

The *Flyer*



Official Newsletter Of The



THE FLYER

THE OFFICIAL NEWSLETTER OF THE COFFS COAST FLY FISHING CLUB

FEBRUARY 2020

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Cover: Club Captain and Secretary comparing notes on a double hookup at Keepit.

Below: Enjoying the barbeque at Mylestom. Thanks to Ray for bringing the BBQ and for Ray and David for cooking dinner.



Editorial

Welcome to the first issue of *The Flyer* for 2020. I hope you enjoy this bumper edition. Trying to keep the file size to a manageable level is becoming quite a challenge. However, there's always room for more reports and photos from club members so why not try and get your name in print this year.

This issue features articles about two of my favourite fish to catch on fly - trout and carp. You might think they are poles apart but they have a lot in common. I won't be sad to see carp eradicated when the virus is released but I hope the time never comes when that other introduced species, trout, are considered a pest.

I couldn't help but notice how many "Grip and Grin." photos are in this edition. It seems we all like to have a photographic memory of that special fish before we release it. I'm as guilty as the next in holding a fish out of the water for a photo but I am also very aware of what I am doing to that fish. There are three things to keep in mind if you want to take a "grip and grin" photo. First try to minimize the time the fish is exposed to air. Holding a fish out of water for anything more than 10 seconds can cause serious long term damage. Second, make sure your hands are wet and the fish doesn't touch a dry surface and remove any of its protective slime. And thirdly, make an effort to reduce the amount of handling the fish has to endure.

Make sure you read the revised 2020 Club Calendar on page 8 and note the changes that have been made. There are day trips for those who can't travel and we have



some extended outings for the more adventurous. Overnight trips are always a highlight as you have more time for fishing and you get to know fellow club members better. Why not make this the year when you go on an extended trip with the club? The first of these outing is the Keepit Carp Caper and you will find lots of information on page 7 to help you decide if you want to go or not. This may be the last chance to go on a Carp Caper so don't miss out.

We had a great roll up for our January meeting at Mylestom and a lot of fun with the casting games. As a club we aim to develop the casting skills of all our members so they can become better fly fishers. If you are an absolute beginner or a seasoned veteran we can provide instruction that will improve your casting and open up opportunities to catch more fish. I hope to see at one of our casting or fishing events this year.

Editor

Club Executive 2019-20



Doug Urquhart President



Kevin Cosgrove Vice President



Allan Ekert Secretary, Public Officer and Newsletter Editor
0427457725



Walter Krainik Treasurer



Rod Leane Assistant Secretary



Don Cummings Committee



David Moppett Club Captain
0411723221



Glenn Colquhoun Committee



Brian Bevan Committee

February 2020 Meeting

The next meeting of the club will be on Monday 17th February 2020 at the Boambee East Community Centre. Starting at 6.30pm there will be casting games on the grounds behind the Hall. Following on from the fun at Mylestom you will be able to compete in some games to improve your fishing skills. If you don't want to play you can get some help from the casting instructors present. Rods will be available or you can bring your own.

The meeting will commence at 7.30pm when the results of the Committee's discussions will be presented. Following that will be a fly tying session. A number of members will be demonstrating their carp flies. Anyone who would like to bring along their fly tying gear and demonstrate or just tie is welcome to do so. This will be an informal get together with opportunities for those new to fly tying to find out more about the art. You can also bring your own fly tying gear and stock up on those flies you will need for outings this year.

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



Committee Meeting

The Committee will meet at 5.30pm On Monday 17th February. Committee members will receive an email with an agenda and details. If anyone has business for the Committee please forward to the Secretary before the meeting.

Club Library

The Club has a library. Thanks to a generous donation from Ben Nieuwerth we now have four books. Ben, who is a member of the Greenwells Fly Fishing Club based in Albury, donated three new books to be added to our shelves. You could hardly call four books a library but we have to start somewhere. As our library grows we will have to consider how and where it will be stored but for the moment the books are at my place for safe keeping.

The three books Ben donated are:

- "Greenwells a review by Des Walters" which is a history of the famous Greenwells Fly and the Greenwells Fly Fishing Club.
- "Fly Fishing Fundamentals" by Rob Sloane
- "Saltwater Fly Fishing Fundamentals" by Peter Morse.

If you would like to borrow any of the books including "Fly Tying For the Beginner - Trout" - by John Veniard just email the Secretary and the book will be brought to the next meeting for you.

Club Assets

The club owns a number of fly fishing outfits which can be borrowed by members. Currently we have:

- 4 7ft 3/4 weight rods, reels and lines
- 2 9ft 8 weight rods, reels and lines
- 1 9f 9 weight rod & reel donated by Lachlan Knight

In addition to these fly fishing outfits Denise and Noel Jones have donated an inflatable dingy to the club.

These assets can be borrowed by club members by sending an email to the Secretary.

February Outing

The outing for February will be a visit to our Homewaters at Urunga on Saturday 15th. You can launch wherever and whenever you like but we plan to meet back at the Urunga ramp at 12.30pm for lunch. Sausage sandwiches will be available. A boat or kayak will make life easier but for those without there will be opportunities to share a ride or be taken to some flats for wading. The "official" start time will be 7.00am and there will be someone at the boat ramp at that time to help people who haven't made their own plans.

You must register for this outing so you can be contacted with further details. You can register by contacting the secretary. The target species will be bream, flathead and trevally. Information regarding equipment, flies and other details will be emailed to those who register.

Club Shirts

We are placing another order for the short sleeve club shirts. We will need at least 12 firm orders to go ahead. Closing date for the order will be our meeting on Monday 17th February. You can order at the meeting or email the Secretary. The cost of the shirts will be \$50 each.



Classifieds

John Starr is selling on behalf of a friend a Water Strider Kick Boat.



<http://www.incept.co.nz/fishing-tubes/ws24x>

Water Strider™ Raft Kickboats are made in NZ. They are tough, compact, ultra-packable inflatable rafts for fishing, hunting and white-water. The Water Strider is a brilliant back-packable one-person raft on any river or lake. *Water Strider's* open floor design let's you sit on the air ride seat to propel and steer the boat with fins on your feet while you keep both hands free for casting and landing fish. In shallow water you can stand up and wade while the *Water Strider* floats around you and supports you.

