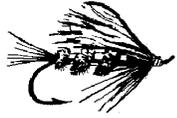


The
FLYRODDER

PUBLISHED BY



***This Month's Meeting:
November 7, 2017***

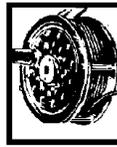


Ted Bany at Connetquot

GUEST SPEAKER:

Dan Damiani of Orvis Westbury

☐ The Future of Women in Fly Fishing ☐



President's message

I would like to thank all the participants who joined us in celebrating our 35th Anniversary, especially our past presidents, **George Simonson and Danny Van Buskirk along with his son, Peter**. These guys spent many hours on the road just to be part of that special night, for that we thank them. I would like to give a special thanks to **Susan Solomon** for an outstanding job creating our centerpieces. If you were lucky enough to win one, cherish it. It's a Sue original. I would also like to thank the officers and board members for an outstanding job with the club and organizing our celebration. Let's give a special thank you to my friends at Busco's deli in Oceanside for providing the food and servers which got a 10 on a scale of 1-10.

November also means fly tying. Classes are in full swing. If you didn't get a chance to sign up, we're kicking off fly tying at the Main Event on the 2nd Tuesday of the month. The cost is \$15 for pickings and soda. Oh, and the camaraderie is always free. Even if you're not a confident tier, please join us and we will help you out. Oh, speaking fly tying, we could use your flies to fill the raffle boxes at the Edison Fly Fishing Symposium. If tying isn't your thing, you can donate \$10 and we will do the rest.

It's been brought to our attention that the Fly Tying Symposium that is usually in Danbury has moved to Lancaster PA. Check out their web site: www.internationalflytyingsymposium.com for any info. It's a great place to see the top tiers out there and maybe pick up a few skills.

I would like to thank every member because of you our club is so great. Just remember if there's any suggestion that you think would help the club grow, the board and I always have an open ear for you.

Tight lines,

Rich Cosgrove





*Long Island
Flyrodders
35th Anniversary*



10 BEST PRACTICES OF CATCH AND RELEASE by Bill Smith



At the last LIFR outing at the Connetquot I noticed quite a few dead fish floating down the river. Since that outing several LIFR members commented that they also noticed the same thing. With that in mind it seems prudent that we review proper Catch and Release techniques. The following was edited from an article from the good folks at The Catch and The Hatch. Check out their site (<https://thecatchandthehatch.com>) for the full article and other great information.

Catch and release is a common practice among fly fishermen. However, if not practiced correctly, the mortality rate for fish can be extremely high. Over 90% of fish mortality happens after the fish swims off. This is why we need to practice the best technique in catch and release every time, because once we let go of that fish, if we didn't do our job right, the chances of survival are thin.

CATCH AND RELEASE TIPS

1 □ WATCH THE WATER TEMPS

Water temps above 68° F produce stress on all trout species and the higher the temps get, bigger chance they have of getting over-exhausted and dying after being released. Avoiding fishing streams in the heat of the day during summer is not only a good strategy as fish are less willing to eat, but it also protects the fish from over-exhaustion and death.

2- FISH BARBLESS HOOKS

Barbs increase the size of the puncture in a fish's mouth and tears more of their skin when they are removed. These wounds don't heal as well as we hope and can harm the fish's ability to feed and survive down the road. Pinching your barbs makes for an easier release and for less overall damage to the trout.

3- GOOD C&R BEGINS WITH PLAYING THE FISH WELL

The key to proper catch and release is playing the fish quickly and safely. The longer you play a fish, the more lactic acid is built up in their system and the more they struggle to recover. Playing the fish for over 2 minutes, is generally a bad idea. Trout don't recover as quickly making them susceptible to suffocation or being eaten by other trout or birds of prey. Play the fish quickly by keeping side pressure on the trout to bring it to the net quickly. Side pressure is turning the tip of your rod to the left or right of the fish to turn it's head back towards you.

4- LAND FISH QUICKLY USING HEAVIER TIPPET

Fish don't care as much as you think when they see the line. Often times you don't need 5x and 6x or even 7x tippet. You can be just as successful with 2x to 4x. Fishing with heavier leader will allow you to land the fish quicker and keep you from wearing out the fish beyond what it can recover as mentioned above.

