



Bragging Rights



Jack Toomer, left, IWFF President, accepts BCFFF's 2009 Conservation Award. It was presented by Harold Tining, BCFFF's Treasurer. Details on page 6 .

Island Waters Fly Fishers

Email us at iwff@shaw.ca or Phone
390-3266
Visit at www.iwff.ca



Meetings at 7:00 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:	Jack Toomer	756-0987
Vice President :	Lloyd Erickson	390-4905
Secretary:	Frank Perilli	390-4400
Treasurer:	Harold Tining	758-2655
Past President :	Bernie Heinrichs	390-3266
Directors:		
Youth:	Leo Snye	729-7242
Program:	Ron Busche	758-2225
Entertain:	Bob Kissinger	758-8995
Conservation:	Wayne Pealo	743-4569
Fund Raising:	Tom Skilton	729-5685
Raffle:	Brian Lapadat	753-7440
Webmaster:	Mike Orr	754-6184
Fly Tying	Ron Busche	758-2225
Videos:	Wayne Legge	756-3114
Library:	Larry Miller	390-4495
Gilly :	Ray Honig	758-9930
Coffee, Hall:		
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/>



Bill McColl, left, welcomes guest Eric Keuhnel. Thanks, Eric, for showing interest in our club.

President's Message



Jack Toomer

Hello everyone,
 I hope during this stretch of great weather everyone has had a chance to get out and throw a few flies. With summer rapidly approaching I know some of you are heading for the Interior for some great fishing, hope to see you up there. The club was honored at the recent BCFFF annual general meeting, winning the BCFFF CONSERVATION AWARD. The IWFF members should be very proud of themselves, with all of your volunteer work on projects like the Millstone River, Nanaimo River Hatchery etc. without all of your hard work we could not have achieved this honor, WELL DONE GUYS. Just a reminder about the June picnic at Westwood Lake on June 23rd and also our summer BBQ set for August 23rd { more info to follow }. These are fun events so come out and support your club. I hope everyone has a GREAT SUMMER and if I don't see you out fishing or at the BBQ's see you in the fall.

Jack Toomer

Events and Services

Pub Lunches

Come out to the Black Bear Pub every Wednesday from 11:30 A.M. to late noon. Guests and new members are especially welcome to join this very informal gathering.

Club Library

The list of books has now swelled to over 100 books.

Wayne Legg is helping Larry Miller, the custodian, and he will bring your requests to the next meeting if you call him at 756-3114. Check out the list of books on our website. There will be some lists available at the meetings.

Fourth Tuesday Meetings and Events

June 23, 2009: Picnic and fishout at Westwood Lake instead of a meeting. Fish all day then eat at 5:00 pm. Guests and spouses welcome.

July - August: Too busy fishing to have meetings.

August 23, 2009: Summer barbecue - probably in the picnic shelter near the Wall St. parking lot. Smokies, burgers etc. Bring a salad or dessert. Meet at 4:00, eat at 5:00 pm. Look for an email with more information later.

September 22, 2009: John Snook is organizing a panel discussion on beach fishing

October 27, 2009: We are eagerly anticipating Bob Leverman's Match the Hatch presentation.

November 24, 2009: Bill Pollard will show us how he puts his flies into glass balls for Christmas decorations. AGM and election of officers and directors.

December 5, 2009: Christmas Party and Auction in the Lantzville Legion. Refreshments at 6:00 and dinner at 7:00 pm.

How to Stabilize a Punt

by Bernie Heinrichs



It is tough to find a small water craft that is built so that a fly fisher can stand up and cast without joining the fish. This eight footer with the removable pontoons can be used for just that purpose. It is similar to the "Frog" boat that we have all seen advertised but this one is not as pretty.

