Happy New Year and welcome to the January 2013 issue. If you know of someone who would like to
receive this newsletter please have them contact me at fffoffice@fedflyfishers.org.

If you would like to include any of the articles in your own newsletter you are welcome to do so – we
just ask that you give proper credit. I welcome submissions of articles you feel may be of interest to
other fly fishers, fly tiers and clubs.

What’s Happening

New look: The ClubWire has been updated with a new look. I hope that this is more pleasing to the
eye. Enjoy !!!!

Change in our name: As most of you know the Federation of Fly Fishers (F.F.F.) has always been an
international organization. Because of this, it was decided that the name should be updated to
International Federation of Fly Fishers (I.F.F.F.). By the way, did you know that the I.F.F.F has
members in 45 Countries and growing.

Fly Fishing Fair (formerly known as Conclave): The location for this year’s Fair will be in West
Yellowstone, Montana. The dates are September 24-28, 2013. The daily schedule can be found on
this page http://www.fedflyfishers.org/FlyFishingFair/DailySchedule.aspx

Affiliate Club Dues for 2013: Club dues notices were sent out in November 2012 to contact person
we had on file. If your Club has not renewed for 2013 yet or paperwork has been misplaced you can
find the 2013 form on this page

Need a little help with your cast: You can contact any of the I.F.F.F. Certified Casting Instructors by
searching your state from this page
http://www.fedflyfishers.org/Resources/Locate/CastingInstructors.aspx
Check this out: I know that 2012 is over but you are going to get a kick out of the fly pattern in this issue. Creative, Cute and just plain fun!

A Look Back At Previous New Years Resolutions
By: John Berry

When I was considering my options for writing this week’s column, I thought about writing one on my New Year’s resolutions for the coming year. I did this a couple of years ago. Then I got to thinking, how effective was I with implementing the list of resolutions that I had made then? I went back and looked at the original article. I was not totally successful. I don’t think I should make any more resolutions until I can implement the previous ones. The following is an analysis of my previous resolutions.

I wrote that I would not buy any more rods and reels. The idea was that I had plenty and did not need anymore. I have rods that I have never cast and reels that I have never put a line on. Well this was a dismal failure. I have bought three new rods in the past two years with a combined retail value of $2,200.00 and also purchased no less than six reels worth around a thousand dollars. For the purposes of this column I will not include my spool purchases. I did not need any of this gear. The key to my downfall is that as a guide, I occasionally get great deals on fishing gear. Due to my Scots Irish heritage, I am thrifty and reluctant to let a good deal pass by. It is not a bargain, if you do not need it.

My next resolution was to take my beloved yellow lab, Ellie, fishing with me more. In the article, I wrote that she is getting old but still loves to go on stream. This has been a resolution that I have had little success with. At fourteen, she is ancient for a big dog. We have her on various medications for her arthritis and incontinence issues. This fall we had to purchase a ramp so that we can load her into the car more easily. She is still a great companion around the house and travels with us but she just doesn’t have the stamina to spend a few hours on stream with me. I do miss fishing with her.

I wrote that I had taken a couple of tough falls when wading in the previous year that endangered my life. I resolved to exercise greater care on stream. This is one resolution that I was able to keep. I have not had a serious fall in two years. Before each fishing trip, I carefully check water conditions and weather prior to leaving the house and monitor them throughout the day while on stream. I bought new waders that have a slimmer fit (they provide less resistance when wading) and better boots with studs. Both make wading easier and safer. Finally, I take fewer chances. I always develop an escape plan before entering the water and I avoid dangerous spots.

Another resolution was to kayak more with my wife, Lori. This has been a major success. We have kayaked together often and would do more if we had not been as busy guiding the past year. The key has been for us to get a kayak trailer that makes loading the boats easier and quicker. We also put a trailer hitch on our riding lawn mower to make it easier to move the trailer around the yard. We have also tempted several of our friends and family members to give it a try. This has resulted in several of them taking up the sport. This gives us access to a group of avid floaters for when we want company on stream. We have floated Crooked Creek, the White and Norfork Rivers, the North Fork of the White and the Buffalo. We also did a two day float on the Buffalo River (Lori’s first overnight camping trip). We did this float in a canoe so that we could carry more gear.
Next I wrote that I would reorganize my fly boxes. I added that I would begin using two new Wheatly fly boxes (expensive aluminum English fly boxes) and eliminate a couple of old plastic boxes. This resolution has been a dismal failure. The Wheatly’s are still in their original boxes and I am still using my deteriorating plastic fly boxes. I can only blame myself for this one. I just never got around to it.

