

# Fly Fisher

First Coast Fly Fish

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

August 2007

New!  
Monthly  
Tides  
See Page 7



Photo: Woody Huband

## MEETING & SPEAKER

**Monday, Aug. 6 -- FCFE meeting. Speaker: Tom Mitzlaff.** Tom is founder/designer of Mitzi Skiff boats. Tom is a hugely knowledgeable guy about flats boats. He's studied their design for years. He also knows quite a bit about canoes and kayaks and has fly fished these areas for 20 years.

## COMING EVENTS

**New Moon -- August 12; Full Moon -- August 28**  
**Saturday, Sunday Aug. 25 & 26 -- August Outing -- Two days of Nassau Sound reds in the Surf.** More information at the July meeting.  
**Saturday, Sept. 29 -- Reds in the Grass** first outing. Launch at Cedar Point. More information at July Meeting.





**Fiddler Farm?**

Photo: Rich Santos

## FCFF To Print 2008 Calendar. Submit Best Outdoors/Fly Fishing Photos To FCFF Forum Calendar Page.

**Submit your photos today for our 2008 fishing calendar. Go online to the FCFF Forum and enter your photos. Photos will be chosen by club vote in November. The rules are below.**

1. Members may submit up to 4 digital photographs.
2. Photos must be unpublished
3. The photo must be unpublished. We may want to consider extending this to include photos published in the newsletter.
4. The photos should be fly-fishing related. Any fish must be fly caught.
5. Photos of fresh or saltwater fly fishing will be accepted.
6. No text should be added or super imposed on to the photo.
7. The photos must be taken by a Club member.
8. Members should submit a brief description of the photo, date (month and year) the photo was taken, and the location of the photo.
9. Photos should be posted to the FCFF Forum or they can be emailed to me at [pgflyfisher@gmail.com](mailto:pgflyfisher@gmail.com). I will post them to the forum.
10. Club members will vote for the 12 best photos.
11. Members will have until November 2007 to submit their best photos. The date will be decided later.
12. All photos submitted to the forum are final. Once a photo is submitted, the corresponding member can not replace it with another photo.
13. All photos must be either jpeg or tif images with a minimum resolution of 4 mega pixels. Winners will be asked to furnish full size images for the calendar via email or on CD.

### Officers and Directors of First Coast Fly Fishers

**PRESIDENT**

Jason Sheasley  
[pgflyfisher@gmail.com](mailto:pgflyfisher@gmail.com)

**VP PROGRAMS**

Rich Santos  
[Rslov2fish@aol.com](mailto:Rslov2fish@aol.com)  
(904) 635-0946

**VP OUTINGS**

Woody Huband  
[Whuband@yahoo.net](mailto:Whuband@yahoo.net)

**TREASURER**

Lew Holliday  
[lewcarol@bellsouth.net](mailto:lewcarol@bellsouth.net)

**SECRETARY**

Rob Bernardo  
[kiribas@aol.com](mailto:kiribas@aol.com)

**LIBRARIAN**

Bob White  
[rgwhite@lycos.com](mailto:rgwhite@lycos.com)

**EDUCATION**

Jim McCully  
[exxray2002@yahoo.com](mailto:exxray2002@yahoo.com)

**MEMBERSHIP**

Greg McCarthy  
[gmccarthy19@comcast.net](mailto:gmccarthy19@comcast.net);

**AT LARGE**

*Bob Connery*  
[bgelconnery@comcast.net](mailto:bgelconnery@comcast.net)  
*Dennis Dahlquist*  
[dennis.dahlquist@pleasantsflorida.com](mailto:dennis.dahlquist@pleasantsflorida.com)

