



"Our mission is to create opportunities and encourage, educate, and mentor women's responsible participation in the recreational sport of fly fishing. We support the policies/goals of the Federation of Fly Fishers, are open to women, men, and children from beginner to experienced through programs sponsored by women from the Texas Women Fly Fishers."

June 2007
www.twff.net



TWFF Business Update

Submitted by Cindi Sudds

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Time to update your contact information: We're having trouble reaching some of you! Please contact Kerri Stephenson with your contact information, and let her know if you are willing to share this info with other members of TWFF. Your contact information will be shared only with other members and only with your permission. You can reach Kerri at kstephenson1@austin.rr.com

CFR: The 2007 weekend was very successful (see [Update on 2007 Retreat](#) on p. 16). TWFF sponsored two women, and everyone who participated had a great time. For 2008, we are trying to organize two retreat weekends, but we need your help. Since Texas is so big, we're considering holding the second retreat at another location to make travel distances shorter for CFR attendees. If you are interested in helping at a CFR retreat, or if you have a suggestion for a location in addition to the Joshua Creek location, contact Mary Rohrer at info@twff.net

Future outings: We're always looking for new stretches of river to fish! The following have been suggested for future outings: Medina River, San Marcos (with Kevin from Texas Fly Fishers as our guide), and San Marcos River Trail (a new trail being developed by TPWD as a kayak/canoe trail). If you have a suggestion, please contact Mary at info@twff.net

Welcome New Members!

Cynthia Baird, Garland, TX

Mary Cole, San Antonio, TX

Sheryl Knight, Arlington, TX



Picture by Sheila Anderson



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From the President

By Mary Rohrer

To the Membership of TWFF,

As you all are aware, we are very blessed here in Texas to have the environment and natural resources available to us to easily enjoy the outdoors and the sport of fly fishing. This spring, because of my involvement with Casting for Recovery and attendance at the Gulf Coast Conclave with the Federation of Fly Fishers, I can substantiate that there is a new focus to expand the population of new fly fishers to be more inclusive to women and others by retooling some of the basic tenants of the fly fishing cast and making changes to the equipment we use.

Opportunity- (n) 1: favorable combinations of circumstances, time, and place, 2: a chance for advancement or progress

The fly fishing community is becoming more receptive to bolster opportunities for all. A current trend is instructing basic casting, which is very favorable to us as women fly fishers and the CFR participants. At the Gulf Coast Conclave, we heard Lefty Kreh discuss what he termed a “pivot” cast. This casting technique is more an upper body motion, with a side movement, not the “classic” overhead cast with the well defined “10 to 2” upper arm movement. How does this help women fly fishers? The pivot cast is a gentler movement that is easier on our bodies and can deliver the fly accurately. In this newsletter, Francis Hamm discusses the class she took at the Conclave with Pops Sorrells learning this modified casting technique.

Sheila Setter continues her Artist’s Series by spending time visiting with “the First Lady of Fly Fishing,” Joan Wulff. In Sheila’s interview, Joan encourages women to participate in fly fishing and support her passion for conservation and preservation of the beautiful places we fish. Joan also works with Winston Rod Company, helping make their rods more adaptable to the size of our hands and our bodies. Next time you are in a fly shop that carries Winston, pick up her rod and notice the how nice the grip feels. You can’t help but visualize that perfect cast with a nice tight loop you’d make with the rod. You’ll really appreciate the work she has contributed to this equipment. Enjoy learning more about Joan in this series.

Our Casting for Recovery retreat was another great success, thanks to TWFF’s financial support for two participants, and the many TWFF volunteers that participated with the retreat. To the right is a great photo of Chris Casal, one of this year’s CFR participants, with a beautiful trout. Chris was so receptive to learning about fly fishing and continuing her knowledge after the retreat, her husband and sons bought her a TFO rod and reel (the Casting for Recovery model, no less!) for her birthday. What a great way to introduce more women into the sport that we love so much. If you are interested in becoming a volunteer for the CFR program, please contact me. We are offering a class for new fly fishing instructors and river helpers on Friday August 24th. There are additional details on CFR in this newsletter (see p. 16) and more to follow.

When the opportunity presents itself, think about connecting with others, making “a favorable combination of circumstances, time and place” and share the sport of fly fishing. Our members have organized some great outings for this summer and fall, come join us!

Great Fishing,
Mary L. Rohrer
President



Upcoming TWFF Events

July 20-22

South Llano River, Junction

Coordinators: Glenna Noret
(michael.noret@suddenlink.net)
and Kelly Kazura
(<mailto:kelly.kazura@goodfellow.af.mil>)

August 24-26

Pedernales River Outing, Johnson City

Coordinator: Karen Gebhardt
(ktgeb@satx.rr.com)

September 14-16

Salt Water Outing, Galveston

Coordinator: Cynthia Leigh-Nussenblatt
(cnussenb@utmb.edu)

November 2-4

Beaver Bend State Park,
Broken Bow, OK.

Coordinators: Sheila Anderson
(brokenbowcoordinator1@twff.net)
and Linda Love
(brokenbowcoordinator2@twff.net)



Photo property of Chris Casal
Chris Casal shows off the beautiful trout she caught at the CFR retreat in April.

Trip Report: Bud Priddy One-Fly Memorial Contest On the Nueces River, Camp Wood, TX

By Sheila Anderson



Photo by Sheila Anderson
Audrey prepares to launch her kayak.



Photo by Sheila Anderson
Little fish

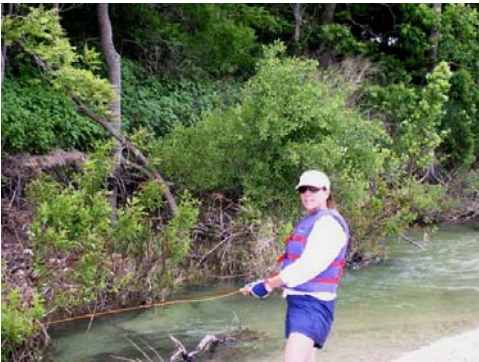


Photo by Sheila Anderson
Sheila Anderson fishing

The Nueces River this year was more beautiful than ever. The river was full, having benefited from some badly needed recent rains. The waters were crystal clear, as usual, and the fish were abundant. The outing was attended by few TWFF members, and the same can be said for the Alamo Fly Fishers. Our groups were split between the Bud Priddy contest and the first conclave of the Gulf Coast Council of the FFF in Lake Charles, Louisiana.



