



2022 Casting Clinic at Catoctin Creek

— MAY CLUB MEETING: MAY 9th at 6:00 PM —

Want to Improve Your Cast? Don't Miss our Clinic!

By Larry Forte

Improving your casting techniques can help you catch more fish. While we can't guarantee you'll cast like a pro after our upcoming casting clinic, we can guarantee you'll walk away with improved skills that will help you make better casts on the stream.

I hope you can join us at this month's outdoor meeting as we will again be holding our Annual Casting Clinic. Members of the Bob Abraham Casting Club, led by Certified Casting Instructor William Ruland, will provide fly casting instruction for all levels.

We will be meeting at the same location as last year, beginning at 6:00 PM:

Catoctin Creek Park & Nature Center
2929 Sumantown Rd, Middletown, MD 21769.

We plan on meeting at the upper parking lot. There is plenty of room to spread out and keep a safe distance. So bring your fly rod and join us for a great opportunity to bring your fly casting to a higher level. Also, it may be hot so you may want to bring something to drink. Hope to see you on the 9th!

The PVFF 3-Fish Challenge

By Larry Forte

It is time for the 3- Fish challenge again? Last year's challenge was a lot of fun so we are going to do it again this year.

The same rules as before. Catch 3 of more fresh water species in ONE day with a fellow club member.

Complete the challenge and you will be recognized at the Annual Banquet in October. Can anyone beat Denny Grizzle, the 2022 Club Champion?



The PVFF member that catches the most unique species will be the BIG winner and will be awarded a BIG prize at the Annual Banquet in October. In addition to the Big prize, the winner will be bestowed all club bragging rights for the year!

Join the PVFF 3-Fish Challenge. Visit our club website for challenge rules and to access the simple form.

Good luck and happy fishing in 2023!



Help make the Lefty Kreh statue a reality! Learn more and donate here:

friendsofleftykreh.com

Beginner's Fly Tying: Simple Damselfly Nymph

By Don Fine

As a prelude to describing our upcoming May beginner's fly-tying event, I want to thank Martyn Holland, who is now assisting with the instruction for our program. As such, we can now provide basic fly-tying instruction and guidance to those who are 'totally new' to tying artificial flies. At the same time, we can provide instruction to others who have acquired basic fly-tying skills and wish to broaden their knowledge of using a multitude of materials in simple artificial fly construction and representation of natural fish foods.



Our next will feature tying a simple damselfly nymph. For those unfamiliar with damselflies and dragonflies, these two genera of insects are generally found hatching and flying above vegetation along shorelines of freshwater lakes and ponds. In particular, the immature (i.e., nymph) stage of the damselfly is a delightful 'morsel' of fish food for those fish species (trout, bass, panfish) which seek cover and food amongst the shoreline vegetation.

Join us at 7:00 PM on May 16th at Trinity United Methodist Church.

IMPORTANT: For newcomers who plan to attend this session, please contact me in advance

(dfine1443@gmail.com) to ensure I have tying equipment available for you.

Advanced Fly Tying: Pat's Rubber Legs Fly

By Larry Forte

At our Advanced Fly Tying gathering, on May 17th at 7:00 PM, Mark Richardson will show us how to tie Pat's Rubber Legs fly. The club will provide all of the materials and hooks.

I hope you can join us. This is open to everyone. Perhaps you are not sure if your skills are to the "Advanced" level yet? No worries. Come and watch and check it out. I am barely an intermediate tier but I learn something new at each session. Plus, it is a lot of fun! We will meet in Room 108 at Trinity Church at 7:00 PM. For those that prefer to join us via ZOOM, no problem. We will have a



Zoom hook-up at the church for folks. Interested? We would love for you to join us.

Just let me or Don Fine know. You can sign up on our website or you can email me at lbforte@verizon.net.



Project Healing Waters: Back on the Water

By Andrew Frutiger

Although it has been a while since the last update, the Frederick Chapter of Healing Waters is stronger than ever. Our membership continues to grow, our monthly meetings are packed, and we are consistently getting on the water to test new rods, tie new flies, and try different strategies.

We can't thank the American Legion enough for generously donating the space for our monthly meetings. Whether indoors tying flies, learning new techniques for the river, or just enjoying dinner or, when weather permits, being outdoors practicing multiple casting techniques, it is the perfect location.

