

Capital City Fly Fishers



10th Anniversary Newsletter

Piscator non solum piscatur



July 2005

From the President...

How hot is it? Hot enough for the sweat dripping off my brow to evaporate midair before it gets to my shirt...hot enough to broil a trout in the car...hot enough to be concerned about. I want to offer some tips to consider for your summertime fishing efforts.

The heat and more got me to thinking on Wednesday, June 29th about the two valiant fly fishers who answered my call to help YMCA children fish. The details were sketchy when I received the call the night before from a Department of Conservation staff member. The result of my calling local members resulted with volunteers Jim Kramel and Mike Clark making a positive commitment. Approximately 45 children, YMCA staff and parents arrived at 9:00 a.m. Also driving up soon after were two Runge Nature Center volunteers with the fishing gear. Not exactly a premium fly fishing experience, but an opportunity to aid and help some elementary age children to enjoy a couple hours of fishing. The CCF members handled the challenge quite well and managed to find shade and a gentle breeze to help keep them cool. Don't know if the children caught fish or weeds. Some didn't fish long favoring a little outdoor play near a large body of water instead. Jim reported that everything turned out fine considering it being a last minute request.

The temperature reached 99 degrees Fahrenheit by mid-afternoon on Wednesday with a heat index of 104. When it gets this hot, most fly fishermen concentrate their efforts early or late in the day, if at all. Some will switch species preferring warm-water fish. Water temperatures in excess of 70 degrees Fahrenheit can be lethal to a trout played to exhaustion. Overly warm water reduces the oxygen in the water putting stress on fish. If you want to optimize your fishing trips during hot weather, plan to rise early and fish during the cool periods. Wear cool, light-colored clothing to reflect instead of absorbing heat. When it warms up too much, go find some shade or get inside with air-conditioning, take a nap, eat a light lunch, tie some flies and go out again in the late afternoon or early evening. Switch from traditional top-water spring patterns to terrestrials like grasshoppers, ants and beetles. Find a shady location, drink plenty of water to keep yourself hydrated, and don't exert excessive energy

during the peak heat of the day. Dehydration, heat exhaustion and heat stroke are heat-related diseases that can be life-threatening. These health hazards can overcome any individual who is not taking care of their fluid intake and exerting excessive amounts of energy.

If overexposed to the sun, dehydration can occur. This occurs when the body loses water content and essential body salts. Simple rehydration is recommended by drinking fluids like sports drinks which effectively restore body fluids, electrolytes, and salt balance. Avoid any intake of soda drinks especially those laden with caffeine, use lukewarm water instead.

Heat exhaustion results when a person's fluids are lost through sweating beyond normal causing the body to overheat. A person exhibits sweating, cool wet skin, nausea, weakness and even thirst. Treatment includes moving them to shade, giving them fluids and loosening or removing clothing. Do not use alcohol rubs or give alcoholic or caffeinated beverages to consume.

Heat stroke occurs when the body does not maintain enough fluid to lower the body temperature during overexposure to the extreme heat, high humidity or vigorous activity. Signs may include shivering or no sweating. Immediate treatment is necessary for any person exhibiting signs of heat stroke. Get the person indoors, remove clothing and gently apply cool water to the skin followed by fanning to stimulate sweating, apply ice packs to the groin and armpits, and have the person lie down in a cool place with feet elevated.

Take time to re-examine your medications and look to see if they contain sun-sensitive warnings. If they do, find out what they mean and heed the instructions. There is a reason the pharmacist labels them thus and it is in your best interest to know.

