

First Coast Fly Fisher

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www.fcff.org

September 2007

New!!
September Tides
and Solunar Data
on Website:
<http://www.fcff.org>



Photo: Woody Huband

Late August Tides Bring the Reds Into the Grass. Here Robert Benardo Brings A Red to the Rod

MEETING & SPEAKER

Monday, Sept. 10 -- FCFF general meeting. Meeting starts at 7 p.m. Speaker: Capt. Greg Bowdish of the Charlotte Harbor. Greg is a Southwest Florida boat/kayak guide and editor/publisher of Inshore-Offshore magazine. He is a major fly enthusiast and a FFF certified casting instructor. His website is www.barflyflyfish.com

COMING EVENTS

New Moon -- Tuesday, Sept. 11; Full Moon, Wednesday, Sept. 26
Saturday, Sept. 29 Cedar Point reds in the grass. Meet and launch at Cedar Point. More info at September meeting.
Saturday, Oct. 27 Palm Valley reds in the grass (10/27/07)
November TBA Cumberland Island trout at McCulley's TBD



Photo by Rich Santos

September 2007: Redfish From the Cordgrass.

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 Photos must be unpublished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 The photo must be unpublished.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. 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

VP PROGRAMS

Rich Santos
Rslov2fish@aol.com
(904) 635-0946

VP OUTINGS

Woody Huband
Whuband@yahoo.net

TREASURER

Lew Holliday
lewcarol@bellsouth.net

SECRETARY

Rob Bernardo
kiribas@aol.com

LIBRARIAN

Bob White
rgwhite@lycos.com

EDUCATION

Jim McCully
exxray2002@yahoo.com

MEMBERSHIP

Greg McCarthy
gmccarthy19@comcast.net;

AT LARGE

Bob Connery
bgelconnery@comcast.net
Dennis Dahlquist
dennis.dahlquist@pleasantsflorida.com

BANQUET

Dr. Larry Holder
leholder@earthlink.net

NEWSLETTER

David Lambert
dlambert@onwatermedia.com

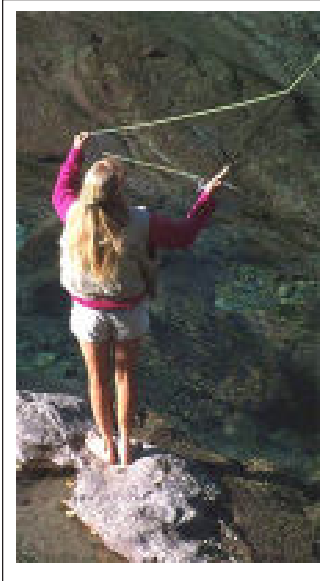
Fly Rod Character

What's the Difference Between Stiffness and Action?

by Tim Rajeff with comments by Gordy Hill

I do many equipment classes and presentations every year and the most commonly confused aspects of a rod are its *power* and its *action*. A fly rod's action and its power/stiffness are two different characteristics of a fly rod.

A rod power (or stiffness) is expressed as *how much* a rod bends under a given load. A rod's *power* can be simply expressed as *stiffness*, defined as its ability to lift a given load without breaking. The rod's stiffness is independent from the material of which it is constructed. You can have a stiff fiberglass rod (usually considered 'soft') or a soft high-modulus graphite rod. So I would be cautious if a person uses the term modulus in a sentence that describes rod stiffness.



Modulus is simply a term that describes a fiber's ability to resist bending. In simple terms high modulus fibers are stiffer than low modulus fibers. During the flexing of a rod the fibers on the 'top' of the rod are being stretched and the fibers on the 'bottom' of the rod are being compressed.

The farther the fibers are apart (large diameter) determines greatly the amount of stress these fibers experience. Fibers that have the greatest ratio of compression to tensile strength make the best fibers for rod construction, only if they are also "tough." This toughness rating is called 'strain rate' and in many cases is more important than the modulus or stiffness of the fibers.

So there are several factors that determine a rod's stiffness:

1. The fibers
2. the fiber orientation
3. and the diameter

Change those 3 factors and the stiffness or power of the rod changes.

