

# Hickory, High Country, Table Rock Trout Unlimited



## February 2024 Newsletter



*This month we are going to feature articles to help you become a better fly caster. Included are articles ranging from how to do the bow and arrow cast on an overgrown stream to how to double haul on larger water to how to fly cast in the wind if you are out there on the salt flats. On one of those warm February days get out there and practice your casting.*

### WELCOME TO OUR NEW JOINT CHAPTER PROGRAMS AND EMAIL

Welcome to what we hope is the first of many newsletters for our chapters. All three of our chapters stopped meeting during Covid. Table Rock started meeting a while ago, but with limited attendance. Hickory had its first meeting in January with a moderate attendance. To our knowledge the High Country chapter has not had meetings for some time. Recently the Hickory and Table Rock chapter officers got together and decided to try a new tactic of holding joint meetings and events and we are inviting the High Country chapter members to join us with a joint meeting we hope to hold in Lenoir in April.

Since some things were already in progress, Table Rock will hold a meeting in Marion and Hickory will hold one in Hickory for February. March begins the first joint meeting in Morganton followed by the joint meeting in Lenoir in April. Everyone from all three chapters is invited to attend all meetings. We hope this arrangement works well for all three chapters and that it will be a big boost in attendance at our meetings.

If you would like to get involved in your local chapter or would like some information, you can contact:

Hickory TU, Jackie Greene, [jackiefishes@gmail.com](mailto:jackiefishes@gmail.com)

High Country TU, Amy Annino, email not available

Table Rock TU, Alan Clark, [alan@hattarasgroup.com](mailto:alan@hattarasgroup.com)

If you know someone who would like to begin receiving the monthly newsletter:

[ChickWoodward@gmail.com](mailto:ChickWoodward@gmail.com)

We look forward to seeing many of you in the coming months.

### FEBRUARY MEETING IN HICKORY

**WHEN:** Tuesday, February 13<sup>th</sup>, 6 PM

**WHERE:** Old Hickory Station Back Room  
232 Government Ave SW, Hickory

**TOPIC:** Knot Tying With Forceps

Knot tying with forceps can simplify and speed up the rerigging of your flies. This will be a hands-on event. We will show a video and then everyone present will have a chance to try out the knot. Please bring a set of forceps to the meeting with you. All materials will be provided. Members from all three chapters are welcome.

### MARCH JOINT MEETING FOR ALL

**When:** Tuesday March 5<sup>th</sup>

**What:** Wildlife Resource Officer for our local area

**Where:** Morganton

Details will be mailed out before the meeting.

### FUTURE MEETINGS

Tuesday April 30<sup>th</sup> in Lenoir, A Clean Wilson Creek

Details will be sent out before the meeting.

### NEW TU MEMBERS CAN JOIN HALF PRICE

Trout Unlimited has started a new program where new members can join at half price for \$17.50 and in addition if they join through a chapter, the chapter will receive a \$15 signing bonus. You must join using the chapter's special URL and for our chapters they are as follows:

Hickory [www.tu.org/join032hickory](http://www.tu.org/join032hickory)

Table Rock [www.tu.org/join219tablerock](http://www.tu.org/join219tablerock)

High Country [www.tu.org/join934highcountry](http://www.tu.org/join934highcountry)

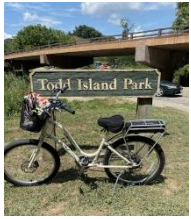
You are receiving this newsletter either as a member or prospective member of the Blue Ridge Chapter of Trout Unlimited. If you do not wish to receive this newsletter, please respond by email to [BRNCNews@gmail.com](mailto:BRNCNews@gmail.com) and let us know.

## QUOTE OF THE MONTH

*If you can't cast to the fish, you can't catch the fish.*  
.....Unknown

## UPCOMING EVENTS

### Todd Island & Lansing parks bank restoration:



Todd Island Park is located in the middle of the South Fork of the New River in southern Ashe County. Lansing Park is in downtown Lansing, NC. Both parks have been experiencing significant erosion and this project will be planting trees and shrubs along the rivers to help control it. For more information about the park visit [Todd Island Restoration Project](#). The stream bank planting is planned for Feb. 24<sup>th</sup> with a rain date of March 2<sup>nd</sup>. Lunch will be provided. To sign up visit [Bank Planting Project](#). You will have a choice to go to Todd Island or Lansing. To get there set your GPS to 1219 Todd Railroad River Grade Road, Todd, NC

### White Cabin Outing

A Saturday event in April for all with a cook out. Details to be provided later.