Off into another direction, it is time to start your plans for the October 6-9 Southern Council Federation of Fly Fishers (FFF) Conclave. Registration is available online for many activities planned in and around Mountain Home, Arkansas. FFF membership has its benefits with reducing some of the costs for conclave registration and workshops. The cost can range from \$5 to \$10 each workshop in savings by being a FFF member. Last

meeting I brought the Scientific Angler promotional items that you would receive for being a new member to join. It roughly amounts to a \$50 incentive package. I plan to bring them again at the next meeting for the ones who may not have seen them. I will also have the Mitzi skiff raffle tickets for sale at the next CCFF club meeting. The Southern Council – FFF has hopes of raising lots of money during their 25th anniversary conclave raffle. I brought back 24 tickets which can be purchased at a bundle price for \$200. The benefit of selling these for \$10.00 each is that the club reaps \$40 out of the deal. The board of directors has agreed to purchase any of the remaining tickets not sold at the last club meeting before conclave. So bring some cash and purchase your chance to buy a ticket. If the club ticket wins, the club will figure out how to share the use of the Mitzi Skiff among all members. Several tickets were sold last month and several CCFF members inquired about the FFF membership. Costs currently for a new member are \$35 per year. The URL for the Southern Council Web site is <http://www.southerncouncilfff.org>.

What gets you excited about fly casting, fishing, or tying? Is there anything that just makes you jump with joy because of these life sports? If not, why not? Even a little bit of excitement about one aspect of fly fishing is a good start. Do you realize that we live in a time and place where the average person does not use the opportunities afforded them. We have ample options available to us to explore, plan and even fulfill. When was the last time you looked closely at your fellow members and considered taking one or more out of a fishing expedition – large or small? There are plenty of fishing streams or lakes waiting for someone to wade or float in, cast a line, present that perfect fly pattern on the water, and retrieve a moderate reward for the effort. Let's not forget the companionship and camaraderie that is available in our members. We have members who have years of experience and age to match sprinkled in with ones of few years and little experience. It is time to think of passing on the knowledge that you possess to the others around it. If you have the incentive to share the event with one person, then how about writing an article for the newsletter providing details of your exploits in the field or at the tying bench? I dare say that most of us would enjoy the effort you could make in this regard. In fact, it would surprise me if we didn't even learn something from your experiences. So don't hesitate and share with us that which you have spent time storing in your brain. It is time for it to come out. I know that we have new members in our ranks. Take the time to get to know them and make them feel welcome.

I am excited about the upcoming meeting on July 12th which starts at 7:00 p.m. Our meeting location is Runge Nature Center and our guest speaker is Kent Campbell. He is a very knowledgeable professional who is very willing to share with others that which he has spent hours learning, practicing and mastering. He, Ginger Koziatek, Ginger's brother (?) and David Welch recently took a trip to the Catskills. They had some time to spend fishing and visiting with the mountain locals, of whom there are legends. Ginger, an accomplished fly casting instructor already, spent time learning more casting certification from Joan Wulff in her School of Fly Fishing. I hope you find the time and take the opportunity to come and learn some of what Kent has to share with us for the evening.

Remember to not be afraid to let your line or your efforts go into the backing.

Larry Murphy, President

Fly Pattern of the Month



Black Gnat

Hook: Mustad 3096 or 3399A, sizes 12-16

Thread: Red

Body: Black iridescent fibers from the brown tail feather of a turkey. This is found just below the white/tan tip of the feather. This is tied in like herl.

Hackle: Iridescent starling breast or black hen

Note: The pattern can be fished semi-dry or as wet using the Leisenring Lift method. Its appeal to trout and pan fish is universal.

The Leisenring Lift

by Paul Prentiss (paul@flyfishingexchange.net),
Permission granted for reprint from *Front Range Anglers*,
Boulder, Colorado. <http://www.frontrangeanglers.com>

By using the Leisenring Lift, a neophyte fly fisher can be transformed into a fish-catching expert. It can be successfully used for everything from streamers to dry flies.

In the years prior to World War II, Jim Leisenring, an ardent wet fly fisherman, developed a technique that dead-drifted a fly into a prime lie, then just as the fly reached the likely holding position of the fish, it would suddenly rise away, inciting the fish to strike.

The angler stands at the edge of a current tongue and casts up and slightly across stream with a short controlled line. After the fly settles to the water, the rod tip is raised to keep only enough line on the water to allow the fly to sink. As the fly moves toward the angler, the rod tip is raised higher in order to prevent excess slack from forming on the water. Once the fly passes the angler's position and heads down current, the rod tip is lowered, keeping pace with current's pull on the line. This raising and lowering motion will keep the fly right on the bottom and drag-free during the length of its drift.