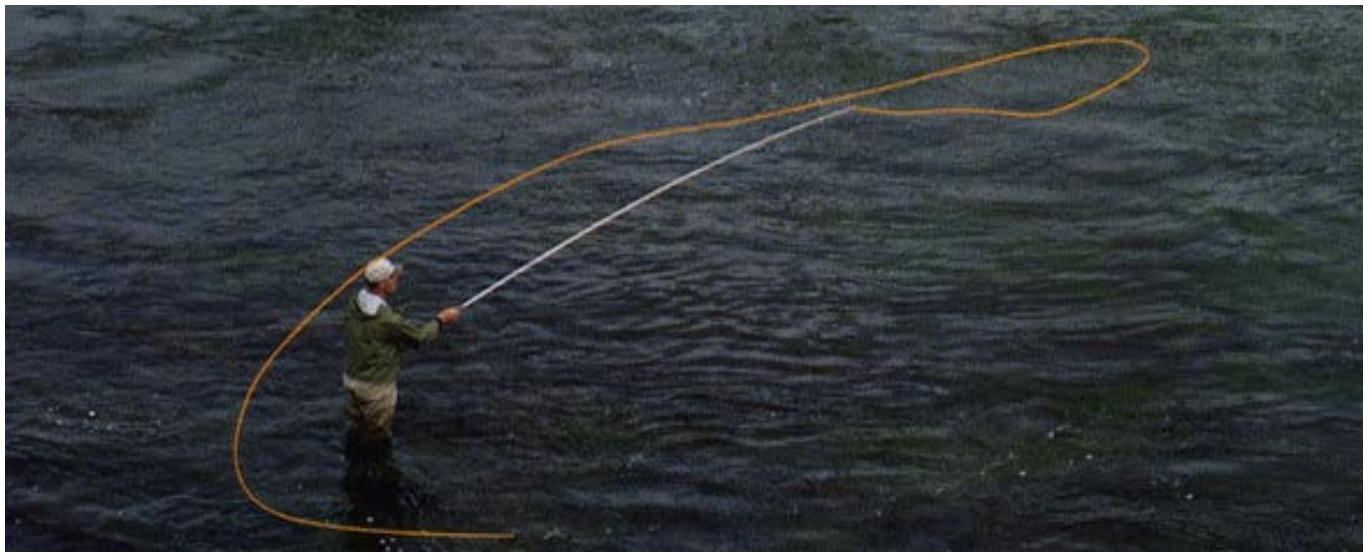
**BANQUET**

Dr. Larry Holder  
[leholder@earthlink.net](mailto:leholder@earthlink.net)

**NEWSLETTER**

David Lambert  
[dlambert@onwatermedia.com](mailto:dlambert@onwatermedia.com)

# Two Steps to Improve Practice



by *Al Buhr*

*Al Buhr is a CBOG and also the Chair of the THCI (Two Handed Casting Instructor) Committee.*

The first step to improvement is to stop deceiving yourself. Practicing with your favorite fishing line that casts “so easy” will feel good, however it will likely slow improvement. A modern fly line will utilize a mix of compound tapers to enhance the presentation and be less demanding in casting skill. This ease of performance is a key component in a great fishing line and in turn, for the same reason, can make it a questionable practice line. Casting with a favorite line is like having a friend that always tells you how great you cast; both may not be telling whole story.

A line to use for practice (single or two-handed) is a Double Taper (DT) line. By design, it is the least forgiving fly line to cast. Its short front taper and long level body demands a degree of skill to cast well. In comparison, the modern fly line will cast with ease in a variety of situations and may mask casting faults and/or inefficient rod mechanics.

Use of a double taper line makes any fault obvious and dramatic. During your speycasting practice, maintain a high level of expectation. If your casting performance lowers, do not blame the DT line; rather make improvements to your cast as indicated by the line. This is not an easy line to cast, making it a great tool to reveal your level of skill. For some old traditional speycasters, the DT line remains the only proper line to use, while most peycasters use a version of the modern spey line. There is no doubt, the DT line is a good choice to define anyone’s speycast.

