



Arrowhead Fly Angler

June 2012

www.arrowheadflyfishers.com



Guess where!

Each newsletter there will be a photo from a club member. You try to guess where it was taken. There will be a prize for who guesses correctly first. email to:

Arrowheadflyfishers@aol.com

Didn't guess the photo location? You can still contribute by emailing your photo for the contest.

Jim Pollock guessed last issue's photo, French river.

submitted photos are available for use by the Arrowhead Fly Angler and Arrowhead Fly Fishers club

What's up? At a glance

June 19, 2012

Arrowhead Fly Fishers Chambers Grove Picnic outing.

June 29, 2012- July 1, 2012

AFF Women's Fly Fishing Retreat in Brule

July 6,7,8 2012

Hex Camp, Grand Marais area.

August 11 and 12th, 2012

Bass Camp on the ST. Croix river near Grantsburg. Contact Paul Bartlam, pbartlam@aol.com

November, 2012

7th Annual Brule River Rendezvous
Specific dates for the 7th annual Rendezvous to follow

July 10 - 14, 2012

Federation of Fly Fishers
International Fly Fishing Fair
Spokane, Washington

December 18, 2012

Holiday Banquet



Volume 23 Issue III:

vivid color and links only available in this email edition

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June 19, 2012 Chambers Grove Picnic

This is the club's annual pot luck get together at Chambers Grove Park in Fond du Lac on the St Louis River. Bring something to share and your own beverage. Brats and dogs will be provided. As in recent years there will be casting instruction available but the main attraction will be the casting games and competition. So bring your fly rod and competitive spirit. The fun begins around 5:00pm or when ever you get there. There may be drift boats there for fishing or bring your water craft for some bass action.

2012 AFF Women's Fly Fishing Retreat

Retreat in Brule

The event will be the weekend of June 29-July 1. For more information or to register, contact Katherine Lansing at naturegirl669@gmail.com or 218-310-0855.



Hex Camp on the North Shore in Grand Marais

Listed below are potential lodging options. The Hex Camp headquarters will be at the Two Island Lake Campground. There will be a dinner gathering on Saturday, July 7, 2012 at the Grand Marais municipal park starting with a social hour at 4:00pm, dinner at 5:00pm and then off for an evening of fishing. Bring meat for the grill and a potluck item. Contact Karl Kaufman for further details at 218-879-9492.



Lodging

Two Island Lake Campground

From Hwy 61 in Grand Marais, north 3.7 miles on Gunflint Trail (Co. Rd. 12), west 6 miles on Co. Rd. 8, north 4 miles on Co. Rd. 27

<http://www.gooseberryfalls-statepark.com/pdf/two-island.pdf>

Devil's Track Campground, located County Road 8. Take the Gunflint trail from Grand Marais to county road 8 to the west end to Devil's Track Lake.

Judge Magney State Park, located 14 miles north of Grand Marais on Hwy 61. There are 27 drive in wooded campsites with showers and flush toilets available. Make reservations at 866-857-2757 or www.stayatmnparks.com. Vehicle permits and camping fees required. All firewood must be bought at the park or registered wood seller.

Kimball Lake Campground, located 12 miles North of Grand Marais. There are 10 camp sites available. Register through the National Reservation System at www.recreation.gov.

Another lodging site includes *Devil's Track Lodge*.

AFF at Hartley Nature Center

There was a nice group of volunteers helping kids of all ages tie flies: Larry Forbes, Phil Solem, Karl Kaufman, and Doug Mroz. Many of the kids who stopped by to tie flies asked if they could make more than one because they enjoyed it so much! Sharing the classroom with the AFF tiers was an individual who was working with the kids to look at and identify aquatic macro-invertebrates. This fit very well with tying flies because the kids were able to see the living critters that we aim to replicate in our flies. The kids (and volunteers) were given a free Subway sub for lunch and a dish of Cold Stone ice cream for a nice sweet treat. All in all, it was a great day!



AFF Fish Stocking

On April 23rd members Tom Sabyan, Red Behn and Bob Shaw helped the Silver Bay school kids stock trout in local lakes. It was reported that the brookies were bigger this year than previous years. The fish were three to a pound this year compared to six to a pound in previous years!



From the Banks of the Midway ...

Phil Johnson

Healing Waters

Late last winter I read a short article about an organization called Healing Waters. According to their website, "Project Healing Waters Fly Fishing, Inc. is dedicated to the physical and emotional rehabilitation of disabled active military service personnel and veterans through fly fishing and fly tying education and outings." A worthy cause and organization, to be sure.

