



The Take

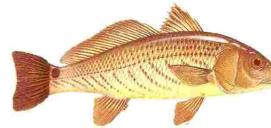


FFFC - Meeting second Tuesday each month at Gander Mountain, Mooresville Exit 36

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Volume 2 Issue 3



**“From The Mountains
To The Sea”**



Project Healing Waters - We Need Volunteers

Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active duty military personnel and veterans through fly fishing and fly tying education and outings. PHW is a volunteer, non-profit group started by retired military personnel in the Washington Capital Area of the District of Columbia, Northern Virginia and Southern Maryland and the National Capital Chapter of Trout Unlimited. PHW provides a needed diversion from the rigors of rehabilitation, both physical and mental, and lends a forum for vets to relate to one another and to concerned members of the community. It teaches disabled vets to tie flies, cast and fly fish. Angling clubs like ours and other concerned groups sponsor various events during the year.

Wilke Tebbens has been working with the local folks from PHW to get some programs established at the Salisbury facility. Wilke and others have put on a couple of programs for the personnel there but if our efforts to help these folks who have put their lives on the line for us are to be successful we need more help. We need coaches who will be willing to donate some time to help teach casting, fly tying and fishing.

So you say “I can’t teach someone to cast” please take the time to read the following article by Ken Morrow, Regional Coordinator for PHW, Southern Region. We can help you become a PHW coach.

The First Hurdle

For Project Healing Waters, the first casting hurdle to overcome is finding a corps of quality volunteers who feel competent to teach ANYONE to cast, let alone someone with a disability. Most of the rank-and-file members of the FFF and TU clubs have never taught anyone to cast a fly. And let's face it, many of us have no business trying. So asking these people to step forward and volunteer to teach disabled veterans to cast is a pretty big stretch inside a great many minds of the folks we need to draw our volunteers from.

With 300 VA hospitals and a handful of major military hospitals across the country, there simply aren't enough certified casting instructors within the FFF who have the time and or inclination to meet this challenge. So the logical assumption is that most PHW casting instructors will NOT be CI's. And it is with this in mind that all of this needs to be discussed, experimented with, and developed.

Another fundamental reality we have to keep in mind is that some of our more seriously wounded/disabled participants simply may never be able to execute much more than a 30 ft overhead or roll cast. They are referred to as disabled for a reason. However, we should never UNDER-estimate one of them, either. The human spirit and ingenuity are startlingly powerful. But the point of PHW is to give them the basic skills necessary to enjoy fly fishing. And we all know a LOT of fly anglers who cannot execute a flawless 50' cast,
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Club Officers

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but who enjoy the heck out of fly fishing. Some may never be able to cast an 8 wt or heavier rod. Some may have to stick to 4 or 5 wt's and below. Some may find it better to cast shorter rods than we are used to. And these things may limit the types of fish they can pursue effectively and the conditions in which they can do so. By definition, anyone who can perform all of the basic life functions of a normal human being is not disabled. Those of us who are disabled are used to the idea that we will have SOME limitations. The idea is to keep those to a minimum and to systematically challenge our boundaries. What this means to the prospective PHW adaptive casting instructor is that we need to keep the objective in mind: teach them to cast well enough to enjoy fishing. Basically, that means we teach them a 30' overhead and roll cast. The first hurdle is to communicate this effectively to our prospective volunteer "coaches," a phrase I personally prefer to "instructors." The task isn't as difficult as it sounds if someone is competent to teach a healthy person to execute the 2 basic casts to a modest degree of proficiency. Without these volunteers, the whole point of all this adaptive fly fishing dialogue is moot. So FIRST, we must be able to put our typical prospective casting coach at ease about his/her ability to meet the challenge. If we do not succeed at this, they will not volunteer. If they don't volunteer, we fail.

So You Want To Be An Adaptive Casting Coach

One thing that we are planning here in the Ozarks Region is a free adaptive casting coach's seminar open to all PHW volunteers. The first half of the day will basically be a standard seminar covering casting fundamentals and an effort will be made to ensure that all participants break for lunch with a solid grasp of the basic overhead and roll casts and how to teach them, identify basic faults, and correct them. There will be NO standard for distance. Rather, the emphasis will be on technique and accuracy. After lunch, these volunteers will take part in what I have dubbed the Adaptive Casting Challenge.

