

The *Flyer*



Official Newsletter Of The



The Flyer

The Official Newsletter of the Coffs Coast Fly Fishing Club

JUNE 2022

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Front Cover: There was no pot of gold at the end of this rainbow - just more rain ... and finally a barramundi.

PRESIDENT'S REPORT



June 2022

I'm sure everyone is glad the elections are over. I am. I ran the polling booth at Utungan and that kept me very busy in the days leading up to the elections and on the day. Elections cost time and money but if we want to live in a democracy that's the price we have to pay. Now that's all finished I might have more time to go fishing.

On the subject of elections, our Annual General Meeting will take place in July. Now is the time to think about nominating for a leadership position. Without people willing to take on jobs the club can't continue. You won't get the same pay cheque as our politicians but you will get the satisfaction of knowing you are keeping the club going.

Last weekend the club was involved in a Try Fly Fishing Workshop at Ebor. The weather was better than down here on the coast and people came from near and far to try fly fishing for trout. We had a mixture of ages and sexes which was good to see and they all enjoyed the day learning about fly fishing.

I want to thank fellow club members Pip, Mel, Jason, Greg and Allan for the time they spent organizing and running the day. A special thanks to Peter from the South East Queensland Fly Fishing Club who was down here on a fishing trip but gave up his day catching fish to help us with the program. Peter is another Certified Casting Instructor and having him call in for the day certainly took the pressure off both Jason and myself with our group. Most of all I want to thank DPI Fisheries (Mel and the staff at Dutton Trout Hatchery, Peter, Rowan and Stacey) for making the day happen.

While we were up there, we ran into Jeff from Ebor Tackle and Outfitters. Jeff is building a tackle shop in Ebor village (on the right hand side on the way into Ebor from the coast) which he hopes will be open by October. It will be handy having a tackle shop up there for when you leave home without your tippet or need a few local flies that work. Keep a look out for him opening.

I've had a look at the weather forecast for the coming week and there is lots of sunshine and very little rain so make the most of it and get out fishing while you can.

Doug

From the Editor

A number of members have now received their grand slam awards for different species caught on fly. It's not about the piece of paper and the name in the Hall of Fame, but the achievement of learning to cast a fly and getting a fish to eat it. The Grand Slam Awards have been revised so the challenge to catch three different species on fly should be possible for everyone. Whether you are just starting out with a fly rod or a seasoned veteran there is something for you to aim for. The next time we have a club outing, why not set yourself a goal and see if you can get your name in the Hall of Fame.

Alongside the Grand Slam Awards for fishing are the levels of the FFI Fly Fishing Skills Development Program. Most of our regular Tuesday casters are well on their way and just need to tick off the challenges to receive their certificates. For the accomplished casters there are levels that will test you and introduce you to new casting skills. Take a look at the FFSD program and use it to improve your casting skills so that you can catch more fish and be part of the Hall of Fame.

Like all things in life, it pays to start at the bottom and work your way up. That's the way recipients of the Grand Slam Awards have gone about the challenge. I thought I was being clever starting at the top and trying for a Barra, Queenfish and Permit during my recent trip to Hinchinbrook. I forgot to factor in ten inches of rain and unfishable flats. I did manage the Barra and Queenfish but no Permit - close but no cigar! Better start looking for a Bream, Mullet and Flathead.



It's not just Far North Queensland that has been getting the rain. Back home, the rain continues to disrupt our program. Our monthly outing on the Bellingen River had to be cancelled as was casting last week. It's even been too wet to mow the lawn at home and get in some casting practice. It must end soon.

We did manage to conduct a very successful *Try Fly Fishing* family workshop at Ebor last weekend. We had 16 people attend ranging in ages from 8 to nearly as old as me. Thanks to the helpful staff at the Dutton Trout Hatchery and NSW DPI Fisheries, everyone had an enjoyable day learning about fly fishing. It wouldn't have happened without the club members who provided the instruction and helped things run smoothly.

Let's hope June is going to give us some respite from the rain and we can all get out fishing and casting again. Take a look through the newsletter to see what you can get involved in.

by the Editor

Club Executive 2021-22



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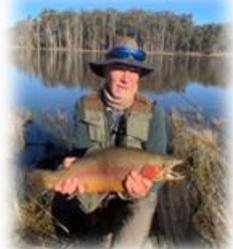
Committee
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Committee
Michael Ferris
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Committee
Murray Robinson
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Committee
Tom Trefz
0423676624



Committee
Brian (Pip) Bevan
0409469562



Committee
Walter Krainik
0439187380

June Meeting

The next meeting will be on Monday 20th June. This will not be a business meeting but there will be time for anyone to pitch an idea for an outing, give a fishing report and to discuss upcoming events. We don't have a guest speaker but a number of members will be contributing on the subject of first aid while fishing. Do you know what to do about snake bite, how to remove a hook from your body, the treatment for broken bones or what to do in the case of a heart attack? All these questions and more will be answered by qualified members with the help of some videos.

