

## October Newsletter



October 2004

Vol 1 Issues 4

**Note!!! Change of Meeting Day**  
Meeting October 3rd 2:00  
Cascade Park's Walter Wirth South Pond

### *Points to cover:*

Cast "Around" at 2:00pm  
Fish Report  
Learn and Share Session  
Test Drive Albright Rods with Derek Fergus  
Future Outing – the "Deschutes"  
Club Colors?

Bring water (to drink), spey rod for casting, chair if you wish to sit, show and tell about items like flies, tools, equipment etc....

### **Welcome Charter Members:**

|              |                |               |                 |
|--------------|----------------|---------------|-----------------|
| Tony Brauner | Keith Burkhart | Derek Fergus  | Steve Godshall  |
| Cal Hudspeth | Joe Hussion    | Dwight Klemin | Mark Riggins    |
| Stan Steele  | Jack Wood      | Al Buhr       | Bill Meier      |
| Jim Brik     | Jeff Smith     | Jay Beckstead | Steve Biddinger |
| Lee Hibler   | Mark McGinnis  | George Hadley | Bill Allen      |
| Ray Phelps   | Duane Beard    | Fred DuPre'   | Dana Sturn      |
| Dave Eastman | Bruce Harang   | Todd Yorke    | Koran Family    |

## **Deadline for Charter Member Status Extended**

Deadline for Charter Membership is now December 31<sup>st</sup> 2004. Requested by many members to extend this opportunity, the board has decided at December 31<sup>st</sup> would be a great deadline - Christmas gift are coming! Charter members qualify for a special nametag. Don't pass up this opportunity for this special nametag. You will wear it with pride and be part of the founding members.

## **Charter member's nametags available!**

Get your nametag for only \$10.50 for the pin type or \$13.00 for the magnetic style. Contact Keith at 503.375.3721. Remember, charter members get the special nametags identifying you are charter member.

## **Raffle Rod**

Lamiglass 14' 9wt only cast, never fished. Ticket \$5.00 or 7 for \$20.00

**the President's D-loop**

The moment I passed the Certification for single-handed rods, I realized my non-dominate hand casting was weak. I could cast off shoulder but I felt uncomfortable and awkward. I decided to challenge myself and develop the non-dominate single-handed casting. Totally foreign was my casting stroke on the non-dominate side that I felt like a newbie casting for the first time. Empathy for newbies took on a new meaning. Spey-casting fever took over my body about this time. I noticed that the better casters could alter hands up and cast with equal ability. My responds – If I'm going to be a spey caster I should develop the non-dominate hand.

### **How I'm approaching this skill of non-dominate hand up is:**

First, I started working on the flick-the-tip exercise on my weak side. After the flicks started to form good-looking loops, I roll cast from the key position making sure at noon the scissors effect was applied. Next, I would switch cast with right hand up then switch cast with left hand up trying to mirror the feeling. I alternated between hands consciously thinking, "do the push pull thing" after the rod was vertical and "stop-the-rod" with the bottom hand at the end of my forward stroke. Hours, which seemed like eternity, have been spent at my local gravel bar working on the non-dominated side. I'm now at the final step, which is to do the complete cast. You know the drill; face target, tip in the water, shotgun or crescent lift, pull straight back to a gentle anchor, circle-up to key position and fire. My practice routine includes all casts with both hands on top. Concentrating about 80% of my casting time working on developing that non-dominate side. I can honestly say my left side casting is starting to feel comfortable. Actual fishing time is more pleasant and rewarding with the added tool of non-dominate casting in my arsenal. *Klem*

## **Members Spotlight**

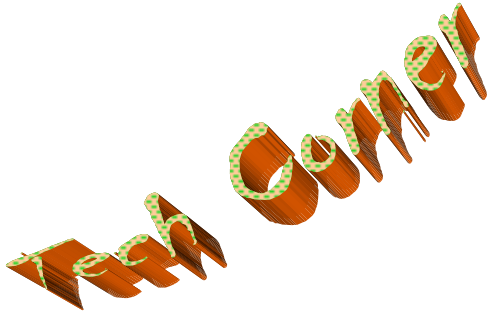
All the way from beautiful Canada, Dana Strun has joined the NSSC. Dana is one of the founders of the spey pages, a web discussion group of spey caster. He has contributed to the spey community by giving demonstration, lecture, magazine articles and private lessons. Recently Dana passed the THCI giving him the honor to be the first Canadian with the THCI (Two-Handed Certified Instructor). Way to go Dana!

## **The "Feather-in-the-Cap" award**

This award honors individuals who have made great contributions to the spey casting community. We will have more information regarding the Feather-in-the-Cap" award in upcoming newsletters.

