

# The Flyer



Official Newsletter Of The



# *The Flyer*

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

NOVEMBER 2021

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**Front Cover:** Chris Russell from Inverell caught up with us at Dunmore Trout Waters and showed he knew how to catch big trout.

# PRESIDENT'S REPORT



## November 2021

Welcome to the November issue of our club Newsletter. Between the weather and the chopping and changing of the Covid regulations our calendar of events has certainly been subject to some rearranging.

At this stage the Gumma Gathering is taking place between Thursday 11<sup>th</sup> and Sunday 14<sup>th</sup> of November. Hopefully the weather gods and Covid will permit us a clear passage this time. The Keepit outing is scheduled for the 8<sup>th</sup> to the 12<sup>th</sup> of December. There will be most probably more water in Keepit than many of our members will have seen before. There still should be plenty of Carp - just more water mixed with them.

The casting day at Valla was another victim of the weather with the day being cancelled. In hindsight it was a good call as the rain certainly came in - not quite a deluge but we received over 125mm for that event.

On Tuesday 14<sup>th</sup> December the casting group will have a Christmas get together to no doubt look back over the year and celebrate our progress (?) All club members are invited. Again thanks to David, Allan and John from the Hastings Club for the outstanding effort over the year.

The next meeting will be Monday the 15<sup>th</sup> November. This will see the drawing of one of our quarterly major prizes. Again thanks to Garry from A1 Flyfishing for his support of our club. Last month the carved leather fly reel case donated by Bill Anderson was won by Murray. Thank you to Bill for this generous donation.

The Mullet Mash outing has been able to survive the lockdown and weather and was successfully held at Mylestom on the 16<sup>th</sup> of October.

The Dunmore Waters outing was also held over the weekend of the 22<sup>nd</sup> - 24<sup>th</sup>. Again a most successful outing with some members catching around a dozen fish a day - not counting redfin. We were joined by Chris and Ben from Inverell and hopefully they got to enjoy the camaraderie of our club. Thank you to Allan for taking Ben under his wing and ensuring he managed to catch his first trout - the smile said it all.

Word has it that the Guyra Police are still looking for Glenn and possibly Murray due to their involvement in the Great Milk Heist!!!

All the best and tight lines

*Doug*



# From the Editor

**The Flyer** has reached record size this month as we pack in as many events as we can before the end of the year. Top that off with a couple of really interesting in depth articles and it didn't take long to fill up 40 pages. Don't try to read this edition from cover to cover in one session. All the important dates and happenings are at the beginning and you need to check these out first and update your diary.

When you have time, go back and read the articles. If you are going to Keepit in December or if you intend chasing carp anywhere, Jason Stratford's guide is full of useful information collected from years of fly fishing experience. This one is worth printing to save you having to buy his book when he eventually writes it.

Anthony Heiser has written a very informative article on a subject that has got me into a lot of trouble over the years. I'm a firm believer in going fishing when I can; not when the almanac, weather forecast or my smart phone tells me. Anthony has written about the best times to go fishing from a scientific point of view and backs this up with his own personal fishing records. It's a long article but one worth reading. It might just change your view on when is the best time to go fishing.

Over the years *The Flyer* has become not just a newsletter for what is happening at the club but also a source of information on all things fly fishing. Each edition has a contents page which should help you decide what you need to read straight away and what can wait. Back issues are available from our website: <https://coffscoastflyfishing.weebly.com/links.html> and I might add a contents page for the whole year in the next edition so you can go back and read anything you didn't have time for during the year.



One of the goals of our club is to make everyone better fly fishers. Have a look at what is happening this month and get involved. Read, attend a casting session or participate in an outing and you will become a better fly fisher.

As this year draws to a close it is time to start planning for 2022. With fewer restrictions and less lock downs we should be free to fill the calendar with events for everyone to enjoy. Now is the time for you to come forward with ideas for trips and activities you think the club should undertake. Talk to a Committee member, send an email or ring someone with your ideas. There are many members who have never been on a club outing or to a club event. Distance is a problem for some, families and work commitments for others. But there are some who just don't find anything on the program that interests them. It's your club so please have your say about what you would like to do and make sure you are getting the most out of your membership.

*Editor*

# Club Executive 2021-22



President  
Doug Urquhart  
0458696138



Vice President  
Greg Artlett  
0427689400



Secretary / Public Officer  
Newsletter Editor  
Allan Ekert 0427457725



Treasurer  
David Small  
0423112902



Assistant Secretary  
Ray Phipps  
0412525338



Club Captain  
David Moppett  
0411723221



Committee  
Kevin Cosgrove  
0438554843



Committee  
Michael Ferris  
0428636858



Committee  
Murray Robinson  
0425277026



Committee  
Tom Trefz  
0423676624



Committee  
Brian Bevan  
0409469562



Committee  
Walter Krainik  
0439187380



## November Meeting

Our next meeting on Monday 15<sup>th</sup> November will be at the North Beach Bowling Club at Mylestom commencing at 6.30pm. You are welcome to arrive earlier to have something to eat and drink. The Bowling Club will have in place its "No Double Jab - No Entry" policy, so unless you are fully vaccinated you won't be able to attend.

This won't be a formal meeting with the night being devoted to a talk about snakes. This will be our last meeting for the year so come along and catch up with fellow members.



Murray collecting his raffle win of a leather reel case handmade and donated by Bill Anderson.

## Tuesday Casting Group

The Tuesday Casting Group will continue through November (Covid and weather permitting). Start time is 10.00am sharp.

Tuesday 2<sup>nd</sup> Nov. Casting at Mylestom  
Tuesday 9<sup>th</sup> Nov. Fishing at Valla Beach  
Tuesday 16<sup>th</sup> Nov. Casting at Mylestom  
Tuesday 23<sup>rd</sup> Nov. Casting at Mylestom  
Tuesday 30<sup>th</sup> Nov. Casting at Mylestom

Call David on 0411723221 or Allan on 0427457725 for more details.

## November Outing

The **Gathering @ Gumma** is planned for Thursday 11<sup>th</sup> to Sunday 14<sup>th</sup> November. Enjoy a day, weekend, or four days of fly fishing, casting and fly tying. Fish, cast, tie, learn and socialize with fellow members.



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

Bring your own food and camping equipment if you intend to stay. Bring your boat, canoe, kayak, SUP or fish from the bank. Come for the day or stay for a while. There is no cost for day visits. Camp sites are \$14 single or \$18 double per night. There are no bookings so get there early if you want to pick your camp site. Club members will be on site from Thursday morning.

Please register for this event so we know who is coming. Contact Brian (Pip) on 0490469562 or Allan on 0427457725

See the poster on page 12 for more details.



## Fly Fishing Super Clinic

The Fly Fishing Super Clinic has now been condensed to a one day workshop on Saturday 27<sup>th</sup> November. The program will be under the leadership of David Moppett. It will be held at the football field at Mylestom from 9.00am till 3.30pm.



Learn to hunt visually and understand fish habitats. Develop your personal fly fishing skills to be the best they can be. Embrace the nuance of timing and efficient casting to achieve the best possible outcome in your fly fishing journey. Nothing is more satisfying than enticing a fish to successfully inhale your fly, especially when you've been the deciding factor in bringing it all together.

The cost will be \$10 for the members and \$35 for non members (you have to become a member to be covered by our insurance.) Morning, afternoon tea and lunch is provided. From beginners to advanced, everyone will go away better casters and fly fishers.



Registrations are now open. To secure your place contact David on 0411723221

## Lake Keepit Carp Caper

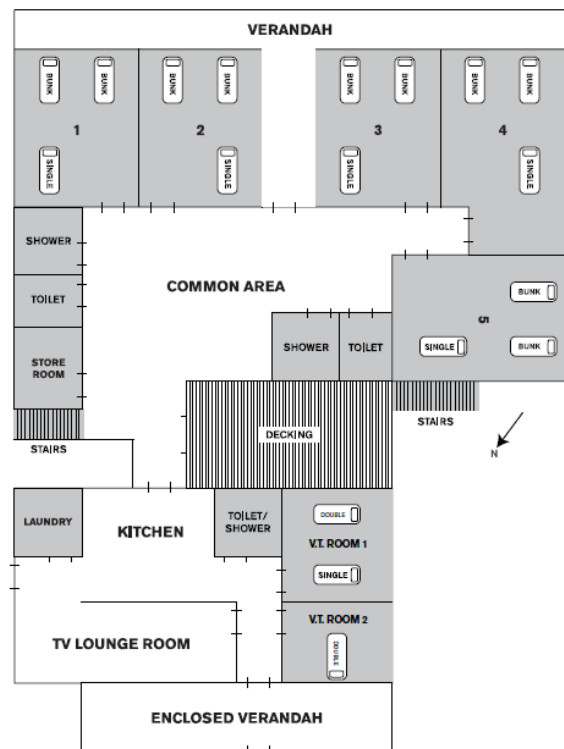
The Lake Keepit trip will take place from Wednesday 8<sup>th</sup> to Sunday 12<sup>th</sup> December. You can come for the full four days or choose how long you want to stay.

This year we have booked a bigger cabin at the Sport and Recreation Centre which will give us plenty of room to spread out.

## LAKE KEEPIT

Sport & Recreation Accommodation floorplans

The Quarters



Based on the fact that we already have 12 registrations, the full cost for four days accommodation and all meals will be \$235 per person. If you want to come for just one night the cost will be \$60. As you can see from the floor plan above we have room for more people to attend. If the numbers increase the cost will decrease. If you are interested in going and haven't registered yet there is still time. You will need to register and pay a \$50 deposit to secure your place.



