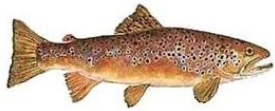




# LINES & LEADERS



*The Newsletter of the Connecticut Fly Fisherman's Association*



Volume 35 No. 9

*Organized "To Preserve and Promote the Pleasures and Traditions of Fly Fishing and to Conserve Game-Fish Waters."*

May 2007

## MAY MEETING

*Dr. Leslie Wrixon*

**FLY- FISHING TEAM USA**



Our featured speaker for the May member's meeting is Dr. Leslie Wrixon. Dr. Wrixon will be presenting Fly Fishing Team USA and her recent trip with the team to Portugal for the Fly Fishing World Championships. Leslie will discuss how she was selected as the official fly tyer for the team and her experiences at the World Championships.

Leslie will also discuss the topic of competitive fly fishing in the United States and abroad. *(For more information on Dr. Wrixon, please see page 2).*

**PLACE:** Veteran's Memorial Clubhouse, 100 Sunset Ridge, East Hartford, CT

**DATE:** Wednesday, May 9<sup>th</sup>, 2007

**TIME:** Fly Tying, Tackle Swap, Raffle:  
7:00 - 7:30 PM

Program: 8:00 – 9:00 PM



## FROM THE VEST OF THE PRESIDENT

☺ It's finally here, May!! By now most of us have already been out a few times and hopefully with great success. For all of you new members May is our last meeting of the season and we won't meet again until September. There won't be another Lines & Leaders until September, so, go out there and make fishing stories and sit down and write about your experiences and send them in to Dave.

On March 31<sup>st</sup> I attended the HFFA banquet along with fellow members Kurt and John. It was nice to see and chat with some of our old friends that are members of HFFA. They did a nice job and from my observations their banquet was a success. They had a nice raffle and I won a fly line and some 2007 Orvis flies.

With this being the last vest until September I would like to take this opportunity to thank you the members for your participation and ideas and awesome attendance. When I tell people about our club and how great our members are and our attendance at monthly meetings they can't believe it.

It's also nice to see more and more moms and dads in attendance with their sons and daughters. I for one would like to see more of that next season I realize it's a school night and our young members have to get to bed but it's still nice to see them in attendance. I probably have the best board in the world! You board members are the ones that make me look good; you guys and gals are the people that make CFFA go. I appreciate all of you more than you know and I thank you for your hard work throughout the year.

I would also like to thank the advisory board for everything that they do. I rely on your advise and

*(See VEST – Continued on Page 5)*

# CFFA CLUB NEWS

## **CFFA NEW MEMBERS**

The list keeps growing! CFFA would like to welcome the following new members:

- ★ **SCOTT TOTTEN** – East Hartford ★
- ★ **AARON McCARTHY** – Plainville ★
- ★ **WAYNE HUOT** – Marlborough ★
- ★ **JUSTIN LALIBERTE**–Manchester ★
- ★ **DENISE DAURAY** – Manchester ★

We welcome all of you to CFFA! You are encouraged to participate in all the activities CFFA has to offer.

## **2008 BANQUET DATE SET**

We all had such a good time at the banquet last month, and Maneeley's did such a great job, we decided to book early this year. We have set a date for February 9, 2008. Mark your calendars now!

## **2007 ROSCOE TRIP IS FULL**

Make sure you reserve early next year!

## **DVD RENTALS AVAILABLE**

Just contact Bob Winot. He has a large selection for you to choose from. We ask for a \$5 donation to help with our library and conservation fund.

## **ENJOY YOUR SUMMER!**

Hope everyone has a happy, productive, and safe summer of 2007. We enjoyed providing you with Lines & Leaders this year...our 5<sup>th</sup>...time flies! See you in September....*Dave & Mark.*

## **COMING EVENTS**

<b>Next Board Meeting</b>	May 2th
<b>Next Membership Meeting</b>	May 9 th

### **CFFA CLASSES/EVENTS - Dates**

<b>2007 Cape Cod Fishing Trips:</b>	
<b>First trip:</b>	June 1, 2
<b>Second trip:</b>	June 8, 9

