

# FIRST COAST FLY FISHER

WWW.FCFF.ORG

FEBRUARY 2009



**Mt. Arenal Costa Rica**  
**Photo: Troy James**



Bass, Crappie, Shad from Shad Outing Last Year

## FCFF to Host 'Outings-Fridays' Monthly at Local Fly Shops

by Rob Benardo, FCFF President

There's something new in the air for FCFFers this year. First, we'll offer *many meeting programs which are outing specific*. We'll bring in speakers who are experts in fishing where we will be having an upcoming outing. They'll tell how, where, when to fish these new waters-- and what rigs and flies, as well.

These speakers will have maps, charts, slide shows and other information to make your outing the most eventful catching day it can be

Second, in order to make you more successful on the outings, the club will host *monthly Outings Fridays* at local fly shops. Here we'll discuss transportation, boating match-up, tie a fly or two, and look at maps and charts of the areas. And we'll be offering free burgers, dogs, and drinks to members.

Outings Fridays are open to all members, so come on by, even if you can't make the outing. You'll still learn more about the areas we'll be fishing.

*Our first Outing Friday will be Friday, Feb. 6 at The Salty Feather*, from 5-7 p.m. Here we'll give directions to Puzzle Lake and the Shad Outing. We'll tie a shad fly and have snacks.

*March's Outing Friday will be at Black Fly Outfitter* on Friday, March 27, from 5-7 p.m. We'll have maps of the Ocala National Forest's lakes and ponds for the outing, flies, and food and drinks. Come on by.

**Sunday, Feb 1 - Fly tying with World Famous Fly Tyer Oscar Feliu. 9:30 - 4 p.m Bring vises and tools. Club will provide lunch and drinks.**

**Monday, Feb. 2 - FCFF Meeting 7 p.m. - Speaker World Travlling Fly Fisher and Tyer Oscar Feliu. Oscar is a world class vclassical singer and guitarist and fly fisher. Come hear this entertaining presentation. Feb shad outing info, too**

**Friday, Feb 6, - 5-7 p.m. Outings Friday at the Salty Feather. Come learn about Saturday, Feb. 7's shad outing to Puzzle lake on the St. Johns river. Info, maps, free burgers and drinks.**

**Saturday, Feb 7 - Shad outing to Puzzle Lake. This is an annual outing that's lots of fun. Mike Head leads this outing [flytier326@aol.com](mailto:flytier326@aol.com)**

**Monday, March 2 - FCFF 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.**

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

**Saturday, March 28 - Outing to Ocala National Forest. Contact [smartcasts@gmail.com](mailto:smartcasts@gmail.com)**

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# Show Me The Kwan

by *Bart Isaac*

When the waters of NE Florida begin to cool and the skies are bright and clear I find myself reaching for a pattern called the Kwan Fly. This pattern was originally designed by Pat Dorsey to chase bonefish in the Keys. The original intent of the fly was to imitate gobies. However, I have found this fly to be an excellent imitator of the minnow, crab and shrimp species we have in our waters—presentation is the key.

For sight fishing, just drop this fly in front of a cruising or backing redfish, strip slowly and get ready for some fun. This fly is has also been very useful as a search pattern around oyster bars. I have used this pattern to take my largest redfish and sea trout to date. I'll always have a few of these flies in my box and I almost always tie this in the colors described here. Note that I have deviated from Dorsey's original design by adding the hackle.

## **Materials:**

Hook: Mustad 34007 #4  
Thread: Chartreuse, Denier 210  
Tail: Craft Fur, Tan. Barred with brown Sharpie (4 bars)  
Flash: Chartreuse Krystal Flash, also called Flashabou  
Body: One Grizzly or Cree Hackle, Tan sparkle yarn  
Weight: Gold Medium bead-chain

## **Instructions:**

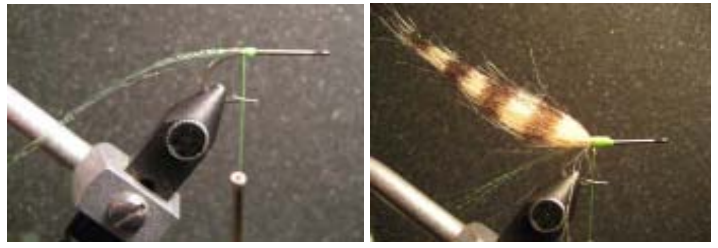
Step 1: Start the thread on the hood at the bend. Tie in the flash first by taking three strands about 5 or 6 inches long and doubling them around the thread.

