



Winchester Trout Unlimited

Chapter # 638

Lateral Lines

Winchester TU Newsletter

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From the Prez

by Stan Ikonen

The old country saw "Lord willing and the creek don't rise" has taken on a new meaning this spring. The drenching rains have refilled our aquifers and streams to capacity and beyond. The results are both good and bad. Good in that springs that have not "sprung" for several seasons are now flowing and creating more habitat for our precious native Brookies. Fishing the upper reaches of the Rapidan I have discovered the little natives in new places. Some holes have filled in while others have expanded. Feeder streams exist where water had not flowed in recent past. Left alone nature will take care of things provided we don't interfere.

Our project at Chapel Run has also been affected. Bud can better access the good and bad but it seems that alterations have occurred with mixed results. His guess is that many fish from the last stocking were flushed into the Shenandoah and points beyond. Let's hope that they fed some big Rockfish in the Chesapeake so our investment won't go to waste.

Other bad news is that the larger streams have been unfishable or unsafe for wading for weeks (except maybe for Carl). Just when the rivers start dropping another storm system dumps several inches of water in the mountains and the race to flood stage is on again. Both branches of the upper Potomac have been flowing at rates that I have not seen since I started monitoring them in '06. The same goes for the Savage in Maryland and the North near Stokesville. So my fishing for trout has been limited to the streams in SNP. The Rappahannock would have been fishable for shad a couple of days earlier this week but that changed with the latest rains. Ditto for smallie fishing on the Shenandoah and the middle Potomac. The flows have been too much to fish safely even from my big riverboat.

Since we have no choice but to play the hand dealt to us by nature let's count our blessings and be thankful we didn't experience the devastation experienced by our neighboring states. Our woes are nothing compared to theirs. Besides, all this water just extends our seasons beyond the norm.

Tight lines and singing reels to all,

Stan

Dinner at IJ Canns at 5:30 PM, 3111 Valley Ave, Winchester, VA 22602
Meeting at 7 PM in the Lodge at Gander Mountain, 160 Commonwealth Ct, Winchester, VA 22602
No program this month, but a number of business items to discuss

Chapel Run

by Bud Nagelvoort

Chapel Run Update

The recent torrential rains have had their deleterious effect on Chapel Run at Ellerslie Farm and a few of our stream bank rehabilitation sites. The stream level following the deluge on April 16 just in time for the VA League of Conservation Voters legislative visit to our showcase projects rose from my estimate of about 50 cubic feet per second to somewhere in the neighborhood of 500 cfs based on the USGS gage results at Spout Run. That gage is probably not much more than a mile as the crow flies from the bridge at Ellerslie and it rose from 80 to almost 800 cfs at SR.

Lee Warner tells me the flow over the dam at the peak suggested that the dam was just a slight bulge in the flow. If you remember where the feeder hangs above the dam almost three feet above the stream surface at normal flow, picture the stream touching the bottom of the feeder. The dam pool is gouged out another foot or so.

In the area between the bridge and the dam where we have spent most of our efforts the past year to protect the south bank, our logs and rocks held perfectly in place. And the three cross-logs we installed recently performed beautifully in helping to create long, deep pools where we wanted them.

However, at Rainbow Bend, the upper wing dam was displaced into the stream (and cabled out of the stream on the 25th by Terry and Bud using Terry's amazing chain rollup technique.) But it turns out that was not bad. The mass of silt just behind the wing is now gone and a deep pool has appeared there to compliment the old RB pool which is now also much deeper.

However, one of the logs on the south bank below the sharp RB curve was also displaced and is now mostly buried in the stream bed. Other logs stayed where they were supposed to as Dave's #11 wire binding them to T posts held.

Further downstream the flash flood flow took out all the old logs at the north bank and widened the riffle to the steep bank. The big sycamore that fell several years ago from the north bank over the stream and onto the horse stables no longer spans the stream. Somehow, its upper end is now resting on the south bank and I don't know yet where the roots and lower trunk are. Will investigate before the meeting and report what the scene is like further downstream.

The power of the flow just below the feeder at McAllister II V nudged several of our giant logs into new positions. I have not looked upstream any further yet.

Needless to say, the fish Fred and I stocked on the 13th for the League of Conservation Voters General Assembly event may all be in the Chesapeake Bay by this time. I'll make a few casts before the meeting in what is likely to be a vain hope that they found shelter behind a big rock or log somewhere and rode out the tsunami. Hopefully, the River Otter also had a nice ride - at least to Harper's Ferry.