Since reading the article the phrase "healing waters" has stuck with me. I have come to realize more than ever that being on the water can have a palliative effect. I suppose one could experience this without fishing – just observe the tourists who flock to the shores of Lake Superior every summer as proof. Of course, I prefer to at least have a line in the water. I suppose if I simply sat near or on a lake or stream without tackle I would feel like I was wasting time – the old Puritan work ethic raising its ugly head again – so fishing makes me believe I'm doing something constructive. It quiets the voice in my head which says "What's wrong? Why are you sitting there? Why aren't you doing something?"

Occasionally when fishing I enter a certain mental zone in which the cares of the world do melt away. This happened most recently in Manitoba while I was trolling across a lake.

Oops, did I say trolling? I really meant to say double hauling or switch rodding or spey spitting or whatever it is. Truthfully I was trolling and I am somewhat proud of it! One never sees articles about trolling, but it is an effective way to cover lots of water. A small boat and electric motor combination is effective, although I was in a float tube in Manitoba. Trolling in a float tube also enables me to pretend I'm getting a thorough cardio workout, which is actually true if the wind is blowing.



Dave Severson with a monster rainbow.

Photo by Phil Johnson

A few newsletters ago Howard McCormick wrote a lengthy article about his effective two fly method for lake fishing. I remember that Howard explained how using this technique enabled him to determine, at least relatively quickly, what the fish were feeding on. His explanation made sense to me, which probably the reason I've never used it. I'm just too lazy to think sometimes and end up using the same thing that has caught fish in the past.

I usually let 30 to 40 feet of line out while trolling, and combined with a 12 to 15 foot leader, I really don't think the fish are spooked at all, especially if I'm going by in a float tube. Any terminal tackle can be effective, but a spinner and night crawler work just about everywhere.

Oops, did I say spinner and night crawler? I meant to write wooly bugger. (I only use night crawlers when no one is looking.) Bunny leeches are effective trolling flies, and traditional nymphs like a hare's ear, emerger patterns, and soft hackle flies like the partridge and orange have all worked for me. The hot fly this year in Manitoba was a beaver leech.

Of course, none of us on the trip had any beaver fur and despite traveling for hours each day we did not come across any fresh road kill.

Since I'm usually half asleep while trolling, when a big rainbow hits my fly the feeling is absolutely electric. My heart rate and blood pressure skyrocket instantly which may be dangerous for a senior citizen like myself. On the other hand "Old fisherman found dead in float tube; big rainbow still on line" may not be such a bad way to go. That headline would make an interesting inscription for my tombstone as well.

Phil Johnson, is a bamboo rod maker and secretary for the Arrowhead Fly Fishers.

Phil can be reached at:

discophil61@gmail.com

Out of the Blue

Summer is the time most of us fish and the time our area experiences the most lightning strikes. According to the National Weather Service lightning kills 54 people a year in the United States and injures hundreds more. The injuries are most commonly severe burns and a host of neurological problems.



Lightning can strike anywhere in a ten mile radius from a storm. This is where the phrase “Out of the Blue” comes from. Most of the danger therefore comes before



from lightning outdoors. To minimize chances of a strike when outdoors follow these tips:

- *avoid contact with tall objects or objects that conduct electricity, such as fishing rods!
- * avoid outdoor structures such as picnic pavilions, caves or rock outcrops, and wet tarps. These areas can trap and concentrate electrical charges.
- * do not gather up close to others. Being close to others can lead to conducting electricity from person to person in a group. Greater than fifteen feet of separation is considered a safe distance. Another reason is to increase the odds of having a person available to give aid such as CPR to a lightning victim. A victim of a strike does not “hold a charge” and is safe to touch.
- * avoid being near tall objects such as trees. Seek low ground, and be the lowest point in the area. Minimize contact with the ground. Better to be crouched on the balls of your feet then laying flat on the ground. Being in a forest with trees of similar height is preferable to being out in an open field. However, in a storm with high winds the open field must be considered.
- * get out of the water at the first sign of thunder or lightning. If you are stranded in a canoe or small boat your best defense is to crouch low in the middle of the craft and stay away from metal and try to avoid being between two close metal objects that an electrical charge may arc across.



the storm hits, because people are not taking precautions until the storm is directly overhead. No pattern can be predicted with the strikes. The strikes can be feet or miles apart. From seconds or minutes apart in time. The main bolt of lightning is the strongest, but secondary tendrils shoot out from the main bolt. Lightning often hits the tallest object in an area and the electrical charge follows items that are good conductors, such as graphite fishing rods, metal objects and wet objects such as ropes, ground, trees and rocks.

