

The Leader

THE NEWSLETTER OF THE GRANITE BAY FLYCASTERS



Photo by Gary Flanagan

Frank Massey holding up his '21 incher' caught on Lake Davis.

June 2004



Visit our website: <http://www.gbflycasters.org>

June 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2.	3. Conservation Committee meeting	4.	5.
6.	7.	8.	9.	10. General meeting: 7 pm 'Members Night'	11.	12.
13.	14.	15. Fly Tying Jam Knot Tying Clinic see pg. 5	16.	17. Board meeting 7pm-9	18.	19.
20.	21.	22.	23.	24. President's Picnic see page 6	25.	26.
27.	28.	29.	30.			

President's Message

G a r y F l a n a g a n

I want to thank everyone that participated in May's Member's Night meeting. This yearly activity allows GBF Members to see just how much the Club offers. Clinics like Rod Building, Net Building, Fly Tying and Casting are always popular. How to displays like Sturmer White's Knot Tying had a lot of members struggling to get it right, no granny knots allowed. Entomology with Ron and Jeanne English garnered a lot of interest, as did Ken Davis' table on the New Zealand Mud Snail. Jack Parker's, Bamboo display appealed to the purists in our ranks. Conservation was well represented by Jim Coleman's display on the Bear River Restoration Project. Frank Stolten and Rick Radoff's display on the Salmon/Steelhead Egg Program and Mike Howes display in the Docent Program at the American River Fish Hatchery is always fascinating. Mike Brune, coordinator of the Golden Trout Program was there signing up members for the program. One of the immediate results was that Mike Howes enrolled six new members into the Club... And, we continue to grow.

Many of you didn't know that the Club provides loaner fly rods, reels and fly tying kits and no charge to members in good standing. There were a lot of positive comments on the display, which contained fourteen rods; ten reels and ten fly tying kits. The 8-wt combinations come with a choice of a floating or 200-grain sink-tip line. Below, is the Club's policy for checking out loaner equipment.

A deposit of thirty dollars (\$30-)

by personal check

is required to check out a fly rod and reel combination for a one-month period. A deposit of twenty dollars (\$20-) by personal check

is required to check out a fly tying kit. Checks are to be made payable to Granite Bay Flycasters. Upon return of the equipment by the next monthly meeting your check will be returned to you.

If the equipment is damaged, the money will be used to pay for the repairs. If the cost of repairs is in excess of the deposit, the member is responsible for the additional amount. If you fail to return club equipment at the next meeting, the money will be deposited into the GBF account as rental income. If you fail to return the equipment within sixty, 60) days, (of checking it out you will be charged for the full replacement value of the equipment. Upon check-in, **you must initial** the check out form next to the return date to assure a proper return and release. Your check will then be returned to you.

Next time you go on a trip and need some equipment you know where you can borrow it.

The Shad and Stripers are in the American River currently and it looks like it is going to be a great run this year. Be sure to check the message board for impromptu afternoon fishing for shad this month.



The 'Rickards Stillwater Nymph'



'Rickards Stillwater Nymph'

Denny Rickards is a well-known still water flyfisher, author, and tyer. His flies are very simple, but also very deadly. Yet, his patterns are precise, and in his demonstrations he doesn't hesitate to point this out. The reason that I chose this pattern for the fly of the month for June is that it's the fly that won the one-fly contest last year for former president Rick Radoff...well, Rick's skills actually won it, but he attributes his success to this fly. Rick will probably kick my behind for revealing his secrets, but I'd be willing to bet that he has another trick or two in his bag (probably another fly or two engineered by Denny Rickards). Who knows whether this fly will work this year...but that's fishin' as they say. Here's what Rickards says about fishing the fly: "Top foot with the intermediate or just off the bottom in shallow water with an intermediate, Type I or II line." For a retrieve rhythm he recommends: "A slow hand twist or a short four to six-inch pull-and-pause."

I n s t r u c t i o n s

1. If you use weight, place 6 wraps near the hook eye, leaving enough room for the head. Cover the lead and hook shank with thread. Place

a drop of Flexament on the lead.

2. Tie in the marabou tail. It should be somewhat sparse, and the length of the hook shank. Use marabou that is long, and don't trim the butts as they will become the wing case. However, if you use the burnt orange marabou for the tail, then you'll need to tie in some olive marabou at this point for the wing case, to be pulled over the body later.

