

Flies & Lies

NEWSLETTER OF THE FLYFISHERS
OF NORTHWEST FLORIDA
AUGUST 2007

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MONTHLY MEETINGS

Meetings at Miraflores Park
17th Avenue between
Belmont and LaRua

BUSINESS MEETING
1ST TUESDAY, 7 PM

BULL SESSION
2ND THURSDAY, 6:30
PM

CASTING & TYING
CLINIC
3RD SATURDAY, 9 AM

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President's MessageKaren Brand

Westward Ho! Our club will have good representation on several of the streams in WY, UT and MT during the months of August and September as groups of club members travel west. The drought here in Florida may have broken but many of the western states are in desperate need for water. Tom Regina just sent me a list of streams in MT that are either closed to fishing or have serious restrictions due to the water shortage. Travis has been sending fishing reports from Yellowstone and the situation there is not much better. For those of you that are interested in getting regular fishing reports out of Yellowstone you can also go to the Bud Lilly website, www.budlillys.com and sign up for their newsletter. If we all pray for rain maybe these areas will get a little relief before we all head west.

One of the key advantages to club members is the opportunity to travel and learn about fishing in other areas of the country. We have members who have traveled to fishing destinations all over the country so there is a wealth of knowledge within our club that both old and new members need to tap into to. I hope you see you all at the general membership meeting Tuesday, August 7th.

Karen Brand

General Business Meeting, Fly Fishers Of Northwest Florida,

Due to no requests for action, there was no board meeting prior to the regular business meeting. President Karen Brand called the meeting to order at about 7:00 P.M. Attending members approved the minutes of the June meeting. The treasurer's report was approved as submitted.

In committee reports, Bill Parrish asked that members contact him with requests for acquisition for our club library. If you see a book or DVD, which you think might benefit our members, please give Bill the information.

Larry Goodman, our Fly Fishers Federation representative, said that the FFF Conclave for 2008 will again be held at Callaway Gardens. Larry described some of the great benefits of attending, including the bargain rates afforded by Callaway.

Klaus Gohrbandt reported on the Boy Scout Camp instruction for this year.

Our speaker for the evening was Keith Clark, an officer with the Florida Fish & Wildlife Conservation Commission. Keith told us of his duties in law enforcement on land and water. He answered many questions about procedures and laws pertaining to boaters and fishermen. Keith also informed us that he has the same authority and responsibility to enforce the state laws as any law enforcement officer.

Casting & Tying at the Club.... Tom Regina

At the Thursday August 9 Bull Session, starting at 6:30 PM, we will be tying a poly-wing trico spinner dry fly, size 20. Also at the August 9 Bull Session, starting at 6:30 PM, John Brand will continue to demonstrate and give instruction on a particular fly casting technique. John will also provide general casting instruction at the Saturday August 18 clinic starting at 9 AM. If you want to improve your fly casting skills, John is the one to help you. Also at the Saturday August 18, 9 AM clinic, Tom Regina will lead us in tying a latex caddis pupa.

Your club will provide fly rods, reels, and all fly tying materials and tools at both the Bull Session and the Saturday clinic. If you have your own fly rod and tools please bring them. As always we welcome your guests and we have fly rods and tools for them to use. Your guest well be treated as we would want to be treated. We promise to make them welcome.

At the Saturday clinics, your club provides a "gourmet" lunch along with big and little people's beverages. And it is all free for both club members and our guests. At the August 18 clinic Russ Shields and Jerry Giles will feed us another mighty fine lunch. This time they will serve us pork spareribs and coleslaw. If you have partaken of there lunches in the past you need not be reminded of how great they are. If you haven't chewed down on Russ and Jerry's vittles, be there and fatten up... you won't be sorry.

Latex Caddis Pupa.... Tom Regina

The Latex Caddis Pupa is another fly dressed using the strand body technique. Wrapped strand materials are excellent for building segmented bodies. The variety of strand products available to the fly dresser include but are not limited to (let your imagination be your guide) wire, stripped feather quills, horse tail hair, vinyl V-rib and D-rib, hollow and solid vinyl cord (Larva Lace), latex strips, scud back, floss, chenille, and others. In fact, the variety of strand materials used for fly tying is almost limitless and the number of strand materials grows as new products continue to become available to us.

