

ISLAND WATERS FLY FISHERS



Who are the two industrious, hard-working, fly fishers cleaning up the Millstone Counting Fence? See page 8.



The Island Waters Fly Fishers
Box 323, Lantzville, BC
V0R 2H0

The Purpose of our club is as follows:

- To practice, further and promote the art of fly fishing
- To practice and promote fish conservation and enhancement
- To encourage fellowship and sportsmanship amongst anglers

CONTACTS

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Meetings at 7:15 pm. on the 4th Tuesday of the Month at the Ukrainian Hall at 4017 Victoria Ave. off Norwell Dr. Visitors and Guests welcome. Phone 758-2138.

Email us at iwff@shaw.ca Ph 758-2138
Visit at www.members.shaw.ca/iwff



The British Columbia Federation of Fly Fishers (BCFFF) is a registered, non-profit society whose main objective is to promote the conservation of the fishing environment in British Columbia. By networking with similarly minded clubs, organizations, businesses and individuals, the BCFFF provides a voice that reflects its member's and the public's concern for the future of B.C.'s natural resources. Our organization believes that concern for the future of our province's environment is not just the exclusive domain of fly fishers or other recreation groups, but should be the concern of all citizens. Consequently, it is with this broader population in mind that we strive to protect and promote our natural resources for the benefit of present and future generations to respect and enjoy.

Visit the BCFFF on their webpage at <http://www.bcfff.bc.ca/>

President's Message

If a poll of the membership was taken, asking each to name their favourite lake on the island, I am sure that Panther (Healy) would be at the top of the list. Those who do not rate this lake as high, have obviously not fished it. We need to preserve this little gem so that it could, at the very minimum, continue to produce "trophy" fish (at least by island standards).



Bernie Heinrichs

There is evidence that the rules of "catch and release", "fly fishing only" and probably "barbless hooks only" are being broken. The Wild Life Officers told me and others that they are aware of the problem and will step up efforts to enforce these rules. So what can we do to assist in their efforts?

One of the easiest and most enjoyable methods is for us to just become a more dominant presence. Several times now we have noticed that as soon as our fly fishing equipment is unloaded, the ill-intentioned find some reason to pack up and go.

Or, if they are already on the lake, they leave shortly after our arrival and not a single shot is fired!--just our usual, friendly banter. So, do us and especially the fish, a big favour and fish there and fish there more often.

Another proposal is to mount a sign at the entrance (with Ministry of Environment's approval) stating, as an example:

**Panther Lake (Healy)
Catch and Release Only
Barbless Hooks Only
Fly Fishing Gear Only**

Patrolled by the Friends of Panther Lake

This sign will not stop all of the poaching but even if it reduces it a bit that would still be one more for the fish. As Doug stated, it would inhibit fishers from bringing their kids and wives to the lake with the intention of breaking the law. What do you think? Share your ideas.

Bernie Heinrichs

Program

Some of these are at the proposed stage and will quite likely be changed or switched to adapt to requests and availability of speakers. We are still looking for ideas and speakers.

May 23 - Mel Sheng's topic is "Habitat and enhancement initiatives in the Nanaimo and Vancouver Island areas". Mel is with the D.F.O. and the Pacific Salmon Foundation.

June 27 - Barbecued tube steaks and evening fishout at Westwood Lake. No business meeting.

September - To be announced.

October 24 - Fishing the Island's Rivers

November 28 - Match the Hatch and Election of Officers

Calendar of Events

Ron Moll has made up a 2006 calendar of all of our events and activities for the year. It is posted on our web site at www.members.shaw.ca/iwffnews/.

BCFFF AGM in Victoria

Harold Tining is our representative at the BCFFF AGM on Saturday, May 27, 2006. All members of the IWFF are invited to attend the meeting, casting clinic, the panel discussion: "Passing the Rod", Dinner and Auction, and the fly fishing flea market. Please call Harold at 758-2655 for more information or if you want to sell something at the flea market.

