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Life on the Fly By Lori-Ann Murphy

Fly fishing epitomizes freedom for me. A time to get away from any ordinary daily life. A chance for expanding ourselves in nature. Because we are not fly fishing every second of our lives, the time out there is reserved for memories that we can pull up and play out one more time. We feel the sun on our back, the wind in our face. These micro moments all go into the excitement for the next adventure. The anticipation to feel those special moments all over again. Rigging a flyrod before entering the water - a piece of water to be fished, is timeless. We don't see time, we just see what the water reflects. A cast to a pool of sippers, a tight bank shot with a streamer that just felt so good you know any second you'll feel the tug. You remember a lost opportunity to a special fish and you want to go back for second chances. You do get another chance, and this time when the black fins and tails appeared you made the shot!

And every angler is unique. We learn the cast - but everyone out there is not casting the same. Thank God! We are unique creatures out there in nature. For the newcomers to the sport - they should not expect to see every fly anglers presentation looking exactly alike! No. We learn the basics and then branch out to make it our own. Just like there is a pitch in

baseball - each pitcher has his or her own spin on the ball. As we cast and fish we have a chance to develop our style based on what we like in the sport. That drift you made is all yours, no one can take that away from you.

There are many reports showing that fly fishing as a sport is experiencing rapid growth. With people needing to find ways to avoid crowds, fly fishing is a new answer for many of all ages. The fountain of youth is found in a sport that keeps all ages feeling like a big kid. Because it really doesn't matter what age you are, there is not another thing like it. Feeling your fish on the end of your flyline just tickles us, makes us smile, and keeps us telling stories for all time to hold. L-A



Air Travel

More and more members are asking Global Rescue for advice about air travel. There are still plenty of restrictions and new health protocols to navigate, but it is possible to fly safely for business or vacation. The key to successful travel during the coronavirus pandemic? Research, pre-trip planning and a flexible attitude.

Harding Bush, associate manager of operations at Global Rescue, says having a successful trip is dependent on having the most accurate and timely information. "The regulations, restrictions and other requirements change frequently and are often inconsistent from location to location," he said. "It is critical that travelers research the current requirements for all destinations they intend to visit or pass through. Having the most up-to-date information will help you avoid delays or other inconveniences during your travel." This includes knowing your airline's mask requirements, boarding and deplaning procedures, COVID-19 testing and self-quarantine regulations for domestic and international destinations.

Mask Required

The airport will very likely require a mask covering your nose and mouth. You'll want to have one on as you enter the terminal, at the check-in desk, when going through security and at the boarding gate. The only time you won't wear it is when the TSA officer asks you to pull it down to match your ID. "I've flown a couple times in June and July and there was really no option to not wear a mask upon entering the airport all the way through boarding the plane," Bush said.

“Everyone was wearing masks.”

You should also plan to wear your mask on the plane during the flight. Some airlines, like Las Vegas-based Allegiant, give you a mask as part of a complimentary health and safety kit when you board. There’s no “law” requiring you to wear it, but airlines are getting creative in their enforcements. Alaska Air will issue a yellow card to passengers who repeatedly refuse to wear a mask. The back of the card has this warning: “This is your final notice to comply with our policy. Next, we will file a report, which could result in the suspension of future travel on Alaska Airlines.”

The scientific evidence is clear: Social distancing and wearing masks helps prevent people from spreading COVID-19. Masks also protect those who wear them, according to a July study by researchers at UC Davis. In fact, the risk of infection to the wearer is decreased by 65%.

New Boarding Procedures

Many airlines have updated their processes for boarding to encourage social distancing. According to USA Today, Delta, United, JetBlue and Frontier are boarding passengers from back to front so they don’t have to closely pass one another. Southwest is boarding 10 people at a time, from only one side of the boarding poles located in the gate area, to maintain social distancing requirements. A report from SimpliFlying.com predicting the future of airplane travel post-COVID-19 says passengers could receive a text notification from the airline telling them when it is their turn to board the plane. Deplaning has changed as well. JetBlue is asking customers to remain seated upon arrival. When the row in front of them has been completely cleared, passengers can stand to collect their carry-on bags and deplane.

Fewer Touch Points

You’ll notice fewer amenities and touchpoints on flights in an effort to limit physical proximity between passengers and crew members. One feature you may have noticed disappearing: shuttle service. Airports like Boston Logan International Airport in Boston, Massachusetts have scaled down shuttle operations and Chicago’s O’Hare International Airport shuttle rides have been capped at 15 people. Whenever possible, try to skip the shuttle and walk to the terminal. One way you can limit interactions (and limit the virus from spreading) is to bypass checking baggage at the airport.

“Anyone who would prefer to spend less time at the airport should consider shipping their baggage,” said Anna Bedney of LuggageForward, a door-to-door luggage and sports equipment delivery service and a Global Rescue Safe Travel partner. “Not checking bags means fewer contact points at the airport, avoiding crowds at check-in line and baggage claim, and in and out of the airport more quickly.”