### TIC Release Dates

#### Location: South Mountains State Park

- April 8<sup>th</sup> – Alexander & North Lincoln High
- April 9<sup>th</sup> West Alexander Middle School
- May 7<sup>th</sup> River Bend Middle School
- May 22<sup>nd</sup> Tuttle Elementary

## THE TROUT STREAM ADVOCATE

### My first steps into Advocacy

After getting out of school and getting into the work life, my free time was limited to the weekends. That meant crowded streams, fished out streams, and not a great outdoor experience. At the time I was still spin and bait fishing for trout. So, I started asking around on how to get out of that rut. A friend of mine recommended joining Trout Unlimited as members seem to fish many streams that are off the stocking list and catch a lot of trout in the process. I found the closest chapter and joined. Soon I was learning to fly fish, tie flies and get to know many of the members.

The Kanawha Valley chapter (now the Ernie Nester chapter) in Charleston, WV was very progressive in those days. I was trained and given a chemistry set, then assigned a stream that I had to monitor monthly and record all the info in a log book. Stuff like temperature, PH, dissolved oxygen, using flasks and droppers with dye in them. At the time when members found a stream that had good parameters, the chapter would work with the DNR to follow up with fingerling brown trout stocking. Every spring the chapter would stock thousands of fingerling trout in nameless or sometimes well-known trout streams. At the time it didn't all

sink in why we are doing all this, but I was finally fishing streams that had trout in them and no crowds.

I was happy, till my mentor an engineering professor explained to me that many of these trout streams were dead due to decades of coal mining operations. As these mines closed or were abandoned, in time many streams recovered and were capable of supporting trout again. That is where Trout Unlimited stepped in and worked with the DNR to bring life back to the streams.

During my years there, we learned if you put lime stone fines in tributaries of streams, every time it rained, lime fines will run down the stream and neutralize acid from mine drainage or acid rain. That brought life to the TU bucket brigade. DNR would bring a truck load of limestone fines to the side of a road and hundreds of TU and community volunteers would line up in the woods to pass buckets full of limestone fines all the way down the side of a mountain into a tributary of a marginal or dead brook trout stream. Within a year or two, the stream would be teeming with insect life and brook trout. That is when I started realizing how much work it takes to bring one stream back to life and how many people and organizations have to be involved.

That was Advocacy course 101. Joining TU was such a learning experience. It was the beginning of the road to a lifelong of advocacy. That is what TU does. It brings life back to dead streams and helps keep live streams alive.

Robby Abou-Rizk

### 2024 DELAYED HARVEST STOCKING DATES

COUNTY	LOCATION	MARCH	APRIL	MAY	OCTOBER	NOVEMBER
Alleghany	Little River	6	4	6		
Ashe	Helton Creek	1	1	1	1	1
	Trout Lake	1	1	1	7	12
	Big Horse Creek	6	4	6	2	4
	South Fork New River	6	4	6	7	12
Burke	Jacob Fork	5	3	3	8	5
Caldwell	Wilson Creek	4	2	2	8	13
Clay	Fires Creek	7	4	7	3	13
Graham	Big Snowbird	7	4	3	1	12
Haywood	West Fork Pigeon River	4	2	6	1	12
Henderson	North Fork Mills River	5	3	8	2	4
Jackson	Tuckasegee River	1, 8	1, 3	1, 8	8, 9	1, 7
Macon	Nantahala	5	2	6	2	14
Madison	Big Laurel Creek	4	8	2	3	4
	Shelton Laurel Creek	4	8	2	3	4
	Spring Creek	1	4	2	4	8
McDowell	Curtis Creek	5	3	3	3	5
	Mill Creek	5	3	3	3	5
	Catawba River	5	3	3	3	5
Mitchell	Cane Creek	5	3	3	4	6
	North Toe River	4	2	2	8	13
Polk	Green River	6	2	1	7	6
Surry	Ararat River	5	3	3	9	14
	Mitchell River	1	1	1	1	1
Swain	Tuckasegee River	6	8	7	10	5
Transylvania	East Fork French Broad River	5	1	6	4	8
	Little River	4	1	3	7	6
Watauga	Watauga River	1	1	1	7	12
	Lake Coffey	1	1	1	7	12
Wilkes	East Prong Roaring River	1	1	1	1	1
	Stone Mountain Creek	1	1	1	1	1
	Reddies River	4	2	2	7	4
	Elk Creek	4	2	2	7	4
Yancey	Cane River	7	5	7	4	6

Dates listed are subject to change due to unexpected events, such as snow. Changes will be announced through press releases, Twitter, Facebook and on [ncwildlife.org](http://ncwildlife.org).