If you would like more information on the Keepit trip look back through the newsletters or ask a member who has been before. It is a great opportunity to catch a large fish on fly involving all the stalking, sight fishing, hooking and playing skills you need to learn as a fly fisher.



The lake is currently 99.7% full so a boat is needed to move to different fishing spots around the lake but all fishing is done from the bank. We usually have enough boats for everyone who goes so no one is left to find their own way around.



The club has spare rods, and flies will be available for those who need them. This is one of our most popular trips where everyone has their best chance to catch a carp on fly.

The Quarters Accommodation



Boat launching ramps

To register you can contact the Secretary (0427457725) and book your place with a \$50 deposit. If the trip is cancelled because of Covid restrictions all deposits will be refunded. Registrations close by the end of November.



It's a long drive to Lake Keepit but the opportunity to sight fish and test the drag on your fly reel is something every fly fisher should experience.



### Club Calendar 2021

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

Month	Outings	Activities
JANUARY	No outing this month <b>Casting</b> at Mylestom at 5.30pm on Monday 18 <sup>th</sup> .	<b>Club Meeting</b> at Mylestom Monday 18 <sup>th</sup>
FEBRUARY	<b>Home Waters</b> Saturday 20 <sup>th</sup> Family fishing day with a focus on kids fishing for bream, flathead and mullet held at Mylestom. <b>Tasmania</b> 28 <sup>th</sup> Jan - 8 <sup>th</sup> Feb	<b>Club Meeting</b> Monday 15 <sup>th</sup> <b>Committee Meeting</b>
MARCH	<b>Casting Day</b> Saturday 6 <sup>th</sup> <b>Tuesday Casting Group</b> resumes Tuesday 2 <sup>nd</sup> <b>Blue Water Outing</b> Saturday 20 <sup>th</sup>	<b>Club Meeting</b> Monday 15 <sup>th</sup> North Beach Bowling Club Mylestom
APRIL	<b>Keepit Carp Trip</b> Sunday 11 <sup>th</sup> - Wednesday 14 <sup>th</sup> <b>Home Waters</b> Saturday 24 <sup>th</sup>	<b>Club Meeting</b> Monday 19 <sup>th</sup> North Beach Bowling Club
MAY	<b>Fly Fishing for Trout Workshop</b> Saturday 22 <sup>nd</sup>	<b>Club Meeting</b> Monday 17 <sup>th</sup> <b>Committee Meeting</b>
JUNE	<b>Lake St Clair</b> Friday 18 <sup>th</sup> - Sunday 20 <sup>th</sup>	<b>Club Meeting</b> Monday 21 <sup>st</sup>
JULY	<b>Casting Day</b> Saturday 10 <sup>th</sup> Moonee Reserve <b>Flats Fishing Workshop</b> Saturday 24 <sup>th</sup> Woolgoolga <b>Dunmore Waters</b> Friday 30 <sup>th</sup> to Sunday 1 <sup>st</sup> August	<b>Annual General Meeting</b> Monday 19 <sup>th</sup>
AUGUST	<b>Swansea Salmon Classic</b> Friday 20 <sup>th</sup> to Sunday 22 <sup>nd</sup> <b>Mullet Mash</b> Urunga Saturday 28 <sup>th</sup>	<b>Club Meeting</b> Monday 16 <sup>th</sup> <b>Committee Meeting</b> Monday 2 <sup>nd</sup> Major Raffle Drawn
SEPTEMBER	<b>Gathering @ Gumma</b> Thursday 9 <sup>th</sup> Sunday 12 <sup>th</sup> Gumma Reserve. Fishing, Casting, Fly Tying on the Nambucca and Warrell Creek <b>POSTPONED</b>	<b>Club Meeting</b> Monday 20 <sup>th</sup>
OCTOBER	<b>Mullet Mash</b> Mylestom Saturday 16 <sup>th</sup> <b>Dunmore Trout Waters</b> Friday 22 <sup>nd</sup> to Sunday 24 <sup>th</sup>	<b>Club Meeting</b> Monday 18 <sup>th</sup>
NOVEMBER	<b>Gathering @ Gumma</b> Thursday 11 <sup>th</sup> Sunday 14 <sup>th</sup> Gumma Reserve. Fishing, Casting, Fly Tying on the Nambucca and Warrell Creek <b>Fly Fishing Super Clinic</b> Saturday 27 <sup>th</sup> Mylestom	<b>Club Meeting</b> Monday 15 <sup>th</sup> Major Raffle Drawn
DECEMBER	<b>Keepit Carp Caper</b> Wednesday 8 <sup>th</sup> to Sunday 12 <sup>th</sup> Casting Group and Club Christmas get together Tuesday 14 <sup>th</sup>	<b>No Club Meeting</b>

# Dunmore Report

## By the Editor

The cover of the newsletter tells the story of another successful trip to Dunmore Trout Waters. This was the second trip this year brought about by popular demand. Ten members signed up for the weekend and all had a great time and caught fish.

Our last trip was in winter and we went through a stack of firewood and a full wardrobe of warm clothing. This time the fire wasn't lit and jumpers were optional. Other differences were the number of redbfin present and the warmer water making reviving fish take a little longer.

Here are some more photos from the trip which might motivate you to put your name down for next year. We will be going back in winter when the weather is cold but the fishing is often red hot. Keep an eye out in next year's calendar and if you want to go register as soon as you can because places will fill quickly.



If you haven't been to Dunmore before it is something you should consider. There are plenty of stocked rainbow trout to catch in a range of sizes. For someone who hasn't caught a trout on fly before it is a good place to start. You know the fish are there but it's up to you to get your casting right and select the right fly. The good thing about a trip to Dunmore is that there are always experienced club members present to give you a hand.



Chris drove down from Inverell to catch this 8lb rainbow - easily the biggest fish of the weekend.



Ben also came from Inverell and was happy to catch his first trout on fly.







Murray was another of our members to land his first trout on fly. Originally coming from over the ditch, Murray had caught trout before but not on fly and not in Oz.



Tom knows how to read a lake, whisper up a trout and land it. One of many he caught on the weekend.



Pip has been to Dunmore before and new where the big rainbows lived

Glenn caught the most trout, as usual, but we don't have the photos as his phone decided it wanted a swim.

Everyone caught trout but the cameraman wasn't always around to record the capture.



The award for the best dressed angler went to Bill. He caught his share of fish too.

Finally, a special thanks to President Doug who organized all the food (enough for 2 football teams!), cooked the meals and kept everyone in line (except for the milk thieves!) Thanks also to everyone who helped with keeping the dishes washed and the place clean and tidy.



# Gathering @ Gumma

**11<sup>th</sup> - 14<sup>th</sup> November 2021**

Calling all club members to gather at Gumma Reserve via Macksville from Thursday 11<sup>th</sup> to Sunday 14<sup>th</sup> November. Enjoy a day, weekend, or four days of fly fishing, casting and fly tying. Fish, cast, tie, learn and socialize with fellow club members.



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

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

Bring your own food and camping equipment if you intend to stay. Come for the day or stay for a while. The reserve has toilets, cold showers, a boat ramp and picnic tables. There is no cost for day visits. Camp sites are \$14 single or \$18 double per night. There are no bookings so get there early if you want to pick your camp site. Club members will be on site from Thursday morning. For details of the Reserve see:

[https://www.nambucca.nsw.gov.au/cp\\_themes/default/page.asp?p=DOC-BEO-78-63-34](https://www.nambucca.nsw.gov.au/cp_themes/default/page.asp?p=DOC-BEO-78-63-34)

As well as opportunities to fish some of the best waterways in our district, casting instructors will be attending and willing to help beginners and those wanting to learn more. Local members will be sharing their knowledge and ensuring everyone knows the best places to fish.

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

**You MUST register for this event.**

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



# Mullet Mash Report

*By the Editor*

Numbers were down for this year's Mullet Mash with fewer anglers and less fish being caught. Despite the numbers it was a great day with everyone enjoying themselves.

The winner of the biggest Mullet on fly was Bill Anderson. Bill was guided by Vice President Greg who also managed to land a few bream and mullet.

It was great to see so many members sharing their boats and I am sure all the crew members appreciated the opportunity to be guided to the best fishing spots. A lot of organization went into making the day a success. Greg handled the competition side of things while other members contributed, guiding and cooking the BBQ to make it an enjoyable day.



As no one has volunteered to write a report of their day I will leave you with a few photos which I hope will convince you to come along next time we have a Mullet Mash.



Anthony came all the way from Grafton to catch a mullet on fly but the first fish he caught was a bream. It didn't take long for him to find the mullet.



Greg found fishing from the shore productive and landing fish easier.





When the fishing was quiet there was always something to photograph as Anthony found. Did I mention the good weather we had?



John and Steve enjoyed the perfect conditions on the water and tried a few different spots to find the fish.



Greg and Bill fished from a very productive stretch of shore near the river mouth.



Murray and Tom went upstream where the fish were harder to find and photograph.

For those who went it was a great day out and hopefully we will be able to run it again next year.



# CARP ON FLY NOTES

*By Jason Stratford*

Some random comments / matters for consideration when targeting carp on fly. Not exhaustive by any means.

## Locations

They live where they live and often where you wouldn't expect them. Check your toilet from time to time...you may be surprised. In seriousness though...look in virtually any public waters, dams, streams, ponds, drains etc. They can be found sharing waters with Bass, Cod, Trout and have even turned up in brackish areas from time to time.

## Equipment

Always open for contentious debate...but a 5-6wt trout setup will do most places.

