



## From the President...

“**Fisherman drowns...**” was the headline in the Baxter Bulletin in Mountain Home AR on Saturday, October 8<sup>th</sup>. What a shocking headline it was for the collection of fly fishermen to find facing them on the last day of the Southern Council Conclave. This event caused me to be reminded of the power of moving water. Fishermen need to remain alert and be aware of changing conditions especially below power generation dams. The circumstances were not readily available to define what caused the accident. The result, however, remains grim. A man lost his life and his fishing partner will be haunted with those memories for a long time.

It is my intention to remind all of us that potential danger is present on the fishing streams we choose to wade. The conditions can often appear to be acceptable but may have hidden dangers. There are things you should know and remember before you take one step into any stream. How prepared are you to navigate in moving water? Your strength and stamina may not be enough to save you should you tread where you do not know the stream bed conditions. What looks to be easily traversed may be treacherous and cause injury. How prepared are you for the various conditions on the water? Remember accidents don't warn you before they occur. Danger can present itself at the simple crossing of a stream in the shallowest of water or more commonly in a moderate stream flowing briskly with hidden depth changes.

## Wading safety tips:

1. **Select appropriate wading shoes.** Know the stream bed conditions of the stream you will be fishing. If the stream bed is predominantly sand, silt or mud, then the lug boots would be adequate. If it has a rocky bottom with or without moss/algae growth, felt soled boots are more appropriate. If there are larger rocks and moss or algae growth, then felt soles with embedded or strapped on spikes is best to wear.
2. **Wear appropriate waders and underclothing** – weather conditions dictate the use of adequate protection. Keep in mind that your body does not tolerate excessive temperature changes for long periods. This is true in winter or summer. A classic example is wearing neoprene waders in the heat of summer. Have you considered what medical condition the heat and loss of body fluids can present to you? Cool weather conditions and cold streams are a combination to prepare for. Insulate against the elements by wearing water wicking clothing in both conditions of heat or cold.
3. **Wear a wading belt** – Wear a belt around the outside of your waders at or above your waist line. This will prevent air from getting into your waders should you fall in the water. When air is in your waders, your feet will probably be the first thing to float. Which means your head will more than likely be submerged. Also consider wearing snug fitting waders over loose fitting ones.
4. **Heed warning signs** – Read any posted signs before you enter the water. The information is valuable for your safety and is necessary to know.
5. **Know whether the water is rising, falling or steady** – especially on tailwater streams. Ask other fishers what they have observed since they have been there. This is more important when you are downstream a few miles from a dam site and can not possibly hear the warning sirens.
6. **Monitor the water level** – Use a stationary rock, log or shoal to monitor the water level. Be observant and check them often.

7. **Plan an escape route** – regardless of where you wade, know where the shallow water is for your exit from the stream.
8. **Carry a wading staff** – Currents can cause you to lose your footing. Plant growth can be a factor for slipping too. A wading staff can aid your stability and help maintain your ability to walk or cross in a stream. When crossing turbulent waters, walk downstream with your side of your body turned upstream. This will present less mass from being pushed by the force of water. It also reduces your struggle against the water. Keep two points of contact on the stream bed at all times. Attach a tether strap to the wading staff or stick and your fishing vest, so you can keep it nearby should you lose your balance.
9. **Accept or offer help** – If you become stranded or are struggling, accept any offer for help. If no one offers, ask for help. If you observe someone struggling, stop and offer aid immediately. CPR and First Aid are valuable to know should circumstances require them.
10. **Recognize your limits** – Don't exceed your strength limits, agility and endurance. Fatigue can be your worst enemy when trying to wade in a turbulent condition.
11. **If water overcomes you, get rid of your equipment** – Hanging on to a favorite rod or other gear during a moment of struggle is not worth your life.
12. **If swept away, float on your back, draw your knees up to your chest, and point your feet downstream** – This position protects your head from striking hard surfaces. Use your arms to steer your way into slower or shallower waters. Remain calm and keep your head above water.
13. **Carry a whistle** – If an accident or event occurs where you need immediate help, the whistle is the quickest way to get someone's attention. The water's noise can mask your distress and even your voice. A whistle is better to use when urgent assistance is required.
14. **Wear a PFD** – personal flotation devices can be a valuable aid to your survival. When you are in a boat going to your favorite wading area, wear one. There are also those available which replace the straps of your waders and self-inflate when needed.
15. **Carry a knife** – should you become trapped by a root or rock, you may need the knife to cut your gear and free you from entrapment.
16. **Carry a first-aid kit** – Simple accidents are not always the rule. More complex and threatening circumstances may occur. You could fall and strike a sharp rock, and need to stop the bleeding. Be prepared for any medical first aid that may arise by carrying a lightweight kit and handkerchief.
17. **Wade safely** – Avoid wading in conditions where your center of balance is under water. The midstream shuffle is the gait of choice: Move your feet along the bottom as though you are blind. Use the staff to probe ahead to check the depth or define obstacles. Feel along with each foot and find a secure spot before you commit your weight to it.
18. **After a fall, get out slowly!** Take time to assess your situation, rest from the trauma, and evaluate your needs. Use the spare clothing you brought on the trip for a dry change.
19. **Cell phones?** – Many think them to be a nuisance on the stream, but they can save time when an emergency occurs. Check your reception before you enter the stream area. If it doesn't have multiple bars, then leave it behind in the car.
20. **Common sense** – many were born with it, others learned it along the way. Use it in all circumstances. Think before you take one step into the water. Know your limits.

