



The BUFFER

The Newsletter of Buckeye United Fly Fishers, Inc., Cincinnati, OH

Volume 32, Issue 8

Web site: <http://www.buckeyeflyfishers.com>

August 2008

The President's Notes

Lou Haynes (louhaynes37@gmail.com)

IT'S PICNIC TIME THIS MONTH! The BUFF family picnic is scheduled for Saturday, August 16th at the Miami Township Isaac Walton Facilities near Loveland. (Note: this event takes the place of our regular Wednesday meeting in August. The September general meeting will be back at Raffel's in Reading.) The Ikes Facility is located at 544 Branch Hill-Loveland Road along the Little Miami River just south of downtown Loveland. The picnic officially starts at 1 PM and the picnic meal will be served by Raffel's at 4:30 PM. **Remember to order your meal!** The price is \$10/person and includes hamburgers, hot dogs, brats, metts, condiments, four side dishes, a canned soft drink and desert. BUFF will furnish bottled water for all. You may bring your own drinks and/or food if you prefer!

We will have fly casting golf and casting accuracy courses set up for those who would like to partake in a little friendly competition, so don't forget your fly casting equipment. There is also wade fishing available in the river beside the Ikes property should you want to do a little fishing. Corn hole games will be set-up for those interested in pitching corn bags. So come early, stay late and join the fun!

The BUFFER is the club's main communication tool. As you probably noticed last month, the BUFFER was shorter than usual. This was due to a lack of articles written by the membership. Our editor needs your help to eliminate this shortage. The Board of Directors has decided to try an incentive program to encourage more writing. See the attached article for details. Please pitch-in and help!

Be sure to take advantage of one or more of the great upcoming club events this fall. There are many scheduled including:

- ✓ Monthly Tie & Lie Sessions
- ✓ Casting Instructors Classes
- ✓ Club Picnic
- ✓ Au Sable/Manistee River Trip
- ✓ Casting For Recovery Retreat
- ✓ Pere Marquette River Salmon Trip
- ✓ Women's Fly Tying Class
- ✓ Parky's Farm Kids Fishing Program
- ✓ VA Hospital Fly Tying Sessions
- ✓ Fall North Carolina Trout Trip
- ✓ Beginners Fly Tying Classes
- ✓ Arkansas Little Red River Trout Trip

Check the club calendar in the latest BUFFER for the dates of these events.

Buffer Article Program

In order to encourage BUFF members to be involved in making the monthly newsletter, (Buffer) more interesting and meaningful to the membership, the following incentive program is being created.

Members are encouraged to submit short articles/stories about one of their recent (or not so recent) experiences on a stream, at a pond, with a guide, or even a story about that special fish. Articles should be at least ½ a page in length and not much over one page long. They must be in good taste and appropriate for the general public. Articles need to be sent to the Buffer editor (Jonkennard@fuse.net) not later than the 20th of the month.

Individuals who have submitted acceptable articles will have their names included in a drawing to be held at the January BUFF meeting. A prize (to be determined by the Board of Directors) will be awarded to the lucky participant. Each article submitted will be allotted one chance in the drawing. Articles which have more than one author will be included as one chance with multiple names on the ticket. Articles not meeting basic guidelines, or which are rejected for reason will not be included in the drawing. The Buffer editor will make the final decision on article acceptability. Articles need not have been published, yet, in the Buffer to be included in the drawing. This is due to the necessity to be able to fit articles into available space each month.

Articles which are announcing upcoming trips, events, classes, etc. and monthly repetitive articles such as The President's Notes are not included in this program, however, articles such as those telling about recent trips or classes will be included. Trip leaders are encouraged to promote this program and ensure that participants are aware of this opportunity.

BUFF FLY CASTING INSTRUCTOR COURSE

Gary Begley loopdude1@hotmail.com Phone 513 932-4205

If you would like to help other BUFF members improve their casting skills, fly casting instructor classes are being offered by BUFF instructors August 3 and 10 from 1:00 PM till 3:00 PM.

The courses and testing for BUFF certification are modeled upon the Federation of Fly Fishers (FFF) curriculum for Certified Casting Instructor (CCI).