Materials

Hook	Mustad 9671, 2XL, nymph, size 12.
Thread	6/0 brown*.
Underbody	6/0 brown thread*.
Body	Hairline Dubbing, Inc. Nymph Stretch Skin, Natural Latex 1/8"*** colored with green Prismacolor waterproof marker.
Wing	Shane Stalcup Flies, light dun Medallion Sheeting.
Thorax	Brown Life Cycle Nymph Dubbing.
Head	6/0 brown thread.



Tying Instructions



1. Debarb the hook and mount it in the vise. Lay down a smooth neat underbody thread base from the hook eye to a point on the hook bend directly above the hook barb. Cut about a four-inch strand of 1/8" natural latex from the skein and taper one end as shown.



2. Tie on the latex strip to the top of the hook at the hook bend with the straight edge of the strip facing up. Wrap the thread forward to the hook eye continuing to form a smooth neat underbody.



3. While stretching the latex strip, wrap it forward with 50% overlapping turns. Decrease the amount of stretch with each successive wrap so very little or no stretch is applied to the last wrap. Continue to wrap the latex strip to the tie-off point 1 1/2-hook eye distance back from the hook eye. At the tie-off point take two tight thread wraps over the latex strip. Stretch the tag end of the strip and take several more tight thread wraps over the latex strip. While still stretching the latex strip cut the tag end away close to the hook shank.



4. Color the segmented latex body with a green* waterproof marker pen.



5. Cut about a 2" x 3/16" strip of Medallion Sheeting from the skein. Fold the strip in half lengthwise and trim the doubled ends into a wing tip shape as shown in the photo.



6. Place the folded and trimmed wing strip over the hook eye with one wing segment on each side of the hook shank and the wing tips even with the back of the body. Cant the wings up slightly and tie the wing strip onto the hook about 1 1/2-hook eye distance back from the hook eye.



7. Cut away the front folded tag end of the wing strip to re-expose the hook eye.



*Other nymph colors such as olive, black, and red, etc. may be used.

** Green or other nymph colors of Nymph Stretch Skin can be used.

Learning to Fly on Utah's Green River....Darren Regina

They say "perception is reality", but on a recent trip to the Green River in Utah, my perceptions of fly-fishing didn't match the reality of the experience at all. You see, I took "A River Runs Through It" approach to fly-fishing. One marked by tranquility and pondering of life's grand questions during long periods of peace interrupted only by the rhythmic gurgling of the stream. Fly-fishing is supposed to be relaxing, right? Quietly whispering stories (lies?), allowing the fish to become an afterthought. Equally dividing time between enjoying the breathtaking scenery and the leisurely pursuit of the objective.



If these were my perceptions of fly-fishing, I had a lot to learn, and there is no better classroom to learn than within the majestic walls of the Flaming Gorge. Hidden away at the East end of the High Uintah Mountains in North Eastern Utah, surrounded by what seems to be nothing, the unlikely brilliance of the Flaming Gorge, carved by the Green River as it snakes downhill to its junction with the Colorado River, is not to be missed. Fiery walls of red sandstone climb out of the crystal clear waters of the Green River, providing anglers below with a peaceful, casual float above more trout than you can shake a stick at.

Actually, shaking a stick at those trout is the highlight of any trip to the Green River, and was the purpose of a June trip I took with my dad, Tom Regina. I decided to take the opportunity to wash my hands of another year of teaching high school by making a road trip from my home in San Diego, CA to Dutch John, UT, the gateway to all that Flaming Gorge has to offer. I brought my mountain bike along, and planned to ride a famous trail near Zion National Park before continuing on to Dutch John, which I believed to be "not too far from Salt Lake City." Let me qualify this by saying I don't teach geography. Therefore, it wasn't until I veered Northeast from Interstate 15 in Provo onto Highway 189 that I realized I had underestimated the drive ahead of me.

As miles and miles of non-descript countryside passed by me (at less than interstate speed), I started wondering what I had gotten myself into. "Three days, in a cabin or on a drift boat with MY father, in this place?" Had I gone crazy? After what seemed like an eternity, I finally began heading North out of Vernal, UT on Hwy 191 and the scenery began to improve. The landscape turned more varied, with rolling hills forested in evergreens, and broad valleys sloping away below the road. Maybe there was hope for this trip after all. Then it got dark! The last several miles to the resort, where I was to meet my dad, were more notable for the deer on the side of the road, and the winding steep profile of the highway, than for the scenery I was missing due to the darkness.