Step 2: Tie in a clump of craft fur that is about twice the length of the hook shank. Once secured, bar the fur with the Sharpie. Trim the flash to the length of the craft fur if needed.

Step 3: Tie in the grizzly hackle as shown in the picture, right on top of the craft fur tie in; curving away from the tier.

Step 4: Palmer the hackle forward as stop when the craft fur tie in "bump" is covered.

Step 5: Figure eight 3 or 4 pieces of the yarn in place on the side of the shank opposite of the point (back). Length is not really important when tying it in as it will be trimmed. Finally, tie in the bead chain on the back as well. Whip finish. I then coat the yarn tie in spots along the hook shank as well as the bead chain threads with head cement—usually Sally Hansen Hard as Nails. Trip the body when the cement dries. It doesn't need to have a round crab shape. I trim it to be just a little wider than the bead chain.





Troy With His 112-lb Sailfish Last Month

# Costa Rica and My First Sailfish on Fly

by Troy W James

It was to be a family trip to Costa Rica with a bit of fishing involved. We arrived to a spectacular view of a 1,500-foot valley at the Vista del Valle in Costa Rica's north-central Arenal region. What a perfect place and just outside San Jose, the Capital city.

Our first morning we awoke to the sound of howler monkeys high in the trees outside the door at the Arenal Lodge. The howlers accompanied a constant parade of local animals and birds. From our porch we saw coatimondi (a local raccoon-family quadruped), peccaries (swine), toucans, macaws, monkeys, butterflies, and hundreds of various types of birds. The monkeys were a welcome reminder that we had traveled to Costa Rica in search of its rich wildlife, spectacular scenery, and friendly people.

Our patio had a front row view of the active Volcano Arenal, one of Costa Rica's several active volcanoes. At the base of Volcano Arenal rests the large Lake Arenal, with rainbow bass and few fishing boats. Few locals knew much about fly fishing for these rainbow bass. But I wasn't going to give up easy. I decided to save some money and I took a scenic tour boat fellow (Martinez) up on his boat offer for two hours. I landed three fish, one being the famous Rainbow Bass. It's exciting to be fishing on a beautiful lake with a gurgling, rumbling volcano in the background mixed in with howler monkeys and exotic birds singing and all the rest of the wild creatures in the rain forest.

From Lake Arenal we drove the winding, central roads of Costa Rica to the West Coast, where surfers and sport fishers rule the shores. Settling in the popular fishing town of Quepos the Falls Hotel, we scouted around for a fishing guide. Several outfitters lined the lazy streets of Quepos, each promised a half-day or full-day of sport fishing. We selected a shop called "Sport Fishing with Raul" for a full-day excursion. He knew fly fishing and even carried a few Sailfish flies.

We took to the water early the next morning in a 36-foot fishing yacht at about half the normal going rate. As we

motored to deeper waters, we could see quite a few sailfish foraging for food on the tops of the crystal blue waters. The found food with sails fully out, and dolphins played in waters among them. So waiting patiently I then see two sailfish burst out of the water just behind another boat.

After seeing the explosion of these two fish 5 miles off shore I could not resist. I asked the 1st mate Mario: 'Why aren't we catching these sailfish?' His reply was, 'Donde vamous son muy grande y mas!' I'm only kidding. He spoke perfect English and said, 'where we're going there are much more and bigger.' My thoughts were, 'O.K. they know what they're doing.'