The two floats at the ends of the 2X4 are 1.5 in. construction Styrofoam and are easily removed prior to loading it in the back of your truck or trailer. The 2X4 is slid into the slots of the plywood glued to each side of the styrofoam and held by large pins. The top photo shows the pontoons in place ready for the water. The bottom photo shows all four pins removed to show how it is disassembled. The floats can be set next to the boat while travelling through the water on your way across the lake. When you are ready to fish, move the pontoons out to the ends of the 2X4. Some matching paint disguises the ugliness a bit but it was impossible to tip it by even standing on the sides. I'm not sure if this warranty can be extended to anyone weighing more than 150 pounds!



May Meeting



Ray Honig, left, Gilly Master, presents half of the cash raised during the Gilly to Bernie Heinrichs: a long - suffering, winless soul who certainly deserved it. He spent most of it at the club's Pub Lunch the next day and the rest of it was spent foolishly.

Frank Perilli, left, was oblivious to the presence of the Holy Fathers on the wall when he made that unrepeatably lewd remark as he collected the runner-up, fly-draw prize from Tom. Thank you, Doug Peterson, for your donation of that prize.



Brian Lapadat, left, was the lucky winner of the coveted fly draw which was conducted fairly (at least Brian thought so) by Tom Skilton.



No June Meeting

replaced by:

Picnic at Westwood Lake

Tuesday evening, June 23, 2009

Between the beaches

Take a break from fishing and join the crowd for barbequed smokies and hot dogs.

Bring a dessert or salad and a refreshment.

Bring a guest

Summer Barbecue

Sunday, August 23, 2009

The Picnic Shelter near the Wall Street Parking Lot in Bowen Park

Smokies, Burgers, etc.

Bring: a guest, a salad or dessert, refreshment etc.

Casting Game or ? Call Bob Kissinger if you would organize it.

Small Lakes Management on Vancouver Island



by Guest Speaker, Scott Silverstein

Scott Silverstein, Fisheries Biologist, Ministry of Environment, told us about his department's fish stocking program for the small lakes in Region 1 which is Vancouver Island. Their definition of small lakes are those that are less than 1000 ha. and greater than 5 ha. All of the local lakes in Nanaimo fit this definition. There are 1465 small lakes on the Island, 425 are fished and 200 are stocked with rainbows. There are 35 lakes stocked with cut-throat trout.

For the last several years all trout are sterilized before they are stocked. 3N are sterilized male and female but the technique has a 3% failure rate (not sterile). AF3N are all female and are 100% sterile. These trout are stocked in three different sizes:

Fingerling (5-9 g): appropriate for remote access, cost-efficiency, some adaptive advantage associated with less time spent in hatchery.

Yearling (10-25 g): better survival especially where other species occur (competition/predation pressure), some cost-efficiency (compared to catchables), slight adaptive advantage over catchables.

Catchables: appropriate in urban setting or high creel areas, immediately available to fishery, most



Most of the stocking, especially in the Nanaimo area, are stocked with catchables. They have a better survival rate and provide more fishing opportunities in the highly fished urban lakes.

On the Island three types of rainbow trout are utilized. Each type has characteristics that make it suitable for different purposes and lake conditions.

Blackwater are suitable for high use lakes due to their good growth. They become piscivorous.