The usual raffle will be conducted with prizes drawn on the night. The major raffle will also be drawn which will be the choice of a fly line from [South Pacific](#). Choose from one of the lines below in whatever weight you are looking for or if you don't see what you need, jump online and check out the range of quality South Pacific Fly lines at discount prices from:



Committee Meeting

The next committee meeting will be held on 20th June commencing at 5.00pm at the North Beach Bowling Club Mylestom. If you have any items for the agenda, please get in contact. Decisions made by Committee are presented at general meetings and minutes are made available for those who would like a copy.

June Outing

On Saturday 11th June there will be a Home Waters outing on the Bellinger and Kalang Rivers at Mylestom. A boat, canoe, kayak or SUP will make the fishing easier but for those land based you will be taken by boat to the sandflats to fish. There is no set starting time but someone will be at the boat ramp at 7.00am if you need help or transport. We will meet up after fishing for a sausage sizzle lunch at 1.00pm.

You must register for this outing so you can be contacted with further details. Ray Phipps is the trip coordinator so contact him by email at ray-hipps@bigpond.com or call 0412525338.

Fly Tying Night

Our next fly tying night will be held on Monday 27th June at the North Beach Bowling and Recreation Club at Mylestom. We will be meeting out the back in the Osprey Room at 6.00pm. This month we will be tying weed flies for luderick.



You will need to register so that a material pack can be made up for you. The cost will be \$5. You can register at the next meeting or by contacting the Secretary.

Tuesday Casting Group

Casting continues this month but be aware that the first Tuesday (7th) will be a fishing day at Boambee Creek.

Anyone can join the Tuesday Casters. You can just turn up at the Cricket Oval in Mylestom opposite the boat ramp or check the program below to go on a fishing trip. We are there most Tuesdays from 10.00am. This year we have had to move on a couple of occasions due to rain and water on the oval. If you can't find us, take a short drive down to the Alma Doepel Reserve near the Cafe and we will be sheltering there. Once a month the group goes on a fishing excursion so you won't find us at all. If you are thinking of joining the group best to make contact and check the program.

The program for June is as follows:

- Tuesday 7th Fishing at Boambee Creek
- Tuesday 14th Casting Mylestom.
- Tuesday 21st Casting Mylestom
- Tuesday 28th Casting Mylestom

For more information you can contact Allan on 0427457725.

Lake St Clair Outing

The Hunter Valley Fly Fishing Club has an outing to Lake St Clair at Singleton over the weekend of 17th to 19th June. Last year they were kind enough to invite us to join them and several members attended. If anyone is interested in attending, please contact me by phone 0427457725 or email ccffc@tpg.com.au. Camps are limited at Lake St Clair so you will need to get in quickly if you want a site. If you don't want to camp you can stay in Singleton and travel out each day. You need to book camp sites via the Singleton Council website at: <https://www.singleton.nsw.gov.au/198/Lake-St-Clair> and you need to let me know so I can advise the Hunter Valley Club you will be attending.

Dunmore Trout Waters

All places are now taken for the outing to Dunmore Trout Waters over the weekend 29th/31st July. You can place your name on the waiting list in the hope that someone pulls out or you will have to wait until next year.

The cost for accommodation, fishing and food is \$250 for the weekend. Refunds for cancellations will be provided up until the June meeting but after that if you cancel you will forfeit that part of your deposit that is needed to ensure other members will not have to pay more because of your withdrawal (the club receives a special rate based on the number attending.)



For those going to Dunmore, you might be interested in this report that Paul Fedeles from the Hasting Fly Fishing Club sent me last month.

Just back from Dunmore with a group from Hastings Fly Fishers. Two and a half days fishing. We had great weather with some wind which I think improved the fishing.

Some unsolicited information about technique. I don't use wooly buggers or anything that looks like one. Big soft hackle flies were ignored. Small orange beadhead nymphs, buzzers and a PTN nymph with small centipede legs. The PTN was so good I stopped using it. Anything with small rubber legs worked. As the fly would sink it looked like a bug trying to swim up.

I fished into the wind mainly from the cabin side. I had a bad back at the time and had limited mobility. Caught 13 trout and 25 plus redfin.

I just want to share my lake technique to you as I far out fished the others using the same flies, some donated by me. I used a triangle taper floating line with a four foot braided leader ... one of my own. I had a 5foot 5lb fluro tippet. Any tippet short of 4 feet was useless.

What I think made this work was the braided leader wasn't treated with any floatant and being held up with the fly line, sank slowly. The tippet and the small unweighted flies pretty much hung in the water just above the weed beds of which there were many. A slow retrieve kept the fly going above the weeds and rarely got hung up. Most strikes were about 20 meters out.

I just wanted to pass on what worked for me as it cost a lot of money to go to Dunmore and you hope to catch some fish.

Paul Fedeles



Club Hats

We are in the process of having some broad brimmed hats embroidered with the club logo. These will be sold by the club and should be available by the next meeting. The cost will be \$15 and they come in small, medium, large. Judging by the sample that was tried on at the last meeting, a large would suit most people. If you placed an order with Pip at the last meeting you will get first choice of hats. The remainder will be sold on a first in basis.



