

The *Flyer*



Official Newsletter Of The



The Flyer

The Official Newsletter of the Coffs Coast Fly Fishing Club February 2019

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Members have been working on their camera skills in preparation for the big Photography Competition.

Above: Doug Urquhart thinking outside the box and going for scenery.

Opposite: David Moppett firmly focused on the fish.

Cover: Brush baitfish from master tyer Jason Stratford.

Top is a 4/0 Varivas 2600-STV blended flash / fishfibre brush with tab 10mm eyesBottom is the Kryptonite Polar Fibre baitfish blended brush on a 1/0 Varivas 2600-STV
DIY Brushes in the background.

From the Editor



The Festive Season is over and it's time to put those New Year's resolutions into action. We all have great intentions when it comes to planning for a new year. It's a time to reflect on what has gone wrong in the past and what you can do about it in the future. Each new year brings the opportunity to make changes and to set goals for a better year ahead.

I have become wary of setting new year's resolutions. In the past I have ended up with a list so long and daunting that it usually went out the window in the first few days of the new year. Nowadays my new year's resolutions are more simple and carefully worded so that there is little chance of failure. They usually revolve around more fishing and casting.

So my new year's resolution for 2019 is to fish some new places and new species and do more casting practice. The fishing bit will happen because that is what I enjoy and look forward to the most. I make sure I plan and prepare to do more fishing. The practice could be a little less certain. There is always a reason, obstacle or excuse not to practice and I have succumbed to all of them. So I have set myself a goal of completing the FFI Fly Casting Challenge this year. I'm hoping I can find a few other members with the time and motivation to give it a go too. Watch this space to find out where and when you can join the program.

What a great night we had to start the year at Mylestom. A lot of people had a lot of fun and a lot of catching up was done. There were so many people who contributed to making the night a success I'm reluctant to mention names in fear I leave someone out. There were those who arrived early and set up and those who stayed on and put things away at the end of the night. People jumped in and peeled onions cooked the barbeque and made sure there was tea, coffee and water for

everyone. We were fortunate to have a "proper" barbeque this year thanks to Ray even though he was in Sydney. Then there were those who helped with the casting games or provided some casting instruction for the newcomers. A great team effort produced a great first meeting for the year.

This newsletter features a lot about casting. Casting is what makes fly fishing unique. It's casting a fly rod that often prevents people moving from being a sports fisher to a fly fisher. The difference is not that great. Our club is as much a sportsfishing club as it is a fly fishing club. Our main aim is to help those who would like to learn to become fly fishers. To become a fly fisher you need to be able to cast a fly rod and to do that you need to practice your casting. Hopefully, you will find some advice in this month's **Flyer** that will help you on your way.

This month sees the introduction of our Facebook Photographic Competition (see page 8). We have a great prize donated by Barry Ryan. Barry used to own AussieFly selling Talon rods, reels and fly tying materials. When in business Barry donated a couple of fly rods to the club to help raise some funds to get us going. I haven't met Barry but I am grateful for his generosity to a club and club secretary that he knows little about. Make sure you post an entry in the competition for a chance to win a great fly rod, reel and line.

Editor

Club Executive 2018-19

President: Kevin Cosgrove

Vice President: Doug Urquhart

Secretary: Allan Ekert

Assistant Secretary: Rod Leane

Treasurer: Walter Krainik

Assistant Treasurer: Denise Jones

Public Officer: Allan Ekert

Committee:

Don Cummings, Glenn Colquhoun, David Moppett

Newsletter Editor: Allan Ekert

February 2019 Meeting

The next meeting of the club will be on Monday 18th February 2019. This will be a "normal" meeting starting at 7.30pm at the Boambee East Community Centre. We will have a general business session followed by some indoor casting demonstrations and discussion on casting faults and fixes.

There will be tea and coffee available. We will have the usual raffle to cover the hall hire costs.

If you are interested I will be at the hall from 6.00pm to help anyone who wants to start on the Fly Fishers International Casting Challenge. This program will help you become a better caster and catch more fish. Whether you are picking up a fly rod for the first time or whether you are a seasoned veteran there is something in the Fly Fishers International Casting Challenge for everyone.

Fly Tying

The first fly tying night for the year will be Monday 4th February at the Uniting Church Hall in Coffs Harbour commencing at 7.00pm. The theme for the night is using UV Resins. We have invited new member Brent Hawkins to demonstrate some of the saltwater patterns he has been tying with resin. Jim will then be helping us all tie a simple baitfish pattern using resin.



If you have 15 minutes to spare and you are a perfectionist you may want to watch this video on tying a baitfish pattern with resin.

<https://www.youtube.com/watch?v=yjGwg0x2TMI>

All the hooks and materials needed will be supplied and spare vices are available. A donation of \$5 is requested to pay for the hire of the hall and the tying materials. Experience tyers will be on hand to help any newcomers who are always welcome.

Lake Keepit Outing

Our planned outing to Lake Keepit has been cancelled for obvious reasons. There's no water!



You can read about our Plan B below.

Plan B February Outing Moonee

Our outing for February will be on Saturday 9th February. Let's meet at 7am in the first picnic table area opposite the first toilet block immediately after entering the Moonee Beach Reserve (where we did last time.)

The earlier we start the more fishing options we have as it's possible to fish from the extreme estuary ocean entrance all the way back up to the meeting point flats.

We have a 0.5m low tide at 5.31am and a 1.7m high tide at 11.47am which means we could likely be wading through waist deep water exiting the flats before the peak of the high tide. I suggest you wear suitable footwear for the rocky estuary entrance area and the flats. Floating and Sink Tip lines fished with Clouser flies, small whitebait patterns, small poppers and even small crab patterns will cover the fishing options.

Then let's do coffee and a bite to eat at the Moonee Beach Shopping Complex afterwards.

If you're attending, or needing further info, please let me know by text on 0412 271 365.

