

# First Coast Fly Fisher

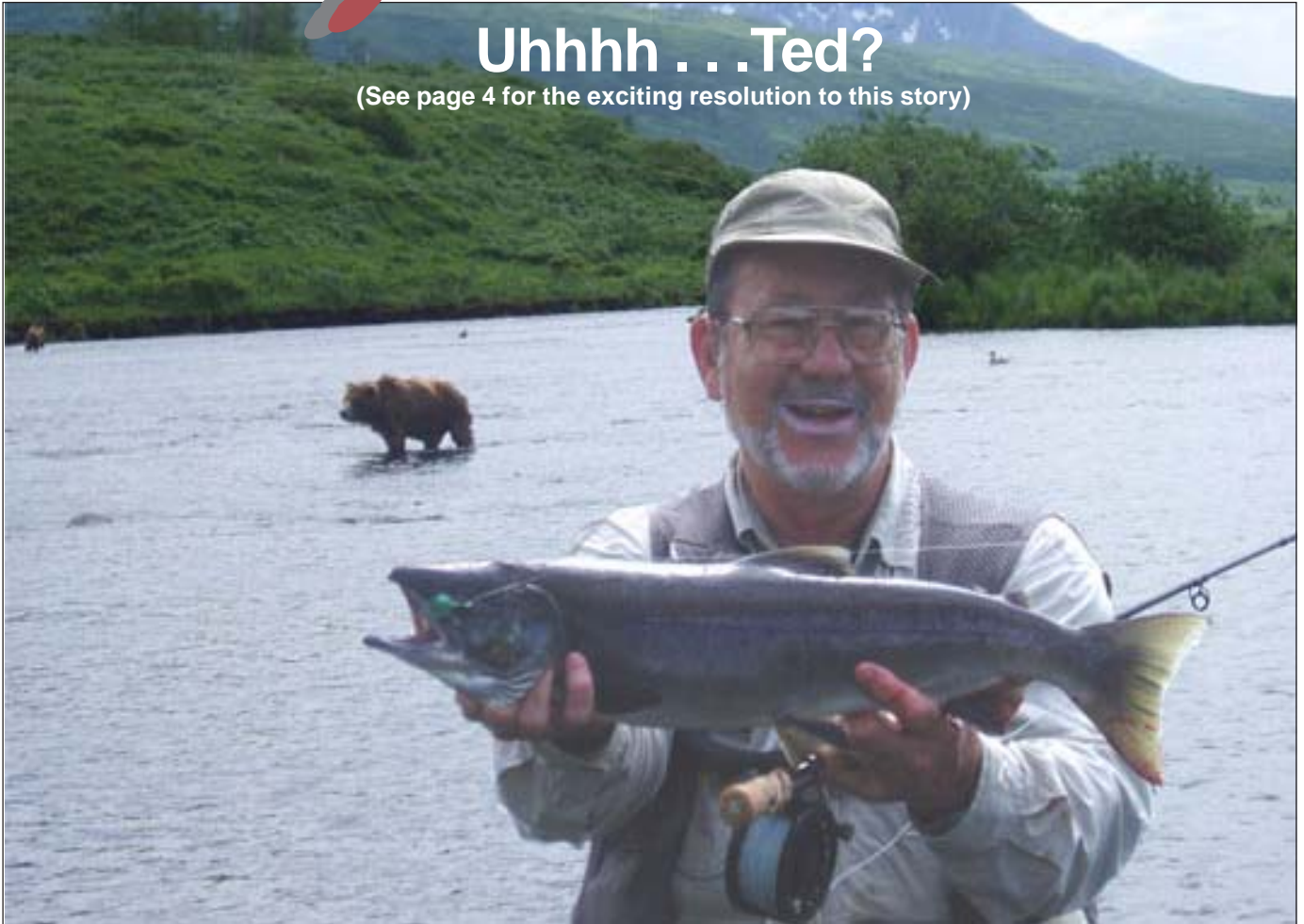
September 2005

www.fcff.org

Jacksonville, FL

## Uhhhh...Ted?

(See page 4 for the exciting resolution to this story)



### MEETING & SPEAKER

**Mon., Sept. 12**, 7 p.m. at Southpoint Marriot. **Annual guides Forum. Speakers: Capts. Randy Lanier, Tony Bozella, and Larry Miniard, John Bottko, and Kayak Guide Brian McGowan** -- "Fishing Local Waters." It would take you years to learn as much about fishing this area as you can learn in this one meeting. Be there if you like to fly fish the First Coast.