The retail for over \$2000 but asking price is just \$1000. Contact John on 02 6692 5000 For futher information or to make an offer.



Club Calendar

The draft calendar released last year has already had to undergo significant change. The Bass Workshop has been postponed until later in the year due to lack of water and lack of time to organize with people being away. No word has been received regarding the Foster Fly Muster so it may not be going ahead this year. The Keepit Carp Caper has been rescheduled to avoid school holidays. Make sure you check the latest edition of the Calendar to see what has changed and what you would like to attend.

If you haven't been on one of our extended trips why not make this the year you give it a go. The Keepit Carp Caper, Dunmore Waters and the Swansea Salmon Classic are all great outings that have been well received by those who have made the effort to attend.

The first of these, the **Keepit Carp Caper**, is scheduled for March. If you haven't been before this might be your last chance as the plan to release the carp virus could see Keepit devoid of carp in the near future. This will be a good thing but in the meantime fly fishing for carp is a great way to hone your fly fishing skills and have lots of fun.

The Keepit Carp Caper is scheduled for a weekend but the 5 hour drive means you need at least an extra day to make the most of it. Those lucky enough not to have to work, or who have flexi days, usually travel out on the Thursday and return on the Sunday. You can do it for the weekend but you really only get one full day of fishing ... but that day can be very productive as you get to share the intelligence gathered from those who have been at the dam earlier.

If this is your first trip you will probably need to pair up with someone to share accommodation and fishing. If you are new and don't have any fishing buddies in the club we will pair you up. You will not be left to your own devices and Keepit Carp Caper veterans will take you under

their wing and make sure you get to cast at some carp. Whether you catch them or not will be up to your casting skills.

You don't need a boat or a 4wd but both are useful. If you travel in your family car someone will look after you and make sure you get to productive water. At the moment the dam is at 0.9% capacity so there is plenty of dry land to fish from. That could change by March.

There are three levels of accommodation at Keepit. You can rent a cabin for around \$150 per night which will sleep 4. You can camp in a powered site at the caravan park for about \$35 per night or you can bush camp for about \$19 per night. The club doesn't book the accommodation but if people need to be paired up to share then all that can be taken care of.

As for food there is a communal barbeque that we contribute towards on two nights and everyone just brings their own breakfast and lunch food.

Once you have made up your mind to attend you will receive information from the club about what to take in the way of fishing gear and flies. You will even have some flies tied for you if you are not into fly tying. You will receive lots of useful information from the Keepit Carp Caper veterans who will go out of their way to make you feel part of the club and get you a carp on fly.

Hopefully this has got you thinking about the Keepit Carp Caper. If you need any further information or convincing talk to any member who has been before or the club Captain (David Moppett 0411723221). You will need to book in for this trip by the February Meeting.

Later in the newsletter you will see a report from some of the members who have been to Keepit recently and this month's fly tying is all about a very productive carp fly.

Club Calendar 2020

Here is the club calendar for 2020. It is provided to give you an overview of what might happen and an opportunity to plan ahead. Alternative venues have been included to be decided as we get closer to the date. Check the monthly newsletter or website for latest details.

Month	Outings	Activities
JANUARY	No outing this month Casting at Mylestom at 5.00pm on Monday 20 th .	Club Meeting at Mylestom Monday 20 th
FEBRUARY	Home Waters Saturday 15 th	Club Meeting Monday 17 th
MARCH	Forster Fly Muster (TBA) Tasmania Tues 3 rd - Sat 14 th Keepit Carp Caper Friday 27 th - Sunday 29 th	Club Meeting Monday 16 th
APRIL	Casting Day Saturday 18 th	Club Meeting Monday 20 th
MAY	Home Waters Saturday 9 th Fly Fishing for Trout Workshop Saturday 23 rd	Club Meeting Monday 18 th
JUNE	Lake St Clair Friday 12 th - Sunday 14 th Home Waters Saturday 27 th	Club Meeting Monday 15 th
JULY	Fly tying Day Saturday 4 th July Dunmore Waters Fri 24 th - Sun 26 th	Club Meeting Monday 20 th
AUGUST	Home Waters Saturday 8 th Swansea Salmon Classic TBA	Club Meeting Monday 17 th
SEPTEMBER	Casting Day Saturday 5 th Jackadgery or Copmanhurst Fri 18 th - Sun 20 th	Club Meeting Monday 21 st
OCTOBER	Dorrigo or Ebor Saturday 17 th Home Waters Saturday 31 st	Club Meeting Monday 19 th
NOVEMBER	Urunga Flathead Tournament TBA Home Waters Saturday 21 st	Club Meeting Monday 16 th
DECEMBER	Home Waters Saturday 12 th	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.

Club Contact Page

You may want to get in contact with the club to:

- Register for an outing
- Order club shirts
- Borrow club equipment or library books
- Put forward agenda for a meeting
- Submit an item for the Classifieds
- Send in photos or articles for the newsletter (PLEASE!)

There are various ways you can go about it:

Phone, email or write to:

The Secretary
Allan Ekert
Coffs Coast Fly Fishing Club
11 Butterfly Close
Boambee East
NSW 2452
Phone: 0427457725
Email: ccffc@tpg.com.au.

