

THE LEADER

VOICE OF

GRANITE BAY *Flycasters*

JANUARY 1995

GRANITE BAY FLYCASTERS
P.O. Box 1107
Granite Bay, CA 95678



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President	Michael Wasserman	677-7189
Vice President	Wayne Dahl	726-1584
Secretary	Carol McAllister	985-2849
Treasurer	Walt Dombrowski	652-5204

DIRECTORS

Through 1995	Paul Orcutt	878-9131
Through 1995	Steve Hand	662-6373
Through 1996	Paul Roccoforte	989-7331
Through 1996	Ed Stull	663-2414
Through 1997	Bruce Cline	985-6745
Through 1997	Kim Roccoforte	989-7331
At Large	Vern Stubbs	663-2801
Past President	Terry Eggleston	331-5258

COMMITTEES

Annual Dinner	Marie Stull	663-2414
Conservation	Jim Coleman	885-4128
Editor	Wayne Dahl	726-1584
Egg-Raising Project	Rick Radoff & Mark Neice	624-2107 624-1837
Events Coordinator	Scott Ensor	331-1827
Fishmaster	Bill Camazzo	663-2604
Gatekeeper	Vern Stubbs	663-2801
Golden Trout	Ron English & Bill Camazzo	677-7169 663-2604
Historian	Warren Schoenmann	725-2542
Librarian	Kim Roccoforte	989-7331
Programs	Robert Tamson	967-3317
Public Relations	Frank Stolten	725-6894
Raffle	Joe Gildone	786-0457
Refreshments	Terry Wasserman	677-7189
Training & Education	John Hogg	823-9744
Youth Counselors	Jeanne & Ron English	677-7169

CALENDAR OF EVENTS

January 12	General Meeting Clubhouse 7:30
January 11 - 15	International Sportsmen's Expo Cal Expo
January 19	Board Meeting Clubhouse 7:00
January 21	Stanislaus River
February 4	NCCFFF Hall of Fame Dinner Fort Mason - San Francisco
February 9	General Meeting Clubhouse 7:30
February 11	GBF Annual Dinner Elk's Club - Roseville
February 16	Board Meeting Clubhouse 7:00
February 18	Bonita Trip

REMEMBER

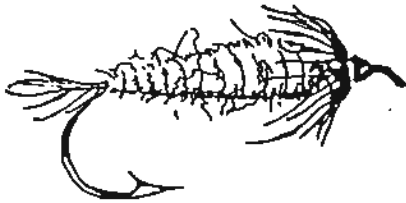
NEW YEAR = NEW LICENSE

Don't forget it's a new year that means that old '94 license pinned to your vest is not worth much anymore. Don't wait till the last minute to get a new one. Trying to find one early on the morning of your first '95 fishing trip could keep your line dry for a few extra hours.

Annual Dues are Due

Hopefully by now you will have found the form for registering and have paid your annual dues. Many of you have not filled out one of these forms for a number of years and in some cases we can't find any applications at all. In any event we are asking everyone to fill out a new one. Help us keep our records up to date. Please take a minute give us the information we need and pay your dues as soon as possible. Dues are \$25.00 for individual membership, \$30.00 for a family membership and \$10.00 for Junior (under 18) membership. You can bring them to the General Meeting, stick them in the mail or give your VP a call if you need to make other arrangements. Make your checks payable to Granite Bay Flycasters. Our address is:

P.O. Box 1107 Roseville, CA 95678



THE LEADER WANTS YOUR PARTICIPATION

As a new greenhorn Editor I'm going to need your help. The Leader has been a great little publication for a long time and I would like to keep it that way. In order to do that I will need your comments, criticism (be careful, I'm sorta fragile), and advise. I also want to publish articles written by other GBF members. You'll see we have some of those this month but, I'd like to have even more. If you have an idea or a good story we'd like to see it. We're all interested in tips or information about where to fish or that funny, dumb stunt your buddy pulled on your last trip. I know some of you don't like to write so give me a call, tell me what you have in mind and I'll be happy to put it together with your help. Lets all talk to each other.