Noon Socials and Luncheons

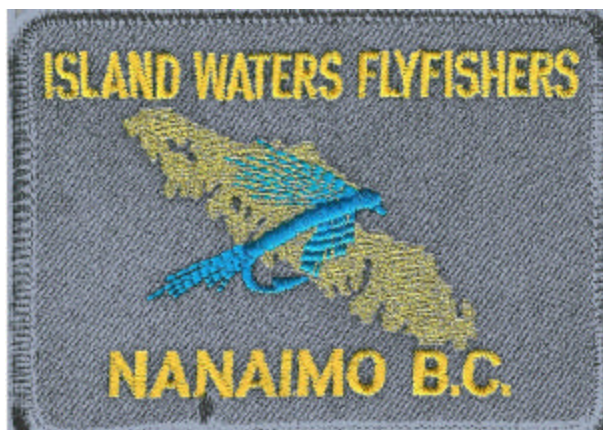
At 11:30 am every 1st and 3rd Wednesday at the Wellington Pub (half price specials). This is getting so popular that there are some who lunch there every Wednesday.

Club Library

The list of books has now swelled to over 60 with Dave Connolly's donation of over 50 books. Matt Haapala is the custodian and he will bring your requests to the next meeting if you call him at 754-4124.

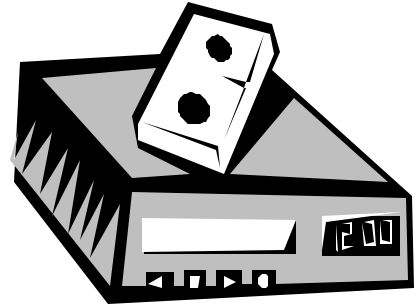
Club Crests

If you want a crest for your jacket, cap etc., Five Star Embroidery and Silk Screening at 1-4151 Mostar Rd. (www.fivestarembroidery.com) has our logo set up for you and will provide a quote.



List of Videos

See Ed Tremblay, or Call 245-8552, to Check These Out



Note: These videos are also now available in DVD format.

- 12 FLY FISHING MAGAZINE – OLYMPIC TROUT & STEELHEAD
- 13 THE ESSENCE OF FLY CASTING – MEL KRIEGER
- 14 FLY FISHING STILLWATERS – ALF DAVIES
- 16 SURVIVING THE HOOK – D.F.O.
- 17 RELEASE 'EM RIGHT – D.F.O.
- 21 TROUT FISHING – STEVE WAWRYKOW, IWFF
- 23 STEELHEAD FISHING – IWFF
- 27 MAGIC OF FLY FISHING – STORIES OF MANY TRIPS
- 34 DUBBING THE LOOP WITH ROOTS
- 35 TYING BASS FLIES – IWFF
- 37 BASS – THE 99% SOLUTION – FISH'N CANADA
- 40 THE RIVER OF NO RETURN – IWFF REPORT
- 42 25 FISHING LAKES – MERRITT TO KAMLOOPS
- 43 - 1 NORTHERN LAKE TROUT – FISH'N CANADA
- 43 - 2 FLOATING FOR GATORS – FISH'N CANADA
- 43 - 3 LARGEMOUTH BASS – FISH'N CANADA

April Meeting



Peter Huyghebaert, standing, was the moderator of the panel discussion on fly fishing lakes. The panelist are: John Snook, left, Roy Sorensen, Joie Coe, Paul Inscho and Keith MacDonald. It was a good thing that Steve Wawrykow recorded the whole discussion on video because there was a lot of very expert opinions and ideas exchanged. Peter started the discussion by handing out a list of the food sources of trout during each season. He then accepted questions from the members who asked about a broad range of things from preferences of flies to favourite lakes to gear. Thanks guys, we definitely came out of the meeting with more information and ideas for the next fishout.



The attentive members listen to the panelists describing their preferences while fishing lakes on the island and other areas. Steve, at the far left caught the whole event on video. He may combine this with the footage he took of the fly casting two weeks previously. Now all that is needed is a projector to share this information.

A Fish to Remember

By Jim McCoy

It was 1972 and an early July evening in Nova Scotia. Mature salmon to twenty five pounds had entered the St. Mary's river system making their way to the spawning redds.

Atlantic salmon! To some, the very name conjures images of a sleek and powerful quarry. To others he's the silver and graceful leaper. Regardless of the name or description, he is worthy of the many casts sometimes required to coax a large fish to the fly.

