



Rhody FLY RODDERS

America's Oldest Saltwater Fly Fishing Club

THE CURRENT

"The lifeline of the estuary and knowledge"



Summer Edition

Our Newsletter is back after a May break. This is the second annual Summer Edition of the Current! The Summer Editions are *continued on page 3.*

**"Pass on to all, who
ask, what you learn
here"**



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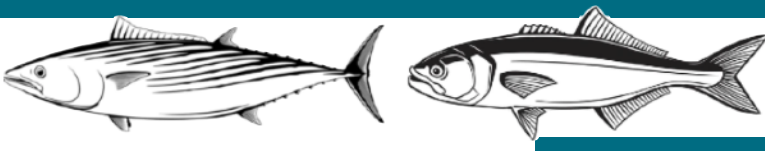
Protecting Yourself From Rotator Cuff Injury

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Summer Edition

Our Newsletter is back after a May break. This is the second annual Summer Edition of the Current! The Summer Edition is less structured, shorter, and semi-chaotic, but usually contains a lot of pictures. This is when we experiment with new design elements. There is usually ample space for submissions. This is a great opportunity to submit short articles, flies, or pictures to the newsletter. Everything is fair game.



Where In The World Is Rhody Fly Rodders?

When the Winter Meeting Season ends it may seem like we bury our heads in the sand till October, but we have been busy. **Gary** and **Ray** have been hosting and preparing our fishing outings. Four have taken place so far, and we have two more to go. **Ed**, **Susan**, **Wes**, and **Jeff** have been busy encouraging new anglers to take up fly fishing at their charitable events. Many members of our club have been volunteering to help too. **Dave Pollack** shared his knowledge of cinder worms to a crowded audience with the help of RFR members, USFW, and RIDEM. **Paul** has been stalking fish on the Cape, fishing sunsets with his grandchildren, and baking great cookies for all the fishing outings. **Mark** has been torturing fish on the Brewster flats, the Connecticut River, and in RI — bringing the RFR message to three states this Spring. **John McDonald**, **Jon Avery**, **Bob Tilton**, **Andrew Colton** (President of United International Young Promising Fly Fishers and Tyers Association of America Unlimited LLC 501c *[this is a joke]*), and **I** spent 3 days in Canada catching striped bass catching over 600 stripers between us. **And many other RFR Members were active this Spring. The point is that even when we are not meeting, wherever you go you are an ambassador of RFR.** By volunteering for charities, helping with club events, or even just fishing, fly tying, or talking about fishing with others, you are achieving the primary objective of this club — to have fun, build community, and pass on our knowledge. So keep on being great ambassadors, and here's to another busy club summer season whether you realize it or not.

Fishing Outings

We have two more fishing outing this Spring. June 15th we will meet at Kings Park in Newport next to Ida Lewis Yacht Club to fish the beach and pier. The fishing here can be great once the sun goes down, so be prepared to stay late. June 24th we will meet at Camp Cronin in Pt. Judith. This area typically holds fish later into the summer, especially in the evenings and at night.

Date	Location	Time
June 15	Kings Park, Ida Lewis Yacht Club, Npt	6:00 pm
June 24	Camp Cronin, East Wall, Pt. Judith,	4:00 pm
Sept 8	Camp Cronin, East Wall, Pt. Judith	4:00 pm
Sept 26	Blue Shutters, Charlestown, (morning)	7.00 am
Oct 5	Fort Adams, boat ramp, Newport	3:00 pm
Oct 23	Narrow River	8:00am



From Left to Right: Dave Pollack at the Narrow River BBQ meetup. Gary and Wes relaxing at the Narrow River BBQ meetup. Ed, Jon, and Paul preparing to fish the Narrow River during the BBQ meetup. RFR members walking to their boats on the Miramichi in New Brunswick, Canada.

April and May

June, 2026



April and May

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Summer Slow Down



The near shore water is beginning to warm up, and the Spring Fishing Season is beginning to slow down, but this does not mean you need to hang up your gear and wait for the Fall. Here are some ways you can keep fishing through summer.

If you want to keep catching stripers you have a few choices. You can fish at night, get offshore to the rips, or travel to colder water. Additionally, sight fishing can also be productive in the summer. Traveling is a popular choice, and Cape Cod Bay and the outer beaches are good choices for morning and evening action. During the day you can enjoy the local attractions or try sight fishing the flats. For those who do not want to travel, booking a guide, owning a boat, or having a friend with a boat can extend your season. Try to focus your efforts or book a guide who will fish Block Island, rips, or the Newport reefs. If you

prefer staying on land, night fishing is your best bet. The key to fishing at night is practice. Night is disorienting. All elements of the cast need to come from feel and timing. The most important advice I can give for night fishing is that you do not need to cast far. Keep your cast short and well within your comfort zone. Fish around high tide, and target areas with cold deeper ocean water or lights that attract fish.

Summer is also a great opportunity to target local warm water species. RI has great largemouth bass and pickerel fly fishing that not many anglers take advantage of. The best part about these opportunities is that the fishing is easy, especially if you have a kayak. Use topwater flies and fish the edges of lily pads and weeds at dawn or dusk. Don't forget about carp fishing! Carp fishing is very similar to fishing for redfish and is something every fly angler should experience.

