

AUSTIN FLY FISHERS

January 2019
Volume 21, Issue 1



Club Meeting
Thursday, January 17
Northwest Recreation Center
6:00 Fly Tying and Social Hour
7:00 Chris Jackson owner of Action Angler
will present - Trout fishing on the Guadalupe and
Gunnison Rivers

Casting For Recovery Volunteer
Cindy Stewart and participant
Dez Rodriguez



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INTERNATIONAL
Charter Club

President's Message **Shawn Riggs**

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To contact officers:

Info@AustinFlyFishers.com

New Year. New You. Around this time of year, a lot of people make resolutions that they strive to keep throughout the upcoming months. Many choose to eat healthier or to get more exercise, to spend more time with family or to reduce stress in their life, sometimes it is as simple as finding a new hobby. What if I told you that you can accomplish all these things and more if you just pick up a fly rod and a couple dozen flies and join the Austin Fly Fishers on one of our many outings in 2019!

Fish are one of the healthiest foods on the planet. They are high in protein and low in fat. Eating fish provides essential omega-3 fats in your diet which are great for your heart and your brain. There are a ton of trendy diets that people go on and off but if you look at most of them from the Mediterranean diet to the Paleo diet you will see that they all include fish as a big part of them due to it being a lean healthy source of nutrients. There are also so many great ways to prepare fish such as baking, smoking, grilling, poaching and steaming it. Plus, there is just something really satisfying in catching your own food and preparing a meal out of the bounty.

The act of catching those delicious and nutritious aquatic creatures is great exercise for your body as well. Wading in a stream while fly-fishing can burn over 400 calories an hour and I can assure you that if you were to wade against the current for even half of the excursion the calories burned would be much higher. Fly-fishing is a very active sport that can involve demanding casts. Several upper body muscles are utilized in casting including your delts, lats, pecs and rotator cuff muscles. It also helps to have a strong core to assist with the twisting and turning you do. Anyone who has fished from a kick boat can tell you that your legs will feel like they ran a marathon after just a couple of hours. Paddle a kayak even a few miles across a lake or up and down the coast and you will definitely feel the workout

that you put your body through in pursuit of fish.

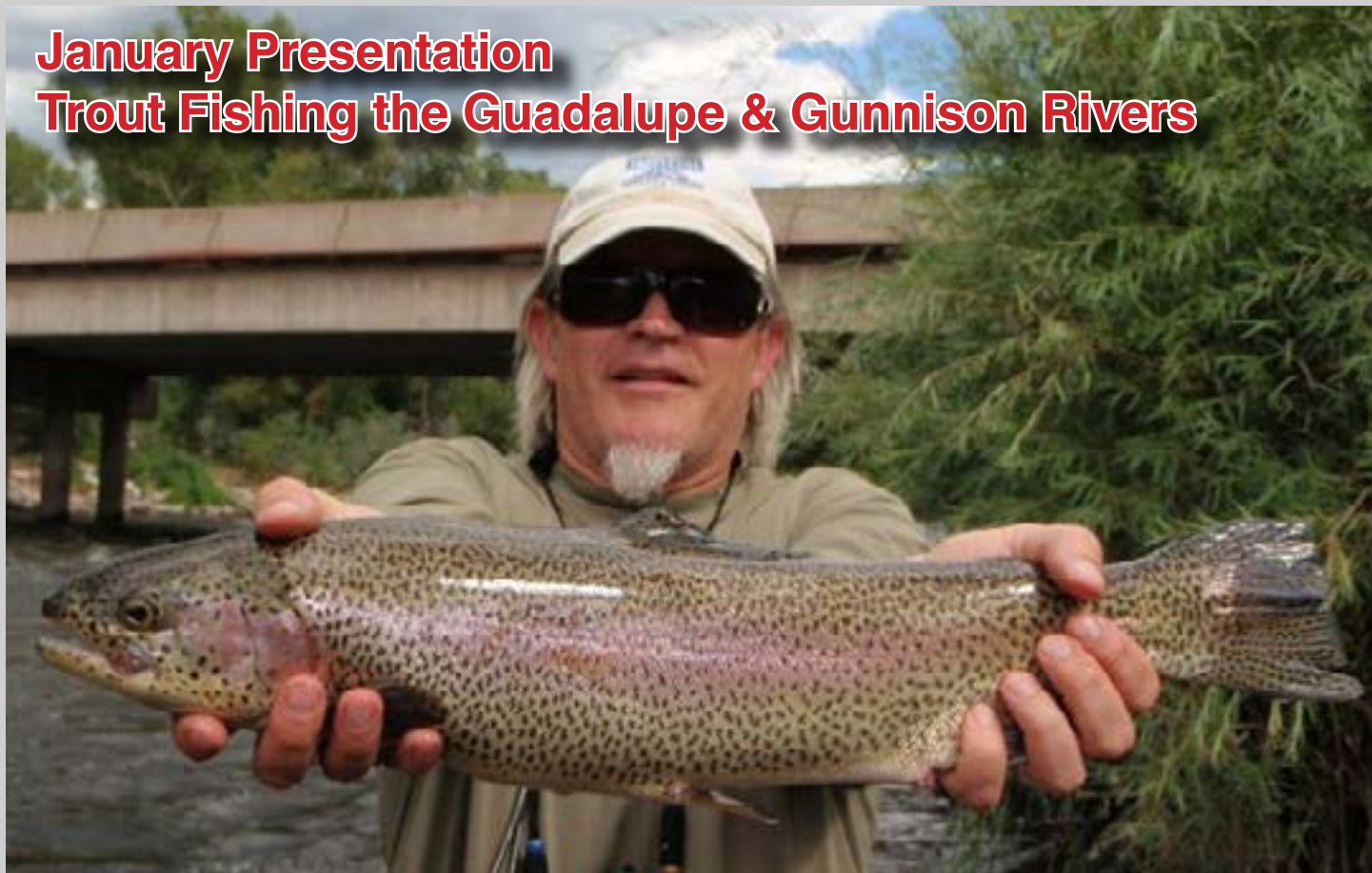
Even though fishing can be done alone there is no reason to go solo every time. Family members are covered by your basic membership in the Austin Fly Fishers club. On the next outing bring your spouse or children and teach them this beautiful sport that we love. I guarantee that they will have a memorable time and spending time together outdoors is a great way to instill a passion for nature and stewardship in them.