3. Tie in the copper wire at the same point, and push it to the rear and out of the way for now.

4. Tie in a burnt-orange saddle hackle by its tip, at the same point.

5. Dub a slim body with the seal

See 'Rickards Stillwater Nymph' page 5

MATERIALS

Hook:	Size 10-12, 2X long
Thread:	Olive 8/0 if unweighted; Black 8/0 if weighted
Body:	Olive seal fur or substitute, marabou, or ostrich herl
Tail:	Medium olive marabou, same length as hook shank. Alternate: burnt orange marabou tail
Hackle:	Grizzly saddle hackle dyed burnt-orange
Rib:	Copper wire
Wing case:	Medium olive marabou tied down full length over entire body (use excess from tail, unless you use the burnt orange marabou for the tail)
Weight (optional):	6 wraps of .020 lead wire at the head

tying the 'Rickards Stillwater Nymph'

from page 4

fur or substitute, or using marabou or ostrich herl. Don't be tempted to tie a full body; that's verboten according to Rickards. The dubbing should end about 1/16" behind the eye.

6. Wind the hackle forward, making no more than 4 turns. Tie it off at the same forward spot as the dubbing.

7. Weave the copper wire forward, making about 6 turns. Tie it off also at the same point.

8. Bring the marabou butts over the top of the fly and tie them down at the same point.

9. Form a nice smooth head and whip finish.

See ya on the creek...or, in this case, the bass pond!!!

Knot-tying clinic June 15

Monthly Fly Tying Winners for May

Beginners:

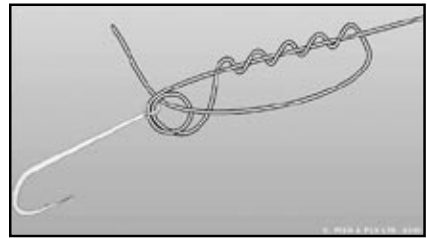
NONE

Non-Beginners:

\$25 gift certificate from American Fly Fishing Company:

Paul Meyers

Best Tie: **Jeanne English**



Trilene knot and others will be some of the knots you will learn during the clinic.

Don't be shy, submit a fly Fly Tying Skills Program

Sponsored by American Fly Fishing Company

Beginner: \$15 gift certificate

Non-beginner: \$25 gift certificate

Observe a fly tying master tie this fly at this month's general meeting and bring it to next month's meeting to be eligible for gift certificates donated by American Fly Fishing Company.

Get input and critiques from experienced tiers. This will help you improve your skills and help increase your chances of catching fish.

Rules:

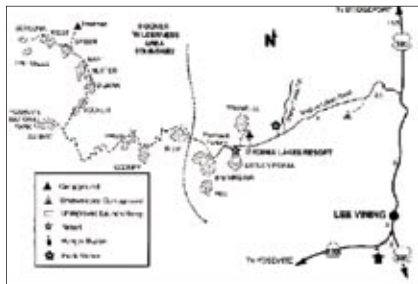
- Judging takes place during the general meeting.
- Winning flies are those that best match the specific pattern recipe published. No other pattern is accepted.
- Non-beginner category certificate winner will be drawn at random from among entries in that category.
- Beginners will be moved to non-beginner category after winning their category twice.

Sturmer White will conduct a knot-tying clinic at the clubhouse on the evening of June 15th (same night as our monthly fly-tying jam). This will be a great opportunity to learn and practice all the simple (but crucial) fly-fishing knots that are used to connect your fly reel to your fly.

Golden Trout Program participants: This is your chance to complete the required knot-tying category – don't miss it! Sturmer will gladly sign off your Golden Trout handbook after you have demonstrated the designated knots.

The clinic gets underway around 6:30pm and will last 60-90 minutes as needed. Please call Sturmer at 916-791-2618 with any questions.

Virginia Lakes July 8-11



Saddle up pilgrims. GBF is headed over the Sierras on July 8-11 to beautiful Virginia Lakes. Located off Highway 395 and not too far from the town of Bridgeport, these small natural lakes are true Sierra Gems. Several high granite

peaks tower over these pristine lakes while soaking their toes in the silent depths of these natural water features.

Both Virginia Lakes are accessible by vehicle, but if you want a treat, take a short hike up the trail to one of the many walk-in lakes that contain Golden Trout.

Michael Kaul, a long time Granite Bay Member is leading this trip. Last year, Mike fished Virginia Lakes and although he did well, was shamelessly out fished by his wife Sandy. Sandy landed twenty fish one morning on little Virginia

See 'Virginia Lakes' page 14

Second Annual President's Picnic JUNE 24 – 27

It's time again to start planning for the Second Annual President's Picnic to be held June 24th thru June 27th. For those hundred or so of you who attended last year's picnic you remember what a great time was had by all.

