



Cross Currents

September 2011

May Meeting at D Rowes September 6, 2011 7:00 pm

Jeff Koppelman will be speaking on "Trout Science in Missouri"

October Meeting Change

In order to accommodate our October speaker, Leonard Keeney, the October meeting will be held on **Thursday** night (the 6th) instead of Tuesday (the 4th). It will still take place at 7:00 at D'Rowes. Leonard is an accomplished nightfishing guide on Taneycomo and should have lots of insight that makes the one-time change worthwhile.

Upcoming Programs and Events

September 9, 2011: Stream Team survey is tentative scheduled for the Little Piney for Saturday Sept 9th. Rain date is Saturday Sept 17th. Meet at the Grindstone/Hwy 63 commuter lot at 7:30am. Bring your own eats and drinks (and rods). Details to be firmed up at our Sept 6th meeting.

September 17, 2011: Stream Team 4167, Venture Crew 84, and a group of folks from Newburg are hosting a clean-up on the Little Piney and at the city park in Newburg on Sept

17th. They will be working from the upper Mill Dam Hollow access to the confluence with the Gasconade. They will then have a cook-out at the Newburg Children's Museum.

October 6, 2011 (Thursday): (NOTE meeting day for October changed) Leonard Keeney- Nightfishing Taneycomo

October 8, 2011: Stream Team Level 1 Volunteer Water Quality Monitoring Workshop on Saturday October 8th in Columbia. Registration deadline is Wednesday, October 5th.

November 1, 2011: Jeff Briggler- Hellbender Studies, some of which are threatened.

Didymo Alert

Missouri Department of Conservation has issued a Didymo alert. Didymo, short for *Didymosphenia geminata*, is an invasive alga, often referred to as "rock snot" for its ability to form thick mats on the bottom of streams. It smothers aquatic life vital to food chain that supports fish.

Didymo has been found just south of Missouri border in portions of the White River in Arkansas and North Fork of White River. Help prevent the spread by checking all equipment that comes into contact with water, especially felt soled wading boots, and cleaning them by one of the following methods. Completely soak soft gear, like felt-sole wader boots, for 20 minutes in a 2% solution of bleach (1/3 cup per gallon water), or with 5% saltwater solution (1 cup per gallon of water), or with

dishwashing detergent. Scrub hard items thoroughly. Alternatively, completely dry the item by exposing to sunlight and leaving to dry for at least 48 hours. For more information see mdc.mo.gov

Bill Lamberson Receives Rod Building Award

(reprinted from *The Planing Form*, issue # 129, May-June 2011)

If you're a serious angler or rod maker from Michigan you most likely have heard of or been acquainted with Bill Waara. We lost Bill a few years back and while he was with us he was a legend and one of the most creative rod makers I have known. But more importantly Bill was a generous guy. I am often reminded of his generosity while working in my shop as Bill sent me tools and jigs and whatcha-ma-call-its to try out. All painted yellow! Bill's generosity went further than sharing gadgets for during his rod making career he made more than 200 rods and never sold a one. Instead he gave them all away to good causes and good men.

In honor of Bill Waara and other past rod makers like him I'd like to begin recognizing current craftsmen with "The Generous Rod Makers' Award". The first recipient of The Generous Rod Makers' Award is a well known and well regarded rod maker from Columbia, Missouri, Bill Lamberson.

If you have been with the Planing Form newsletter for any amount of time you are well acquainted with Bill's contributions. His insights and articles are a regular feature of the newsletter and his creativity is noticeable in experiments like the Widened Hex, Scarfing Techniques and Rectangular Rod Section rods-all of which he unselfishly shares with fellow rod makers.

But like Bill Waara, the other Bill has also made over 200 cane fly rods of which the vast majority gets donated. Mr. Lamberson is a quiet guy not prone to braggadocio so we really aren't certain how many fly rods Bill has

given away over the past 20 years. According to one of Bill's good friends: "Bill has mentioned that he's donated about a quarter of his production to TU; either directly to the banquet program or in exchange for guided fishing trips. His total production is over 200 now but not even Bill can tell you how many rods he's built exactly. If you estimate conservatively at \$500 per rod Bill's donations come to over \$25,000!"