New Technology

The State of Hawaii wants to ensure visitors are self-quarantining for 14 days and has instituted a Safe Travels system to ensure compliance. Travelers are encouraged to register their travel plans before traveling to the Hawaiian Islands. You can’t even leave the airport until you register and travelers must show the confirmation screen to airport personnel at all three major airports. Then, during the 14-day self-quarantine, travelers will need to log in to the app every day to complete a daily check-in. It’s a thoughtful way to keep travelers and residents safe and can easily roll out to

other states and airports.

Atypical Flight Schedules

Fewer passengers flying resulted in grounded planes and discontinued routes. As travelers take to the skies again, airlines are building flight schedules to match demand. Domestic routes increased in July, with American, for example, adding more flights from its hubs. International flights are still limited, but will expand when countries open up their borders. Travelers should be flexible, as cancellations are part of the new normal for domestic and international flights. Be sure to do your research before making a purchase. In recent months, every major airline has modified their change and cancellation policies.

Testing and Self-Quarantine

Many countries require health screening forms, a COVID-19 test or quarantine upon arrival. Quarantines vary, from 14 days in Australia at a designated facility to 10 days in Switzerland after registering with the authorities upon arrival.

Here are a few handy resources to help you with your pre-trip research:

- Global Rescue intelligence experts update a country restrictions table every weekday in their coronavirus report.
- Airlines flying to international destinations, like JetBlue, post guide tables online so you know what to expect when you travel.
- The European Union (EU) offers a map of open countries and which travelers are welcome.
- International Air Transport Association also has an interactive travel regulations map.

Travel Protection Services

These three items are a must for any traveler today: face mask, hand sanitizer and disinfectant wipes. We also wouldn't advise traveling without a fourth item: a Global Rescue travel services membership. Our in-house intelligence, security and medical teams can help you before a trip, such as providing a risk assessment for a particular destination and during a travel, in case you run into coronavirus restrictions or need an emergency medical evacuation.



General Freestone Fly Selection Tips

Take Water Temperature

- Below 55 degrees Fahrenheit.... fish weighted nymphs or wooly buggers along the bottom in a slow methodical fashion in back eddies and slower currents.
- 59-64 degrees Fahrenheit.... ususally ideal for any fly type.
- 65-68 degrees Fahrenheit.... Early stages of oxygen depletion. Fish in or just downstream of riffles. When high daytimme air temperatures occur (July/August), early morning and late evening are more likely feeding times.
- 70 degrees Fahrenheit.....locate and fish sources of colder water such as headwater streams or below spring seeps.

Look for Clues

- Insects on or over the water.
- Rise from created by surface feeding fish.
- Look for structure that would harbor fish.
- Try to asses stream bed contour and currents. Identify 'feeding lanes' by locating 'bubble line'. Locate current 'seams'.

When Water is Low and Clear

- Tend to favor the upstream approach
- Vrouch or Kneel to reduce your silouette.
- Help avoid dtragg by increasing tippet length.
- Deliver your best possible fly presentation.

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Back to Basics Jackson Hole....Flyfishing with a Mask **By Donna Meadors**

My daughter, myself and granddaughter (yep, three generations of us) recently attended the Reel Women's Fly Fishing School in beautiful Jackson Hole, Wyoming. Come on over here and sit down with us and let us tell you our story.

My granddaughter graduated from High School the night before. There wasn't a 'Formal Graduation Ceremony' or even a 'Traditional' one as Covid-19 had solidly taken over our lives and the world. My daughter and I watched this beautiful girl exit childhood and enter adulthood wearing a Face Mask. "Face mask aren't so bad," we told her, "They cover up wrinkles and smiles can be seen through the eyes." She smiled.

On our first night in Fishing School we met Patti Reilly, the lead instructor (and a Legend) along with Entomologist Maggie Huemann and all the wonderful Ladies who would become our classmates and new friends. And then we met the bugs! Yep – lots and lots of bugs. Instead of playing 'Patty cake – Patty cake' we were folding our hands into the wing formations of Mayflies, Caddis Flies and Stone Flies. We were learning about 'life cycles' from egg to larve to nymphs to flies to hatches: little Protein Pills that trout can't resist nor survive without. I caught my daughter watching us as we identified, held, examined and learned terminology, biology and the necessary skills to turn us into successful fisher women. There was no denying her pride even through the Mask. As for me, when I snuck a peek, I watched the value of being a 'Life-long learner' solidly take hold. I saw my granddaughter enter the world on an even playing field with a group of women from different backgrounds and of all ages and I watched her confidence rise. She

caught me and her mother watching her while she held a vile of pickled grasshoppers. She smiled.

The next day was all about the gear. Is it a fishing pole? Or a fishing rod? What is backing? Leader? Tippet? What reel do we use? What length and weight of line and pole do we use? Really? We need a thermometer? How do you put this rod together? How do you take it down? Do you use a fly vest? Or is a backpack better? What about waders? Boots? Questions? Questions? Questions? So many questions? And Patti, Steph and M.E. answered each and every one of them patiently and professionally. Not only did they answer the questions but they provided all the gear we would most likely encounter and let us feel it, test it, try it on, examine it, play with it. As we awkwardly held the gear and learned the language of a Fly Shop I leaned over and asked my granddaughter "After learning this today, do you feel comfortable walking into a fly shop and are you able to ask for what you need?" She nodded and then she smiled. "Mom, it's a fly rod – not a fishing pole." I smiled.

