



Kapiti Fly Fishing Club

November Newsletter



PRESIDENTS REPORT

Welcome to the silly season. Most of you will be thinking about Christmas, a break from work, family gatherings and what is going to happen in the new year. Then there are the meetings, work dos and the frantic rush to get projects completed. We all deal with this time differently.

Good luck and festive wishes to everyone.

In November, the remainder of the Rainbow Fishery opens for the season. The dry fly hatches and nymph fishing continues, a month with historically high catch rates. The weather is warming as spring nears conclusion and the fish are voracious in their feeding, accumulating bulk and muscle after wintering over. In December river levels drop, increasing dry fly action and nymphing continues to be very active. A superb month for Kiwis. Many anglers struggle to get away from family and work commitments leading up to Christmas.

In case you were asleep, October is over and November is here. Weather was up and down, shaken, wet, cold and hot but no snow. A few members witnessed a great presentation on the Waikanae River with Malcolm Francis. I am itching to get back out there and try some techniques and spot all the fish Malcolm was talking about.

The next club meeting is on 28 November, the last for this year. Improve your casting with this great presentation by Tony Jacques. Also, I would like to invite you and your partner to my place in Paraparaumu Beach for a BBQ on 3rd December. BYO drink and a plate. RSVP to me by 30 November so I can allocate the plate you will bring, a koha of \$10 per family will cover the purchase of meat for the BBQ.

Tight lines

Craig

Bring your favourite rod, reel and line to Monday nights club night and pick up some useful tips on improving your casting.

From Editor

Photo on front cover: Waikanae River – Upstream from Water Treatment Plant... by Malcolm Francis

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 Nigh on
Monday 28 November – Fine tuning your fly
casting – Tony Jacques.***

FROM THE TYRE'S BENCH AT SCHOOL ROAD

Olive Klinkhamer- by Loren Williams



In the middle 1980's Hans Van Klinken created the "Klinkhamer" for fooling his beloved grayling. In the years since the "Klink" as it has become known has fooled not only grayling, but trout and other surface feeding fish on most continents. This tutorial aims to reproduce the Klinkhamer as originally created, only using my preferred tying techniques.

Materials:

Hook:

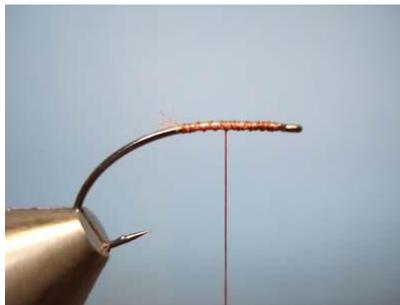
Wing Post: Synthetic olive yarn, you can use other coloured dubbing such as brown and tan

Abdomen:

Thorax: Peacock Herl

Hackle: Grizzly Saddle Hackle

1. Place the de-barbed hook firmly in the vise, lay a base of thread on the "flat" of the shank.



2. Select your favourite post material, get a healthy bunch of the material for the wing post. Using the pinch wrap, bind the material to the middle of the flat.



3. Wrap rearward down into the curved section of the shank to build the abdomen taper. Clip the excess close and at an angle.



4. Lay a base of thread well down the shank to prepare for the abdomen, be sure to taper the area where you clipped the post material.



5. Advance the thread to in front of the post. Pull the post back hard and begin to build a thread dam in front.



6. A well-tapered dam will help hold the post erect.



7. Wrap the thread well up the post to form a strong base for the parachute hackle. Then advance the thread to the rear of the flat.



8. Apply dubbing by keeping the dubbing fibres long and parallel to the thread-apply by rolling onto the thread sparsely and in a clockwise direction.



9. Dub a thin tapered abdomen, keep it thin.



10. Select a quality rooster cape. I prefer to use grizzly hackle but the choice is yours. Select a hackle whose barbs are slightly longer than the shank's "flat."



11. Expose the stem above the point where the webbing ceases and clip off the rest.



12. Advance the thread to a point between the eye and post, with the concave side facing you, catch-in the stem.



13. Lift the hackle erect as you bind the stem to the shank, keeping the concave side facing away from the post. Wrap the stem to the post, keeping the concavity away from the post.



14. Select several quality peacock herls. Roughly align the tips.



15. Trim the ends even



16. Catch-in the Herl bundle in front of the post and bind it back to the abdomen. Take the thread back forward.



17. Wrap the Herl bundle forward, the final pass goes over the shank, in front of the thread, under the shank and back up and to the rear. Two wraps of thread will neatly secure the Herl.



18. Trim excess...



19. Crease the hackle stem by pulling it downward. This will make the first wrap behave.



20. Make the first hackle wrap in a counter clockwise direction, being sure that the concavity of the barbs is oriented downward.



21. Continue with subsequent wraps, each under the previous.



22. The final wrap passes to the far side of the shank. Grasp the hackle tip and pull back the barbs—while pulling the wrapped barbs back too—to expose the stem and head.



23. Secure with three wraps of thread and trim excess hackle



24. Finish with a neat head whip finish and clip the thread.



25. Dress the fly by stroking the barbs back into position, an easy chore with quality hackle. Using two hands, pull the post apart, like a girl's ponytail, to force the hackle wraps toward the hook shank.



Clip the post to your desired length and you have...a completed Olive [Klinkhamer](#)!

REPORT FROM OUR TURANGI CORRESPONDENT – NOEL THOMAS

Noel is away in Australia at present so there no report this month, last weekend six members joined me on a trip to Turangi and overall the fishing was challenging but we did manage to catch and land a few trout.

THE RIFFLE

Riffles are among those sections of water where the stream is more shallow. The streambed is comprised of rocks large enough to disturb the flow of water. This leads to an easily recognized, choppy surface, as seen in the picture below.



a riffle in the Firehole River, Yellowstone National Park

Riffles provides three things that trout need. The first is oxygen. The waves or chop entrap air in the water's surface. This trapped air mixes in the water column, providing an oxygen-rich environment. This is particularly important in late summer and fall, when water levels are lower, stream flows reduced, and oxygen levels low in many sections of the stream. Therefore, fish will often congregate in riffles at this time of the year.

The second thing is the broken surface, which provides cover from overhead predators such as osprey and herons, which have difficulty seeing through the chop. Smaller fish feel secure in a riffle under almost all circumstances. But larger fish, those measuring in the mid-teens or greater, will usually be there only at times of low light, first thing in the morning and at dusk, unless there are some deep holes or pockets to provide added cover.