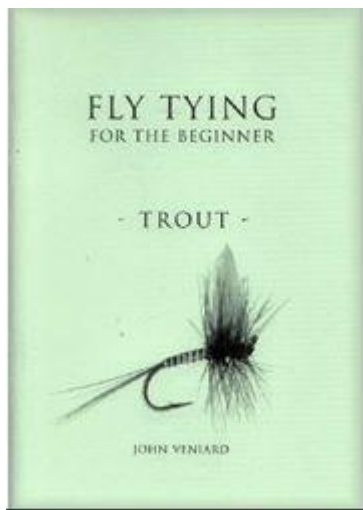
Garry Hambly Outing Co-ordinator.



Club Library

The Club now has a library. Thanks to another generous donation from Barry Ryan (which also included some fly tying materials) we have one book in our library. If our library grows we may have to consider how and where it will be stored but for the moment I am adding it to my library for safe keeping.

The book is called Fly Tying For the Beginner - Trout - by John Veniard.



This is a great little book for anyone wanting to tie flies. It takes you through the all basics with clear illustrations. There are only 23 pages but they are packed with useful information for anyone interested in tying flies for trout.

Any trouties out there of my vintage will have heard of Veniard. Since 1923 Veniard have been supplying top quality fly tying materials to the world.

It all started in the early 1920's when Mr Ernest and Frank Veniard started collecting feathers from London poultry markets for hat mounts and brooches. This in turn led to limited supplies for fly tyers. By the mid 1930's The Veniard brothers produced their first fly Tying Catalogue. By the start of WWII the company already had a reputation for supplying top quality materials.

There have been major changes since then with the arrival of synthetics, genetic hackles and specially designed tools. But through all this Veniard's have and still remain one of the top fly tying suppliers in the world.

In this month's *Flyer* I have written about some of the DVDs in my library. Next month I will tell you about some of my books. I am happy to loan any of these to interested club members. I'm not sure our club library will grow much bigger but if you are after a book or DVD to help you with your casting or fly fishing feel free to get in contact and see if I have the book you are after. To some people the Internet has replaced books and DVDs but for me there will always be a place in my study for a library.

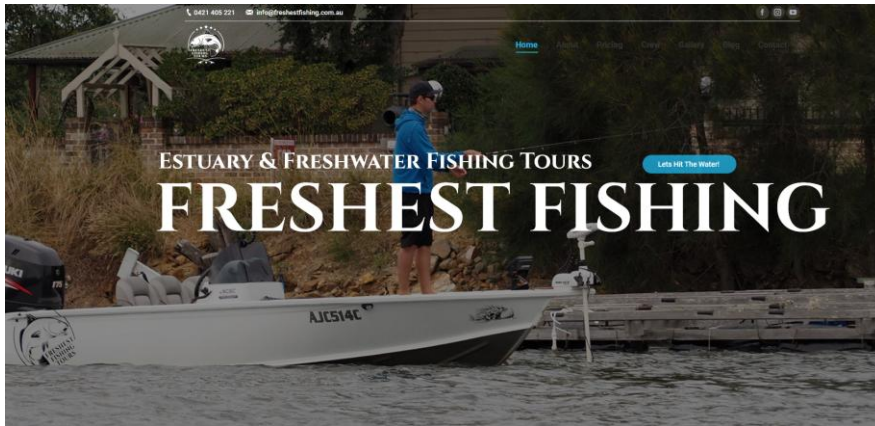
Major Raffle

What a great event our casting and raffle draw was. We had plenty of people in attendance. Our major prize was a charter with Freshest Fishing Tours based out of Coffs Harbour. Captain Dale Johnston is an absolute genius when it comes to putting clients onto fish. Tamara Baker from Macksville was the lucky winner and we hope she enjoys her time on the water. A big thank you to Dale from Freshest Fishing Tours for donating the prize.



Freshest Fishing Tours

If you missed out on winning the prize in our major raffle you can still book a day with Dale through his website <http://www.freshestfishing.com.au/#!/up> or by phoning 0421 405 221. For those not into fly fishing Dale also does bird watching, river tours, photo/video work and gear & electronics training.



Half Day	Full Day	Hop On - Hop Off	Custom Trip
<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;"> <p>\$360</p> <p>5 Hours</p> </div> </div>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;"> <p>\$550</p> <p>8 Hours</p> </div> </div>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;"> <p>\$90</p> <p>Per Hour</p> </div> </div>	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; display: flex; align-items: center; justify-content: center; margin: 0 auto;"> <div style="text-align: center;"> <p>POA</p> <p>Somewhere New?</p> </div> </div>
Our most popular package. 5 Hours on the water, perfect for a morning or afternoon trip.	Want a longer session? Good high & low tide changes to fish? A full day / 8 hours on the water is the way to go.	Hop On / Hop Off trips are ideal fillers for a couple of hours, especially when staying near the river. Subject to availability.	Whether your staying in town for a few days, or looking to do a custom trip, contact us about arranging something for you!
Up to 3 People	Up to 3 People	On Water Pick Up/Drop Off	Customise a Trip to Suit You
Light Refreshments Included	Lunch & Refreshments Included	Perfect for a 'Quick Trip'	Multi Day Trips
All Tackle Provided	All Tackle Provided	Up to 3 People	Fish New Destinations
Discounted Rate For Solo Charters	Discounted Rate For Solo Charters	Minimum 2 Hours	Your Ideal Day On The Water!



Casting Games

If you didn't get to try one of the games at our Casting Night or you weren't able to attend here are the games we played. They are a lot of fun but more importantly teach some very important casting skills. If you are still looking for motivation to get out and practice your casting why not try these at home. I'll let you into a secret. Some of these games will feature at our next casting day and we will have some good prizes for the winners. Thanks to Simon Gawesworth and Peter Morse for the ideas behind these games.