Anyone who has targeted an elusive trout or tricky redfish knows that the focus required to make cast after cast until hopefully you get them to strike takes so much attention and precision that your mind doesn't have room to worry about your looming deadlines at work or that big project that you are starting next week at home, so the stress just sort of melts away when you get caught up in it. You often hear about the meditation qualities of fly-fishing and it truly causes you to really be in the present moment and zone out all distractions.

Clearly if you are in search of a new and exciting hobby to pursue then look no further than fly-fishing. If you are already an expert at traditional casting than try your hand at the ancient Japanese art of Tenkara and forgo the reel. If you have never had the pleasure of tying your own fly and then catching a fish with your own creation then maybe this is the year you pick of fly tying. You'll be tying wooly buggers and Copper Johns before you know it and your friends and family will wonder why you are hoarding all kinds of colorful feathers and exotic furs. Isn't it better to utilize your free time learning new skills while having fun in the process?

As you can see, if your goal is to keep those tough resolutions that you made after the clock struck midnight then the real solution is to just go fishing.

January Presentation Trout Fishing the Guadalupe & Gunnison Rivers



Chris Jakson, will make a presentation on fishing the Guadalupe and Gunnison Rivers for trout. Chris has fishing experiences from the Pacific to the Atlantic, as well as Belize. He has appeared on the Gruene episode of the Emmy award winning Bronco Roads tv show. He is a full time fishing guide and owner of Action Angler & Outdoor Center on the Guadalupe River. His fly shop opened in May of 2002. He has over 30 years of fly fishing experience, which started on stock ponds in north east Texas.

Chris caught his first trout on the fly in Colorado at age 12 while hiking the headwaters of the Rio Grande. He continues to fish and guide in Colorado through the summers, and has fishing experience in numerous waters stretching from California to Maine and all the way down to Key West. His only experience out of the country is Belize. He is always looking to share his experiences with other anglers looking to fish the hill country, and learn from other anglers as well.