The second step for improving practice is slowing the cast’s tempo to define your technique. After the basic rod movements of a cast are understood, slow the tempo and define the rod’s movements.

Slowing the tempo will help to reveal the subtle movements within the cast, as well as, require each of these segments to smooth and align with the next. This will help to harmonize the cast into a fluid movement. Slow the tempo in gradual increments as each reduced pace is mastered.

Slowing the tempo to edge of collapse will reveal the importance of each segment within the cast. This is a good way to learn the “how and why” of each subtle movement. Be objective in analyzing the movements and discover the “nuts and bolts” within the cast. Learning the substance within each cast gives better understanding to in turn, effectively teach others these key elements.

A way to foster a slower tempo is to practice without any fly or yarn. Any hurried movement or inappropriate power application will cause the bare leader to “snap” or “pop”. This is an easy, simple, surefire way to control a beginning speycaster’s tempo.

Slowing tempo and defining the technique is a good way to develop a revealing demonstration cast. Mastering the subtle components within the cast allows a controlled display of the cast. Then, the demonstration done at a reduced pace, allows the students extended time to see the cast form. Slowing the cast’s tempo is a good way to practice for improvement. A consequence to slowing the tempo, will make the practice session more relaxing and fun.

Practicing to improve your casting skills should be enjoyable, and it is a great way to make your fishing more successful.

(Thanks to the FFF flycasters Newsletter “*The Loop*” for this article.)

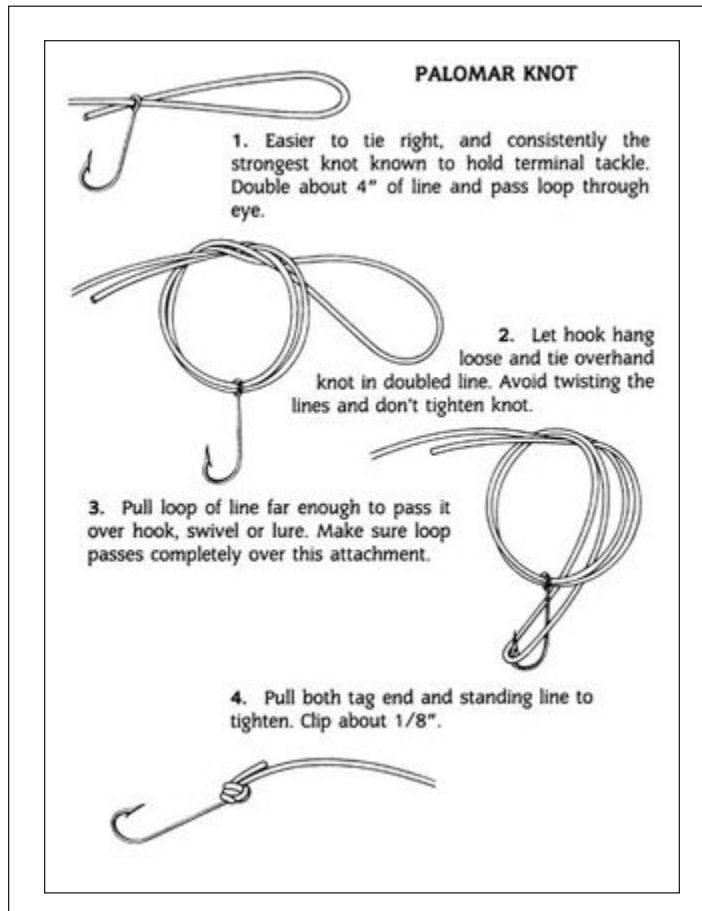
# A Thousand Ways To Tie

by Clay Gill  
from the Alamo Fly Fishers  
Newsletter

Whataburger tells us there must be thousands of ways to have your burger. If that is true....there must be even more ways to build a fly fishing leader. From spider-thin trout tippet to 80-pound tarpon mono or #6 marlin wire for sharks, the combinations are seemingly endless. You are only limited to imagination and the needs that drive it. But this should be the last place to cut corners. The key to leader building success is skill, practice and preparation.