The first mate built teasers where he stitched and laced ballyhoo and mahi-mahi in what looked like a medical operation. My head was racing, thinking of the many stories I have heard of people catching 20 plus sails in 4 hours on conventional tackle. I'm thinking I going to catch a dozen sailfish and possibly a blue marlin today all on fly. This of course, is my first time to ever fish for sails.

When we reached 30 miles offshore, the mated dropped the teasers into the water - two running on topwater and two running at seven or so feet deep. The first mate said, 'get your fly out about 15 feet into the water. I did, thinking, 'I'm ready to chunk this pink and white half chicken a country mile to get it to the sailfish'. Remember it is my first time. I start to let more line out and the captain (Chip) tells me to get my line back in that I was out too far. Of course, I was only out about 20 feet at this time.

After about 4 minutes all teasers were in their places and I had to pull in my fly and rest it on the boat. Mario said, 'When the fish gets 15 feet from the boat throw your fly at him when he turns you lower your rod and swing in the opposite direction.' OK I'm ready. Thirty minutes goes by and I'm thinking well we should have fished for those sails we saw coming out to this location. Then I see sails attacking bait on the top of the water and here we go.

*(continued on next page)*





**Troy James Battles A Big Costa Rican Sailfish**

## *Coast Rican Sails*

*continued from page 4*

Captain Chip just about runs over them and we sweep around the school very closely. Me being eager and excited watching one of them grab a teaser and eat it. I'm thinking, 'Oh, I wonder if the first mate should have been ready for that'. Then another ten minutes go by and we are on another school. Boy I am excited but remember it's my first time. Then the captain yells down "blah, blah, blah" in Spanish but I had a good idea what it meant. Mario grabs a rod and starts whistling Dixie while winding in that line. What looks to be a sailfish with a big smile on its face bobs up and down out of the water like a dog chasing a bouncing ball, swimming like harpoon with purpose.

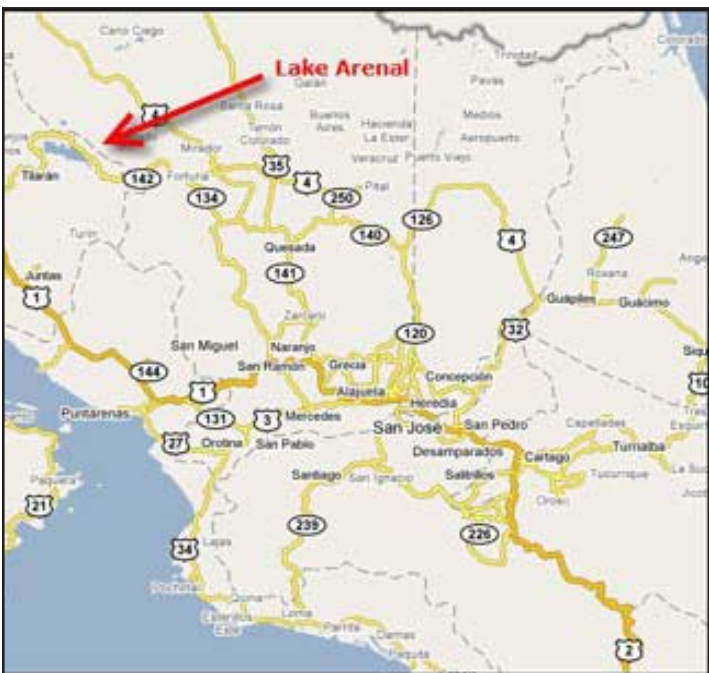
With a blink of an eye that fish was 15 feet behind the boat, my fly hit the water and disappeared at the same time. The fish swung to his right, I dropped and swung to my right holding on to the line to really set that circle hook in deep. I felt not a tug but a freight train. Then I thought my finger is burning and I let go of the line thinking, 'did I just cut through half my finger with my fly line'. Lesson learned - wear a stripping guard on

that hand and a glove on the other. Don't let your finger get looped. Keep a knife close. My finger only blistered for those concerned.

