

This pattern was shown to me about three years ago by Joel Sampson, and he'd gotten it from a fly fisherman he was talking to in Fishin' Fever (I can well imagine the lies that were told that day). The first time I saw it in action it hooked a nine inch and two ten inch brookies. Later that year it hooked close to sixty brookies one day on the Noreast Brook in Newfoundland (I wasn't counting but my guide was. I'm thinking he's a bigger liar than I am). It's a fly that can be used all season and for all species of trout.

I'm one of those that likes to have a clean shank for spinning deer hair so I start the thread about a quarter of the way from the eye. Tie in the ribbing material. Tie in the body material so that the thread is back at the start point. Lay the zonker strip on top of the shank and throw a couple of loose loops over it. Pull the zonker strip through the loose loops until the desired length is met. Tighten the loops and throw on a few more loops to secure the strip. Cut off the excess zonker strip. Run the ribbing material through the zonker strip the way you would tie a matuka style fly (two to three turns should be enough). Tie in and cut off the excess rib. I like to build up the thread at this point to give a gill opening impression (which is why I use red thread) and apply some cement. Spin a muddler head, don't make the collar too thick, and tie off.

I've found that if the strip overhangs the end of the hook too far the little fellers will likely snap at it and you'll get a lot of hits but no fish. Plus they'll rip the fur right off the skin. On the other hand a nine incher will take it with a smash. It's sort of trial and error as far as length goes. The other thing is that you might need some weight to get it down a bit. A cone head is ideal for this, or you can wrap the hook shank with some weighty material. Colors can be varied, this year I'm thinking about trying a yellow body, brown wing, Dark Edson Tiger combination. And with a gold cone head up front I'll guarantee it'll catch fish.

Hook : #8 x 4
Thread : Red
Body : Silver or gold
Rib : Strong silver or gold.
Wing : White or natural zonker strip
Head : Spun deer hair



Casting Around Dennis Grant, of the

Atlantic Fly Fishing School, has generously offered to donate a "Fly Fishing Clinic", as a fund raiser for Trout Nova Scotia.

Many of us have watched in amazement at his skill with a fly rod during the Sport's Show each year. Dennis has the distinction of being classified as one of the top five fly casting instructors in North America.

We are asking if T.N.S. members would be interested in supporting this event. We need 40 participants at a fee of \$15.00 each, for a half day of instruction to make it worthwhile. We are looking at an early fall date with the event held near Halifax. An exact date and place to be announced. This clinic is open to anyone who would like to take advantage of this fantastic offer. **Please respond** as soon as possible.

Claude Cochrane 902.757.2996

Hats, crests & buttons

These quality TNS Hats, crests & buttons have sold well. So much so that we plan to have more made. Our remaining stock is available by mail at the following prices.

Hats \$12.00
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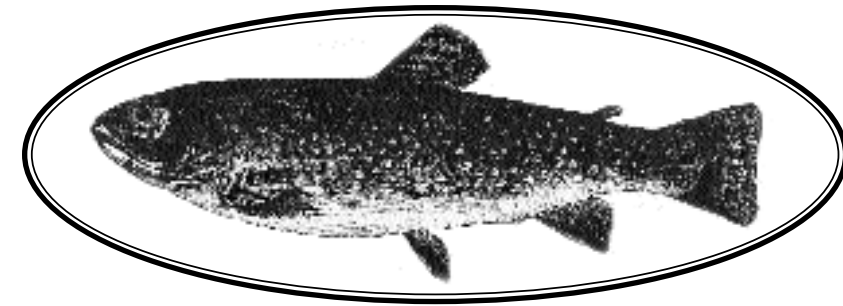
Place your order with Claude Cochrane:
ph. 902.757.2996

Join Us, become a member of Trout NS

Yes, I want to be a member of Trout Nova Scotia and help insure an improved and sustainable trout fishery in the province for future generations. For more information or to send in your membership contact:

membership@troutnovascotia.ca www.troutnovascotia.ca

Associate (under sixteen): \$ 5.75
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Corporate Membership: \$ 57.50
Donation: \$ _____



R I F F L E S A N D P O O L S

Dedicated to the preservation of Nova Scotia's trout

PRESIDENT'S MESSAGE George Taylor

It's been an exciting time for both Trout Nova Scotia and for trout in Nova Scotia. We both have had a very good Spring . Like the small trout that has recently hatched from it's egg and struggled on it's way up through the gravel , TNS has survived the first growing stages of its life. A time when most fish and organizations are lost. My fellow TNS members, we have made it and like the feeding trout are now strong, healthy, and growing rapidly.