\*Weather Permitting

## **MORE ON DR. LESLIE WRIXON:**



Dr. Leslie Wrixon is a native of Connecticut. As a child Leslie fished on Long Island Sound and watched her grandfather fly fish in the Catskill Mountains of New York. After some years and a doctorate in clinical psychology behind her, Leslie purchased a fly tying kit six years ago to satisfy her long-standing fascination with fly tying. Largely self-taught, Leslie studied the art of fly tying and has evolved into an active member of the fly tying and angling community. Her flies can be found around the world and Leslie has been a featured tyer in many events. Her fly tying and fly fishing travels have taken her around the country and to Europe. She is involved with the Federation of Fly Fishers, International Women Fly Fishers, the Catskill Fly Tyers Guild, World Fly Fishing Japan and The Fly Dressers Guild. More information is available on Leslie's website: [www.ityeflies.com](http://www.ityeflies.com).

## **ON THE RIVER**

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# *Coping With High Water*

*Submitted by John Berry,*

*(Reprinted from the FFF, Federation of Fly-Fishermen's Clubwire)*



If the last two months are any indication, we are in for a high water year here in the twin lakes area. The last year and a half of drought, while not good for the farmers, have been a boon to wade fishers. We have become accustomed to constant low water conditions and it seems like those days are coming to an end for now. It is cyclical and soon the low water will return. Until then, we need to learn to cope with high water. The trout are still here and they are feeding.

When I moved here almost seven years ago, I was strictly a wade guide. Out of necessity, I bought a White River Jon Boat and began learning how to cope with high water. In the process, I learned a few things about catching fish during high generation.

One thing that must be considered is that there is a large variation in the amount of water that can be running through the generators. At low levels (two or three generators on the White or one generator on the Norfolk), the fishing is quite different from high levels (four to eight generators on the White and two generators on the Norfolk).

At low levels the fish are basically still in the same areas as when there is no generation. On the White, you can use a drag chain to keep you straight in the water facing upstream (It is illegal to use chains on the Norfolk). This is a good level to nymph and can easily be more productive than no generation. I generally rig a nymph on a long tippet say three feet with a small strike indicator and a bit of lead. I would use the same nymphs as for no generation but maybe a size larger. The depth would be set based on the depth of the water. The idea is to tick the bottom. This is an effective time to fish dries especially during a hatch. I have had a lot of success with large terrestrials and western attractor patterns (especially grasshoppers and really large ants). A big grasshopper with small nymph as a dropper (a hop and a drop) can be killer. You cast out from the boat about twenty five to thirty feet and let the fly drift with the boat. Mend the fly as needed to achieve a long drag free float. When a fish hits set the hook.

At high levels of generation, everything is a bit different. While that much water can be intimidating, I actually find the boating a bit easier. All the rocks are now way under water and the going a lot easier with no obstructions to navigate around. I do not recommend using chains or even anchoring in high water. The force of the current could easily swamp your boat. The boat operator should keep the engine running at all times. You should use the motor to control your drift. Since this takes your undivided attention, you should move into calm water to rig your rod or land big fish.

At this water level, the fish are in side channels or over weed beds. They are deeper and the current is greater. Therefore I use a longer and a stronger tippet (3X or 4X) and larger flies. You want the trout to be able to see them. I also use a lot more lead to make sure that the fly ticks the bottom. To float this increased weight, I use the largest strike indicators that I can find. Once again you cast out from the boat and drift the fly with the boat. The secret is to set up the boat so that you will float by the weed beds at the proper distance for you to present your flies to the fish. The best flies for this level are large San Juan worms and egg patterns in bright colors (hot pink, fire orange, bright red, etc.). Any flies used should be heavily weighted. I often tie my San Juan worms on 1/32 ounce jig heads to ensure that they get down to the bottom.

Another technique is to cast large dry flies like hoppers or stimulators against the bank. You need to get within two or three feet of the bank and make sure that you get a perfect drag free float. This requires a bit of skill but can be very exciting.

Is there fly fishing in high water? You bet there is!

# Connecticut's First Stripers

by Frank Daignault

Connecticut's most reliable early season striper destination is the lower Connecticut River. Linesides are coming off open sea migration where feeding opportunities are at this time limited and they bee-line to this location because of favorable water temperatures and enhanced foraging opportunities. This is a perfect spring situation because the river is loading up with spawning alewives which augment grass shrimp, sperling and killies. Season considered, it is where stripers have to go.