Most important in the construction of viable leaders is its usefulness. Leaders must turn over well and most will have proper taper reduction. Materials can be compromised somewhat but they must hold up to abuse. Materials are cheaper in bulk....but always maintain quality.

A new fly fisherman buys two or three store bought tapered leaders. This is good but middle of the road. Venture left or right and variables complicate issues. Remedies are simple. To be adaptable and cable ready on the water, you need requisite supplies. A small well-stocked kit is not expensive. It requires bare necessities of constructing functional custom leaders for the application, wind speeds, and shyness of the fish. Flotation may be a factor or it's mono vs. fluorocarbon. Also consider water clarity and current speeds. It is not complicated once you understand formulas to build your leaders. Most of it is common sense. Experience builds a mentality for the right tool on specific jobs. You can have this ready and waiting!



Certain guidelines dictate formulas for common construction. The "two-thirds principal" is most often applied in the taper and material choice. This means the largest and longest section of a home made leader is going to have a neighbor downhill that is only 2/3 the length and size of the guy above. A uni-knot joins them together. This can be a permanent on-board wind-on style leader butt, say 40lb/48 inch long -down to a second uni-tied 30lb/32-inch section. Perfection loops on each end of that two piece section lend utility to quick change for short or longer needs. This part stays on the reel. You simply add

the class and tippet end pieces (uni-joined) as needed. Those can be tied and ready to loop-on as they get fragged by the fish.

This permanent part can be looped to an always there-six inch 40-50 pound leader butt nail knotted well to the running fly line. Then pre-make changeable end sections for quick change. I store all this in a small nylon lap top case with dividers and pockets. Grab it and go! Compartment in zip bags and mark for identification. \*But always re-stock after each trip!

At times a single 30-pound, 5-foot fluorocarbon leader may be all you put on the short 6-inch leader butt. Tied by Palomar knot to a popper for jacks, this one is quick and easy. It will turn over as you cast. Feed frenzy fish are not picky. They might bash your car keys!

But too much leader such as 3 feet of 7x on a new 9-foot, store-bought taper may give you a fit in windy canyons on a drift boat at the San Juan. The uni-knot system and a pair of

(continued on page 6)



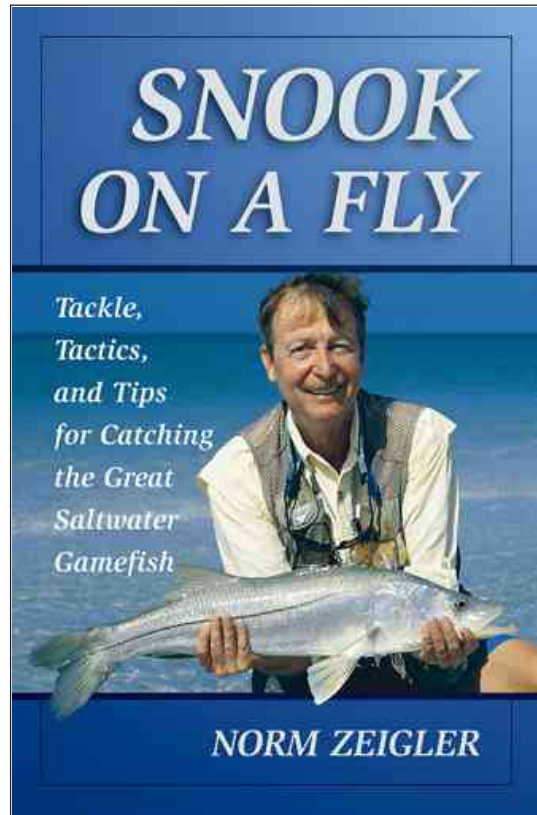
# Naples' Norm Zeigler on Snook

*World Traveler Finds Great Fishing at Home*

Snook on a Fly by Norm Zeigler  
Stackpole Books, Mechanicsburg, PA,  
2007; 109 pages, hardbound,  
illustrated, Color, suggested price  
\$21.95

