

ISLAND WATERS FLY FISHERS



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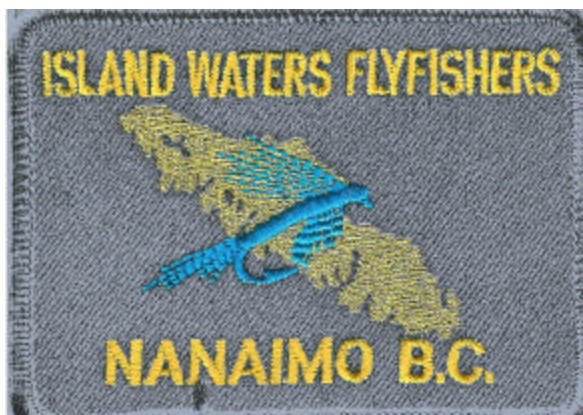
It has been a while since this newsletter has printed any fly patterns but these two should make up for some of the short fall. Sorry, Matt Hapala, they could not be published on the same page to save your printing costs. You will see why - they are illustrations for separate articles.

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

| | | |
|------------------|------------------|----------|
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| 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 activity level for the Island Waters Fly Fishers is really starting to ramp up. This time I would like to dedicate this space to a summary of all that will be available to you for the next several weeks.



Bernie Heinrichs

Bob Sheedy's "Forage Workshop"

Ron Busche has really scored big time when he lined up Bob for our guest speaker at the next general meeting (March 27, 2007). He has so much to describe to us that we decided to forego

most of the business meeting to allow us to really soak up his presentation. See the following page for more details on Bob and his presentation.

Your directors debated the issue of how to recover the \$175.00 fee that is charged for this workshop (Bob is coming out from Manitoba). They decided that this is one of the benefits of membership and there will be no charge - in fact guests and other fly fishing club members are also invited to attend.

Sheedy is an author and has a CD for sale and is hoping to recover some of his costs from the sale of these items. We discussed the idea of holding some kind of raffle or draw for a few of them. The details will be discussed at the break in the meeting and subject to your approval. Announcements and the fly draw will also be held during that time. Bottom line: bring money.

Ellison Lake Fishout

As a club we have not done this one for a few years. I called Barry and he is really looking forward to having us back. The lake has been modified so that you can fish it from nearly all sides of it now. It can handle a lot more fishers from the shore. Float tubes or pontoon boats are still allowed. This private lake is located south west of Duncan.

He needs a minimum of five (there are already five directors who are interested). The fee is five dollars per hour per person and \$20.00 if you bonk one. There is gravel and grass beaches, lots of open spaces for casting, toilet, tables and shelter, fire pit and, yes, fish - lots of them and some a decent size. Saturday, March 31, 2007 is available and we will see who else is interested at the Tuesday meeting.

Spring Dinner

There are only eight seatings available for our annual Spring Dinner. First come first served. See page 9 for more details.

(more on page 3)

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. A few more and we could do the other one also.

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.



Casting Clinics

The second Tuesday evening in April and May is scheduled for a casting clinic at Westwood Lake. It will be the same format as last year - show up at the beaches at 6:30 pm and our more experienced casters will help you out with tips. Now that we have a projector, you may opt to have your casting taped on video so that you can see for yourself where changes need to be made.

Fly Display in the Hall

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

February Meeting



Bill McColl, left, is the head of our welcoming committee and did an admirable job in looking after Bill Ratcliff. Bill is the Treasurer of the Castaways Fly Fishers, Qualicum/Parksville and he invited all of us to attend their meeting March 20, 2007 (see the notice in this newsletter). Bill, you and your members are welcome to come to any of our meetings.



Dave Newman not only did a remarkable job in entertaining us, he also brought us up to date on what the Fish and Game Club is doing about Timber West's "Restriction of Access". His donation of a second screen also came in handy for the guest speaker presentation. Thanks again Dave.

Program

March 27, 2007: “Forage Workshop” by Bob Sheedy’s. This will be a longer presentation therefore, there will be no business meeting other than announcements and a draw at the break. Bob’s website is:
www.mwflyfishing.com.

April 10, 2007: Fly Casting Clinic at Westwood Lake followed by a review of the casting taped on video.

April 24, 2007: Peter Morrison: “Fly Fishing Salmon”

May 8, 2007: Fly Casting Clinic at Westwood Lake followed by a review of the casting taped on video.

May 22, 2007: Andy Sneddon: “Control Depth Fishing”

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

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.