## BOTTOMLEY HEARING RESCHEDULED

The hearing is for the Bottomleys to contest the civil penalty assessment they were issued for their violations on Ramey & surrounding creeks. It's the same hearing that was scheduled for March 2023 that got delayed when the judge determined that the DEQ supervisor that signed the original civil penalty assessment didn't have the legal authority to do so. Now that the civil penalty has been reissued with the signature of the DEQ director, the hearing has been rescheduled tentatively for the 3<sup>rd</sup> week of March.

## RIVERCOURSE YOUTH PROGRAM 2024



**RIVERCOURSE  
COLD WATER  
CONSERVATION  
AND  
YOUTH FLY  
FISHING  
CAMP**

**JUNE 9-14, 2024**  
**LAKE LOGAN**  
**CANTON, NC 28716**  
**TUITION: \$995**  
**REGISTRATION:**  
**[HTTPS://WWW.NCTURIVERCOURSE.COM](https://www.ncturivercourse.com)**  
**CONTACT: CHRIS MAROK**  
**[TV.RIVERCOURSE@GMAIL.COM](mailto:TV.RIVERCOURSE@GMAIL.COM)**

The poster features a green background with a white border. It includes a logo for Rivercourse Trout Unlimited in the top right corner, which shows a stylized mountain, river, and fish. Below the logo are two green pine trees. The main text is in a bold, sans-serif font. There are four small photographs: two people fishing, a close-up of a fly fishing net, and a person in a waders. The dates and location are prominently displayed in the center.

**Support Rivercourse, enter to win Yellowstone Fishing Adventure! Win 6 Night Trip & Fly Rod of Your Choice**



Please Help RiverCourse build the next generation of leaders in cold-water conservation. Every year we educate young women and men aged 12-15, at our camp. Enter to win this dream trip at Yellowstone Angler's Basecamp, \$1000 travel stipend, and fly rod. Proceeds directly support North Carolina Trout Unlimited's [Rivercourse Youth Program](#).

[Read More](#)

## Call For Volunteers

Interested in supporting a committee? Contributing to RiverCourse? Have a special skill? NCTU is always looking for the next set of leaders and contributors.

Our committees include Chapter Development, Conservation, Womens and Diversity Initiative, Communications, TIC, Veterans Service, Advocacy and Outreach.

If you have time and want to lend a hand please [reach out](#).

## JOE HUMPHREYS' 5 TIPS TO PERFECT YOUR BOW AND ARROW CAST

By Dan Zazworsky -

November 4, 2019



In honor of being just a day away from the global release of *"Live the Stream: The Story of Joe Humphreys"* Flylords sat down with Joe to learn what advice he had to give on mastering his signature move: The Bow and Arrow cast.

This cast is one of the most useful, as well as unique eliminating the need for a backcast, Joe Humphreys' bow and arrow cast utilizes line tension and finesse in order to accurately launch your fly, while remaining unseen and untangled. Now from the master himself, here are Joe Humphreys' 5 tips to perfect your bow and arrow cast.

### 1. Take Your Time, and Pinpoint Your Target

Just like any other cast, the steps you take before you even cast are just as important as the ones taken once the fly is in the water. So, before you make your cast make sure to look

around. Assess the way the water is moving, what the fish are doing, possible places to get hung up on. Then, once you have a feel for your surroundings, focus in on where you're going to place your fly. Imagine that patch of water with a bullseye painted on it, and envision your fly landing there.



## 2. Determine Your Distance and Loop Your Line

One of the more technical aspects of setting up your bow and arrow cast is determining the distance of your cast. Once you have a general idea of how much line you'll need to get the fly to your target zone, start folding it into small figure-eight loops. By stacking these loops on top of each other in your fingers, you are keeping strong tension on the line, while also keeping a minimal profile and lowering your risk of tangles.