Event 1: GT Challenge

Outfit: 9ft, 10wt rod, with Outbound shooting head line. Heavy fly. (safety glasses must be worn)
2 Practice casts at target and at rope allowed before starting.

Layout: Target (hoop) set at 55ft, and one length of rope, laid out at 80 ft. - on grass

Event: Casters get 3 casts at target - 10 points for each time the fly lands in the target (fly can land in and bounce out and still count)
Caster then has 2 long distance shots at the rope. If they pass the rope with the fly they get 10 points. Fly line and/or leader must lay on the rope.
Competitor must start with fly in hand for each cast. All scores combined to make the final total (Max 50 points).



Event 2 Kayak Fishing:

Outfit: 9ft, 6wt rod, with WF6F. Popper fly.
No practice allowed!

Layout: A seat is placed, from which the caster must cast (sitting down). There are 2 targets (hoop) set at 25ft and 45ft, and a 100ft tape measure laid out on the grass.

Event: Casters get 2 casts at each target, and score 10 points for each hit on the closer target and 20 points for each hit on the further target. False casting allowed as long as the fly does not tick the ground. They then get 1 distance shot. Where the fly lands is marked and they get 1 point per foot (measured to the nearest foot). All scores combined to make the final total. Competitor must start with fly in hand for first cast at each hoop and for the distance cast.



Event 2 Tricky Trout:

Outfit: 7ft 3wt rod, with WF3F line. Trout dry fly.
2 Practice casts at each target is allowed before starting.

Layout: 4 hoops set at 15ft, 25ft, 30ft and 40ft on grass. Some targets will have obstacles that

make for a tricky cast (obstacle may be behind the caster or in front of a hoop that a caster has to cast under, or around, to hit the hoop. 1 cast at each hoop - false casting allowed as long as the fly does not tick the ground. 10 points each time the fly lands in the hoop (fly can land in and bounce out and still count). (Max 40 points). Competitor must start with fly in hand for first cast.

Event 4 Golf Range:

Outfit: 9ft, 7wt rod, with WF7F line. Fly will be a practice plastic golf ball.
No practice allowed!

Layout: A hoop is laid out 200ft from the starting point.

Event: Caster starts "on the tee" with ball in hand. One distance cast is made towards the target (false casting allowed). They then walk forward to where the ball landed and make another cast. This is repeated until the ball lands in the hoop (ball must remain in the hoop - if it bounces out it must be cast again and be counted as another shot). The winner is the caster who lands in the hoop in the least number of casts. This might also be a team/partner event.



Classifieds

Wanted to buy:

I'm looking to try my hand at estuary kayak fishing. If you have a sit-on kayak you think might be suitable and are happy to sell, please let me know by email or phone. David Small phone 0423 112 902 dnksmall@yahoo.com.au



For Sale:

I'm selling a 10weight complete outfit ready to fish. It's a TFO Clouser Rod and Redington Behemoth 9/10 reel loaded with backing and line. This was my backup outfit for a recent trip and didn't get used. It's in great condition and has only been used for lawn casting (if you participated in the GT Challenge at our casting night you used this outfit). This outfit is valued at over \$570 but I am selling for \$350 which includes line, backing and leader. For photos or to have a cast contact Allan Ekert 0427457725 allan.ekert@yahoo.com.au
For more information on the rod and reel you can check these websites:

<https://www.flynguide.com.au/tfo-clouser-series-fly-rods>

<https://www.compleatanglersydney.com.au/products/redingtonbehemoth?variant=18040887607379>



Facebook Photo Competition

Here's a chance to show off your best fishing photos and win a great prize. We are looking for photos of anglers male and female, scenery shots, kids, fly tying and of course any fish caught on fly.

Entries for the Coffs Coast Fly Fishers Fishing Photography Competition are now open and will be accepted up until 5pm on Monday 8th April 2019.

The prize is a Talon 9ft 4 piece 6 weight fly rod with rod case, reel, line and leader ready to fish.

The winning entry is to be judged by an independent member of the local photographic club.

Entry is free but conditions apply - see below:

Entries must be submitted as a post in our Coffs Coast Fly Fishers Facebook Group. If you are not on Facebook you can email the photos to ccffc@tpg.com.au where someone will upload them to Facebook for you. There is no limit to the number of entries (within reason)

Entries will be showcased and the winner announced at our meeting on Monday 15th April 2019.



Conditions of Entry:

1. All photos submitted must be the work of the person who submits the entry (ie. entrant must be the person taking the photo not necessarily in the photo).
2. All photos must be clearly labeled as entries in the Coffs Coast Fly Fishers Photography Competition (with name and contact details if not posted directly to Facebook) and a descriptive comment.
3. Images that have won prizes in competitions, have been used for commercial purposes and/or been previously published will not be eligible.

4. Images must be taken by members of the Coffs Coast Flyfishing Club. Membership forms must be held by the Secretary including those who are eMembers or members of the Facebook Group where membership is free. The prize will not be awarded unless a membership form has been completed. Membership forms are available on our website

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

5. Photos must relate to fly fishing. They do not need to contain fish; they may feature fishing landscapes, equipment or fishing experiences.

6. Entries must be submitted by 5pm Monday 8th April 2019.

7. By submitting an image, the entrant agrees to the conditions of this competition.

8. Entrants can submit multiple photos but the club reserves the right to set a limit if it believes unreasonable numbers of photos have been submitted.

9. All entries must be posted in our Facebook Group either directly by the member or by emailing the photos to the club to be posted for them. ccffc@tpg.com.au

10. Digital manipulation that distorts the reality of the photos will not be allowed. Only basic enhancements such as sharpening, contrast adjustment, or simple cropping will be allowed.

11. Any image submitted may be used by Coffs Coast Fly Fishers to promote its activities.

12. Images will not be used by Coffs Coast Fly Fishers for commercial gain or provided to other organisations.

13. If you include any copyrighted content in your photos you must be able to provide written permission for its use. Entries containing any unauthorised or offensive content will be disqualified.