This year's picnic promises to equal last year's. The One-Fly Contest will be held on Saturday the 26th and we'll have hundreds of dollars in prizes. GBF will provide ribs, chicken and hot dogs on Saturday and it'll be a feast to behold. We'll be camping out at the group camp down the road from Fuller Lake (same place as last year) and it'll be first come-first serve (no saving space for someone else). We also have reserved overflow space at Spalding Lake.

There will be a \$10 "per family unit" charge. (If you come alone, it's 10 bucks. If you come with your seven kids, it's still 10 bucks. This isn't intended to be a money maker...we're just trying to offset some of the food costs.)

If you plan on attending please drop me an email at dennywelch@jps.net or leave a post on the message board at www.gpflycasters.org, or call me Office: (916) 786-2070 or (530) 889-8562. Let me know how many you'll have in your "family unit". Keep checking the message board for further details.

This is another one of those "You Gotta Be There" events. It was a blast last year.

Denny

Youth Program Starting

Want to introduce your child or grandchild to the excitement of fly fishing? Want to teach Boy Scouts how to earn their fly fishing merit badge? Want to go on fun family outings with other club members? Then GBF's Youth program is for you!

Fly fishing is great activity for our youth. It gets them outside and helps encourage coldwater stewardship. Most of our club members have already introduced their kids to fly fishing.

What I would like to do is offer short classes in fly tying, fly casting, and general fly fishing skills. In addition, we can go on group fish out together.

The club has fly fishing rods and tying sets available to checkout. No need to rush out and by equip-

ment.

For those that are interested in outfitting a family member, I have learned that Trout Unlimited offers great youth rod packages for \$59 and fly tying kits for \$35. We need a minimum of six people to place an order. Please contact me to participate.

http://www.tu.org/conservation/youth/first_cast.asp

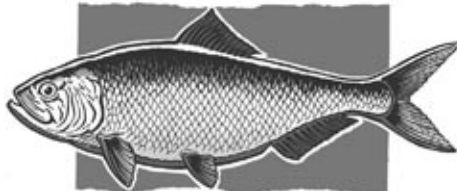
In addition, I would like several adult volunteers who can reach out to the community and lead the Boy Scout fly fishing merit badge program. Trout Unlimited has created the required teaching curriculum. All that is needed are willing volunteers to lead the program.

Please call Ray Nunez, GBF Youth Program Coordinator, at (916) 785-9211 to sign up!



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Fishing with Chris Parsons on the Lower Sac.

Frank Cunha and I spent a day recently fishing the Lower Sacramento River with Chris Parsons. Chris is a professional guide with The Fly Shop in Redding who has generously given two trips to GBF for \$150 each, leaving GBF to auction the trips off at the general meeting and keep the difference between the high bid and the \$150 price.

It was a bluebird weather day, but with a rather steady wind that inhibited hatch activity. Because of that we fished sub-surface all day and evening, using Chris' interesting indicator system with two flies suspended beneath. While we didn't set the world afire that day,



Chris Parsons holds a rainbow trout caught by Frank Cunha on the Lower Sacramento.



Bill Carnazzo shows off a catch with guide Chris Parsons.

we did land some very nice fish and enjoyed a beautiful float.

Chris is an engaging person who knows the river thoroughly. His rowing skills are excellent, and his drift boat is clean and equipped comfortably. Chris talks to his clients, constantly reminding them to mend, cast and re-cast...and, he doesn't hesitate to yell "strike" when he sees those subtle movements of the indicator that are sometimes missed.

Those members who have won the auction and have fished with Chris will, I feel sure, agree with Frank and me that Chris provides a pleasant, productive day. Here are a couple of pictures of happy anglers to prove it.

- Bill Carnazzo

Denny Welch Attorney at Law

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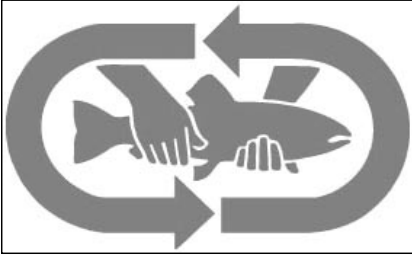
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email: dennywelch@jps.net

Catch & Release Guidelines



These guidelines are generic but remembering them will give fish a greater chance of survival. A fish is too valuable to be caught and enjoyed only once, be responsible.