Photo by Sheila Anderson
Contest winner—Cindy Sudds

Our base was at Big Oak River Camp, in very nice cabins right on the Nueces River. We planned to provide casting lessons to the children of Camp Wood during our Mullet Mixer on Friday evening, and afterwards partake in the BBQ dinner provided by Bubba Hickman, former president of the Camp Wood Chamber of Commerce. We were ready to teach, however no Camp Wood youths came for lessons. So we taught ourselves a few new techniques; then proceeded to dinner. There were eighteen folks at the outing this year. We all participated in a raffle to benefit Casting for Recovery, and we collected some very nice door prizes.

Saturday morning started out a little overcast and cloudy, and the river was at a more chilly temperature than usual. Several of us put out on a float trip from Big Oak; we planned to kayak and fish for about 5 hours or so and return to camp in plenty of time to meet at Casa Falcon for dinner at 6:00 P.M. Sarah Valentine, Audrey Ambrose, and Sheila Hood took off early, while the next

group awaited the arrival of the rented kayaks for their trip. Linda Love, Mary Cole, Robert and Sheila Anderson, and Greg Setter were the next group to head down river. This was Greg's first kayak float trip, so we all hung together, spreading out far enough to fish while keeping in visual contact with at least one other member of the group.

Fishing from a kayak can be challenging. You want to cast toward the vegetation growth over the bank, but the wind and current do not help to keep your kayak pointed in the right direction, and it becomes very difficult at times to maneuver. So the best way to fish sometimes is to park the kayak, and get out and wade fish. There are plenty of opportunities to do this along the four to five mile stretch of river we chose to paddle. We caught a lot of little sun fish, and one or two large bass. Linda Love caught a 14½ inch bass with an 8 inch girth! Unfortunately, it was not on her "one fly," so it didn't count for the contest. Nevertheless, it is still thrilling to haul in a big one like that. Robert and Sheila did very well fishing the Anderson Slayer, an olive colored wooly bugger-like bead head fly. The caught over two dozen fish combined.

After spending the better part of the day on the river, we finally took out and headed to camp to clean up and go to dinner. The Alamo Fly Fishers provided a prize for the most fish caught, and the prize went to one of our members—Cindy Sudds! We seem to have a fair amount of luck capturing at least one of the major prizes offered each year. After dinner, we met at Big Oak to discuss business from an agenda provided by Mary Rohrer, finishing off one of the best trips to the Nueces in recent years.

I must mention the folks that stayed in the cabin between the Booths and the Setters. This family fosters tiny animals from the shelter where they live. They brought sister and brother 4-week old German Shepherd puppies with them for the weekend. Those puppies were the most loved creatures at the camp, often getting picked up and held by whoever passed by. They were so cute!!!



Photo by Linda Love
Barbeque dinner provided by Bubba Hickman and the Camp Wood Chamber of Commerce



Photo by Sheila Anderson
Cute puppies...



Photo by Sheila Anderson
More cute puppies!



Photos by Linda Love
The raffle activities raised \$85 for TWFF and \$50 for CFR at this outing. Great job!



Photo by Sheila Anderson
Sheila Hood takes a break.





Photo by Sheila Anderson
Glenna shares a smile.

South Llano River Outing

Junction, Texas
July 20 – 22, 2007

By Glenna Noret

Trip coordinators: Glenna Noret michael.noret@suddenlink.net and Kelley Kazura kelley.kazura@goodfellow.af.mil

Hope everyone is getting the itch to fish! This year's outing is starting to shape up and now is the time to make your plans to attend. The one thing that I can assure you is that it will be HOT, but the good news is that the water is always running and cool!



Photo by Sheila Anderson
Kayak fishing at it's finest

Outing headquarters this year will be at the Best Western Dos Rios and Kimble County Park. The Best Western just opened in March, and it is located at the junction of Hwy 377 and I-10 (behind the Dairy Queen). They are anxious to host our group. The owner has made us a great deal and has provided the TWFF a special rate of \$69 a room with up to four folks staying in the room. He has also agreed to allow us to use their special function room Friday evening for our Mullet Mixer at no charge. Can't beat that! Another added benefit of staying there is that the hotel offers a free, full breakfast every morning! What a great way to start the day. The special rate is only guaranteed until July 15th, so make your reservations early and let's fill up the whole hotel! Their telephone number is (325) 446-3929—make sure you ask for the TWFF rate.

Saturday morning, we plan on meeting at the Kimble County Park. The park is opened for day use only; first come, first serve. To get to the park, just follow the main street past the courthouse and across the bridge. Turn left and the park's entrance is on the left. When you get into the park, go left toward the bridge; we will be at the end of the road on the left in the large pavilion by the restrooms. The park is across the river from the city's Schreiner Park. It is managed by the county and has 30 acres. It is on the water with several access points to the river, new restroom facilities, and lots of shade trees and picnic tables. This is where we hope to have casting instructions, tying demonstrations, and classes, along with special assistance for our new fly-fishing members.



Photo by Sheila Anderson
Betty on the move

The Saturday evening dinner is planned to start at 7:00 P.M. at Isaack's Restaurant, 1606 Main Street, in Junction. They will be setting up a buffet with chicken and steak, baked potatoes, green beans, and salad. The cost is \$15 a person. I have to give them a firm headcount by July 15th, so **please make sure you e-mail us** with your plans, so we can make sure enough food is prepared.