And then came the Knots! I don't care who you are the Knots are not easy (you should be smiling now). Clinch Knot. Surgeon's Knot.

Perfection Loop. Loop-to-loop connection. Blood Knot. Double Surgeon's Knot. The Improved Clinch Knot! Wow, that's a lot of Knots! And it was time to cast. We started with the Basic cast. Line was flying everywhere in all directions – managing your line is truly a skill that will take a life time to master. We moved on to Shooting Line, a Roll cast, a Roll cast pick up, Mending your line, the Single Haul, the Double Haul. The three of us went from having line tangled at our feet, hitting the back or our heads with the tippet and the line landing over there to wherever to casting and shooting a line to a targeted area. After a day of practicing and personal instruction on overcoming our casting deficiencies, I noticed Patti helping my granddaughter. Yep, my granddaughter smiled.

'Putting it all together.' It was time for fishing! This is where I watched my daughter gracefully step up as I graciously stepped down as the Matriarch of our family. She helped me with my waders, tied my boots because I could not bend down, she chose the perfect streamer for me to use as we were fishing in the rain. She made certain her daughter was all 'set up' before she tied her own fly on her own rod. She checked to make certain all the gear was ready and that we had a net. Her goal for this School was for the three of us to gain enough knowledge and skill that we could become independent, self-reliant fishermen. And off to Jake's Pond we went, sloshing through the mud puddles, playing in the rain. Did we catch fish? Oh, man! Did we catch fish! Lots of fish. Large fish. Trophy fish. And then I caught B-52. She was huge. She was obese. She looked like a B-52 bomber airplane with her fins stretched out like airplane wings. To get to this size she had to be old. To be old, she had to be wise. To be this fat, her metabolism had to have slowed down. Yep, she was old and slow and probably couldn't bend down to tie her shoes if she wore them. And she was bigger than anything the two of them caught all day. Even through the mask you could see their excitement for me with maybe a sprinkle of competitive jealousy on the side. Grandma caught a Grandma fish. We all smiled. For three days Covid-19 went away – the problems of the world went away – the fears of a newly graduated granddaughter went away and love prevailed.

On behalf of myself, my daughter and granddaughter we want to thank all of you in the Reel Women Group for teaching us more than we thought we were capable of learning. We are



forever indebted to you for this life-long memory. We released B-52 back in the pond. Let us know if you catch her again. We were also blessed in seeing Bear #399 and her four cubs on our journey home. Stay Safe.



Back to Basics

June 26-28, 2021 Jackson Hole, WY

July 17-20, 2021 Ennis, MT

Learn in two days what could take years to discover on your own! Our goal is to introduce you to what you will encounter in the world of fly fishing. We stress confidence in the outdoors and using your power of observation to make smart outdoor decisions based on the world around you. You will learn from accomplished casting instructors the basics of a good cast as well as advanced casting techniques. We teach knots, equipment, entomology, how to read water and think like a fish! Our objective is to make you an independent angler by teaching you the basics and build from there -or help you to get rid of bad habits. This school is great for beginners and experienced anglers. All schools include two days of instruction, rod fees, written material, lunch and equipment. Small classes and low instructor-guide ratio provides BIG FUN!

Email us for School Info

2021 Schools

Women's Fly Fishing School: Back To Basics

Jackson Hole, Wyoming
Limited to eight women.
June 26-28

Women's Fly Fishing School: Back To Basics

Ennis, Montana
Limited to ten women.
July 17-20

Women's Guide School

Limited to ten women. **2 spaces left!**
July 3-9, 2021
July 24-30, Sold Out

Ladies on the Mend!

Henry's Fork -Idaho New
Limited to ten women, eight spaces left.



August 5-8

2020 Trips**4th Annual Women's Permit Quest**

November 14-20, 2020

1 Space Open!**2021 Trips****5th Annual Permit Quest**

Limited to six women each week.

Feb 12-18 - **1 Space Open**Feb 19-25 - **2 Spaces Open****Couples Saltwater Trip Ambergris Caye, Belize**

Limited to four couples.

2 couples spaces left!

Feb 27- March 4

Maiden Voyage on the Flats! Ambergris Caye, Belize

Limited to six women.

March 6-10 **New!****Womens Tarpon Quest**

Limited to six women.

May 15-22 **4 Spaces Left!****Women's Madison River Trip**

July 10-17 -Sold out.

Ladies on the Mend!

Henry's Fork -Idaho

Limited to ten women, **7 Spaces Open!**

August 5-8

Deschutes River Women's Steelhead Camp Trip

Sold out!

August 25-29, 2021

Women's Yellowstone River Trip

Limited to four women.

2 Spaces Left

September 18-22

Yellowstone River Couples Trip

Limited to four couples.

September 25-30

2022 Trips**Women's Madison River Trip**

Limited to ten women.

July 9-15

Request Trip Details

Keep your friends on the line for future trips too!
They can join our newsletter at:
<http://eepurl.com/c-1E39>



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