Go Where The Action Is!!!
www.actionangler.net
 830-708-FISH (830-708-3474)

Financial Report

by Jim Robinson

11/1/2018 to 11/30/2018

Begin Bal. Checking \$15,125.20
Income:

SKIFF	\$1,000.00
Dinner	\$124.82
CFR Donation	\$173.52*
Auction	\$874.33*
Dues AFF FFI	<u>\$265.58</u>
Total Income	\$2,438.50

Disbursements:	
Total Disbursements	\$00.00
Net	\$2,438.50
Unencumbered:	\$7,345.87

Encumbered Funds:	
Casting for Recovery	\$1,047.52*
SKIFF	\$7,377.83

Ending Bal-Checking \$17,563.70**

**Includes \$3,063.18 pending from Paypal

SKIFF Program by Bob Maindelle

NEW FACES: The New Year already brought some new faces to S.K.I.F.F. Shortly before Christmas, Mrs. Lesa Rowell contacted me about running a S.K.I.F.F. trip for her 8-year-old son while his dad is away in Kuwait. We scheduled that trip for January 2nd, but Old Man Winter had other ideas. The NOAA forecast four days in advance of that trip showed cold, wet conditions. As the trip date drew nearer, the forecast worsened, and we prudently rescheduled for the afternoon of Saturday, January 19th.

As it turned out, this was a good call, as the originally scheduled date brought with it nearly 6 inches of rain which has since (once again) forced closures of many boat ramps on Lake Belton and Stillhouse Hollow Reservoir where we conduct all of our fishing trips.

After setting that new date, another request came in from Mrs. Maria Cobian to take her 12-year-old child out fishing, as well

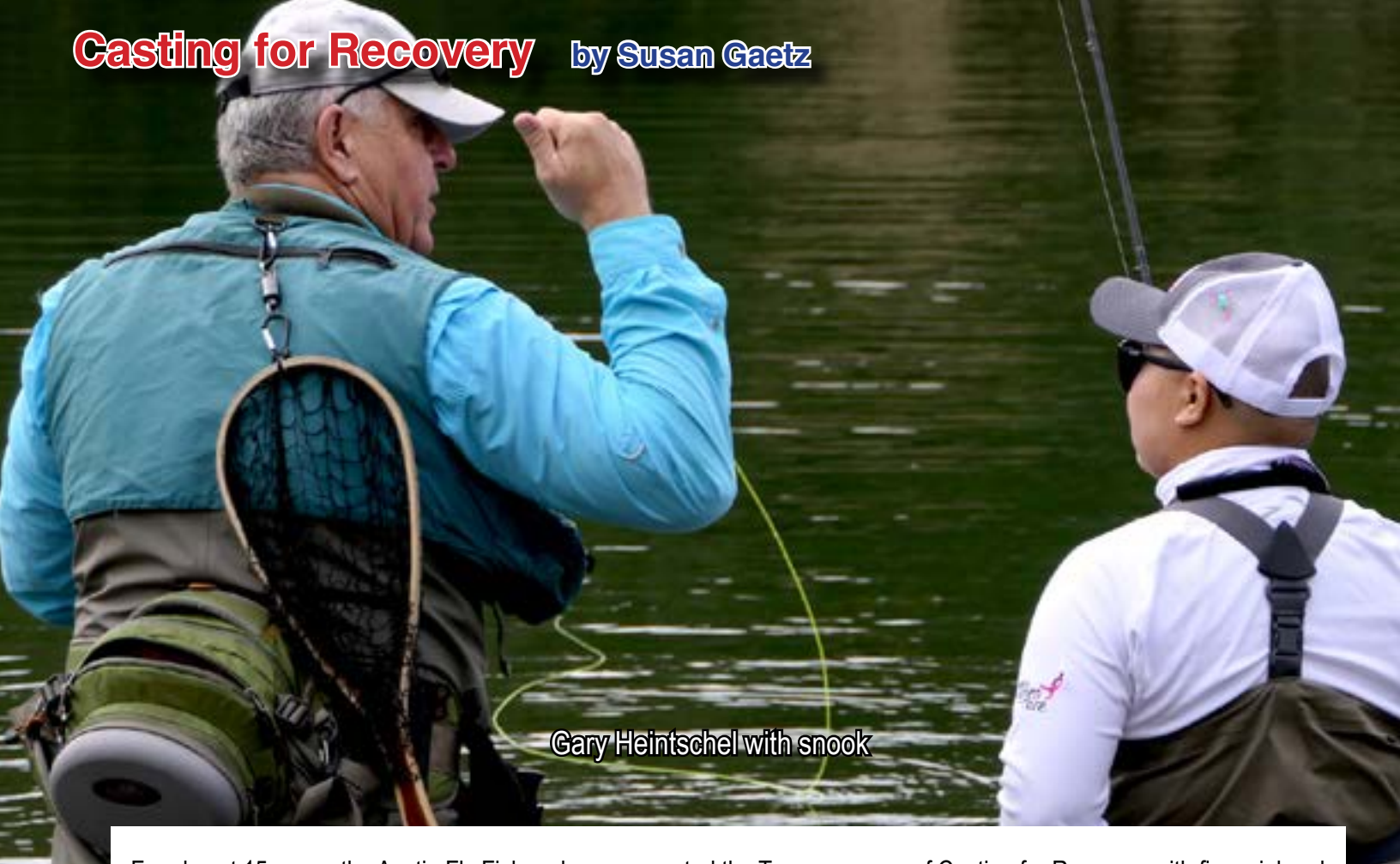
So, more to report in February, hopefully with some photos of kids grinning ear-to-ear with some spawn-fattened white bass.