14. Images will be judged on the guidelines above and also on their technical excellence, composition, overall impact and artistic merit.

15. The decision of the Coffs Coast Fly Fishers Club and its judge is final and no negotiation will be entered into.

16. No personal or brand names or watermarking are to appear on any photographic entries.



Three Tips for Better Fly Fishing Photography - An Interview with Steven Ooi

To set the scene and provide some motivation for our Photography competition I have included this article about well known fly fishing photographer Steven Ooi. The article is reproduced with permission from the author Carl McNeil (www.swiftflyfishing.com) and thanks Steven and Carl for allowing us to use it.



You may have seen Steven's incredible images posted on Instagram and Facebook as [@finripplemedia](https://www.instagram.com/finripplemedia). Timed to perfection, his astounding images of leaping trout freeze time and clearly demonstrate to us that yes, trout do indeed track insects on the wing and take them in flight.

Steven's magical images astound, delight and leave us in wonder.

Steven has been bending a couple of Epic fly rods for a season or so now and we are delighted and hugely privileged to welcome him to the Epic family as a Brand Ambassador.

*Here's a Bio on the man and his **3 top tips for better trout photography** - read on...*



Tell us a little about your background?

The outdoors has pretty much been in my life since an early age, my parents had the travel bug and pretty much took me on a 13-year long journey around Australia, all those early camping and fishing adventures as a child set me up with a passion for the outdoors that has continued in my life. I feel most at home when I'm kind of actually not at home, give me a sleeping bag a tent, and a billion stars under the Milkyway and that where you will find my heart, throw in my fly rod and camera and that's all I ever need and maybe an acoustic guitar. Based in Tasmania I'm pretty lucky to be surrounded by some amazingly beautiful scenery but also spectacular fly fishing opportunities right on my doorstep.



Why did you get into photography?

Life is about the journey and not the destination, it's all those things we experience along the way that make it amazing, quite often I find that same rule applies in fly fishing, There are so many interesting and beautiful moments that happen on the river while fishing and I wanted to capture those special emotive moments that get us excited or inspire us or causes us frustration and sometimes grief, you know that whole rollercoaster of life and fly fishing in general that connects us to the surroundings.



What matters?

To me it's the small things, it's quite easy to overlook the small things but in reality, it's the small details that make the big picture. Small things really do matter, and when you start to appreciate those little details then it's easy to find something each day that makes you smile and think, wow that's pretty cool. That principle applies in my life to family, friends, fishing and photography; never take the small things for granted.

What's your one word of advice?

Respect... Respect the river the surroundings and that environment you're fishing in. If you can, leave it in a better state than you found it. Respect the fish and show them the care they deserve. Respect the other users of that environment, it doesn't matter if they are beginner fly fishers, or if they are lure fishers or bait fishers or whoever is on the water still show them respect and courtesy the same as anyone else, even those canoeists that may come down your creek and spook every fish along the way. I know it's annoying but getting annoyed is only going to ruin your own day. I'm still working on that one not being so annoyed about the canoeist. This leads me to one final piece of advice, realise and accept you have room for improvement in yourself. Life is not a competition to impress; it's a learning journey of experiences. When you accept you have plenty of room to improve and learn then you open the door to making changes that will make your own life experiences better.



Where is the journey taking you?

The more I get into the photography the more I realise how important the sharing aspect is. Sharing the experience is one of the most rewarding parts of fly fishing, that's why in the future I hope to be fishing with more people on a river, lake or creek somewhere sharing those experiences instead of fishing by myself so often. Honestly, I get just as excited watching other people catch a fish, sometimes even more excited than if I had caught it. Quite often it's not the biggest fish that make the moment memorable, but it's the people you shared the experience with that makes it special. Who shares wins is my future motto to live by; share the journey.



Steven's top 3 tips for better Fly Fishing Photography

1. Always have your camera setup ready for fast action shots before you step on the water. It's too late to change lens and settings once the action starts.
2. Double check your background for anything that may look distracting and out of place but also look for a nice composition with leading lines.
3. Take pictures that tell stories. Fishing is a journey and photos can be an amazing way to take people on that journey. Include the small details that make the trip memorable. It is much more than just the fish that make it special.

Don's Galley



King Prawns with Nam Jim Dressing

By
D.Cummings

Welcome to 2019 and the first CCFFC newsletter recipe for the year. I hope you had a great festive season filled with friends and family, and the New Year brings many more fly fishing adventures and memorable captures.

The recipe I have for you this month is a great dish for summer dining and the attraction of low after Christmas prawn prices for high quality wild local prawns makes it more inviting. If you haven't checked out the local co-op lately for high quality seafood make sure you do and I guarantee if you serve this dish up for your partner they will be very pleased.

This recipe should serve 2 people very well and you can use both Cooked and Un-Cooked Prawns. I prefer green (un-cooked) however it is at your preference. I also like to serve the prawns with a mango salad that also gives the feel of summer. Just grab some green leaf lettuce, cucumber and slice up some mango mix it together and you are done.

Ingredients:

Prawns: 600g or 12 Large U/10 King Prawns Green or Cooked
2 x long green chillies, roughly chopped (optional although recommended)
2 x garlic cloves, quartered
1 x green onions, roughly chopped
2 x Limes Juice
100ml Extra Virgin Olive Oil
3x tablespoon Squid fish sauce
1 x tablespoon grated palm sugar
1/2x cup chopped fresh coriander leaves
Salt and Pepper to season

Method:

Peel and devein the Prawns removing the tube and season with salt and pepper. I personally leave the heads on but that is up to you. Put all ingredients apart from the Prawns into the blender and mix on a high speed until smooth.

Place the prawns in a hot pan and cook until done. Serve the prawns on a salad as suggested previously or just by themselves and dress the prawns with the Nam Jim dressing. Washing it down with a Chardonnay or sparkling wine would be quite the treat.



