



Covering The Drift

Volume 9, Number 2

www.washingtoncouncilfff.org

December, 2004

Leader's Line

By Bob Shirley, President

During October I was very fortunate to participate in some filming with the producer and a camera man of the PBS program *The New Fly Fisher*. The Federation of Fly Fishers co-produces *The New Fly Fisher* because the aims and goals of the show are the same as the FFF. Colin McKeown is the producer of the program and he has come up with what may be the only fly fishing education and conservation based outdoor show on television.

Literally millions of people in Canada and the U.S. have the opportunity to view a well made program featuring such topics as how to restore salmon runs, why fly rods cost so much, and what techniques are the least injurious to fish. This is not the typical destination show with Joe Blow holding up an exhausted fish in some exotic location to promote a lodge or resort. I'm not saying that those types of programs are not appealing too, but *The New Fly Fisher* is teaching and promoting ethical stewardship and use of our fish resources on every program. Colin might spend an entire program documenting a stream restoration project from inception through rock rolling to finished project with the resulting increase in the quality of the fishery.

and some of them left the area presumably to avoid identification.

Next day we drove to Woodland, Washington to film a project called "Fish First." This program restores habitat in the Lewis River system, and has a nutrient addition component. They filmed salmon carcasses being added to tributaries to enrich the stream. They interviewed Gary, its president, about the effects of this program and why their salmon and steelhead returns are so high. We were also able to discuss the possibility of using their program's blue print in other river systems.

Thursday we interviewed Gary Schaefer and others at the G. Loomis manufacturing plant. They also got some good footage of the manufacturing process and the great workers there. Later that morning Steve Rajeff was filmed explaining some of the finer points of rod building and casting.

Sound interesting? Well, it might be, but you can't see it if you live in western Washington. KCTS and KBTC acting independently as is their right, do not air *The New Fly Fisher* on a regular basis. Moving to Spokane will enable you to see it though. Or maybe you will contact one or both of these stations and request that they at least give us a chance to see it here in western Washington. Thank you.

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As an example, my time with them included a day at Sage filming their manufacturing process, interviewing engineers and production people, and watching a great casting segment by fly rod designer Jerry Siem on the pond out back. The next day Jerry Siem and Chris Anderson (Sage sales) met us for chum fishing along with Paul Elsberry and Dick Matthaei of the Puget Sound Flyfishers. During that filming, there were some "other" people trying, I believe, to snag fish. When one of us yelled to the cameraman to "get them on film and we will identify them later," a lot of rods were put up for the day

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The Washington Council will again have a booth inside at "The Fly Fishing Show" February 11-13, 2005. We also have a FREE booth outside the main venue for area clubs to recruit members, tell their story, or demonstrate their skills. Interested clubs if they want to participate can contact the Council on the Internet via e-mail from our website or using the phone numbers in this newsletter.

Also, the Federation of Fly Fishers helps AFFTA get the word out at their booths during the Washington Sportsman's Show in Puyallup at the fairgrounds January 26-30, 2005, and at the Evergreen Show in Monroe on February 23-27, 2005. Stop in, introduce yourself and let them know how much you appreciate them donating their time and talents to the kids and adults entering our sport.

FFF Coffee

The Federation has teamed with Specialty Roast Coffee to offer you the freshest-tasting, satisfying coffee available. With each pound you order, the FFF receives a \$2.00 contribution (\$1.00 to your FFF Council and \$1.00 to FFF Headquarters). The funds will be used for extending our education, conservation and preservation programs. To order online go to: http://www.specialtyroast.com/fff

Fidalgo Fly Fishers Teams with Skagit Fisheries Enhancement Group for Habitat Project

By Brian Simonseth, Past-President Fidalgo Fly Fishers

With the current decline of salmonids in the Pacific Northwest, including the Skagit River watershed, members of the Fidalgo Fly Fishers work as volunteers, through the Skagit Fisheries Enhancement Group, replenishing vital nutrients to the river system. The Fidalgo Fly Fishers is the lead group in salmon carcass distribution for nutrient enhancement throughout the Skagit watershed. The club coordinates this effort from the W D F W Marblemount Hatchery located on the Cascade River, a major tributary of the Skagit.