Thank You, Wayne



ELECTION RESULTS

Elections were held at the December general meeting. Your new officers as chosen in this election are:

Officers:

President - Michael Wasserman
Vice President - Wayne Dahl
Secretary - Carol McAllister
Treasurer - Walt Dombrowski

Directors:

Kim Roccoforte
Bruce Cline
Vern Stubbs
Steve Hand

Congratulations to all and I'm sure that they will appreciate the support of every member throughout the next year.

COMMITTEE CHAIRPERSON CHANGES

As you can see on the inside cover there have also been a number of changes of committee chairpersons. The end of a year and elections of officers and directors tends to stir things up a little. **Mark Neice** has decided to step down from his Program committee responsibilities and **Robert Tamson** will take over those duties. **Kim Roccoforte** is retiring from the Secretary position to move to the Board. **Carol McAllister** will assume the duties of Secretary. Since **Michael Wasserman** is our new President that requires a new Editor of the Leader, **Wayne Dahl** is moving from the Raffle committee to fill that assignment for '95. I am pleased to announce that **Joe Gildone** will be the new Raffle committee chairman.

You will also note that we have developed a new committee. **Scott Ensor** will be our Events Coordinator. The function of the Events Coordinator is to assist the President to ensure that events are not being scheduled in conflict with one another and that necessary facilities, event leaders and other arrangements are all in place. Scott has accepted quite an responsibility but we believe it will make our year run more smoothly. His job will require the support of everyone so please make that little extra effort to keep him informed if you are making arrangements for some event.

President's Message

I would like to take this opportunity to thank the members of the Granite Bay Flycasters for their support of me in the recently completed election. I am proud and honored to be President of this fine organization.

Before I shed a little light on the direction I would like to take the Club during 1995, I would like to thank a few folks for their hard work and dedication in 1994. First mention goes out to now Past-President Terry Eggleston. Terry did a great job this past year and really kept our focus on education, conservation, and of course having a good time fishing. Others I would like to thank include: outgoing Past President **Bill Carnazzo**, outgoing Vice-President and Program Chairman **Mark Neice**, outgoing Secretary (and new Board Member) **Kim Roccoforte**, continuing Treasurer **Walt Dombrowski** and outgoing Board Members **Ron English** and **Jim Coleman**. I would also like to send a special thank you out to **Jeanne** and **Ron English** for their time and dedication to the formation of our Youth Program. I believe that the Youth Program is a very important part of the Granite Bay Flycasters and I hope it will continue to grow with our support. There are many others to thank who have contributed time and effort to some of our many projects. Although there are too many to name, I would like to thank each and everyone for their contributions. Our club can only provide the many activities that we participate in by having individuals step forward and become involved.

During the upcoming year you are going to hear and see the terms "involvement" or "get involved". Although the Club has many projects, fishouts, clinics, and special activities it is incumbent upon each member to get what they want from the Club by doing and participating. Come to a Board Meeting (all members are welcome), ask if you can help out with a committee, lead a fishout, or if you want just attend the General Meetings and take advantage of the information our speakers and demonstrators provide. The opportunity is there to get whatever you want out to the Club.

Speaking of getting involved, I am happy to announce that some fairly new members have offered their services and will be heading up the following committees: Raffle - **Joe Gildone**, Programs - **Robert Tamson**, and our newly created Events Coordinator **Scott Ensor**. Additionally, **Wayne Dahl** has been elected Vice-President and has agreed to take over as Editor of the

GBF Fishout Schedule (cont)

October	
21	Upper Sacramento
November	
18	O'Neill Forebay (Stripers)
December	
1	Yuba River (Steelhead) Santa Clause leader

Please Note: This is tentative only. We need comments/input. The monthly flies will be published in February. We are also looking for more individuals that would be interested in leading one or more of these fishouts. If you have a special trip or place that you would like to fish with some of us please contact Bill and Scott. There is no rule that we can only go to a certain number of places on any given month or weekend.

