

# The *Flyer*



*Official Newsletter Of The*



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## The Official Newsletter of the Coffs Coast Fly Fishing Club AUGUST 2021

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**Cover:** It's not always about the fish you catch but the people you meet and the places you go. President Doug is always there with a smile, a yarn and a helping hand to add to any fishing trip. Don't worry; he catches his fair share of fish too ... except when the editor is looking for a cover shot.

# PRESIDENT'S REPORT



## August 2021

Apologies for no President's Report in the July Newsletter but sometimes you just have to get away on a holiday. It has been two years since we had an Annual General Meeting thanks to Covid, and it is still raising its ugly head. Hopefully, we can be safe here on the North Coast and enjoy all that Coffs Coast Fly Fishing Club has to offer.

Looking back over the events of the past two years we have been very active. The list of events include; The Gorge, Trout Weekend Dorrigo, fishing Home waters, Forster, Tassie, Learn to FF for trout, Lake St. Clair, Swansea, Keepit and Bass on the Bellinger. No wonder I needed a holiday.

We have also been involved in conjunction with DPI Fisheries in a Drought/Bushfire recovery day at Ebor which was attended by interested people from much of the North East of the state as well as southern QLD. The Learn to fly fish for trout day was also held in conjunction with DPI at Ebor Dutton Trout Hatchery. This was well attended by club members and other people who were interested to learn about fly fishing.

The organisational work that goes into these events is probably not really all that obvious to people who attend, but a phenomenal effort goes into making it all happen. Thanks to the Secretary and his compulsive obsessive organisational skills, and the support of the Executive/Committee and other club members, everything seems to run smoothly.

Thanks also to Allan and David for their continued efforts with the Tuesday casting group. This has certainly been an excellent venture which has helped so many of our members to progress with their casting ability.

The club continues to grow which is a sign we must be doing something right. After a year of reduced activity due to Covid and no fees, it is pleasing to report that 70 people have paid to join or renew for the coming year.

Thank you to all members for your continued support.

*Doug*

# From the Editor

We have just held our 5<sup>th</sup> Annual General Meeting. The Club began in 2016 with just a handful of local people interested in fly fishing getting together to share, learn and have fun. Today we have grown to seventy members from Coffs Harbour and beyond.

The AGM was well attended and saw some changes to Executive positions. The Committee has been expanded with more people wanting to be involved in the running of the club. We owe a great debt to those people who guided us through the initial years and got us to where we are today. Now, with a broad range of experiences and skills at the helm of the club, the future looks bright.

Covid continues to be a concern as it has been for the last eighteen months. We are fortunate to live here on the North Coast and remain Covid free for most of that time. The recent local scare and the Sydney lockdown are reminders that the pandemic is not yet over and we must not let our guard down. Remember, if you attend a club organized event in the coming month you must wear a mask. If you haven't looked at our club Covid policy for a while it might be time to re-read page 27.

We have all had our "annus horribilis", even Queen Elizabeth. For those who have been suffering through the pandemic it's probably been more than a year of doing it tough. Then life brings along other unexpected trials and tribulations. This month, Jeff Yates shares a story of how he is coping with a year he would like to forget. His article on page 12 reminds us that fly fishing can be therapeutic and take our minds of all the troubles of the world.



Having just written my casting article about "Less is More" I was surprised to hear my doctor using the same term when talking about the treatment for my infected foot. If you want to know what medicine and casting have in common you should read *Casting About* on page 21.

We have three great outings coming up over the next couple of months. Last year the Mullet Mash attracted our biggest attendance and the inaugural Gathering@Gumma already has a dozen registrations. Make sure you check the posters on pages 9, 10 & 11 for upcoming events and register to attend.

If you are interested in fly tying we are planning on having more opportunities over the coming months. The next meeting will feature Walter Krainik demonstration how to tie Dahlbergs ready for the Bass season. Paul Fedeles will be demonstrating and teaching fly tying at the Gathering @ Gumma. And we are planning a workshop to tie bread flies.

There's always plenty to participate in at the Coffs Coast Fly Fishing Club.

*Editor*

# Club Executive 2021-22



President  
Doug Urquhart  
0458696138



Vice President  
Greg Artlett  
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Secretary / Public Officer  
Newsletter Editor  
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David Moppett  
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Committee  
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Committee  
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Murray Robinson  
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Committee  
Tom Trefz  
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Committee  
Brian Bevan  
0409469562



Committee  
Walter Krainik  
0439187380

## August Meeting

Our July meeting will be held on Monday 19<sup>th</sup> at the North Beach Bowling Club at Mylestom starting at **6.30pm**. You are welcome to arrive earlier to get something to eat and drink.

There won't be a formal meeting with the night being devoted to fly tying demonstrations. Walter will be tying dahlbergs and we will have a fly tying video to watch. Come along and enjoy a social evening catching up, talking fly tying and maybe eating pizza.

The winning ticket in the raffle for the leather reel case made by Bill Anderson will be drawn.



## August Outings

We have two outings planned for August

Over the weekend of 20-22<sup>nd</sup> August we have been invited to participate in the Swansea Salmon Classic with the Hunter Valley Fly fishing Club. Check the poster on page 9 and look back over the details in the last newsletter. You must register your interest with Jeff Yates if you intend going.

On Saturday 28<sup>th</sup> the Mullet Mash will be on again at Urunga. This was a great fun day last year with everyone catching fish and having a good time. Check the poster on page 10 and register your interest as soon as possible so we can arrange enough boats for everyone.