We are also investigating caps and shirts from the same supplier and should have samples for the next meeting. The caps will be around \$15 while short sleeve T's will be about \$35 and long sleeve collared shirts with pockets around \$45. We will also be getting club embroidered logos which you can sew on your own garments.



Membership fees are due on the 1st of July



**You must pay your fees by the end
of July to remain a member.**

PAY NOW

You will find all the fees on page 29.

Please pay by Direct Deposit if possible.

SPECIAL NOTE:

OUR ACCOUNT IS WITH  BCU BANK AND THE COMMONWEALTH BANK ACCOUNT HAS BEEN CLOSED. PLEASE CHECK YOUR INTERNET BANKING DETAILS BEFORE PAYING.

SOME PEOPLE HAVE ALREADY PAID THEIR FEES OR HAVE CREDIT FROM HAVING PAID TWICE LAST YEAR. PLEASE CHECK YOUR MEMBERSHIP CARD OR RECEIPT BEFORE YOU PAY.

Club Insurance

Do you know about the about the insurance cover the Club provides? The Club has Public Liability Insurance with insurance brokers Mackenzie, Taylor and Bloomfield, underwritten by Sports Cover Pty Ltd. We are covered up to \$20 million dollars and it costs us \$12 per year per member.

Public Liability Insurance provides insurance for the club, its committee and members against civil action by other parties when they are acting on behalf of the club or attending club sanctioned activities such as committee meetings, general meetings, fly tying, casting tuition, open days, and club trips. To be covered, each event has to be sanctioned by the Club and appear on the club Calendar and all attendees must be recorded in the attendance book, minutes or trip register. Any guests who are not members must also be recorded.

Public Liability Insurance does NOT cover:

- Personal injury to members, even when participating in club activities.
- Any member experiencing personal or financial loss whilst participating in club activities. (A member would need to sue the club for restitution in the above cases).
- An individual member or a group of members who arrange a fishing trip when this activity is not listed on the Club calendar.
- Loss of or damage to club property or assets.

The Club does not have personal accident insurance for its members. Each member is responsible for their own personal injury insurance through their own policy or membership of other clubs.

Trout Season Closure

The June long weekend is the last opportunity to fish for trout in streams and rivers across NSW, as the fishing season closes in these waters over winter. The annual closure will start on Tuesday 14th June and re-open in time for the October long weekend on Saturday 1st October.



You can continue fishing for trout during the annual closure, without breaking the rules, at any of the trout dams across the state including Lakes Jindabyne and Eucumbene in the Snowy Mountains, Oberon Dam near Bathurst, Tantangara and Talbingo Dams near Tumut, and Lake Wallace and Thompsons Creek Dam near Lithgow and at private fisheries. You are required to have a current NSW recreational fishing licence on you at all times while fishing. Fisheries officers will be out and about patrolling the state's waterways to ensure that fishers are doing the right thing.

A combined bag limit of five and a size limit of 25cm applies for trout or salmon in all trout dams except Thompsons Creek Dam and Black Lake where the bag limit is two."

Detailed information on the fishing rules can be found at www.dpi.nsw.gov.au or in the NSW Freshwater Fishing Guide which is available from DPI Fisheries offices and most bait and tackle stores.

Club Calendar 2022

Here is the draft club calendar for 2022. It is provided to give you an overview of what might happen and an opportunity to plan ahead. Dates and changes will be added throughout the year and late changes will be in the Mid-Month Update and posted on Facebook and our website.

Month	Outings	Activities
JANUARY	No outing this month Meeting/Casting at Mylestom Oval at 5.30pm on Monday 17 th .	Club Meeting at Mylestom Monday 17 th
FEBRUARY	Bass Outing at Taylors Arm (Doug) Saturday 19 th	Club Meeting Monday 21 st Committee Meeting
MARCH	Casting Day at Dorrigo Saturday 19 th March Tuesday Casting Group Resumes 1 st March Homewaters Saturday 26 th March	Club Meeting Monday 21 st Mylestom Major Raffle Drawn
APRIL	Keepit Trip Wednesday 6 th to Saturday 9 th April Fly Tying at MO Tackle Tuesday 26 th 6.00pm Home Waters Saturday 30 th April	No Club Meeting Monday 18 th due to Easter Holidays. Committee Meeting Tuesday 19 th
MAY	Home Waters Saturday 14 th May Try Fly Fishing Family Day at Ebor Saturday 28 th Fly Tying at Osprey Room Monday 30 th 6.00pm	Club Meeting Monday 16 th
JUNE	Home Waters Saturday 11 th June Lake St Clair Saturday 18 th Sunday 19 th	Club Meeting Monday 20 th Major Raffle Drawn Committee Meeting
JULY	Casting Day Saturday 9 th July Coffs Harbour Dunmore Waters Friday 29 th to Sunday 30 th July	Annual General Meeting Monday 18 th
AUGUST	Swansea Salmon Classic TBC Mullet Mash Saturday 20 th August	Club Meeting Monday 15 th Committee Meeting
SEPTEMBER	Gathering @ Gumma (Pip) Friday 9 th to Sunday 11 th September	Club Meeting Monday 19 th Major Raffle Drawn
OCTOBER	Home Waters Saturday 8 th October Bass Bash Grafton Friday 21 st to Sunday 24 th Flats Fishing Workshop Woolgoolga Saturday 29 th (Garry)	Club Meeting Monday 17 th Committee Meeting
NOVEMBER	Home Waters Saturday 19 th November	Club Meeting Monday 21 st
DECEMBER	Keepit Carp Caper Thursday 8 th to Sunday 11 th Christmas BBQ Tuesday 13 th December Major Raffle Drawn	No Club Meeting