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GBF Fishout Schedule
Including Fly of the Month

January Green Rockworm
21 Stanislaus River
Don Steffa - leader

February
18 Bonita Trip
Frank Stolten - leader
25 Baum Lake

March
13 Pyramid
Note: this is a Monday

April
22 Rancho Seco
Joe Bania - leader (phone 677-4263)
29 Rucker Lake - Bass
Kim and Paul Roccoforte - leaders

May
13 Bass outing - Gorden's Pond
20 Upper Sacramento

June
3 One fly contest – Indian Creek
Terry Eggleston - leader
10 Hat Creek – Stonefly hatch

July
15 Umpqua River -- Smallmouth
John Lewis leader - leader (phone 791-1053)
29 North Yuba

August
19 Golden Trout

September
23 Robinson Creek
Terry Eggleston - leader

President's Message (cont)

- Leader and **Carol McAllister** has been elected as Secretary. Thank you for your help and I look forward to working with each of you.
- Where is Granite Bay Flycasters headed in our 10th year, 1995? Well, there is an old saying that goes "if it ain't broke - don't fix it" and I think that really applies in our case. This Club has an outstanding record with regard to our education and conservation projects. These programs, headed up by the Bear River Restoration and Egg Program will continue in 1995. One new project already slated for 1995 will be helping CAL-TIP place signs along the American River in an effort to educate the public about poaching. One area I would like to see improvement in is attendance at Club fishouts, after all this is a fly *fishing* club. This is the best way to learn new techniques and methods for fishing a variety of waters and best of all you're guaranteed a great time. There are camp outs, pot luck meals, and other fun activities.

In closing I would like to again thank you for your support. I look forward to a great year for the Granite Bay Flycasters in 1995, Best Wishes to all for a safe and prosperous new year.

Michael Wasserman
President GBF



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ALERT - ALERT

One of you purchased a ticket for the GBF dinner at the monthly meeting but - you didn't return the stub. It must be turned in to validate the ticket. Check you tickets, if you have the stub call Marie!



CPR AND FIRST AID CLASSES

Plans are being developed to put on a certified CPR class and a field type First Aid class for the members of GBF. Our target is to have the CPR class on a Saturday in February and the First Aid class will follow that in two to three weeks. This is another time we can use some help from the membership. If you have some expertise please let us know. For the CPR course you can contact any of the officers and to help with the First Aid Course contact Carol McAllister. Carol is a former EMT and a RN and has volunteered to develop a First Aid course that will focus on the types of problems we are likely to run into on an fishout or on the stream. Sign up sheets indicating your interest will be available at the general meeting.



KIENES

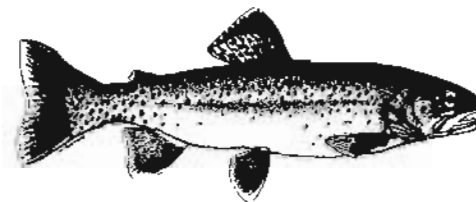
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CAL EXPO SPORTSMAN'S SHOW

The International Sportsmen's Exposition at Cal Expo will be held January 11 - 15, 1995. Granite Bay Flycasters will be staffing our booth located adjacent to the fly tying theater and casting pond and our own **Greg Brevard, Bill Carnazzo, Terry Eggleston and Jim Victorine** will be demonstration tying at various times throughout the event.

This is a golden opportunity for us to show the community what we stand for and what we do. We will have club literature and information to hand out and the booth will have pictures of our outings, events, and work projects.

This is a great chance to sign up new members and display our friendly, family oriented club attitude. We will be selling tickets to our dinner and the raffle board for the trip to Mount Lassen Trout on the 18th of March will be available for everyone. **Bill Carnazzo** (663-2604) is heading up this effort and could still use some more help. Call him if you can participate. Even if you can't help out please stop by and say hello - we'll be looking for you - bring a friend.



GRANITE BAY FLYFISHERS ANNUAL DINNER UPDATE



Tickets are going fast. Don't miss out on this one. **Marie Stull** has outdone herself this year. All indications are that this year's dinner will be the best one yet. She has arranged for **Lefty Kreh** as the guest speaker so you know tickets are going fast. If you haven't gotten yours yet there are still some available. They are \$30.00 each and you can get yours by calling Marie at 663-2414. Don't miss out. Mark February 11, 1995 on your calendar and we'll see you at the Roseville Elk's Club. Doors open at 5:00 and dinner will start at 6:30 PM. There will also be an afternoon program on fishing techniques. This will be at the Elks lodge from 12:30 to 3:30.

