

Backcasts

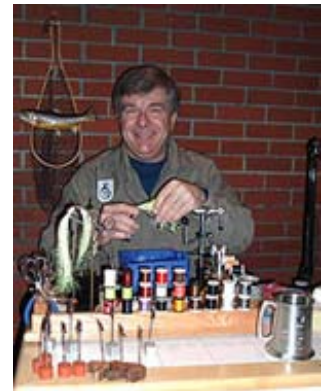
Newsletter of the
North Eastern Council of the Federation of Fly Fishers

March - April 2008

Presidents Soap Box; Time to get involved.

^ more

I am truly pleased with this show season. I want to thank all who stopped by our booth at the winter shows; we had an extraordinary season on many fronts. We talked to more people than ever, we had many of you step forward to help in our booth, help that poured their heart, sole and the love of what the FFF stands for in their conservations with show goers.



Thanks to the efforts of many, and I think you know who you are, we also signed up more new members into the ranks of the Federation this any year, than any other show season that I am aware of. We have started preliminary discussion to promote introduction to fly casting and fly tying on a fairly large scale. We have expanded our active participation in BSA events. Each year things get better and bigger. How are we doing it? We are doing more because more people, for a myriad of reasons, are stepping forward and getting involved. For that I THANK ALL OF YOU!!!

The best way to kill an organization is to keep pushing the same Do Bee's to do more and more and eventually they burn out. The old proverb of "Many hands make light work" is the main reason that the NEC has been expanding its participation in public events across our territory, through a growing network of volunteers who want to be involved in PASSING IT ON. While we started a list of volunteers who came forth some time ago when Bob Ford asked for those interested to step forward, I again request that anyone interested in helping the North Eastern Council, to contact me. You can contact me via e-Mail at via <http://www.fffnc.org/email.asp> . I will get back to you to discuss the type of events and task that you may be interested in.

Last but not least, another fishing season is upon us and I for one intend to spend more time on the water. The bad news is, that I am truly torn which one to do first. Over the years, I have grown to enjoy saltwater, coldwater & warm water almost the same. The big problem I have living in the Albany NY area, is unfortunately the travel time to saltwater. I wish everyone a memorable fishing season.

Rodney

Editor's Note: This edition of **BackCasts** features several **short** articles by members of the board of Directors of the North Eastern Council of the Federation of Fly Fishers. Knowing that all of us are busy preparing our gear, setting up our boats, watching the thermometer and eager to get out on the water, we have committed to keeping this issue of **BackCasts** short. It is time to chase the trout, striped bass, warm water fish and just be outside throwing a line. Have a great season. If you wish to contribute to the next **BackCasts**, due out the first week of June, send your material to:

flytyer07950@verizon.net

Tight Lines

Paul G. Metzger, editor

“AS THE WORM TURNS”

Fly fishing the Exciting Cinder Worm Hatch

by Captain Bob Hines

If fly casting for large feeding stripers in shallow water, cruising just below the surface with explosive takes sounds inviting to you than you may be interested in fly fishing Rhode Islands Cinder worm hatch. However fishing the estuaries in the early spring can be very unpredictable and every day on the water can be significantly different.



The worm hatch historically takes place beginning with the full moon in May and the worms will continue to hatch through the later part of June depending on the weather. Certain coves within an estuary will experience worm hatches earlier than others. Usually warm sunny days will produce an emergence of worms that evening. However, do not limit your fishing to this condition. There have been many, rainy, cloudy cool days that I would think would have retarded the hatch but on the contrary I have found certain estuaries alive with spawning worms. This usually occurs later in the month of June when water temperatures reach 57 degrees and above. I have also witnessed prolific midday hatches, however the majority of the estuaries will produce heavier concentrations of worms toward dusk and sometimes well into darkness.

Commonly termed Cinder Worms, these specimens are actually Sand Worms (Nereis)—any of several marine worms of the genus Nereis having a long flat-segmented body and a pair of paddles on each.

