

The Flyer



Official Newsletter Of The



The Flyer

The Official Newsletter of the Coffs Coast Fly Fishing Club

June 2019

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Above: Ben showing how it's done at the Ebor Trout Workshop.

Opposite: Not too far from Coffs Harbour is a little stream where fly fishers and snakes like to enjoy the mountain air. Can you see them both?

Cover: David Moppett with Jeremy and Cody from the recent learn to Fly Fish for Trout Weekend at Ebor. Photo courtesy Jason Stratford of Logicus Images



From the Editor



The club has conducted two casting days for beginner groups over the last month. Both were a lot of fun. Both were very successful. And both were very cold! At Dorrigo we worked with five adults and two children while at Ebor ten people attended our trout workshop. We were very grateful for the assistance provided by the staff at the Dutton Trout Hatchery at Ebor for allowing us to use their facilities. You can see some photos from these sessions on pages 12 & 13. The number of people attending indicates there is a growing awareness of fly fishing in our area and a realization that our club can be a good way to get involved.

Fly fishing and spin fishing have many things in common. Spin fishing involves specialist rods, reels and lines and a huge choice of lures to tempt the fish. Spin fishers can be hunters and have to learn about stealth and careful presentations. It can take years to learn to be a good spin fisher. But there is one thing that makes fly fishing different. Try casting something the size and weight of a mayfly on a spinning rod and you will soon see what the difference is. It's the casting that makes fly fishing unique. If you want to be a good fly fisher you need to be a good caster. On page 10 of the newsletter you will see some tips to becoming a better trout fisher by Tom Rosenbauer and high on that list is to practice casting.

So this month's *Flyer* has a lot about casting for you to read. Reading about casting can be boring unless you get out and put it into practice. All the articles, books and videos in the world will be no help without practice. I'm a great advocate of casting programs the *FFI Fly Casting Skills Challenge Program* which make practice meaningful and effective. I'm pleased to say that message is starting to get through and this month our first member to complete the *FFI Fly Casting*

Skills Challenge Program received his certificate. Congratulations to Brian (Pip) Bevan for successfully achieving the Bronze Level 1. Hopefully, Brian will go on to complete the other two levels and encourage more people to get on board.



Still on the subject of casting, you will find an article on pages 20-21 on the Five Essentials of learning to cast. If you want to know what makes a cast work and you want to know if you're doing it right this is worth reading. A lot has been written about the mechanics of the cast by many expert casters but these five essential principles have stood the test of time and should form the basis of all our casting. Get serious about your casting and learn how it works.

The committee met last month and discussed some changes to make the club stronger for the future. You will find a report on pages 6 & 7. These proposals will be discussed at the next meeting and a vote will be taken at the Annual General Meeting in July. This will only be our fourth AGM and a lot of work has gone into getting the club to this stage. Each year the question is asked whether we can continue. Executive positions have to be filled, members have to want to attend activities and finances need to be raised. If you would like to see the club continues you can play your part by being actively involved. You might also like to consider taking on a leadership role. Think about it between now and July and see how you can help the club grow.

Well that's it for another month. Winter is with us but fortunately in this part of the world the good weather and fishing continues. Make sure you check the latest club calendar (page 11) and get out fishing.

Editor

Club Executive 2018-19



Kevin Cosgrove President



Doug Urquhart Vice President



Allan Ekert Secretary and
Public Officer



Walter Krainik Treasurer



Rod Leane Assistant Secretary



Don Cummings Committee



David Moppett Committee



Glenn Colquhoun Committee

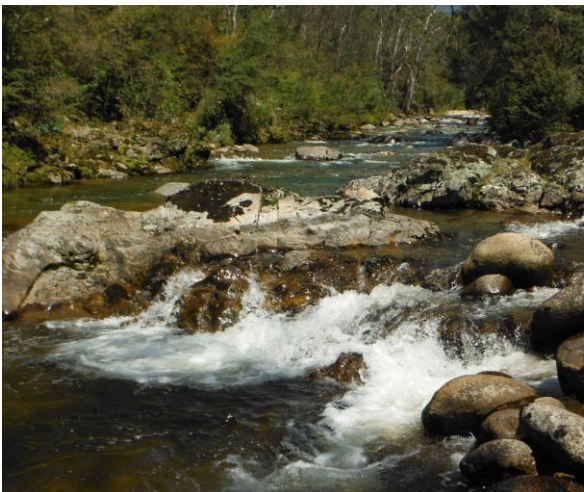
Vacant Committee Position

June Meeting

The next meeting of the club will be on Monday 17th June 2019. The meeting will start at 7.30pm at the Boambee East Community Centre.

