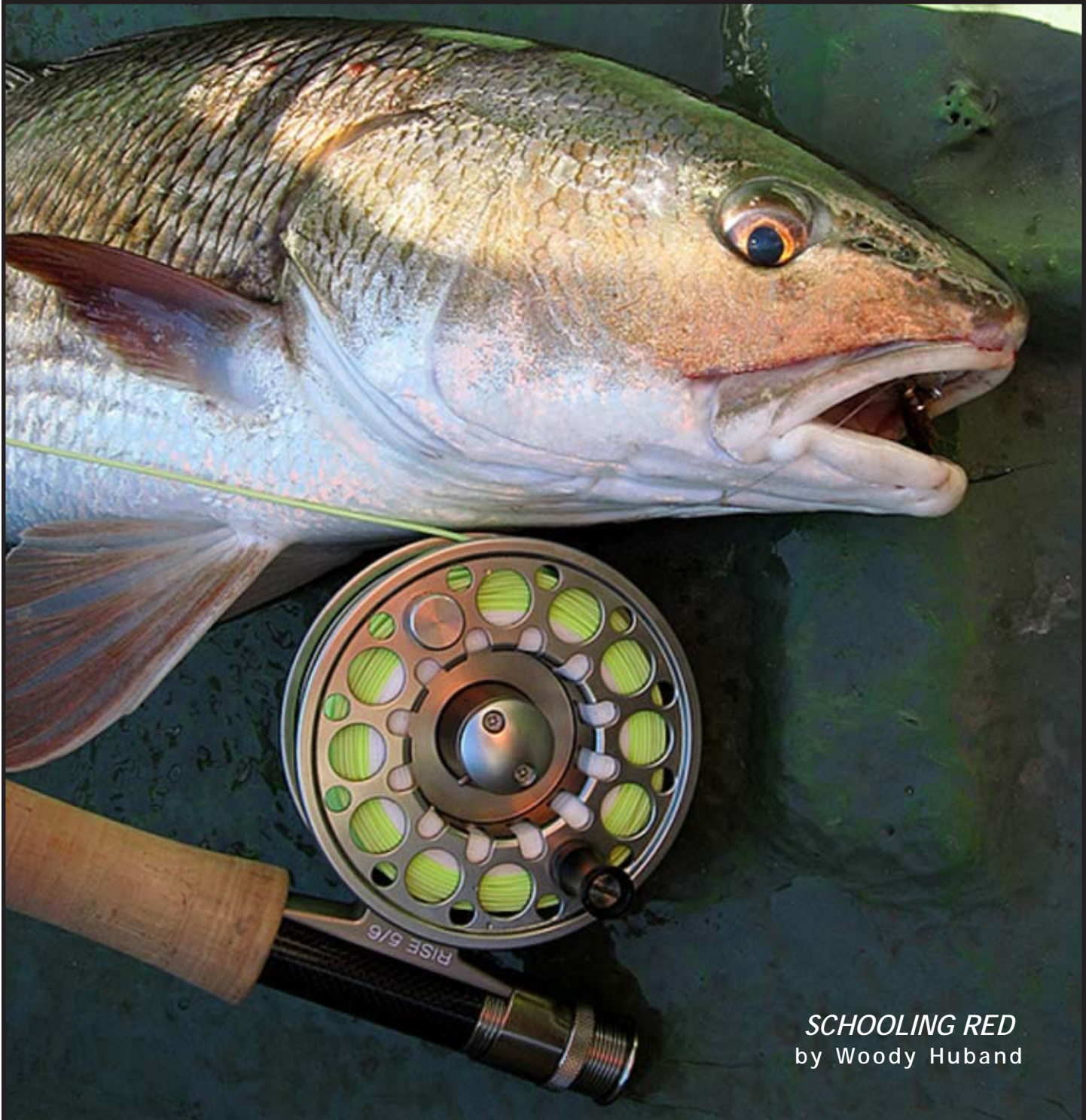


FIRST COAST FLY FISHER

WWW.FCFF.ORG

MARCH 2009



SCHOOLING RED
by Woody Huband



February's Shad Outing Produced Lots of Fun and Fish. Page 3 for More photos

March's Outing in Ocala National Forest

**Outing Friday: March 27 5-7 p.m. at
Black Fly Outfitter.**

Outing Date: Saturday, March 28.

