

Golden Quill by Spider

Kapiti Fly Fishing Club Newsletter



April 2016



Presidents report

By Now the clocks have been switched back to winter time. It may be a change in seasons but the rivers are still open. As autumn bears down on us browns and bows are thinking about heading to spawning grounds. They feast in preparation for winter so now is a great time to be on the water provided that your stream hasn't dried up from the summer heat or water extraction. Or as a consequence of human consumption or in the case of Wairarapa farm land irrigation.

A hot topic at our last meeting was river water and how our rivers are looked after. Nigel Wilson, our local representative on the Wellington Regional Council, gave his views on how local government handled them. He called for ground floor information to monitor changes, good and bad. Only a small pod of members heard his presentation which allowed for candid conversation. Both KCDC and WRC are keen to hear reports or even photos of changes and observations in the local rivers. We are the local eyes and ears in the water so to speak. I'm sure we see more than the politicians and consultants.

A few events are lined to happen this month. Don't be shy to become involved. A fishing gear auction, trip to Rangitikei River and Turangi, plus a visit from Hutt Valley club members to fish the Waikanae River.

p.s. May is AGM month. Who do you want to run our club? Hands up it's open to anyone.

From Editor

*Any newsletters success is influenced by the contribution of others so please pass on any truthful or Imaginative stories otherwise you may find 'yourself' as part of future tales from the river bank.
Spider malcolm1@xtra.co.nz*

**You are invited to the next KFFC Club Night on
Monday 25 April**

Photo on front cover: Hinemaiaia River lower reaches - Remember your photo could be on the front of next month's newsletter, just send it to: malcolm1@xtra.co.nz

From the Tyre's Bench at School Road

Caddis larva Pattern

The Caddis is one of the main ingredients of the Trout daily menu, on the Waikanae I have found a 'dirty grey' colour very effective while on the Tongariro River the Green Caddis is a must. I will often use the caddis as my weighted nymph combined with a 'Hare and Copper'. A few years ago I came across the following pattern that is easy to tie and very effective at deceiving trout.

Materials required to tie the Caddis larva Fly Pattern

Hook: Tiemco 2487 size #16-#10

Thread: Dark brown 8/0

Weight: .020" lead wire

Tail: Z-lon, or Antron colour to suit such as dirty yellow/tan or olive

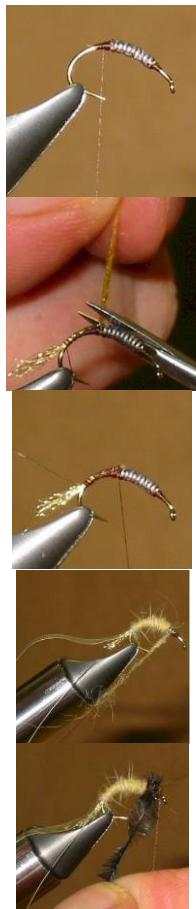
Rib: 4x tippet material - I use 7kg on size 12 hooks

Back: Clear Stretch Flex or similar

Body: Tan/olive rabbit fur dubbing

Head: Dark brown rabbit/Antron dubbing (Hareline)

Legs: Black ostrich herl Brown, waterproof marker



Wrap lead, approx. 6-10 wraps, depending on hook size.

Secure with thread, and then create a tapered effect so the body will look natural.

Now tie in Z-lon or Antron tail, roughly half the length the hook. Depending on the size of the hook you make need to reduce the thickness of Z-lon.

You now need to tie in the ribbing, I use 7 kg Maxima. Once you have secured the ribbing you can tie in a length of Stretch Flex

You can now begin dubbing the body, remember that Caddis have a tapered body so start slim and build up the thickness towards the eye but leave yourself room to create the head.

Now tie in the ostrich herl and wind forward 3 or 4 turns to create the head, leaving a little bit more room near the eye of the hook than you normally would.



Pull plastic strip forward, stretching just enough to keep it centred on the TOP of the fly. At the point where the strip will lie over the dark brown dubbed head, mark the strip with the brown marker on both sides. You need to apply a bit of tension and check the position is correct.

You can now tie off the plastic and trim close to the head.

The last step is to wind the tippet material all the way forward to create a segmented effect. It should look buggy, and is accurate as the head of the naturals tapers a bit like the tail does. If you need to trim the tail make it look a bit irregular.

Caddis Larva Nymph



Good luck I think this fly is a great addition to ANY fly box.
Cheers, Rob O'Reilly

Trout fishing Lobby Backs River Protection Calls

Monday, 14 March 2016, Press Release: New Zealand Federation of Freshwater Anglers

Trout fishing Lobby Backs River Protection Calls.