The meeting will follow our regular format with a general business session and fishing reports followed by our guest speakers. Tea and coffee will be available. We will have the usual raffle to cover the hall hire costs.

Our guest speakers for this meeting will be Ray Phipps and David Small. They have just returned from a trip to Kosciusko National Park fly fishing for trout. Ray has been down that way a number of times and has a wealth of knowledge to share. We often talk of Tasmania, New Zealand or the big lakes of the Snowy Mountains but neglect the smaller waters closer to home. As you will see in the following photos the Kosciusko area has a lot to offer. If you attend their presentation I am sure you will want to visit the area too.



Fly Tying

Numbers attending our fly tying nights are dwindling and the cost of hiring the hall and other expenses is not being met by income. The Committee has decided to try a different approach to fly tying in the future. More on that later.

In the meantime there will be one last fly tying night at the Uniting Church Hall in Coffs Harbour commencing at 7.00pm on Monday 3rd June. We won't be tying any particular pattern but responding to requests from members. So far interest has been expressed in tying bread flies and weed flies. If you have a request contact the secretary so that hooks and materials can be organized. You don't have to restrict yourself to these flies so you can come along and tie your own patterns or maybe watch and learn from the experienced members.

As is the case with nearly every fly we tie there are many variations to the pattern. Here are a couple of videos to get you started:

The Bread Fly

<https://www.youtube.com/watch?v=Rb69KGiPpzc>

The Weed Fly

<https://www.youtube.com/watch?v=gpT-zytNjgc>



For the beginners in the group there will be individual instruction on fly tying basics. Hooks and materials will be supplied if you let us know what you need. Spare vices are available. There will be no cost for our last night and there might even be some chocolate biscuits for supper!

We are not abandoning fly tying as a club activity. In the future we plan to hold weekend workshops and have fly tying on some of our regular meeting nights. Learning to tie your own flies is an important part of becoming a successful fly fisher (see Tom Rosenbauer's tip on page 10.) Everyone should have a go at some time or at least watch someone tying flies.

June Outing

A blue water day is planned for our June outing. You will note that it is down for Saturday 22nd or Sunday 23rd. This will allow us to choose the day based on the better weather forecast. Don is co-ordinating this day so he will be providing more details closer to the date. You will need a seaworthy boat to participate. If you don't have a boat you will have to ask around and see if anyone is looking for a "deckie". If you get seasick or are worried about marlin jumping into the boat you might want to arrange your outing for the weekend. You can always post something on our club Facebook Group and see if anyone else is interested.

<https://www.facebook.com/groups/1073002562788177/>



You must register for this outing so you can be contacted with further details. You can register by placing your name on the outings sheet or contacting the secretary. Information regarding equipment, flies and other details will be emailed to those attending.

Committee Meeting

The committee met last month and discussed a number of matters including some changes to make the club stronger for the future. Some of these changes need to be voted on at our next general or annual meeting. They are presented here for your consideration. There were a variety of views expressed at the committee meeting so not definite decisions were made on some issues.

The Future

The committee affirmed that there is sufficient interest for the club to continue another year and that executive positions could be filled and finances covered.

Committee Members

Denise Jones is resigning from the committee for health reasons. A new committee member will need to be elected at the AGM. Denise and Noel have been strong supporters of the club and they will be missed. A letter of thanks and best wishes is being sent from the club.

Attendance

Recent attendance numbers have been down. The committee felt these numbers were still viable and that current meeting structures and content were probably not the main reason people were not attending.

As a result of lower numbers at meetings income from the raffle has been reduced. This could be offset by having a major raffle each year which would fund the cost of hall hire (approximately \$440 pa) negating the need to run a raffle every month to pay for the hall.

The committee is of the view that increased numbers at meeting will come about when members want to attend because:

- they feel welcome
- they make friends
- they gain knowledge and skills
- they hear about places they can go fly fishing
- they find out about club outings and events

Fly Tying

Numbers attending fly tying are also in decline. The committee has proposed that after our June fly tying night we have no more monthly fly tying in Coffs Harbour. These nights to be replaced by special fly tying workshops on weekends with guest fly tyers. It was also suggested we have some fly tying on regular club nights at Boambee East. This will save \$240 pa and allow us to spend more on workshops and fly tying materials.

