



August 2010 Newsletter

Next Club Night **Monday 16 August 2010**

Speaker: Paul Dewar Captain of NZ Fly Fishing Team

Location – Softball Club Te Atiawa Park at 7.30pm

Kapiti Fly Fishing Club (Inc.)
PO Box 32,
Te Horo

www.kapitilyfishing.org.nz

(See last page for contacts)
*(Newsletter sent by email to all
members)*

PAUL DEWAR

GUEST SPEAKER FOR AUGUST 16TH. MEETING

Always a welcome guest speaker, Paul is not long back from the Worlds & Commonwealth Fly Fishing Champs. He is Captain of the New Zealand team and will give us another full report on the championships, new tips and techniques along with his usual good humour.

For those who know Paul, another opportunity with a loyal supporter of our club.

To the newer members or those new to the art and love of trout fishing, you will not be disappointed in meeting this internationally renowned and dedicated fly fisherman.

Paul Dewar has spent most of his life in Levin where he was first introduced to trout fishing at 15 when he went fishing on the Manawatu River with friends of his father using a hand line, landing a lovely 5 pound brown setting the scene for the future.

Paul is a member of the Manawatu Fresh Water Anglers club and many years fishing the Manawatu region with the occasional club trip away. Paul is also

Chairman of Fish & Game for the Wellington region

In 2004 Paul was selected to be the captain for the NZ Fly Fishing team to compete in the World Championships in Slovakia and the Commonwealth Champs in Scotland. The team finished a credible 11th place, fishing mainly for grayling a species that they had little or no experience with.

Paul was again captain of the New Zealand team at the world champs in Portugal 2006 as well as guiding the team to two gold medal wins in the Oceania champs, 2005 in the Rotorua region and 2007 when the NZ team won in Tasmania beating Australia on their home patch.

Paul lead a successful campaign for the 2008 world championships held in here NZ, with the team coming a credible 2nd after just getting pipped by the Czechs on the last day.

In 2009 Paul fished for NZ as part of the winning team in the Oceania championships based at National Park and was selected to be captain of the NZ team at the world champs held in Poland in 2010.

All in all Paul has contributed greatly to the sport and is totally unselfish in giving his time to foster it with other people.

Don't forget to check out the club website
www.kapitifyfishing.org.nz

If you have any photos of fishing trips or fish caught forward them on to Ken McWilliams who can place them on the website.

Articles for inclusion in the magazine are welcome from all club members. Tales about your fishing trips, or other articles you may come across. Please email to me at hohi.jones@clear.net.nz

Noel and Malcolm organise Flytying nights for interested members over the winter. Initially there maybe too many members to have them at a members home so they will be held at the Softball Clubrooms on the first Monday of the month. There will be a small charge of \$2 to \$3 to cover a donation to the softball club.



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How to find trout to fly-fish to after a flood or high water

Waters receding after a flood or high water offer good fishing opportunities if you know where to look.

It is one of fly-fishing's less than memorable experiences. You travel to the river, arrive at your accommodation, and try to sleep with your head full of the fish you are going to catch tomorrow...

Well you would catch them tomorrow if the river was not recovering from a flood or very high water. In the morning you are greeted with brown water swirling down the main channel, and spilling out over the banks.

Time to pack up and go home? Well you might, but you could be missing out on some great fishing. It is all a matter of how you look at things.



