

FIRST COAST FLY FISHER

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President's Message: New Year, New Ideas, Same Great Club

by Rob Bernardo

I would like to thank everyone again for all you do to make the First Coast Fly Fishers the best club around. I am proud and privileged to be the president of this great group.

Happy New Year everyone, I hope you all had great holidays. Let me thank all our members and offer a special thanks to last year's board for making 2009 a memorable one. Without the dedication of everyone involved we would not have enjoyed the great benefits we have come to expect from membership. First Coast Fly Fishers is made special by the selfless generosity and camaraderie of its members.

For 2010, first and foremost, I'd like to get more interest and participation in our monthly outings. This year, for the first time, we've got a committee working on outings. During the year, we'll pay special attention to all the factors that better our chances for catching fish on our outings. We'll try to have our speakers talk about the upcoming outing. And we'll choose locations that are known to be productive. I'm hoping to increase the cast-to hook-up ratio, which seems to have dropped off over the last couple of years.

Our pre-outing barbecues were popular with members, so we'll continue that tradition alternating from one local shop to another each month. If time and money allow, we'll also have a few outing-day barbecue lunches, too. Please try and join us on these outings they're a great way to get to know your fellow members and enjoy a day on the water.

VP for Programs Dennis Holt is working hard to get speakers that are relevant and interesting. Our monthly meetings will continue to feature guest speakers that will entertain and educate. Some will be chosen for their special knowledge of the fishery we will be visiting on that month's outing, some will be old favorites, and others will be people our new program director feels the club would enjoy hearing.

Last year we featured a movie night that was so well received we'll continue it this year. Popcorn, soda, and candy compliments of FCFF. We are always open to suggestions, so don't hesitate to let us know of someone or something you would like to see included in our program schedule. You can contact Dennis at programs@fcff.org.

Fly tying classes, a long time club favorite, will continue in Spring 2010 and will be lead by our new education director, Bart Isaac. These classes are geared toward new tyers but Bart can show even the experienced tier a thing or two. He has innovative patterns that have proven very effective here. Whether you're fishing fresh water or salt, winter, spring, summer or fall, Bart has a fly that he has field tested and proven effective. The club all so will continue to offer free casting lessons before every meeting, weather and daylight permitting.

Another long-standing tradition is a favorite among our members -- the full day fish fry at the Lotts. Ann & Bill graciously have offered to allow us into their home on the St. Johns River to fish for bream & bass all morning and enjoy a delicious spread of food for lunch. After a full morning of fishing and a Southern fish fry at noon we will kick back and laugh our way through the afternoon, then head back out at sunset for another shot at the fish. It's easy to see why this outing is so popular.

Last but not least, we'll offer a couple of full-day seminars that feature a nationally known fly fisher of special talent. These seminars offer a unique opportunity to learn from them hands on. The all day seminars are always memorable. Make sure you join us for these free events.

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Bent Rod by Bart Isaac

PHOTOS

& Coming Attractions



FCFF Prez Robert Benardo with a Banana River Redfish. Photo: Ernie Mancill

Coming Soon To A Club Near You

Monday, Jan 11 - FCFF Meeting. Meeting at 7. Speaker: Don Edlin. Topic: Fishing for Fernandina and North Nassau Sound. Don leads this year's speakers. He's a highly knowledgeable fly fisher who's spent decades learning how to catch fish on a fly in the creeks and sounds just north of Jacksonville. Join us and learn.

Friday-Sunday, Jan 15 -17 - Annual Shad Campout - Join with members of Orlando and Titusville's BackCountry Fly Fishers for a weekend of shad fishing, camping, and camaraderie. This is a yearly event and some FCFFers are heading down and camping; others drive down and fish for the day. For more info [click here](#). More info at the January meeting.

Friday, Jan 22 - Outing Friday, 5 p.m. at the *New Salty Feather*, just east of Dunkin' Doughnuts on Beach Boulevard.

Saturday Jan 23 - Come put to use what you learn from FCFF speaker Don Edlin at the January meeting. Fish Fort Clinch beach area in Fernandina. 8 wts, intermediate or floating lines. Surf flies.

Saturday, Feb 27 - FCFF Banquet. New location this year -- At the Marriott where we meet monthly. Lots of prizes and raffles. Guest speaker, Oscar Feliu, world renowned fly fisher, guitarist, entertainer and fly tyer. This is a great event for spouses and friends. \$35 per person.

THE DYNAMIC ROLL

*Use This Muscular Cousin of the Simple Roll Cast To
Deliver Casts 75+ Feet and Even Double Haul.*

by David Lambert

If the roll cast is vastly underused in Florida's salty environs, the dynamic roll, its muscular cousin, is all but ignored. That's a shame, too, because the dynamic roll (aka: the power roll, distance roll, or single spey) gives the competent fly angler a medium- to long-range cast for his quiver which requires less than half the normal back-cast space and never sends the fly rearward. It's also handy when you've got a strong tailing wind or obstructions to the rear like sawgrass or mangroves — or even a guide.



Expert Caster Warren Hinrichs Displays The Underhand Loop of A Dynamic Roll Cast

It's common knowledge that guides rarely call out fish they see between 1 o'clock and 2:30 o'clock (off-bow) positions for fear of taking a hook on the backcast.