The worms will vary in size from as small as $\frac{3}{4}$ of an inch to as large as 4 inches in length. This past season I measured worms of the same species as long as 5 inches. The most common color of the worms is a dark maroon or red with an orange, brownish hue. You will also find worms to be a pale yellow or even white in color. As fly fishers and fly tiers we know that color and size are very important, but neither qualify as the most important factor when representing the natural in this case. I have found that the way the worm moves and swims through the water is critical.

Swarming worms from a distance sometimes looks like a rain shower as they dimple to the surface. The worms will wiggle and circle each creating small, surface wakes with the male depositing clouds of sperm as to fertilize the eggs as this mating ritual takes place. Large stripers will key in on this vulnerable prey with exciting visual takes for the angler to experience.

As the Worm Turns - continued

Great Salt Pond, Ninigret Pond, and Quonochontaug Pond and their adjoining coves located in South County R.I. offer frequent fly fishing opportunities. Large stripers can be caught on floating lines and small flies as opposed to heavy sinking lines and much larger patterns that is usually required when targeting large bass.

After fishing and studying the worm hatch for the last 12 or so seasons I can best describe it as addictive and frustrating as fly fishing for Atlantic salmon. However, knowing that the opportunity exists for catching some of the largest stripers of the season in shallow water haunts me to return to one of nature's true biological mysteries. Fishing the worm hatch is true trophy fishing that every fly fisher should experience. It is the time of year when large stripers can be caught in shallow water with visual and exciting takes. Fly fishing the worm hatch will humble you, but if you remain persistent you can be assured you will be rewarded. One word of caution. "Fly fishing the Worm Hatch" is highly addictive.

Editors' note :Author **Bob Hines** is a member of the Board of Directors and Saltwater Chairman of NEC. He is a professional guide on Rhode Island's fresh and salt waters. With more than 30 years experience, Captain Bob's passion for fly fishing has taken him to the pristine waters of the Miramachi for Atlantic Salmon to the flats of Belize and the Florida Keys for Tarpon. Capt. Bob Hines is the owner of Fly Fish Rhode Island Guide and Charter Service and can be reached at www.flyfishri.com

Care of Flies

We all take care of our reels, rods, waders - but how often do we think of how to maintain that bit of feather and fur that attracts the fish. Here is some good advice from **Leslie Wixon**, NEC's Fly Tying Chairperson, --

Spring is upon us and new beginnings await. Not only is a new season of fly fishing beginning, but also a new role for me on the NEC Board of Directors and as Chairperson for Fly Tying.

This is a time of year when special attention is given to examining our rods, reels, lines and other fly fishing necessities. There are articles written on the care of fishing equipment, but very little

written about the care of dry flies. Yet, it is this small bit of the system that we depend upon to catch the fish.



The hackles on a dry fly are a major determining factor in how appealing the fly is to the fish. No matter how well the fly is tied, it makes very little difference if the hackles become matted and crushed. To take care of your flies, do not cram them into an already stuffed box. Use a box that is large and deep enough to accommodate the tails and hackles without crushing.

Another often overlooked point is the issue of moisture. Don't mix your damp flies with the fresh dry ones. This can leave you with a box of rusty and ruined flies very quickly. When switching your fly, make a few quick false casts, pat the fly dry and place it in a separate, roomy box, preferably with ventilation. Place the fly in the box so neither the hackle nor the tail becomes curled against the box. When home you can steam misshapen tails or hackles and hang flies to air dry. The silica desiccant packs found in many consumer goods make an excellent addition to the fly box.



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Dr. Leslie Wixon is an internationally known fly tyer. She is shown here tying at the Somerset, NJ Fly Fishing show in January 2008.

