

FINNY FACTS

Archived version

AUGUST 2010

San Diego



Fly Fishers

Cleaner Water. Brighter Streams. Better Fishing.

Volume 15, No. 8

August Meeting

Carp on the Fly

The speaker for the August Membership Meeting is **John Hendrickson**.



John will speak on a true sport fish, the common carp. Sport fish meaning nobody is going to have to tell you this a case of "catch and release". But what other local fresh water fish can you pursue all year long that is both difficult to catch and will entertain you with a

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MEETING NOTICE

Monday, August 2, 2010
7:30 PM

Sequoia Elementary School
4690 Limerick Avenue
(See map on back page)

REMINDER

Volunteer hosts for this meeting
(report at 6:15 PM)

**Larry Sorensen
and Paul Woolery**

Thank You, Mona Morebello

Improving Your Distance Casting

A casting demonstration by George and Dustin "Dusty" Revel
March 29, 2008 at Bob Marriott's Educational Fair, Fullerton, CA
Notes by Lucky Ketcham, SDFP



George and Dusty Revel are casting and rod representatives for Orvis. This educational fair is promoting the new Helios Orvis rods. The rods are a top end, graphite rods that are 30% to 40% lighter than similar top end rods. The retail cost is approximately \$780 and designed to compete with Sage and other quality rods.

George Revel is the lead speaker for the demonstration. He is 19 years old and has been involved in competition casting for the past 5 years. Dusty is his younger 18 year old brother. Dusty has recently beaten some of George's Intermediate Level casting records. George was the youngest FFF Certified Casting Instructor at 15 until Dusty was certified at 14.

George notes that many casting demonstrations can get boring. The boys will try to make it entertaining

with a few jokes here and there. Feel free to get involved and ask questions. George says that he will try to demonstrate five pointers that will help you improve your casting distance. It never hurts anyone to add another 10 to 15 feet to their casting distance. Today they are laying the excess shooting line on clean blacktop. A stripping basket helps if you are casting from rough ground, running water or weeds.

He makes a fast back cast and a loud "snap" is heard. George notes he made the buggy whip crack to get our attention. That snap is caused by rushing the back cast and not waiting for the line to fully straighten out to the rear.

George has Dusty make some nice long smooth back casts. He notes that everyone has a different style of

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PRESIDENT'S MESSAGE: AUGUST 2010

It looks as if summer weather is finally with us. I trust you are taking the opportunity to cast a fly on your favorite water.

My overwhelming thanks goes out to **Gary Strawn** for his superb planning and organization for the trip to Casa Vieja Meadow. **Gary, Heidi Brown, Keith Ballard, Bruce Michael, and I** had a working/fishing adventure. I learned to use a new tool...the barbed wire fence stretcher. I encourage you to

consider this trip in support of our conservation efforts.

The bass and bluegill in San Diego River got some exercise. **Gary**



LARRY SORENSEN

Strawn again led the way for **Paul Woolery** and I to cast small flies over warm water fish. **Paul** was boss rod with a nice 14" large mouth bass. Once again, give this local fishery a try...another one of our conservation projects.

The 7th of August has the promise of a great evening of fishing, dining, and just socializing. **Jim Castelluzzo** will host

the club members at the Outboard Motor Club on Shelter Island. We can float, kayak, or boat the San Diego Bay for some great fishing, followed by a pot luck dinner. Activities can commence as early as 1:00 p.m. At the August meeting, a sign-up sheet will be passed so attendees can indicate which food items they wish to bring. The Club will furnish meat items and beverages.

As always, if you have an idea which can strengthen our club, please contact any member of the Board of Directors. You can contact me directly at

or by phone



Carp on the Fly

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fierce fight? John began his interest in fishing for carp in his childhood days growing up in the Three Rivers area of Pittsburgh, Pennsylvania. So if you want to add one more fun type of local fly fishing to your fly fishing interests, come have John show you another use for your bass rod. *Gary Farrar*

FREE CASTING LESSONS EVERY SUNDAY 9 AM--NOON

Join the San Diego Fly Fishers at Lake Murray to cast or improve your skills. Free instruction is available. Bring your own equipment or use the club equipment, available from one of the instructors.

DIRECTIONS--

Take Interstate 8 to Lake Murray Boulevard. Go north on Lake Murray Boulevard to Kiowa Drive. Turn left and look for people casting just as you enter the park. That's our bunch.



WANTED!