Precautions to take are to follow the rule: **When you hear thunder seek shelter.** The only safe shelters are completely enclosed buildings such as houses or cabins that are grounded. Vehicles with metal tops are also safe shelters in a lightning storm. There are no safe places



Paul Bartlam has been a certified casting instructor since 2010 and is the Editor of the Arrowhead Fly Angler. Paul can be reached at pbartlam@aol.com

The Self Consciousness of the Beginning Fly Fisher

I would like to address a behavior that I am recognizing as a potential obstacle to the growth of the fly fisher. That obstacle is self consciousness. Self consciousness is, no doubt, not just a part of fly fishing but is present in much of what we all do as we are all social creatures and prone to social comparison. But I wonder if self consciousness may interfere with those new to fly fishing in developing their skills as fly fishers.

The impetus for this article has come from my observations with some new fly fishers while teaching fly casting. Fly fishing, I suspect, is viewed as something that is difficult to do or an art. And as such, people are uncomfortable doing things they do not do well, especially around others. That view actually has some merit since fly fishing does involve more than just putting a worm on a hook and jigging it off the bottom of a lake. Fly fishing and casting in particular is viewed as a graceful motion with tight loops and the fly presented to a precise target. And just to increase the expectation, to be able to cast a fly a long distance at will. As a beginning fly caster none of us can come close to performing at that fairy tale image of fly fishing. It is then no wonder that people new to fly fishing can feel intimidated and feel a sense of self conscious judgment.

Self consciousness is one of our psychologically most anxiety prone emotions. It arises from that most basic of interactions between a child and a parent. As a youngster we want to be accepted and recognized which then serves as a building block for self esteem. As we mature that social acceptance arises from our peer interactions. Being different or not doing well leads to our perception of potentially not being accepted and the creation of self consciousness. Doing well, doing things right, and having others recognize that we are doing well influences our engagement in activities and in life. Self consciousness leads to a retreat or avoidance based on a sense of disapproval and shame.

I would suggest, however, that being successful in fly fishing, and in other areas of life, means embracing mistakes as a key to success. It takes a self motivated approach to learn and explore that is not vulnerable to social comparison. I learned this lesson quite well while

preparing for my casting instruction examination. My friend, Paul Bartlam and I, spent countless hours critiquing and pointing out mistakes as we discovered and refined our casting stroke and casting knowledge. Egos and self consciousness had to take a back seat to being open to how to do things differently and making changes. The process became one of trial and discovery instead of trial and error.

In teaching fly casting to students in a group setting I think it is valuable to create the opportunity to learn from each other. The camaraderie and shared learning experience can be very powerful. While fly fishing can be a solitary experience, it is often done in the company of a partner or companion and being self conscious would only dampen the enjoyment. I have found that setting up group casting games can begin to lessen the sense of self consciousness. Creating the environment for self discovery and shared discovery can also help to ease feeling uncomfortable around others. Adding an element of fun and friendly competition can break down the barriers even further. The moral of the story then is to overcome the obstacle of self consciousness by embracing the time learning and casting with others.



Todd Heggstad has been a certified casting instructor since 2010 and is the Treasurer of the AFF. Todd can be reached at theggstad57@gmail.com

Remember the AFF has 5 and 6 wt. rods for members to check out for a 2 week period by placement of a deposit. Contact any board member for details.

If you have a casting question email it to:

Arrowheadflyfishers@aol.com

Who we are

The Arrowhead Fly Fishers is a group of men and women dedicated to promoting fly angling of all types and to preserving fisheries throughout the Arrowhead region.

What we offer:

- Interesting meeting topics
- Formal casting instruction
- Stream improvement projects
- Group fishing adventures
- Fly tying sessions
- Fellowship and Fun



Board of Directors

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“The angler forgets most of the fish he catches, but he does not forget the streams, and lakes in which they are caught ”

-Charles K. Fox

Arrowhead Fly Fishers Membership Form

Dues are payable in January

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ email: _____

Membership Type:

Individual—\$15

Family—\$20

New Member

Renewing Member

Return to: Arrowhead Fly Fishers
209 Snively Rd.
Duluth, MN. 55803



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Duluth, MN. 55803