Annual fees

The Committee discussed changes to the annual fees and proposed (not unanimously) the following be present to the AGM for decision:

Adult Membership \$30

Concession \$25

Junior free

eMember \$10

It was also suggested that if we charge for eMembership we remove the newsletter from public access and make it for members only. This will be a difficult decision to work through and you are asked to think about it before a vote is taken at the AGM.

Grants

It has been suggested that we consider applying for a grant from the Recreational Fishing Trust for a project such as fishing workshops, education programs, BBQ facilities, shelter, infrastructure, boat ramp, etc. We need to decide by the AGM what that project might be. See the link below for what has been funded previously.

<https://www.dpi.nsw.gov.au/fishing/recreational/recreational-fishing-fee/licence-fees-at-work>

Casting Workshops

The committee thought we should schedule more casting/workshops per year: trout, flathead, bass, luderick, open water as an education program for our members and a recruitment strategy for new members.

Movie Festival

The possibility of holding a movie festival was considered and ideas are being sought from members.

Club Captain

A proposal was put forward that we establish the position of Club Captain. The role of the captain would be to encourage involvement from all members and to help improve all members' skills in fly fishing. This would share the workload of running the club among more people. The committee resolved that we should develop a role statement for all executive positions, including club captain, to be discussed and voted on at the AGM. If approved, nominations for Club Captain will be called for at the AGM.

Dunmore Waters

The outing to Dunmore Waters private trout fishery planned for the weekend of 26-28 July is now full. However, if anyone is still interested they need to contact the secretary so their names can be placed on a waiting list. The Secretary is co-ordinating this outing and further details will be sent for those attending.

Outing Report

The May club outing was to our Home Waters at Urunga. Thanks to Glenn for organizing and providing the report and photos.

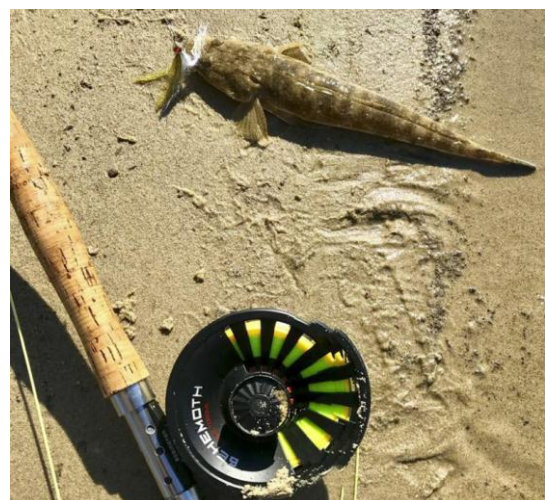
The weather was perfect; calm & warm, hard to believe we would be wading the flats in shorts & cool shirts just one week out from winter. Bet it was a bit cooler up at the Ebor Trout Hatchery where some of our members were teaching a group of Kids the basics of casting & fishing.

Pity about the neap tide - low tide at 6am, 7am, 8am, 9am & 10am. It started to move around 10.30am with high tide at noon. We had 8 members fish with a few Flathead, Bream & Trevally taking a variety of flies.

Check the size of the Lizard lies on one of the flats. Makes my size 10 Crocs look tiny! A bit of banter was enjoyed along with a sausage sizzle to cap of a very nice day.



Unfortunately, the little ones were too fast for the big ones to get to the fly.





Flathead love clousers.



They are still about.



If you are looking for a few flies to try in the estuaries these from Michael Goodwin would be worth a try.

More Fish Photos

Chris Bates, who won our Facebook Photo Competition, thinks the Talon 6wt he won is perfect for where he fishes and it works a treat



I wonder who didn't catch a flathead!



NSW Trout Strategy

The NSW government is committed to the ongoing maintenance and development of high quality trout fisheries in conjunction with stakeholders. Last weekend a meeting was held at the Dutton Trout Hatchery in Ebor where those who attended were presented with a snapshot of where the strategy is at the moment. If you would like to find out more you can download a copy at:

<https://www.dpi.nsw.gov.au/fishing/recreational/resources/stocking/nsw-trout-strategy>



Snapshot of NSW Trout Strategy

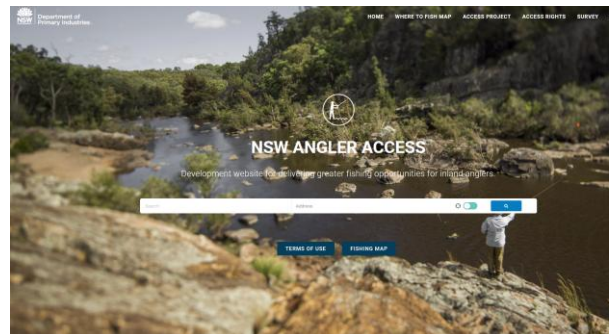


Some good things are coming out of the strategy which will benefit all trout fishers in our area. Although the meeting at Ebor did not attract many anglers it was great to see the DPI reaching out and keeping everyone informed of their thinking and activities and inviting input. A few of the key commitments in the snapshot were:

- To continue to hold regular regional meetings and work with stakeholders, angling groups and individual anglers to develop and implement the trout strategy, communicate the status of the trout strategy and trout fishery programs.
- To engage in a positive way with anglers to ensure that our communication is clear, concise and timely. By improving our communication we will ensure that anglers are aware of the current issues and trends that affect trout fishing across the State.

- To continue to work with acclimatisation societies on stocking decisions and involve the broader angling community in habitat restoration and citizen science associated with tournaments and club events.
- To develop a fishing access website to identify points of legal access to waterways. This will be delivered on a river reach basis to provide anglers with information that will assist them to legally access waterways for recreational fishing.

<https://www.angleraccessdev.dpi.nsw.gov.au/>



- To undertake trout population surveys in identified trout reference water bodies in northern, central and southern NSW. The trout population surveys will allow us to develop scorecards on how the fishery is tracking and provide information on stocking success, relative abundance and fish sizes. The development of these scorecards will form an important part of our Communication Strategy.



Tom Rosenbauer's 8 Tips To Becoming a Better Fly Fisher

Louise Cahill of Gink & Gasoline recently asked Tom Rosenbauer for some basic tips that will help you become a better and more satisfied angler. Here's what he came up with: Tom Rosenbauer's 8 Tips To Becoming a Better Fly Fisher:

1. Observe everything. Look around every time you catch a fish and figure out why it was there and why it ate at that particular time. Look at the sun angle, the surrounding terrain, current threads in rivers, or highways on the flats.
2. Tie flies. I don't think anyone can be truly on top of their game until they understand how a fly is constructed and what it's supposed to do in the water.
3. Tie your own leaders. In fresh or salt, knowing how to modify a leader to make it behave better is best understood if you have tied a bunch of knotted leaders first. Even if you are starting with a commercial knotless leader, you will eventually need to modify it.
4. Improve your casting. No matter how good you think your casting is, it is not good enough. Take a lesson from someone who is a better caster than you. Don't be too proud.
5. Don't be an ass on the water. In rivers, give people as much room as you possibly can, even if you end up in water you don't really like. In the salt, find your own school or your own flat. Someone else got there first. Get over it.
6. Delight in every fish you catch- no matter how small. If you can't get excited about an 8-inch brook trout, you don't really get it.
7. Don't sweat it. The fishing will never be as good as you anticipate. The weather sucks? You blew an eat? You didn't catch a fish as big as you thought? You are just setting yourself up for a deficit of confidence—and fun.
8. Stop being so serious. Never take your fishing or yourself too seriously. You are just a tool with a silly pole playing with fish. How stupid is that?

Louis Cahill

Gink & Gasoline

www.ginkandgasoline.com

Tom Rosenbauer is a fly fishing mentor and author who currently works and resides in the Manchester, Vermont area. He has published books for Orvis, which he has been with for over 30 years. Rosenbauer is also the host of the Orvis Fly Fishing Guide Podcast which has been syndicated on the Internet since April 2008.



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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 Postponed Ebor Saturday 23 rd Postponed	No Fly Tying Club Meeting Monday 18 th
APRIL	Casting Day Saturday 13 th Home Waters Saturday 27 th	No Fly Tying Club Meeting Monday 15 th
MAY	Learn to Fly Fish Trout Workshop Saturday 11 th 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	Club Meeting Monday 15 th
AUGUST	Swansea Friday 23 rd - Sunday 25 th Home Waters Saturday 31 st	Club Meeting Monday 19 th
SEPTEMBER	Casting Day Saturday 14 th The Gorge Clarence River Friday 20 th - Sunday 22 nd	Club Meeting Monday 16 th
OCTOBER	Dorrigo trout Weekend Friday 25 th - Sunday 27 th	Club Meeting Monday 21 st
NOVEMBER	Urunga Flathead Tournament TBA Jackadgerary Mann River Friday 15 th - Sunday 17 th	Club Meeting Monday 18 th
DECEMBER	Lake Keepit Friday 13 th - Sunday 15 th <i>Cancelled due to low water level. Another venue to be decided on.</i>	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.