John Walthers has agreed to head up the winter fly tying sessions. He will need our assistance by volunteering to be an instructor or lead fly tyer for an evening. Plans are to post the fly tying patterns on our web site in the near future.

A new feature has been added to our web site. It is a new email address. Contact information is valuable to post on the web page so visitors can find out more

information easier than it was before. The address is shown at the end of this newsletter.

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

Larry Murphy, President

## Fly Fishing Safety

By Gary Eaton

1. EYE PROTECTION – Wear sunglasses. Wrap around and side shields offer a little more protection. Polarized lenses let you see more fish and underwater structure. One hook in the eye is one eye lost. HATS offer some protection, also and make polarized glasses more effective.
2. BARBLESS HOOKS – They do not allow for more lost fish, just try getting one out of your hand! They greatly reduce the chance of injuring a fish at release. If you do not know how to remove a hook from the skin, leave it in place and seek help. Never try to remove ANY hook from the eye unless you are an eye doctor.
3. WADE SAFELY – Wear a wader belt to reduce volume allowed into your waders. Never wade above waist level in strong currents. Avoid wading alone. Consider a flotation device and a wading staff.
4. DANGER ZONES - Behind a flycaster is an unsafe area. Speak to a caster before crossing behind them! They don't want to interrupt their fishing to dislodge a hook from you, either.
5. TRACTION – Felt soles grip better than solid surface soles. Metal cleats offer an advantage in some bottom environments. Greater depth increases your buoyancy and reduces traction as well as increasing flow pressure trying to move you down stream.
6. COURTEOUSY – Avoid encroaching on another persons fishing zone. Don't wade fast enough to create waves if you must enter the water. Ask the nearby fisherman where you will be least problematic to their fishing plan or whether they are working upstream or downstream. Avoid entangling lines, airborne or

on the water. “River Rage” is a real problem, share the water and reduce crowding.

7. RISING WATER – Tailwater fisheries only have warning sirens at the outlet dam. If you are downstream water can rise a foot a minute. Find a landmark, check it between casts and if it is submerged, get out of the water – don't wait another cast!
8. HAVE A CURFEW – Someone at the water and someone at home or the lodge should know your fishing plan and timetable and an absolute check-in time after which the authorities are called to find you. Prepare in advance to ward off drowning, hypothermia and other preventable catastrophes. If you don't know, then please don't go.
9. BUDDY SYSTEM – Fishing with a sensible partner is worth a lot providing you both use caution and keep together. Know your own and each others' limitations.

## South Callaway's Hooked on Fly Fishing not Drugs Program

The South Callaway R-II Hooked on Fly Fishing not on Drugs program is planning an outing on December 3. The group will go trout fishing at McKay Park Lake. See Regina or Mark Van Patten for more details. Volunteers are required to aid the students with their newly acquired skills.

## Winter Trout Programs

McKay Park Lake was stocked with 2400 rainbow trout on Tuesday, November 1. A catch and release program is in place until February 1, 2006. After then, all fish caught can be taken home four at a time.

If you enjoy the experience at McKay Lake, then let the Jefferson City Parks and Recreation Department know it. Contact them with positive information to ensure the program continues. If there is a problem, be discreet and advise them privately.

Meramac Park will run a trial Catch and Release season every day of the week this year. It will begin on Nov. 12.

## Mountain Home Outing

Nov. 4-6

The club will have its fourth quarter outing at Mountain Home, AK on the weekend of Nov. 4-6. Some are going down on Friday and others will be coming down as they get off work. The group will meet at 7:00 am each morning in the Lobby of the Days Inn to discuss where each will be fishing for the day. We will go to Fred's fish on Friday night.