Further upstream, the League visitors were shown the winter feedlot at Dietrich Westfall's just to let them see what damage cattle can cause when located in the wrong place. At Joe Henderson's they heard about his CREP project and got a good look in the rain at his brook trout spawning habitat.

And even further upstream, Tom Yannucci, owner of Annfield Farm, has bought 75 acres just downstream from Annfield where cattle have been watering in the stream in a 200' stretch above Warfield's. He has just signed a contract with the Soil and Water Conservation District to fence Chapel Run there. We're showing him how bad the turbidity is in the stream coming off Annfield Farm, but he still hasn't agreed to fence his cattle out of the stream there. Yet. Progress comes slowly in unexpected bursts.

Chapel Run Work Session

Because of the bad weather and late arrival of the League guests on the 16th Bill, Stan and Bud did not have time to demonstrate the installation of a cross-log, so everything is ready for the installation on May 7th. With the warmer weather and earlier sunrise we'll take on that task at 8 AM.

Since cross-logs are so easy to install we'll have time also to place a few more bank protection rocks where we didn't get them quite high enough along the south bank (using Terry's unique diving board technique which you need to see to believe), install the old wing dam log as a cross-log at Rainbow Bend and maybe pull the log out of the stream bed below the Bend and board and T post it back in place.

After that we'll sit back and chat and pretend the rivers are ever going to go down enough to allow serious fishing by serious fishermen. Can you believe Carl has caught only one trout in the past month?

Trout in the Classroom

by Mark Zimmerman

We've got two release dates scheduled this month at Redbud Run for our area schools:

- Friday, May 20th, ~1:30 PM for Millbrook HS and one class at Sherando HS
- Saturday, May 21st, ~10 AM for Admiral Byrd, Frederick County and Wildwood MS and James Wood HS

We still need chapter member volunteers to help out with these releases, so **PLEASE** let me know if you can participate in either or both events (mbzimmerman@comcast.net; 540-722-4914). We'll be meeting at the DGIF section of the stream, and I expect each release will take about 1 ½ to 2 hours.

We may also be doing a clean-up and prep session at Redbud one day next week, so I'll send out a separate notice about that once we've decided on a day and time.

Entomology

by Carl Rettenberger



Entomology

To my mind's eye, none of the other aquatic insects that we may see along our various water courses is as beautiful or graceful as the Mayfly Dun. Their delicate upright wings, slender bodies and long tails set them apart from the other insects. To match the local hatches you will need an assortment of patterns including the following:

Adams	(size 12 to 20)	
Blue winged Olive	(size 14 to 20)	(April, July, August, September & October)
Quill Gordon	(size 12 & 14)	(April)
Hendrickson	(size 12 & 14)	(April)
Red Quill	(size 14 & 16)	(April & July)
March Brown	(size 12 & 14)	(April, May, June, July, August & September)
Green Drake	(size 8 & 10)	(May & June)
Light Cahill/Sulpher	(size 12 & 14)	(April, May, June, July August)

The above listed hatches and hatch dates are stream dependent, so you need to learn your stream, learn how to identify the various mayfly duns and stock your fly boxes accordingly.

Mayflies

Insects of the order Ephemeroptera are commonly known as Upwinged Flies or Mayflies. They are found in fresh water around the globe occupying both lakes and rivers with species adapted to several different niches. The mayflies number 200 species in Europe (50 in the UK); around 570 in North America; New Zealand has at least 40; Australia has over 80; and South America has nearly that many put together.

Life Cycle

The mayflies' life cycle consists of an incomplete metamorphosis, having stages as egg, nymph, dun (subimago) and spinner (imago).

The eggs of many species, like the Pale Evening Dun (*Procladius bifidus* (UK)), are deposited by the female on the surface over open water. There the eggs sink and attach to aquatic plants, rocks and other features of the substrate. Some species crawl beneath the water surface to oviposit. The eggs, of which the adult may lay several thousand, generally hatch after a period of between one and three months. Longer and shorter incubation periods occur in a limited number of species and under certain prevailing conditions.

After hatching, the nymphs feed on algae, plant debris, and other small food particles carried in the current. They grow through several instars before reaching maturity. This takes from a few months to a couple of years, once again depending on species and prevailing conditions, and also time of year when the eggs were laid.

