
Kilpatrick Flyfishers

February 2005

Official Publication of Kilpatrick Fly Fishers Inc.

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January Meeting

February 15th RCAF Club 2407 Ave C North

Fly Tying Demo at 7:00PM

Brian O'Keefe tying an Irresistible

General meeting 7:30 PM

Topic

Aquatic insects of Saskatchewan lakes and streams

Guest Speaker: David Halstead

Dave has been instructing fisheries and aquatic sciences at SIAST Woodland Campus since September 1995. Prior to 1995, he instructed an extension offering of the IRM program for SIAST, the Meadow Lake Tribal Council and Saskatchewan Indian Institute of technology. David is currently a sessional biology instructor for the University of Saskatchewan. He also instructed biology at SUNTEP, NORTEP and SIFC. Dave also delivered the laboratory portion of geography and remote sensing courses while attending the University of Alberta. David's education includes a BSc in Zoology (1979) and a MSc in Geography (1993). His employment background includes 15 years experience as a field biologist and environmental consultant. Primary areas of interest include management of fish and aquatic ecosystems; stream fish assemblage structure; field survey techniques; and aquatic biomonitoring procedures involving benthic macro invertebrates. David is a member of the American Fisheries Society, the North American Benthological Society and Nature Prince Albert. David can be reached at (306) 953-5381, email: halstead@siast.sk.ca

!!! 2005 Club Membership Fees are due !!!

Youth (<18 yrs)....\$10	Adult\$25
Family..... \$35	Corporate..... \$50

Please ensure your membership is paid as soon as possible.

Election of Officers and Annual General Meeting

It's that time again. Each year the club is required to elect officers and have an Annual General Meeting (AGM). Our AGM will be held at the March meeting.

Call for Nominations:

If anyone is interested in joining the club executive please contact Paul Oltsher at 665-0076 before the March meeting. Time commitments are minimal. Remember it's your club so participate and get involved.

!!! Annual Banquet, Awards and Auction !!!

Saturday, February 26 at 6:00 p.m. at the Park Town Hotel. Club members and guests are welcome at this evening of food, fun and fishing talk. The cost for the buffet meal is approx. \$15.00 per person. Please signup at the meeting or call Janelle (242-0750) by Thursday, February 24 to reserve your tickets.

As part of the evening, we will have raffle draws, a silent auction and a live auction. We appreciate donations of items you have made or items you can gather from your own or other local businesses. Please contact Janelle as soon as possible if you have any donations for the banquet.

KALYTUK VOLUNTEER AWARD

Each year at the banquet we honor a club member for his or her volunteer work with our club. We welcome suggestions from you as to whom this year's recipient should be. Call Paul Oltsher (665-0076) to nominate your choice for this award.

JERRY JACKSON FISH STORY AWARD

Bill Jackson (384-9867) would love some written entries for this award. Write up a story about a special fishing day and submit it to him by February 20th. If you have a photo, that could be included. The winner will be announced at the banquet.

!!! Kilpatrick Fly Fishing Jamboree !!!

Our first Fly Fishing Jamboree will be held on April 30th at the Saskatoon Wildlife Federation. If you are interested in volunteering please signup at the meeting or contact Paul Oltsher (665-0076). Space for this event may be limited so if you wish to attend please complete the signup sheet which will be available at the meeting. Tickets are \$15.00/person (under 16 admitted free) and lunch is \$8.00/person. Tickets will be available at the meeting.

Upcoming Events

2005

February 26 Annual Banquet

Park Town Hotel 6:00PM

February 28th Executive Meeting

Maguire's 7:30 PM

March 3rd-6th Sports and Leisure Show

March 7th Fly Tying Lesson

March 14th Fly Tying Lesson

March 15th Monthly Club Meeting

7:30 PM RCAF Club Review of fly fishing equipment

March 21st Fly Tying Lesson

April 4th Fly Tying Lesson

April 19th Monthly Club Meeting

7:30 PM RCAF Club Gearing up & knots

April 30th Kilpatrick Fly Fishing Jamboree

Saskatoon Wildlife Federation 9:00AM -5:00PM

May 7th Opening day fish out Diefenbaker Lake

May 17th Monthly Club Meeting

7:30 PM RCAF Club

May 28th 2nd Fish out Olson Lake

June 17-19th

3rd fish out Narrow Hills Provincial Park

June 21st Steak Night

September 3-5 4th Fish out Crowsnest River

September 20th Monthly Club Meeting

7:30 PM RCAF Club

September 24 5th Fish out Olson Lake

October 14-17th 6th Fish out Mullock Lake

October 18th Monthly Club Meeting

7:30 PM RCAF Club

Fly of the Month – Micro Mayfly Nymph



Step 7

Hook: TMC 921, sizes 14-20

Thread: 8/0, color to match fly

Tail: 3 pheasant fibers (yellow for olive fly, natural for brown fly)

