



LINES AND LEADERS

CFFA

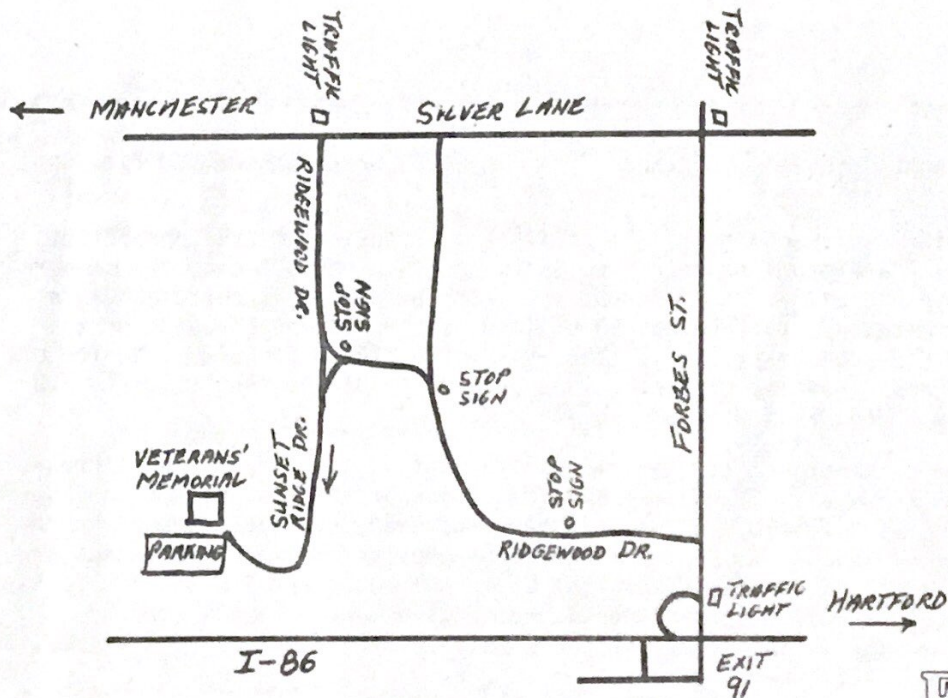
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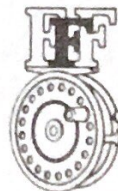
Connecticut Fly Fishermen's Association

Meeting Notice

CFFA's November meeting will be held at 7:30 P.M., Wednesday, November 12 at the Veteran's Memorial Clubhouse on Sunset Ridge Dr. in East Hartford. The guest speaker will be Mr. Gardner Grant, noted fisherman and past president of the Theodore Gordon Flyfishers Club. Mr. Grant will present a slide show Fly Fishing for Cutthroat Trout in Montana and Idaho. Before the meeting several CFFA members will demonstrate their fly tying techniques and patterns.



'An active member club of the Federation of Fly Fishermen'



THE CORNER POOL

Ed Fidrych

Larry Johnson

Thanks to articles contributed by Ken Thompson and non-member Jeff Passante of Clinton, who uses the nom de plume " Grizzly Neck " we have been able to enlarge this month's issue.

We can always use additional material such as short articles or stories, art work, jokes, tips on how to, and fly patterns. Send it in no matter hoe insignificant it may seem and SEE YOUR NAME IN PRINT. Larry and I will do our best to use everything submitted. Please be patient though, since fitting everything onto an even number of pages sometimes means that we will not be able to use an item immediately.



*
* PRESIDENT:Elmer Latham EDITORS:Larry Johnson, Ed Fidrych *
* *
* "Lines and Leaders" is the official publication of the Connecticut *
* Fly Fisherman's Association, Inc., and is distributed to its member- *
* ship and allies of conservation. Address editorial correspondence *
* to either Larry Johnson, 60 Willard St., Hartford, CT 06105 or to *
* Ed Fidrych, Box 145, Glastonbury Rd., Portland, CT 06480. Notice of *
* address change and other correspondence should be sent to CFFA, P.O. *
* Box 18365, East Hartford, CT 06118. *
* *
* The Connecticut Fly Fishermen's Association is " Organized to Preserve *
* and Promote the Pleasures and Traditions of Fly Fishing and to Conserve *
* Game-Fish Waters." CFFA regular membership meetings are held on the *
* second Wednesday of each month, September through May. Meetings are *
* held at the Veteran's Memorial Clubhouse on Sunset Ridge Drive in East *
* Hartford, Ct. Eastern Council meetings are held on the fourth *
* Wednesday of each month at the Mansfield Middle School, Spring Hill Rd., *
* Mansfield, Ct. *
* *

THE STREAM SCENE

by Ken Thompson

Last time, we discussed the topic of stream ecology. Before going on to a closer look at insects, let's apply some of the knowledge gained from that previous discussion. Remember I described, (in a somewhat lengthy manner) that a trout lives on a very strict energy budget. This, to a great degree, determines where a trout will locate itself within the stream. Because the fish cannot afford to waste energy, many people have mistakenly concluded that a trout is lazy. Either way, a typical stream trout would rather have its food arrive via the current, while he or she remains as motionless as possible. Besides saving energy it is also a safer way to feed and therefore survive.