The two session course will utilize the teaching techniques developed by the world's best casters and teachers, who designed the FFF curriculum.

The course will be led by Gary Begley, who holds the FFF CCI certification.

For inclusion in the course, it is required that you have completed one of the BUFF three session casting classes, or the BUFF intermediate casting courses (five sessions, no longer offered), or an equivalent FFF style training.

BUFF certification requires passing a written test demonstrating an understanding of fly casting terminology, and demonstrating the ability to consistently perform the casts that we teach. The casting portion of the test can be viewed at <http://www.fedflyfishers.org/Default.aspx?tabid=4889>.

BUFF testing does not require a CCI level of expertise. You can be of significant help to your fellow BUFFers without becoming an FFF CCI.

If you would like to help fellow Buffers' with their casting, feel your knowledge of fly casting terminology and casting skills are consistent with the FFF CCI approach, and want to grow your own knowledge through teaching, please call or email Gary Begley for inclusion in this course. If you have any questions regarding this course, please call Gary.

” TO TEACH IS TO LEARN TWICE” (unknown author)

Fly Fishing For Your Health

By Todd Heggestad – Taken from the Arrowhead Fly Fishers Newsletter – FFF Clubwire

I was talking to a fellow Arrowhead Fly Fishers member before the May meeting and the subject of one's health came up. Usually when we think of our health we think of visits with our physician, Cholesterol levels, blood pressure, exercise, eating right, and hopefully staying out of the hospital. This led me to ponder the health benefits of fly fishing.

Fly fishing is exercise. Walking through the woods on uneven ground, bushwhacking to get to a secluded favorite fishing hole, and wading a strong current all require physical agility and strength. The health recommendations for average Americans is to get 30 minutes of moderate exercise three times a week. I imagine any of us during a typical day on the stream get well in excess of 30 minutes of moderate exercise. Typical physical movements while fly fishing include walking in woods and water, balancing on rocks, climbing up river banks, and jumping over fallen trees or small streams. Fly fishing may be regarded as an aerobic exercise that increases our heart rate, increases our metabolism, and contributes to general fitness and strength. Perhaps fly fishing should become an Olympic event.

Fly fishing is relaxation. In our hustle and bustle world, finding solitude is difficult. Busy Schedules, cell phones, and a constant barrage of media messages compete for our attention and time. It is easy to lose ourselves in this cacophony of busyness. In contrast, sitting stream side with the sun shining down on your face, the sound of the current rushing by, and being alone in nature can rejuvenate the soul. The mind can be relieved of responsibility and the emotions can be opened to the positive side of well being.

I suppose though, it's a bit like preaching to the choir when talking about the health benefits of fly fishing to the AFF (BUFF!) members. Just belonging to a fly fishing club automatically puts us into a select group of individuals – people who embrace life through activity. And who among us has not experienced the tranquility and peacefulness of fishing a river's bend? **Maybe I could get my doctor to prescribe fly fishing as a medical treatment and paid for by my health insurance.**



Tie & Lie Notes

The Tie & Lie session that used to meet at the Fly and Shot Shop will now be meeting at Bass Pro on the third Friday of each month (7-9:00 PM).

The Batavia Tie & Lie session will not meet during August.

BUFF 2008 Calendar

Important Note: The baseline BUFF 2008 Calendar is printed in this month's Buffer, however, subsequent Buffers will contain updated "by month" calendars, and should be considered the most current.

August

- Aug 3 **Buff Instructor Class**, Cottell Park
- Aug 7 **Tie and Lie West** 7-9 pm Bass Pro Outdoors
- Aug 10 **Buff Instructor Class**, Cottell Park
- Aug 15 **Tie & Lie, Bas Pro**, 7-9 pm
- Aug 16 **BUFF Picnic**, Miami Township Isaac Walton facility
- Aug 19 **Tie and Lie Batavia, canceled**
- Aug 20 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7pm
- Aug 27 **Tie & Lie, East, A&N Outfitters**, 3-6, and 6:30-8:30 pm 227 Main St., Milford, OH

