

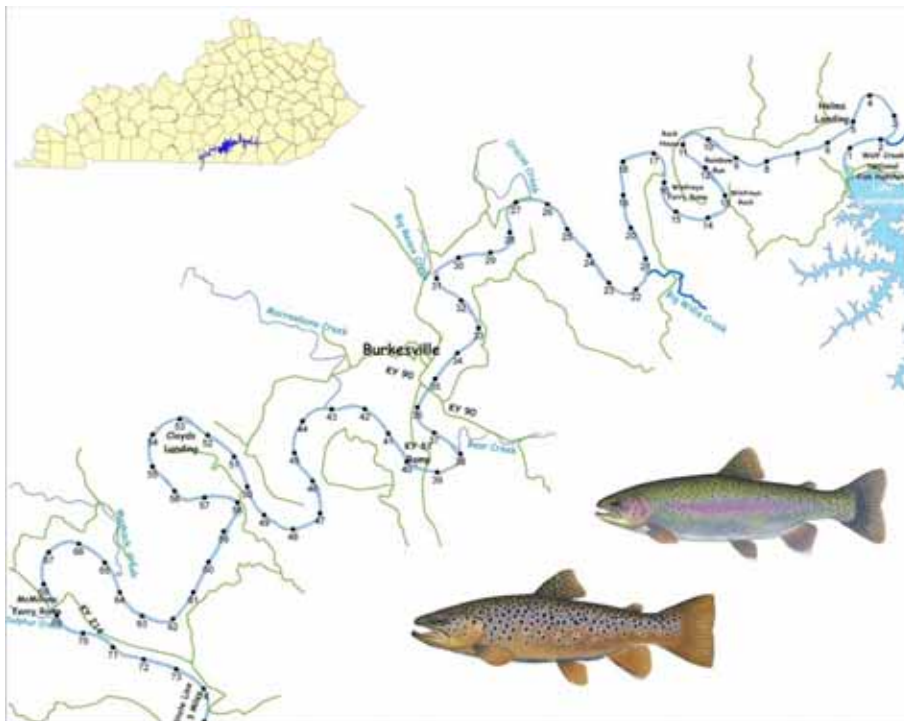
# The Kentuckiana Fly Fisher



## Cumberland River to be featured topic of April 16 meeting

Dave Dreves, Fisheries Research Biologist with the Kentucky Department of Fish and Wildlife Resources, will be this month's featured speaker. Among other topics, Dave will discuss the work being done on Wolf Creek

Dam and the expected impact in the coming year, effects of last year's drought, and changes to the trout stocking program. As always, the meeting will begin at 7:00 PM, preceded by Tackle Time at 6:30 PM.



### Upcoming Events:

Regular Club Meeting	
Louisville Nature Ctr.	April 16
Fly Tying Meeting	
Bass Pro Shops	April 23
Board Meeting	
Corner Café	May 7
Club Outing	
Waynesville, NC	May 8

See details inside and at  
[www.derbycityflyfishers.com](http://www.derbycityflyfishers.com)

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# Upcoming Meetings and Outings

## North Carolina trip - May 8-11

DCFF will be hosting an outing to Waynesville, NC to trout fish in several of the delayed harvest streams in the area. The Davidson River, West Fork of the Pigeon River, the Upper Nantahala River, Laurel River, and the Shelton-Laurel Creek are all within 1 hour of the hotel and provide some of the best fishing in the area. Past trips have produced a very successful catch with many fish in the 17" to 20" range.

We will be staying at the Oak Park Inn which provides excellent accommodations. The three night trip will cost approximately \$350 per person. Del Striegel has already reserved the rooms at the Inn, so be sure to sign up early with Del to reserve your room. We have done this trip several times and it always fills up fast, so make your reservations today. Check the web site for details or to register online.