Image courtesy of [Live the Stream](#)

## 3. Keep Your Hand ABOVE Your Fly

This is one of the most commonly made mistakes when it comes to making a bow and arrow cast. When you have made your loops, keep your fingers on them, NOT THE FLY. Many anglers believe that they need to hold the fly itself, in order to get maximum distance, but this is actually a good way to spook a fish. Here's why:

when you hold the fly itself, then release it, you have already eliminated your "Loop" (one of the most important aspects to any fly cast). By doing so, once the fly is released, all the built-up energy will be on the fly, and once it lands, it will smash into the water not only scaring away fish, but ruining your cast's accuracy.

By holding the fly line on its loops, the line will hold the potential energy. Therefore, once you make your release, the

line will maintain a loop and gently unfold atop the water to deliver a soft and natural presentation.



## 4. Wrap Your Fingers for Extra Control

With your pointer and thumb holding the line above the fly, wrap your middle and ring fingers over the loops so that there are now 4 points of contact on the line. The point of this is so that you have maximum control and increased tension to your line. By using one of your fingers to press down on the line, you can greatly increase the built-up strain without having to draw your line back any further. It's also so that you have more control over the behavior of your figure-eight loops. By adding an additional 2 points of contact, you make sure the loops are under maximum control, and that there is minimal chance for them to intertwine, tangle, or wrap.



image courtesy of [Live the Stream](#)

## 5. Take a Deep Breath, and Release

Often times, this cast is used in a situation where you will only get one shot to make the perfect presentation. So, before casting, take a deep breath, go over the steps one more time in your head, pull your line tight, and then when you feel confident; let that line fly.

To properly release, simply make sure your clear of your fly's flight path, and release your 4 points of contact (thumb, pointer, middle finger, and ring finger) all at once. Depending on how much line you've allotted yourself, the tension of the draw will unravel your loops in mid-air and carry your fly to the water. Once you've made contact, make any mends or adjustments necessary, and get ready to set the hook.



Image courtesy of [Live the Stream](#)

Like with anything else, mastering such a cast takes practice and a lot of it. So whether you're on a local stream, or just in your back yard, break out your rod and give this cast a few tries so that when game time comes; you're ready.

Whether you like Joe fishing between troves of mountain laurels in the heartland of Pennsylvania, or you're in the remote wilderness far from any roads, the bow and arrow cast will prove to be a beautiful, as well as effective casts when it comes to fishing small pools and tight creeks.



Make sure to see Joe's additional tips, as well as the story of the man who started it all in his award-winning movie, *"Live the Stream: The Story of Joe Humphreys"*, which will be available worldwide on November 5th, 2019. To pre-order or purchase,

Article written by Flylords team member [Wills Donaldson](#)

## ARE YOU LEFT OR RIGHT HANDED

I was recently filling out a form for an upcoming trip. They asked me if I was bringing my own rod and reel or using theirs. Then they asked if I left or right. I am right handed, but I've been through this before. Some people actually cast with one hand and then switch hands and crank with the same hand they cast with. The correct question is do you reel with your right or left hand. It is a left hand reel if you crank with your left hand and of course a right hand reel if you crank with your right hand. [Right or Left.](#)

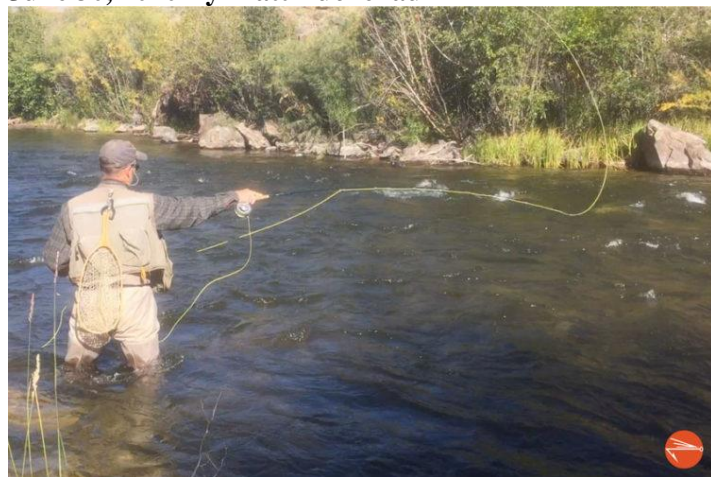
If the equipment for your trip is being provided by your guide, be sure to clarify your casting and reeling hand. My son and I have both experienced confusion about this on recent trips and you would certainly not want to get on the boat and have the wrong gear.