5- KEEP THE FISH IN THE WATER AND OFF ROCKS, BANKS AND LAND

Landing the fish is where most things go terribly wrong. Fish have a protective slime coating that stays off infection and diseases. Removing the protective slime makes them drastically more susceptible to infections and diseases that kill trout days after being released. Placing the fish on the rocks, platform, banks, grass or other places out of the water harms the fish in three ways:

1- It removes the protective slime increasing risk of disease or infection

2- It can damage the fish beyond recovery. Fish can't handle damage to the head, gills or gut since they don't really have much in terms of a skeletal structure. Gravity out of the water is much greater and causes enormous stress on the trouts system.

3- Fish can't breathe out of the water. Every second you keep a fish out of the water can reduce their chance of survival by 10%. 5 seconds is a coin flip on survival.

until it is keeping with the current and facing upward (not belly up) This can take 30 seconds to 5 minutes depending on water temps and how long you played and handled the fish. When the fish tries to swim away, you should let it. This is the time to enjoy looking at the trout and letting it recover, but when it swims off, let it swim off. The smaller ones will bolt while the larger fish just swim off.

6- USE A RUBBER LANDING NET IN THE WATER

While a quick catch and release with wet hands without a net is safe, if the fish is too excited or too large, it can be messy to try to land them without a net. Using a net and keeping the net in the water will provide proper environment to land the fish safely. Use these tips to land the fish safely:

- 1- Use a large rubber landing net □ other nets that have knots or string netting can be just as harmful as putting them on the bank. Be careful not to get the gills caught or damaged in the net.
- 2- Keep the net in the water and the fish relaxed. Think of the net as more of a water gate around the trout, then something you grab it in and support it with. Use the net to contain the fish, not hold it out of the water.

7- DON'T SQUEEZE TOO HARD

When the fish is out of the water, its entire body compresses on itself. You're taking a fish from a weightless environment into a heavily weighted environment. If you have to hold the fish out of the water for a picture, then make sure to not squeeze too hard especially around the vitals. Hold the fish just behind the pectoral fins (a fish's arms) on the belly softly. With your other hand you can grab the fish right in front the the tail. Always hold the fish over water in case it falls or squirms it won't land on rocks. **Tip** □ At times fish are hard to hold on to. Grabbing them firmly by the tail acts as a sort of paralyzer to the fish and can calm them down. Don't over squeeze, but a good firm grip (like gripping a steering wheel) is the right amount to hold the fish in place.

8 □ CUT THE LINE IF THE HOOK IS DEEP

When it comes time to unhook the fly from the trout, hopefully the barbless fly you have comes out easy. If the fly is too deep, then simply cut the line. A fly (and tippet) aren't as difficult for the fish to pass as you'd think. It often comes loose on it's own (if it's barbless) later on allowing the fish time to recover easily and keeping it safe. Shoving forceps down it's throat to get the fly back is trading a fish life for a \$2 fly. Just not worth it.

9 □ PHOTOGRAPH FISH SELECTIVELY, QUICKLY & CREATIVELY

Even if you do a good job landing the fish quickly, keep it off the rocks, and use a good landing net, you can ruin it all by holding the fish out of the water for 2 minutes as you attempt to get the □ grip and grin □ photo. The best way to get a photo safely of a fish is to leave it in the net and the net in the water so the fish is just resting in there with the hook removed. Just before the picture is taken, quickly and gently lift the fish to your desired shot and take pics quickly. Be quick and gentle and if possible always keep the head and gills underwater or slightly out and only for a moment.

10- RELEASE FISH SLOWLY UPSTREAM

Once you have unhooked the fish safely, it's time to revive the trout and safely release it. It's best to revive the fish facing upstream in slow to medium current and in clear water. If you muddied up the water walking around, move over a little so the fish can get some clean water. If the fish is small enough to relax with the net guarding him this is another great way to release the fish without even touching it. Just use the net as a guard to keep it from leaving until it is keeping with the current and facing upward (not belly up) This can take 30 seconds to 5 minutes depending on water temps and how long you played and handled the fish. When the fish tries to swim away, you should let it. This is the time to enjoy looking at the trout and letting it recover, but when it swims off, let it swim off. The smaller ones will bolt while the larger fish just swim off. That moment when you let go and see the trout swim off slowly is the most rewarding part of fly fishing. You can feel good that the fish has been released safely and will live to spawn and be caught another day down the road.