September

- Sep 4 **Tie and Lie West** 7-9 pm Bass Pro Outdoors
- Sep 5 **Parky's Farm**, 10 am-2 pm
- Sep 10 **Buff Monthly Meeting** 6:45 – 9 pm Raffel's on Reading Rd
- Sep 12 **Parky's Farm**, 10 am-2 pm
- Sep 12-14 **Casting For Recovery**
- Sep 14-18 **Pere Marquette River, Salmon Trip**, Walhalla, MI
- Sep 16 **Tie and Lie Batavia** 6:30-8:30 pm Riverside Coffee Mill, S. Riverside, Batavia
- Sep 19 **Tie & Lie, Bass Pro**, 7-9 pm
- Sep 19 **Parky's Farm**, 10 am-2 pm
- Sep 24 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7 pm
- Sep 24 **Tie & Lie, East, A&N Outfitters**, 3-6, and 6:30-8:30 pm 227 Main St., Milford, OH
- Sep 26 **Parky's Farm**, 10 am-2 pm



October

- Oct 2 **Tie and Lie West** 7-9 pm Bass Pro Outdoors
- Oct 3 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center
- Oct 3 **Parky's Farm**, 10 am-2 pm
- Oct 6-10 **Fall Trout Trip**, Waynesville (Area), NC
- Oct 8 **Buff Monthly Meeting** 6:45 – 9 pm Raffel's on Reading Rd
- Oct 10 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center
- Oct 15 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7 pm
- Oct 17 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center
- Oct 17 **Tie & Lie, Bass Pro**, 7-9 pm
- Oct 17 **Parky's Farm**, 10 am-2 pm
- Oct 21 **Tie and Lie Batavia** 6:30-8:30 pm Riverside Coffee Mill, S. Riverside, Batavia
- Oct 22 **Tie & Lie, East, A&N Outfitters**, 3-6, and 6:30-8:30 pm 227 Main St., Milford, OH
- Oct 24 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center
- Oct 24 **Parky's Farm**, 10 am-2 pm
- Oct 31 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center
- Oct 31 **Parky's Farm**, 10 am-2 pm
- TBD **Rockwell Fishing Club**
- TBD **Caesar Creek Program**

November

- Nov 3-7 **Couples' Branson, MO, Fish and Buy Trip**
- Nov 6 **Tie and Lie West** 7-9 pm Bass Pro Outdoors
- Nov 7 **Beginning Fly Tying**, 6:30-8:30, Springdale Community Center
- Nov 8-15 **Little Red River Trout Trip**, Arkansas
- Nov 12 **Buff Monthly Meeting** 6:45 – 9 pm Raffel's on Reading Rd
- Nov 18 **Tie and Lie Batavia** 6:30-8:30 pm Riverside Coffee Mill, S. Riverside, Batavia
- Nov 19 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7 pm
- Nov 21 **Tie & Lie, Bass Pro**, 7-9 pm

December

- Dec 4 **Tie and Lie West** 7-9 pm Bass Pro Outdoors
- Dec 10 **Buff Monthly Meeting** 6:45 – 9 pm Raffel's on Reading Rd
- Dec 17 **BUFF Board Meeting** Atonement Lutheran Church, 305 Cameron Rd. Springdale, OH 7 pm

Women's Fly Tying

Held at Bass Pro Shop; September 20th 10am-3pm

This is a women's only fly tying class with instruction by Lane Stocker. There are 4 more spaces available for this session. Please send an email to lanestocker@mac.com to sign up for the class. Also include any flies you would like to learn to tie or any tying techniques you are interested in learning.

2008 Fall Smoky Mountain Trout Trip

When? October 6-10, 2008

Where? We're staying at "Smoky Mountain Retreat" log cabins www.smokymtretreat.com

How much? A \$100.00 deposit, will hold your spot on the trip. Meals, gasoline and travel arrangements are up to you. Send deposit checks payable to Don Prince to 4573 White Blossom Blvd, Mason OH 45040.

The Plan: This year we have changed the format of the trip for economy and flexibility. We'll be fishing on our own, self-guided, instead of everyone paying for professional guides as we have in the past. Come when you can and leave when you must. We can adjust the lodging cost per the number of nights you stay. Depending upon the number of guests per night, the cabin cost will vary. Individual cost per day will be between \$30 and \$50.