Ebor Trout Workshop

Ten people registered for the learn to fly fish for trout workshop at Ebor. The weather was cold but the instruction was red hot and everyone went away better equipped to catch a trout on fly. Thanks to Doug and David for instructing (with help from Glenn, Jason, Greg, and Rod). The facilities at the hatchery were much appreciated providing some comfort in what was an uncomfortable day. A tour of the hatchery provided insight into how trout became established in the Ebor area and highlighted the important job the hatchery does in keeping the area stocked with fish. If you haven't done a tour of the Dutton Trout Hatchery you should put that on your list of things to do this winter.





Small or Smaller?

When small, or rather the smallest, is the best



By Barry Ryan

*Barry Ryan is a distant member and has been a very generous supporter of the club since its inception. The message in the article comes from fly fishing for trout but I can think of many occasions where going smaller also works when fishing the salt (think Swansea Salmon for a start). **Editor***

Recently we took a Trout fishing adventure, well it was a 7 week holiday however an adventure reads far more interesting and the results, what I learnt are as follows. One morning while on the river with only one strike or maybe it was a rock for the morning my mind called something is wrong, what am I doing wrong as there must be, there has to be fish here but what was the problem, why no strikes. Here on the river I was casting into the feed of a huge long pool that must contain fish but nothing was tasting my nymphs as if the river fishing had completely closed down. Now as time was on my side, this was a 7 week holiday, it was a case of trying and trying, changing flies till surely something would be eaten by Mr Trout.



My set-up was rod, Talon Trout Spey 5/6wt 12ft casting a 7w Airflo Plus 40 floating line coupled to an Airflo Poly Leader of 10ft with a tippet arrangement of 4 feet x 18lb Fluorocarbon connected to 2ft x12lb nice soft monofilament then 1ft x 6lb and finally 1ft x 4lb - a total of 18 feet of clear leader, surely enough to trick the shyest of fish.

This is roughly my normal leader length on the baby Trout Spey rod anywhere between 15 and 20 feet. Unless a deep quick sinking leader is required. This arrangement was then cast via a Single Spey, Double Spey or Snap T in increasing distances across the moving river that feed the pool in what is classed as Down and Across fishing.

But fail and fail again with nothing touching my natural coloured PT #12 Nymph, after over half an hour of frustration it was change the size of the PT to a #14 and pray for results, again nothing over half an hour. Then the thinking must be they, the fish, don't like my PT. So a Hare and Copper in #14 was sent out searching the waters. Bugxxx !..... Nothing not even a bump !..... Lunch time was calling for me so it was time to wind in and now then while doing so and placing the Hare and Copper back into the fly box, there beside the nymph was a #16 PT..... My mind suggested, why not, nothing else has produced even a touch. With this the PT #16 was then connected and sent out searching the moving water also. But, first cast at the very start of the swing, there was the tug, a hook-up. Now, however I was dreaming enjoying the mid day sun and didn't even strike the hook-up !..... The swing continued and whack another tug, this time it was game on as my baby Spey rod and I were connected to a beautiful Rainbow of about 40cm.

This is what the super selective Trout wanted, only a size 16 PT and wouldn't even touch any other sizes presented to them. I fished after dark on the river and again, or rather, the only pattern and size fly the fish were interested in feeding on was the size 16 PT. How any fish can even find a # 16 nymph with no Moon to help on the darkest of nights is amazing but they do and it had to be a PT ! Now think after viewing both a #14 and 16, how would a fish know the difference, how ? But they do.

So boys and girls a lesson was given to me right there on the river by Mr Trout and this was not just a one day lesson, the desire of eating, consuming only # 16's lasted the 2 weeks which we spent on this river. Even though I tried different patterns and different sizes of hooks, # 16 was the go to food for Mr Trout. The longest fish I tricked, I don't like the words landed or captured, was this beautiful 47cm Rainbow



Latter I was speaking with a Victorian that was camped near us and told him of my finding, his experience was almost the same except he discovered that a purple PT in #16's was his magical deceiving trick, go to fly. This was a purple dyed PT he made with a brass bead head. Purple PT nymph ? Well I've never thought of a purple PT before, yes another lesson taken in and will be used in the future.

Then on another river another lesson was given to me latter in the adventure. This time by an Irish fellow, he has been here in Australia only a couple of years, saw my casting with the Double then entered the water behind me for a chat about Doubles and fishing the swing. He is also a Double rod caster. His thoughts were most people here in Australia use nymphs that are way over size. His go to size is a #18 in anything. Yet another lesson, start with #18's first.