## AGM Report

Thanks to those members who have taken on Executive/Committee roles in the club for the next twelve months. You can see their photos and contact details on page 5. These are the people who will decide how the club is run. You will notice some changes in roles to share the load. A great debt is owed to those members who took on roles way back in 2016 and guided the club to where it is today.

If you would like a copy of the minutes from the AGM please ask. A summary of the important decisions follows:

eMembership has been abolished and replaced with Distant Membership. Distant Members are entitled to all the benefits of club membership and are covered by our public risk insurance. The reduced membership fee for Distant Members is acknowledgement that participation in all our activities is not going to be possible.

The newsletter will only be emailed to members (Full or Distant) and club supporters. Anyone interested in the club will be sent one newsletter but then must become a member to receive regular emails. The newsletter will still be made available on the club website.

Membership fees for the 2021-22 year were set:

Adult Membership	\$30
Family Membership	\$40
Concession Membership	\$20
Junior Membership	free
Distant Membership	\$10

The Club Account will be transferred from the Commonwealth Bank to BCU Bank.

Future meetings will be held at the North Beach Bowling Club at Mylestom.

## Committee Meeting

The new Committee will have its first meeting on Monday 2<sup>nd</sup> August at the North Beach Bowling Club commencing at 5.30pm.

The Committee is responsible for the day to day management of the Club. We do not have general meetings of the membership except for Annual General Meetings and any special General Meetings called for.

If any members have issues to be raised you can contact any of the Committee to have your views added to the agenda.

## Tuesday Casting Group

The Tuesday Casting Group will continue to meet during August (weather permitting). While Covid restrictions are in place you will be required to wear a mask as this is an organized outdoor activity.

Each month we will be including a fishing trip for members to put their new skills into action. Take note of the plan for each month to know where we are meeting.

Tuesday 3<sup>rd</sup> August Casting at Mylestom  
Tuesday 10<sup>th</sup> August Casting at Mylestom  
Tuesday 17<sup>th</sup> August Fishing trip Valla Beach (weather permitting).  
Tuesday 24<sup>th</sup> August Casting at Mylestom  
Tuesday 31<sup>st</sup> August Casting at Mylestom

Call David on 0411 723221 or Allan on 0427457725 to check details.

Here are some photos from the last fishing outing at Boambee Creek.



## Club Calendar

You will find the draft club calendar for the year on the next page. Make sure you keep up to date with the latest calendar - it changes every month.

### Club Calendar 2021

Here is the draft club calendar for 2021. It is provided to give you an overview of what might happen and an opportunity to plan ahead. Check the monthly newsletter or website for the latest changes.

Month	Outings	Activities
JANUARY	No outing this month <b>Casting</b> at Mylestom at 5.30pm on Monday 18 <sup>th</sup> .	<b>Club Meeting</b> at Mylestom Monday 18 <sup>th</sup>
FEBRUARY	<b>Home Waters</b> Saturday 20 <sup>th</sup> Family fishing day with a focus on kids fishing for bream, flathead and mullet held at Mylestom. <b>Tasmania</b> 28 <sup>th</sup> Jan - 8 <sup>th</sup> Feb	<b>Club Meeting</b> Monday 15 <sup>th</sup> <b>Committee Meeting</b>
MARCH	<b>Casting Day</b> Saturday 6 <sup>th</sup> <b>Tuesday Casting Group</b> resumes Tuesday 2 <sup>nd</sup> <b>Blue Water Outing</b> Saturday 20 <sup>th</sup>	<b>Club Meeting</b> Monday 15 <sup>th</sup> North Beach Bowling Club Mylestom
APRIL	<b>Keepit Carp Trip</b> Sunday 11 <sup>th</sup> - Wednesday 14 <sup>th</sup> <b>Home Waters</b> Saturday 24 <sup>th</sup>	<b>Club Meeting</b> Monday 19 <sup>th</sup> North Beach Bowling Club Mylestom
MAY	<b>Fly Fishing for Trout Workshop</b> Saturday 22 <sup>nd</sup>	<b>Club Meeting</b> Monday 17 <sup>th</sup> <b>Committee Meeting</b> Major Raffle Drawn
JUNE	<b>Lake St Clair</b> Friday 18 <sup>th</sup> - Sunday 20 <sup>th</sup>	<b>Club Meeting</b> Monday 21 <sup>st</sup>
JULY	<b>Casting Day</b> Saturday 10 <sup>th</sup> Moonee Reserve <b>Flats Fishing Workshop</b> Saturday 24 <sup>th</sup> Woolgoolga <b>Dunmore Waters</b> Friday 30 <sup>th</sup> to Sunday 1 <sup>st</sup> August	<b>Annual General Meeting</b> Monday 19 <sup>th</sup>
AUGUST	<b>Swansea Salmon Classic</b> Friday 20 <sup>th</sup> to Sunday 22 <sup>nd</sup> <b>Mullet Mash</b> Urunga Saturday 28 <sup>th</sup>	<b>Club Meeting</b> Monday 16 <sup>th</sup> <b>Committee Meeting</b> Monday 2 <sup>nd</sup> Major Raffle Drawn
SEPTEMBER	<b>Gathering @ Gumma</b> Thursday 9 <sup>th</sup> Sunday 12 <sup>th</sup> Gumma Reserve. Fishing, Casting, Fly Tying on the Nambucca and Warrell Creek	<b>Club Meeting</b> Monday 20 <sup>th</sup>
OCTOBER	<b>Ebor Weekend</b> Saturday 23 <sup>rd</sup> Sunday 24 <sup>th</sup> <b>Home Waters</b> Saturday 31 <sup>st</sup>	<b>Club Meeting</b> Monday 18 <sup>th</sup>
NOVEMBER	<b>Bass on the Bellinger</b> Saturday 20 <sup>th</sup>	<b>Club Meeting</b> Monday 15 <sup>th</sup> <b>Committee Meeting</b> Major Raffle Drawn
DECEMBER	<b>Keepit Carp Caper</b> Monday 6 <sup>th</sup> to Sunday 12 <sup>th</sup> (Flexible attendance dates for two groups)	<b>No Club Meeting</b>