Once the rod has been returned to the horizontal position, it is held still, allowing drag to set in and the currents to swing the line across stream. As a result, the fly will be swept (lifted) to the surface like an ascending natural. This upward sweeping action is the "lift" part of Leisenring's technique. It is important that the fly get down on the bottom quickly, so the angler should either weight the fly internally or add shot or a similar weight to the leader.

To increase the chances of a fish taking the fly, the angler may try timing the swing so that it begins in areas where a fish would naturally be holding, looking for food (a prime lie or a feeding lie).

To further enhance the fish-attracting abilities of the Leisenring Lift, the angler can couple the swing with a jigging and/or stripping action. Such motion will often entice a reluctant fish to strike.

Another approach that is very effective with minnow imitations, diving caddis adults, and any emerging insect, involves multiple lifts during the drift and the swing. Rather than trying to keep the fly continuously bouncing the bottom, the angler intermittently raises the rod high, pulling the imitation up toward the surface. The rod is then lowered again, allowing the fly to sink.

Applying the lift technique to dry fly presentation can be deadly. It is especially useful for representing those caddis that run on the surface after emergence. The angler fishes the adult pattern right up on top, drifting it over likely fish-holding areas. When the swing is initiated, the fly skates across the water's surface, leaving a "v"-shaped wake, just like a running caddis. If the swing is coordinated to begin where a fish has been rising, the results can be explosive.

Source:

<http://www.frontrangeanglers.com/newsletter/january/leisenringlift.htm>

Club Calendar

July 2005

- 12 -- **Club Mtg** 7pm @ Runge Nature Center, Kent Campbell, Catskills Fishing.
- 25-31 -- **Boy Scout Jamboree** in Fort A.P. Hill, Fredericksburg, VA. Federation of Fly Fishers is asking knot tying, fly tying and casting instructors to volunteer their time to train approximately 3,500 Boy Scouts at the **National Jamboree**. BSA Volunteer Training required.

August 2005

- 01-03 -- **Boy Scout Jamboree** (continued from July 2005)
- 09 -- **Club Mtg** 7pm @ Runge Nature Center
- 11 -- **Missouri Stream Team 760 Outing**, Saline Valley WA on Big Saline Creek, 5:30 p.m. at Schulte's IGA parking lot. Brats, chips and soda provided.

September 2005

- 9, 10 & 11 -- **Club Quarterly Outing** at Montauk State Park
- 13 - **Club Mtg** 7pm @ Runge Nature Center
- 16-18 -- **Conservation Federation of Missouri Fall Conference**, Camp Cloverpoint, Osage Beach - Fly Fishing Clinic, 9:00 -11:30 a.m. Fly casting and fishing instruction. Jerry Kemple and Larry Murphy, Instructors.
- 16-18 -- **"Becoming an Outdoors-Woman"**, YMCA of the Ozarks, Potosi MO. Fly tying and casting instruction classes. Ginger Koziatek and Kent Campbell, Instructors.

October 2005

- 06-09 -- **Mountain Home Conclave**, Southern Council of Federation of Fly Fishers, Mountain Home, Arkansas
- 11 -- **Club Mtg** 7pm @ Runge Nature Center, Mark Van Patten, Fly Fishing the Missouri River (In Missouri!)

November 2005

- 08 -- **Club Mtg** 7pm @ Runge Nature Center
- 4-6 -- **Club Quarterly Outing** - White River, Mountain Home, AR

December 2005

- 13 -- **Club Mtg** 7pm @ Runge Nature Center; No Speaker
Gift Exchange

New Member Packets...

For the \$15 dues, new members in 2005 will receive a packet that contains a embroidered hat, club decal and coupons worth at least \$15 at our favorite vendors. Remember this when you are recruiting new members.

CCFF Address and Web Site...

Address

Capital City Fly Fishers
P O Box 105151
Jefferson City MO 65110-5151

Web Site

www.capitalcityflyfishers.org