



Editor's Eddy

Of the five months of the trout season, the last one, September, is far and away my favourite. The air and water are cooler, and the shadows are long - so we can fish through the day. There are the beginnings of fall colours contrasting the deep blue skies. There is still enough insect activity to keep a dry fly on the end of one's tippet. Plus, the expectation of the season's end induces more than a little tension. It's now or never.

But this year, the hot and parched summer continued through August - the driest since the beginning of record-keeping 65 years ago - and well into September. The shortage of rain is readily apparent in the countryside: trees prematurely losing leaves, crops that look stunted and burned; and, of course, low water levels in lakes and rivers.

On a late August trip to Timmins, I stopped at a local trout stream to relax and, with any luck, catch a few small brook trout. But what a difference since my last visit: a classic case of the bones of the river bed showing through. What was previously difficult to wade could have been almost crossed with a pair of hightops.

How many of us had to alter our fishing plans this season? Bellwood Lake finally ran out of cool water, and temperatures on the Grand River made it unfishable for a while. Flows on Whiteman's Creek were ridiculously low. The list goes on and on. Excursions to my favourite southern Ontario brook trout streams went onto the back burner. Finally, on the ides of September, *it rained*, but not a lot in some places. Nonetheless, now there's a chance to make up for some lost time.

As the fishing and conservation field seasons wind down, we're entering the regimen of club gatherings with familiar faces, fly tying, seminars and, of course, the swapping of tales of our angling misadventures and highlights (see "The Palomar Knot" in this issue for one of mine). For many, there will be even more meetings of the Forum, executive, and conservation-related committees - the stuff that keeps this club's machinery running smoothly. To me, this 'second season' is almost as important as the first, since it constitutes other sides of my experience as an angler and conservationist. Give me a choice to be on the river, though, and I think you might guess where I'd be.

Bob Kuehnbaum, September 18, 2002

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Conservation Update

Bob Kuehnbaum, Conservation Chair

Logjam Construction, Credit River

After two previous attempts, starting a year ago, this project finally materialized. On September 7, a group of 13 volunteers spent the morning rebuilding woody structures and installing new cover in "the meadow" in Forks of the Credit Provincial Park. Part of the project was experimental, and involved anchoring sweeper logs into limestone riprap by drilling holes with a rock drill, and cementing cables through logs into the holes with epoxy. This should provide additional cover for trout along an otherwise fairly unnatural-looking run.

Club members Robert Cristant, Mike Ewaschuk, Jack Imhof, Ken O'Brien and Blair Williams lent a hand; Jack provided advice on the procedure. Others who came out were Myron McKee, Derek & Tanya Parks, John Pawlowski, Mike Retallick and Brad Wright. Thanks are extended to all. Special thanks are due to Steve Copeland, President of Ontario Streams, who provided guidance and the use of his organization's rock drill. Materials for the project were purchased with funds provided by the Ministry of Natural Resources through a CFWIP grant (carried over from 2001).

Over the next several years, IWFFC and Ontario Streams plan to reconstruct former logjams (originally built in the 1980s), and create new ones

along the reach from the bottom of the meadow to several hundred metres below the Dominion Street bridge. Trout populations seem to have declined in this reach since the woody cover washed away over the years. The September 7 workday is the first of many, and proved the feasibility of a new technique. We are also formulating a plan to construct instream cover for brook trout above the Cataract. Our main difficulty will be locating and moving sources of timber, since Ontario Parks will not allow the use of fallen or standing, dead timber from within park boundaries.

Bronte Creek Workday

On September 14, Bill Christmas organized a workday on Bronte Creek above the Lowville dam to remove fallen timber which was obstructing flows. Because of low water levels, the crew were able to also get into the pond above the Lowville dam.

Bill was helped by club member Tom Matier, and by Greg Birett and Martin Hochstein. Mr. Hochstein, the owner of the Lowville dam, graciously provide a lunch for everyone and donated \$200 to the IWFFC conservation fund; we sincerely thank him for his generosity.

Upper Credit Rehabilitation Initiative

Mike Ewaschuk

The objective of the UCRRRI program is to restore and improve the Credit River's cold-water habitat for native brook trout, between Orangeville and Highway 24. This year's work (May 15th to September 9th) focused on reducing excessive stream width, increasing aeration, clearing obstructed thalwegs, creating fish cover and tree planting.

Nineteen sediment traps were built to reduce stream width which both increases baseflow velocities to expose buried gravel substrate, and decreases thermal heating by lessening the surface area exposed to the sun. Exposed gravels produce far greater numbers of aquatic invertebrates than do fine sediments.

