

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



Cross Currents

September 2012

**Regular Meeting Tuesday September 4th
Fly Tying and Movies
Bring your vises and materials**

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)

Tuesday Sept 4th 7pm, regular meeting at Jack's Gourmet. Fly tying and movies.

Friday Sep 21st 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

National TU meeting Sept 12-16th, Asheville, N.C.

Sept 28th 29th, Healing Water fundraiser to help disabled veterans at Montauk. Tom Timmerberg casting instructor, Mark Van Patten, fly tier. Sponsored by Reeds Cabin. \$100/person. 573-548-2222.

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.

March 9th (Saturday): George Daniel, author and head coach of fly fishing team USA.

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 can teach fly casting and tying one Saturday morning before the release and let them use their new skills the Saturday after the fish are stocked. 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 September meeting. If you are interested in volunteering for a couple of hours one Saturday

morning, please contact Scott Gerlt at [573-256-9521](tel:573-256-9521) or gerlts@missouri.edu.

In The Beginning...

By Curt Morgret

In the beginning there was 5X tippet. I don't know why but that's where it started, with dry flies or little nymphs, with no added weight, catching small fish on bright summer days. His friend called the fish "Young of the Year" but it did not displease him because he was catching fish on his very own hand-tied flies. ("Are there flies not tied by hand?" he wondered, then quickly cared less because he saw a fish rise.) Then on the second day, after reading the absolute wisdom as published in a fly fishing magazine, his eyes were opened to bead head nymphs on droppers with split shot. The fish got bigger and he saw that it was good.

On the third day he cursed as tried to untangle the bead head flies from the 5X tippet snarled with several split shot. He spent way too much time untangling and the bead heads took much time to tie what with poking his finger many times on the hook points as he put the beads on and dropping many beads in the carpet and he became angry and lashed out at his equipment. His rage opened the skies to rain and the water rose and became off-color and he caught even bigger fish and he saw that it was good and smiled and started fishing in bad weather even though the stupid tippet still tangled much.

On the fourth day he discovered even larger, weighted flies and he named them "Mohair Leeches" (stealing the credit from someone else even though everyone knew better) using lead wire the thickness of tow rope wrapped around hooks strong enough to land drift boats operated by rude people who parked them in the hole you were fishing and he caught even bigger fish. Below an indicator created from a substantial wad of yarn slathered with floatant, the flies sank deep into the darkness and spoke to the big fish tempting them to bite. Then he discovered woody debris and he lost many flies. He was *vexed*.

On the fifth day he drank beer and ate chips.

On the sixth day he ran out of 5X tippet and borrowed a spool of 3X from his friend. He found 3X to be an affable subordinate, easy to tie knots with, not as temperamental, did not tangle on crappy back casts when his loop closed and could

even pull loose from woody debris sometimes without breaking. He fought big fish in root wads and worried not; 3X was mighty and strong and could slay the strongest of the wild rainbows and browns (only kidding about "slay", he was a Catch and Release fisherman in the footsteps of the hallowed Lee Wulff.) He was mightily pleased with 3X and himself, and bragged to many of his so-called friends about his wisdom and success. His friends being weak and feeble-minded did not comprehend his wisdom and greatness and left him to fish on his own.

On the seventh day he went west to tall mountains to fish under bright skies and gin-clear water. He breathed in the dry, cool air, watching dimples of rises on the edges of the seams and squinted at the tiny bugs to see what the fish eateth. And then he clipped off the 3X tippet . . .

CASTING CORNER - TIMING IS EVERYTHING; PART ONE

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by Gary Eaton, FFF Master Casting Instructor.

TIMING IS ESSENTIAL, LOOK FOR IT — 1ST OF 2 PARTS

TIMING concepts critical to fly casting include INITIATING ROD MOTION AT THE PROPER TIME, and that the ideal pause between forward cast and back cast varies with cast length and other conditions. This represents one of the Five Essentials published by the Late Jay Gammel and his son, Bill Gammel, MCI, in their 1993 book *The Essentials of Fly Casting*. The original photographs and the correlated video from Bill Gammel's *Teaching Yourself to Fly Cast*, augment the written concepts.