A national trout fishing advocacy, the NZ Federation of Freshwater Anglers, has backed calls by the Tourism Industry, the Environmental Defence Society and Department of Conservation to safeguard public rivers.

Just last week, the government announced a further \$1.6 million worth of funding for three irrigation schemes.

The calls came from the Tourism Export Council that New Zealand's tourism could be harmed by continuing and increasing exploitation of rivers for irrigation while the conservation department has warned that government plans to alter the Resource Management Act will cut the public's rights to object to water exploitation. Statutory organisations with responsibilities for freshwater management, such as Fish & Game NZ, would also be affected.

Ken Sims of the Manawatu and spokesman for the Federation of Freshwater Anglers said the calls were very timely in the face of government continuing to dogmatically push for more large scale irrigation using taxpayer's money, and to make it more difficult to oppose this exploitation. "Given the timing, it is difficult not to see this as a Government response to their plans for the Ruataniwha Dam being partially thwarted" he said.

"It should not be forgotten that these rivers are public resources and not up for grabs by corporate dairying or other commercial interests. Statements by John Key and Nathan Guy today would indicate that both cannot yet see that rampant agricultural intensification is the problem, not the solution. Besides the current slump in dairy prices that looks set for some foreseeable time, makes for economic lunacy as well as environmental and ecological vandalism," he said.

He said government had long signalled its disregard for rivers and its obsession with exploitation when it proposed lowering river quality standards from fit for swimming to fit for boating and wading. 'After all you could boat in a sewage pond and (in waders), wade in a cesspool,' he said.

Ken Sims said government intentions were short-sighted monetary greed.

"What legacy will be left for future generations?"

He said he was deeply disappointed that legislation to lower water standards came from present or recent past government's environment and conservation ministers thereby demeaning their portfolios.

Ends.

KFFC Fly casting day Sunday 20 March 2016

A keen bunch of dedicated fishers showed up at the Otaihanga Domain at 10 am prompt. The conditions could not have been any better bright calm early autumn morning the birds were singing and the bloody dogs were barking.

Dorwin got things underway, he brought along a toy fishing rod (practice) and we stood in wonder and amazement at the lengths the fishing tackle suppliers will go to get good cash out of your pocket and into their tills. I decided to get all enthusiastic and suggested we get cracking, so we all got the kit out of the cars and lined up for a lesson on the basics.

First of course, safety no hooks today just some yarn. Sun glasses and caps at all times when casting either in practice or for real. Gear check, we were all using 5 or 6 weight carbon rods with floating line this will get you fishing on dry fly or nymphs virtually anywhere in NZ so it's a great starting rig.

The first steps for any good casting technique is a proper stance relaxed balanced and one foot leading and maintain smooth delivery of energy into the line. Use the entire body don't just stand like a log, use the position of your feet the rotation of your hips and shoulders throughout, keep your arm action low and make sure the rod tip is travelling in a straight line.

The importance of producing a good D loop was discussed and the correct method for performing this was also demonstrated. The main points here are to start the cast with the rod tip low to the ground. Quick and positive applied pressure to the rod, stopping high at the correct point and be conscious about the timing required between back cast and forward cast and transferring the energy into the line.

The rod tip must travel in a straight line (not in and arch) and this was discussed and demonstrated. Listening to the rod is a good indication if you are casting correctly. If there is a whooshing sound this is very undesirable, the rod should have a positive short high pitched swish which comes to an abrupt stop. It shows the right amount of energy is in use.

The right action should feel like a hammer blow where the energy comes to an abrupt stop. I've also known it described like flicking paint off a paint brush so Jackson Pollock should have had some idea about this, just give him a call (good luck with that).

The cast should deliver a straight accurate line onto the water and this is achieved with a positive high stop on the forward cast and a split second later guiding the line down onto the water at the end of the stroke. Line control at this point cannot be overstressed.

After going through the basic cast we then spoke about the importance of the double haul and how the left hand comes into play to deliver power into the shot. I showed everybody the basics double haul (without murdering the cast) and suggested everybody should go and practice so that it becomes part of their normal fishing and casing technique at all times this is a real game changer.

Then we all took up positions and really got onto casting with quality time spent applying the basics and understanding the correct techniques. Within 20 minutes we were all casting like demons, I could see plenty of energy, rods being used as nature intended and folks performing tight loops with some very good double hauls and nice fly deliveries, all that remained was an obliging trout.

Well done every body.

I think we had a very productive hour on the fly rod. The big message is, find a flat lawn start at the beginning, practice, practice, practice – Improve your understanding and technique and fruitful fishing will follow.