Mark and Kim Rougeau with Dell Striegel (middle), ready to hit the stream during last year's trip



Chris Fisher with an impressive North Carolina rainbow

## Fly Tying - April 23rd

Kenneth Kloeppel will lead us this month in tying a very productive saltwater pattern. As Kenneth explains, "Cay's Choice was a fly that I patterned over the years fishing in the Florida Keys for tarpon and barracuda. I like to fish this fly around deep bridges using a sink tip line, stripping it to imitate a wounded bait fish. This fly is also deadly up next to the Mangrove trees on a floating line. Snook, snapper, and barracuda hang out under these trees and will slam this fly after a few strips. "

Join us at 7:00 at Bass Pro Shops in Clarksville to learn how to tie this great fly. Materials will be provided, and a limited number of vises are available for those that don't have one of their own.

### Recipe

**Hook:** 1/0 Mustad Stainless  
**Thread:** White 3/0  
**Head:** Wrapped thread, stick on eyes, glitter Sally's Hard as Nails  
**Tail:** 6 rooster saddle hackles  
**Body:** Green and white craft fur  
**Wing:** Green and pearl flashabou. Peacock herl  
**Throat:** Red saddle hackle fibers

## April 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



### **Bows on the Bow (Brownies, too)**

How would you like to catch a bunch on 16" plus rainbows and browns on dry flies three days in a row? Try the Bow River in southwestern Alberta in mid to late summer.

A few years back three guys and I met in Calgary, Alberta, to fish the famed Bow River. The Bow originates in the Banff area of the Canadian Rockies and flows southeasterly through Calgary and on downstream. Fishing the upper river over clear rocky bottom yields smaller rainbows, but as you reach Calgary and particularly downstream from Calgary, vegetation and the resultant insect population picks up and the fishing can explode.

Locals state that the best fishing occurs the last 2 weeks of July and the first of August, after the winter thaw and the river cleans up. Our trip took place the last week of August and we hit it just right. Our plan was to fish dries, notably hoppers. We lined up drift boat guides through Troutfitters in Calgary and were off to the races.

Our guides, Jeff and Carl, were very experienced and committed anglers. The plan was that we met at the fly shop, stocked up on the fly de jour, and the guides took us to the ramp. These guides were excellent oarsmen and I was surprisingly comfortable fishing fore or aft in their Clacka Craft type drift boats. I believe that all in our party were fishing 6 wt floating lines with 10 pound tippets. (We shortly discovered why we needed such stout tippet!)

The weather was warm and otherwise perfect. The river was running a brisk current and was clear. Our tactic was to fish most of the typical seams and structure that normally hold fish. The guide would position you properly, hold the boat in the current when necessary, and bank the boat once you had fish on. Now for the good stuff...

This time of the year the grass hopper population comes off the prairie grass and many land in the river. The fish go wild on these hoppers. One still had to present the fly on a reasonable dead drift but the fish were voracious. The Bow River rainbow resembles a steelhead in it's most silvery appearance with just a hint of pink down it's mid line. I have caught a good many rainbows from different waters but none can equal these babies. They are absolute acrobatic, fast running, high jumping brutes. Simply dynamite!

I don't believe we caught any trout under 16", most being 19"-22".

While we caught mostly rainbows, the largest fish were browns. Again, it's quite a thrill to catch a big brown on a dry fly at high noon on a bright day. (Thank you grass hoppers). These browns must have been influenced by their rainbow cousins in the sense that they wanted to be acrobats also. While they didn't jump as much as the rainbows, they ran the surface like hydroplanes. My largest brown was about 22" but the prize was a 26 incher that my stern mate hooked about 1:00pm the second day out. He had a sparse morning and I offered him the bow after our shore lunch and he declined. He made the right decision it seems.

While most of our fishing was from the boat, we did wade some islands and a few special shorelines. The hopper was the best fly but we did catch a few on caddis (late), Adams, and nymphs. We laughed about the prospect of hiring someone with a backpack blower to walk the shoreline downstream from us so as to "chum-up" hopper bait, but our experience showed that to be unnecessary. We fished three stretches of the Bow those three days covering perhaps 30 miles. The guides were nothing short of superb, working all of us long and hard. They were pros and a pleasure to be with.