TNS is proud of our recent accomplishments which are highlighted in this newsletter. The trout fishing community's response and enthusiasm has spurred us on. The TNS Directors have been meeting to consider which long and short term goals are within reach and possible to accomplish. We thank-you all for your support to date and as tasks and projects unfold please step up and help us help the beautiful trout.

I wish you all a very successful and safe fishing season. Please talk to your friends about the need for a strong voice for trout in Nova Scotia and always carry a few of our brochures in your vest or tackle box .

Regs reveal...a range of responses.

by Jamie Steeves

The 2001 Angling Summary of Regulations is now before the public. Beginning at the Sports Show, at our AGM in March and through the phones and web site, Trout Nova Scotia has been responding to a range of reactions. Many have been positive, enough so that people have joined TNS because of our involvement in bringing in the new special management areas. Others want and deserve explanations.

In conversations with this latter group the ice typically melts away as both sides exchange information. The end result is that people usually go away with a better understanding of our purpose and that of the new regulations. Doors have opened to us at number of fishing camps and some have become members too!

Certainly there are fishers who are not happy. One such group was angry enough that the RCMP had to offer an escort to NS Inland Fisheries staff holding their Regional Fisheries meeting in the Wallace River area. The group was protesting the "new" late river opening dates which was not helped by the fact that Native Fishers are still permitted to harvest the same waters. Accept it or not, this latter issue surrounding the activities of native people in the fishery is part of a larger issue.

The late river opening dates are intended to protect salmon and sea run trout species. Creel samples taken by NSIF have shown that conservation in the Wallace watershed is needed. The meeting came to an end with an agreement that the river would be opened as before, but for one year only. In return, the community must form a river management group and support scientific studies that will reveal the state of the river.

Interestingly, TNS has heard that following the meeting, a large number of the protesters went fishing but only caught one small trout. One person was heard to exclaim, "Maybe we do have a problem."

So TNS members, continue your support of the new regulations by writing the Minister (see Bob Boudreau's note pg 2).

Trout Nova Scotia Hosts Sport Fishing Weekend, June 2 and 3, 2001

details page 6

Raffle Tickets have sold well but there are a few left, interested, please call Gary Corbett: 902.426.3432



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The Executive meets Wednesdays
of the first full week each month.

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The Editor reserves the right to edit
for length and clarity.

Trout Nova Scotia
secretary@troutnovascotia.ca
www.troutnovascotia.ca

LET YOUR VOICE BE HEARD

by Bob Boudreau

As most of you are aware by now, the 2001 Summary of Regulations includes "Special Trout Management Areas". These newly regulated areas should result in improved native brook trout size, number and age distribution, over time. Trout Nova Scotia worked in conjunction with the Inland Fisheries Division on these changes and supports the new regulations.

We advise all interested fishermen to let the Minister know how you feel about these changes. Trout Nova Scotia will continue to support progressive watershed management but we encourage all fishermen to be actively involved in the management of the trout fishery regardless of your views. It is important for us all to take an active roll.

We urge you to email, fax, or write the Minister to let him know how you feel!



Minister Ernest L. Fage
Nova Scotia Dept. of
Agriculture and Fisheries
P.O. Box 2223
Halifax, Nova Scotia B3J 3C4
Fax (902) 424-4671
Email: MIN_DAF@gov.ns.ca

Please email us a copy of your correspondence at:
troutns@hotmail.com

You may also initiate an email by accessing our
web site at: www.troutnovascotia.ca

TNS Constitution and Bylaws

TNS member Lyle Goldberg has volunteered to draft a constitution and set of bylaws on behalf of the organization. The document will address organizational issues such as mission and objectives, duties and powers of the board, executive elections, membership, annual general meetings, record keeping, bylaw amendments, and auditing of accounts.

When he isn't fishing, Lyle is Assistant to the Chief Administrative Officer in the Town of Wolfville.

Questions & Answers

with Reg Baird



Q. Should I buy a 9' leader or a 7 1/2' leader?

A. The rule of thumb is a leader the length of the fly rod. When using large flies, a leader a bit shorter than the rod will work best.