Lee Wolfs' heart had a special place only for this salmon. For others, the artfully and sometimes gaudily tied offerings swinging or drifting over its lair, held the ultimate challenge in fly fishing. The evening fishing was always special. During low water conditions salmon would rest quietly during the day with activity increasing just before dark. Fishing entailed one or two steps downstream, then a completed quartering cast, before moving again.

I was fishing the wire pool. So named after an over head cable yawning its width. It rested some hefty fish at times, and I reminded myself of this as I made another cast. The current pushed impatiently at the back of my waders as the light slowly faded. It was just an hour before sundown, I was determined to end the outing by taking a fish.

Because of the many smaller and immature grilse observed throughout the day, I had knotted a #10 wet onto a 4 lb. tippet. The fly, nothing more than 3 or 4 turns of peacock herl, with as many moose hairs as wing, was my choice for the evening.



Jim McCoy during a more serene moment

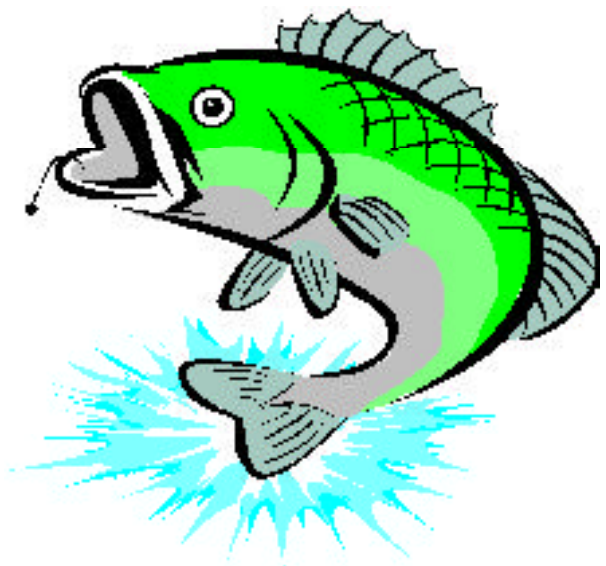
Then the fly fisher ahead of me stopped to make a few extra casts, and then a change of pattern. Myself and three others following behind paused also, absently "re-fishing" the water before us. "Must have raised a salmon there".

I thought, noting his position and the length of line he was using. Etiquette graced a few extra casts on a raised fish, with one change of fly. If ignored, and casting continued, a ripped retrieve close to the offender's waders told him "time was up", and "to move on". The locals were faithful to stream manners. This gave all a chance at a raised fish, no "private water" here!

Following a few more casts and a change of fly, the lead fisher dutifully moved on.

"Probably a grilse", I mused to myself. I was using a long line and needed only a few step casts before I was fishing over his raised salmon. It took the #10 immediately but, surprisingly, did nothing but wallow on the surface. I could see this was a mature salmon and gave voice to "that's no grilse"!

Then, as if on cue of recognition, the salmon bolted, rocketing up stream and angling to the far shore, my Hardy howling in protest. Two end over end cartwheels failed to dislodge the hook, with the salmon barely escaping beaching it's self on a reed island extending from shore. Then a steady surge up stream, followed by a quick turn, and a race down stream to finally hold below me.



I was sweating bricks. This was by far the largest salmon I had ever hooked. The four-pound tippet had held through the worst of it and he'd be mine if I didn't needlessly horse him now. But I couldn't let him rest there either, so moving below I applied pressure to get the salmon moving again.

Fifteen minutes later the sleek brute was along side the bank, in about a foot and a half of water and breathing heavily.

The lead fisher had climbed out onto the bank visibly dismayed at the size of the salmon attached to a line other than his own. The other fishermen were also on shore, standing in wet waders and taking in my prize.

"Want me to gaff him sonny"? The lead fisher offered.

"No thanks, I returned, I'll just try to net him". Turning to my fishing partner I said, "See if you can net him Dougie". (I despised gaffing.)

