



ISLAND WATERS FLY FISHERS

The Alder Pool



by Jim McCoy - See page 7



We have had young people visit us and we have had ladies visit us but Brandy Sheedy has got to be the youngest, young lady to visit us. Page 9.

The Island Waters Fly Fishers

Box 323, Lantzville, BC

V0R 2H0

Email us at iwff@shaw.ca Ph 390-3266

Visit at www.members.shaw.ca/iwff



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 390-3266.

CONTACTS

President:	Bernie Heinrichs	390-3266
Vice President :	Ron Moll	754-3978
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Past President :	Keith MacDonald	758-2138
Directors:	Bob Kissinger	758-8995
Youth:	Bruce Cumming	390-2236
Program:	Ron Busche	758-2225
Entertain:	Jack Toomer	756-0987
Phone:	Gord Davis	716-2787
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Webmaster:	Steve Wawrykow	754-3650
Fly Tying		
Videos:	Ed Tremblay	245-8552
Library:	Gerry Stevens	754-4124
Gilly :	Ray Honig	758-9930
Coffee and Hall:	Ray Garton	758-9215
Newsletter:	Bernie Heinrichs	390-3266

The Island Waters Fly Fishers

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



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

The next guest speaker, Peter Morrison, will be giving another very interesting and informative presentation. He has offered to spend 2 hours telling us how to go about fly fishing salmon. If we agree to this, there would be no business meeting except for announcements. Hopefully we can come up with another excuse to conduct a raffle for one or more of Peter's products. He is the representative for Sage and Scientific Angler. See page 4 for more details.



Bernie Heinrichs

Our club has had many discussions about getting involved in youth programs. There is a decline in fishing licenses sold in recent years throughout North America and an even bigger decline in youth participation. This does not bode well for the future of our sport. Although there are many factors causing this such as less fish, less fishable water, so many other activities for youth etc., there are small ways that we can promote our sport. Over the next several weeks there are several opportunities coming up.

The first one is the Nanaimo Hatchery Open House on Sunday, May 6, 2007. This is a fun way to introduce kids to fishing. The idea is that, if they have an opportunity to play a fish, you have probably hooked a kid onto fishing. Last year the hatchery set up a tank full of 12 to 14 inch trout. The kids were given a baited hook and within a few minutes they were playing a fish. A few of us handed the kids a fly rod with a fly and it worked even better and there was no delay baiting the hooks. The children had almost as much fun as we did!

This year the plan is to place the trout in one of the ponds or pits and to fish them from shore. It will be a bit more challenging but a little more realistic. They may still have a tank stocked as well. We will see. Come on out with one or more spinning outfits, a few flies and check it out. There are more details in the next page of this newsletter.

Another opportunity for youth involvement is the training and demonstrations April 27 and 28th at the Eco Centre in the Hatchery at Duncan. The four hour training session is designed to help introduce fishing to our youth. I am planning on going and would like a bit of company. It looks like they also have an interesting tour of the facility for everyone - especially kids.

Check out the updated list of donated DVD's - very impressive!

If I don't see you on the water, see you at the meetings or the pub lunches,

Bernie Heinrichs

Nanaimo River Hatchery Open House

This annual event will be held Sunday, May 6, 2007 at their facilities east of the Cassidy Pub. Signs will be posted along the route starting from the Island Highway. Our involvement has been to provide casting demonstrations/lessons and fly tying demonstrations. Last year the Nanaimo Fish and Game Protection Club held a fishing opportunity for children. This was extremely popular and they could use more volunteers or will even allow us to take it over if there are enough of us. So far there about 6 members and this will be enough for one tank.

Last year a few of us tried out various flies and really had a hoot. Those 12 in. to 14 in. fish were taking just about anything! And flies are much easier to set up for the kids than worms that the other volunteers were using. We will be rigging up a few old spinning outfits with fly gear but, if you have one, please bring it along with an assortment of flies that you want tested. More will be announced at the meeting and by email.



Fly Display in the Hall

Harold offered to renew the fly display in the Ukainian Hall. Please submit your favourite display flies to Harold.



The Forty Minute Fly



Gerry Stevens demonstrates his version of the Midge at our last Wednesday afternoon, fly-tying session this winter. He has been hosting this popular event for three years now and wants to reclaim his basement. Thank you Gerry and Lill for the hospitality, great goodies and coffee. Thank you, Doug Peterson, for the great job of organizing the tyers and their flies.

