

# Fly Fisher

First Coast

First Coast Fly Fishers

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

Feb-March 2008



National FF  
Fly Fishing  
Expo in Lake-  
land March 28  
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FCFFer Seth Nerkhe Grabbed This False Albacore/Little Tunny in February Running Outside, Close to The Beach. See The *FCFF Forum Fish Reports* For The Whole Story <<http://www.fcff-form.org>>

## MEETING & SPEAKER

**Monday, March 3** -- FCFF Meeting. Speaker -- Capt. Frank Catino knows fly fishing in Florida. He's run a Space Coast charter service for 30 years and is the Cortland Line Co. rep for the southeast. Frank knows fish, fishing, and equipment. He's also an exceptional photographer. Come with questions. Come cast with Dick Michaelson, Rich Santos and David Lambert.

## COMING EVENTS

**New Moon** -- Friday, Mar 7; **Full moon** -- Friday, March 21.

**Saturday, March 1** -- Fish the Great Florida Phosphate Lakes for Bass. We will leave the Cracker Barrel (I-10 and Chaffee Road) at 10:30 Saturday morning and follow Ernie to the lake. We need a head count. If you are late or have problems getting there call Woody Huband at 904-994-9663 cell or Ernie at 904-629-4205 cell and we'll help you out.

**Saturday, March 15** -- *Fish Dunn's Creek in Palatka* -- Great bass and freshwater fishery south of SR 17 between Palatka and Satsuma. Less than an hour away. Give Bob White an email for more info: [rgwhite@lycos.com](mailto:rgwhite@lycos.com)

**Monday, April 7** -- FCFF Meeting. Jimmy Harris of Unicoi Outfitters is the speaker. Jimmy know as much about North Georgia trout as anyone alive. Don't miss him. Casting at 6; meeting at 7.

# 2008 Speakers and Outings

## Speakers 2008

Contact Rob Benardo, rob@flyaker.com

**March 3 - Frank Catino** - Indian River, Mosquito Lagoon. He is also the Cortland Line Co. rep for the southeast.

**April 7 - Jimmy Harris** - Owner of Unicoi Outfitters, unicoioutfitters.com. He is going to talk about how and where to fly fish for Trout in North Georgia.

**May 5 - Craig Morris** - Lead ranger Timucuan Preserve. Craig is a kayaker and fly fisher who will talk to the club about the Timucuan Park system.

**June 2 - Russell Brodie** - Florida Fish and Wildlife Conservation Commission Fisheries Independent Monitoring. He will talk to the club about his job, which is counting fish and where he finds concentration of fish.

**July 7 - Terry Lacoss** - Guide and author, www.ameliaangler.com. He will talk to the club about fly fishing the Amelia, Fernandina and south Georgia areas. He also has a new book on Redfish that he will bring.

**Aug 14 - Dave Borries** - Local Guide Series. Dave will tell the club how to catch Reds in the surf and help us prepare for our Talbot Island outing. He also has a new book

**Sept 8 - John Bottko** - Local Guide Series. John will talk to the club about fishing the flooded grass from a boat and on foot.

**Oct 6 - John Cave** - Bonefishing in the Bahamas. (Not confirmed)

**Nov 3 - Photo Story Night** - I am going to ask club members to step up and tell us a story about their latest fishing trip. Some possible people and topics are, Rich Santos - Tarpon in Stuart, Bart and Rob - Bonefishing Andros, Mike McQuiston - Terra Del Fuego etc.

**Dec 1 - Dana Morton** - Aquatic Biologist, Environmental & Compliance Dept. (Not Confirmed) Or Cilla Robbins - Guide & Owner of lodge on Raspberry Island Alaska

**Jan 9 - Rigging** with David Lambert, Randy Lanier and Dick Michaelson; Or Tying with Bill Sherer (Not confirmed)

## Outings

Contact Bob White, rgwhite@lycos.com

**Sat/Sun Feb 22, 23 - Shad Outing** (where) Puzzle Lake; Note I have included a packet of information for this outing that is attached to this e-mail

**Sat, March 15 - Dunn's Creek, Palatka** (species) Bass & Bream

**Sat, April 19 - Ortega and St. Johns** river (species) Trout/Redfish in St. Johns river or Bass/Bream in Ortega

**Sat, May 17 - Annual Lott's** fishing and lunch

**Sat/Sun - June 14, 15 - Mosquito Lagoon**, River Breeze Park (species) Redfish

**Sat, July 19 - Fernandina** (species) Redfish/Black drum

**Sat, Aug 16 - Little Talbot Island** - surf fishing

**Sat, Sept 13 - Cedar Point** Reds in Grass

**Sat, Oct 18 - Palm valley/St. A.** Reds in Grass

**Sat, November 15 - St. Augustine** (butler Park and SR 206) (species, grass?) Redfish on oyster beds, Flounder in holes of creeks, top water for trout

**Sat/Sun? Dec 12, 14 - Homosassa** (species) Redfish in shallow, whiting in the troughs, seatrout & flounder on warm bottoms.