Lodging

If you choose not to stay at the Best Western, there are numerous other places to stay in Junction. Everything from tent camping to hotel rooms is available, but please make your reservations early. This is vacation time. ***After you make your reservations, please e-mail either Kelley or myself and let us know you are attending the outing and where you are staying—that will give us a good count of the attendance. We will have a handout that lists all the attendees and where they are staying at the mullet mixer.***



Photo by Sheila Anderson
Friends share a stretch of the water.

OUTING SCHEDULE

Friday, July 20, 6:00 P.M. to 9:00 P.M.

Meet for Mullet Mixer at Best Western Dos Rios, 244 Dos Rios Drive, (Hwy 377 and I-10) in Junction, Texas. All the paper goods will be furnished. There will be auction items at the mullet mixer. Maps and a list of Saturday's activities will be handed out.

Saturday, July 21

All day fishing. Meet at Kimble County Park. Bring your lunch.

Saturday Night Dinner 7:00 P.M.

Dinner at Isaack's Restaurant. A brief business meeting will be held after dinner.

Sunday, July 22

You are free to fish or leave for home according to your schedule.

GUIDELINES and SUGGESTIONS

Bring your fly rod, reel, flies and extra equipment for those who may forget or need help. If you want to bring a spinning rod, that's fine too, but you may get funny looks; after all, we are the Texas Women Fly Fisher!

Suggested Flies: Woolly Buggers, Jig Head Nymphs, Clouser's, Sponge Bugs, Zonkers, Tarantulas, Miss Prissy, Spider Legs, or use your warm water imagination.

	What to Bring
✓	Sunscreen
✓	Camera
✓	Rain jacket
✓	Polarized sun glasses
✓	Warm clothes because, even in July, it can get chilly in the evening!
✓	Nylon shorts
✓	Tennis shoes
✓	Remember your hat too!
✓	You won't need waders, but if you prefer wearing them, wear breathable rather than neoprene.

Local Canoe & Kayak Rentals

If you plan to rent a canoe or kayak from a local outfitter, please make your reservations early.

Peacemaker River Expeditions: 365 River Road, Junction. (325) 446-2363.

South Llano River Canoes (and kayaks): 6 miles south of Junction off Hwy 377. (325) 446-2220.

Sonny's Canoes: 214 Patricia, Junction. (325) 446-2112.

For Tent or RV Site Reservations

Morgan Shady Park

600 South 6th St
Junction, Texas
(325) 446-2580
(325) 446-2071

Area Motels

Best Western Dos Rios

244 Dos Rios Drive
Hwy 377 and I-10
(325) 446-3929

Comfort Inn

Located at I-10, exit 456
(325) 446-3572
(800) 228-5150

Day's Inn

Located at I-10, exit 457
(325) 446-3730
(800) 329-7466

The Hills Motel

1520 Main Street
Junction, Texas
(325) 446-2567

Econo Lodge

Located at I-10, exit 456
(325) 446-2475

La Vista Motel

2040 Main Street
Junction, Texas
(325) 446-2191

Lazy T Motel

2043 Main Street
Junction, Texas
(325) 446-2565

Slumber Inn

2343 Main Street
Junction, Texas
(325) 446-4588

Sun Valley Motel

1611 Main Street
(325) 446-2505
(866) 446-2505

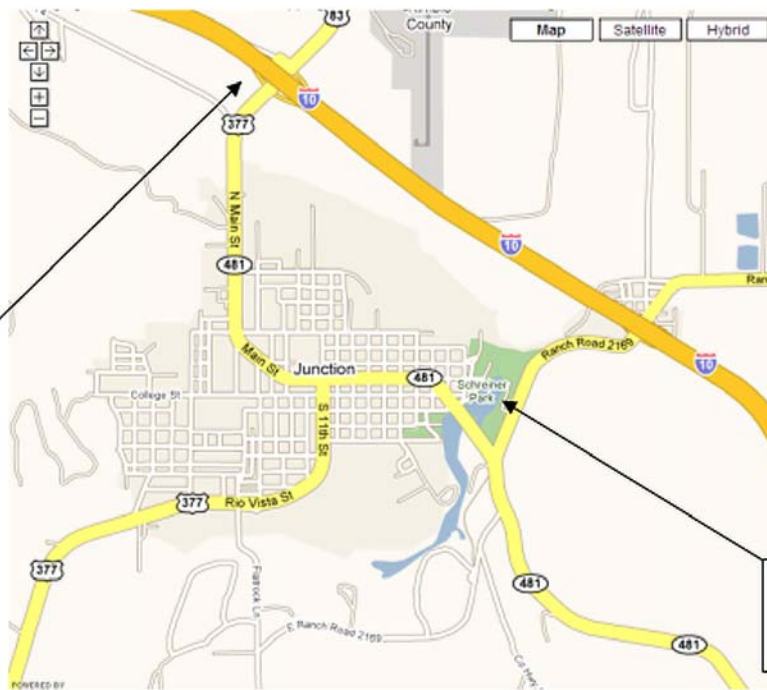
The Legends Inn

1908 Main Street
(325) 446-8644
(877) 445-8444



Photos by Sheila Anderson

Junction Texas



Best Western
Dos Rios

Kimble
County
Park

JUNCTION, TEXAS is on U.S. Highway 83, ninety-eight miles southeast of San Angelo. It is named for its location at the confluence of the North and South Llano Rivers.



Artist's Series—A Visit with



First Lady of Fly Fishing and Co-Founder of the Wulff School of Fly Fishing

By Sheila Setter

“To the outdoor women with whom I share a love of fly fishing and to the others who will one day discover its joys.”

Dedication written by Joan Wulff in her book, *Joan Wulff's Fly Fishing—Expert Advice from a Woman's Perspective*.

Every year between 1943 and 1951, Joan Salvato Wulff won one or more national casting titles in women's competitions. In 1951, she won four titles. That same year, using a 9-weight line, she also won an angler's distance fly event, out casting an all-male competition by an average of 12 inches. Her longest “official” cast in a national competition: 144 feet; however, in a registered New Jersey state competition in 1960, she cast a fly 161 feet for an unofficial women's record.