Casting Clinic



Leo Snye, left, Paul Inscho, Mike Orr and Bill McColl were part of the group at this Spring's casting clinic at Westwood Lake. Thank you Jim McCoy, Paul Inscho and Keith MacDonald for your helpful hints and Steve Wawrykow for your video takes.

Program

April 24, 2007: Peter Morrison's "Fly Fishing Salmon" will be another informative, workshop presentation and, if approved, will be two hours long. This would mean no full business meeting nor Gilly - just announcements. Peter, a Master Fly Caster, has been fly fishing for over 25 years including guiding, instructor, speaker, equipment representative and lots of fishing.

May 22, 2007: Andy Sneddon: "Control Depth Fishing"

June 26, 2007: Fishout and picnic at Westwood Lake.

August 25, 2007: Summer Barbecue at Jack and Elena Toomer's.

September 25, 2007: Our own Bob Leverman will be presenting "Match the Hatch"

October 23, 2007: John Beaven, another one of our own, has not yet decided on his topic - he has too many good ones to choose from.

November 27, 2007: AGM then Election of Executive and Directors

December 1, 2007: Christmas Dinner and Auction at the Legion Hall in Lantzville.



Alice Lake Fishout

Doug and Jeanne Winters are organizing a camping/fishout to Alice Lake for May 10, 2007. They will be staying for one week but the campground is available for longer if you wish. There should be no problem with finding a site this time of year. Check out the website then let Doug or Jeanne know at 758-7303 or their email at the bottom of this page.

1. Alice Lake is one of a series of good fishing lakes near the Port Alice highway that offers some large rainbow, cutthroat, dolly varden, and bull trout fishing.
2. There is also more info available at www.rdmw.bc.ca. There are 27 campsites, boat launch, dock and no cost for camping.
3. The river where we are camped connects Alice Lake and Victoria Lake and is a fly fishing only, catch and release river.

We Need Your Flies.....

For this Spring's B.C. Federation of Fly Fishers A.G.M. Our club's contribution to our parent organization has been a box of flies tied by you and other members of our society. This donation has established a great reputation and has brought in substantial bids at the auction. Please bring them to Bob Leverman at the next general meeting or at a pub lunch.

Events and Services

Pub Lunches

Come out for the half price specials every Wednesday from 11:30 A.M. to late noon. We need to see some new faces - the old ones are starting to recycle their lies.

Club Library

The list of books has now swelled to over 65 books.

Gerry Stevens is the custodian and he will bring your requests to the next meeting if you call him at 754-4124. Check out the list of books on our website. The link is above the calendar on the newsletter page. There will be some lists available at the meetings.

Book Reviews

Are you looking for ideas for an article for the newsletter? How about a book review? It could be one from our library, your favourite fishing book, a fly tying book or whatever.

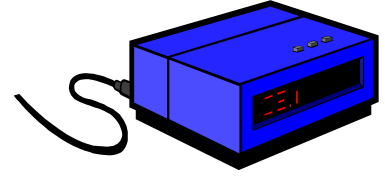
Fly Draw Winner - Again!



There was a lot of jeering and hissing from the members at the March 27th meeting when Bob Kissinger (the happiest one) won the fly draw for the second time in a row! At least he did not draw his own ticket this time. Harold Tinsling presented the prize.

List of DVD's

See Ed Tremblay (245-8552) at the meetings to check these out



Casting DVD's

Introduction of Spey Casting
Spey Fishing Steelhead
The Art of Spey Casting
Joan Wolf: Dynamics of Fly Casting

Fly Tying DVD's

Brent's Top 10 Lake Flies
Streamer Flies for Trophy Trout
Fishing Still Waters Shrimp and Leeches
Tying the Classic Salmon Fly
Expert Techniques Tying Fly Patterns
Fly Tying: The Anglers Art #1 and #2

Fly Fishing

The Trout Bum Diaries
Top 85 Tips on Fly Fishing for Trout
Expert Techniques for Stillwater Fly Fishing
Fly Fishing 2 and Matching the Hatch
Fly Fishing Large Western Rivers - Winter
Fly Fishing Large Western Rivers - Summer
Fresh Water Fishing Society & Trout Fishing
Successful Fly Fishing - Casting Techniques
Successful Fly Fishing - Salmon, Brook Trout
New Fly Fisher #1
Fly Fishing Salmon
Matching the Hatch
Casting Shadows #1 and #2
Magic of Fly Fishing - Cowichan River

There are also numerous DVD's produced by IWFF on Fly Tying, Fishing Techniques, Casting, etc

We still have the video tapes as listed in previous newsletters.