For those anglers desiring to fish the Florida beaches for snook without the need of fancy gear, guides, and extensive arrangements here is a wonderful book to help you realize your dream. Norm Zeigler has written a very readable and informative book giving you the practical knowledge to be able to find and enjoy good fishing while the rest of the family is busy sunbathing. The book contains introductory chapters on reasons for fishing snook, and a concise and interesting life story of this fine game fish.

On a more practical note there are chapters on when to fish for snook and where to look for them during different times of the year, as well as what snook eat. The book also includes practical information on fly fishing gear and tactics including the best snook flies by a



fishing books to be published in a long time. FFF ClubWire, May 2007

man that fishes for snook more days each year than most folks get to fish. For the adventurous there is a chapter on fishing snook after dark and finding the trophy sized snook. The book concludes with a chapter on good places to look for snook during different times of the year as well as a well thought out and written section on the snook fishing ethic. A well done glossary, resources list, and index complete the book.

What makes this book such an outstanding read is that it is well written by an author that is extremely enthusiastic about the subject and who is able to convey his enthusiasm to the reader. Like a good mystery, the reader can not wait to turn the page and read more about this fun and exciting fishery. When you do finally put the book down you reach for the phone and your travel agents number. You will definitely enjoy this book. It is without a doubt one of the finest "how to"



## Redbellies Of The St. Johns River

by Rob Benardo

Last week Woody Huband, John Adams and I fished the St John's for Bass & Bream from early morning to 12 noon. Using John's potoon boat as a mother ship, we caught lots of Bream on top water.

We brought the kayaks but we didn't use them much, John would motor to one of his spots and we would get out and wade. It was a great way to spend the day fishing with friends on the St. John's.

(From FFFF Forum)

# A Thousand Ways To Tie

(continued from page 4)

clippers around your neck can correct problems. Adjust and re-tie often until it works.

In your arsenal of knots should be the great 100 percent break strength Palomar knot for solid connections. Also a good loop knot like the non-slip mono loop knot, or a similar quality loop. It adds life to a fly. This one can turn your day around! The perfection loop is the best simple way to quick disconnect all your sections up for trade as needs arise. If the player is not shooting baskets, trade him. The amazing Bimini can make double line bulletproof connections at the terminal end, in the middle, or even on wire and braid for a lot of security against abuse.

A great place for bimini's is on the actual ends of one-foot "class/break" sections. The 12 to 17 lb section gives up saving line replacement should Godzilla yank everything off.

Wire is very important and easy to add to the system. Solid and coated 7-strand are cheap and easy to use. The rule is to use as little as possible and size is the same. Use size #3-4 for Mackerel and Kings, and about 4-6 for Sharks or Wahoo. The Mack wire may be 3-5 inch, but the Shark leader a foot or more. Size concerns regarding stealth - favor the solid wires (always in the coffee color). Shiny always gets hit just because they can and will. Quality Spro swivels in black get hit less, and prevent line kink from spin. Never save money on cheap swivels!

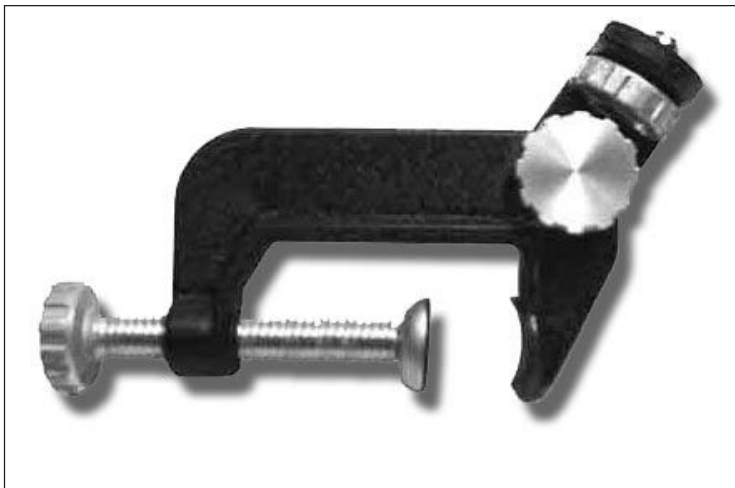
Wire is connected by one inch double over, then wrap an improved Albright Special (8-to10 turn). If the Albright is tied