After the Bow we wade / nymph fished with success the Crows Nest River located south of Calgary, close to the Montana line. A couple of the guys went over the divide and fished the Elk River in SE British Columbia.

That trip was in all respects a splendid fishing trip; good company, beautiful scenery, educational, and terrific fishing. All systems were go!

May you be so fortunate to enjoy such an experience.

Best regards,

Phil

## **Tips For Your Backcast** Casting Comments by Robert DeAngelis, FFF Certified Casting Instructor

The backcast sets up the perfect forward cast. Often, as I diagnose any casting issue, I look to the step before – if I want to improve my forward cast, I look to my backcast, if I want to improve a part of the backcast, I look to backcast preparation. Hopefully, the checklist below will get you ready for the backcast, the backcast Green Zone, and will help set up a better forward cast.

I want to discuss the backcast step by step, using the Grip and Green Zone from January and March articles. The backcast can easily be made using this visual cue, “lift the fly line to the fly line/leader connection, and accelerate/stop”. It works all the time, as long as you lift only the weighted section of the fly line (not more, not less). Later in this article I will make a suggestion to help identify the weighted section of the line and introduce one idea on changing direction at the beginning of the backcast.

**Backcast Step by Step.** (1) lift the line off the water with your arm (wrist moves in the Green Zone), (2) accelerate to a stop with a clutch of the wrist (see Green Zone article, March 08), (3) think of the backcast as an “upcast” along the trajectory line that is defined when the line is lifted off the water (straight line, 180 degrees up and off the water). In more detail:

Line and Rod Preparation is Important

1. Get the line straightened on the water
2. Put your rod tip on the water
3. Strip in any slack (so the line is “tight” to the fly)

Hand and Mind Preparation

4. Get your proper grip (see Jan. ‘08). Your rod butt should be parallel to your arm.
5. Visualize a backcast target. It will be high, and 180 degrees from where your fly leaves the water, along the direction of your lifted fly line. (see Feb. ‘08 for a discussion of casting target, see below for changing direction).

Beginning the Backcast

6. Lift to the line/leader connection (lift with your arm, not your wrist, with no change your wrist angle while lifting.)
  - a. As you approach the end of the fly line, you are entering the Green Zone.
  - b. Your thumb should be traveling 180 degrees in a straight line from the current location of your fly (assuming no change of direction).
7. The Green Zone starts when the fly line (at the connection to the leader) is about (anticipate this) to leave the water.
8. Now execute your Green Zone (see March ‘08).
  - a. Clutch or snatch your wrist to 45 degrees
  - b. Stop
  - c. Stop at end of 45 degrees of wrist movement (squeeze to a stop)
  - d. 45 degree wrist angle limits and defines the acceleration and the Green Zone

- e. Straight line (thumb) in the Green Zone (when the wrist moves)

9. Upcast 180 degree Straight Line. Your backward target is 180 degrees from where your fly leaves the water (similar to a telephone pole guidewire) – remember upcast on the backcast.

### Tips

#### **Knowing your weighted section.**

Most of us use WF (weight forward) lines. As you begin your backcast, the weighted section of your WF line should be at or inside the tip of your rod. You do not need to lift more than the weighted section. I suggest marking your fly line at 30 feet and 40 feet. You will be able to use those marks as a gauge of the weighted section, and it will come in handy when fishing or practicing casting.

#### **Changing direction on the backcast.**

If you want to change direction in step 6b above, rotate your hand so your thumb nail is pointing 180 degrees from the forward cast target (e.g., you want to cast back upstream, and you are right handed, and the river is flowing left to right, rotate your hand to the right as you lift in Step 6b above). Your thumbnail will move toward a backcast Green Zone 180 degrees from the upstream target. Remember to lift the line with your arm, rotate your hand while you lift. The Green Zone is 180 Degrees Straight line from the forward cast target.

I hope these tips to a better backcast (upcast) help you with a better forward cast.