If rod power or stiffness is expressed as *how much* a rod bends under a given load, then *action* can be described as *where* the rod bends under a given load. Rods that bend or flex near the tip can be considered fast action, rods that bend in the middle are bla, bla, bla.... You get the picture.

If you can get this across to people you are doing well above average. Even most fly shop owners confuse and mix up these two distinct properties of a rod. You can often hear someone say "those fast action stiff rods help you cast far..."

Comment by FFF Casting Board of Governor Gordy Hill: Tim Rajeff brings out a very important distinction between rod action and rod power in his message:

- 1.) Rod action and rod power are two different things.
- 2.) ".....Rod power or stiffness is expressed as *how much* a rod bends under a given load."

3.) "...action can be described as *where* the rod bends under a given load....."

4.) The "strain rate" or toughness of a rod or rod section is the ability to bend under load without breaking.

Tim is not looking at rod power in terms of the ability to carry a greater weight of line, but, rather, the ability of the rod to resist bending. A different way of looking at it.

This means that a more powerful rod will bend less with a given load. Since action is described as where a rod's bend occurs, one might cite the example of a very powerful rod for fighting large fish as having most of its power in its stiff butt section allowing the more limber tip and mid-sections to flex to the point that the angler is actually fighting the fish with a short/

stiff rod. These rods also have a high 'strain rate' or toughness to resist breaking under great load. Rod manufacturers sometimes refer to this as 'lifting power.'

A very different way of looking at rod power in terms of the weight of line it can carry! (That rod described, above, may well be a poor casting tool. Because of its limber tip and mid sections, it may not be able to carry a heavy grain weight of fly line. For this reason, it is suited for making very short (20' - 35') casts to large pelagic fish behind the transom of a boat.)

As far as the ability of a rod to handle a particular grain weight of line is concerned, let's look at a different example: I can have a 6-weight rated fast-action fly rod with very stiff tip, mid-section, and butt sections. This rod won't be able to carry the same range of fly line weight as my 8 wt. rod which has a full flex profile including a 'soft' or limber tip section, mid section and butt section.

Looking at another way, we can have fly rods with widely varying flexion profiles. ...stiff tips, limber tips, mid-sections which are stiff or limber, and butt sections either stiff or limber. Each of these rods may well have the same ability to handle a particular range of fly line grain weight. Their 'actions'" will differ greatly.

(Editor's Note: Tim Rajeff is a former world champion fly caster who was head engineer for Loomis and host of LL Bean's Guide to The Outdoors. He now builds and offers the new Echo Fly Rods <http://www.echoflyfishing.com/about.php>. Gordy Hill is a retired orthopaedic surgeon who is an extremely knowledgeable fly caster and casting instructor. Both are FFF Casting Board of Governors.)

The San Juan Worm



by Bart Isaac, article and photos

My son and I were fishing a clear pond for bluegill and bass the other day. We could easily see a bass cruising around in the water but it would not eat the earthworm on the hook. I think the splash landing of the bobber spooked it. Before leaving that afternoon, I tossed the left over worms into the water. The bass readily inhaled the worms.

I came across this worm pattern in Fly Tyer magazine and thought it might fit the bill. This is a trout fly which imitates worms occurring naturally in the San Juan river of Mexico. I thought it might do nicely as an earthworm imposter to sight-fish bream and bass in a clear water pond. I tied one up, took it out and caught a bass on the first cast—not bad for a quick and easy tie!

Materials:

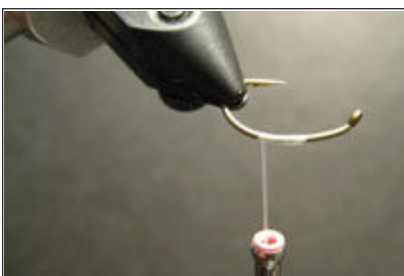
Hook: Tiemco TMC 2457 #10

Thread: White, Denier 210

Marker: pink or fuschia

Body: Pink Ultra chenille

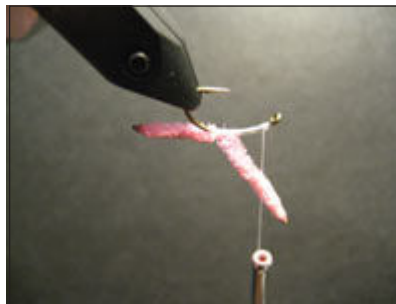
Other: lighter



1. Start the thread on the hook. Begin tying just above the hook barb.



2. Next, cut a piece of pink chenille that is 3x as long as the hook shank. Singe the ends of the chenille and a little bit of the body.