Rib: Fine silver wire

Abdomen: stripped peacock herl

Wingcase Stripe: Strand of pearl Flashabou

Wingcase: Dark golden-brown turkey tail

Thorax: olive or brown dubbing

Legs: Same as tail

Collar: Same as thorax

Bead: small copper bead



Step 8



Step 11

Step 1: Slide a small copper bead on the hook all the way to the eye. Form a sparse base of thread from the back of the bead to a point directly in front of the bend in the hook shank. Select 3 thicker fibered pheasant tail fibers from the center of the tail. Align the tips of the fibers and tie in on the top of the hook. The fibers should splay apart from each other once tied down. Wrap thread to midpoint of shank and trim the excess fibers.

Step 2: Tie in the wire rib. Use a pencil eraser to strip the nap from the peacock herl.

Step 3: Grasp the stem of the herl with hackle pliers and wind forward to the mid point of the hook shank. Tie in and trim off the excess. Wrap the wire forward creating even segments, tie in and trim excess.

Step 4: Tie in a single strand of flashabou directly on top of the hook. Tie in a slip of turkey tail tying it to the top of the hook. Tie in a second slip of turkey tail on top of the first.

Step 5: Dub a thorax using most of the remaining hook shank. Make the thorax noticeably larger than the abdomen.

Step 6: Legs: Align the tips of 3 pheasant tail fibers and tie the tips in front of the thorax on the far side of the hook. Repeat on the near side of the hook. Pull the fibers towards the rear of the hook and trim them at the mid point of the hook shank.

Step 7: Pull the first wingcase over the thorax and tie it directly behind the head. Repeat with the second wingcase. Don't pull the turkey to hard or the fibers will separate.

Step 8: Pull the Flashabou forward creating a stripe down the middle of the wingcase, tie in and cut excess.

Step 9: Trim the remaining turkey slip.

Step 10: Using a bodkin apply a coat of 5 minute epoxy to the wingcase. Before the epoxy starts to harden place a second drop of epoxy in the middle of the wingcase.

Step 11: Dub a short collar to hide the tie down area.

While searching the web I came across this interesting article on nymphing.

Nymphing 101

Effective River Techniques

By Rick Stahl

How do you separate the men from the boys when fly fishing streams? Simple, give them only nymphs to fish. No doubt dry flies is the most exciting form of fishing offered to the fly angler, but lets face it, 90% of a trout's diet is delivered to them under the surface.

Nymphing is the more difficult way to master the stream but also is the most effective way to consistently take more and larger trout. Dry flies can be seen and studied, the adult bugs you are imitating are usually readily seen and obvious where as aquatic nymphs have to be collected from the stream bottom or fish's stomach and its tough to know exactly what your nymph is doing as it drifts along.

Like most fly fishing for trout the first and most important rule is to "match the hatch". This means to try to mimic with your fly what the trout are eating. Some homework should be done before heading out to the water. Visit the local fly shop and ask what should be hatching at that time of year and which patterns are most effective to imitate the naturals. Also there are volumes of books and videos available to help you with stream identification of insects and the timing of the hatches.

Before tying on a fly at the waters edge, the seasoned nymphler will take a few moments to try and figure out what should be on the trout's diet. First take a good look at the waters surface and the shoreline shrubs. Watch for adult insects fluttering about or resting in the shade. This will give you a good idea of what's been hatching lately and therefore which nymphs should be readily available to the trout. If no insects have been emerging, or to take a closer look at the actual nymph, try holding a small piece of window screen against the current at the bottom of a riffle and shuffle the gravel upstream. This should send some of the streams aquatic nymphs tumbling downstream and into the waiting screen.

Have a good look at the nymphs and/or adults you have collected. Take particular notice first of the size and then the shape and thirdly the color of the bugs. Next have a look at your fly box and try to match the nymph as close as possible in the order listed. This should give you a good basis to start your fishing with confidence.