The third element that riffles provide for trout is an abundance of food. The shallow water allows sunlight to penetrate to the rocky bottom. This promotes the growth of micro and macro algae, and plants. The abundant vegetative foodstuffs and freshly oxygenated water lead most aquatic insects to lay their eggs in riffles. After hatching, some nymphs and larvae will disperse to other sections of the stream by riding in the drift, but a heavy population will always remain in the riffle. In addition to these favored trout foods, daphnia, freshwater shrimp and minnows will also be present. Thus, riffles offer a rich, feeding lie throughout the year.

In addition to the characteristics of the riffle described above, riffles usually carve out a deep run immediately downstream of them. It is here that the big fish spend most of their time. They feel more secure in the deeper water. Food will flow from the riffle into the run, carried by narrow currents, often marked by a line of bubbles.

Below is a picture of a riffle, which flows into a nice run along the grassy bank.



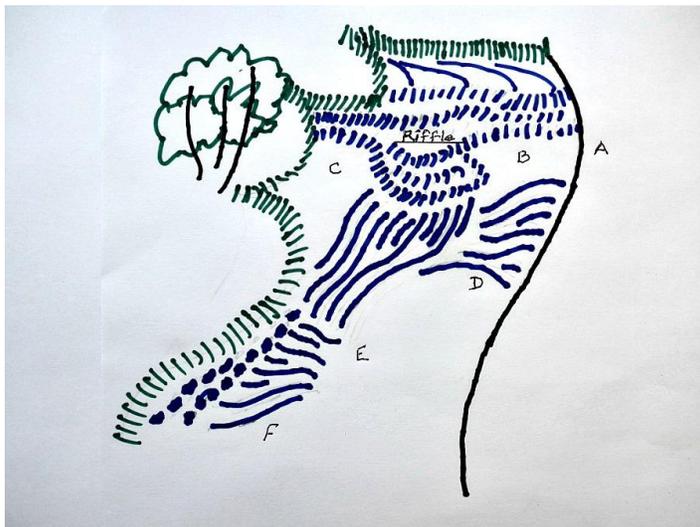
a riffle and run

Fishing the Riffle

When fishing a riffle, I try to present my flies as naturally as possible. I think this can be most easily accomplished when casting from a position to the side of the riffle. I like to cast my fly just upstream of the riffle, which allows the fly to gently enter the riffle. By raising the rod to lift excess line off the water when the fly is upstream of me, and then lowering it as the fly passes downstream of me, a long drift can be presented to lurking trout. In addition, these maneuvers will maintain a tight connection to the fly throughout the drift. This is necessary to enable the detection of even subtle takes of the fly.

Fishing from either upstream or downstream of a riffle is certainly possible. However, it is more difficult to effectively cover the water, present the fly naturally, and keep a tight connection to the fly. From upstream, the challenge is to keep the fly moving rapidly downstream by using a slack-line cast or feeding line with flips or mends. In addition, the angler may be visible to the fish, despite the choppy surface. From downstream, the challenge is to keep a tight line, due to the rapid flow of water towards the angler.

Let's look at how I would fish the stretch of water in the previous photo. The line drawing below is a depiction of the photo. It shows the riffle at the top, flowing downstream to a deeper run, and continuing along the grassy undercut bank at the bottom, marked with a line of bubbles along the grass-edge. The letters A through F indicate possible positions from which to fish this water.



a riffle and run

Let's say that we have arrived and there is no hatch in progress. But as discussed above, we know that the riffle is full of nymphs, larvae and minnows. Therefore, even if we can't see them, trout are most likely feeding beneath the water's surface. In this situation, I normally fish with two nymph patterns at a time, or a streamer with a trailing nymph. I prefer to use a sinking tip line. Reliable nymph patterns include the copper John, pheasant tail, hare's ear, prince, soft hackle, or a small wooly bugger.

Below is a picture of these nymph patterns. The prince nymph is at 11 o'clock, and moving clockwise, a pheasant tail nymph, a copper John, a hare's ear, and a soft hackle; the fly in the center is a small wooly bugger.



nymph patterns

With no visible hatch, I would start fishing at position A and gradually wade to position B, casting just above the riffle. This should allow me to thoroughly fish the riffle as well as the upper part of the run just downstream of the riffle, where the larger fish are more likely feeding. Position C is another possibility, but the streamside tree would make casting across stream a bit more difficult.

After fishing the riffle, I would move to position D. From there, I would cast into the lower portion of the riffle, and thoroughly fish the run below. I would next move to position E to fish the lower portion of the run and the bubble-line along the stream's grassy edge.

Now let's say that we have arrived, and there is a hatch in progress, and that we can see trout rising in the run below the riffle. I would first do my best to "match the hatch" with a dun selection. I tend to use parachute patterns, as I think that flush-floating patterns are more effective than more traditional dry flies. I would also drop an emerger pattern off the dry fly.

Below is a picture of two of my favorite emerger patterns. The fly on the left is designed to hang vertically in the surface film, while the glass-bead pattern on the right is designed to be fished just below the surface. I attach the first pattern to the eye of the dun-fly's hook with about two feet of tippet, and the second pattern to the bend of the dun-fly's hook with about 6-8 inches of tippet.



emerger patterns

Fishing a hatch, I would start at position F, and slowly wade up to positions E and D. After netting all the visibly feeding fish (always an optimist!), I would then fish the riffle, using the same cast of flies. Approaching from downstream and casting upstream, I would fish from both positions C and B, which should allow me to cover the entire riffle.

It's hard to go wrong fishing a riffle in all but the coldest winter months. In winter, trout move to deeper pools where the water remains warmer. Great forage is present in riffles, and trout will be feeding in the subsurface water nearly all day long. When a hatch begins, duns will emerge in the riffle and be carried into the quieter water just below, drawing trout to the surface. Thus, finding the riffles in a stream will help you find feeding trout during most months of the year, and during most of the hours of any given day.

written by Al Simpson, May, 2016. - Edited November, 2016.

ENVIRONMENTAL ADVOCATE TACKLES NGARURORO RIVER ADVENTURE WITH SCIENTIFIC TOUCH



Amy Gilbert takes a sample from the Ngaruroro River.

