

# On The Fly

July 2013 Volume 23, Issue 7

## Prez Sez

By Tom Gadacz, President, Suncoast Fly Fishers

**Summer Fishing.** These past two weeks have not given us favorable conditions for fly fishing. Rain storms have been severe with lightening and even water spouts in Tampa Bay. Waterspouts are dangerous since they are tornados over water and can form very rapidly and are unpredictable. Lightening can cause severe burns, paralysis and heart damage.



caught in a storm put your rod away and head for the nearest land.

Check the weather conditions and use weather apps on your smart phone to check any changes. Some of the apps include the **Weather Channel** and the one I like best is **1Weather** (great radar views).

**Fly Casting with Youths.** We have had two fly casting sessions at E. G. Simmons Park in Ruskin with two very different youth groups – a group of nine year olds and a group of 12 year olds. What a difference. The nine year olds were junior Zorros. The 12 year olds were budding fly fishers. We easily forget what attention span means but here we quickly learned and adapted. Well, we learned this lesson with the nine year olds. With both groups we started with some brief instruction and demonstrations. The kids used two-foot long PVC pipe to practice the casting motion.

*The nine year olds took three or maybe four practice casts and then resorted to sword fighting. Oh my.*

What about our graphite fly rod and lightning? Graphite is not a great conductor but it will serve as a site for a strike. Various descriptions have been used when the static electricity becomes intense. The rod gives off a humming/buzzing/crackling noise and the line will even move. When struck, the rod is demolished. If you get

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NEWSLETTER OF THE SUNCOAST FLY FISHERS

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# Prez Sez, continued

By Tom Gadacz, President, Suncoast Fly Fishers



A few also demonstrated great skill spinning the pipe. This drill definitely did not appeal to the younger group. But the 12 year olds were pretty interested in learning and practiced the motion and helped each other.

Next we instructed and demonstrated casting with a Form rod (a 50 inch rod with a 30 foot line and no reel). The nine year olds probably took three or four practice casts and then engaged in casting at each other. The 12 year olds diligently practiced the cast. The behavior of the two groups was interesting and the lesson we learned was to get to game playing with the nine year olds as quickly as possible. In both groups we did have several who picked up on fly casting very quickly.

The sessions lasted for 1 to 4 pm. Fifteen minutes into the instruction one nine year old asked Rick Warfel how much longer. This was a tough group to satisfy. But we also had another nine year old hug Dave Ramirez's (camp director) leg and thank him for having the fly fishers.

Two kids in the older group brought their fly rods and reels; great that they did because both needed a slight repair job. On one we replaced the two-foot leader with a new 6-foot leader and inserted a loop-to-loop connection for any additional leader replacements. The other had some fly line which we also rigged up with a loop to loop connection and added a six-foot leader.

During our second session with the older group Bob Morrison brought some flies to pass around. This prompted a slew of questions.



We had a great time with a dedicated group of SFF volunteers, camp volunteers, and A GREAT GROUP OF KIDS! Who knows, maybe one of them will be on the cover of CATCH magazine some day.

*Tom*

[Be sure to check out Tom's report and other pictures from the Suncoast Fly Fishers' first two of four summer camp sessions at Hillsborough County's E. G. Simmons Park, page 7.]

# We are Suncoast Fly Fishers

## SFF Club Calendar

- July 18 Meeting – Richard Oldenski, MD, fly-fishing first aid and prevention. Toni Fernstrom, fly-tying
- August 15 Meeting – Fly Casting Shoot-Out with Robert Fischer
- Florida Sportsman Show, Tampa Fairgrounds, Sept. 14-15
- September 24-28 – Int'l Fly fishing Fair, West Yellowstone, Montana
- October 18-19 – Florida Council, FFF, Expo, Plantation Inn, Crystal River
- Marine Quest, Saturday, Oct. 19



## Monthly Meetings

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

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



## Suncoast Fly Fishers

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

<http://suncoastflyfishers.com/>

### Club Officers

President: Tom Gadacz 727-360-8030

Vice President: Kirk Burton, 727- 631-3033

Secretary: Ken Hofmeister 725-521-1637

Treasurer: Paul Sequira

### Board of Directors

Mark Craig – Pat Damico - Myron Hansen

David Putnam - Alan Sewell

Tom Trukenbrod – Karen Warfel

### Committees

Volunteers welcome. Please speak to any director.

Casting Skills – Pat Damico, Dayle Mazzarella

FFF Liason—Pat Damico

Fly Tying – Myron Hansen

Membership – Paul Sequira

Webmaster – Woody Miller

Hog Roast – Richard Oldenski

Outings – Alan Sewell

Outing lunches – Richard Oldenski, Mark Hays

Project Healing Waters – John Craig, Terry

Kirkpatrick

Raffles – Tom Hummel, Bryan Jankovic

Florida Gulf Coast Center for Fishing – Kirk Burton,

Tom Gadacz, Ken Hofmeister, Richard Oldenski

Programs: Board of directors

Newsletter/Publicity – Bill AuCoin

# Suncoast Fly Fishers News 'n Notes

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**Thank You, Fish Florida** – President Tom Gadacz sent a report updating Fish Florida about the ways Suncoast Fly Fishers has made use of its generous grant to our club.

