

January 2002

## President's Message

It seems appropriate to use the first column of my term to acknowledge those who have contributed so significantly to the success of our organization this past year.

Out-going Prez John Toker carried on the tradition of scheduling first class speakers. Our club has hosted many speakers since John Read brought me to my first meeting in December of 1987, but it seems that the bar was raised substantially when Jim Palmersheim took over as president several years ago. John carried the momentum to new heights and I thank him for that. No doubt his will be a tough act to follow.

Tim Cavileer presided over our web page and produced the "Tippet," despite the pressures of family and career. His term as "Tippet" editor saw that publication posted on the net in color and his web "hosting" resulted in our page having a real presence. I have not seen another FFF affiliate page that comes close to the quality he has produced.

Shirley Engerbretson has managed our purse strings and club business as Secretary/Treasurer in an admirable fashion. My previous experience as officer in a number of other organizations qualifies me to opine that Shirley is the best. Besides, how many people would go through the rigmarole of taking care of club business when they could be cavorting with all the other swell members of our organization at dinner, on the second Wednesday of each month?

Jim Palmersheim has bucked the trend of past presidents to retire into obscurity and has religiously held up the tradition of the Conservation Committee as a de facto executive committee. His interest and commitment to conservation issues is invaluable and very much appreciated.

Zac Sexton took over the "Tippet" at a critical time; John Read has organized the Tuesday night fly tying sessions at Tri State; Monte Elder has become the club librarian; George Johnson continues his good work as FFF representative and Bob Harwood, Jim Palmersheim, Dave Engerbretson et al have been as reliable as ever in keeping the raffle table supplied each month. Our Valley friends should also be acknowledged for their contributions and for braving the winter weather to attend our meetings.

There are many others who contribute to our club being what it is today; please forgive me for not providing an exhaustive list of all those that have contributed. We appreciate you very much. I look forward to my term in such good company.

Well, time has gotten away from me. It's a good thing that January is one of the slower fishing months, as I have insufficient space to report any of my

endeavors or to cheer you on to new fishing heights. Check out our January meeting (Wednesday the 9th) at Lakey's, as we will hear from speaker Trevor Chowen, recent recipient of the Alspach Scholarship for his graduate work on sex changes in Chinook salmon in the Hanford Reach of the Columbia River. We will also elect a club Vice President, so please consider nominating someone.

Jim Siebe

### Clearwater Fly Casters 2002 Officers

President Jim Siebe  
Vice-President Bruce Fraizer  
Secretary/Treasurer Shirley Engerbretson  
Conservation Chair Jim Palmersheim  
FFF Representative George Johnson  
Newsletter Editor Zac Sexton  
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Web Editor Tim Cavileer  
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CFC membership dues are \$20/year for individuals, \$25/year for families, \$10/year for students, \$50/sustaining and \$300/lifetime.

Meetings on 2nd Wednesday, Sept - May, at Lakey's Grill, 300 S Grand, Pullman, WA



## Backcast

### Fishing Reports

Fishing has been slow to middlin' for many. Dave Thorp and John Toker's New Year's trip was canceled after hearing the Grande Ronde was full of ice. John has yet to christen his new boat, at deadline.

### Conservation

No one except John Read showed for the last conservation meeting at Tri-State.

Greg Haler, last month's speaker and hydrologist for the Nez Perce Tribe, out of Lewiston, spoke about some environmental situations concerning the Clearwater and Snake rivers.

Licensing for the Hell's Canyon complex dams is up for renewal in 2005. Idaho Power Co. owns the dams and has not been meeting its original licensing obligations of providing fish passage through the dams.

Haler suggests writing letters to FERC to let them know what we think about the process and licensing renewal.

### Old Business

The Fly plate is still on raffle.

### New Business

Jim Siebe is our new president! Thanks, John for doing a great job. Thanks, Jim for taking over and leading us into 2002. Maybe we'll all catch bigger fish.



