



Reading the Water

May 2003

MEETING

Monday

May 12

Welcome: 6:30 P

Program: 7:15 P

Skyline School
Auditorium

606 Lomas Santa Fe
Drive

Solana Beach
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May 12th program—Brian O'Keefe...Friendly, Funny & Fascinating

The May program will be presented by one of the most famous, admired, witty and humorous, and loved professional fly fishers in the world!

Brian O'Keefe has been involved in our sport since he was a child, and he's been casting a fly for well over 35 years. Not too long out of high school, Brian began his worldly adventures by traveling solo to New Zealand and Australia before trekking into the Himalayan Mountains in search of brown trout.

When Brian returned to the states, he started guiding for trout, steelhead and salmon in the Northwest and Alaska. He is an accomplished fly casting instructor, having earned the title of Master Certified Fly Casting Instructor from the International Federation of Fly Fishers. And he has also placed in and won many casting competitions.

At 30, Brian began a career in photography, which is how he is best known to many. Brian's photographs have been published in numerous newspapers, and he has shot cover pictures for Fly Fisher-

man, Fly Rod and Reel, Fly Fishing Salt Waters, and numerous other magazines. Most recently, Brian and his wife, Judith, hosted the recently released DVD, "Fly Fishing Made Easy II," distributed by Scientific Anglers.

His angling adventures include travel to such exotic locales as the Bikini Atoll, the Seychelles Islands, Kenya, Sierra Leone, Tonga and Kashmir, Bahamas, Belize, Costa Rica, Nicaragua, Venezuela, Chile, New Zealand and Christmas Island. This is in addition to the weeks Brian spends every year in Montana, Wyoming, Idaho, Oregon and Washington.



Brian is almost as famous for his wonderful sense of humor and superb story-telling talents as he is for his photographs. So we persuaded him to customize a program that he has titled "*Spectacular Shots from Desirable Destinations*," in which we will see and learn about the most memorable and beautiful places he has experienced. Raconteur, artistic photographer, expert fly fisher, and comedian...this is a program not to be missed!!!

President's message

"Just a note to say 'thank you' for having me at your club. I thoroughly enjoyed our clinic and the evening meeting—some very pleasant and interesting people...Please give my best to all, and my wishes for continued success with your new club." Mel

The above note from Mel Krieger only begins to express what a charming and gracious man Mel is. I'm not sure he convinced me to go to Argentina, but all that had the opportunity to spend some time with Mel will vouch what a pleasure it was to have him visit our club last month. See page 3 for Helen's impressions of Mel's visit. Some are even clamoring for Mel to visit on an annual basis...we will see.

Our April program is going to be no less memorable. Is it possible to have a world-class, world traveled fly fisher; Master Certified Casting Instructor; professional photographer; and witty and humorous speaker all wrapped in one?...Yes, if his name is Brian O'Keefe. The photo in his bio, taken from a Scott Fly Rod brochure, says it all. May 12th promises to be one delightful evening!

On April 24th, Helen and I attended the kick-off meeting for an urban trout program for San Diego River. A number of us, including Jim Brown, of San Diego Lakes, Allen Green, of San Diego Trout, Michael Pottorff, of San Diego County Fish and Wildlife Advisory Commission, and Warren Lew, SDFF, met at the Old Mission Dam to hear about the con-

cept.

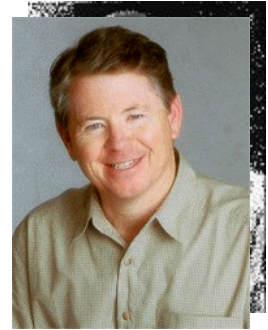
The San Diego River used to be very populated with trout and steelhead at one time. Whitey Perry, who owned a fly shop on University until he died in his late 90's and fished all over the world, declared San Vicente Creek (a former tributary of the San Diego River, now inundated by San Vicente Dam) his favorite steelhead and native trout stream. In fact, I understand that in 1925, Boulder Creek (another tributary of the San Diego River) was judged the best steelhead stream in Southern California.