using a Bimini double line and the quarry might be a six-foot shark, you might have a chance. But catch one, then tie another leader wire. It will look like a row of Zs' if they don't cut it! My kids got bit off by a pod of five foot Black Tips the other day in just a blink! They schooled around east Estes Flats charging anything tempting! Learn and use the Haywire twist to tie solid wire to flies. Use the figure eight knot for plastic coated wire.

Bag up and mark your pre-made leaders. Have shorter two piece butt sections for poppers and big flies. Keep the kit handy. Quick loop as needed and put a big loop on the end of the backing to change fly lines. With a couple of rods rigged, you are ready for sudden action.

Learn, adapt and be prepared. Rigged and ready, you have a shot when a half-acre goes crazy in front of you. It is not if but when this happens. Practice rigging, and hang those important tool inside your shirt around your neck. Things happen fast and response times are very short. Keeping it simple, neat and pre-constructed might well impress your partners or guide. You don't want to travel thousands of miles to fumble in your bag cussing.

All this done, just one more item may be necessary. A cheap Kodak throwaway camera may come into play followed by a hearty and slimy high five! Life is way too short not to! Live laugh and love often my friends. And the top of the day to you all!



**The Clampette -- Exceptionally Small and Light weight Mini-Camera Tripod**

## Fine, Small Mini-Clamp Camera Mount

Once in a while a gadget comes along that is so smack-your-head handy that you just have to admire it the resourcefulness of its inventor. Such as it is with High Sierra Mfg.'s simple little camera mount called The Clampette.

This little gizmo is 2 ounces of die-cast aluminum that mounts to any camera tripod socket and allows you to photograph yourself or take long-exposure photos. Attach it to a paddle blade, pole, tree limb, or even a book and start shooting. Fits in your paddle bag, boat bag, briefcase or shirt pocket.

Best of all, it costs \$12 . . . and that includes the shipping costs, believe it or not.

Contact: High Sierra manufacturing - <http://www.highsierramfg.com/> or (209) 966-2780

