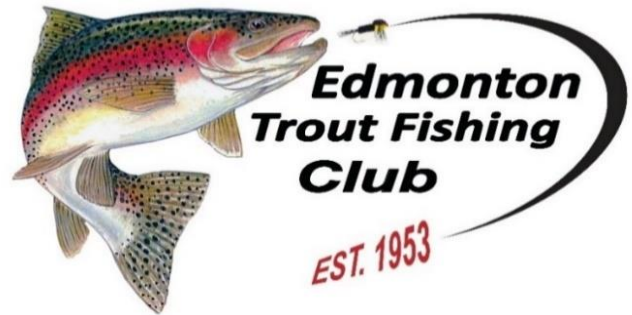


FLYCASTER

NOVEMBER 2024



WOOLY BUGGER – one of the best flies for fall and winter fishing! And an easy one to tie!



UPCOMING CLUB MEETINGS:

- **Tuesday Nov 12 - 7:00pm** Business meeting followed by a presentation from Chuck Harvey and Steve Miller on their fall fishing adventures, including their trip to Sheridan Lake, home to some monster trout. Then the floor will be open for anyone who'd like to share their fishing stories (all true of course!) **Meeting Place: Jefferson Armouries 11630 109 St NW** (Located on the west side of NAIT). Due to the new LRT platform construction, all traffic must come from 107 St - turn west on 118 Ave then south on 109th. The armoury is on the right-hand side and parking is in front. Or, come by LRT as the NAIT platform is very close by.
- **Weds Nov 13th and 27th - 7:30pm Fly tying by Zoom with Northern Lights Fly Fishers .** Informal. tie along or just watch Click [this link](#) to start the meeting, or start your zoom client, click the "Join a meeting button" and enter the meeting id 668 142 7482. The meeting password is 306090.

HOLD THE DATE: Saturday February 8, 2025. My name is George Daniel. You may have seen some of my books or videos about fly-tying, fishing, Euro-nymphing etc. I'm a former competitor and coach for Fly Fishing Team USA, and currently the head coach for the US Youth Fly Fishing Team. I'm currently the director for the Joe Humphreys Fly Fishing Program at Penn State. I'll be holding a one-day seminar that day at Grant McEwan for any interested anglers. Details available soon. Cost will only be about \$60 as my flight and hotel costs are being paid by Edmonton's Northern Lights Fly Fishers Hope to meet some of you there.

ETFC NEWS:

- **Aerators** – all four pumps (attached to 400ft electrical cables) have been installed and are running for the winter thanks to Gaetan, Paul, Randy, Ron, and Ken. It should be possible to install the fencing by about the first week of December

No acknowledgement of receipt or response as yet to our letter to the Spring Lake Village Council re the need for the Village to take on more responsibility the costs of aerating Spring Lake



for

- **Access to Spring Lake** – ACA had to make the difficult decision to discontinue aerating Spring Lake because it could find insufficient evidence of free access to the fishery for those who were paying the costs through angling and hunting licence fees. In the October newsletter we asked, “if you have recent knowledge of how the public can access the lake for fishing, please let us know.” We’ve heard of none at all from you or from any non-members asked, other than the possible access at the north-east corner from where you may be able to drag your boat about 100 yds to the lake shore. It looks like nothing has changed unfortunately!

ALBERTA WILDLIFE FEDERATION (AWF) NEWS:

Gaetan Richard, Zone 5 Fish Chair Report - Every year we have some good projects, and this year was no difference. Volunteers from Zone 5 held a very successful **Yellow Perch transfer** from Manatohan Lake to Frenchman lake. We moved 3720 Perch in three days with the help of AEPA and staff from the Cold Lake Hatchery. We plan to do it again next year. We’re also looking at additional stocking - Cache and Upper Mann lakes are at the top of the list. Nice to see volunteer and government stall working side by side!

The past 5 years we have monitored 9 lakes in the Northeast for Fish Habitat Restoration Projects.

Next year we should see additional perch stockings at Frenchman Lake, and we have a couple more lakes on a waiting list. This is just another way to increase fishing opportunities.

Regulations: only a few changes came out this summer - still hoping for all the proposed changes will be in the 25/26 regs. The delay was due to further indigenous consultations.

Cold lake: After years of asking for changes, engagement paid off. - new one fish slot size 65- 0 cm

Cormorants:- another good news - now can get a DCL permit. That’s one way to protect our trout stock. This spring they oiled the eggs at 4 colonies, one at Frog lake the other at Muriel lake. We are on a fourth year of 5 year program and will reassess after.

Kathy Hendren is the new contact replacing Ryder.

AWF to review the draft for volunteers fish stocking program and monitoring protocols.

Fish Habitat Restoration Project is looking to do one more winter. Will coordinate Frenchman, Cache, Upper Mann and Bonnie Lake. Sony Lake is being tested for possible donor lake.

Fish and Wildlife will monitor 5 Lakes for DO this winter.

FISH and FISHING:

- **What happens to fish in winter** - as reported by [Keep Fish Wet](#) .