Invasives Reexamined

An opinion from Howie Strathie—a contrary individual

*"I pledge to inspect, clean and dry my gear.
I am committed to protecting our fisheries resources
from invasive species." (Clean Anglers Pledge)*

Editors' note: BackCasts normally does not get involved in controversy, but Howie's comments make one think! (Howie is a member of NEC's Board of Directors and former editor of BackCasts- he can be reached at <http://www.fffnc.org/officers.html>)



I see where the Federation has recently partnered with other like organizations to announce a new program designed to try to halt the spread of invasive species by anglers and boaters called Clean Angler and, one supposes, Clean Boater and Clean Scuba Diver as well. However this plan is simply a rehash of the same old ineffective methods promoted for years. Clean your tackle, trailers, bait wells and cooling systems after use and dry them before using them again. Also never flush bail wells or engines anywhere near the water. Get weeds off motors as well and never transport any fish (including left over bait), plants and animals from one body of water to another. The biggest drawback here is and don't take offense, it depends on anglers, divers and boaters to carry it out!



And these invasives are tough! Take that dastardly algae Didymo. It first appeared on our radar screens about 5 or 10 years ago as a scourge that had taken hold down in New Zealand. In that length of time it has managed to cross the Pacific and infest our western fishery. Now it has been identified in the Battenkill and the Connecticut Rivers. This is one tough algae, no?

Personally I think we may have to throw in the towel when it comes to halting Mother Nature. Like it or not this is how the world works, things spread and some times things recede and there is not much we can do about it...or even should, I don't think. It may be just another cycle or it may be permanent. Did not Darwin discover this fact 150 years ago? Look, weeds are just plants that, for some reason, are simply not wanted (the ugly ducklings of the plant world) or are not "native". Yet we have all these fancy names for this phenomena: exotics, invasives, non-natives, pests and, yes, even weeds.

But now picture this improbable scenario. We expect every boater, scuba diver and angler to check and remove all the weeds that may be clinging to his/her boat, trailer, motor, diving gear and fishing tackle and yet somehow we can not even manage to get anglers to keep our ponds and streams free from empty bait containers. Compliance? Why if 95 boaters out of 100 remove ALL the offending weeds that still leaves 5 who will not bother, Five! ...but that is all it takes. Think about it. This does sound futile doesn't it?

And to compound this we gladly accept some offenders such as sparrows, pheasant and almost all of our trout. These are all exotics. (From what I can dope out invasives showed up at the party uninvited while exotics were brought here on purpose like a date gone bad.) The browns came from Europe, and the rainbows from our own west coast (and sparrows from England and pheasant from China if you must know.) We just have gotten used to them being around but back east our trout are really nonnative with the exception of the brook trout, which is really a char. So, where do we draw the line?

Why a mere 10,000 years ago the area where I live, Cape Cod, was just a vast iceberg with no water, and no land. Therefore no fish, no plants, no trees, just ice!. No oaks, no trout, no perch, no Didymo and no purple loosestrife. So everything we now see around us came here from some where else. Everything! This was the ice age. This is nature. Why are we trying to fight nature? Will someone out there please Google Australia and rabbits?

However if you are a glutton for punishment and still want more information on the Clean Angler Program please go to cleanangling.org

WARMWATER CORNER

In the North East Council area, this is a very difficult time of year to write a column filled on what is going on fishing-wise. We have cleaned our tackle, done a bunch of planning, read a lot of information, tied flies, hit all the big shows, paid our FFF Dues (can't help myself), organized our tackle – even adding a new piece here and there. Some folks have ventured out to some areas where the weather is a little warmer, but are still awaiting the big bite. To the North our brethren (brothers and sisters) are standing on shore predicting ice out. Soon my friends - soon! Personally I am awaiting my annual call from Cape Cod to hear the Bluegill are active. A good friend of mine in New Hampshire is waiting for ice out and his annual White Perch outing and fish fry. I also remember as a kid going up to my grandparent's house on Lake Hopatcong in New Jersey and fishing for Rock Bass during spring vacation. Patience is a trait of a good fisher; however, I don't think they we talking about this type of patience.