The Adaptive Casting Challenge (ACC) will consist of a set of friendly contents or games. In these games, volunteers will compete against each other after "handicapping" themselves. There will be a casting challenge from a seated position (in a wheelchair is highly preferable), standing on one leg, with one's off hand arm in a sling, casting offhand with one's good arm in a sling, wearing a heavy winter mitten, and even wearing an eye patch over one eye. The ACC is all fun and games. No teaching is done. And the spirit of competition is kept light and friendly. The point is to participate, not to win. Now I'll explain why...

The ACC is designed to accomplish a few objectives:

1. To "break the ice" about handicapped people casting fly rods...to bust the "myth" that this will be something that is "too hard."
2. To sensitize adaptive casting coaches to a few of the difficulties faced by our disabled and wounded vets.
3. Hopefully, a few "light bulbs" will go on for some participants. And they will actually figure out how to ADAPT to execute the cast in one or more of the drills, and this may actually help them with a particular veteran who is facing a very similar challenge.
4. To ensure a minimum level of proficiency in the casting element of our regional program; thereby improving the quality of service to our veterans across the board.
5. Through breaking the ice and exploding the imaginary "cant' do it" wall, we will hopefully see more of our volunteers willing to coach casting.

If we put on an Adaptive Fly Fishing Program will you give some of your time to learn and then pass that on to the soldiers in Salisbury.

Will keep you advised of schedules for this program.

**Upcoming Meetings
And Events**

August 2008

Regular Meeting, August 12th. 6:30 PM at Gander Mountain, Exit 36 Mooresville. A roundtable discussion on tying knots, fly tying, casting and equipment care.

Smallie Show - SEFF Gathering August 1, 2, 3 2008, New River. All CFFC members are invited to join this trip for smallies on the New River at Zaloos Campground. For more information see the signup sheet on the SEFF forum.

<http://www.southeastflyfishingforum.com/forum/smallie-show-2008-signup-thread-t25430.html>

September 2008

Regular Meeting, September 9th. 6:30 PM at Gander Mountain, Exit 36 Mooresville. Our speaker will be from Greasy Creek Outfitters just across the border in VA.

Coming up!!!!

September, October and November, we are planning a club picnic, another DH trip to the Bryson City area, and some other great programs for our members. Watch our website and our forum for details.

<http://www.carolinaflyfishingclub.org/forum>

Notes from da Prez

Yep, right smack dab in the middle of summer. Spring trout fishing has concluded, the delayed harvest waters are void of anything with gills. The bream have officially had their say. Now the long, hot lazy days of summer have kicked in.

Other than the occasional small mouth trip, there simply is not much to do during these dogged days of summer. And with the price of gas sky rocketing ever higher, who can afford to do much traveling to their favorite warm water fishin' hole?

Now would be a good time to get caught up on gear cleaning, and fly tying. That sandwich stuffed in the bottom of your gear bag back in March is pretty much useless and petrified by now. If your are like me, there is also probably a bundle of tangled leaders in your vest pocket, and the once precisely organized fly boxes are a shambles.

Summer is a good time to refill those fly boxes. To help this along, I hope to be hosting a few tying sessions on Saturday evenings at my office in Cornelius. It will be a good time killer, and in the past somehow a casting clinic always evolves in the grassy section in front. Turns out to be a good way to pass a Saturday evening. Look for details soon on the club web site.

We continue to have some outstanding meeting programs and club fishing trips, thanks to the efforts of Wilke Tebbens. He has a few great outings that are in the works for the fall. I would encourage any one who has not made one of the trips to do so. FUN does not begin to describe it. Again look for details to come soon on the club web site.

Lastly, I would like to take a moment to thank a very important person to the club. As some of you know, Vice President John Thomas is moving to East Tennessee in July.

John was one of the founding members for the CFFC, and was instrumental in helping to get the organization off the ground. John has promised to continue his support of the club. But that is only because he still wants to be able to harass Jack and I.

