

The FLYRODDER

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LONG ISLAND
FLYRODDERS



The Flyrodder
is a monthly publication of
The Long Island Flyrodders, Inc.
Editor, In Memoriam, *Gian Padovani*

This Month's Meeting *July 3, 2007*

Morty Schneiderman, Editor

90-60 Union Turnpike
Glendale, NY 11385
LIFRnews@aol.com

Jeff Farrell

Circulation Manager

The Long Island Flyrodders
meet at 8:00 PM on the
first Tuesday of each Month
at the: **Levittown VFW Hall**
55 Hickory Lane
(North of Hempstead Turnpike
& West of Jerusalem Avenue)

2007 OFFICERS

Paul McCain

President

2839 Cherry Court
Oceanside, NY 11572
516-536-1418
Prespaul@optonline.net

Allan Manz

Vice President

Lee Weil

Secretary

Al Battistelli

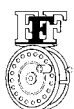
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God Bless America



Jack Kress, 3½ years old, grandson of LIFR members Wolfgang Porté and Mike Kress, fishing on Bridgewood Lake in Pennsylvania. See what he caught on page 5.

Guest Speaker:

Alan Manz

"The Ausable River"



School has let out and the kids have already started their summer fishing season. However, they did not go for trout or blues or fluke. Instead, they went fishing for gold fish. Paul recently constructed a small backyard pond. He even included a small fountain of water, which trickles down an outcropping of rocks. The pond sits in a once muddy and unused section of our yard. My son has been begging for one ever since watching a show about "backyard habitats" on the Discovery Channel. If you have all the necessary features, you can even have your yard designated as an official backyard habitat. I kind of liked the idea when Owen first brought it up. I figured that telling people we wanted a "habitat" rather than a traditional grass covered yard would make the mud, toys and unranked leaves seem romantic. It would force any company to look at the dog poop through rose-colored glasses. In our habitat, we currently have a family of raccoons in a hollowed out tree, a nest with baby robins, bird feeders, a birdbath and lots of flowers to attract butterflies. Now, with the completion of the pond, we have a watering hole for Sherman, our cat. Sophie, our retriever mix, uses the pond as a place to rinse a tennis ball after a few rounds of fetch. Trout, our yellow lab, likes to lie next to the pond and sleep. Naturally, the first fishing adventure for Paul and the kids meant catching some carp. Paul and I know

that any fish in the pond would soon become supper for the cat or the raccoons, so we figured we would save some money and have the kids catch some carp at a small natural pond near our house. The kids had poles, doughballs, and bobbers. Paul had complete confidence that the fishing would prove easy. Of course, they call it fishing and not catching. Tomorrow, I am going to stop at the pet store to buy crickets for Jack, Owen's lizard. While I am there, I'll purchase a couple of 25 cent feeder fish for our pond. Paul, on the other hand, will stop at the hardware store to buy some wood to make a bat house. According to the Discovery Channel, bats will help to keep down the mosquitoes that love our new backyard habitat.

Paul wants you to know:

Allan Manz is our Speaker this month and the topic is: "The Ausable River."

Come early before the meeting for Hot dogs and hamburgers 6:00-7:30.

Don't forget to bring in Photos for the meeting Photo contest.

Paul is running a non-club (all are welcome) trip on July 10th see the ad in the news letter on page 5 or see him at the meeting.

Tight lines - Pres Wife Julie



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LETHAL FACTORS

by Lee Weil

“Fish on!” The rod bows into a heavy fish and the angler announces his success to his friends. He lowers the rod tip slightly, letting the big rainbow run upstream against the current, tearing the line off against the drag of the reel. “Look at him go!” he whoops. The fish makes several more strong runs and finally weakens. As it lies on its side, he slides the net under it and hefts it out of the water, holding it up to show his buddies. It’s a very nice fish, going about six pounds. He wades out of the stream and walks along the bank to where they are fishing. “Hey, give me the camera, I want to take some pictures of this one.” He lays the fish down and walks over to get the camera. “Wait a minute,” calls the other fisherman, “I want to get a picture with him too.” They take turns passing the fish around while taking shots of each other. Each one holds the fish up with his fingers in its gills. After everyone has their turn, the fish is tossed back into the stream, where it swims away sluggishly.

