



## "TROUT LINES" MARCH 2013



### FLY TYER'S CORNER BY CHARLIE NICHOLS

Caddis flies are important food sources for trout in most of the cold water streams of our state, actually across the entire continent of North America. My good buddy Larry Banfield (who is now fishing some good streams in Heaven) use to fish exclusively with them. He insisted that all the trout could be caught on Elk Hair Caddis, tan Elk Hair Caddis. This, of course, was a self-fulfilling prophecy because that is all he trout fished with, so I can't deny his logic. Larry Banfield caught browns, bows and brookies on Al Troth's great Elk Hair Caddis pattern.

Lots of folks think of caddis as second class or steerage passengers, giving Mayfly patterns preeminence in their fly boxes. When I first began to fly fish there were two hatch charts for mayfly hatches in the state and not a one for caddis. On the first day of May, a long time ago, I was fishing the Cranberry River and noticed that the trout were ignoring the Hendrickson hatch and taking some smaller bug that was causing the fish to come almost completely out of the water. The trout looked like carp spawning; hitting their sides in big splashes on the water. What was this madness I thought? Studying the water you could see the Hendrickson taking off and a smaller creamy winged creature rising only occasionally off the surface. I was flummoxed watching the fish gorge and my Hendrickson's and God's Hendrickson's, for that matter, being ignored. I didn't tie very well at the time and thought the fish were ignoring mine because of some mistake at the vise, but they were ignoring the ones that God was hatching also. Something was amiss.

Around the bend in the stream came a short and wiry angler from downstream. He finished one ciga-

rette and lit another sitting on the rock a bit downstream from me. I walked downstream to talk with him. I have thanked the trout gods for that day over and over again. That wiry man was Ray Menendez who came to my rescue and taught me a ton about bugs in our years of friendship. "Limnephilus caddis young man, size 14, Elk hair wings." The conversation progressed. Ray informed me that the reason I wasn't seeing more of the adults take off is that the trout were having an "orgy on the pupae" that were rising under the surface. The trout were gorging on these pupas and if I had some of those pupas, which Ray did and I didn't, I might catch a few.

Ray was at that time West Virginia DNR's aquatic entomologist. Ray Menendez, Pete Surbaugh, and Don Phares are names that every West Virginia trout angler should hold in high honor. The three of them developed Limestone limers for our streams impacted by acid rain, which was why Ray was on the Cranberry River that day (another story I may tell in the future). Ray, bless his benevolent soul, gave me two pupas and I caught fish. I don't think the pattern he had was not an original. Ray tied I believe but the pattern was sold in some fly shops in the east--I just hadn't seen any in West Virginia. It was a size 14 nymph hook, with cream dubbing and a peacock herl head. That's it...nothing fancy just effective as all get out, and it still is.

In West Virginia you can get away with carrying four caddis species all tied the same way really. You need only one green **larva** for the *Rhyacophila* caddis and a pattern for a green caddis adult. Tie a pupa and adult for the black caddis *Chimarra*. You need a pattern for the *Limnephilus* and *Hydropsyche* that are both light tan or creamy looking. Finally you need an October caddis pattern. Four different caddis colors covers the hatches...leaving out the *Psilotreta* will haunt me probably but I find that using paste silicone or Ghink on Tan Caddis pupa makes the body dark

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enough to work (their body is a medium dun color).

There are around 70 species of this caddis fly in North America and it is the longest hatching caddis species in West Virginia. Right after I finished my hatch chart in the early 1990s the aquatic entomologist decided to call the sub-species *morosa* instead of *symphitopsyche*. You can barely find a mention of the *symphitopsyche* in a Google search today. If *symphitopsyche* was good enough for Ray Menendez and Janet Clayton in the WV DNR, it was good enough for me. The species begins to hatch in June and will progress in fits and starts all the way into the end of August or the first week of September. They are swimmers as a pupa, living in the currents and diving back to the bottom of the stream as adult females to lay their eggs. That makes this species a favorite of trout and a necessity in your fly box. The fact that they range all over the east coast make them a traveling angler's best friend. Here in West Virginia the twilight activity is phenomenal and the hatch is so dependable, especially on the major streams of the state. Remember this is a fast water critter, but do not ignore the head of the pools where they can be swept into before lifting off the water into the bank vegetation.

Sizing varies on this species from the larva, to pupa, to adult. Larvas are 13 mm, pupa 11mm, and the adult is a 9mm (1/2", 7/16", 3/8"). The adult is usually around a size 16 with the pupa just a bit bigger (size 14 or 15 hook sizes work well and Tiemco makes a #15 hook that is the perfect match for the adult—the nomenclature is 102Y for these Tiemco hooks). These critters hatch from early afternoon till dark and it is at twilight that they fish fantastic. The females will return to the stream from the bank side brush and swim under the surface to lay eggs. Dragging a fly or “dancing” as Gary LaFontaine called it works well. This makes the Elk Hair Caddis imitation so very effective. Tie the adult in tan with a brownish tint to the wing...too light of a wing makes it easy for the angler to see but to light for a really great imitation. One of the best wing materials is an un-dyed

