

FINNY FACTS

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APRIL 2006

San Diego



Fly Fishers

Cleaner Water. Brighter Streams. Better Fishing.

Volume 11, No. 4

April Meeting

Fly Fishing Shallow Bays

Fly fishing shallow bays will be our speaker's presentation at the April meeting. **Jerrold Paul (JP) Shelton**, a frequent contributor, like monthly, to *California Fly Fisher* will be talking about effective techniques for "Successfully" fishing shallow bays. You might have noticed JP's work in *California Fly Fisher* as it often includes some very nice color photography, including his most recent piece on fishing Crystal Cove State Beach up the coast in Orange County. He has also recently done nice articles on such local fisheries as San Onofre State Beach and Oceanside Harbor. Please plan you join us for what is sure to be an informative evening.



MEETING NOTICE

Monday, April 3rd, 2006

7:30 PM

Sequoia Elementary School

4690 Limerick Ave.

(See map on back page)

REMINDER

Volunteer hosts for this meeting

(report at 6:15 PM):

Les Schultz and

Robert Pharoah

Thank You, Mona Morebello

Fly Fishing Fun in Florida

by Ted Reinert

My wife and I recently traveled to the Saddlebrook Resort near Tampa, Florida. She spent the days attending a business conference, while I had to suffer at the Spa, swimming in the super pool, tooling around the championship golf course, and of course, fishing in the many ponds at the resort.

The best pond was right off of the 18th Green, next to the Royal Bahaman style room that we stayed in. There was a wooden footbridge that went over the pond, and to the resort's rooms. On our way to our room for the first time, I laughed out loud at the 5 foot long fake alligator that they had perched on a rock at the far side of the pond, just in front of a cypress grove. Boy did that thing look fake! I made a comment to the Bellboy, and he laughed, and told me that they called the alligator "Snappy". There were also a multitude of other creatures in the pond, including egrets, herons, turtles, bluegill and bass.

The next day, I was up at dawn, and my wife and I headed across the footbridge for breakfast in the main dining room. We didn't see the fake alligator when we crossed the bridge; maybe it was still too dark to see it, the sun had not yet come up. After breakfast, I enjoyed the spa, and then



headed back over the footbridge. And that is when I saw that the "fake" alligator was chomping down on an egret, feathers and all! Was I ever wrong about that gator being fake!

So, I went fishing in the alligator-free pond on the 17th green instead, and within just a few casts, I had caught three bass on frog like deer hair poppers. The largest of the 3 bass was over 18 inches long. Boy, what a fight on my six weight! Later in the day, I went over to the 18th green pond again, keeping in mind that Snappy already had a stomach full of egret and would therefore be less likely to

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PRESIDENT'S MESSAGE: APRIL 2006

" . . . suffering in the pursuit of sport is meaningful. If nothing else, some modest hardship seems to indicate that there's a little more to this than just dim-witted fun, although how much more is a matter of personal choice."

- John Gierach

Dick Mount led twelve of your fellow Fly Fishers north to Bishop on the weekend of March 3rd, and nothing better describes our little adventure than "suffering in the pursuit of sport."



LEE McELRAVY

First, it was cold. About 23° Friday, Saturday and Sunday morning. I know, for those of us raised in the colder climates (myself included), 23° is just a brisk morning. Unfortunately, Friday's weather also included rain, snow, sleet and hail. Everything but locusts! Fortunately, both Saturday and Sunday were dry and the weather warmed as the days progressed. As I mentioned at our last General Meeting, LADPW began releasing water on Thursday, March 2nd. The flows were up and the water temperature dropped twelve degrees between Thursday and Friday morning. Needless to say, the fishies were sleeping, which is really the only explanation for my own poor performance.


While **Tom Loe** was explaining the nuances of high-stick nymphing to us on Saturday, our own **Gary Strawn** developed a great technique for fishing the Lower Owens. Following the lead of our English fly fishing forefathers and foremothers, he first tied-on his own secret pattern. Stealthy in his approach, he carefully cast upstream, only to visible fish (fish which, minutes before, Gary observed being unloaded from the DFG stocking truck). While the local bait-

chuckers were grouching that freshly-planted trout will not feed for at least an hour, Gary managed to land three stockers in about twenty minutes. Very impressive. Gary will be sharing his secrets with us at an upcoming meeting. You might ask him about it.