Nile Creek Salmon Enhancement

The Castaways Fly Fishers have invited us to attend their next meeting at 7:00 pm, March 20, in the Qualicum Civic Centre. Ken Kirkby, Nile Creek Hatchery, will be the guest speaker and will talk about Salmonid enhancement problems, future projects, beach fishing etc. in the Nile Creek Area.

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

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.

Bob Sheedy's: "Forage Workshop"

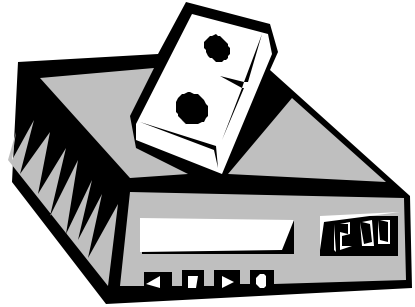
Forage is a new presentation, that examines forage items peculiar to stillwaters, their habits, preferred locations in lake and how they move. Many fly patterns are designed and tied to emulate various stages in the development of aquatic stillwater species but amazingly few people have seen them move, crawl or swim. Forage opens the underwater world through PowerPoint, video and a lecture that reveals the underwater world in astonishing detail. Not only does it show prospective color, shape and size but he details the various presentations required to capitalize on the viewers' newly gained knowledge. Don't miss this lively presentation.

Bob Sheedy's Biography

Bob Sheedy began very rudimentary fly fishing with his brother in 1953, in a somewhat unorthodox, and quite ineffectual manner. After fifty-plus years on the water, and several careers required to maintain close presence with forest environments, the required techniques have refined, particularly in the arena of stillwater fly fishing. To date, Bob has been a land surveyor, bush pilot, small-engine mechanic, forest ranger, trapper, prospector, geophysicist, ammonia refrigeration technician, video-grapher, photographer, writer and a producer of various media in aquatic insect studies and fly fishing instruction. He has to date authored two volumes, [Bob Sheedy's Lake Fly Fishing Strategies](#) and [Bob Sheedy's Top Fifty Stillwater Fly Patterns](#) both widely respected in the Stillwater world. Bob regularly lectures at various clubs and fly fishing expos across North America. Don't miss his lectures, PowerPoint, and Video presentations.

List of Videos

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



Note: Some of 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

Tying Soft Hackle Flies

John Beaven

1. Hook considerations.

- ? When fishing soft hackle flies you often have to hook the fish downstream of where you are standing which tends to pull the fly out of its mouth. You can change many “plucks” to solid hook-ups by using a small fly tied on a larger, very sharp hook with a wide gape.
- ? A lot of fishing is done downstream with three flies and there is a tendency for the flies to spin in the current – especially with fine tippet – and this cause tangles. A hook that is large, heavy and has a wide gape will act like a keel and help overcome this provided the flies are tied sparsely with soft hackle.
- ? Use chemically sharpened hooks described as 1x short or wide gape (or gap). Definitely avoid “wet fly” and “nymph” hooks which tend to be 1X or 2X Long. Don’t use hooks that are offset or curved caddis hooks as these also contribute to twisted leaders. If you prefer a standard hook shape it’s hard to beat the Kamasan B175. This hook is very sharp, has good gape and is heavy enough to minimize spinning of the leader. I now tie a lot of my soft hackle flies with this hook, even though it’s a bit on the heavy side. The Partridge G3A is a good heavy hook as well. The main thing is to get a hook that is reasonably heavy, sharp and with good gape.
- ? If you use the B175 you should also tie some flies on wide gape dry fly hooks for certain situations which I will go into later. Leader spin won’t be a problem here.
- ? Tie most flies in sizes 16 and 14. Tie a few in sizes 18 and 12 just in case. There are always immature nymphs going by so trout and grayling are used to seeing lots more small insects than large ones.

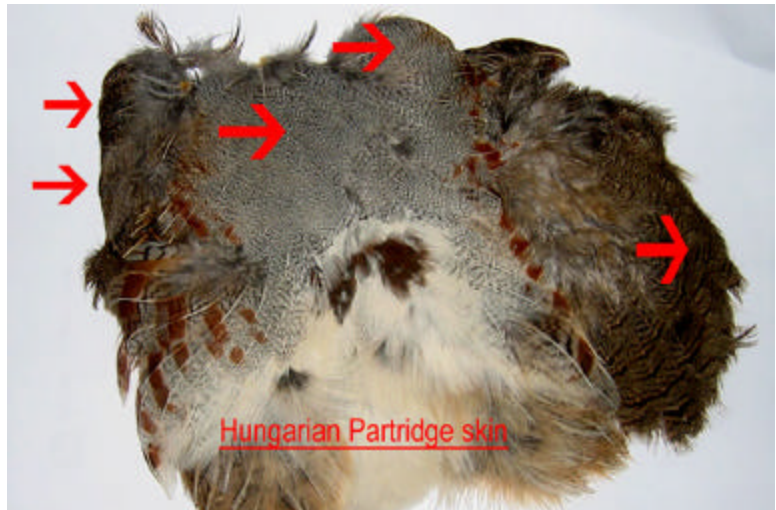
2. Silk.