snowshoe rabbit foot. The long hairs on the foot are nearly perfect color and the curly hair makes the fly float like a cork. Another great material for the wing is tan CDC or a brown with a gray CDC feather layered together. Experiment with your winging and notice how the color variations change from stream to stream a bit and as the hatch progresses. Be sure to put an egg sac on some of the flies for the female adult (Orange or yellow works well). The pupae are lighter and brighter than the adults so I use a cream color dubbing with a brown scud back and a collar of brown ostrich herl. Add legs of a grizzly hen neck and you have a winner. Hen necks are cheap compared to rooster necks and they make great wet fly collars (come to think of it a pickup truck is cheap compared to a rooster neck). Pick out the dubbing for gills all along the length of the pupa. One of the best caddis pupa imitations in my book is John Barr's All Rounder Caddis Pupa which my pupae are based off of.

Larva recipe—Hook: Mustad 37160 in size 14. Thread: 6/0 Brown. Tail: White CDC sparse (this is more like a gill). Body: Cream. Ribbing: Gold wire. Back: Brown Scud Back. Head: Ostrich herl in brown (I don't tie very many of these as the pupa is such a killer).

### Hydropsyche Caddis



Pupa recipe—Hook: Cabela's model 20, size 12 pupa hook. Thread: 6/0 Brown. Back: Brown Scud back 1/8". Ribbing: Flashabou or wire. Body: Wapsi or

Umpqua's Tan Superfine dubbing (this stuff is a joy to work with). Head: Ostrich herl in brown. Legs: Hen Grizzly Hackle sparse.



Hydropsyche Adult

Adult recipe—Hook: Cabela's model I, size 14 (or any dry fly hook). Thread: 6/0 Brown. Body: Tan Superfine dubbing. Wing: Snowshoe Rabbit foot guard hairs or CDC, (one brown and two tan feathers if using CDC); you can also use coastal deer comparadun hair. Sometimes I use a rooster grizzly neck for legs at front to skate the fly well. Remember to also tie an orange or yellow egg sac for the female.

## KVCTU ANNUAL BANQUET UPDATE – March 12, 2013

The Kanawha Valley Chapter of Trout Unlimited will hold its Annual Banquet on the evening of Tuesday, March 12th, 2013, at the Elks Club in Charleston, WV. The evening begins with a social hour starting at 5:45 P.M. Zando Catering will provide a variety of Italian themed foods. Banquet price is \$30.00 each. There will be a cash bar with wine and beer during the evening.

Invite family, friends, and business acquaintances to the Banquet.

Chapter President Steve Young will guide us through the evening events. Awards will be presented to individuals and groups in recognition for their service to our Chapter in 2012. We will have auctions, raffles and drawings for over 30 prizes including fly fishing equipment, overnight accommodations, guided trips and other items and events.

We will have an auction for a 50% discounted price coupon to Alaska's Legend Lodge on Lake Iliamna. The coupon is good for up to 6 people. Check out the web site [www.legendlodge.com](http://www.legendlodge.com)

Premium Raffle tickets are being sold prior to and at the banquet for \$2 each. Even if you can't attend the banquet you can enter the raffle and help our chapter by filling out the requested information on the tickets, and submitting payment of \$2 per ticket. **You are not required to be present to win on these tickets.**

"Friends of KVCTU" sponsorships are available at \$200.00. Included in the sponsorship will be (2) banquet tickets, \$20 of bucket raffle tickets and a special drawing just for our sponsors.

If you have questions or are interested in being a sponsor, need additional white raffle tickets or banquet reservation forms contact Jeff Nelsen at (304) 768-3933 or his email: [jefflnelsen@suddenlink.net](mailto:jefflnelsen@suddenlink.net).

## GUIDE TO THE CATCH AND RELEASE TROUT STREAMS OF WEST VIRGINIA

MAPS, TIPS, HATCH CHARTS, LODGING  
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of

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## VA program helps veterans heal

By Wendy Holdren, Register-Herald Reporter

Veterans at the Beckley VA Medical Center are working with the Project Healing Waters Fly Fishing program to assemble their very own fly fishing rods, which is both a fun and therapeutic activity.

VA Public Affairs Officer Debbie Voloski said this is the first year veterans have been able to build their own fishing rod, but they have participated in the fly casting and basic fly fishing classes before. She said last year, one veteran told her that the fly casting class truly saved his life. "He had felt isolated, which is a common problem among our Vietnam veterans." But being out there on the water, sharing a harmonious experience with other fly fishermen, greatly helped him reconnect, Voloski said.