It was then that I made a fatal mistake. Instead of anchoring the fly line between thumb and forefinger, which could pull free easily, I covered it under my hand. The rod was bent double and at an angle towards the bank to keep the salmon in close. Dougie made a few tries, but the salmon shied away repeating a stubborn return again to the bank. Then without warning, the water erupted in an explosion of silver droplets. All in one motion the salmon had turned and bolted for freedom. My tippet popped like a rifle shot, the rod springing back to a vertical position, ending with line and leader limply hanging from it.

I stood there, in shock and disbelief; I had just lost that magnificent fish. The sensation still lingering in my hand of the sheer weight and power from what I had thought was a defeated foe. There was dead silence among the other anglers as each one, in his own way, felt the loss.

"Should always gaff a big fish like that," the lead fisher said in disgust and loud enough for all to hear.

In retrospect, I suppose he was right. But, don't we learn from our mistakes? I never forgot the lesson, or the power of that Atlantic salmon. Even years later when the memory of that evening returns I console myself with the possibility that my loss has allowed it's prodigy a return to the river's system each year. In that fact, and so to a much greater degree, I have been ultimately victorious.



Editor's Note: We are on a roll. This is the second fishing anecdote that has been contributed by an IWFF member. It is your turn to make it three. Thanks, Jim, this gave us an interesting view of Eastern Canada's fly fishing experience and is well told.

The Screamin' Reel

Fish and Tackle

1840 Stewart Ave. (Previously Sealand Tackle)



Andrew Setterfield, Proprietor, invites us to his grand opening on Friday, May 19, 2006. Bruce Cumming, IWFF Director, has joined him in the Fly Fishing department. They will honour your club membership card with a discount.

Library Listings

This is a partial list of the club's library books. They can be obtained by contacting Matt Haapala (390-1917). Call him prior to the next meeting and he will bring them to the following meeting or whatever you can arrange with him.

37 Modern Fly Craft	Hjames Hyndman	1938
38 Night Fishing for Trout	Jim Bashline	1987
39 Northwest Fly Fishing	John Shewey	1992
40 Nymphing	Gary Borger	
41 Quick Tips for Catching Halibut	Charlie White	
42 Reflections from the North Country	Sigurd F. Olson	1977
43 Royal Coachman	Paul Schullery	1999
44 Salmon on a Fly	Lee Wulf	1992
45 Selective Trout	Doug Swisher & Carl Richards	1971
46 Spring Creek	Nick Lyons	1992
47 Tangled Lines & Patched Waders	Robert Jones	1995
48 The Ardent Angler	Editor: Neil Cameron	1994
49 The Armchair Angler	edited - Terry Brykczynski	1986
50 The Compleat McClane	A.J.McLane	1998
51 The Contemplative Angler	Roy Wall	1948
52 The Dread Fishwish	George Denny	1975
53 The Fishing in Print	Arnold Gingrich	1974
54 The Flying Fisherman	R.V. 'Gadabout' Gaddis	1967
55 The Fly-Tyer's Almanac	Robert Boyle & Dave Whitlock	1975
56 The Last Cast	Rafe Mair	1995
57 The Living Rivers	Gordon Davies	1996
58 The Living Waters of BC	Gordon Davies	1994
59 The River Why	David Duncan	1984
60 The Skillful Tuber	Robert Alley	1991
61 To Catch a Fish	Lionel RHG Leach, MC	1995
62 Trout Flies	Charles M. Wetzel	1955
63 Trout Streams of Alberta	Jim McLennan	1996
64 Truth is stranger than fishin'	Beatrice Cook	1995
65 Warped Rods & Squeaky Reels	Robert Jones	1997

Fly Fishing Pink Salmon DVD

Filmed and produced by Steve Wawrykow of "on the water" action and other club activities.

The panel discussion portion reveals the secrets of success by our own expert members and is loaded with tips.

They can be obtained from Steve at 754-3650 or at the next meeting for \$20.00 (\$15.00 will be donated to fish enhancement).

WANTED

Photos, stories, poems, information, "How To's" etc. for the newsletter.

Recycle your magazines to the waiting rooms in the hospital. Bring them to Larry Miller at the next meeting or noon lunch.

Do not throw out your fishing magazines--bring them to the welcome table at the next meeting. They are appreciated by the members.

