



# Across the Stream

[www.hoaff.org](http://www.hoaff.org)

March/April 2016

## PRESIDENTS MESSAGE

MARCH/APRIL 2016

Last fall a few of us took a trip down to the Elk River for some smallmouth fishing and decided to swing through Neosho on the way back and see what is happening there. First stop was the Neosho National Fish Hatchery, a beautiful facility that is worth a visit. The staff was very friendly and informative, and I enjoyed learning about some of the work going on there. Not only are they rearing rainbow trout and other game fish, but also a number of endangered species, like the Pallid Sturgeon and Topeka Shiner. These endangered fish are kept under lock and key, so we did not actually get to see them, but we learned it would be possible to arrange for a guided tour behind the locked doors, and I hope to go back there sometime and do that.

Next stop was the local Department of Conservation office, where we made the acquaintance of a conservation officer who was more than happy to share a wealth of information about local flyfishing opportunities. One that particularly piqued my interest was Hickory Creek, which runs through town and is regularly stocked with rainbow trout. During the winter it is catch and release only, and I decided to make a point of fishing there before catch and release season ended March 1. I told Kevin Carrill about the winter trout fishing at Hickory Creek, and he went down there on a couple of trips during which he experienced some pretty good success.

I decided I needed to make it down there myself before March 1, so in late February Kevin, Alan Luecke, and I headed down for a day of fishing in Neosho. We all had some luck, and a pretty good number of nice rainbows were caught, plus some other species. Alan was able to put his formidable Tenkara fishing skills to good use, at one point coaxing a rainbow out of a riffle where Kevin and I had tried our nymphs without success.

Hickory Creek is a good winter flyfishing option, relatively easy to get to from Kansas City, and easy access once you get there, with a bike path running alongside much of the creek. I found the experience to be somewhere between what I would expect at a trout park and at a more “wild” place like Capps Creek. If you have never fished it, you might want to give it a try.

Chris Holman

## HOAFF MEETINGS

### March 21 – Member Meeting

Community of Christ Church  
Ron Knight, Member and IFFSOC  
President

### April 18 – Member Meeting

Community of Christ Church  
Monet Drake, Wyoming Fly Fishing  
Memories

### May 16 – Member Meeting

Community of Christ Church  
Missouri Department of Conservation



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## A SPECIAL MEETING OF VOTING MEMBERS

will be held at the club meeting March 21, 2016. The purpose of the meeting will be to vote on club directors and to conduct any other club business that is of interest to the members.

All Directors shall hold office until their successors are elected. Directors are elected for Three Year Terms. Members will be voting for one Director at this year's meeting. The Directors elect the Club Officers and watch over the affairs of the club. The Officers run the day-to-day affairs of the club, the Officers include the positions you would recognize, such as the President, the Treasurer, and the numerous chairs.

### The current Directors are:

**Chris Holman, Ron Carruthers, Peet Crissey, Cliff Cain, Kevin Carril, Jim Jorgensen**  
**Jim Jorgensen's term is expiring and the Board nominates Steve Hegstrom to replace him.**

Following nominations, the members will then have the opportunity to vote. The Membership of the Club votes for the Board of Directors and the Directors then approve the Officers of the Club. If you want to provide input on running the club, feel free to contact any Director before the February meeting or attend the meeting and speak your mind.

Remember also that Monthly Officer & Director Business meetings are held on the **First Monday of each month** at the **Community of Christ Church, 79th & Mission Rd** beginning at **6:30pm** and are always open to the General Membership.

# CLUB OUTING AT ROARING RIVER STATE PARK

April 22-24, members will again have the opportunity to gather at Roaring River State Park for some great fishing. Lodging will be available at Roaring River Resort:

417-847-3235 <http://www.roaringriverresort.com/roomRates.html>

There will be a cookout on Saturday evening for everyone. So we can plan for the proper amount of food, please contact Paul Taylor or Peet Crissey if you're coming. We always have a great time at this outing so plan to come!