Kings (10 to 45 lbs.) makes for a long day when you have 2,200 carcasses. Club volunteers spend 8 to 10 hours during this operation with each trip of the helicopter taking 10 to 15 minutes per trip and 5 to 10 minutes for loading and down time.

A one-ton truck is used to haul carcasses for the distribution, with up to four members putting in a 6-



Loading helicopter bucket with up to 50 salmon

With help from the U.S. Forest Service, volunteers distributed 2,200 King salmon carcasses in the Baker River, using helicopter support to reach the upper sections. Filling a hopper suspended below a helicopter with up to 50 frozen

to 8-hour shift (16 to 32 hours per-team per-week). Each tote holds up to 350 carcasses and two totes can be hauled per-trip (that makes a lot of pitching carcasses!). Volunteers sometimes have to travel up to two

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Frozen salmon carcasses on the truck



Volunteers left to right: Zeke Zardeskas, Bob Huddleston and Dick Raisler *Ed. Note: After a day of throwing salmon I bet they didn't stand so straight.*

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hours to get to the distribution area, then pitching the fish, turning around, going back to the hatchery, and doing it all over, again and again.

Volunteers do all of this! Members of the Fidalgo Fly Fishers donate up to 32 hours a week for five months a year. This shows their dedication to the continuing existence of this valuable resource. They get nothing for this, but just knowing the benefits to the fish and the watershed is payment enough!

This will be my fifth year working with SFEG, U.S. Forest Service, and WDFW on carcass distribution. Distributing between 25,000 and 8,000 carcasses a year is fun.

(Flood water last year hurt distribution). It leads to an existence that savors the web of life connecting fish, animals and forest. Where else can you go and experience many wonders in one day?

On the way to the destination there is beautiful scenery, the mountains bursting with the changing seasons, and the river; you can't beat it. The mountains contain a host of creatures, and the early winter snow fall sometimes puts a whole new spin on things, making it even more beautiful than it already is.

Last year during one trip we distributed carcasses in one spot, came back three hours later with two more totes, and there were bear and cougar tracks all over the river bank. It makes you feel like a like kid again!



Flying Fish: Salmon dropped from helicopter bucket. Borrowed from The Bellingham Herald website September 17, 2004.

NWFCE Casting Games and the Real World

By Dick Raisler

The fly casting games are a fun and challenging aspect of the Northwest Fly Casting Exposition. Once registered you are eligible to participate in the *Distance Cast*, *Accuracy Cast* and new this year, the *Danish Fly Casting Game*. The challenge of self-improvement or spirit of competition may move you to participate, but most of all you can share the joy of casting with other fly fishers.

The Distance Cast is a straight forward event. You select a fast action rod of your choice and have a short period to warm up. The rods are furnished by Sage, G-Loomis, Orvis and Temple Fork rod manufactures. Once ready, you cast three times, attempting to make a long cast. All three casts are recorded to the nearest inch, added together and divided by three. This average distance is your score. This year the average distances ranged from 42.1 to 95.4 feet.

This summer while fishing the East Gallatin River in Montana I benefited from my experience in fly casting competition. This beautiful spring creek like river offers a variety of casting challenges. The stretch of water before me was smooth and running at a nice slow pace with no difficult currents. Several nice rainbow and brown trout were sipping Tricos in one foot of water. The casting lane was open except for waist high grass and the necessity to keep the back cast high. There were just enough obstacles and fly fishers watching to give you that uneasy feeling, you know, just like being in competition. I choose not to stalk

the rising fish, but to stand back and use long casts. The first few casts landed near the working trout, the drift was drag free, but soon they moved further away. Repeated casts, controlled by wind and thoughts of obstacles, fell short. My fishing partner said, "Dad, use your distance casting skills." The next cast was made focusing upon loop size, shape and direction. The energy was there to sail the line, leader and fly into the trout's feeding lane. The sip was barely perceptible, but when the line came tight the eighteen inch rainbow was there. The trout was admired and released, but the memory is of the long cast.

The Accuracy Casting course is a series of ring targets, 30 inches in diameter, spaced at 25, 30, 35, 40 and 45 feet. Each target has a larger ring, 54 inches in diameter, surrounding it. The caster is instructed to cast to the nearest target first and progress to the furthest using as many false cast as desired. This is the dry fly segment. Then the caster retrieves the line to the nearest ring. Casting to this ring starts with unlimited false casts, but each successive ring is limited to one pick up and one false cast, called wet fly segment.