***LIFR is collecting flies for the Edison Fly Fishing Show in January.
The show has moved from the Somerset location.***

We are asking you to donate 12 identical freshwater flies or 10 identical saltwater flies. We will also accept \$10. cash donation. Each donation will credit you with one chance in a special "thank you" drawing to be held in February.

Peter Brower will be collecting your flies or monetary contributions at meetings until January. It takes a lot of flies to fill our display boxes, so please help us out.

Hello Flyrodders,

Our next club meeting is scheduled for Tuesday, November 7th, starting at 8 PM. The guest speaker will be **Dan Damiani, Fly Fishing Mgr. of Orvis, Westbury** who will speak to "The Future of Women in Fly Fishing". If you missed our fabulous 35th Anniversary Celebration last month, please see Richie to receive your anniversary pin.

Here are some items of interest:

November 7th - Project Healing Waters. The Veterans will be fishing Connetquot that day and as before, they look to LIFR for volunteers to guide and assist. If you would like to guide, assist and teach a Veteran fly fishing at Connetquot, call Jim Gilmartin at **516-241-5868**

November 11-12 - The International Fly Tying Symposium is being held in in the ballroom of the Marriot Hotel in LANCASTER, Pennsylvania. (previously Somerset, NJ)

November 14th - "Fly Tying at the Main Event Restaurant". Come and join us for an evening of fly tying, conversation and food. You can tie, seek help with a tying problem or just pick up pointers to improve. We meet on the 2nd Tuesday of the month, November thru March, starting at 7 PM. The cost is \$ 15.00 for finger food and soft drinks. The address is 799 Old Country Rd. in Plainview, just west of Rt.135 (Seaford/Oyster-Bay Expway) Exit 10. For more information, please talk to me or Richie.

November 20th - Club fishing at Connetquot. Please make reservations at the meeting or call Ted Bany at 631-689-2178.

Peter Brower is collecting flies for the Edison (previously Somerset) **Fly Fishing Show** in January. This is our only fundraiser !! We are asking you to donate 12 identical freshwater flies or 10 identical saltwater flies. We will also accept pocket emergers (\$ 10.00 cash donation.) Each donation will credit you with one chance in a special "thank you" drawing to be held in February. Peter Brower will be collecting your flies or monetary contributions at meetings until January. It takes a lot of flies to fill our display boxes, so please help us out.

If you're too busy to buy a gift for the grab bag exchange at our **Holiday Party** in December, we can help! AnnMarie will have gift certificates for you to buy at the meeting.

It's not too early to think about trips for 2018. Our trip planning meeting is in January 2018, and if you're interested in running a trip or have a special destination in mind, don't be shy, please step forward. We can use all the help we can get.

*See you next Tuesday,
Wolfgang Porté*

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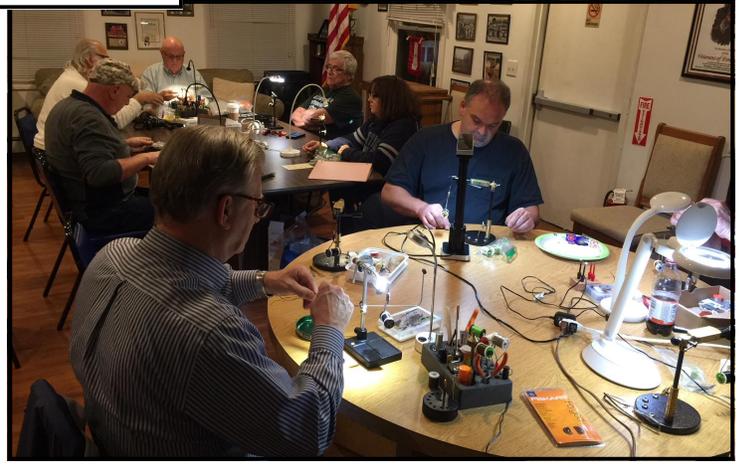
Individual or Group Lessons available with Seminars for Clubs

Project Healing Waters Update

Project Healing Waters Fly Fishing, PHWFF, based in Northport VA, has **new fishing dates**. Beginning **Monday, April 3**, the Veterans will be fishing Connetquot on the **first Monday of every month**. And, as before, they look to LIFR for volunteers to guide and assist. If you would like to guide, assist and teach a Veteran fly fishing at Connetquot, call:
Jim Gilmartin, 516-241-5868