The following people are WANTED by the SDFF Raffle Committee!
You have won one or more prizes. Since we do not have a July meeting, it is your responsibility to pick up your prizes at the August meeting. If you are unable to attend, please designate someone on your behalf. If these items are not claimed by the September meeting, they will become club property.

UPDATED

Collins, John	(#57) \$25 Gift certificate
Garcia, Tom (2 prizes)	(#45) Lake Jennings boat/permits 4 people (#68) \$25 Gift certificate
Gates, George	(#64) Lanyard
Guiles, Stan	(#31A) Book
Hypnarowski, Joseph	(#13A) Able reel
Randel, Willie	(#11) \$25 Gift certificate
Remillard, Dennis	(#58) Tippet, leaders, Sharks Tooth
Shenk, Scott	(#9) Guide book, Western Outdoor, Tom Loe flies/indicators
Sherry, Larry	(#10) 2 SDFF fly boxes
Stuvetraa, Mark	(#56) Calendar, journal, Western Outdoor News
Williams, Clint	(#49) 2 Krieger DVDs, Western Outdoor News
Wohlfel, John (3 prizes)	(#27) \$125 Marryat reel discount, (#32) Box/dry flies, (#41) \$100 Marryat reel discount, tippet, leaders, Sharks Tooth

Congratulations!



FLY OF THE MONTH

Shark's Caddis Larva, By Radoslav Kiskinov, Bulgaria

Hook: Nymph Hook size 18 to 10, (straight or curved scud hook)
Bead: Gold bead matched to hook size
Thread: Black 6/0 or 8/0 on small patterns
Underbody: Antron spooled yarn, pale yellow, grey or caddis green
Segmented
Body: Spiit Antron yarn, with light rabbit underfur, twisted into tight rope
Thorax: Two peacock herl



Fish this realistic caddis pattern like a nymph for trout and chub with split shots on the leader under an indicator. If you want you may put a weighted wire on the hook when tying the fly, and use two or three of them in Czech style nymph fishing. Lucky Ketcham likes the looks of this caddis pattern, it should be a good one in green or cream colors. The fine rabbit underfur should give movement of gills.

Slip gold bead onto hook and mount the hook in the vise. Attach the black thread behind the bead. Attach one end of a strand of cream colored Spooled Antron yarn behind the bead. Pull it tight to the rear and make a tread base to the bend. Leave the thread bobbin hang at the rear and wrap the Antron yarn forward to the bead and back to the bend, forming a smooth yarn underbody. Tie down the yarn at the bend with three wraps of thread. Split the Antron yarn with your bodkin or needle. Pick out some white/cream rabbit underfur and place a sparse amount in 1.5 inches of the split yarn. Distribute it evenly and not too thick. Advance the black thread to behind the bead. Twist the Antron yarn and rabbit into a tight rope. Wrap the tight yarn forward to the

beadhead forming the segmented body. Tie off and trim the excess. Attach the tip ends of two peacock herl. (Tip always cut off the first inch of the peacock herl tips, they break to easily, LK) Wrap the herl around the thread to make a rope. Make two wraps of the peacock herl behind the bead head. Tie off and trim excess. Whip finish behind the bead head. Finish with a small drop of head cement applied to be back of the bead, not to the herl.

Lucky notes that Dave Hughes and Rick Hafele think loop dubbed pine squirrel with some guard hairs makes the best color match for most caddis fly larva patterns. You might substitute the peacock herl on some of these.

Rado remarks that the larger cream colored caddis would mimic our October Caddis. Smaller Apple Green colored Antron patterns would pass for the net spinners we find at the East Walker River and other tail waters. For the largest free living caddis he might add a smooth strip of plastic skin along the back, like the more traditional Czech nymph. The fine rabbit hair gills make this pattern unique. Similar nymph patterns like the Serendipity work, the added movement of the gills should improve the pattern.

Fly of the Month ONLINE

David Collins, our San Diego Fly Fishers website webmaster, says the Fly of the Month is now online. Check it out at: <http://www.sandiegoflyfishers.com/fotm/>



Improve Your Distance Casting

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casting and should make adjustments for their body style and strengths. Dusty has long arms and is very slim. He throws a side-arm or $\frac{3}{4}$ arm low back cast. George is heavier and stockier. He holds the rod vertically when casting and seldom throws the line side arm. The brothers are very competitive and have helped each other gain casting skills.