Finally, after nine o'clock, dirtied from the mountain bike trail, and wearied by the 450+ miles, I rolled into the Flaming Gorge Resort. Remarkably, my father was still awake at such an obscure hour, and immediately set to organizing my gear for the next morning's adventure. "Did you bring your reel," dad questions. "Yes" I replied. "Is this line clean," he continued. It's nice to see you too, dad, I thought.

Rest did not come easily that night. I'm not sure if it was the snoring (not mine) or the remarks from my brother concerning what I was in store for the next day. "He's gonna want to be out there from sun-up till sun-down, man," he warned. "Your arm's gonna be broken down afterwards." So I dozed off thinking about how much *fun* fly-fishing would certainly be.

After a nice breakfast at the resort (the food really is quite good), we headed into town (the word town is used very loosely) for a 9 o'clock rendezvous with our guide. Now dad had already commented numerous times his concern about how late we were starting. I couldn't help but thinking I was getting a lucky break from the fishing gods, who must have known that 10+ hours on a drift would have me seizing. But the guides seemed to all agree that the fish don't start biting in mass until the sun is high in the sky. After registering and buying a hat, we met our guide, Brandon Feller, from Trout Creek Flies Green River Outfitters. I was surprised by how young he was. But, he loaded us into his 4Runner and off we went.



The road across the Flaming Gorge Dam and down to the put-in offers up the first taste of the scenery that your eyes are about to feast on. A narrow ribbon of asphalt winds down to the base of the immense dam, wedged between two marvelous red rock wells, and to the put-in of the A-section tailwater of the Green River. At the boat ramp, while Brandon launched the boat and rigged all three of our rods (dad brought a 4 and a 6 weight, and I brought a rod too, but that is all I know about it), I explored the riverside trail that

Learning to Fly on Utah's Green River... Darren Regina (continued)

follows the entire length of this 7-mile A-section of the river. I took some photos, knowing full well they could not do the surroundings justice.

Within a few minutes we pushed off and began floating down the Green. Up to now my father and I had not so much as lifted a finger. Brandon had handled everything and I was feeling like I was on vacation! Brandon swiftly rowed us past the first few hundred yards where many boats with anglers were already fishing, but not catching. "We'll get up here a ways and then get started," Brandon guided. When Brandon learned of my lack of fly-fishing skills, he should have put on a protective jacket and some goggles, but instead, he took it in stride and just said "You're gonna do fine." "We'll find you some fish," he assured.



If our guide didn't panic when I told him of my non-existent fly-fishing experience, he should have after my first few casts. He said "OK Darren, now mend to the left." I flicked the end on my rod in no particular direction, pretending to know what he was talking about. After another few casts, he finally asked me, "Do you know what a mend is?" "Not really," I admitted with more than a hint of embarrassment. Brandon patiently instructed me on mending line and creating a long drag-free drift, while keeping the boat in good position so that dad had the whole left bank to tempt. He did good at hiding his concern for having a neophyte on board fishing with his experienced father. I'm sure he felt pressure to make sure dad caught lots of fish, but to also baby-sit me, so that I enjoyed the trip too.

Growing up in my father's house, I became a good listener, and have always been very coachable. I have always been good at taking criticism, both constructive and otherwise. Thus, I was expecting a whole day's worth of lessons and pointers from both Brandon and dad. I expected most of my casts to be critiqued, and that my enjoyment of the trip would be diminished because of it. I figured that I would just have to tolerate it, even if I didn't need to become an expert to have a good time.

Well, it wasn't long before Brandon's lessons paid off. Dad and I had both landed good-sized brown trout within ten minutes of our first casts. However, to my surprise, coaching basically stopped at that point. I'm sure I had not progressed past the point of needing pointers, but Brandon appreciated the need for relaxation over the need for perfect casts and drifts every time. This was a respite that I appreciated.

So it was that the morning passed with very few spells without a fish. We were floating large cicada dry-flies. This was my very first experience actually catching trout on dries and it really made the fishing exciting. With crystal clear water that allowed you to see and target individual fish, and float the bug right over the top of them, there wasn't much time for relaxing. If you took your eyes off the fly for a few seconds, either to grab a soda or take in the views, chances are you had already missed a fish. Furthermore, a few times the fish would seemingly catch the fly before it hit the water, so that your very first mend of the line was actually a hook set.