Fishing Reports

The rain continues to play havoc with fishing on the coast ... even as far as North Queensland! We did manage a Home Waters outing last month and this photo of Tom Trefz with a solid bass is a great reminder of what a good day we had.



Unfortunately, this month's outing on the Bellinger had to be cancelled due to the rain and the condition of the river.

The Tuesday casting group managed a trip to Valla Beach between the rainy days and some fish were caught. All that practice on the oval is starting to pay dividends with a few members now in the Grand Slam Hall of Fame.



Ray Phipps is getting among the bream and has even succeeded in catching them on his tenkara rod.



Valla Beach is proving to be a popular fishing spot for the Tuesday casters with easy wading and an abundance of bream and mullet willing to take a fly. Some days it can look like the picket line on the Tongariro.



Ok, it's not NZ and there are no trout but at least it is warm. There are trout being caught not far from here, though. A few members have tackled the roadworks on the Waterfall Way and headed up to Ebor to take advantage of the good conditions before the season ends.



Somewhere over the rainbow there are trout waiting to be caught.



And some of our members are catching them.



Although members are catching plenty of small mullet on fly, the large sea-run bully mullet won't eat a bread fly. But if you find a school of big mullet running along the coast and can cast a surf candy at them often enough, eventually they will bite. Jason and David proved this the other day off Coffs Harbour and landed quite a few.



Bully mullet must be just about the only fish that won't eat a bread fly. This Butterfish took a liking to Ray's offering. He hooked, played and landed it on his tenkara rod.



We haven't seen much of Bailey recently (and you won't in this photo either) but she has been busy doing what most young girls do ... growing up. It's good to see she hasn't lost her mojo proving once again that mullet love bread flies.



Anthony has also been getting in on the act of catching mullet and bream on the trusty bread fly. He travels down from Grafton to fish the fabled Valla Beach.



Luderick season has begun and Ray has been catching plenty in Coffs Creek.



Not to be outdone, Glenn managed to find a few jumbo models in the Bellinger.



If you are looking for a fish that takes a fly, fights well and is pretty good on the plate, you can't go wrong with the humble luderick.



Hinchinbrook

While on fishing reports, I should give a quick summary of my recent trip to Hinchinbrook. Despite the rainbow, it was RAIN, RAIN and MORE RAIN. Of the six days I had up there, two days were too wet to venture out at all and it rained at some stage during the others. It wasn't just the rain that was the problem, it was being able to see where you were going and not being able to fish the flats because of the muddy water. We had 10 inches for the week!



David Lindsay had been staying at Cardwell for nearly a month before I arrived and had only been able to get out on a few occasions. When he did get out, he did well.



My goal was to catch a barramundi on fly. This was my third attempt having travelled north twice in the last two years without success. There are many people who regularly catch barramundi on fly so it shouldn't have been as difficult as I made it. In my defence, the weather and the fickle nature of the barramundi bite didn't go my way. For the first 5 days of this trip, history looked like repeating itself.

Finally, on the last day, there was a break in the weather and we managed to go fishing. David Lindsay and I had fished with Clinton Isaac from The Australian Fly Fishing Lodge. Clinton knows Hinchinbrook better than just about anyone and he managed to find fishable water. After a day of a thousand casts, I managed to hook, play and land my first barra. It was actually my second barra for the trip after the first one dislodged the fly when I did a trout strike. I learnt my lesson and by the end of the day had two barra on board - tagged and released by David. They weren't big fish but I was happy to have got the monkey off my back and learn a lot about catching barra on fly.



The official length was 70cm - a far cry from the metre plus fish some of our members have caught. I was happy with that and although I caught a queenfish, there was no way I was going to have a shot at the Gold Grand Slam by finding a permit. We couldn't even find the flats!