Casting DVDs

Nobody practices their casting and nobody buys DVDs anymore so I am probably wasting my time writing about casting DVDs. But it does fill up the newsletter and it might just be helpful for anyone who gets the urge to improve their casting. So here are my five best casting DVDs. They may be old but the material and presentation is still relevant. You can find lots of videos on YouTube on learning to cast but nothing comes close to these.

And just in case you think 5 casting DVDs is too many I should tell you my bookshelves have another 30 I could have chosen from. A quick Google search found another 40 I still haven't got! If you want to improve your casting do yourself a favour and borrow a copy or better still order one for your next birthday.

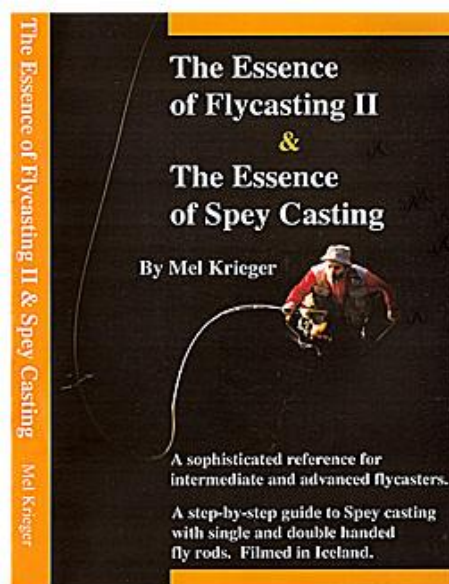
1. Joan Wulff's Dynamics of Fly Casting

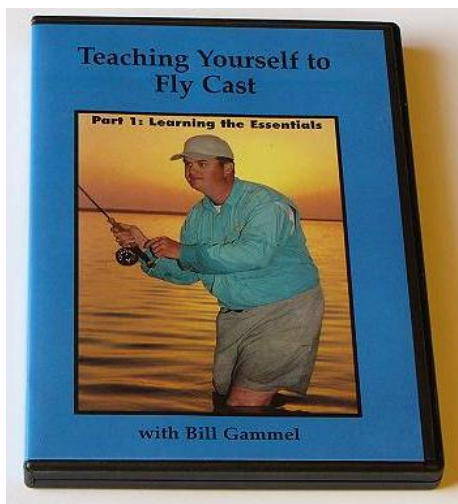


Although first produced in 1997 this is still, in my opinion, the best and most comprehensive DVD on fly casting available. It begins with highlights of Joan's amazing and very successful career and then goes on to explain the mechanics of casting and the techniques she has developed over 60 years as a champion fly caster. Set out in 20 chapters you will learn everything from vital hand and arm movements, to practice routines that teach how to make almost every kind of fishing cast. Everything is demonstrated and explained clearly and concisely in Joan's friendly and competent style. This is a must for beginners. For those who think they can cast well there is a wealth of knowledge to be gleaned from watching again and again. If you only have one casting DVD in your library this is the one to have.

2. The Essence of Flycasting II & The Essence of Spey Casting by Mel Krieger

This, in my opinion, is the pick of a number of DVDs by the late Mel Krieger on fly casting. He is acknowledged as an international master caster and inspirational teacher. His enthusiastic style and use of a character called Joe Smocktapop keep you entertained for the entire DVD. Aimed at intermediate and advanced flycasters this DVD will help you come to understand the bio-mechanics behind casting and learn all the important elements of making a good cast. Krieger's infectious delivery and the beautiful locations featured make this a must have DVD. And you get two programs for the price of one. The Essence of Spey casting introduces you to the world of double handed rods. If you have started casting and want to be enthused and motivated to take it to the next level this is the DVD for you.



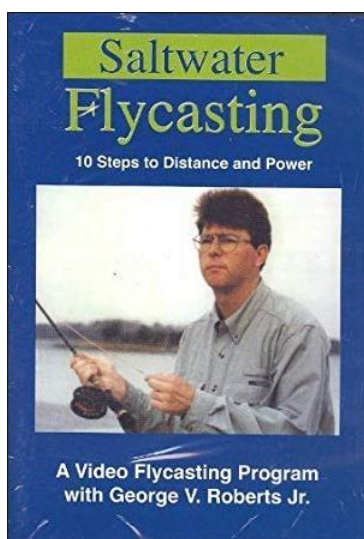
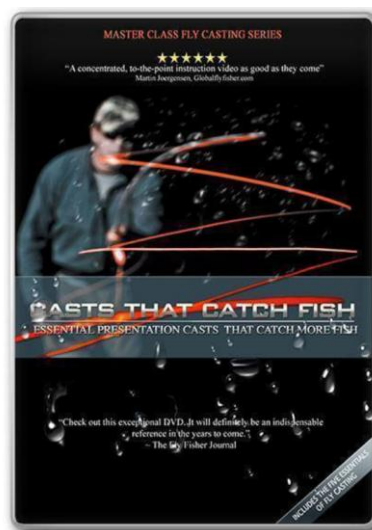


3. Teaching Yourself to Fly Cast with Bill Gammel

You could teach yourself to cast with this DVD but I think you would find it rather boring. This DVD is more about learning the essential elements of casting. Bill and his father Jay examined how a cast is made and came up with 5 essential elements. By learning these essentials and putting into practice the routines suggested by Bill you can learn to cast. Just don't expect Bill to enthrall you to get out there and try. Although aimed at the beginner it is equally useful for intermediate and expert casters who would benefit by studying what Bill has to say. The DVD begins with a little bit of history and explains what led the Gammels to identify the essentials of casting. Bill encourages everyone to experiment with their own style but adhere to the 5 essential elements of a good cast. If you were enthused by Mel Krieger's animated teaching style you might be disappointed with this DVD. Persevere. It is worth watching many times.