When we have been able to get out on the water, the veterans have been able to chase multiple species ranging from bass to bluegill to trout from West

Virginia farm ponds to crystal clear rivers like Friends Creek on the Maryland-Pennsylvania border. On both occasions, veterans were able to just crush it, catching multiple hogs and even a beautiful 16-inch-wild rainbow!

As the summer nears, there is no sign of slowing down. We have multiple outings scheduled for places like Camp Airy and other farm ponds that produce great fishing even when the water gets warm.

If you have any questions or would like to participate in any of our upcoming fly tying sessions at Fort Detrick, please reach out to me at any time at andrewfrutiger@yahoo.com or go to our Facebook page at *Project Healing Waters — Frederick Chapter*.

Project Healing Waters: Help Wanted

Our Project Healing Waters team is looking for help with our outings and monthly meetings. If you are interested in being a volunteer or would like to learn more about helping, just send me an email at lbforte@verizon.net — or give me a call at 301-943-7533. — Larry Forte

My First Day of Bass School

By Mike Holland

I recently was in Orlando, Florida, on a work trip and my schedule presented an opportunity to do some fishing. As a trout and cold freshwater lover, I must admit that other than salmon once a year, I have been reluctant to fish for other species, especially those in warm and salt water. However, my desire to be on the water and to learn got the better of me, and I arranged to fish for largemouth bass for a half day with guide Jonathan Moss (www.gocastaway.com).

We were blessed with a beautiful, sunny day with bright blue skies and big, fluffy cumulus clouds. It was warm, to be sure – we hit 94 degrees Fahrenheit at one point – but there was a nice breeze. We fished Lake Conway, which is very close to some of the major Orlando attractions and very much in a suburban setting. There were a few other fishermen and, later, several jet skis.

The rig we used was a nine-foot, eight-weight TFO. We initially were using a white streamer to try to entice bass who were chasing small white bait fish. We saw some aggressive rises with the accompanying roiled water. The streamer fishing involved a lot of the proverbial strip, strip, pause. I must admit that it is not my favorite kind of fishing. I am unsure if that is because I find it repetitive or if I have had little success over the years and thus lack confidence in my ability. However, as they say, practice makes perfect, and I am willing to practice. Besides, if you want to pursue large brown trout or stripers on the fly, it is important to be competent, if not adept, with that technique as well as strip setting. In any case, I was pleased to be able to catch my first largemouth bass.



Soon after my catch, we moved over to the edge of the lake to use poppers or “gurglers.” This is where the fun began for me. I loved the challenge of placing the popper along the edges and in tight openings of the Lily Pads. There still was a need to be able to strip to make the popper pop, gurgle, or growl, if you will, and this took some learning and finesse to get it just right. After a little while, I was rewarded with a nice fish who did a textbook follow-and-take. That was fun! It was not so much fun to lose a few fish and to pull my line out just before a big un, perhaps a three pounder, caught it; neither Jonathan nor I saw him trailing my line until it was too late.

One very important aspect of our time spent amongst the lily pads was some instruction in the double-haul cast. I probably spent half an hour with Jonathan trying to learn that cast, which is critically important if one is ever to do much salt-water fishing. When successfully performed, the double-haul allows one

to quickly cast long distances and to better into the wind.

To round out the day, we fished a canal between two sections of the lake. It was a beautiful setting, and it was special to hear a sound I had never heard before – an alligator grunt. On the edge of the island where I THINK the alligator was lying, I hooked into the best fish of the day, but he fell off before I brought him into the boat.

I appreciate the lessons I learned from Jonathan, who is a lot of fun to fish with, particularly as he is a patient and great teacher.

I have a ton of homework to do to become proficient with the double-haul and to catch more bass on the fly, but it is homework I will not mind doing.



Casting contest at the 2022 picnic

PVFF Annual Picnic – June 13th

Join us on June 13th at the Catoctin Creek Nature Center (2929 Sumantown Road, Middletown). This is a family event. Bring kids, spouses, whatever – all are welcome!