Q. Does water temperature influence trout feeding?

A. It certainly does. The hatching of all aquatic insects is governed by water temperature. The optimum temperature for brook trout feeding in the waters I am familiar with is between 53 and 58 degrees farenheit.

Q. What is a Bob-fly?

A. This is an English term refering to the third fly on a three fly cast or leader. The fly at the end of the leader is called the point fly, the fly in the middle the dropper fly and the one nearest the fly-line the bob-fly (because in still waters, it bobs on the water).

As we sift through the generous offers of help and assistance

from new TNS members and old, a map of our future begins to unfold. The Directors are formulating new directions for the organization. Some things are on the fast track to meet funding deadlines while other plans are longer term. The entire process may take some time but we will connect people to projects and programmes as soon as possible. Please be patient, we will be in touch. It is an exciting time for trout fishing and conservation in this Province!

The Sports Show and our first Meet & Greet

in March, were both a great success!



TNS would like to thank all our sponsors, providers of prizes, gifts & services plus our members who gave the Directors a helping hand during our recent round of activites. The pictures speak for themselves.

Claude hands out Door Prizes



Fly tying, magnified fish scales, antique fishing tackle, stream critters, stories, old fishing friends & new.

Guest Speakers: Murray Hill; new regulations, Rick Devine; Habitat Restoration & NS trophy trout..... Plus Recent Lt. Governor's Award for Conservation recipient: Jim Gourlay who took us all fishing for trout!
Thank you All!



Woodlands & Coastline on the Chopping Block in Nova Scotia.

Only 28% of the province and less than 5% of our coastline is provincial Crown land. The lion's share of this public land base is threatened under a Nova Scotia Department of Natural Resources (DNR) long-term land use plan for Crown lands called "Integrated Resource Management" (IRM). The plan recommends that 80% of these public lands, over 10,000 km2, be left open for industrial resource extraction like clearcutting and mining despite previous government commitments to protect more land. Proposed Wilderness Areas at Fogarty's Cove, Kluscap Mountain, Gully Lake, Ship Harbour Long Lake, Herring Cove, Blue Mountain-Birch Cove Lakes, Nictaux River, Eigg Mountain-James River, Tusket River, Liscomb, Sackville-Beaverbank, Prospect, East Hants, and elsewhere, as well as proposed additions to the Tobeatic Wilderness Area, and most publicly-owned coastal lands will be open for logging, mining, roads, and/or development under the IRM plan.

The Nova Scotia Public Lands Coalition is a broad union of recreation, conservation, tourism, science, and community organizations that believes protecting our limited publicly-owned wilderness is good for the environment, the economy, and our quality of life in Nova Scotia. The support of Nova Scotia businesses and organizations is crucial to show broad support for protecting public lands. For more information on Nova Scotia's public lands and the Nova Scotia Public Lands Coalition (including member groups and vision/position statements), please visit www.publicland.ca

Users Don't Pay by Reg Baird



How often we quote Lee Wulff and say, **"a fish is too valuable to catch only once."** A valid statement indeed, but I would like to remind you being able to catch a fish more than once depends solely on how you do it the first time.

The accepted procedure for catch and release of one species of fish can in many cases be fatal to another species. The first two species coming to mind fitting these categories are bass and trout. We watch many live fishing shows where sportsmen hook bass on treble hooked plugs, reel them in to the boat, dip them, pick them up from the net by the lower lip, hold it up for a picture, make several attempts before getting the hook removed, hold it up for another picture and then toss the fish overboard. From what I have been able to determine from talking to those in the know, bass seem to suffer no ill effects from this rough handling. On the other hand I can tell you from the experience of many fish caught and released this procedure will kill most trout. Trout cannot tolerate rough handling, a more gentle touch is needed. To insure a high survival rate, certain precautions in handling trout you intend to release are necessary. Fish mortality usually results from two factors; damage to the fish by the hook and damage to the fish by the fisherman in attempting to remove the hook.

Hooks that are in the edges or corners of the mouth or in the front part of the tongue generally are very easy to remove and result in little if any damage to the fish. A hook that has been ingested and lodged deep in the throat or one that has gone out through the gills seldom if ever can be removed without proving fatal to the fish. The gills are a very sensitive part of the fish and damage to them always results in the death of the fish.