Use barbless hooks or pinch the barb flat with pliers.

Wet your hands when handling fish. Dry hands and gloves will remove its protective mucous (slime) coating and scales. These

protective layers help prevent infection by waterborne disease. Do not beach a fish or let it flop around on the ground. - Keep your fish over the water so if it escapes from your hand, it falls into the water.

Try not to remove the fish from the water. If you must, be quick and gentle, do not squeeze the fish. Do not hold the fish near the gills or eyes.

To revive the fish, hold it under the belly and by the tail, keep it in an upright position underwater. (This is also a good time to get a measurement and take a photo). If you are fishing in a river or stream, hold the fish facing the current. Be patient and give the fish as much time as it needs to

See 'Catch & Release' page 11

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Tour local waters with Rachael Connery

This month's speaker is **Rachael Connery**, of **The Fly Shop**. Rachel was recently married. She and her husband have just returned from their honeymoon in Venezuela where they spent their time on the flats, chasing big bonefish. Needless to say Rachel was the kind of woman that young single fly-fisherman dreams of meeting when she still was single. Sorry guys, you missed your chance.

But Rachel is more than just another pretty face; she is a very talented angler that has been with The Fly Shop for half her adult life. This lady has been Director of the Mel Krieger International School of Fly Fishing, and single-handedly created FishCampT, The Fly Shops wildly popular summer fly-fishing camp for kids.

As a travel specialist for The Fly Shop, Rachel focuses on saltwater destinations and has spent at least a month, each of the last several years, visiting THS lodges in Mexico, the Bahamas, Tahiti, Venezuela and the Caribbean.

Unless you want to anger her, don't ask Rachel if she fishes. Her university and angling education are a source of pride. She's bench-pressed trout in Alaska, Russia, Canada, Chile, and Argentina; dead lifted tarpon and bonefish in Cuba, and she knows Tierra del Fuego's sea trout.

Not only an expert flyfisher, she is also fully certified by The



Rachel Connery-Andras

Federation of Fly Fishers as a casting instructor. She has fished from Florida to New Hampshire and all over the western United States. When this congenial young woman is not working with customers at the shop, you can find her either fishing one of our local hot spots or helping adults and children learn the sport of fly fishing at one of TFS schools.

As the founding member of the Shasta Mayflies, Rachel's involvement within the community includes teaching fly tying and casting clinics. She has been published in Northwest Flyfishing and The Women's No-Nonsense Guide to Favorite Waters.

Rachel teaches for the Mel Krieger School of Fly Fishing and has been a guest instructor at the International Women's Fly Fishing Festival in San Diego. She can also be found giving presentations and programs at many fly-fishing club meetings and sports shows in the west.

Rachael's presentation at this month's meeting will be a tour on Fly-fishing the local waters of Northern California.

-Gary Flanagan

When: June 10, 7 pm
Where: GBF Clubhouse

Catch & Release

From page 9

recover and swim away on its own.

The most important survival factors are:

Line Test- Always use the heaviest line possible. The longer you fight a fish, the more lactic acid is built up, the more exhausted it becomes, the greater the chance it will not survive.

Hook Location- It would be ideal if all fish were hooked in either the upper or lower lip, unfortunately, this is not always the case. Needle nose pliers, hemostats, de-hookers etc., will speed up the removal of hard to free hooks. Never pull on the line when the hook is lodged deep in the gullet. Cutting the line and returning the fish to the water as

quickly as possible will give it its greatest chance for survival. The longer a fish is out of water and the more you practice your surgical techniques, the less the fish has a chance to live.

Water Temperature - Playing a fish for an extended period of time in warm water increases its chance of dying. When the water temperature is high, fish tire much more rapidly due to the increase of lactic acid that builds in their system. When fishing warm water, get the fish to you as soon as possible; use a heavier line test than usual. Set your self a time limit and if you have not landed the fish in time, break it off! Your fly fishing skill is being able to hook fish, not fighting them to their death.

Most of this information was taken from guide-lines developed by The Catch & Release Foundation.

