

First Coast Fly Fishers

May 2011



Saturday, May 21

**Annual Lott-Adams Bream/Bass
Outing and Feast Fest**

• Meeting Monday, June 6

**First Coast Fly Fishers
2011 Officers and Board**

**President
Robert Benardo
Robert@fcff.org**

**VP Programs
Seth Nerke
programs@fcff.org**

**VP Outings
Mike Harrigan
outings@fcff.org**

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**Banquet
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Scott Shorber
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**Newsletter
David Lambert
editor@southernersjournal.com**

Lott-Adams Outing Best Fishing and Food of the Year



First Coast Fly Fishers wait all year for this great outing, the remarkable fish fry lunch and great fishing on the St. Johns, all put on our great friends and long-time FCFFers Bill and Ann Lott. It's a great day of great camaraderie, top-shelf cuisine, and lots of fishing and friends.

In previous years, members have fished the mornings, lunched long and hard, then fished afternoons before returning to the boat ramps to load up for the ride home. All make and manner of water craft can fish this outing, from kayaks to flats boats. Those members with out cfta,, the entire river is pretty shallow and most people will just be using boats to get to their wading spots. Plenty of rides to and from fishing spots.

Please contact Ann Lot if you plan to come, annlott@yahoo.com We need a head count.





Coming Events

May 21 - Lott-Adams Food, Fun, Friends and Fishing at our greatest outing.

June 3-5 - FFF Southeratrn Council Fly Show in beautiful helen Ga, at Unicoi Lodge. This is one of the coolest places within driving distance. Lots of good trout fishing, cool mountain air, and strong presentation. Lots of things to see and learn. http://www.fffsec.org/z_festival11.html

June 6 - FCFF Meeting - Speaker to be announced. casting starts at 6 p.m. Meeting begins at 7, Southpoint Marriott

June Outing - Redfish, bvlues, maybe trout in Black Rock Beach in Nassau Sound. Meet at Big Talbot's

Monday, July 11 - FCFF meting. Speaker, Capt. James Dumas of Drum Man Charters in St. Augustine. Casting at 6 p.m.; meeting starts at 7. Southpoint Marriott.

July Outing - Fishing Devil's Elbos south of St. Augustine for reds. Dae to be an-

Learning to Throw The Dynamic Roll Cast

*From MidCurrent.com
by Philip Monahan*

Have a question you want answered? Email it to us at ask@midcurrent.com.

Question: I know what a roll cast is (I think), but what's a dynamic roll cast?

Answer: The standard roll cast is one of the building blocks of fly fishing, and once you learn how to do it well, you can progress to a whole range of “dynamic” adaptations—which ultimately includes all of the Spey, Scandinavian, and Skagit casts. What makes a roll cast “dynamic” is that the line is in constant motion or stops only briefly during the cast.

For example, in the standard roll cast, when you angle your rod behind your shoulder to form the D-loop, everything comes to a stop, with your line resting on the water in front of you. In fact, if you're roll-casting from the edge of a pond—and therefore are not dealing with current affecting your line—you can pause for as long as you want in this position before initiating the forward cast.

This works fine for many short-range applications with a floating line. What limits this cast is that the more line you have on the water and the longer it stays there, the more the very water tension that you use to load the rod becomes a force that you have to overcome to get the line moving again. . .to read more, click on the photo above or go to Marshall Cutchin's MidCurrent.com <http://midcurrent.com/experts/the-dynamic-roll-cast/> and watch Carl McNeil's excellent video instruction on the roll cast, from the his DVD “Casts That Catch Fish.” <http://midcurrent.com/experts/the-dynamic-roll-cast/>



[CLICK LINK BELOW TO VIEW VIDEO](#)



PRACTICAL CASTING DAY WITH MAC BROWN



Photographer Woody Huband has created a slideshow of the casting day with Mac Brown. Click [here](http://www.flickr.com/photos/whuband/sets/72157626391342961/show/) to see photos of Practical Casting Day with Mac Brown. -- <http://www.flickr.com/photos/whuband/sets/72157626391342961/show/>