Come join us Friday March 27 at Black Fly Outfitter. We'll have maps of the Ocala National Forest's lakes and ponds for the outing, flies, and food and drinks.

March Outing is fly fishing the Ocala National Forest system of lakes of US 40 and US 19. These lakes are famous for large bass, crappie/specs, and an assortment of good panfish. **We'll meet at 6:30, Saturday, March 28** at the SR 210 - I-95 truckstop (located on the northeast corner of the intersection), then leave in caravan to fish the lakes. Drive time is approx 2 hours. See the website outings or FCFE Forum Outings info.

Contact David Lambert smartcasts@gmail.com or Dick Michaelson, michaelsonmc@yahoo.com for more information, or come to Outings Friday at Black Creek Outfitter.

Monday, March 2 - FCFE Meeting, 7 p.m. Southpoint Marriott. Speaker: Veteran Fly Fisher Dana Griffin. Topic: Great Fishing Found in Ocala National Forest. Dana's fished Ocala Forest for years, is a highly respected fly tyer, and is a curator for the Florida Museum of Natural History in Gainesville. Outing Information at Meeting.

Friday, March 27 - 5-7 p.m. Outings Friday at Black Fly Outfitter. Open to all FCFErs. Come learn flies, charts, routes, and have a dog and burger on us.

Saturday, March 28 - Outing to Ocala National Forest. Meet at the 1-95 & SR 210 truckstop at 6:30 Saturday morning. We'll try to be fishing about 9 a.m. or later if the weather's cooler. Come to the meeting or contact David Lambert for up-to-date info on lakes, flies, etc. 403-5525, cell; smartcasts@gmail.com

Monday, April 6 -- FCFE Meeting, 7 p.m. Southpoint Marriott. Speaker: Capt. Warren Hinrichs. Warren is by all accounts one of the most successful fly fishers from our area. He's twice won the Del Brown Permit Tourney and fishes the North Mosquito Lagoon often. Come learn how to fish our creek and the North Mosquito.

Friday, April 24 - Outings Friday at Salty Feather. Come learn what you need to know to fish the North Mosquito Lagoon.

Saturday, April 25 - Meet at JB's Fish Camp south of New Smyrna, to fish North Mosquito for Spring trout, Reds, etc. More info at April meeting, or contact Dick Michaelson, michaelsonmc@yahoo.com

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Shad Were Plentiful at Last Month's Outing



Clockwise From Top Left: The Target; Mike Head fishes the bank; Rick Palazzini with a big-boy shad; Rob Benardo shad his waders; Palazzini and Buster, Shad Dog; Bartman - Shad Virgin No More. Many thanks to Mike Head for his knowledge and efforts leading this successful outing.



Try Tennessee's Tellico Nymph and Yellow Sally for Southern Trout

by **Dana Griffin III** -- Mellow Jack Daniels is not the only Southern product to have escaped the geographical boundaries of its native roots. Bottles of this silky smooth lubricant can be found in bars around the world.

We should also include on our list of Southern escapees the Tellico Nymph which is a fly named for the Tellico River that flows through parts of east Tennessee. Indeed, fly fishers from Great Britain to New Zealand have embraced enthusiastically this Appalachian pattern, though it's anybody's guess what natural it might imitate in their local rivers. For that matter, what does it imitate closer to home — say, in the Tellico River itself?

As a reflection, most likely of not having enough serious work to do, I've spent some bit of time delving into this question. I wanted to know what natural the fly imitates whether anybody else did or not. There was no avoiding the necessity of going to the Tellico to begin my research. Now, several trips later, I can offer up an educated guess (calling it an answer might be a bit of a stretch). The fly is surely not an imitation of what one local told me as we chatted along the bank of the river. "Why, look at it!" he said. "It imitates a kernel of corn!"