- We purchased 10 rods (8 foot 6 inch 5 wt), reels, lines, and cases, 4 Form Rods (50 inch rods with 30 feet of casting line), plus casting targets and other materials to set up a casting course.
- We used the equipment at Ft. De Soto 50th Anniversary and in two and two more to come) group summer fly-fishing camps at Tampa's E. G. Simmons Fishing Camp.

**Project Healing Waters** -- Walt Durkin reports that MacDill AFB has agreed to host a Project Healing Waters Fly Fishing program this fall and that it will be advertised and scheduled each month after that. Watch for more news. Volunteers will be needed.

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

## Meetings

- July meeting. Richard Oldenski, MD, who writes a monthly first aid and prevention feature in *On The Fly*, will present tips and techniques for healthier fly-fishing. Toni Fernstrom will tie flies. The club has reprinted *Wading the Saltwater Flats*, by Don Coleman. Only \$5. Free to new members. New SFF fly boxes are here, also just \$5. Free to new members.
- August meeting. Fly-casting "Shoot out" organized by member Robert Fischer and others.

## Future Events

- July 20—Our club's annual docklight fishing. See Reviews and Previous in this issue.
- Int'l Fly Fishing Fair, Sept. 24-28, West Yellowstone. MT
- Florida Council Expo, Oct. 18-19, The Plantation, Crystal River
- Florida Sportsman show, Sept. 14-15, Tampa Fairgrounds
- Marine Quest, October 19. SFF tiers will teach fly tying to future fly fishers.
- Two more summer camp sessions at Simmons Park in Ruskin (July 17. and 31).
- Summer Youth Fly Fishing Camp at Simmons Park in Ruskin July 17 and 31. Volunteers contact Tom.
- Name tags were furnished officers, directors, and editor by Paul Sequira—thanks Paul.

## June Meeting Report: Annie Hays in the Everglades

Member Annie Hays presented Suncoast Fly Fishers with an overview of fly fishing opportunities awaiting them in the Everglades canals. Hays and her father Mark joined other members fishing the canals during the annual Everglades outing in April.

Lots of different flies will fool the fish but most productive flies are poppers and foam spiders. You can cast them with a fly rod as light as a 2 weight. That gives the little fishies a fighting chance and, as Hays reminded members, it is not unusual to catch stumpknockers and bluegills as long as your pinky finger. Bass, oscars and Mayan cichlids are a little longer, but not much. Mudfish and the occasional pickerel are bigger and will give you a real thrill until you see what is putting the bend in your rod.



*Annie Hays, our June presenter, with a rather large bluegill caught in the Everglades canal system.*



*Oscars are making a huge comeback, Annie reports. Dad Mark Hays put a punctuation mark on that factoid.*



*Mayan cichlids are few and far between. Many were killed off by a severe cold snap a couple of winters ago.*



*Adam Hays, Annie's cousin, poses with a respectable bluegill that couldn't resist the rubber band legs on those foam spiders.*



*David Putnam may have caught the longest fish on the recent club outing to the Everglades. Alas it was a mudfish.*

# Alan Sewell's Fishing Reviews & Previews



## **June 22, 2013 - Hillsborough River Float and Fish**

Another great outing for the Suncoast Fly Fishers. At least 35 club members paddled or boated on the river on a beautiful summer day. The river was at its best. It was inside its banks and moving at just the right speed. This made for a wonderful morning of fishing or just paddling and observing nature. Many fish were caught, both bass and sunfish. (Prizes will be awarded at the August meeting. I will be in California for several weeks.) After fishing, we had a shelter reserved, for our famous lunch, at Trout Creek. Nothing is better than cold watermelon after a morning of paddling. The only thing that maybe was better were the deer burgers that were shot and grilled by Mark Hays. Thanks, Mark and Richard, for another great lunch. We did get to meet Annie Hays' boyfriend. He was intensely grilled by most of the SFF members who have known Annie since she was a small child. He did turn out to be a really nice guy. Good luck to both of them.

**July 20 - 21, 2013--** The July outing for the SFF will be our nighttime fishing excursion. Members can fish from boats, kayaks, wade, or fish the beaches and passes. The hours are sunset July 20 to sunrise July 21. Kayakers have a good chance to catch fish, but they should wear their PFD, have a bright white light on the vessel and wear a headlamp. All kinds of fish can be caught around dock lights. Maybe someone will catch a redfish for the yearly tournament. The prize for this outing will be the longest, legal snook. For the yearly tournament it would have to be at least 28 inches. Our beaches are loaded with snook. Late night and early mornings have produced some nice catches. (But not the 4th of July week.) Too much rain and wind. Non-boaters should fish the beaches around our passes. Call Richard Oldenski with your results, in the afternoon.