## Upcoming Events

**Jan. 8, 15, 22 & 29** 6 p.m. to 8 p.m., Fly Tying at Tri-State in Moscow.  
**Jan. 9** 6 p.m., Clearwater Fly Casters meeting at Lakey's Grill in Pullman.

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### TECHNIQUE: FORCE CONTROL

**FORCE:** "Strength or energy exerted or brought to bear."...The cause of motion or change.

Developing a casting style incorporating sound dynamic principles will allow you to cast short to medium distances. Adding an efficient double haul and developing the ability to shoot line on both the back and forward strokes will extend your range. I have listened to the theory that you do not have to make long casts to catch fish. But you and I know, deep down in our hearts, that every fish in the ocean lies just beyond our longest cast. Besides, casting is the soul of fly fishing and making long, beautiful casts is fun. In order to cast long distances, without having to "muscle" the rod, you must tap your body's two main sources of energy: Your center of gravity and your mind.

(1) The power of the mind is awesome. Concentrate on sending power from your center of gravity up through your body and arm to your target ... with relaxed muscles. Since you can only concentrate on one thing at a time, you must be careful not to switch your concentration to your casting technique, and your muscles must remain relaxed.

Stand with your casting arm extended out straight, elbow not locked, and fist extended toward a distant object. Your partner will be able to bend your arm easily by pulling down on your elbow and up on your wrist, even when you resist. Then, open your hand, extend your relaxed arm, and concentrate on sending power from your center of gravity up and through your body and arm and fingers to your target. Do not switch your concentration to what your partner is trying to do to you, or tighten your muscles to resist. The effect will be amazing. As your partner tries to bend your arm this time, it will become increasingly difficult. However, if you switch your concentration and tighten the muscles to resist, your arm will bend easily again.

(2) Your center of gravity is located two to four inches below your navel (roughly in the area of your hips). You cannot even shift your own weight from one foot to the other without moving your center of gravity. Stand up straight with your feet shoulder width apart and try to shift your weight without moving your feet or your hips.

A professional golfer doesn't hack at the ball with his arm and shoulder muscles.

# Clearwater Fly Casters PO Box 2149 CS Pullman, WA 99165

To generate maximum force he makes his hips (center of gravity) move in the direction of his drive throughout his swing and shifts his weight from foot to foot. Take a lesson from the old tracklayers who had to swing a sledgehammer eight hours a day. They made a full, easy swing and simply dropped their hips as they brought down the sledge. They didn't try to "muscle" the sledge.

You will add a great deal of force to your cast with minimal effort if you assume a 45 degree stance (with the foot on your rod side back) that will allow you to move your center of gravity in line with your cast and shift your weight from foot to foot. This stance will also permit rotation of your upper body for additional power. Lead the cast with your hips. Don't cast only from the waist up.

(3) The closer you keep your casting hand and elbow to your center of gravity the more body power you can use and the greater the force you can generate with less effort. You can easily pull down your partner's outstretched arm by pulling down his wrist. It is more difficult if you try pulling down his elbow. It is extremely difficult if you try pulling down near his shoulder—which is closest to his center of gravity. You don't try to lift a heavy load with your arms outstretched. When you want to put a lot of force into a hammer blow, you keep your elbow in close to your center of gravity.

Watch Steve Rajeff aerialize 105 feet of fly line plus leader while false casting. His elbow is close to his body and his casting hand is never far from his ear.

Cast with a balanced effort and don't "muscle" the rod. RELAX your muscles. Fly casting is a beautiful sport ... Try to be graceful.