Local anglers have been pulling fish out of the Tellico for many years with little more than a kernel of corn impaled on a hook, but to suggest that this or any fly could imitate corn is preposterous, or so I fervently hope. The yellow color is the only thing corn and this fly have in common. I

left this bank-side angler with what I could see was going to be a mind numbing headache. His notion was a frontal assault on 200 years of fly tying tradition and careful stream study. I wanted to reject the idea out of hand, but rejection was not enough. I needed to come up with a better model.

So, on my next trip to the Tellico, I brought along some sampling gear. It consisted mainly of a length of window screen stretched between two dowel rods, a few glass vials filled with preserving liquid and a field notebook. Fly rods were left in the truck as a check against temptation.

The bottom line on this adventure is that among the various critters that were caught by my bottom sampler I found several nymphs with yellowish abdomens. These were the immature stage of a stonefly (*Isoperla sp.*) the adult of which is called a Little Yellow Sally .

So, does the Tellico Nymph (left photo) represent the nymph of a Little Yellow Sally (right photo)? I can't say for sure, but there were no other naturals collected from the river that came as close in size and color to this pattern, a pattern that now has an international following, so maybe it does. Individuals mired in pragmatism may observe that all of this is irrelevant. If the fly works, and it certainly does, then who cares what it represents. Well, some do. Anyway, that business about corn got me into a royal funk. I feel much better now.



Here The Author Scribes A Concave Rod Tip Path and Forms A Tailing Loop

The Rod Tip

Make The rod Tip Follow A Straight Path To Improve Cast

by Bruce Richards

The top guide of the fly rod is the direct connection between a flycaster and his/her fly line. The path that the tip of the rod takes during the cast determines what the fly line will do, understanding the relationship between the path the tip takes and what the fly line does can be very helpful in understanding and improving casting.

The line goes where the rod tip goes, if the tip travels in a straight line (See fig. 1) so does the fly line, resulting in a small, tight loop. What happens when the tip doesn't travel straight?

The most common "alternative" tip path, especially among beginners, is what I call a convex, or "domed" path. (See fig. 2). When the rod tip travels in an upward arc during the cast it tends to throw the top of the loop high, and the bottom of the loop low. Loops with high tops and low bottoms are, by definition, wide, inefficient loops. This usually happens when an angler bends his/her wrist too much during the casting stroke. Control-ling the bend of the wrist causes the rod tip to travel in a straighter line which makes the loop smaller.

Another common non-straight tip path commonly seen is concave, or downward arc. (See fig. 3) When the tip travels in this down then up path it drags the line with it, down, then up. When the line follows the tip back up it will necessarily cross itself and form what is called a tailing loop. Tailing loops cause "wind knots" and can cause flies to hit the rod. While there are several possible ways to make a rod tip travel in a concave

path, my 25 years of instructing experience leads me to believe that 99+% of tailing loops are caused by an abrupt application of power.

When a rod is stroked smoothly it bends (loads) smoothly as the weight of the line is accelerated. If power is applied abruptly, the rod tip cannot keep up with the butt of the rod because of the resistance of the weight of the line. When this happens the rod "over-bends" which can only result in the rod tip momentarily dipping below the straight path. Beginning casters often have this problem until they realize that a smooth stroke is important. Soft, slow-action rods are prone to throw tailing loops in the hands of less experienced anglers as they require an even smoother stroke to prevent "overbending" and tailing loops.

The above examples all dealt with the vertical component of tip path. What happens if the rod tip doesn't travel straight horizontally? I will address this potential problem in a later article discussing accuracy.

By understanding and analyzing your loops you should now be able to determine what rod tip path you are throwing, and make any necessary corrections to improve your casting.

(From the Federation of Fly Fishers reading list for the Master Fly Caster Instructors' Study Guide.)