Tip # 1 - Preparation – stretch your line to take out memory. No matter what the fly line companies say, all lines will have some memory. When you get to the water or the casting pond, pull all the line and some of the Amnesia mono backing from the reel. As you are laying it in loose coils on the ground, pull on the line and stretch out all the small loops. If the line is stored on a small spool for a while it will have memory. The stretching will produce a relaxed shooting line that will give you extra distance.

Pay attention to where and how you lay out the loops of line. George intentionally pulled out the line and just piled it at his feet. When he tried to cast, he stepped on some of the line and the rest of it came up in a tangled mess. He noted that many people take a step when they try for distance casting. The line lying just anywhere on the boat deck or ground gets stepped on and is often the cause of a poor cast. Now George demonstrates laying the shooting line in big 3 to 4 foot S-shaped loops to the front and ending to the left side of his body. The loops are laid from the end nearest the reel in long open loops in the reverse order that they will shoot out. Reduce tangles, reduce friction and prevent being stepped on. Plan for the line to

flow out on the cast.

The best tip is to practice. Hone your skills and practice the techniques you can learn from others. Dusty makes a few more casts. George notes the rod tip moves a long distance when you want to increase distance. The double haul strokes are also long and strong. The power is distributed over a larger bend in the rod, rather than the technique you would use to just flick a fly rod tip. George has a shorter stroke, he learned from watching Steve Rajeff and other casting champions. He rarely uses the side arm. Dusty often beats him in casting contests with the long smooth stroke.

How many of you in the crowd are “Casting Geeks?” The brothers admit to loving to spend time at the casting ponds practicing and refining their techniques. He notes that the L.A. area anglers could go to the Long Beach Casting Club and learn from some very good casters. The casting geeks like to share information and teach new people.

Tip #2 Learn to Double Haul - One of the best things you can do to gain casting distance is to learn and practice the double haul. The hauls will help you increase line speed and that will equate to increased distance. The key to distance is shooting the line on the forward stroke. Make the double haul cast and stop the rod abruptly on the forward stroke. Let go of the line and let it shoot out at a low upward trajectory. The line speed and momentum will carry the line out.

George says that he has been on the tournament circuit for the past 5 years,

when he is not in college in San Francisco. He set several records, only to have his younger brother beat them last year. George no longer lives at home and only sees his brother when they are on tour for Orvis.

If you want to learn to improve your double haul, practice side arm so that you can watch the line. Practice the back cast in separate parts from the forward cast. If you try to do them together it is a lot like rubbing your belly while patting the top of your head. He throws the line out to the rear and lets it fall to the ground. (The same method as taught by Charles Jardine, in 2006 LK) The rod tip is to the rear. Start pulling the rod tip forward and give a long smooth pull or haul to the line with your left hand. Gradually accelerate the rod on the forward stroke. The line should shoot forward.

Practice the back cast haul by throwing the line forward. Take up the slack, moving both hands up to the reel like you were praying. As you start the accelerating rod pick up make a long haul with your left hand. The hands should be moving in the opposite directions. As the rod reaches to the rear of the lift, the left hand is down below your waist. The long “mirror image” hauls increases the line speed as the line shoots back. Practice the pick up haul and then practice shooting out some line on the back cast. An extra 15 feet of line fed out on the back casts will help you gain distance on the forward cast. After practicing the techniques separately for a while, then put them all together for an improved distance cast.

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Improve Your Distance Casting

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Tip #3 Practice the Forward Single Haul until perfected.

If the double haul is too complicated, you can improve your distance substantially by just practicing the “Single Haul.”

Many people learn the pick up haul but do not practice the most important forward stroke haul. Learning to accelerate your line on the forward stroke will improve your casts.

George and Dusty like to make long quick arm movements on the hauls. He notes that some instructors like Joe Humphrey encourage people to make short tug type double hauls. He sees a few people on the tournament tours that use a short tug, but George believes that a long arm movement moves more line and puts more power into the line acceleration. When casting for distance records you need more rod tip movement and more line hand movement.

Tip #4 - Learn where your best line trajectory or most efficient release point is. This point will come with practice with various rods and lines. During the rear back cast plan to have your line fly out slightly lower than the forward cast line plane. The release is at a slight angle from horizontal. You do not want to throw the line too high as it will catch in the air resistance. You do not want the line to shoot down at the water or ground because it will reduce the carrying distance. Many people try to cast at too high a trajectory for distance. George makes the analogy of throwing a Frisbee. If you try to throw it up at a 70 to 80 degree angle, it just goes up and then floats back down to you. The fly line does something similar. Practice your distance casting to find the right angle of projection to

give you the most efficient transfer of energy.