Lefty will be giving a special casting class Saturday morning. We all know the reputation Lefty has as a teacher. This is your opportunity to get a lesson from one of the greatest casters around. The class is limited to 10 people and as this goes to print, believe it or not, there are still a few spaces available. These last few tickets are available from Marie. Don't miss out. For those of you that already have tickets for this Marie will contact you about the specifics as soon as they are firmed up.

You've seen the grand prize at the last two club meetings. Picture yourself relaxing in that \$800 Water Otter on your favorite lake. Things just don't get a lot better do they? Tickets are available for this at the general meetings and at the dinner for \$1.00 each or 12 for \$10.00.



The prizes for the general raffle are stacking up. You'll enjoy this one! There are some great fishing trips, delicious wine, tackle, etc. Of course we can always use something else so, if you can tie some flies, paint a picture or have some other expertise or gift that you would be willing to donate we will appreciate it a lot. Call **Warren Schoenmann** or **Marie and Ed Stull** if you can help out.

1996 GBF Dinner

This year marks the last year that we will have **Marie Stull** and her crew to run the annual dinner. She has been responsible for the phenomenal success of the past dinners and now wants a break. This will be a hard act to follow but it is one of the most important events of the year for our club. We need to continue the reputation she has developed. If you are the one or know the one person or persons that can take on this responsibility please let your new president know. Now is the best time to get involved as you will still have time to learn from this year's dinner. Marie has assured us she will be around to pass on all her expertise and help out the new dinner chairperson as much as possible. Give her a call, I'm sure she will be happy to tell you of all the fun and rewards doing this will bring to you.

We all want to pass on our thanks and appreciation for a job well done Marie, and we are looking forward to your grand finale. **THANK YOU AGAIN!**

December Meeting

Were you at the December general meeting? If you were you know how much Christmas type food we had. **Terry Wasserman**, with help from **Ann Latteri**, **Marie Stull** and **Jeanne English** really made this a festive Christmas meeting. I think I gained about 2 lb. just that night alone. **Chuck Hills** deserves your thanks also for donating all the Crystal Egg-Nog that was there. What a way to start the holidays! Thank you ladies and Chuck, we really enjoyed it!



Release, Then Catch.... and Release Again!!!

Three hearty GBF souls, **Marie Stull**, **Terry Eggleston**, and **Warren Schoenmann**, braved the chill and wet of a rainy Wednesday morning to witness the release of Salmon Fry into the American River at Discovery Park by **Mrs. Penny's 4th Graders** of St. Albinos School, Roseville. We were met by **Dennis Wojdac** of Trout Unlimited (Sierra Chapter) with a group of 3rd graders from James Marshall School also returning their Salmon Fry that day. Parents of students from each school also assisted with setup and guiding students through the streamside projects.

The students had a full morning curriculum of events to perform at streamside, including erosion simulation tests, fish dissection, scent implanting, stream flow measuring, color chalking a mural scene of the river where the release was made and then the highlight of releasing the fry back into the river.

Terry and Marie demonstrated the art of casting and provided hands on training with each student. Yours truly was kept busy trying to video tape the whole event and each segment of the streamside study as different student groups performed them. Hopefully there is some good tape to include in our club video.

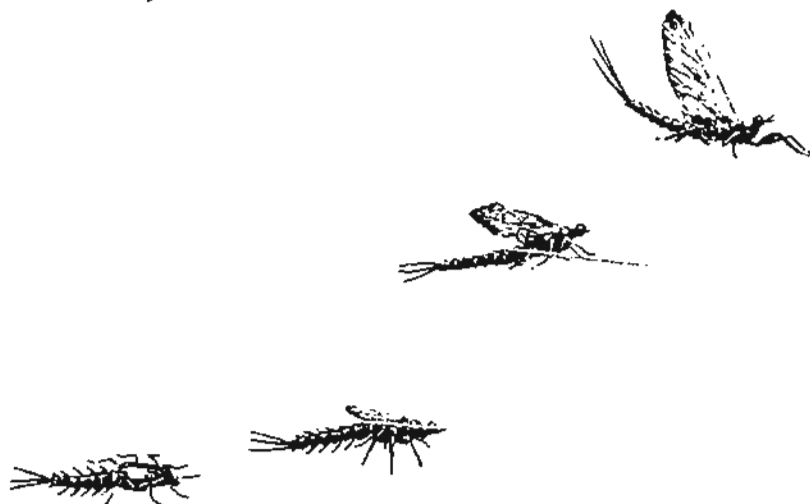
We got wet and we got cold, but a fun time was had by all, and hopefully some of the fry released will return one day to continue the life cycle of the Salmon on the American.