Although very embryonic at this point, the urban trout concept is certain to be multi-faced, and not just throwing a bunch of stockers in the river. The stream will require significant rehabilitation, with the goal of making it look like a pristine trout stream. Silt will have to be removed, former holes in the river restored, and non-native species removed.

In addition to planting trout in the stream—which may also serve as an indicator species of water quality—the project also hopes to someday propagate real Southern California steelhead in the river, which would be flushed into the ocean to find their way back into our streams again.

To certain objections to fisherman as generators of streamside trash, this will most likely be an artificial lure fishery.

I feel this project is something GSF certainly wants to be a part of in the coming years, and we will be following it.



Patrick Case, President

"Although very embryonic at this point, the urban trout concept is certain to be multi-faced, and not just throwing a bunch of stockers in the river."

The magic of Mel Krieger

The icon of fly casting instruction, known around the globe to fly fishing enthusiasts simply as “Mel,” looked just like his casting video



photos...athletic and energetic, with a talented and rhythmic casting arm and a charismatic personality to match. Mel came to our club to not only present a fishing travel program about his beloved



Argentina, but to present a one-on-one casting clinic to 20 lucky GSF beginners and advanced casters.

Being critiqued by one of the master

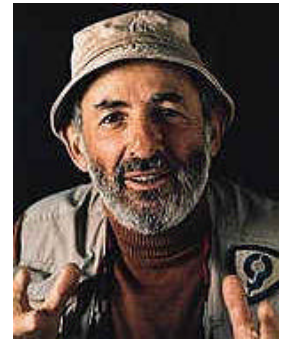
instructors was a little intimidating at first, but Mel’s easy going style and instruction made this hands-on clinic informative and enjoyable. Mel got our casting group hooked immediately, making our casts look better and go farther. Mel was assisted by some of our local friends and member casters—Peter Piconi, Mike Kaul and Todd Shetter.

After going through the basics of loading the rod, rod grips, arcing the rod, and casting strokes, Mel took us through the mechanics of the roll cast, false casting, the double haul, and the elusive



Spey casting—demystifying each as we went along. It was a delightful afternoon, and everyone went home knowing a lot more than when they arrived.

The following evening Mel took us on a South American travelogue adventure, complete with terrific slides of his favorite fishing Mecca, Argentina. Mel has fished the world-over several times, and called this “the most interesting time of my life.” Exclaimed Mel, “There are so many fabulous places and cultures in the world of fishing, my only regret is that I wish I were younger, to do more fishing longer.” But with his high energy level, I can’t see Mel’s love of globetrotting



The magic of Mel Krieger (cont.)

fishing slowing down any time soon.

Patagonia, Argentina has been a Krieger family favorite for the past 30 years. Mel and wife, Fanny, who is also a prominent fly fisher in her own right and



founder of the Golden West Women's Fly Fishers, usually fish from one of the luxury lodges in Rio Grande Del Fuego. This area has some of the best sea-run brown trout fishing in the world, where the catches range in size from 10 to 20 pounds. But for some really great fishing nearer to home, Mel stated, "There is some exceptional trout fishing in Idaho, Montana and Wyoming!"

Mel also touched on Iceland, where his Spey casting video was produced. His love of Iceland takes him back there year after year, as well, for its great Atlantic salmon fishing. Mel claims the

Atlantic salmon to be the most challenging of the species for any fly fisher.

When asked about his favorite fishing locale besides Argentina, his response was British Columbia, because of the aggressive steelhead fishing and excellent bargains at choice lodges.

GSF Golden Charter Members, Heinz and Alice Hoenecke, graciously hosted Mel at their beautiful Del Mar home. What a great way to spend time with Mel Krieger! Our thanks goes out to the Hoeneckes for their generosity and support of GSF in hosting our new friend!

Mel and wife Fanny live in San Francisco, not far from Mel Krieger's *International School of Fly Fishing* near Redding, California. You can check out Mel's web site at www.melkrieger.com.