Not being guided also allows us to stay closed to the rivers rather than close to the guide service. The accommodations are excellent, reasonably priced and well located, about midway between the Tuckaseegee and the Nantahala Rivers. We'll be within reach of several other streams as well. No shortage of trout fishing here. We will be hosting a "**Walleye Fish Fry**" open to everyone, at the cabins on Tuesday evening. The walleye has been donated, but there will be a modest charge to cover the remaining costs of the meal

Questions? For more information, contact Don Prince 608-4034, rxp46@hotmail.com

August Menu PRICE THIS MONTH \$10

Picnic!!!

Items such as:

Hamburgers, Hot Dogs, Brats. Metts

And all the fixin's

BBQ Beans

Fresh Fruit Salad

Creamy Cole Slaw

One soft drink

Bottled water

Fly Fishing and White Water Rafting down the Nantahala

Dick and David Naber

On June 1, 2008, my son David and I went to North Carolina to fish with Roger Lowe on the Nantahala. We arrived in mid afternoon on Sunday and stayed at the Oak Park Inn (recommended by Roger) in Waynesville. After check in, David and I, had several hours we could fish so headed to Dillsboro (30 minute drive) to fish the Tuckasegee where David and I fished with Roger Lowe last year. Just up from the church when you cross over the Tuckasegee, we drove upstream along the river about ½ miles to where there are homes along the river. Obtained permission from one of the home owners, parked the car and walked right into the Tuckasegee and in about 2-3 feet of water began to catch trout on “Tellico Nymph”, size 10 Mustad #9671, “Secret Weapon Nymph”, size 10 Mustad #9671 and “Female Adams Variant”, size 12 Mustad #94840.

In a short period, I landed six (6) Rainbows and lost two (2).

These are three (3) of the eleven patterns I tied from Roger Lowes video on Smokey Mountain patterns.

After fishing, we went back to the motel and just down the street from the motel is Bogart’s restaurant. We got there about 7PM and there was no place to park so we went back an hour later. Waited about 30 minutes for a table, but the wait was well worth it as their meals are excellent. Found out afterward that Roger’s brother owns Bogart’s. We went back and ate there the next evening also.

Next morning, Roger picked us up at the motel at 8AM and we traveled to the uppermost parts of the Nantahala below the discharge. At 9AM they started to discharge the water and we waited about 15 minutes for the stained water to pass and then started to raft in Roger’s rubber drift boat.

The Nantahala is a premiere rafting river and several rafters would pass us on the way down and Roger always made sure we were out of their way. It was a wild ride through the rapids and as we approached each rapid we had to lift out lines out of the water. But, when we approached slow water along the edges and pools we fished. At times, Roger would anchor and we would fish the pools. David fished with nymphs (Tellico Nymph, Secret Weapon Nymph and Horse Hair Nymph) and I fished with dries (Thunder head, Female Adams and Adams Variant) and all were equally effective. Roger looked at all the patterns I tied from his video (eleven in total) and Roger used the patterns we fished out of my fly box.

The weather was perfect and you fished with a long sleeve shirt and a lot of Sun Screen as well as a hat.

About 11AM the water flow came to almost a halt and within minutes the level dropped 2 feet. We could no longer flow down the river as well as many rafters who were being stranded so we decided to eat an early lunch and pulled off to the side and ate at a Park area. Roger called the discharge station and they were having pumping problems, but soon after we ate the water began to flow again. When the water level began to rise, we waited 15 minutes for the stained water to pass and then started to fish again. I was on the front seat and believe me it was a wild ride and you learned to hang on, but the experience was both exciting and rewarding. We were naturally wearing life jackets.

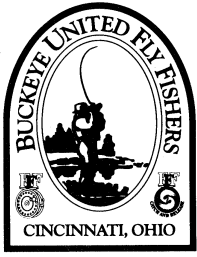
We would see several fish in pools behind rocks, but due to the swift water did not stop at every location as we were catching a lot of good size fish. It’s an 8 mile trip and you have to get off the river by 4:30PM as they shut off the discharge at 5PM and you don’t want to get stranded part way.