FLY FISHING FIX

## HOW TO CAST IN THE WIND: 7 SIMPLE TIPS

June 30, 2020 By Matt Buchenau



**Are you searching for tips on how to cast a fly rod in windy conditions?** If so, you've come to the right place.

Assuming you've taken up fly fishing in a meaningful capacity, you've probably come to the inevitable conclusion every mature angler must understand and embrace: it's a rare day on the water when challenging weather situations don't come into play.

Even more rare is the fly fisher who doesn't engrave wind at the top of the list of most objectionable weather conditions. (I even have a good buddy who, when fly fishing, won't even use the word wind; he'll only refer to it as "W", and even then, avoids voicing it out loud.)

If this describes you (and if it doesn't, I must know your secret wind antidote) then, by virtue of having arrived at Fly Fishing Fix, you're undoubtedly seeking tips that will make you a better angler when windy conditions prevail. With that important topic squarely in mind, we're here to help.

Before I dive in, however, let me first just put this opinion out there: unless you're out sailing or flying a kite, wind pretty much sucks.

I absolutely understand that wind serves many magnificent and vital life-preserving functions, and when considered in isolation, it's an astonishing and fearsome force that commands our awe and respect. But when I'm trying to use a long stick to cast a wispy little fly on the end of a delicate string to a feeding trout on the other side of a river, I could surely do without annoying headwinds.

As an additional sidenote, it's also been a lifelong head-scratcher that, about nine times out of ten, no matter what I've done to position against it, wind finds a way to blow directly into my face. Who made that rule, and where can I submit my petition to change it?

Since I'm fairly certain that you understand and agree with my stance on wind, and that it probably isn't going away anytime soon, the question for us anglers is what to do about it.

We can't just pack it in every time we see wind in the forecast. Instead, we have to have strategies to mitigate the difficulties it presents when it decides to howl.

So, in no particular order, here are **7 tips to help you cast in the wind**.

### 1. USE A SIDEARM CAST

I'm sure a meteorologist could tell me why wind tends to strengthen the further away from the ground it gets. When I have a fly rod in hand, I couldn't give a rip; I only care that I have greater success casting into the wind if I keep my line closer to the water.

To do so, it's helpful to have worked on a sidearm cast, which involves the same motion and timing of a regular overhand cast but keeps your line lower, out of the stronger winds aloft.

Getting a fly, especially a dry fly, to alight gently on the water's surface when casting with this technique is one of the drawbacks of a sidearm cast, but when the wind is strong enough to demand such a cast alteration, I don't think we need to be too worried about a gentle presentation, do you?

In fact, on a blustery summer day, a splashy sidearm cast into a sweet run or cut-bank with your favorite hopper will probably elicit more fierce strikes than most other casting techniques would anyway. So, when conditions are right, wind may actually be your friend.

I know, it's a difficult concept to accept.

A final note on the sidearm technique: be extra wary of snag hazards. This can be said of any casting technique, but when sidearm casting, not only do you have to concern yourself with the usual back-cast snags, you have to be increasingly mindful of things sticking out of the water. Fallen logs, branches, reeds, boats, and other anglers all come to mind. With a stiff wind swirling about, you'll have plenty to keep you occupied. Try not to complicate matters by ignoring all surrounding snag gremlins.

### 2. LEARN THE DOUBLE HAUL CAST

Having grooved my primary cast over hundreds of years before the double haul cast came to prominence, I confess that I'm not the world's best practitioner of this somewhat tricky, coordination-demanding technique. Nevertheless, I believe a well executed double haul is one of the most elegant, effective and versatile techniques in all of fly fishing.

In a way that initially seems counterintuitive, the double-haul capitalizes on the laws of rod and line physics to maximize line speed within both the angler's back and forecast. Put simply, the double haul is one of the best ways to counteract the impact wind can have on an angler's cast.

Put another way... when I was a kid, I played a lot of golf with my father. When it was windy, he would always encourage me to, "Hit it better, not harder."

Our tendency in windy conditions is to swing (or cast) more forcefully when a smooth and easy, physics-friendly approach always delivers better results.