*(by Don Coleman of Florida's Tampa Bay Fly Fishing Club for the FFF ClubWire Email NewsWire)*

## GIVING THANKS

It is really easy to get down right now: terrorist attacks, bio-terrorism, recession, unemployment, retirement account shrinking, etc. I grow weary of watching CNN, listening to NPR, and reading the newspaper. They all compete to make even more drama out of each day's events. If we wished, we could add a few more woes. The fish in the river are too small, there is not enough enforcement, limited accessibility, and Brittany Spears is showing too much skin. But wait! This is America, land of the free. We are the richest nation on earth--rich in opportunity, rich in natural resources, rich in freedom. We are free to move about. We have more fish to catch than we are able. We have abundant rivers, national parks, state parks, and mountain ranges all with great accessibility. Most we have never visited. We have more equipment, tackle and flies than we could ever hope to use. Our life expectancy continues to grow; if we stay healthy we will be able to fish far longer than our ancestors. The present time may look dim and a bit uncertain, but the prospects for the future are bright.

Life never promises that it will be without its hardship, pain and suffering. If it were not for these things, it would be hard to really know and appreciate love, peace and joy.

So let's buckle up here and be thankful for what we have. The fish in the river are big enough because we have the opportunity to help make them bigger. We have enough accessibility for now because we have the opportunity to help make more places to go fishing. We have enough enforcement for now, because right now who would be petty enough to violate a game law. And who really cares how Brittany Spears dresses.

We have each other. What a sad state it would be if this were not true. We can share our rivers, our experiences, our talents and our time with each other. Our club is a microcosm of the world. We can choose to focus on what is wrong, or we can be thankful for what is right and use the opportunities to change what is wrong. If each microcosm in the world would do likewise, we would all have more to be thankful for.

*God Bless America! (by Drew Kelso of the Arkansas Fly Fishers)*

*A Member Club of the Federation of Fly Fishers*

## Sparkle Grub

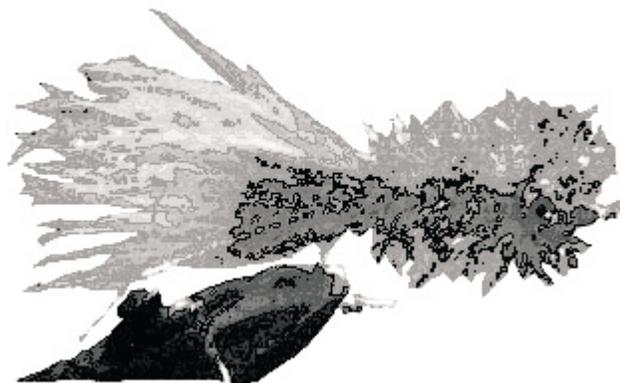
Thread: 6/0 to 3/0 appropriate color

Hook: #10 to 4/0 3xl shank

Tail: Marabou and three to four strands of Crystal Flash

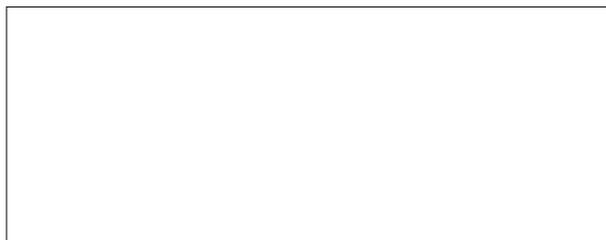
Eyes: dumbbell

Body: cactus chenille or sparkle chenille  
-mono weedguard optional



- 1) Tie in dumbbell eyes, on top of hook shank. Cement thread.
- 2) Wrap thread to bend and secure marabou. Make tail about 1 1/2 times the hook shank length.
- 3) Secure Crystal Flash along both sides of tail.
- 4) Tie in Cactus chenille. Work thread to behind the hook eye.
- 5) Wrap chenille to behind hook eye. Pull fibers back with fingers after each wrap. Figure-eight chenille around dumbbell eyes to build bulk.
- 6) Secure chenille behind hook eye. Build a tapered thread head and whip finish. Clip thread and fibers of Chenille covering eyes.

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Get your Tippet online at [www.clearwaterflycasters.com](http://www.clearwaterflycasters.com)