If none of this sounds like fun you can travel north and fish for trout. NH, NY, VT, and ME all offer great trout fishing throughout the summer. So, don't hang up your gear just yet. Grab a friend or two and try one of these suggestions to keep your season going.

Staying Safe This Summer

As part of the Summer Edition we plan to have a small article on staying safe and healthy in the newsletter each month.

Protect Your Casting Shoulder This Season!

Fly fishing may look relaxed, but repetitive casting can put serious stress on the shoulder, elbow, wrist, neck, and lower back. A few minutes of stretching before fishing — and a little strengthening — can help prevent pain and keep you on the water longer.

Quick Pre-Fishing Warm-Up (5 Minutes)

- Arm Circles: Loosen the rotator cuff and increase blood flow before casting.
- Cross-Body Shoulder Stretch: Improves shoulder mobility and reduces stiffness.
- Torso Rotation: Encourages casting with the body instead of only the arm.
- Wrist Flexing: Reduces wrist fatigue during long stripping sessions.

Strength Tips

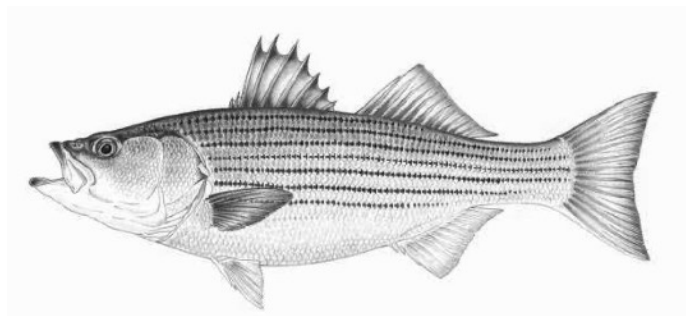
- Resistance band exercises for rotator cuff strength
- Rows and planks for posture and core stability
- Light stretching after fishing trips
- Take short breaks during long casting sessions

Warning Signs

Persistent shoulder pain, elbow pain, tingling, weakness, or loss of casting distance may indicate overuse injuries. Don't ignore symptoms that last more than a few days. The goal isn't just to cast farther. The goal is to still be fly fishing comfortably twenty years from now.

Additional Resources:

- American Academy of Orthopedic Surgeons Shoulder Conditioning Program
- On The Water: Stretches and Exercises for Fly Fishermen
- Therapeutic Associates: Preventing Overuse Injuries for Fly Fishers



We Need Your Help!

Did you read a good fishing book or go on a trip somewhere? Do you want to share your knowledge of a **well known** spot with members new to the area or new to fly fishing? How about just some pictures of the fish you catch? ***U dun't hav 2 worry about gramma or speling***, we can fix it! Let us know and we will include it in the next issue.

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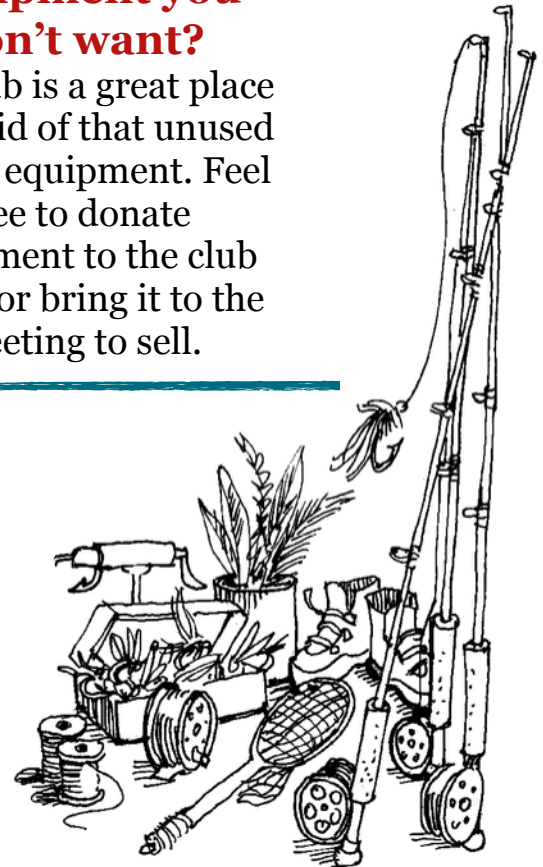
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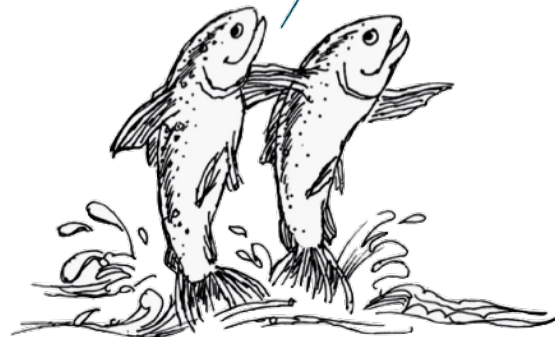
Jon Avery
 Mark Ellis
 Susan Estabrook
 Gary Menard
 Patrick Williamson

Do you have unused fishing equipment you don't want?

Our club is a great place to get rid of that unused fishing equipment. Feel free to donate equipment to the club raffle, or bring it to the meeting to sell.



Good Times!



Artwork by: **Peter Nilsen**