by: **Warren Schoenmann**

Golden Trout

We have quite a few members getting very close to completing their Golden Trout requirements. This is a great way to get involved and learn a lot about fly fishing. Have you started yours yet? See **Ron English** or **Bill Carnazzo** to get started. You'll have a great time.

For those of you that already have completed all the requirements and would like to have another pin they are available for \$5.00. See Marie if you need one.



We're Having an Anniversary



1995 will mark the 10th Anniversary of the Granite Bay Flycasters and we need a 1985 to 1995 logo to celebrate this glorious event. The intention is to design a pin with the new logo and possibly incorporate this into our regular logo. To this end we are announcing a contest for the new design. Not all the details are in place as yet but we will keep you informed as they develop. In the meantime start thinking and sketching your ideas. All you ideas and suggested will be welcomed. If you have any ideas pass them on to any of the club officers.

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NCCFFF HALL OF FAME DINNER

The third annual Northern California Council of the Federation of Fly Fishers (NCCFFF) Fly Fishing Exposition and Hall of Fame Dinner is scheduled for Saturday, 4 February, 1995. It will be at Fort Mason (Building A) in San Francisco beginning at 9:00 AM and lasting all day. You will be treated to demonstrations by over forty of the best Northern California Fly Tyers and a building full of fly fishing related displays. **Greg Brevard, Bill Carnazzo, Terry Eggleston, Don Steffa, Marie Stull** and **Jim Victorine** from our club will be tying.

The evening event will begin at 6:00 PM and will include a buffet dinner with wine and a benefit auction. The main Federation will induct **Andre Puyans** of Pleasant Hill into the NCCFFF Hall of Fame for his life-long contributions to fly tying, casting, conservation, fly fishing education and youth development. Congratulations Andy!

The public is invited at \$5.00 per person for the daytime events or \$30.00 per person including the dinner that evening. All proceeds benefit the California Sportfishing Protection Alliance. For more information call (408) 736-5631 or (415) 592-9595. Reservations are required for the dinner. Phone (510) 843-3072 or checks can be mailed to:

NCCFFF
2807 Piedmont Ave.
Berkeley, CA 94705

See you all there.

FLY TYER'S CORNER

by
BILL CARNAZZO

GREEN ROCKWORM JANUARY, 1995

Note: The Pattern for the January Fly Tying Contest will be the Green Butted Skunk featured in the December Leader. Bring your best version to the January General Meeting. Remember – The winner gets a free GBF flybox, and each person entering a fly gets a ticket to be deposited in the box for the drawing at next year's picnic. Bring those flies in -- Don't be shy!!

Another Note: See next article for a rundown on the rules and incentives for the contest.

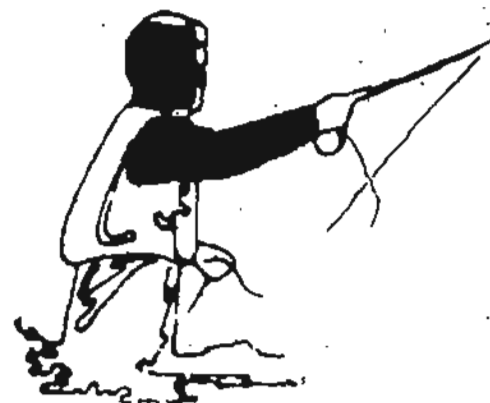
The Green Rockworm is a simple fly, designed to imitate a certain prominent species of Caddis larvae. In certain streams, if you turn rocks over, you will see tiny green worm-like creatures of various sizes and colors. The fish love them – therefore you need to have some imitations in your box.