**Snook tips --** I recently came across a terrific article online with snook fishing tips written by Capt. David Rieumont and I've taken the liberty of summarizing his advice for those who want to score a linesider during our July night time outing. Please note that no one has yet entered a snook in our yearly contest. Here's a link to the full article on [The Online Fisherman](#).

- When? Early morning, late evenings, And the middle of the night.
- Tide? Outgoing tides are usually better.
- Where? Snook are usually associated with structure.
- Fly rod and line? Use a strong leader and drag to stop a big snook from breaking off on pilings, mangroves, etc.
- Technique? If it runs to the right, pull left and if it runs left, pull right. Do not lift up on the fish because teeth in the upper mouth can weaken the leader.

## **2013-2014 FISHING TOURNAMENT UPDATE** *Suncoast Fly Fishers yearly tournament starts now*

<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				
Snook				
Ladyfish	Mark Craig	17"		

# Report: Simmons Park Fishing Camp

By Tom Gadacz

## June 19 from 1-4 pm

- SFF Volunteers -- Ray Cianci, Ken Hofmeister, Al Pitcher, Rick Warfel, and Tom Gadacz
- Students -- 30 nine and ten year olds including three girls.
- Casting instructions – demonstrated form and practiced with two-foot PVC pipes
- Demo and practice tool -- with Form rods (five-foot rods with 30 feet of casting line (no reel))
- Demo and practice tool -- 8' 6" five-wt rods /reels
- Targets -- Hula hoops.
- Comments -- Some wind. Saw rain spout. Youths had short attention span and instructors had to change activities frequently to keep youth engaged. Several picked up good skills.



*Nine-year-old fly fishers. Who knows, maybe one of them will be on the cover of CATCH magazine, writes Tom.*

## July 3 from 1-4 pm

- SFF Volunteers -- Don Manning, Bob Morrison, Rick Warfel and Tom Gadacz
- Students -- 20 youths 12 -14 years old including four girls
- Casting course -- 100' X 40', ten stations ten feet apart.
- Targets -- Hula hoops and four V-stakes at 30 and 40 feet
- Instruction -- Short discussion and demonstration of casting stroke
- Demo and practice tool – two-foot PVC pipe
- Demo and practice tool -- Form rods (30-foot line length shortened to 20-feet)
- Demo and practice tool -- 8' 6" rods and reels with 4-foot leaders
- Target practice -- Hula hoops and V-stakes
- Comments -- Rain delay so instructors discussed fishing knots, types of rods (fresh vs. salt water), fishing tactics, types of flies. A box of flies was passed around and this generated considerable interest. Older age group had much better attention span and eagerness to learn fly casting. Some had previous fly fishing experience and had many questions about fly-fishing. Most could hit targets at 30 feet and several were very good at 40 feet. Excellent help from E. G. Simmons Park camp director, Dave Ramirez, and counselors Ted, Linda, Ramona, Evan, James, and Matthew.



*Twelve-year-old fly fishers. Good attention span, Gadacz reports*

The equipment was purchased with a grant from Fish Florida.

## Report: Tom Jones' Docklight Lesson

### One more reason why our flies need weed guards

We caught this 19-inch trout at an underwater dock light on my last cast just after a rainy day. I say "we" because my visitor from Utah, Shaun Gibbons, was very adept with the net just as that trout was throwing off the hook.

I just introduced Shaun to fly fishing this week and he was like a fish in water. First night out he caught a keeper trout.

Second night out, he boated two large ladyfish and a 14" trout. Last night, he caught a 15 1/2" trout and a couple of catfish. We had success with the DNA Glass Minnow, Chartreuse and white Clouser, and a flash tail shminnow.

#### Weed guard anyone?

Shaun hooked and dragged an underwater light while attempting to break off his line and three lights went out. I called the owner later to fess-up and went to make the repairs but, when I got there, he said, "You're in luck, all I had to do is reset the GFI outlet." Whew! I'm going to major in weed guards from now on. *Tom Jones*



*Tom's friend Shaun Gibbons netted this 19-inch speckled trout caught under a docklight in early July.*

## Report: Joe Dail and a Boca Ciega Bay Mullet

[Joe addressed the following to Tom Jones, who is our club's mullet-on-a-fly expert. Tom's glass minnow scores again.]

*Tom, I've found a new use for your famous glass minnow. Yesterday morning I decided to beat the storms and waded off our beach on Boca Ciega Bay. After trying Clousers, deceivers and poppers with no results, I thought I'd give the glass minnow a try and hooked a MULLET. I've snagged mullet in the side before, but this one had the fly in its mouth. Maybe it looked like a piece of grass. Anyhow, it made my day. Joe*

Joe's PS to *On The Fly*

*(The mullet) put a good bend in the rod. The way it pulled and ran whenever I got it closer made me think it was a catfish. I believe the recipe for the fly was in a recent newsletter. Joe*



*This isn't glass minnow that fooled Joe Dail's mullet but it is Tom Jones' Mullet Fly made to look like vegetation.*



## Report: Pat Damico in Pennsylvania



### **Native stream. Native trout.**

This is where fly-fishing began in the United States. And it's the perfect time to fish small feeder creeks that have native brookies. They are not only beautiful, but also very anxious to grab any fly that invades their home turf. This is where our trout fishing began and is still available. One of Terry's small bamboo rods and small terrestrials are the perfect combination.