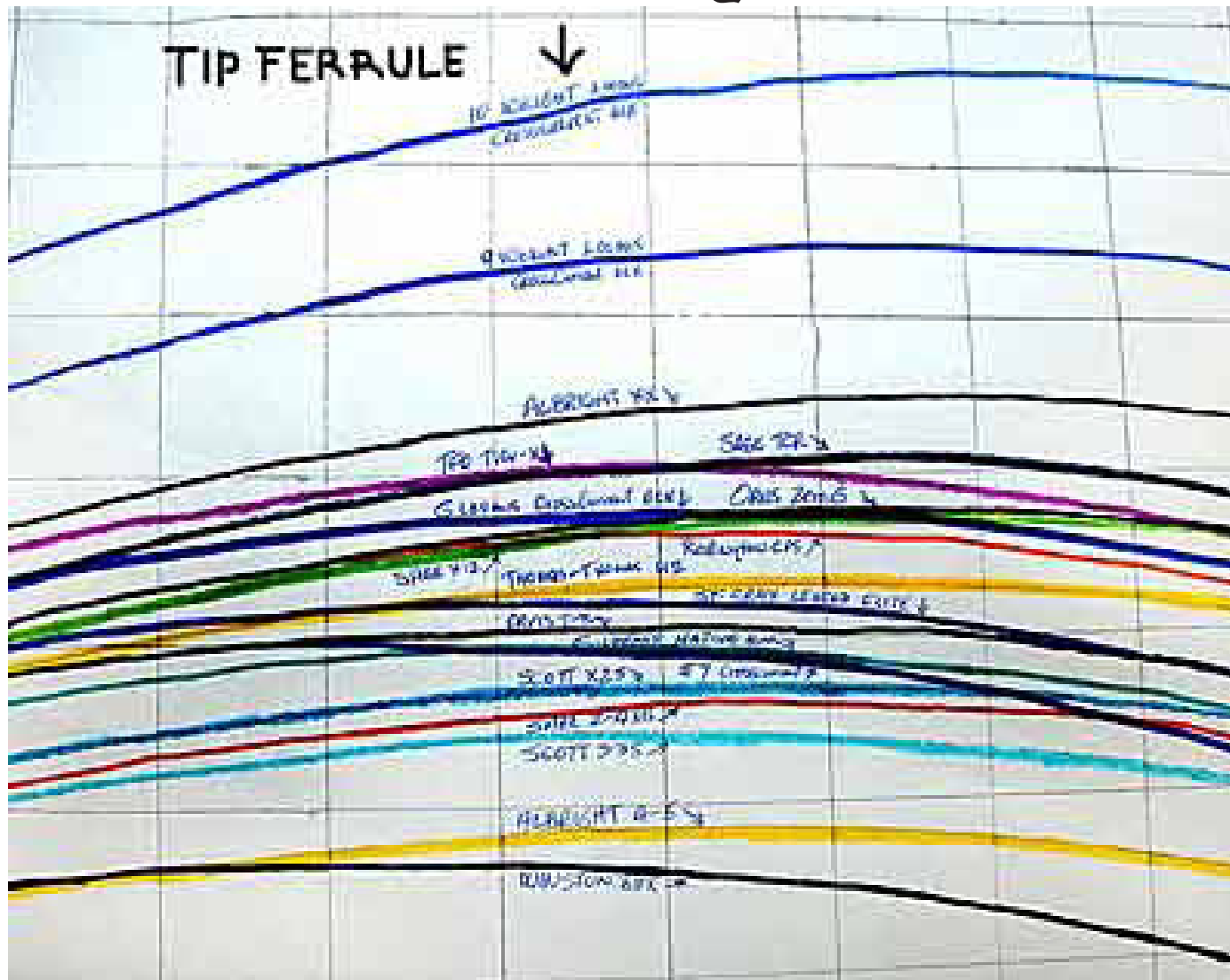
FCFFer Bart Isaac made a video of David Lambert casting a 5-weight in the high wind during the Practical Casting Day with Mac Brown. See Bart's video of David's high-wind cast [here](http://vimeo.com/22707895) :



DAVE BORRIES AND THE BAHAMA BOYS CATCH BIG BONEFISH IN THE ISLANDS



The Fly Rod



from Al Buhr's booklet How to Design Fly Lines

The fly rod is an essential part of building a line. The rod's size, length, action and power or strength are all factors in developing the line design. Single and double-handed fly rods come in a wide range of line weights and lengths. There is a variety of rod actions, each tailored to solve a fishing task, as well as having their unique feel.