Millstone River Counting Fence



Andrew Cathers, left, John Bucchieri, Chantelle Fraveneelder (student), Jason Charmley (student), and Charles Thirkill performing their assignments at the counting box. The two grade 11 students from Wellington Secondary School are measuring, weighing, noting markings and recording the 257 Coho smolts captured during the last 24 hours. Charles said that these smolts are in very good condition which will help them survive their time spent in the ocean. Hopefully the bypass channel in Bowen Park will be built in time for their return to spawn.



Andrew and John sweep away the leaves and debris collected on the fence so that the water level does not get too high. The fence will be removed in early June and Charles would really appreciate some help. Please call him at 729-4928.



Charles shows a lamprey which had been found in the counting box. They will latch onto a migrating fish and go for a free ride at the expense of a spawning salmon. If you see a round welt on the side of a salmon or other fish, you now know that the mark was made by a lamprey.

ELEMENTARY ENTOMOLOGY & O. MYKISS

WRITTEN BY THE CHALKBOARD TROUTIST

PART FIVE - THE CADDIS

What! Moths? No, caddis. They look like a moth and, actually they act like one too. Your porch light at the cabin is likely to have more caddis circling the globe than moths. Prior to the writings of Gary Lafontaine, the caddis was considered the poor cousin of the mayfly when it came to angling. It just was not realized how important the caddis is to the trout.

The caddis has complete metamorphosis; that is, it goes through the stages of egg, larva, pupa, and then adult. As with the other aquatic invertebrates, the egg is of no significance to the fly fisher, but the other three stages certainly are, although some authors dispute the importance of the larva. Actually, some authors still dispute the importance of the pupa! Just shows you, you can't believe everything you read.

Most species of caddis live most of their lives in these cases constructed of sand, small pebbles, twigs, or leaf pieces. They live there both as larvae and as pupae. They are the "cased caddis" as opposed to the "free-living caddis" and are easy to identify stuck to the rocks on the bottom of the lake or stream. These cases are held together by this silky substance exuded by the larvae. Many times during their lives, the larva must build new, larger cases to accommodate the growth of the "worm." They then just move right into their new house.

Wait a minute! Just what is a pupa anyway? You will remember that the stonefly and the mayfly went straight from the nymph (larva) to the adult. That is called "incomplete metamorphosis." With "complete metamorphosis" as in the caddis, there is a stage between the larva and the adult - the pupa.



When the time comes, the larva will become a pupa. This is just another of nature's miracles. The pupae are pre-formed adults sealed in a home held together with "silk" secreted by the larvae. Once safely inside the home, the transformation begins and ends and an adult in waiting is created, still sealed in the safety of the case.

When the "urge" finally overcomes the pupa, it chews its way out of the case and, using gases trapped between the shuck and the body to assist it, swims or rises to the surface. Once at the surface the pupa splits open down the back and a fully formed adult caddis crawls out onto the surface film. It sits there just long enough to dry its wings, then flies off to the streamside vegetation.

Not all caddis build cases in which to spend most of their lives. As mentioned, some species are "free-living" and move around in the detritus at the bottom of the water as a wiggling worm. Even these, however, build a temporary case for the larva to pupate in prior to the pupa ascending the water column. That is a distinguishing feature of caddis - at one time in their lives, they all build cases.

Caddis emergence in the surface film usually only takes seconds, unlike with mayflies. There are exceptions, of course, particularly in some lake species. These stir up the surface film while they struggle. They also stir up the trout!

