

First Coast Fly Fisher

First Coast Fly Fishers

www.fcff.org

April 2008



Excellent Tier John Adams (Seated, Bottom Left) Shows Interested FCFFers His Unique Creations last Month Before The March Meeting.
Photo: Woody Huband

MEETING & SPEAKER

Monday, April 7 -- FCFF Meeting. Speaker -- Jimmy Harris of Unicoi Outfitters in Helen, GA. If you've wanted to try your hand at GA, NC, TN trout fishing, Jimmy Harris is the go-to guy. He's fished the tri-state mountains all his life and is a partner in the best established fly shop in the lower Appalachians. Come cast with Dick Michaelson, New Certified Instructor Rich Santos and David Lambert.

COMING EVENTS

New Moon -- Saturday, Apr 5; **Full moon** -- Sunday, April 20
March 21, Saturday, April 12 -- FCFF Outing -- Species of the St. Johns. See page 2 for more information. Contact Bob White for information: rwhite@lycos.com
Monday, May 7 -- FCFF Meeting. US National Park Service Lead Ranger Craig Morris of The Timucuan Preserve. Craig is a new member, a kayaker, and new fly fisher. He's also extensively fished the area from Spanish Pointe ad through fort George from childhood, including Clapboard, hanna Mills, Sisters Creek, and Cedar pointe. He is chief ranger to the 10,000 acre timucua preserve which incorporates most of that area. He'll have lots of hands on info about where the fish are, how to fish them, and accessibility.

2008 Speakers & Outings



Flies For April Outing
in The St. Johns

Coming Speakers and Outings

FCFF is pleased to have *Jimmy Harris* to speak in April 7. A partner in *Unicoi Outfitters, Helen, GA*, Jimmy has been fly fishing for over 25 years. He holds an MS in fisheries biology and has been guiding professionally since 1996, when his reputation as a local trout bum leaked out. At that time he was guilty of fishing between 150 and 200 days per year. Since becoming a partner in Unicoi Outfitters, Jimmy's guiding time has diminished, but his love of small mountain trout streams is as strong as ever.

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.

From V.P. Outings Bob White (rgwhite@lycos.com) Bob has had good success with crappie/specks in the Ortega area. See map link at the FCFF website, outing page -- www.fcff.org/outings His plan is to fish the St. Johns River if the weather permits, possibly fish the docks early morning, also off the coast of Stockon Park. This park is known for it's mullet, as people chum for it here. The reds and trout are always around the outside edges of the mullet school. In the Ortega you can get bream, specks and bass (note Randy Lanier's comment on Pirates Cove), plus if the weather is windy, the narrow parts of the river will help.

From Randy Lanier of Black Fly Outfitters:

Fish these flies: For the Bass & Bream fish the same flies as referenced in the March 12 outing information: WOOLY BUGGER, DARTH ZONKER, JOHN WALDREN SPECIAL, ROUND DINNY, MISS PRISSY, JOHN BAKER SHRIMP, JOHN BAKER BACKCOUNTRY, REDFISH TOAD, JOHN WALDREN SHRIMP.

There will be spawning bass in the canals off of Pirates Bay in the Ortega Forest area. Sight fish the Woolly Bugger or the Darth Zonker in or near the beds.

I would fish for redfish with root beer John Baker Shrimp under the docks in the St. Johns river.

Leaders: Freshwater: tapered leader 12 lb. for bass, 9'. Fresh-water: Tapered leader 6 lb. for bream, 9'. Salt water: Tapered leader 16 lb. for Redfish & Trout