4. Casts That Catch Fish ... Carl McNeil

If you want to know more about the essential elements of casting this DVD is the best. Carl McNeil is a Master Casting Instructor from New Zealand and producer of the brilliant film "Once In A Blue Moon." The same cinematographic skills, the beautiful scenery and the attention to detail are evident in this casting DVD. Carl explains Bill Gammel's Five Essentials of fly casting (better than Bill) and goes on to demonstrate a variety of slack line presentation casts that should be in everyone's repertoire. Each cast is explained step by step, in plain simple language, with the assistance of slow motion video and graphical overlays. The casts featured in the DVD really are useful in every day fishing situations and include slack line presentations, the roll cast and dealing with the wind. This is as good as it gets when it comes to instructional DVDs.



6. Saltwater Flycasting. 10 Steps to Distance and Power by George V. Roberts Jr

As Joe Shmocktapop would say "95% of all fish are caught within 20 or 25 feet" (if you haven't met Joe you had better watch Mel Krieger's DVDs). The reason most fish are caught with casts less than 30 feet is that most people can only cast that far. If you want to cast further and catch more fish you need to work on your distance casting. And the best instructional DVD I know for this purpose is this one. This is not a beginners DVD but one which provides those who can cast a step by set guide to casting further. If you follow the 10 step program and practice you are guaranteed to cast further with greater efficiency. For an intermediate caster this DVD should rate near the top of the list.

Well there you have my top 5 casting DVDs. As with all things to do with fly fishing not everyone will agree. All I can say is take a look for yourself and make up your own mind. Watching these DVDs is guaranteed to make you a more knowledgeable fly caster. Practicing based on these DVDs is guaranteed to make you a better fly caster.

Club Calendar 2019

Below is the outings calendar for 2019. There are still opportunities to make changes and the details will be filled in as the year progresses. Check the monthly newsletter or website for details.

Month	Outings	Activities
JANUARY	No outing this month The monthly meeting will be a BBQ and casting night at Mylestom starting at 5.00pm on Monday 21 st .	No Fly Tying Club Meeting Monday 21 st
FEBRUARY	Lake Keepit Friday 8 th - Sunday 10 th Cancelled Moonee Creek Saturday 9 th	Fly Tying Monday 4 th Club Meeting Monday 18 th
MARCH	Forster Fly Muster (15 th /16 th /17 th) Bass Bash Saturday 16 th Ebor Saturday 23 rd	Fly Tying Monday 4 th Club Meeting Monday 18 th
APRIL	Casting Day Saturday 13 th Home Waters Saturday 27 th	Fly Tying Monday 1 st Club Meeting Monday 15 th
MAY	Home Waters Saturday 25 th	Fly Tying Monday 6 th Club Meeting Monday 20 th
JUNE	Bluewater Saturday 22 nd or Sunday 23 rd depending on weather	Fly Tying Monday 3 rd Club Meeting Monday 17 th
JULY	Dunmore Waters Friday 26 th - Sunday 28 th	Fly Tying Monday 1 st Club Meeting Monday 15 th
AUGUST	Swansea Friday 9 th - Sunday 11 th Home Waters Saturday 31 st	Fly Tying Monday 5 th Club Meeting Monday 19 th
SEPTEMBER	Casting Day Saturday 14 th The Gorge Clarence River Friday 20 th - Sunday 22 nd	Fly Tying Monday 2 nd Club Meeting Monday 16 th
OCTOBER	Dorrigo trout Weekend Friday 25 th - Sunday 27 th	No Fly Tying Club Meeting Monday 21 st
NOVEMBER	Urunga Flathead Tournament TBA Jackadgerary Mann River Friday 15 th - Sunday 17 th	Fly Tying Monday 4 th Club Meeting Monday 18 th
DECEMBER	Lake Keepit Friday 13 th - Sunday 15 th	Fly Tying Monday 2 nd No Club Meeting

If you want to organize additional outings don't forget we have a Facebook Group where you can create your own outing. If you are looking for someone to go fishing for a day, weekend or week you can post the information on Facebook and see if any other members would like to join you.



Casting Practice

Most people don't practice their casting. Practice only takes away from fishing time - right! And you can practice while you are fishing - wrong! Fishing and practicing are two very different things and if you are working on your cast while fishing, you're not doing either one very well. To catch fish you need to be a good caster. To be a good caster you need to practice.

When you see a good caster it is tempting to think how lucky they are to have such natural talent. We need to realize that luck is 99% hard work. Yes, there are some gifted people who can pick up casting quicker than others but everyone can become a good caster with the right practice. The secret lies in the way we practice and how much time we are prepared to put in.

A few years ago I was involved in an online study group led by Dr Gordy Hill from Florida in which 360 instructors from around the globe were discussing the subject of casting. They came up with 35 points to make casting practice more effective. I thought I would share with you some of the most relevant ones for us mere mortals as we try to become better casters and catch more fish. Here is my list of the 10 best suggestions from the group. I am indebted to Dr Gordy Hill and fellow members of the study group for reminding me of all facets of casting practice that need to be addressed if we want to make the most progress.

1. Practice for a purpose.

Random sessions of false casting in the backyard may seem like practice but in reality it is little better than doing nothing. For practice to be meaningful it must have structure. It also needs to be regular and to a point. Practicing false casting is good if you want to improve your loops. If you want to get better at roll casting it is not going to help much. Work out what you need to practice and concentrate on that. Set yourself a goal and practice towards that goal. Make sufficient time available on a regular basis and stick to your plan until you are happy you have achieved your goal.

2. Set your goals based on your needs.

Decide what you need to practice based on your personal experience. If you missed the chance to catch that trophy trout because you couldn't cast into the wind practice your wind casting. If you couldn't reach that school of salmon then practice your distance casting. If you want to put the fly under the tree here the bass is hiding practice your accuracy. If you need to practice all these things be realistic and set priorities. Work on one thing at a time and keep at it until you are happy that you have it mastered. Don't take the easy way out and practice something that you can already do well. Concentrate on the casts you do least well.