- John Carroz

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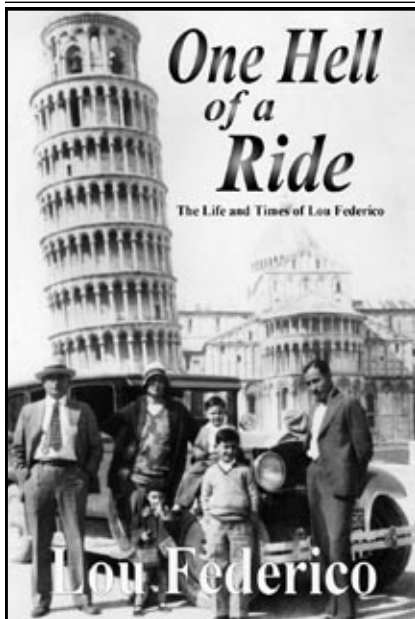
(916) 663-2604

2079 Country Hill Run
Newcastle, CA 95658

One fly contest at President's picnic

On Saturday, June 26th, GBF will hold its now-annual one-fly contest on the Saturday of the President's picnic and camp-out. Last year the camp-out and picnic was a huge success, attended by numerous members and their families. One of the highlights of this event for me was seeing all of the kids there. Another highlight was the one-fly contest at Fuller Lake. Rick Radoff took the most-fish prize, but there were many other (some humorous) prize categories (smallest fish; no

See 'One Fly' page 12



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One Fly contest

From page 11

fish; etc.).

Anyone can participate, and the teams are chosen randomly by drawing names from a hat. There is no cost to participate. For details, or to have your name added to the list, call Bill Carnazzo at (916) 663-2604 (home) or (916) 295-9353 (cell); or send an email: billcarnazzo@aol.com. There will be a sign-up list at all of the general meetings between now and the picnic.

August 21

Fly-Fishing Awareness Day Lake Natomas

August 21, from 10AM until 2PM at Nimbus Flat State Park on beautiful Lake Natomas, Granite Bay Flycasters is co-hosting Fly-fishing Awareness Day along with several other Fly-fishing clubs from the Northern California area.

The day will start off with a huge swap meet involving several clubs where you can not only bring you unwanted fly-fishing equipment to sell, but you can also shop for deals on new and used equipment. Kienes Fly Shop, American Fly Shop and Fly Fishing Specialties will also be there selling store merchandise. I understand that there will be some great deals on selected items.

Many representatives from the major manufactures will also be present like Outcast, Sage, Scott, Patagonia, Abel, Ross, Loomis and many more. This is your chance to

See 'Fly Fishing Awareness page 15

August 13-15

Indian Creek Reservoir

Joint Camp/Fishout With CFFU



All right everyone, it's time we got to know our brothers and sisters at the Sacramento Club. Officially, they are known as "California Fly Fishers Unlimited." CFFU has approximately the same amount of members and they are some of the people you bump into at the local fly shops. The founding members of GBF actually split off from CFFU in 1986 to start our club in Granite Bay.

I think it will be fun meeting after seventeen years on the water in float tubes, them on one side of the lake and us on the other, meeting in the middle for some friendly fly-fishing, camping, picnicking and telling lies about what great anglers we are.

Indian Creek Reservoir is located just outside Markleeville and has some outstanding fishing. The Alpine County Fish and Game Commission plans to stock 4,000 to 5,000 pounds of rainbows, ranging from catchables to seven-pound fish, in Indian Creek this year. The Commission has stocked

2,000 pounds in the reservoir to date. The Department of Fish and Game has already stocked 5,000 trout in Indian Creek this year so there should be plenty of fish to go around.

In addition, the East Fork of the Carson, the West fork of the Carson Pleasant Valley Creek, (pay to fish) and Markleeville Creek are a stone's throw from the campground which is right on Indian Creek Reservoir. There is also lodging available in Markleeville but the location is close enough to Sacramento that it is also possible to make this a day trip.

One thing I plan on doing is visiting Grover Hot Springs State Park when I am not fishing. I love soaking in the mineral rich waters of the springs. I understand it increases your ability to catch fish!

If you have questions, you can call me, Gary Flanagan at 223-4240 for more information. A sign up sheet will be available at the June Meeting.

Virginia Lakes in July

From page 6

Lake! Mike has fished the Eastern Sierras for years and if you have an interest in learning about the area's fishing opportunities, Mike is the man to talk with. Professionally, Mike is a high school teacher and he brings his easy going, patient approach onto the water. He has helped many a beginning float-tuber catch fish on Virginia Lakes. This fish out is perfect for beginning anglers, and experienced flyfishers alike who love beautiful scenery and fantastic fishing. A short drive from the campground will bring you to many fly-fishing venues like the East Walker, Green Creek, Twin Lakes, Robinson Creek and Bridgeport Reservoir, to name a few.