*Pat Damico*



## Report: Ken Hofmeister – 25-inch Docklight Snook



I guess I didn't get enough casting at Simmons Park. Weapon: a 4 wt Wind River rod

*Ken Hofmeister*

## Report: Andy Constantinou in England



*Andy with a very nice rainbow caught on a rare, warm day in England*

### Little flies catch big trout...and little fish, too.

Andy writes, "I caught this nice 3-lb rainbow on a size 16 pheasant tail fly. This was on the hottest day of the year around 79 degrees.

"Tomorrow it's back to usual crap English weather, rain and temps of 65 degrees.

"Good news is I'll be back in Florida the end of July.

"I caught this little fish (photo at right) -- I think it's

a dace -- at the bottom of my garden on a tiny size-22 white fly. The smallest fish I've ever caught. I used my Hardy Jet hollow glass #4 rod which I bought 35 years ago but never used. It's been used at last." *Andy Constantinou*



*Andy wrote that he released this little fish and its friends unharmed back into his garden.*

*[Really, Andy was fly-fishing in his garden?]*



## Scandinavia's Magnus Fly: Will it work here?

By Toni Fernstrom

When asked by Bill AuCoin to present a fly in the July issue of "On the Fly" I asked him what kind of fly he had in mind. He answered something like "...well, preferably a fly for saltwater." Hmm... Well, I'm far from being an experienced "Tampa Bay Angler" so what kind of useful information do I possibly sit on that could be of interest for a wider local audience? I mean let's be honest, the reason why I joined the Suncoast Fly Fishers in the first place was to pick up a thing or two and learn something about the local fisheries (like the impact of tide variations and how this affects the fish is still very confusing to someone who never before had to worry about it...), and here I am, all of a sudden, supposed to give something back in return.

So having pondered my lack of American saltwater expertise for quite some time, I eventually came up with the idea to instead turn to my Scandinavian roots and present a fly that is popular over there and has been for a long time (and I believe for good reasons). It's a fly originally developed for sea-run brown trout (or typically just sea trout) fished in the Atlantic and Baltic oceans, but I'll stick out my neck and claim that I think it has some potential for the Gulf too. It's buggy-looking, an easy tie and the few materials needed are commonly used (in this area maybe with the exception of hare's fur which can be replaced by some other dubbing, natural or synthetic, in a similar color).



*Toni Fernstrom at the Suncoast Fly Fishers Tie-a-thon*



*Swedish River "Sea Trout"*

Now don't confuse the Scandinavian (or Atlantic) sea trout with the speckled trout we fish for here in Florida: unlike speckled trout, the Scandinavian sea trout is actually a variety of brown trout (*Salmo Trutta*) and related to Atlantic Salmon (*Salmo Salar*). Like salmon, after having been born in the headwaters of a river, it migrates out into the ocean where it spends a couple of years growing big before returning to the very same river where it was born to spawn. Compare it with rainbow trout and steelhead. And just like steelhead and Atlantic salmon, the sea trout doesn't die after spawning – the cycle is repeated several times and that's part of the reason why they grow quite big; up to 35-40 lbs and catches of 20-pound fish are not uncommon. However any fish

5-plus pounds is considered a decent sized fish if caught on a fly.

The fly pattern I've chosen goes all the way back to the early 1970's and the very crude beginnings of the fly fisher's pursuit of sea trout in salt water. Fly fishermen had fished for sea trout in rivers for more than a century, just like salmon, but not until the 1970's had anyone really dared trying to catch them with a fly rod while they were still in the ocean. The Danish coastline offers great habitats for sea trout and easy access for anglers, and that's part of the reason why the Danes pioneered this kind of fishing. Nowadays, fly fishing for sea trout has become a "big thing" all over the place in Scandinavia, both in the Atlantic and the Baltic sea, and many Norwegian and Swedish fly anglers join their Danish counterparts and start out the fishing year when the season opens, typically on March 1.

*Continue to Tying Bench, next page>>*

# Tying Bench – Scandinavia’s Magnus Fly

Tied by Toni Fernstrom



*MAGNUS – a “traditional” Scandinavian sea trout fly*

The fly is kind of generic (like many good flies) and you might already have seen something similar but under a different name. Like most “old” flies it was first tied with materials that happened to be readily available to the originator, in this case the Danish fly angler **Magnus** Ting Mortensen. Keep in mind this was way before the online era; fly shops were far between and tying supplies were scarce. Being a hunter Magnus had skins from Hare already and a neighbor was raising chickens and had a beautiful Plymouth Rock rooster. Over the years however, the pattern has “evolved” and today you can find versions tied with both synthetics and flash.