## MEETING SCHEDULE FOR THE REMAINDER OF 2016

March 18	Ron Knight tying flies
April 18	Monet Drake Wyoming Fly Fishing Memories
May 16	Missouri Department of Conservation
June 20	Smart Casts Challenge @ K&K Flyfishers
July 18	Christy Graham Arkansas Game and Fish
August 15	Alan Lueke Tenkara Fly Fishing
September 19	Annual Picnic
October 17	Annual Auction
November 21	Chris Holman Southwest Missouri Smallmouth
December 3	Annual Banquet

## SPRING SEMINAR FEBRUARY 20, 2016

BY: CAROL FALKNER

Mike Valla from New York and author of 5 books on fly tying might be well known to many, however, this was my first encounter with him and I am delighted I attended HOAFF's 2016 Spring Seminar held at Cabela's.

Mr. Valla shared a portion of his research he has written about "founding flies." We were treated to a very interesting history lesson of the early flies of America. Something like our founding fathers, these flies have become legends.



*continued on page 4*

Mike Valla Spring Seminar

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Variations plus the pure fly are still being tied and used today.

Mr. Valla's research took him across the United States of America and back starting in the northeast traveling across the Great Plains west to the coast and circling back through the Midwest to the south and back to the east coast collecting stories about flies. He focused on the years 1864 to 1969 and the many fly tiers that contributed to our beloved sport of fly fishing. For this seminar he focused on his trek telling stories about different flies that became popular in New York, Vermont, Catskills, Michigan, and Wisconsin and including the Battenkill River.

Mike referred to Mary Orvis Marbury (1856 – 1914), daughter of the Orvis Company's founder, which thrilled me his first mention was a woman. One out of every three fly fishers is a women and it was exciting to hear a century ago women were involved in this great sport.

Next we learned about author and impressionist artist John Atherton (1900 – 1952) who died salmon fishing. In 1951 his book *The Fly and The Fish* was published. One of his contributions was the mixing of colors in his dubbing. He would blend fibers for a more natural look instead of solid colors. His book has been reprinted in hardcover and released the same day as the seminar. Mike was chosen to write the forward.

Mike continued on the journey and told us about Lew Oatman (1902 – 1958) who thought the bait fish imitation fly was best to catch his region's fish and introduced a brook trout juvenile fly.

Mike also displayed his fly tying talent and tied several founding flies plus donated the finished flies to HOAFF (look for them to be at the October auction). Among them are the Quill Gordon, Martinez black nymph, Michigan stone dry fly and Jassid – which won't float high in the water but floats in the surface foam.



Members at Spring Seminar

While watching him tie these flies that was projected on a large screen it was interesting how he would make his dubbing into a spindle twist and then entwine it with the thread. He also share another trick of how he keeps his material from slipping around the hook – on the first wrap slip a little extra thread in between your fingers then on around the hook and materials. When he would pull the thread snug the fly tying material would stay put and not roll off to the side. I'm sure many fly tiers know these tricks and many more but it was just one more thing I learned during this valuable workshop.

After our lunch break which allowed us time to visit and share fish stores, Mike showed us a few more flies. He also told about a time when you need to "recalibrate your expectations" which I really appreciated. Instead of fighting it, just adjust and refer to it as a variation of what you planned to accomplish. I thought this was a valuable lesson for life too. He also warned us about the "fly police" and if you take any liberties with the "pure fly" be sure to refer to it as a variation of (name of fly) or the "fly police" will come after you.

It was a beautiful 70° Saturday in February and the audience spent it inside in a classroom listening to a very entertaining speaker. Once again the quality of HOAFF's Spring Program proved to be educational and entertaining. I'm looking forward to browsing our library to find some of the treasured books he mentioned. Whether you are a novice or seasoned pro with fly fishing, you are always learning and with some luck maybe teaching too.

# HOAFF MEMBERS HOST CABELA'S OUTDOOR DAYS



Jim Hill teaches Reading Water



Peet Crissey passes out entry forms to Fly Tyers

Saturday, March 12th, members of the Heart of America Fly Fishers taught seminars at Cabela's Kansas City KS as Host for Fly Fishing.

- 10:00 Introduction to fly fishing equipment and basic knots - Ron Carruthers & Paul Bowman
- 11:00 Fly Tying for beginners - Steve Hegstrom
- 1:00 Spring fishing tips & Reading the water - Jim Hill
- 2:00 Fly casting class - Mark Borsierine
- 2:00 Fly tying competition – Jim Hill, Paul Bowman and Paul Taylor

Cabela's was very gracious to our members and those who attended the Seminars were very appreciative.

HOAFF Past President Steve Hegstrom won 1st place in the nymph and freestyle categories in the fly tying completion – Congratulations (again), Steve!