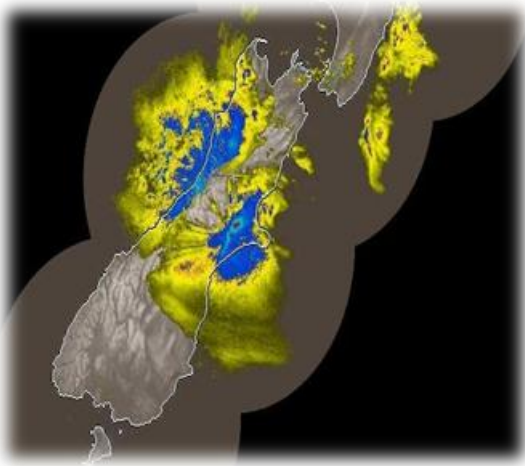
Our Coffs Coast Fly Fishing Club website has a contact page which can be found at:

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

We have a Facebook Page and a Facebook Group where you can send a message:

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

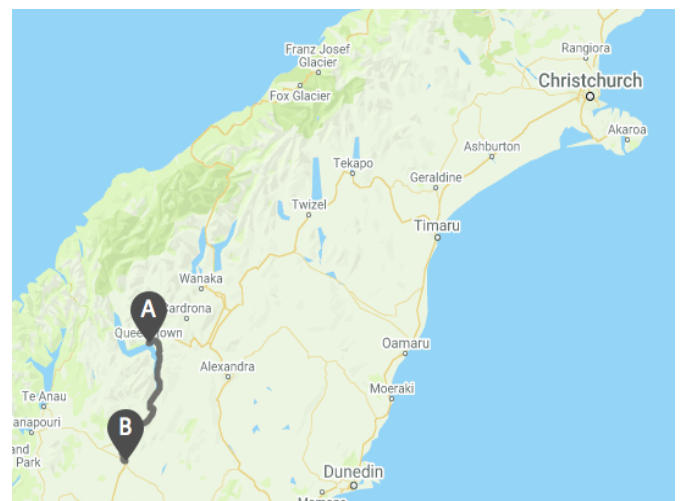
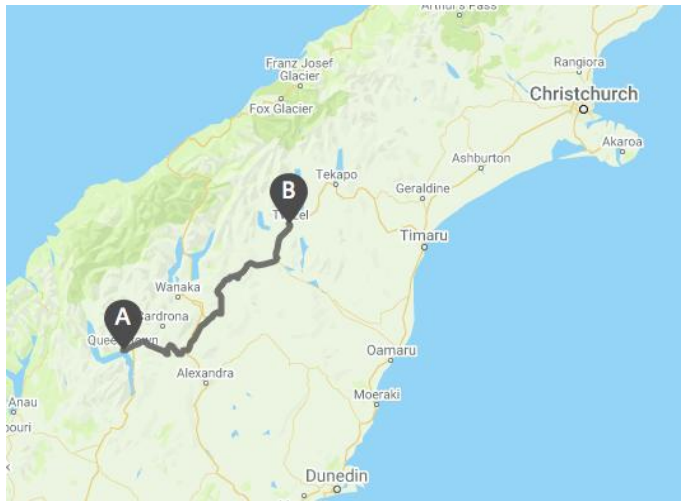
Talk to any of the Club Executive (Page 4)



New Zealand South Island Fishing Report

By Allan Ekert

In December 2019 four intrepid members of the Coffs Coast Flyfishers set off on a reunion tour of the South Island of New Zealand. Ten years previously the same four had made the trip and after going our separate ways the opportunity arose to do it all again. The plan was to be the same taking in the easily accessible and well known regions of the Central South Island and Southland. We reversed the order this time spending the first week in Twizel and the second week based in Lumsden.



This is not going to be a day by day account of the places we fished and the fish we caught. If you are preparing your own trip and would like to know where to go and where to stay get in contact and I would be only too happy to share the details. Planning is essential for a trip like this and we had put together an itinerary that would cater for a number of different scenarios which might greet us upon arrival. We had all made many trips to New Zealand in the intervening years and with this extensive experience we thought we had a plan for all occasions. Little did we know that the best made plans of mice and men were to prove inadequate as we boarded our flight to Queenstown.

You know it is going to be an interesting trip when you can't see Queenstown airport for the thick cloud, you're jolted back and forth by the turbulence, people are screaming and being sick, and the captain makes a last minutes decision to abort the landing and try again. When we finally landed we were greeted with headlines that forewarned of the difficult conditions we were about to confront.

Newshub.

HOME

NEW ZEALAND

WORLD

POLITICS

SPORT

ENTERTAINMENT

TRAVEL

WEATHER ●

South Island weather chaos live updates: Flooding, bridge washouts, evacuations triggered

We had left Australia with visions of sight fishing crystal clear streams and rivers and hooking lots of hungry trout on dry flies. If the rivers were dirty we would stalk the shallows of the big lakes polaroiding cruising trout. We had booked a guide to bring us up to date on local conditions and to take us to some less fished places. We made sure our itinerary was flexible so we could stay in Twizel where it is always sunny and it never rains!

Our arrival coincided with record rainfalls that turned the rivers into mud and filled the dams and lakes to overflowing. Floods of "biblical proportions" were putting an end to any possibility of fishing streams and rivers. Even the spring creeks were topping their banks. The Hydro Dams were spilling water and the shoreline of all the lakes was brown. Fresh snow lay on the mountains and violent electrical storms made it unsafe to wave a fly rod. It was so bad even our guide had to cancel as he had nowhere he could take us to fish. Time to come up with a new plan.

Rather than bore you with a day by day description of what we did and give away too many of our "secret" locations that enabled us to fish almost every day of the two weeks we were on the South Island I'll focus on how we came up with a new plan. I remember our first trip to this area ten years ago and our daily ritual of poring over a topographical map and buying a local newspaper so we could get a weather forecast and synoptic charts. Things have changed and technology has brought much more information in real time to our fingertips. With the aid of our phones and iPads we put together a new plan which ensured we caught fish and had a successful trip.

In the overall scheme of things the weather during our trip was not the major problem. It was the weather before we arrived that caused the most headaches. I can only recall one day when we delayed fishing until after lunch because of the rain; another where we ended fishing early because of the lightning and the final day was too wet so we used the time to dry and clean our gear for the return flight. Even the wind was only a problem on a couple of days. Checking the weather each day was an important consideration in deciding on our plan.

The Internet provides access to many sites which will give you a weather forecast. The two sites we used extensively were MetService (<https://www.metservice.com/rural/regions/canterbury-high-country>) and YR (https://www.yr.no/place/New_Zealand/Canterbury/Twizel/). YR is a Norwegian based weather service that I have much confidence in since my days in Tasmania where I used it regularly. Surprisingly, when I asked the farmer whose property we were staying on in Lumsden which weather sites gave him the most accurate forecast he nominated YR. We all know it is impossible to accurately predict the weather but if you are planning a trip to New Zealand I would make sure these sites are bookmarked (or download their Apps).