STICKY BOTTOM: The Maritime 2090 skiff which I conduct all S.K.I.F.F. program trips from just got even safer than she was before. On January 7th, Mr. Brandon Harper, owner of Safe-Floor in Dickinson, TX, applied his Safe-Floor product to the floor and decks of my boat. The product, a granulated rubber-like material, is mixed with a resin and is troweled on to a thickness of about 1/8-inch.

The product is very "grippy" regardless of the manner of footwear (or lack thereof) passengers may have on. The product also prevents objects (like coolers) from sliding, is cooler, is a bit more comfortable to stand on for long periods of time, and hides grime well, thus keeping the boat looking better between scrub-downs.

IF YOU'D LIKE TO RIDE ALONG: AFF members are welcome to join me on my guide boat as I work with youngsters through the S.K.I.F.F. program. Simply contact me by phone or text at 254.368.7411 or by email at Bob@HoldingTheLineGuideService.com to let me know of your interest. I'll contact you each time a S.K.I.F.F. trip is booked until you are able to come along. Plan on bringing your fishing license so you can be "hands-on" in helping make the kids successful.

Casting for Recovery by Susan Gaetz



Gary Heintschel with snook

For almost 15 years, the Austin Fly Fishers have supported the Texas program of Casting for Recovery with financial and volunteer support. The mission of Casting for Recovery (CfR) is to enhance the quality of life of women with breast cancer through a nationwide, outdoor retreat program that combines breast cancer education from licensed professionals and peer support with the therapeutic sport of fly fishing. Through CfR's program, women learn the basics of fly fishing, gaining not only specific outdoor skills, but also the confidence to seek out life-long outdoor exploration, adventure, and new experiences following a breast cancer diagnosis, regardless of their health or physical strength.

Since 2005, the CfR Texas program has held over 25 retreats, serving close to 350 women with breast cancer. The retreats are provided at no cost to the participants, and are open to women with breast cancer of all ages and in all stages of treatment and recovery.

"Besides the fact that I have been wanting to learn to fly fish since I was a child, the deep connection to nature was so restorative to my soul. I didn't realize how tied up and tense I had become over these months of treatment. I forgot how to breathe. Learning to fly fish had me slow down and start breathing again." - CfR retreat participant

This year, the Texas Program will hold 3 retreats, one in April and two in November. The April retreat will exclusively serve military women, veterans or active duty, who have received a breast cancer diagnosis. This specialty retreat was developed in response to a Walter Reed Study that found that military women have a 20-40% higher rate of breast cancer as compared with their civilian peers. The deadline to apply to the April retreat is Feb. 1.

For questions about the Texas program, please contact
Susan Gaetz, 512-940-0246,
susan.gaetz@castingforrecovery.org
or visit the CfR Texas webpage: <https://castingforrecovery.org/tx/>



AFF members at our annual Holiday Fund Raiser for Casting for Recovery

Club Sponsors

The following individuals who made presentations to our club in 2017/2018. Please follow the links to get more information on the services they provide. You won't be disappointed.