Nile Creek Enhancement Society

Ken Kirkby, President of the Nile Creek Enhancement Society, told the members of the Castaways Fly Fishers that Nile Creek is fairly close to its original state of production of pink salmon.



Ken Kirkby at the March 20, 2007 Castaways meeting

The road to this success was very rough. A few years ago they nearly lost it to a consortium who had government approval to build golf courses along its bank. This was resolved but then for the last two years they have been severely restricted to obtaining pink salmon eggs. This is one of the main reasons for the recent low returns of spawning pinks.

The Society is backing off on depending on government support and are raising their own funding. They are also assuming more control of the river and the beach areas at its estuary. At the political level they are placing covenants on the Nile and probably other streams on the Island. This is a preventive measure to ensure that no future developments like the golf course fiasco occurs again.



Ken Kirkby, left, and Bill Kreibom, Castaways Newsletter Editor, pause during the meeting intermission.

Another project that the Nile Creek Enhancement Society has taken on is to re-establish and promote the growth of kelp beds. Their initial trial planting is north of the power lines at the Nile Creek Beach. This involved collecting millions of spores, stimulating germination, collecting the germinated spores onto ropes wrapped in pipes then placing them in rocky areas along the beach. The goal is to create habitat for juvenile salmon to find cover from predators and to seek forage for themselves. Ken's group has allied with Malaspina College's Aquaculture Department and Trout Unlimited to restore searun cutthroat. This year summer students are assessing this species by counting them and by surveying fishers on their catch results. This base data will be useful in establishing base data to develop a plan to enhance these trout. Island Waters Fly Fishers contributed to this project for the second year now. Ken praised the involvement of so many groups who are involved in fish enhancement on the Island. How do you harness all this energy and obtain a cohesive, strong plan to further the cause? He suggested that each group write up a history of their involvement, present a list of their ongoing projects and a plan of their future goals. A compendium of all these plans could then be used to develop a Georgia Basin, 25 year plan. The next step would be to get wealthy families involved to sponsor some of the proposed projects.

One of the more urgent needs is to clean out the sand and silt that has been washed into the streams from the recent heavy rains. Previous clear cut logging has left exposed areas susceptible to washing of soil into these streams. Due to a lack of funding, there were upper areas of Nile Creek which were not cleaned of sediment and now this has washed further down stream. Last fall's eggs were endangered. Money for heavy equipment is badly needed.

All of us are invited to tour Nile Creek's facilities and, better yet, join a work party - even for a few hours.

The Alder Pool

by Jim McCoy

The turn-off loomed ahead and a green light allowed a smooth transition west from the Island Highway. I was headed for the Cowichan River for big browns in an area below the 70.2 Mile Trestle.

Granted with two weeks Navy leave, I had high hopes of nailing the ant hatch. Cool weather had delayed the emergence, but today's temperatures with light winds and overcast skies seemed perfect.

I slowed dutifully, making the Skutz Falls turn-off and then onto packed gravel. I glanced at my dash clock and it read 8:15 A.M. A good start. Up ahead, a small a small stand of hardwoods signalled a slow down and then a sharp right onto an obscure woodlot "road". It was slow going with recent rain puddles still lingering in the dips and hollows.

The last leg entailed the entry into an acre or so of an old clear-cut. It's now aged and blackened stumps alert like sentries and stiffly eying my arrival. Now the road began a slow turn south bringing railway tracks into view before petering out on a flat mossy area. It served to park about three vehicles, although I seldom saw another.

I swung out of my truck and reached back in for my gear. It was quite warm already with the sky solidly painted over in high cirrus cloud. I began stringing my fly rod, then donned chest waders and vest. A quick pat of vest pockets ensured floatant, fly boxes and leader spools intact. I was ready. I made my way to a faint trail and then a short steep climb onto the tracks. Now it was only a hundred yards or so to the trestle. Once there, I slid and slipped the loose decline to the trail below and headed downstream.