Visual timing cues cannot be separated from the other four essentials, my translations of these are:

1. SLACK ELIMINATED BEFORE, AND THROUGHOUT, CASTING MOVEMENT
2. SMOOTH ACCELARATION OF THE ROD TIP TO AN ABRUPT STOP AFTER DELAYED ROTATION
3. VARY CASTING ARC & STROKE WITH AMOUNT OF CARRY
4. STRAIGHT LINE PATH (SLP) OF THE ROD TIP PROVIDES THE ULTIMATE ROD LOADING AND EFFICIENCY.

Inattention to any one of these will compromise any in-line cast. Esoteric discussions regarding "which essential is most important" undermine the integrated nature of these concepts.

The important portion of the false-cast includes WHEN TO BEGIN REVERSAL OF THE CASTING MOTION AFTER A PROPER LENGTH OF PAUSE. This delay VARIES WITH BOTH THE LENGTH OF LINE BEING CAST AND THE SPEED THAT THE LOOP IS MOVING. This PAUSE informs the concepts of proper TIMING to expertly cast a fly. At the terminus of a half-cast, either forward or back, the rod tip is stopped while the loop is formed. The rod tip then must not be prematurely moved away from the unrolling loop, lest the potential length of tip movement be compromised on the subsequent casting stroke. One must identify this motion as "creep" — a serious casting flaw. "Creep" shortens available tip travel usually leading to a concave path of the rod tip and a disastrous tailing loop.

This difference in pause duration can be demonstrated comparing a short cast of less than thirty-feet with a cast of sixty-feet or more, one-handed. To most accurately appreciate this, the cast speed and other variables must be minimized. FFF Master Certified Instructor Jim Rogers experimented with a stop watch analyzing these timing issues to conclude that the pause difference seems much less than we exhort due to the increased rod load, stroke velocity, & line speed necessary to cast longer distances. MCI, Jim Rogers feels the demands of such changes in the cast nearly negate much of the increased timing pause on longer one-handed casts. This provocative observation needs rigorous evaluation with precise timing devices to arrive at solid conclusions. Still, the concepts seem worthy of further study.

The rod tip begins moving from a stopped position, along a prescribed path, to a final stopped position. The TIMING of initiation of this tip movement provides the solution to the whip crack that snaps off terminal tackle as well as the crossed loop that can devolve into a catastrophic tailing loop, or a weighted fly travelling closer to the rod butt that may impact the rod, shearing it — or pierce the caster leading to flies embedded in the casters clothing or skin. Thus, proper timing adjustment and adaptations become essential to protect anglers and their gear.

A common misconception is that one can *feel* the proper timing for reversing direction of the cast. This false belief leads to the impression that better casters need not watch their back casts — nothing could be more incorrect. The only thing that can be reliably felt after the stop is the rod unloading after the line has completely straightened-out. This is too late to effectively initiate the casting motion. A properly executed cast involves smooth, continuous acceleration of the rod tip against the resistance offered by line, atmosphere, and rod stiffness. Thus the only additional motion that might be purely felt by the caster would be unloading as the rod returns to straight position. By the time this feeling transmits to the caster, the line has straightened and begun to drop toward the ground, due to gravity. With higher loop speeds, the loop actually reverses, much as in casting a positive curve or tuck cast. In a pure vertical cast, the terminal tackle has dropped below the rod tip and each millisecond of delay in initiating the casting motion results in the hook sequentially approximating the level of the caster, rod butt, and ground. To avoid this scenario, the caster must appropriately anticipate the straightening of the fly line and initiate the mental command to begin rod movement in the direction of the subsequent half-cast.

In driver training, we learn that the neurological command suffers a 0.75 second delay before the brake is applied when an emergency stop situation arises. Engineers designing traffic controls calculate an average reaction time of two-and-one-half seconds. These reaction times usually increase with age, distraction, and complexity of the stimulus. As a neuro-scientist and biomechanics practitioner, I posit that response time in fly casting may be considerably longer than those expected in motor vehicle operation. Contributing factors include body positioning, task complexity, and impediments involved in observing dynamic loop shapes that signal the need to initiate movement. Expect additional delays before movement occurs at the terminal tackle due to the flexible nature of fly casting equipment.

NEXT PART TWO - "VISUAL CUES TO PROPER CAST TIMING"

Expert Master Certified Instruction alone, will not improve your fly casting; practicing well & often, that which you have learned, is required. - Gary Eaton, MCI - 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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One of our significant costs is printing and mailing this newsletter. If you are willing to accept it by email, more of MMTU monies can be spent on conservation. Just send your email to rileym@missouri.edu to make the switch.