Weather forecast for **Twizel, Canterbury (New Zealand)**

Overview

- Hour by hour
- Long term
- Statistics
- Maps

RELEVANT PLACES

- Twizel

To the main menu at the page bottom

Today, Saturday 18/01/2020				
Time	Forecast	Temp.	Precipitation	Wind
14:00–18:00		24°	0 mm	Light air, 1 m/s from east-northeast
18:00–00:00		26°	0 mm	Light air, 1 m/s from east-northeast

Tomorrow, Sunday 19/01/2020				
Time	Forecast	Temp.	Precipitation	Wind
00:00–06:00		16°	0 mm	Light air, 1 m/s from north-northwest
06:00–12:00		14°	0 mm	Light air, 1 m/s from north-northwest
12:00–18:00		20°	0 mm	Light air, 1 m/s from east-northeast
18:00–00:00		23°	0 mm	Gentle breeze, 5 m/s from northeast

Q Twizel - 48 Hours ☆

No warnings in place for Canterbury High Country View all severe weather information >

Next 48 Hours 7 Days Extended Nearby Forecasts Past Weather

Current Conditions

ACTUAL TEMPERATURE 28°C Feels like 28°C

31°C 10°C

CLOTHING 1 layers 0 windproof

WIND Light winds 7km/h N

RAINFALL 0.0mm

Wind: In the last 10mins Rain, and humidity: Latest hourly observation

TODAY 18 JAN 31°C 10°C

SUN 19 JAN 30°C 11°C

Canterbury High Country Regional Forecast

Fine. Wind at 1000m: Light. Wind at 2000m: Light. Free air freezing level: Above 3000 metres. Issued: 11:40am Sat, 18 Jan 20

Twizel Forecast

31°C 10°C

Rainfall exceedance probability forecasts

1+ mm: 0% 10+ mm: 0%

These days not only are up to date weather forecasts available online we have web cameras scattered across the countryside so we can see what the weather is actually doing. Here are a few we looked at before making a decision for the day:

Queenstown Aiport (<https://www.queenstownairport.co.nz/travelling/flight-info/webcam>)

Omarama (<https://www.glideomarama.com/omarama/webcams/>)

Mt Cook (<https://www.glentanner.co.nz/web-cam/>)

Lake Te Anau (<https://teanaholidaypark.co.nz/web-camera-te-anau/>)

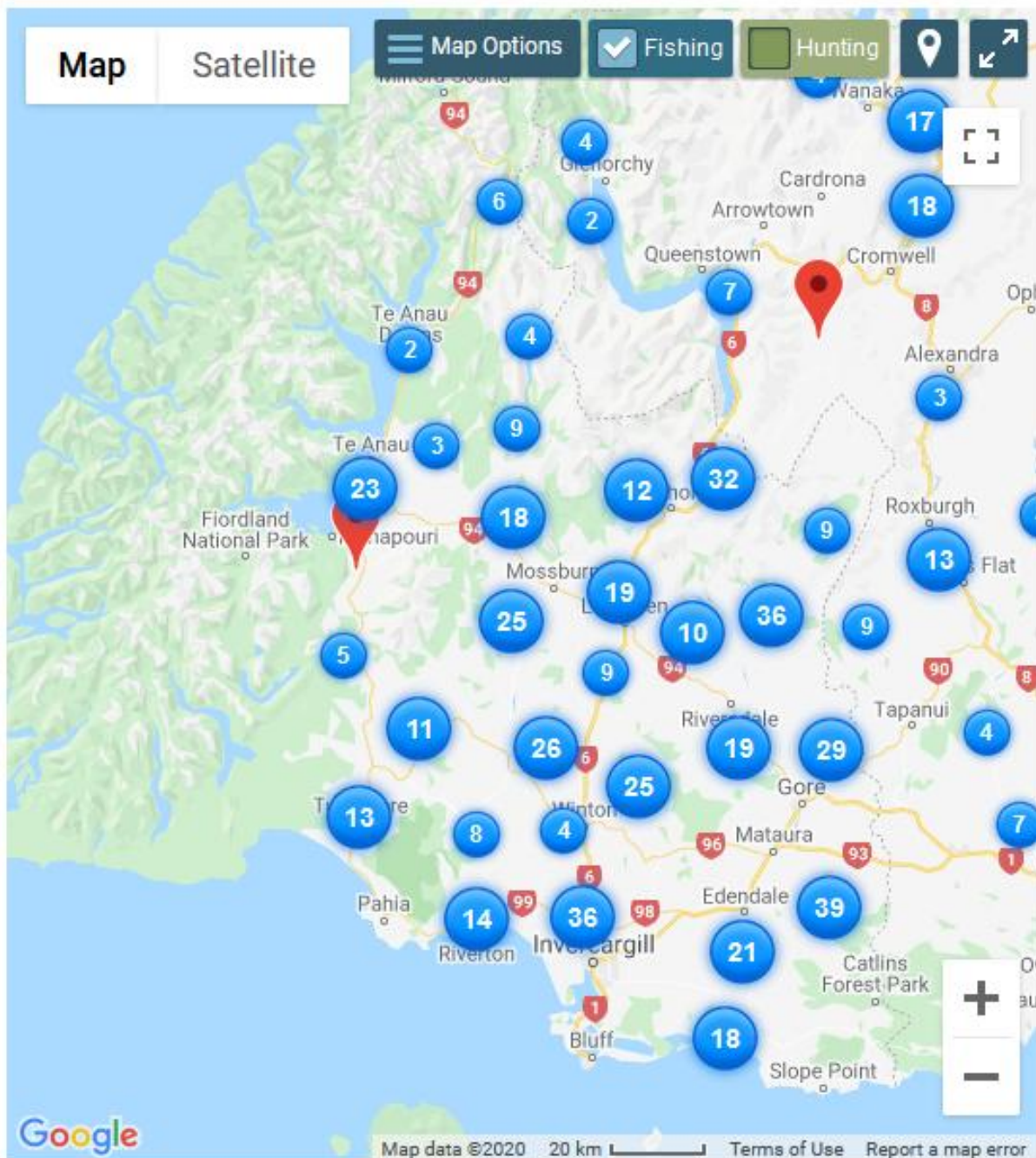


We were glad we had thrown in our waders in case it got cold.