The stream bottom offers resistance to the flow of water down its channel. In general, the larger the substrate, the more friction between it and the water. This means that the flow of water is reduced, the closer it gets to the bottom or other obstruction. We have all seen water flowing around protruding rocks in " pocket water ". As the current is forced around the rock, certain zones of current velocity are set up. In actuality this is a continuum, but the idea is easier to perceive if we look at zones. Immediately upstream and downstream from the rock, water velocity is slowest. It is fastest on the sides. Where slack and fast water meet, a very visible " edge " of current is seen. As Gary La Fontaine points out in his book Challenge of the Trout, these are the spots to concentrate your fishing. Trout lie in the slower water, (where maintaining position in the flow is least expensive energy-wise) and wait for food coming down the edge of fast current. At times, when food is in abundance, a trout can afford to hold in fast water. For example, this can happen when a good " hatch " is on, or during oviposition. But, when not much is happening on the river it's a good idea to fish some edges.

There are also invisible edges. Submerged rocks and other obstructions create the same phenomenon described above. A football size rock on the bottom of a swift run is capable of holding a good fish. Remember however, that the fish is not going to travel far into the fast water, since doing so would cost more energy than its proposed dinner will yield. The larger the food item, the more energy can be spent to obtain it.

When fishing a run, unless there are visible rises it is good practice to fish very close to the bottom. Ideally, cast to individual rocks, and better yet to visible fish (polarized, lightly tinted sunglasses come in handy). If this is not possible, work the area systematically. I like to use small flies for the former situation and larger flies, especially streamers, for the latter.

All the above is true for the average trout we fish over in Connecticut. Big trout are another story, and in many cases must be fished for differently. There is not enough space to get into this, but remember that a big fish, say two pounds or better, needs a lot of energy to maintain itself. Rather than fool around with small insects, it makes sense (ergonomic sense, biologically speaking) to go for larger food items, for instance other fish. This larger food is vulnerable when it is

weak or unheathly, but the nighttime is its worst enemy. This should be a clue to those who seek larger fish.

By expanding our concept of energy flow in a stream ecosystem put forward last month, we have looked at examples of how this information can work for us as fishermen and women. It does not stop here. Most, if not everything a trout does can be explained in these terms.

Now, back to the subject at hand, the insects. Insects are indeed incredible creatures. Millions of years of evolution has resulted in them being the largest, most diverse, and widely distributed group of animals in the world. Over five sixths of all the named species of animals on earth are insects.

Insects belong to a group of animals called Arthropods. Also included in this group are crabs, crawfish, spiders, ticks, millipedes and centipedes. What these animals have in common is a hard external skeleton. This "exoskeleton" besides keeping the animal together, provides protection and inhibits loss of body fluids. Just like a "knight in shining armor", in order to move about, the arthropod must have jointed appendages.

A growing arthropod must periodically shed its non-elastic exoskeleton. This time is referred to as molting. Internal pressure built up inside, usually by increased air or water pressure, causes the old skin to split. The animal must then wiggle free from, actually climb out of, the split exoskeleton. Having accomplished this, while the insect is still pumped up so to speak, a new and somewhat larger exoskeleton is hardening. When the new skeleton hardens, the inside pressure is relieved, creating a space in which the animal can grow. After time, normal growth fills the space, and molting must occur again.

Insects shed their skins several times in their immature stages, but once they become winged adults, molting ceases. So, a small housefly is not going to grow into a larger housefly. There is one exception to the above that is especially important to us flyfishers. In mayflies, after the nymph molts into the adult, the adult sheds its skin one additional time, resulting in two distinct winged types. We will cover this in greater detail in a later column.

Most people are well aware of the diversity found in insects that inhabit the terrestrial environment, we see them every day. Many, except for flyfishers and some scientists, do not know that many different species occupy aquatic habitats as well. These are the insects that feed our trout, and the ones we will hopefully learn more about in the near future.

Until then, take my word that in any good trout stream there are hundreds, even thousands of species of insects living there. For example, in my backyard alone, (very near the Mount Hope River in Ashford) I have collected more than one hundred species of caddisflies. This is only one of about a dozen major groups of insects that frequent our streams.