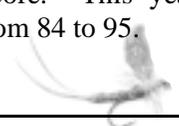
Each caster starts with one hundred points. Points are deducted depending where the yarn fly lands. Within the small ring zero points are deducted, between the small and large rings two points are deducted and outside of the large ring three points are deducted. One hundred is the highest score and eighty is the lowest score. This year's scores ranged from 84 to 95.

Back on the East Gallatin River, Mark was watching two rising fish along the far bank. A weed-bed provided protection as they sipped the small may flies. Overhanging brush and a fast moving mid-stream current limited any drag free drift to ten or twelve inches. Accuracy was the name of the game. The rainbow was sixteen inches and the brown trout nineteen.

The Danish Fly Casting Game was designed by Floyd Franke, Master Certified Fly Casting Instructor, and named after Paul Jorgensen. The course consists of nine casting stations, each presenting a casting challenge. The object of the game is to get the fly within the 36-inch ring, in the least number of casts. Begin at station #1; proceed to station #2 and so on until you've cast at all nine stations. To score, add one demerit for each unsuccessful cast. Maximum for any one station is ten.

Some casters played the game because it was new and wanted to test their skills and others entered to win the Temple Fork fly rod. Their scores ranged from 26 to 56. The numerous scores in the twenties and thirties were surprising. I thought they would be higher. Casting challenges like distance, tight loops, left and right handed casting, casting from a kneeling position, steeple cast and straight line cast were accomplished quite easily. Casting under a horizontal obstacle into a ring and the reach cast proved more challenging. The curved cast was the most challenging. All who played expressed the excitement, fun and educational aspects of this challenging game.

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This year's Grand Champion caster was determined by a sudden death, shootout of the Danish Fly-Casting Game. The first place winners of the Distance and Accuracy Casts in all four divisions, men, women, senior and youth, participated in this event. Four stations were played before a winner was determined.

The Trico hatch was about over, but there was one large rainbow still coming to the surface around the next bend. The brushy banks prevented any approach except from below. A well-known Master Certified Fly Casting Instructor and author was evaluating the situation. His presentation was a negative curve cast. The fly landed beautifully above the fish and drifted into position for the take.

What a thrill to witness this thoughtful approach and beautiful cast. We are truly privileged to have the sport of fly fishing. The Northwest Fly Casting Exposition games are part of this heritage and provide an opportunity for us to participate in a sportsman like manner.

TV Fishing Shows

Viewpoint by Ron Newman
Copied with permission from
The Kamloops Flyfisher,
Canada, April 2004

While changing channels on the TV I sometimes stumble onto a show about fishing. As an avid angler I often stop to watch even if the folks are using something other than flies. After 5 or 10 minutes I usually switch the channel in disgust. Why? Because many of these "ShowTime" anglers seem

NWFCE 2004 Winners

Danish Casting Game Champion (Temple Fork Rod): Vern Jeremica

Overall Team Champion (Plaque) Washington Fly Fishing Club Team A
Members: Ed Sozinho, Craig Koeppler, Richard Embry, and Steve Sunich

Second Place Team: Puget Sound Flyfishers Team #2

Grand Champion (Sage & Trophy): Corey Scheuffele

Distance Champion Senior Division: Dick Raisler

Accuracy Champion Senior Division: Tom White

Distance Champion Men Division: Ed Sozinho

Accuracy Champion Men Division: Corey Scheuffele

Distance Champion Women Division: Pat Bolton

Accuracy Champion Women Division: Pam Church

Grand Champion Youth Division (Temple Fork Rod & Plaque):
Ryan Muscat

Distance Champion Youth Division: Ryan Muscat

Accuracy Champion Youth Division: Ryan Muscat

totally unaware of proper catch and release tactics.

I watch in horror as fingers are inserted through the gills of a fish, it is lifted from the water without supporting the innards and a large barbed hook is ripped from the fishes mouth often causing damage. The fish is displayed for the camera with less than gentle handling and then dropped or even tossed back into the water. It is unlikely that many fish will survive that kind of handling.

These fishing shows are providing many novice anglers with a variety of tips and techniques on fishing. That is good, but after watching some of these shows, how do you suppose a novice will handle a fish the next time he or she lands one? One of the more important techniques these shows should pass along is the proper handling and release of those fish not intended

for the diner table. So far I've only seen two TV fishing shows that do that. One is from BC and the other from Alberta.