Jim McCoy

Through open spots, the river appeared about right for the 20th of May - both fishy and wad-able. The well worn trail meandered through ever changing scenes of hardwood, aged cedars and carpeted moss. There was a river's personality here. It could be felt in the damp silence, the gurgle of the river and the peaceful surroundings.

I was just beginning a sweat when the weathered, grey and hand-painted sign heralded my arrival. It simply read "The Alder Pool".

There were good fish here. I had taken chunky rainbows to three pounds (19 inches) and browns to six, but only by "skating" dries and then only during a hatch.

This was a long pool, widening slightly throughout its length and ending in a sharp "dog leg" at the bottom. Half way down, the current began to favor the far side where a few stunted bushes clutched its gravel bank. One in particular acted as a marker, indicating a deeper "scoured out" area, that rested some good fish. (continued)



Jim's brown caught in the Alder Pool in 1985.

The Alder Pool continued



I was standing at the edge of thick alders and checking the skyline where ants, in flight, would appear as miniature B-52 Bombers. Nothing yet. I decided to have brunch and broke out the coffee and munchies. Half way through my second sandwich the ants began to show. The first splashy rise jolted me upright and an instinctive reach for my fly rod. After picking my way back through the alders to streamside, I observed the ant hatch in progress. I also noted a heavy bulging rise just down from my position in the "scoured out" area. A big fish, its rise form was a dark shadow slipping quietly from sight. I waded out a few feet and checked for a clear back cast. The fly I had knotted on was a #12 phentex dry in a Tom Thumb style. Its silhouette was that of an adult caddis, but accepted as an ant. I dropped it into my home-made floatant of parawax and gasoline, dried it out with a few false casts, then presented it gently four feet above the rise. Nothing. I let it float well past, then tightened up to quietly swing the fly away before lifting for another cast. Two more rises assured me of the trout's continued interest in the surface film.

On my fifth cast, I skated the dry a foot or so before dropping the rod tip for a free float. It was immediately taken by heavy fish. Angling my rod to the side, the big brown eased out of its lie and into the main flow. Turning now, and with a spirited run, interspaced with two quicker bursts of speed, made the lower end of the pool

before turning into the current again. There were a few more explosive runs, some head shaking and a brief tug of war before yielding. I reeled up then to view the green, moss-colored head coming towards me wagging from side to side and the thick body gliding over colored stones.

One more brief flurry at the surface, a short run, and he was mine - pale orange and sporting huge spots and a yellow tinged belly. Trout were rising all over the run now, noisily, with a kind of abandonment I had rarely seen before. Never before or since have I experienced the ant hatch that heavy.

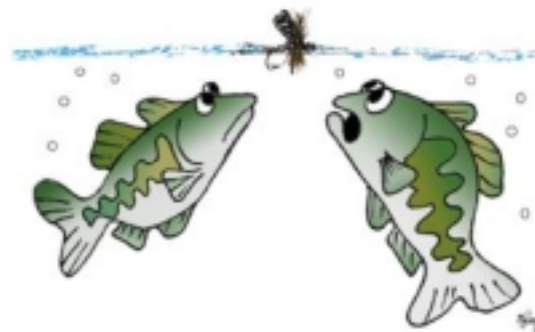
It seemed that everything just came together perfectly on that morning and there I was in the middle of it all.

I easily took my limit that day, and left before noon.

I haven't fished the Cowichan much after '85, I moved to Nanaimo after retirement from the Navy. The special charm of that river has never left me and I think of it often.

I understand the Alder Pool is gone now, washed away in the severe floods around the turn of the century.

The biggest browns feed almost exclusively at night. I've often wondered what that pool would have provided if fished well after dark with a large streamer or leech. Knowing the Alder Pool's reputation, I'm sure that just one word would have described it - AWESOME!



"The trout say it tastes just like chicken."