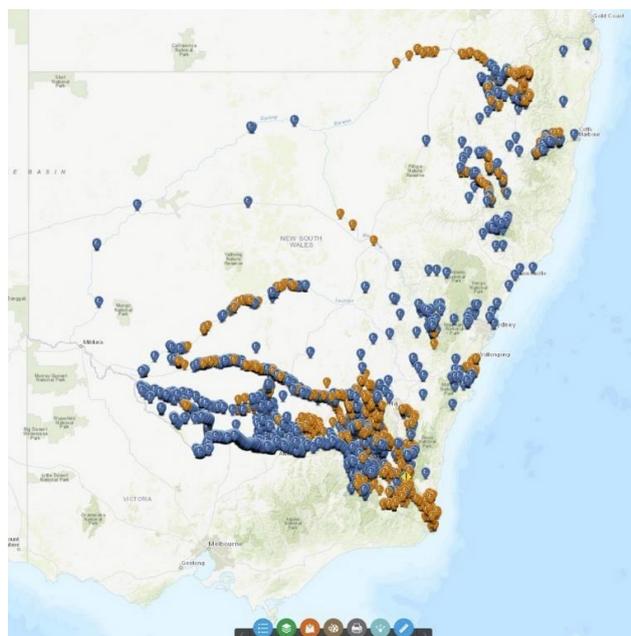


Despite the weather it was a great trip. I managed to catch my barra, a mangrove jack, queenfish, barracuda, bream and a flathead. With the knowledge I gained on this trip, I'm looking forward to being able to do it again. Next time I hope the view from the lodge balcony is better.



Angler Access Online Map

Looking for new fishing spots to try your luck? Check out the Angler Access page on the DPI website for an easy-to-use map showing more than 4000 places to wet a line. DPI Fisheries has been working with dedicated volunteers from the Council of Freshwater Anglers (www.freshwateranglers.com.au) to compile and verify locations of thousands of sites across inland NSW where anglers can fish for native species including Murray cod, golden perch and Australian bass as well as other freshwater sportfish including trout and salmon.



The map includes basic details of each fishing spot, allowing anglers to search for somewhere new to fish by either species, reserve type, recommended vehicle or even suitability for disabled anglers. The map operates live on any smartphone with network coverage and it will even give you Google map directions to the fishing spot.

Over coming months, even more sites will be added to the access map, providing anglers with even more opportunities to explore new and exciting opportunities across our great State! The map currently features fishing

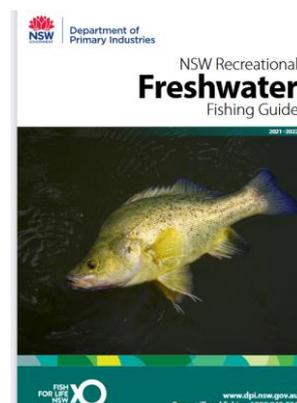
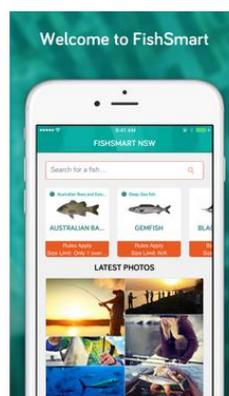
locations across inland NSW with opportunities to expand and include coastal locations as well.

When using the access map, always remember that circumstances can change. For example, roads can be closed, land tenure altered and tracks can get overgrown. We ask that any inaccuracies or comments on how we can improve the map be referred to Fisheries so that we can make the necessary alterations and make fishing more enjoyable for everyone.

Remember, anglers should respect private property, obey fishing rules and avoid littering. For more information, contact DPI's Angler Access team at <mailto:angler.access@dpi.nsw.gov.au> For more information about Angler Access, and to view the map, visit the DPI website at <https://bit.ly/37uHWuM>. The Angler Access website is a great example of your fishing fees at work!

DPI has worked tirelessly with stakeholders, including the NSW Council of Freshwater Anglers, over the past six months to fine tune the site and ensure it is user friendly and informative for the general recreational fishing community.

Anglers are reminded when discovering a new fishing spot to always respect private property and ask permission and obey the fishing rules.



Try Fly Workshop

People came from far and wide to the Try Fly Workshop at Ebor last weekend - from Queensland to Newcastle, and Tamworth to Coffs and all places in between. It's obvious there is a growing interest in learning to fly fish, especially for trout. With conditions on the tablelands the best they have been in years, the trout are thriving and there has never been a better time to take up the fly rod and try to catch a trout.



The club organizes courses like this in order to share the knowledge and experience of its members and help promote fly fishing. Fly fishing is not for everyone, but those who give it a try find the challenge rewarding. It's not just about catching fish but learning new things and experiencing the relaxing and therapeutic benefits of a casting a fly rod.

A course such as the Try Fly Fishing workshop involves a great deal of organization. The NSW Department of Primary Industries - Fisheries, allows us to use the Dutton Trout Hatchery at

Ebor as our venue. There is no better place to learn about trout and experience what fly fishing for trout is about. The staff go out of their way to make sure we have everything we need including a couple of dams stocked with fish for us to try and catch. We are fortunate to have the help of the North Coast Education Officer who is also a member of our club. Without the support of NSW DPI Fisheries, we could not conduct these workshops.