For a good demonstration on how to double haul your line, here is a fantastic video from one of our favorite local fly shops, [Angler's All](#):

### 3. OPT FOR A HIGHER-WEIGHT, FASTER-ACTION ROD

When faced with a windy forecast, wishing upon a star that your buttery, flexy, lighter-weight rod is going to get you through the day, is just inviting frustration. Again, sticking to the immutable laws of physics, a higher-weight, faster-action rod (and matching line) will help counteract the forces arrayed against you on a windy afternoon.

If you must, string up your buttery-flexy for that early morning or late afternoon calm, but opt for beefy-n-speedy when the gales come calling.

Pair a rod built for such conditions with a well-oiled double haul and your wind trepidation will decline dramatically.

### 4. GO WITH A HEAVIER RIG

When dealing with a pesky wind, it stands to reason that casting something light and delicate will generally be more difficult than casting a rig featuring more beefy offerings. Try throwing a whiffle-ball into the wind followed by a baseball and record the results. Same concept with flies

So, just as it's helpful to use a heftier rod in wind, so, too, can it be to opt for a more substantial rig.

In other words, if you're trying to cast a size 18 mayfly dun, it's going to get hung up in the wind a lot more readily than a weighted, tungsten-headed nymph rig.

You following?

I thought so. Not really a difficult concept to grasp here.

A warning, however: if you go with a heavier, more complicated rig, wind has a wicked ability to make normally simple tasks annoyingly more difficult, including:

- Threading flies with tippet
- Tying knots
- Untangling your line

Avoiding snags

And that's to say nothing of wind's impact on:

Rowing and steering a boat

Calling your spouse

Keeping your beer from blowing over

Peeing

### 5. TRY THE WATER HAUL CAST

While fly fishing, one of the best ways to combat the impact of wind on your cast is to simplify. If you find yourself wrestling with a traditional back-and-forth cast in the throes of a challenging wind, reducing motion can promote greater cast efficiency while minimizing potential problems, like wind-exacerbated tangles and snags.

That's precisely when a water haul cast comes in handy, especially if, as a secondary wind-minimizing strategy, you decide to switch from casting dries to tension casting a heavier nymph or streamer rig.

Additionally, the water haul has the benefit of allowing for a precise and effective cast when back casting is restricted by things other than wind.

## 6. MINIMIZE FALSE CASTING

Within the purview of simplifying your cast, the last thing you should do on a windy day fly fishing is false cast.

Assuming you're able to get a fly to go where you want it to in such conditions in the first place, there's really no good reason to make multiple false casts.

If your purpose for false casting is to dry your fly, don't bother. With the wind's help, it's already drying out just fine within a single cast. All you're doing by making false casts is inviting tangles, wind knots, snags and surface slaps.

Keep them to a minimum for a better day fly fishing in the wind.

## 7. POSITION TO CAST DOWNWIND

My earlier headwind conundrum notwithstanding, when the wind is up, it's always helpful to try to position yourself for a downwind cast.

Again, not a difficult concept to grasp here, but if you've spent any time doing anything outdoors on planet earth, it's generally easier done downwind than up.

Okay pilots, kite flyers, parasailers, I get it, there are exceptions, but I'd much rather hit a ball, run, jump, ski, pedal, row, spit and cast downwind. And I'd bet the house that I'm not alone in that opinion.

So, unless you're one of those people who can't stand the thought of doing anything the easier way, when possible, try to position for a downwind cast. Of course, you'll still have to be mindful of your into-the-wind backcast, but when casting with the wind, you'll be able to send a fly further and with much greater ease and precision than in any other wind-compromised situation.

## WIND-ING IT ALL UP

Casting a fly rod in windy conditions is a challenge, even for the best of anglers. If you employ one or several of the strategies described above, you will enjoy more fly fishing success on days when conditions aren't exactly pristine.

And since I don't want to be seen as entirely anti-windite, let me praise wind for keeping mosquitos at bay and for making it more difficult for fish to see me through ruffled water surfaces. Yea wind!

Lastly, since, as a fly fishing devotee, you're always looking for more ways to scratch your angler's itch, we invite you to sign up to receive Fly Fishing Fix in your inbox. Do it now. It's much easier than casting into the wind, and we want you to be part of our growing fly fishing fanatic community.

Until next time, may the wind always be at your back!  
Tight Lines!