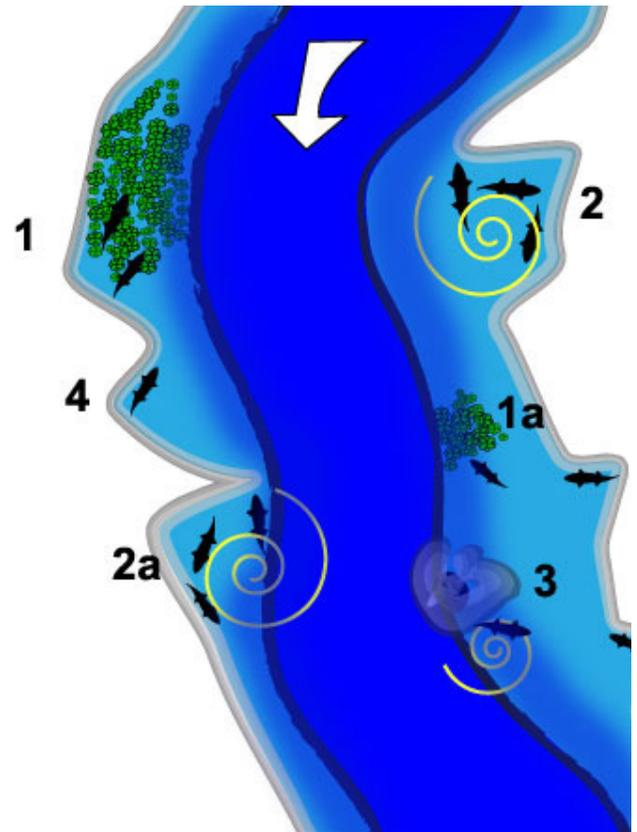
But before going any further I must issue a warning - a warning you ignore at your very real peril:

- Fishing as described in what follows must only be attempted when flood or high-waters are receding, and have receded significantly from the full height of the flood.
- My own unbreakable rule is never wade in water more than mid-thigh deep, and most often knee height or less.
- Always carry a wading stick, dirty water will make it hard to see the bottom, you need the stick to "feel" your way.
- Keep as far back from the main river bed as possible, and never, ever, not even once, try to wade in the main current, even in small streams.

Look for trout in all the unusual places

In a flood the prime need for a trout is shelter from the strong currents and flows. At the peak of a flood many trout will die or be badly injured when caught in the main flows and dashed against rocks, sunken timber, etc. Much of the time this shelter will be found out of the main river, in the water spilt over the river banks.

But lies in this overflow water are not always obvious, because they do not necessarily equate to normal lies when the river is not high.



I have attempted to show in the illustration above the possible lies where fish may be holding after the flood but still in high water spilling over the usual banks. The dark blue colour is the main river, the usual river bed. The lighter blue colour represents the water spilt over the usual banks. The spirals represent the current direction behind obstructions.

Nothing is drawn to scale. The over-spilled water may be a few meters wide, or tens of meters.

Lies 1 and 1a

The green represents, well, greenery. It could be bushes partially or completely under water. It may be a tree, it's lower trunk under water. Maybe it is a clump of weed or long grass. All these will provide shelter from the main flow.

Greenery provides a number of advantages to a trout. The leaves or grass can help to filter out sediment, sand and grit which irritate gills. The greenery will also help to slow currents and provide good shelter.

The greenery also has another advantage - it will filter out nymphs that have been washed away in the flood, and deliver them to the waiting, and by now, hungry fish.

Trout may hold behind the greenery, or right in amongst it, depending on the density of the foliage.

Lies 2 and 2a

Any obstruction that juts out into the current from dry land can provide shelter from the flow. The obstruction could be a large rock, a natural ground formation, or a big log, etc.

The thing to note here is that behind any obstruction of this type there will be a 'back eddy'. The current curls around the end of the obstruction and forms an eddy. In these eddies trout are likely to be facing apparently downstream - but they are in fact facing into the current formed by the eddy.

Food being carried by the flood will begin to sink in eddies as the water slows.

Lie 3

This formation could be a large rock, a tree, a large log, etc. that is surrounded by water. This formation will also form an eddy behind it in the strong flows of a flood.

While it would appear to be a good lie - it is usually no good at all. Being in the main, or close to the main current, the water will be dirty and full of sediment, sand and grit etc. All pretty much bad news for trout. This lie is probably only filled by trout escaping from the main flow, and resting till they can move away from the main current and to the other lies shown.

Lies 4

These lies are usually only small and carry only a few fish, more often only one.

Now by small, I mean a mere scoop out of the ground around it, and often overhung by grass or bushes. In these 'scoops' a fish can hold in virtually no current, and because there is no current the water is clear of sediment.

It is in these lies that I usually hook most fish.

Casting to Flood Fish

When fishing to flood fish it is well to remember that the dirty water can be to your advantage - you may not be able to see the fish, but you can be pretty certain they cannot see you. It is not unusual to get within a rod length of a fish and still not be spotted.