Finally, I reported that I had left my favorite fly rod on the roof of my car and drove off. I lost the rod for several days and was lucky to have it returned by a fellow guide. Unfortunately it had been run over by a car and was broken. I was fortunate enough to have it repaired and it is back in my arsenal. I resolved to be more careful when putting my rods away when the fishing day is over. I acquired a Rod Loft (a rod rack for your car) and use it constantly. Since then I have not left a rod on the top of my car. I did manage to break one on a kayak trip but that is another story.

As you can see keeping my New Year’s resolutions has been a mixed bag. I will try again to not buy any more rods and reels this year and will reorganize my fly boxes.

Casting Elbow and Other Physical Ailments

I am not a physician or physical therapist, and therefore cannot diagnose medical problems. I do know, however, something about casting ailments and perhaps I can pass on some advice. I have been troubled by tendonitis since I was in my early thirties. My first encounter with tendonitis was the result of very active sailing, cranking the grinders and pulling on halyards and sheets to raise and trim the sails.

Now in my fifties, I have frequent bouts of tendonitis in a variety of body parts often caused by excessive fly casting. Face it. A lot of us fly fishers are “old [f*rts].” Younger fly fishers are but a few years behind us and by developing good habits now, maybe they can avoid some of our aches and pains.

Contrary to what you might think, casting is not a non-impact sport. No, I don’t mean throwing leg blocks while combat fishing on our crowded trout streams, tempting as it may be! Casting being a repetitive sport repeatedly and rapidly extends and shortens the muscles and jars the tendons. The tendon is the bundle of fibers that attach a muscle to the bone. Particularly when we cast aggressively as in long distance casting we attempt to bring the rod to a sudden stop. This stop of the casting arm, and also the hauling hand, can jar or shock the tendons.

Muscle soreness is not necessarily a bad thing. Certainly, we encounter more soreness as we get older. However, this soreness is a warning sign to be careful not to over-do it. Particularly, when we extend the arm during casting it can strain the tendon. A jarring stop can increase the strain several fold. This can occur during repetitive casting. The impact to the tendon during hard casting such as distance casting can be severe. It is often the jarring at the end of the cast that really strains the joint and tendons. Long hard hauls with the line hand at full extension can be severe. This has probably been my biggest problem.

How to Deal With It
Go Easy – Usually if we are getting pain, we’ve been casting too hard. If you must cast, do it gently.
Avoid – full extension of the joints and lifting heavy objects (with severe tendonitis, it could be a cup of coffee.) When lifting an object, lift slowly so the strain of the weight is taken up slowly. Don’t extend the joint fully when lifting.

Rest, Rest, Rest – if your tendonitis is severe, stop casting until the pain goes away.

Ice – frequent application of ice for about 20 minutes at a time several times a day is a big help. Don’t use heat at first. Heat primarily is useful to help loosen stiff joints. Ice is better on inflammation.

Drugs – consider using supplements such as Chondroitin, glucosamine, and MSM. They seem to help me. Take a pharmaceutical-grade anti-inflammatory (e.g., Ibuprofen) as necessary, but see your physician.

Therapy – visit your physical therapist or chiropractor. They have other approaches to therapy and sometimes resorting to injections may be necessary.

How to Avoid It
There are several things we can do help avoid casting injuries. This starts with regular exercise and good nutrition. This includes regular aerobics such as walking, swimming, cycling or rowing. This keeps the joints moving and maintains the body’s natural anti-inflammatory process.

Cast regularly, daily if possible, in small periods of about 20 minutes. Don’t over-do it! If you are just starting out such as after a long winter, increase your casting effort slowly, starting out with “non-impact” casting.

Loose, loose, loose – keep your grip loose during most of the casting stroke. I can’t over emphasize this. Gripping the cork continually and/or too hard can contribute to the development of tendonitis, besides being tiring. The hand should increase the grip, squeezing the cork, at the end of the back and forward casts.