In addition to competing in casting tournaments, Joan has appeared in live and televised performances, including ABC's *American Sportsman*, and she is the author of three books on fly casting. In 1979, she and her husband, Lee, opened the Wulff School of Fly Fishing in the Catskill Mountains. Joan remains active in teaching the students who attend the school, many of which are women fly fishers, but she graciously took time from her busy schedule to answer a few questions.



Photo by Tom Pero, Trout Magazine
Furnished by Joan Wulff.

Joan Wulff on the Skeena River, BC, with an
18 lb steelhead.

Q: I read that you started fly fishing at the age of 10 after convincing your father that women could fish. Can you tell me what it was that first interested you about fly fishing, and what did you say to convince your dad to teach you?

A: At a young age (5 or 6) I spent an evening with my parents, bass fishing. Mother was rowing the boat and was constantly being corrected by Dad as to her positioning of the boat relative to the lily pads. I was intrigued by the smashing strike and the size of the bass...and it was obvious that it was better to be the fisherman than the rower.

At age 10, Dad took my younger brother to the Sunday morning casting sessions of the Paterson (NJ) casting club. I was left out because I was a girl.

One day after school, I asked my mother's permission to borrow Dad's fly rod so I could go to the nearby pond and try it. Two waves of the rod and the tip separated from the butt and slid down the line into six feet of water.

“Women will promote our sport to youngsters and work very hard for conservation. We need them.”

~ Joan Wulff

Casting details and disciplines

Excerpts from *Joan Wulff's Fly Fishing—Expert Advice from a Woman's Perspective**

1. Start the backcast with the rod against the underside of your forearm.
2. When taking line off the water, start the pickup with the rod tip low to the water and with no slack in the line.
3. On the pickup, end the backcast stroke as the fly comes out of the water.
4. End all backcast strokes with the rod hand in front of, above, or in line with your shoulder, but not behind it.
5. Keep your elbow forward of your shoulder, regardless of the angle of the cast.
6. Use a squeeze stop on the backcast with a straight but not stiff wrist.
7. On every cast, aim at a particular inch of the water.
8. Determine a hand-to-target line before beginning the forward cast. Make a straight line path along it, leading with the elbow and finishing with the hand.
9. Use enough acceleration to unroll completely the line above the water....
10. Use hand and wrist action in the forward cast power snap by pushing forward with your thumb as far as you can and using your last two fingers to pull the rod grip back up against your forearm.

* Wulff, Joan Salvato. (1991). *Joan Wulff's Fly Fishing—Expert Advice from a Woman's Perspective*. Harrisburg, PA: Stackpole Books.

Our next-door neighbor rescued it with a rake, Dad was told about it, and, to my surprise, I was invited to join him and my brother on Sunday mornings.

Q: Can you talk a little about how you met Lee and some of the challenges and accomplishments you are most proud to have shared together?

A: Lee was going to make a film about giant bluefin tuna fishing in Newfoundland for the American Sportsman series—in 1966. He wanted a woman who had never fished before to be the angler, and the singer Kay Starr (Wheel of Fortune) was chosen. She became ill and cancelled and ABC contacted the Garcia Corporation for whom I worked. My boss, Dick Wolff, asked if I would like to take her place. As my mind jumped from giant bluefin (I get seasick), to Newfoundland (fog), to Lee Wulff (a hermit) I heard my self saying: "Sure! When?"

It turned out to be a wonderful trip—no fog—no seasickness—I caught a 572 lb. tuna—and it was the beginning of our relationship.

Lee became my conservation mentor.

Q: Have you ever had the opportunity to fly fish in Texas, and if so, where? Do you have any memories you'd like to share about a favorite fly-fishing experience?

A: I've fished Texas only once, for bass, and don't remember where.

A favorite experience: British Columbia—fishing the Copper River, a tributary of the Skeena. I was all alone in this glacier-colored stream in a deep forest, casting down and across in the usual way for steelhead, when I heard a rise behind and upstream of me. I watched and the fish rose again. I put on a #12 Royal Wulff and dead drifted it over him and he took it!!! I was particularly happy because dead drifting a dry fly is unusual in this sport. Being alone was part of it's being special.

Q: I read about your efforts in helping the Winston Rod Company develop special sized handles to accommodate the grip for women. You said you were doing this to bring women into the sport. You also said we should be talking about bringing women into the sport because they are the next growing group, and without women, "we're going to be in trouble." Can you expand on this?

A: The reason there are so few women of my generation in this sport is that the weight of the bamboo rods and the circumference of the rod grip discouraged women. Even today, male store clerks tend to recommend rods that *they* find comfortable, not realizing that women have approximately 55% of the upper body strength of men. The Winston rods that bear my name have a smaller circumference and a groove for the thumb, to place the hand on the rod in a way to get the best feeling out of the rod.

Women will promote our sport to youngsters and work very hard for conservation. We need them.

Q: Your passion for conservation seems almost stronger than your passion for fly fishing. I read a quote in which you said that the most important aspect of fly-fishing is “that you are in beautiful places and you are because these fish only live in clean water and you can touch another creature and feel its heart beat, feel its life source, and still release it and let it be free again.”

Can you talk a little bit about what you have done to promote conservation efforts and what you would like to see fly fishers; especially women fly fishers, doing to continue your work?

A: I think that what I said sums it up. I have talked about conservation to all of my fishing school classes over the years—several thousand people, I'm sure. women's mothering instincts make them susceptible to conservation ethics.

Q: If you could pick any three people (living, passed, or imaginary) to go fly fishing with, who would they be, where would you go, and why?

- A:**
1. Robert Redford because of the impact THE RIVER RAN THROUGH IT had on women.
 2. Sandra Day O'Connor because of the heights she attained still loving to fly fish. How wonderful to have something in common with her.
 3. Any of the friends I've fished with over the years...because of the bonding that takes place automatically.

I am happy to fish anywhere because of what I said in your (previous) question.