If you asked these guys, I’m sure they would tell you that they practice catch and release. Actually, what they are releasing is a **dead fish**.

I’m amazed that in a sport where people will spend so much time and energy in learning technique, there is so little awareness of how to preserve our ultimate goal - the trophy fish. We read the latest articles, buy the best equipment we can afford and spend countless hours pursuing our passion; so, why not learn to release fish safely? Let’s face it; there are a lot more fishermen out

there than there used to be, and only so many fish.

It’s not usually intentional abuse that kills trout; it’s ignorance in the way they’re handled. In a study done by Queen’s University in Ontario, statistics showed that the mortality rate of fish rose significantly when they were exposed to air after being stressed by exercise. Only **28% of the fish** released after 60 seconds (one minute) of exposure lived; i.e. less than 3 out of 10. The other **72% died within 12 hours**. If exposed for 30 seconds the survival odds rose to 6 out of 10, and fish that were stressed but **not exposed** had a 9 out of 10 shot of surviving. That’s a substantial margin. The reason for this increase in mortality rate, along with exposure time, is the damage done to the gill tissues by being exposed to air. This can be easily avoided by **leaving the fish submerged** while removing your fly with a forceps. If you feel that you absolutely must net your fish simply leave the net in the water.

Another factor that kills trout is the time spent bringing the fish to hand. We all love to play a fish on light tackle, it’s exciting and flyfishing emphasizes the art of finesse. But a fish that is exhausted by a long bout can be stressed to the point of no return, swimming away only to die a few hours later.

Therefore, where there are large fish present (for example in Connetquot), you should consider going with a heavier outfit in order to land them as soon as possible. Early in the season, when fishing nymphs and streamers, you can go to a 3X or 4X tippet, as the fish

are not line shy and it will assist in landing them quickly, reducing the stress and fatigue.

There are those exceptional fish that we want to photograph; either for our photo album or to be recreated into a mount. This is not a problem if you have another person to help out. Have them focus on the spot in the water where you will be releasing the fish while you are playing the fish to you. When you remove the fly, simply cradle the fish on your palms and raise it just above the surface for the shot, lowering it immediately back into the water. If your partner is ready, this will only expose the fish for 2-3 seconds. If you don’t have anyone handy to man the camera, please don’t lay the fish on the bank or a dock to take a picture; you may as well put it in the creel. There are times, especially in the warmer weather, when in spite of all your efforts you cannot revive a fish. This is the time to make the decision to take one home for the freezer, rather than leave it for the seagulls.

The next time you have the good fortune to land a trophy sized fish, consider how long it took to reach that size, and how long it would take to replace him. Trout Grand Marnier is my favorite recipe; I find it tastes much better when you use the pan-size butterfly fillets and I derive a lot of pleasure from watching that five-pounder swim away to fight again.



Reprinted from an earlier Flyrodder Issue

Don't Put your Vise Away Yet!

Although the fly swap has come to a halt for the summer season, we are renewing our annual drive for fly donations to be used in the Fly Fishing Show raffle boxes.

Starting with the **August** meeting, I will once again be collecting your hand-tied or store bought flies. In order to keep the presentation boxes looking neat and attractive, we are asking that you donate your flies in groups of 12 of a kind (10 for saltwater).

For your efforts, you will be rewarded with one ticket for every 12 freshwater or 10 saltwater flies submitted. Tickets will be entered in a raffle for a valuable prize.

To get the ball rolling (and to see if you read this whole article) I am offering a *small* prize to the first person to hand in 4 dozen flies.

Non-tiers remember: We will accept purchased flies or you will be credited for 1 dozen flies for every \$8. donation.

Thank you for your continued support and generosity.