So I hit it once more without my stripping hand to make sure the hook was not coming out of that fish's lip. Before I knew it, half my backing was gone, the fish was dancing on the water, and I was thinking to myself 'stay in hook.' I finally got to start reeling and was very glad to have had an anti-reverse reel and a 13-weight rod. However, the reel tricked me a few times when I thought I was really doing a good job of reeling him in I was not and he was actually going away with more of my line. There were times when I thought 'I need someone else to take over reeling.' I kept going and big kudos to Captain Chip and 1st Mate Mario for their superb abilities aboard the 36 foot *Fishing Machine II*.

By the time it was done the sailfish made about 5 to 6 runs and 5 different strings of leaps and dances. 40 minutes later, noodle armed, with three new blisters, I boated that 7'8" sailfish. It weighed 112 pounds, and it let me take a picture with him. They were up for letting me fish another 4 hours but I opted for a splash in the ocean took a breather and headed back to port.

The next few days we spent exploring the dazzling Manuel Antonio National Park. Gorgeous beaches lined with coconut palms provided a relaxing backdrop. Nature trails crisscross the park where hikers can see sloths, iguanas, Jesus Christ lizards, anteaters, monkeys, and iridescent butterflies. Qualified nature guides can be hired to take hikers through the park or the trails can be explored at your leisure. At the close of the trip, we could certainly say that Costa Rica has the right blend of excitement and relaxation for both fishermen and others seeking a great vacation. Hasta la vista to Costa Rica!



**Meet New FCFer Gene Carroll**

# Working The Winter Water

by Rick Palazzini.

My trusty side kick "troutmaster" wasn't in the mood to fish today so I did a solo. I thought I was in trouble when I made a wrong turn in the thick fog and ended up somewhere deep in the maze of backwater creeks. Once I got my bearings I followed (but not harrass) a school of reds as they entered a very small creek mouth. Causiously I observed them waiting till they started to gobble up the abundant pods of shrimps. I noticed they would pause when they came in contact with an oyster bar. Testing their interest

with a small grey fox fur fly proved to be the wrong choice, but two fish did charge the fly! What a RUSH! I switched to a #6 black minnow. My strategy was to push the fish as far up stream till they ran out of water and would be corralled so to speak. Hee! Hee! Hee!

IT WORKED! Imagine this, in about 4" of water these little puppies surrounded a small mid stream oyster bar and were snacking on shrimp from all sides. I was so cool! I grab the camera and started clicking away.

Though the pictures do not clearly reveal the activity, fins and backs were zooming every which way. There was no urgency to cast so I waited for the right fish moving in a direction that I could cast and strip the fly keeping it in front of him. Works almost every time.

*Above: Rick Palazzini (L) Finds Friends Fishing the Winter Water; Left, A Redfish Takes A Fly in the Winter Fog; A Four-Spot Tail*





# Springer's Crystal Shrimp

*A Winning Pattern for Snook or Trout at Night*



Tom Springer's Crystal Shrimp: Tied and Photographed by Al Pitcher. Original Designed by: Tom Springer, Pensacola, FL

*(Ed. Note: FCFE is planning a snook trip down to Tomoka River in Spring 2009. This is a very good fly for that particular outing. we'll tie it at our new Outings Friday, before the tomoka visit. It's a winning fly for any fish that likes white or tan shrimp -- pompano, trout, even redfish.*

by Al Pitcher

From the SunCoast Fly Fishers' newsletter *On The Fly*

Although there are several flies that bear the name "crystal shrimp," this variation by Tom Springer of Pensacola, FL is not only very simple to tie, but has proven to be the most effective of the shrimp patterns. It is a killer under the lights for snook and the trout love it. Before Don Manning has a chance to ask the question "can you add a little weight to it," the answer is definitely yes.

Although Tom Springer's Crystal Shrimp is tied with no additional weight, I have added the use of .010 lead wire; your choice. Tom's pattern does not have a weed guard, but I have added one since I believe it will fish better in the grass. Also, I made the eyes a little longer than the 1/4" Tom recommended; this allows them to be more prominent.