In my experience trout seem to hold higher in the water when it is dirty, than is usual when water is clearer. I guess that this is because in flood lies we are looking at water that is flowing slower than the main currents and therefore sediment and such falls to bottom more swiftly. So always fish the top third of the depth first.

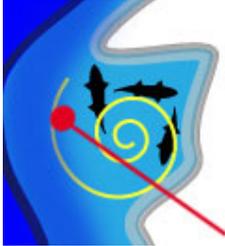
In many cases how you cast and where you cast is dictated by the position of the fish. For example if the fish are holding in amongst sunken shrubbery you have limited options.

But a little thinking outside the square may open up some options.

Lies 1 - alternative action

If a fish is holding deep down in shrubbery, grass or weeds, or holding close behind, drifting a big foam fly over them may bring a rise. These fish have been in a flood and have had little opportunity to feed - they will be hungry. A big bug drifting overhead may bring spectacular results. Water overflowing banks pick up all sorts of terrestrial insects and carries them along.

Lies 2 - go with the flow



Try and cast as shown. Get in the outer edge of the eddy and allow the fly to be pulled around by the current.

Now it goes against usual wisdom, but do not strip in line as the fly is pulled round towards you. allow the line to swing round in the current and then pull away as it moves away from you.

Keep the rod tip low to the water, and your line-hand holding the line up near the first guide. If a fish hits sweep the rod tip parallel to the water (**never up, ever**) and pull down with your line hand till all comes tight, **then, and only then, lift the rod tip.**

If you are nymph fishing use an indicator, or a big dry fly as an indicator. In this type of fishing you have little or no idea where you nymph is, as, what is happening at the surface often bears no relationship to what is happening below. An indicator at least gives you a rough idea what is going on below.

Lies 4 - Dapping and other monstrosities

Fishing to lies like numbers 4 is my favourite (well almost - see later) way of fishing dirty water.

You can usually get so close to fish you could touch them with a rod tip.

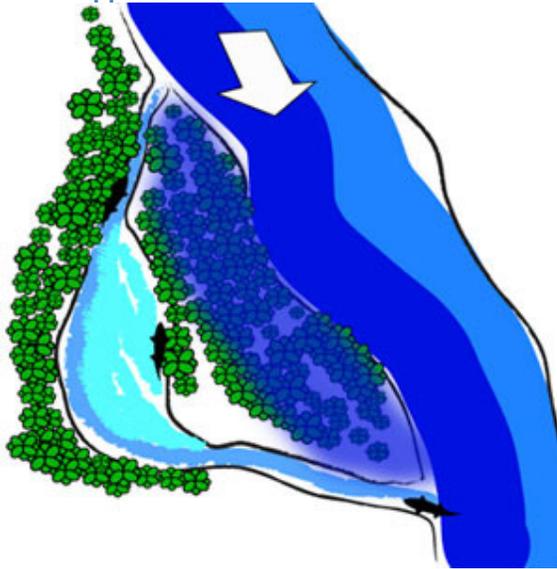
I use two main methods to reach to these fish:

1. Fish downstream using something like a dark and weighted 'Woolly Buggler'. Fish it on a 3' to 4' leader, and only from about three rod lengths upstream from the lie, while standing out of the water. Let the fly drift back a little behind the lie, no need to cast, then twitch retrieve the fly back past the lie - repeat as necessary. If you do not get a hit add a little weight and try again till the fly is hitting the bottom.
2. You can use this method using a dry fly especially a big terrestrial. But this time use flicks of the rod tip to release line to allow the fly to drift over the lie. **A mouse fly works super well fished this way.**

Trying to use a nymph in this situation is often problematical. It is, well in a word - stupid, to try and wade out to a position where you cast up and across the the fish. Besides the fish are usually holding right up against the edge of the flood bank. You need to be an exceptionally accurate caster to get your flies close enough to the bank.

But you can try a bastard version of dapping - standing just a little short of a rod length from the lie, flick the nymph on a short leader (3') above the lie and follow it down with the rod tip. You need a well weighted nymph, it must sink quickly. Actually you can use dapping with a dry fly too.

Other Opportunities



One of the opportunities that sometimes pops up in floods or high water is a side channel filling up and providing shelter for trout.