Susan Solomon

LIFR PHOTO CONTEST RULES

- 1a. Contestants must be LIFR members.
- 1b. Subject must be related to Fly Fishing.
- 1c. Prints, (no transparencies), size 4" X 6" in color or black & white.
- 1d. Digital photos, minimum size 800 X 600 megapixels.
2. Put your name and phone number on back of the prints in small letters
3. All photos submitted may be used by LIFR. (e.g., Fly-rodder and lifr.org)
4. There will be play-off contests at each Club meeting May through October
5. Three winners will be picked by members present at each of those meetings
6. All winning photos will be entered in the Dinner Dance GRAND CONTEST
7. Members present at the Dinner Dance will select the three Grand Prize winners
8. In case of a tie or dispute, the decision of the Chair will be final
- 9a. Submit photos at the meeting or send them to:
Jim Foley, Chair
98 Fonda Road
Rockville Centre, NY 11570
- 9b. Email digital photos as attachments only. (not embedded in the body of the emails) along with your name and a short description of your submission.

Sunken Meadow Trip – Sunday July 8

I won't be at the July 3 meeting, so this is your reminder to meet at Parking Lot 3 by 10:30 a.m. on Sunday July 8. Sunken Meadow State Park is at the end of the Sunken Meadow Parkway, exit 53 on the LIE.

Please take my cell phone number with you and call if you have any problems:
(516) 510-3521.

See you at Sunken Meadow,

Howie Solomon

"March was the last month for those of you who have not renewed your LIFR membership to still be considered members. Remember, you must be a member to participate in club activities and continue receiving 'the FLYRODDER'"

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FISH SCAMPI

Steve Lorence

Scampi recipes have traditionally been used for the preparation of all types of saltwater fin and shellfish. However, they are equally delicious when used with the fillets of freshwater fish as well.

Most recipes usually include garlic, other spices and generous amounts of butter. A more health conscious alternative to butter is olive oil. It enhances the flavor of fish and combines well with the other spices. If a buttery flavor is desired, a little butter can be added to the olive oil.

INGREDIENTS

- 1 pound fish fillets
- 2 tbsp olive oil
- 2 cloves fresh garlic (chopped)
- 1/4 cup scallions (chopped)
- 1 tsp oregano
- 1/8 tsp black pepper
- 1/4 tsp paprika

Add olive oil and most of the chopped garlic and scallions to a 7"x 11" glass cake dish. Place fillets in the dish and flip them over repeatedly to coat both sides with the oil and spices. Arrange the fillets in the dish and garnish with remaining garlic, scallions, oregano, black pepper and paprika. Salt to taste.

Place the dish under the broiler for 5 to 8 minutes (depending on fillet thickness) or until fillets begin to brown slightly. There is no need to turn the fillets over. They will cook completely from this one side.

Serve over rice or linguine. Serves two.

Steve Lorence is a Region 1 Wildlife Biologist for the NYSDEC.



ELDRED PRESERVE FISHING TRIP SEPTEMBER 18 – 19, 2007

We ran this trip three years in a row and it was a great success. We caught a variety of fish – bass, very large blue gills, big crappie, pickerel, as well as some nice trout. We also shot a couple of rounds of Sporting Clays. Overall, we had a good time and enjoyed the camaraderie. The accommodations were very good and the food was excellent. Eldred is located approximately two-and-a-half hours from New York City and it is a pleasant ride. This is a great trip to bring family and friends and a great opportunity to introduce children to fishing. The dates are September 18 – 19, 2007.

The cost for the trip is as follows: The room is \$75.00 plus tax, double occupancy. This means you would split the cost of the room with someone. An extra cot in the room costs an additional \$8.00. Dinner is a la carte – you pay for what you select. The restaurant is excellent. They will provide coffee in the rooms. We will provide some Dunkin Donuts in the morning or you can make arrangements to provide your own breakfast.