The Author With Possible World Record

World Record Sail-Cat on Fly??

by Bill Sherer

Micco, FL -- I was fishing one of my favorite places last Monday with my fishing buddy Bill, we were on the San Sebastian River near the town of Micco. It was getting late and we only had about a half hour of sunlight left. I was casting my 9 weight St. Croix Elite with a Rio Redfish line on my Ross Evolution 3.5 reel. I was using one of my hand tied leaders finished off with 17.5 pound test Rio IGFA Hard Mono Tippet. By the way the fly was a gold and brown #2 Clouser.

All seemed peaceful and right when my line tightened, I set the hook instinctively expecting another 5-pound Ladyfish to come rocketing out of the water. Instantly I knew I was hooked onto something else

My line ripped through the guides and into my backing in the next few seconds, Bill & I traded places and he goosed the motor to start the chase to get some of my line back. In about a minute I had line back on my reel and was feeling a bit more relaxed. I started putting quite a bit of pressure on the fish, I could tell by the feel of the line and the way the fish was digging for the bottom it was hooked well. I knew I was using heavy enough tippet that I could put plenty of pressure on the fish, but I had no idea it was going to be about 20 minutes before we got a look at it. I would get back a few feet of line then the fish would bull dog out even more. I finally got the fish close to the boat and got it to turn and come up to the surface. We both got a good look at what I first thought was a little shark, but when it turned we could clearly see it was a huge Sail Cat or Gafftop Catfish, and it was still full of fight! It took about another 5 minutes or so of bearing down on the fish for it to come to the net. We landed the slimy thing (really slimy), weighed it with my Boga, measured it and released it. Bill called it a bowling ball with fins and whiskers. It

measured 26 inches at the fork of the tail, by 21 inches of girth and the Boga read 14 1/4 pounds! By then the sun was just about down, I was beat and Bill was pumped to catch more fish. I took the motor, and he finished out the day with another couple of nice 5 pound Ladies.

I thought that was the end of it. A couple of days later I picked up some clients at a local landing for a day on the water. They had a friend with them who was a local Conservation Officer, we got talking about the fishing and I mentioned the 14 pound Sail Cat. He got all excited and immediately got out a handbook of record Florida fish. It seems the state record Sail Cat is about 8 1/2 pounds and the all tackle world record is about 13 pounds! He immediately produced some forms for me to fill out and send in.

I am now in the process of waiting for the official results , but I have received word that this is probably a new All Tackle World Record recognized by the IGFA and the state of Florida.



Bart Isaac on the Upper St. Johns



The Ubiquitous Pheasant Tail Nymph

by Jimmy Harris, Unicoi Outfitters

So, just how important is the lowly pheasant tail nymph to trout fishing? Well, if the flyboxes of the Unicoi guides are any indication, they would prefer not to leave home without them.

Unquestionably, these tiny flies produce more strikes from trout than possibly all other flies combined. You've heard the age-old question of "Which fly would you choose if you could only have one?"

And a lot of times the choice is a woolly bugger because it is so versatile and can be used for trout, bass, bream and a host of other species. However, if your quarry is trout, may we suggest that the pheasant tail will consistently out-fish most any pattern you can think of.

Sure, there are times when you know you need something bright and attractive or something riding on the surface to "match the hatch". But even in those times, your success ratio will improve if there's a little pheasant tail dragging along behind and below those other flies.

You can get fancy and tie in all the "legs" or you can wrap a nice soft hackle around the collar, but just as often all you need is the old **Frank Sawyer basic pattern**. History: The pheasant tail nymph was originally designed and tied by Frank Sawyer, MBE, who fished the Wiltshire Avon. Sawyer's book 'Nymphs and the Trout', 1958, describes his original recipe and tying method. The PTN was one of a number of simple and effective patterns he developed.

Variations: The pattern illustrated in this article is not according to the original. It is one of many modern interpretations. The original was tied using only dark enamelled copper wire and cock pheasant centre tail fibres.