From a purely personal perspective, it was a great weekend. Good fellowship and the opportunity to better get to know a number of our members. Much more than just "dim-witted fun," although there was a little of that. Again, a well-deserved "thank you" to **Dick Mount** for organizing another great weekend outing.

A brief reminder of some important, upcoming dates. **Lucky Ketcham** reminds us that current members who do not pay their 2006 dues by March 31st will be dropped from the rolls! And he really means it this time! Saturday, April 1st is the scheduled seminar on entomology, conducted by **Maggie Merriman**. I make no representations that there are still openings, but if you are interested, please do contact **Gretchen Yearous**. Sunday, April 23rd is the Annual "Day At the Docks" at Fisherman's Landing. Your Club will set up a booth, including a collection of photos of saltwater fishing and a saltwater fly tying demonstration. Whether you want to tie, talk about fishing the salt or just "meet and greet," please join us. No one is asking for an all-day commitment. If you can join us for an hour, please plan on doing so. Having

been involved in this effort for the past several years, I can attest to the fact this is a great opportunity to get the word out as to who we are and what we do.

And I will see you all at the next General Meeting on April 3rd. 

FINNY FACTS Has Moved

In order to better serve our newsletter contributors we have enlisted a new e-mail address: finnyfacts@gmail.com

This new address will allow larger mailbox space (up to 2.6 gigabytes) before it gets filled up. So that means we should not have the problem as in the past with rejected mail because of a full mailbox. We have already received large files with photos at our new address with great success.

This new e-mail service also has a better filing system for all of our regular contributors' mail. We will keep the old address for awhile. But please make the effort to use our new address.

Thanks,
Rose and Roger Yamasaki



Fly Fishing Fun in Florida

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Snappy! NOT a fake.

want a piece of me for dessert! Snappy stared at me all afternoon, his beady yellow eyes following each of my cast. But he didn't budge from his spot up on the rock, which I much appreciated. My flyfishing efforts were rewarded with 8 more big bass and bluegill. And the two biggest fish were caught from over near Snappy's corner of the pond.

The next day, after my obligatory time in the Spa and Super Pool, I was back at Snappy's pond, this time I was using a #8 DB Bugger. It seemed like the closer I cast to Snappy, the bigger the fish I caught. I cast several times right in front of his snout, and he didn't budge. I figured that he'd eaten another egret for breakfast, because I would have otherwise expected him to be more active with my fly line flying here and there in front of him. One of the nearby golfers on the 18th green shouted "Fore!" and his ball plopped

into the lake, within about 10 feet of Snappy. And he didn't even flinch!

One of my casts was a little too far to the right, and it went right over his back. Oops! But before I could gently reel my line in so as not to disturb the gator, a bluegill took my fly! I set the hook,

and yanked the bluegill up and over Snappy's back. The second that fish touched his back, the alligator totally exploded into the water! He was churning up white water which was flying in all directions, my bluegill was flipping around all over the place, and I was trying to figure out what to do next! I hurriedly pulled the bluegill across the pond toward me, and the angry gator dove under the water.

Was he trying to steal my fish? I pulled my line faster, this was the biggest bluegill I had ever caught, and I wasn't about to let that gator get it away from me! I landed the fish up onto the wooden foot-

bridge, and it was then that I saw the underwater surge of the alligator coming my way.

Yikes! I hoisted the

bluegill into my creel, and WOW, it was a good 12 inches long, and 2 pounds. I looked back into the water, and the underwater surge was gone. I guessed that the gator had gone away, so I released my big bluegill over the side of the footbridge and back into the pond. SNAP! It was met by the gnashing jaws of Snappy before it even landed into the water. What an exciting day of fishing! The next day we left the Saddlebrook Resort for a drive through the Everglades, and down 105 miles of the Florida Keys of islands to Key West. I caught a



couple of small barracuda and several needlefish. But all in all, the biggest catch of the trip was the explosive Snappy!



Conservation Goals and Rationales

As Randy Quaid said in Independence Day (1996), “Hello, boys! I’M BA-A-A-CK!”

It has been an interesting six years since the last time I served as your Club’s Conservation Director, and thank you for your vote of confidence. I am delighted to have come back at a time when I receive a list of more than 100 members willing to participate in stream improvement, fish planting, or other conservation activities, as part of my turnover package from Gary Strawn. You are really an amazing group!