Eight riffle structures and 155 small boulders were placed in riffles to improve aeration and provide cover for fish in areas of abundant food and oxygen.

The thalweg is the deepest part of the main flow on the outside of river bends. To keep it free from obstructions, one third to one half of the river channel width is cleared, and the removed wood re-positioned to the inside stream bed where there is

active sediment deposition. This causes increased baseflow velocities and re-sorting of sediments, keeping gravels free of silt and accumulating fine sediments in slow water areas (insides of bends with woody debris).

Approximately 40 'sweeper' logs were installed for brook trout cover. Sweepers are cabled to a permanent structure at one end while the other end is allowed to move freely in the current or 'sweep.' By allowing one end of the log to remain free, the sweeper does not accumulate sediments and become buried over time.

Almost 1,000 trees were planted. The trees will eventually shade the river, reducing thermal heating, reducing erosion rates and providing fish cover.

Mike Ewaschuk, an IWFFC member, was the leader of the three-person 2002 UCRRRI crew, and was on the crew during the previous two seasons.

*There will a presentation of the UCRRRI at the October 15 general club meeting (see page 8).
- Ed.*

Upcoming Conservation Activities

November 10th: Spawning survey. This is the last scheduled IWFFC 2002 workday on the Credit River. If you can't make it out on the 10th, watch for a possible second (unscheduled) day.

For updated and more detailed information, check the IWFFC web-site, or contact Bob Kuehnbaum at 905-276-6684.

Quotable / Notable Quotes

"Anyone who has ever tried successfully to roll-cast a dry fly under any circumstances, let alone cross-stream in a wide river with conflicting currents and before two big dining trout, knows that baby sitting for colicky triplets is much easier."

- Robert Traver, "Trout Madness"

"It was not that the jagged precipices were lofty, that the encircling woods were the dimmest shade, or that the waters were profoundly deep; but that over all, rocks, wood and water, brooded the spirit of repose, and the silent energy of nature stirred the soul to its inmost depths."

- Thomas Cole

Between a Mountain and a Fish

Sharon Cook



In the Rocky Mountains, you can see where past earth horizons stand almost vertical now, how an ancient plain has been forced on its side and rises up sharply, butted against massive extrusions of solid rock; how they have, through the spectacular forces of mountain building, been folded, uplifted, *cajoled*, scrambling the present horizon into peaks. Sometimes you see these peaks hovering in soft purples and dim hues, looking like the tattered fringe of the entire earth. Sometimes they look anchored as if they are colossal blocks chiselled in sharp sunlight.

The spirited trout that live high in their streams are camouflaged beautifully amongst their coppery and ochre rocks. These are fish living in and around the smallest pieces of the mountains, bits splintered or broken off from tip tops, tumbled and bleached, meandering their way down each side channel. And through the blur of fast, clean water, it can be quite difficult to scout a native bull trout or cutthroat trout.

During a recent Alberta fishing trip, the late mountain snow pack melt had rendered the rivers too high or fast or cold to fish, so we looked to the

lakes and ponds. As I stood on the shore of Lower Kananaskis Lake, a long train of mountains spread from left and right. It was hot and breezy, and I found a shaded cliff to undertake more 'waterscouting.' I found myself sitting on a rock in the shade, becoming increasingly comfortable. As I relaxed, the mountain shapes suggested more and more things to me, unfolding like a great mystery story. I felt like you do when you find yourself in good company, and so continued enjoying the momentary diversion. My fly rod was still in the car trunk. Well, I didn't even take it out when a giant bull trout leapt from the water at just a rod's length from shore.

Such is the perdurable might of these mountains and their mysterious ability to arrest your daily life, your fishing life. Sometimes, it is as though a mountain stands between you and a fish. Or is it that sometimes you can't see the fish for the mountains?

The Palomar Knot

Bob Kuehnbaum

Roy de Guisti and I watched the over 20-inch brown rise, in the crystal clear water, from the far side of a large, sunken log, close its mouth on the beetle pattern at the end of my leader, then start to sink back into its lair. When I set the hook, the fish writhed and was quickly gone - fly and all. Because the submerged wood gave the fish a distinct advantage, there was little chance to successfully play the trout from my position – so I didn't feel too badly. (Better to have hooked and lost than never to have hooked at all.) But Roy sidled over and suggested that, next time, I might use the Palomar knot.

