

Derby City Fly Fishers

March 2024 Newsletter

The latest DCFF Board of Directors meeting was conducted on: Wednesday, March 6th, 2024

The next Board of Directors meeting is scheduled for: Wednesday, April 3rd, 2024



President's Letter:



The War on Suffering ... Lessons Learned from Buying a Pair of Gloves

My August 2023 letter was about turning 70. As of the writing of this letter, I am closer to 71 than 70. I am also now resigned to the idea of being in my 70's. My life has changed much since last August. I have a keen awareness of the passage of time, and I can now see the horizon of my life a little clearer.

One of my goals at this advancing age is to be as comfortable as possible when I'm fly fishing. The importance of being dry and not too hot or too cold is priceless. The ability to be comfortable whatever the season presents is vital to staying on the water longer. It is extremely difficult to tie "Jack's Knot" or thread size-6 tippet on a #20 Ruby Midge with frozen fingers. Likewise, enjoying time on the water under the heat of a blazing sun is a challenge. Extreme climates can cause great suffering, both physically and mentally. It is not always fun and games out there. We must often wage war against this suffering, and we must battle for our comfort.

Our friends, spouse, or significant other may not understand the misery of this "suffering". Try, as you might, to explain how unjust this dilemma is or to justify any expense to combat it – you may not get far. A roll of the eyes or a sigh of disgust is often the standard response. You might even be laughed at.

I've given up trying to explain this crazy war against suffering and have resigned myself to walk a trail of silence with those who already understand. We share a common bond. Some will relate to this much more than others. You are seasoned soldiers of this war and have weathered many battles. When we were younger, comfort took a back seat to just being on the water. Now that many of us are older – our physical comfort is what allows us to stay on the water longer. The need to eliminate "suffering" becomes the clarion call to battle.

Younger generations reading this letter -- do not think that you are exempt. This war will be yours to fight soon enough. Your time will be here sooner than you think. The Cappuccini Church in Rome has a plaque that reads (similar to a line from **James Joyce** in his classic novel **Ulysees**):

What you are now, we once were; What we are now, you shall be.

Our weapons of war to fight against suffering on the water are many. Glasses with corrective lenses help us see better and tinting protects our eyes. Clothing is available to help us stay drier, warmer, or cooler. Boots help us wade easier and staffs help us stay steady and upright in the stream. Socks have been specifically engineered for maximum insulation or to improve cooling (wicking) effects. The fully equipped fly fishing soldier in this war is often a sight to behold out on the water -- but there are few (if any) from past eras that wield weapons equal to those available today.

Gloves are a critical finishing touch to this uniform of battle. Warm and nimble fingers in the dead of winter are a key to success in the harsh environments. Being equipped with less than adequate gloves can cause great suffering and thus, lead to shorter time on the water. It was this very situation I encountered on a recent fishing trip. I am fortunate to have lived to tell you this tale.

It was a cold, clear morning of 28 degrees with an East wind blowing at 8-10 mph. My purchase of new high-quality gloves was proving to be a disappointment. After catching several fish, my fingers began to sting from the cold. My hands had become wet and the wind blowing across them had caused a numbing effect. The situation was getting serious and I was suffering greatly. The suffering was so great, that I was almost unable to tie "Jack's Knot" after having broken off a fly. I was confused by this dilemma and began to think that disorientation was soon to come. What could be the problem?

High-quality gloves had never failed me before, and I was using a brand new pair. Then my training kicked in. I came to my senses and realized I had an old pair of gloves for back up. These gloves were cheap and bulky -- not sleek, stylish, and pricey like the ones I had on. Knowing I had to act quickly, I painfully removed the wet new gloves and put on the old gloves.

The old gloves were nothing to look at -- not sleek or stylish, but rather frayed, bulky and plain. They went on easily. It didn't take long before the numbness in my hands and fingers began to fade along with the sting. The suffering was soon gone, and I was able to fish the rest of the morning. The cold of the morning was no match for those old, frayed, wool gloves.

This war on suffering will be long and hard. My hope is that this story helps you to stay in the battle. We need to use all the weapons we have available. Technology continues to advance and gives us great weapons to battle the discomforts Mother Nature throws at us. Sometimes the old weapons work as well or better than the new ones. Whatever the case -- we all need to help each other along. We are all soldiers in this war on suffering. Come join the battle. We can leave no Fly Fisher behind!