When you can cast loops like this who needs to practice!

3. Measure your progress

Measuring your progress can provide motivation and an incentive to take your casting to the next level. A tape measure and a few targets is all that is needed if you are working on distance or accuracy. In this age of digital cameras, iPhones and iPads it is easy video your casting and watch it in slow motion. Regular recordings will give you an accurate picture of the progress being made. You can also use other technology such as the casting Analyzer. Best of all you can enlist the help of a casting buddy and work together to achieve your goals. Whatever means you choose you must measure your progress and celebrate your successes.

4. Be prepared for practice

We all have varying amounts of time available for practice - some more than others. No matter how much time you have there are a few things you can do to make sure your time is productive. Short regular sessions are best and you need to be ready to take advantage of any spare time that comes your way. Have a rod strung up and ready. Think about a suitable venue. It's nice to have a dedicated casting pond but any open space will do. If it takes time to get to and from your casting venue there is less time for you to actually practice. And don't forget micro practice rods which can be used indoors or in any confined space.

5. Practice for perfection

If you are going to spend all that time practicing you had better be sure you are practicing the correct techniques. Hours spent practicing the wrong way will take years spent practicing the right way to correct. For this reason you should consider working with an instructor or someone who is an accomplished caster. Failing that, you can use videos and books to see how casts should be performed. Everyone has their own style of casting but there are certain fundamentals that must be followed to be able to cast well. Make sure you know the basics and when things go wrong with your cast go back to these basics and start from there. Practice to be perfect.

6. Practice in all conditions.

How many times each season do we get the chance to fish in calm conditions under clear blue skies? Not many! Don't leave your casting practice to those perfect days when you should be out fishing. Practice in all weather conditions. The wind will quickly find any inadequacies in your casting. Learn to cope with the wind and develop casts to counteract its effects. Once you are out fishing it is too late to start practicing that Belgian cast. Think about the type of casting you might do throughout a season and plan your casting practice to develop specific skills for those situations.

7. Practice with a variety of outfits

Most of us have more than one fishing outfit to use in a range of situations from small creeks to large lakes or even oceans. Although the basics of the cast are the same there are many differences to learn in handling different rods, lines and specific casting techniques. Rods can vary in length, weight, action and the material from which they are made. Casting a cane rod is very different to casting a modern fast action graphite rod. Then there are the differences lines types - weight forward, double taper, shooting heads, sinking lines. If you use a variety of outfits for fishing you should practice with a variety of outfits.

8. Practice Routines

Have a practice routine and follow it whenever you go out to practice. Establishing a routine ensures you use your time effectively and have the best chance of achieving your goal. Start with a warm up which involves revising something you have already mastered. It might be some target practice or false casting. Spend most of your time on the specific task you want to improve. Think through the steps. Try a slow pantomime of the casting stroke before you begin. Practice the task until you can see some improvement. Don't overdo the practice or become frustrated over lack of progress. Take a break and try some fun activities like trick casts or distance casting. Always conclude your practice session with a few successful casts.

9. Think laterally.

There are a few approaches to casting practice that work even though they seem to come from left field. Try using your non-dominant hand. This hand hasn't yet learnt all the bad habits of your other hand and is ready to learn. Teaching yourself the cast from scratch can pay dividends when you go back to using your dominant hand. Besides, being able to use either hand is a big plus when it comes to overcoming the wind or obstacles. Deliberately practicing casting faults is another useful technique. Understanding faults and being able to reproduce them is the best way to avoid them. When you can make a tailing loop and produce wind knots you understand how important the path of the rod tip is and how to control it. Teaching someone else to cast can help consolidate what you have learned during practice. Having to put into words helps the brain connect with what we are actually doing when we cast. By explaining phrases such as "power snap" or "late rotation" we reinforce these important actions in our own casting.

10. Practice being efficient

Finally, when you think you have mastered everything there is to casting there is one more important ingredient for you to practice. Practice being efficient. Try accomplishing tasks more easily and with less effort. Why use five false casts when you can achieve the same result with one? If you have just learnt to cast 70 feet work on trying to achieve this distance consistently with less power and effort. At the end of the day your arm will thank you and you will spend more time fishing than casting.

That's it for this month. I have to go out and do some practice now.

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.