Kiwi Adventure manager David Tait of Hastings had the perfect companion for a far from ordinary river journey. His canoe of course - but as he said, it was also his supply ship. "You can get a lot of stuff in it." And that "stuff" meant all the food and equipment he would need would travel with him - in the hollow bow and stern sections. For five days, starting on the Thursday before Labour Weekend, he paddled down the entire length of the Ngaruroro River - at one stage as part of a group of 20 rowers and paddlers who took on various stretches of the 160km waterway which begins as a stream high in the lands of the west and emerges into the sea as a full and flowing river.

It was both an adventure and an environmental pursuit, with he and his river journey colleagues taking samples of water from six different sites along the way. It was all about seeking out what he called sensitive macroinvertebrates in the water, from the main river as well as the tributaries.

The number of varieties and quantities, for the higher the macroinvertebrate score, particularly for the more sensitive species, the healthier the ecosystem is at the site.

Effectively, they are the stuff of life in the food chain and it is essential they are fine and well, and in the right shape.

And after what he saw, particularly in the high reaches of the river terrain, all is looking pretty good on the stretch. "The river is in pretty good condition from what we saw," Mr Tait said. In fact, in the most distant and isolated spots, as he expected, it was "superb". So much so there was no question about its drinkability.

"It was beautiful to drink." The samples he and his rowing companions, like Shaun Gilbert and his daughter Amy, took from the diverse range of sites and conditions have been sent off to a Wellington laboratory and he is hopeful of getting the results back in about 10 days.

He is pretty confident they will reveal the Ngaruroro is in good shape.

Mr Tait was helicoptered in to Boyd's Valley in the Kaimanawa Ranges, high in the central North Island, and was joined by the Gilberts who accompanied him for the first two days of his journey to the sea.

"The river up there is just pristine," Mr Tait said, adding there was no sign of human activity or farming.

"And it's the impact of human activity that affects the rivers," he said - as he saw as the expedition oared closer to the coast and the farms appeared, and the signs of run-off.

They also came across a couple of other river travellers who caught Mr Tait's attention, given his dedication to getting the skill-up and safety message out to other canoeists and kayakers in his role with Kiwi Adventure.

The pair were not exactly fully equipped or prepared for what they were doing - going through a rough section without helmets was the main thing that caught his eye.

"Not good."

After two days Mr Tait was joined at Kuripapango by canoe and raft crews made up of representatives from local iwi, Forest and Bird, Fish and Game as well as Whitewater New Zealand and the Ministry of the Environment.

"It was a great experience for everybody," he said. "You can read all the reports you like about it but you have to see it - and from what we saw it is looking pretty good up there."

Seeing a couple of healthy blue ducks enjoying their fresh, clean and bountiful backyard was a highlight.

The river venturers used solid canoes as well as inflatable rafts and literally soaked up some challenging white water sections. They also overnighted either under canvas and on the riverbanks, or the "luxury" of a basic and modest tramping hut. Creature comforts came from open fires and boiling billies.

The group voyaged down to Whana Whana and on the Sunday, he was back where he had started - paddling alone.

"I got to the sea about 11am on the Monday," Mr Tait said, adding that in climatic terms the timing had been pretty well spot-on. "It only turned a bit foul on the last day." He said the experience was made more satisfying by the fact that he was able to take part in the scientific side of the whole water quality and conservation factor.

"We have to look after our rivers - we have to make sure we can protect them."

Touching again on the sight of the two helmetless paddlers, Mr Tait said Kiwi Adventure was now in the process of organising summer kayaking programmes to get people "up to scratch" on water safety. As well as get more young people involved in more adventurous exploits than chasing robots or aliens on game screens.

As for river voyaging, Mr Tait said he was now thinking about taking on the Rangitaiki River which, at 155km, is the longest river in the Bay of Plenty and runs from northern Hawke's Bay to the east of the Kaingaroa Forest, emerging into the sea near Thornton on the Bay of Plenty coastline.

"Yeah, I'd like to try that one."

By Roger Moroney - Hawkes Bay Today

MENTAL ATTITUDE IMPROVING YOUR FISHING BY TONY ORMAN

As a farming journalist, I attended a few farming seminars. The thing I noticed was that the region's top farmers were there. And they listened intently to speakers. They were thirsty for more knowledge.

Your attitude to fishing should be similar. Trout fishing is a constant learning curve. Face it, you don't know it all. With that comes humility. Read books. Some are excellent, some are well frankly terrible. Read books but then consider. Analyse in your mind the value of the advice. You've then got two options-accept or reject. Ask questions and listen. Read and accept or reject the ideas. But do initially consider it.

The great early 20th century UK trout fishing writer G E M Skues wrote "The true function of an authority (book) is to stimulate, not to paralyse original thinking."

Having been fishing over 60 years I truly believe you **never** stop learning. I guess it applies to life for a few wise men do like Voltaire, French writer and philosopher who said "The more I read, the more I acquire, the more certain I am that I know nothing."

A closed mind, bordering on a conceit will stop you succeeding. I know anglers like that. Have an open mind when you are listening or reading. Another mental aspect is focus and concentration. I fished with an angler who exuded that necessary strong commitment in the late Alan Boyce of Hawkes Bay. I fished the Tongariro River with and I quickly noted he fished every cast with total commitment but complementing that was concentration. He was expecting a trout to take every cast.

Then there's your attitude to blank days. Everyone can have a blank day. So just enjoy being fishing out there on the river. You could be doing worse things like mowing lawns or polishing the wife's car. Okay, it's a blank day, so analyse what you did that did not succeed and surmise what you might have done. And just appreciate you've been fishing. Like the old adage says, "The worst day's fishing is better than the best day in the office."

Today we anglers are assailed with gadgetry. Owning the most expensive tackle may give you pride but at the end of the day you're simply the same angler with hundreds of dollars in tackle. Quality fishing tackle is only as good as the person using it. Your tackle is the best. But is your attitude to match?

Being observant is an attitude thing. Observing means not only eyes but ears too. One summer's day trout fishing I was failing to score but then I heard cicadas. I switched to a cicada pattern and the day's fishing fortunes changed for the better. Take a tactical approach.

Not catching trout? Like a good rugby tactician sort netball, hockey or whatever sport, try a change of tactics. It might be location, fly/lures or techniques. Even in fly fishing for kahawai, I'll switch flies both in colour and size if action hasn't been happening. Just changing flies during a blank spell can give you a lift in confidence and optimism just based on hope and expectation! Or try a different presentation of the fly. One evening I polarised kahawai just following my stripped fly. So, I slowed the retrieve right down and bingo - success!