Fish on!

Ralph Swallows DCFF President

Upcoming Events:

Bass Pro Shops & Cabela's Spring Fishing Classic

Three Weekends in March:

March 9 & 10

March 16 & 17 March 23 & 24

11:00 am - 4:00 pm each day

Cabela's

5100 Norton Healthcare Blvd -- Louisville, KY
<u>Google Map Link to Cabela's</u>

... and ...

Bass Pro Shops

951 E Lewis and Clark Pkwy -- Clarksville, IN

Google Map Link to Bass Pro Shops

DCFF is manning a fly tying table to interact with the public during the annual *Spring Fishing Classic* at Bass Pro Shop and Cabela's over three weekends in March. This Newsletter is reaching you after the first weekend, but two weekends are still available.

We need volunteers to staff the tables, demonstrating fly tying and discussing fly fishing with interested customers. You don't have to be an expert tyer or fly fisher -- just be willing to talk to store patrons about the club and the sport we enjoy. This is a great opportunity to promote our club and support Bass Pro and Cabela's in appreciation for all their past and continuing support of our club.

We have broken each day into <u>two</u> shifts at <u>each</u> location:

• Shift 1: 11:00 am to 1:30 pm

• Shift 2: 1:30 pm to 4:00 pm

Please consider signing up for one or more time slots on our sign-up page at this *LINK*.

DCFF Coordinators:

Cabela's:

John Froehlich wolleybugger9014@gmail.com (270) 314-0362

• Bass Pro Shop:

Steve Kuric spkdoc@msn.com (812) 457-2368

DCFF Eat & Talk Shop

Wednesday March 13th / 6:30 - 8:30 pm

Rooster's

10430 Shelbyville Road -- Louisville, KY Google Map Link to Roosters

We meet to Eat & Talk Shop the 2nd Wednesday of every month in Rooster's private event room that is comfortable, quiet enough for conversation, and has good lighting for fly tying. This is a great opportunity to get to know some of your DCFF club mates a little better, swap some fish stories, and enjoy some good food and drink. Come when you want, eat and drink if you want, tie a fly or two -- but mostly just share some camaraderie. We are, after all, best known as an eating and drinking club with a fly fishing problem!

DCFF General Membership Meeting

Wednesday March 20th / 6:00 - 8:00 pm

Bass Pro Shops

951 E Lewis and Clark Pkwy -- Clarksville, IN

<u>Google Map Link to Bass Pro Shops</u>

PLEASE NOTE: Earlier than normal start time to accommodate Bass Pro Shops winter hours of operation for the FEB & MAR meetings!

The General Membership Meeting (GMM) is scheduled for the 3rd Wednesday of every month. We meet indoors at Bass Pro Shops during the winter, in the upstairs auditorium. Our GMM is an opportunity to share club news and event updates, so all members are encouraged to attend to stay up to speed on all club activities.

This month the GMM content focus is on fishing local waters. No specific topics or speakers were available at the newsletter publication deadline, but prior year's meetings have provided a wealth of very helpful tips and information to get you out on the waters in our own backyard. You don't want to miss this meeting!

DCFF Fly Tying

Wednesday March 27th, 6:30 - 8:00 pm Cabela's

5100 Norton Healthcare Blvd -- Louisville, KY
<u>Google Map Link to Cabela's</u>

... and then again on ...

Thursday March 28th , 6:30 - 8:00 pm Bass Pro Shops

951 E Lewis and Clark Pkwy -- Clarksville, IN <u>Google Map Link to Bass Pro Shops</u>

DCFF Fly Tying is scheduled for the 4th Wednesday of every month (in Louisville at Cabela's) and then again on the following Thursday (in Claksville at Bass Pro Shops). Tools and materials are provided at no cost, but feel free to bring your own. Beginners are welcome, and experienced tyers will be available for individual instruction.

New for 2024, all Fly Tying presentations will be recorded so members can participate remotely using Zoom -- how neat is that! Zoom link instructions will be published and distributed in a weekly email update so club members can also take part from home or on the road using their own tools and materials. Contact *Michael Broome*, DCFF Vice-President, if you have any questions or concerns about using Zoom to connect to the Fly Tying demonstration

live, or to provide valuable feedback after the event.