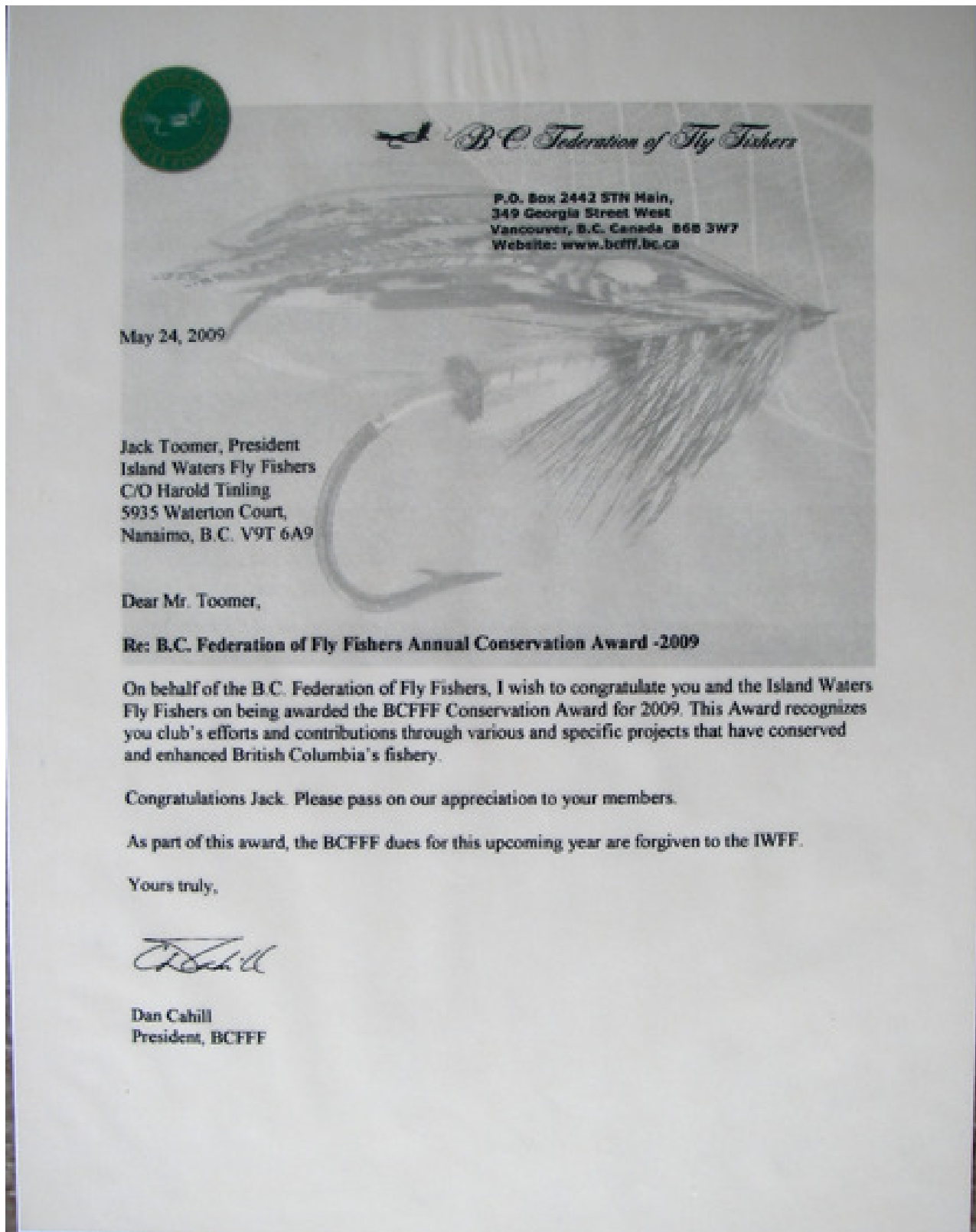
Penansk develop good survival traits after three years and live for seven years.

Frazer Valley are very fast growers, are aggressive and easy to catch. They are normally stocked at catchables.

The Ministry is really focusing on increasing angler participation. It is needed as a source of funding to increase the stocking programs and to enhance the lakes for fishing. 50% of your license fees go to the Fresh Water Fisheries Society who maintain the hatcheries. Go to www.gofishbc.com for more information and stocking data.

IWFF Wins BCFFF Conservation Award

The following letter from Dan Cahill, President of the BCFFF, explains it all.



Divas on the Fly: A Breast Cancer Survivor Fly Fishing Project

Wayne Pealo, Director IWFF

Introduction

Divas on the Fly is a pilot fly fishing project for Vancouver Island women who have been diagnosed with breast cancer. The goals of the project are:

1. To provide breast cancer survivors with an opportunity to experience the sport of fly fishing;
2. To provide the participants with activities which may enhance their quality-of-life;
3. To provide an avenue for social support and group interactions with individuals with similar medical challenges;
4. To provide an opportunity for participants to experience a healing connection to the natural world.