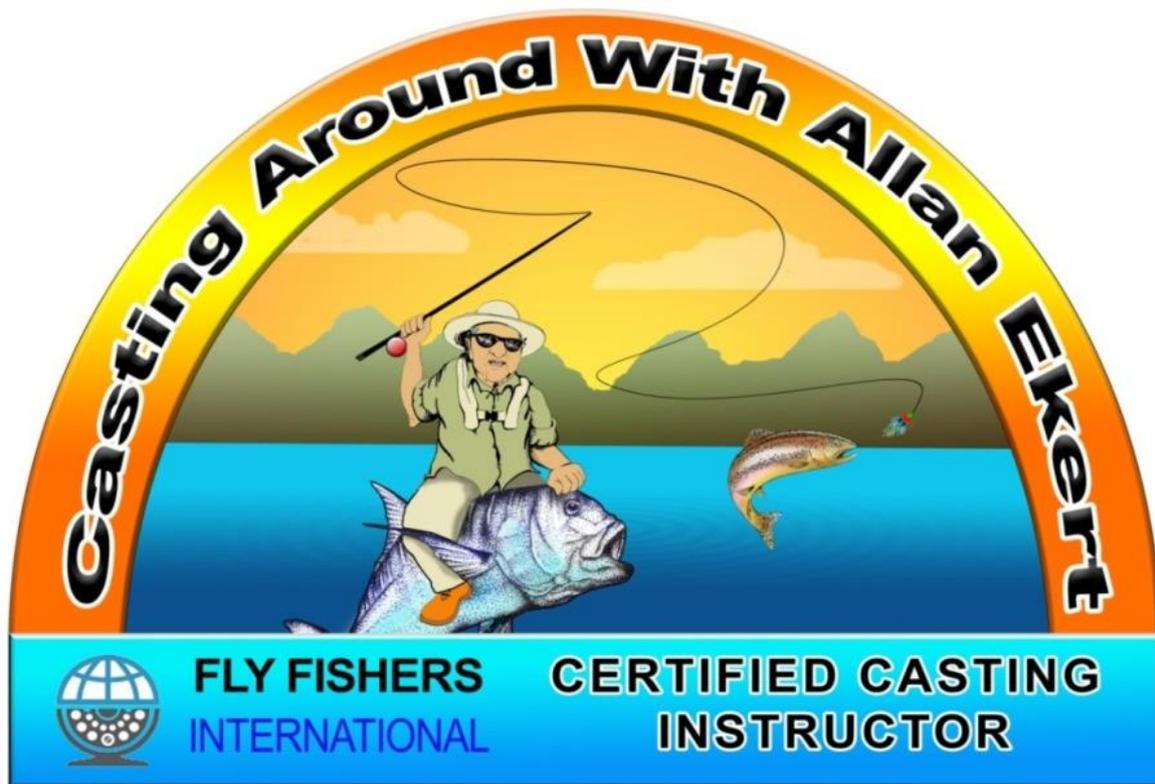
Within the club we have experienced fly fishers and casting instructors willing to share and give their time to teaching others. They must be good because several people were attending the workshop for the second time. There is so much to learn in fly fishing it's impossible to cover everything in one day so it makes sense to keep coming back.



We were lucky on the day in that the weather was mild and sunny for most part with only a few drops of rain during lunch. It's unusual to not need beanies, raincoats and gloves at Ebor at this time of year.

A few more photos from the day can be found on the next page. I hope you are able to view them on a bigger screen than your smart phone.





Arm Styles

This is the last article in the series on style versus substance. Having looked at how we grip the fly rod and how we stand to cast, we come to the most visibly obvious choice of style - how we use our arm. As with all style choices there is no right or wrong way. I would encourage you, as I have tried to do in previous articles, to consider the pros and cons of each style and choose the one that gives you the greatest advantage in fishing a particular situation. You can experiment with style but the basic substance of a cast stays the same. Learn the basics and then have some fun finding the style that works best for you.

It is pretty obvious to see style differences by observing the position of the arm. The traditional trout angler has the elbow forward, the rod almost vertical and the line passing well above head height. If you had to name this style you could probably call it the elbow forward style. It's how I learnt to cast and how I cast now when I want to be very accurate. You could say it is a trout cast but there are many other places you need to be accurate when casting. On a bass river or a mangrove creek, sometimes you have to cast between the trees not under them and the elbow forward style works best to place the fly where you want. You need to know and be able to use this style no matter where you fish. And if you ever want to try your hand at tournament casting this is the only way to go.

The elbow forward style of casting does have its limitations. If you are casting heavy flies, you don't want them to be sailing over your head. When gravity takes over, a clouser can hit you, or someone beside you, like a missile. On my recent trip north, I discovered another disadvantage of the elbow forward cast. With your arm in a vertical position the

rain can get down the sleeves of your raincoat and your wrists are exposed to the dreaded sandflies. Little wonder that saltwater anglers prefer a more horizontal style. And to achieve maximum distance, the elbow forward style limits the ability to make the longest possible stroke... although that doesn't apply to someone like world champion Steve Rajeff who predominately uses the elbow forward style of casting.



Steve Rajeff casting elbow forward.

Not far removed from the elbow forward style is the style referred to as the elbow out or the elbow-up-to-the-side. This style variation avoids the need for the fly line to travel over the head and thus is more suited to heavy flies. By holding the elbow out from the body and at about shoulder level with the casting hand directly above the elbow, this style works well for deep wading, fishing from a float tube or when throwing weighted fly rigs. It can be criticized as lacking power because the elbow lags behind the hand. But when used by a master casting instructor such as Bruce Richards it can be as efficient as any style.