When mature and ready to emerge, the nymphs of species like the Iron Blue Dun (*Nigrobaetis niger*) will swim to the water surface to hatch. Other species like the Pale Evening Dun (*Ephemerella dorothea* (US)), hatch under water and float to the surface before flying away. Gray Drakes (*Siphonuridae siphonurus* (US)), crawl out of the water to hatch using stones and plant stems.

Adults emerge from their nymphal skin through a split at the back of the thorax. Once free of their skins (now referred to as shucks) the duns fly to cover. After a couple of days, the duns moult and emerge sexually mature adults. Some species transform into the spinner more quickly, while two species forgo the imago stage altogether: *Palingenia* and *Ephoron*. The life cycle is completed when the spinners mate and return to the water to lay their eggs.

Nymphs

The nymphs of different mayfly species fill six separate niches in their aquatic environment and this is reflected in their various physical forms. They are generally categorized as Bottom Burrowers, Silt

Crawlers, Moss Creepers, Stone Clingers, Laboured Swimmers, and Agile Darters. They are olive, brown, and cream in colour, with variations of shade. The nymph's form consists of three sometimes quite long tails, a tapered and segmented body that usually bears gills. The thorax is sometimes pronounced and has three pairs of legs attached. The thorax also carries wing buds that are most developed in the mature nymph.



The **Bottom Burrowers**, consist mainly of species from the genera *Ephemera*, *Hexagenia* (US), *Palingenia* (EU) and *Ephoron*. They are the largest of the mayflies growing to 35mm in length. The nymphs have large feather-like gills, 'developed' legs, and tusk-like mandibles. They have two or three tails, sometimes fringed with fine hairs. They can be found in both rivers and lakes where the substrate is soft, fine sand or gravel. The nymphs dig burrows where they retreat by day emerging at night to feed. Inside their burrows the nymphs constantly fan their gills to obtain sufficient oxygen. These nymphs can swim quite effectively but avoid doing so until they are ready to emerge. At that point the nymphs swim to the surface and the adult hatches out through the surface film. Fish often take the rising nymphs before the duns so that presenting a swinging and rising artificial can be very effective.

The **Silt Crawlers**, consist of species from the genera *Tricorythodes* (US) and *Caenis*. These are the smallest mayflies; the nymphs grow to between 3 and 6mm. They have small gills on top of the abdomen, and three tails. They are poor swimmers but have good camouflage. They can be found in both rivers and lakes where they crawl along the bottom feeding on algae and plant debris. These nymphs crawl from the water to hatch so that fishing a nymph pattern is of questionable worth.

The **Moss Creepers**, are from the family Ephemerellidae and include species like the Blue-winged Olive (*Serratella ignita* (UK)). The nymphs grow to between 6 and 12mm. They have oval gills held over the abdomen. They are similar to the Baetis nymphs only more boldly marked, a little more compact, and very slightly flattened in appearance. They are found only in rivers where they creep and crawl amongst dense weed, water moss, and plant debris. They are often found at current seems where deposits of decaying plant material accumulates. Fish do forage for these nymphs but otherwise prey upon them most either when they get washed into the drift or when they swim to the surface to hatch.



The **Stone Clingers**, are from the family Heptageniidae including species from the genera *Rhithrogena*, *Ecdyonurus*, *Epeorus*, *Heptagenia* and *Oligoneuriella*. They grow to 15mm in length and appear relatively broad compared to other varieties. They have an extremely flattened side profile that allows them to inhabit stone surfaces in fast water flows. From above the nymph has a wide head (as wide if not wider than the thorax and abdomen) on top of which are two prominent eyes. The abdomen supports divided or

disc shaped gills at the sides. The legs have flattened and developed femurs. Like their title suggests, the stone clingers tend to live on the surfaces of rock on the river bed, spending most of their time on the lower surfaces out of the main current and only moving to the outer surfaces in low light. Mostly the stone clingers do not feature high on the fishes' menu; however, when a river has heavier than average flow rates nymphs can become dislodged and fish will take them from the drift. Occasionally fish will forage for them. Fish a drag free upstream nymph or a rising nymph during a hatch.