# **Swansea Salmon Classic**

## **Friday 20<sup>th</sup> to Sunday 22<sup>nd</sup> August 2021**

### **Swansea NSW**



If you want to try catching Australian Salmon on fly, the Swansea Salmon Classic is the event for you. Hosted by the Hunter Valley Fly Fishing Club, the Classic will be held this year from Friday 20<sup>th</sup> to Sunday 22<sup>nd</sup> August based at the Swansea Lakeside Caravan Park just south of Newcastle. You will need a boat, or a friend with a boat, as the Salmon move about in the channel and you need to be mobile to find them.

You will need to arrange your own accommodation and food. If you plan to stay at the Swansea Lakeside Caravan Park you will need to book soon as it fills quickly.

For more information or to register, contact:  
Jeffs Yates : [jeffandlynnyates@bigpond.com](mailto:jeffandlynnyates@bigpond.com)  
Or David on 0411723221 or Allan on 0427457725.



# Mullet Mash 2021

Calling all club members to be a part of the 2<sup>nd</sup> Annual Mullet Mash held on our home waters on the Bellinger / Kalang Rivers.

**Saturday August 28<sup>th</sup>**



Bimini (shotgun) start from the Urunga boat ramp closest to the bridge at 7.30 am  
Finishing @ 12 noon Lunch 12.30 Presentation 1pm

This will be a friendly competition with all fish to be photographed on a brag mat or similar measuring device. Absolutely no fish, alive or deceased, will be eligible. Random prizes will be awarded – not necessarily for the biggest or most fish. The judge's decision will be final - no exceptions. All entries are as individuals - no teams considered.

**Cost \$5** per person, this includes 2 flies, sausage sandwiches for lunch, bread for burley.

Boat captains will be teamed with other member based around experience and ability. The goal is for the more experienced member to share knowledge and guide the other to a memorable event.

Catching Mullet on fly is highly addictive and fantastic sight casting fun. It's not unusual for large numbers to be caught with a possible by catch of Bream and other species.

Long leaders /tippet 4lb on the lightest rod you own is the weapon of choice. The club has suitable outfits available to lend - first in best dressed. Contact the secretary to book a club rod.

Nobody will be left on their own to flounder. At the briefing at 7.15am bread for burley will be distributed and information on where to fish will be supplied. Anyone who isn't 100% confident in the process will be looked after and teamed with a member who is.

If it's not the best fun you've had in a long time we will refund your entry fee.

**You MUST register for this event by 16<sup>th</sup> August**  
**contact: David on 0411723221 or Allan on 0427457725**



# Gathering @ Gumma

**9<sup>th</sup> - 12<sup>th</sup> September 2021**

Calling all club members to gather at Gumma Reserve via Macksville from Thursday 9<sup>th</sup> to Sunday 12<sup>th</sup> September. Enjoy a day, weekend, or four days of fly fishing, casting and fly tying. Fish, cast, tie, learn and socialize with fellow club members.



Fish Warrell Creek and the Nambucca River from the bank, by boat or by kayak.  
Target species on fly such as bream, flathead, whiting, bass and trevally.

The club will provide for morning and afternoon tea each day and a sausage sizzle on Saturday night.

Bring your own food and camping equipment if you intend to stay. Come for the day or stay for a while. The reserve has toilets, cold showers, a boat ramp and picnic tables. There is no cost for day visits. Camp sites are \$14 single or \$18 double per night. There are no bookings so get there early if you want to pick your camp site. Club members will be on site from Thursday morning. For details of the Reserve see: [https://www.nambucca.nsw.gov.au/cp\\_themes/default/page.asp?p=DOC-BEO-78-63-34](https://www.nambucca.nsw.gov.au/cp_themes/default/page.asp?p=DOC-BEO-78-63-34)

As well as opportunities to fish some of the best waterways in our district, you can learn more about fly tying and casting from experienced members. Paul Fedeles ties flies commercially and he will be on site Saturday afternoon sharing his extensive knowledge. Casting instructors will be attending and willing to help beginners and those wanting to learn more. Local members will be sharing their knowledge and ensuring everyone knows the best places to fish.

Come and join in this club outing to catch fish on fly, and share, learn and have fun. Bring your boat, canoe, kayak, SUP or fish from the bank.

**You MUST register for this event.**

**contact: Brian (Pip) on 0490469562 or Allan on 0427457725**

# Fly Fishing Therapy

Jeff Yates



Back in 1992 Queen Elizabeth described an “annus horribilis”, wrecked by the collapse of three of her children’s marriages - including Prince Charles to Princess Diana - and the fire that severely damaged her Windsor Castle home.

I have had my own somewhat “annus horribilis” this past 12 months, without going into details, suffice to say, thank god I’m a fly fisherman!

During May and June I have had many trips to Thompsons Creek dam, and sometimes just to wander the 11km return trip, and look and think, other times to admire the slender colourful lines of spawning fish, and yes, also to throw the occasional fly.