Most lightly hooked fish can be released by simply sliding your hand down the line to the hook, grasping the hook shank and a quick twist, coupled with the struggles of the fish, removes the hook. In this way you don't have to touch the fish or remove it from the water. The mortality rate for lightly hooked fish released in this manner is practically nil.

Deeply hooked fish on the other hand require handling in order to remove the hook. This handling is critical to survival of the fish. Do not squeeze the fish. Hold it as gently as possible. Squeezing the fish can damage internal organs such as heart and liver and cause subsequent death.

While handling fish should your hands be wet or dry so as to damage the mucous layer as little as possible? If at all possible, I don't take the fish out of the water to remove the hook, therefore my hands are always wet. However if the fish has to be removed from the water, dry hands will allow you to hold the fish with less squeezing. Removing some mucous is far less damaging than squeezing the fish too hard.

Fish that are not removed from the water do far less struggling during the release, thus allowing for more gentle handling, less damage to the fish and a much higher survival rate. Also a fish will struggle less in calm water than in fast running water. Out of the current, a fish is usually quite docile. Chances of survival for trout that are hooked deep in the throat or that are bleeding from the gills are slim. The recommended procedure for this type of release is to cut the leader close to the eye of the hook and let the fish go, hook and all. This type of serious injury is most likely to occur when bait and treble hooks are used. Fish damaged in this manner should probably be saved for the frying pan as they are unlikely to survive release.

This season, for the first time, the catch and release of brook trout has become a reality in Nova Scotia with certain waters being designated Special Trout Management Areas. When planning to release most of your catch, it is wise to pinch the barb down on your hooks. The big one you want to keep will be no more apt to get away.

In this day and age, I believe we should consider the angling for wild brook trout to be a privilege rather than a right and treat it as such. It is not the user that pays; it is the trout. **Don't make him pay with his life.**



Letters....to..... & fro...



Dear Minister, (Ernest L. Fage)

I fully support your efforts towards protecting the wild trout stocks of Nova Scotia. Well done!

Of interest is a conversation I had yesterday with a gentleman who lives on the banks of Woodens River (one of the rivers to come under the new 'catch and release' regulations). He had seen me walking the river, fly rod in hand, in previous years and stopped to talk to me about his love of fly fishing. "I don't do it anymore," he said, even though the river flowed right past his doorstep. "Used to be a time when we'd take some nice sixteen and eighteen inchers out of here. Now you don't see them much past six and eight inches, and not too many of them at that," he stated. "And my father would talk of the times when he used to pull big Atlantic salmon out of there too. Of course there's none of them left," he said sadly.

I then informed him of the new regulations for Woodens River. His eyes lit up. "Well now, that should help the stocks and bring the river back to what it used to be," he exclaimed. "And no bait, eh. Good for them."

It was a conversation that really surprised me as I had been expecting vociferous opposition to the new regulations from just such an old-time resident but he was very genuine in his support. He did state that there were bound to be some who would not be pleased but as far as he was concerned it was a step in the right direction.

I hope you continue to support his and my feelings for our beautiful trout and the rivers in which they live.

Patrick Donoghue
Seabright



Dear Mr. Quade: (TNS Member Mark Quade)

Thank you for your email of April 5th with regard to our recent initiatives in managing our sport fishery in Nova Scotia. I will attempt to address the questions raised in your submission.

First, regarding the acidification of our lakes and streams, as you may be aware, Nova Scotia is the province most affected by acid rain in Canada. Unfortunately, our geology doesn't lend itself to buffering capacity to combat acidic precipitation. Although we have co-funded several initiatives with volunteer organizations to lime several lakes and streams and will continue to do so, we have yet to identify an affordable solution to mitigate this problem. We are working with the Nova Scotia Salmon Association to have an expert from Europe visit our province this spring and we eagerly look forward to his advice on our situation.

Second, regarding the use of barbless hooks, we have reviewed this matter on many occasions and haven't seen the studies that demonstrate its effectiveness. As well, we are aware of a study done in the United States that indicates a reduction in the survival of small trout caught and released using barbless hooks compared to barbed hooks. We'd be pleased to share that material with you; please contact inland@gov.ns.ca with your mailing address and we'd be glad to share this information with you.