Coffs Coast Fly Fishing Club

2019 Club Calendar

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
1	Tu	Fr	Fr	Mo Fly Tying	We	Sa	Mo Fly Tying	Th	Su	Tu	Fr	Su	1
2	We	Sa	Sa	Tu	Th	Su	Tu	Fr	Mo Fly Tying	We	Sa	Mo Fly Tying	2
3	Th	Su	Su	We	Fr	Mo Fly Tying	We	Sa	Tu	Th	Su	Tu	3
4	Fr	Mo Fly Tying	Mo Fly Tying	Th	Sa	Tu	Th	Su	We	Fr	Mo Fly Tying	We	4
5	Sa	Tu	Tu	Fr	Su	We	Fr	Mo Fly Tying	Th	Sa	Tu	Th	5
6	Su	We	We	Sa	Mo Fly Tying	Th	Sa	Tu	Fr	Su	We	Fr	6
7	Mo	Th	Th	Su	Tu	Fr	Su	We	Sa	Mo Fly Tying	Th	Sa	7
8	Tu	Fr	Fr	Mo	We	Sa	Mo	Th	Su	Tu	Fr	Su	8
9	We	Sa Outing	Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	9
10	Th	Su	Su	We	Fr	Mo	We	Sa Outing Swansea	Tu	Th	Su	Tu	10
11	Fr	Mo	Mo	Th	Sa	Tu	Th	Su Outing Swansea	We	Fr	Mo	We	11
12	Sa	Tu	Tu	Fr	Su	We	Fr	Mo	Th	Sa	Tu	Th	12
13	Su	We	We	Sa Casting Day	Mo	Th	Sa	Tu	Fr	Su	We	Fr	13
14	Mo	Th	Th	Su	Tu	Fr	Su	We	Sa Casting Day	Mo	Th	Sa Outing Lake Keepit	14
15	Tu	Fr	Fr	Mo Meeting	We	Sa	Mo Meeting	Th	Su	Tu	Fr	Su Outing Lake Keepit	15
16	We	Sa	Sa Outing Home Waters	Tu	Th	Su	Tu	Fr	Mo Meeting	We	Sa Outing Jackadgerary	Mo	16
17	Th	Su	Su	We	Fr	Mo Meeting	We	Sa	Tu	Th	Su Outing Jackadgerary	Tu	17
18	Fr	Mo Meeting	Mo Meeting	Th	Sa	Tu	Th	Su	We	Fr	Mo Meeting	We	18
19	Sa	Tu	Tu	Fr	Su	We	Fr	Mo Meeting	Th	Sa	Tu	Th	19
20	Su	We	We	Sa	Mo Meeting	Th	Sa	Tu	Fr	Su	We	Fr	20
21	Mo	Th	Th	Su	Tu	Fr	Su	We	Sa Outing The Gorge	Mo Meeting	Th	Sa	21
22	Tu	Fr	Fr	Mo	We	Sa Outing Bluewater	Mo	Th	Su Outing The Gorge	Tu	Fr	Su	22
23	We	Sa	Sa Outing Ebor	Tu	Th	Su Outing Bluewater	Tu	Fr	Mo	We	Sa	Mo	23
24	Th	Su	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	24
25	Fr	Mo	Mo	Th	Sa Outing Home Waters	Tu	Th	Su	We	Fr	Mo	We	25
26	Sa	Tu	Tu	Fr	Su	We	Fr Outing Dunmore	Mo	Th	Sa Outing Dorrigo	Tu	Th	26
27	Su	We	We	Sa Outing Home Waters	Mo	Th	Sa Outing Dunmore	Tu	Fr	Su Outing Dorrigo	We	Fr	27
28	Mo	Th	Th	Su	Tu	Fr	Su Outing Dunmore	We	Sa	Mo	Th	Sa	28
29	Tu		Fr	Mo	We	Sa	Mo	Th	Su	Tu	Fr	Su	29
30	We		Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	30
31	Th		Su		Fr		We	Sa Outing Home Waters		Th		Tu	31

Membership Fees

Membership Fees are as follows:

- Adult membership \$25
- Concession membership \$20
- Junior membership free
- eMembership free

The membership year runs from 1st July to 30th June. If paying membership after December fees will be reduced by 50%.

¹ Concession membership is available to senior cardholders, pension card holders (including disability support and aged), Centrelink and Veterans Affairs cardholders

² eMembership replaces Distant Membership and is available to anyone not wanting to attend meetings or events but still retain the other benefits of club membership. eMembers are not covered by Club Insurance. eMembers wanting to participate in an event or meeting must pay to become full members.

³ 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 to indicate you have paid as we do not have on line access to our account. When depositing make sure you include your surname in the Reference section. e.g. **Ekert Membership**.

Club Executive 2018-19

President: Kevin Cosgrove

Vice President: Doug Urquhart

Secretary: Allan Ekert

Assistant Secretary: Rod Leane

Treasurer: Walter Krainik

Assistant Treasurer: Denise Jones

Public Officer: Allan Ekert

Committee:

Don Cummings, Glenn Colquhoun, David Moppett

Newsletter Editor: Allan Ekert

Club Contact Address

Our official email address is ccffc@tpg.com.au.

Our mailing address is:

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

Internet

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/>





Sportfishing NSW
Application for Membership
 2018-19



Member Details:

Name:					
Address:					
Suburb:		State:		Postcode:	
Email:					
Phone:		Mobile:			

Type of membership (tick one)	Individual- \$25.00	<input type="checkbox"/>	Family- \$30.00	<input type="checkbox"/>
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I agree to abide by the constitution, by-laws and rules and regulations of ANSA NSW.

Signed:		Date:	
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Additional family member details:

Name	D.O.B. (if under 16)

Please make cheque or money order payable to ANSA NSW. Payment can also be made via direct deposit to **BSB: 062 646, Account No: 0090 0752, Account Name: ANSA NSW Main Account** using your surname as the payment reference.

Return completed form and payment

to: Membership Officer

PO Box 481

Matraville NSW

2036 Or by email to:

membership@ansansw.com.au.



Coffs Coast Fly Fishing Club Inc.

Membership Form



I.....DOB.....

(print full name)

of.....

(print full address incl. street name and number, town and postcode)

Email address.....

Phone number.....mobile.....

Emergency Contact:..... phone:

I hereby apply for membership of Coffs Coast Fly Fishing Club Inc. (tick one)

- | | | | |
|---|------|---|------|
| <input type="checkbox"/> Adult membership | \$25 | <input type="checkbox"/> Concession membership ¹ | \$20 |
| <input type="checkbox"/> eMembership ² | free | <input type="checkbox"/> Junior membership ³ | free |

The membership year runs from 1st July to 30th June. If paying membership after December fees will be reduced by 50%.

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³ Junior membership is available to anyone attending primary or secondary school.

I agree to: (cross out if you **do not** agree.)

- having my contact details circulated only to financial members of the club.
- abide by the constitution, rules and any safety regulations of the club.
- any photographs taken of myself or family members to be used in the club newsletter, club promotional material or on the club website and Facebook Page.
- receive emails from the club including newsletters and club announcements.

..... **(signature of applicant)** **(date)**

..... **(signature of legal guardian if junior member)**

Fees can be paid:

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Account Number: 10333424
Coffs Coast Fly Fishing Club Inc
Reference: Your surname

All information supplied will be held in club records and will only be disseminated to financial club members (if approved by the applicant as indicated above)