Background Information

Fly fishing programs for breast cancer survivors have been operating with success for the last decade. In the instance of the organization Casting for Recovery, 16,000 North American breast cancer survivors have been given the opportunity to meet other survivors and receive support from medical and psychological professionals since 1996. In 2004 Casting for Recovery held 30 retreats in the U.S. and Canada (Palaestra, 2005). Despite the attention that these programs have received from the media and the community of breast cancer survivors, no research has targeted the affect that these programs have on breast cancer survivors. Intuitively, volunteers, corporate partners and participants seem to identify the benefits of these programs, however there is a large gap in the literature that supports such initiatives. There is, however, literature reviewing the contribution that leisure activities such as dragon boating can make to the quality-of -life that breast cancer survivors experience. Research has briefly addressed the potential behind the use of leisure as a coping mechanism for dealing with the psychological, social and emotional impacts that breast cancer diagnosis and treatment has on survivors (Shannon & Shaw, 2005; Shannon & Bourque, 2005; Mackenzie, 1998; Parry, 2005).



While mortality rates of women diagnosed with breast cancer have declined since the 1990's, it is estimated that 22,400 women will be diagnosed with breast cancer in 2008 and 5,300 will die of the disease (Canadian Cancer Society, 2008). Increasing survivor rates mean that initiatives on non-medical support systems for breast cancer survivors are needed.

Why Fly Fishing and Breast Cancer?

The program provides an avenue for social support and group interactions, reducing the feeling of isolation many survivors might have.

The dynamics of fly fishing provide a healing connection to the natural world, relieving everyday stressors and promoting a sense of calm.

Fly fishing techniques provide a gentle exercise for joint and soft tissue mobility.

The program offers a forum for women with similar experiences to meet, learn a new skill and gain a respite from their everyday concerns.

The Program

The DOTF program will include a variety of fly fishing and leisure activities in a relaxed atmosphere at the Tamagawa Centre in Cedar, Vancouver Island. It is scheduled for September 18-20, 2009.

Volunteers and organizations from the Mid Island region will be involved in the event.

Guidelines are used to maintain the quality and consistency of event.

Participants learn the fundamentals of fly casting, entomology, knot-tying, equipment basics - but most importantly, participants spend time on the water practising catch-and-release fishing.

Counselling and medical information will be available throughout the weekend, including an evening group session on Saturday night.

Educational resources will be available, such as fly fishing opportunities and breast cancer information.

Women are encouraged to participate at their own level of comfort.

(Casting for Recovery, 2009)

General Information:

- DOTF is supported by the Island Waters Fly Fishing Association, Vancouver Island University, Roche Pharmaceutical, Robinsons sporting Goods and Sage so far.
- We are expecting to support 12 breast cancer survivors for the pilot project and will have 200 plus hours of volunteer commitment from club members.
- The weekend will be held at Tamagawa Retreat Centre on beautiful Holden Lake in Cedar. <http://www.tamagawa.ca/>. Tamagawa Nanaimo is an event centre, located on a stunning 84 acres in south Nanaimo, It provides a unique and exclusive environment for your next seminar, private event, team project or group retreat. Situated conveniently from major transportation hubs within Nanaimo, this private lakefront property and full-service facility impresses clients, guests and students.



VOLUNTEERS FOR THE DIVAS ON THE FLY EVENT

are needed for the following:

Fly Fishing Instructors (2-4)

-Leads fly casting demonstrations and classroom sessions. Instructional guide for catch and release fishing.

-Previous experience as a fly fishing instructor, a team player, and excellent communications skills.

-Fly tying instructors (2-4) for Saturday fly tying classes. Previous experience teaching/demonstrating fly tying techniques.

Fly Fishing Gilly (4)

-Instructional guides during catch and release fishing on Sunday.

-Previous fly fishing experience with catch and release methods.

Please contact Wayne Pealo at 250 753-4550 or email at: pealo@shaw.ca.