I would like to chronicle 4 weeks of fishing over mid-May to mid-June fly fishing Thompson’s Creek dam. These are my experiences only, and others may have fished different flies, styles and conditions and come up with an entirely different scenario; but that’s fly fishing!

The past summer has been my poorest fly fishing on Thompson’s for many years. A number of trips I was the only fisherman on the dam, and after a 4 hour session I could understand why. I had several summer trips for just a handful of small fat fish. I really wanted to tangle with one of the monsters that the lake is renowned for.

Now mid-May, the start of the shore spawning, when the big fish move away from the depths, where they were feeding on large blue nippered yabbies, to mill around a few exposed shallow shoals to try and shore spawn. The browns spawn initially, followed by the rainbows a few weeks later.

The dam was built in 1992 on a small creek line to store water for power generation at Mt Piper Power Station. Water is pumped to the lake from Lake Lyell as the catchment of Thompson Creek is very small. Having fished here since it first filled, I have some knowledge of the spawning fish preferred lies. It is usually where wave action washes back and forth over shallow sandy and pebbly shore adjacent to deep water.

The Nissan sounds like a chaff cutter as it grunts into reluctant action. Leaving Bathurst at 7am in the morning, the tips of the river flat poplars just poked above the heavy morning fog, masking the white crystalline ground, heavy with -4 degree frost. The car park coffee van was in full swing with the early morning tradies lining up for a fix, mine was for more of a hand warmer as my pinkies were numb with cold. Down the highway past an abundance of highway patrols, I head towards my destination. The Mt Piper power station peeps through the valley hugging fog, like a huge battleship on an ocean. Thompson's Creek dam feeds Pipers cooling towers and adds to the already thick fog. Arriving at the car park, looks like I'm first here on this otherwise crisp still morning. So begins my chronicle.



**Week 1** - A few pods of brightly coloured spawning rainbows up to 4 or 5 in number, swimming around the shallows, with the dominate jack chasing away other suitors. The weather was clear and relatively cold, with temperatures from -4 to a max of 8 degrees, on the slopes of mount Lambie.

I decided on a strategy of using a clear intermediate, and a small glo bug with a trailing nymph. I used a 6lb leader with 4lb line to the nymph, but had to upgrade when the first fish struck moving sideways at a rate of knots, and giving the line that sudden release, as he broke off at the glo bug. Obviously, still thinking it was attached to my line the large fish cartwheeled along the shore for some 10 meters before heading back to his harem.

Having upgraded to 8lb leader and 6lb dropper, I had immediate success, landing the colourful male from a pod, on the #16 brown nymph. This was made even more difficult, having left my landing net back in the car. Moving on to check out a few other spots, I dropped the glo bug, and just fished the nymph, but did not get a touch until I reattached the bug. The bug obviously attracted their attention and they ate the nymph. So I ended up with 4 fish to 5lb and a few smaller pocket rockets.



**Week 2** - Freezing, windy and overcast. The wind has churned the lake creating a half metre surf. Now at Thompsons the wind can be your friend, colouring the shoreline, and camouflaging the line. Generally, the water is very clear, making approaches and presentation extremely difficult. I elected to go with a clear intermediate to eliminate the wind effect on the line, and dropped the leader back from 12ft to 9 ft. Initially I cast along the waves at 45degree with a wet fly, but only managed a couple of smaller fish and a tagged fish. I later sent its details to the fisheries.



Moving along to a distant point to take advantage of a wavy suds line, I concentrated on trying to get a good cast to the river of the bubbles. I could hear Dave yelling in my ear "release higher on the backcast, and drill the hole on the forward cast!" Thanks Dave, this straightened my casting and added distance without my usual tailing loops. The point was quite shallow, so I sped up my retrieve on a #12 orange beaded Trev's special, through the bubble bath. Second cast and I was attached to a feisty 2lb fat gutted rainbow. I have been saying that our trout flies work on the bass, now I'm turning the table and using bass flies on the trout!



**Week 3** - Weather still cold, 6 layers of clothes, but virtually no wind. The water was crystal clear with visibility to 10m, making presentations with the 12ft leader extremely difficult. I extended it by a further 4ft and went back to the small nymphs. The pods of fish grown in number and size, along with the Sydney crowd, tossing their oversize lures on oversize rods. They had obviously had some luck as a fish of around 15lb had a black barra lure hanging from its mouth. There was at least 3 particular fish in a pod of several, in the double figures. I couldn't instil any interest, and a line within 5m sent the fish scampering. Beautiful day but hard fishing, though I did manage another tagged fish, and several other small rainbows.

**Week 4** - Today I'm running a little late, having just lined up for a COVID test before I left town. Weather forecast was 80% chance of showers, and arriving at Thommos car park, it's obvious that Sydney siders have read their covid lockdown notices and the weather forecast, because the park was empty; I have the dam to myself!

The cool (7 layers) day, combined with very little breeze made fishing difficult again. I used every possible combination of fly during my 11 kilometre walk. The spawning pods were still in their usual haunts, but the fish were flighty, hell bent on offloading their new brood. Close observation indicated that the hens were rubbing their bellies in the pebbly bottom, and no fish was interested in what I had to offer. I had a terrific day walking the banks without another soul, but alas only 2 small fish.

My summary of my month of fishing over here at Thommos; bloody hard but rewarding when you can hatch a plan and it comes off. Also, once the spawn is in full swing the bigguns only have eyes for each other, and will not feed.