A few highlights from the past month – On January 11, I attended a meeting of the San Mateo Creek Steelhead Restoration Project, along with 1st VP-select **Gary Strawn**. Other stakeholder organizations present included Trout Unlimited, San Diego Trout, San Diego Fish and Game Commission, local and regional CA Department of Fish and Game, California Coastal Conservancy, and the Hubbs-Sea World Institute. The Cleveland National Forest was not represented (in fairness, I don’t know that they were invited). Two main topics were discussed: the need for a rescue hatchery and the need for stream rehabilitation work in the San Mateo Creek watershed, with the most important element in stream rehabilitation being the removal of exotic fish and amphibian species. If you are interested in the details of the meeting, follow the link to the minutes.

What is a rescue hatchery, and why is it needed? The short answer is that a

rescue hatchery fulfills the same role for threatened fish stocks that a captive breeding program fulfills for land animals. It provides an opportunity to artificially propagate fish populations whose habitat has shrunk below the size threshold needed to sustain a healthy gene pool.

Here’s the long answer. In Southern California streams (and some would include streams in Northern Baja), steelhead evolved to survive in a habitat characterized by a high degree of flashiness (BOTH recurring flash floods and recurring fires). Of all members of the Pacific salmon (genus *Oncorhynchus*), Southern California steelhead (*O. mykiss*) are the most likely to stray from their natal stream, and the most likely to establish resident rainbow trout populations in the headwaters of coastal stream. The degree of residency exhibited by a given population of *O. mykiss* declines by latitude; the farther north the population, the lower the residency rate. At the same time, the straying rate declines in higher latitudes. When first advanced by Dennis McEwen of CA DFG in the mid-90s, this was a radical concept, but it is now mainstream thinking. If you’re interested in current scientific thought about anadromy, an in-depth treatment can be found by linking to a more in-depth treatment can be found at link to anadromy document on the Club website.

This reproductive strategy mixing anadromy and residency worked really well for the steelhead/rainbow dyad. It enabled the Pacific salmonids to



BRUCE CAMPBELL

adapt to local conditions and spread northward as glaciers retreated at the end of the last Ice Age. Over the millennia, this adaptive strategy enabled *O. mykiss* populations to survive catastrophic events like the eruption of Mount St. Helens (and probably the eruptions of Mt. Lassen in the early 1900s and Mount Mazama 6000 years ago). It has not enabled them to survive the human population explosion in Southern California, or the double whammy of migration stopping dams and forest clear-cutting practices farther north.

Prior to 1940, it is estimated that some 10,000 steelhead returned annually to spawn in San Mateo Creek, and another couple of thousand each may have ascended the San Diego River, Sweetwater River, and San Luis Rey Rivers. Dams and development reduced Southern California’s anadromous runs to a few tens of fish returning only in the best rainfall years. But the genetically identical resident rainbows survived in cold water refuges in headwaters of San Mateo Creek, Pauma Creek, and probably the Sweetwater River.

The 2003 Cedar Fire brought the threat to these coldwater fish refuges

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Conservation Goals and Rationales
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into sharp relief. A thriving resident population of *O. mykiss* was destroyed either during the fires, or in the first rains of 2004. The firestorm burned exceptionally hot as it roared through Cuyamaca Rancho State Park. Large oaks were reduced to ash within hours. A fire that hot probably superheated the stream (only a few cubic feet per minute), and probably killed the fish. I visited the upper Sweetwater in January 2004 several days after a heavy rain. I found the stream running black with soot. It ran black for months. Carbon consumes oxygen. If any fish survived the fire, they surely did not survive the ash.

How do these things tie together? Best practice in fisheries science recognized the importance of wild strains in the past few years and DFG decreed that where indigenous *O. mykiss* populations exist; restocking must be with identical genetic strains. Here in San Diego, that means restocking with fish strains that evolved in a specific watershed. And that means a rescue hatchery is needed to ensure conservation of populations. We are lucky to have saved a sample of the Sweetwater *O. mykiss* strain; lucky that individual females in the sample survived to reproductive age; lucky that Hubbs-Sea World Research Institute was available to house “our” trout while their home at the Chula Vista Nature Center renovated; and lucky that there was a researcher at Hubbs interested in these survivors. We are not likely to be so lucky if a Cedar Fire consumes the Pauma Creek watershed. The survival of these *refugias* demands a planned solution in the form of a rescue hatchery. **One of my goals as Conservation Director is to help craft a**

Hatchery Plan, a legal requirement that must be met before DFG can establish a rescue hatchery.