The rod action originates from the rod shaft's taper, the rod shaft's wall thickness, the rod material's modulus, and the material's lay-up. Each will affect the rod's action in a slightly different manner.

- * The rod shaft's taper is the root of the rod action. The faster the taper, the faster the shaft will straighten when loaded. Each section of the rod can have a different taper or step taper to develop a desired action.

- * The shaft's wall thickness will affect the rod action. As the wall thickens, the layers or wraps of power fibers increase allowing the shaft diameter to reduce. Increasing the wall thickness adds to the weight of the rod while adding integrity and durability. Increasing the wall thickness supports the shaft under a load. When under an extreme load, the shaft's hoop can become oval, lose its rigidity and collapse.

- * The rod material's modulus will affect the rod's loading and recovery. The (elastic) modulus is a measure of the material's resistance to bend. The higher the modulus, the resistance to bend is greater, and the rod will recover faster.

- * The material's lay-up is the mystical part of the rod, which develops its soul. The rod's taper, in a combination with the wraps of one or various power fibers, creates the rod action.

Below is an excerpt from Al Buhr's excellent booklet on 'How to Design Fly Lines'.

Fly rods are available in several combinations of sections. Two-piece and four-piece are the most common.

To analyze how a progressive rod action works, let's separate the shaft into four segments; the tip, the second, the third, and the butt.

- * The tip's strength dictates the line weight. The tip's flex will influence the rod's inherent or natural loop size and shape.

- * The second is a vital part of the rod's integrity. It supports the tip as it straightens as well as develops line speed and dictates loops size and shape. If the second is weak, the rod may collapse when under an excessive load.

- * The third is the rod's strength or power. The third flexes from the leverage of the tip and second, while being driven by the butt section. Like the second section, the third must be strong enough to support the sections

above, the tip and the second. If the third is weak, less power or energy will develop during the loading move.

If the third lacks the ability to support the upper sections, the rod will collapse when under an excessive load.

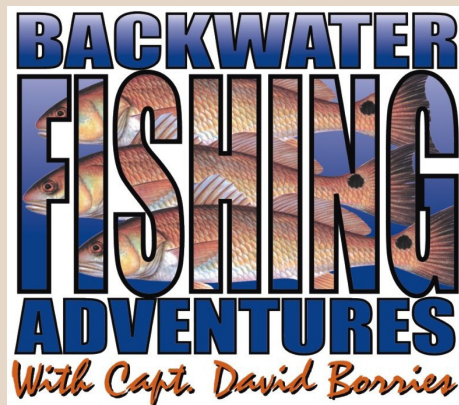
- * The rod butt is the soul of the rod action. It gives the rod its feel and personality. The butt dictates the pace the rod loads and unloads. As the butt becomes stiffer, the upper sections travel a shorter distance during the

loading move. As the rod action becomes faster, the natural rod loading stroke length shortens. Likewise, the head length shortens.

The rod action is not an indicator of the rod's strength or power. A slow action rod can be very powerful. For example, a slow action with a high modulus material will have a strong internal strength and snappy recovery.

It is beneficial to match the line's shape and weight with the rod's action so that one enhances the other. When designing the head, factor in the rod action. The rod will have an inherent or natural cycle time as it loads and unloads. The faster the rod action, the quicker it will load and unload and, accordingly, the shorter the head becomes. The caster can lengthen or shorten the casting stroke, but these changes begin from the rod's natural cycle time. Matching the rod action with the head length will help to make a smooth casting outfit.

Consider the rod's size and length. Each line size has a realistic range for a given task. Rustling buffalo with bailer twine may not work out, so stay within the rod's scope. When the rod length increases, generally it will handle a longer head. With two-handed rods where lengths can vary four or more feet, as the rod becomes longer, lengthen the head. “ *

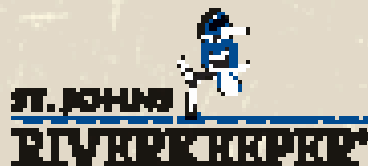


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GET YOUR FEET WET – A guide to the St. Johns River
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