



## *The January 2023 NEWSLETTER*

**Northern Arizona Flycasters**  
**An active member club of the World Wide organization**  
**“Fly Fishers International”**  
**“Conservation, Restoration, and Education through Fly Fishing”**  
<http://nazflycasters.com>

**We support active involvement in cold water fisheries conservation. We work to insure that Arizona’s habitat is not degraded and in the development and maintenance of fly fishing opportunities.**

**We support the practice of “catch and release”, the use of barbless hooks, and quick and harmless release practices. Fish should never be kept out of the water for over 60 seconds.**

---

Northern Arizona Flycasters meets the first Wednesday of the month at the Arizona Game and Fish Regional office at 3500 S. Lake Mary Road, Flagstaff. Meetings start at 7 PM with a board meeting at 6:00 PM. The meetings are free and the public is invited.

---

### **PRESIDENT’S DRIFT :**

As anglers, we are frequently in contact with cold water. This Drift is a reminder that hypothermia is a very real threat to the angler. The first step is prevention: assessment of skills and fishing conditions followed by preparation.

**Hypothermia is a condition in which a person's body temperature has dropped significantly below normal. This occurs from inadequate protection against exposure to cold temperatures. The very young and elderly are the most susceptible to developing hypothermia when exposed to cold temperatures.**

The risk and extent of hypothermia is directly influenced by presence of wet clothing, contact with metals, wind-chill, and extent of temperature gradient between the body and its surroundings. Vulnerability is increased when circulation is impaired by cardiovascular disease, alcohol intake, exhaustion, and/or hunger.

## Symptoms

- Uncontrolled shivering
- Slow or unclear speech
- Feeling extremely tired
- Stumbling when attempting to walk
- Confusion (person cannot think clearly)
- Semi-consciousness or unconsciousness
- **What to do if someone has hypothermia**
- **If a person becomes unconscious, get medical help immediately. If cardiac arrest (heart attack) has occurred, have someone call for medical assistance and then apply CPR.**
- **WARNING:** *Do not warm the person too fast.*
- Bring the person indoors or to a dry place protected from the wind.
- Remove wet clothing and cover the person with dry blankets. Make sure to cover the head, hands, and feet.
- Put the person in a cot or bed next to a warm -- **not hot**-- heater.
- Lie under the covers next to the person to transfer your own body heat. If possible, have someone else lie on the other side.
- Give the person warm -- **not hot**-- broth or soup. Do **not** give alcohol to drink.
- Wrap an infant inside your own clothing against your skin.

## How to prevent hypothermia

- Wear warm, multi-layered clothing with good hand and feet protection (avoid overly constricting wrist bands, socks, and shoes).
- Wear warm headgear. This is particularly important since significant heat is lost through an unprotected head.
- If possible, change into dry clothes whenever clothing becomes wet.
- Find appropriate shelter to stay warm.

## Programs:

Northern Arizona Fly Casters programs for

2023:

January 4, 2023:

**Fly fishing for Utah Cutthroat Trout**-Gavin Furguson

February 1, 2023:

Executive Director of the **Oak Creek Watershed Council, Jonathan Lutz**. The Oak Creek Watershed council is dedicated to protecting one of the few remaining natural streams in the Southwest.

March 1, 2023 Open TBD

April 5, 2023 Mark Alexander Northern Arizona Council for Climate Change.

Facebook search under Northern Arizona Fly Casters.

AZ Daily Sun, web edition, under Events.

Website:<https://nazflycasters.com>

## EDUCATION –

### **The Best Gloves for Winter Fly Fishing**

[Gear](#) / By Ken McCoy

#### **Fingerless Gloves for Winter Fly Fishing**

Glacier Gloves – Alaska River Series

I've been wearing a version of [this glove](#) since the mid 90's. There's not much to dislike about these gloves.

With all finger tips available, even tying a triple surgeons knot is a piece of cake. Yeah, your finger tips may get a little cold, but at least you won't have to take off your gloves every time you need to swap your trailing bug.

The other thing I love about these fingerless gloves is the use of material. With neoprene along the palm and underside of the fingers and fleece on top, these gloves are less likely to get soaking wet while handling that fat brown you finally dug out of an overhang with that monstrosity of a wooly-bugger-like steamer that your buddy calls Uncle Taco.

I like fingerless gloves because there isn't fabric that needs to be moved out of the way to allow for 100% finger usage.