I think that's enough said other than congratulations to Mr. Bill Lamberson, fellow rod maker and a generous one at that.

If you know of someone deserving The Generous Rod Makers' Award please let me know so they can be recognized in The Planing Form.

Casting Corner by Gary Eaton

Training versus Conditioning

Many use these terms interchangeably. In an effort to promote professional standards, let's refine our thinking. Both **training** & **conditioning** are primarily physical activities. Non-physical reading pursuits fall under the category of "**preparation**". Physical preparations intend to build the body for the expected loads encountered in a particular angling scenario. A week of Irish Salmon fishing with two-handed rods demands decidedly different physical skills than a couple of hours on Mill Creek.

Conditioning - the strength, endurance, and coordination activities performed while not using the device (fly rod) that eventually will be required to pursue the intended task (fly casting or fly fishing).

Training - Activities performed to enhance performance with a specific device (fly rod) while using the device in its intended form. - SO, a practice device built upon a fly rod handle but not primarily designed for casting to a fish is used as a **conditioning** device. Examples include Fly-O, Micro Practice Rod, Mel-O, etc.

Stretching, weight-lifting, hand-casting, spin-fishing, aerobics, martial-arts, dancing, push-ups, and calisthenics are all **conditioning** activities. They remain **conditioning** activities even if you perform them while holding a fly rod.

Casting to targets in the yard and seeing how far you can cast against a tape measure are **training**. Practicing your double-haul, throwing curves around the shrubs, preparing for your FFF certification test during a lesson are all **training**, also. Tutoring from a Master or CCI usually falls into the category of **training** even at times you are not holding a fly rod.

Reading this article is **preparation** because it does not involve a primarily physical action. Studying DVD's, books, articles, web sites, and responding in an on-line study group are in the same category. They are **neither conditioning** nor **training**.

Taking a certification test, fly fishing, instructing fly casting, and competing are considered **end-applications**. Usually, they constitute one's intended purpose for doing all of the other stuff.

Participating in various *casting games* or "*casting competitions*" are **training** because you are using a fly rod and line. ISE & ACA Casting tournaments could be considered as **training** for fishing AND are **end applications**, too.

Over-training and Injury

When one practices a few casts with a heavier line weight outfit (9 instead of 7), they are intentionally over-training.

When one goes to a twelve-foot leader for accuracy at 50 feet from 7.5 foot leader, they are intentionally over-training.

When one casts maximum distance beyond what will be expected on their exam, they are intentionally over-training.

When casting to six inch targets when the exam requires twenty-four inch accuracy, they are over-training.

When one casts with a very small diameter, low mass leader that represents a much lighter leader than they will use, they are intentionally over-training.

Making the task more difficult than one will be required to perform is a shrewd way to train through those performance slumps and progress plateaus. This technique is best applied in limited amount so injury and fatigue do not interrupt practice regimens.

Casters should exercise caution in these pursuits lest injury befall them. Experiencing pain, muscle burning, reduced capacity or other warning sign of over-use injury provides opportunities to act wisely.

- STOP!
- ICE the area of focal symptoms (remember not to apply cold directly to skin). NEVER USE LOCAL HEAT!
- REST the area completely until no symptoms persist.
- Re-start at a lower level of intensity and duration.
- If pain presents in multiple areas, new joint noises appear, motion becomes newly limited, numbness or tingling arise in any area, or swelling stays beyond 48-hours, get thee to a physician for proper treatment.

My casting instruction, alone, will not improve your fly casting; **practicing well & often**, that which you have learned, is required. - Gary Eaton, MCCI - doubledok@gmail.com

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Cross Currents, the Mid-Missouri Chapter of Trout Unlimited newsletter, has a circulation of approximately 300. Regular chapter meetings are held on the first Tuesday of each month, except for July and August. The regular meeting place is back room in D'Rowe's, located off Forum, just north of the intersection with Nifong, in Columbia, MO. June meeting is at Bethel Park. Meeting time is at 7p.m., but come early to chat and eat. Board meeting before hand.

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