Myself I don't tie #18. Well that was yesterday, that was in the past nor have I ever tied a purple nymph of any kind, and this was in the past also. Today my fly tying and fishing thinking has changed after a couple of hard lessons on the river and this is even after all the years fly fishing because you never stop learning and so is the joy of fly fishing.

PT - Pheasant Tail Nymph

Did I tell you about Intruder type flies?

Or maybe the why and how to enjoy casting a Double Handed fly rod be it a sweet little 3/4wt or through to a 14ft 9/10w?

Well boys and girls that's another tale for another time.

Barry





FLY CASTING SKILLS CHALLENGE PROGRAM Bronze Level 5 ... Shooting Line

I have been involved in a couple of learn to fly fish days recently. These were put on by our club with the assistance of volunteer members willing to share their skills. It is always good to work with real beginners and share their excitement, enthusiasm and frustration. We take so much for granted about our casting once we have been fly fishing for a while and we forget how daunting the task of learning to cast can be.

When teaching beginners to cast I see three stages in their development. Sometime these three stages can occur in a short period of time and for others it can take days, weeks or even months. The good news is that everyone who is enthusiastic and does some practice passes through these stages. Once they have passed stage three they are ready to go fishing.

The first stage in a beginner's quest to cast a fly rod is to be able to make loops. They don't have to be super sharp dolphin nose loops but the line must make some form of a loop on the forward and back casts. I often start with making loops on the ground because it is easier to see what's happening. Once the loops start forming on the ground then the process can be repeated with the rod in a vertical plane and the loops forming in the air.



Once a loop can be formed the second stage is to be able to make a presentation cast with the line straight and the leader turning over. Non loops or very open loops will not produce a good presentation cast. I often use the term “a bowl of spaghetti” to describe how the line looks after a poor cast. By stage two beginners should not be “eating spaghetti” and they should be able to make a good presentation cast laying the line down straight and turning over the leader. This is a very visual indicator of progress and both beginner and instructor will know when stage two has been accomplished.



Stage three occurs when a beginner can shoot line. Shooting line enables line to be extended without carrying more line in the air. If you think of it in terms of a spinning rod, shooting line is what happens when you open the bail of the reel and let the line go. We will never be able to shoot line as much as with a spin reel but at least when you can shoot line you can begin to achieve some distance in your cast. And this brings us to the next task in the *Fly Casting Skills Challenge Program*; shooting line. This is what you have to do:

Shooting Line: This technique is fundamental to extending line when casting. Starting with the fly at 40 ft., the caster will strip 5-10 feet of fly line off the reel. A pick-up and lay-down cast will be performed with shooting line to 45 ft. or more on delivery with the fly landing within 4 ft. of either side of the tape. No false casting; hauling is allowed.

On the face of it this looks like a simple, straight forward task. And it is ... once you are ready for stage three. At our last club casting day the focus was on the first six tasks in the *Fly Casting Skills Challenge Program*. Everyone who attended would have passed those six tasks had I been examining. We didn't have time to complete the remaining three tasks but I think this is where a few people might have had some difficulty. Shooting line requires combing everything that has been learnt in the first stages into co-ordinated sequence of events. Tight loops must be formed. The rod must be stopped abruptly to launch the line. The line must be release just as the rod is stopped to send it shooting through the guides. The line should lay straight and the leader extend. If you want to know how shooting line works here are a couple of videos that will explain things a whole lot better than I can put into words:

Joan Wulff <https://vimeo.com/7057542>

Pete Kutzer https://www.youtube.com/watch?time_continue=43&v=2nhAMyjEf00

This task, as set out in the *Fly Casting Skills Challenge Program*, has certain expectations that must be met. The distance of 40 feet with shooting to 45 feet is quite achievable as by this time most people will already be doing a pick up and lay down cast at that distance. Personally, I would expect anyone who is trying to show that they have mastered this task should be shooting to at least 50 feet. And I would think they should be able to do this without hauling.

In my theory of stages in the development of a fly caster, hauling comes in at Stage 4 or 5. Initially, hauling takes place with a single pull of the line on the forward or back cast. The next step is being able to haul on both the forward and back cast - the double haul. As I have said I am sure this task can be achieved without hauling so I am going to take the easy way out and not spend the next 5 pages talking about the double haul. If you can haul by all means use it to complete this task. If you can't haul it won't stop you from making the distance.