Matt Buchenau started fly fishing Colorado mountain streams, beaver ponds and lakes with his parents and siblings before his age had two digits in it. Nearly fifty years later, his



passion for the sport has only intensified. Matt believes in the creed, "God, Family and Country" but thinks it's inadequate. In his mind, "God, Family, Country and Fly Fishing" is way more appropriate. Matt is not only the co-founder of Fly Fishing Fix with his

son, Zach, he is also a published author and founder of 5Weight Digital Marketing.

## TIM RAJEFF'S DOUBLE HAUL MASTER CLASS

POSTED ON NOVEMBER 10, 2023 / BY LOUIS CAHILL



When I asked Tim Rafeff for some tips on the double haul, I got way more than I expected. In just under 4 minutes Tim gave the best presentation I've ever seen on fly casting. If you want to improve your fly casting, get more distance and control and cast like a rockstar, take a few minutes to watch this video.

### [Tim Rafeff's Double Haul Master Class](#)

Louis Cahill

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[www.ginkandgasoline.com](http://www.ginkandgasoline.com)

[hookups@ginkandgasoline.com](mailto:hookups@ginkandgasoline.com)

## FLY FISHING TIP

*Slow down, take a deep breath and observe your surroundings. What do you see in the cobwebs from last night? Which way is the wind blowing? What about the sun, will you cast a shadow over the water? We're all excited when we first get to the water's edge so don't blow it before casting a line.*



## ADVICE FROM THE VISE

We are fast approaching the last vestige of winter fishing. The days are already getting longer and while the weather has been a bit of a roller coaster, there have been some beautiful days to get a line wet. This month I was reminded of a pattern I came up with several years back for this time of the year. I was up on Wilson Creek, there was some snow on the ground, and the afternoon sun was really bright. I noticed some movement of insets and realized they were small black stones crawling up on the rocks to hatch out. It's as cool to see aquatic insects doing their thing as catching fish some days, and this was one of them. I sat there and watched and figured up this pattern on the way home. As we are in that time of the season, here is a really simple pattern to tie that fishes really well on your double tight-line rig, or under an indicator or a foam dry. The Little Black Stone.

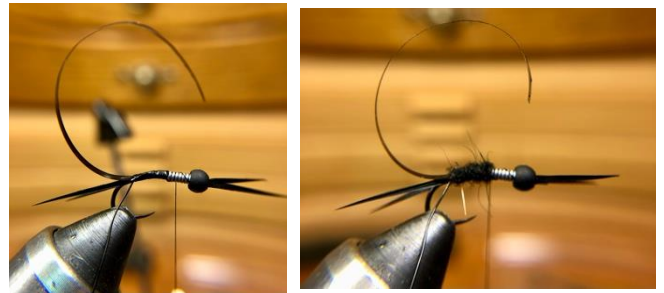


I'm using a 2312 barbless hook, which is really my nymph hook of choice for most patterns outside of the Euro's. The bead is tungsten matte black, and black small wire for the abdomen rib. Goose biots make up the legs and antenna and a strip of black flashback make up the shell. It's not anatomically perfect, but it's a quick tie, looks wonderfully buggy and it fishes really well- and that's what matters. #16 and #14 seem to be the best match for the bug size, but you could easily use the same format for bigger sizes and different colors.

Dress the hook from the eye to about a bead length. Tie in goose biots on both sides, wrapping to behind hook eye. The bead is going to slide over this, so keep the wraps tight and minimal. Whip finish this portion and slide the bead on up.

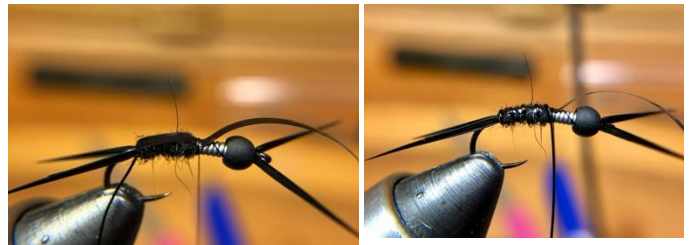


Take some lead free wire and take 7 wraps and slide that up to the bead. Secure that with some wraps in the back to build up a taper and wraps through the wire to keep it from turning on the hook shank. Lay down a good thread base and tie in goose biots on either side for the tail. Wrap those to the wire and trim out the butt ends.

