

Mid-Missouri Trout Unlimited
<http://www.midmotu.org/>



Cross Currents

October 2012

**Regular Meeting for October
Bob Hook will be discussing Caribbean
and Mexico Adventures**

Saturday Oct 6th Stream Team survey of the Little Piney. Leave at 7:30 from the New Haven / Hwy 63 commuter lot. Bring your own snacks, beverages, and rod. Contact Michael Riley at rileym@missouri.edu if interested

Learn to catch a trout volunteers needed

The Bethel Park winter trout stocking program provides us a great opportunity to recruit members by introducing them to conservation through fly fishing. In order to take advantage of this, we plan to teach fly casting and tying one Saturday morning, then test these new skills on freshly stocked fish. Getting new fly fishers there early should give them a good opportunity for success and allow us to build relationships with people potentially interested in our organization. More details to follow at the October meeting. If you are interested in volunteering for a couple of hours Saturday morning Nov 3rd, please contact Scott Gerlt at [573-256-9521](tel:573-256-9521) or gerlts@missouri.edu.

Upcoming Programs and Events:

NOTE: As of January 3, 2012 we will be meeting at the Wine Room at Jack's Gourmet Restaurant. Dinner and conversation are at 6:00pm, followed by the meeting at 7:00pm. Jack's Gourmet Restaurant is on East Business Loop I-70 (across from east side Westlake's Hardware)

Friday October 26th Newsletter Deadline. Please submit your articles, columns, and announcements to Denis Hancock at hancock.denis@gmail.com.

Tuesday Oct 2nd 7pm, regular meeting at Jack's Gourmet. Bob Hook on Caribbean and Mexico Adventures.

Saturday Nov 10th, special meeting/workshop at Rock Quarry House, 12 - 5pm. Bill Lamberson and Ron Barch present "Modern bamboo – your granddad's fly rod."

Tuesday Dec 4th 7pm, regular meeting at Jack's Gourmet. Photo Contest.

Tuesday Jan 8th 7pm, regular meeting at Jack's Gourmet. Ryan Verkcamp, guide, Fishing in Alaska.

Tuesday Feb 5th 7pm, regular meeting at Jack's Gourmet. Jeff Witten and Michael Riley on Fishing Opportunities at Goodnews Alaska.

Friday, Feb 8th 5:30. Conservation Banquet at Stoney Creek Inn.

Saturday, March 9, 2012 special meeting national speaker George Daniel

Jerry Case Memorial

It was the Spring of 1991 when the good Lord blessed me with one of my most prized possessions I have had to date, the friendship and memories of time spent with Jerry L. Case. I had recently graduated from the University of Missouri and was working as an outdoor recreation specialist for the city of Columbia when through a stroke of luck I was connected with Jerry, who at the time was the education chair for the Mid-Missouri Chapter of Trout Unlimited. Together we began to strategize ways to educate others around Columbia and mid-Missouri on the finer points of fly fishing, fly tying and rod building. After many phone conversations it was finally time to discuss locations. In typical Jerry fashion, he let me know that he'd be glad to assist teaching the classes but he'd require the facility to be wheel chair accessible. You see, Jerry never let his physical

capabilities limit his accomplishments and if one closed his eyes while around Jerry, he would never have known Jerry had a physical limitation.

Jerry and I finally met face to face, and we soon discovered that more than just fishing connected us: we were neighbors, I had repaired his van while working as a mechanic through college, we both had a zest for life, we liked sharing our hobbies with others and so much more. For the next 22 years I was blessed with his friendship. If you are reading this article then I'm positive either you or someone you know has also been blessed to have known Jerry L. Case.

Jerry was diagnosed with Polio at just 6 months of age, but he never let that stop him. He went duck hunting, goose hunting, turkey hunting and fishing all around this great nation. He could tie flies as well as anyone I know, and I loved to sit with him while he showed me the finer points of tying new fly patterns. He was never bashful about letting me know I could do better and showing me how.