### COMING EVENTS

**Sept. 18 - Cedar Point Redfish in the Grass** - This is your opportunity to go after this area's favorite fly fishing sportfish - reds in the grass. Even if you don't hook-up, you'll learn this unique fishery. Sign up now. Boat space is limited.

**Oct. 3 - FCFF Meeting** -- "Fishing the Mosquito Lagoon." **Speaker: Capt. Frank Catino** -- Frank is one of the revered veteran fly fishing guides in Florida. He's also the Cortland rep. He knows as much about rod design, lines, and general fly fishing as any man in in the state.

**Oct. 15. - Palm Valley Redfish in the Grass** - This month we will chase reds in the grass in the Palm Valley to St Augustine area. This area has lots of great flats for 5.5 foot tides or better. You can start at the south end and work the tide north to get maximum scouting opportunities.

**Wed., Nov 2. -- Coastal Conservation (CCA) Banquet and Auction.** UNF. Call Greg Craddock (904)982-6104

## FCFF Photo Page



Summer run (September) Chinook of the Betsie Rver in northwest Michigan. Early steelhead are also present. FCFFer Bill Scott (above) landed four juveniles. Small pink or orange yarn w/ # 6 hook was an effective fly along with other typical trout flies. Water was low; fish lay up in the deepest holes, all of which had dark color. You may have to drift the hole for a couple of hours before a fish will bite. Patience pays big dividends on this river. Once you stick them they jump 5-6' out of the liquid. The runs were long and hard, you could not use any brakes. I heard a ton of times the distinct sound of popping fluorocarbon! The guide service was provided by KellyNeuman, [www.michiganstreamside.com](http://www.michiganstreamside.com)

-- Rick Palazzini



*FCFFer Don Reed's Shark-Bit Tarpon From Last Month's Keys Trip*

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## Distance Casting: A Method For Improvement

by Bill Gammel

(Ed. Note: This is the first of a 2-part series on distance by Bill Gammel, a member of the casting board of governors for the FFF. Gammel's work, *Essentials of Fly Casting*, written with his father, Jay, is available through the Federation of Fly Fishers website <http://www.fedflyfishers.org>)

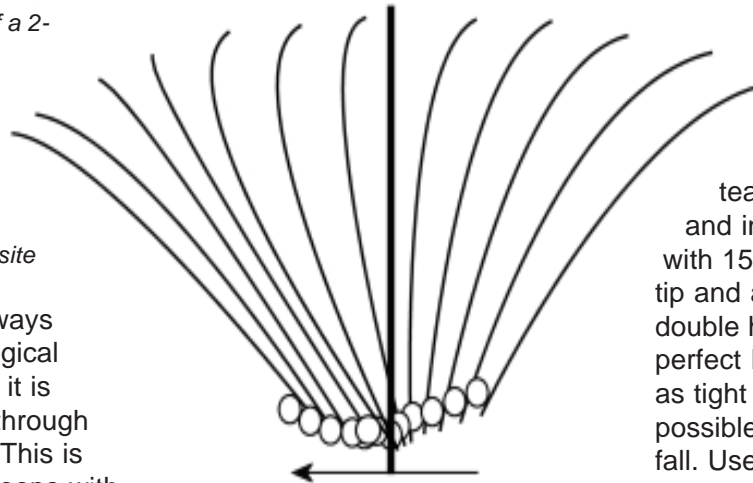
Distance casting has always been held up as some magical performance, when in fact it is simply hurling the fly line through the air as far as possible. This is achieved by casting tight loops with high line speed. These are gained by practice and are based firmly in the essentials of fly casting. By starting with these essentials and adding a few simple techniques, anyone can add substantial distance to his or her cast.

In this article, we break down distance casting and look at practice techniques that will allow you to achieve your goal of improved distance. Also, the following information can serve as a lesson plan for teaching your students to increase their distance whether they are beginners or seasoned casters.

### Create A Tight Loop

Loops of less than two feet are considered tight and will cut through the air very efficiently. Tight loops are formed when the rod tip travels in a nearly straight line. This directs the majority of the energy straight forward (or straight back). The path of the rod tip determines the loop size. If the rod tip travels in a convex path, energy is directed in three directions: up, out, and down. This causes the loop to be pulled open by the dispersal of energy, creating a wide or fat loop.

In order to achieve tight loops one



**A Fly Rod Flexing and Unflexing Through A Casting Stroke**

Illustration: Lambert

must coordinate two essentials. First, the length of the casting stroke must vary with the amount of line beyond the rod tip. If you are casting a short line, use a short casting stroke. For a longer line, lengthen the stroke. Because different lengths of line will create different amounts of bend in the rod, the stroke length must vary with line length in order to keep the rod tip moving in a straight line. The second essential for tight loops is that the power must be applied smoothly and progressively, gradually increasing to an abrupt stop. Start the stroke slowly and accelerate as you go—the majority of the power should come in the last half of the cast. Then STOP. This permits the loop to form. The momentum of the fast-moving line propels the loop forward.