The second part of trout conservation in San Diego County is stream rehabilitation, beginning with the elimination of exotic predators. Smolting fish that reach the lower reaches of San Mateo Creek (and perhaps the San Luis Rey River) run a gauntlet of introduced species, including largemouth bass, green sunfish, bullfrogs, and brown bullheads, all piscivorous species.

One of my goals as Conservation Director is to assist our fisheries agencies in eliminating exotics from all San Diego drainages that host resident or anadromous *O. mykiss* populations.


Resident and anadromous individuals that succeed in reaching spawning status face a habitat degraded by siltation, a result of road construction, poor culvert design, and cattle grazing in riparian areas. Siltation destroys spawning beds, so that successive egg-laying females displace the eggs of earlier redds. The loose eggs draw non-native fish and crustaceans, which consume the eggs and later prey on the emerging alevins.

Grazing cattle also collapse stream banks, broadening the stream profile and eliminating shaded undercuts. Broader, less shady streams warm more quickly and reach higher temperatures, which can make them less able to hold resident *O. mykiss*. And Southern Steelhead must have both resident and anadromous individuals to survive in a flashy ecosystem. We have been successful in persuading the Forest Service to move several grazing allocations out of riparian corridors.

One of my goals as Conservation Director is to demonstrate to the

Cleveland National Forest what the Inyo and Mono National Forests already know - cattle and trout streams don't mix.

And finally, part of stream rehabilitation must surely be stream restoration, including bank stabilization, hydraulic engineering, and canopy management. The rains of 2004-2005 moved a lot of silt into streams in the Cedar Fire footprint. A sharper stream profile can be created by moving and securing large woody debris into the stream channel, in the form of wing dams and extensions. Properly designed check dams made of local boulders can help create deep pockets and bubble screens where trout can hold. Re-planting native red willows, which provide shade and stabilize stream banks, will help keep stream temperatures down, enhancing the ability of the stream to hold resident trout populations. In 1992, the San Diego Isaak Walton League teamed with the Cleveland National Forest to conduct a joint project of this type on Pine Valley Creek. That project has helped maintain a trout population in Pine Valley Creek since at least 1993. There's no reason why the Sweetwater River can't be ready and waiting for trout fry. All it takes is the work of many hands, and hundreds of you have expressed your desire to participate. **One of my goals as Conservation Director is to work with the staff of Cuyamaca Rancho State Park to temporarily enhance the upper Sweetwater River in the Park so that the offspring of “our” rescued fish can be returned to their ancestral home.**

Tight lines! If you're interested in learning more about stream restoration, follow the link to the articles I've posted to the Club website. 



FLY OF THE MONTH

Alberto Salvini's Squid

I learned this squid pattern from Italian fly tier, Alberto Salvini, at the 2002 Marriott's Fly Fishing Show. Alberto says it is a good pattern for tuna and blue water fish that like squid. It looks like a good pattern for a shadow box or a desktop display. It can be tied in white or tans and browns. Notes by Lucky Ketcham, San Diego Fly Fishers, 2/11/2006.

- Hook:** Long shank salt water hook. I used a Wapsi Pencil Popper hook, Size #1 with a 2 $\frac{1}{2}$ inch long hook shank. I size 1/0 or 2/0 would have been better.
- Thread:** White heavy thread 3/0 or 210 denier, flat waxed nylon
- Tentacles:** Long white hackles, pearl Krystal Flash, silver flat Flashabou
- Weight:** Flat end dumbbell eyes and lead wire on shank, cover with white or tan yarn.
- Eyes:** Large $\frac{1}{2}$ inch or larger, 3/D epoxy eyes, stick-on.
- Underbody:** Pearl or tan Cactus Chenille, medium or large
- Mantle:** White polyester fibers. Alberto says he looks for inexpensive white poly macramé cord and separates it into $\frac{1}{4}$ inch strands. Brush out with heavy bodkin and then a wire dog hair brush. I used Aunt Lydia's poly yarn for the above fly. It would be easier with standard EP Fibers.
- Extras:** Wire dog hair brush, Super Glue, Softex (or Silicone, or Goop), Black Sharpe Pen, silver and pearl glitter or Fish Candy Glitter. Add silicon or Softex in a well vented room.