Bruce Richard casting elbow out.

When casting with the elbow out style, tracking can sometime be an issue. This, plus the fact that the rod travels well away from your direct eyesight, means it is less accurate than the elbow forward style. The other disadvantage is that it can be tiring to hold the arm up and out from the body. On the other hand, it allows you to make a longer stroke and achieve greater distance.

The late, great Lefty Kreh advocated another style which has influenced many saltwater fly fishers and those prone to casting injuries. This style has become known as the elbow low style. It involves pivoting the body and keeping the elbow low as if on a shelf. Using the whole body and little arm or wrist movement, the elbow low style can produce effortless, efficient casts without placing undue strain on the wrist, elbow or shoulder. Many people who have had problems with rotator cuff injuries or lack the physical strength to get the most from other styles have adopted lefty's techniques.



Lefty Kreh casting elbow low

As a matter of interest, Lefty was a “righty” for most of his fly fishing career. He got his name playing basketball using both hands. After tearing the biceps in his left arm, he switched to using his right hand. A born teacher, Lefty came up with his own set of principles to make his style work and achieve the essential mechanics of a fly cast. Some have seen these as being in conflict with Bill Gammel’s Five Essentials which Fly Fishers International have adopted in their teaching programs. But they have much in common and both can achieve the goal of an efficient cast. Lefty’s style is most suited to fishing from a boat or for those wanting respite from shoulder or arm injuries. By using the whole body, it enables people of all physiques to make powerful casts. Its limitations can be found when deep wading, fishing overgrown streams and making very accurate casts such as in competitions.

There are many different ways the hand and arm move in a cast. The three styles discussed above are probably the most common. Al Kyte¹, a professor of physical education at the University of California and founding member of Fly Fishers International Board of Governors, studied a number of expert casters. After observing the many variations in how they moved their arm and elbow, he lumped them into three broad styles: elbow forward, elbow out, and elbow low. There are many more styles than these and in reality, we all develop our own unique style. It doesn't matter which style you adopt, if your loops are good and you can make your cast efficiently and effectively, it's the right style for you. You don't have to mimic a particular instructor or the latest Youtuber. By all means, use the style a knowledgeable instructor suggests for you when you are starting out, but don't get locked into thinking that is the only way. Your style will develop as your casting skills grow and by the time you regard yourself a competent caster you will be aware of the advantages and disadvantages of different styles and use them accordingly. They all work.

The following video from Peter Morse is an excellent summary of casting styles. I have included it before but it's worth watching again if you want to understand the role of style in casting.



Casting styles evolve just like every other aspect of fly fishing. The traditional method of learning to cast was to place a book under the arm to keep the elbow in. The clockface was used to restrict the casting arc to the angle between 10 and 2. Instructors aren't as pedantic these days. To meet the challenges that confront a modern fly angler, many other styles have been developed which are not confined by the rigid rules of the past. The constant tension style, the Italian style, the Scandinavian style, the single handed spey style and the 170 style are just a few examples. Of these, the 170 style is of great interest to all those who strive to cast a full fly line or more.

The 170 style was created by Rick Hartman and made famous by Paul Arden. It grew out of tournament casting where distance was the goal. It is characterized by a relatively wide casting arc of about 170 degrees - a wider arc than used by most casters at that time. There is no hard stop when making a 170 cast and the rod hand acceleration continues through the point where we would normally stop to throw a tight loop. If you still think fly casting is about moving the rod from 10 to 2 you need to watch this video from Paul Arden.



From the tournament scene, fly anglers have adapted the 170 style to allow them to cast further. It's not a great cast if you want a quick delivery or are casting heavy flies. In fact, in its ultimate form, it is not a good fishing cast in general. What the 170 cast has taught us is that the longest casting stroke can produce high line speed which leads to greater distance. There is a place for this style in every fly angler's repertoire. The number of degrees doesn't matter as everything beyond 10 to 2 will produce results.

As this series of articles on style versus substance comes to an end, I hope I have given you some food for thought on how you cast your fly rod. The next time you look at someone casting and wonder if their style is better than yours look at their loops. If you are achieving similar loops, casting similar distances and achieving similar accuracy, your style is as good as theirs. We learn to cast by copying someone's style and then adapting it to suit our needs. There is no right style, just an appropriate style for the situation. In the end, style doesn't matter - unless you want to feature on the front cover of a fly fishing magazine.

¹. Al Kyle is a professor at the University of California at Berkeley. He co-wrote "Fly Casting: Substance & Style" with Gary Moran, a research medical, and forensic bio mechanist.

Grand Slam Awards

To encourage members to improve their fly fishing skills, a series of awards is being implemented. These **Grand Slam Awards** have four levels (like the casting program) and members can achieve an award by meeting the criteria listed. The fine details are still being worked out but if you want to get started, this is what you have to do:

Foundation Grand Slam.