David and I caught 21 wild trout (brown, rainbow and one brook) all of good size and lost another half dozen. David caught a large brown going about 2 1/2 pounds. David was using a 4 weight, 8 foot rod and I was using a 5 weight, 8 ½ foot rod.

This is David’s and my second trip with Roger, one wading and this one rafting, and both trips have been very rewarding. Roger is not only an excellent guide, but a very gracious host. I would highly recommend on your next trip to the Nantahala that you take a wading or float trip with Roger. And, by all means get his video and tie those patterns.

2008 B.U.F.F Officers/Board of Directors/Key Positions

<u>OFFICERS:</u>	<u>NAME</u>	<u>PHONE</u>	<u>EMAIL</u>
President	Lou Haynes	513-777-4854	louhaynes37@gmail.com
Vice President	Jim Hampton	513-779-4349	flyfisher@zoomtown.com
Secretary	Sue Bloemer	513-737-3608	bloomer@fuse.net
Treasurer	George Fraley	513-829-1465	georgewf@fuse.net
 BOD/Chairs:			
Communications Chair (Buffer)	Jon Kennard	513-732-1799	jonkennard@fuse.net
Communications Chair (Website)	Ken Foltz	513-398-1856	kfoltz@cinci.rr.com
Trips Chair	Steve Bailey	513-829-1823	chiefrsb@fuse.net
Banquet Chair	Jim Boude	513-697-8485	jboude@cinci.rr.com
Membership Chair	Dick Naber	513-539-7413	rnaber001@cinci.rr.com
Education Co-Chair (Club)	Tom Baker	513-697-7342	flytyer@fuse.net
Education Co-Chair (Public)	Donn Rubingh	513-385-3943	drubingh@fuse.net
Education Co-Chair (Public)	Roger Corrado	513-741-8411	corradohome@yahoo.com
Education Co-Chair (Fly Tying)	Ken West	513-726-6253	ken.flyguy@gmail.com
Education Co-Chair (Fly Tying)	Jeff McElravy	513-221-2298	jmcelravy@cinci.rr.com
Program Co-Chair	Lee Chambers	513-522-6174	leeandsue@aol.com
Program Co-Chair	Randy Clark	513-741-8273	rclark3056@msn.com
Conservation Chair	Mike Bryant	513-697-9576	mjbryant@email.com
Outreach Co-Chair (CFR)	Debbie Hampton	513-779-4349	flyfisher@zoomtown.com
Outreach Co-Chair (CFR)	Mary Mays	513-779-3854	remod25@zoomtown.com
Outreach Co-Chair (VA Hospital)	Dave Jones	513-825-7174	jones.adore@zoomtown.com
Director At Large (Librarian)	Bob Mackey	513-831-4180	rmackey@cinci.rr.com
Director At Large (Raffles)	Jim Hampton	513-779-4349	flyfisher@zoomtown.com
Director At Large	Lane Stocker	513-542-7597	lstocker@cinci.rr.com
Director At Large	Tim Findley	513-258-9293	Fin9695A@yahoo.com
Director At Large	Bruce James	513-683-0429	bdjames@fuse.net
Director At Large (Banquet)	Bob Miller	513-271-2129	flyfission@earthlink.net
Director At Large (Historian)	Don Prince	513-398-0921	prince.dr.3@pg.com
 KEY CLUB RESPONSIBILITIES:			
Future Leaders Owner	Lou Haynes	513-777-4854	louhaynes37@gmail.com
Day Trips	Steve Bailey	513-829-1823	chiefrsb@fuse.net
Great Miami Conservation/Trips	Joe Cornwall	513-891-0782	cornmuse@fuse.net
Mad River Conservation	Nick Rizzo	937-291-1687	macriz@sbeglobal.net
East Fork Conservation	Jon Kennard	513-732-1799	jonkennard@fuse.net
Dinner Reservations/Administration	Debbie Hampton	513-779-4349	flyfisher@zoomtown.com
Fly Fishing Show	Mike Bryant	513-697-9576	mjbryant@email.com
Casting Co-Instructor	Tom Scheer	513-321-5317	rtscheerdds@aol.com
Casting Co-Instructor	Gary Begley	513-932-4205	loopdude1@hotmail.com
Club Mail	Dick Naber	513-539-7413	rnaber001@cinci.rr.com
Fly of the Month	Joe Cornwall	513-891-0782	cornmuse@fuse.net
Fly of the Month	Jim Stuard	513-793-0749	jstuard@cinci.rr.com
Monthly Raffles	Jim Hampton	513-779-4349	flyfisher@zoomtown.com
Club Asset Owner	Lane Stocker	513-829-1465	lstocker@cinci.rr.com
Membership Health Owner	Katie Huber	513-891-5694	bkhuber25@aol.com
Brookville Tailwater Coordinator	David French	513-829-1226	
info@davidfrenchphotography.com			
BUFF Merchandise	Carol Barton	513-677-1255	nutmegblush@yahoo.com
Ohio FFF Council Rep.	Mike Bryant	513-697-9576	mjbryant@email.com
Ohio FFF Council Rep	Tim Findley	513-258-9293	Fin9695A@yahoo.com