Our phones and iPads not only gave us access to the latest weather they also proved a valuable replacement for the old paper map. I must admit I still like to unfold a big paper map but it is much more convenient to carry several different maps in the palm of your hand. Topographic maps were where we started looking for places to fish. With every stream and river in flood we needed to find a lake or tarn that didn't have an inflow. Every blue dot on the map was examined for possible inflows and cross referenced with the bible of New Zealand fly fishing, John Kent's "South Island Trout Fishing Guide". Although this book is becoming dated it is still the best reference for finding fishable water in New Zealand. If you are looking for a digital equivalent, "NZfishing" (<https://nzfishing.com/>) comes close.

Digital topographic maps of New Zealand are not difficult to find and some are free. We used Walking Access Maps (<https://maps.walkingaccess.govt.nz/OurMaps/>) and NZ Topo Map (<http://www.topomap.co.nz/>). Fish and Game New Zealand also has an extensive catalog of access maps and pamphlets online (<https://fishandgame.org.nz/southland/freshwater-fishing-in-new-zealand/fishing-locations-and-access/>). These are invaluable to do your planning before you leave and to reference on the go when you have to make changes as we did.

Southland Fishing Spots

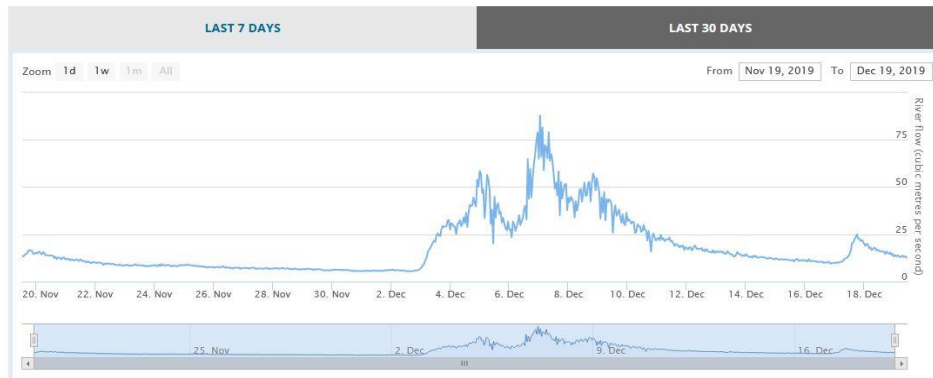


New Zealand has an abundance of lakes, rivers and dams. Our arrival on 4th December was greeted with a sudden rise in water levels. It seemed inconceivable that everywhere would be unfishable so we set about checking water levels and flows across the region. Environment Canterbury Regional Council (<https://ecan.govt.nz/data/riverflow/>) provided online water levels at 155 river and lake sites in Canterbury. Meridian Energy controls the Hydro Dams (<https://www.meridianenergy.co.nz/who-we-are/our-power-stations/lake-levels>) and warned us of the fact that all their dams would be spilling water. The first step in our new plan was to study these levels each morning and look for somewhere the water was dropping.

River Flow for Twizel River at u/s Ohau confluence

LAST SAMPLE (NZD STD TIME)	STAGE M	FLOW M3/S	CHANGE MM/H	7 DAY PEAK STAGE	7 DAY PEAK FLOW	7 DAY PEAK DATE	TEMP CELSIUS
19-Dec 13:30	1.759	12.819	0	1.967	25.22	17-Dec 20:10	11.44

River flow (cubic metres per second)



Fortunately, our study of topographic maps and re-reading of Kent's guide gave us a couple of options worth fishing. Scattered across McKenzie Country are a number of tarns or small lakes which have little water inflow and hold trout. We spent quite a few hours at these tarns stalking very spooky trout and managed to land our first trout for the trip.



Brian with the only fish caught at this tarn despite all of us having plenty of casts at these wary fish.

With the first fish under our belts we set about a daily routine of scanning maps, looking at water levels and checking the weather. I won't go into the details of where we fished and how many fish we caught but as I said we managed to salvage a successful trip from what looked like being a disaster. Half the fun of a trip like this is overcoming difficulties and we spent a lot of time and drew on a lot of experience to find a solution.

Finding fishable water wasn't the only difficulty we faced. Finding the fish and convincing them to eat often proved equally challenging. The fish in the tarns, for example, had seen many anglers who had the same plan as us. They were wary of anything unusual and spooked at any movement or wayward cast. Then there was the problem of matching the hatch. These fish knew what they wanted to eat and changed their minds often.

Even with the best conditions catching trout in New Zealand is a challenge. You can't expect to catch many fish in a day unless you target spawning aggregations or places with high numbers of trout. One or two fish is a good day's fishing for me. Even a blank can be a good day if you see fish. To conclude this rather lengthy report with some more information for would be visitors I want to take you through a typical scenario of a day I spent on a tarn.



This tarn was small enough you could walk around it in an hour and there were plenty of places to spot cruising trout from the bank. The water was clear enough to polaroid and a few circumnavigations during the day led me to believe there weren't many fish in there but enough to keep me interested. I had rigged up the 6 weight rod with a floating line and tied on size 12 blowfly. Now it was just a matter of waiting and watching.

It wasn't long before the first brown cruised past. I was too slow to get into position so I waited for the fish to return. A couple of minutes later it cruised into view and this time I had my fly on the water directly in its path. The fish changed direction! I waited another few minutes and it returned. This time I cast once I was certain of its path ... and spooked the fish! I had to decide to leave this fish and find another or give it time to return to its beat. I decided to wait and sure enough after nearly 10 minutes it appeared again. This time I was more careful with my cast and the fish came over to look at the blowfly. It looked but didn't like and swam off again. Time for a change of fly and a new fish.

Further round the tarn this scenario was repeated with a multiple fly changes. Now at my age changing flies is not a speedy process. Off with the polaroids, on with the glasses, out with the fly box and then the lengthy process of trying to find the eye of the hook with the fine tippet. Finally after numerous fly changes and numerous presentations to cruising fish I managed to catch a trout.