Smash the barb and mount the hook in a study vise. Apply some head cement to the hook shank, attach the thread behind the eye and wrap to the bend of the hook. Alberto did not use a lead dumbbell for his pattern and just used many wraps of thread to build the head and get a graceful splay of the long white hackles. (Since I was only using a size 1 hook, I decided to use the dumbbells for weight and also to keep the bulk of the head on top of the hook without reducing the hook gap.) Wrap the thread back to above the point of the hook and make a small saddle of thread to hold the dumbbell eyes. About 23 wraps of thread on each bump will make a nice cradle or saddle. Place the eyes on top of the hook and secure with figure 8 and lashing wraps. Apply some Super glue to the thread wraps. Wrap some lead wire on the middle of the hook shank to balance and add weight to the fly. Stop about $\frac{3}{4}$ inch behind the eye. Wrap a cocoon of thread and apply head cement to seal the

lead. Bring thread back to the eyes. Attach a 3-ply strand of white or tan poly yarn and wrap over the hook shank, stopping at the $\frac{3}{4}$ inch mark. Wrap thread back to the bend to prepare for the head.

Select some nicely shaped curved white hackle and trim them to about 4 $\frac{1}{2}$ inches, removing some of the fluff for a good tie down. Take three long hackles and attach them at the bend of the hook with 8 or 10 wraps of thread. Add some super glue and make a few more wraps of thread. Add three or four more curved hackles, taking the time to position them to sides and up from the others. Add four or five strands of Silver Holographic Flashabou to each side of the hackle head, trim to about 4 inches. Build the head a little more with thread. I did not want to use up all my thread on a head so I added a small amount of scrap EP fibers as a dubbing before adding the last pair of hackles. For those of you that actually fish with your flies, it might not be important, but

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Alberto Salvini's Squid

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for a display fly, the hackles need to be separated to get the curve of the hackles to look like Alberto's. I even attached the last two hackles in front of the dumbbell eyes to use them to splay the hackles even more. Add 4 or 5 pearl Krystal Flash stands to each top side of the head. I like to use some crinkled flash and some flat type flash on streamer patterns.


Body - Cut a 5 or 6 inch piece of pearl or tan cactus chenille and clean out $\frac{1}{4}$ inch of one end. Attach the bare thread in front of the eyes. Wrap once in front of the eyes and then lift the two hackles and wrap once or twice behind the eyes. Then wrap the cactus chenille forward in touching turns, stopping at the $\frac{3}{4}$ inch mark. Secure, trim excess, whip finish, and add head cement to the threads.

Mantle - To make the body of a squid you will be using white polyester fibers tied with the butt ends tied behind the eye of the hook with the long ends sticking out in front of the hook. Alberto said he used $\frac{1}{2}$ inch macramé cord separated into the $\frac{1}{4}$ inch plies. I used Aunt Lydia's Poly Yarn. The first step is to cut the 3-ply yarn into 4 inch pieces. I used about 14 sections. Working around the hook shank attach the short yarn sections, three on the top, three on the bottom three on each side, then add another three on the top. Secure with tight thread wraps and add thin head cement or super glue to the thread wraps. If you finish with Super Glue you do not need to whip finish. Trim off thread. If you use white EP fibers you can save some time here. Next you have to sit and take a heavy needle, bodkin or dental pick and separate each of the pieces of yarn into straight sections. Don't worry if some of the yarn tears out, just keep working. When the fibers are fairly parallel, take a wire dog brush or strong comb and start brushing out the yarn. Within a few minutes the white fi-

bers will look great. Put the hook back in the vise and start folding the fibers back over the hook shank. Use the brush to smooth and distribute the fibers evenly around the chenille body.

I used Softex, a thinned silicone gel, to coat the outside of the mantle. Get the silver and pearl Fish Candy glitter read as you will want to sprinkle it on before the Softex sets. I applied the Softex sparingly with a thin $\frac{1}{4}$ inch flat tooth pick. Start at the hook eye and stroke the Softex into the fibers while holding and keeping the fibers straight. Make a very thin coat on the top half of the mantle. While the silicon is still wet, sprinkle on a small amount of pearl and silver glitter. Turn the hook over and coat the bottom half of the fly. Add some glitter if desired. See how little Softex you can use and still get the shape, you can always add a second coat. Let dry for 10 minutes in a vented area.