Take casting lessons. Most people cast way too hard. Learn to cast with less and less movement and effort.

There’s no reason to cast any harder than we have to for the task at hand. A good instructor can help you cast better and more efficiently.

Christmas Tree
By: Rob Burlingame – Alamo Fly Fishers newsletter

The election is over, the turkey and stuffing are gone and now we sit back and wait for this year to come to a close. 2012 has seemed to fly by for me with a way too busy work schedule and way too little fishing time. Maybe I can resolve to fish more at New Year’s…one can only hope! The weather is finally at a point where it is consistently pleasant and it is a great time to be on the water. This time of the year has its own issues, but if you are patient the fishing can be fantastic.

If you have been down to the coast over the last month, you will certainly have noticed that duck season is in full swing, hence the hoards of airboats circling the sacred flats. I don’t particularly care for the silence shattering airboat regatta, but understand these guys are just trying to make a living like the rest of us. Give them room and they are usually off the water by mid-morning. Actually, the timing is pretty good, since it gives the sun time to come up for prime sight casting visibility and
allows the flats to warm up a bit to entice the fish into the buffet line. The redfish are grouped up, so your days are usually boom or bust. If you find fish, you will likely find lots of fish in close proximity, making the boom days well worth trudging through the busts. This is also the time of year where you start to see a larger number of big sow trout in the shallows we haunt. Winter is big trout season and what better way to get one than to watch her engulf your fly! If you haven’t given winter flats fishing a shot, I encourage you to go.

Now, to this month’s fly. I have already mentioned my lack of fishing time this year, but I haven’t mentioned the byproduct of that. If you tie your own flies and don’t get out on the water, your fly boxes begin to fill up with your usual patterns, maybe a few in waiting for a field test. Well, with no “room at the inn” for my flies, I thought I would go way out on a limb and try something decorative. I thought about the spoon fly earrings my wife keeps asking me for, but thought a little seasonal novelty was the right recipe. So, after scouring the web for ideas, modifying a few patterns and raiding my daughters’ creative supplies, I present to you the Christmas Tree fly (cue the chorus of “Fa La La La Las”).

For starters, I would expect this to be your “go to” fly for tree decorating more than fishing, but who knows. I have caught fish on stranger things, including the old beer can crank baits they used to make for bass fishermen. Throw this tree under the lights at night on a Land Cut dock and you might just get lucky! Any fish caught using this fly under normal circumstances should probably be killed and filleted immediately to conserve a sporting gene pool.

On a more serious note, this was a fun activity with the kids and I may cram a few into plastic ball ornaments to hang on the tree, maybe assemble a few as gifts. It is a fun fly that breaks the monotony of tying the same set of patterns over and over and is a great way to practice your hair spinning with a purpose. This fly uses only a few materials and is very inexpensive to tie. With very few steps involved, it is also a fairly easy fly to tie (once you are competent at spinning and stacking hair). When it’s done, you can hang it on your tree to enjoy for years to come or tie one on for some laughs on your next outing. Grab some eggnog, head to your tying station and enjoy the novelty of this one. I wish all of you a very Merry Christmas and much success in 2013!

**Materials**

Hook: Tiemco 9395 or similar 4X-6X streamer hook, size 4

Thread: 3/0, brown or green

Tail (Trunk): Chenille, fine brown

Body: Deer body hair, color of choice

Other: Super glue, large bead for tree topper, small beads for ornaments

**Tying Steps**

Place a bead on the hook if you would like a decorative “tree topper”. Start your thread in front of the hook bend but behind the area just above the hook point. Tie in a small strand of chenille.
Take a sip of eggnog or your favorite festive drink. Wrap the chenille forward a few wraps to create the trunk and tie off.

Begin spinning small clumps of deer hair onto the hook, working your way toward the hook eye. Tip 1: If you added a large bead for a tree topper, you can use it to pack the hair back between clumps. Tip 2: I recommend an additional sip between every other clump.

Once you have reached the bead or hook eye with your spun hair, whip finish the fly. Trim the spun hair into the desired shape, in this case a cone. Trim a little at a time until you get the shape you want or your drink is gone.