Wolfgang's Fly Tying Class



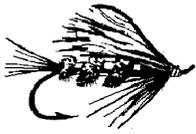
Gone Fishin'

Jason Creech



Bill Hermanek





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Circulation Manager

The Long Island Flyrodders
meet at 8:00 PM on the
first Tuesday of each Month
at the:

Levittown VFW Hall
55 Hickory Lane
Levittown, NY

(North of Hempstead Turnpike
& West of Jerusalem Avenue)

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LIFR Needs You!

Our club needs volunteers.
Please donate some of your time to help out
at meetings and for other important club
business.

If you can spare a little of your time,
please see Pres. Rich Cosgrove, Wolfgang
Porté, or any Board Member for informa-
tion. Thank You



Monday Fishing at Connetquot River State Park 2017

November 20

All you have to do is call **Ted Bany** at **631-689-2178** or e-mail him at **tedbany@yahoo.com** by Sunday night to add you to the list

Time to Purchase Your Gift for the December Grab Bag

We will be having a grab bag at our annual holiday party in December. In order to partake, you will need to purchase a fishing related gift in the \$15 range and bring it wrapped to the December meeting.

We will once again be offering \$15 gift certificates at the LIFR Merchandise Corner (see Nora at the November meeting).

Our Club has celebrated its 35th anniversary this year. An awesome accomplishment and testament to those who worked to make it all it is today.

Sadly, it can't continue if new people don't volunteer to carry some of the weight. There's always a crowd at the barbeques and refreshment line, but where are those people when work needs to be done?

Jobs like board member and trip leader are begging for new blood. How many people went to the Somerset Show, but couldn't spare some time to man the booth?

This is YOUR club and it's only as good as YOU make it. Please find it in your heart to help out, so the Long Island Flyrodders can continue for another 35 years. A few people can't do all the work. Ask any officer or board member how YOU can contribute.

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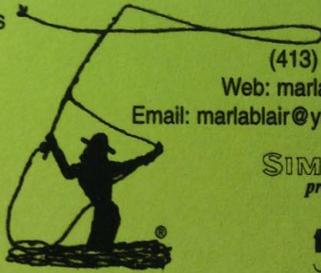
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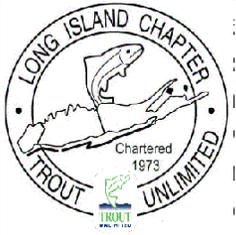
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Hicksville VFW Hall
320 S. Broadway
Hicksville at 7:30 p.m.
 Visitors are always welcome.
 See www.longislandtu.org for more info.

To conserve, protect and restore North America's cold water fisheries and their watersheds.

For fly tying classes, contact:
Wolfgang Porté: (516) 741-2342



Berkley has a program for recycling **used fishing line**. If you call them and you are a **business**, they will send you a shipping box (prepaid) to send in the line. Their only stipulation is that the line be clean and free of all debris, hooks, and metal attachments. Here is the Berkley number.

1-800-BERKLEY or 1-800-237-5539

If you are not a business and you have a bag of line, send it to the following address. Remember that birds and marine animals become entangled in fishing line. Do what you can. Make sure the line is clean of debris, hooks, and metal attachments.

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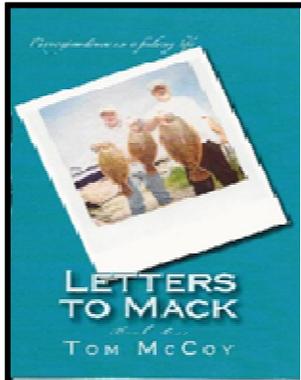
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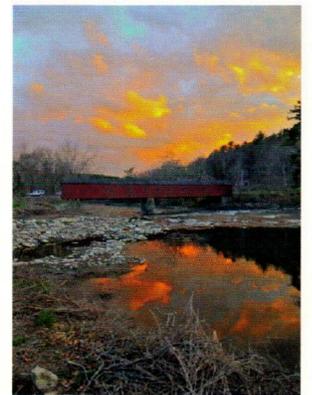
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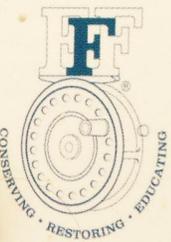
Huntington
 New York

631 848 0369

Jacalou007@aol.com



INTERNATIONAL



Attention Flyrodders

Accessing our old web site, www.lifr.org, will automatically redirect you to our new web site, www.lifyrodders.org. Access to our old site is no longer available, but you'll find all your old favorites and club information on the new site.