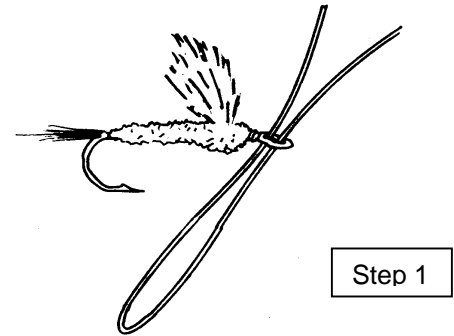
"Never heard of it," I said, as the image of the once-in-a-season fish replayed repeatedly in my mind. Roy demonstrated the knot, explaining that it's the strongest known, at a full 100% of line strength. I was fascinated by its simplicity. Would it have helped land that fish?

Later, a quick internet check revealed that it's commonly used by professional (tournament) bass anglers for mono and spiderwire. I couldn't find out how long it's been around but, judging by the number of 'hits', it's probably been quite some time. Why, then, don't more fly anglers know about it and use it?

Foremost, the amount of tippet material used by the Palomar knot is disconcerting. A bass angler with a spin- or bait-casting rig doesn't have to worry about losing an extra 10 cm of line from a reel with 100-200 metres on it, but a fly angler will have to change tippets much more frequently. On the other hand, when you tie the knot, it is readily apparent that its small size and neatness are two attributes – along with strength and reasonable ease of tying. For comparison, the double clinch knot, which I've been using almost exclusively for terminal tackle for 40 years, tests at about 90%; because of heat generated by friction, it also frequently weakens and breaks on tightening. (Any knot should be tested prior to heaving the fly out into the current.)

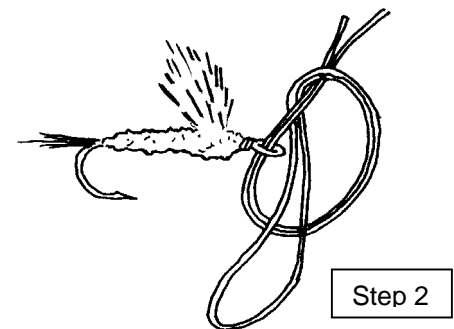
I suggest that you try tying and using the Palomar knot, and then decide if it's for you. Here are the steps.

1. Feed the tippet through the hook eye, and then feed it back through the eye in the opposite direction, forming a loop.



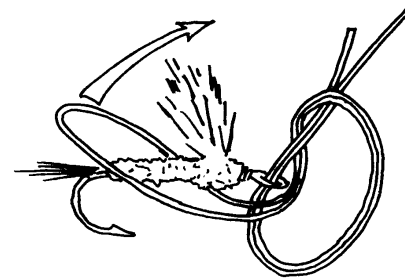
Step 1

2. Tie an overhand knot with the loop



Step 2

3. Feed the fly through the loop.



Step 3

4. Pull on the hook, the standing line, and the tag end to tighten. Snug down tightly against the hook eye and clip off the tag end.

X-CADDIS

Bob Bates, Inland Empire Fly Fishing Club of Spokane WA, and

Wayne Luallen, Kaweah Flyfishers of Visalia, CA.

Years ago this pattern became one of my (Bob's) favourites when it allowed me to catch fish that were refusing my friends' flies. They are excellent fly anglers so it wasn't that I was better a better fisherman; I just had a better fly. This version of the pattern has some advantages over the way most people tie it. Wayne has shown these methods to students attending his workshops at annual FFF Shows.

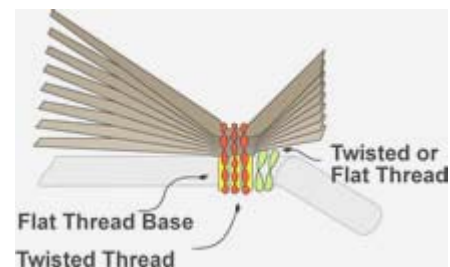
The X-Caddis was originally tied about 1980 by Craig Mathews and company at Blue Ribbon Flies, West Yellowstone, Montana. Early patterns were tied with dubbed beaver bodies, but now most tiers use Antron because it is "buggier." It is a fly for spring, summer and fall, and will take fish during the day when there is no hatch, during a hatch and during the "evening rise." Most of the time, fish it drag free using a floating line. Some anglers put floatant on the whole fly, but there is an advantage to putting floatant only on the wing. This makes it float low like a crippled caddis that hasn't freed itself from the shuck.

Tying the X-caddis is simple: Zelon (Z-lon) shuck, dubbed body and deer- or elk-hair wing. However, how these materials are handled can make a difference.