The coastal, more tidal section of the river is really a huge marsh bisected by one of the largest flows in the northeast. While the estuary is big, tidal and flow enhanced, it is a good small boat location because it is protected. You can launch in Old Lyme at Great Island on the east bank; or, on the west, under Route 95 at Baldwin Bridge. For those who know their way around, this is not a bad spot for flats wading in the deep night; however, while the main flow is too deep for that, it is possible to wade along the sod banks and back marsh coves where stripers will prowl either after dark -- when you'll hear them -- or at daybreak. Even when wading, the best of it is accessed from boats.

At the Connecticut DEP Marine Headquarters in Old Lyme, (east bank), the state completed a new fishing pier in '93. The spot is open all night because its intent was to eliminate the parking hassles associated with night fishing -- something that all wise striper fishers should do. The pier extends from the south end of the state property, beneath the Old Lyme railroad bridge, to the mouth of the Lieutenant River. Most using the pier are bait fishing while the rest of us leave the end of the pier with floating lines and wade the bars down on a dropping tide.

The mouth of the Lieutenant River is a reliable estuarine choice with fly fishers because of the flow which joins the larger waters. Current is always frequented by stripers and many anglers believe that the river there carries the sniff of baitfish. This local tributary creek is also popular in spring because of the warmer water locally which escapes the freshet cool flow from the north in the main Connecticut. Patterns -- largely deceiverish streamer variations -- are dressed to imitate shiners, sperling and sand-eels. Later in the season some use baby bunker patterns.

DEP Marine Headquarters can be found by taking Exit 70 from I-95 to route 156 south; then take a right onto Ferry Road and continue to Land's End. There are signs.

We zero in on this area because it is accessible for boats and shore fishermen. However, as a secondary consideration, the entire river to Hartford (a fresh water license is required above Route 95) is tidal and linesides can be found anywhere along the way. One reason is the burgeoning alewife run which takes place late March. To a mid-sized on up striper an alewife is fillet mignon and stripers will stop at nothing -- not even the Enfield Dam 60 miles upstream -- to get them. At this first major obstacle on the river, just south of the Massachusetts line, late April witnesses the beginning of a period when bass and bait mingle. If you could see what is caught wherever alewives can be found, you would appreciate the size potential of striped bass which the Connecticut hosts. The sweet water stretch from Windsor to Hartford holds spring stripers. Below Hartford there is a locally popular sandbar and drop-off in Glastonbury at the confluence with Roaring Brook. Bass are also found at the mouth of the Salmon River in East Haddam; and in Haddam the Connecticut Yankee Power plant draws fish when off season water temperatures are out of suitable range elsewhere.

Note that bait and predators here have different arrival times: alewives late March, small stripers early to mid-April. Even then the later into the season the more one's chances improve for a real moby striper. Alewife runs vary in intensity and many of us believe that stripers are in the river to feed upon spent fish later rather than the fresh and strong new arrivals of the early season.



### **VEST OF THE PRESIDENT** (Continued from page 1)

you are a vital part of the CFFA. Thanks to all of the members that stepped up and volunteered for the expo and banquet and shows. I appreciate your help; members like you make my job easy. Finally, thank you to everyone for allowing me the honor to serve as your president.

If any of you have an idea or suggestion to make our organization better please let one of the officers or board members know. We are always willing to try new ideas.

Bob Winot has DVD's in our library, we ask for a \$5.00 donation to help fund our library and help with conservation. Please visit our website with any questions, comments or concerns that you may have and one of us will get back to you. I would also like to thank Mike Lynch for brewing the coffee at our monthly meetings. Also, thanks to Cindy for the wonderful treats, cookies, pies, etc.

Thanks to our members that volunteered to help teach fly tying at the American School for the Deaf, nice job everyone. We will be heading to Camp Aya Po to tie for the Cub Scouts on Saturday June 9<sup>th</sup> if I remember correctly the camp is in Somers and we need a couple more tiers. Anyone interested please contact me via the website.

The fly tier's roundtable meeting was once again awesome and I want to thank all of the tiers that participated. I would like to welcome our youngest and newest member to the CFFA. Matthew is 8 years old and he attended his first meeting in April. It was nice to meet Matthew's Mom and Dad and little sister and they seemed very excited to be involved in CFFA. It was also great to see so much enthusiasm in fly fishing in such a young man. Thanks to Stanley for giving Matthew his winning raffle ticket and getting him off to a good start. Its generous members like Stan that makes me proud to be a part of CFFA.