Tom Wingardner

"The charm of fishing is that it is the pursuit of what is elusive but attainable, a perpetual series of occasions for hope " John Buchan



Tom Wingardner shows off a nice bass. Tom is a member of the NEC Board of Directors and NEC's warm water specialist. He can be reached at <http://www.fffec.org/officers.html>

Many of You Have Asked.--Why Move? We offer this letter from Ron Cordes, FFF Board Chairman, as information -

- Trip to Loveland, CO by FFF Representatives –
From Ron Cordes – Chairman of the Board – March 2008

As I mentioned it would be done in a previous FFF website Forum posting, a group of FFF representatives has just concluded a fact-finding trip to Loveland, CO. Representing the FFF was myself in my capacity as Chairman of the FFF Board of Directors, Peter Van Gytenbeek the President/CEO, Dr. Don Bishop, Board member, and Bud Frasca, president of the Western Rocky Mountain Council.

While I intend to provide you with greater detail subsequent to my receiving certain materials from various Loveland representatives, I want to give you a brief overview knowing that many of you are anxious to hear how it went.

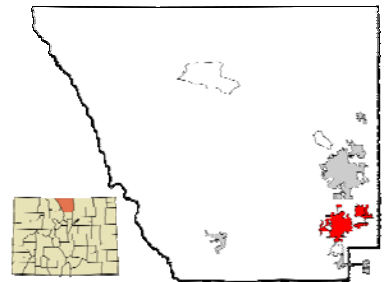
The visit extended over 3 days, Wednesday morning through Friday afternoon. Our lodging was provided by the Silvan Dale Ranch just outside of Loveland, a beautiful dude and working ranch through which the Big Thompson River runs. Just as a point of information, the ranch not only features this lovely trout stream, but there are numerous lakes which contain trophy trout and, interestingly enough, bass.

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Ron Cordes letter continued:

On the morning of our arrival we rendezvoused at the Loveland Civic Center and had lunch with representatives of the Loveland Community and Strategic Planning group. We also met with a team of people led by Kim Vecchio, the executive director of an organization called "Engaging Loveland" which has as its mission making the community a better place to live. This organization proved to be very energetic, talented, and quite excited about the possibility of the FFF moving to Loveland.

During that afternoon we took a walking tour of the downtown which included, among other locations, the Museum, a beautifully restored classic movie theater called the Rialto, and the Civic Center. Following that we attended a dinner hosted by Home State Bank and the Flood & Peterson Insurance Company. Participating in that dinner, among other prominent local business people, were a Regent of the University of Colorado and a representative of the Colorado Division of Wildlife. It was at this dinner that the subject of relocating the museum was addressed. It appears that there is a possibility that the FFF museum could be moved to an appropriate facility in Loveland and have its own dedicated curator.



Loveland is highlighted area

After dinner we met informally at a local ice cream parlor and coffee shop with a group of local fly fishermen and other interested parties who had been invited to engage us in an open dialogue. Clearly the word is out in the community.

On the second day we spent time with representatives of the City of Loveland Open Lands/Natural Areas for a discussion of various relocation opportunities and a tour of possible locations. Following this we met with an outstanding organization called Colorado Youth Outdoors whose mission it is to introduce youth, and their parents, to a variety of outdoor activities including fly fishing, spin fishing, archery and hunting. They are building a wonderful facility on a large property that contains numerous lakes, each of which is stocked with cold or warm water fish. We were told that the FFF would have access to this new facility, if it so desired, to conduct clinics, demonstrations, etc. Following this we once again had dinner with a group of influential representatives of the area, each of whom again demonstrated great support, enthusiasm, and commitment on their part to do whatever is necessary to facilitate the operation of the FFF in Loveland and thus to induce the FFF to relocate.

On Friday, our last day in Loveland, we toured additional potential locations and facilities, one facility of which, quite frankly, proved to be an ideal facility for the purposes of the FFF. If the possibility of moving into this facility looks like it might become a real option in our decision making process, at that time I will provide detailed insight for you. Friday concluded with a visit to the local fairgrounds which is referred to as The Ranch, a state-of-the-art indoor, outdoor convention center and fairground. It is simply an amazing facility in a great location overlooking the countryside.