- ? Use Pearsall’s Gossamer Silk for tying thread and use it to form the body. This material is very thick compared to the polyester thread we are used to working with so don’t use any extra turns or the fly will look ugly. It’s sold in lots of colors and I’ve tried a number of them over the years but have settled on five. I always start with the same three colors and rarely need to make a change.
- ? My top three colours are Orange, colour 6a (more gold than orange), Black, colour 9 and Green, colour 16.

Sometimes useful are Yellow, colour 3 or 5 and Purple colour 8.

3. Hackles.

- ? Traditionally, soft hackles came mainly from European game and garden birds. Some of these birds are now endangered. The feathers came from different parts of the birds but mainly from the neck/head, breast and wing shoulders. If you get hold of soft feathers in speckled black/white, speckled brown/tan and black you will be able to tie more patterns than you will have time to try.
- ? Try to get hold of a Hungarian Partridge skin including the small feathers on the head. This bird is common on the Prairies. The cape and head feathers are a beautiful speckled black/white and there are some nice speckled brown/tan feathers on the body. I use this bird, as opposed to the authentic English Partridge, as it’s easier to get and has more usable feathers. This will give you two of the three needed colours. The best black is from a male starling and one skin will provide lots of feathers from the neck and wing shoulders.
- ? There is nothing wrong with using soft hen feathers either. They are available in lots of colours and are cheaper and easier to work with than game birds. Snipe and purple is a popular pattern for trout, and tied with blue dun hen hackle the trout don’t seem to notice the difference. Woodcock and grouse wings are often available and the shoulder feathers are a nice speckled brown. Crows are OK for black too but get the small head feathers as well. Just be sure that all the feathers you use are very soft and will move easily in the water – that’s the key. I’ve never had much luck buying loose packets of feathers. The good, small feathers are never there!



4. Patterns

There are hundreds of patterns. I've tried a few dozen and frankly there's not much difference between them. The following are the ones I use and I'm confident if these aren't working changing patterns won't make any difference. I've marked in **BOLD** the only ones you really need for most situations. The others look nice in the fly box and give additional insurance for unusual circumstances.

??**Black Spider** (this is the most consistent pattern.)

Hook: **18, 16, 14**, 12.

Silk: Black, 9

Hackle: Starling

??**Partridge and Green**

Hook: **16, 14**.

Silk: Green (Olive), 16

Hackle: Speckled brown/tan
Hungarian Partridge (or
woodcock)

??**Partridge and Orange**

Hook: 16, **14, 12**.

Silk: Orange (Gold) 6a

Hackle: Speckled black/white
Hungarian Partridge
(or grizzle hen.). This can
also be tied with the brown/tan
feathers.

? Partridge and Yellow

Hook: 18, 16, 14.

Silk: Yellow, 3 or 5

Hackle: Speckled black/white
Hungarian Partridge (or
grizzle hen.).

??**Snipe and Purple**

Hook: 16, **14**.