Materials:

Hook	Mustad 3906B, #14-22
Thread	Olive 8/0
Weight	.010 lead or substitute (opt)
Body	Fluorescent green floss
Head	Ostrich herl (black) or peacock herl
Beadhead	Small gold bead (opt)

Instructions:

1. Smash barb and cover shank with thread. Weight hook if desired. Note that when tying smaller versions, weight adds to body bulk, while naturals are quite slim. In smaller versions, consider using beadhead for weight.
2. Tie in floss just above rear of the now-smashed barb. Tie in ribbing just ahead of floss tie-in point.
3. Wrap a relatively slim body with the floss, to a point about two eye-lengths behind eye.



We would like to express our thanks to the members of the Granite Bay Flycasters for the continued support they have shown our stores over these past years. Also a big thank you to those club members, both past and present, who have expended considerable effort and leadership in making the Granite Bay Flycasters the leaders in Northern California.

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I 80 and Antelope Store:

6412E Tupelo Drive, Citrus Heights, CA 95621
Telephone: (916) 722-1055

FLY TYING CLASS

On behalf of all who attended the beginning GBF Fly tying Class, I would like to extend a real BIG screaming Thank You to our fantastic instructors - **Bill Carnazzo** and **Terry Eggleston**.

Watching these master tyers whip a fly together with ease and perfection and then attempting the same at our own vices was truly a humbling experience. Although, I must say we did pretty darn good considering the 3 to 1 ratio of instructors to students!

I've been flyfishing for 20 years but hadn't ever tied a single fly until this class. Recently, I fished Putah Creek and landed a few nice fish with one of my first flies of my own creation..... **WOW!** was that a great feeling! Bill and Terry, thanks again for all the great instruction. **Robert Tamson**

FISHMASTER'S REPORT

January, 1995

Bill Carnazzo, Fishmaster

Upcoming Outings: The first outing for 1995 will be at the Stanislaus River, on Saturday, January 21. We'll meet at the Grant Line Road exit off Highway 99, on the east side of the freeway, at 8:00 a.m. You can sign up at the January club meeting. You will need a #4, 5 or 6 outfit with a floating line; rod length should be at least 8 1/2 feet. Bring small Hare's Ear (#14, 16, 18) and small green colored nymphs of choice and your new 95 license.

Contact the Fishmaster: If you have questions on any of the outings, or want information, please call me at 264-5346 work or 663-2604 home.



FLY TYER'S CORNER (cont)

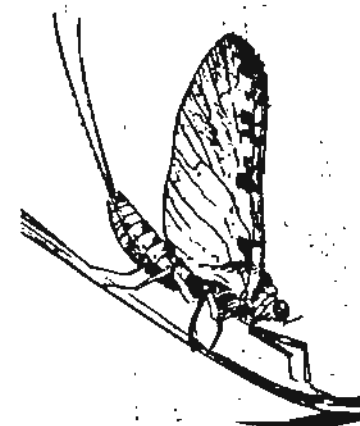
4. Rib body evenly with 4 turns of the black thread.
5. Tie in either ostrich or peacock herl for the head at forward point where body ends, and wrap it to just behind the eye. Tie off and apply small amount of head cement, taking care to keep it out of eye.

- * If using beadheads, slip bead over shank just before step 1.
- * Try using different colors, as you may encounter more subtle shades on the stream.

Last Month's Winner: For the December contest **John Hogg** tied the best Gray Hackle Yellow, although the competition was intense. We had only seven flies in December, so let's pick it up, folks -- we'd like at least 15 for each meeting's contest. Don't be shy, folks !!!! The \$100 gift certificate will be there for the taking -- you'll get one chance at that prize for each month you enter a fly in the contest.

Final Note: The fly must be tied in accordance with the instructions from the Leader (right or wrong, and irrespective of whether you find another version of the pattern in a book somewhere), in order to keep the "playing field" level. The judges need to make choice based on a single pattern, in order to be fair. Thanks.

See you on the creek !!!!