The large eye is important on this fly, especially for display patterns. The mantle will be cut on a curving angle to expose the bright eye, yet keep the top of the mantle as long as possible. Make a rough cut first trimming the mantle to the approximate shape. Add a little Softex to some of the areas if needed. Attach the large 3-D eyes to the flat ends of the dumbbell eyes. Use Goop or Super Glue to the back of the eye before placing on the dumbbell. Now that the eyes are in place you can determine the final trim of the mantle. Let dry. The final step is to add any accent colors with a Sharpe black pen. Add small black dots about $\frac{1}{2}$ to $\frac{3}{4}$ inch apart on each of the white hackles. Add some spots on the top and sides of the mantle.

Be creative and have fun. The squid can be tied in tans with yellow and black spots. 

Sdff at Day at the Docks, Sunday, April 23, 2006

Once again the San Diego Fly Fishers will participate in the festivities at the annual Day at the Docks at Fisherman's Landing. Club member **Jim Castelluzzo** is

heading up a group to man the Sdff booth with fly tying demonstrations and a collection of photos of salt water fishing.

Please attend if you can as this is a great opportunity to spread the word about our Club, as well as have a great time out on the bay.



The Naturalist's Nook

Bruce Campbell

Gretchen Yearous recently asked the Board to invite Maggie Merriman to San Diego to speak to our members about trout stream entomology. Maggie does a great job describing the major groups of 'critters' that trout prey on in the Western United States, and in truth, the major groups don't change much from region to region. What changes are the specific representatives of the major groupings, because these representatives are uniquely adapted to regional conditions.



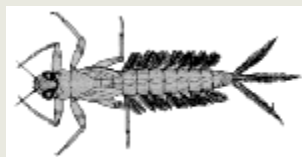
Gretchen's request made me realize that I have not

shared the information on our local insects that Club members helped me gather in the late 1990's. When I began researching information to make sense of what we collected, I found almost no published scientific literature that addresses aquatic insects in Southern California. That remains true today. The insect collections of the California Academy of Science contain no specimens of aquatic insects taken from San Diego County, and apparently neither does the San Diego Natural History Museum. As Club Biologist, I'm going to correct that oversight with a series of columns on trout prey, emphasizing what types of prey exist in local streams and when each type of prey is likely to be available. Where I've worked out a specific imitation that has caught fish,

I'll share it in this column. For my purposes, 'local' includes not only San Diego County's mountains but also the San Bernardino Range, San Gabriel Range, and perhaps the Sierra San Pedro y Martir in northern Baja.

Trout are top predators in their habitats. One of the first things novice trout fishers figure out is that trout eat insects and other creatures that live in or around water. Learning about those creatures isn't easy. By and large, we trout fishers only get a close look at these prey species when they're out of the water or pumped from a fish's stomach, which makes our perception of them different from the trout's. In addition, biologists who study trout foods cloak the identities of their subjects in a mysterious jargon of Latin and Greek (the Linnean classification system), and never cross-reference the Linnean name to the common names familiar to trout fishermen. While Linnean classification obscures the prey's identity for the layman, it ensures the entomologists are talking the same language. My mother said it 44 years ago, "Knowing a little Latin is good for you." Mom - you were right.

I'll start with some basics. First, aquatic entomology is the branch of biology concerned with the



study of arthropods that live in fresh water for at least part of their life cycle. These arthropods include crustaceans (crayfish, scuds, and shrimp) and insects. Aquatic entomology is largely a field-based science. Entomologists observe and describe insect morphology, development, behavior, and habitat characteristics. They collect specimens and use anatomical characteristics (and recently genetic information) to classify arthropods into groups that are thought to reflect evolutionary pathways: animals in successive groups are more similar anatomically and closer in biological relationships. Entomologists use a couplet method to separate arthropods into groups, e.g., the <4 wings - 2 wings> couplet differentiates stonefly-caddis fly-mayfly adults from midge-black fly-crane fly group. Table One shows the arthropod groups I have found in troutstreams in Los Angeles, San Bernardino, and San Diego Counties. You won't find this stuff anywhere else.

All arthropods undergo a complex developmental process known as metamorphosis that changes their physical form several times. This is remarkable enough, yet aquatic insects' metamorphosis goes even farther, as the changes produce forms able to live in the water as well the air. The number of stages in the life cycle distinguishes different insect Orders.



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The Naturalist's Nook
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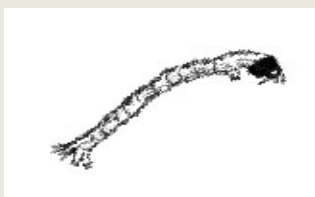
There are two basic life cycles. Insects with complete metamorphosis (aka holometabolous) experience four life stages: egg-larva-pupa-adult.