Also during this month, the wattle has sprouted, decorating the hillsides. The ever present roos generally sought the sunny sided hill sides for a stretch and feed, after a night in frigid air. The Black Swans were feeding along the shallower banks, and gave me a bull horn response when I got too close. Besides picking up the occasional beer can and coffee cup, I also picked up a bait hook in the shin as I waded through some long grass, obviously broken off some poacher's line, as it's a blue ribbon fishery, meaning only fly or lure.





When you arrive early on Thompson's Creek dam, you may slip and slide on the frost, but you really don't find the swampy parts until the thaw starts late morning, then you wished you had your wading boots on!

I started off with the story of the queen and her "annus horribilis". Well, I've had one to match, but fly fishing has kept me sane. I hit the water every 3 or 4 days, and the release of tension and grief that comes from casting that perfect cast, could make a psychologist redundant. Truly, fly fishing to me is relaxing, absorbing, meditative and engrosses my thoughts and actions, to an extent that I can turn off the real world.

Thank God for fly fishing.....

*Jeff Yates*



# Fly Tying

## The Bread Fly

By the Editor



With the Mullet Mash coming up at the end of the month, now is the time to stock up on bread flies. Bread flies will work on mullet, bream, drummer and sometimes other species that might surprise you. There are many ways to construct a bread fly and you can be as creative as you like. It just needs to look like a piece of bread.

I'm a bit particular about the way I tie my bread flies so I thought I would share my approach. I don't think it works any better than a piece of wool wrapped around the hook but there are a few important elements that give me confidence it will work.

I believe a bread fly should have neutral buoyancy. That means it should sink slowly once on the water. The material I prefer is Egg Yarn which is used to make egg flies for trout. It's more expensive than wool but it has all the attributes I am looking for.

To add weight to the fly and make sure it sinks I like to use a heavy hook. This also helps when a bigger bream comes along. I generally look for carp hooks, and as I have to tie quite a few flies for the Mullet Mash, I buy my hooks in bulk.



You don't need to use Egg Yarn and you don't need to use this brand but I find it works for me. You can use white wool, synthetics or spin white deer hair. Some materials won't sink and others sink too fast. Try before you tie too many.



As for hooks you can use whatever you like. I generally tie on size 14 to size 10 and I like a wide gape on the hook. The smaller size works well for mullet and garfish while the larger sizes will attract and handle bream.



Step 1 is to introduce your thread to the hook. I have been using clear monofilament but any thread will do.



When you have wrapped in your first piece of yarn it will look a bit like a shaggy dog.



Step 2 is to cut off a length of yarn about 2cm long (depending on the size of the hook).



Step 4 cut another strip of yarn and tie it in front of the last piece building up a shaggier dog.



Step 3 is to tie in the yarn by wrapping it in the middle with thread.



Step 5 tie off the thread making sure you leave the eye of the hook exposed.



Step 6 is for would-be hairdressers. Take your scissors and begin cutting away some of the yarn until you have the shape you want.



Make sure you cut away enough to expose the point of the hook and to form the shape of a small piece of bread. Cut slowly and only remove small pieces at a time. You can't put it back on!



I'm not suggesting this is the best or only way to tie a bread fly, nor do I have any claim to fame for making it this way. It works for me (most of the time!) and is relatively simple to tie so I make all my bread flies this way. The only time consuming part is trimming the yarn into shape. Feel free to experiment and make your bread fly the way you like. But rest assured; you should have a few bread flies in your box any time you are out fishing an estuary.

Bread flies should be fished on light tippet with light weight rods. Tie plenty and be prepared to lose some.





## Less is More

“Less is more” is a favourite phrase I find myself using in most things related to fly fishing. It’s an important principle in fly tying, casting, and fishing. You may think bigger is better but I believe less can be more.

The idea that less is more is not a new one. The phrase was first found in print in 1855 in a poem by Robert Browning. More recently the German architect and furniture designer, Ludwig Mies Van Der Rohe, (1886-1969) used the phrase to describe his simplistic and functional style. Since then “less is more” has come to mean sometimes simple is better than complicated and it is possible to overdo things. Mies believed simplicity and clarity produced good design and you can strip away from an item without losing its essential purpose and effectiveness. I believe we overdo many aspects of fly casting and if we concentrated on the bare essentials we would realize less is more.

I could write about this minimalist approach to life in general, but as this column is about fly casting I will confine my comments to how “less is more” when you pick up a fly rod. We can all learn a great deal by keeping things simple and having a clear idea of what we hope to achieve. If you think you are a good caster the most important thing I could teach you is that less is more.

When you start learning to cast a fly rod you are focused on how to get more distance, more accuracy and more control. For the beginner, more is less. More effort and more practice will lead to improvement. Unfortunately, as casting skills develop the concept of more is less can stay with us. More power, more time practicing and striving for more distance are our goals. This month I want to try and convince you less can be more.

Once you pass the beginners stage you are well on your way to becoming a good caster. You can make narrow loops, achieve distance and be accurate. However, if there is a common issue with most intermediate casters, it is about using too much power. Too much power can be inefficient and lead to fatigue and even injury. Too much power applied abruptly and at the wrong time can lead to tailing loops. If you really want to be a good caster you have to learn that less is more.

You can tell if you are putting too much power into your cast by listening to your rod. Any whooshing and swishing is a sure fire indication that you are making the rod do much more work than it needs to. You can also tell by watching the leader unroll. Unless it is very windy or you are deliberately trying to put a fly down with a splash, the leader should unroll without any kickback or the fly crashing on the water. To get this right you need to practice ... practice to use less effort. A good way to do this is the “how slow can you go” routine. See how slowly and smoothly you can false cast while still making good loops and keeping the line in the air. Start with a short line of about 10 feet and gradually extend. If you try, you will be surprise how little effort is needed to cast a fly and you may just learn that less is more.