Third, the use of all terrain vehicles in Nova Scotia is expanding in a significant manner. An interagency committee is reviewing the issue now. We look forward to seeing the end result of their efforts.

Lastly, regarding the application of riparian buffer zones along our waterways, I am pleased to indicate our Department of Natural Resources is finalizing plans to address that issue. We hope to have them in place in the near future.

Thank you again for sharing your thoughts on the manner in which we manage our natural resources in Nova Scotia. If we can be of further assistance in this or other related matters, please feel free to call on our services.

Sincerely,

Ernest L. Fage, Minister of Agriculture and Fisheries

TAiLS from the waters

(Send in your Tall Tales, Claude promises a prize for the best one.)

How Cold Was It

by Claude Cochrane

Listening to a visiting tourist tell of the cold winters where he lives, reminded me of a chilly mid-winter day here in Nova Scotia. It was early February, and a friend and I decided to take advantage of a winter trout season that permitted fishing through the lake ice. The sheltered location of my home left me somewhat unprepared for the frigid cold at the lake. Stepping from our vehicle we could hear trees cracking from the extreme cold. We decided to stay for a little while even though it was becoming increasingly colder.

I was able to cut a hole through the thick ice but it immediately skimmed over. Despite the conditions, I kept my line working and suddenly a heavy strike signalled a good fish.

My hands were so cold I could barely hold the line. A quick tug and a huge trout emerged from the hole. I grabbed it and my fingers immediately froze to the fish. By the time the fish cleared the hole, the section from the nose to the dorsal fin was frozen solid. Within seconds the entire fish was rigid. I called to my buddy who was about fifty feet away suggesting that maybe we should "pack it in". Apparently, he was too cold to reply. I kept jabbering as I gathered my gear and the monster trout.

Walking towards our vehicle helped to get the circulation going in our legs and soon there was that wonderful warmth that follows. Luckily, we did not lock the vehicle. Bumping the door a couple of times allowed it to swing open. We crawled inside and somehow managed to turn the ignition key. As feeling slowly returned to our bodies we each took a sip from a bottle of "Snake Bite" remedy that I always carry with me, it has a warming effect. Actually, we took two sips in the event there were two snakes around. Then we started to talk, my buddy said he had not heard a word from me back at the lake.

We often speak of that day, especially when we hear someone complaining about the cold. I never realized just how cold it had been until the following July, when I returned to the same lake. As I was attaching a favourite "dry" during the morning hatch, I heard a voice. Looking around, I saw no one. Then the voice came again, more clearly this time. It was suggesting maybe it was time to go home. I froze in my tracks, this voice was my own. No wonder my friend had not heard me speaking! My words were frozen in that frigid air! Finally, after five months, they thawed enough to be heard. Yes, that was a cold day.

How cold was itCOLD !!!

Check us out:
www.troutnovascotia.ca

TROUT DID YOU KNOW ?

with Gary Corbett

In our last newsletter we talked about brook and brown trout egg incubation and fry survival. We felt that due to the harsh winter, compared to recent years, egg hatching would be about mid-March and the fry would likely swim up about early April. So far, that looks to be about right or it could be a little later this year.

The fry you might see now in a side eddy of a stream or pool of a small brook will be about 2.5 cm long. They are actively feeding on very small invertebrates. So what happens to these little fellows over the next couple of years before they are big enough to take a hook?

They will feed voraciously as long as the water temperatures are not too high and may attain a length of 10 cm by fall. This is by far the fastest growth rate which they will experience in their life. If there are too many fry for the available food, competition will be fierce and many will perish. In fact, mortality from all factors can be as high as 90% during the first few months of life.

Predation can be a big factor. There are lots of trout predators and studies have shown that up to 50% of young brook trout may be eaten by kingfishers, herons, mergansers, mink, otters and other species. The brown trout is also hard on young trout adding an additional 30% predation where they occur. So where are the best refuges for young trout? Places sheltered from high predation, spring floods, high summer water temperatures, poor water quality and other factors? They are probably where you might least expect them.

They are those small forest brooks; some so small that they look like there is not a fish in them. You might call them trickles, but they are shaded by the forest canopy and are fed by groundwater or fens. They are cold and clean. This is microhabitat. If you were to look under some of the rocks or sticks in these small brooks you will find the fry. Little pools will also hold some of the older trout which have not left for bigger water.