Holometabolous orders include the Tricoptera (caddis flies) and Diptera

(midges, mosquitoes, and flies).

Insects with incomplete metamorphosis (hemimetabolous)

undergo three life stages: egg – nymph – adult. Hemimetabolous insects include the orders Plecoptera (stoneflies), Ephemeroptera (mayflies), and Odonata (dragonflies and damselflies). The availability of each stage to



trout is a major determinant of selectivity - if stoneflies are active, fishing a caddis pupa isn't likely to attract a strike. It pays to know something about the things trout eat.

Here endeth today's lesson. Next month, I'll take up the most important trout prey in the West, the members of the Order Trichoptera.

Resources

D.J. Borror and R.E. White. Insects. New York: Houghton-Mifflin (1970). A Peterson Field Guide. Contains a

couplet key that is useful down to the family level, and some good color plates.

R. Hafele and D. Hughes. The Complete Book of Western Hatches. Portland, OR: Frank Amato Publications (1981). Great color plates along with habitats, emergences, and insect behavior.



Kingdom	Animal	—	—	—	—	—
Phylum	Arthropoda	—	—	—	—	—
Class	Insecta	—	—	—	—	Crustacea
Order	Plecoptera (stoneflies)	Ephemeroptera (mayflies)	Tricoptera (caddis)	Diptera (midges, mosquitoes black flies)	Odonata (dragonfly and damselfly)	Amphipoda Decapoda
Families	Chloroperlidae Nemouridae Capniidae	Ephemeridae Baetidae Heptageniidae	Hydroptilidae Limnephilidae Helicopsychidae	Simuliidae Culicidae Tipulidae	Coenagrionidae	
Genus	<i>Capnia</i> <i>Nemoura</i> <i>Alloperla</i>	<i>Ephemerella</i> <i>Baetis</i> <i>Tricorhythodes</i> <i>Isonychia</i>	<i>Hydroptila</i> <i>Rhyacophila</i> <i>Lepidostoma</i> <i>Glossosoma</i> <i>Phylocentropus</i> <i>Hydropsyche</i>	<i>Simululus</i> <i>Culicoides</i> <i>Tipula</i>	<i>Enallagma</i>	<i>Gammarus</i> <i>Hyaella</i>

Table 1: Representative Cold Water Insects of San Diego





From the FFF Clubwire News

By Edith Engel – Taken from the Northwest Women Fly Fishers Newsletter

Casting Homework

Since the Casting Club is taking a break for the winter, I thought I'd provide you with some homework that you can utilize to hone your casting skills, even in the off-season. More times than I can remember, I've either read or heard instructors mention the need to develop "casting muscles", and how having well-trained ones will improve abilities on all casts, from beginners to experienced flyfishers. Here are two sets of casting oriented exercises that I have gleaned from the "fishing shelves" of my library.

The first set is from the book *A Fly Fisher's Life*, by Charles Ritz. Note his suggestion to use a hock bottle. He lived well! (For trivia buffs: "Hock" is an old British term for Rhine wine, referring to the area of Hochheim, Germany.) This is his "Bottle Method", to be done three times a week, or even daily, repeating 20 times for each exercise and working up to 30 reps each. As your muscles build, you can add sand to the bottle.

1. Use a hock bottle (a long-necked wine bottle works fine) with the bottle held at the top of the neck and hanging down. Circle the casting arms in both directions.
2. Raise and lower forearm vertically with elbow against the body.
3. With elbow at your side, rotate forearm in both directions.
4. Rotate the wrist in both directions. The elbow is slightly bent, and just away from the body with the bottle

neck held vertically. With left foot forward, make a back cast move without bending the wrist. Then do the forward cast and force the wrist down at the end of the move.

5. Hold the bottle horizontally in the center and rotate the wrist and forearm. Hold your elbow close to the body.
6. (Without the bottle) Push the pad of your thumb into a tennis ball.

Joan Wulff's recommendations are from a Rod and Reel magazine article by Glen Law and reprinted in Joan's book *Fly Casting Accuracy*. She felt the article had good coverage of the casting muscles needed. These exercises use dumbbells (or a similar type of weight), starting with no more weight than is comfortable for you.