Sometimes this side water can be an old channel that is cut off from the main river at normal levels.

You can use any of the methods described above to cast to fish or likely lies.

In my experience fishing these side channels is made for terrestrials and mouse imitations. Often these channels are draining the low lying ground around them and carrying these creatures to the fish holding there. If you don't want to go to fly fishing heaven a worm imitation can be lethal.

Playing a fish in high water

Playing a fish in flood or high water conditions is not a lot different than playing a fish in normal water, but for one major issue. If the fish makes it into the main current you can most often kiss that fish goodbye.

Get used to spending a lot of playing time putting side-strain on the fish - that is holding the rod parallel to the surface to try and keep the fish heading toward the shore not out toward the main current.

On this note, you will find that you can go up in leader breaking strain several notches above that which you might normally fish. The key here is to get the fish in as fast as possible for release.

What got me started on dirty water fishing?

See this little [story](#).

Be careful out there!

Fishing dirty water after a flood or high water can be very rewarding and it is safe if you are careful and follow the basic rules I outlined at the beginning of this article. Please follow them to the letter.

This article from Bish and Fish whose website www.bishfish.co.nz/ can be accessed through our website. I think this is quite relevant considering the rain pouring down as I type this newsletter. Ed

Details of the Clubs internal Fly tying competition

Group A : Any one of these categories applies

1. Have not yet caught a fish on flies you have tied or
2. Have been tying flies for no more than 2 years or
3. Have not got your own fly tying gear

Group B : All those not qualifying for group A

Fly Selection :

Group A to tie 2 Flies : A Cochy-y-bondhu
wooly Bugger

A

Group B to tie 2 Flies : A Cochy-y-bondhu

A Flash-back phaesant tail

When tied : Before the night

Judging : Group A judge Group B

Group B judge Group A

Non tiers determine your correct group and judge accordingly

This is supposed to be a fun night so I hope you will all enter. We have one more fly tying night when you can work on these two flies. You then have time to improve your flies before Septemebr. If you need to borrow gear, please ask. We should be able to lend you some.

I am donating a bottle of wine to the two winners.

Good tying !! See you Monday night

President Ralph

Welcome to New Club Members:

Alan McShane, Dennis Coombe and Ashley Perfect.

Coch-y-bondhu

Sizes: 10 - 16
Hook: Kamasan B170 medium traditional
Tail: Gold tinsel
Body: Peacock Herl
Hackle: Ginger brown
Thread: Black

Tying Instructions: Coch-y-bondhu .

Bind hook shank with thread, there's no tail, instead use a couple of raps of gold tinsel around the hook shank. Look closely at the picture. Tie in 2 or 3 peacock herls and wind forward to create a plump body. First wind the herl around the thread will make it more durable

Tie in hackle and wind on and whip or half hitch to finish, glue head. And there you have a Coch-y-bondhu one of the 'Old favourites'.



Tying The Flash-back Pheasant Tail Nymph Pattern

Hook:Mustad 80050BR (size#14 here) or size/style to match what you're fishing for

Thread:8/0 Dark brown (or size/color to suit your fly)

Weight:Small lead wire

Tail:Pheasant tail fibers (8-10)

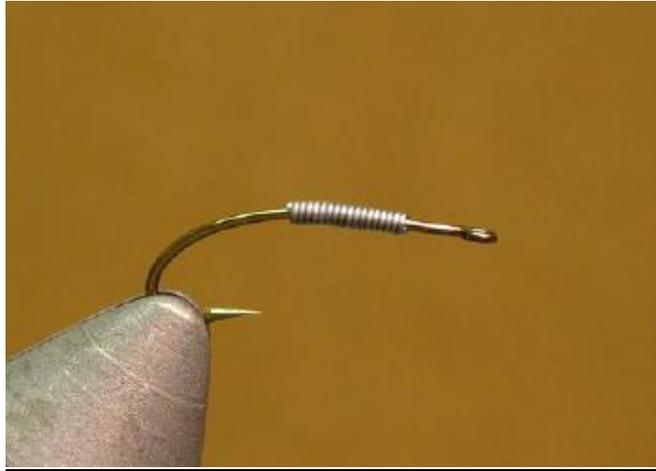
Rib:Medium copper wire

Abdomen:Pheasant tail fibers (12-18)