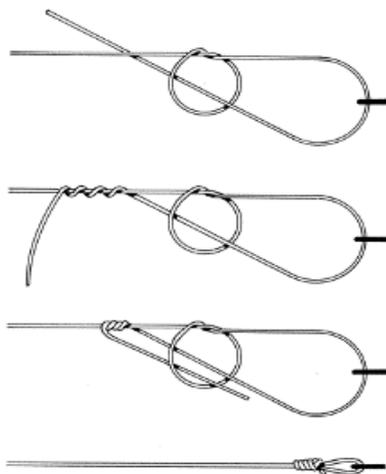
John, thanks for all you have done. Since I now know how to find my way to Cole Hollow, don't be surprised when a caravan of fly rod toting troublemakers set up camp in your front yard. Though I am sure we can handle fighting the bear for space on the deck, the walking dubbing dispensers scare the hell out of me.

Tight lines everyone.

Bob

KNOT CENTRAL

NON SLIP LOOP KNOT



Draw the knot tight by pulling on the fly, the tag end, and the standing line. Use this knot to tie on most streamers, nymphs, and popping bugs, but don't use it for dry flies. The loop lets the fly swing more freely. However, on flies smaller than #12, the loop is too large.

"What's Been Happening"

May Meeting

Our May meeting featured Cem McConnell from Casting for Recovery. Cem put on an informative program about the NC chapter of CFR and what they did at the Logan Center in Canton, NC plus a lot of information on how CFR gives support to women with breast cancer. For more information on CFR: www.castingforrecovery.org/midatlanticsoutheast_pre_11-06.html

June Meeting

Our June meeting featured Jacob Rash, NCWRC biologist, gave us a lot of very interesting information on the Catawba River tailrace out of Lake James. How the project has done over the last few years and what we can expect from this fishery. Good suggestions on float trips and water flows.

July Meeting

Our July meeting featured Marty Shaffner, one of our supporters and local guide gave a presentation on Smallie fishing on the New River. After our trip to the New River last month I think that we have several folks who are hooked on Smallie fishing and Marty had lots of good advise.

Trips and Outings May

Lake Norman Bream Trip

Several of the members brought boats and we met at the Highway 150 access area on the lake. After a good breakfast at one of the places on the lake we all headed over to the boat launch. After one small issue with a drain plug we all paired up and headed out.



The Blowfly Chronicles Continued

The Blowfly Chronicles

By John Thomas

(continued from last issue)

News Flash - another screw-up in my normally calm life...Carol asks me to broil some salmon for supper and cook some (yecchhh) Rice-A-Roni (a.k.a. rice and maggots). I follow the Rice-A-Roni directions through the saute part until the smoke gets started up pretty good. Then it says to slowly mix in 2-1/2 cups of water. Well, dang, the stuff is already on fire, so I pour in what looks like (unmeasured) 2-1/2 cups. Turns out to be 2-1/2 quarts. The steam and smoke is so thick that I can't see. I step back from the stove about 10 feet to re-group and Carol comes tearing in, threatening to call the fire department. I am laughing like a fool and can't see because my glasses are fogged over on both sides. Steam is billowing out of the kitchen, so I crawl (still screaming) in to turn off the stove. WHEW - it must be great to be married to ME. The rice/maggot dish didn't fare too well, but the salmon was great!

I'm in deep doo-doo again. Our next door neighbor has an old dog who has a few humorous habits (to me). The funniest one is that when it gets hungry during the day it will get into the cat litter box and eat a cat turd snack. Today, the neighbor was outside washing the cat litter off old dog's face and I went inside where she could not hear me and fell down - screaming, heaving, laughing. Carol informs me that this is not funny and to get up off the floor and stop howling. Being the quick wit (or dim wit) that y'all know I am, I asked Carol if she would like to go next door and help floss the teeth of a poop-eating dog. Anybody have a spare bedroom that I could sleep in for a few weeks??

THE BLOWFLY IS BACK !

I am watching TV and enjoying a glass of swill when Carol sounds off in the back of the house. "The blowfly is back! It is huge! Come kill it!!!"

I go into the bedroom and she has pulled the covers over her head, yelling "Kill it! Kill it!" I look around the room - no blowfly - grrrrh!! I swat the wall and the bed a few times just to humor her and go back to my wine. I am about to take a hit and she goes off again. I tear back in there, swatting and hacking at anything that might be a fly. Broke the frame on one picture and put a dent in a lampshade. Lo and behold, the blowfly is making a couple of laps around the room! Big sum-bitch buzzes by me and my hair folds back! Holy smoke! This monster is so big that it could mount a turkey standing flat-footed.