We thank Mel for his generosity in donating a series of casting CD's to the club. For more on Mel's roll casting techniques, check out his recent article on "Executing The Perfect Roll Cast" in *Fly Rod and Reel* magazine (www.flyrodreel.com).

Thanks Mel... you have inspired us all!

Helen Condict

"His love of Iceland takes him back there year after year, as well, for its great Atlantic salmon fishing."



Excerpts from "The Fisherman's Guide to Life"

One thing becomes clearer as one gets older and one's fishing experience increase's, and that is the paramount importance of one's fishing companions.

John Ashley-Cooper

Any man that pits his intelligence against a fish and loses has it coming.

John Steinbeck

If you want fish, fish.

German Proverb

Developing muscle memory

We perform tasks each day requiring hand, arm and body movements that occur almost automatically. We do not think much about tying a shoelace, applying makeup, shaving or combing our hair. When you think back to when you first learned to perform these functions, they did not occur automatically, you had to think about what you were doing and force your body to make the movements necessary to accomplish the task.

Some mentor patiently showed you how to tie the bow in your shoelace and had you practice the movements until you got proficient at it. Practicing these movements developed what I term *muscle memory* in the fingers, hands and arms.

Developing muscle memory in fly casting techniques will contribute to fishing pleasure and success. The goal we want to work toward is being able to make a good fly cast without thinking much about it. When we arrive at the fishing water, we want to be able to concentrate on tactics and environment. The cast should be automatic and the only thought given to this function should be direction, distance, obstacles and possibly a specialized presentation. The obvious question is how do we develop the muscle memory necessary to deliver a good fly cast?

We need to learn the proper mechanics of a fly cast and practice the action until it becomes automatic. When learning to tie shoelaces you probably performed the task daily or in some cases, several times a day, which helped develop the muscle memory needed to perform this action. Many of us do not have the time or opportunity to practice fly-casting

frequently enough to form sufficient muscle memory. To develop fly casting muscle memory with limited time and resources, spend your practice time on the critical elements of the casting stroke and use an implement you can readily access.



The elements of a basic "pick up-lay down" cast, requiring the most practice are hand and arm positions, power application, rod stop and rod pause. Developing a drill encompassing these elements will help develop muscle memory for our casting stroke.

The equipment involved in this drill can simply be a rod tip, rod butt section, yardstick or other similar implement to which you attach a length of yarn. The yarn should be at least the length of the implement plus 10 or 12 inches so you can see the type of loop you are making when executing a basic overhead cast. This is a standard tool used by many fly casting instructors.

“Developing muscle memory in fly casting techniques will contribute to fishing pleasure and success.”

Developing muscle memory (cont.)

The first part of the drill may require some coordination with your significant other since you need a small space in your living room, den, garage or office where you can leave the practice tool out for convenient use. The drill involves executing false casts to form a smooth loop with the yarn attached to the implement.

The first thing you want to check is your hand position during the casting stroke. If the wrist opens or rotates beyond 45 degrees it will put the rod tip in a bad position to deliver a good loop. Peek at the position of your hand during the backstroke and make adjustments as required. You will note when you firm up your wrist your elbow and shoulder will become more active in applying force to the rod. This allows you to get the larger parts of your arm involved in the casting stroke and increases the power you are able to apply to the rod.

While you are taking a look at your wrist position, note where you are making the rod stop during the back and forward casts. The rear stop should be near vertical and the forward stop about 45 degrees from vertical.

Look at the loop you are making with the yarn to see if it is unfolding in a smooth "U" or "V" shape. Practice in front of a mirror so you can see both the

front and back loops. If the loop is not unfolding smoothly and contains shock waves you may have a power application problem. Apply progressive power as you make the back and forward rod movements to each respective stop.

Some describe this as acceleration to the stop. I use an analogy with the word "hooray" to help get the sense of this progressive application of power. Emphasis is usually placed on

the last syllable of this term when used by excited sports fans. It comes out something like "hooRAY". Try verbalizing the word as you execute the power part of the rearward and forward stroke. Start the movement slowly

while saying the soft "hoo" and increase the force on the implement as you emphasize the harder sound "RAY" just before making the stop. Moving the rod with this tempo will help you get the feel of the progressive power application.