Pros	Cons
All fingers available for use	Fingers exposed
Use of materials	

### Hybrid Gloves for Winter Fly Fishing

#### [Orvis Soft Shell Foldover Glove](#)

When it comes to gloves, mittens give you the most warmth for your buck. Allowing your fingers to share heat makes for a more efficient way to warm those frozen little nubs. This hybrid from [Orvis](#) checks all the boxes for a great pair of gloves for fly fishing in the winter. First, there's not a bit of natural material in these gloves. The exterior softshell is made from water resistant nylon with a 100% polyester fleece. Remember, the wicking we talked about above? Yup, these do that. I like the strap on these gloves that allow you to secure the mitten portion when you need your fingers to tie on a new fly or [add tippet to extend a leader](#). I don't particularly care for the lack of that same feature in the thumb however. After all, having opposable thumbs is what distinguishes us from the rest of the animal kingdom, isn't it? Set that thumb free, glove engineers!

Pros	Cons
Mitten style for max warmth	Thumb use may be awkward
100% polyester fleece	
Stay put strap	
Affordable	

## Warm Gloves for Winter Fly Fishing

### [FRDM Free Fit Midweight Gloves.](#)

A little cold and wind isn't going to hold you back. When it comes to ultimate hand warmth out of the water, full coverage is king. Any exposed skin will increase your likelihood of getting cold and decrease your time chasing winter rainbows

These gloves are the warmest in the bunch and allow for use of your pointer finger and thumbs. Magnetic pieces woven inside the fabric secure the extra material out of the way when your fingers are exposed.

Made with a waterproof and windproof softshell, fleece insulation, and a wicking tricot lining, even a little extra wind coming down the canyon isn't going to shorten your day flipping a #22 [Griffith's Gnat](#).

Pros	Cons
Clever design	Spenny
Lots of great material	Strength of magnets

### Best Gloves for Winter Fly Fishing

My wife and I were fly fishing our local drainage in Northern Colorado on a chilly fall morning. Her fingers were cold so I gave her my pair of [Simms Guide Windbloc Flex Gloves](#). I returned to the pool I had been fishing and continued to flip an assortment of midges to wary trout. I glanced downstream to make sure she wasn't buried in a tangle or, even better, locked in an epic battle with a monster. Neither was the case.

She was frantically looking all around her in the water, on the bank, and in the brush. After a while my curiosity got the better of me, so I headed

downstream to see what was going on. The left glove was MIA, presumably somewhere way down the canyon at this point. Bless her heart, she bought me a new pair, so all is forgiven.

Leave it to Simms to develop a feature rich product made specifically for no one else but fly fishermen. [The Simms Guide Windbloc Flex Gloves](#) is everything a cold weather fly fishing glove should be, plus some.

These cold weather fly fishing gloves are made with 100% windproof Polartec® Windbloc® fleece which translates to warmth and wicking. Simms didn't stop there though! They took the time to design these gloves with an anatomical approach giving you maximum flexibility. The thumb and first two fingers can be exposed with ultra-secure snaps to ensure that material doesn't get in your way while casting, line maintenance or tying on flies.

My favorite feature in these gloves, however, is the handwarmer packet compartment located at the wrist. Here's the theory; warm the blood as it travels to the fingers providing them warmth from the inside out. Genius! These gloves will definitely keep you out on the water longer during those cold snaps.

Pros	Cons
Feature rich	Not cheap
Heat-pack Pocket	May cause glove envy

## **NAF EVENTS SCHEDULE**

Programs:

Northern Arizona Fly Casters programs for 2023

January 4, 2023:

**Fly fishing for Utah Cutthroat Trout**-Gavin Furguson

February 1, 2023:

Executive Director of the **Oak Creek Watershed Council, Jonathan Lutz**. The Oak Creek Watershed council is dedicated to protecting one of the few remaining natural streams in the Southwest.

March 1, 2023 Open TBD

April 5, 2023 Mark Alexander Northern Arizona Council for Climate Change.

### **Under discussion by board**

Fishing outings to local lakes

Fly casting sessions on a regular basis.

Work project with game and fish

**The Board welcomes suggestions from members.**

### **NAF CLUB OFFICERS/COMMITTEE CHAIRS**

President	Charles Simpson
Vice-President	Tom Hudnall
Secretary	Mac McIlwaine
Treasurer	Denise Dean

Northern Arizona Flycasters  
PO Box 2924  
Flagstaff, Arizona 86003  
Website- [www.nazflycasters.org](http://www.nazflycasters.org)