The Zelon represents the sheath that protected the insect as it moved upward to hatch. As the adult caddis hatches, it leaves behind a shuck that is nearly transparent so the tail on our flies should be pretty thin. With too much Zelon, the shuck is stiff and opaque rather than ethereal, translucent and natural, as it should be.



Caddis patterns with a shuck of crinkled Zelon yarn that has been cut off straight and splays outward when fished looks very unnatural. This splayed appearance did not match the elongated bubble appearance of the caddis' natural husk. The caddis shuck can be changed by twisting and looping the Zelon back on itself to better represent the bubble. The first fly above, tied by Wayne Luallen, shows the bubble shuck. The other fly, by Bob Bates, shows the cut style shuck on the original X-caddis.



Many tyers have been frustrated with their elk- or deer-hair caddis wings. After only a few fish, the wing comes loose and twists around the hook shank. The problem is that thread mounted simply over the hair butts is not adequate to hold the wing in place. There is a solution, but it is not placing 49 more wraps of thread around the hair! The solution is the proper placement of thread to apply the most force. A flat thread base made with untwisted thread is needed at the wing location. When it comes time to mount the wing, secure it directly on top of the forward-most wraps of the thread base with a few wraps of well-twisted thread. This does several things: 1) The base of the thread on the hook acts as a friction point; 2) As with rope, flat, untwisted fibres are not as strong as when they are twisted (to a point), and; 3) Twisted tying thread is narrower than flat thread so it bites deeper into the wing, thus pinching the hair onto the base thread more tightly.

The wings on the two flies above were tied with this technique. However, the amount of hair on the two flies is radically different. Both styles have

caught fish, so it is up to the tyer to decide what is best for their fishing situation.

(Modified, from the FFF ClubWire Email Newswire and FFF web-site)

(Ed.'s note: The X-caddis is really just a hackle-less hairwing caddis with a trailing shuck, but its reputation is widespread. This article is particularly good since it has useful tips on tying the shuck and making the hair wing stay in pace.)

The Credit River's "White Fly" Hatch

Bob Kuehnbaum

On August 8, 1994, while crossing the Credit River in central Mississauga on the Burnamthorpe Road bridge at about 10:00 p.m., my car passed through dense clouds of large, whitish insects swarming around the street lamps. It was a blizzard in 25°C air! When I pulled off at the nearest street and walked back, the flies hit me everywhere. They numbered, probably, in the hundreds of thousands. And, surprisingly, they were mayflies. Since sampling is part of my routine, I gently coaxed several of them into a film canister and headed home.

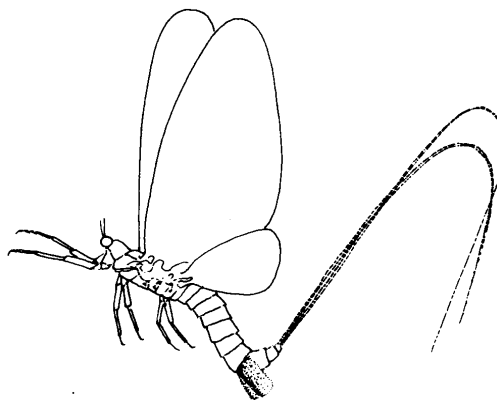
The next morning, I consulted my copy of *Hatches II*, by Caucci and Nastasi. The flies were certainly in the genus ***Ephoron***, but specific identification needs an entomologist. The specimens were sizeable, with body lengths of about 10 mm, the size of a #12 hook. Very interesting, but what of it?

After that night, my only on-stream experiences with this prolific mayfly were during a handful of after-dark fishing sessions on the Saugeen River near Durham. There, they come out over an extended period, overlapping the late season *Isonychia* and *Hexagenia*. *Ephoron* are notorious for the speed with which they hatch, making them a difficult target for fish, but I thought that the spinners would have been of interest to a trout or two. But with all those other, larger imagoes on the water, they took third fiddle. There are times when the brown trout do key in on them, but I just haven't been lucky enough to be there for the event.

Ephoron mating takes place so quickly that the male dun almost instantly metamorphoses into a spinner, often remaining attached to, and flying in tandem with the remains of its previous incarnation. And the female dun, with its orange egg sac, never becomes a spinner. The airborne versions of this genus hatch, mate and die in such a rush that they never see the light of day!