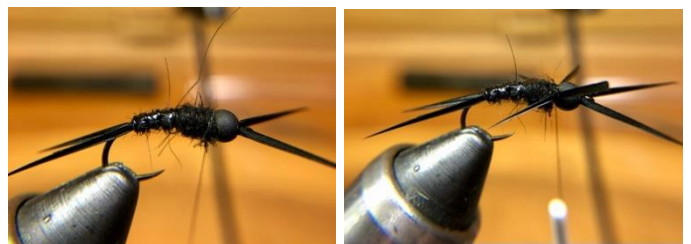


The lead free wire forms the thorax and behind that, the abdomen, just for landmarks sake. Tie in the rib wire and then the flashback on the top of the shank.

Dub a small noodle, somewhat sparse as you want it to be thinner than the thorax.



Pull the flashback to the junction and tie that in with a couple wraps, then wrap the rib over the flashback to form a segmented abdomen. Helicopter off the wire and pull the flashback rearward and secure that with a few wraps.



Dub a heavier noodle and this time wrap the thorax up to the bead. Pull the flashback to the bead to form the wing case shell and tie it in, trimming off the butt end.

To finish out, tie a shorter biot on either side of the bead as legs and whip finish the fly. Now get it wet and see if you can't get some wintertime trout interest in this pattern. The little black stonefly is found in all WNC streams. If you are like me, turn over some rocks and get an idea of what's crawling, and I'll bet you find some of these in your water.

If you have a pattern you would like to see in the column, shoot me an email and we can feature that in an upcoming

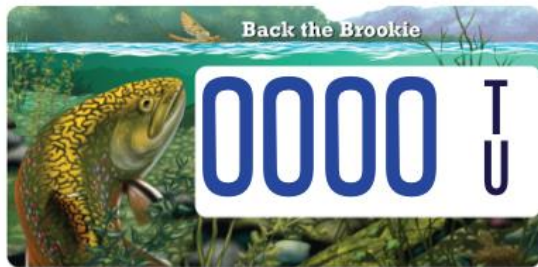


month. As always, I'm honored to answer questions, give a lesson, or just talk fly tying and fishing. Don't hesitate to contact me at [Jacobsforkflytying@gmail.com](mailto:Jacobsforkflytying@gmail.com). Please check out some of my current ties on Facebook and Instagram at Jacobs Fork Fly Tying.

Dave Everhart

## Get your License Plate?

North Carolina Trout Unlimited



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## 2024 Southeast Rendezvous

March 15th-17th in Nashville, TN

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Join fellow TU members, supporters and volunteers from across the region on March 15-17th, 2024 at the Holiday Inn: Nashville-Vanderbilt Downtown for some great fishing, informative presentations, inspiring dialogue and engaging camaraderie with those who share your dedication to TU and our mission.

For more details visit [Southeast Regional Rendezvous](#)

## IT'S ALL ON THE INTERNET

I was recently asked by a reader: "How do you find all that information for the newsletter?" The answer is that most of it is all out there on the internet. My leading source is from fly fishing blogs. I probably follow at least a dozen and glance through the articles as they show up in my email. From those articles I often find a theme for the newsletter such as casting used in this one. My favorite two blogs are [Gink and Gasoline](#) and [Troutbitten](#). If you want to learn more about fly fishing I suggest you sign up for their newsletters. Once I have decided on a theme, I then go to the internet and just do a search. You would be amazed at how much you can learn by just searching "how can I become a better fly caster."

Of course, all the time I spend makes it easier now that I am retired and the incentive has come from writing a monthly newsletter. I have now been doing a monthly newsletter for seven years. In that time I have learned more about fly fishing than the more than 65 years of fly fishing before that. I wish I had known half of this when I first started.

If you want to become a better fly fisher, sign up for a few blogs and when something peaks your interest go out and do a search for it on the internet. You'll have a lot more fun fishing as you learn to improve your skills.

*And of course I am always happy for people to submit aarticles about a special trip (or anything about trout fishing and their habitat) for the newsletter. My only requirement is no politics!*

Happy Fly Fishing!!!

*We'd love to hear your input. If there is a topic you'd like addressed or if you have something to share in the newsletter, please contact us at [BRNCNewsletter@gmail.com](mailto:BRNCNewsletter@gmail.com).*

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