Not all that big but I was more than happy to finally fool one.

By this time it was lunchtime and after a quick sandwich it was back to work again. The successful fly in the morning had been a size 18 Hare and Copper nymph. With this knowledge I was sure I was going to add to my tally in the afternoon. So the circumnavigation began again.

The afternoon was a repeat of the morning. The Hare and Copper didn't work so it was back to changing flies and waiting to see if the new selection would be acceptable to the fish. Every fish sighted would keep me occupied for at least half an hour as I tried various flies and tactics. Before I knew it was time to go and my score for the day was just one fish. The challenge had been enjoyable and reminded me that New Zealand is about quality not quantity.

This scenario was to be repeated by all of us on the rivers, tarn and spring creeks we fished. The others were much quicker than I but at the end of the day we usually ended up with a similar tally. The formula for success was simple. Find the fish, select a suitable fly, make a good presentation and play the fish carefully. The key was patience and persistence. You needed to put the time into every aspect of the game. When a fish did come to hand it was well worth the time and effort.



Mick with a fish good enough to go swimming for.

We all manage to lose a fish or two through human error and the fish's ability to find shelter. The biggest fish don't always make it easy. I managed to land a feeding fish in a back eddy behind tree branches after "tea bagging" him with the fly and holding his head above water to land him before he knew what happened. Mick had to do it the hard way going for a swim to extricate his fish from the snags. Jim played a big fish for a long time before it wrapped itself around some bailing twine in the river and snapped off. The biggest ones always get away!



Jim kept this fish away from the snags and took it back to the grateful farmer for their dinner.

It's probably a good thing that I didn't try to write a day by day account of our trip otherwise this report would be even longer. I had intended to keep a diary but by the time we returned from fishing each day and had a meal I was ready for bed - not writing. I hope this report gives you an idea of what a trip to New Zealand can be like and as I said if you would like any specific information please get in contact. Every fly fisher should visit New Zealand to experience the challenge and the reward. Despite the weather that was thrown at us this trip I hope I have another opportunity to visit the land of the long white cloud.

My Favourite Fish on Fly

My favourite fish on fly:

- is one that I can sight fish
- takes flies above and below the surface
- has excellent vision and hearing
- will eat a variety of food
- is “intelligent” and a challenge to catch
- needs a stealthy approach
- will put a decent bend in my fly rod
- lives in streams, lakes and rivers
- has beautiful skin markings
- requires accurate casting
- is an introduced species
- is good to eat if you want to keep one
- can be found in beautiful environments

My favourite fish on fly is the **trout**.



Looking through my criteria for favourite fish on fly there is another species that comes very close. Apart from the environment where these fish live and the fact they are no good to eat (in most people’s eyes) they provide almost all the experiences that trout do. I would never go as far as to say they are good but they are good to catch.

My almost favourite fish on fly is the **common carp**.



Over the holidays a few of our members travelled to Lake Keepit to help eradicate some of this pest species. In the process they had lots of fun and honed their fly fishing skills on these worthy opponents. This was one case when holding a fish up for a “grip and grin” could take as long as you like.





Fly Tying

This month's guest fly tyer is Jason Stratford. Jason ties flies for just about every species that swims and if you frequent our Facebook Group you will have seen many examples of this. From tiny flies for trout to huge sailfish flies Jason has produced them all.

With the Keepit Carp Caper coming up Jason has chosen to show us how to tie the Humphrey Carp Fly. The name "Humphrey" comes from the Jack Russell Terrier who donated the hair for the dubbing. Although Jason now has many new killer carp flies it is still my go to fly for carp at Keepit.

The tying instructions should be self explanatory but if you need additional help you can watch the video which can be found at:

<https://vimeo.com/194213054>

The 'Humphrey' Carp Fly

Jason Stratford



The 'Humphrey' Fly

An 'each way bet' for
European Carp
in shallow, still or slow
flowing water

The Humphrey can be fished as a dry or wet. The carp usually take it on the drop but if they feeding on the surface you can "gink" it up and make it float.

HOOK?

Size 8, 10 or 12

Strong model in nymph
or
wide gape style of your choice

There are many hook brands to choose from including cheap Chinese models. It is important that the hook is strong and has a wide gape. Size depends on the size of the fish.

THREAD?

Uni 6/0 - Black

Can vary colour to make
'head' of fly / hotspot

A hotspot of fluorescent orange often works when the water is a little murky.

TAIL?

**Dyed calf tail or
a similar synthetic fibre**

Bucktail or any of the synthetic material such as Slinky Fibre or Polar Fibre will do if you don't have calf tail.



Colour can play an important part if the water is clear or if the carp are feeding on something specific like white moths. When the water is muddy, as it often is, you can be less precise.

DUBBING?

**Hair from a wire coat
Jack Russell Terrier!**

You don't have to use the hair from a dog as any spiky dubbing material will do. Try possum, hares ear or squirrel.



OPTIONS TO 'PIMP YOUR FLY'