Anyway, it is still considered a Scandinavian sea trout “Classic”, but I wouldn’t be surprised if our local redfish and speckled trout would take a liking to it as well – it would be interesting to try and find out. So here goes:

## Materials

Hook: traditionally #2-#8 long shank (I would assume that #1-#4 would be more appropriate here...)  
Thread: red 3/0 for the head and for tying in the bead chain eyes. Tan, grey or black 6/0 for remainder.  
Eyes: bead chain, medium or small  
Tail: two splayed tips from grizzly hackle feathers. Length about equal to the hook shank.  
Ribbing: small/medium oval silver tinsel (or wire).  
Body: Hare’s mask, which is dubbing from the face of the European hare. However, any synthetic or natural dubbing in a tan/grey/brown hue will do.  
Body hackle: grizzly rooster hackle. “Woolly Bugger” type saddle hackle is ideal.  
Front hackle: webby grizzly hackle, hen or rooster.  
Cement/Glue: Zap a Gap and Hard as Hull or Sally Hansen’s Hard as Nail.

## Tying Sequence

1. Attach a size #2-6 hook in the vise. A hook with a longer shank, say 2XL, is preferable. The flies in the accompanying photos are all tied on Mustad 3407, which is a little on the short side, but was all that I had available.
2. Attach red 3/0 thread behind the eye and cover to about 1/6”. Tie in small or medium sized bead chain (depending on hook size) as added weight and eyes approx. 1/8” behind the hook eye. Originally the eyes were tied in under the hook shank – it’s a matter of choice, especially since it’s a “fully symmetrical fly.” Tie off, whip finish and add a small drop of Zap-a-Gap to secure the eyes.
3. Attach 6/0 thread in preferred color behind the bead chain eyes and cover hook shank to a point slightly beyond the barb.

*Continued on next page*

## Tying Bench continued

### Scandinavia's Magnus Fly, tied by Toni Fernstrom

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4. For the tail, tie in two grizzly hackle tips, fairly narrow, the length of about the hook shank. Tie them in splayed, i.e. with curvature of the feathers facing away from each other.
5. Tie in a 4" length of oval silver tinsel, at the very same point as the tail on the back of the hook shank (silver wire works as well in case you don't have any oval tinsel).
6. Take the thread forward in open spirals to about 1/16" behind the bead chain. Dub hare's mask (or suitable substitute) onto the thread. Create a tapered and fairly "full" body by winding the dubbed thread all the way to the tail and then back to the starting point. We're later going to rough up and fluff the dubbed body by using Velcro or a stiff small brush, hence the two layers of dubbing.
7. For body hackle, tie in a suitable grizzly hackle feather by the butt right where the body ends behind the bead chain. The length of the hackle fibers can be anywhere from 2/3 to a full hook gap. A saddle hackle with fibers that get gradually shorter as they get closer to the tip of the feather is ideal. This creates a nice tapered effect (nice for the tyer, fish probably don't care).
8. Spiral the body hackle clockwise in open turns towards the tail. I prefer using hackle pliers, unless I'm winding a long saddle hackle which you can grab with your fingers. When you reach the very end of the body, while holding the tip of the hackle feather with your left hand (assuming you're right handed), grab the oval tinsel between the thumb and index finger of your right hand, bring it under the hook and catch the tip of the hackle feather with the tinsel on the underside of the hook exactly where the dubbed body ends. With the hackle feather caught between the tinsel and the body/hook shank, you can now let go of the hackle feather as long as you make sure to keep the tinsel taut. Continue to wind the tinsel through the body hackle in an open spiral (again clockwise) all the way up to where the body begins. Try using a "weaving motion" to avoid trapping hackle fibers. Secure the tinsel with the tying thread. Counter wrapping the tinsel through the body hackle is an old technique that really locks in the hackle and results in a very robust fly. You can now snip off the tip of the body hackle under the tail close to the first turn of tinsel. But be careful, it's easy to overdo and there's no going back...
9. Tie in the shoulder hackle and wind 2-3 turns. Tie off and whip-finish. I prefer a soft hackle, like hen, with fibers slightly longer than the front of the body hackle. However, the shoulder hackle can be omitted altogether in case you prefer a "leaner" fly.



*Magnus variations*

For the record, I do believe a sparse tie is typically a better "fish fly" but for some unknown reason I have a tendency to overdress my flies - maybe they just look better in the vise to my eyes...

10. Now is the time to pick up your little brush or Velcro tool and roughen up the body. The picked out dubbing really adds to the "fishiness" and "bugginess" of the fly and since the body hackle is locked in by the tinsel wraps, the body can sustain some real "punishment" without falling apart. Still, some caution is always recommended.