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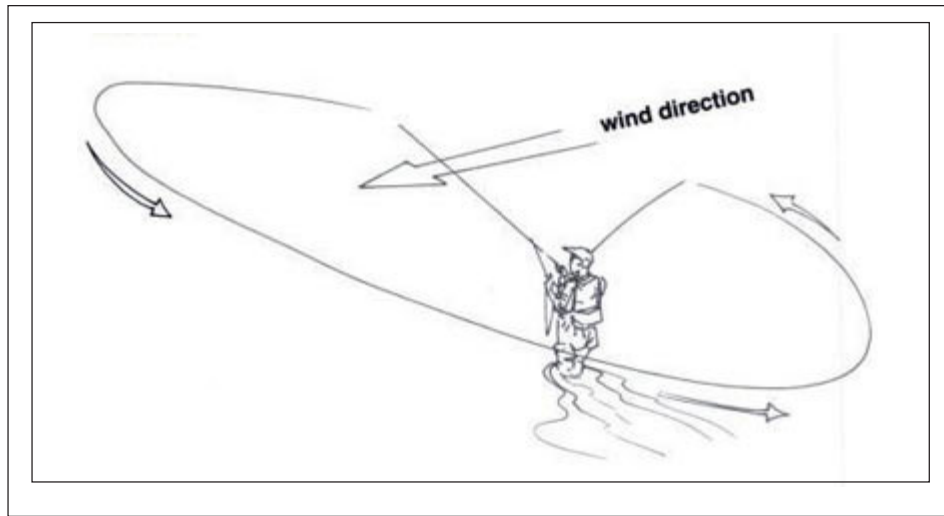
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# The Elliptical, Oval or Belgian Cast



*by Gordy Hill*

Casting Board of Governors, Federation of Fly Fishers

The Belgian cast is also known as the horse shoe cast, oval cast, constant tension cast, swing around cast, side arm back cast, circle cast (not to be confused with a spey cast by the same name) elliptical cast and the Belgian wind cast

As I look at it, the Belgian cast, belongs in the category of elliptical casts, which feature a distinct change in rod planes between the back cast and the forward cast. It embodies the principle of continuous tension. The back cast is made with a horizontal rod plane, which is low and climbing at its conclusion . There is no defined stop of the rod

tip, which continues in an elliptical or orbital path to a forward stroke, using an off-vertical or vertical rod plane with a straight line rod tip path for delivery.

Done correctly with perfect timing, it allows for the use of a tight loop despite the weighted fly which translates to better distance with minimal effort, greater accuracy, and a straightleader/line layout needed for permit fishing.

Permit will often pick up the fly and eject it immediately. No hook-up results unless the angler can come tight instantly. The straight layout with no slack is mandatory for this.

Credit for popularizing this class of casts in Europe has been given to Hans Gebetsroither of Austria. Hans was head keeper on the Traun River during the 1930s. It has been labeled the European continuous tension cast in many circles.

It became known as the Belgian cast when it (or variation of it) was used by a Belgian distance competition

caster named Albert Godart to win an international event in Europe during the late 1930s.

My Grandfather (Clifford Hewetson) was present at that event. Years ago, he described the actual winning cast as what one might call a Reverse Belgian cast since he claimed that the back cast was made with the rod in the vertical plane, while the forward cast was made with a horizontal rod plane and a climbing rod tip. He described Albert

as a very heavily muscled stocky man with tremendous arm strength—a body habitus sometimes associated with champion soft ball pitchers.

Confusion sometimes exists as casters discuss the uses of this cast. On the salt-water flats, I find it most useful for permit fishing, which requires accuracy, a straight leader layout, and the ability to handle bulky weighted crab flies on windy days. It is one of my most valuable options.

I use the Belgian wind cast as one way to solve the problem of casting with a strong wind from my casting side. Here I exaggerate the change of rod planes by having the rod tip pass over my opposite shoulder or directly overhead, after swinging around with continuous tension from a more horizontal back cast

I use the Belgian cast when I need distance casting a heavy weighted fly. I hesitate as the back cast loop straightens. This can be considered a pause even though my hand keeps moving as I change rod planes. With careful timing, as the back cast loop comes completely straight, I come forward with a tight loop forward cast. That is a modification of the Belgian cast which works for me because it yields good distance with a tight loop, despite the weighted fly.