Peter followed up with a good sausage sizzle and we all had a good chat about fishing and experiences, all in all a lovely way to spend a couple of hours on a Sunday morning. As we snacked we realised we did not carry out the competition for distance or accuracy, but nobody seemed to put out as we had really enjoyed the morning and the company was lovely.....So we were all winners.

Oh well there's always next year.

Thanks to everybody who showed up and thanks to Craig for organising the morning sorry we didn't take a pic but we all looked great anyway.

Tight lines and keep practising.

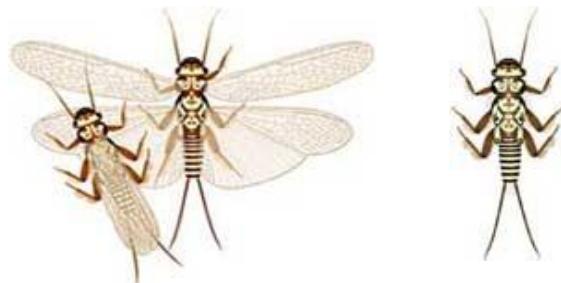
Tony

Understanding what insects trout feed on

Experts say a stream's health is best gauged by the diversity and abundance of insects, not just fish populations. There are three types of insects that are key source of food for trout and they are: **stone flies, mayflies and caddis flies**.

Mayflies and stone flies are called nymphs during their underwater stage. They moult directly into their adult form. The caddis fly is known as a larva during its aquatic stage.

To become an adult, it must first build a cocoon, seal itself inside and undergo metamorphosis — a process similar to that of a caterpillar turning into a butterfly.



STONE FLY NYMPH

The Stone fly nymph is often carnivorous. Large mouth parts allow it to tear apart and eat other insects and sometimes small fish. Many stone flies are shredders, tearing off pieces of leaves and other plant life. Sloppy eating habits create food scraps used by other insects. Often quick and agile the stone fly nymph can live up to four years underwater. Nymphs grow up to two inches long before moulting into the adult form. They emerge from the water year-around.

The stone fly is the aquatic insect most sensitive to environmental damage. It is the first to be lost when stream water temperatures climb, oxygen levels drop or flows decline.

The **ADULTS** can fly, but not well, it hangs out around the edge of the streams, mainly crawling to get around. Only lives three to four days as an adult. Their main source of food is algae and lichens, but sparingly because its mouth pieces don't work well.

They attach their mate by drumming its abdomen against the ground and mates while resting on branches, rocks. Females skim over the water's surface dropping its eggs.



MAYFLY NYMPH

Primarily plant-eating, nymphs graze on algae. Generally small, and can live up to two years in the aquatic stage. Instead of growing into an adult inside a cocoon, the mayfly moults directly into its adult form. It swims to the surface, bursts out of its shell and flies off on its new wings.

It moult again when it's ready to breed and it's the only insect that moult again after growing wings. It is left with a more streamlined body, longer legs and long tail parts and the wings are transparent.

Hundreds of **ADULTS** swarm into the air together, undulating up and down in search of mates. In New Zealand you may not see this on our local rivers but it is a common site on the Mataura River in Southland and other slower moving rivers.

The females lay eggs by skimming across the water's surface. An adult mayfly has a short adult life stage, with some species surviving only a couple of hours after taking wing. Adult mayflies don't eat, and their intestines are often filled with air, which is why they float after death. Some adult mayflies don't even have mouths.

A "hatch" often refers to a large emergence of adult mayflies. The spring hatch is a key food source for trout and anglers love mayfly hatches because they know that's when the fish will be biting.



CADDIS FLY

NET SPINNER LARVA - this caddis fly larva spins a net to catch food, eats small pieces of leaves, plant material and other debris that the current floats into its net. Unlike most other caddis flies, it does not build a house to live in and spends about a year underwater.

CASE-LESS LARVA - is smaller, usually only grows to 5mm. Looks like a worm and will make a cocoon to pupate into adulthood and can live for a year underwater.

CASE LARVA - this insect builds its own house. Some craft a perfectly symmetrical home of twigs; others glue together chunks of bark, gravel and plants. Caddis flies in fast-moving water build gravel homes to keep from getting washed away. Like a hermit crab, the caddis carries its house. Inside the shell, the larva looks like a grub. A scavenger, it rarely hunts for its food.



CADDIS PUPA - All caddis flies go through this brief, odd life stage. They emerge from cocoons underwater and use oar like legs to swim to the surface. Their pupa shells inflate with gases, floating them just like a life vest. They can drift for long distances before shedding their pupa skin. This is a dangerous time for caddis, when they are most vulnerable to fish. Once at the surface, they moult once more and emerge as winged adults.