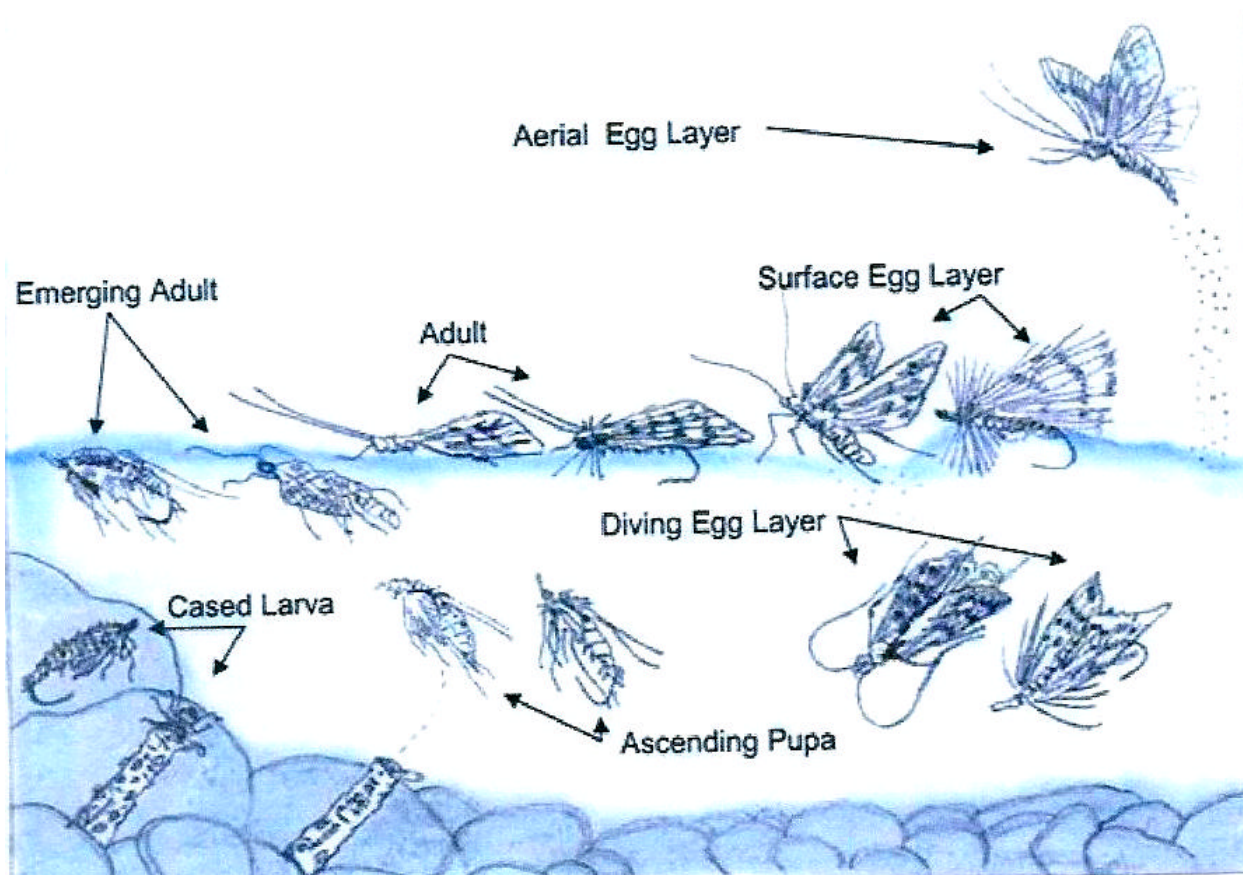
Mating occurs in the streamside foliage and the females return to the water to lay their eggs. Some species drop their eggs from the air (no help to us!). Others, fortunately,

dip their abdomens repeatedly onto the water as they skitter across the surface laying their eggs (dynamite!) while still others hit the surface of the water and actually dive and swim to the bottom to deposit their eggs on rocks and logs attached by some kind of secreted goo.

Let's take a look at the life cycle of the caddis. In the following diagram, though, all three different means of egg-laying are portrayed: from the air, on the surface of the water, diving to the bottom. Remember, though, that each species only uses one such method. You will need to look carefully at egg-layers to see which method is being used in order to mimic the pattern and its behavior.

first builds cases of small pebbles and the latter is free-living, but the point is, now that we know that - so what? When we look carefully at the stages, we will see how to imitate them and then how, and when, to fish them.