Why so many kinds and numbers of aquatic insects? Because streams are not just nice places to visit, but also good places to live as well. Temperature extremes are far less severe when compared to land. The current carries food to the insects and their wastes away, just as in the trout. This saves energy. Since body fluid loss is not a problem in fresh water, (it is on land) the need for thick exoskeletons is eliminated, again saving energy.

Now don't get all excited and think you have to know each species to be a success astream. On the contrary, just the ability to distinguish between the major groups and a little about their habits, is all most anglers need. For you " match the hatchers ", catch a specimen (it helps to carry a small net) and you have the correct size and color. By next spring, if you read this column you will know the rest, then all you have to do is present the fly to the fish the same way the natural is.

Fish the fly where the trout are taking the naturals. This can be on the surface, in the film, in the water column or on the bottom, and at the same time, try to mimic the behavior of the insect. For example, fish dead drift, or with fluttering, twitching, or swimming motions.

So you see, all this business about fly fishing is as complicated as you want to make it. For those who just want to catch fish, a little basic knowledge will suffice; for thoes who want more, the sky is the limit.

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"WHITE FLY MADNESS

BY

GRIZZLY NECK

August is the dog days for trout fishing in the East. True, it has been rumored that trout can be taken on terrestrials or during a "Trico hatch" in this period but while the terrestrials can certainly be found and even a Trico hatch located, the trout are much more difficult to find.

One alternative to Connecticut's warmish waters is Pennsylvania's limestone creeks of Cumberland County. The Yellow Breeches near Boiling Springs is one such stream and it has a Fish for Fun area. Fish for Fun in Pennsylvania means fly fishing only and "no kill" except one trophy fish, over 20" may be kept.

The last week of August I planned a fishing vacation on the Breeches to catch the fabled White Fly Hatch. The White Fly (Ephoron Leukon) hatches the last two weeks in August and into early September.

The first evening, I arrived about 5:00 and anxiously started fishing down stream. I fished each area that looked "fishy" with terrestrials, nymphs and midges. No luck. Within the 1½ mile stretch of the Fish for Fun area, there must have been 20 fisherman. The crowd of locals had not arrived yet as they fished the hatch and that occurred like clockwork exactly at dark.

Nobody seemed to be catching anything. Then the fellow fishing 20 yards behind me caught a nice trout. I tried not to notice. Five minutes later, another trout, then another and another. What was really disconcerting about this was the guy fished areas I had just worked over. Not only that, but he was nymphing with about 10 feet of leader out and that's all.

My concentration and confidence was totally destroyed after he took and released his seventh fish, a large brownie. I couldn't stand it any longer.

"What ya using?"

"Nymph"

"What?"

"You mean what kind?"

"Ya"

".....Ah...cream"

(Long pause while I tried to mentally figure out what a cream nymph was)

"What size?"

"14"

"Thanks"

Not having any cream nymphs, I decided to await the White Fly hatch. Soon the sun started to set, a few White Flies could be seen and the locals started marching in and establishing their positions.

I had been briefed on the technique. The idea was to fish the dun for the first 10 minutes or so, then switch to the spinner and fish a short line.

I was not prepared for what followed. Right on schedule, the duns hatched in profusion. First the small fish, then the larger fish started to surface feed. Let me tell you right now, there is a lot of trout in the Yellow Breeches. Let me change that to a lot of smart trout in the Yellow Breeches. Fish were rising all around me and as close as two feet away. This was going to be like shooting fish in a barrel!

I had my dun on and started casting to rising fish. One refusal after another. The trout would come up after it and turn away at the last second. There was so many naturals on the water they were not interested in anything the least bit phony.

It was now time to switch to the spinner - it was also very dark. One required piece of equipment for this type of fishing is a small light in order to change flies. As I looked up and down the river, I could see scores of small lights coming from the "flex-lites". It looked like a fire-fly convention.

One needs nerves of steel to change a fly in the dark with large trout feeding all around. Somehow, I managed it after a very long five minutes and a lot of profanity. A short line is required as you start casting to noises rather than sights. Each time you hear a rise in the vicinity of your fly, you attempt to set the hook. Once in a while if you are lucky, you feel something solid and you are into a fish.

Playing a trout in the dark was a new experience for me. You have only a vague idea where the fish is and less of an idea of where it is going. Nocturnal fishing lacks the visual satisfactions but it certainly is exciting.

While all the frantic feeding and equally frantic fishing is going on, there is an almost casual banter going on amongst all the fisherman.