Marcus Rodriquez – <http://livingwatersflyfishing.com/> Central Texas Guide

Capt. Billy Trimble – <http://trimbleflyfishing.com/> Fly Fishing Rockport/Texas Coastal Bend

Chris Johnson – <http://livingwatersflyfishing.com/> Living Waters Fly Shop and Central Texas Guide

Pat Dorsey – <http://www.bluequillangler.com/> Fly Fishing Colorado

Capt. Scott Hamilton – <http://www.flyfishingextremes.com/> Fly Fishing Florida's Atlantic Coast

Capt. Eric Glass – <http://www.captainericglass.com/> Fly Fishing South Padre Island

Kevin Stubbs – <http://www.expedition-outfitters.net/> Fly Fishing the Devils River

Kevin Hutchison – <http://hillcountryflyfishers.com/> Fly Fishing the Hill Country

Capt. Steve Soulé – <http://www.theshallowist.com/index.asp> Fly Fishing Galveston

Jeff Davis – <http://allwaterguides.com/jeff-davis/> Fly Fishig the lower Colorado River

Jud Cole – <http://centraltexasflyfishing.com/> Central Texas and Colorado

Capt. Rus Schwausch – <http://www.epicanglingadventure.com/> Fly Fishing Southwest Alaska

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Capt. Billy Trimble
Shallow Water Flats Fishing
Texas Coastal Bend

<http://trimbleflyfishing.com/>
361-205-1266



Capt. Scott Hamilton
Fly Fish Jupiter, Florida

<http://www.flyfishingextremes.com/>
blueh20fly@aol.com



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Capt. Fred Lynch
Fly Fish Corpus Christi

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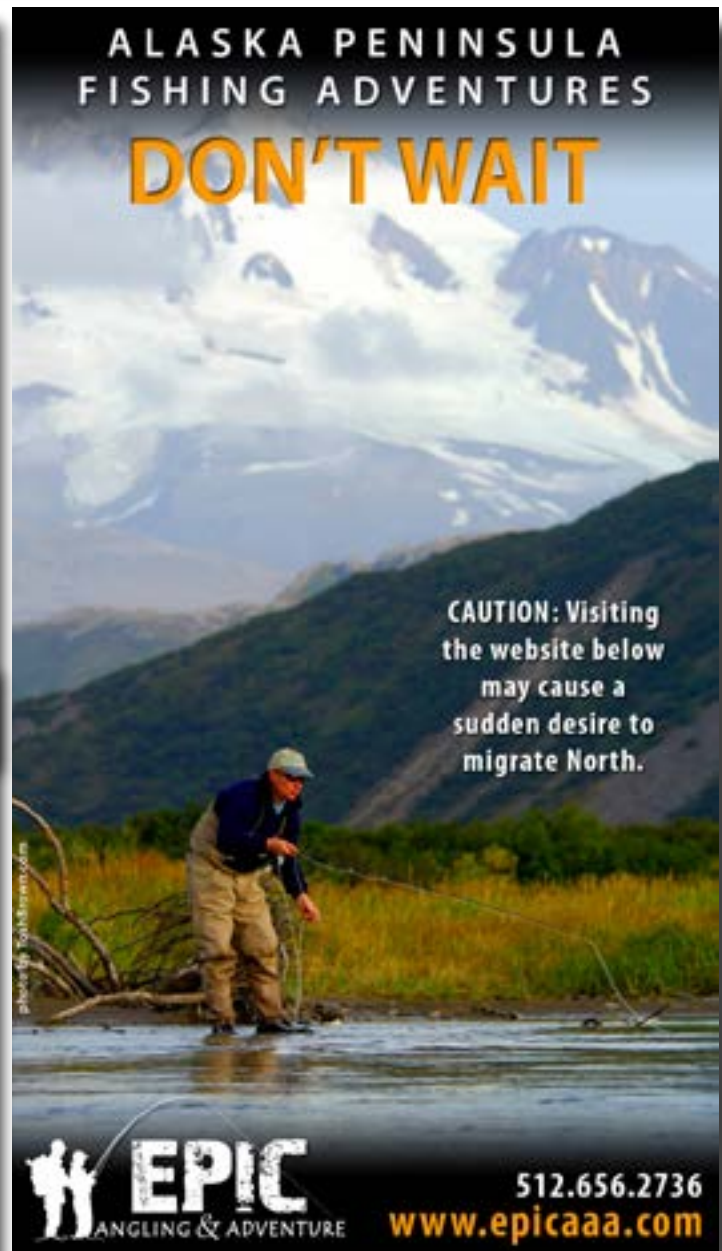
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