The rod size should be matched to the size of the flies you are flinging and the tippet used...much more so than the size of the fish you are targeting.

The tippet is the limiting factor...you can still only pull 5lb of strain (example tippet breaking strain) on a fish with a 2wt OR a 12wt.

The rod weight really just makes throwing heavier flies a bit easier (greater line mass carries a heavier 'payload')

Throwing small flies can be done with 2, 3 or 4wts. Heavier flies 5-8wts etc

Using heavier tippets...is when heavier rods can help during the fight (can pull more weight through the rod).

## Flies

- Size is important. BIG fish will eat small flies more readily than large flies. Don't oversize the patterns. Often smaller flies in clearer water...larger flies in muddy waters.
- Weighting - minimise unless you really need to pin the fly to the bottom or get down very quickly (flow, wind / wave movement etc).
- Shallower the water try to avoid weighted flies in favour of very slow sink patterns which land soft. Carp are sensitive to 'noise' and while they will come for a look some of the time...for the most part they will be more likely to spook away from a 'kerplonking' fly.
- Soft mouths, no teeth or sharp bits so you can fish barbless / de-barbed with no loss of fish. In fact, barbless can increase your catch rates over a day as you can remove flies and get back in the hunt quicker than having to dig a fly out of the depths of a fish's gullet.
- Hooks should be strong heavy gauge but wide gape to maximise the amount of flesh being held in the bend during a fight. Rubbery mouth flesh is still prone to 'ripping' if too small a hook / gape is used - particularly the harder pulling big fish.
- Flies that can be an 'each way bet' are useful when fish are feeding high in the water column / and on the surface. Fly lands as a dry...if no interest...twitch to break surface tension and slow sink in to the 'face' of the fish.

## **Stalking / Casting / Presentations**

- Move quietly and avoid walking through rocks / gravel on edges as this 'noise' travels through the water easily - alerting fish to the presence of a potential threat.
- Approach with the sun at your back if possible. The fish will be looking into the sun and may be 'blinded' but more important...it will allow you to see into the water more easily than approaching into the sun (glare on water).
- Distance to approach - as close as you can but still be able to cast effectively / accurately. We all have a 'sweet spot' for casting (for many that is about 10-12 meters) but if you can get close and 'tea bag' a fish...why not!?!?! The closer you can stalk / cast...the more easily you can see a take...but the more easily you can be seen (There's a balance).
- Presentation is more important than fly selection.
- Don't line the fish or drag a leader over a fish - ever!
- Better to present the fly and 'miss' well away from the target than it is to land right on top of the fish.
- In rivers...downstream presentations are often better than upstream. You can control the downstream motions of the fly and ensure the twitching / stripping movement is away from the fish more easily than an upstream presentation.
- In still waters - land fly ahead of fish and twitch fly away (preferred) or across (ok) but avoid moving fly toward the fish (prey doesn't chase the hunter).
- The curve cast is your friend for fish moving away from you if you can't get in front or to the side. Will allow the fly to be placed ahead of the departing fish but the fly movement will be across the fish (follow the curve).
- Present flies to mudding fish so that the fly is the first thing they see when they move out of the roil cloud. (Assuming the angler can still see the fly). If deep / very murky...then 'drag and drop' in to the roil cloud and staying taut to 'feel' for the take can be deadly.
- Use indicator fluff if other methods to detect takes proves difficult.

## **Fish Behaviours**

- Learn to read the fish behaviours and you can save a lot of wasted effort and increase catch rates.
- Know what spawning aggregations / spawn behaviour is. Don't waste time trying to pin fish in the mosh pit. Look for edge fish / joining fish that may still be feeding (watch and confirm a target is a feeder...before making a cast).
- Reactive takes from 'sunbakers' can often be elicited by placing a slow sinking fly timed / positioned to sink ever so slightly in front of the fish's face. Give a very subtle twitch when in front and watch for the fly to be inhaled. (Can sometimes result in a spooked though).
- Presenting slow sinking flies to intercept cruising fish at eye level ('depth charging') can also lead to reactive takes. Look for a flare of the fins, a tail beat and opening of the mouth if fly is not totally obvious (in deeper / murky water)
- Fish that swim around a fly and continue feeding may be 'alerted' to something not quite right. Try another style of presentation using the same fly (i.e. slow sink rejected...try the next cast with fly on the bottom and gentle twitch when fish approaches). If different presentations don't work...change fly (generally smaller first).



- Mudding fish are often the easiest to read. Look for a stop in feeding activity (momentary pause) or a slight backward movement which normally means the fish has 'spat' the fly (at which time a small twitch of the fly can help elicit a second take as the fish detects some movement in the roil again).
- Surface feeding fish can be easy when there is clear film on the top (no foam / scum blankets) and the takes can be clearly observed. Carp are 'clumsy' surface feeders and can miss a fly entirely OR push the fly with their mouths. Wait for the head to drop below the surface (much like trout) before setting the hook.

### **Setting the hook...**

- For beginners...the trout strike (gentle tensioning of the line lifting the rod tip) will be easier to manage. Be ready for an explosive run - give line or risk popping the tippet.
- For more experienced anglers...the strip set can be better as the fly remains 'in the zone' as opposed to a big trout strike that can rip the fly well away from the fish if no hook-up occurs. Either way, actions can be gentle as they fish don't have hard mouths to contend with to sink hooks.

### **The fight...**

- Expect a hard first and second run. Unless there is heavy structure, you don't really need to 'stop' a fish...so enjoy the tug and increase the pressure on the fish after it has run around for a while.
- If there is structure / a need to turn / stop the fish...then try and work the fish with 'side strain' in favour of a high rod tip. Side strain where the direction of rod pressure is adjusted to constantly pull in the opposite direction to that in which the fish is travelling can reduce the fight time. If you can get a direction of pull that is down below the fish and 'flip it on its head' you can disorientate the fish a few times and they will often 'break' and give in quickly.

### **Know your rights...and what's left!**

- Legislation regarding carp differs from state to state. Understand what the requirements are in the area you are fishing and prepare / act accordingly.
- Humanely dispatch fish when required by regulations.

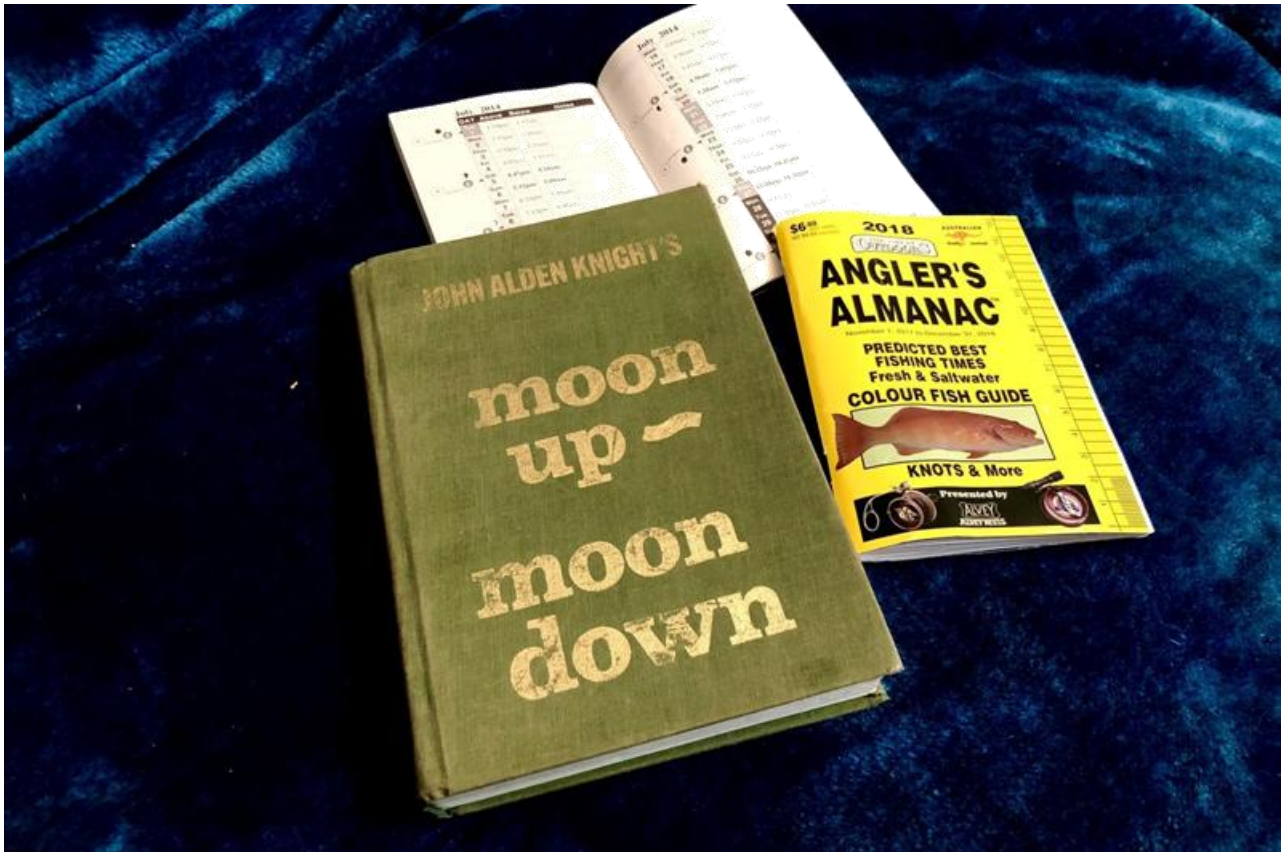
IF you have a regulatory option to return fish to the water, make the choice you are comfortable with as you can get harassed by 'bush lawyers' who will tell you that you can't release fish, you are responsible for the destruction of all the native fish by putting carp back...before they return to their 'meat fishing' for natives.