3. Tie in the chenille so that the amount that extends past the bend and past the eye are roughly the same in length.



4. Work the thread forward, secure the chenille near the eye and whip finish. Color the white thread with a pink or fuschia colored marker.

Apply thread cement if you like.

Fish this fly as you would any nymph fly. It can be jigged along the bottom or fished freefloating in the current of a river. I think you'll find it a very useful fly for trout, bass, bream or other warmwater species.

Pale Morning Done

A Novel in the Tradition of Mclean and Duncan

Reviewed By Jason C. Sheasley

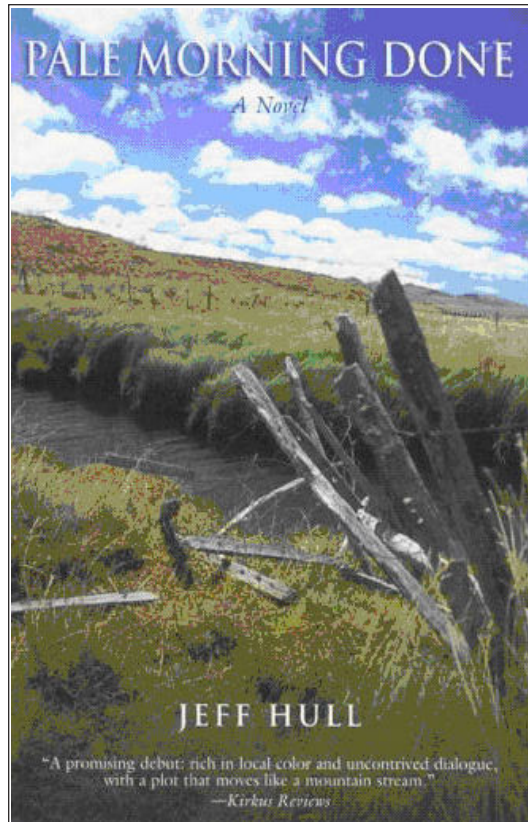
Pale Morning Done
By Jeff Hull

The Lyons Press
ISBN: 1592286844

Initial reviews of Jeff Hull's debut novel, *Pale Morning Done*, compare it to Norman Mclean's *A River Runs Through It* and David James Duncan's *The River Why*. The influence of Mclean and Duncan are evident throughout Hull's writing.

The novel's protagonist is Marshall Tate, a 30-something, former fly fishing guide who is transforming his father's Montana ranch into a spring creek for fly fishing. Tate's attempt at re-shaping the land is a metaphor for his own life. Along the way to seeing his vision of building a fly fishing oasis come to fruition, he is seemingly plagued by his family's wealthy status. Marshall struggles between his own desires and the desires of his father.

Pale Morning Done is more than a novel about the struggles between father and son and one man's attempt to find his place in the world. It is a novel about friendship and the possibilities of romance. While Marshall struggles with establishing himself, friends and fellow fly fishing guides Alton and Molly are seemingly content with spending their days on the river. A senseless act of violence affects all three of his friends and forces a change in their idyllic-lifestyle. Through it all, Marshall finds himself the object of affection for two women in his life. One is in love with him; the other simply desires him. One shares a past with Marshall; the other is looking to start a future with him.



In the world of fly fishing literature, authors are generally divided into two categories; fly fishermen who write and writers who fly fish. Hull is unquestionably the latter. He does an excellent job of developing the novel's characters. People, place and fly fishing are seamlessly interwoven into a vivid story. Moreover, he has successfully captured the essence of his character's youth and portraying their pain, joy and frustration. Hull's use of the English language is reminiscent of Thomas McGuane and *Ninety-Two in the Shade*.

Pale Morning Done is a terrific story, the best fly fishing novel to emerge in a long time. It has a hidden complexity and is full of honest emotion. The rich story line is rugged as the Montana landscape and a twisting plot make it a hard book to put down. And, as with all good novels, Jeff Hull's *Pale Morning Done* sticks with you long and begs for a second read.