DCFF Webmaster, **Joe Gahlinger** is our instructor this month. He will be tying the **CDC Golden Stone Fly** (a Charlie Craven creation). If you want a full preview of the fly as well as step-by-step instructions for tying it (with pictures) please check out this **LINK** archived on the DCFF website.



For those participating via Zoom, these are the basic materials:

- Hook: 1X Long, 2X Heavy, Nymph, Size 10 thru 14
- Bead: 1/8" Gold Tungsten WAPSI Bomb (or any counter sunk bead)
- Thread: 70 Denier Tan ULTRA
- Lead Wire: 0.015 (0.010 for smaller hook or less weight)
- Tail: 6 to 8 Pheasant Tail fibers
- Wire: 28-gauge Sliver Jewelry Wire (or small / brassie size)
- Casing: Extra Wide Saltwater Pearl Flashabou
- Dubbing: Amber Scud Dubbing (or any reasonably coarse dubbing)
- Hackle:

CDC Super Select, Light Dun (or color of choice to match) Whiting Brahma Hen, Grizzly (or Partridge; color of choice)

NOTE - For those interested in additional Fly Tying options:

Kentuckiana Fly Tyers:

KFT conducts a monthly session on the 1st Tuesday of every Month at 3rd Turn Brewing, 10408 Watterson Trail in Jeffersontown, KY (the old Moose Lodge). 3rd Turn Brewing (*Link Here*) is canine friendly, but they do not serve food. You are welcome to bring food or a snack and wash it all down with one of their fine craft beers. Experienced and new fly tyers are all welcome. KFT will provide the equipment, materials, and instruction -- but experienced fly tyers are also encouraged to bring their own tools and materials. Send an email to KFT if you want to be added to their monthly email reminder list, or to RSVP for an upcoming session at:

kentuckianaflytyers@gmail.com

Orvis:

Orvis offers Fly Tying 101 classes monthly on most Saturday mornings at their Louisville retail location (*Link Here*) in the Paddock Shops. These are free classes designed for beginners. All tools and materials are provided on location at no cost. Access the current schedule (*Calendar Here*) and register for any listed classes. Orvis also offers a more advanced Fly Tying 201 class for those who complete a Fly Tying 101 class.

Quest Outdoors:

Quest conducts fly tying classes the 3rd Saturday of every month at their retail store (*Link Here*) located in Louisville at 4600 Shelbyville

Road. Tools and materials are provided at no cost, but you are also welcome to bring your own.

Club Trips:

DCFF has a solid lineup of great fly fishing trips planned for 2024. All of our current year trips are now active on the <u>2024 Trips</u> page of the DCFF Web Site. Several trips are already full, but additional trips are being considered -- so stay tuned! This schedule is always subject to change, but it should give you a good planning guide as posted today.

ALERT: The latest schedule change removed the 27-April Instructional Outing planned for Floyd's Fork and replaced it with the new Kentucky Department of Fish & Wildlife and DCFF co-sponsored FLY FISHING 101 - LOUISVILLE at Floyd's Fork on 22-June.

Also -- we have had a cancelation for the **Green River Trip** (May 15 - 19) so there is now one slot open.

As trip details are finalized, the links for those specific trips will be activated and updated online. Once active, you will be able to get all the information about each individual trip and sign up for them:

Spring North Carolina (Full)	(10-13 Apr)
Floyd's Fork Instructional Outing (Remove	ed)(27 Apr)
Shakamak State Park Indiana (Full)	(8-12 May)
Green River	(15-19 May)
June Cumberland River	(7-9 Jun)
Waterfalls Lodge Canada (Full)	(8-15 Jun)
Boundary Waters Minnesota	(9-15 Jun)
Fly Fishing 101 - Louisville (Added)	(22 Jun)
Obey River Tennessee	(10-12 Jul)
July Cumberland River	(12-14 Jul)
August Cumberland River	(16-18 Aug)
Camp Buffalo Bill Wyoming	(25-31 Aug)
Missoula Montana (Full)	
White River Indiana	(12-15 Sep)
September Cumberland River	(13-15 Sep)
Fall North Carolina	(8-11 Oct)
Otter Creek Instructional Outing	(2 Nov)
	•

Feature Articles:

Hypothermia Surviving a Cold Water Immersion

Spring and warmer weather are upon us soon -- but this month's instructional articles are still relevant for fishing any cold water (such as the Cumberland River) during any season. The first article, pulled from longtime DCFF member **Gerry McDaniel's** excellent reference, *A Guide to the Lower Cumberland River*, was originally published by **Roger Shott**. It is a condensed reference that both identifies the threat and recommends steps you can take to survive it.