Consider things like where / how you are disposing of carcasses. Nothing worse than walking in to an area to find 30 dead stinking carp laying on the banks of the waterway.



# Fact or folklore? The Anglers Almanac & Solunar Theory

by Anthony Heiser



A copy of my 1972 reprint of John Alden Knight's *Moon up – moon down* and a couple of copies of the Angler's Almanac.

This article was first published in August 2018. Since then, I've collated more fishing stats from my diaries for 2018 to 2020 to continue testing the predictions of the fishing almanacs. I have also collected additional stats to measure fish activity during and outside major and minor feeding times. If an article on the history of the Anglers Almanac and amateur statistical analysis is not your thing, then my recommendation is to use the lunar phases and the Angler's Almanac as a guide but don't be a slave to them. Otherwise, please read on.

We've all seen copies of the Angler's Almanac in newsagents and tackle stores and some of us have Smart Phone apps aim to predict the best fishing times. The Anglers Almanac and those Smart Phone apps base their predictions on the Maori Fishing Calendars or Solunar Charts. But how do they predict the best fishing times and do they work?

## Anglers Almanacs, Solunar Charts, and Maori Fishing Calendars

Solunar theory claims that the position of the moon and sun can predict the behaviour of fish and animals. Maori and other Pacific Islanders believe that fishing can be better on certain days of the lunar cycle.

From what I can gather, the Solunar Tables and Maori Fishing Calendars are very similar, and both have their origin in folklore. They predict 'major feeding times' when the Moon is directly



above or directly below and 'minor feeding times' when the moon is rising or setting. They also predict what the intensity of those feeding times will be for each day of the lunar month. Generally, fish feeding activity is strongest during Full and New Moon, and weakest during First and Last Quarter.

### **John Alden Knight coined the term 'solunar' in 1936**

The term 'Solunar' was coined by John Alden Knight, a New York Stock Broker who was a keen fisherman and author of several books on fishing and hunting. John wrote about his discovery of Solunar Theory and the impact it had on his life in his book *Moon up - Moon down* in 1942. The concept of 'moon up moon down' was not John Alden Knight's idea. A fishing guide named Bob Wall introduced John to the concept while chasing Large Mouth Bass in Lake Helenblazes, Florida, on a hot summer day in 1926. In chapter 1, page 1, John wrote:

*We had been fishing for large-mouth bass since dawn. Usually the fishing in 'Blazes' was excellent, but throughout the morning, the bass had been unresponsive. Tiring of fruitless casting, we had knocked off for an early lunch.*

*As we sat there, Bob Wall, my guide, looked at his watch and then across the surface of the lake. The heat waves had built a mirage that lifted the horizon above its normal level so that it seemed to hang in mid-air, leaving a gap of clear, shimmering nothing between itself and the quiet water. I could see that Bob was restless. Finally he spoke.*

*"Come on, Jack," he said. "Hurry up with that lunch. We'll miss the good fishin' if we sit here much longer."*

*"What makes you think they'll rise in all this heat?" I asked him.*

*"They'll rise all right," he answered. "Moon's down about noon."*

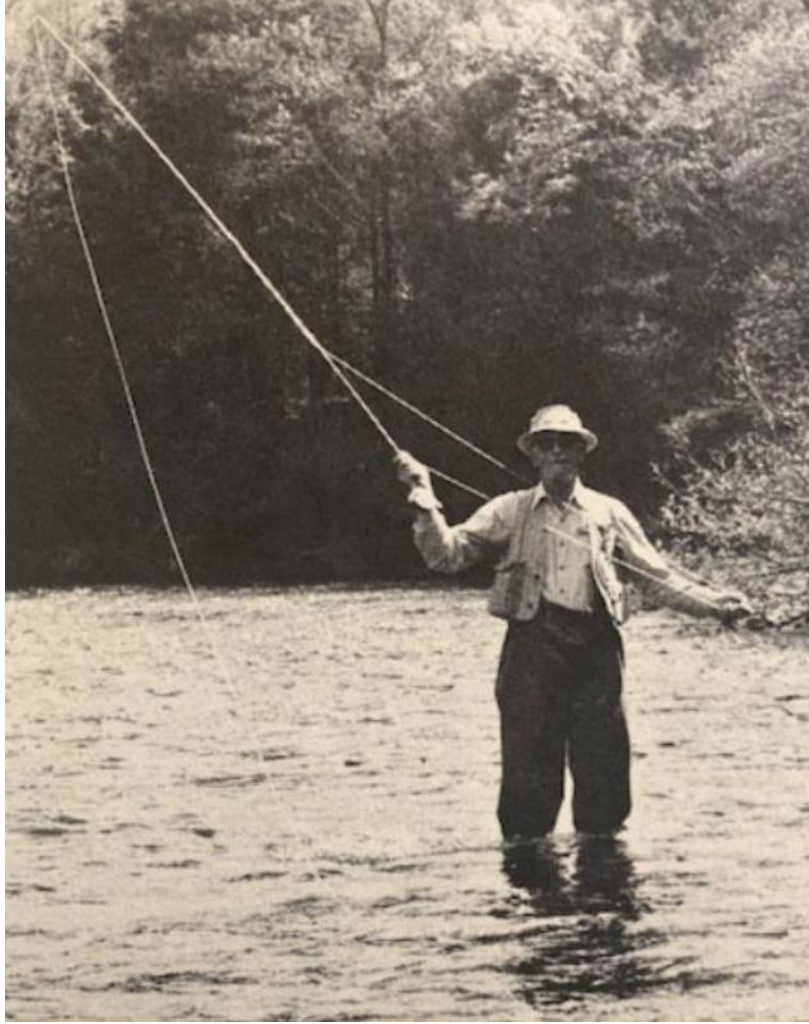
*"What's that got to do with it," I said.*

*"Never mind about that," said Bob. "Just take my word for it. These fish are goin' on the feed pretty quick now".*

Bob explained that his 'grandpappy' taught him the best time to chase game and fish was when the moon was directly overhead or directly underfoot. Sure enough at noon, the fish came on the chew. At page 4, John continued:

*That was the beginning of almost three hours of hysteria. We hooked fish, big fish. Some we landed and some we lost. We broke lines, skinned knuckles, lost plugs, laughed, yelled and cursed. How many fish we caught and released, I do not know, certainly more than we had ever caught before. That evening we hung on the boathouse scales that part of the catch we had brought out with us - nine large-mouth bass that totalled seventy-eight pounds.*

After that experience, John started analysing the moon up moon down theory he learnt from Bob Wall. He kept his own meticulous fishing records, and started looking for correlations between observed fish feeding times, and a number of variables such as weather, sun, moon, tides etc.



John Alden Knight fishing a trout stream in Pennsylvania

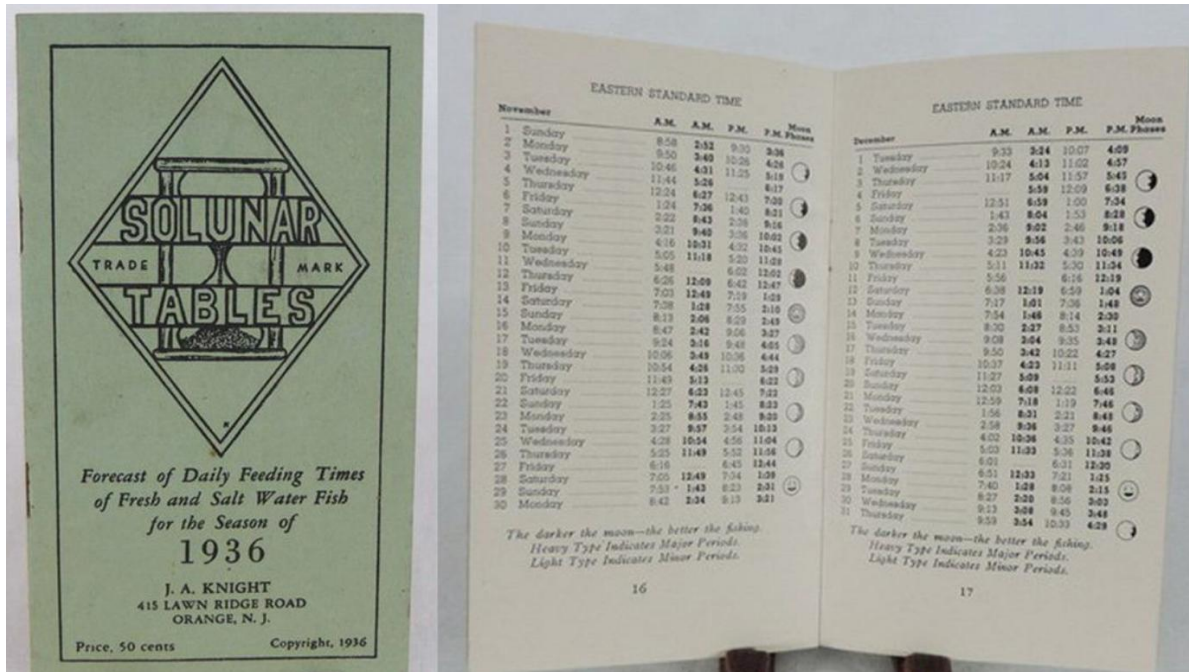
John found no correlations between sunrise and sunset with the different times fish showed up to feed, and found some correlations between the lunar cycle and fish feeding patterns. While there were no measurable tides in freshwater bodies, John explored the notion of 'inland' tides with the assistance of the New York Office of the United States Coast and

Geodetic Survey. John then started testing and developing his theory by fishing according to notional tide times in inland waterways.