11. Add some head cement to the head and, voilà, you have just completed the "Magnus" fly.

If you would like to know more about this specific fly pattern and/or about fly fishing and fly tying in Scandinavia, I can recommend the Global Flyfisher website (which is available in the English language). It covers fly fishing in general all over the world but does have a lot of Scandinavian input and influence. Here's the url: <http://globalflyfisher.com/>

# Fly Fishing First Aid and Prevention

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## Richard Oldenski MD: Heat related illness

*By Richard Oldenski MD*



Human beings have the ability to maintain a constant body temperature over a wide range of ambient temperatures. Our bodies are designed to balance heat gain with heat loss. However, with strenuous physical activity for a prolonged period of time in a hot environment, heat gain can overwhelm the body's mechanism of heat loss. As the body's temperature rises, we can experience a variety of heat related illnesses from minor conditions such as swelling and heat rash to heat exhaustion and eventually heat stroke.

Although these conditions are preventable, exertional heat stroke is the second most common cause of death among high school athletes. Should fly fishers be concerned about heat related illnesses? Read on.

Our bodies produce heat. At rest, our metabolic processes produce about 100 kcal of heat per hour. Our temperature increases as our physical activity increases. Strenuous physical activity can increase heat production more than 10-fold to levels exceeding 1000 kcal/hr.

Our bodies pick up heat from the environment by conduction, convection and radiation. Most of the radiant heat comes from the sun. On a summer day, just lying down in the sun can result in a heat gain of up to 150 kcal/hr.

Our body's response to heat is regulated by a part of the brain called the hypothalamus. Temperature sensors in the skin, muscles and spinal cord send information about our core body temperature to the brain. This information is processed and appropriate physiologic and behavioral responses are generated. Our peripheral veins dilate, blood flow to our skin increases, and sweat glands are stimulated to produce more sweat. We feel thirsty and start thinking about moving to a cooler environment.

The skin is our major heat regulating organ and it can transfer heat to the environment by conduction, convection, radiation and, most effectively, by evaporation. The heat loss efficacy of evaporation depends on the condition of the skin and sweat glands, amount and type of clothing worn, ambient temperature, humidity, air movement, and whether or not a person is acclimated to high temperatures.

Medications, especially those used to treat high blood pressure, heart disease, mental illness and allergies; can impair heat loss. Dehydration also limits a body's ability to lose heat.

How hot does it have to be before you can get ill?

*Continued on next page>>>>>>*

## Continued...Fly Fishing First Aid and Prevention

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Richard Oldenski MD: Heat related illness

### The Wet-Bulb Index

Besides temperature, meteorologists report the heat index, which takes into account temperature and humidity and is calculated for shady areas. Military agencies, OSHA, the American College of Sports Medicine and other agencies use the Wet-Bulb Globe Temperature (WBGT) as a guide in managing activities in direct sunlight. The WBGT takes into account temperature, humidity, wind speed, sun angle and cloud cover. A WBGT between 73 - 82 degrees is considered high risk and greater than 82 degrees is considered very high risk for heat-related illness. For example, a temperature of 90 degrees Fahrenheit with a dew point of 65, relative humidity of 42%, cloud cover of 5%, wind at 3 mph and heat index of 92 would equal a WBGT of 89 degrees! This would describe an average day in July or August in Florida except Florida's relative humidity is usually higher than 42%.

Our body's first response to being over-heated is to conserve body fluid, which results in swelling. You might notice that your shoes and socks feel tight, or your rings feel tight, as your hands, feet and face get puffy. Heat rash, or prickly heat, occurs in sweat glands that get swollen and inflamed when they are unable to produce sweat fast enough to cool your body. It usually occurs on parts of the body that are covered by heavy clothing such as thick socks, pants, shirts and hats that can block sweat evaporation.

These conditions improve when you get out of the heat and drink more fluids.

If you start feeling hot and thirsty, have a headache, feel lightheaded or faint and are sweating profusely, you are in the early stages of heat exhaustion. Your cooling system is overworked. At this point you need to get out of the heat and drink more fluids. Sit in a shady spot with a breeze, or get into an air-conditioned vehicle or place and drink non-alcoholic beverages. If you don't, you may get muscle and abdominal cramps, nausea and vomiting, labored breathing and feel so weak that you can't continue on. You are now experiencing heat exhaustion and are at risk for heat stroke.

A person with heat stroke is delirious and confused or unconscious. The skin is flushed, hot and dry. He or she may be hyperventilating with a rapid or very slow pulse and the blood pressure may be very high or low. This person's cooling system has shut down. This is a life-threatening emergency. Call 911 immediately. Move the person to a cooler environment and remove any excess clothing. Cover the person with cool, wet cloths; or, if it can be done safely, place the person in cool water. Apply ice packs to the head, neck, groin and armpits as an alternative. Stay with the person until help arrives.