George makes several casts to show his preferred casting trajectory. He makes three or four false casts, shooting or feeding 5 to 10 feet of line on each back cast. He looks back to make sure he is not tangling in power lines and cars. On the last forward haul the left hand movement is almost exaggerated. It is a very long haul almost to his knee. The hand moves so fast it is a blur. He uses his arm, shoulder and back muscles to put pressure on the rod. George notes that he is known as the “Rod Breaker” at Orvis. He puts so much pressure on the rod for distance casting, that he often breaks a rod. He often sends them back to the factory for repair. George’s preferred trajectory looks like it is 12 to 15 degrees above a horizontal line drawn from his chin.

When you make that forward cast bring both hands up to your shoulder on the back cast, to get the longest pull or haul on the line as possible. Dusty demonstrates the long haul. George notes that Dusty is better than most distance casters in the Intermediate Division because he has exceptionally long arms. “He has Monkey Arms.” You can tell they are brothers by the jokes and barbs passed back and forth. Dusty can often cast in the 120 to 130 ft range using the long arm movement double hauls, a well timed power stroke and clean line techniques. It is a prime example that you do not have to be built like a football player or a fire plug to be a good distance caster. The Rajeff brothers use the powerful overhead cast and can reach 140 feet with the 5 wt dry fly line. George has

modeled his style after Rajeff. Steve Rajeff is a “Casting God.” George notes that it is important to let the line drift back on the back cast to get extra distance.

Learn casting techniques from many sources and see which ones work best for your body mechanics. Lefty Kreh uses a side or $\frac{3}{4}$ side arm style with short powerful hauls. He is a proponent of using less shoulder and more body movement. Steve Rajeff uses an overhead power cast with long hard pulls on the double haul.

There are many categories in the American Casters Association tournaments. Some of them are for accuracy at different distances. George demonstrates trying to put a fly at the end of a white parking line 10 feet beyond the casting pool. He says that when he is casting for accuracy he will feather (touch) the line as it shoots out and stop it when it needs to drop. When he is casting for pure distance he does not touch the shooting line on the forward cast. He does not want any friction on the line to slow it down.

Tip #5 – Clean and lubricate your fly lines. A dirty line will have friction when shooting through the metal guides. Reducing friction is a key to longer casts. Has any one tried the new “shark skin line?” Some one raises their hand and reports it is very noisy. The line is thin, with little plates on the surface. It has less air resistance and less friction running through the guides. Shark skin has been designed to help make long casts.

Two fly line demonstration. George jokes that he often wants to fish a dry

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Improve Your Distance Casting

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fly and a nymph at the same time as he takes the tip and 40 feet of his brothers fly line and runs it through his rod. He pulls out the second line to be the same length as his fly line. He then pulls them back to be about 25 feet. He picks up the single rod and casts two fly lines at the same time. Have you ever seen a person cast two lines? We talk about Joan Wulff's demo with two rods and Charles Jardine's demo of casting 5 or 6 rods in a rack at one time.

George's talk was a little confusing, going back and forth with different tips. Hopefully my notes are more organized. I asked him to summarize the 5 tips.

1. Stretch line and organize the loops before casting.
2. Learn the double haul to increase line speed.
3. Learn to shoot line.
4. Learn the single haul on the forward cast.
5. Clean and lubricate your fly lines.

Following the demonstration he took questions and answers.

How to do you prevent or reduce the Trailing Loop? Answer: Be as smooth on the forward stroke and haul as possible and accelerate rod and line evenly. Do not over-power the forward cast at the end of the stroke. If you add a little power kick at the end it will produce a sine wave in the line that causes the tip to dip down. When the fly and tippet fly through the line loop it causes the dreaded wind knots. Dusty add that there is no wind in "wind knots."

A "Trailing Loop" is different from a Tailing Loop. A trailing loop is caused when the rod and line is moved too slow. The leader just dies and drops below the line plane.

The "Creep" is a problem caused by moving your body forward during the cast, not just your hands.

Do you ever use the side arm distance cast? Answer: George says he will go to the side arm cast or low Belgium cast when throwing heavy flies or when casting multiple flies. He does not want to be hit in the back of the head when using the overhead cast. You want to throw large open loops when you have an indicator, two flies and some split shot on the leader.