Seek and You Shall Find

Last month we asked for someone to donate a TV and a VCR to the club. This month we owe a great big thanks to **Tanya Musselwhite & Glenn**



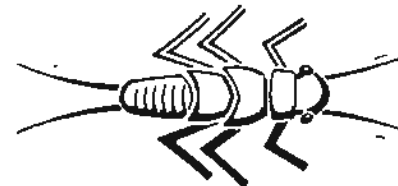
Meeth for their response to our request. Now we have our very own TV and VCR so we will be able to show our own videos at the various activities we have during the year. Have you ever seen how tight a loop you throw? Thank you again Tanya and Glenn

A big Thanks is also due to **Steve Bertrand** this month for donating a large box of various colored Marabou to the GBF youth group.



Open House and Chile Cookoff

Remember that rainy Saturday the 3rd of December? What were you doing? If you weren't at our Open House and Chile Cookoff you really missed a good time and another culinary experience. **Bruce Cline** put together a clubhouse full of interest. We had the videos of many of the GBF activities running, a large swap meet of neat fishing related stuff and food. **Bill Carnazzo** gave us a fly tying demonstration. One of the most interesting displays was **Will Kellers** collection of old fishing rods, reels and other related equipment. Buying, selling and trading went on all day. Next time you see our friend from Dunsmuir, **Fred Gordon** thank him for providing a nice collection of his ceramics for the sale. He donated back 20% of the proceeds from his art to the our club and we really appreciate both his talent and his generosity. **Jeanne English** and the youth group furnished us with two tables full of delicious baked goods. The kids made some money and we got fatter. Then there was the Chile Cookoff. Everyone was obligated to taste all eight of the favorite recipes of some of our most famous chefs. There was; Caribou Stew, Cameron Park Duck, Wild Cow and Just Another Chile just to name a few. The voting was heavy (so were most of us) and the competition was close, but in the end **Wyoming Surprise** was declared the winner. **Mark Neice** took home the winners \$25 gift certificate. The word is that he beat **Terry Eggleston** buy one vote and, because he left early, Terry was elected to deliver the check to Mark the next day. Did you get it Mark?



- Thaw in tub, not by the campfire - use a water bath about 10 degrees warmer than body temperature (103 - 111 degrees is ideal). Dry heat is dangerous because frostbitten nerve endings don't send a signal to tell you when exposed skin is in danger of becoming burned.
- Avoid contact with metal - everything from steel-tipped shoes to metal machine controls have caused frostbite. Take extra precautions when handling snow shovels and tools: wear gloves or mittens.
- Don't drink alcohol - although it may feel warmer, alcohol prevents the constriction of blood vessels, increasing heat loss.
- Don't light up - smoking causes the blood flow in your hands to shut down. Restricted blood flow is a major factor in frostbite as the body loses its ability to warm itself.

When to see the Doctor:

When a frostbitten area begins to thaw, you'll feel pain. While some kinds of frostbite are more severe than others, be sure to see the doctor if the pain continues for more than a few hours. And see the doctor as soon as possible if you see dark blue or black areas under the skin or if blistering occurs.

There are four degrees of frostbite, Ice crystals on your skin are a sign of first-degree frostbite. When symptoms increase beyond this - for example, if your skin begins to feel warm even though it is not defrosting, or if the skin turns red, pale or white - you should seek a doctor's attention: You have a higher, more dangerous degree of frostbite.



ADVANCING YOUR CASTING HEAVY NYMPH RIGS by JOHN HOGG

It was not a fondly remembered day of fishing. We were waist deep in a moderate current of the Trinity River, drenched by a January drizzle that was colder than the 40 degree water, and any steelhead were certainly not interested in our offerings. There were four of us, and a local guide who had rigged each of us with a floating line, 9 foot leader, a large poly yarn strike indicator, heavy split shot, and two nymphs. Casting this mess became more of a burden as the morning dragged by, and try as I might, I couldn't seem to get a float that extended a dozen feet out from me. My arm and shoulder ached, and no matter how I tried to adjust my cast, my drift always seemed to end up going down the same slot. This was flyfishing? It certainly didn't seem to mesh with those pleasant hours of practicing using a nicely balanced rod that cast a perfect loop.

But unknown to me, several minor adjustments could have made my day less tiring and probably more productive as well.

First, the rod. Your favorite 8 foot, 3 weight is simply not appropriate for nymphing. Smaller rods are simply too light and flexible to control a heavy rig. More appropriate will be a 6 or 7 weight rod, and a longer one - 9 to 10 feet in length; and the stiffer the better.