We are going to have a Bass Tournament on September 19. The cost of the bass boat is \$80.00 plus tax, again, double occupancy, so you split this cost, also. There are two people per boat. The entry fee is \$10.00 for each angler and the entry fees collected will be distributed to the First, Second and Third longest bass caught. Further details will follow.

They also have two large trout ponds. One is Catch and Keep. It is stocked with trout. You have free access to the Catch and Keep pond but must pay \$6.25 per pound for whatever you catch. They will clean the fish for you and pack it in ice for your journey home. The cost for the cleaning is fifty cents per fish.

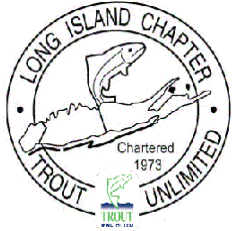
The other pond is Catch and Release. It is stocked with trout and big catfish. It is for fly fishing only, barbless hooks only. The cost for this pond is \$12.50 per person and you can fish all day.

You can also go fishing nearby at Mongaup Pond, Rondout Reservoir or the Delaware River.

They also have Sporting Clays available. We shot the Sporting Clays each time we went and had a lot of fun doing it. The cost for a round is \$8.00 for twenty-five clays. You can bring your own shotgun and ammunition or you can rent a shotgun there for \$5.00 and purchase ammunition for \$8.00 for a box of twenty-five rounds. They provide ear protectors while you are shooting.

They have a computerized gambling casino only minutes away if you want to try your luck.

You can sign up at any meeting with Bill Farrington or me, Joe Caroleo, or you can call me at (718) 845-4225 between the hours of 9:00 a.m. to 9:00 p.m.



The Long Island Chapter of Trout Unlimited meets on the 3rd Tuesday of each month at:
 Hicksville VFW Hall
 320 S. Broadway
 Hicksville at 7:30 p.m.
 Visitors are always welcome.

See www.longislandtu.org for more info.

To conserve, protect and restore North America's cold water fisheries and their watersheds.

**For fly tying classes, contact:
 Mike Gelber: (516) 221-9508**

**For casting classes, contact:
 Herman Abrams: (516) 593-6024**



Berkley has a program for recycling **used fishing line**. If you call them and you are a **business**, they will send you a shipping box (prepaid) to send in the line. Their only stipulation is that the line be clean and free of all debris, hooks, and metal attachments.

1-800-BERKLEY or (712) 336-1520.

If you are not a business and you have a bag of line, send it to the following address.

Remember that birds and marine animals become entangled in fishing line. Do what you can. Make sure the line is clean of debris, hooks, and metal attachments.

**Berkley Recycle Program
 1900 18th Street
 Spirit Lake, Iowa 51360**

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MEMBERSHIP APPLICATION

The undersigned hereby applies for membership or renewal, in the **LONG ISLAND FLYRODDERS, INC.** ("LIFR"). I understand the inherent risk in participating in the activities of **LIFR**, including fishing trips, of one day or longer, which **LIFR** may make available to members. I understand that **LIFR** activities may take me into remote areas, and that I may not be able to be promptly evacuated or receive proper medical care in the event of injury or disease. I further understand that I am solely responsible for all costs of medical treatment and transportation.

Intending to be legally bound, for myself, my heirs, executors, and administrators, except to the extent that indemnity insurance is available, I waive, release, indemnify, and hold harmless, **LIFR**, its Officers, Board of Directors, and members, against any and all claims for personal injury, disease, death, and property damage or loss, that I may incur, arising out of or connected in any way with any and all **LIFR** activities. I assume the risk of undertaking all **LIFR** activities, including related travel.

Member Signature: _____ Date: _____

Print name: _____

Address: _____

Home phone: () _____

Office phone: () _____

E-mail address: (optional) _____

Consent given to post e-mail address on LIFR Web Site: Yes () No ()

In case of emergency, when reasonably feasible, contact:

Name: _____

Relationship: _____

Home Phone: () _____

Office Phone: () _____

Family Application must be signed by each Family Member or Guardian, as applicable.