Hypothermia - Immersion

By: Roger Shott, MD

... as published in ...

A Guide to the Lower Cumberland River
By: Gerald E McDaniel



In our civilization today, we are far removed from the natural environment. We are able to create the environment in which we live. We do go hiking, fishing, hunting, camping, etc. -- but with technology, we can take much of our home environment with us to increase our creature comfort. This technology deals with expected conditions that we will encounter; however, the area of our greatest vulnerability is the unexpected environmental change that is the result of "Mother Nature's Mischief" or our own carelessness. Anyone fishing a coldwater lake or river must honestly concede that immersion in cold water is as close as the next slippery rock or accidental stumble in a boat.

The Cumberland River below the Wolf Creek Dam is cold constantly throughout the year. The water varies from 47-60°F for fifty miles below the dam with an average temperature of 54°F. If the average human can endure very few minutes of immersion in 50°F water before becoming so hypothermic then they will need help in recovering, then ANY immersion in cold water needs corrective action once escape from the water has been accomplished. In order to minimize our discomfort and enhance our survival, anyone fishing cold water must take these precautions:

- 1.) Wear a life preserver it doesn't preserve if it isn't worn.
- 2.) Wear proper clothes. Synthetic or wool clothing will retain body heat if wet or damp. Goose down or cotton when wet does not retain heat. Synthetic long underwear is an excellent idea in all seasons on

cold water.

- 3.) Wear, or have available on your person, a wool or synthetic head covering. Remember, up to 50% of your body heat can be lost from your head. An excellent alternative is a hooded synthetic pile jacket or sweatshirt.
- 4.) Wear emergency supplies in a small fanny pack or belt pocket pack. A good pack should include:
 - Pocket knife.
 - Two 30-39 gallon plastic trash bags.
 - Waterproof fire starter (matches, etc.)
 - Fire accelerant (fire sticks, tinder, etc.)
 - Space blanket or mummy bag.
 - Two 8-gallon freezer storage bags.
 - Two 8-foot lengths of cord.
 - Two high energy or candy bars.
 - One single cell flashlight no larger than AA.

Many people would find the above items very adequate. Others might feel they are overkill. However, these will help relieve mild hypothermia in most instances that are encountered. Moderate or severe hypothermia will require the efforts of several people and a visit to a hospital or even hospitalization may be necessary to rewarm the victim. Therefore, a short immersion of ten minutes or less is VERY serious and corrective action MUST be taken immediately. It is beyond the scope of this article to cover all variations of hypothermia and injury. The following are the basic principles for the most commonly encountered by short cold-water immersions:

1.) WEAR YOUR LIFE PRESERVER

Without it, only the strongest swimmers have a chance to reach the bank in 50° water. Swimming in cold water is exhausting work, a terrible burden in addition to hypothermia.

2.) APPROPRIATE DRESS

Dress to retain heat. Wool or synthetic underwear will decrease the flow of water over skin and slow down heat loss in the water. Wool, synthetic pile, fleece, or bunting coats, pullovers, etc. can retain most of their insulating properties if wet or damp. Most body heat (30-50%) is lost through the head. An 8-gallon freezer storage bag layered under your head covering and down the neck will decrease water vapor loss from space near the skin and help to increase heat retention. A 30-39 gallon plastic garbage bag worn over underwear, wrung out shirt, and outer garments will decrease water vapor and heat loss from the core (chest and abdomen).

3.) EXERCISE

Upon reaching the bank, wring out outer garments at least. Increase

exercise (running in place, jumping jacks, etc.) before attempting to start a fire. If possible, have a garbage sack precut to help get it on over your wet garments quickly.

4.) GET A FIRE STARTED

If injured or shivering after starting a fire, get into a space blanket or mummy sack. Small chemical heat packs which can be activated and placed inside the space blanket, coat, or shirt can be carried in a belt pack. These will help add heat to those injured, hypothermic, or both.