Oftentimes, dad and I both had fish on at the same time. When this was the case, Brandon would slide the anchor into the water and help us both land the fish. When a trip is more about catching than fishing, it's hard to complain.

Wearied from all the trout we had caught, we found a nice shady spot to avoid the encroaching heat and to have lunch. Again, I felt like I was on vacation because Brandon handled everything. He set up a table and served delicious deli sandwiches. We lounged under the trees and got a well-deserved break. We had the option of having a hot lunch, prepared riverside, that would have included burgers and hotdogs or chicken on the grill, but we requested just a simple lunch.

Like the guides had promised, the fishing picked up in the afternoon. There was even more catching and less "fishing" as we worked our way down from the lunch spot to the take-out at Little Hole. We fished all kinds of different water from back eddies and slack water to the faster main current to small alcoves overhung by rock walls. No matter what kind of water we cast to there seemed to always be hungry trout waiting for a meal.

As we pulled into the take-out, Brandon inquired, "So, what do you think about the Green?" My initial reaction was that I was too tired to think. But, with a big grin on my face, and anticipation of the next day's trip in my mind, I said "It was awesome!"

Two days later, dad and I would be floating the same stretch of river with the same guide with similar outcomes. We had options for the second trip, but Brandon recommended that we hit the A-section again, as it was fishing better than either the B or C-sections. Honestly, I can't imagine a section of river fishing better than the A-section on the second day. Dad lost count of my fish at about 26, and that was before lunch! We both reckon that there was again even more catching still that afternoon. This



Learning to Fly on Utah's Green River... Darren Regina (continued)

time, as we pulled into the take-out, I was really worked. I had put my rod aside and rested once or twice already, but as we rounded the last bend in the river I was done. Even though the trips hadn't last 10 or 12 hours, we packed more fishing into those trips than you ought to be allowed to.

As dad and I crossed the dam heading back to the comforts of the Flaming Gorge Resort, the sadness of knowing that we would not be returning to the river the next day was quelled by the emerging plans for a similar trip the following June, maybe to Yellowstone, maybe to California, but not likely to be as memorable as the Green.

Dads Notes: *Some say the Green River tailwater below Flaming Gorge dam has perhaps the largest population of trout of any river in the US. On our first days float down the Green, Darren and I caught and released about 30 fish each. On the second day I caught 14 trout and Darren caught over 50. Most of the trout we caught were browns averaging about 16 to 18 inches. A few smaller rainbows were also brought to hand. I would estimate the brown to rainbow ratio was about 8:1.*

For more information about the Green River tailwater in Utah, contact Trout Creek Flies Green River Outfitters at 435-885-3355 or visit there web site www.fishgreenriver.com. For the Flaming Gorge Resort; 435-889-3773 or www.flaminggorgeresort.com.

Fishing Report... Captain Bob Quarles



Summer vacation in St. Joe Bay ... Ben and I finally got a day booked to fish together..... it was great! I am so proud of my little man. There's a new Captain for the future.. I went ahead with Grandpa's help and got Ben his first fishing boat.....He is pretty good at loading this boat up with his friends and ripping around the bays and bayous.....watch out for the Pod Racer.



The legend Stu Apte came up from the Keys to fish with the "St. Joe Boys". It was an honor and a pleasure to have this man on the boat with my best friend and me. Ask me about all the new knots I learned.



Capt. Bob Quarles hooked up and doing the type of fishing I love more than anything....the silver king! More than a passion, It's an obsession. Life is good

Back to work after all that vacation time. Lots of great people have come down to fish with us and visit Pensacola Beach .. The fishing and the weather has been hot.... John Hardin here with a nice King.



George Smith and his son came out for a trip.. we dodged Blue Angels and lightning all morning but the fishing was really good...the Blues were flying.. lightning was flashing and the reels were screaming from Kings and Spanish.. it was awesome. I really appreciate young men like Mark defending our country.



Malcolm Goodman and Todd come to fish with me a couple of days every year from Texas, and I finally got them chasing schools of bonita with a flyrod... Drag blistering runs.. clearing the line.. awesome stuff on light tackle and fly...