To learn more, go fishing. Every fishing day is a learning day, fish or no fish. Experience is a necessity. Don't be hidebound. A Welsh trout angler Ieuan D Owen wrote "The expert approaches every fishing day with an open mind." Keep an open mind to try a new approach when the good old faithful one doesn't work on the day.

Attitude means enjoyment or a dull, deadly serious affair. I know some fly fishermen who approach a day's fishing like World War Three. And if you're fishing with a friend, it's not a competitive contest. It's secondary as to who caught the most fish. The most important thing is you're fishing, having fun and in good company. It's not "I got three and Fred got one" - it should be "we got four."

A major reason to go fishing is that it's good for you. It's exercise and its therapy. My boyhood hero was Ted Trueblood, a wonderful writer for the US "Field and Stream" magazine in the 1950s. Ted cruelly dying of brain cancer took his own life at about 69 - a relatively young age. His wise words were: - "Never say I'll go tomorrow. When you get a chance to go fishing, go! If you wait until tomorrow, tomorrow will drag into next week and next week will drag into next month and next month into next year - and some day it will be too late."

Remember Ted's advice - go fishing today, not tomorrow.



Arnold River, West Coast - having fun, just fishing

TOP INTERNATIONAL ANGLER VISITS THE SOUTH



Canadian angler April Vokey.

She's got 50,000 followers on Instagram and 60,000 on Facebook. She's been on *60 Minutes* and *The Discovery Channel* and her podcasts have had more than two million downloads.

And she knows how to cast a fly-line - she's got the international qualifications to prove it.



Fly fishing sensation April Vokey casts on a Northern Southland stream.

April Vokey is fly-fishing royalty in the angling world, and she was wading in northern Southland's rivers last week. Vokey was here to shoot footage for Wanaka fly rod manufacturers the Swift Fly Fishing Company, which she bought a share of earlier this year after meeting its owner, Carl McNeil.

"I first came into New Zealand a couple of years ago, to podcast him. Carl is a world-renowned angler and fly-caster, he's one of the best in the world.

"I was just immediately impressed with him and his product, his rods are some of the best I have ever seen and felt and so when the opportunity came to buy into the company I had to take it." Her fascination with fishing started at a young age.

"I had a fascination with the water but my parents don't really fish, so Dad and I trolled worms a little bit, but I would save up all my allowance and buy lures and bait to stock up my tackle box. "And then when I was 16 I

decided I would go fishing every day so that's what I did. I knew I was going to do it professionally at 18 so I started practicing so I would get really good. At 21 I started guiding professionally for somebody else and at the age of 23 I started my own company and that was 10 years ago."

Vokey makes a living on social media, where she is followed by a huge angling audience. "I think my numbers are big because I'm always out there, I'm always active, I'm always fishing and I'm always doing things and trying to provide new content."

"I was in the industry before social media ever existed, I was in the industry before Wi-Fi existed and it's still all surprising to me. It used to be highly criticised by a lot of people because I was the first woman that ever utilised it in fishing in general so a lot of people didn't know quite what to make of me.

She spends six months of the year living in British Columbia, where she has 8ha on a river. "My life there is really simple. When I originally bought it I just wanted to just live off the land and just live a simple life. I sleep under a shelter - I have walls now which is really nice, but I have to pump water from the river and there's no electricity.

"I go into town often and I'll grab a couple of things to eat but I really only eat what I've shot or planted myself. I hunt birds with my bow and I'm pretty self-sustainable." In contrast, the other six months of the year are spent in Sydney's beach suburb of Bondi with her husband.

"Before I had met my husband I would do that - I would finish my season in BC and then go to salt water - I would go to Belize or the Bahamas or where ever there were salty fish. When I met my husband, on a fishing trip in Norway, I was actually about to buy a piece of property in Honduras.

"He said why don't you check out Australia and when I got there I was like wow! Not many people fly-fish there, it's picking up now but it's still relatively unexplored, it's still exciting, it's relatively close to New Zealand.

"We haven't really been trying to fish this week but there's been a lot of opportunity to hook fish. New Zealand has arguably one of the best fisheries in the world - I'd say top five. It's shocking to me that a lot of kiwis don't realise that they're sitting on something so precious and valuable.

The fishing here is unbelievable.

By Rachael Kelly

WHAT TROUT EAT

Beginner bug blueprints—mayflies, caddis, stoneflies, midges, terrestrials, and more of what trout eat



Mayfly duns have opaque wings and ride the water in an upright position

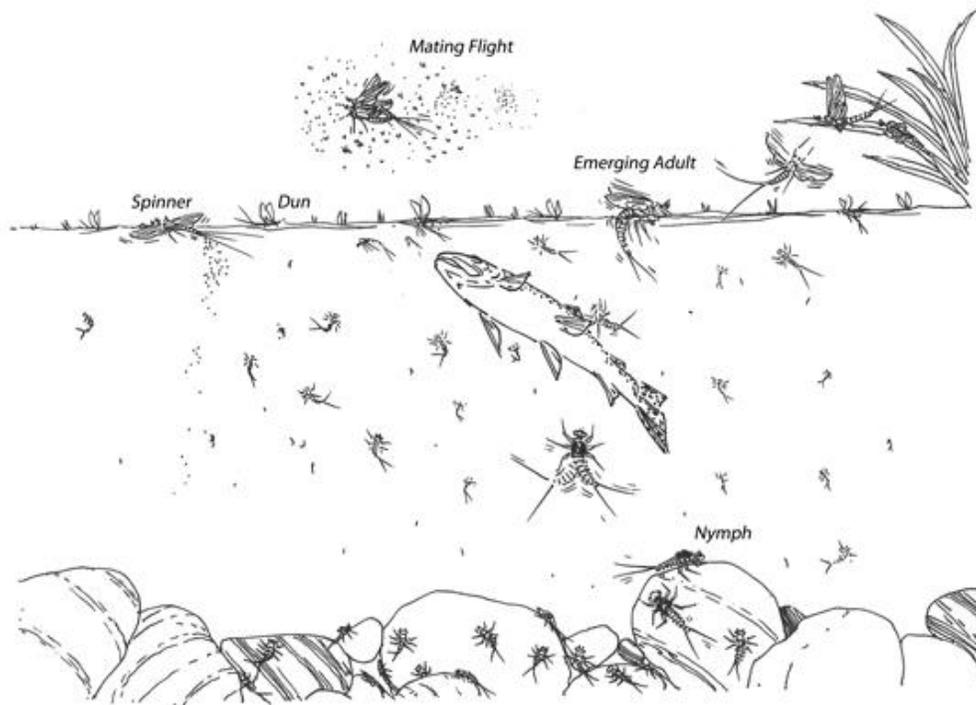
Trout eat a host of aquatic insects, terrestrial insects, other fish, crustaceans, leeches, worms, and other foods. The food items that are most important to trout and fly fishers are the aquatic insects that spend most of their life cycles underwater in rivers, streams, and still-waters. They grow to maturity underwater and transform to flying air-breathing adults that mate in the air above our favourite waters.