The key impressions that I left with are as follows. We witnessed extraordinary talent, energy and enthusiasm, all of which the city of Loveland would very much like to bring to bear on behalf of the FFF. They see the FFF as an asset to the community and a demonstration of their commitment to conservation and quality of life. They volunteered access to and support by what I refer to as "business tools" which the FFF currently does not have at its disposal. I'll go into greater detail on this topic at a later date. This energy, enthusiasm and talent was displayed by virtually everyone with whom we came into contact...local government representatives, state representatives, and members of the general public who took the initiative to make their voices heard. We were told repeatedly that the possibility of the FFF moving its headquarters to Loveland was met with great interest and enthusiasm whenever and wherever the subject came up in the Loveland area.

I think by now you can tell that I found the visit to be very informative and very exciting for the future of the FFF. Issues do remain to be addressed, however. No commitment has been made. But I'll be frank with you. There is no issue that operating out of Loveland would be of great benefit to the organization. Whether or not this becomes a reality remains to be seen.

Ron Cordes is Chairman of the Board, FFF National, he can be reached at troutbeck@ida.net

It Must Be Spring Again - Trout Fishin' On Olde Cape Cod!

From off the top of the head of "*Red Quill*"

For all intents and purposes there is no closed freshwater season in Massachusetts trout waters. The numbers of kept fish may vary (read the regs) but the fishing goes on all year long. With that said, however, the spring is the "favored" time for us trouters in the Bay State. The initial trout stocking begins in mid-March and is usually completed statewide by mid-April. Then additional trout are stocked throughout the remaining spring with perhaps two, and in some places, three more stockings. The fall sees a somewhat limited stocking also but that's another story, eh?

It is said by some locals that you could fish a different pond every day of the year and not fish the same pond twice. This is quite true as there are more than 365 freshwater ponds on the Cape! Now not all these ponds are trout friendly, but a lot are and many more are what are referred to as "two-story" ponds capable of sustaining both cold and warm water species. Why in the lake behind my old home—alas, I no longer live there—I could take browns, rainbows, brookies, perch, tiger muskie and smallmouth bass. A few of the trout were in the 20 inch plus range and every year a few 5 pound smallies would come out of its 65' depths. What more could you ask for? With that said, however, some of these ponds are only fit for panfish due to the water temps. But what a great day's fishing they can provide if you choose not to crank up your nose at pickerel, perch and bluegill. Fish from shore or hop in your canoe, jon boat or kayak and cast away with abandon!

Now as far as Cape trout streams go, they are few and far between. The Cape is noted more for its ocean, pond and lake access than its streams, but they are here too. You might try the Quashnet River on the Mashpee/Falmouth line, the Mashpee River in Mashpee (Dan'l Webster's favorite Cape stream), and the Pamet River in Truro. No world records await but it's fun anyway!

As the theme of this article is about trout fishing on Cape Cod let's forget about the local streams, panfish and bass and concentrate on the colder water ponds of the Cape. I will mention a few of my favorites here, but believe me these are just a drop in the bucket. Let's start with Hamblin Pond in Barnstable. This is the pond that was behind my house and is my favorite, not because I lived there but because of the variety of fish available. One of the classic Cape trout ponds and well worth visiting. I have had my best luck with a pheasant tail nymph, a lead wing coachman and a picket pin. Others swear by the black woolly bugger but HEY! doesn't everyone? Nearby are Schuabel Pond and Lovells Pond. An IGFA class-tippet world record pickerel came out of Lovells a few years back. Then moving on down Cape you might try Cliff Pond. Little Cliff Pond, Flax Pond and Higgins Pond all in Nickerson State Park in Brewster. These are all cold water ponds with some 20 pound Atlantic salmon taken from Cliff every year in the fall. Higgins used to boast some 4 or 5 pound brookies when it was managed as a catch-and-release pond. Those days have ended but who knows what still lurks there? Just down the line a piece are Crystal Lake and Bakers Pond both in Orleans. Crystal is my boyhood favorite, but a lot of building has occurred in the past 30 years so it has lost its pristine look but the fish are still there. The fishing-with-corn-kernels controversy started there 35 or 40 years ago when a story appeared in one of the major hunting and fishing mags about this practice at Crystal. Then, still in Orleans but on the backside of Nickerson Park, there is Bakers Pond. Sort of hidden away once, it too has become house-ified. Next is where I caught my baddest rainbow ever, Herring Pond in Eastham. This pond sports a herring run (great fish food!) as does Gull Pond up in Wellfleet in the National Seashore. Try 'em both!