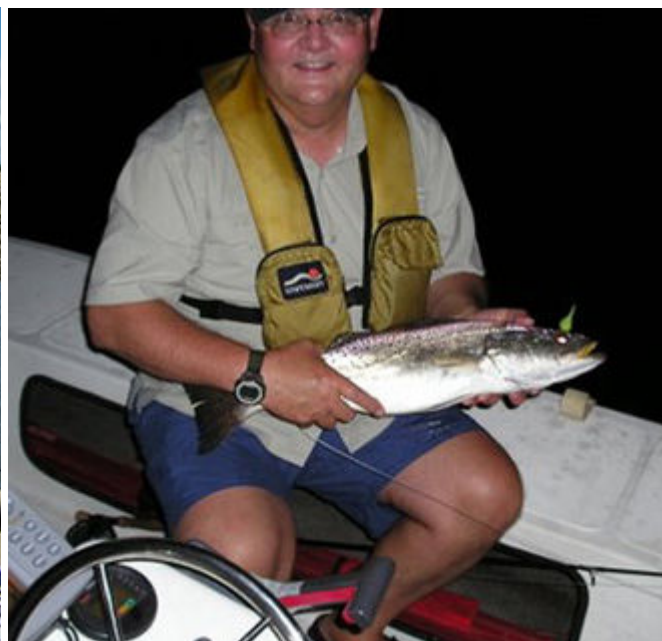
# August Tides

*(Correspond to Tides In Local Papers)*

Mayport, FL August 2007				
Aug 1 Wed	04:39 AM / -0.44 ft	11:05 AM / 4.64 ft	04:48 PM / -0.28 ft	11:27 PM / 5.05 ft
Aug 2 Thu	05:22 AM / -0.46 ft	11:53 AM / 4.80 ft	05:40 PM / -0.12 ft	
Aug 3 Fri	12:13 AM / 4.87 ft	06:08 AM / -0.40 ft	12:42 PM / 4.91 ft	06:36 PM / 0.12 ft
Aug 4 Sat	01:01 AM / 4.64 ft	06:57 AM / -0.26 ft	01:36 PM / 4.96 ft	07:38 PM / 0.37 ft
Aug 5 Sun	01:54 AM / 4.37 ft	07:51 AM / -0.09 ft	02:36 PM / 4.95 ft	08:46 PM / 0.58 ft
Aug 6 Mon	02:54 AM / 4.12 ft	08:51 AM / 0.06 ft	03:42 PM / 4.93 ft	09:57 PM / 0.69 ft
Aug 7 Tue	04:01 AM / 3.95 ft	09:56 AM / 0.16 ft	04:52 PM / 4.95 ft	11:06 PM / 0.66 ft
Aug 8 Wed	05:11 AM / 3.88 ft	11:01 AM / 0.15 ft	05:59 PM / 5.01 ft	
Aug 9 Thu	12:08 AM / 0.52 ft	06:18 AM / 3.94 ft	12:04 PM / 0.06 ft	07:00 PM / 5.11 ft
Aug 10 Fri	01:05 AM / 0.33 ft	07:18 AM / 4.06 ft	01:02 PM / -0.06 ft	07:55 PM / 5.19 ft
Aug 11 Sat	01:55 AM / 0.13 ft	08:11 AM / 4.21 ft	01:55 PM / -0.15 ft	08:43 PM / 5.22 ft
Aug 12 Sun	02:42 AM / -0.03 ft	09:00 AM / 4.35 ft	02:43 PM / -0.19 ft	09:27 PM / 5.19 ft
Aug 13 Mon	03:24 AM / -0.12 ft	09:44 AM / 4.46 ft	03:29 PM / -0.14 ft	10:08 PM / 5.09 ft
Aug 14 Tue	04:04 AM / -0.13 ft	10:25 AM / 4.54 ft	04:13 PM / -0.00 ft	10:47 PM / 4.94 ft
Aug 15 Wed	04:42 AM / -0.04 ft	11:05 AM / 4.59 ft	04:54 PM / 0.21 ft	11:24 PM / 4.76 ft
Aug 16 Thu	05:17 AM / 0.12 ft	11:43 AM / 4.62 ft	05:36 PM / 0.49 ft	11:59 PM / 4.56 ft
Aug 17 Fri	05:52 AM / 0.33 ft	12:21 PM / 4.61 ft	06:18 PM / 0.80 ft	
Aug 18 Sat	12:35 AM / 4.35 ft	06:27 AM / 0.57 ft	01:00 PM / 4.58 ft	07:02 PM / 1.11 ft
Aug 19 Sun	01:12 AM / 4.17 ft	07:05 AM / 0.81 ft	01:42 PM / 4.53 ft	07:51 PM / 1.38 ft
Aug 20 Mon	01:54 AM / 4.00 ft	07:47 AM / 1.00 ft	02:31 PM / 4.49 ft	08:48 PM / 1.56 ft
Aug 21 Tue	02:41 AM / 3.87 ft	08:38 AM / 1.13 ft	03:27 PM / 4.48 ft	09:50 PM / 1.62 ft
Aug 22 Wed	03:38 AM / 3.80 ft	09:35 AM / 1.15 ft	04:30 PM / 4.53 ft	10:51 PM / 1.53 ft
Aug 23 Thu	04:41 AM / 3.81 ft	10:36 AM / 1.04 ft	05:32 PM / 4.67 ft	11:47 PM / 1.30 ft
Aug 24 Fri	05:44 AM / 3.92 ft	11:33 AM / 0.82 ft	06:28 PM / 4.88 ft	
Aug 25 Sat	12:36 AM / 0.97 ft	06:42 AM / 4.12 ft	12:27 PM / 0.53 ft	07:19 PM / 5.10 ft
Aug 26 Sun	01:21 AM / 0.59 ft	07:34 AM / 4.38 ft	01:18 PM / 0.21 ft	08:06 PM / 5.30 ft
Aug 27 Mon	02:04 AM / 0.21 ft	08:22 AM / 4.68 ft	02:07 PM / -0.06 ft	08:51 PM / 5.44 ft
Aug 28 Tue	02:46 AM / -0.12 ft	09:09 AM / 4.98 ft	02:55 PM / -0.25 ft	09:35 PM / 5.49 ft
Aug 29 Wed	03:28 AM / -0.35 ft	09:55 AM / 5.25 ft	03:44 PM / -0.31 ft	10:20 PM / 5.44 ft
Aug 30 Thu	04:10 AM / -0.46 ft	10:42 AM / 5.44 ft	04:34 PM / -0.23 ft	11:05 PM / 5.30 ft
Aug 31 Fri	04:55 AM / -0.43 ft	11:31 AM / 5.54 ft	05:27 PM / -0.02 ft	11:53 PM / 5.08 ft