This movement from the water to the air exposes the insects to predators such as trout and birds, and often causes a feeding frenzy. This event is called a “hatch” and is the situation all fly fishers search and hope for onstream.

During a hatch, when insects emerge, trout become so focused on this one food item that they will often eat nothing else. This is called selective feeding.

“Matching the hatch”—another common term you’ll hear in fly-fishing circles—is the act of choosing the right fly and presenting it in the correct manner to fool selectively feeding trout. To do this you must be able to identify the insect, be familiar with its behaviour, size, shape, and to a certain extent colour, so it’s important to have a working knowledge of the most important types of insects: mayflies (*Ephemeroptera*), caddisflies (*Trichoptera*), midges (*Diptera*), and stoneflies (*Plecoptera*).

Don’t worry, you don’t need to know the Latin names of each type of insect but it may help later when you learn to discern one type of mayfly from another and want to accurately describe the insect to fellow fly fishers. During your journey to becoming an expert fly fisher, you should make a habit of picking up rocks from the river bed and examining streamside bushes to identify the important insects in that stream. Some fly fishers eventually evolve into amateur entomologists and take and keep samples of the insects they see onstream with the idea of tying flies that more accurately imitate them.



MAYFLY LIFE CYCLE: For fly-fishing purposes, the mayfly life cycle can be divided into four distinct life stages: nymphs, emerging adults, duns, and spinners. Understanding these phases, how trout react to them, and what flies to mimic them with, helps you catch more fish.

Mayflies

When fly fishers think of a hatch, they usually think of a mayfly hatch because mayflies create the most elegant fishing situations, are important foods in all trout waters, and have been studied and written about by fly fishers for hundreds of years.

Mayflies begin life as an egg, and hatch into an aquatic stage known as a nymph. Nymphs usually live about a year but may last two years or more, or just a few months, depending on the species. Some mayfly species have two broods per year, making them important in the spring and again in the fall when the next generation matures.

Mayfly nymphs range in size from 4mm to 40mm and most often have three tails (sometimes two). Some mayfly nymphs are burrowers, others have adapted to cling to rocks in fast water, so each nymph species has a different body shape and design. Most are dark on top (mottled brown, tan, or dark olive) with a lighter-coloured underside.



Mayfly nymphs are an important food source for subsurface feeding trout.

There are sophisticated fly patterns designed to accurately imitate specific mayfly nymph species on specific waters, but in most instances, general-purpose patterns such as Hare's-ear or Pheasant-tail nymphs in sizes 8 through 18 are fair imitations of nearly all important mayfly nymphs.

When a mayfly nymph rises toward the surface and splits its shuck, the insect that emerges is called a dun (technically a sub-imago or pre-adult). They have two large, upright wings, two or three tails, and most have two very small hind wings. The wings are opaque and their bodies are often drab-coloured.

Duns are the mayflies that ride the water's surface in an upright position while their wings dry before taking flight. It's a cliché, but fly fishers often say they look like miniature sailboats. When duns are on the water, you are in the hatch situation fly fishers live for, and it's time to fish with dry flies, which float on the surface of the water.



Pheasant-Tail Nymph



Parachute Adams



Hare's-Ear Nymph

MAYFLIES

Hopefully you'll find trout rising to the surface to eat these mayflies, and if you can get the right fly into the right place, you'll watch the trout rise to the surface and close its mouth around your fly.

Your local fly shop has bins full of dry flies to imitate the dun stage of each local mayfly species, but for most trout you don't need an exact imitation, as long as you have a fly that is about the right size and shape, and you deliver it accurately, you will catch fish.

A Parachute Adams is a good fly to imitate all mayfly duns. It has the right profile, the white wing post is easy for you to see on the water, and the grey body fools many fish. You'll need them in sizes 8 through 20 depending on the size of mayflies in your local waters.



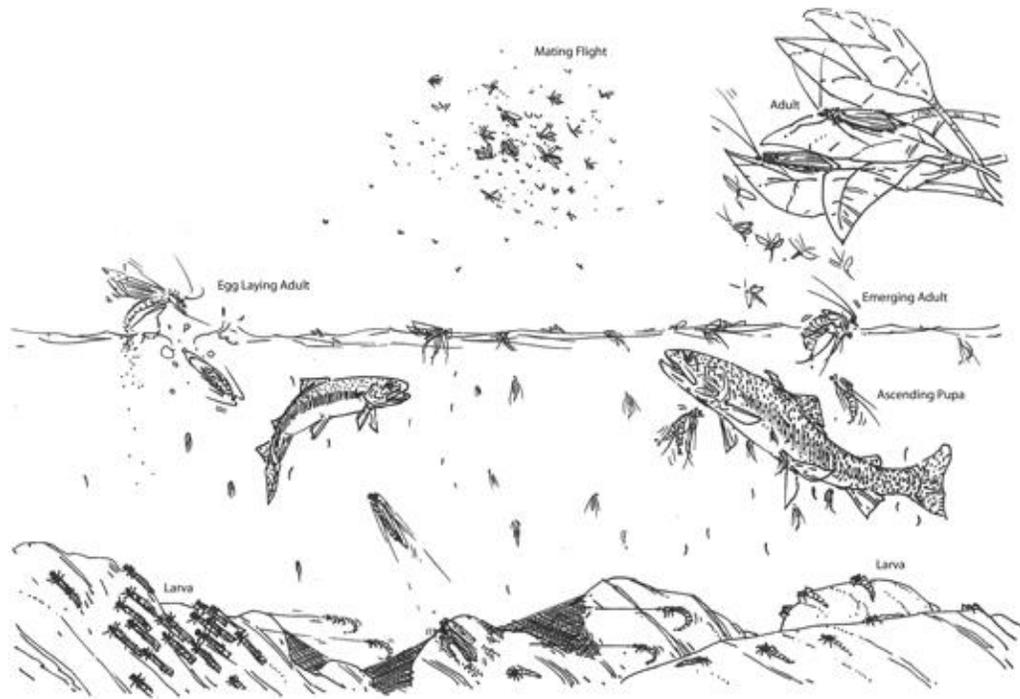
When the Mayfly spinners fall to the water, their clear wings are often outstretched

After they hatch, mayfly duns fly to streamside vegetation where they shed their skins and enter the adult or imago phase fly fishers call "spinners." The change from dun to spinner often results in a different body colour, and spinner tails are longer than dun tails. The most noticeable difference is that the wings of mayfly duns are opaque or cloudy. Spinner wings are usually clear.