Silk: Purple, 8

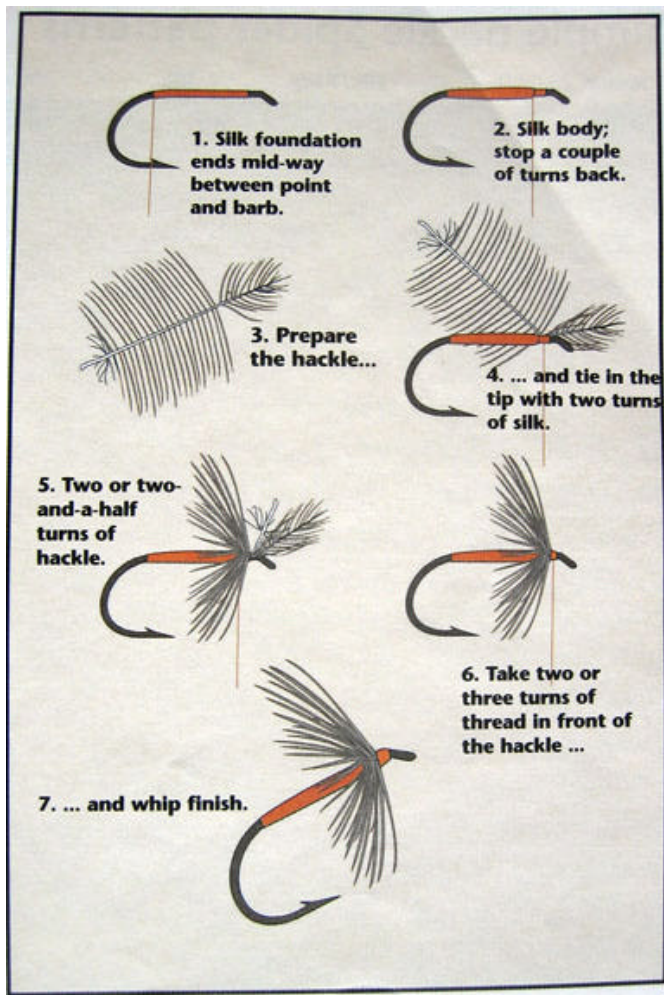
Hackle: Blue dun hen or
speckled black/white
Hungarian Partridge. Neither
is exactly like snipe feathers
but they both work fine.



- ? Starling and Purple
Hook: 16, 14,
Silk: Purple, 8
Hackle: Starling

5. Tying instructions

- ? Tying is very quick and easy. Shown below is the tying sequence that I copied from an old advertising pamphlet from Partridge in UK. The only problem with the drawings is that in "1" it shows the body extending to the back of the barb, which is too far back, and in "7" there is too much hackle and it's too short. The hackle should extend well beyond the hook point. See photos below. I'm sure there is more on the internet but I haven't been able to find anything decent.



- ? For all game bird feathers you must tie in at the tip as the stems are very thick and don't wind well.
- ? Aim for only 12 hackle fibres with partridge and about 24 with the finer starling. I believe that if you have more than this the effectiveness of the fly drops off rapidly. Often when you catch a fish you will lose a fibre or two and the flies seem to be at their peak when they have lost half of them! I believe that the main reason soft hackle flies are not used more is because the ones sold in stores are too bushy and not very effective. Bushy flies will also twist your leader in faster water.
- ? Try to get the fibres to stand out from the hook as much as possible so they move with the slightest current. If necessary put a couple of thread turns behind the hackle to hold the fibres out.
- ? A few completed flies. Notice that the body is small compared with the size of the hook. These flies are great hookers.



These flies can be used in still or running water. In still water a black spider on a long leader slowly retrieved can be deadly during a midge hatch. You can fish them all year for trout and grayling. They can be cast to rising fish and it's usually not necessary to match the hatch! Partridge and Orange and Black Spiders are my favourites on size 16 or 14.

Thanks, John, for the very informative article. The Editor.

Guest Speaker, Pat Micek:

Island Rivers and a Couple of Beaches and More

Pat's 34 years of fly fishing really became a passion when he moved to Victoria 12 years ago. He spent over 100 days per year for the first couple of years searching for steelhead in hidden pools in remote rivers. These fish can still be found if you are prepared to drive somewhat further, hike a longer then descend into a deep canyon. In these areas you will not be bothered by competing fishers. Pat's slide presentation showed remarkably beautiful rivers, large, well-conditioned steelhead and he is not adverse to trout especially cutthroat. These rivers include:

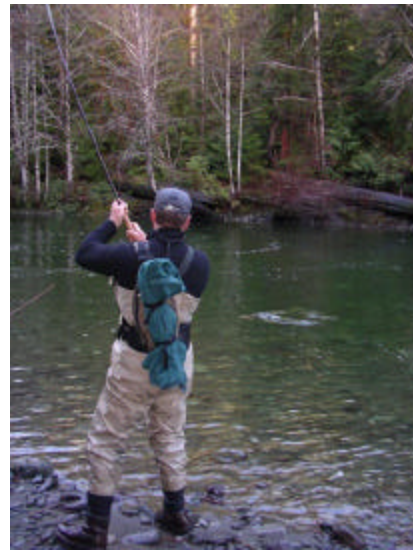
These rivers include:

- Marble River and Canyon
- Tsitika River
- Gold River and its tributary the Heber
- Campbell River especially between the Islands
- Toquart River on the West Coast of the Island
- Nahmint River where Pat saw the largest steelhead ever at least 25 lb. but it was too elusive to catch that day
- Cowichan River but it is getting over fished he counted 16 boats in one day.
- Gordon River especially around the first of June
- Secret River - it is just too good to share!
- Leiner River in August