This is for someone just taking up fly fishing and goes hand in hand with the Foundation Level of the Fly Casting Skills Development program.

The following three fish species must be caught on fly over the calendar year:

Mullet, Bream and Flathead.

Can be caught over any number of days
Must be photographed with some means of verifying the date.
Fish do not have to be legal size but if undersize **MUST** be released unharmed.



Bronze Grand Slam

Any three fish species from the list below must be caught on fly on the one day:

Mullet, Bream, Flathead

Must be caught on the one day
Must be photographed with some means of verifying the date
Fish do not have to be legal size but if undersize **MUST** be released unharmed.



Silver Grand Slam

Any three fish species from the list below must be caught on fly on the one day.

Brown Trout, Rainbow Trout, (Redfin, Herring or Bass)

or

Bass, Bream, Trevally

or

Whiting, Flathead, (Bream or Luderick)

Must be caught on the one day.
Must be photographed with some means of verifying the date and length.
Fish have to be legal size.



Gold Grand Slam

Any three fish species from the list below must be caught on fly on the one day.

Carp, Murray Cod, Yellowbelly

or

Rainbow, Brown, Brook Trout

or

Mangrove Jack, Bass, Bream

or

Salmon, Luderick, Kingfish

or

Dolphin Fish, Tuna, Mackerel

or

Queenfish, Barramundi, Permit

or

Tailor, Salmon, Dart

Must be caught on one day.
Must be photographed with some means of verifying the date and length.
Fish must be legal size.





HALL OF FAME

FISHING

Foundation Grand Slam

Ray Phipps

Michael Ferris

Greg Artlett

Jim Hyatt

Brian Mighell

Garry Bennett

CASTING

Foundation Level

Bronze Grand Slam

Greg Artlett

Jim Hyatt

Brian Mighell

Michael Ferris

Ray Phipps

Garry Bennett

Bronze Level



HALL OF FAME

FISHING

Silver Grand Slam

CASTING

Silver Level

Gold Grand Slam

Gold Level

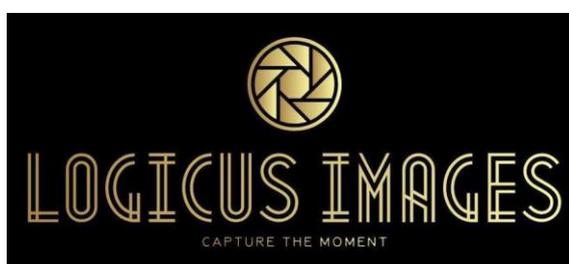
Allan Ekert

I didn't make the Gold Fishing Grand Slam but I can't blame my casting. Earlier, this year I completed my Gold Level of the FFI Fly Casting Skills Development Program.



Our Supporters

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



Flies by Fedeles



<http://flytyerman.blogspot.com>

Membership Fees

Membership Fees are as follows:

Adult membership \$30

Family membership \$40

Concession membership \$20

Junior membership free

Distant membership \$10

The membership year runs from 1st July to 30th June.

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

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

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

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

Fees can be paid:

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

2. **By cheque** posted to:

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



3. **Direct deposit:** Bananacoast
Community Credit Union



BSB 533 000

Account Number: 02051766

Name: Coffs Coast Fly Fishing Club Inc

Reference: Your surname

When depositing, make sure you include your surname in the Reference section. e.g. **Ekert Membership**.

Club Contact Address

Our official email address is cffc@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

Coffs Coast Fly Fishing Club Inc.

Membership Form

I apply for Membership or Renewal in the following membership category (*tick appropriate box*):

Adult \$30 Family \$40 Concession \$20 Junior - Free Distant \$10

Please fill all information below:

Name: _____ DOB: _____
Address: _____ Town: _____
Postcode: _____ Home Phone: _____ Mobile: _____
Email: _____
Emergency Contact: _____ Phone: _____

For Family Membership please complete the details below:

Name: _____ DOB: _____ Relationship: _____
Name: _____ DOB: _____ Relationship: _____
Name: _____ DOB: _____ Relationship: _____

By signing below you agree to abide by the Constitution, rules and safety regulations of the Club.

Signature of Applicant: _____ Date: _____

Signature of Legal Guardian if for Junior member: _____ Date: _____

The club uses photographs taken by members or of members in the newsletter, promotional materials, on the website and on our Facebook Page. If you do not want your photograph to be used, tick here.

Phone numbers and email addressed are shared by club members to co-ordinate club outings and for safety purposes. If you do not want your details shared, tick here.

This signed Membership form must be given or sent by email or post to the Club together with payment of annual Club fees. Payment can be made by cash, cheque, or direct deposit.

Post signed form and cheque to:

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

 Bananacoast Community Credit Union
Ltd and Police & Nurses Limited

Direct Deposit:

BSB: 533 000
Account No: 02051766
Coffs Coast Fly Fishing Club Inc
Reference: **Your surname**

Notes

Club Membership Definitions:

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

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

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

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

Fees:

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

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

Completed Membership Forms:

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

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