Joan Wulff has authored three books on fly casting.

Fly Casting Techniques (ISBN1-55821-354-6) published in 1987 by The Lyons Press

In addition to providing excellent technical advice for the angler, this book includes a chapter on teaching children and persons with disabilities to fly cast.

Joan Wulff's Fly Fishing—Expert Advice from a Woman's Perspective (ISBN 0-8117-1654-6) published in 1991 by Stackpole Books

Provides detailed information on fly casting with special attention given to the physiological differences between men and woman anglers. This book also included valuable information on reading the water, choosing the right fly, clothing, safety tips, and the ethics and integrity of fly fishing. The appendix provides a modern translation of the first printed treatise on fly fishing, written in 1496, by Dame Juliana Berner.

Joan Wulff's Fly-Casting Accuracy (ISBN 1-55821-465-8) published in 1997 by The Lyons Press

Includes excellent instructions and detailed illustrations to help you improve your casting accuracy in a variety of conditions and with a number of different casts.

More about Joan Wulff

At the age of eighteen, Joan opened up a dance studio with a friend. For eight years, she taught dancing for 10 months of the year and competed in casting competitions during the summer months.

In 1948, angler, author, and hotelier, Charles Ritz invited Joan to compete in the French National Tournament in Paris and the International Casting Tournament in London. Competing against men and women, amateurs and professionals, she won the 5/8 ounce fly-casting championship.

In 1954, Joan did a series of live performances at sportsman's show exhibitions. Dressed in an ankle-length white gown, high-heeled sandals, and adorned with rhinestones in her hair, Joan wowed the crowds with her casting prowess—first with one rod and then two—as she cast in perfect synchronization to the song, “Up the Lazy River.” Her presence at these events drew many women to the sport.

-----✦-----

“Casting with accuracy requires training the hand, forearm, and upper arm muscles to acquire strength and efficiency, but the core is eye/hand/target coordination. And that is a state of mind.”

~ Joan Wulff
From *Joan Wulff's Fly-Casting Accuracy*

“Casting practice is “dullsville,” unless you have set some goals and challenges for yourself to make it interesting. Practicing often is more important than practicing for long sessions. Practice while you are fresh and sharp; if you get tired, stop!”

~ Joan Wulff
From *Fly Casting Techniques*

Tight Threads—

By Kyle Hand

Hello Ladies and Gentlemen.

It has been a crazy time since we last spoke. Susan graduated from RN school in May, Ashley gave birth to a bouncing baby boy named Dominick Wayne in May (good-looking young man like his grandfathers), I finally got my flies into “Fly Tyer” magazine, and I’ve got baby turkeys running around all over the farm.

I hope all of you have kept your water wings and flippers out, as I know we have had plenty of rain, and I know there are other areas of the state that got more rain than we did. I am ready for it to quit anytime. The good side to all of the rain, aside from filling the reservoirs and keeping my water bill down, is that you should be filling your fly boxes with all of the new patterns and old reliables.

This month, I want to talk to you about some of my favorite summer fly patterns: terrestrials and damsels. My good friend Fishy Fullum claims that not enough people fish these flies and I would have to agree with him. A good hopper, ant, or beetle pattern on a slightly windy day might trigger a pretty good response. Also, if I see a hopper or damselfly on or near the water, it is usually a good time to tie one on and see what you can drum up.

While many Classic terrestrial fly patterns such as a Letort Hopper and Dave’s Hopper are great patterns, with all of today’s materials, it is incredibly easy to throw together a bunch of these flies at the vise in no time at all. For example, a few strips of black foam and some peacock, estaz, dubbing, and dry fly hackle or deer hair, and you can throw together some beetles in a number of sizes in no time. An ant pattern can be made with just thread and epoxy with a couple of wraps of hackle between two bumps of thread on the hook. Hoppers can be made with just about anything. One of my favorite hopper-type patterns is a Madame-X. It is incredibly easy and quick to tie and quite effective. Another thing to remember about big hopper patterns is that you can use them as an indicator above emergers or nymphs in lieu of a regular indicator.

Not only are these flies great for fishing in tanks and ponds, but they are wonderful to drop off a river bank and see what comes out from under the banks to hammer them. I caught one of the largest brown trout I have ever landed by pulling a hopper off a grassy bank in Wyoming.

My rule of thumb on fishing damselflies is very simple. If I see damsel or dragonfly activity on or near the water, I tie on one of my adult damsel or damsel nymph patterns and give it a try. If you do not have a specific damsel nymph pattern, a cut down olive or brown Woolly Bugger can work wonders. By cut down, I mean to take most of the marabou out of the tail and trim the hackle down. If you are tying your own patterns, remember the eyes. I always tie eyes on my damsel nymphs and occasionally will put them on the adults. When you fish the nymphs, cast them out and strip them straight back to the shore, as this is how the nymphs migrate to the shore when they are ready to hatch.

This is a real vague description of a great way to fish for any type of freshwater fish in the summer. If you would like to look into some unique ideas to build some hoppers, ants, or beetles, I would like to recommend the books written by Jay “Fishy” Fullum. They are inexpensive and the flies in the books are incredibly fun and easy to tie.

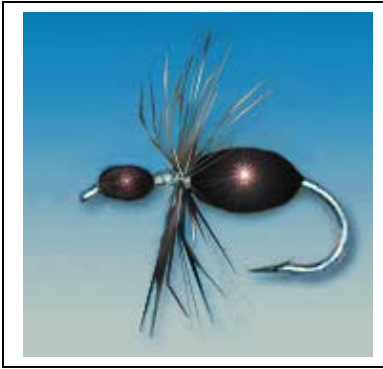
Until next time, keep your thread tight.

~ Kyle



This month I want to talk to you about some of my favorite summer fly patterns: terrestrials and damsels. My good friend Fishy Fullum claims that not enough people fish these flies and I would have to agree with him.

~ Kyle Hand



Materials

Hook: Any straight-eye dry fly hook (TMC 101) sizes 14-20

Abdomen: Tying thread, preferably UTC 70, 6/0, or 8/0. Color is up to the tier.