I talk about practice a lot in my articles as without practice there will be little improvement. Unfortunately, a lot of people go about their practice in the wrong way. You can practice too much believe it or not. Long hours of practice can lead to repetitive strain injuries especially if you are doing something wrong. There is no sense practicing poor technique or even faults. It is surprising how many people will practice for hours with little to show for all their work. Often all they are doing is ingraining bad habits. Better to do less with more concentration on correct technique and more efficiency.

These days I don't do anywhere near as much practice as I used to and certainly less than I should. When I do practice it is usually for a specific purpose. If I am going on a trip where I know I will be casting saltwater flies I practice with big flies and heavy rods. If I have a trout trip coming up I practice my presentation casts. It is important to practice with the rods and lines you are going to use. Nowadays, I practice less but aim to achieve more in what I really need to work on.

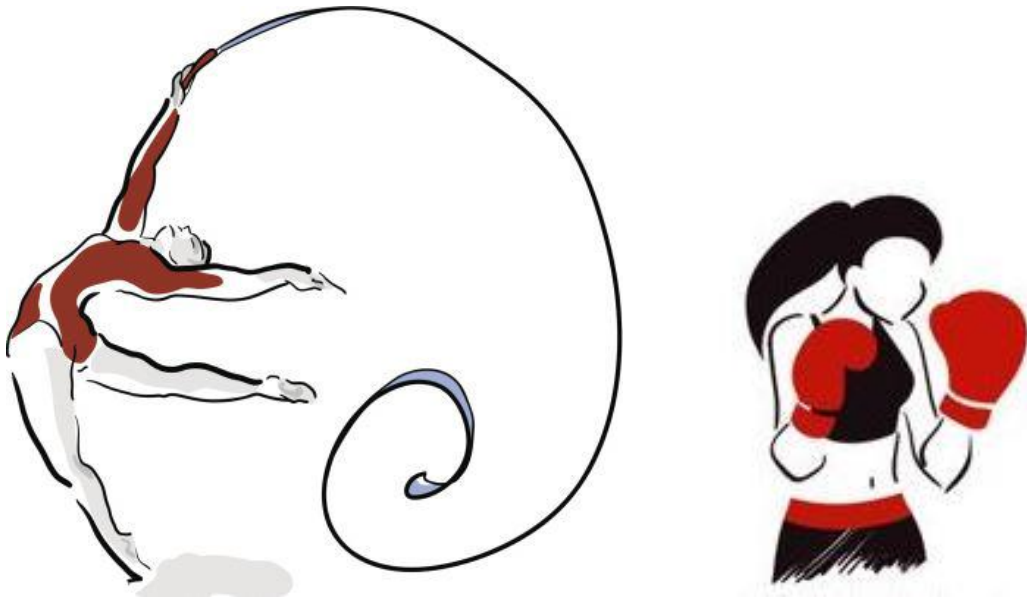
Everyone wants to be able to cast a full fly line. It seems to be a badge of honour that many (especially men) aspire to. People claim they can do it but when put to the test not all pass. The only way I can cast a full line these days is by taking the reel off the rod and throwing it. If you want to be able to cast a full line you have to practice and the best way to practice is to think "less is more". Start with a short line and practice until you can carry the line in the air and straighten the leader. When you have mastered 30 feet add another 5 feet and practice again. If you are doing this properly you might be taking weeks to be ready to move on. Don't increase the length of line until you are consistently reaching your target. You may have heard of the "Peter Principle" where people rise within the hierarchy of a system until they reach a level at which they are incompetent. The principle holds true for casting. If you keep increasing the length of line you are trying to cast without developing the muscle memory to sustain it, eventually you will reach a level at which you can no longer control the line. Start short, take your time, increase gradually and you will reach your goal. Those who start their distance practice at 90 feet are doomed to failure. Think "less is more".



If casting a full fly line is your goal you are going to have to learn to double haul. Learning to double haul is like learning to pat your head and rub your tummy at the same time. Once learnt, the double haul will increase line speed and enable you to achieve greater distance with less effort. You might think the longer the haul, the longer the fly line will travel. That only works if you match the length of the haul to the length of the casting stroke - short cast....short haul and long cast....long haul. Too long a haul will cause the rod to deviate from its straight line path and end up creating tailing loops. And when that happens you will realize that less is more.

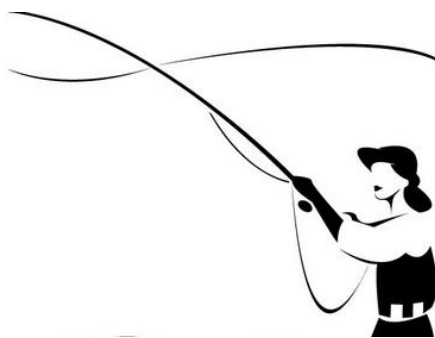
Another area where less is more in fly casting is in relation to the use of the body. Although you must have body movement to cast, taking it to the extreme will not produce better results. The late, great Lefty Kreh used to say some people cast so aggressively they "burst their underwear." When I watch people casting I don't check on their underwear but I do observe their movements. You have to use legs, body and arms to move the fly rod. Doing it less vigorously is the key. There is no place for burst underwear in fly casting.

Another common fault when using your body is to keep the arm rigid and vertical. This creates problems when trying to achieve a straight line path of the rod tip. It is also tiring and can cause shoulder injuries. Keeping the arm bent and compact is more efficient and produces more power. Think like a boxer and not a rhythmic gymnast. Power comes from the shoulder. Flaying an arm around looks good but when it comes to casting narrow loops, less can be more.