A short time after moulting into spinners—usually within 24 hours—the mayflies fly back to the water and gather in large swarms over riffle areas, where they mate. This most often happens late in the evening or early in the morning.

The females lay eggs and then die in the egg-laying process. Males continue to fertilize eggs until they also fall spent to the water, with their outstretched wings flush with the water's surface. Trout sometimes prefer spinners over duns because they have learned that spinners have no chance to escape—they are dead—and are easier meals. Also, duns hatch over a relatively long period of time, while large numbers of spinners fall to the water, creating an irresistible feeding opportunity.

Because spinners lie flush in the surface film, you may need a spinner pattern with outstretched wings. One of the reasons we suggested a Parachute Adams (above) for the dun stage is that it also works well enough for the spinner stage. The parachute hackle leaves a footprint on the water that is similar to the outstretched wings of a mayfly spinner, and the trout often ignore the upright parachute post. Flush-floating mayfly spinner imitations are tough to see, and tough to fish, so it's probably a good idea to give the Parachutes a try first, and move to more exacting patterns later if the fish refuse them.



CADDIS LIFE CYCLE: Caddisflies start life as eggs and move through a full cycle of larva, pupa, and adult. When caddis hatch, and when they lay eggs, they often skitter along the water's surface. This action can entice trout into a feeding frenzy.

Caddisflies

In most streams, there are at least as many caddisflies as mayflies. Because caddisflies are more tolerant of water pollution, caddisflies are by far the most dominate stream-bottom insect in some streams.

Caddisflies begin life as an egg on the river bottom and have three additional life stages: larva, pupa, and adult. The eggs hatch into a small worm (the larva) which is the longest-lasting part of the life cycle and often exists for a year or more.



There are more than 1,000 different caddis species; but to begin with you need only to recognize two general types: one where the larva builds a case from sticks or sand and pebbles on the stream bottom, and another free-ranging

type with no case. Cased caddis are normally cemented to the rocks, but they become important when there is a dramatic flush of water that churns the river bottom. George Anderson's Peeking Caddis is the best and most famous cased caddis imitation.

Free-ranging caddisflies—sometimes called green rock worms—look like tiny inch worms (about ¼” to ¾” long) with black or dark brown heads. They frequently wash into the water column and are often more important to trout than the cased variety. Green Weenies, green Serendipities, or Green Rockworms (#12-18) are good flies to imitate these larvae.

When it matures, the larva makes an underwater cocoon where it changes into a pupa. The pupa is the transition stage. When it is ready, it emerges from the cocoon and rises to the surface. The pupa drifts in the surface film while its back splits open, the adult insect crawls out onto the surface, and eventually flies away. During this transition time, you'll often need a caddis pupa imitation such as Gary LaFontaine's Emergent Sparkle Pupa or Fox's Caddis Poopah (#10-16).



CADDISFLIES

Adult caddisflies look like small moths when they fly through the air. At rest on a branch or the water's surface, they fold their wings back into a horizontal position that looks much like the pup tent you had when you were a kid. They are usually mottled tan, grey, or brown, but some have bright green coloured bodies, and there are important Black Caddis species on some rivers.

When caddis hatch, and also when they lay eggs, they often skitter along the surface of the water. This causes the trout to slash at them and causes a splash, rather than the slow steady feeding you see with mayfly duns and spinners. When you see, trout making splashy rises in the middle of the river, you can guess caddis are hatching.



Adult caddisflies are typically mottled tan, gray, or brown.

In riffle water, the Elk-hair Caddis (#10-16) is a decades-old favourite but in slower currents you'll probably do better with a lower-riding pattern such as Craig Matthews's X-Caddis, or a CDC & Elk caddis (#10-16).



The caddis pupa represents the important transition phase between larva and adult.

Adult caddis live longer than mayflies—often many days or a week before they mate and die. When the females return to the water to lay their eggs, they most often either dip their abdomens into the water, using water tension to release the eggs, or else they dive into the water, swim to the bottom, and release their eggs directly onto rocks and debris.

These egg-laying females die in or on the water and create another excellent feeding opportunity for trout. Mike Lawson's Spent Caddis (#10-16) is a good fly in these situations.



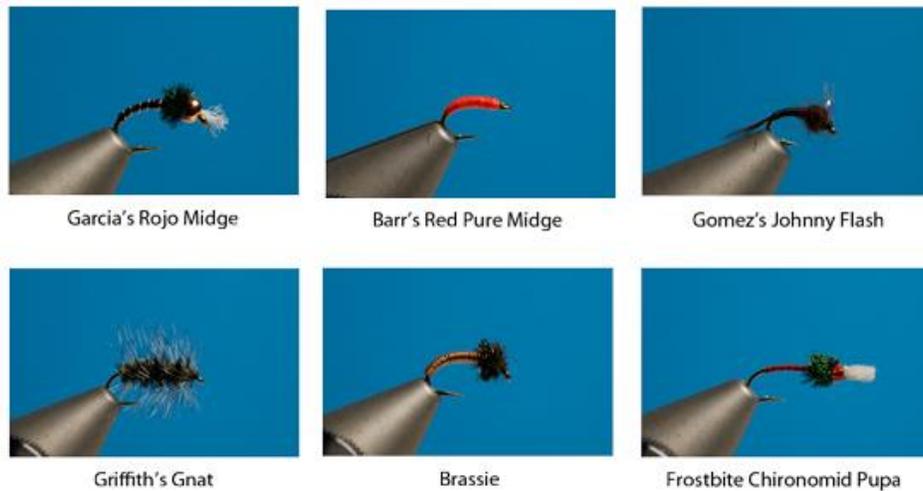
MIDGE LIFE CYCLE: The midge life cycle has four distinct phases: egg, larva, pupa, and adult. Adults lay their eggs over or in the water, and the larvae emerge and thrive in many water types, but especially in slow water with a silty, muddy bottom covered in debris and aquatic vegetation.