Big Blow drones down the hall and Culvert Cat skies for it (and misses). I switch from the fly swatter to an axe handle and bust up some more stuff in the house. This blow is mongo-sized now! Bin Laden is thinking about hijacking this jumbo!

Fluffcat hides under the couch. Miaou-Miaou stays put because she knows that she is too fat for Big Blow to get off the ground with her.

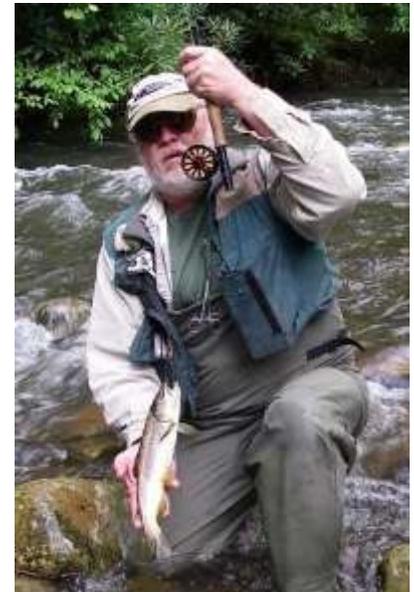
Part III

Have not seen the blowfly in a week or so now, but something did eat our venus flytrap plant.

I come home dog-tired and get into the shower to relax and clean up. I am just standing there under the water enjoying it to the max. Now I hear Carol yelling so loud that the shower noise is drowned out. What now??!! I haul out of the shower and run into the hall door. Why? Because there are no lights on in the whole house. Naturally, I assume that she has electrocuted herself and blown a fuse. Carol is yelling to 'come kill this thing.' I say 'what thing?' and 'why are the lights out?' She howls that it is a giant mutant moth and she turned the lights out so that it will quit buzzing her. She claims that it is as big as a condor. I can't find the axe handle, but do pick up a claw hammer. Buck nekkid and soaking wet I slide into the kitchen. No moth! The cats are all curled up half-asleep and not on alert. They ain't heard nor seen no dad-gum moth, either. I'm admitting myself to an insane asylum in the morning.

As y'all know, Carol (in her infinite wisdom) experiments with various things such as cat litter, cooking times, mirror settings, etc., etc. Well, recently she tried a new dishwasher detergent. The liquid variety. Carol fires up this new 'clean to the max' super duper liquid soap in the washer and leaves the kitchen. 15 minutes later I walk into the area. The dern floor is knee-deep in suds and a tall cat is doing the breast stroke trying to get the hell out of there. I call Carol to the room and she goes off on me because I have not started to clean it up. Big cat finally catches carpet and slings suds all over the furniture and the walls. Of course, Carol is mad at me *and* the cat now. I'm 'LMAO' and doing the dance called 'slip-sliding away' and drinking cheap wine. Guess that I should just go ahead and fix myself a bed in the shop.

John Thomas - Shady Valley TN



JT

Thanks for all of the laughs, the lessons, the hard work for the club and most of all your friendship. Best of luck in your new home in East Tennessee. From all of the CFFC members.

“What’s Been Happening”

(continued from page 3)

Since the bream were a little slow coming up the banks on Norman the fishing was a little slower than we anticipated but we still all caught some fish and had a good time, after a break for lunch the fishing did get better and over all we had a good day.



Helton Creek DH Outing

The end of May marked the end of the DH season so several of our guys got a trip to Helton Creek together to get one last chance at some of those dumb stockers. While I missed this outing it sounded like there were a lot of good fish caught with the exception of Wilke. Here a nice one that Tony got.



FFF Southeast Conclave Callaway Gardens, GA

The same weekend as the Helton Creek trip was the annual FFF conclave at Callaway Gardens in Georgia. Folks from the Southeast region get together and put on this gathering every year, and I will say that if you haven’t had a chance to attend you are missing a great gathering.

The conclave had set up workshops, seminars, casting instructions, fly tying instructions, exhibitors, and access to fish the private lakes at the Gardens.



A great chance to meet a lot of folks from around the region, and learn about what the FFF is all about. Hope to have more members attend next year.