When no one bug is prevalent, which often occurs in the mornings before the sunlight has triggered a hatch, try using searching nymphs. The most effective ones I have found are usually of the stone fly variety. In many waters, particularly ones that do not receive much pressure or are nutrient poor, a general searching nymph may be all that is needed to fool the trout on any given day.

A stomach pump can be invaluable to the angler. This tool allows the angler to extract what the fish has been eating with out killing or harming the fish. Of course a fish has to be caught first and remember that just because you are catching fish on a certain fly you may be able to catch more if you can mimic the natural more closely.

The most common method of fishing nymphs is to use a strike indicator, weight and fly. This outfit closely resembles the old bobber and worm technique we all used as kids. The strike indicator is basically an over glorified bobber, and performs the same functions as one. The size of indicator that you use, should correspond with the amount of weight that is needed to get and keep your fly close to the bottom with out

sinking the indicator. The amount of weight you use will be dictated by the depth and speed of the water. As a general rule, when in doubt add more weight. You can also usually achieve deeper depths also by lengthening the lead between the weight and indicator; this is most effective in slower water.

The distance between the fly and the weight will vary depending on water speed. The faster the water the less chance a trout has at closely inspecting a fly, hence the faster the water the closer your weight can be to the fly. The closer the weight is to the fly the quicker the indicator reacts to a bite. In riffles and quick water one can often run their weights within eight inches of the fly, the furthest one would ever need to go would be about two feet.

After attaching all the gear to ones leader and adjusting the indicator and weight so as to ride the fly close to the bottom cast the entire contraption slightly up stream at about 35 degrees. As soon as your fly settles make a strong enough mend so that the indicator and weight are riding upstream of the fly. Now allow the indicator to float along the surface with out any drag, making small mends and shaking out line to keep it going. This will allow the fly to float along freely just like a natural. Usually I try to not to drift further than 50 feet downstream of my location for at that point often you will lose control of the drift and have little hook setting power due to the slack in the line. If the indicator wiggles the wrong way or goes under this is the indication that a fish has inhaled your offering. You will snag bottom, in fact if you are not losing the odd fly than you're probably not close enough to the bottom, and it will take practice to tell the difference between a fish and a rock.

Another popular method of nymphing is called high sticking. This is quite a simple technique but also fairly tough to truly master. All that is needed is heavily weighted nymphs and a long leader. Most high sticking is done very close to the angler so the best water for it is usually pocket water or riffles, as they will allow you to get extremely close to the fish without spooking them.

Position yourself so that you are slightly upstream and within 20 feet of where you expect the trout to lie, the closer the better. Flip your fly far enough upstream of the fishes lie to be able to let it sink. As the fly drifts towards you lift the rod to collect the slack and as the fly drifts below you lower the rod to achieve a drift. Keep a fairly tight line to your fly, this is what makes it tough, too much tension and the fly rides up and unnatural, not enough and you're snagged on the bottom or cannot detect a strike. Good high stickers seem to have a sixth sense to them to know when a fish has eaten their fly, if you see your line twitch the wrong way or feel something odd set the hook.

Another method, and probably my favorite, is fishing the emerger or swinging a fly. You are trying to imitate the nymph as it travels from the bottom of the river to the top on its way to hatch. Stoneflies do not emerge in this way, they crawl onto the shore to hatch, and there fore they are not a good choice for this technique. Mayfly and caddis nymphs are the best for this application.

Even, slow flowing runs are usually the best for swinging a fly and the less seams the better. You will need enough weight on the line or in the fly to get it to sink close to the bottom. Cast the fly straight across or slightly up stream. Make a strong enough mend so that the fly is leading the line and leader through the drift. Make smaller mends as the fly drifts to try and keep it sinking and as the fly reaches about 45 degrees below you start holding slightly back on the line, this will force the fly to "swim" slowly to the surface. In faster water conditions you may have to feed some line out as you hold tension on the fly so it doesn't rise to fast. Fish will eat the fly at almost any stage of this presentation, be ready, during the free drift portion it may be tough to feel a take but while holding back on the fly it is usually quite obvious if not down right exciting.

This is only short over view of nymphing. There are literally hundreds of books and videos dedicated to this general style of fishing. The best teacher you will find is always experience and practice. Remember you will never find yourself on your deathbed wishing you had fished less.

The Northern Fly Fisherman

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Paul Oltsher Provider of Fly Fishing Specialties

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If you have any Newsletter concerns or items for sale contact Garnet/Jo-Anne at 955-4990 or <mailto:galberts@shaw.ca>

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