Midges

Midges are from the family *Chironomidae*, sometimes called “true flies” because like common houseflies they have two wings shorter than the body, and they don’t have tails. As the name implies, most midges are small, size 22 to 28 or smaller.

The midge life cycle has four distinct phases: egg, larva, pupa, and adult. Adult midges lay their eggs over the water, and the larvae emerge and thrive in many water types, but especially in slow water with a silty, muddy bottom covered with debris and aquatic vegetation.

Fully developed midge larvae are small and can range from 12mm (#12) down to 5mm (#28) or smaller. The largest species are mostly found in lakes and other still-waters. Most midges in flowing waters are #20 and smaller. They come in a variety of colours, but cream, brown, black, olive, and red are the most common.



Midges are especially important on spring creeks (where the water flow comes primarily from underground springs and not snowmelt or rain) and on tail-waters, where the water flow comes from a dam and reservoir or lake. If your local trout water is a spring creek or tail-water, you should become familiar with midges, midge imitations, and how to fish them, as they will be a particularly important food item for your local trout.

Midge larvae look much like thin, helpless worms with distinct segmentation but no noticeable body taper. A head and tiny legs at each end are usually only apparent under magnification. The red colour in some species comes from an internal store of oxygen-rich hemoglobin, a reserve that allows them to survive at least temporarily in polluted environments or in littoral areas that are occasionally dewatered.

Some midge larvae are free swimming. Other species attach themselves to the bottom but periodically let go of their anchor and drift downstream to populate new feeding grounds. Wading anglers and water-level fluctuations constantly dislodge larvae, making them an important year-round food source for trout.



The red colour of midge larvae comes from internal stores of oxygen-rich hemoglobin, a reserve that allows them to survive in polluted or oxygen-poor environments.

The best midge larva imitations are nothing more than thread—twisted to create a segmented look—wrapped on a curved hook. John Barr's Pure Midge Larva and the Jujubee Midge are good examples of these types of patterns.

Anything with a bead or with a pronounced thorax has the wrong profile. Take a seine or net with you and match your pattern to the specimens in the stream.

When they are fully developed, midge larvae transform into pupae. Some species build cocoons on the river bottom, others change inside a hardened skin of the last larval stage, and some are free swimming as pupae. Unlike midge larvae, which are thin and string like, midge pupae are relatively short and squat with a segmented, tapered abdomen and a pronounced thorax.



Think long and slender for midge larvae, short and squat for midge pupae. A pupa's thick thorax contains the adult's developing wings. Morgan's Midge, Dorsey's Black Beauty, the Miracle Nymph, or Brassie (#18-24) are good midge pupa imitations for flowing waters.

When fully formed, midge pupae rise to the surface to hatch. Peak emergences change with the seasons but normally occur during midday in the spring, fall, and winter, and near dark on hot summer days.

When midges begin to emerge, their budding wings become prominent, and they sometimes carry gas bubbles that trigger trout to feed. This phase of the transformation has been studied extensively by some good anglers who have developed deadly imitations. Rim Chung's RS2 pattern was created for finicky South Platte trout and has been widely adapted on the San Juan and elsewhere. The WD-40 is an emerging Baetis pattern developed by John Engler on the Frying Pan that also works well for midge pupa because of its prominent thorax. Johnny Gomez's Johnny Flash combines the profile of the WD-40 and the emerging wing of the RS2.



Midge adults look like mosquitoes and are typically small (#18 to 26). Brian Chan Photo

When a pupa reaches the surface, the adult escapes from its sheath, pushes through the meniscus, and rides the surface currents until its wings dry and it flies away to mate, die, and start the cycle over again.

Adult midges look something like a mosquito without the proboscis. They have six long legs; short, stubby clear or off-white wings that lie flat back along their bodies; and fluffy antennae.

When trout are rising to adult midges on the surface, you can fish a tiny dry fly that imitates a single adult midge, and on some tough waters, this is the only dry that works. Luckily, some trout take bigger patterns, and if you are just getting started fishing midge dry flies, start with a small (#18-22) Parachute Adams or a Griffith's Gnat. Midges often clump up into clusters, and a small Parachute Adams or Griffith's Gnat is about the right size and shape to imitate a cluster.

Midge fishing is often considered the ultimate challenge in fly fishing for trout, because the flies are extremely small and as a result the tippet end of the leader is light: 6X, 7X, or even 8X. If you are just getting started in fly fishing, you should avoid places that are well known for their midges hatches, and seek out rivers known to have good populations of larger mayfly, caddis, and stoneflies. Midges can make even experienced fly fishers want to pull their hair out.



Brown trout fell to a size 12 Parachute Adams during a mayfly hatch

Stoneflies

Caddisflies, mayflies, and midges include hundreds of different insect species. Stoneflies (*Plecoptera*) are a relatively small order of insects but because they are relatively large as individuals, and populate clean, cold, fast-flowing and sometimes infertile streams, they are important to trout.

Stoneflies range in size from #4 to #18. Adults have four shiny long wings, which lie flat over the back when at rest. The life cycle is egg, nymph, adult. Like mayflies, there is no larva or pupa stage.



STONEFLIES Photos

Stonefly nymphs live in fast-flowing water and as a result have flat bodies with strong legs for clinging to rocks. They have two stubby tails, long antennae, and, unlike mayfly nymphs, they have no gills on the abdomen.

When the nymphs mature, they crawl to shore and emerge, therefore the “emergence” phase is not as important to fly fishers as it is with some aquatic insects. However, in the period the nymphs are migrating toward shore, they are often washed into the current and trout gather in the shallows to feed on them. Check under streamside rocks to match your fly to the most prevalent nymphs.

Stonefly adults live for days or weeks in streamside vegetation and are poor fliers. They often fall or are blown into the water and trout feed on them ravenously. They mate on land and later, egg-laying females drag their abdomens on the water's surface to release their eggs. Trout feed on them ravenously.



Salmonflies are the largest, most well-known members of the stonefly family.

Unlike mayfly, caddis, and midge hatches—where you are likely to observe trout feeding steadily on the surface—you don't often see a trout eat a stonefly. However, if you know there are stoneflies around, you can fish a big stonefly imitation with sometimes startling results.

Salmonflies are the largest and most well-known member of the stonefly family. For nymphs, use black Kaufmann's Stones, or Yuk Bugs (#4-8). For adults, use orange Stimulators, Barry's Hedge Hog, or the Rogue Foam Stone (#4-8).