You can stop here and have a bare tree (what fun is that?) or you decorate it. Super glue small beads around the tree to add ornaments, add some white paint for flocking or some krystal flash tinsel. Sit back, take another sip and admire your handiwork!

**Conservation Projects Receive Funding**

The Conservation Committee and the IFFF Executive Committee approved the following projects for funding in the fall round of the Conservation Small Grants Program. Each club or council will receive $1,500 for their respective project. Congratulations to all the recipients!

- WI Spring Creek Brook Trout DNA Identification Project from Bob Tabbert and Upper Midwest Council
- Striped Bass Research Project Intern funding by Virginia Institute of Marine Science (VIMS) from Bob Groskin and IFFF North Eastern Council
- Kern River Signage Project from Southern Sierra Fly Fishers and Shane Goslin
The Compleat Angler (or The Contemplative Man’s Recreation), Izaak Walton, 1653.

Recent weather trends remind us that the season for fireside reading, with good drink and verse at hand, is upon us. We are fortunate that our SFFC Library has books providing entertaining insight into the fishing of the past - even the distant past. Foremost among these is a copy of Izaak Walton’s The Compleat Angler, the work that many consider the old testament of angling literature. Written in the leisurely style of the mid-1600s, it must be read leisurely and carefully. Such reading will yield a multitude of discoveries and revelations, engrossing the reader in the images and practices of the time. You will be gratified at the degree to which you find commonality with the angler of Walton’s day and pleasantly surprised at how you recognize some of the “tackling” methods that are discussed.

The story line is set upon an ongoing debate between the angler, Piscator, a hound hunter of river otters, Venator, and a falconer, Auceps, during a trip through the English countryside. Each tries to persuade the others regarding the ultimate practical and philosophical supremacy of his preferred recreation, quoting classic historic literature as well as biblical scripture in support of his assertions. Far from being laborious reading, these references provide delightful insight into the degree to which attitudes affecting recreational life of the period were grounded in religious and philosophical reflection. The sub-plot of detailed instruction continues to follow Piscator, the angler, as he schools Venator in the various fishing methods of the day. They pursue chubs, trout, grayling, salmon, bream, pike, perch, and even tench, while encountering a variety of English “country cousins” along the way.

The book is, aside from its philosophical purpose, a general treatise on angling and is not limited to fly fishing. There are careful instructions regarding live-keeping of various types of worms (“lob-worms”, “squirrel tails”) for bait fishing (even for salmon!), as well as the use of natural flies and minnows. Two pages are devoted to the proper manner in which a worm is to be threaded on a hook! Walton’s detailed physical descriptions of some of the fishes pursued, during the various seasons and whether fresh from sea or in spawning dress, will mesh nicely with your own recollections.

Walton’s discussions of fly tackle and tactics are of particular interest, of course. He recommends a single horse hair, if possible, be used for what we would consider a leader. However, he encourages the dry fly angler to fish downstream and to allow only the fly to touch the water. (Distance casting with balanced enameled lines held on lightly tooled reels was still far into the future.) When his fishing companion loses a trout when breaking his line trying to beach it, Walton describes the
proper way to “use the bend in the rod” to fight the fish, even to the point of throwing the rod in the water and letting the trout eventually tire itself by dragging the rod about the pool, which he endorses as his own common tactic! Meanwhile, the discussion that ensues regarding the escaped fish’s fate with the hook still lodged in its gut is touching and eerily similar to discussions we hear today regarding the merits of catch and release and resulting trout survival.

Tyers will enjoy the section on preparation and use of artificial flies, providing primitive dressings and interesting descriptions of materials. With some deference to terminology and quaint, old English style, the actual instructions read much like the tying manuals of today. “…and still looking at every stop or turn, that your gold, or what materials soever you make your fly of, do lie right and neatly; and if you find they do so, then, when you have made the head, make all fast and then with a needle or pin divide the wing into two, and then with the arming silk (tying thread) whip it about crossways betwixt the wings…”

The book contains much in the way of merriment and mirth, in keeping with the writing of that period. It is replete with poetry, most of which extols the virtues of angling and its contemplative side. There are warm references to country inns, virtuous milkmaids and their mothers, as well as metaphors involving gypsies and singing beggars. There is, however, none of the ribaldry one might expect to find in writings of period. (Indeed, at one point Piscator objects strongly to another in the hunting party who engaged in such banter.)