ADULT CADDIS

Hairy scales create a fuzzy appearance; can grow to more than 25mm. The adult fly is often agile and able to run on the

Hairy scales create a fuzzy

water's surface. Some are strong swimmers and good fliers. They spend most of its time hiding so; little is known about adult habits. They feed off the nectar of plants, usually lapping up nourishing juices by chewing on leaves. They can live up to two months as an adult and they mate in the air over land. The female returns to the water to lay her eggs.

The Caddis is one of the most prolific insects of our New Zealand Rivers and you will often see the adult skipping across the water and can represent 80% of the trout's diet.

*Illustrations by Judy Stanley, Herald Artist
Information written by Lukas Velush, Herald Writer*

If you would like to learn more about the caddis I would recommend the following books:

- Trout with Nymph by Tony Orman
- Trout Stream Insects of New Zealand by Norman Marsh
- The Caddis and the Angler by Larry Solomon and Eric Leiser

Club Events coming up

Do you have any surplus Fly Fishing Gear that lacks tender loving care that you would like pass onto someone in need?

If so why not bring it along to our next Club Night on Monday 25 April and sell it at the clubs auction for a small fee-donation to the club. Contact Craig Gutry or Malcolm Francis with the details of what you want to sell and any details on reserve prices.

Date	Event	Contact person
Friday 15 to Sunday 17 April	Weekend fishing Rangitikei River at Black Cottage	Stuart Ayres
Monday 25 April	Auction night wide range fishing gear and books	Craig Gutry
Saturday 30 April	Hutt Valley Fly Fishing club visit to fish Waikanae River	Malcolm Francis
22 to 23 April	Turangi	Craig Gutry
Monday 23 May	AGM Kapiti Fly Fishing Club	
Sunday 29 May	Day on river Manawatu River	TBC

Ten great trout fishing rivers in New Zealand

In the words of Roderick Haig-Brown, “I had to learn a lot on my own which is a fascinating process but a slow one.” But in New Zealand, the advantages are all there and waiting.

Known as the best sighted fishing grounds in the world, New Zealand has no shortage of pristine streams, rivers and lakes. Trout are big and plentiful all along the length of the country. The central [North Island](#) is primarily rainbow territory, while the top of the [South Island](#) has built a reputation as the prime brown trout fishery, and further south you’ll find our most diverse waters, from glorious rivers teeming with wild fish to monumental glacial formed lakes ringed by native forest.

An experienced local guide can design a customized itinerary to suit your tastes and ultimately bring in more and bigger trout at the end of the day. Better yet, base yourself at one of the tranquil fishing lodges around the country – these are magnificently placed for the dedicated angler, in close proximity to some of the world’s best fly fishing waters.

As for finding the “best” rivers in this fishing paradise, it’s easy here are ten great ones to get your feet wet in.

Tongariro River



Long known for the spawning runs that enter it from Lake Taupo from April to November, the incredible [Tongariro River](#) has much more to offer.

Excellent summer fishing for both resident trout and fat lake fish that come into the river to stuff themselves on cicadas.

After fishing smaller rivers with smart trout, you’ll appreciate being able to fish large rubber legged dry flies and heavier tippets. This river is often ignored as a summer destination by many who only visit the river during the winter months.

Ngongotaha River - Rotorua



Flowing into Lake Rotorua, the Ngongotaha has a year-round population of both browns and rainbows and a well-deserved popularity. But in April and May when the runs are coming up from the lake, it will be at its absolute best. This is when catch rates can go through the roof.

It’s also a nice time to be in the Rotorua area after the warmth of summer has passed and fish are on the move.

Rai River - Nelson



With over 200 fish per kilometer above the falls, the Rai River is well populated with both browns and rainbows. It is often called a "purist's river" and is a scenic and superb early season choice.

From where it enters the phenomenal Pelorus River upstream to its little tributaries, this is a fly fishing only stream and is easily accessible - just a short drive from Havelock . I have fished this beautiful river on many occasions with both dry flies and nymphs; the upper Pelorus above the 'swing bridge' has excellent fishing.

Motueka River - Nelson



With a high density of 2 to 5 pound browns, reliable hatches, and easy wading and walking, the Motueka River is a South Island favorite.

The lower parts of the Motueka River are well known for sea run trout and can be a lot of fun for youngsters to start to learn trout fishing.

Excellent destination during the warmer months with the dry fly with a nymph dropper producing some excellent fishing. If you are over in the Nelson area this is a 'must fish' river.

Buller River - Nelson and West Coast



The Buller River is one of my most favorite rivers in South Island, picture perfect with deep crystal clear water and 'super charge trout' to try and tame.