The following steps can help prevent heat related illness:

- In the summer, go fishing in the early morning, evening or at night. Avoid outdoor activity from 10:00 AM to 2:00 PM when the daily temperature is highest.
- Wear light-colored and loose fitting clothing that will keep you cool and allow sweat evaporation.
- Drink lots of fluids and take extra water along with you. Try to replace fluids at a rate that equals your loss from sweating. Avoid alcohol-containing beverages. They can increase your water loss and impair your ability to sense early signs of heat related illness.
- Break up your exposure to direct sunlight and hot temperatures. Find a cool, shady area and take a rest. An occasional break to cool down will help to prevent the cumulative effects of high heat exposure.

# Mazzarella: Fly Casting Instruction

## Components of Lesson Planning. Part 5 of 6

By Dayle Mazzarella, IFFF Certified Casting Instructor



A good lesson plan incorporates the following components:

### Setting the Stage (Motivation and Context)

- How is this lesson related to past learning?
- To future learning?
- Where will we be by lesson's end? (Goal)
- How can you use this new skill and knowledge to catch more fish?

### Explain and Demonstrate

- Explain and demonstrate the skill one step at a time. ("The first step is ..., the second step is ..., the 3rd step is ..., etc.)
- Demonstrate the skill holistically, that is, all of the steps strung together in real time.

### Structured Practice

For Fly Fishing, doing Structured Practice first *without* a rod is very helpful. I then do Structured Practice with only a rod but section or 2' long PVC pipe. *Then* I do Structured Practice with a rod and fly line.

a. "Step 1 is .... Let's do that 10 times."

b. "Step 2 is .... Let's do Step 1 and add Step 2. Let's do that 10 times."

c. "Step 3 is .... Let's do Step 1 and Step 2 and then add Step 3. Let's do that 10 times."

d. Instructor demonstrates the step and then students follow along as instructor executes the skill.



*Next month we'll finish the series with the remainder of the lesson plan format.*



### Why Leaders are Important

*By Capt. Pat Damico, Master Casting Instructor*

#### Casting tip #43



Many of our fly club members avoid the Florida heat and do some stream fishing for trout. Leader selection can be a complex issue, but fortunately there are knotless packaged tapered leaders available that are very cost effective. For small streams, 7 1/2 ft. is a good length; larger streams a 9 ft. leader will work. They will have an X designation, the larger the number, the finer the tippet or section you tie your fly to. Fly size is a good way to select your tippet. Divide fly size by 3. A size 12 fly will require a 4X tippet, a size 18 fly needs a 6X tippet. Changing flies or breaking off fish will shorten the leader. Carry extra spools of different size tippet material to add when needed.

*Pat Damico, MCI, St. Pete Beach*

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### How - To

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By Bill AuCoin

Buy this book: [1001 Fly Fishing Tips](#), expert advice, hints and shortcuts from the world's leading fly fishers. It's less than \$15 on [Amazon.com](#)

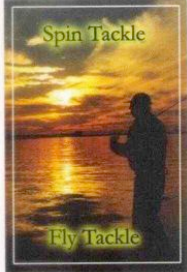
Here are some tips that apply especially to saltwater fly fishers:

**Strikes:** Strip the line. Don't lift the rod tip or you'll take the fly away completely away from the action. (Lefty Kreh)

**Cork drags:** Tighten the drag before rinsing your reel with fresh water or else the water might infiltrate and weaken the cork. Loosen the drag after your rinse the reel.

**Premature hook sets:** When sight fishing don't set the hook when you see a fish take the lure. Wait until you feel the fish turn and bend the rod; otherwise you might pull the fly from the fish's mouth.

# Special Friends of Suncoast Fly Fishers



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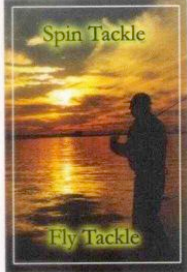


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## Just Thinking

### Al Pitcher



#### My favorite place to fish

Sometimes I become restless and think that I might find a better place to fish than where I live. At a time like this, I find myself thinking that I just fish in “ordinary” places.

But then, I have to remember I get to fish so very close to my home. Also, it is at times like this that I have to remind myself I am

so lucky to live in area where I can sample a large array of fishing spots; from salt to fresh, from off-shore to bay, from big lakes to small ponds.

All of this is within a short drive of my home. When these thoughts prevail, it is then that realize that I am taking my fishing opportunities for granted.

In his book, on page 3, *No Shortage of Good Days*, John Gierach says, “And I, for one, have this idea that constant exposure to the ordinary is good for the soul. I have met some high-brow fisherman who bragged that they only fished at the best places with the best guides at the best times of year and who claimed to not only always catch fish, but to always catch lots of real big ones.

“If true, a life without drama must be awfully boring, and if false—as you have to suspect—then lugging around an ego that requires that much preening, must be a terrible burden. In the end, the best fishermen I know have all finally developed a kind of professional polish without losing the hopeless goofiness of the beginner. You could say the same thing about fishing that they say about baseball; that it takes an adult to play the game well, but it takes a kid to think it’s important.”

It’s important to me; how about you?