### Primary Practice: Make Perfect Loops-Then, Make Them Go Faster

Let's look at practice tech-

niques. No matter what your current skill level, start by practicing perfect loops. These three drills are designed to teach tight loops loop control, and increasing line speed. Start with 15 feet of line beyond the rod tip and a 9 foot leader. Do not double haul. Now, practice forming perfect loops. Cast loops that are as tight as possible, as softly as possible, without letting the loops fall. Use just the tip of the rod and cast as if trying not to bend the mid-section of the rod. When you feel comfortable with this drill, add one foot of line and start again.

Do this until you can cast 50 feet of line with a controlled perfect loop. After mastering the controlled loop it is time to add rod speed. This increases line speed. Start again with 15 feet of line and cast softly. As you false cast, speed up a small amount. Make sure to start each cast slowly and accelerate to a stop. However, you should accelerate faster and faster each time until you are casting as fast as possible without destroying the loops. Judge each loop at all for size and shape, increasing the speed only when the loops look good. Now, add one foot of line and repeat the process. Do this until you are casting 50 feet of line as fast as you can smoothly. The faster you cast while keeping good technique, the higher your line speed, the farther you will be able to cast the fly. Good technique will outdistance brute strength any time, but if you put the two together, you will achieve great distance.

# Salmon: Kodiak Island, Alaska

by **Ted Mayhew**

Larsen Bay, Kodiak Island, Alaska



It's late June 2005 and thousands of sockeye salmon are swimming upstream to spawn in the Dog Salmon River rippling the water, splashing and 'blowing up' in schools of hundreds. With fish going wild, I cast into this melee and immediately hook up with a nice one. It takes line, thrashing and jumping. Our guide, Lenny, shouts, "Ted drop your rod tip, give him line! There's a bear after your fish!"

To my right a Kodiak Brown bear charges through the shallow water. I drop my rod tip and strip line from my reel. The salmon goes under and the bear directs his attention to a school of fish exploding just to the right of him.

Wow, what fun!

Five of us Southerners are guests at the Larsen Bay Lodge on Kodiak Island. From Tallahassee are Danny Riley, Frank Greenberg and Peter Stoecklin, members of the Big Bend Fly Fishing Club. John Gray is from Winston-Salem, NC. I'm the 5th guest. We planned this adventure to take advantage of the peak spawn of king and sockeye salmon and to fish the famous Karluk River, reputed to be one of the world's top 10 salmon streams.

Larsen Bay Lodge is a fly-out facility with its own Dehavilland Beaver 6-passenger float plane. The lodge comprises several cabins and buildings for guests; each is fully equipped for our comfort. A full-sized commercial

kitchen in the main building offers a delicious menu for breakfast and dinner with wine.

Lunches are catered meals taken with us or a shore lunch prepared by the guide. The cooks here are

great and the food is excellent.

Larsen Bay Lodge features "Cast and Blast" fishing and hunting in the fall, when silver salmon and steelhead are spawning and duck and deer seasons are open. The guides at the Larsen Bay Lodge are experienced fly fishers and hunters. The deer are the Sitka Black tails. Bag limits are generous. All the guides have been with the Lodge for years and each knows the best pools and areas to fish and hunt.

Our guide is Lenny Puchlikow. Helpful and a very knowledgeable fellow, Lenny has the physical stamina of a triathlete. The Lodge is owned and managed by Mike and Lisa Carlson, who are fully committed to their guests comfort, safety, and overall good time.

We reached Larsen Bay via Anchorage and Air Alaska to Kodiak. At the Kodiak Airport, Island Air's representative meets us and drives to the Island Air airport for our 30-minute flight to Larsen Bay, where the Larsen Bay van picks us up.

Our first day, we board the seaplane at the lodge and fly 15 minutes to Fraser Lake, which drains into the Dog Salmon River. We taxi to shore at a trails-end then walk 20 minutes to the waterfall above the river. Below, bears feed on salmon in the river in the river. We hurry to the fish, moving carefully over the broken ground.