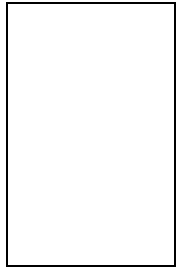


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The Newsletter of Buckeye United Fly Fishers, Inc.

P. O. Box 42614

Cincinnati, OH 45242



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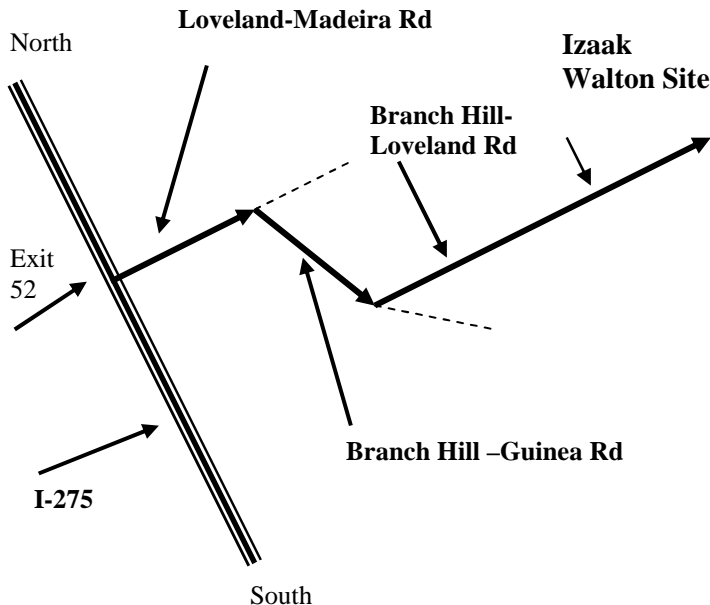
FIRST CLASS MAIL

NOTICE: Dues are \$25 (Individual), \$30 (Family), with a one time \$5 Initiation Fee for new members. New members will pay a prorated membership amount according to month of initial membership for the first year. Annual dues are due January 1. Refer to BUFF website for further information. B.U.F.F., P.O. Box 42614, Cincinnati, OH 45242

Mailing Address

Next Monthly Meeting – Wednesday – August 16

CALL 779-4489 OR SIGN UP ON LINE AT WWW.BUCKEYEFLYFISHERS.COM FOR DINNER RESERVATIONS NO LATER THAN MIDNIGHT ON THE SUNDAY BEFORE THE PICNIC. DINNERS ARE \$10.00/PERSON FOR A CATERED MEAL. PICNIC at 1 PM -- DINNER SERVED AT 4:30 PM. RESERVATIONS ARE REQUIRED – DON'T WAIT – CALL NOW! (SEE THE MENU ON PAGE 5)



Directions:

From the Loveland-Madeira exit off I-275, go north on Loveland-Madeira (toward Loveland) a short distance to Branch Hill-Guinea Rd. Turn right, cross the river then turn left onto Branch Hill-Loveland Rd just as Branch Hill-Guinea Rd starts up the hillside. Follow Branch Hill-Loveland Rd. to the Izaak Walton sign that is located on the left side of the road along the bicycle trail.