Some of Pat's favourite flies include:

- Borden Special (deadly)
- Black Cone Head Bunny Leech
- March Brown Nymph
- Bead Head Flash Nymph
- Lighting Bug - a flash nymph
- Spent Caddis
- Pink Bunny Leech (with Chrystal Flash)
- Borden Trude (dry, with calf tail wing)
- Cutty (#8, olive and white polar bear with chrystal flash wing; Mylar on the shaft and red tail. All quite sparse)

Pat Micek presented his slide show of his favourite rivers on Vancouver Island. After 12 years here, he is still searching for elusive steelhead where other fishers do not.



Yes, there are lunker steelhead in the Nahmit!



January, 2007

Pat proves that there are still steelhead in the Cowichan River.

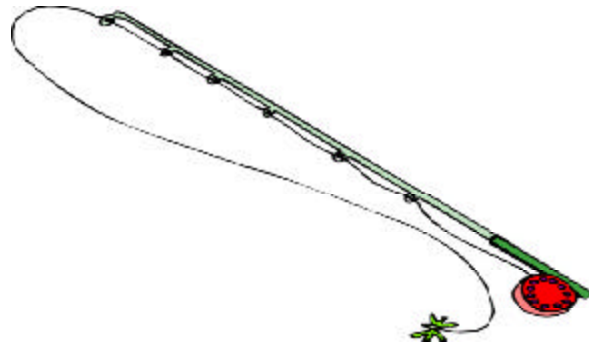
Pat's Cutty Special



- Hook: TMC 9394 (#10-#6)
Thread: Black 3/0 and mono thread
Tail: Red polar bear
Body: Silver or holographic tinsel wrapped with silver wire
Wing: Stacked (descending) olive green polar bear or like material, white or clear crystal flash, followed by white polar bear
Head: Black thread completes the head and may be covered with a light coat of epoxy

No other pattern has proven more successful for sea run cutthroat fishing than this pattern. It has proved effective in the spring when the salmon fry descend, in summer as the cutthroat patrol the beaches and in the dead of winter when some of the cutts move back to the salt after feeding on eggs. A slow and long strip will usually produce a violent take, but that isn't the only way to retrieve this pattern

Fly Rod For Sale



LOCHMOR-X (made in Scotland) 9ft #6 fly rod, with case, like new condition. \$99.00. (Not exactly as illustrated). Call Doug Winters at 758-7303.

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.

Club Library

The list of books has now swelled to over 63 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.

Spring Dinner

The spring dinner for the IWFF is April 21 at the Nanaimo Golf Club. This room seats approx. 35 so the first 35 who book and pay for dinner get in. We have to know what dinners the members want and they need to be paid in advance. There are 3 choices for dinner ROSEMARY STRIPLOIN STEAK with RED WINE SAUTEED WHOLE MUSHROOMS, or HONEY CORIANDER ROASTED CHICKEN SUPREME with ASIAN SLAW, or PRAWN & SCALLOP LINGUINE with FRESH BASIL PESTO SAUCE, these are our only choices. The Appetiser is ORGANIC GREENS with RASPBERRY VINAIGRETTE, and the Desert is NEW YORK CHEESECAKE with WARM CHERRY SAUCE. Jack needs to know who is going and what they want for dinner. The cost (which was voted on) is \$23 per person. To simplify the process, please pay Jack or Elena Toomer by cheque payable to the "Island Waters Fly Fishers". The golf club needs the menu selections and how many two weeks before the dinner date.

February Meeting Winners



Ron Maldon, left, won the Gilly Draw (conducted by Ray Honig) and did it by drawing his own ticket. This is the second meeting in a row that this has happened. But Ron put it to good use by purchasing a new membership with us. Welcome aboard Ron.



Ed Tremblay, our man who looks after the video free rentals, accepts the runner-up prize of the Gilly - what else but a Lake Fishing DVD! produced by Steve Wawrykow. Ed then went back to work looking after his busy department.



Bob Kissinger, right, accepts his fly draw winnings from Harold Tinling. This was Bob's second win of the night - he also qualified for the Tee shirt draw.



Dave Newman won the runner-up prize of the fly draw - pheasant tail donated by Jim MacFie. Dave's sweater did an admirable job of camouflaging the prize but, believe me, it is there.

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).

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.

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 .



Ron Busche, standing, observes Master Rod Builder, Dave Degner demonstrate the fine points in wrapping thread to hold the guides for Ron's Sage #5, 9 ft. fly rod.