# Rubber Bag Landing Nets

It's difficult to discuss the virtues of any type of handheld landing net without potentially stepping on a few toes. This isn't exactly politics and religion caliber stuff, but in the world of fly fishing, it is something some folks get a little sensitive about. But then again, fly fishing is clearly more important than politics and purported to be its own religion, so maybe this is pretty serious...

Any discussion of nets must at some point deal with whether or not a net needs to be used in the first place, and therein lies the potential for offense to some fellow fly fishers. It is my opinion that a serious and reasoned commitment to a catch and release fishing ethic demands



*Fisknat Hand Net*

use of a landing net in all but a few cases. To be clear, I don't for a second believe that anyone who foregoes use of a net intends to harm fish. I also think the difference is largely moot when fishing for six inch brook trout or eight inch stocker rainbows, but in any situation where there's even the possibility of slightly larger or friskier fish, I believe a net makes a significant difference in reducing the mortality rate of released fish. Unfortunately, in some quarters of our sport, regular use of a net has been quietly branded as a novice-level practice. The reasoning goes that a more accomplished angler can land almost any fish just as effectively by hand.

If you've objectively tried to land fish both ways, as I have, you'll come to one inescapable conclusion: In order to get a fish to the point where you can reasonably expect to land it by hand, you must play it longer than you would if the objective were to simply slide it into a net. Regardless of whether you turn the fish upside down or employ some other Jedi mind trick to subdue it once you get it to hand, a fish simply can't be as "hot" when hand landed as it can be if a net is used for the job. An instructional video that I watched recently wound up illustrating the point very vividly (and completely unintentionally, I'm sure). In this video, one of the truly revered figures in the industry was demonstrating a particular technique on a beautiful fishery and catching large trout after large, beautiful trout. While this gentleman was possessed of an entire fly shop's worth of flies and other accessories, nowhere on his person was there a landing net, presumably because someone with decades of experience didn't need one. It was both fascinating and sad to watch as any number of these fish reached a point where they could have been netted, but had to be played longer because they were being hand landed. A surprising number then managed to slip even his very experienced grasp and go on another brief and energy-robbing run before reaching the required level of exhaustion.

It is widely documented that prolonged fights cause a buildup of lactic acid in trout and that even the most carefully revived fish often die afterwards as a consequence. A committed approach to catch and release mandates landing the fish as

quickly as possible and releasing it with a minimum of handling. I've been unable to see where hand landing accomplishes either. Add to that the possibility of taking a hook in the hand that's still attached to a fish that escapes your grasp, and a net starts to make sense for both the fish's preservation and yours.

So what's the most effective type of net? Having had the opportunity to sample a wide variety of them, I'm of the opinion that it is absolutely no contest. Rubber bag landing nets, and particularly the newer, lighter weight versions, are without equal. Nylon net bags, even the more tightly woven versions marketed as "catch and release" are prone to



*Brodin Ghost Net*

several problems that don't exist with rubber net bags. Three important ones come to mind: a tendency for fins and/or jaws to get tangled in the net bag, a propensity for hooks to get snagged in the bag (re-introducing the painful possibility of burying one in your hand while still attached to a thrashing or freed fish) and a tendency to acquire an unpleasant odor from absorbed fish smell and/or being stored while damp. Nets with rubber net bags eliminate all of these problems and introduce a new level of ease and expeditious release of fish.

My first rubber bag hand landing net was a model made by Fisknat, a

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# Dressing For Success

by David Campbell, DCFD Director

Like the Boy Scouts, "Be Prepared". Watch weather forecasts before you head out the door. You may end up having to wear warm clothes in the morning and shorts in the afternoon. Or you could head out thinking it will be a nice day and end up cloudy and cold. Be prepared for anything you could encounter for the time of year.

Dress in layers, starting with high-quality synthetic underwear. Avoid blue jeans or cotton pants. A good pair of wool or fleece pants over the underwear will keep you comfortable especially in breathable waders. You need three basic layers to move moisture away from your body, regulate your body temperature, and protect you from outside elements: a base layer, a thermal (insulation) layer, and an outer waterproof layer.