## Fly Fisher Reflections

David Putnam



### Wade Fishing with Friends...and Enemies. And when to use the boat.

I prefer to wade when I'm fly fishing if water depth and bottom conditions permit. Wading's sneakier and casting's more fun.

If the water's above waist deep or the bottom's muddy, I stay in the boat. I'm still spry enough to climb back aboard my 16-foot skiff when I'm finished wading, but for certain pals of mine who are overly stout, have bad backs or tire easily from wading, I carry a folding 6-foot aluminum step ladder to make it easier for them to climb back aboard.

Even that was too much for the friend I was fishing with yesterday in Lake Kissimmee, so he elected to stay in the boat, ensconced in a comfortable folding chair, in reach of the cooler, while I waded ahead, pulling the boat behind me on a 20-foot dock line, in earshot of his advice as to fly choices, casting technique, women, sports and politics. Just another day fishing.

No sweat, fishing along slowly, using a #8 cork popper to catch bluegills and the occasional bass. Everglades Kites-- Snail Kites--were feeding all around us. My pal in the boat was throwing a plastic worm from the stern seat. After a few minutes it became obvious we had a problem: the boat was swinging in the wind quartering behind me off my left shoulder-- perfect for fly casting--and it was now twenty feet down wind off my right shoulder, in the way of my casts, exposing my pal to the sound of a popper zinging by his ear. He had begun complaining. Now what?

An easy solution was at hand: I took my regular boat anchor off its six feet of chain, and tied the chain and ten feet of line to a stern lifting ring, and let the chain drag behind the boat in the grass and weeds. Now the boat didn't drift downwind, but stayed behind me, out of the way of my casts. My pal in the boat simply watched for my casts so our lines didn't cross.

If I had needed more weight I might have rigged my anchor so that it was fouled and would create more drag. Fishing from my kayak I carry a folding anchor, which works perfectly for a drag with its tines folded.

Dragging a weight from a small boat or kayak as you pull it behind you has many advantages. No need to carry drinks, fly boxes or a fanny pack. Also, if you reach a creek you'd like to cross, or find yourself sinking in mud, as frequently happens when I'm wading for bonefish in the Bahamas or Keys, you simply climb aboard and paddle across. See fish off in the distance, or a spot that looks like it might hold fish? Use the boat.

We saw one Kissimmee alligator yesterday that looked to be 23-feet long from where I was wading. Generally, alligators don't concern me...much, but that one reminded me that I had a sandwich in a cooler in the boat, so I waded over and climbed aboard. Big bull sharks on the flats and fast moving summer storms also make me feel like taking a boat ride.

## Fly Over

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

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**Be careful out there** – Florida wildlife officials captured an 11-foot crocodile – a Croc! – in Lake Tarpon near Tarpon Springs. There were rumors about this croc for at least a year. And they turned out to be true. It weighted 700-pounds. It will be released back into the wild, whatever that is. [\(TBO\)](#)



**Best new fly gear.** The fishing tackle industry had its big trade show in Las Vegas earlier this month and outdoor journalists voted the following fly fishing products the best in their categories: Colombia's Henry's Fork V Vest. Beam Outdoors Elite 32 fly reel. G. Loomis Pro4x fly rod. [\(NetNewsLedger\)](#)

**Thanks for your service.** Florida has exempted military personnel, active or reserve duty, and disabled veterans from the need to have a fishing license.

**I want to go back to grade school.** Fly Fishing 101 was a popular elective course at Holy Name School in Sheridan, Wyoming. Well, duh. The final exam was a fishing trip on the Bighorn River. A tip of the hat to Al Pitcher for this one. [\(Billings Gazette\)](#)

**Are cormorants giving you fits?** Every time I idle up onto the Weedon Island grass flats one, two and sometimes three double-crested cormorants fly in and land to keep me company. They're spooking fish and baitfish, for sure. But that's not all. You can see them swimming around the boat, beneath the surface, and if you don't yank your streamer away they'll eat that, too. But my question is, are they seriously depleting new year populations of gamefish? I suspect they are. Is it something that Florida Fish and Wildlife should investigate? Yes. Has anybody else noticed this? I see from the linked article that it has been a concern to anglers up on the St. Lawrence River. [\(Journal Register\)](#)

**Iconic fly-fishing store opens in St. Petersburg.** London retailer Farlows announced its name will go on a new game fishing store in St. Petersburg. St. Petersburg, Russia, that is. That's okay, we've got the On The Fly shop in Tampa and Bill Jackson's Shop for Adventure in Pinellas Park. [\(Fly Fishing Forum\)](#)

**Florida Keys Flats Fishing worth \$427 million.** The annual economic impact of fishing in the Florida Keys is worth \$427 million. That's the result of a study commissioned by the Bonefish & Tarpon Trust. Follow-up question: What's recreational fishing worth in the Tampa Bay area? And what's it worth for the entire state of Florida? I'll bet it's huge. [\(Bonefish & Tarpon Trust\)](#)

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