The next element of this drill involves your line hand. It is important to have the line hand get use to working with the rod hand. As you conduct the casting stroke move your line hand in a pantomime fashion with your rod hand. You can also pantomime a single or double haul movement with your line hand during this drill.

"You will note when you firm up your wrist your elbow and shoulder will become more active in applying force to the rod."



Developing muscle memory (cont.)

The last part of the drill involves manipulating the loop. Try to widen the loop with slower, longer stroke movements then tighten the loop utilizing quicker shorter strokes. This practice will improve your tempo, timing and rhythm associated with the stops and pause.

The advantage of this regimen is that it does not require long practice sessions. The time dedicated to equipment setup and getting to an out-of-door practice sight is eliminated. The drill should be performed in 1 or 2 minute segments. The best results are achieved by executing the drill in short sessions conducted 2 or 3 times a day over several weeks. This schedule will help develop

the casting muscle memory we are trying to achieve.

If you are faithful to this program, you will be pleasantly surprised at the improvement in your casting performance the next time you throw a fully rigged rod. You will also find your hands and arms automatically start working the rod, giving you the freedom to concentrate on fishing, rather than casting.

Mike Kaul

[Mike is a certified casting instructor from Pinedale, Wyoming. He guides and conducts casting classes during the fly fishing season in Pinedale. He also conducts casting classes for continuing education programs in southern California.]

“The advantage of this regimen is that it does not require long practice sessions.”

Court halts Mammoth Lakes airport expansion

The following is an excerpt of a press release issued April 28, 2003. This project is being driven by the Mammoth Mountain Ski Area, and would directly impact the numerous fragile fisheries in the Mammoth area.

San Francisco? This Monday, U.S. District Court Bernard Zimmerman ruled against the Federal Aviation Administration (FAA) for illegally approving a proposal to expand Mammoth-Yosemite Airport in Mammoth Lakes, California without fully considering the environmental impacts of the project.

Citing concerns raised not only by envi-

ronmental groups but also by state and federal agencies, Judge Zimmerman rejected the FAA’s claim that it had satisfied National Environmental Policy Act requirements through its preparation of an Environmental Assessment, and ordered the FAA to prepare and adopt a full Environmental Impact Statement before construction of the airport expansion can commence.

In his ruling, Judge Zimmerman found: “At bottom, many deficiencies in the



Court halts Mammoth Lakes airport expansion (cont.)

[Final Environmental Assessment] can be attributed to defendants' myopic view of the airport project....Common sense dictates that improving an airport to introduce regular commercial air service in an area known for, and reliant on, tourism, will have a substantial impact on a number of environmental factors....The FEA's conclusion that the project would have no significant impact on endangered or threatened species strains credibility."

The proposed expansion would convert a small private airplane facility into a major regional airport, landing B-737s and B-757s. Projected air traffic would vastly increase the need for facilities—hotels, condominiums, cabins, restaurants, shopping centers, rental car agencies, road upgrades, parking lots, traffic signals, etc.—to support a large influx of visitors.

The coalition of groups that brought the lawsuit includes: the Sierra Club, National Parks Conservation Association, **California Trout**, and Natural Resources Defense Council.

Sierra Club member Owen Maloy lives in the region and shares these concerns, "There is risk of destroying the very scenic values that attract visitors."

Mammoth Mountain Ski Area currently supports approximately 1,000,000 skier-days per year. The owners seek to remake Mammoth in the image of Aspen

and Sun Valley by attracting more out-of-state skiers to justify more real estate development. The project proposes to double the number of skier-days each winter, and vastly increase summer visitation as well. Mammoth Mountain will help fund the proposed expansion by "loaning" Mammoth Lakes the local funding share required under FAA guidelines for airport expansions. Mammoth expects to receive a federal grant to cover the difference.