John Alden Knight went public with his initial theory in his article 'Ocean Tides and Freshwater Fish' published in the January 1935 edition of the *Sportsman*. John's article, which introduced the term 'Solunar Theory', generated unprecedented interest, and a mountain of letters from anglers in every US State asking for schedules of solunar feeding periods for just about every fishing spot.

To meet this sudden demand for solunar feeding schedules, John published the first Solunar Tables in 1936. The first one thousand copies sold out within five weeks, necessitating a reprint to meet demand. Suddenly, John discovered a new source of income, which proved handy when he quit his stock broker job due to health reasons.





John Alden Knight published the first Solunar Tables in 1936.

John continued his meticulous record keeping of his fishing trips to refine his theory. He moved away from his concept of inland tides and argued that fish are most active when the moon was directly above or directly underfoot (the major periods) and are also active when the moon rises and sets (the minor periods). John also argued that the lunar effect was strongest during New and Full Moon.

John Alden Knight makes very unambiguous claims in his book about the impact of solunar feeding times on the feeding behaviour of fish and all wildlife. His book often described a dramatic increase in the number of fish or game captured at the commencement of major or minor periods.



Moon rising over Mount Denison, over Lake Eucumbene, 2012. Solunar Theory predicts major fish feeding periods occur when the moon is directly above and directly underfoot (hence 'Moon up – Moon down', and minor feeding periods when the Moon rises and sets. However, the fish went off the bite when I took this photo.

John's book, *Moon up - Moon down*, is more of an autobiography and does not give an in-depth scientific explanation of the Solunar Theory, nor does John set out the details of his fishing records to allow others assess his claims. This is not surprising, given John was not a scientist. To his credit, John admits he never worked out how or why Solunar Theory worked.

### **Is there any science to Solunar Theory?**

There is already a lot of research showing various relationships between migratory, spawning and feeding behaviours of marine species and the lunar cycle. There is also research showing a relationship between the lunar phases and catch rates by commercial fishers. But there is less research on using the lunar cycle to predict fishing success for recreational anglers.

The few articles I could obtain free of charge off the internet provides some support for a correlation between fish and game activity and lunar phases or the position of the moon. But those correlations are subtle in comparison to the claims in John's book.

One article from Ben Stevenson, a student at the University of Auckland caught my attention. In 2012, Ben wrote a statistics thesis by analysing data from captures by recreational anglers against the Maori Fishing Calendar. He analysed two data sets from fishing diary surveys conducted by the New Zealand Ministry of Fisheries during 1 December 1993 to 30 November 1994 and boat ramp surveys conducted from 1990 to 2008.

Ben's analysis demonstrated a relationship between lunar phases and fishing success. In addition, it partially supported the Maori Fishing Calendar's predictions of 'Bad', 'Fair' and 'Good'. Ben's analysis found that fishing was least successful on the 'Bad' days but found the 'Fair' days outfished the 'good' days.



I caught 38 fish during the ANSA Narooma Convention during 8-10 March 2021, including this fish which won me the Beach Section. The Convention took place within 3 days of the New Moon. Around New Moon has usually been good fishing for me. I caught 8 fish the first day, ten the second day and 20 on the last day.



However, the difference in fishing success was small. The difference in capture rates for fishing diary surveys between the most favourable and least favourable times of the lunar phase was 0.155 fish per hour (or an additional fish for every 6.4 hours of fishing). The difference between the 'Bad' days and 'Fair' days was 0.110 fish per hour (or an additional fish for every 9.1 hours). The differences in fish success from the boat ramp surveys were even smaller.

Ben was unable to analyse the fishing diary data and boat ramp data against the predicted major and minor fish feeding times in the Maori Fishing Calendar. However, a study tracking the movement of White Tailed Deer in South Carolina found deer were more active when the Moon was directly above and directly below (which equate to the major feeding times).

### **My own experiences with Solunar Charts and Anglers Almanacs**

I've kept my own fishing diary from 1996 to 2003 and from 2013 to 2020. My efforts in freshwater are highly variable so initially, I have only looked at my saltwater fishing trips. However, I now have enough freshwater fishing trips to start ironing out the variability in my freshwater fishing efforts. Interestingly, there is now some consistency between the results of my total fishing trips, saltwater fishing trips, and freshwater fishing trips against the predicted fishing outcomes under the Solunar Charts and Anglers Almanacs.

I went fishing on 454 days over a combined 15-year period and caught a total of 1727 fish. I looked at the average number of fish caught according the lunar cycle, and according to the

'Poor', 'Fair', 'Good' and 'Best' days according to the little yellow Angler's Almanac, and the predicted fishing efficiency from the Fish Calendar App.

#### **Lunar cycle**

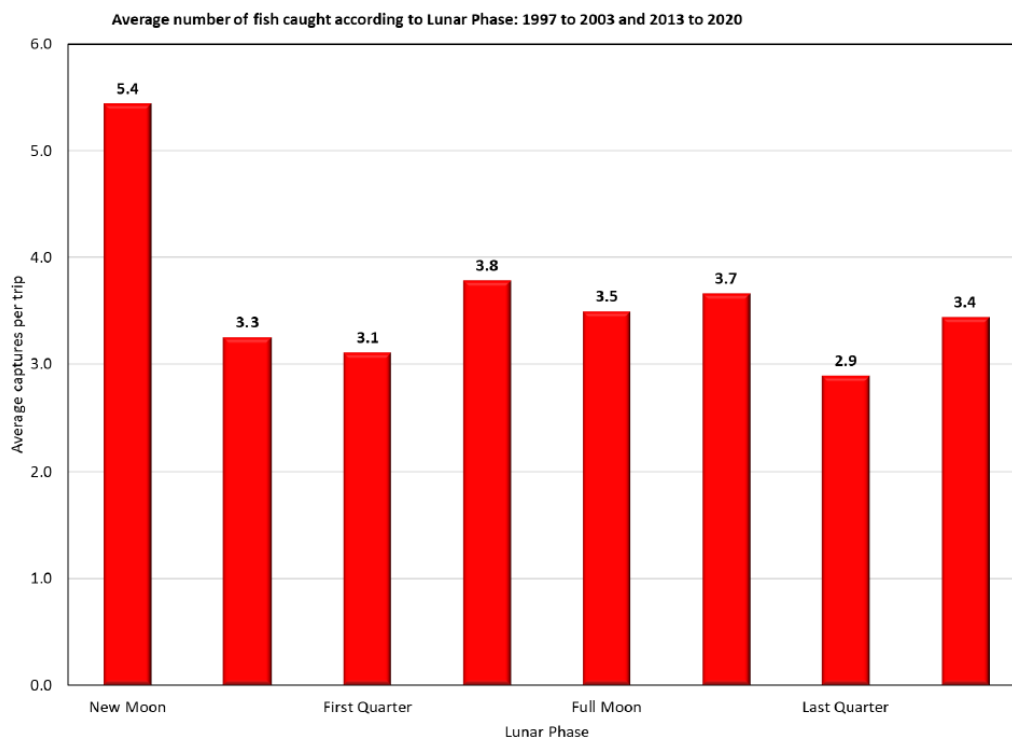


Figure 1: Average fish caught during the Lunar Cycle. There is a clear peak around New Moon but no clear peaks and troughs evident for the remainder of the Lunar Cycle.

I expected to see peaks around New Moon and Full Moon and dips in First and Last Quarter. For total, saltwater, and freshwater trips, there was a clear peak in average number of fish caught around New Moon. However, there were no clear peaks and troughs for the remainder of the Lunar Cycle for total fishing trips and saltwater fishing trips. For freshwater trips, there were two smaller peaks around First Quarter and between Full Moon and Last Quarter.

It's difficult to draw any meaningful conclusion other than New Moon appears to be a clear winner for predicting best fishing time regardless of whether you are fishing salt or fresh water.

It may be that the impact of the Moon's Phase outside of New Moon may depend on what time you go fishing. For example, I have noticed fishing went quiet in the evening as soon as the moonlight hit the water on many occasions. But I do remember an evening session at Lake Eucumbene where the Trout continued biting all night during a Full Moon. On that occasion, we were not fishing our usual location but in deep water off a rather steep bank.

What this experience suggests to me is that perhaps the Moon does impact on the number of fish you catch if you continue to fish the same spot with the same tactics regardless of the Moon's Phase. It was only by accidental circumstance that we fished a location we would not otherwise have fished that evening.

Until I can work this out, there is little difference in the average number of fish caught during the Lunar Cycle, except around New Moon. During New Moon, you may catch an average of one or two more fish than any other time of the Lunar Cycle.