When it enters the Tasman Sea at Westport, the Buller is a large and formidable river. But upstream, above some of its larger tributaries, the Buller comes into its friendly best between the fishy towns of Murchinson and St. Arnaud.

If you like fishing smaller flows, then all you need to do is travel further upstream towards Lake Rotoiti where you will be passing some of the feeder streams such as Owen, Matiri and Gowen Rivers all excellent fishing rivers.

Haast River - West Coast



Fishing the mysterious river estuaries that enter the Tasman Sea on the West Coast of the South Island has been catching on with locals and visitors alike and the mouth of the Haast River would be as good as any.

The estuary browns can be 10 inches or 10+ pounds and are available year round. But early in the season, when there are still some whitebait around, is the best time to cast your streamers and watch for the swirls of feeding fish and feel the wonderful grab on a tight, swinging line.

Eglinton River - Fiordland



From where it leaves Lake Gunn to where it enters Lake Te Anau, the magnificent Eglinton River is a joy to fish for both browns and rainbows and it would take several days to fish this stretch.

Most of it flows through a very large meadow and if you feel like you are fishing in a park, it's because you are - Fiordland National Park. Nearby Te Anau is a perfect place to base yourself and there are good rivers in all directions. A very hard river to drive past without stopping, a challenging but rewarding river to fish.

Mataura River - Southland



From just above the hamlet of Garston to well below the town of Gore, the Mataura River would be the most popular river in Southland.

With a gentle gradient, interesting tributaries, good hatches and an impressive fish density, it's been patronised by generations of anglers and some would fish nowhere else. This would be one of New Zealand's most effective dry fly fishing waters where you will see major hatches of May Fly.

This photo is of the 'Cattle Flats' one of the most famous parts of this wonderful river.

Oreti River - Southland



A small river with some strikingly large fish that have some ocean feeding in their background – that's the Oreti River in a nutshell.

Above the town of Mossburn, the average size jumps up and attracts the most skilled connoisseurs of fly fishing. This would make the Oreti a river best fished at the end of your trip after your abilities have been honed and tuned up.

Ahuriri River - Central Otago



The sleepy little town of Omarama is reminiscent of Ennis, Montana. But instead of the Madison River flowing through town, it's the Ahuriri River, truly one of the most loved trout rivers in the world.

From where it enters Lake Benmore (flats fishing) to above Ben Avon Station where it starts climbing into the Southern Alps, there is enough water to make a month fly by. Your camera will love the upper reaches as much as you will and tarns and spring ponds will pull on you as well.

One more the river I return to time and time again – Waikanae River



This small stream flows through the village of Waikanae; the source of the river comes from Western Taraua Ranges. Brown Trout share this river with many numerous native fish, as you walk along the excellent access pathways you can stop and pause and you will often see trout feeding.

During the summer months there are many users of this river which makes fly fishing a challenge, but one that I enjoy. To be successful you need to 'tread lightly' and use small flies

and light gear as the fish are easily spooked.
This river is closed to fishing from 1 May to 31
September.

Kapiti Fly Fishing Club

Purpose:

- *To promote the art and sport of Fly Fishing.*
- *To respect the ownership of land adjoining waterways.*
- *To promote the protection of fish and wildlife habitat.*
- *To promote friendship and goodwill between members.*
- *To promote and encourage the exchange of information between members.*

Contacts

President:	Craig Gutry: Email: craiggutry@gmail.com
Secretary:	Vacant
Treasurer	Hugh Driver: ph.04 902 0177 Email: drivers@paradise.net.nz
Past President	Stuart Ayres: ph. 04 Email: stuartayres1@gmail.com
Newsletter	Malcolm Francis: 06 3642101
Committee:	Peter Kettle: ph. Email: peterkettle@clear.co.nz

Club meetings

You are invited to attend our club meetings that are held on the **Fourth Monday** of each month.

The venue is the **Turf Pavilion Sport Grounds**, Scaife Street, Paraparaumu,

Our **meetings start at 7:30pm** with fellowship followed by speakers of activities.

Club Committee meetings are held on the first Monday of each month and the meetings are held at various members homes and start at 7:30pm.

Malcolm Francis: ph. 06 364 2101
Email: malcolm1@xtra.co.nz

Peter Haakman: ph.
Email: phaak@xtra.co.nz

IMPORTANT NOTICE

Please remember that the club has two Five Weight 8'6" fly rods that members are welcome to use, just contact Malcolm Francis.

Newsletter copy to be received by Second Monday of each month, your contribution is welcome just send it to Spider malcolm1@xtra.co.nz