You should consider tying a few caddis larvae, such as the latex caddis larva pattern, tied with strips of tan latex rubber. The larva is tied rather on the fat side unlike many other patterns of other insects that are to be tied thin and sparse. Also tie up a few green rock worms. These are the free-living larvae of *Ryacophila* - a very common caddis. Try tying them with green or clear beads pushed over dubbing of olive or tan, with the dubbing then picked out between the beads to represent legs. Use a black bead for the thorax and tie



Caddis are just too difficult to identify by species unless you are really into aquatic entomology. Besides, what's the point? Why don't we just mimic what we see instead of wasting our efforts trying to determine if this caddis is *Glossosoma* or *Ryacophila*? Actually, distinguishing between these two is easy: the

off with a small black head. Even though the species is often called the green rock worm, it is found in both tan and green colors.

The larva is fished dead drift along the bottom of the stream. There is not much point in fishing the larva pattern in a lake as the larva simply lies on the bottom.

Also tie a few cased caddis patterns like the Peeking Caddis, which is a pattern that imitates a caddis "worm" peeking out of the case. It is weighted with a black bead head so that it sits upright on or near the bottom, just like the natural. Fish the cased patterns just like the free-living ones.

The larva is vulnerable only when moving about or when disturbed and floating free in the current. Trout will readily take the larva if found dead drifting.

In all species of Caddis, the pupae are very vulnerable. Imitate the rising pupa with LaFontaine's Sparkle Caddis Pupa pattern. The sparkle provides the impression of the gages under the shuck - believed to be a trigger in this vulnerable stage. Trout are so keen to intercept the rising pupa that they will chase it to the surface and leap right into the air in a splashy rise - an almost certain sign of a rainbow eating emerging caddis. Fish this pattern by casting up and across stream to allow the pattern time to sink to the bottom and then when your line is quartering downstream, stop your rod and allow the fly to rise to the surface. This represents the ascending pupa. Try to place your fly and stop your rod so that the pupa rises right in front of where you think a trout might be lying (remember the earlier installment on "prime lies?")

The caddis pupa is vulnerable, but not for long. The rise to the surface is fast and the drying time for the wings is short compared to mayflies. Caddis must be the tastiest of insects, though, because when the pupa are rising, trout can become highly selective on them and will abandon easier meals in favor of chasing one of these to the surface.

What about imitating adults and emergers? What should you tie for them. Famous patterns include the Goddard Caddis, with green, tan, or orange bodies. Just capture a natural and look at the size of the natural and the color of its abdomen. Another famous pattern is the Elk Hair Caddis (although it can also be tied as a Deer Hair Caddis, and some tiers find deer hair easier to tie with). Again, look at the natural for size

and color of abdomen. When tying with hair, note the color of the wings of the natural and choose your hair accordingly. You may need any color from light tan to dark, almost black. Note that the shape of the caddis body is cigar-shaped, not tapered back and larger on the thorax like the mayfly. Some angling author-experts believe that the shape of the abdomen is an important trigger. Others believe that the wing flaring out from the body and protruding just past it is important. In any event, these two should suffice for adult patterns, now you just need a good caddis emerger pattern.

For the emerger, you will have to look long and hard to beat the Tom Thumb! It really is the fly for all seasons! It makes a credible mayfly dun or emerger stuck in the surface film, a decent imitation of a clump of adult midges on the surface of the lake, and really comes into its own during any hatch of caddis whether in the lake or on the river. You can fish it dead drift in the current, or set it out on a lake and wait. You can cast it into the ring of the rise, you can troll it dead slow behind your boat, or give it a series of strips on the lake or on the river to imitate the traveling caddis. Trout go nuts for it. Tie it in sizes 8 through 14. Some tiers like to put a dubbed body of green, tan, or orange to match the natural.

On occasion, you may need to have a diving caddis pattern when the caddis that are returning to lay eggs are those that dive under water to do so. If that is happening and if the trout are selective to them, you may need a black or tan adult tied using mylar-type wings swept back over the sides, and a bead head for weight. These adults hit the water and swim right to the bottom, so you will want to cast up and across to allow the fly to sink or down and across if the current is slow enough. After the egg-laying, the adult may try to swim back to the surface or may die right there and be washed downstream.

Whatever other patterns you take with you, don't forsake the caddis. Given a choice between fishing over a hatch of mayflies or over one of caddis, once you watch trout explode out of the water to chase caddis, your decision will be made for you.