Add a palmered hackle collar; OR

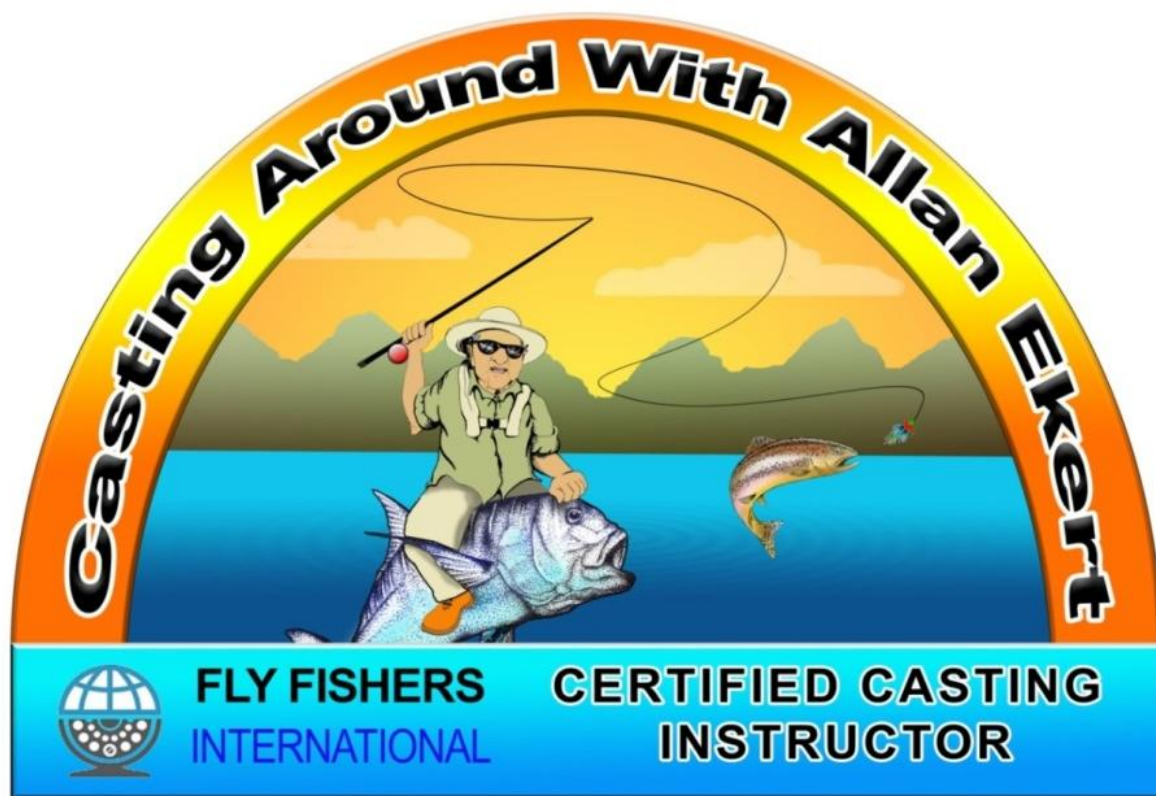
**Extend tail material forward
past eye of hook and after
applying dubbing body, fold
back excess tail materials
to form wings or full collar**

No two fly tyers ever tie their flies the same way and no carp can tell the difference. Don't be afraid to experiment with materials and colours. The good thing about carp is that there are usually plenty of them to test your creation on.

I never go to Keepit without a good supply of Humphrey flies. They are quick and easy to tie and very effective.

Thanks to Jason for sharing this very effective carp fly pattern with us. It was Jason who first introduced me to fly fishing for carp and he has always been willing to help anyone who wants to have a go. If you go on the Keepit Carp Caper make sure you have some Humphrey flies in your box.

Editor



February 2020

Tennis Elbow

It may seem funny to be writing about tennis in a column about fly casting but let me assure you if you suffer from tennis elbow it is no laughing matter. Tennis elbow, or lateral/medial epicondylitis, can be a problem for all of us. Whether you play tennis, golf, baseball, or any racquet sport; participate in rowing, weightlifting, swimming or a variety of activities that involve bending the elbow, you are at the risk of developing tennis elbow. At its worst tennis elbow can cause debilitating pain and seriously disrupt your normal way of life. I know, because I have suffered from tennis elbow for some time and a recent flare up almost caused me to cancel a trip to New Zealand.

Tennis elbow is the result of a buildup of small injuries to muscles in and around the elbow. At first these small injuries might not be noticed or only give minor discomfort but over time they can cause damage where the muscle attaches to the bone. Carefully managed you can live with tennis elbow with little disruption to your daily life. But when you have a major flare up as I did you know you have a problem. Severe pain prevented me from lifting my arm to cast a fly rod and using my fingers or wrist for simple tasks like tying on a fly or handling the line. However, in the end it wasn't the casting that made me consider pulling out of the trip to New Zealand, it was the limitations of having to do everything one handed and with my non dominant hand. Try tying your shoe laces, cleaning your teeth, putting on clothes etc and you will see how difficult that can be. I could cast left handed but it was all of the other tasks that would have made the trip unbearable for me and the others.

I'm not going into the medical side of dealing with tennis elbow and will leave that to the professionals. In my case I went to see my doctor and we devised a plan which saw me able to use my elbow again and enjoy the trip to New Zealand. I want to share with you some of what I experienced so that it might help you. Tennis elbow can happen to all of us and I would strongly urge everyone to take it seriously. Heed my warnings; consider my experience but most of all seek medical advice if you have a problem before it forces you to have to contemplate canceling a fishing trip.

My tennis elbow was caused by too much casting. It started when I was preparing for my CI Exam when I was practicing nearly every day. When the discomfort first started I learnt to rest my right arm and practice with my left. I also learnt the importance of having a relaxed grip on the fly rod. With careful management I got through all the practice sessions and eventually the exam. Since then I have been able to avoid major issues with tennis elbow and up until the week before I was due to leave for New Zealand never had a problem. It all changed in a matter of minutes when I made a few bad decisions in a practice session with friends. We were working on turning over long leaders into the wind (it's always windy in NZ!). The drill was to try and set off a mouse trap with the fluff on the end of the leader at 30 feet. The secret was in the abrupt stop of the rod with a tight squeeze of the hand. Being a bit too competitive I was determined to hit the mouse trap and made 20 or 30 casts in rapid succession. The mouse trap finally went off; I put the rod away and thought no more about it - until I woke the next morning unable to lift my arm. Tennis elbow had struck with a vengeance.

The straw that had broken the camel's back (or in my case the elbow) was one too many casts with too tight a grip on the fly rod. I had badly damaged the extensor muscles attached to the back of the arm resulting in a severe case of lateral epicondylitis. Before I tell you how I managed to recover from this and still go on the trip I want to talk about how I had avoided this problem for so long and what I had forgotten in those few minutes of "bad" practice.

The secret to avoiding tennis elbow is to use the right equipment; good technique and the correct approach to practice. Make sure your outfit is balanced and as light as you can safely go for the task at hand. Being a troutie means I do most of my casting with rods which are inherently light and with the advances in modern technology are becoming lighter with each new model. I also like to use light weight reels which balance the rod and contribute to a comfortable swing weight for the outfit. One thing that I have done for my casting rods is build up the thickness of the rod grip with tennis racquet tape. Not only does this keep the cork clean when you are doing lots of practice, the added thickness and compression contributes to a more relaxed grip.