This stretch of the Dog Salmon River is wide and shallow. Bright silver sockeye salmon are fresh from the ocean and do not yet display their red spawning colors. The average weight of the fish is about five pounds. Wading in knee deep water we each catch many of these hard fighting fish all the while keeping alert for the bears. Periodically Lenny shouts "Everybody come back to shore! The bears are coming!" When a bear gets too close Lenny, holding a seven shot twelve gauge shotgun loaded with five hundred grain slugs, waves his hat and yells at the bear to "Get out of here!" Two almost grown cubs ignore the shouts and Lenny then hits one on the butt with a rock and the cubs scamper away. After the bears move on we catch more fish. Eagles and seagulls constantly fly around us. The sun is warm, the shore and hills are

(continued on page 5)



**Salmon Scatter From A Hungry Kodiak Bear**



## Big Black Creek Bream

*FCFF guest & new fly fisher Cee Cee McKinna with her 2nd fly caught fish. The monster bluegill came from Black Creek, was 11.5" & weighed 1.25 lbs. Cee Cee fished with long-time FCFFer Dennis Jammes.*

### **Kodiak Island . . . . . continued from page 4**

speckled with wild flowers and the distant snow capped mountains are beautiful. Life is good!

This next day dawns cold, foggy and misty rain. We fly to the lower Karluk River where Lenny is waiting with a large six passenger inflatable raft. The king salmon run is late this summer but we all catch a fish or two in a couple of pools. The average weight is about twenty five pounds and these fish, fresh from the ocean, are tough, hard fighters in the river's current. The most effective flies used are reddish pink that matches the color of sockeye eggs. I use a pink spoon fly that catches sockeye and king salmon, dolly varden and a small rainbow trout. The float trip is through splendid country with high banks, hills, small mountains and a large valley with some tundra. Wild flowers and wildlife is everywhere. We see eagles, ducks, seagulls, and a doe deer with her fawn on the shore as we drift with the current. The great grizzly bears are spooky here; this is a hunting area. We see a few in the distant. On our arrival at the Karluk Fish and Game fish weir, we are told that the kings are just now starting to arrive..

This third day we fish the saltwater bay for halibut and black sea bass. This morning's catch from the lodge's 28-foot aluminum cabin boat is 8 15- to 25-pound halibut and 24 black sea bass; many are caught with flies.

Our next 2 days are filled with sockeye and dolly varden fishing in Karluk Lake and king salmon in the upper Karluk river. We catch many large "red" sockeye in Karluk Lake at the mouth of Moraine Creek

The last fishing day, the Fourth of July, is a fly-out to the upper Karluk and raft down the river where we wade for dollies and catch kings in pools. This evening the lodge has their annual whole pig roast and fireworks on the beach with almost everyone in the village attending. This is a super finale for our adventure!

This is the best of my five fishing trips to Alaska and I'm going back! You are welcome to join me. For more information about the Larsen Bay Lodge call Ted Mayhew at 904-287-0266 or e-mail [tedmayhew@comcast.net](mailto:tedmayhew@comcast.net).

# SUPPORT YOUR FCFF GUIDES & INSTRUCTORS

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[WWW.SALTYFEATHER.COM](http://WWW.SALTYFEATHER.COM)

## Avid Angler

2101 N Ponce de Leon Ave  
St. Augustine, FL 32084  
904-824-8322





## Appalachian Grand Slam

by Rick Palazzini

Recently I traveled to Cashiers, NC, and booked a day to fish private waters w/ Tim MacCourtney of CCS Fly Fishing Outfitters . I have known Tim for many years and enjoy benefiting from his knowledge of the fishing landscape.

Summer is not the best time to fish for trout due to the water temperature (64 degrees) and the strain it places on the fish. But, fish lying below a falls or riffle are loads of fun to stick because they get a good dose of oxygenated wah! wah! It supercharges them to an extent and there appears to be a 50/50 chance of landing a 3-4# fish w/ a 5X tippet.

The unknown streams offered 3-4# fish that where both beautiful to the sight and appeared in great health! The bite was always soft and without the aid of a strike indicator, lifting the rod tip to stick the fish at the right moment would be very difficult.



The Browns proved to be the largest, Bows were the most acrobatic and the Brookies where the coolest because of the way they dived to the bottom of the stream and then take the fly at the surface from directly beneath. Since there was not hatch, a lot of flies had to be sampled. Kevin Howell of Davidson River Outfitters near Ashville provided three different flies to try: Sheep fly #8; Kevin's Stone fly #8 and Texas Piss Ant #8. The big Browns liked the stone fly!

Tim told me that I achieved an "Appalachian Grand Slam" by landing a Brown, Brookie and Bow all in the same day.

Contact Tim MacCourtney of CSS Fly Fishing in Cherokee, NC, at 1 888 243 5274.



**Dick Michaelson and Chan Ritchie Fished For Night Trout Last Month Back River Near Clapboard. The Catch? 15 Fish This Size.**

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