Guides love the dynamic roll because the fly never travels behind the caster, thus, minimizing the possibility of the guy in the back taking a fly in the face.

A client who knows this cast well will be better appreciated by his guide, who in turn, will call more fish in all directions.

All fly anglers need a variety of medium-long distance casts. Good casters use the dynamic roll to throw floating lines 60, 75, even 90 feet, when combined with well-timed hauls. Line resistance from the aerialized roll-type back cast allows a caster to haul during both the back and fore strokes. In fact, this cast begs for a haul. Not so with the traditional roll cast.

Think of the dynamic roll as a cast with a conventional forward stroke that is powered by an semi-aerialized roll-cast back stroke. In this cast, the fly angler doesn't rely on a fully unrolling, rising back cast as in a conventional overhead cast. Instead, the caster sweeps his rod tip back in a long, slow acceleration, then slings a partially aerialized roll-cast loop behind him. The fly, leader, and a few feet of line land in the water to the casting side of the angler where they anchor, or provide rod-loading resistance, for the forward cast.

Here's how it's done:

First, understand that in a conventional back stroke, the fly-line forms a loop with the fly, leader, and line forming the top leg and the line adjoined to

the rod tip as the bottom leg. In the dynamic roll cast, the legs are inverted; that is, the fly, leader, and line form the bottom leg and the line adjoining the rod tip forms the top (again, on the back cast).

Think of this as an underhand cast thrown on the back stroke. The shape of the loop comes from the caster scribing a half-bowl movement with the rod tip during the back cast delivery portion of the cast (which follows the stop).

The motion is similar to the back cast delivery stroke of an oval or elliptical cast, where the caster begins with a slightly side-armed cast, then forces the rod tip to make a half-bowl shape at the end of the back stroke. As with virtually all casting strokes, this backstroke motion starts very slowly, then accelerates evenly to a speedy finish. The half-bowl motion of the rod tip slings fly line rearward, forming an exaggerated 'D-ring' shape — a stretched, round loop with the fly rod forming the vertical line of the 'D.'

With a little practice, a caster can discharge a back cast which aerializes the loop and the places the fly, leader, and a few feet of line to the side of the caster while the remainder of the loop is still airborne and rearward-moving.

The fore cast begins when the fly, leader, and line anchor to the side of, or slightly in front of, the caster. A the traditional roll cast requires that all fly line momentum stops before the caster begins a conventional forward stroke (at least with floating lines). In the dynamic roll, the caster begins the forward stroke immediately after his leader and line 'anchor' next to him. The fore stroke for this cast is the same as in a conventional overhead cast.

Take this cast out to the practice field; it's easy learn on grass and easy to master on a pond. Then stick it in your casting quiver. You'll be a better fish catcher for it.

1. Caster Capt. Warren Hinrichs begins a dynamic roll cast with an aerialized rising backcast. The fly line leaves water and forms a rising, inverted loop (fly and leader form bottom leg of loop, not top leg as in a standard cast).



2. Fly, leader, and five feet of line land on water to the casting side of caster, creating 'anchor.' Note the 'D-ring' shape to loop and fly rod. The caster has performed a short haul on backstroke (see position of hands in photos 1 and 2).



3. The forward stroke begins immediately as the end of flyline and leader anchor in water. As with most casts, the forward stroke begins slowly, then accelerates evenly over the length of the stroke.



4. The forward stroke finishes with an aggressive, late-in-the-stroke snap-stop combined with a simultaneous short, fast haul. Note where the leader and fly leave water and the tight loop formation begins.

FCFF ANNUAL BANQUET SATURDAY, FEB 27 AT THE SOUTHPOINT MARRIOTT

Come join your FCFF friends for our year-end banquet. This year we're trying a new venue: the Southpoint Marriott, same place we have our meetings.

Our guest speaker will be the inimitable Oscar Feliu, world renowned fly fisher, guitarist, singer, and fly tier. Oscar will regale us with show and song.

This year, the grand prize drawing is a Tibor Backcountry CL-Wide fly reel, valued at \$400. Plus, 1000s of dollars of great, useful fly fishing items and trips in bucket raffles and silent auctions.

Mark your calendar. Reserve your seats. Contact Jason Sheasley, pgflyfisher@gmail.com.





Build A Custom Fly Line Winder For Under \$5

by David Lambert

If you've been fly fishing awhile, chances are you've accumulated quite a few fly lines; I know I have. Getting them off the spool and on the reel is relatively straight forward, but changing them out is a bit of a hassle.

A couple of years ago, I got tired of winding on fly line and backing, so I devised a tool to help with the job. It's simple to make and use. It uses a power drill; cordless, variable is best.

I bought a mini-disc sander attachment for an electric drill. Mine was a 3 1/2-inch diameter. It fits most of my reels perfectly, and I notched opposite edges of to accommodate the handle and counterbalance weight. See photos. This cost me around \$3 at Northern Tools, but I've seen them at Big Lots, too.

Add a couple small strips of double-sided foam tape and stick it to an empty spool winder to wind line off of a reel. Just make sure to center the sanding disc.

It's so simple it needs almost no explanation. The photos pretty much speak for themselves. If you have problems with this, email me at editor@onwaterjournal.com. I'll be happy to walk you through it.



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