Head: Formed with tying thread. The color can either match or contrast the rear hump of thread.

Body coating: Epoxy, Hard as Hull, Hard Head, UV Knot Sense

Hackle: Good-quality dry fly hackle.

Wings (if desired): Organza, Z-Lon or some other synthetic material for the wing. If you use them, tie them in prior to tying in the hackle.

Tying a TransparANT

Instructions provided by Kyle Hand

handsfly@1scom.net

Step 1: Build up the abdomen with thread on the rear half of the hook until it is about $\frac{3}{4}$ the final size. Whip finish, cut, and remove the thread at mid-shank. Reattach the thread for the front bump just behind the eye of the hook. It is imperative that the area between the abdomen and head remain bare for wrapping your hackle. Build up the head area directly behind the eye of the hook to about $\frac{3}{4}$ the final size. Cut and remove the tying thread.

Step 2: Mix a small amount of epoxy (or other material to harden the body) and, using a bodkin, pick up enough epoxy to form the abdomen. While rotating the fly, feed the epoxy from the needle onto the body to cover the thread wraps and form a smooth surface. Make sure the thread wraps are covered uniformly as the epoxy will fill in any holes.

Step 3: To form the head, follow the same procedure as in Step 2. Do not allow the epoxy to flow into the eye of the hook or the open area in the middle of the two body segments. Rotate the fly for 4-5 minutes until the epoxy has hardened or place it into a rotary dryer to allow the epoxy to cure.

Step 4: When the fly has cured (usually no more than 30 minutes), reattach the thread and tie in the wings (if so desired); then attach the hackle for the legs just in front of the rear body segment.

Step 5: Wind the hackle once or twice, tie it off, and trim it (on the bottom). Whip finish the thread and cut it off.

Step 6: Tie a colony and go fishing. Vary the colors and sizes according to ants you have seen on the water. All black, black and red, cinnamon, black and cinnamon, etc.



A New Way of Casting!

By Frances Hamm

I have to say, my first conclave at the new Gulf Coast Council of FFF was terrific, and I got far more than I expected. Not only was there fun, people to meet, and lots to learn, but also there was Lefty Kreh.

Lefty is one of the more renown fly fishers in the U.S. (over 300 books in print), and he has several DVDs out. His specialty is casting, and he attended the Saturday Women's Luncheon to talk briefly about his latest thinking about casting.

Lefty allowed as how he had become concerned about the potential for elbow and shoulder injuries with the traditional cast (overhead 2 o'clock to 11 o'clock). He advised a new cast that keeps the upper arm close to the body. The body moves to make the side cast.

All that was interesting, but I was scheduled after the luncheon for a casting clinic. I wondered if any of Lefty's advice would come into play.

Sure enough, Colby "Pops" Sorrells has worked with Lefty and taught the new style of casting. In 1½ hours, I learned the basics of the new body cast. It is amazing! I have better control and distance AND my arm did not hurt. Pops is a great instructor—get into one of his classes if you ever have a chance. He also writes for several periodicals.

In case you are interested, Lefty and writer Ed Jaworowski put forth four principles of casting as follows:

1. You must have line tension against the tip. Get the end of the line moving.
2. Move the casting hand always with increasing speed throughout the stroke from the first movement, slowest at the start, fastest at the completion. (Speed up and stop.)
3. The line can only go in the direction the tip is moving.
4. The longer the casting stroke, the easier the stroke.

Pops recommended memorizing these principles in order to have them uppermost in your thoughts when practicing casting, regardless of the casting method you use.

Also, a book—*Troubleshooting the Cast*—by Ed Jaworowski, as well as a DVD: "Lessons with Lefty," were recommended as being excellent learning tools.



Photo from Diane Blair

Top row: Frances Hamm

Lower row: Lavene Jones, Lefty Kreh, and Mary Rohrer



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TWFF—Upcoming Events



Photo by Karen Gebhardt

More to Come!!!

Johnson City Outing August 24–26, 2007

Coordinator: Karen Gebhardt (ktgeb@satx.rr.com)

Plan to join us for an educational weekend of fishing, aquatics, and casting instruction on the Pedernales River in Johnson City. Karen Gebhardt has invited us to fish the river from her beautiful waterfront property just minutes north of town. Bring a friend who has expressed interest in fly fishing and share your knowledge.

Federation of Fly Fishers Master Casting Instructor, Al Crise, and Texas Master Naturalist, Gene Smith will join TWFF for the weekend and provide all levels of instruction to our members and guests.

This is a great outing for beginning fly fishers as well as those who want to improve their casting technique and knowledge of entomology. Al Crise is a great instructor; he will help all of us understand the mechanics of casting, tightening up our casting loops so that we can improve our accuracy and distance, and troubleshooting. Equipment will be available for those who need it. Gene will be streamside to help us identify various invertebrates so that we can match the flies in our fly boxes with the naturals that fish find in the local streams.

Of course, there is fishing, too. The Pedernales by Karen's home is an easy stream to wade and fish for bass and perch. The river has large boulders and limestone cuts; so wading boots and a wading staff are recommended because the streambed can be slippery.

Downstream from Karen's, the river widens and is deeper. Depending on the river water levels, consider bringing a float tube or kayak to fish the deeper pools.

TWFF members in the Austin and San Antonio areas should consider coming up for the day on Saturday if a long weekend doesn't fit into your schedule. Karen's home is an easy one-hour drive from either Austin or San Antonio.

More details to come in the next newsletter!



Photo by Sheila Anderson

More to Come!!!

Galveston Outing September 14–16, 2007

Coordinator: Cynthia Leigh-Nussenblatt (cnussenb@utmb.edu)

Come kayak fish West Galveston and the Christmas Bay back country for speckled trout, redfish, and flounder.

This will be an excellent trip and a great way to learn new techniques of flats fishing from a kayak. **See more information in the next newsletter!**

More to Come!!!