## **Coming Next Month!**

- Announcement for a Special Fly Contest
- Interview with a giant in Spey Casting
- Club color voting



## **TEMPO and TIMING of SPEY CASTING**

### *Tempo, Tempo and Timing*

I would like to visit timing and tempo as it relates to spey casting. A basic thought is that tempo is the speed of the cast and timing is when to start and stop the casting motion. I would think most of us agree that the overall casting motion should start slow and gradually speed up to a firm/complete stop. I have been thinking along the lines that there are accent points within a casting motion. Using the switch cast as the bases for this discussion, let's look at the elements or points of a switch cast: lift, pull back, sweep-up/circle-up to key position, launch/fire from key position, a point of push-pull/scissor and the stop. At each point in the cast there are accent points of power to change the rod tip direction or plane and thence the line momentum. These accents are the timing portion of the cast. These accents are critical to the rod tip movement and the development of a quality stroke. Each accent has a different amount of effort applied and at a different point in the casting motion.

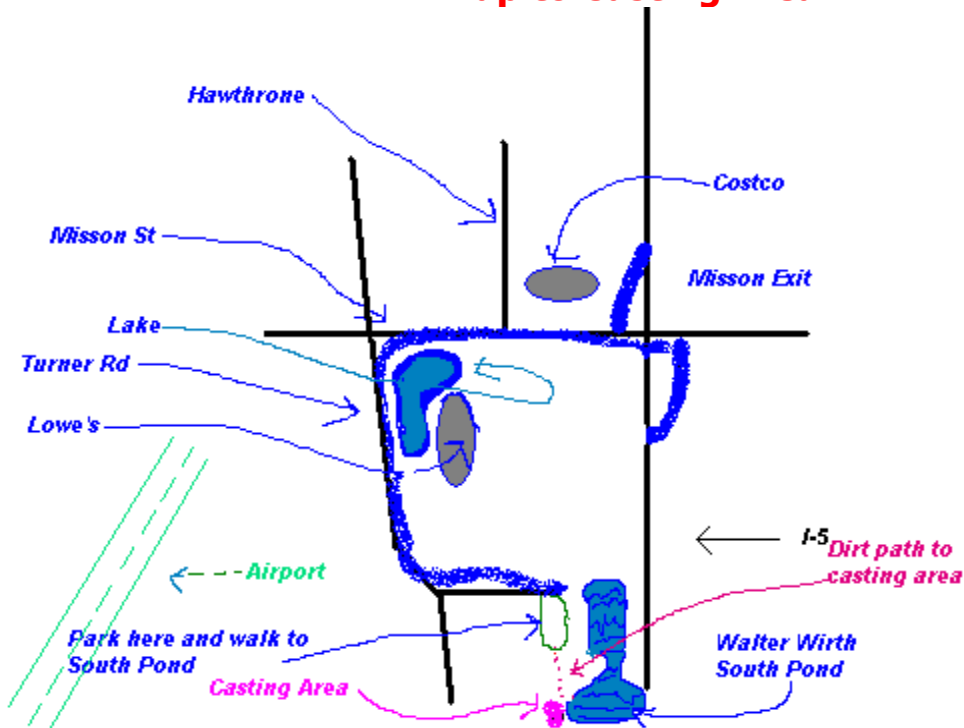
The tempo in spey casting is a continuous, seamless and slightly increasing motion and the timing is the accent within that motion. Timing is very depended upon the tempo of the cast yet should not effect the tempo. Timing fits precisely into the tempo of a cast. If we look at music, tempo is the even beat (steady, slowing or increasing) of the music while the rhythm is the irregular motion above the beat that gives a tune its character. I'm thinking that timing and rhythm in spey casting are twin sisters. How this relates to casting is the tempo is the even motion from beginning to end and the timing (rhythm) is the small accent within the casting motion that give the cast its character. The difficulty is learning how much and when to apply accents/effort in the casting motion.

The tempo (slightly increasing) is absolutely critical in developing a quality cast and within the tempo lays accent points to change direction or plane of the rod tip. These accent points give the cast it's timing and should not affect the tempo of the cast. Happy casting.

## Meeting Change!

Conflicts with the normal 2<sup>nd</sup> Sunday meeting day forces us to change this month's club meeting to the 1<sup>st</sup> Sunday. October 3<sup>rd</sup> and 2:00 pm. Hopefully, everyone can make the new day.

## Map to Casting Area



Take I-5 to Mission Exit  
Mission to Turner Rd  
Turner Rd to Cascade Park entrance (first left pass Lowe's signal light)  
Park at the South end of the first dirt parking area  
Walk south along north pond on dirt path  
Go pass the lake another 50 Yards  
You will see the casters on the South Pond