"Hey Charlie, there's a fish working right in front of you"

"I can't see a thing"

"Jeez did you hear that one?"

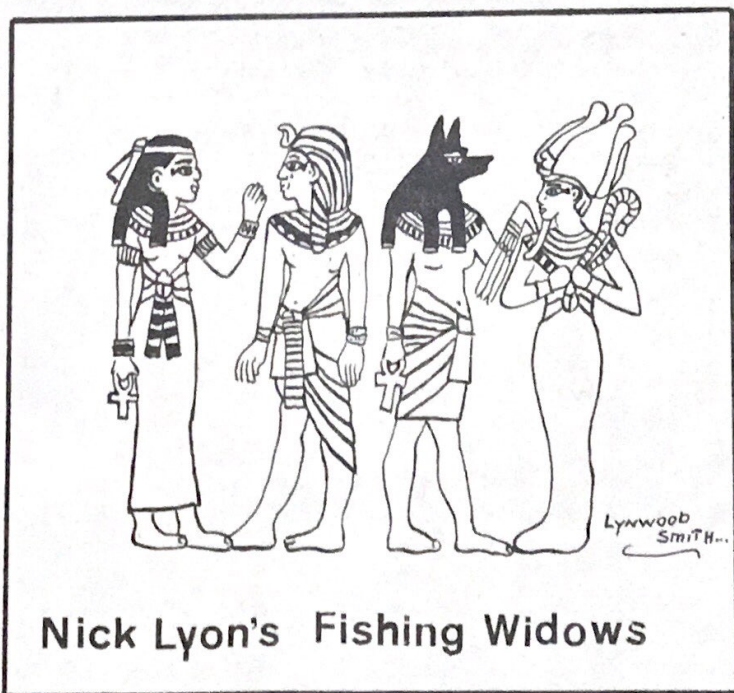
"There was a bigger hatch last night" (there's always a bigger hatch last night/week/year)

The hatch lasts about half an hour or so, and then it gets very quite. I had caught two or three trout when I pricked a large one and then no more action.

Everyone seemed to leave the stream at the same time and marched out single file in the darkness. As I reeled in and grabbed for my fly to cut it off, I realized it was gone. I had fished the last ten minutes since I pricked that trout without a fly. The 6X tippet had broken without my being aware. Fishing in the dark isn't tough enough for me, I have to do it without a fly.

The next day at the fly shop, I inquired about cream nymphs. I had assumed they imitated the White Fly nymph. That was not the case. The cream nymph is known locally as a honey bug. It consists of a piece of white chenille wrapped along the shank and tied off. It has to be the easiest fly in the world to tie. They charged \$.90 a piece for them and I left my fly tying gear at home so I had no choice. By the way, the fly shop owner rather scornfully mentioned that the honey bug represented a piece of bread.

The rest of the week went quickly and my success improved as I got to know the river and the hatch better. (The honey bug was dynamite). Most of all, I learned that there was an alternative to the dog days - August - White Fly Madness.



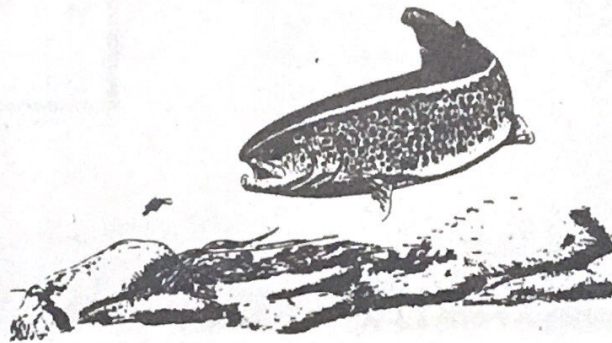
**Fish the
'Willi'
and the
Jeremys**

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Notes from Eastern Council of CFFA

This is a reminder to Eastern Council members that due to the holiday conflict November's meeting will be held on Wednesday, November 19 rather than on the 26th. Members should watch the local newspapers for the November program announcement.

Because of the Christmas Holiday there will not be a December meeting.



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ROOTS

When did CFFA begin? What has CFFA done over the years? Who knows? Well, that's what we would like to find out and have a written and pictorial record of CFFA's history. We need a person or committee that would be willing to work on such a project. If you are interested and/or have information, slides, etc., please contact Gary Bogli, 82 Elizabeth Drive, Manchester, CT 06040 (649-4227).

NOVEMBER 1980 CALENDER

November 5 Board of Director's Meeting
 12 November CFFA Meeting
 19 Eastern Council Meeting

NOVEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

COMING EVENTS

December 3 Board of Directors Meeting
 10 December CFFA Meeting

DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			