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Steve Hegstrom Tying



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# EXERCISES TO WADE BY

*Get in shape for Those Upstream Treks* BY: STEVE HEGSTROM, PHYSICAL THERAPIST

For the wading angler who is out of shape after the winter layoff, this workout, which will strengthen your legs and improve your balance-both crucial to safe wading. All you need is a 30-bound sandbag. Perform the workout twice a week for two months before your first outing.

## 1. The Side Loaded Farmer's Walk

The farmer's walk builds leg strength and endurance. Pick up the sandbag and hold it at your side. Grabbing sandbags builds forearm and grip strength, which will help you reel in that big fish. Walk in a circle or in a figure-eight pattern for 45 seconds. Keep your body from leaning toward the weighted side. Repeat, this time holding the weight in your other hand. Do a total of 3 walks on each side.

## 2. The Side Bend

The side bend will improve core stability. Hold the sandbag in your right hand, keeping your shoulders level. Bend your upper body toward the right, letting your right hand drop about as far as your knee. Keep your hips perfectly stationary. Pause, then straighten your torso by using your obliques (the muscles on the side of your stomach) to pull your ribs toward your hips. Repeat 12 times, then switch the weight to the other hand and perform 12 more reps on the left side. Do 3 sets per side.

## 3. The Sandbag Squat

This exercise strengthens legs and arms while improving balance and stability-especially important if you fish fast water. Hoist the sandbag onto one shoulder. Keeping the sandbag on your shoulder and your other arm straight out in front for balance, squat until your thighs are nearly parallel to the floor, then push through your heels stand back up. Drop the sandbag to the floor, then lift it to your other shoulder and do another squat. Drop the sandbag to the floor--that's one repetition. Perform 3 sets of 12 reps.

# FLY BOX ORGANIZATION

*(from an excerpt by George Daniel, a Fly Fisherman contributing editor)*

BY: STEVE HEGSTROM

1. Make a written list of all the flies you'll need through the year. Go back through it several times to whittle down the flies to only the flies that are truly essential.

2. While you're making the list, break down how you normally spend your fishing time, and make separate lists of nymphs, streamers, and dry flies.

3. After each day on the water make sure that you replace missing flies, dry and replace used flies, and prepare your boxes so they are ready for the next day on the water.

4. Leave empty spaces in your boxes for flies you buy on road trips, or for those experimental patterns you've been tying.

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5. Once a year, do some spring cleaning to get rid of the chewed, mashed flies. Even more important if you have fly styles you haven't used in a year or more, get rid of that unwarranted clutter.

6 Use imitative rather than species-specific fly patterns. A Pheasant-tail Nymph is a serviceable imitation of many mayfly nymphs.

7. Use a working fly box for the patterns you plan to use that day.

8. Make sure your flies are dry before you replace them. After rainy days or surprise swims, open all your boxes and dry the contents.

9. Carry fewer streamer. With heavy tippet, you'll lose far fewer of them, and they take up valuable space.

10. Choose your pack or vest first, then buy boxes that are appropriately sized.

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## ONE PLASTIC BAG AT A TIME

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BY: SAM POTTER  
TIGHTLINE.BIZ  
MIDMOTU CONSERVANCY

How often do you spend a day fishing on a stream and appreciating the beauty of where you are? Once a year six times a year 20 times a year? While you were walking to the streams, or getting your gear ready in the parking lot, did you see any trash on the ground or maybe some fishing line hanging on a limb while you were fishing? At the end of the day, when you are finishing playing, take a plastic bag out of your vest or hip pack and collect trash on your way back to the truck. I know it wasn't your trash and maybe you think someone else needs to pick it up. Unfortunately you and I have to share this beautiful place where we fish with people that don't care what it looks like or how much damage they cause. The person that left the trash doesn't care and he sure as hell won't be the one picking it up. We have to be stewards of their stupidity until they are caught some day and fined a good chunk of a pay check to help them think about it. What are a few extra seconds of your time on your walk back to the truck to stop and clean up the place that you appreciated all day. If each of us did this, One Plastic Bag At A Time, maybe the next time you or I fish there we won't see trash on our walk to the stream or the parking lot.



*It wasn't a big bag, but it held all of this trash I found yesterday afternoon. Some of it went to recycling bins and the rest went in a trash can..... Notice the beer can labeled BEER, that's a new one for me.*

## UPCOMING EVENTS & PROGRAMS

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