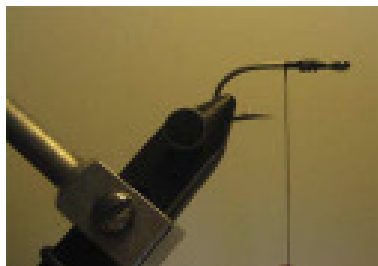
# Dubbed Poly Bear Mud Minnow

*Excellent Durable Mud Minnow Pattern*



*by Bart Issac*

Mudflat fly anglers in Northeast Florida have three basic prey profiles to imitate: shrimp, crab or baitfish. Redfish and Trout will key in on baitfish all year round. This is a good mud minnow (killifish) or mullet pattern. It has a wider profile than usual synthetic fiber patters which helps it to “push” water. The Poly Bear also has a black flash component already built into it. This fly lands very quiet—like almost Seaducer quiet. The quiet landing is due to its shedding of water during casting but the material is not buoyant and sinks quickly. Fish this fly as you would any subsurface baitfish pattern with slow strips of about 6 to 8 inches.



## Materials

Hook: Mustad 34007, #4; Weight: Lead wire, 0.025; Eyes: Plastic 4.5 mm, red with black pupil; Body: Black Poly Bear; Thread: Black waxed Denier 210; Glue: Goop for eye placement



1. Start with a pre-sharpened hook and mash down the barb (optional). Start the thread on the hook. Wrap the lead near the front of the shank about 4 or 5 times. Wrap over the lead with the thread to lock the lead in place then wrap the thread down to the barb. Note that with this pattern, the amount of lead and diameter of lead chosen can be modified to alter sink rate.



2. Take 2 to 3 inch long strips of Poly Bear and tie them to the top, bottom and both sides of the shank near the bend to form the tail. In the photo, the top, bottom and the far side have been tied in—the near side is next.

3. Take a strip of Poly Bear and cut it into approximately one inch strips. A second strip of Poly Bear may be required.

4. Form a dubbing loop that is about 3 to 4 inches long and work your thread forward to the hook eye. Take the one inch strips of Poly Bear and place them inside a dubbing loop. Distribute the strips evenly within the dubbing loop.

(continued on page 4)

## Greats of Fly Fishers Salted For National Fly Expo, Lakeland, March 28-30

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



Come join many First Coast Fly Fishers on their trek to the National Fly Fishing Expo in Lakeland, March 28-30. There will be more 100 vendors and national fly fishing manufacturers and their dealers. **Lefty Kreh, Diana Rudolph, Bruce Richards, Jon Cave, Nick Curcione, Dave Whitlock and Oscar Felieu**, plus many other notable fly fishers from around the world will demonstrate the skills you need to catch more fish.

Open seminars covering fly fishing around the country, fly tying and bamboo rod building will be going on all day every day. Sign up for special workshops with the experts. How about knot tying with Lefty, saltwater fly tying with Oscar and Dave and Nick Curcione's rigging class. Don't miss Jimbo Meador's kayak class. Local experts will help you find more fish in Florida and will guide you to the best water. When you need to relax, visit the Fly Tying Theater where a dozen tyers will be demonstrating every conceivable pattern.

Attendees will also be able to view the educational and conservation programs offered by the Federation. In keeping with the Federation's policy of "All Fish, All Waters," we will feature tying and fishing programs for warm and cold water species, saltwater fishing and related subjects.

## Dubbed Poly Bear Mud Minnow

*(Continued from page 4)*



5. Twist the dubbing loop until the Poly Bear dubbing is locked into place.

6. Wrap the dubbing loop forward to the eye of the hook and then tie off with the thread. From the eye, wrap the head tight forming a slight taper. Whip finish. Comb out the dubbing and tail with a fine toothed comb. Work the comb in a "head to tail" direction to get the fibers going that way.

7. Use fingernail clippers to remove the casting stalk from 2 plastic eyes.

8. Use Goop to place the eyes. Express a small amount of Goop onto a note card. Place the eyes on the table top, pupil down. Place a small amount of the Goop on the tip of the bodkin. Pick up the eye with the Goop tipped bodkin and place it just behind the tapered thread head. Repeat with the other eye. With your fingers, apply pressure on both eyes until the Goop begins to hold them against the shank. This is usually only a few minutes. Let the Goop tack up before moving onto the next step (at least 30 minutes, best is 1 to 2 hours). I have used epoxy, but I usually loose and eye after fishing it. Superglue gel with an instant bonder could be used as another option to affix eyes.