### ***The Anglers Almanac***

Average number of fish caught according to Anglers Almanac Predictions:  
1997 to 2003 and 2013 to 2020

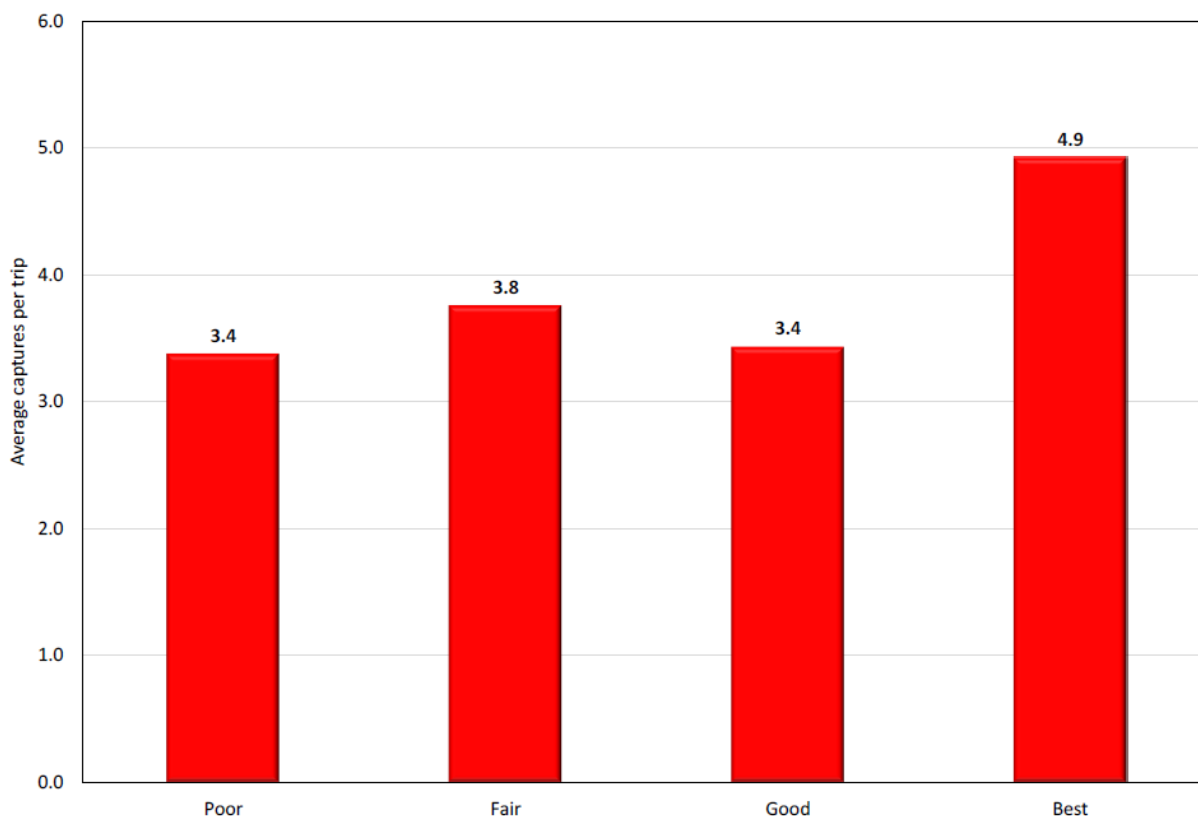


Figure 2: Average fish caught according to the Angler's Almanac's predicted Poor, Fair, Good and Best days. It took only a few years before I started noticing that average numbers of fish were higher on the Fair and Best days and lower on the Poor and Good days.



The average number of fish caught according to the Poor, Fair, Good and Best days do not quite match the predicted outcomes in the Anglers Almanacs. On the other hand, the results have been rather consistent over the years.

On average, 'Fair' and 'Best' days outfished the Poor and Good days. The Best days outfished the Fair days, which in turn outfished the Good and Poor days (see Figure 2). In some years, the Fair days have produced more fish on average than the Best Days. But both always outfish the Poor and Good days.

If you're using the Anglers Almanac, I'd aim to fish the Fair and Best days where possible. You may catch an average of 1 to 2 fish extra on those days.

### ***The Fish Calendar App***

The Fish Calendar App on my iPhone produced the least impressive outcomes (see figure 3).

The Fish Calendar App gives a predicted 'Fishing Efficiency' for each day, ranging from 0% to 100%. There is only some correlation between the predicted 'Fishing Efficiency' and the Poor, Fair, Good and Best days. Accordingly, the App produced slightly different results to Anglers Almanac. In addition, the results have not had the same consistency over the years.

At the moment, there is little difference in the average number of fish caught except on days where 'Fishing Efficiency' was predicted to be 76%-100%. Even then, you are only looking at an average of 0.5 to 1 fish extra on the 76%-100% days.

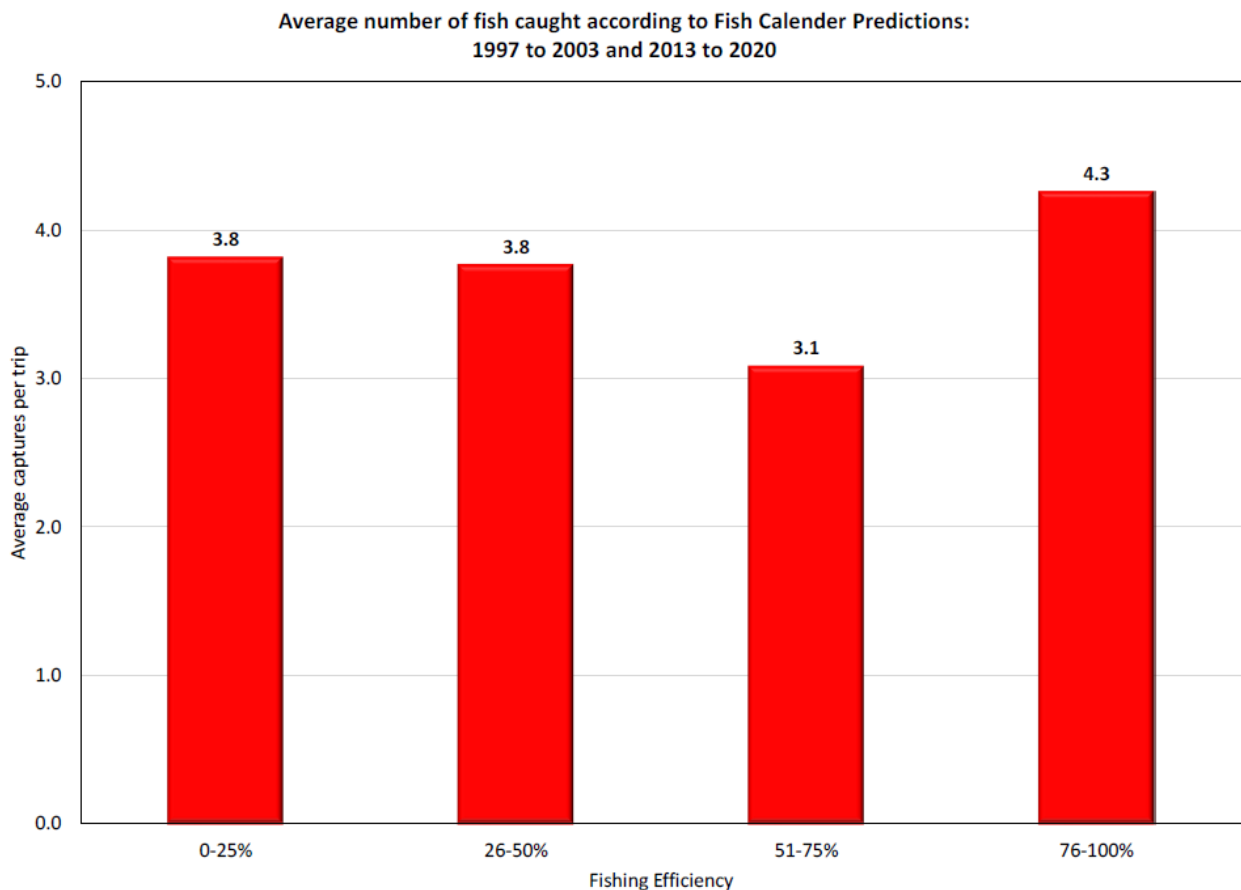


Figure 3: Average fish caught according to the Fish Calendar App's predicted 'Fishing Efficiency' (ranging from 0% to 100%).

## Major and Minor Feeding Times

Both the Anglers Almanac and Fish Calendar App provide predicted Major and Minor Feeding Periods. The major periods equate to when the Moon is directly above or directly below (hence the title of John Knight's book *Moon up - Moon down*), while the minor periods equate to when the Moon is rising or setting.

When I previously published this article, I had not been able to test the major and minor feeding times. To do so required keeping detailed observations which is simply not possible when fishing in the surf or out in the blue water.

However, the CFC's Total Carp Length Competition in 2020-21 provided an opportunity to test this. I knew my special Carp fishing spot at Lennox Gardens consistently produced enough Carp to blow the competition away. So I fished the same spot for most of the 2020-21 fishing year when chasing Carp, even had my rod holders in the same spot each trip, and only fished corn. This would leave weather, lunar cycle and time of day as the only variables.

Given my style of Carp fishing was to sit back and wait for the bells to ring, I was then free to take detailed observations of each carp rise, bite, strike and capture.

I was not going to get enough captures to analyse the major/minor feeding periods, so I also used Carp rises, bites (or bell rings), dropped fish as proxies for fish feeding activities each hour. I then worked out the average numbers of rises, bites, strikes and captures against those one hour increments.