Never wear blue jeans, sweatpants, or any cotton material under your breathable waders if you expect to stay warm. Cotton soaks up moisture, has little or no insulation value when wet, and if it is next to your skin, the dampness will chill you to the bone.

**Base layer.** Your base layer is the one that contacts your skin. It should be tight and stretchy for maximum mobility and contact with your skin. A tight base layer is less likely to bunch up when you pull the next layer over it. The primary function of the base layer is to keep you dry by moving or "wicking" moisture away from your skin.

You can find varying "weights" of base layers. Thin, light weights are best when you expect cool to

warm temperatures or if you will be moving and walking a lot. Thin layers wick more rapidly while thicker base layers offer more insulation.



*A typical lightweight pant base layer. Stirrups keep this layer from riding up when another layer is put on over it.*

**Thermal layer.** This is the layer that insulates your body and traps warm air between your base layer and your outer layer. Synthetic fleece is the best choice for fly fishers for a thermal layer because it wicks moisture from the base



*An example of a synthetic fleece thermal layer.*

layer toward the outer layer, is breathable, and is warm for its weight. You can get fleece in many different weights to suit the conditions you are most likely to find. If you have the right fleece, your thermal layer should consist of just one garment, but in extremely cold weather, or if you just have two lighter fleeces, it's possible to have a thermal layer made up of two garments.

Wool will keep you warm too but does not wick moisture as well and can be heavier, bulkier, and not as comfortable.

**Outer layer.** Your outer shell should be a waterproof, windproof, breathable jacket and waders. Today's breathable materials have no insulation value but if you have the right layers underneath, you can stay warmer and drier because they actively pass moisture away from your body. There are many breathable wader products on the market today but they aren't all equal when it comes to puncture resistance, overall durability, price, and breathability.

A well-designed fishing jacket should have an effective cuff system to keep rain from running down your arm when you hold your arm up to cast, and should have plenty of pockets to hold your fly boxes and everything else you need.

Your jacket must have a hood you adjust to keep rain and snow out of your face but maintain your vision. Sometimes a baseball cap underneath is good enough but in winter you'll need a fleece or wool hat to cover your head and ears.

*Continued on next page*

# Dressing For Success (continued)

by David Campbell, DCFD Director



*A breathable wading jacket with oversized pockets, watertight cuffs and many other features specifically designed for fishing*

**Hats.** In summer, you will want a hat that shields the sun from your face, neck, and ears. On colder days, a fleece or wool hat that covers your ears are essential for comfort. Your scalp is a major source of heat loss, so it's critical to have the proper headwear to stay warm or cool.

**Gloves.** Remember your gloves. Fingerless gloves are your best bet for fly fishing. Many brands of top-quality gloves are available. Always carry two or more pairs of gloves.

Wool glove liners are cheap and readily available at any military surplus store. Stuff a few extra pairs into an empty pocket and forget about them.

**Socks.** Most breathable stockingfoot waders have neoprene booties that don't breath. This moisture trap demands high-performance socks when water temperature dips below 40 degrees. Again, do not wear cotton. It compresses easily and has no insulation value. The best sock combination I have tried is a thin polyester liner sock that



*Fingerless wool gloves*

moves moisture away from your foot, with a synthetic or wool outer sock. Good socks designed for cold weather such as merino wool or some synthetic such as Capilene will keep your feet warm and dry. Make sure your boots and wader feet are large enough to wear extra-thick socks without restricting circulation.

One thing to avoid at all costs is standing in one place for too long in cold water. When you decide to move, your numb legs won't work well, and you could take a dangerous bath. Force yourself to get out and move around once in a while just to keep the circulation going. That is the best way to keep your feet warm.

Two other things to remember:

First, Blend in with your surroundings. Fly fishing is not about wearing a bright yellow T-shirt. When the fish notice you less, they are more likely to swim closer to you.