9. Trim the fly to shape with scissors, tapering it into a baitfish pattern. Coat the head wraps with head finish.



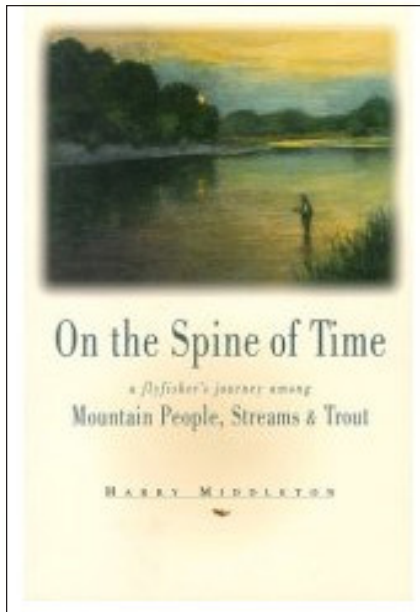
# On the Spine of Time: A Flyfisher's Journey Among Mountain People, Streams, and Trout

Harry Middleton; Pruett Publishing Company, 1997 ISBN-10: 0871088924

Harry Middleton suffered chronic depression for much of his adult life. His salvation was fishing cold mountain streams with a fly rod. For over a decade Middleton traveled from his home in Birmingham, Alabama, where he wrote an outdoor column for *Southern Living* magazine, to the Great Smoky Mountains. There he found relief wading the trout streams with his 4-weight Winston fly rod in hand. *On the Spine of Time* captures the essence of those trips through the Smoky Mountains and provides us with a glimpse into the quiet splendor of this place and its people. We also catch sight of a haunted man whose life was made bearable by fly fishing.

In *On the Spine of Time* we venture with Middleton into the mountains where he finds solace. He introduces us to a host of characters he encounters and befriends along the streams, such as fellow fly angler Roth Comers Tewksbury, the Manhattan financier. Tewksbury shared Middleton's love of the Smoky Mountains and its trout streams. Tewksbury's passion also extended to the dark and mysterious, improbable love of his life, Carlotta Raynoskra. Then there is Exie Sopwith, who spent her entire life in the mountains and helped Harry through a bout with bad potato salad by feeding him a concoction that was said to "nail you back together again." Ambrose Noel and Arby G. Mulligan provide Middleton with stream-side spiritual guidance during his sojourns. Noel travels the Smoky Mountains offering hope to downtrodden strangers and a chance to change their lives with a spin of his prayer wheel. Mulligan, the self-described Preaching Friar, Pulpiter and Doctor of Phrenology preaches of universal peace, love and kindness from the Owl Creek Gap Church of Universal Harmony. He can also tell a man what ails him by reading the bumps on his head.

Middleton's stories are rich and colorful mixing fly fishing with the history of the mountains and the people who settled



Reviewed by Jason C. Sheasley

"My Favorite Book on Fly Fishing"

-Lefty Kreh

there. His writing is vivid and inviting. You can taste the cold root beer he stashes in the stream to cool. Middleton makes you wonder which is more rewarding, getting a spooky brook trout to take a dry fly or sipping a cold root beer after a long day of angling. When he describes his time fishing Bone Valley you can almost hear the haunting sounds of bagpipes being played along the stream. After reading *On the Spine of Time* one can not help but feel compelled to fish the Smoky Mountains if for no other reason than to experience the picturesque landscapes and meet the characters so wonderfully described by Middleton.

To say that *On the Spine of Time* is a book about fly fishing would be wrong. Yet in the preface, Harry humbly states: "This is just a story of mountain creeks and streams, of mountain trout of mountains and mountain people. It's a look at life, its losses and joys, its tragedies and happinesses, what is lost in a life and what is found." First and foremost, Middleton is a passionate writer who writes for himself. In essence, his chronicles of time spent in the Smokey Mountains are his way of reliving joyful times while battling the demons of depression. Because of that his writing is more honest and pure than any other.

Between 1989 and 1993, Harry Middleton wrote and published five books – *The Earth is Enough* (1989); *On the Spine of Time* (1991); *The Starlight Creek Angling Society* (1992); *Rivers of Memory* (1993) and *The Bright County* (1993). By 1993, Middleton had been fired from his job at *Southern Living*. He and his family moved to Colorado where he took a job working the night shift on a garbage truck. In July 1993, Middleton died of a heart attack at the age of 43; his books having not reached their prominence. To quote Russell Chatham, "It hurts to know that Harry Middleton rode the back of a garbage truck every night during the wee hours to put groceries on his family's table."





**Top Left: Marathon Man Mike Head Ran Disney's Mickey Miles for Friends with Cancer. Top Right: Troy James Sweet Trout in a Ghost Net. Bottom Right: A 24-Inch Flounder.**

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