The area boasts a nice camp-



Photo courtesy of: <http://www.hiking-world.com/>

Upper Virginia Lake

ground at Turnbull Lake. Mike has reserved some group campsites for us at Turnbull. More information will be available at the July meeting.

If you plan on going, call Michael Kaul, (530) 677-8022 allowing reservations for adequate sites. Space is limited and there are no other area campgrounds.



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GBB Board Annual elections

The annual election of officers and directors takes place at the June general meeting. Below is a list of the positions to be voted on and the members who have been nominated so far.

President: Gary Flanagan

Vice-President - Membership:
Mike Howes

Vice-President-Conservation: Bill Hapopian

Secretary: Roger Bryan ([has served two full-terms, willing to serve another year if no one volunteers](#))

Treasurer: Art Hawkins ([has served two full-terms, willing to serve another year if no one volunteers](#))

Director at Large, a one-year term: Jeff Burkholder

Director: three-year position: Bill Carnazzo

Director: three-year position

The slate of candidates is shaping up nicely but that doesn't mean there isn't room for anyone else that would like to offer their time and assistance to the club. Like other activities, being on the Board is actually fun while being very educational. Just ask anyone who has served. It takes as much or as little time as you choose to give. Service on the Board allows you to chart Granite Bay Flycasters' future. For us to remain the great organization it is, we totally depend on the support of members willing to donate their time and talents. Please consider how you can help and become more involved. If you are interested in serving on any of these positions, or would like more information, please contact Frank Stoltzen at 725-6894 or Mike Brune at 723-4524 prior to the June Meeting.

Fly fishing Awareness Day

From page 12

try out cutting edge equipment on the water to decide what fits your needs and pocketbook.

Free casting lessons and demonstrations from Dave Shaffer and Jeff Putnam are available and there will be a pontoon/wading safety clinic on the water. You can bring your own boats if you want but there will also be several other types of pontoon boats provided by the manufacturers for you to try out.

The public is invited and the clubs will provide fly tying for the kids and free casting lessons for the adults and older children.

I am looking for someone in the

club to act as coordinator for this event and several volunteers to make this a success. Much like the Salmon festival, we need to provide members to help out in the fly tying booth and members to help with the casting. Even if you have never tied a fly, we can bring you up to speed in a few minutes so you will be an expert at teaching and helping the children.

If you haven't coordinated an event before, don't worry, it is easy. If you are a Golden Trout Participant, this will fulfill a club requirement for the program. Please call or e-mail Gary Flanagan if you wish to participate in this event at (916) 223-4240.

False Cast and Its many uses

Previous articles have focused on the development of skills necessary and leading up to a strong false cast. False casting, making the well controlled parallel loops seen in the air, represents classic fly casting. The quality of those loops is the benchmark of good fly casting. In the future, as you develop a repertoire of line mending techniques and fly presentation methods, nearly every cast you make will require that you use a false cast or two to prepare.

False casting is the act of moving the rod from one casting angle to another, stopping the rod at each angle to form a loop and to carry the fly.

To define the stopping points of the rod, we will refer to the clock. Although it is helpful to establish points of reference, the problem with the clock metaphor is that some have drawn an

arc from 10 o'clock to 2 o'clock so that in a diagram it looks as though the rod travels in a curved path. In reality, there is no clock face or pivot point but only points of reference at which you stop the



Floyd Dean

rod in relationship to the flat ground or water. You are not casting an arc, but to an angle. Your rod tip must travel in a straight path. Your rod must travel in a straight plane. Your hand should move up and down along a diagonal straight line approximately forty-five degrees to the ground.

We use a variety of angles depending on distance. The degree of angle to the ground gets closer to parallel as the cast lengthens. For a longer cast, we use a longer stroke and for a shorter cast, we use a shorter stroke. Distance casting requires reversing the whole process so that the back cast is low

See 'False Cast' page 17



6412 Tupelo Drive, Suite C
Citrus Heights, CA 95610
916-722-1055

info@flyfishingspecialties.com

False Cast and its uses

See 'False Cast' page 17

and the forward cast is high. Distance casting will be covered in a future article.

To practice the false cast. Let out twenty-five to thirty feet of fly line. Make a roll cast to straighten the line out. Put the index finger on the right side of the rod handle, (for right handers) so that the finger is parallel to the rod handle. This is only an exercise. Placing your finger on the side will help prevent you from breaking the wrist on the back cast.