Forage Workshop

presented by Bob Sheedy

“Big boats scare big fish - that is why they are big” declared Bob Sheedy at our March 27, 2007 meeting. His two hour version of the seven hour Forage Workshop was



chock full of similar advice. “Canoes and pontoon boats are better but the best way to sneak up on the big ones is by wading”. Bob continued to tell us that the wading technique was how he earned the 25/25 Award one year. This award is given to anyone who catches 25 trout over 25 inches in one year. Seven of them were on one lake alone and there would have been more if this big boat with a loudmouthed, spin caster on board had not come along and spooked the fish.

Some more of Bob’s tips:

- Uses AirFlow lines because they don’t stretch.
- Water is the heaviest at 39.2 F (4 C) and is the temperature which causes the lake to “turn over” or invert.
- Trout need a minimum of 4 ppm of oxygen.
- Trout take chironomids as they emerge.
- Blood worms do wriggle and move about fairly quickly.
- Fish along weed lines and reeds. Try parallel and then into them.
- Do not splash the fly and spook the big ones.
- The Damsel Hatch is a good time to fish.
- Cupolas (Bob’s definition of indentations into shore reeds) is a good hang out for fish. They like to hide in the weeds next to the entrances.

Bob’s books “Lake Fly Fishing Strategies” and “Bob Sheedy’s Top 50 Fly Patterns” may be ordered on line at www.mwflyfishing.net. These books are also available in our library. Call Gerry Stevens at 757-4124 to reserve it.



John Beaven, right, renews acquaintances with Bob and Brandy Sheedy.



Ron Moll won the first draw for one of Bob Sheedy’s books.



Bill McColl (we all know which one he is) won the second draw for another one of the books.

Elementary Entomology and O. Mykiss

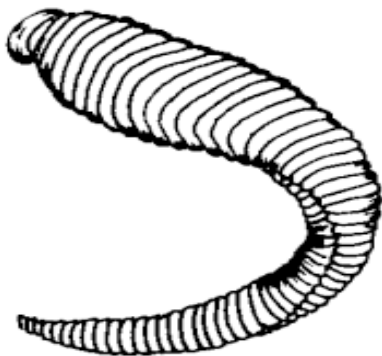
Part 7 — Leeches

By the Chalkboard Troutist

“You mean there are leeches in this lake? I don’t even want to think about those blood-sucking slimy things!” Maybe you should. Actually there are leeches in most of our fresh water bodies and most do not suck blood. Yes, a few do, but don’t forsake a significant trout food because of a little squeamishness.

When nothing is hatching and trout are still trying to bulk up for winter, they turn to leeches. You should too. In the spring before the midge pupae fill the water column, leeches fill the hungry trout. Even when trout have been gorging themselves on midge pupae, a leech is hard to refuse. Some authors have referred to this as “dessert” (Chan) or as a “cork” to hold their feast of midge pupae down (Rowley).

Leeches don’t hatch – so don’t wait for one. The eggs are simply deposited on debris or in the muck at the bottom, to hatch in spring and become baby leeches. They then grow just like other worms. Being members of the same grouping of animals as earthworms, means having a multi-segmented body and being hermaphroditic; that is, having both sexes in the same individual. While self-fertilization of the



eggs is possible, it is rare. Usually two individuals will couple and each will fertilize the other.

Leeches have a sucker at the head end and another at the tail, and an elongated flattened body that is wider towards the tail. Colors are primarily drab shades of brown, olive, black, and maroon with mottled effects predominating. The underside, as with most aquatic species, is lighter than the dorsal side. Your fly patterns should reflect the shape and color – wider at the rear and some darker mottled color.

Recently, anglers have been finding that, even though leeches can reach 6 inches or more, great success is enjoyed on smaller ones. Tied on hooks as small as size 12, 2x long, these mini-leeches are often retrieved along or in the weed beds at the margins of the slower water, or near the weed beds and shoals in still water. Micro-leeches (even smaller than a size 12) find favour suspended beneath a strike indicator and fished like a chironomid. Trout do seem to prefer their leech lunch in sizes not exceeding 2 inches in length.

Leeches are free-swimming and you can fish your leech pattern anywhere in the water column, but you might want to focus your efforts along the margins in spring and fall, and nearer the bottom in open water. Some live for 8 or more years and are available to trout throughout

the year. They swim with an undulating up and down motion, not side to side, so the motion you want to imitate is achieved by adding weight near the eye or by using a bead head, or both. If you use a Stillwater line and countdown method, you can position your fly at the right depth and then with your slow retrieve, keep it there.