I have been asked by several people about our books Fly Fisher's Companion, I will be carrying some copies with me to the meeting I usually have 3 or 4 copies with me so come up and ask for one if you wish to purchase a copy. I have several copies left at home and once they are gone they are gone. I have 3 or 4 CFFA logo hats left and 2 are already promised I will bring them to the May meeting if anyone else is interested.

Thank you to all of our fly tiers that donated flies to Casting for Recovery I know they will put them to good use. Please, whatever you do, wherever you go this summer please be safe. Every year our lakes, oceans and rivers claim angler's lives and the sad thing is they are accidents that could have been prevented by doing simple little things like wearing a PFD when boating and wearing a wading belt when wading rivers and streams. Please enjoy your time outdoors. I want to see you all in good health in September so please play it smart by playing safe.

Don't forget to patronize our sponsors; they treat us well so let's repay the favor by shopping in their establishments. Have a great summer, see you all at the September meeting, and bring a friend: Tight Lines, John

I'll see all of you at the meeting, bring a friend: Tight Lines,

*John*

### **CONNECTICUT'S FIRST STRIPERS** – (Continued from preceding page)

This is the time for rapidly unfolding conditions and sets of conditions. Some years snow melt -- like last year from New Hampshire and Vermont -- infuse the river with cold water which drops its temperature to below taking ranges.

The size of available stripers is largely determined by timing. As with the rest of the Striper Coast, small fish -- perch size to 24 inches -- arrive first, early

April on average. Keepers, and the first cows, are on time mid-May but June is safe for all sizes. Timing isn't from the photo period but rather from the total of prior temperatures. While there is widespread belief that there is a limited native striper population in the river, officials say that more likely what are being seen are holdover fish from another source -- probably split between the Hudson and Chesapeake. More likely the wild card in the size opportunity equation are probably arrivals rather than residents. With that in mind, anything can happen sizewise.

Up to date information on the coastal sections of the river can be had by calling River's End Tackle in Old Saybrook at 860-388-2283. Way inland Hartford Club Sports can report on less tidal stretches. Call 203-296-0110.

**ABOUT CFFA:** The Connecticut Fly Fisherman's Association, Inc. is organized "To Preserve and Promote the Pleasures and Traditions of Fly Fishing and To Conserve Game Fish Waters." CFFA membership meetings are held on the second Wednesday of each month, September through May. Meetings are held at the Veteran's Memorial Clubhouse, Sunset Ridge Drive, East Hartford, CT. "Lines and Leaders" is the official publication of the Connecticut Fly Fisherman's Association, Inc. and is distributed to its membership and allies of conservation. Business card ads may be placed at a cost of \$5 per add or \$40 for nine months. CFFA members may place for-sale or want ads of a non-commercial nature without charge. Newsletter correspondence should be sent to David Casali, 259 Longhill Drive, Glastonbury, CT, 06033. Change of address notice should be sent to CFFA, P.O. Box 380268, East Hartford, CT 06138-0268 **COPY DEADLINE:** The second Friday of the month.

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**THE FLY-FISHING  
PREACHER**



There was this preacher who was an avid trout fly-fisherman. Every chance he could get, he could be found on the stream with his fly rod. It was an obsession.

One Sunday was a picture perfect day for fishing. The sun was out, no clouds in the sky, and the conditions were just right. The preacher was in a quandary as to what to do, and shortly, the urge to fish overcame him.

He called an assistant to tell him that he was sick and could not do church, packed his fly fishing gear, and drove to the stream. Happily, he began making casts at some rising fish.

An angel up above was watching the preacher and was quite perturbed. He went to God and said, "Look at the preacher. he should be punished for what he is doing." God nodded in agreement.

The preacher made a perfect cast to a nice riseform. What was clearly a world record brown trout immediately engulfed his hopper pattern. After a hard fought battle the preacher landed a 25lb. brown trout. He was amazed and excited.

The angel was a little shocked. He turned to God and said, "Begging your pardon, but I thought you were going to punish him."

God smiled and said,  
"Think about it -- who can he tell?"

*(Reprinted from barflyfish.com)*



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FLY FISHERS**