4 PM: One-Fly contest. Check in at the pavilion before you go, and you have two hours to fish with one fly. We will be there early so you can be on the water at 4 PM, but you must be off the water by 6 PM. Whoever catches the most fish gets bragging rights and a trophy. It really is only ONE fly. You lose it in the trees or it breaks off due to that massive trout – you're done. Come on back, we'll have food and drinks waiting.

5 PM-8 PM: Food, drinks, fellowship. There will be burgers and hot dogs, special chicken, and drinks. Plates, plasticware, cups, and ice will be there. We ask that anyone coming bring a big bag of chips, cookies, desserts, salad, or whatever you'd like to share with the main course — but in a pinch we'd rather have you there empty handed than not there at all. Relax and enjoy food and friends at the park.

7:00 PM: Skill contests. You know how you really just want to get on the water but first you've got to rig up the rod and get a fly on it? Or your fly is doing no good so you want to change it? This year we're going to see just how well you've mastered these tasks.

First skill: you start with whatever rod and reel you want (we have club sets) but all the line is still on the reel. First person to get the line through the rod, tie on a fly (we'll furnish a hookless one), and cast it out wins. *Second skill:* retrieve a fly, change it, and cast back out faster than anyone else. Separate group starts for the two skills, pressure is on. Bragging rights and trophies are on the line. Novice and expert classes. You can participate in either contest or both.

Questions? Call Dennis Allen, 301-606-7998, or email redwombat34@gmail.com.

Upcoming Outings:

- **ANTIETAM CREEK, PENNSYLVANIA**

Date: May 4, 2023

Time/Location: We will meet at 9:30 am in the parking lot that is located off Welty Road. Phil's number is 717-655-2150.

Details: We will fish the East Branch of Antietam Creek in Waynesboro, Pennsylvania. This is a fly fishing only stretch, catch and release, and is located in Renfrew Park, which is one mile east of downtown Waynesboro on Route 16. The stream holds stocked and wild rainbow and brown trout and is scheduled to be stocked on May 1.

Outing Leader: Phil Cleven

Note: The trip is limited to five (5) anglers, including Phil.

- **YELLOW BREECHES, PENNSYLVANIA**

Date: May 12, 2023

Time/Location: 9 AM @ Barnitz United Methodist Church, Carlisle, PA

Outing Leader: Seth Denbo

Contact: sdenbo@gmail.com

Visit the "Outings" page on our website for the latest updates and more details about our upcoming fishing trips, as well as to easily sign up.

Last Cast

By Andy Mekelburg

We are now in the prime spring trout fishing season. Hopefully, everybody's out as often as possible. If you're new to the sport or need some suggestions and recommendations, then make sure you come to our next meeting, which is our annual casting clinic. It's a great time to learn, refine, and perfect your cast. At the same time, it's an excellent chance to mingle with your fellow members to plan your next excursion. I suspect that some of you will come early to "survey" our home waters.

This is also an excellent time to provide a little something extra to the club: your expertise, experience, and time. As a member-run organization, no one gets paid (you're no longer wondering why it's been tough to find my replacement), so all the activities that the club does are run by one of your fellow members. We have a great core of volunteers that make things run so smoothly. I won't name them all — you know who you are — but we wouldn't

function without the time, energy, and ideas they put into the club.

We probably have over 20-30 members who lead and help out in our various projects, like Project Healing Waters, Friends of Lefty Kreh, and tending the trout pen. Out of 140 total members, that's not bad. However, we could always use more.

Why volunteer? Everyone's different. I can share some of the reasons I volunteer. Foremost is the opportunity to be around people who really understand fly fishing: the local area and the sport's history. As a relative newcomer to the sport (if you've seen me out there, you know), just being around everyone has been a great learning opportunity. Maybe everyone is not single-focused on fly fishing, but all discussions end up coming around to some aspect of the sport. The second reason is that I've seen how much I've enjoyed participating in the various activities of the club —

and we want to make sure we offer something to all members so all enjoy it.

Thirdly, the people associated with our club are "good people" and fun to be around.