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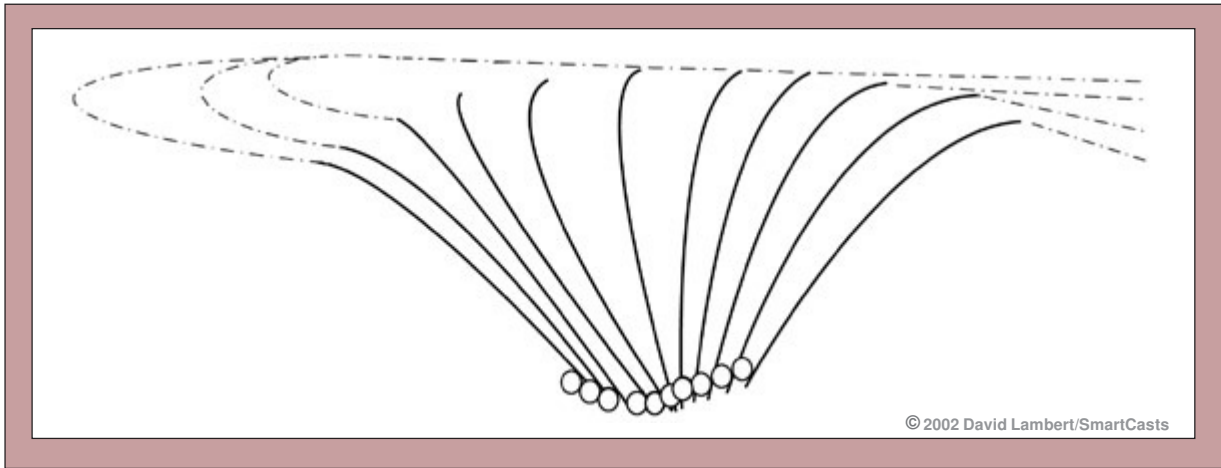
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Acceleration -- It Makes The Cast

by David Lambert

Acceleration is the term casting instructors generally use to describe how a fly rod achieves speed through the casting stroke. Physicists describe acceleration as ‘the rate of change of velocity with respect to time.’ The relationship to time is essential. Velocity involves both speed and direction; that is, how quickly you can move from one point to another.

For practical purposes then, the way we describe a fly rod accelerating through a casting stroke should include change of speed, direction, and time. Not so complex, huh? We might say any of the following: ‘In the forward cast, smooth out your acceleration,’ or, ‘Slow down your acceleration at the beginning of the cast,’ or, ‘Don’t move the rod forward so quickly,’ or, ‘Make your acceleration uniform through the casting stroke.’

Each of the above phrases describes rod motion using direction (forward cast), speed, time (forward cast, between the start and stop of the cast), and changing rate of velocity (smooth out acceleration. . .quickly. . .uniform acceleration, etc.).

Below are some comparative observations on how acceleration is achieved through each casting arc/stroke. In each case, where possible, the book and page number is included.

The list originally was compiled by Dusty Sprague, with additions by Gordy Hill. Both Dusty and Gordy are FFF Master Instructors and Casting Board of Directors: (They) did a little research regarding the description of the casting stroke and adjectives modifying the word ‘acceleration.’

From the pamphlet *To Cast A Fly*, published in 1966 by Scientific Anglers, Inc. “The proper application of force by the rod to the line in making a cast is a rapid accelertion from fast to faster...” An illustration in the pamphlet

includes the term “steady acceleration.” In the section describing how to fix casting troubles, in one example the caster is admonished to “Accelerate the rod briskly.”

From the book *Fly Casting From the Beginning*, by Jim Green, a Fenwick publication in 1971 by Sevenstrand Tackle Mfg. Co. In describing the casting stroke.....”It is a slow-starting, accelerating movement, carried out basically in a straight line, as opposed to the fast-starting, circular motion of the hammer stroke.”

From the book, *The Complete Book of Fly Casting*, by John and Richard Knight, published in 1963 by Putnam. They describe the casting stroke as ...”a gradually accelerated motion...”

Joan describes the casting stroke in her 1987 book: *Joan Wulff’s Fly Casting Techniques*. ”The fly casting stroke is a straight-line movement of the whole rod by the rod hand, in an acceleration to a stop.”

Bill Gammel and Jay Gammel (and his father) describe the casting stroke and power application in their 1993 booklet entitled *The Essentials of Fly Casting*, published by the FFF. “.....power should be applied slowly at first, gradually increasing to a peak at the end of the stroke.”

Gary Borger describes rod motion in his 1995 book titled *Presentation*. “The rod movement on the back stroke is one of continuous, seamless acceleration ending in a abrupt stop.” “On the forward stroke, the rod moves in a smooth, continuously accelerating movement and then stops abruptly.”

Jason Borger, in his book *Jason Borger’s Nature of Fly Casting, A Modular Approach* emphasizes the need to start slowly at the beginning of the stroke and move faster until the end of the stroke and to remember to accelerate smoothly.