WWW Tide/Current Predictor: <http://tbone.biol.sc.edu/tide>  
 Dean Pentcheff <[tide@crustacea.nhm.org](mailto:tide@crustacea.nhm.org)>  
 Biological Sciences, University of South Carolina, Columbia SC 29208 USA





Top Left: RS Loves To Fish;  
 Top Right, Burt Froehlich With a 27 Inch Trout Caught July 30;  
 Bottom: Silhouette of Rich Santos by Woody Huband

**Support The Guides & Shops Who Support First Coast Fly Fishers**

**Capt David Borries**  
 captdavidborries@comcast.net  
 904/708-8915

**Capt John Bottko**  
 feather2@ix.netcom.com  
 904/645-8998

**Capt Tony Bozzella**  
 bozzella@aol.com  
 904/651-0182

**Capt Vaughn Cochran**  
 blackflyjax@bellsouth.net  
 904/997-2220

**Master Casting Instructor  
 David Lambert**  
 dlambert@onwatermedia.com  
 241-4163

**Capt. Brian McGowan**  
 Strike Zone Fishing  
 904/641-2433

**Capt. Larry Miniard**  
 captlmin@bellsouth.net  
 904/285-7003

**Capt Doug Moore**  
 mmdairy@aol.com  
 757-3323; 545-0602 Cell

**Tying Instr. Don Reed**  
 donreed@saltwaterflytyers.com  
 904/535-6929

**Stockton Safaris Inc  
 Capt Jimmy Stockton**  
 904/316-2143

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

**Black Fly Outfitters**  
 11 AVILES ST. ST. AUGUSTINE  
 904.829.6481

**Salty Feather**  
 ST JOHNS BLUFF RD, JACKSONVILLE,  
 FL 904-645-8998  
 WWW.SALTYFEATHER.COM

**Strike Zone Fishing**  
 11702 BEACH BLVD. JACKSONVILLE  
 904-641-2433  
 WWW.STRIKE-ZONEFISHING.COM

This newsletter is a copyrighted monthly publication of the First Coast Fly Fishers. All rights reserved. To submit articles, photos, or request republishing rights. Contact David Lambert, editor; dlambert@onwatermedia.com, or call 904-241-4163.