Avoid putting your thumb on top as this may cause you to break the wrist on the back cast.

Placing the thumb on top may also lead to the undesirable curving of the plane and or path of the rod when you move on to distance casting. You will return your finger to it's superior free wrist or key grip position later.

In this practice, the rod becomes an extension of your finger. Immediately and smoothly accelerate the line off the water into a back cast. Stop the rod so that your finger is pointing at about 2 o'clock. The hand should be at about eye level and you should be able to see your hand in your peripheral vision. Allow the line to turn over almost completely, then accelerate forward to a good positive stop. Your finger should be pointing at about 10 o'clock.

At the forward stop, your forearm should be almost parallel to the ground or water. Your hand should have moved in a straight line downward and forward along that forty-five degree angle line. There should have been no arc in your hand, elbow or shoulder movement. It's more of a lift to a stop and drop to a stop.

The only way to do this properly is to allow the wrist, elbow and shoulder to move freely and follow that forty-five degree angle. (This is something that you may not find in any books or videos) If you are not following that angle, your casting stroke will suffer.

Utilizing this casting stroke will help

you avoid joint fatigue and gain better control of your casting. Top casters who use this method seem to have fewer problems with casting injuries such as tennis elbow, rotator cuff problems and tendinitis. And, they can fish longer.

After the forward stop, allow the loop to unroll and the fly to turn over almost completely, then accelerate up the forty-five degree angle and stop the hand at about eye level, stopping the back cast at 2 o'clock. You want to lift to the back cast and drop to the forward cast stops. You will also need to be aware that the tip of the rod must move first. You will be pulling the tip forward and downward through the forward casting stroke. You will be pulling the tip up on the back cast. This will allow the rod to load and bend as it maintains the straight line path of the rod tip.

Remembering that it is impossible to have a completely objective view of your own loops, observe your loops on the forward cast only. The top and bottom of the loop should be close to parallel to each other and to the water. Have a buddy observe your loops on the back cast. Looking at your own loops in the back cast is sure to distort your form. Your loops on the back cast should also be parallel. It's fine to have the loops slightly up in the back cast and slightly lower in the forward cast. But certainly, they should not be low enough to hit the water. The best way to observe this is with video.

Tempo and timing should be approximately the same for the forward and back cast. Repeat this false casting exercise about ten times so that you will begin to ingrain muscle memory. Then, lay the fly on the water. Shake out your hand to avoid hand fatigue. Roll cast to straighten the line and begin again.

Avoid the 'push pull' method because it doesn't load the rod efficiently and often leads to tailing loops. Avoid

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False Cast and its uses

See 'False Cast' page 17

the 'pulling of a light chain' method because it reduces the ability to accelerate forward smoothly and restricts the use of the elbow and wrist. Also, avoid the book under the elbow method as it restricts the use of the shoulder. You want to use all three joints in a controlled natural manner. None of the joints should be locked. You'll need them all to make the cast.

The Many uses of the False cast:

To Lengthen Line - From thirty feet to forty feet: Roll cast out to straighten the line. Lift the line to begin a back cast. As you move the rod through the back cast stroke, strip about two and one half feet of line off the reel with the line hand. Stop the rod in the back cast, holding that slack line taught with the line hand. After the loop unrolls behind you, start the forward stroke and let the two and one half feet of line slide through the guides when you stop your forward cast. Your loop will need to be powerful enough to pull the slack line through the guides. It may take four casts to gain ten feet in distance. To add more distance, continue stripping line off the reel in the back cast and shooting it on the forward cast. You should be able to let a little line out each time you make a forward stop.

To shorten line - From forty to thirty feet: With the line laying in the water, reach up to the first stripping guide with the thumb and forefinger of the line hand and grasp the fly line. Pull the line to the middle finger of the casting hand and hook the line over that finger. You will have created a loop about one and one half feet long between the middle finger of the casting hand and the reel.

Now, lift the rod into a back cast and using your line hand, strip in about two and one half feet of line as you load the rod and move into the back cast stop position. You will be dragging line over your finger. Be careful not to burn your finger with line friction. Stop at about 2 o'clock. Both hands will stop

moving at the stop point.

Lock the line under your casting hand and let the line unroll behind you. Let go with your line hand and accelerate forward with your rod hand. Then, grasp the line behind your casting hand and repeat the above process of stripping line on the back cast until you achieve the desired length of line.

As you stroke forward, stopping the rod at 10 o'clock, since the line is now shorter, your timing and tempo will have to change.