5.) FISH WITH A PARTNER

Two heads are better than one. If one person is injured, the other can stabilize the situation and GET HELP.

6.) FLASHLIGHT

Light is invaluable if immersion happens at dawn, dusk, or night. Any flashlight should also be small enough to hold in the mouth. It should be carried in a waterproof container such as zip-lock bag.

7.) GARBAGE SACK

A second large plastic garbage sack can be rigged with the cord to provide a small emergency shelter.

8.) ENERGY BAR(S)

The digestion of carbohydrates and fats produces heat.

9.) CARRY ON YOUR PERSON

Pack all emergency supplies in a belt pocket or fanny pack you can wear. They won't help you if they are in the bottom of the river!

Last is the old saying - an ounce of prevention is worth a pound of cure. Please take these simple precautions. Read about all the aspects of hypothermia in any good book on camping. Have a straightforward plan in mind to govern actions when out of the water and for heaven's sake -- keep dry clothes nearby and change as soon as possible. I hope that you never have to use your plan or your emergency supplies except to eat the energy bars on the way home.

EDITOR'S NOTE ... the article above was edited slightly to fit the newsletter format, but the key takeaways are still there -- you can survive the threat of any cold-water immersion induced Hypothermia event by prioritizing these actions in this order:

- Get to shore quickly, then
- Retain body heat, and then
- Produce external heat.

Expanding on the Hypothermia theme, DCFF Education Director **John Froehlich**, assembled a Hypothermia Kit he carries in a small belt pack. John's kit contains ALL the recommended lifesaving items (plus more) and fits in a small belt pack.



Fly Fishing A Life Threatening Sport ???

John Froehlich
DCFF Education Director

Many of us love our trips to the Cumberland River -- BUT, every time you get in the river (wading or boating) you are risking your life! A slippery rock or a stumble in the boat can put you into water where the average temperature is 54 degrees. Combine that with moderate air temperatures in the 60's and maybe a mild 10 mph breeze -- my friend, you are in deep "kaka" and may not even know it.

Gerry McDaniel's excellent map book, *A Guide to the Lower Cumberland River*, contains a lifesaving article by Dr. Roger Shott which is very informative. My intent is to highlight only the lifesaving emergency kit he recommends.

Pictured is the kit I assembled to be carried on my wading belt or attached to my pants belt. Roger Shott emphases that this kit must be ON YOU -- not just somewhere near you. I recommend you re-read Dr. Shott's entire article, and then build your own kit.



My kit includes:

- Plastic lighter
- Pocket knife
- Fire starter sticks
- Single cell flashlight
- Spare AA size battery

- Small plastic tube
- Duct tape
- Space blanket
- Stocking cap
- Large 4x6 foot bag
- 39-gallon trash bag
- 2-gallon freezer storage bag
- Small bottle of hand sanitizer (fire accelerant)
- Three 8-foot lengths of paracord
- Two almond butter candy bars in zip lock bag





EDITOR'S NOTE ... John's complete Hypothermia kit was on display at the February 21st GMM (*Fly Fishing 101*). The compactness of the kit contrasted against the number of items in it is very impressive.

John's fire starter is ingenious -- three small lengths of plastic straw tube cut from a powdered candy stick, each stuffed with Vaseline soaked cotton and heat sealed at each end with a lighter. His fire accelerant is simply a small bottle of high alcohol content hand sanitizer. The small plastic tube is actually a section of hollow arrow shaft -- sturdier than a thin plastic tube and useful for oxidizing smoldering and/or damp kindling.

The duct tape is a full 3-yards rolled onto an old credit card for easy

storage but convenient access. The three 8-foot paracord lengths are weaved in link chain fashion to reduce clutter and improve storage. Each can be unfurled from either end to extend to any appropriate length, as needed. The large 4x6 foot bag is contractor grade plastic (heavy stuff) with reinforced corners. The 39-gallon garbage bag is pre-cut with arm and neck holes to quickly fit over the main torso. The 2-gallon freezer storage bag will provide head cover under the stocking cap to reduce heat loss.

You have to expect that our resident club Marine Corps veteran would improvise, adapt, and overcome in the face of adversity -- so well done, John! Will the rest of us be just as ready for a potential Hypothermia encounter?

