in a straight line
- The movement is a shortening of the distance between hips and ribs



## Fly Fishing Fitness

### Continued...Chris O'Byrne: Pushing Back From Angling

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#### Modified Plank

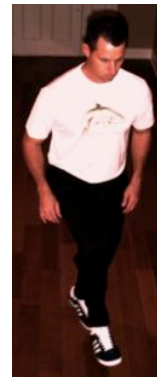
- Lie prone on the ground, support your upper body by placing your elbows under your chest
- Support your lower body on your knees
- Hold this position with your midsection contracted



If the exercises on the floor are not possible, try these...

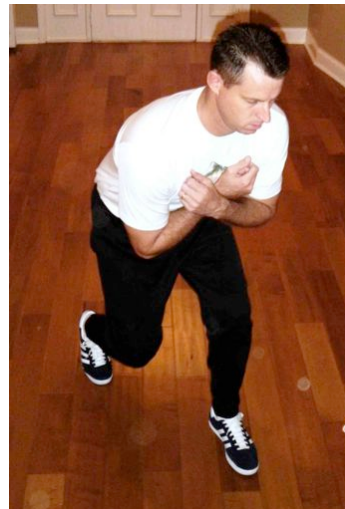
#### Standing Abs

- Stand with feet shoulder width apart
- Lift the left knee towards the middle of your chest and place it on the floor
- Continue for 15 to 25 repetitions
- Place right foot forward and repeat
- With each repetition, attempt to bring the top of your pelvis toward the bottom of your ribs
- Keep a continuous contraction of your midsection



#### Split Lunge Flex

- Get into a 'lunge' stance by taking a step forward with your left foot, cross arms in front of your chest
- Bring your upper body down toward your left knee then reverse the movement, straightening up
- Repeat 10 to 15 times and switch feet
- Keep your hips stable, lift your pelvis toward your ribs, *without twisting* the torso



### How Fast Should You Retrieve?

*By Capt. Pat Damico, Master Casting Instructor*

#### Casting tip #37



This is a common question especially when using a sinking fly that can't be seen on a very long cast, or in deep or cloudy water. Fast or slow means different things to each fly-fisher. When drifting the flats long casts covering large areas will help locate fish and produce. If drifting with the wind behind you moving the boat forward, and the tide coming toward you, stripping action can result in almost zero movement of the fly. When I tell someone that their 50-foot cast resulted in a movement of the fly of only a couple feet when they have a pile of line on the deck they look astonished. Use the end of the fly line or the junction of where the clear tip meets the colored running line to give you a good idea of what your fly is doing. If still having a problem, use a 1 or 2 foot section of bright colored Amnesia leader as your leaders butt section. You will easily see this.

### Bob Morrison: How-To

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#### Weight where?

I'm learning more about weighting crab flies. Enver the Great, proprietor of On the Fly in Tampa, teaches that I should tie barbell eyes at the front of the fly to make the fly dive to the bottom and hug the bottom, and that I should tie the barbell in the middle of the hook shank to make the fly sink more slowly and with a more level attitude. A small amount of lead wire instead of the barbell will make the fly sink even more slowly, and omitting all weight will be best for suspending a fly just below the surface of the water. Makes sense.



#### Tying Bench Contrast

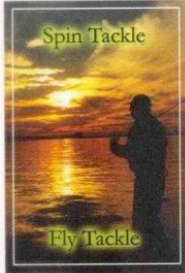
As a background at your tying bench place a 5x8 inch or larger white card behind the vise when tying with dark-colored thread. Conversely, use a dark-colored card with light-colored thread. The contrast will enable you to better see the thread, so that you can see to wrapping it around the hook shank instead of tying it around the hook point -- which I have done -- which creates all kinds of messy and unwanted outcomes.

#### Zinger Me This

More about zingers, those pesky little spools for attaching gadgets to your vest. Instead of attaching it to your vest with a safety pin -- because, you know, safety pins aren't all that secure -- run the cable through one of the D rings on your vest. Whatever works.



# Special Friends of Suncoast Fly Fishers



**The Fly Guy**  
**Capt. Pat Damico**  
 2981 E. Vina del Mar Blvd.  
 St. Pete Beach, FL 33706  
 Tel: 727-360-6466  
 Web: <http://captpat.com>  
 Email: [flyguy@captpat.com](mailto:flyguy@captpat.com)



**Fish On Art** by Del Calhoun  
 1622 Mira Lago Cr.  
 Ruskin Fl. 33570  
 630-363-1962  
 Del@fishonart.com  
 facebook.com/fishonart  
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*Because fishing is a full-time obsession*

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[Tides4fishing.com](http://Tides4fishing.com)

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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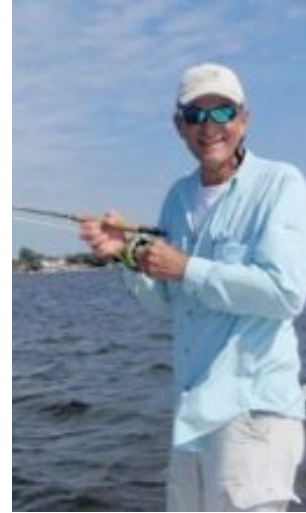
## Fly Over

### Bill AuCoin: Our Sport Once Over Lightly

#### New magazine – for your iPad -- Fly & Light Tackle Angler

Got a note from an old friend, Capt. Mike Conner, a dyed-in-the-dubbing fly angler, calling attention to a new online magazine he has started. It's called *Fly & Light Tackle Angler*. FLTA has insider tips on how to rig, cast, repair, tie, travel and generally catch more fish and have more fun fishing than the other guy. The annual subscription costs about the same as a couple of Clousers. But you won't find it at the Publix magazine rack or in your mail box. Then, where? Well, sign up for it at the Apple Store and you will find it appearing regularly on your iPad. It's worth it! Check it out at

<http://www.flyandlighttackleangler.com/>



#### What'd you get for Christmas?

I've been telling everybody about the new fish finder Santa brought me. I was imagining I was the only angler in St. Pete with a side imaging fish finder. Like, yo, with this [Humminbird](#) you not only get to see what's under the boat you get a sonar view of what's on either side of the boat up to 240 feet left and right. I told Alan Sewell. "Oh, yeah, I had one of those," he said, puncturing my balloon. Anyway, I'll let you know if it helps me catch more fish. I think I'll be doing more screen-viewing and less fishing. It's a reality show.

#### Do you get what you pay for?

I'm looking forward to Trash-and-Treasures night at our January meeting. I need a reel for my new 5-weight rod and, to tell you the truth, I hate paying retail. For a long while I've been wondering why do our best fly reels cost so much? I mean, really, is \$1,000 a pop fair for those top quality tarpon reels? Are those fly reel designs, materials and processes more sophisticated than those of, say, a \$200 Shimano Stradic spinning reel? I really don't know. Heck, I don't know what I don't know. Anyway, I happened upon this [Field & Stream online forum](#) that includes some insights on the subject. One contributor thinks we fly-fishers really belong in the sucker-born-every-minute category. Or, maybe the bragging rights to fishing with superior brand names like Abel, Tibor, Ross, Nautilus and Sage give them added value? What do you think? I'd like to know.