The **Laboured Swimmers**, are from the family Leptophlebiidae, including the genera *Leptophlebia* and *Paraleptophlebia* (US). Species include the Sepia Dun (*Leptophlebia marginata*) and Mahogany Dun (*L. vespertina*). The nymphs grow to 12mm. They have forked gills at the sides of the abdomen. They have three long tails that are almost entirely without hairs. They are found in lakes or slow-flowing streams where they crawl amongst reeds, weed, and rock. The nymphs only form a significant menu item when they swim to the surface to hatch. Presenting an emerger at or just below the surface is an effective tactic.



The largest group are the **Agile Darters** coming from the families Baetidae and Siphonuridae including genera *Baetis*, *Callibaetis*, *Pseudocleon*, *Procloeon*, *Centroptilum*, *Cloeon*, *Siphonurus*, *Ameletus* and *Isonychia*. Species include the Large Dark Olive (*Baetis rhodani*) and the Pond Olive (*Cloeon dipterum*). The nymphs grow to between 5 and 15mm. They are slim in appearance with disc shaped gills at the sides of the abdomen. They nearly always have three hair-fringed tails. They are found in diverse water habitats including lakes, slow-flowing streams, and fast riffled streams. The nymphs swim or dart about by moving their abdomen and tails with an up and down flicking motion. Their free swimming tendencies combined with their large numbers mean they form a significant proportion of the drift both mornings and evenings putting the agile darters high on the fishes menu. Presenting a dead drifted nymph or a twitched nymph is very effective in drawing a strike from fish picking these nymphs from the current. You could do worse than fishing a slim dressed and lightly weighted Gold Ribbed Hares Ear.

Adults



Immature adults or duns have veined wings, usually opaque and fringed with tiny hairs. At rest the wings are held together vertically - hence the name 'Upwinged' flies. The forewings are relatively large at least as long as the body, while the hind wings are usually significantly smaller. In some species the hind wings are absent altogether. The specific characteristics of a species' wings form a key element in distinguishing one from another. The body of the dun is usually dull colored and has two or three long

tails. Where species emerge in open water fish will feed on the dun as it struggles free of its shuck or during the brief time the insect pauses before taking flight. Present matching **emerge patterns** and **dry flies** to intercept the feeding fish.



The spinner is typically more deeply colored, has almost transparent veined wings free of hair, with tails often extended longer than the dun. Below their tails the male spinners have two claspers that they use to hold the female while mating. The males also have more extended front legs to assist mating. After their final moult the newly emerged male spinners swarm in the air either near bank side vegetation or away from the water over adjoining land. The females fly into the swarms to mate and once impregnated, fly back to the water to lay their eggs. After mating and egg-laying the spinners die. Depending on the species several scenarios can result in prime opportunities for the angler. Where the insects swarm over the water their eventual death produces a 'fall' on the water, and if you're lucky a heavy rise of fish. That's the time to cast out your poly wings and clipped hackle dry flies. Where spinners dive below the surface to lay their eggs they often end up caught in the general drift below the surface. Fish may appear to be 'nymphing' at this time so try not to forget the 'sunk spinner' or good old fashioned hackled wet fly might be the key to success.

Names: The name Ephemeroptera is derived from the Greek, Ephemeros, meaning short-lived, and pteron, meaning wing; it alludes to a short adult life span that is usually only a few days.

Identification: This is a large and diverse order of insects. Features that distinguish the adults from the other insects include membranous wings held in a vertical plain when at rest, the front pair large and the rear pair significantly smaller and sometimes absent. The adults also have two or three long tails. The nymphs are unique in having a combination of three tails and either gill plates or forked gills that are found on the lateral and/or top surface of the abdominal segments. There are one or two species that prove the exceptions to the rules, and very young nymphs can be hard to identify. Use a local field guide to be sure.

Hatch: March through to November. Generally emergence takes place from the morning to afternoon. Spinner falls usually take place in the evenings. Fish feed on emerging nymphs before moving onto hatching adults. They may move onto the duns and finally the spinners in the evening. This is dependent on the species of insect and prevailing conditions. You should remain vigilant as a hatch progresses if you want to make the best of the action.

Flies: Use something like a **GRHE** or **PTN** for general nymph fishing. An **emerge pattern** or a **Klinkhamer** is effective for the hatching adult. There are innumerable flies suited to covering fish feeding on duns. Several are made for specific hatches. Where possible avoid an overdressed fly. Quill and biot bodied patterns are effective. A clipped hackle dry fly makes an effective spinner pattern. Otherwise try a poly wing of hackle point spent fly. Hackled wet flies can be effective where spinners get caught in the current.