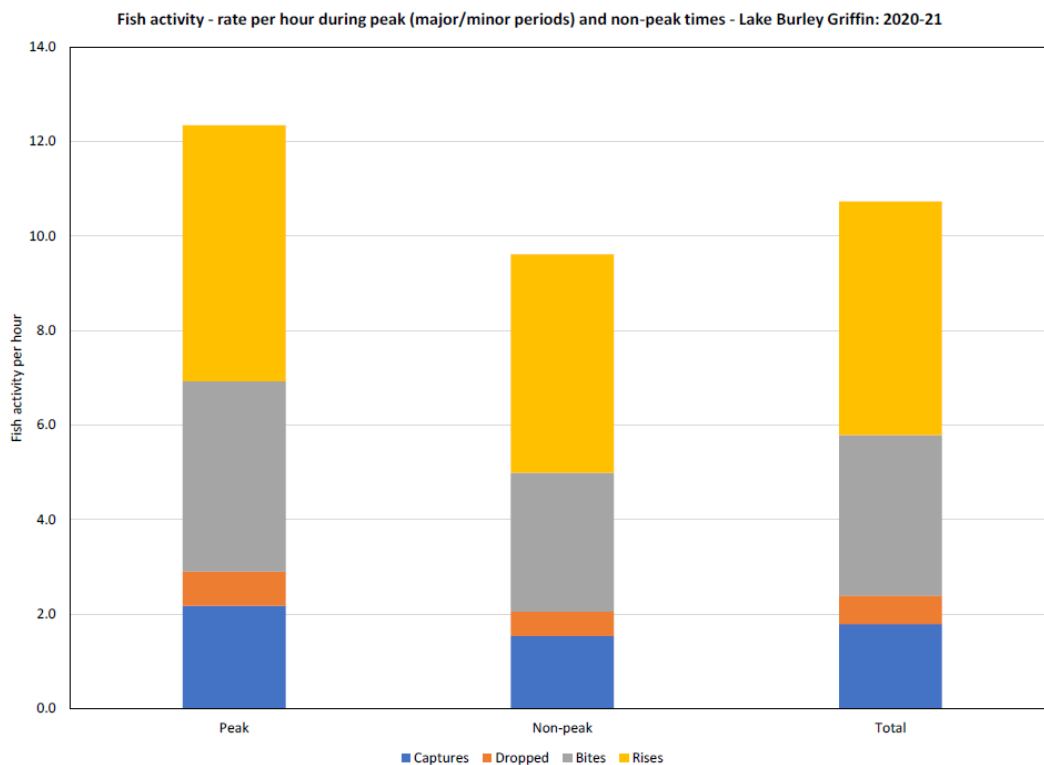


Figure 4: Rates of fish activity for peak (major and minor feeding times) and non-peak periods. Observations of 181 Carp rises, 124 bites, 22 dropped fish and 66 captures over 37 hours of fishing at Lennox Gardens suggest there may be some truth to the Moon up – Moon down theory.

For this exercise, I did not distinguish between major and minor feeding periods as I would struggle to get enough observations to delve into that level of detail. In addition, only nine of my Carp sessions at Lennox Gardens were of sufficient duration to record activity both during and outside of major/minor feeding times.

I recorded 181 Carp rises, 124 bites, 22 dropped fish and 66 captures over 37 hours of fishing at Lennox Gardens. I then plotted this against one hour increments leading up to, during, and after a major or minor feeding period. I then calculated the hourly rate of activity during the major/minor feeding periods (or peak periods) and outside the major/minor feeding periods (or non-peak periods) (figure 4).

I must admit being very surprised by the correlations between fish activity and peak periods. It certainly suggests that there may be some truth to the Moon up - Moon down theory. However, with only 37 hours of fishing over nine trips solely chasing swamp trout, the results are tantalising but more solid hours of drowning corn at Lennox Gardens is needed to put this beyond doubt. Now that I've moved to the Mid-North Coast, I can no longer continue these observations from Lennox Gardens.

### **Do the Solunar Tables, Anglers Almanacs and Maori Fishing Calendars work?**

The answer is maybe. And if they do, I'm unclear how or why they work.

John Alden Knight was convinced that the Solunar Tables work but did not know why. Unfortunately, his book *Moon up - Moon down* did not include details of his fishing records from which we can make our own assessment of Solunar Theory. On the other hand, John received huge volumes of correspondence from happy anglers recounting their successes with the Solunar Tables. His book is a delightful read and enjoyed numerous reprints (I have a 1972 edition). Anglers continue to purchase the Solunar Tables, and John was inducted into the Fishing Hall of Fame in 1957.

Ben Stevenson concluded that anglers were better off fishing according to the lunar phases than the Maori Fishing Calendar. However, the differences in fishing success according to the lunar phases or Maori Fishing Calendar Predictions were small. Ben Stevenson is now Dr Ben Stevenson and he now lectures statistics at the University of Auckland.

My own analysis of over 1724 fish caught over 454 days is not as sophisticated. It shows a relationship between fishing success and the New Moon, the Fair and Best days according to the Anglers Almanac, and days with 76-100% 'fishing efficiency' according to the Fish Calendar App.

As for the 'major' and 'minor' fish feeding periods, Ben Stevenson was unable to test this, while my own attempts to test this indicate some truth to Moon up - Moon down, more observations are needed to conclusively demonstrate this.

If anyone is interested in finding out more, I will post this article on the website in the near future but with a summary of fishing diary data covering 1997 to 2003 and 2013-2020. I have also summarised the findings of the academic papers I could find on the topic at the end of this article.



Finally, the average number of extra fish you might catch if you fish around the New Moon, or on a 'Best' Day, or on a day with 76% to 100% fishing efficiency, is only one to two fish per day compared to the other days. With that in mind, use the lunar cycle, almanac, or the app as a guide but don't be a slave to them when planning your next fishing trip.



One of my better Carp at my special spot at Lennox Gardens.

## **Academic articles on lunar effect on fish and game**

### **Title**

Promising the moon? Evaluation of Indigenous and lunar fishing calendars using semiparametric generalised mixed models of recreational data (I have a copy if anyone wants to read it)

[‘Outdoors: Study throws light on moon factor’, \*New Zealand Herald\*, 2 October 2011](#)

[Ben Stevenson also gave an online presentation of his findings \(44 mins\)](#)

### **Findings**

Ben wrote a statistics thesis by analysing data from captures by recreational anglers from two data sets from fishing diary surveys conducted by the New Zealand Ministry of Fisheries during 1 December 1993 to 30 November 1994 and boat ramp surveys conducted from 1990 to 2008.

Ben's analysis demonstrated a relationship between lunar phases and fishing success. In addition, it partially supported the Maori Fishing Calendar's predictions of 'Bad', 'Fair' and 'Good'. Ben's analysis found that fishing was least successful on the 'Bad' days but found the 'Fair' days outfished the 'good' days.

The difference in fishing success were small for both the different lunar phases and for the 'Bad', 'Fair' and 'Good' days under the Maori Fishing Chart.

**Title**

[Effects of lunar cycles on the activity patterns and depth use of a temperate sport fish, the largemouth bass, \*Micropterus salmoides\*](#)

**Findings**

A study of Large Mouth Bass in Lake Werner, Ontario in October 2004 to November 2005 found that they inhabited deeper waters in the second and third quarter of the lunar cycle. However, there was correlation between the lunar cycle and distances travelled by Large Mouth Bass.

**Title**

[Muskies Are Mad for the Moon](#)

[Muskie Lunacy: Does the Lunar Cycle Influence Angler Catch of Muskellunge \(\*Esox masquinongy\*\)?](#)

**Findings**

A study of 341,959 muskie catch records from 1970 through 2013 (which included data on location, date and time of the catch, size of the fish, and more) found that anglers chasing Muskies during the Full Moon or New Moon improve their chances of captures compared with fishing at other times of the lunar cycle.

The correlation was stronger with larger Muskies (102 cm and longer) and for fish caught at higher latitudes (48° N).

**Title**

[Do moon phases affect bass fishing?](#)

**Findings**

An analysis of over 450 Bass caught by trophy Bass angler Porter Hall showed captures were evenly distributed between the four quarters of the lunar month. There was a slight increase in captures during Full Moon and First Quarter. The article did not explain how the analysis was conducted.

**Title**

[In-Depth Study Shows Moon Phase Does Not Affect Peak Rut](#)

**Findings**

New Brunswick biologist Rod Cumberland's study of how the moon phase affects White-Tailed Deer breeding using data over 1997 to 2005. He found no correlation between breeding and the phase of the moon. Instead, for eight of the nine years studied, mating took place during 26-29 November.

## Title

[Movement with the Moon: White-tailed Deer Activity and Solunar Events](#)

## Findings

A study of 38 White-Tailed Deer tracked with GPS collars during 2009 to 2011 in Brosnan Forest, South Carolina, found that deer were more active during Full Moon and New Moon, and when the moon was overhead or underfoot.

## Title

[Effects of lunar cycle and fishing operations on longline-caught pelagic fish: fishing performance, capture time, and survival of fish](#)

## Findings

Data collected from commercial long liner fishing boats in the Réunion Islands from 1998 to 2000 found that catches of Swordfish increased in the first and last quarter of the lunar month, while Albacore captures increased during Full Moon. Swordfish and Big-Eye Tuna captures were higher at low tide and during periods of weaker lunar illumination.

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Department of  
Primary Industries



[Have your say on proposed changes to Eastern Rock Lobster and Dusky Flathead recreational fishing rules!](#)

NSW DPI is undertaking community consultation on proposed changes to recreational fishing rules for Eastern Rock Lobster and Dusky Flathead.

The proposed changes for recreational fishers are:

**Eastern Rock Lobster** - increase in bag limit from 2 to 3 per person.

**Dusky Flathead** - introduction of a slot limit of 36 cm - 70 cm (previously only 1 over 70 cm) and reduction of bag limit from 10 to 5 per person.

The Recreational Fishing NSW Advisory Council, which provides advice to the Minister for Agriculture and Western NSW on recreational fishing matters, developed these proposals and supported community consultation being undertaken.

We are encouraging all recreational fishers and the community to have their say.

Please read the [short consultation paper](#) on the proposed changes prior to completing the online submission form.