"Mammoth Lakes is the eastern gateway to such national treasures as Yosemite National Park, and the John Muir and Ansel Adams Wilderness areas, and is itself a special place, with several unique species and habitats. A full-blown EIS will address impacts to these resources resulting from the airport expansion, which the FAA has thus far ignored," said Courtney Cuff of the National Parks Conservation Association, another co-plaintiff in the lawsuit.

Cal Trout's Southern California Manager Jim Edmondson said, "Airport expansion would require more development and, thus, more water withdrawals, more storage and handling of toxic jet fuels, more traffic, more noise, and other incompatible elements putting the area's fisheries and other elements of this fragile ecosystem in harm's way. It just makes sense to understand what we are getting into."



"There is risk of destroying the very scenic values that attract visitors."

Read the Court's Decision online at:

<http://www.earthjustice.org/news/documents/4-03/Mammothdecision.pdf>



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Advertise in *Reading The Water*

Deliver your message by advertising in *Reading the Water*. As the voice of fly fishing in North San Diego County, *Reading the Water* can provide you a direct hit to this affluent market. Copy must be in JPEG format.

The **annual rates** are as follows...

- Full page.....\$300
- Half page.....\$200

Please call Patrick Case at 619-787-2280 to discuss your needs. GSF reserves the right to refuse publication of any ad for any reason.



Call for speaker hosts

We still have openings for hosts for our speakers in 2003. For those of you with a guest bedroom, this is a rare opportunity to spend personal time with the best in our sport...teachers, guides and outfitters, writers, photographers, and other professionals. Think about it...fireside chats with Charles Jardine, getting personal tips from Ed Engle.

Besides a bedroom, all you need to do is get the speaker from the airport to the meeting, put 'em up for the night, be a gracious host, and get 'em back to the airport or train station the next day.

Here's what to do...go to the website—www.goldenstateflycasters.org—note the dates of the meetings and speakers, and call Patrick Case at 619-787-2280.



Welcome to the Golden State Flycasters

The GSF was formed in 2002 to serve the interests of fly fishers in North San Diego County, South Orange County, and Camp Pendleton.

Mission Statement

Promote national and international amateur fly casting competition; conservation and restoration of fisheries; and knowledge, support, ethics and social relations in the sport and art of fly fishing.

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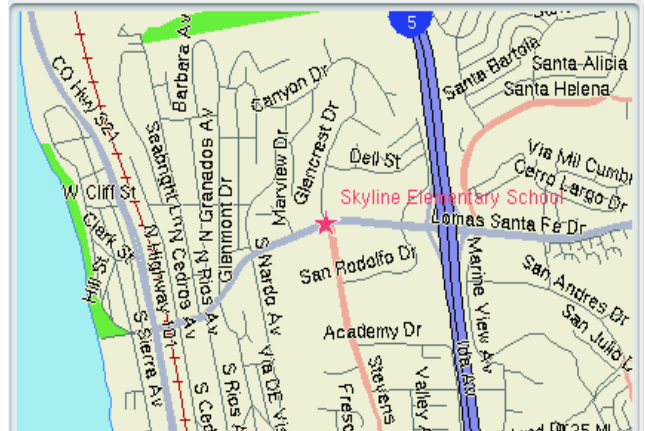
www.goldenstateflycasters.org

Editor: Patrick Case

Co-editor: Helen Condict

Map to meeting location

Skyline School Auditorium
606 Lomas Santa Fe Drive



Submissions to newsletter

Hey, you frustrated Hemingways and Steinbecks out there...we are looking for articles for Reading the Water. The best are personal stories that are entertaining, or provide information not found elsewhere. Have you fished an out-of-the-way place recently?...Come across a killer fly for a favorite river?...Have a hot newsflash about a fishery?...Send it in for publishing!



Most importantly, we want the newsletter to address the topics *you* are interested in. So please contact us to let us know your feelings. What do you want to see in the newsletter?

Please limit your article to a couple of pages, submit it in Microsoft Word, and *include photos or relevant images*. E-mail your submissions to: hrcondict@msn.com.