If you have a topic that would be appropriate for future DCFF Newsletter feature articles, please send your recommendations to:

newsletter@derbycityflyfishers.com

Membership:

Good news -- DCFF is continuing to grow. We have added **36** new members in 2024. We have a total of **21** Lifetime members and **190** annual members that have joined or renewed in 2024. These numbers are as of the end of February 2024.

DCFF annual memberships renew on New Years Day of every year. We still have about **100** annual members that have yet to renew their membership this year, so join DCFF or renew your membership for 2024 today. It is quick and easy from the <u>Membership</u> page of the DCFF web site.

Downstream Casts:

Request for GMM Fund Raising Items:

Inventory of donated items supporting DCFF fund raising projects at our General Membership Meetings each month is getting low! If you have any fly fishing related items or reference materials that someone else may find useful -- or if you are looking for a way to kill some cold winter hours, perhaps you could tie up some of your favorite flies and consider donating them to the club. Contact our Development and Donations Director, *Mike Parker*, if you have any items to donate, questions or suggestions. You can also just bring your donated items to our next General Membership Meeting.

Gerry McDaniel Fly Fishing Hotline:

Gerry McDaniel, a world record holder, a licensed and professional guide and a founding father of Derby City Fly Fishers, will answer your phone calls to discuss any of your fly fishing questions. With over 60 years of fly fishing expertise for bluegill, bass and trout, and countless hours on the Cumberland River, Gerry can help beginners to experts with any subject -- whether it be equipment, rod setup, fly selection, techniques, fly tying, rod building or anything that has to do with the Cumberland River. Gerry has graciously offered to take your call and help the club promote its mission to introduce and educate the sporting public to fly fishing. Give Gerry a call at **(502) 432-2995**.

Gerry's *A Guide to the Lower Cumberland River* contains a series of USGS topographic maps from Wolf Creek Dam to the Tennessee border. It includes points of interest and public access points and will be available for purchase at indoor general membership meetings.

DCFF Member Classified Ads:

New items were recently added! DCFF Classified ad section is a convenient location for club members to advertise fishing related items for sale or to purchase used gear and equipment from other club members. There is **NO** cost to advertise, but a seller must be a club member who is in good standing and registered on the website. Anyone can see the items for sale, but only club members can list items to sell.

Derby City Fly Fishers Classifieds

DCFF Programs:

Your DCFF Programs Director, <u>Michael Ragan</u>, is looking for anyone interested in helping with GMM meeting materials and coordinating guest speakers.

DCFF Web Site:

Your DCFF Web Site is a combination of art, science, magic, sweat and (sometimes) tears compliments of your Webmasters, Joe Gahlinger and Gus Dattilo. They rely on inputs from the membership to keep the site current, functional, and useful -- so continue to send pictures, inputs, updates and suggestions to both at:

webmaster@derbycityflyfishers.com

When it works, it is a feature -- when it doesn't, it is a bug!

Fishing License Renewals:

NOTE: Kentucky 2023 annual fishing licenses expired the last day of February. Indiana annual fishing licenses will expire the last day of March. Don't forget to renew your annual license soon!!!

Kentucky hunting & fishing licenses/permits can be purchased at:

Kentucky Fish and Wildlife Online License Sales site

Indiana fishing licenses can be purchased or renewed at:

Renew your IN Fishing License Here

DCFF Board Members for 2024

The Board Members listed above can all be reached directly via email from the <u>Board of Directors</u> page on the club web. Don't hesitate to contact a Board Member with questions or recommendations - we'd love to hear from you.



Thank you for taking a look at the newsletter! If you enjoyed this content, maybe you have something to contribute for next month. This is your newsletter, so help me keep the content relevant and informative. If you send photos, try to send me the names of those in the photo too -- so I don't have to guess.

Spring is just around the corner, and our first club trips for the season will be kicking into high gear. Come along

and enjoy the fun and camaraderie a DCFF trip provides. Spring is a great season to get outdoors in Kentuckiana and enjoy some of the best fly fishing of any season.

Tight lines,

Jeff Moore
Derby City Fly Fishers Newsletter Director
newsletter@derbycityflyfishers.com

Derby City Fly Fishers | PO Box 6344, Louisville, KY 40206

Unsubscribe joegahl@twc.com

Update Profile | Constant Contact Data Notice

Sent bynewsletter@derbycityflyfishers.ccsend.compowered by



Try email marketing for free today!