In my opinion we anglers, angling clubs and angling federations should start to send letters and e-mails to those fishing shows that don't practice and teach proper catch and release tactics. If that doesn't help, we can start sending the same to the sponsors of those shows.

Catch and Release

By Bob Bates, VP Communication

It is getting better, but some people still need to learn about catch and release fishing. We as fly anglers should be leaders in spreading the word. TV anglers also have an opportunity to be in the forefront of

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showing proper catch and release fishing, but many are not. I am really unhappy with some TV fly anglers, and many fly anglers.

Several years ago I watched a proud fly fisherman across the Missouri River after catching a nice rainbow call his friend to bring the camera. Part of the time while his friend tried to run the block or so across the boulders the fisherman had the fish on the bank and a little time in the water. After two or three "proud fisherman pictures" he let it swim away with "He is in good shape." claim. That fish probably died later.

Many TV fly anglers still hold fish out of the water for long camera shots, not good. There was a show a couple of weeks ago where the guest (a guide) did a better job of releasing the fish than the TV host. I hope that others saw the difference also.

The best display of catch and release by a TV host is Colin McKeown, producer of *The New Fly Fisher*. Even in the episodes filmed before the Federation of Fly Fishers became a co-producer he released fish quickly and carefully. Since FFF became involved the releases are even better. Many times fish are never removed from the water.

Information from studies by Canadian scientists R. A. Ferguson and Bruce L. Tufts at Queen's University in Ontario can be used to strengthen our comments. Hatchery trout were caught, played to exhaustion, left in the water or held in air for 30 or 60 seconds. They looked healthy when released, but many died within 12 hours.

Apparently their gills were damaged especially by drying during exposure to air.

Death Rates on Trout Played to Exhaustion

<u>Air Exposure</u>	<u>Died</u>
None	12 %
30 seconds	37 %
60 seconds	72 %

These numbers are depressing, especially to fly casters who thought they were doing a great catch and release job. A few simple things will help us do a better job.

- 1 Play a fish as rapidly as possible, and release it before it is totally exhausted. Some of the old time (20-30 years ago) steelhead anglers said that if a fish is played more than a minute per pound you are messing with it.
- 2 Remove the hook quickly, preferably underwater with forceps, Runje releaser, Ketchum Releaser, etc..
- 3 Barbless hooks make the release easier.
- 4 If you have to use a net, pick one with a rubber mesh (there is one now that looks like a bucket) or soft thread mesh.
- 5 Don't beach or "corn field" trout.
- 6 Cut the leader if the fish is deeply hooked.
- 7 If you have to take a picture, try to do it while the fish is in the water. I am seeing more pictures taken this way. A couple of examples are on the websites for WSCFFF: www.washingtoncouncilfff.org and the Inland Empire Fly Fishing Club: home.att.net/~ieffc/

- 8 Leaving the fish in the net while you take a picture also works. The bucket shaped rubber net, mentioned above, let the fish swim around for the TV cameraman.



Not a bucket net, but a passable photo was taken.

- 9 If the fish must be taken out of the water for a suitable picture: Focus on where the fish will be, support the fish's body, raise it up, shoot the picture and put it back into the water. A good picture has water dripping off the fish. The big risk with this technique is that it will flip out of the angler's hands and land in the bottom of the boat or the on rocks. Not good!!!!!!
- 10 If you have to touch the fish, wet your hands, don't grab and squeeze it, especially around the gills and eyes.
- 11 Turning a trout upside down seems to calm it and makes removing the hook easier.
- 12 Hold the fish upright to help it recover. Point it into moving water either upstream or by moving your boat or tube. Cradle the fish gently in your hands until it swims away. I am told, don't move it back and forth in the water. (This makes water move over the gills in the wrong direction.)
- 13 Be sure the fish is recovered before letting it go.

Holding a fish out of water is not the only way to kill it. A fish can

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Understanding the Cast

By Don Simonson
Part 6

Analysis of the casting stroke

The term “casting stroke” can be interpreted several different ways. Some define it as moving the rod back and forth utilizing a hand, wrist, arm, and shoulder motion. I like to think of the casting stroke as the distance moved by the rod tip during a fly cast, from the moment the tip first starts to move in the direction of cast until the rod reaches a straight position at the end of the stroke. However we want to define it, the stroke still consists of three parts. Referring to the diagram below we see part 1 is called the acceleration phase, (also referred to as the loading phase). Part 2 is the loop formation phase, (also called speed up and stop or power snap). Part 3 is called drift or pause.