The ACA rules have several categories. One of which uses a floating 5 weight line. What rod size do you use to throw a 5 wt? George says that there are no real rod sizes. Rods vary in flex and backbone and the numbers on the rods are just approximates. George will use a stiff 6 weight rod with a good backbone when he is in a distance contest. He needs a rod that can deliver power.

<http://www.flyfishnorcal.org/revel/>
This is the website for George and Dusty's Adventures. It is a blog with good photos.

http://www.americancastingassoc.org/cast_masters/george.html
Link to the American Casting Association.



George Revel shown with Steelhead.



Dusty Revel – youngest FFF certified casting instructor at 14, now 18 and holds many Intermediate Level casting records.



Jason Graham via Lucky Ketcham sent in this report from
Jason's friend Mark Berlin who fished Nevada's Pyramid Lake

Pyramid Lake Lunkers

Just got back from Pyramid Lake on Indian Land in Nevada home to the world's largest trout, the Lahontan Cutthroat Trout. Attached are a couple pics of a 25" inch and 24" inch trout I caught. While these are "nice" fish, and trophies anywhere else in the world, they are sardines compared to many 10, 15, 20, 25 pound trout in the lake. Lake record is 42 pounds. See the picture of Tyler with a 13 ½ pound trout that was 32 inches long...with ladders in background. He caught it fly fishing two ladders away from me. We drag out ladders into the lake so we can fish from them and cast our flies out farther, and also to see the trout cruising by. I caught a good number of fish on the fun trip yet next time I will catch a REAL Pyramid Lake Cutthroat....over 10 pounds!

Mark Berlin



Recipients of the
Stroud Award

2004-Jim Brown
2005-Allen Greenwood
2006- Hugh Marx
2007- Mike Rivkin
2008- Bill Van Wulven
2009- Larry Bottroff



EILEEN STROUD CONSERVATION FUND



Donations are gratefully accepted
Make checks payable to Eileen Stroud Conservation Fund

Mail to:
Stroud Conservation Fund
1457 Morena Blvd
San Diego, CA 92110

All funds collected in Eileen's name will be donated to fresh water fish conservation or research programs in San Diego County.

Cutoff date for **September FINNY FACTS**
articles---Friday August 13th.

Send articles to:
Rose and Roger Yamasaki,
5415 Lodi Place
San Diego, CA 92117

You can E-mail at finnyfacts@gmail.com Thanks!!

Send change of address information,signup for
electronic version of newsletter, or Club membership renewal to:

Lucky Ketcham

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For unselfish and outstanding service
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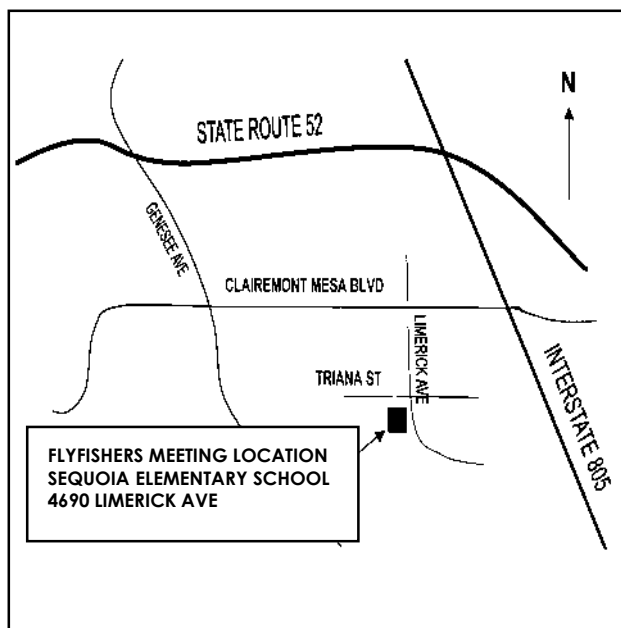
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Meeting Place for Workshops

San Carlos Recreation Center near Lake Murray. (We no longer meet at the Lake Murray Water Training Facility at Lake Murray). The address is 6445 Lake Badin Ave. To get there from Hwy. 8, take the Lake Murray Blvd. exit just like you were going to the lake. Instead of turning into Kiowa, keep going on Lake Murray Blvd. another 1.6 miles. When you come to Lake Adlon Drive, (first corner past Jackson Dr.) turn left. Go down three blocks and the recreation center will be on your right. It is on the corner of Lake Adlon and Lake Badin.



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