Back to the Credit, August 13, 2002. On the drive down from Belfountain along Mississauga Road, I crossed the river in Huttonville at 9:45 p.m. There it was again - the same, weird scenario as eight years before! At least tens (likely hundreds) of thousands of swarming, mating and dying mayflies - so many that they were making a distinct clacking noise as they ran into each other and the lampposts. According to a local resident, this happens for a few nights every year, and their corpses can thickly carpet the road in the morning. The next day, I mentioned the hatch to Sean Deighton who happened to have seen a huge swarm of whitish insects on the Derry Road bridge three nights before. And I subsequently found the remains of a few *Ephoron* on the Dundas Street bridge.

So, it appears that this annual phenomenon is widespread, occurring from Dundas Street upstream to Huttonville - a river distance of more than 20 km, by my reckoning. It's not unrealistic to assume a somewhat broader distribution. In terms of sheer numbers and mass, it can be further speculated that the *Ephoron* hatch may very well be the major mayfly emergence on the Credit!



Ephoron album, female dun

Reprinted from *Hatches II* by Al Caucci & Bob Nastasi, 1986, with the permission of Al Caucci.

Clearly, a few anglers have known of this before, but why does the "white fly" never come up in discussions about the significant mayfly hatches of the Credit River? That must be because of its lack of effect on fishing opportunities. On the upper Credit, *Ephoron* duns and spinners caught in spider webs would be, quite literally, a dead giveaway, but there's no sign of them. So they're not important for trout fishing. In the lower river where they abound, bass would likely feed on them, but the smallmouths that swim up from Lake Ontario in the spring to

spawn are long gone in August. And night-fishing for juvenile steelhead isn't something that any anglers I know would go out of their way to do. There's not much left.

Since *Isonychia* is present in the river from Erindale Park to the headwaters, why does *Ephoron* not occur in the headwaters as well? Maybe it's because they're burrowers, and the riffles of the headwaters are not their best habitat. Caucci & Nastasi write that *Ephoron* prefers high pH (alkaline) waters with silt beds or banks where they burrow and subsist on rich diatomaceous marl, but it also abounds in some freestone rivers. And another burrower, the Green Drake, which is supposed to favour silt-bottomed streams, does very well in the rocky reaches of the upper Credit. So habitat may not be the main issue. The "white fly" can tolerate warm water at the margins of trout habitat, but it also occurs in prolific trout streams of Pennsylvania, Michigan, Wisconsin, New York's Adirondacks, the Delaware River, and in the Ozarks (where it constitutes the only predictable mayfly hatch). So, temperature is not necessarily a limiting factor, either.

Perhaps distribution is dependent on species. There are two major species in eastern North America: *E. leukon* and *E. album*. Jack Imhof, Trout Unlimited Canada's national biologist, has only encountered *E. leukon* in southern Ontario, and he had not before heard of them on the Credit. But, pending identification, that's most likely what they are.

Whatever the reason or reasons, *Ephoron* is reported to thrive in pure, unpolluted rivers. So its presence, as well as the occurrence of other species such as *Isonychia* as far downstream as Erindale Park, speaks very well indeed for the water's quality. It may be worthwhile for CVC and OMNR to keep a close eye on this mayfly to monitor the health of the Credit River drainage

Perhaps some day, the "white fly" will work its way upstream. Anglers, dream – a late season blizzard mayfly hatch! And trout, beware!

Stealth Fly Fishing

Rich Lobrovich, Tracy Fly Fishers of California

Stealth flyfishing can be summed up with an old saying: "Walk softly and carry a big stick." Before you head out to your favourite stream, take a good look at your equipment. When you stalk the trout you will use most of your senses: sight, sound, touch, smell, and intuition. Since flyfishing is not a

static sport you must also consider the dynamics of the environment you occupy.

SIGHT: Your sight can be improved with a good pair of polarized sunglasses and a pair of side blockers. Wear a wide brim hat to prevent direct sunlight into your eyes. With your sunglasses on, standing in the middle of a stream and looking directly up stream you will not see fish very clearly. However, walk over to the side of the stream and look perpendicular to the water flow. Your vision into the water will improve significantly. Look for spider webs with insects for clues to the most recent hatches.

SOUND: Now stand on the side of the stream with your eyes closed and listen to the sound of the water. If you are beside a slow running pool you may only hear the sound of a rising trout. False cast your fly a few times over the water and listen to the sound your line makes. Now cast upstream and listen for the sound of your line hitting the water. Did it make a crashing sound? Open your eyes and take two steps toward the center of the stream. Look at the waves your legs made and watch how far those waves travel into the pool! Sound waves also travel far into the pool. What types of boots do you wear? Are the soles of your boots, rubber, felt, felt with metal cleats, or chain slip-overs? I recommend the new sticky rubber soles. Did your steps make any noise on the bottom of the stream?