Try the mohair leech, or the egg-sucking leech in black or purple (yes, purple!) Incidentally, this latter pattern is deadly on steelhead. The standard is marabou in the usual colors, but articulated leeches, although more time-consuming to tie, impart good movement. The most realistic movement may come from Whitlock's Chamois Leech. With your patterns choose size first, then color, then movement. Leeches do swim so the retrieve should be long, say 8 to 12 inches at a time, and slow with a short pause between pulls. Try to create the undulations in your retrieve.

When swimming, the leech is stretched right out with the narrow part of the body leading. Keep this fact in mind when you tie them since we often don't put enough marabou on for the tail and as a result it is too thin when pulled through the water. Some angling authors have suggested that the retrieve should be fast, as if the leech was fleeing the approaching trout. Maybe – but the leeches' defensive mechanism is to constrict its body into a ball, quit moving, and pretend that it's a slime ball! If the trout are hitting short on your leeches, before you cut back the marabou tail and ruin the action, try this trick the next time you feel that familiar tap-tap-tap: just immediately stop your retrieve and "push" some line back at your fly. Wait, wait, wham! The hard part of this trick is the discipline necessary to stop retrieving when the trout first taps. If no luck, start your retrieve again – long and slow.

Leeches fished in rivers are deadly on trout. Try using a small leech suspended under a strike indicator set a couple of feet deeper than the water. Cast up and across riffles and let it bounce down into the pools and hold on!

Leech fishing really comes into its own at night as they are more active then and are more likely to be found in open water. Whenever you go to a new piece of water, always take some leeches of different colors and in sizes from micro to about an inch and half long – they are probably the single best prospecting fly in your arsenal.

The Chalkboard Troutist

Glenn's Leech Pattern



Glenn's Leech

- Thread: Color To Suit
- Hook: Tiemco 2457 #8-#12 Weighted
- Tail: Narrow, Short Strip of Rabbit Fur (Color to Suit)
- Rib: Fine Gold Wire
- Body: Marabou, Wound By The Tips

This pattern was recommended by Phil Rowley for lakes such as Dragon, Courtenay and White. The weighting of it causes the fly to flip its point up and thus becomes weedless. The full directions for tying it can be found on: www.bcadventure.com/adventure/angling/protalk/rowley/philsbox/glenn/glenn.phtml or follow the links to patterns in bcadventure.com home page.

The micro leech pattern is in the IWFF web site at www.iwff.ca.

Island Waters Fly Fishers Society

Minutes of General Meeting

Held on Tuesday February 27, 2007 in the Ukrainian Church Hall, 4017 Victoria Ave., Nanaimo, B.C.

Meeting Called to order at 7:15 p.m

Approve the Agenda: M.S.C.

Minutes of previous meeting read: moved as read by Ray H.
Seconded by Paul I. Carried.

Treasurer's Report: Harold T. reports the club account stands at \$5719.35.

Correspondence: None

Committee Reports:

Health: Larry Miller is over his operation and on the mend. Speedy recovery Larry.

Entertainment: Jack T. reports all is ready for the Spring Dinner. 18 people to date.

Fishing Events: Doug W. has his fishing trip to Alice Lake for May 10/07 set up.

Ellison Lake

Bill McColl, on the bridge, Jack Toomer and Mike Orr following up on Barry Ellison's advice that there is a big lunker hanging out near the new bridge. They were not successful in coaxing that one out but found numerous other fish all over the lake.



Membership: Ron M. reports 49 members paid up.

Web Page: The web page has been transferred to Nisa from Shaw and can be accessed at: www.iwff.ca.

Welcome Table: Bring your old fishing mags to the meetings so others may enjoy them.

Fly Tying: Only 2 more tying events at Gerry's home then we have to find a different venue to hold them on Wed. afternoons.

Old Business: New Web Page provided by NISA is ready to go.

Introduce Guests: Bruce Richman was present as was Bill Ratcliff from the Castaways Club.

New Business: A lengthy discussion on the probable closure of access to some lakes on Timber West lands took place. More information will be needed.

Fly Draw: Won by Bob Kissinger.

Meeting Adjourned at 8.20 pm.

Program Speaker: Pat Micek on Cutthroat Trout and Salmon fishing .