The part of this task that requires the fly to land within 4 feet either side of the tape is very important. If you want to make the most efficient cast you want the fly line to follow the shortest path to the target. In this case the path is marked by the tape measure which will signify if you get the distance. But to be successful you not only have to make the distance, you have to do it with correct tracking. Tracking is a term used to describe the path the rod and line travel in the back and forward cast. When I think of tracking I imagine spy satellites in the sky looking down and following every move I make. Any deviation from a straight line would immediately be reported to the casting police! If you cannot land the fly within 4 feet either side of the tape measure you have a tracking problem that needs to be fixed. Fixing tracking problems is not difficult and this task in the *Fly Casting Skills Challenge Program* will help you sort it out. If you are looking for ways to fix a tracking problem I have written about it before and I dare say I will be writing about it in the future. In many ways poor tracking is the reason people can't make a long cast.

Whoever set this task in the *Fly Casting Skills Challenge Program* was generous in allowing us to haul but not so generous in stipulating no false casting. If you are only allowed one pick up and lay down you have to get everything right the first time. One of the reasons you see people making lots of false casts is that it takes a few efforts to get their loops tight and the rod loaded. If you have mastered the pickup and lay down cast in Task One then you should not have an issue. I don't think I really mastered this cast until I could do it with a very strong wind over my shoulder. This meant that my back cast was against the wind and unless I could make a very tight climbing loop I could not load the rod enough to shoot line on the forward cast. You wouldn't be asked to perform this task in adverse winds but it would mean bonus points from me if you could shoot line with a following wind.

You'll be glad to know there are only two more tasks to complete in the Bronze Level of the *Fly Casting Skills Challenge Program*. I am very confident that if you have taken the time to read these articles you will have no problem completing the tasks. Casting is what make fly fishing unique and the better you are at casting the better fly fisher you will be. I believe following a program like this one and practicing what you have learnt will improve you casting out of sight.





The Five Essentials

I'm using my editorial privileges this month to publish two *Casting Around* articles. As the focus of this newsletter is casting I thought it was important to write about the Five Essentials of fly casting. You would have thought that something as important as the essential elements of learning to cast would have featured before this.

The reason that it has taken so long to introduce this topic is that I have been reluctant to focus too much on theory in fear of making the column more boring than it already is. I am sure I have touched on most of these five essentials plenty of times before but not all in one place and at one time. The time has now come to bite the bullet and tackle head on the essential principles of how to make a cast.

Every sport has its essential elements in achieving success. These have usually been formulated as a result of studying how the champions do it. Fly fishing is no exception. Over the years a number of people have attempted to distill the action of fly casting into its essential elements. However, it was left to a father and son partnership by Jay and Bill Gammel to put forward five essentials which have stood the test of time and now form the basis of how we teach casting.

Jay Gammel was a sociology professor at Lee College in Baytown, Texas in the 1960's. He wanted to teach himself to fly fish. He studied books, videos and taught himself to cast. However, he was never really satisfied with his progress. When his son, Bill wanted to fly fish too, Jay knew he would have to study more if he was to help his son. Bill and Jay studied, practiced, and watched great casters in an attempt to discover the essential elements of fly casting. By the age of 18 Bill, with his father Jay, had developed a method of teaching casting which could be universally understood and taught. The Five Essentials became the backbone of Bill's teaching and has been adopted by instructors worldwide.

The biggest difficulty Bill and Jay experienced was deciding what the essential substance in casting was and what was just style. No two people cast in exactly the same way. How the rod is gripped, how the feet are placed, the angle of the rod, the position of the elbow, and the use of the wrist can all be different and still produce a good cast. Each person develops their own style. Beneath that style, however, there are certain fundamentals that are common to all good casters. Distilling these elements to just five is what has made Bill and Jay Gammel famous and their method of teaching so well received.

So what are the five essentials of a good cast? Without going into too much theory here they are. They are explained in the order in which Bill and Jay originally published them. Over the years the order has been changed and the wording modified but the essentials have remained the same. See if you agree with them.

Essential One: There must be a pause at the end of each stroke, which varies in duration with the amount of line beyond the rod tip.

This is all about timing. How long do you pause? The simple answer is short line – short pause, long line – long pause. You can't use a stopwatch or metronome. You pause long enough for the line to unroll before making the next cast. Wait too long and the line will drop to the ground. Not pausing long enough will result in a whip crack.

Essential Two: Slack line should be kept to an absolute minimum

Slack line is the biggest cause of ineffectual casts. Whether it be slack line at the start of the cast or slack line because of poor rod load in the middle of a cast, any slack line will detract from the end result. Some people use hauling to remove slack from their cast. A haul when there is no slack will be much more effective and result in greater line speed. Keep it tight and the cast will be right.