While walking up stream try to avoid the slow pools, try to walk around as not to spook these fish. Trout do not hear sound; they feel it through vibrations. When you walk on top of a bank the trout below can also feel those vibrations.

TOUCH: When you stalk wild trout you will need to know the environment that trout live in. Touch the water with your fingers. Is it cold or warm? Better yet, take the temperature. Touch the bottom with your hand. Is it muddy, sandy, or gravel? Turn over a few rocks to determine the food supply. Many items are time of year dependent!

SMELL: Take a slow deep breath and try to smell the clean air around you. Do you smell the fresh air after a rain shower, the cedar, the wild azaleas?

INTUITION: Now that you have your physical senses in order, it is time to use your intuition. Think back a year or more when you were fishing this same spot or one just like it. Are the conditions the same? Use some form of record keeping like a streamside diary. Sitting along the streamside and watching trout rise will give you an indication of what and how they are feeding.

Look for fish in their feeding stations. Trout normally feed up stream or on the side of a rock. They do this because it uses less energy and food will flow to them. The aquatic food drifts past their feeding station and the trout move up or down, left or right. Cast up stream and let the fly drift to the fish. Since the trout will be looking upstream, they will not see you if you are behind them. If you are to the side of the fish, make sure that you do not cast a shadow on their position. Also, consider how you are casting; too many false casts will spook all the fish.

Stalk trout in the stealth mode and watch your catch rate improve.

(Copyright 2002 Rich Lobrovich, for the FFF ClubWire Email Newswire.)

Writers & Fly Tyers Needed

Our guest speakers' roster is filled for the fall/winter/spring, but we need one or two guest tyers and a number of intermediate tyers to round out our schedule. Contact Ted Armstrong, Program Chair and Vice-President, by phone at 905-636-2058 or e-mail at tarmstrong@uniongas.com.

We are also continually searching for articles for this newsletter. If you have something, or would like to discuss a potential topic, check page 1 on how to contact the Editor.

Final Fall Meeting Schedule

This is a complete list of speakers and fly tyers until the end of 2002. **Keep this list handy; it will probably not be repeated.**

September 17. General meeting: Discussions on fishing & club directions. Mike Warrian on fall salmon fishing in New Brunswick.

October 1. Fly tying. Guest tyer: Paul Noble will do the "fire pupa" & others. Intermediate tyer: Bob Lundy.

October 15. Bob Kuehnbaum and Bob Morris with the annual conservation update, and Jim Bowlby (OMNR) on the results of Special Regulations.

November 5. Fly tying. Guest tyer: Rick Whorwood will demonstrate Spey flies. Intermediate tyer: Ken Geddes will cook up the Buckskin Killer. At Port Credit Lions' Hall (*this meeting only*)

November 19. General meeting. Jack Imhof (Trout Unlimited Canada biologist) on fly-fishing in Argentina.

December 3. Fly tying. Guest tyer: Darius Boron, representing Wilson's, will demonstrate

steelhead flies and others. Intermediate tyer: Bruce Rattray.

December 17. General meeting. Mike Zimmer on the results of the Credit River brown trout migration survey.

Check the web-site for more detailed information and details on the beginners' fly tying course.

Club Executive

This is your current executive and their duties:

Bob Lundy: *President**

Ted Armstrong: *Vice President* & Program Chair*

Ken O'Brien: *Treasurer* & Membership Chair*

Bob Kuehnbaum: *Conservation Chair & Single Haul Editor*

Bob Foote: *Mailing*

Barry O'Rourke: *Printing*

Mike da Silva: *Library*

Robert Cristant: *Venue*

* - *Elected positions*

Positions Available: As is plainly evident, several of the executive duties are doubled up. We encourage a few stout-hearted and interested people to lighten the loads of some executive members. We are searching for:

A new *Program Chair* to organize speakers and tyers for next year.

An individual to share in the responsibilities of the club's conservation activities, with the idea of eventually assuming the very satisfying position of *Conservation Chair*.

One or more people to help out in the assembly of the *Single Haul*, perhaps on a rotating basis, and the overdue 2002 issue of the *Double Haul*. Good writing and word processing skills required.

An assistant for the *Membership Chair* to prepare and maintain a set of name tags for meetings so that regulars can greet newcomers by name, and vice versa.

Contacting IWFFC

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