The feather was tied to the hook with wire to produce the tail and then the remaining feather and wire was twisted together and wrapped to form the body. The thorax was formed from the copper wire

and the wing case was made from the butts of the pheasant fibres. There were neither hackle nor legs on Sawyer's original.

Popular interpretations of the PTN include Arthur Cove's pattern, tied to imitate a chironomid; the Flashback that incorporates perl mylar over the back and wingcase, thought to imitate the nymph at the point just before emergence; and the hotspot PTN, having a bright fur or wool thorax. Variations dressed with dyed pheasant are also worth considering.

Recipe:

Hook: 20 - 8 Wet-fly or Nymph; Thread: 8/0 black or brown;

Tail: Pheasant tail (male); Rib: copper wire; Body: Pheasant Wingcase: Pheasant; Thorax: Hare's Ear; Legs: Pheasant

Uses: The pheasant tail nymph (PTN) is used to represent a wide range of aquatic insect larvae and can even be used to imitate fish fry. It's useful on still water and running water for targeting numerous species though originally it was dressed for trout in the River Avon. The PTN is especially good at representing darker species and is considered an especially good match for the nymph of the Blue-winged Olive. On a 2X hook shank it works well as a stonefly. To imitate lighter nymphs you might do better with a Gold Ribbed Hare's Ear.

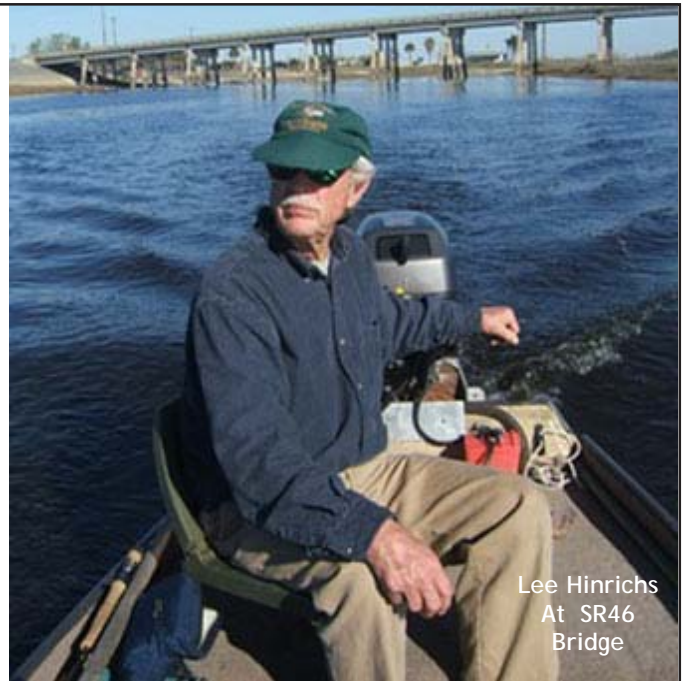


(continued on next page)

First 2009 Outing Brings Lots of Fish

by *Rob Benardo*

We had the first outing of 2009 and if it's any indication of things to come we are in for a great year. Mike Head couldn't have done a better job showing us a fishery he is obviously very familiar with. The upper Saint Johns River off route 46 was a lightly flowing mostly shallow river with varying widths yesterday, perfect conditions. Under bright sunny skies some fished side by side, others went off on their own and we all caught fish. The Shad were there, an average day as Mike describes it; many members caught the first Shad of their lives while friends looked on with shared excitement. I will definitely be back.