Hope you enjoyed the pics....shutting down a little in August for some EPA travel and family time..... Can't wait for the fall fishing in September and October.... bull reds are starting to trickle in....two were caught today in the Bay..... tight lines and good luck....Capt. Bob Quarles

Fishing Report... Captain Baz Velverton



It's "Tarpon Time" on the Emerald

Coast...the most magnificent and difficult fly-fishing of the year. For the last few weeks I've seen more tarpon than in any previous season. The fish arrived right on schedule the last week of June and continue to pass through our waters. The clear water and calm seas have made the sight fishing exceptional; however, these conditions have



also made the fish very spooky. We've had just two fish after the fly so far, and only one of them ate it. My client was so surprised when the hundred pound tarpon took the fly that he never really set the hook, and it came out during the initial surge. We still have about three weeks left, and I hope to have a photo of a landed fish in my next report.

We almost caught the first 2007 jack crevalle on fly July 2, but a darn shark hit the jack about twenty minutes into the fight. Here's a photo of Ken Hutchinson from Nampa, Idaho, holding the remains ...a ten pound jack crevalle head. I'm also attaching a photo of Kent Price from the day before to show the kind of fly rod challenge jack crevalle represent. Kent landed this fish on conventional tackle; imagine fighting it on a 10wt!

The false albacore were dependably voracious up until the first of July, and then they disappeared for about three weeks. Fortunately they returned a couple days ago in time for my fly-fishing client who landed three on a 7wt. Here are photos of Kirk Rucker, Greensboro, NC, on July 1 and David Illig, Portland, OR, taken July 22. The other good news is the mahi-mahi were just outside the #1 and #2 bouys last Sunday. We saw them but weren't able to get a hookup. With a little luck these "chicken dolphin" will be with us for a few weeks....Capt Baz



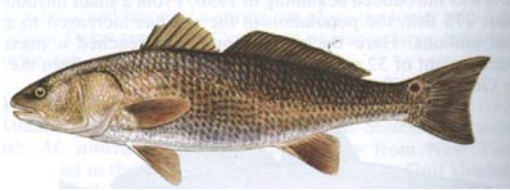
Around the Bay... and Further Away

From **Skeet Lores**.... I had a visit an old friend, who now lives in CA near Sacramento last week. I took him fishing in the sound and we caught several small specks near Range Point, but nothing big. We got a report from Capt. Bob, that spanish and ladyfish were thick east of Deerpoint, so we picked up and headed there. We did find the ladyfish, but no spanish. Still they were lots of fun on the flyrod.

From **Bill Parrish**.... The following material was added to the club library during July: Fishing Georgia, Kevin Dalmier Book #78; Fishing Guide to the Great Smoky Mountains Don Kirk Book # 79; Trout: The Trout Fisherman's Bible Ray Bergman Book # 80; Getting Started Fly Fishing Cabella's DVD #92

From **Russ Shields**.... I have just confirmed that **Dr. Larry Warrenfeltz**, PHD, Capt USN(RET), will be our **guest speaker for August**. Larry is a meteorologist by profession and is currently working for IHMC here in Pensacola . He will talk about the real science concerning "Global Warming". Larry is a good friend of mine and is a very good speaker, his talk should be both informative and amusing. I would like do to what we can to advertise his talk and maximize attendance at the meeting.

From **Tom Regina**.... The most effective way to hook a fish with a circle hook is to avoid raising the rod in a quick hook-set motion. Instead, strip line and lift the rod at the same time. If you do a typical hook set, you will pull the hook out of the fish's mouth. Here's how a circle hook works. The fish takes the fly and starts to swim away. The line tightens slowly and usually pulls the hook to the corner of the mouth where the hook rotates and the spear penetrates the jaw hinge or cheek. Once the fish is hooked, it cannot throw the hook. According to circle hook manufactures, advantages of the circle hook design include increased catch rate, higher lip-hook rate, greatly reduced fish mortality, the hook sets itself, and less foul hooking or snagging. *Remember to avoid the usual hook-setting practice when fishing with a circle hook.*



AUGUST 2007

Sun Mon Tue Wed Thu Fri Sat

1 2 3 4

5 6 7 8 9 10 11

Business Meeting 7 PM, 9/7/07, Tuesday
Dr. Larry Warrenfeltz, "Global Warming"

Bull Session-Tying &
Tall Tales 6:30 PM

12 13 14 15 16 17 18

Clinic - Casting, tying
gourmet lunch 9 AM

19 20 21 22 23 24 25

26 27 28 29 30