The illustrations, by Arthur Rackham (1867-1939), are absolutely enchanting! Ranging from the whimsical to the serious, they follow the plot and are particularly informative. The paintings of the characters, including Walton himself, and the various settings are revealing in details of dress as well as of the interiors of the inns and shops of the period. Rackham’s work is included in various editions of Peter Pan and Aesop’s Fables, among others, and Rackham was one of the very noted illustrators of his day. These illustrations are, by themselves, worth the check-out effort.

Finally, this is one of those books that holds something for every angler by way of personal discovery. For example, being a falconer as well as a fly fisher, I found it especially fascinating that the boasts and vanities of the falconer of that period, regarding the heights attained by the bird he had trained, were very similar to those of the falconer of today.

So, treat yourself to an enchanting journey through Merry Olde England with the man who many consider the father of it all by borrowing The Compleat Angler from your SFF Library.

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Bighorn River Youth Adventure - 2013

The Bighorn River Alliance & International Federation of Fly Fishers are again sponsoring the youth adventure.

A great opportunity for young people to expand their knowledge of fly fishing is on the horizon. The Bighorn River Youth Adventure is currently taking applications for the 2013 program at Fort Smith, MT on the banks of the world famous Bighorn River. Twelve young fly fishers will be invited by the Bighorn River Alliance for a four day fly tying, fly casting and fly fishing adventure. All meals, lodging, airport shuttles and guides will be provided free of charge. Air transportation to Billings or transportation directly to Fort Smith must be secured by the participant’s parents, guardian, fly fishing club.

The dates for the Bighorn Youth Adventure will be June 16 through 19, 2013 with a travel day before and after. All clubs, councils and individuals are urged to encourage applications from young anglers.
TRAVEL ASSISTANCE GRANTS AVAILABLE
Travel assistance grants are available on a limited basis and granted based on financial need. Thru the generosity of donors and supporters we are pleased to be able to help with transportation expenses for some of our attendees. We are sincerely encouraging applications from youngsters who would otherwise be unable to attend our program. We are also encouraging fly fishing clubs to participate in the travel grant program. Contact Frank Johnson for information. (Contact Information below)

APPLICANT REQUIREMENTS
Any youth, male or female, ages 14 thru 18. All applicants must ‘KIND OF’ KNOW HOW TO FLY FISH AND ‘KIND OF’ KNOW HOW TO TIE FLIES. We are seeking youngsters who want to experience the joy of a ‘big time’ fly fishing adventure and are willing to return home to mentor other young people and encourage others to take part in the great activity of fly fishing.

We encourage applications from youngsters who do not otherwise have the opportunity or means to experience a big time fly fishing adventure.

During their stay at Fort Smith, the Bighorn River Alliance will provide at NO COST all of the meals beginning with lunch June 15th (travel day) thru breakfast June 20th (travel day).

Lodging will be provided at NO COST by several of the local lodges (double occupancy) in and around Fort Smith.

Guiding will be provided by Mature, licensed, professional guides who have logged thousands of days on the Bighorn. There will be a total of 24 guide days at NO COST to the kids. (Our 17 volunteer guides for 2010 had combined guiding experience of more than 330 years.)

We take our hats off to the Fort Smith angling community for their generous donations!

Anyone who is interested in attending must fill out an application form. The form asks for general information including names and addresses of both parents and applicants, questions regarding angler experience, health and diet questions, and more. There are also three essay questions at the conclusion of the application. Twelve youths will be asked to attend. Application deadline is March 31, 2013.

The following is a quote from Dr. Rick Williams, IFFF Director, Executive Council Member and Conservation Committee Representative (Rick observed the entire 2010 program and spoke at our closing Banquet): “I can't say enough good things about the program you and the Bighorn River Alliance have put together for the youth anglers. What a world-class experience for the kids and what a first-rate operation you and the many other wonderful volunteers have created. We met so many wonderful folks there that we feel like friends already. We will be back up for the fishing again.”

For more information please refer to the Bighorn River Alliance web site: http://www.bighornriveralliance.org Click on NEWS then look for Youth Adventure information.

TO GET AN APPLICATION CONTACT
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