Stonefly nymphs live in fast-flowing water.

Golden Stones are slightly smaller and lighter coloured with yellow or tan highlights and a mottled brown body. Other locally important stoneflies include Skwalas (#8-12), Little Black Stones (#12-14), and Yellow Sallies (#12-16). Inquire at your local shop about the best regional patterns.

Terrestrials

Trout, bass, and other fish eat mostly insects that are aquatic. However, aquatic insect hatches are seasonal—with most of the feeding opportunities concentrated in the spring and late fall. In the summer and early fall, trout rely heavily on other food sources such as terrestrial (land-based) insects that fall or fly into the water.

Grasshoppers may be the most important terrestrial insect, mostly because they are large food items and notoriously poor fliers. They love the long green grass along riverbanks and are sometimes driven to the riverside in swarms when farmers cut their hay.

Hoppers come in all sizes from small (#12-16) in the early summer to large (#4-10) in the late summer. Observe the hoppers along your river and try to match the size and (less important) colour as closely as possible.



Grasshoppers may be the most important terrestrial insect, mostly because they are large food items and poor fliers

Trout love hoppers, legs can be important on hopper patterns. In some circumstances the trout pluck at the side of the fly as if wanting to submerge it first, and then consume it. On fast-water, trout sometimes grab a grasshopper by a single leg, pull it under, then swallow the fly in a secondary motion.

Fish that exhibit these finicky feeding behaviours are difficult, if not impossible to catch on hoppers. The good news is, they've shown you their location, they've shown you they are hungry, and they've shown you they are familiar with land-based insects. Try following up with an ant or beetle imitation.



Beetles come in many sizes, shapes, and colours of beetles but most fly fishers will know the most commonly known Manuka Beetle and Brown Beetle. It's impossible to match all the colour and size combination of this large insect family but luckily simple green, brown and black Foam Beetles (#8-14) are rarely refused.

Beetles float low in the water and with no high-profile wing to spot, even relatively large beetle imitations can be frustratingly difficult to see on the water. Purchase beetle imitations with a bright-coloured indicator on top that sticks up so you can see it. A painted dot on top does little to help you see in low-light conditions.

Trout love ants and at times eat them in the middle of a heavy mayfly hatch. Unlike beetles and hoppers, which mostly fall in the water as individuals, ants tend to act as a group. Flying ants mate and migrate in swarms, and red, black, and cinnamon-coloured ants often march one after another off a log or rock into the water. Use foam and fur ant patterns with two distinctive body lobes—trout seem to key on this body silhouette. A hackled ant (#14-18) sits on top of the surface—not down in it—and is easier to see than a large beetle, so you may not need a parachute post for visibility. Find what works for you.

Other seasonal or regionally important terrestrials include cicadas, spiders and moths. Discover how important these insects are by taking time to look in streamside bushes. You can hear the buzz of cicadas as you walk through the forest.



Freshwater Crayfish

Crustaceans

Shrimp, and crayfish (Koura) are not insects like most other trout foods: they are crustaceans. Shrimp are an important source of food for trout and can be found in many of our rivers.

Crayfish thrive in our fertile water environments and can be found in many of our small to large streams and lakes, and trout feeding on Koura are excellent eating. In many places, a tan or rust-coloured cone-head Woolly Bugger (size 4 to 8) can make a fine crayfish imitation.



One of the many Bullies found in our waterways

Other Fish

Almost every gamefish eats other fish as a regular part of its diet—the bigger the fish gets, the more piscivorous (habituated to feeding on other fish) it becomes. In freshwater, trout feed on minnows and small bottom-dwelling prey species such as Bullies. Woolly Buggers work well to imitate many types of small minnows but the Muddler or Minnow may be the best general purpose minnow imitation for fly fishers because it is easy to cast and quickly gets to the bottom where the fish are. Other less-important aquatic foods trout eat include snails, crane flies, dragonflies, and damselflies—which are important in many still-waters in spring/summer.

Photos used in this article were by Ted Fauceglia, Ross Purnell, David J. Siegfried and Brian Chan

Note from Editor: I came across this article a few years back and found it of great value to encourage you to look around your environment to discover what food sources is available to trout. In the past I have fallen into the trap of using 'what worked best' the last time I fished this river.

BARRIE'S BIG TROUT A BEAUTY UNTIL HE OPENED IT TO FIND DIDYMO



Barrie Wood's dinner plate trout is hiding a didymo secret.

Barrie Wood, a Timaru angler of vast experience, visited Haldon Arm for a couple of days over Easter and fished the traditional Tasmanian Devil in all its varieties of colour without success.

"Finally, I tried the most unlikely brightly coloured, articulated Rapala and this deep diving lure had a loud rattle in its body," he says.

After hitting five good fish in quick succession and landing three impressively conditioned fighting rainbows, he changed to an even larger style bibbed lure.

"It started all over again and I was sorry that time ran out and I had to return home, having taken only one fish for the table. The only disappointing part was when I prepared it for the smoker and inspected the stomach cavity," he said.

"I discovered it was full of didymo – tight wads of indigestible cotton."

Stuff via Fish and Game

My thanks to the follow members who have contribute to this month's newsletter

Noel Thomas

Big thank you to Tony Orman for his continued contribution to this month's newsletter.

Big thank you to Al Simpson for allowing me to use his article on The Riffle.

If you have come across an interesting article that you think members would enjoy reading, please contact the Editor.

Date	Event	Contact person
Monday 28 November	Club meeting – Tony Jacques on fine tuning your casting	
Saturday 3 December	Club Christmas Function venue Craig home 15 Martin Road	Craig
Monday 27 February	Club meeting – Bug Night, what lives in our local river. Peter Kettle	Craig
Sunday 19 February	Fun day and B.B.Q. Otaihanga Domain	TBC
24 to 26 February	Hawkes Bay Expedition	Craig
10 to 12 March	Manganui-o-te-Ao River	Peter H
28 to 30 April	Rangitikei River	Hugh
19 to 20 May	Lake Otamangakau	Michael

I would like to remind members that Sporting Life are our sponsor and you are encouraged to visit their website or contact them when looking for you are next looking for a fly fishing item to purchase, Graham will give you a generous discount as a club member.



Please note: I if you have an item or items you would like to sell then please advise the editor and we can include your advertisement in the newsletter.

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.*

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 member's homes and start at 7:30pm.

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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 malcolmi@xtra.co.nz