Second, Buy a Coast Guard-approved flotation device for maximum safety.

## Rubber Bag Nets (cont.)

small Washington company that was a pioneer in bringing to hand nets the rubber bags that were formerly used only on higher-end boat nets. Unfortunately, the early generations of these bags used the same thicker rubber as their boat net counterparts, and some people were put off by the heavier weight than one would typically associate with a handheld net. The introduction in the past couple years of dramatically thinner, lighter weight bags has eliminated this solitary objection,

and spurred a significant increase in their use.

Fisknat, and now Brodin, have both introduced multiple models of hand nets with rubber net bags. While it may seem silly to rave about a net, these have revolutionized that portion of the fishing process for me. Unlike I was ever able to do with nylon nets, and certainly unlike I was able to do when landing fish by hand, the process of landing and releasing a fish is extraordinarily quick now and typically requires absolutely no handling of the fish. Because the hooks don't get snagged in the net, I'm able to extract the fly

in seconds, usually without touching the fish. And because the fish doesn't get tangled in the net material, I usually just leave it in the net bag with the frame just above the water line and let the fish revive itself while floating freely in the current rather than in my grasp. When it's ready, a simple tip of the net frame sends the fish on its way back, with a far greater chance of survival than if I'd tried it via any of the other methods. The fish is better off, and my fly is back in the water sooner with a chance to repeat the exercise!

- Editor

# Upcoming club events/reminders

Only a few spots remain for upcoming casting clinics. Don't miss this opportunity to take advantage of instruction from an FFF certified casting instructor. See Robert DeAngelis at this month's meeting or contact via email at Robert@derbycityflyfishers.com. Upcoming agendas:

## Accuracy and Distance for light tackle

June 1st and June 8th 4:30pm - 6:30pm

## Accuracy and Distance for heavy tackle

July 20th and August 3rd 6:30pm - 8:30pm



*Robert DeAngelis and Kim Smith, both FFF Certified Casting Instructors, provide one on one instruction at a recent DCFE Casting Clinic*

## League of Kentucky Sportsmen

At this time, Kentucky does not have an active state organization that represents the fly fisherman. The League of Kentucky Sportsmen in the past has been mostly concerned with hunting, but from my understanding the reason for this is they could not get the fishermen involved. I think we can change this. The League has introduced a "League of Kentucky Sportsmen" license plate. This will give the League money to operate on and to publish a magazine that will replace the Kentucky Afield magazine that was taken from them.

The League of Kentucky Sportsmen has been around since 1937 and fought a lot of battles for Kentucky sportsmen. Supporting an organization like this is the only way we will have a voice in the regulations that are passed in Frankfort. Their first magazine is to be published in May of 2008 and at first will be published semiannual plus the newsletters. If Derby City Fly Fishers has 15 members in the league we can send one director and for 25 members we can send two directors to the 2008 LKS Convention.

I will be collecting the \$6.00 for membership at the next meeting on April 16 or you can call me at 964-6887 and mail payment to 6803 Copra Lane, Louisville, 40219. This is a great way to keep up with things that are going on in Kentucky.

- Larry Drake

## Classifieds

**White River 6wt 8'6" 3 pc travel rod** (w/ tube), Reel, and WF line: \$99. Great beginner outfit. Contact Phil Kirkland 502-647-2115

**Multi - fly rod tube/travel case.** 4" diameter cordura covered tube, 32" length accommodates four piece rods up to 9' in length. As new, used maybe three times. Great for carrying multiple rods to the water in one convenient case

or for more extensive travel. Bought from Cabelas for more than \$50 inclusive of tax and shipping. Will sell for \$35 firm. See John Naiser at the next meeting or john@derbycityflyfishers.com. Picture shown is 56" version -actual is much more compact.

Please submit any gear you'd like to sell or trade, or likewise any items you'd like to buy. This section was requested by members, but is going to have to see more participation in order to be continued. Please email any submissions to the editor.