(About the author: Jeff Hull has pursued a career in writing and journalism since graduating from Pennsylvania State University. His work has appeared in numerous magazines including: The Atlantic Monthly, Outside, Men's Journal, Fly Fisherman, Fortune and National Geographic Traveler. Most recently he served as a visiting lecturer for the University of Montana's School of Journalism. He resides in Montana's Ninemile Valley. The web site for his novel is <http://www.palemorningdone.com>.)



Bart Isaac With August Red

National Fly Fishing Expo Slated for Lakeland Next Year

Plans are well underway for the National Fly Fishing Expo slated for Lakeland Florida's Lakeland Center Civic Center in March 2008. The show will be the first of its kind for Florida.

Sponsored by The Federation of Fly Fishers (FFF) national office, the show will feature several icons of our sport including Lefty Kreh and Nick Curcione. This event is a major fund raiser for the rapidly growing federation, the only organization that represents the interest of fly fishers around the world. The FFF has become an international organization with active members throughout the world.

Unlike many fishing and boat shows that have fly fishing as an afterthought to bring up attendance, the Expo will be a fly fishing show on a grand scale. The seminars and

programs will include all aspects of the sport from casting and fly tying to a hands-on bamboo rod building course. Many of the courses are optional and will be available for a nominal charge. The show is being arranged by Capt. Pete Greenan, FFF Florida Council President.

The Florida Council will use the Expo as it's own conclave. First Vice President Bill Gunn is chairman of the council activities and events. Many local guides and fly tyers will be featured to focus on Florida fly fishing.

How Do Fish Breathe?

from the Long Island Flyrodders newsletter

As people take a breath, they take in air through their bronchial tubes and into their lungs. Inside our lungs, oxygen is taken out of the air and transferred into our blood by little sacs called alveoli. By breathing out we re-move carbon dioxide from our blood in the reverse order. Because fish live under water, they get their oxygen in a different way. Most fish breathe by opening and closing their mouths, which fills their mouths with water. When the mouth is closed (and filled with water), a fish opens its opercula (gill covers) and forces the water over the gills and out the fish's body. As water passes over the gills, they exchange carbon dioxide for fresh oxygen.

As with the human lung, there are many different parts to a fish's gill. The part that takes oxygen in and removes carbon dioxide is called the lamellae. The gills of a fish are very delicate, so you never want to touch the gills of a fish you plan to release.

The above mechanism describes the way MOST fish breathe. There are, however, several types of fish that can breathe air. Walking catfishes, European eel, electric eel, tropical catfishes and the African and South American lungfishes all have adaptations that allow them to breathe air. These fish use their ability to breathe air to make short over land travels. If the pond they live in dries up. No problem! They just walk or (slither/slide) to the next pond they find. This is just one example of the many special adaptations fish have made to help them survive.

One last thing to think about. The minimum amount of oxygen needed by different kinds of fish varies. Carp, for instance, can survive in water with almost no oxygen while trout need water with a lot of oxygen in order to survive.

Pop-up Line Manager Great for Boats

Having trouble keeping your fly line on the bow of a boat? Pick one of these collapsible, pop-up trash bag holders from any big home improvement store. They collapse when you're running--a real benefit. About 18

inches in diameter x 2 inches tall, collapsed. Very easy to store. Some of the guys velcro 'em to the deck. I weight mine with lead. One guide I know fills a section of 5/8 garden hose and coils it inside on bottom for weight.

Also, on boats, a wet towel is really handy for covering line-grabbers and bow trollers--stays put in a wind, too.





Top Left and right: Rain and Reds-- photos by Troy James; Center, past Prez Mr. Mike McQuiston Cradles A Late-Summer Red; Bottom Right: A Golden Brown from Colorado -- Good Contrast to our Spring Flood Reds -- Photo by Rob Benardo. Bottom Left: Waiting for The Floods -- photo by Rich Santos . All photos courtesy of FCFF Forum



Clear, Cool Colorado Lake

Photo: Rob Benardo, Courtesy FCFF Forum

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. JACKSON-
VILLE
904-641-2433

WWW.STRIKE-ZONEFISHING.COM

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