There is no better example of less being more than when it comes to false casting. I don't know how many times I have watched people make 3, 4 or 5 false casts to see the fly end up exactly where it would have been on the first cast. You might want to dry the fly, change direction or check your accuracy, but for every false cast you make you are wasting energy and increasing your chances of spooking the fish. False casting looks good and feels good but less is more.

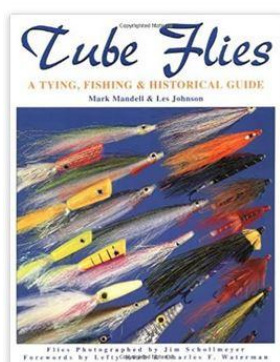
I will admit that sometime this minimalist approach to fly fishing doesn't always work for me. Less is more has never entered my thinking in relation to the number of fly rods I own. In my defence I cite the case of golfers having a bag full of clubs. Unfortunately, my argument falls down when I have enough fly rods to fill a couple of golf bags. These days my golfing skills are as rusty as my casting skills, and just as I could easily play a round of golf with a putter without jeopardizing my score, having only one fly rod would not be a handicap. In fact, when I really think about it, less could be more. But don't expect to see any of my fly rods in the classifieds yet.





# Classifieds

David Lindsay is selling on behalf of a friend these saltwater fly fishing books. A percentage of the proceeds from the sale will go to the Club. All the books are in excellent condition and the hardcover copies have original dustcovers. Some of these books are hard to find or out of print and fetch high prices. If you are interested you should search current prices and make a sensible offer. If you are genuinely interested you probably know the real value. If they are not sold through the newsletter they will be placed on internet sites where their value will be appreciated. You can phone David on 0409471718 for more information or to make an offer. Please note the indicative prices and don't waste David's time with unrealistic offerings.



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2004

by Mark Mandell (Author), Les Johnson (Author), Jim Schollmeyer (Photographer)

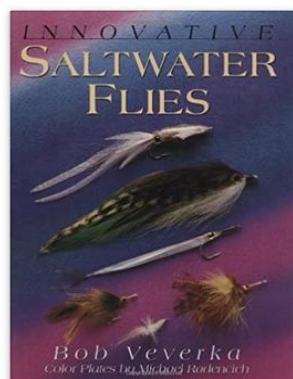
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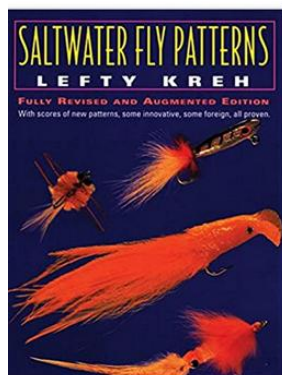
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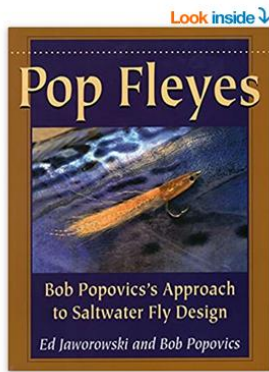
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September 2014

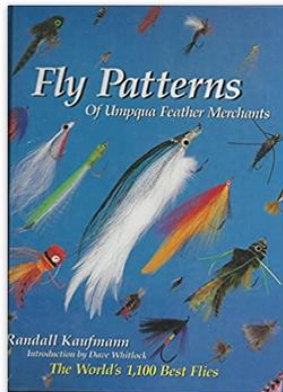
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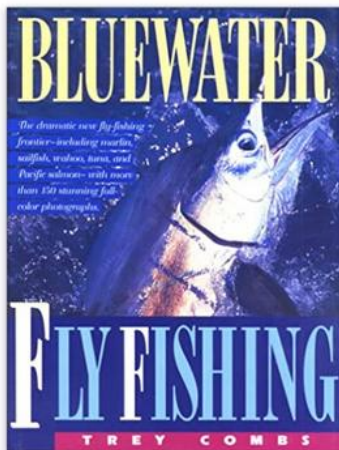
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Bluewater Fly Fishing Hardcover – 1 January 1996

by Trey Combs (Author)

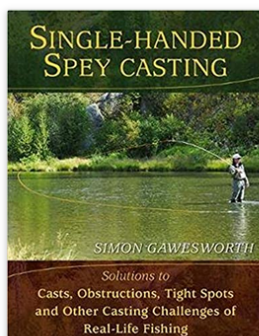
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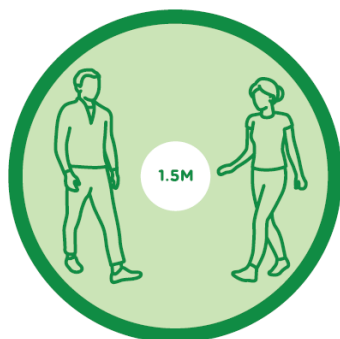
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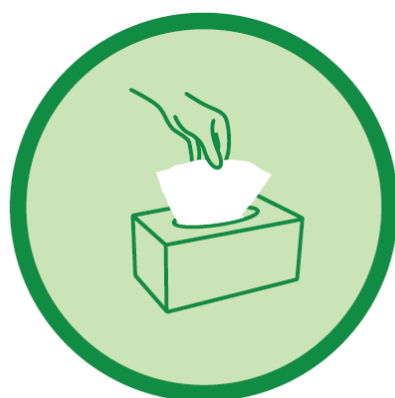
## Covid-19 Safety Policy

To ensure the safety and well being of all our members and the community you are asked to abide by the following guidelines whenever we meet:



Practise physical distancing.  
Where possible, stay 1.5m apart.