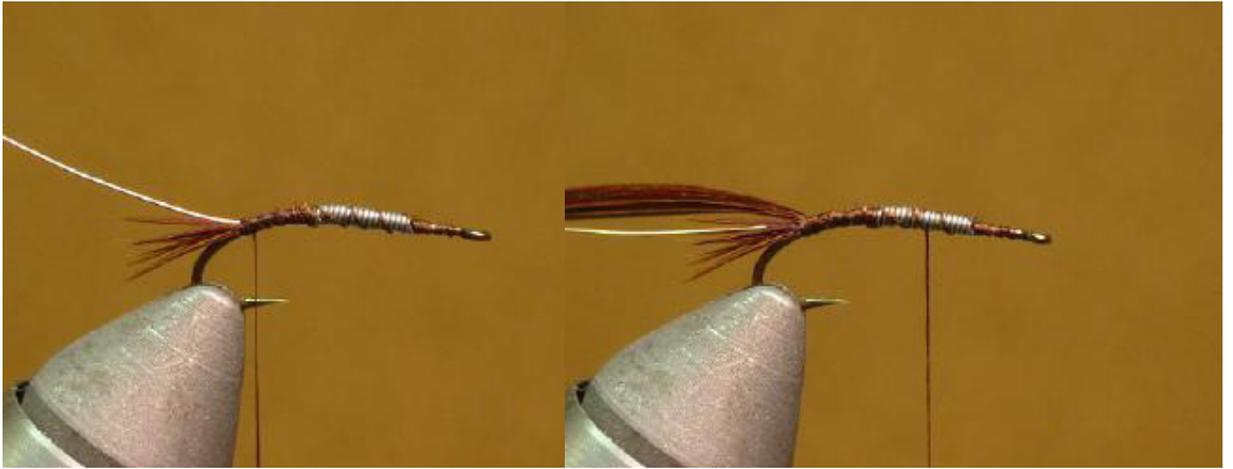
Legs:Pheasant Tail fibers (about 8-10)

Wingcase/flash-back:UNI-Mylar 1/16" "Pearl" color (with a drop of 5 minute epoxy)

Thorax:Peacock herl



Make several wraps of small lead wire as shown. Secure it with several wraps of thread, creating a taper on both ends. This will make it easier to create a smooth, tapered body.



Tie in the pheasant tail fibers for the tails, trim the butt ends. Tie in the medium copper wire.

Tie in pheasant tail fibers for the abdomen so that they are facing back as shown. Wind the thread forward.



Wind the copper wire forward to create the rib.

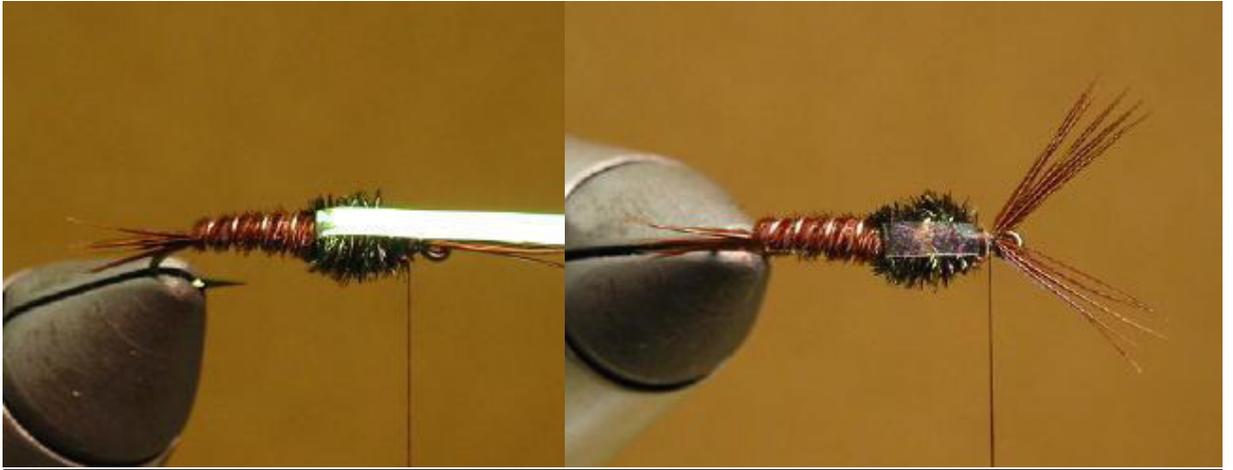
Grab the bunch of pheasant tail fibers and wind them all forward to create the abdomen. With enough fibers, the wraps shouldn't really overlap. Trim the butt ends.