Getting around: I think you will find "Butterworth Maps" perhaps the best \$15 you will spend if you are to come this way to fish. Not only does it provide you with detailed road maps of the Cape but it has a special section devoted to the fishable ponds arranged by town.



Continued next page

Fishing the Cape cont:

These fish-pond maps show the type of fish in the pond, state/town launching ramps, access and water depths. Another book I can wholeheartedly recommend is the MA/RI TU Council "Massachusetts Anglers Guide." This updated paperback has a section on Cape ponds with suggested flies that are very popular here.

The Butterworth Maps are available all over the Cape and the Anglers Guides are available from the Cape Cod TU Chapter for \$20 plus \$5 s/h. Contact Howie Strathie - 8 Bishop's Park - Mashpee, MA 02649 to order one. Licenses are available at many Town Halls weekdays and can also be had at most tackle shops 7 days a week during fishing season. Tight lines!

Red Quill is actually Howie Strathie, our intrepid NEC Director on Cape Cod he can be reached at <http://www.fffnc.org/officers.html>

Casting Instruction

Journey to excellence?



Education, in fly-fishing is a unique endeavor, depending on where you are in your journey. There are many milestones along the way to mark our progress.

As FFF members and subscribers to it's publications, you and I have taken a step ahead of the average waterside duffer. The day I passed the Certified Casting Instructor exam, my next milestone achievement, was a happy one. I wrote a note to one of my mentors, Floyd Franke. He replied, "As you may now realize, you

have embarked on a journey of casting excellence that goes far beyond where you started. Welcome fellow traveler!

Tom White, the late Florida Keys Guide and legendary Casting Instructor wrote, "Now the study begins, and we are all here to help you anytime."

"Well you've only just begun, my friend. Now it all starts..," said Troy Miller.

"Congratulations... However, I believe that you will soon discover that the real journey has just begun," stated Chuck Easterling.


What were all my fellow CCI's telling me? What did they mean? Was I not done, had I not arrived? I thought I had reached out for the brass ring and now that I too, was a CCI, I had it in my grip.

Then came the note from MacCauley Lord. "I'm really happy for you and for your students."

Oh yes, my students! That is why I started on my quest to earn the CCI in the first place - to create a foundation and to build a curriculum for my students.

I recalled that my calling card title is Fly Fishing Coach, something I "borrowed" from a soon to be legendary, Maine based educator, Rod McGarry.

On my journey I had met many fine teachers, each of whom imparted to me their particular tool to add to my arsenal of cures. Each student I now help has the benefit of what my former and current instructors have taught me. Each student brings me closer to my goal of making the next I teach a better caster and me, a better instructor.



"You have embarked on a journey of casting excellence that goes far beyond where you started. Welcome fellow traveler!"

Continued next page

Casting Instruction Cont:

It has been almost four years since I joined the ranks of The Federation Instructors who strive to create a standard of learning that is unique, unlike that of any other recreational sport. Through the FFF and my association with its members and programs, I have learned more about fly casting in the last four years, than I have in the ten years before I prepared for the CCI test.



As a CCI, I have been fortunate enough to have students approach me with various learning objectives in mind. Some students are absolute beginners, some have been fly fishers for many years and have felt the need for an objective coach. The classic scenario found frequently as an instructor is one where a fly caster would like to extend his or her skills to learn to cast to 60', 70', 80' plus feet. Often the student has a destination fishing trip in mind for salmon, steelhead, bonefish, permit or tarpon. A few experienced fly fishers seek refinement of their skills, such as, mending, presentation casts or dealing with wind.