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Pheasant Under Grass

Crustacean Fly That's Stood The Test of Time

©1997 by Kevin Cohenour

(Editor's Note: The author tied his first fly when he was 11 years old—a moderately successful Adams variant. Kevin was a large part of the First Coast, 90s-era fly fishing and an early FCFE board member. He is the only honorary LIFE MEMBER of First Coast Fly Fishers. Kevin's fly, affectionately known as PUG, appeared in Patterns of the Masters, Fly Fish America, and American Angler. He was kind enough to list me a co-inventor, although I contributed modestly to the fly's creation, suggesting only the name and the use of pheasant feathers over hen. In 2003, Kevin retired from the Navy with 30 years service and moved back to his natal homewaters of Colorado. His fly has been often emulated, often knocked-off, which is indicative of its true value and a measure of its success. Give it a try. -DDL)

Late summer and fall brings to the Jacksonville area "spring" flood tides, which cover the grass flats along the Intracoastal Waterway. As the tides rise and cover the flats, the redfish enter the flat in search of one of their favorite delicacies ... fiddler crabs.

After observing the native fiddlers, Atlantic Beach fly fisher David Lambert and I developed a fly pattern pattern, which has proven to be very effective.

The proof of the effectiveness of the "Pheasant Under Grass" is the gusto with which the fish take the pattern. Without hesitation, a red will turn on the "pheasant" and literally devour it. One of the reasons for the pattern's effectiveness is the orange/grizzly feathers used in the tail. The orange feathers are imitative of the orange display claw of the male fiddler during mating season.

We developed the fly to be durable as well as effective. With its body of epoxy'd felt it is quick to tie. I can tie them in about 9 minutes. The pheasant feathers tied over the shell produce a very realistic look. The fly stands up well to both the fish and the grass. The weed guard keeps it weedless.

Tied on a size 2 or 4 hook, this fly is extremely effective on tailing redfish. In a size 6 or 8, the pheasant is very productive for bonefish. Just remember as you strip the



by Kevin Cohenour

fly that fiddlers don't cover the distance of a 6-12" strip as it tries to crawl away. A long strip can actually cause a fish, which is about to take the fly to refuse. One last advantage of the pheasant is that the fly does not land with a plop as many heavily weighted/epoxy covered crabs do.

So, tie a few up and give them a try during this fall's flood tides.

Materials: HOOK: Mustad 34007, size 2 to 8; THREAD: Brown Size "G" or 3/0 WEEDGUARD: 12 to 20 lb. Hard Mono; EYES: Medium or Small Black Dumbbell; MOUTH: Krystal Flash; CLAWS: Dyed Orange Grizzly Hackle; LEGS: Smoke Gray Sili-Legs with Blue/Black Flakes; SHELL: Cream Felt on Belly and Tan Felt and 2 pheasant feathers on top

Tying steps follow:

1. Make a bend in hook immediately behind eye, "bendback style."

2. Secure hook in vise. Attach thread at bend. Cut a piece of weed guard about four hook shanks long. Flatten one end and attach at the bend. Wrap



over mono about half way down the bend. The long end of weedguard should point down. Wind thread to bend.

3. Attach 8-10 strands of copper, gold, or orange krystal flash at bend. Wrap over the krystal flash about 1/4 down the bend. Secure one orange hackle on each side of krystal flash, extending about 3/4" longer. Hackles should curve outward.



4. Cut a penny sized circular shape from the cream and tan felt, making a 3/8" tag on one end and a 1/8" tag on the other.



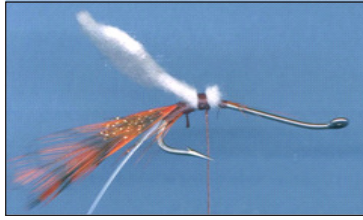
(continued on page 5)

Pheasant Under Grass

(continued from page 4)

5. Secure cream felt at the bend by long tag. Felt should point rearward.

6. Attach eyes at the bend using "X" wraps. Wind thread forward to behind hook eye. Pull



felt forward so the long tag goes over and between the eyes of the dumbbell. Secure the 1/8" tag at the front. Turn fly over in vise.

7. Select two sili-legs. Cut in half to make four legs. Pinch the cream felt sides together below the hook shank and gently pull downward to create a gap. Insert bobbin threader between the felt and hook shank; insert four cut sili-legs through bobbin threader eye and "thread" between felt and shank. Arrange two legs diagonally each direction. Cut tags off tan felt. Mix one-minute epoxy (three or five minute will work but just take longer to set) and quickly coat top of white felt/legs. Press the tan felt shell top in place and squeeze until the epoxy sets.



8. Strip the fuzz from two pheasant back feathers. The feather size should be about the same as the shell. Secure the stem of one feather at the front of the shell, angling over one side of the fly. Attach the 2nd feather angling the opposite direction.