Trout Fishing on the Lower Mountain Fork River Beavers Bend • Broken Bow, Oklahoma November 2-4, 2007

Outing Coordinators: Linda Love and Sheila Anderson
E-mail: BrokenBowCoordinator1@twff.net

TWFF will travel to southeast Oklahoma over November 2–4 to fish for brown and rainbow trout in the stocked waters of the Lower Mountain Fork River at Beavers Bend Oklahoma State Park and Resort, near Broken Bow, OK. Broken Bow is approximately 200 miles northeast of Dallas.

The Lower Mountain Fork flows south out of Broken Bow Reservoir. This tailwater is the most noted year-round trout fishery in the state. Brown and rainbow trout are stocked regularly and may be found throughout the stream and its tributaries. The designated trout area includes a 12-mile reach of the Lower Mountain Fork River extending from Broken Bow Dam downstream to U.S. Highway 70 bridge. About 5 miles of this designated trout stream lies within Beavers Bend State Park, which offers excellent fishing access.

TWFF Outing Headquarters will be at Whip-Poor-Will Resort (<http://www.texhillcntry.com/whippoorwill/>), located 6 miles from Beavers Bend State Park (<http://www.beaversbend.com>) adjacent to the Ouachita National Forest.

Numerous other cabins and tent/RV campgrounds are located in the vicinity. For a listing of these and additional information about the area, including other activities, see the [Beavers Bend Oklahoma State Park and Resort](#) web site.

Make your reservations soon because the cabins will book up quickly.

Whip-Poor-Will Resort has 18 rental cabins. Make certain you tell Cathy you are reserving for the TWFF. All cabins are air conditioned, and have fully equipped kitchenettes, charcoal grills, country decor, and cable TV. Reservations can be made by phone (580-494-6476) using Master Card/Visa, American Express, or Discover cards. (Whip-poor-will cabin reservations can be cancelled without penalty up until 7 days before your reservation date.)

Please make your reservations directly with Whip-poor-will or the resort/campground of your choice.

Send an e-mail to BrokenBowCoordinator1@twff.net when your reservations are confirmed; we need a head count of persons attending.

RV/Tent Camping is available at Beavers Bend State Park—the park will fill up quickly and there are no guarantees that sites will be available for a Friday arrival during a busy time of year) —as well as the nearby Lake Pines (\$17/night for full hook ups). Lake Pines is approx. 5 miles from Whip-poor-will, and is located approximately 1-2 miles outside of the park, just past the turn on the park road. Tel. (580) 494-6464 (no website).



Photo property of Sheila Anderson



TWFF Outreach



Casting For Recovery Update on 2007 Retreat

By Mary Rohrer

The Texas Women Fly Fishers generous support of the Casting for Recovery program by sponsoring two participants and providing volunteers for the event made a valuable contribution to the continuing recovery of breast cancer survivors. The outing was held at Joshua Creek Ranch, just outside of Boerne, a beautiful Hill Country setting for the retreat.



Photo from Susan Gaetz

This year's Casting for Recovery participants

Fourteen breast cancer survivors, selected at random from applications received statewide, joined twelve staff members to spend the weekend learning the basics of fly fishing, including casting, knots, fly tying, stream entomology, and most importantly, spent time practicing the joys of fly fishing. The all-women staff included fly fishing instructors, oncologists and medical specialists, and psychosocial facilitators specifically trained for the retreat. Retreats are provided at no cost to the participants and all the staff are volunteers.

Casting for Recovery is a non-profit support and education program. The retreats allow women who share a common medical journey to meet in a relaxed setting, make new friends, and learn the sport of fly fishing. The rhythm of casting the line and being in a natural setting relieves everyday stress and provides a sense of calm. Casting provides a gentle exercise for joint and soft tissue mobility, important for the physical recover of breast cancer patients and survivors.

The weekend weather was perfect for the retreat, with mild, spring temperatures. Our wet winter provided plenty of water in Joshua Creek. All of the participants caught fish, and felt that great "tug on the line" of a strike. The women caught trout (some were over 15" long), bass, and sunfish. The weekend was a great success, and to quote Rosemary, one of the participants that TWFF sponsored, "The retreat benefited mind, body, spirit, and soul. Thank you for providing me the opportunity to attend this weekend of renewal, learning and bonding with other survivors."



Photo from Susan Gaetz

"The retreat benefited mind, body, spirit, and soul. Thank you for providing me the opportunity to attend this weekend of renewal, learning, and bonding with other survivors."

~ Rosemary

CFR–Texas had over 78 survivors apply for the 14 spots at this year's retreat. In 2008, the hope is to expand to two retreats to better meet this demand. TWFF has provided over \$4000 in financial support to CFR–Texas. With two retreats planned, there will also be the need for additional volunteers as fly fishing instructors and river helpers. If you are interested in volunteering at our 2008 retreats, please consider coming to the Johnson City Outing on Friday August 24th. We are planning a day of instruction for new CFR volunteers to be familiar with the retreat schedule, class curriculum, and techniques for teaching casting and assisting stream side. Contact Mary Rohrer at mary_l_rohrer@yahoo.com , if you'd like to attend. If you know of a breast cancer survivor who would like to apply for the retreat, or would like additional information, please visit: www.castingforrecovery.org



Photo from Susan Gaetz

This year's participants, casting instructors, and river helpers



Outreach
Fort Worth T.O.W.N.
by Sheila Anderson



TWFF and Fort Worth T.O.W.N. member, Jane Woods, invited TWFF to visit and speak at the May T.O.W.N. meeting in Fort Worth. This group meets in a contemporary furniture store owned by a friend of a T.O.W.N. member, and they had a good turn out on this evening in May with about 15 women attending. I displayed fly fishing equipment, TWFF scrap books and newsletters, as well as fly tying materials and equipment for all to look at and examine. The women made me feel very welcome and commented that they were happy I drove up from Austin to speak at their meeting.