It doesn't take much time, and you can volunteer for what you like to do. Here are some of the areas you can choose from: Friends of Lefty Kreh, where we are building out our former club member's legacy; our mentoring program (and if you want to be mentored, let us know); assisting with youth fly fishing; helping at the picnic or banquet; assisting in our fly tying events; and helping to coordinate outings. There's also a need for volunteers to help run our website, tend our trout pen, participate in our conservation activities, and to write articles for our newsletter — and we're also seeking a newsletter editor! We're open, let us know. Your time invested in the club pays back to you much more!

Newsletter Editor

We are seeking a volunteer to prepare the monthly club newsletter beginning in the summer of 2023. Training will be provided. Contact me at contact@troykitch.com if you're interested. — Troy Kitch

PVFF Banquet

Mark your calendars. The 2023 club banquet will be on Saturday, October 21st at the Amvets Post 9 in Middletown, Maryland. This will be our 56th banquet! Join us as we celebrate our club and our love of fly fishing.

Calendar of Events

- May 4** Antietam Creek Outing
- May 9** Casting Clinic at 6:00 PM
Catoctin Creek Park &
Nature Center
2929 Sumantown Road
Middletown, MD
- May 12** Yellow Breeches Outing
- May 16** Beginner's Fly Tying
7:00 PM
Trinity United Methodist Church
Frederick, Maryland
Room 207
- May 17** Advanced Fly Tying
7:00 PM
Trinity United Methodist Church
Frederick, Maryland
Room 108
- May 25** Board of Directors' Meeting
7:00 PM
Trinity United Methodist Church
Frederick, Maryland
Room 109
- June 13** Annual Picnic
Catoctin Creek Park &
Nature Center
2929 Sumantown Road
Middletown, MD

2023 PVFF Officers & Directors

President.....Andy Mekelburg
Vice President.....Martyn Holland
Secretary.....Owen Davis
Treasurer.....Dennis Allen
3 year Director.....Dave Dowiak
2 year Director.....Russ Hanson
1 year Director.....Dirk Vandervaart
Past President.....Larry Forte

POTOMAC VALLEY FLY FISHERS

P. O. BOX 3001

FREDERICK, MD 21705

www.potomacvalleyflyfishers.club



FLY FISHERS
INTERNATIONAL



POTOMAC VALLEY FLY FISHERS
MEMBERSHIP and RENEWAL APPLICATION and LIABILITY RELEASE

Year _____

The purpose of the Potomac Valley Fly Fishers (PVFF) is (1) to promote fly fishing as the most sportsman-like and enjoyable way of fishing and the most consistent with the preservation and wise use of our resources; (2) to provide advice, suggestions and assistance to club members; (3) to publicize the best practices and techniques of fly fishing, fly tying, fly casting and other related subjects; and (4) to maintain liaison with other organizations of sportsmen and conservationists. By my joining PVFF voluntarily, I understand there are risks involved and will not hold the PVFF club, board of directors, and officers responsible for any injuries, accidents or death as a result of participation in the activities of the Club. I also grant PVFF permission to photograph me and/or my family at any activities and also to publish them in our monthly newsletter, at the meetings and any PVFF fly fishing functions.

Website: www.potomacvalleyflyfishers.club

The undersigned being in agreement with the above does hereby apply for membership/renewal in the Potomac Valley Fly Fishers.

Applicant's Name: _____ Date: _____
(Last) (First)

If family membership, other names: _____

Home Address: _____
Street City State Zip

Phone Number: _____ E-mail address for e-mailing newsletter _____

Applicant's signature: _____

Are you a Fly Fishers Int'l (FFI) member? Circle **Yes or No** **Yearly Dues:** ___ \$15 single ___ \$20 family \$ ___ Donation

How did you hear about PVFF? ___ Friend ___ Facebook ___ Newsletter ___ Fly Shop _____ Other

Interested in a volunteer position? ___ Officer /Board of Directors ___ Committee/Chair ___ Banquet ___ Trip Organizer ___ Teaching Fly Tying ___ Other Activities

MAKE CHECK PAYABLE TO POTOMAC VALLEY FLY FISHERS. Mail your check with this completed form to:

David Dowiak, PVFF Membership
8920 Bloomfield Road
Frederick, Maryland 21702

Dues for calendar year Jan 1-Dec 31

Cash _____ **Check #** _____ **Amount** _____ **Date** _____
New _____ **Renewal** _____ **Life** _____