Tactics: Use upstream nymph or a lifting nymph for fish taking naturals from the drift or ones swimming to the surface. For emergers, duns and spinners employ shallow nymph or standard dry fly tactics.

On The Fly

by Carl Rettenberger

The following is a rerun of the article I ran last month, hoping that it will generate some interest and revenue for the Chapter.

Thanks to our good friend and fellow Trout Unlimited member Jack E. McAllister, I have a series of video cassette recordings to share with other members of the Chapter. I have watched the videos several times and was able to learn a lot from them on both the subject of fly fishing and fly tying, and I know you will too.

Jack suggested that we do the same thing with these videos that his lathe turning classes do with theirs, and that is to rent them to fellow members for a month with “*all proceeds being donated to the Chapter’s Treasury*”, which I believe to be an excellent idea.

Here’s how it works: you look over the video titles and pick out as many as you would like to rent for the month at \$2.00 per tape. You sign them out, take them home, watch them as many times as you would like at your leisure, then return them the following month. Because Bud is an old friend, *he gets a special deal*, yes that’s right a special deal, he gets them at the bargain rate of any two for \$5.00.

Here’s a list of videos we have available:

Steelheading Made Simple by Jerry Darkes & Brian Flechsig (Fishing the Erie tributaries for steelhead)

Cool Flies for Hot Fish by Jerry Darkes & Brian Flechsig (Tying Steelhead flies for the Erie tributaries)

Steelhead Flies by Jeff “Bear” Andrews

Volume I -The Tying Techniques of Bob Clouser & Lefty Kreh

Volume II -The Tying Techniques of Bob Clouser & Lefty Kreh

Volume I - Fly Tyers Masterclass by Oliver Edwards

Volume II - Fly Tyers Masterclass by Oliver Edwards

Volume III - Fly Tyers Masterclass by Oliver Edwards

Fly Fishing Success -The Fundamentals by Joe Humphreys

A Casting Approach to Dry Fly Tactics in Tight Brush by Joe Humphreys

A Casting Approach to Nymphing Techniques by Joe Humphreys

Tying with Rainy’s Float Foam by Rainy Riding

Practical Atlantic Salmon Flies by Dick Talleur

The River Vatnsdalsa, Iceland (Atlantic salmon and brown trout fishing)

Fishing Trips

Fish with a Member (or.....Let's Hook Up Together)

by Fred Boyer

5/17- Chapel Run fishing contest and work day (Piedmont Environment Council visit?)

5/14-Trout trip to Lost Land Run-MD out of state Fishing License required.

5/21- Trout trip to Smoke Hole

6/11 Chapel Run work day

6/18- Lake Frederick Fly Fishing Challenge (Bring your own boat or rent one there.)

6/30-Help Stan with campers Graves Mountain Lodge

7/23- Smallmouth bass float trip Shenandoah

Aug/Sept-Striper trip to bay?

Saturday October 8- Chapel Run fishing contest and work day

Tuesday November 9-Friday November 11-- Steelhead Erie, PA (The date is one week later than in the past two years in hopes of better water.)

Other News

Hall of Fame Angler Billy Pate dies at 81

Legendary fly fisherman Billy Pate of Islamorada — who, for 21 years, held the world record for the largest tarpon caught on 16-pound tippet — died April 18th.

“He was a true Southern gentleman,” said author Doug Kelly, who just released a book called “Florida’s Fishing Legends and Pioneers” that features a chapter about Pate. “He was extremely hospitable. He wasn't full of himself. If you went up to him and asked him about tarpon fishing, he would tell you where to go, how to do it.”

Kelly said Pate’s health had been on the decline the past year, and that he suffered from Alzheimer’s disease. “He wasn’t in the best of health,” Kelly said.

The Web site www.midcurrent.com posted this on Tuesday: “Pate was an important pioneer in landing big saltwater fish on fly rods and was particularly dedicated to tarpon fishing, although billfishing was also a passion.

For more information, check out the full story at

<http://www.keysnet.com/2011/04/21/331577/hall-of-fame-angler-billy-pate.html>

Winchester TU Chapter Officers:

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[For chapter officers contact information, visit www.winchestertu.org/Meetings.htm]