The correct technique to grip a fly rod with the hand tightening and relaxing takes some time to master. Most people grip a fly rod with white knuckles as if they were afraid someone might steal their \$1000 pride and joy. Good technique requires the grip to change throughout the casting stroke. Joan Wulff has an excellent drill for teaching this using a sponge. You simply grip a sponge as if it was the handle of the fly rod. Your hand is relaxed with the thumb facing up and your elbow is close to your side. The sponge should retain its full shape at this time. As you raise the hand and arm, pressure is applied to stop the "rod." The sponge is compressed. After the stop the pressure is released during the follow through helping to dampen any vibrations in the rod. To make it more fun try soaking the sponge in water or maybe using a jam sponge. Both methods will be messy but you will soon learn about gripping a fly rod correctly!

Even if you never practice you are still at risk of developing tennis elbow. As I found just five minutes of “bad” casting can cause a major problem. That same five minutes can happen to any of us when fishing. Lack of preparation, poor technique and unsuitable outfits can take their toll at any time. Most people who play sport know you need to build strength and flexibility before participating. Warming up and warming down is part of their regular routine. Fly fishing is no different. If your muscles are not ready for casting you risk doing damage. The late Captain Tom White was a great advocate of building up strength in the wrist and arm muscles. He used a beer bottle full of sand which he practiced with as he drove his campervan around the country teaching casting. He was a great teacher, a great caster and probably never had a problem with tennis elbow.

As you can see from the photo below my elbow came good in time for the trip to New Zealand and I was able to use both hands to show off one of the fish I managed to catch.



Although still not fully recovered I can cast again and use both hands with little discomfort. The successful treatment consisted of ice packs, rest, exercises and the use of an arm brace. Under doctor’s orders I followed this plan for the week leading up to the trip and was fortunate not to have to resort to cortisone injections or cancellation. If tennis elbow becomes a problem for you seek help from a medical professional. I’ve learnt my lesson and will be spending more time concentrating on prevention rather than worrying about treating the problem.

Membership Fees

Membership Fees are as follows:

Adult membership \$30

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 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.

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 247 members in this group.



2020 Calendar

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
1	We	Sa	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	1
2	Th	Su	Mo	Th	Sa	Tu	Th	Su	We	Fr	Mo	We	2
3	Fr	Mo	Tu	Fr	Su	We	Fr	Mo	Th	Sa	Tu	Th	3
4	Sa	Tu	We	Sa	Mo	Th	Sa ^{Fly Tying}	Tu	Fr	Su	We	Fr	4
5	Su	We	Th	Su	Tu	Fr	Su	We	Sa	Mo	Th	Sa	5
6	Mo	Th	Fr	Mo	We	Sa	Mo	Th	Su	Tu	Fr	Su	6
7	Tu	Fr	Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	7
8	We	Sa	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	8
9	Th	Su	Mo	Th	Sa ^{Outing}	Tu	Th	Su	We	Fr	Mo	We	9
10	Fr	Mo	Tu	Fr ^{Easter}	Su	We	Fr	Mo	Th	Sa	Tu	Th	10
11	Sa	Tu	We	Sa ^{Easter}	Mo	Th	Sa	Tu	Fr	Su	We	Fr	11
12	Su	We	Th	Su ^{Easter}	Tu	Fr ^{Lake St Clair}	Su	We	Sa	Mo	Th	Sa	12
13	Mo	Th	Fr	M ^{Easter}	We	Sa ^{Lake St Clair}	Mo	Th	Su	Tu	Fr	Su	13
14	Tu	Fr	Sa	Tu	Th	Su ^{Lake St Clair}	Tu	Fr	Mo	We	Sa	Mo	14
15	We	Sa ^{Outing}	Su	We	Fr	M ^{Club Meeting}	We	Sa	Tu	Th	Su	Tu	15
16	Th	Su	M ^{Club Meeting}	Th	Sa	Tu	Th	Su	We	Fr	M ^{Club Meeting}	We	16
17	Fr	M ^{Club Meeting}	Tu	Fr	Su	We	Fr	M ^{Club Meeting}	Th	Sa	Tu	Th	17
18	Sa	Tu	We	Sa ^{Casting Day}	M ^{Club Meeting}	Th	Sa	Tu	Fr	Su	We	Fr	18
19	Su	We	Th	Su	Tu	Fr	Su	We	Sa	Mo	Th	Sa	19
20	M ^{Club Meeting}	Th	Fr	M ^{Club Meeting}	We	Sa	M ^{Club Meeting}	Th	Su	Tu	Fr	Su	20
21	Tu	Fr	Sa	Tu	Th	Su	Tu	Fr	M ^{Club Meeting}	We	Sa	Mo	21
22	We	Sa	Su	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	22
23	Th	Su	Mo	Th	Sa ^{Trout Workshop}	Tu	Th	Su	We	Fr	Mo	We	23
24	Fr	Mo	Tu	Fr	Su	We	Fr ^{Dunmore Waters}	Mo	Th	Sa	Tu	Th	24
25	Sa	Tu	We	Sa	Mo	Th	Sa ^{Dunmore Waters}	Tu	Fr	Su	We	Fr	25
26	Su	We	Th	Su	Tu	Fr	Su ^{Dunmore Waters}	We	Sa	Mo	Th	Sa	26
27	Mo	Th	Fr ^{Keepit}	Mo	We	Sa ^{Outing}	Mo	Th	Su	Tu	Fr	Su	27
28	Tu	Fr	Sa ^{Keepit}	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	28
29	We	Sa	Su ^{Keepit}	We	Fr	Mo	We	Sa	Tu	Th	Su	Tu	29
30	Th		Mo	Th	Sa	Tu	Th	Su	We	Fr	Mo	We	30
31	Fr		Tu		Su		Fr	Mo		Sa		Th	31

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 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 | \$30 | <input type="checkbox"/> Concession membership ¹ | \$20 |
| <input type="checkbox"/> eMembership ² | free | <input type="checkbox"/> Junior membership ³ | free |

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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)**

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BSB 062-678
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)