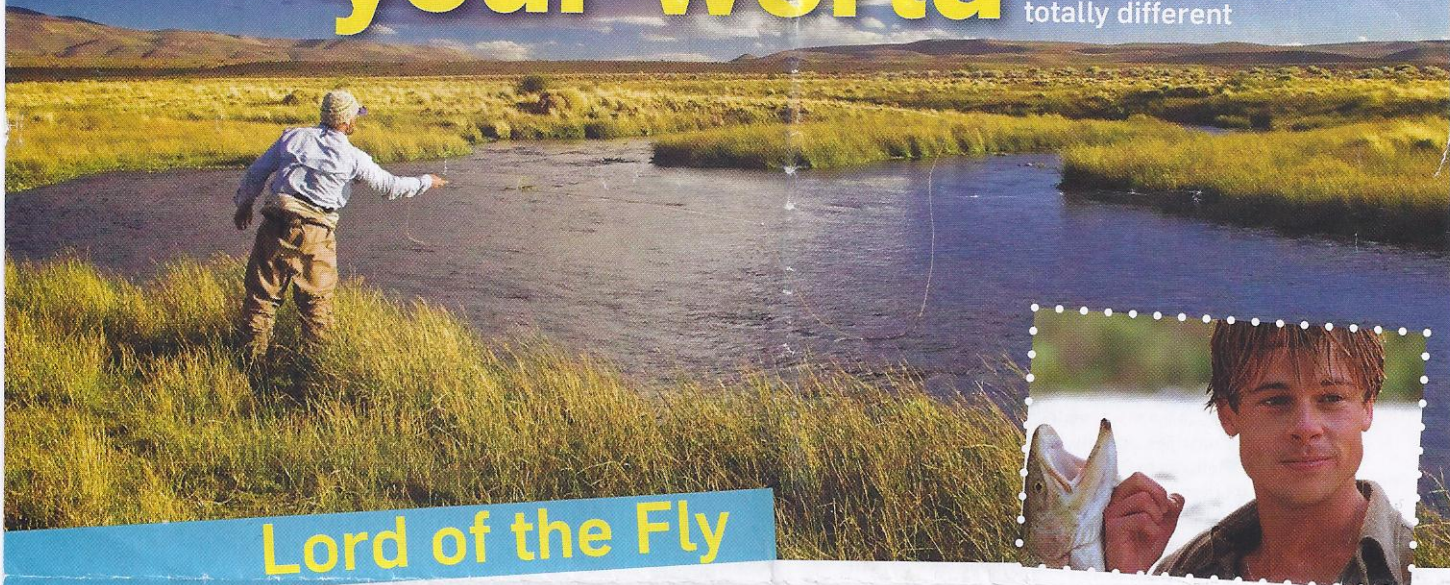


change your world

Break out of your rut
by doing something
totally different



Lord of the Fly

My fascination with this pastime goes way back. Not to my youth, watching Grandpa tie beautiful flies and casting gracious loops over a misty stream. Pity... If that had been the case, the crotchety old gent who refused to wear underpants would have schooled me in the art. And I wouldn't be standing on this spot looped in errant fly line and looking like a total t*t.

Is it embarrassing to say that Brad Pitt got me into fly-fishing? Was I the only fan boy dashing from the cinema after watching *A River Runs Through It* to buy a rod and reel? It's probably more embarrassing to admit that I never used that impulse purchase. Not until now, many years later.

I'm on the bank of a dam teeming with trout. All I have to do is land my lure in the drink. My instructor, a patient man, is teaching me how to cast a fly.

First, the grip on the rod. I need to hold it like a tennis racket during a forearm swing. No prob. Next, my elbow. The cast hinges from there. But how – surely it's in the wrist? I've seen Brad Pitt do this. I know. I flick my wrist. It looks like a mechanical wave made by the Queen of England. The lure plinks the water at my feet.

A boy, about 12, is casting next to me. His fly wafts and arches through the air, a perfect rhythm. Absolute grace. Hmm, it must be in the elbow. My instructor tells me to lock my wrist, again. I obey. It works, sort of.

The kid catches a fish. I work harder. Next moment, a stellar cast. What a thrill. I smile at the boy, full of myself. Hah, take that, kid! He looks at me and says, 'How many have you caught?' The little blighter.

• Entry and tuition at La Ferme in Franschoek costs from R150.

CONTACT:

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