Lee Hinrichs
At SR46
Bridge

From page 7: Tying instructions for Frank Sawyer's Pheasant Tail nymph:

1. Start the thread one hook eye width behind the eye.
2. Take the thread back to the end of the shank in close touching turns. Tie in a small bunch of pheasant fibres by their tips with two tight wraps of thread.
3. Then catch in the copper wire at the same position.
4. Then lift the feather fibres gently and wrap the thread forward in tight touching turns up to the start position. As you bind down the waste end of the copper, be sure to keep it aligned with the hook shank.
5. Then build a tapered underbody of thread before letting the bobbin hang where you want the body to finish.
6. Wrap the pheasant forward taking care to cover the tying in point. Tie off with two or three tight turns of thread.
7. After removing the waste feather butts, wrap the copper wire counter to the feather fibres to produce the rib. Make several wraps of copper at the thorax to add bulk and weight. Tie off the wire and remove the waste.
8. Return the thread to the start position.
9. Tie in on top of the hook at the front of the thorax, a small bunch of pheasant fibres with their tips even and pointing forward over the eye. The length they protrude later dictates the length of the legs.
10. Take the thread to the back of the thorax and dub the thread with hare's ear fur.
11. Wrap the dubbed thread to form a fur thorax.
12. While the thread hangs at the head of the fly, bring a finger up and onto the eye of the hook spreading the feather tips up and out into a fan.
13. Divide the tips into two equal bunches to form the legs and bring the butts of the pheasant tail fibres forward between them.
14. Secure the pheasant tail butts at the eye to form the wingcase. Use just a single wrap.
15. Pull back the feather fibre tips and make two of three further wraps of thread to fully secure the butts.
16. Remove the waste pheasant tail and make a whip finish. A drop of head cement will finish the fly



6



7



9



11



13

New Vibram Sole Boots Get High Marks

New Product review by Jimmy Harris

At FCFF, we know and respect Unicoi Outfitter's Jimmy Harris as a man who's been around fly fishing for decades. we appreciate him for his critical evaluations and his fly fishing insight. Here's his report on the new Simms Vibram Sole. "We expect to receive our first shipment of the new Simms wading boots with Vibram soles any day now. There is a lot of talk about these boots and the other manufacturers who are beginning the process of phasing out felt soled wading boots. You can find out more about the ecological reasoning behind this trend at the Simms website. As for how good they perform, it seems to be overwhelmingly positive in the reports we have read. On our own staff, Jimmy has been field testing a pair since September of last year and has this to say:

"Known as the skeptical one around the shop, it was a no-brainer when the Simms rep asked who we thought should be the guinea pig on the new Vibram soled wading shoe. The general response was, 'Give them to Jimmy, he doesn't like anything new.' And I must admit that I was extremely skeptical. As I've aged (not so gracefully I might add), the strength in my legs has obviously deteriorated to some degree and I've succumbed to wearing studded felt soles in most wading situations. So when someone tells me they have a new and improved rubber soled boot that works as well as felt, I ain't buying it. I was one of the first people in north Georgia to own, albeit briefly, a pair of L.L. Bean AquaStealth wading boots. After two weeks of spending more time sitting in the streams than fishing, I kindly asked Mr. Bean to please take them back. Since that episode almost 20 years ago, I've stuck with felt and then studded felt for confidence in wading. Until now.

"These rubber soled boots have been fantastic! And I've tried them out everywhere from the Chattooga to the Toccoa to the Nantahala. I've also worn them on the shoal bass ledges of the Chattahoochee which can be pretty tricky in places. The results were totally unexpected. I actually feel more secure in wading with the Vibram soles than I do with studded felt. And coming from me, that's saying something. Simms also offers a screw-in stud for the Vibrams but I haven't seen a need for them yet. Wading shoes can be a lot like fly rods in that there is certainly some personal preference in what one angler will like compared to another. I see posts on flyfishing message boards that remind me of the bumper stickers we used to see claiming that 'they can have my firearm when they pry it from my cold, dead fingers' and that's fine.

"Eventually, it appears everyone will go to some form of rubber sole and my experience says that Simms and Vibram have definitely jumped way out ahead of the pack. There are other manufacturers hitting the market with rubber soles but, to my knowledge, they are not the Vibram sole (except maybe Cloudevil) and I won't comment on the others here. All I can tell you is that the Simms boots work and work well. And I'm pretty doggoned hard to impress." (Ed. Note: Used by Permission: Unicoi Outfitters Winter Newsletter)