I tied this pattern at the Tampa Boat Show and received a great deal of interest; primarily because it is simple to tie and it looks inviting.

## Materials:

- Hook: Mustad 3407 size #2 to #6
- Thread: Danville's Flat Waxed Nylon or equivalent in white or pearl
- Body: Medium Pearl Chenille
- Shellback: Krystal Flash; Gray Ghost/Pearl
- Antennas: Krystal Flash; Gray Ghost/Pearl
- Eyes: Approximately 3/4" to 1" section of 80# monofilament burnt at each end, crimped in the center, and colored black with a Sharpie permanent marker.
- Weight: Lead wire; .010
- Weed Guard: 80# monofilament

- Glue: Head cement and Zap-a-Gap CA+

## Tying Instructions:

**Step 1:** Starting at the hook eye, lay down a base of thread back to the hook bend and then back towards the eye until half way between the barb and the hook point.

**Step 2:** Tie in mono eyes using figure eight wraps. Add a drop of Zap-a-Gap on the figure-eight-wrap.

**Step 3:** Tie in several strands of Krystal Flash about 3" long at the rear of the hook with about 1/2" to 1" of strands going past the bend of the hook.

**Step 4:** Double back the remainder of the Krystal Flash towards the rear of the hook and tie it down so that it points away from the hook eye.

**Step 5:** Tie in the Crystal Chenille over where the Krystal Flash is tied in then bring the thread back to about 1/2" of the end of the hook eye.

**Step 6:** Wrap in the desired amount of .010 lead wire; bring the thread forward to the hook eye to secure the lead wire. Add a drop of Zap-a-Gap to the lead wire and thread.

**Step 7:** Tie in a weed guard under the hook eye using 80# monofilament so that it is about 1/16" from the hook point.

**Step 8:** Make one wrap of the chenille in front of the mono eyes; then proceed to wrap the chenille behind the eyes toward the hook eye. That first wrap helps to separate the eyes outward. For a good body, always make the wraps tight against each other.

**Step 9:** Tie off the chenille at the hook eye.

**Step 10:** Take the long strands of Krystal Flash that we doubled back and now extend them over the top of the chenille and tie in at the hook eye. Some of the flash will extend over the hook eye. Trim so that the fibers extend about 1/4" to 1/8" past the hook eye. This will create the shrimp tail.

**Step 11:** Whip finish and apply head cement.



Meet FCFFer

# George Lyncher

Hello to everyone at FCFF. Perhaps I've met some of you over the years while I was taking fly casting or tying lessons, or maybe through kayaking or archery and I'm looking forward to meeting many more of you in the future.

While I'm a JAX native, my wife of 36 years, Clara, was born in Guantanamo Cuba (although she spent most of her childhood in New York City). In spite of her Yankee upbringing, I taught her to speak Southern correctly and she taught me that dogs are Woman's best friend. We live off Heckscher Drive where the mosquitoes are plentiful but the scenery is gorgeous.

I grew up trolling Mirro-Lures for trout along the train trestles that went to the former St. Regis paper mill and gigging flounder in Ft. George inlet. A few fish have allowed me to catch them via the long rod, but very few, probably because I just have not stuck with it and returned to conventional tackle too quickly. I am certain there are pieces to this fly fishing puzzle that I still need to fall into place. This year I am dedicating all my fishing effort to fly fishing. I am hoping my association with FCFF will help me along the way.

George Lyncker; thelynckers@bellsouth.net; 904 728-7756



## For Sale

Three Winston rods- 1-10wt. purchased in '07 from Salty Feather -- \$295. 2-12wts. for \$295 each, one purchased in '07 and one in '08. ph 521-8840. I would like to put an antique oak fly tying table in the classified section of the newsletter. It is an old jewelers bench with a lot of drawers, perfect for fly tying - \$1750. Wayne Sanderson, ph 521-8840

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