9. Turn the fly over in the vise. Pull the weed guard forward and insert through the hook eye. Pull the tag end back and secure weed guard so there is about a 1/4" gap between the guard and the hook point. Whip head, cut thread and cement.

Acceleration -- It Makes The Cast

(continued from page 3)

Ed Jaworowski's 1992 book, *The Cast*, emphasizes a smooth, progressive acceleration followed by an abrupt stop. "No part of the casting stroke should be at a constant speed." "Even though you may be moving the rod fast, unless it is getting faster all the time, the rod will not load deeply and little energy will reach the end of the line." "If you start moving your hand slowly and continually get faster with a very short, rapid acceleration at the end and then stop the rod, you will make an efficient stroke, even though you are aware of little effort." "Continuously accelerate, then stop the rod."

In Al Kyte's, *Flyfishing, Simple to Sophisticated*, 1982, the author uses the term, rapid acceleration.

Mac Brown, in his book, *Casting Angles*, 1997, comes close to using the adjective, "continuous" in his clause, "...continually accelerates for the final quick pop....".

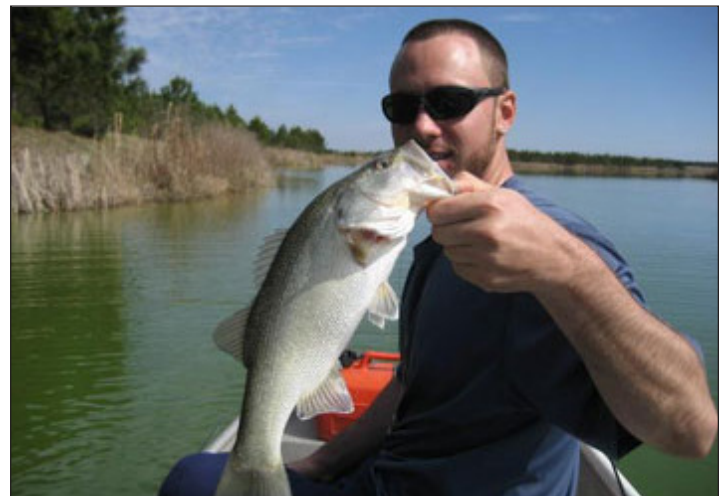
Ernie Schwiebert in his, *Trout* (1838 pages), 1978, uses the term continued acceleration.

Additional terms used by casting instructors and master casters are:

Accelerated acceleration, Continuous acceleration, uninterrupted acceleration, Smooth acceleration, Rapid acceleration, Controlled acceleration, Constant acceleration, etc.

Scientists—physicists and engineers—continue to debate the term which best describes how speed is achieved through the casting stroke, from beginning to stop. I favor the term 'smooth acceleration,' but that's a personal preference and by no means the final word.

Gordy Hill is working to produce a casting glossary that can be used by all instructors, so that we're all speaking the same language.



Rick Palazzi's Son Outfished Him at The Golden Pond Outing



Top Left -- FCFfers at the FFF National Fly Fishing Expo in Lakeland in March; **Top Right --** Kayak Guide Jim Holland of St. Augustine w/ Black Drum; **Middle Left and Right --** Excellent Fish and Photos by Woody Huband. **Bottom Left & Right --** Ladyfish and Blues Were Just Two of the Species Rich Santos Caught Wading the Intracoastal w/ Kayak Guide Jim Holland South of Guana



photo: Rick Palazzini

Congrats to New FFF Certified Casting Instructor Rich Santos

It's not an easy task, becoming a certified casting instructor. Just ask FCFF's newest FFF-Certified Instructor Rich Santos. He studied and cast daily for a year. Rich tested with FF Master Instructors Jim Penrod and Scott Swartz. He passed with flying colors.

Way to go Rich!



BOAT FOR SALE -- 16-foot Dolphin Superskiff with side console, poling platform, live well, and trim tabs. 50-hp Yamaha 2-cycle with less than 100 hours running time. 7-lb. thrust Motorguide Great White electric bow mount trolling motor, swing mounted on starboard. Garmin GPS and depth sounder transducer. Buyer will need to add Garmin display unit. Graphite push pole, 2 anchors, docking lines, vests, fire extinguisher. Boat and trailer registered through 2009. Trailer in excellent condition. New tires and bearings. **\$12,500. Contact Jim McCully, 904-261-2215, exxray2002@yahoo.com**

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