Dues: Individual \$40.00 _____ Family (including children under 16 yrs) \$45.00 _____ Junior (under 18 yrs) \$15.00 _____

Mail this form to: **LONG ISLAND FLYRODDERS, INC**
P.O. 8091
Hicksville, NY 11802

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CONNETQUOT RIVER TRIPS - 2007

In response to the demand for the limited spaces available for our Monday Connetquot River State Park trips, the following guidelines are in effect:

Members attending the meetings have **first priority**, followed by those members, chronologically received, who call in the day after the meeting for the remaining spaces available. Reservations are available for 32 anglers for each session; 64 for both sessions. The cost of each session is **\$20.00**. No checks will be accepted;

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to be paid at the general meeting or at the park for call-in reservations. Anglers fishing the morning sessions must be at the park by **7:30 a.m.** Cancellations must be made by 7:00 p.m. the Saturday before the session.

No advance reservations will be accepted.

Hours: 8:00 AM to 12:00 PM & 1:00 PM to 5:00 PM

For Details call Lee Weil - 516-997-6743.

CONNETQUOT DATES - 2007

July 16	August 20	September 17	October 15
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Rubber-soled Hip Boots Only

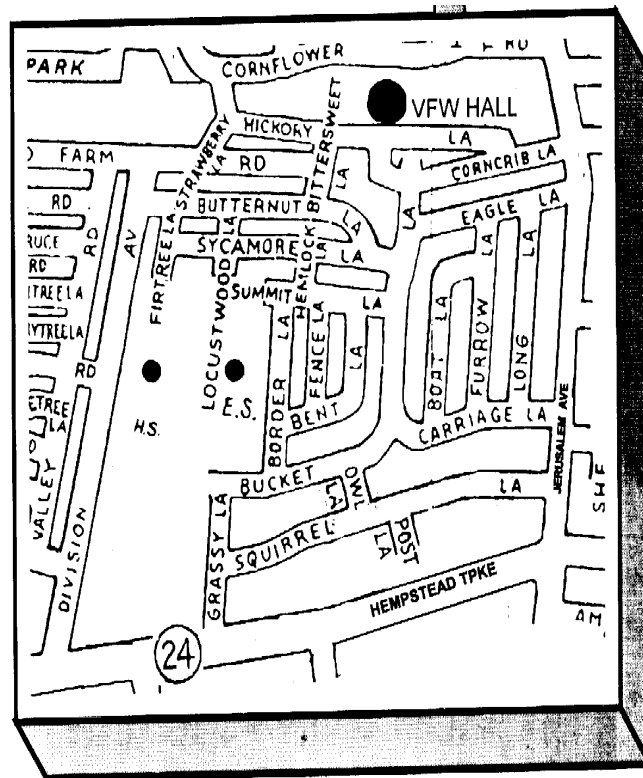
You must have a creel in your possession to fish in the park and on the stream

Only members with 4 weight rods or larger will be allowed to fish on the Monday Sessions

LONG ISLAND FLYRODDERS COMING EVENTS

July - 2007

- July 3 **General Meeting - 8:00 P.M.**
Barbeque & Fly Casting - 6:00 until 7:30
LIFR Photo Contest - Jim Foley 516-766-4531
Guest Speaker: **Vice President Alan Manz**
"The Ausable River"
- July 8 **Sunken Meadow, NY - Saltwater**
Contact: Howard Solomon (516) 997-9451
See page 6 for details & info
- July 10 **1st Annual Friends Smallmouth Fishing Trip**
Housatonic River, CT - See Page 5 for details & info
Contact: Paul McCain (516) 536-1418
- July 13-15 **Casting for Recovery Retreat**
Contact: Lee Weil (516) 997-6743
- July 16 **Monday Fishing at Connetquot State Park**
Contact: Lee Weil (516) 997-6743
See Page 9 for details & info
- July 24 **Board Meeting**
7:30 P.M. at the Levittown VFW Hall
- Aug. 3-5 **Housatonic River, CT - Camping**
Contact: Mike Gelber (516) 221-9508



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