Essential Three: In order to form the most efficient, least air resistant loops, and to direct the energy of a fly cast toward a specific target, the caster must move the rod tip in a straight line.

This is probably the most important element of a good cast and the holy grail of all fly casters. A straight line path of the rod tip will produce the tightest and most effective loops. It is a difficult concept to get your mind around as the rod tip cannot follow a straight path for the whole stroke. The rod starts low, finishes low and bends in the middle. The straight line path occurs during that part of the stroke when the line is being accelerated by the rod tip. The secret to achieving a straight line path of the rod tip lies in the other four essentials

Essential Four: The size of the casting arc must vary with the amount of line past the rod tip.

The casting arc refers to the angle between the rod at the beginning of the casting stroke and the rod at the end of the stroke. The difference between casting arc and casting stroke can be confusing. The casting stroke includes the casting arc and the movement of the hand and arm involved in any pick-up, drift or follow-through movements. Many people use the terms interchangeably. In reality most people vary the casting stroke to achieve the correct casting arc. There is of course a simple way to look at this and it is similar to the first essential: Short line- short stroke, long line – long stroke.

Essential Five: Power must be applied in the proper amount at the proper place in the stroke.

Like everything to do with these essentials the detail is in the definition. What is proper power or proper place? There is no simple answer. Proper power is the amount needed to make a cast. It varies according to the amount of line, the casting conditions and the type of cast being made. Proper place is at the end of the casting stroke. Power must be applied smoothly and progressively and happen over the last half of the stroke. Many casting faults are caused by too much power applied at the wrong time. Efficient casting is achieved by learning to apply just sufficient power to make the cast.

So there you have the Five Essentials. I can remember the first thing I was asked when I wanted to do my instructor's exam was whether I knew the five essentials. Of course, I said yes and then went away to find out what they were. They might not be the only set of fundamentals ever published on fly casting but they have become the cornerstone of modern casting instruction. You can find alternatives written by people such as Lefty Kreh and others but it is hard to refute the work of Bill and Jay Gammel. If you are serious about your casting, study these.

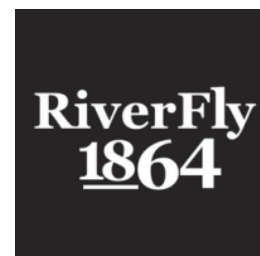
The Essentials of Fly Casting, Bill and Jay Gammel. Copyright 1993 by the Federation of Flyfishers. Published by the Federation of Flyfishers.

Gammel, Bill. *Teaching yourself to fly cast learning the essentials.* Baytown, TX: Bill Gammel, 2002. DVD.

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	We	Sa	Mo	Th	Su	Tu	Fr	Su	1
2	We	Sa	Sa	Tu	Th	Su	Tu	Fr	Mo	We	Sa	Mo	2
3	Th	Su	Su	We	Fr	Mo Fly Tying	We	Sa	Tu	Th	Su	Tu	3
4	Fr	Mo Fly Tying	Mo	Th	Sa	Tu	Th	Su	We	Fr	Mo	We	4
5	Sa	Tu	Tu	Fr	Su	We	Fr	Mo	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	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 Swansea Salmon	Mo	We	Sa	Mo	9
10	Th	Su	Su	We	Fr	Mo	We	Sa Swansea Salmon	Tu	Th	Su	Tu	10
11	Fr	Mo	Mo	Th	Sa	Tu	Th	Su Swansea Salmon	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	14
15	Tu	Fr	Fr	Mo Meeting	We	Sa	Mo Meeting	Th	Su	Tu	Fr Outing Jackadgerary	Su	15
16	We	Sa	Sa Forster Fly Muster	Tu	Th	Su	Tu	Fr	Mo Meeting	We	Sa Outing Jackadgerary	Mo	16
17	Th	Su	Su Forster Fly Muster	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 Outing The Gorge	Sa	Tu	Th	19
20	Su	We	We	Sa	Mo Meeting	Th	Sa	Tu	Fr Outing The Gorge	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	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 Outing Dorrigo	Mo	We	25
26	Sa	Tu	Tu	Fr	Su	We	Fr Dunmore Waters	Mo	Th	Sa Outing Dorrigo	Tu	Th	26
27	Su	We	We	Sa Outing Home Waters	Mo	Th	Sa Dunmore Waters	Tu	Fr	Su Outing Dorrigo	We	Fr	27
28	Mo	Th	Th	Su	Tu	Fr	Su Dunmore Waters	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)**

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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)