Trips and Outings June

New River Smallie Trip

The end of June we rented campsites at Twin Rivers Campground on the banks of the New River.



Friday was the early birds float trip, Charlie takes the lead,



Jack and his new toon.



Caught some fish, then joined the others that starting getting there for an enjoyable evening, telling lies about the big one that got away and tying flies by lantern light. Saturday morning we were joined by several others and we floated and fished the river and I think everyone caught some fish. Lunch break on the river.



Jim’s maiden voyage on his new toon. (continued on page 6)

“What’s Been Happening”

(continued from page 5)

Brannon and his son with their first smallies.



Sunday morning, casting, packing and fishing a little before the storm hit.



Another great outing and hope to have another trip or two back to the New and catch a few more of those smallies and red-eye.

Articles from our Members:

Care Of Your Fly Line

By Jack Cummings

Many people feel that the fly line is even more important than the rod in getting the maximum benefit from your fly fishing rig. The line can make a marginal rod usable and a good rod great. It is your direct connection to the fish and an all-important link in the delivery system that gets the fly to the fish. Clean, slick lines last longer and float and cast better. A dirty line or one that is old and cracked will not slip through the rod guides well and can be the reason a line does not float properly. To compound matters, a dirty line creates friction through the guides which causes strain when casting and fighting a fish and can lead to stretching and cracking of the lines finish.

We are fortunate today in that most modern lines have finishes that require minimal maintenance to perform well. Lines like those of Scientific Anglers with their AST (Advanced Shooting Technology) coating, Rio lines with their XS (Extreme Slickness) coating and Wulff lines with their new J3 coatings, to name a few, require little more than a wipe with a damp cloth to make them slick and clean again.

If lines of this type require even deeper cleaning hand soap (Ivory bar soap, for example) does the trick. Never use detergents such as Dawn Liquid on a fly line as, according to some manufacturers, they are too harsh and can leach the plasticizers and ruin modern fly lines. Detergents can also ruin lines by making them less slick and more prone to soiling and cracking.

I fish frequently in a small pond with scum on the surface and algae blooms that can really make a mess of a fly line. It's in cases like this that I clean the line with a little soap and water or while at the water grab a SA/3M micro-abrasive pad and give the line a swipe or two. On my SA and Rio lines the pad brings a fresh finish to the surface and simply works wonders at renewing lines. I have heard rumblings that these gray pads cause roughness or premature wear on lines. Using a micrometer that measures down to .00005", after 50 swipes I measured no difference in diameter of the lines so fear not! For older lines or lines without the new, slick coatings, there are many cleaners and conditioners on the market that do well in renewing those lines. I've tried quite a few different conditioners and always carry 3-4 different types in my reel case. In my experience

, those that require the most effort give the most rewards. Glide and Rio AgentX line dressing require that they “kick” for hours after being applied and then be buffed in. This treatment surely isn't quick and easy but it makes for a durable, dry treatment that doesn't attract dirt like some of the more convenient conditioners. In a pinch, most any line conditioner will speed up a line but some leave them with a wet, dirt attracting finish or simply wear off far too readily.

For what we pay in quality fly lines, I always wondered why people think second-guessing fly line manufacturers is a good idea. I have friends who have tried automotive products like Armor All and come away saying everything from it washes off too readily to it destroyed their Orvis Wonderline. Your usage may vary but for me it just isn't worth the risk, especially when a quality product made specifically to treat fly lines only cost a few dollars and last through many, many uses.

If you keep your lines clean and slick, you will find they float better and attract less dirt. Well maintained lines also last longer and cause less wear on your guides and rod finish. Another key benefit is the ease in which they shoot through the guides. If you've tried practicing the double haul and have trouble “giving back” line after the haul, it could be that your line is dirty. We should all thank goodness, science, technology and our lucky stars that stringing your line between trees and drying them out and treating them between uses are things of the past.

Heck, it wasn't until a few years ago I realized that, with the advent of large arbor reels and the new technology in lines, the need to store them in large loops off of the reels to prevent permanent coiling was no longer needed.

Keep your lines clean, treat them if need be, rinse off salt water after use, don't store them in extreme heat or direct sunshine for long and keep them away from sharp edges or curious household cats and they should last you a very long time indeed.