I spent many days fishing with Jerry and it was often difficult to get him positioned in that wheel chair where he could best catch fish. Those challenges never seemed to faze him. I think the difficulties often challenged me more than him.

One of my favorite places to visit with Jerry was Bennett Spring State Park. We often talked about how the area around and across from the hatchery had such potential for being more accessible. It looks like we finally have the opportunity to make that happen. The Missouri Conservation Heritage Foundation is currently raising funds to improve access and safety at Bennett Spring State Park. The area they will be improving is the one we had often discussed.

After surviving Polio, a horrific car wreck, a heart attack, brain cancer and lung cancer, the good Lord finally took Jerry from us on April 14th of 2012. While he no longer graces us here on earth he will forever walk in spirit by the side of those who have met him.

Please help me honor a man who gave so much to so many and never asked for anything in return. It is my goal to raise \$5,000 towards the Bennett Spring Access and Safety project in the name of Jerry L. Case. In so doing his name will forever grace a plaque to be displayed at Bennett Spring State Park.

There is no donation too small or too large to help remember a great former friend and member of the club. Make check payable to: **MCHF** In the Memo Field place: **Jerry L Case Memorial**

Send check to:

C. Dean Rapp
4505 Nathaniel Drive
Columbia, MO 65202

Please feel free to call or e-mail with questions at 573-268-5050 or Dean.Rapp@gmail.com.

CASTING CORNER - TIMING IS EVERYTHING; PART TWO

© 2012 by Gary Eaton, FFF Master Casting Instructor.

TIMING IS ESSENTIAL, LOOK FOR IT — 2ND OF 2 PARTS

VISUAL CUES

The CANDY-CANE appearance provides a general visual shape of fly line (not including leader) to serve as a cue to initiate the neurological command of rod movement. Similar descriptions include "Shepherd's Crook" "Lazy "J", "fish hook", etc. — simply a letter "J" on its side.

I make it a point to shop for large, decorative Candy-Cane shaped yard and house decorations on the day after Christmas. Though the selection may be limited, I can usually acquire a few to employ as training props for instructional sessions — and at bargain prices. I also acquired some ink pens bent into this shape from promotional items at professional offices. I carry one in my shirt pocket while teaching (ordinary wire or pipe-cleaners/craft-stems also work). The number of students who find these simple loop-shape models helpful might impress even experienced instructors. I also employ them to demonstrate launch angles for loops — usually trying to get back casts to climb as their initial trajectory.

Response time is the sum of reaction time plus movement time. Individuals vary in their response time and there is no practical value in trying to decrease response time for fly casting. Also, the time-lapse of overcoming rod flex and line momentum, changes with amount of line beyond the rod tip. The variations in tackle characteristics, line inertia, and loop momentum add to the delay between stimulus and line movement. So, characteristics of the Candy-Cane necessarily change from caster-to-caster and fine-tuning the visual stimulus helps the angler refine the duration of their pause from cast-to-cast.

Clients benefit from the instructor audibly announcing, "Candy-Cane", as the proper shape appears in the dynamic loop. This identifies the general shape the instructor seeks while indicating the starting sequence for making the half-cast rod motion.

Back cast observation typically demands the most training and repositioning to accurately detect the

optimal Candy-Cane appearance. Start with turning the rod-side foot away from the caster, then refine loop placement so as to remain in the field of view of the caster. Often placing caster's hat further back on their head or turning a ball cap backwards improves the vertical field of view. Be cautious creating head turning with upward gaze, as this may impede blood flow through the neck, further adaptation with foot placement offers fewer risks. Risks increase with people who demonstrate impaired flexibility, students with chronic connective-tissue disorders, vascular pathology, and the elderly.