These three parts will have a different duration depending on how much fly line is aerealized outside the rod tip along with the bending characteristics of the rod. To quote a substance item, “short cast short stroke, long cast long stroke”. This means when executing a short cast (20 ft or less of line outside the rod tip), there is very little acceleration or drift, parts 1 and 3. Mostly loop formation energy transfer. Analyzing the rod butt movement this movement should be approximately 30 to 40 degrees. As line is extended beyond the rod tip the acceleration and drifts phases increase to allow for the line to load, (bend), the rod and then allow for the line to straighten out after completion of the loop formation phase. To put this into perspective the butt movement on a long cast, 80 ft. to 100 ft., should extent to around 130 to 140 degrees. Remembering that the rod tip still has to move in a straight-line path with a slightly elevated trajectory.

When teaching a first time caster I normally start the student with 20 ft. to 30 ft. of line outside the rod tip. With this amount of line the stop on the back cast is vertical, (90 degrees from horizontal). The stop on the forward cast about 50 degrees from horizontal. This would result in about a 40-degree movement of the rod butt. I don't like using clock face times because the old 10 o'clock to 2 o'clock saying assumes that's angle for all casting distances.

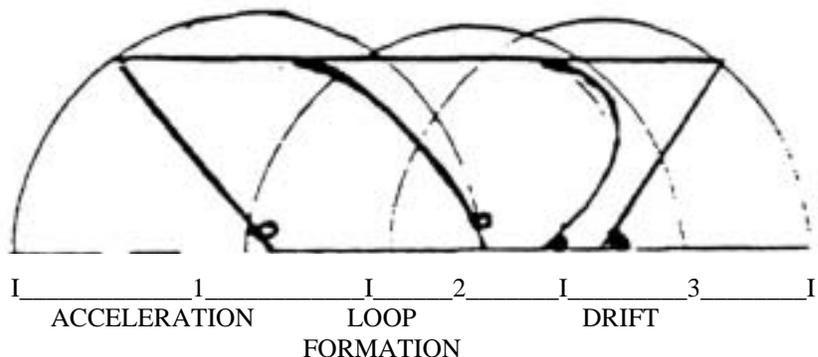
Substance

1. Terminal end of the fly line needs to be moving at the beginning of the casting stroke.
2. The more difficult the cast the longer the casting stroke.
3. The length of the loop formation and energy transfer phases; (speed up and stop) directly determine the size of the loop of the casting stroke.
4. The speed of the loop formation and abruptness of the stop affect the casting distance in the energy transition phase, (stop), of the casting stroke.
5. The fly line will go in the direction that the rod tip travels during the loop formation phase of the casting stroke.

BASIC CASTING STROKE

Consists of three parts

1. Acceleration
2. Loop formation
3. Drift



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suffocate when it dives into weeds after grabbing a fly. It becomes confined by weeds and can't open and close its mouth to breathe. Right or wrong I do the following: Release the line and hope that the fish frees itself. If it doesn't within a few seconds I break it off, move to where the fish was trapped and hope that the it is gone.

Another catch and release concern is water temperature. There is less and less oxygen in the water as it warms. Sensitivity to warm temperature depends on the species of fish. Brook trout are the most sensitive followed by rainbows and browns. At 65 to 70 degrees F trout begin feeling distressed. Over 70 degrees catch and release fishing can be fatal.

In this discussion of catch and release fishing I am leaving out suggestions about catch and release of warm water and saltwater species. There are people talking about better release techniques and equipment for spiny rays, walleye, billfish and other saltwater species. The Federation of Fly Fishers has published a pamphlet

Tips for Saltwater Catch and Release

<http://www.fedflyfishers.org/Saltwater C&R.htm>

Your club can order brochures for distribution to club members or other fly anglers. The only charge is for mailing.

We need to continue spreading the word.

Continue setting a good example.

And continue talking gently and professionally about releasing fish.

Have a happy and safe holiday season
WSCF F F Board of Directors



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