## Club Calendar

November 2005

- 01 -- **Catch and Release Winter Trout Fishing** McKay Park Lake, sponsored by Jefferson City Parks and Recreation.
- 04-06 -- **Club Quarterly Outing** - White River, Mountain Home, AR
- 08 -- **Club Mtg** 7pm @ Runge Nature Center, Bill Turner, Missouri Department of Conservation, Understanding Streams
- 30 -- **Hooked on Fly Fishing Not Drugs**, South Callaway R-II Middle School, 3:15 - 4:30 p.m., Knot Tying Instruction, "A Way of the Trout" video

December 2005

- 03 -- **Hooked on Fly Fishing Not Drugs**, McKay Park Lake, Trout fishing (Catch and Release), planned lunch; Club members as fishing assistants needed, [Time to be posted later]
- 13 -- **Club Mtg** 7pm @ Runge Nature Center; No Speaker Gift Exchange

January 2006

- 05 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center

- 10 -- **Club Mtg** 7pm @ Runge Nature Center
- 12 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 19 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 25 -- **Hooked on Fly Fishing Not Drugs**, South Callaway R-II Middle School, 3:15 - 4:30 p.m., Fly Tying Instruction, Grizzly Hackle Wooly Bugger (Streamer) and BiVisible (Dry Fly)
- 26 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center

February 2006

- 01 -- **Catch and Keep Winter Trout Program** McKay Park Lake, Jefferson City
- 02 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 09 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 12 -- **Bolivar Conclave** Highway 71, Bolivar MO
- 14 -- **Club Mtg** 7pm @ Runge Nature Center
- 16 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 18 -- **Missouri Stream Team 760 Outing**, Saline Valley WA on Big Saline Creek, 9:00 a.m. at First Assembly of God's parking lot on Route C. Brats, chips and soda provided. Invitation will be extended to HOFF members.
- 22 -- **Hooked on Fly Fishing Not Drugs**, South Callaway R-II Middle School, 3:15 - 4:30 p.m., Casting Instruction and Game Prep (Outside if weather permits)
- 23 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center

## March 2006

- 01 -- **Opening Day** Missouri Trout Season
- 02 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 09 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 12 -- **Club Banquet** Family & Members only [More to be announced later]
- 14 -- **Club Mtg** 7pm @ Runge Nature Center
- 16 -- **Fly Tying** 6pm to 8 pm @ Runge Nature Center
- 16-18 -- **Sowbug Roundup** Mountain Home, AR
- 29 -- **Hooked on Fly Fishing Not Drugs**, South Callaway R-II Middle School, 3:15 - 4:30 p.m., Casting Game, Clean Fish, Entomology

## April 2006

- 11 -- **Club Mtg** 7pm @ Runge Nature Center
- 21-23 -- **Spring Quarterly Outing** Spring River, Mammoth Springs, AR; [Riverside Resort, Camp & Canoe](#); 10 minutes south of Mammoth Spring on Hwy 63 South
- 26 -- **Hooked on Fly Fishing Not Drugs**, South Callaway R-II Middle School, 3:15 - 4:30 p.m., Mini Conclave on Fly Tying. Club member volunteers become featured fly tyers one-on-one with students showing them their favorite fly pattern. Pattern and printout become part of the student's collection for future reference.

## May 2006

- 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.
- 20 -- **Club President's Meeting (FFF)** Rim Shoals (Catch and Release Section) on White River, Mountain Home, AR

## June 2006

- 10 -- **Bennett Spring State Park Conclave** Check with Jim Rogers or Bob Gaston for more information.
- 13 -- **Club Mtg** 5pm @ County Park Lake, Jaycee Fairgrounds, Casting Games and Instruction, Warmwater Fishing
- 24-25 -- **Quarterly Outing** [Tentative date - location to be determined]

## Fly of the Month

**Name :** Deer hair beetle

**Material**

**Hook:** Mustad 94840 size 12

**Thread:** Black size 8/0

**Tail:** Black deer hair

**Back:** Orange deer hair

**Hackle:** Orange deer hair

### *Tying Instructions*

**Note:** *This fly will be tied Humpy Style*

1. Crimp barb of hook and put it in the vise.
2. Start the thread just behind the eye of the hook and wrap it back to the curve of the hook.
3. Cut a small group of black deer hair to form the tail. The tail should be about as long as the hook shank. Ty the tail in pointing away from the eye of the hook and tied in at the back of the hook.
4. Cut a group of orange deer about twice the length of the hook shank and twice as thick as the tail group. Stack the hair with a stacker so that all of the small ends are all together.
5. Ty the orange bundle in at the back of the hook pointing in the same direction as the

tail and then fold them loosely back over the back of the hook. Secure them at the eye of the hook and then stand the ends up to form a fanned hackle.

6. Whip and cement the head

For the last couple of years, these orange beetles have been a nuisance around my house. They should make good flies.

## **Stream Team Report**

There was water flowing in Saline Creek when we went down this time. Four members of the Club and Stream Team 760 were there to sample the stream and do a trash pick up. (You become a member of Stream Team 760 when you join the CCFF)

The Maries was in pretty good shape when members of Stream Team 760 monitored it.

Both of these monitoring were done during the International Month of Water Quality Monitoring.

## **Treasurer's Report: \$7,700.00**

## **CCFF Address and Web Site...**

### **Address**

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

### **Check out the new e-mail address**

**Web Site**      [www.capitalcityflyfishers.org](http://www.capitalcityflyfishers.org)  
**Email**            [info@capitalcityflyfishers.org](mailto:info@capitalcityflyfishers.org)