Submissions close **26 November 2021**.



# Fly Tying

*by the Editor*

With the Club trip to Keepit coming up next month now is the time to be tying carp flies. If you have read Jason's article on fly fishing for carp you should have a good idea of what flies to use. There are many patterns that will work. But if you are not sure what to tie I am going to offer a solution. If you are looking for a fly that is quick to tie, doesn't require a lot of different materials and is very effective I suggest you tie up a few Woolly Worms.

The original Woolly Worm is said to have originated as a bass fly but nowadays it is a popular trout pattern. The original dressing of black, yellow, black chenille, with white hackle was meant to represent a caterpillar. Somewhere along the way, the Woolly Worm outgrew the caterpillar image and countless variations surfaced. They have been used successfully as leech, dragonfly, damsel nymph, stonefly, crane fly larva, and forage fish patterns.

Carp don't seem to mind what they imitate and will readily eat just about any variation of a Woolly Worm. Here is my quick and easy version:

**Hook:** 2XL Nymph Size 8-12

**Thread:** Black 6/0

**Tail:** Orange Yarn

**Body:** Medium Black Chenille

**Hackle:** Grizzle Hackle



There are plenty of options for hooks as long as they are strong and not too big. Because I tie a lot of carp flies I go for bulk buys.



The first step as it is in tying any fly is to introduce the thread.



Wind the thread to the bend of the hook and tie in the tail. You can use your imagination when it comes to tail materials I have used orange polypropylene but you could vary the colour or use marabou or antron.





With the tail tied in it's time to introduce the body material which is usually chenille. To save money I just use wool. After all it is a woolly worm!



Before you wind the wool back to the eye you also tie in some grizzle hackle.



Wind the wool forward and secure behind the eye (don't crowd the eye).



Palmer the hackle forward to behind the eye and secure.



Build up a head of black thread and tie off. You could apply head cement to ensure nothing comes undone but a good whip finish will last long enough to catch a few fish.



That's all there is to a Woolly Worm - quick, easy and effective. It is designed to sink slowly and the hackles help keep the fly out of the weed and mud. If you want a fly for deeper water tie in some lead wire before you start. A few dozen of these flies in a variety of colours will have you well prepared for Keepit.







### Music and Fly Casting

The few people who read *Casting Around* know that this column is the random ravings of a certified casting instructor. The longer I have been writing the more random and incoherent the article have become. It's supposed to be a column about casting but I write about anything that happens to catch my attention as I go about fly fishing and casting. Sometimes people find it interesting and even informative but mostly it is just an outpouring of my muddled thoughts on a particular topic. This month I want to write about music.

The reason music has been on my mind recently is because I have been try to teach the double haul in our casting group. For some people learning the double haul can be a slow and painful process. It's like learning to pat your head and rub your tummy at the same time. Even those who have been casting for a while can have problems with the double haul. Learning it properly takes time and lots of practice.

One of the strategies I use to get the timing and co-ordination right for the double haul involves the use of music. It doesn't work for everyone but for those who Mel Krieger<sup>1</sup> called "poets" it can be far more effective than the explanations and theories put forward by the "engineers." Rhea Topping<sup>2</sup>, an American casting instructor who was influenced by Mel Krieger, uses music in her teaching programs. It was her DVD on teaching the double haul that reminded me of how music can help those whose learning style is best suited to listening, moving and feeling.



Many people find the double haul fearful and frustrating and never master it. Beginners don't have this problem as they are not ready to learn it. You have to work your way up to it. The first step is the single haul. A single haul is a pull on the fly line with the line hand while fly casting (like learning to pat your head!) The second step is the double haul. A double haul is pulling on consecutive casts - back cast and forward cast (like learning to pat your head and rub your tummy at the same time!) When you eventually learn these steps you will reap the rewards of being more efficient and casting further.

This is not going to be an article about how to learn the double haul. There are plenty of instructors, books, and videos out there to help you if you need to learn. I just want to add my thoughts on the place that music can play. I find the best way to teach the double haul is to do it in slow motion. By breaking the process down and doing it on the ground every step can be learnt in the correct order. The problems arise when the process is aerialized. Some people just want to go faster and rod speed takes over from line speed and they start patting when they should be rubbing. Adding music can help control the timing and rhythm without resorting to a good rap across the knuckles with a ruler (just kidding!) Using slow waltz music can help set the pace and keep everything in sequence.

The other day when I was using music to teach the double haul in our casting group, I noticed something else (and so did the passers by listening to the music from the PA system and watching the casting). For the first time many people were using their whole bodies to cast more efficiently. When we begin to learn to fly cast the wrist plays such a pivotal role it is easy to forget that our arms, shoulder, torso and legs also move when casting. To make an efficient cast the whole body has to be involved. It's not just in the wrist! The music was making these grown men look like Joan Wulff<sup>3</sup>. If you are not familiar with Joan she is one of the greatest casters of all time having beaten most men in the record books. Her background in dance and music proving that fly casting is about timing and technique not brute strength. The music I used for this activity was aimed at getting everyone to slow down and smooth out their casting stroke. It seemed to work.



An exercise that we do in our casting group almost every week is "How slow can you go." It teaches casting a short line smoothly with good loop formation. Put a fly rod in someone's hand and they will automatically pull out as much line as they can and try

casting it as fast and as far as they can. It might seem like fun but unless good technique is being used it doesn't achieve much except for ingraining bad habits. Lefty Kreh used to say "Most fishermen use the double haul to throw their casting mistakes further." That's pretty much true for any casting not based on good technique. The mark of a good caster is how slow they can go, not how far or fast. Music is a great strategy to get people to slow down. It's very difficult to cast a long line when trying to follow the rhythm of a slow piece of music.



As humans, we are programmed to instinctively respond to music. That's why it can be such a valuable teaching tool. Whether it's learning the double haul or just learning to slow down, adding music can make it easier and fun. Nowadays it is easy to carry music on your phone and listen with earphones while you exercise. Might I suggest you try using music in the same way the next time you practice your casting. If it doesn't work it will at least help you relax when you become frustrated with mastering the double haul.

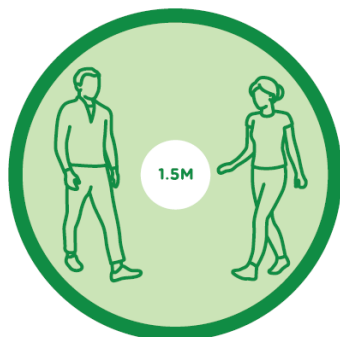
<sup>1</sup> *Mel Krieger is known to fly fishers around the world as an exceptional casting instructor over 35 years.*

<sup>2</sup> *The Double Haul: The First Instructional DVD for Students and Instructors by Rhea Topping (Fly Fishing Tutorial DVD) - January 1, 2010*

<sup>3</sup> *Joan Salvato Wulff (born 1926) is a fly fisher, author and educator, also known as the "First Lady of Fly Fishing". In 1951, she won the national fly-casting distance title by beating the all-male competition and was a National Casting Champion from 1943-1960.*

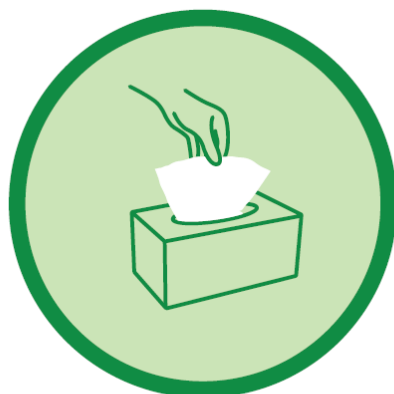
## Covid-19 Safety Policy

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



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

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



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

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

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



Wash your hands regularly  
with soap and water.

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

**BE COVIDSAFE**



# Our Supporters

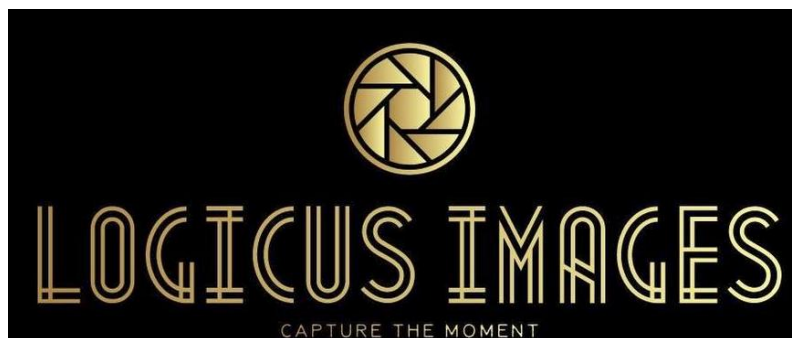
These people have all helped our club in one way or another. When you are looking for products and services make sure you consider them first



## 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 1<sup>st</sup> July to 30<sup>th</sup> June.

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

Concession membership is available to 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:** BCU Credit Union  
BSB 533 000

Account Number: 02051766

Name: Coffs Coast Fly Fishing Club Inc

Reference: Your surname

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

**Ekert Membership.**

### Club Contact Address

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

Our mailing address is:

The Secretary

Coffs Coast Fly Fishing Club

11 Butterfly Close

Boambee East

NSW 2452

### Electronic Contacts

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

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

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

Our Facebook Page can be found at:

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

We have a **Facebook Group**. If you are on FB all you need to do is search for Coffs Coast Fly Fishers and ask to join the Group. Currently there are 348 members in this group.





## **Notes**

### **Club Membership Definitions:**

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

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

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

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

### **Fees:**

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

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

### **Completed Membership Forms:**

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

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