Surprisingly though, the main key to a successful cast is not equipment, but proper use of force provided by the surface tension of the water! Begin each cast with the rod tip pointed down so as much of the line as possible is on the water and with all slack removed. In this manner, when the backcast is begun, the water's surface tension will pull along the entire length of the line, and the rod will load more fully. As the loaded rod flings the line into the back cast, wait until the line straightens out and begins to "pull" slightly before beginning the forward cast. (Avoid the common error however, of waiting so long that the line behind you begins to drop. When this happens, you will find your rig whistling dangerously close to our ears on the forward motion - sometimes painfully close!!)

Use the river's current to help you. Let the rig drift as far as it can to straighten out your line and follow the drift with your rod tip so that in the end, rod and line swing into a straight line directly downstream of you. Now

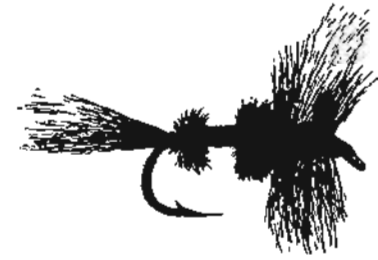
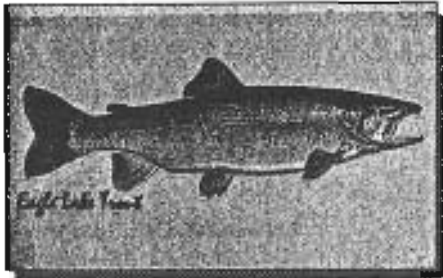
strip in any excess line that the rod may not be able to lift into the backcast. Make sure the rod tip is low so that there is no slack line between rod tip and water. And using the additional pull of the current to fully load the rod, simply 'alley-ooop' the rig upstream for another drift.

Don't loft more line into the air, than the rod can handle. When casting a heavy nymph rig, the length of line that can actually be picked up for your backcast is very limited - probably about 20 or 25 feet maximum. To lengthen the cast beyond this, will require shooting extra line out on the forward cast, and you can usually achieve an additional 6 to 10 feet with this technique.

However, a short cast doesn't necessarily mean a short drift! Given that you have achieved a cast in the range of 20 to 30 feet, the actual downstream drift can be substantially extended as follows: Make the cast either directly across the current or slightly downstream. Then as soon as the line hits the water, immediately shake an extra 10 feet or so upstream of, and slightly beyond, the strike indicator. With a little practice, you can make this 'mend' without moving the strike indicator, and you will have a beautiful drag free drift without the entire rig 'tracking' back toward you.

A final word - Avoid the urge to false cast!! Tangles, accidents, and frustration are all the product of nymph rigs being waved back and forth through the air!

Tight lines, and handle 'em gently!



FIRST AID FOR FROSTBITE

by Carol Mc Allister, RN

Which city in the USA has the most recorded deaths by freezing? If you guessed Miami Beach, you are correct. Sounds outrageous, but when the weather gets severely cold there no one is prepared. How do you know that you're getting frostbite? Watch the skin. There is no standard amount of time within which frostbite can occur, but the ice crystals that form on the skin's surface are the first sign. Here's what you can do to avoid problems for yourself.

Prevention is the best avoidance mechanism - try to walk where the wind is blocked, stay dry (if you get wet, change into dry weather appropriate clothes immediately) if you have no other way to protect yourself, curl into a ball or place your hands underneath your armpits. Wear mittens. Keep your skin dry (gasoline is especially risky since it evaporates quickly, chilling the skin).

If you experience symptoms, here's what you need to do:

- Don't rub - contrary to the old adage about rubbing frostbitten areas with snow, it doesn't raise the temperature of affected areas. Any kind of rubbing only further traumatizes the area.
- Stay put and stay warm - if you must leave and there is any chance that your frostbitten area will refreeze, avoid thawing it. Refreezing will cause tissue damage far worse than the original damage. Treat your skin gently before and after it has thawed. Avoid hitting or applying pressure. If your toes have just been warmed, try to avoid walking for as long as possible.