1. Wrist Curls - for forearm, wrist, hand and fingers. Sit down with your forearm resting on your leg, palm up, and the hand extending unsupported beyond your knee. Bending at the wrist only, raise the weight as far as possible, Then slowly lower the weight, extending the fingers and letting the weight roll down them. (Don't drop them on your toes!) Lift the weight back into the hands with the fingers. (This is one repetition.)"
2. Palm-Down Variation - done the same way with the hand reversed on the dumbbell. This is harder and may require less weight or fewer repetitions.
3. Wrist Isolation - with palm up, turn the weight alternately to the right and then to the left. This strengthens the wrist muscles as well as the two large

muscles of the forearm.

4. Triceps Curl - with a single or pair of barbells, exercising both arms separately. Either sitting or standing up, hold the weight over your head, arm extended, then lower it behind you by bending the elbow only. Then raise it up again. The triceps are the primary throwing muscle.
5. Bicep Curl- either sitting or standing, exercise both arms at the same time or separately. Hold the weights down at your sides with arms extended, then raise and lower your forearms slowly bending at the elbow only.
6. Rowing - bend at your waist with the weights hanging straight down. Raise the weight to chest level and slowly lower. Or raise one weight at a time and roll the torso as in a rowing motion. This exercise strengthens the shoulder and back muscles essential for comfort and easy movement in casting, and prevents injury.
7. Ulnar Deviation - hold the barbells at your side with arms extended and palms facing the leg. Bend your wrists laterally (up and away from your legs) and then back to the starting position.

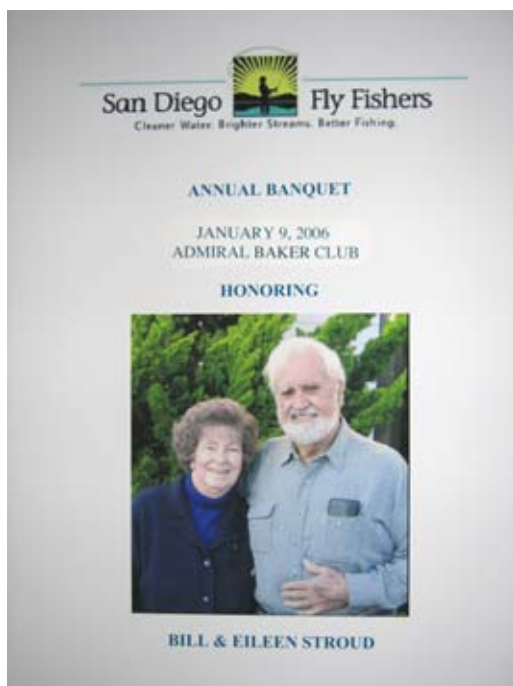
There are many gadgets on the market that develop hand strength. A "cheapie" idea is to simply fill a small bucket with rice and use a kneading motion with your hands. One instructor that I know suggests throwing rocks backward over a tree. Don't throw straight up; it's back and up, for obvious reasons.

I think you get the idea. Muscles need to be moved, and if you're tied to a desk, weight training comes in handy. Fishing all of the time is another great alternative!.



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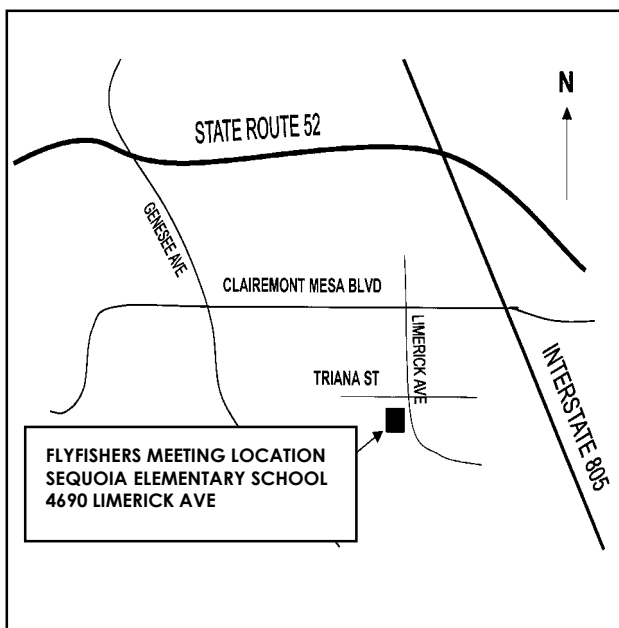
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