- If members have any flu like symptoms they are requested not to attend club activities. (We won't ask you to complete a declaration form, as many groups are doing, but will trust you to make the right decision if you are in doubt).



Stay at home and  
self-isolate if you are unwell.

- The sharing of equipment should be avoided where possible and frequent use of hand sanitizer is encouraged. Sanitizer will be available at all club activities.

- During this time many people are refraining from shaking hands and hugging. If you are a gregarious person you might want to check the body language of the person you are approaching to gauge their feelings on this matter. Not shaking hands or touching during this time shouldn't be seen as being unfriendly.



Wash your hands regularly  
with soap and water.

- You must register and sign in with your phone number or use a QR Code for all club activities. If you have the COVIDSafe app active that would be another safeguard.
- When food and drink is part of a club activity you should consider bringing your own crockery and cutlery. For the immediate future, the club will be using disposables.
- Be aware of government imposed restrictions and follow the rules.
- Wear a mask when regulations require.

**BE COVIDSAFE**

# Our Supporters

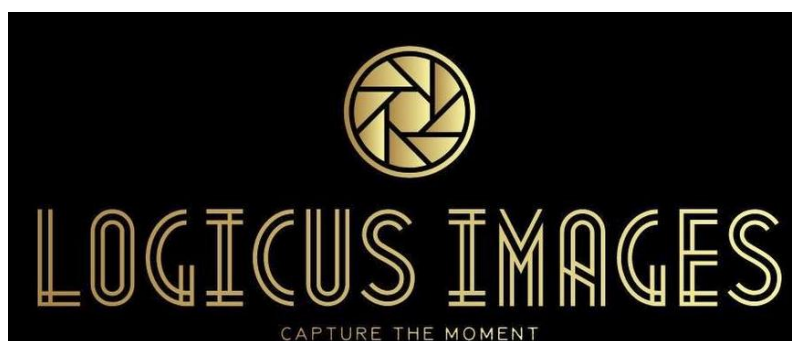
These people have all helped our club in one way or another. When you are looking for products and services make sure you consider them first



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## Membership Fees

Membership Fees are as follows:

Adult membership \$30

Family membership \$40

Concession membership \$20

Junior membership free

Distant membership \$10

The membership year runs from 1<sup>st</sup> July to 30<sup>th</sup> June.

Family membership is available for a group of two or more persons related by birth, marriage, de facto relationship or adoption who live together.

Concession membership is available to senior cardholders, pension card holders (including disability support and aged), Centrelink and Veterans Affairs cardholders

Distant membership is available to anyone living more than 80km from Coffs Harbour.

Junior membership is available to anyone attending primary or secondary school.

Fees can be paid:

1. **In cash** or by **cheque** at the next meeting or fly tying night. (cheques made payable to Coffs Coast Fly Fishing Club Inc.

2. **By cheque** posted to:

The Secretary  
Coffs Coast Fly Fishing Club  
11 Butterfly Close  
Boambee East  
NSW 2452



### 3. Direct deposit:

BSB 062-678

Account Number: 10333424

Name: Coffs Coast Fly Fishing Club Inc

Reference: Your surname

If you are making an electronic deposit please send an email to [ccffc@tpg.com.au](mailto:ccffc@tpg.com.au) to indicate you have paid as we do not have online access to our account. When depositing, make sure you include your surname in the Reference section. e.g.

**Ekert Membership.**

### Club Contact Address

Our official email address is [ccffc@tpg.com.au](mailto:ccffc@tpg.com.au).

Our mailing address is:

The Secretary

Coffs Coast Fly Fishing Club

11 Butterfly Close

Boambee East

NSW 2452

### Electronic Contacts

We have a Coffs Coast Fly Fishing Club website which can be found at:

<http://coffscoastflyfishing.weebly.com/>.

If you find problems with the website such as broken links please email the Secretary so they can be rectified.

Our Facebook Page can be found at:

<https://www.facebook.com/coffscoastflyfishing/>

We have a **Facebook Group**. If you are on FB all you need to do is search for Coffs Coast Fly Fishers and ask to join the Group. Currently there are 323 members in this group.



## **Notes**

### **Club Membership Definitions:**

Concession membership is available to; Pension Cardholders (including Disability support and Aged), Centrelink and Veterans Affairs Cardholders.

A family is a group of two or more persons related by birth, marriage, de facto relationship or adoption who live together.

Junior membership is available to anyone attending primary or secondary school.

Distant membership is available to anyone living more than 80km from Coffs Harbour. Distant Members are entitled to all the benefits of club membership and are covered by public risk insurance.

### **Fees:**

Our preferred method of payment is Direct Deposit. When making a **Direct Deposit** please ensure you include in the Reference: your **Surname** so the payment can be identified by the Club Treasurer and a receipt issued.

Fees can be paid in **Cash** or by **Cheque** at a meeting or club outing.  
Cheques to be made payable to **Coffs Coast Fly Fishing Club Inc.**

### **Completed Membership Forms:**

Can be scanned and emailed to the Secretary at [ccffc@tpg.com.au](mailto:ccffc@tpg.com.au).  
Can be hand-written and handed to the Secretary at a meeting or event.  
Can be posted to the Secretary at the above address.

All information supplied will be held in Club records and will only be available to financial Club members, if approved by the applicant as indicated on their Membership Form.