A good caster should be able to control the loop by choosing the path of the rod tip to accomplish his or her objective. Loop control is crucial, controlling the path of the rod tip is the key. A tight loop coupled with high line speed with a straight-line path of the rod tip produces efficient distance casts. For shorter casts, a straight-line path of the rod tip conserves energy.

A good fly caster needs the knowledge to control medium to wide loops as well.

There are casts that may require a varying tip path from one forward cast to the next back cast. (Hmm, something to practice.)

No matter what a students' new objectives, forward progress in fly-casting requires practice. I practice whenever I can, wherever I can - on the lawn at my home, on the ball field near work, or in my living room with a Echo micro practice rod and yarn, my cat as the target.

As an instructor, I have learned that I have so much more to learn. For example, my dream student is one who performs each task as I direct him to. Yet, it is then that I realize how much can be left to interpretation. When I ask the student to move the rod in a certain way, the best students respond exactly as I ask. But, the result can sometimes be a miserable cast! So, I need to continually improve my casting and my teaching skills. I once had a student who said she wanted to cast like Lefty Kreh. "Me too," I told her

At least three times a year I attend continuing education workshops and seminars. Geared to instructors, these gatherings, rendezvous or conclaves are led by authors, guides and renowned fly casting instructors who head schools from all over the world. Most recently I paid tuition to Tim Raejeff. In the time we spent together, the one thing I took away from the lesson was how to teach a student to retain one thing from the lesson. I cannot recall what that one thing was from his lesson with me, but Tim taught the need to keep the lesson focused, lighthearted, interesting, humorous and...FUN. Fun is why we Fly Fish

"Education encompasses learning specific skills, and teaching requires the imparting of knowledge

Education encompasses learning specific skills, and teaching requires the imparting of knowledge. The common ground is imparting skills and experience from fly fisher to fly fisher. Ethics, stewardship, and the future of our environment are intertwined in the fabric that makes fly fishing a community.

Michael Gallart is member of the Board of Directors of NEC, NEC VP for Education, FFF Certified Casting Instructor, Director of Programs for East Jersey TU, and a Director with Project Healing Waters, New Jersey. He can be reached at <http://www.fffneec.org/officers.html>

Project Healing Waters - An FFF Endorsed and Sponsored Program



2nd Annual PHW 2Fly Tournament Fundraiser

Project Healing Waters Fly Fishing (PHWFF), in conjunction with Eastern Blue Ridge Fly Fishers, is hosting the 2nd Annual 2-Fly Tournament Fundraiser to benefit PHWFF. PHWFF is a non-profit organization that has been utilizing fly fishing and fly tying in the rehabilitation of wounded servicemen and women at Walter Reed Army Medical Center for the past two years.

PHWFF is expanding and has begun to offer its program to other Military Medical Centers and VA Hospitals nationwide. Please support this worthy



effort by joining all of us at the [Rose River Farm](#) on the 4th of May for a fun-filled day featuring a 2-fly tournament with the wounded Vets of PHWFF. Teams will compete on over a mile and a half of the Rose River that runs through Rose River Farm near Syria, Virginia. Ten or more corporate sponsored Pro/Vet teams will compete along with the rest of the teams which will bring the total to 30 for the tournament. The fish will be plentiful and the action hot, so take in the beauty of Spring in the Blue Ridge mountains while supporting those who have sacrificed for us.

More information and registration can be found at <http://projecthealingwaters.org/2FlyTournament/2flyer030108.pdf> or contact **NEC Director Richard Diamond** at <http://www.fffnc.org/officers.html>



**Catch you in Whitefish.....
at our National Conclave this summer!
Pre-registration begins April 21.**

This will be one great conclave. Go to <http://www.fedflyfishers.org/> for details.

BackCasts is a publication of the North Eastern Council of the Federation of Fly Fishers
For information on publishing articles contact Paul Metzger, editor, at
flyfisher07950@verizon.net.

Information about NEC and its officers is available at www.fffnc.org
The National Federation of Fly Fishers site is at www.fedflyfishers.org/

"It has always been my private conviction that any man who pits his intelligence against a fish and loses has it coming." John Steinbeck