Email can be addressed to **Roy Placet**, our webmaster at:

webmanager@lifyrodders.org



MEMBERSHIP APPLICATION
January 1, 2017 - December 31, 2017

Please do not write in this box

The undersigned hereby applies for membership or renewal in the **LONG ISLAND FLYRODDERS, INC. ("LIFR")**. I understand the inherent risk in participating in the activities of **LIFR**, including fishing trips, of one day or longer, which **LIFR** may make available to members. I understand that **LIFR** activities may take me into remote areas, and that I may not be able to be promptly evacuated or receive proper medical care in the event of injury or disease. I further understand that I am solely responsible for all costs of medical treatment and transportation.

Intending to be legally bound, for myself, my heirs, executors, and administrators, except to the extent that indemnity insurance is available, I waive, release, indemnify, and hold harmless, **LIFR**, its Officers, Board of Directors, and members, against any and all claims for personal injury, disease, death, and property damage or loss, that I may incur, arising out of or connected in any way with any and all **LIFR** activities. I assume the risk of undertaking all **LIFR** activities, including related travel.

Member Signature: _____ Date: _____

Clearly Printed Name _____

Family Application must be signed by each Family Member or Guardian, as applicable.

Family Member(s) _____

Address: _____

Home phone: () _____

Work phone: () _____

<p>In case of emergency, when reasonably feasible, contact:</p> <p>Name: _____</p> <p>Relationship: _____</p> <p>Home Phone: () _____</p>

Clearly Printed E-mail address: _____ @ _____

Consent to post wmail address on LIFR Web Site: Yes () No ()

Dues: **Individual \$45** **Family** (including children under 16 yrs.) **\$50** **Junior** (under 18 yrs.) **\$15.**

Check here if you do not want your newsletter sent by E-Mail. Please keep in mind that printing and mailing expense is about \$12.00 per year for each member that requests mailing.

Please rememberIf you change your residence or email address you must notify LIFR by writing to the club at LIFR, PO Box 8091, Hicksville, NY 11802 . **This will ensure that we continue timely delivery of your "Flyrodder".**

Renew Today!!!!

LONG ISLAND FLYRODDERS COMING EVENTS

November - 2017

- November 7 **General Meeting - 8:00 pm**
Speaker: Dan Damiani of Orvis Westbury
☐The Future of Women in Fly Fishing☐

- November 7 **Project Healing Waters Fly Fishing - Connetquot**
Volunteers Needed - See Details & Info on Page 6

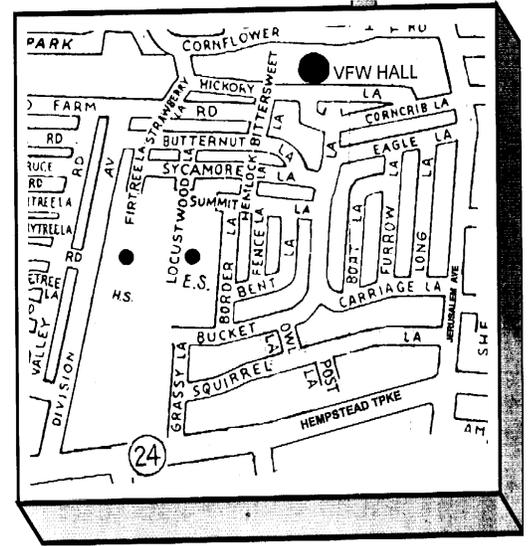
- Nov. 11 - 12 **The International Fly Tying Symposium**
Marriot Hotel in Lancaster, PA

- November 14 **Fly Tying at the Main Event Restaurant**
See Details & Info on Page 6

- November 20 **Connetquot Monday Fishing**
Contact: Ted Bany - Details & Info on Page 9

- November 28 **Board Meeting**

*For more details & info on trips, please visit our website -
liflyrodders.org (2017 Trips and Events)*



2018 Dues are Due!!

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