Veterans Ted Martin, left, and Glen Bailey work on building their fishing rods during a recent rod building class at the Beckley VA Medical Center. **BRIAN FERGUSON/THE REGISTER-**

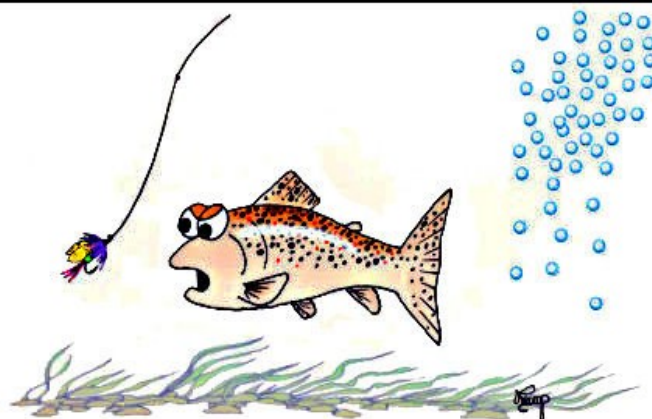
Program coordinator David Hansford said the Project Healing Waters Fly Fishing (PHWFF) started in 2005 at Walter Reed Army Medical Center and has since expanded to over 140 programs in the country. The

program ranges from basic fly fishing for beginners who have never fished before, to those with prior fishermen who are trying to improve on their skills. All fly fishing equipment is provided to the veterans at no cost, and many participants can go on fishing trips to test out their skills, also at no cost.

Volunteers teach these courses on an on-going, long-term basis. "The socialization and camaraderie of the classes are just as important as the fishing outings. There is also a thrill about testing yourself against the trout." Hansford said money is raised for this project through the national organization and Trout Unlimited is also a sponsor.

Trout Unlimited sends many volunteers to go alongside the vets on their fishing trips to provide a one-on-one experience. Hansford said the program truly is a "healing" one and it has grown immensely. He said he hopes to see more female warriors join PHWFF, but many females are a part of a group called "Casting for a Cure," which supports breast cancer research and funding.

"It's a good experience and if a veteran is interested, just contact the Recreational Therapy Department here at the VA Medical Center." For more information about Project Healing Waters, visit [www.projecthealingwaters.org](http://www.projecthealingwaters.org).



"Oh for cry'n out loud! We're brown trout we're too smart to eat something like that. Aren't we Fred? Fred...?"



## 2013 KVCTU FINGERLING STOCKING SCHEDULE

**May 4, 2013**

**Back Fork of Elk Stocking**

Event Coordinator – Jason Butcher  
Meet at NAPA - Webster Springs  
10:00am  
304-881-5265

**Paint Creek Stocking – May 4, 2013**

Emma "Mim" Campbell  
304-595-2229



**May 17, 2013 (Friday)**

**Cranberry River Stocking**

Woodbine Parking Area.  
10:00am  
Event Coordinator - Dave Hansford  
[dhansford@suddenlink.net](mailto:dhansford@suddenlink.net)

**June 22, 2013**

**Glade Creek of New River C&R**

Meet at Campground  
Event Coordinator - Jason McDaniel  
[jasonm@beckleypd.com](mailto:jasonm@beckleypd.com)  
304-731-6219

**July 20, 2013**

**Fayette County Stocking 9:30 AM**

Midland Trail High School  
Event Coordinator - Ed Crum  
[ecrum21@aol.com](mailto:ecrum21@aol.com)  
304-937-2214

**August 10, 2013**

**Dunloup Creek Stocking 10:00 AM**

Glen Jean Bank  
Event Coordinator - Mike Sayre 304-610-6235  
[Mike.sayre@hotmail.com](mailto:Mike.sayre@hotmail.com)

**Paint Creek**

Emma "Mim" Campbell  
304-595-2229

**August 24, 2013**

**Loop Creek Stocking 10:AM**

Cemetery Rt. -61  
Event Coordinator - Tom Moody  
303-744-4083  
[scpeebod@yahoo.com](mailto:scpeebod@yahoo.com)

**September 7, 2013**

**Blue Creek Stocking 10:00 AM**

Cedar Grove Go-Mart  
Event Coordinator - Don Lyons  
304-595-1244

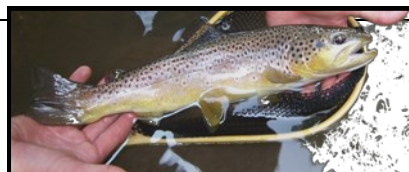
**September 27, 2013**

**Piney Creek 9:00 AM**

Quinnamont Rail yard  
Event Coordinator - Jason McDaniel  
304-731-6219  
[jasonm@beckleypd.com](mailto:jasonm@beckleypd.com)

Stocking Program Co-ordinator:

Steve Sattler, 303-872-1633, [ssattler90@yahoo.com](mailto:ssattler90@yahoo.com)



## UPCOMING KVCTU EVENTS

- March 12th, KVCTU Banquet, see story page 3.
- March 19th-21st, Project Healing Waters outing at Cabins, WV
- March 23rd, TU Southeast Regional Meeting, Glade Springs
- March 26th, KVCTU Board Meeting, So. Charleston Public Library, 6:30 PM—8:30 PM
- April 9th, Membership Meeting, So. Charleston Public Library, 7:00 PM– 9:00 PM, Guest Speaker will be Mike Shingleton of the WVDNR.

## Invasive Species Affects Our Fisheries You Can Be Part Of The Solution!

- Check your gear and boat for plants, mud, and other organisms, and remove.
- Clean your gear with clean fresh water.
- Thoroughly dry your gear.
- Never transport plants, animals, sediment or bait fish among bodies of water.
- Educate yourself and find out what invasive species are in your area and inform others.

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