These same trickles are the ones which are having their trees cut to the bank and trampled by logging machinery. Think about how high the mortality is when that happens!

Small brooks are the life blood of our trout fishery! Help protect them.

A Day on a Nova Scotian Trout Lake



Silver, Arthur P. *Farm-Cottage, Camp and Canoe in Maritime Canada*. London: George Routledge & Sons, Limited., 1907

Arthur Peters Silver (1851-1908) was born in Nova Scotia. His only book, *Farm-Cottage, Camp and Canoe in Maritime Canada* was published after his death. The book consists of vignettes of rod, reel and gun in Maritime Canada and contains many wonderful photographs from the turn of the 20th century. The following text, taken from Chapter 5, captures the magic of a spring mayfly hatch and the resulting frenzy of feeding trout.

.....On the shores of the lake there seemed to be no one place more likely than another for a cast. Almost everywhere the water was dimpled by the rising trout. Faint puffs of a balmy westerly breeze kept incessantly driving the mayflies, weak on the wing, in masses to the sheltering lee side of the boulders and behind clumps of alder coppice, until there the atmosphere looked as if filled with a dense smoke. The faintest breath, catching the feeble insects newly emerged from their cases, scattered them in multitudes over the surface of the lake, to be eagerly seized by the feeding trout. On occasions the trout appeared to collect in a big school and make a complete circuit of the lake at the distance of a moderate cast from the shore.

Should one rise at this juncture, he is usually marvelously unsophisticated in his procedure.

The water fairly 'boils' as they break briskly in their progress of triumph, greedily gorging themselves until they become almost entirely indifferent to the artificial lure, although positively ravenous for the half-dead ephemerae. They can now at length forget the hard fare of the long winter days before the loosening of the ice, when they languidly sought for spots of open water and not to seize the bit of pork let down through the ice hole by the rustic urchin, or a pectoral fin of one of their own brethren dangled in the open water of the 'run in.'

The mayfly soon puts in the pink of condition the lively fish which swim in the pellucid waters of such a clear rock-margined lake as this. Note the small well-shaped head, the broad back, the well-proportioned form, the swift dash at the fly, and the spirited contest for dear life as the slender 6-oz. rod is arched to the butt by some plump gamey trout, not much over the pound, whose pluck and leaping powers are often rewarded by escaping his fate within the very jaws of the landing net....



Edited by Michael Murray

STREAMS VITAL IN REMOVING WATER POLLUTION - STUDY

USA: April 6, 2001

Story by Eric Beech REUTERS NEWS SERVICE WASHINGTON

Streams play a bigger role than previously thought in removing pollutants before they get to larger waterways, scrubbing as much as half of the excess nitrogen from fertilizer runoff and auto emissions, scientists said yesterday. A nationwide study of 12 streams found that the smaller the stream with its shallow depth and high surface-to-volume ratio, the more quickly nitrogen was removed, scientists said in the latest edition of the journal *Science*.

Previously, experts studying pollution focused on larger bodies of water rather than small streams, considering them more like gutters that simply carried nitrogen to lakes, rivers and oceans. Excess nitrogen can cause ecologically damaging effects in large waterways, including algal blooms, which can kill fish and other aquatic animals.

Bruce Peterson of the Marine Biological Laboratory in Woods Hole, Massachusetts, one of the study's 15 co-authors, said the finding could have important implications for land-use policies. He said human efforts to control streams by covering or channeling them have made them less effective at nitrogen removal. Streams remove nitrogen by providing a habitat for nitrogen-absorbing organisms and by releasing nitrogen from the water into the atmosphere.

"Small tributary streams in our watersheds, the ones most likely to be plowed under or buried in culverts or destroyed by human activity, have a very important role to play in removing nitrogen from water," Peterson said. "If we restored and took care of all the small streams on the landscape, our water quality coming down rivers would be greatly improved," he said.

The scientists studied streams in Alaska, Arizona, Kansas, Minnesota, Michigan, New Hampshire, New Mexico, North Carolina, Ohio, Oregon, Puerto Rico and Tennessee. They dripped trace amounts of ammonium - a form of nitrogen - into the streams and measured how much of it was absorbed by plants and animals and how much stayed in the water and was washed downstream. The researchers sampled water, algae and other plant life, bacteria, fungi and insects for six weeks at each site.