Tie in the pearl mylar facing the back, on top of the hook shank. Wind the thread back to where the pheasant tail fibers in the abdomen ended. Tie in several strands of peacock herl



Tie in the pheasant tail fibers that will eventually be the legs. Tri to tie them onto the top of the hook shank, not the sides. Trim the butt ends.



Grab the bunch of peacock herl and wind it all forward to create the thorax. Some overlapping is usually necessary to create a bit of bulk. Make sure you don't crowd the eye of the hook. Pull the mylar forward tightly creating the "wing case" and tie off.

Stroke the bunches back along each side of the nymph's thorax and make several tight wraps of thread~this holds the fibers back and creates the fly's "head"



Pull the mylar back and make a few wraps of thread in front of it. Cut the excess off as close as possible.



Mix up a small batch of 5-minute epoxy and, using your bodkin, add a nice-sized drop to the top of the mylar wing case. Using the tip of the bodkin, spread it to the four corners of the wing case while trying NOT to get any on the peacock herl. Allow to dry for at least 24 hours before fishing it. Don't "test" the 5-minute claim by touching the

wing case too soon, it'll cause the surface of the epoxy to look very dull. For obvious reasons, tie a few flies and do the epoxy bit all at once. Five minutes vest describes the working time of the epoxy before it becomes too stiff.



The finished fly.



Rod Insurance. It may pay to check what your household contents insurance covers. Some policies may only cover the rod during transportation and not when it is in use.

Calendar 2010		
Date	What	Notes/Contact
13 to 15 Aug	Rangitikei	Stuart Fri to Sun or one day
10 to 12 Sept	Turangi	Wayne
15 to 17 Oct	Turangi	Noel. Fishing in the General Area
10 Oct	Waikanae	McWilliams Shield
26 Nov	Flycasting Competition	Start 10.30am finish about lunch with Sausage sizzle

Other trips in the planning stages are 14th or 21st November a club exchange trip with the Hutt Club, our club will host them for a trip on the Otaki or Waikanae River and in return our club will be entertained on the Wainui River.

The Committee is also looking at a trip to say Rotorua for a few days in March.

Our triangular flytying competition with the Hutt and Wellington Clubs is not too far away, in October, probably first Tuesday. This year it is to be held at the Hutt Club's rooms.

22 club members and partners enjoyed a great 'mid-winter' dinner at Thai Lagoon on Thursday 5th of August. For those who didn't make it, I thoroughly recommend you don't miss out next time. Ed.

Kapiti Fly Fishing Club (Inc.)

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:

Please come along (& bring a guest) to our monthly club meetings usually at: 7.30 pm on the third Monday of each month temporarily at the Softball Club Te Atiawa Park Donovan Road Paraparaumu

COMMITTEE MEETINGS:

KFFC Committee usually meets on the second Monday in each month at 7.30pm at a committee member's house. Talk to a Committee member if you would like to attend. **Next meeting 18 March.**

NEWSLETTER COPY:

Newsletter copy to be received by First Friday of month.

Your input is welcomed hohi.jones@clear.net.nz

Thanks to all for your articles – Ken

Contacts:

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Club Trips	Hugh Driver Email: drivers@paradise.net.nz	ph 04 902 0177
Newsletter	Ken Jones Email: hohi.jones@clear.net.nz	ph 06 364 8084
Manage Club Assets	Malcolm Francis Email: malcolm.francis@acc.co.nz	ph 06 364 2102

IMPORTANT NOTICE

Remember the club owns rods and reels for club members to borrow
There are 6 rods & reels with floating and sink lines in weight ranges 6 thru 9