By the time the initiation command filters through brain processing and muscle activation physiology, the loop will have unrolled enough to avoid "whip crack" and still not have straightened enough to have dropped beneath the rod tip on a vertical cast. As cast length increases, actions that augment line speed, loop speed, and loading of the rod may significantly add to the effectiveness of the cast. Skills such as hauling, shooting line, and changing casting plane from back cast to forward cast — all may compensate for distances that exceed the casters capacity to keep the required length of fly line airborne without sagging. Such line fall might generate crossed loops, ticking, tailing loops, rod shear, or hook-impaled anglers. The timing of hauls, line shoot, upward loop trajectory of back casts, and plane changes between forward and back casts remain similarly critical to proper pause for effective casting.

When the rest of their casting stroke is sound with a smooth, controlled initiation move — begin coaching students to react to a "longer short-leg" of their casting loop Candy-Cane if generating crossed-loops, or "shorter short leg" if whip cracking sounds appear. This subtle direction requires the student to visually focus on their progressing loop and to anticipate the Candy-Cane trigger for initiating the smooth casting motion. Later, after the client's timing evolves to an acceptable consistency, drift can be added during the interval between stop and the expected visual cue — Candy-Cane. Limiting refinements to a single item at a time builds skills rather than overwhelming clients with confusion.

Timing pause and the other essentials, apply equally to the backward casts as forward casts. One may find drifting into forward casts helpful in carrying long lines into back casts.

Key Points to consider for TIMING issues that present as casting faults

- Proper loop shape for initiating casting motion cannot be purely determined by feel alone — visualizing a J-shaped line-form overcomes this.

- Positioning students to see their entire back cast requires foot placement, loop trajectory, and spine flexibility adaptations. Inherent risks increase with specific student health issues.

- Keep in mind that initiation of rod movement does not imply sudden or jerky starting of that motion; smooth casting remains preferred.

- Initiating tip motion too soon, especially when applied too forcefully, often presents as the "whip crack" that breaks the fly from the leader.

- Crossed loops and tailing loops usually indicate too long a delay in initiating rod movement for the loop trajectory, even with proper tip path (SLP).

- More severe delays are implicated in ticking, terminal tackle striking rods, and hooks impaled in the caster even when initial back cast loop trajectory climbs away from the rod tip.

- Longer pauses for longer casts may seem less significant due to increased casting power & speed needed for longer deliveries. Using visual, loop-shape cues enhances consistency from cast-to-cast.

- Response time is the sum of reaction time plus movement time. Add extra time for gear flex and inertia to be overcome in fly casting. Thus anticipating loop evolution informs duration of inter-cast pause.

- "Candy-Cane" appearance of fly line, excluding leader, provides a time-proven cue for teaching timing that carries-over nicely to nearly all angling situations.

- Any item shaped like the letter "J" employed as a visual aid helps convey the concept to clients.

- When length of line carried from back cast to forward cast increases, additional techniques aid in keeping fly line from dropping too low during the pause — (upward loop trajectory, haul, drift, oval cast, line shoot, shorter carry, etc.) Ideally, the entire line remains beyond, or above, the rod tip throughout the overhead cast.

The Gammels' ESSENTIALS OF FLY CASTING present enlightened compilation and observation to inform contemporary fly casters. High-speed video and precision timers may transform traditional concepts of cast timing & pause. Smooth initiation of rod tip movement must be subtly timed by pausing for the proper delay — the appearance of the "Candy-Cane" may suffice as a visual cue for the neurological signal to begin rod movement. Though traditionally expressed as "long cast – long pause; short cast – short pause", comprehending subtleties of timing issues shows value of more highly-developed teaching skills. Timing expertise represents a unique key to higher level fly casting performance.

Expert Master Certified Instruction alone, will not improve your fly casting; practicing well & often, that which you have learned, is required. - Gary Eaton, MCCI - contact me at 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 the Wine Room at Jack's Gourmet Restaurant, located on East Business Loop I-70 across from the east side Westlakes Hardware 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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