“Prior to winter, fish in temperate and northern latitudes will pack on the fat that will be later used as energy, especially since feeding tends to decrease during winter months. For some species, prey items are also not as readily available in winter. As winter progresses, energy reserves can become depleted, and if they run out of energy to maintain basic bodily functions, fish can die — essentially from starvation. This is different from winterkill, which mostly occurs in lakes that become completely frozen over, there is not enough dissolved oxygen in the water, and fish die of hypoxia (lack of oxygen).

Anything that causes the accelerated depletion of energy stores can make the situation worse.

Fighting at the end of a fishing line increases the metabolism and muscular activity that is fueled by energy. During the winter when fish haven’t been feeding and are already depending on limited energy stores, long fight times as well as anything else that could require energy, such as healing a hook wound or replacing a slime coat, could impact fish overwinter survival.

During winter, fish have a muted physiological stress response and mortality rates are generally lower. The stress response . . . often decreases at lower water temperatures . . . fish are less physiologically impacted by angling during the winter. Although stress responses are often diminished at lower water temps, they can also be prolonged and/or delayed . . . During the winter, this means that fish may not incur the physiological impacts of angling until hours after they are released, and these impacts may last hours longer . . . just because you saw your fish swim away does not mean that it's ok, and this is even more relevant at colder water temperatures.



While not specifically addressed, several of the studies also point out some of the potential impacts of air exposure during winter fishing. One study noted that fish showed signs of freezing damage to eyes and gills. Very cold air temperatures and windchills could cause damage even during brief air exposures. Recommendation: If the guides on your rod are freezing up, consider how delicate gill tissue might respond to air exposure."If you're not keeping them, best not to take fish out of the water when air temps are below freezing. As the Limestone Trout Club says "It's a little cold on

your hands *but you can handle it*. They can't!

- **Ice Fishing** - Won't be long, so time to get ready! Here's some tips from the pros at <https://reelrapture.com/> on **Ice Auger Maintenance and Safety**:

Regular blade sharpening - use a whetstone or diamond stone to sharpen the blades, and always follow the manufacturer's instructions. If your blades are beyond sharpening, it may be time to replace them. Be sure to purchase replacement blades from the manufacturer or an authorized dealer to ensure compatibility and quality.

Cleaning and Drying - remove any ice residue, dirt, and debris after each use. Use a soft-bristled brush or a cloth to wipe down the entire unit, paying particular attention to the blades and any crevices. Dry the auger with a towel and consider applying a rust-inhibiting spray to protect the metal components.

Storage and Transportation - choose a dry, cool place away from direct sunlight. When transporting your auger, ensure it's securely fastened

Preventing Hand and Finger Injuries - always wear protective gloves with grip to ensure a firm hold on the auger. Additionally, maintain a firm but not overly tight grip, as this can lead to fatigue and loss of control. It's also crucial to keep your hands and fingers away from the blade area, treating the auger with the same caution you would a power tool.

Avoiding Slip and Fall Accidents - wear crampons or ice cleats on your boots to provide extra traction. Ensure balance and stability e.g. when moving around the ice, take small, slow steps, keeping your center of gravity over your feet, and avoid carrying the auger, instead opting to drag it behind you or use a sled to transport it.

Safety Gear and Protective Clothing - goggles or glasses shield your eyes from flying ice, while a face mask or balaclava protects your face from the cold and any accidental sprayed ice. Insulated,



waterproof clothing and gloves will keep you warm and dry, reducing the risk of hypothermia. Take a first-aid kit, just in case!

- **Effective jigging techniques for targeting trout through the ice** - Macks Lure

Fish close to the weed line, make sure your presentation is hugging the bottom, typically 8- to 12- inches from the lake floor. Drop to the bottom, then a couple cranks up and you're in the strike zone. There's no true jigging cadence that's tried and true. Really, it's whatever you feel comfortable with. One thing that is for certain, however, is that your jigging cadence needs to be consistent and in rhythm. If you're erratic, the trout will have a tough time attacking your presentation — and we're in the business of making it easier for trout to bite your lure, not harder.

The only exception to rhythmic jigging is, occasionally, dropping your presentation to the bottom to drum up some silt and create a disturbance. Trout, in shallower water, are constantly feeding on prey that burrow in the sand, thus anything out of the ordinary is sure to catch their eye, especially from further distances. Alternatively, on really slow days, you can try dead sticking, just a few inches off the bottom, meaning you're doing nothing with your presentation (tipped with a worm or bait) except holding it still. Later in the day, when the trout move deeper, you're going to follow them, as you've already pre-drilled holes in this deeper water. Fish to these suspended trout, at least six feet from the top of the water column, using the same, rhythmic jigging cadence as before."

- **A Reminder - From ACA:**



Newsletter – next one coming on or before Dec 1st, 2024 - suggestions, requests, questions, and contributions always welcomed at efcnews@gmail.com - won't use your name unless you indicate otherwise.

PSL/