For the presentation, I spoke about our group's mission, history, and outings, our support of Casting for Recovery, and how we fish the Nueces and Llano rivers. The Power Point presentation also includes photos of our members fishing and posing with their catch. The group was very interested and asked questions about fly fishing, particularly how women learn to fish. They also asked for a demonstration of the gear, its function, and purpose. Next, they were curious about the fly tying display and asked me to give a demonstration. I tied a micro jig from orange pearl chenille. I was very pleased with their enthusiasm for what we do, and I hope to see a couple of these women at some future outing. I'm quite surprised they didn't ask for casting lessons. Well, it was getting a little late by then. Regretfully, I didn't take a single photo that evening. Maybe next time....



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Mark Your Calendar for These Upcoming Events!

Casting Workshop with Al Crise, MCI

When:	Saturday and Sunday June 16–17, 2007
Where:	Glen Rose, TX
Class Times:	Friday: 12:00 P.M. to 5:00 P.M. Saturday and Sunday: 8:30 A.M. to 4:30 P.M.

June 16–17, 2007, Al Crise, MCI, of the Hawk Ridge Fly Casting School, is offering a Weekend of Fly Casting in Glen Rose, TX.

Contact Al by e-mail at: flysoup@itexas.net
or by phone at:
Home: (254) 897-2045
Cell: (254) 396-1574

Sheila Anderson, Mary Rohrer, and Karen Gephardt attended the class last year and highly recommend this to our membership to improve your own casting and teaching skills.

TWFF to Visit Dallas Fly Fishers

When:	Monday June 18, 2007
Where:	Dallas Fly Fishers

Sheila Anderson will be present information to the Dallas Fly Fishers at their meeting on June 18.

RRFF Presents Texoma on the Fly

The Red River Fly Fishers would like to invite you to “Texoma on the Fly II” at Eisenhower State Park, Lake Texoma, Saturday, June 23, 2007.

When:	Saturday June 23, 2007
Where:	Eisenhower State Park Lake Texoma

The event will be from 6:00 A.M. to 4:00 P.M., Saturday, June 23, 2007 at Eisenhower State Park, which is located on the shores of Lake Texoma, about one hour north of Dallas, TX., and it includes fly-tying demonstrations and instruction, fly casting lessons, how-to information, fly fishing seminars, and the opportunity to fish Lake Texoma (a fishing license is not required to fish from the shore in any Texas state park during 2007). Kyle Hand, along with nine other fly tiers, will be providing fly tying demonstrations and instructions. Fly casting lessons will be offered by several certified casting instructors, including Al Crise .The entire event, including entrance into the park and lunch with hot dogs (while they last!), is FREE.

For more information and directions to the park, visit www.rfff.org

IWFF Fishdezvous

When:	Thursday through Sunday September 13-16, 2007
Where:	Keystone, CO

International Women Fly Fishers “Fishdezvous”—scheduled for Thursday, September 13 through Sunday, September 16 in Keystone, CO. For more information, contact: www.intlwomenflyfishers.org

Annual IWFF Fly Fishing Festival in Utah

When:	Thursday through Sunday October 4-7, 2007
Where:	Homestead Resort Midway, UT

The International Women Fly Fishers (IWFF) will hold their 12th annual Fly Fishing Festival in Midway, UT at the beautiful Homestead Resort. Situated on the eastern slope of the Wasatch Mountains on the Provo River, activities will include trout fishing, fly fishing classes, an auction and banquet.

Women fly fishers from around the world will be attending this event. For more information or to register, visit www.intlwomenflyfishers.org

Help Needed!

What:	Ongoing opportunities to volunteer!
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Bass Pro Shop: Lorraine Lawrence at Bass Pro Shop in San Antonio is considering a "pink fly" competition or display. Anyone interested should please contact her at: (210) 253-8800. All help is welcomed.

FFF: is also looking for volunteers to help on committees, Conclave assessment, or the Web site. If you are interested, contact Mary Rohrer at info@TWFF.net



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Contact Your TWFF Officers

We're on the Web!

See us at:

www.twff.net

President:	Mary Rohrer	info@twffl.net
First Vice President:	Lavene Jones	lavenejones@sbcglobal.net
Second Vice President of Membership:	Kerri Stephenson	kstephenson1@austin.rr.com
Secretary:	Cynthia Sudds	wilcin12@aol.com
Treasurer:	Glenna Noret	michael.noret@suddenlink.net
Trustees:	Sheila Hood	sahood1@earthlink.net
	Betty Burelson	gabbb@hotmail.net
Historian:	Sheila Anderson	sanderson2000@austin.rr.com
Immediate Past President:	Sheila Anderson	sanderson2000@austin.rr.com
Newsletter Coordinator:	Sheila Setter	newsletter@twff.net



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Calling all writers, photographers, and artists!

We are looking for stories, articles, photographs, and illustrations. If you'd like to submit something for the newsletter, please send it at least three (3) weeks prior to the upcoming publishing date.

E-mail:

newsletter@twff.net

TWFF Publishing Dates

Following are the 2007 TWFF Newsletter publication dates.

August 16, 2007	(Deadline for submission is July 26, 2007.)
October 4, 2007	(Deadline for submission is September 13, 2007.)
December 13, 2007	(Deadline for submission is November 22, 2007.)

“The fly cast is actually an exercise in the conservation of kinetic energy, which yields acceleration as the amount of moving mass is diminished.”

~ From the gospel according to Joe Robinson, C.C.I.

TWFF Advertising Rates

	One issue	Annual (6 issues)	All ads must be prepaid. Ads with graphics should be submitted electronically as high-resolution JPG files. Please send your ad requests to Sheila Setter at newsletter@twff.net Thank-you!
Swap/sell items--(members):	Free		
Text Ads (nonmembers):	\$5/inch		
Business Cards (members):	\$5.00	\$25	
Business Cards (others):	\$7.50	\$40	
1/4 Page Display:	\$20	\$100	
1/3 Page Display:	\$30	\$150	
1/2 Page Display:	\$35	\$200	
Full Page Display:	\$50		



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