The distance the rod tip travels will shorten. If you don't decrease the speed and the distance that the tip travels, you will be using too much movement and energy. You only need enough energy and acceleration to turn the fly over. If you use too much force, you will get a snapping or popping sound from your fly. Also, be careful not to rush the forward and back cast or you may pop your fly off.

As you lengthen and shorten the line you will be constantly adjusting the power, timing and tempo of your casting stroke. For a long cast, you use long strokes and more power. For a short cast, you use shorter strokes and less power. For this short line you may not need to stop the rod at 10 o'clock and 2 o'clock. You may find that you will stop at 10:30 and 1:30. For the longer cast you may need to stop at 9:30 and 2:30. It will all vary.

You lengthen line on the forward stroke and shorten line on the back cast. Be sure to repeat the practice of lengthening and shortening line with the false cast. This will help you develop line handling skills that will be invaluable when it's time to learn to single, double and yes, even triple haul.

To Dry the fly - False cast three or four times to dry your fly before returning it to the water. Be sure not to false cast over a fish as it will see movement and head for cover.

To Change Direction - False casting is used when you want to cast in a new

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False Cast continued

See 'False Cast' page 18

direction. In order to make a ninety degree change in direction you will need to make at least three false casts of approximately thirty degrees each. First, make the back cast. Turn your body thirty degrees. Make your forward false cast. Make another back cast and turn another thirty degrees. Make another forward false cast. Make your back cast, turn the final thirty degrees, make the cast, stop the rod and present the fly. If you try to accomplish a ninety degree change of direction in one cast you may find yourself wearing a size 20 Blue Winged Olive earring. Or even worse, a 2/0 Whistler.

To set up for a mend - The false cast will help you get your loops and timing

under control so that you will be ready and have the energy in the line necessary for the mend.

To set up for a fly presentation, wet or dry - False casting will help get the line and loop under control which is essential for a good presentation of the fly.

To get the timing and tempo right to cast distance or throw a shooting head- False casting will allow you to feel the load of the rod so you will know when it's time to shoot that long distance cast.

To measure distance to a fish or a target - When fishing, measure your distance off to the side lengthening or shortening line as needed. When you have it right, turn, (no more than thirty degrees) cast and present the fly. When casting to a target, you can measure directly over the target.

Be sure to review previous articles regarding grip, stance, path and plane of the rod, etc. The information in each article applies to the next and is intended to be cumulative. Next month we'll shoot a little line and add the haul.

As always, I will be happy to answer any questions regarding false casting or other fly casting techniques at the GGACC casting ponds or at email.

Tight Loops!
Floyd Dean

Granite Bay Flycasters Classifieds

FOR SALE:

For Sale: 1 Sage 590-4 SLT 295.00

1 Sage 896-4 SLT 295.00

1 Super FatCat Float Tube 175.00

Contact Steve Johnston 530.644.4061

For Sale: Loomis 9 ft. 8weight GLX flyrod. Medium/fast action. Great bass or saltwater rod. List \$585, selling for \$300. Pete Peterson (916) 786-9133

To place a classified you must be a member in good standing of the Granite Bay Flycasters. Submit your listing to: jburkholder@nmvinc.com with subject line: GBF: classified. Or mail your info to: Jeff Burkholder, 11300 Coloma Rd. Suite B14, Gold River, CA 95670.

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The Leader

THE NEWSPAPER OF THE GRANITE BAY FLYCASTERS

Granite Bay Flycasters

4120 Douglas Blvd. #306-356

Granite Bay, CA 95746-5936

Granite Bay Flycasters

Mission: The organization is dedicated to conservation of fish habitat, advancement of the art of Fly Fishing, and good sportsmanship

Meetings: General club meetings are held on the second Thursday of each month at the Granite Bay Activities Center on the shores of Folsom Lake. For directions, check www.gbflycasters.org or call Gary Flanagan 916-223-4240.

Doors open between 6:30pm and 7pm for socializing and fly tying demonstrations. The business portion of the meeting begins at 7:30pm. The main program gets underway after a short refreshment break and usually involves a guest speaker and slide show or other presentation. Each meeting also has a raffle, and visitors are always welcome.

Membership: Applications are available online www.gbflycasters.org and at general meetings. Single membership: \$30; Family memberships: \$35; and youth (under 18): \$10. There is also an \$8 name badge charge for all new members. Membership is pro-rated throughout the year. For membership information, call Lester Snow 916-967-7563 or visit the website www.gbflycasters.org

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