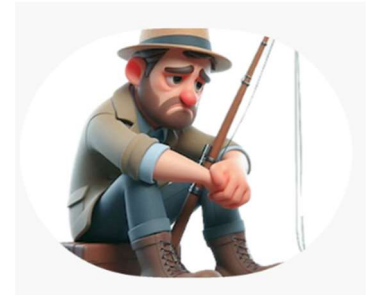


FLYCASTER

November 2025 Edition

UPCOMING MEETINGS: no meetings are currently planned for the balance of the year. It looks like PCD (Prussian Carp Depression) has affected ETFC and there's no available cure at present. Hopefully it's a temporary condition and we'll do our best to seek a remedy and let you know if the situation changes, hopefully before our 2026 meeting schedule begins - the 2nd Tuesday of the month from January to June.



PRESIDENT'S REPORT:

- The Village has requested from Environment and Protected Areas a number of signs to post at all access points on the lake, describing the carp issue and the need to remove fish from the lake if caught.
- The October meeting of the village Council was informed that **the aeration equipment has been installed** and that we are expecting the \$3000 grant for its share of the aeration costs. All four aerator pumps are now operating. The one pump that was faulty has been replaced with our spare and returned to the ACA for repairs or replacement. The ACA has confirmed that they will take care of the replacement of pumps if necessary but not the installation. Special thanks to Gaetan Richard, who has been dealing with the ACA and with testing and installing the pumps.
- **The issue of Prussian carp**, and their impact on the lake and future aeration will be discussed in the spring along with Dept. of Environment and the ACA. It will be interesting to see what the presence of the carp will have on angler success as well as the number of anglers showing up compared to previous years. Club members are encouraged to record and report their observations to the executive or newsletter etfcnews@gmail.com. This information will influence decisions made on the future management of the lake. Given that the carp will continue to be present in Spring Lake do we recommend the stocking of larger trout, discontinuation of aeration, etc? Whatever the future brings, all members will be involved in determining our actions.
- **The fall has been very successful** at a number of the lakes in the Edmonton area with good catches reported by members. Regardless of where you fished you probably experienced exceptional fall weather and beautiful colours. Club members fished lakes like Miller, Swan, Chain and Dolberg with good success, although the perch are an increasing problem in Dolberg. Low water levels restricted boat access at local lakes such as Spring and Hasse but the fall stockings were active during the fall boatman hatch. Club members were still reporting large brown and tiger trout being caught into October.



- **Water levels** are a problem at all the lakes in the area and even into the Peace River country. Large lakes like Wabamun, Lac Ste Anne, and Pigeon are down significantly because of the drought. The conditions at Spring Lake will require the removal of the existing dock structure and moving the entire structure out deeper into the lake to allow access. This can wait until spring. Water levels will be determined in the spring after ice out and a decision made on how to get club boats access to the lake. The current decline in water levels in the Edmonton area lakes, and its impact on the trout fisheries have emphasized the need to evaluate the emphasis that the club will focus on in future years if water levels continuing to drop. The viability of maintaining a property on Spring Lake becomes an issue, both in terms of costs and any real benefit to club members. This will force club activities to shift towards our main purpose which is to promote trout fisheries in general and angling opportunities rather than maintaining property on Spring Lake itself.

- With the coming of the **hard water season** members can get out to enjoy the benefits of the aeration. The lower water levels will restrict some shallow water areas formerly fished but not your ability to get out onto the lake. Access to the shore and parking will still be through the gate and members should enjoy some good fishing at least until the first weeks of January. Leeches and minnow patterns have produced in the past. Fishing usually slows down from that point on with less fish activity until late March.



- The club has been **using Zoom** to host both executive and general meetings when appropriate. Depending on connections it has worked well but we experienced some problems when the official host (Chuck Harvey) was called away for work or family issues. We are limited to only 40 minutes if we use a personal application. If we try to have the host designate a new host by giving out the sign-in password account and password information we are shut out because of double security that still goes back to the host. **We need someone who is familiar with the commercial application for zoom** and knows how we can designate alternate hosts with the ability to bypass the double security to allow other named members of the executive to host meetings when necessary. Contact Chuck Harvey (troutseeker@shaw.ca) or Ken Bodden (kenr.bodden@gmail.com).

- **Current gate code** will be used until February 1st (maybe March 1 if AGM is not till sometime in Feb.) Members for 2026 will be contacted with the new number code before it's needed.

- We need to confirm soon whether we will again operate a booth at the **2026 Edmonton Boat & Sportsmens Show** to be held at the Edmonton Convention Center from March 19 to 22. To do so we need sufficient volunteers to cover the 4 days of the show. Please consider volunteering and if so let us know (even if only tentatively at this time) that you'll plan to be able to help out.

communications@edmontontROUT.ca

NEED A REASON TO GO FISHING?

'Beyond Blue Health', 'The International Journal of Mental Health', and many others say you should get out near water as often as you can. Consider it a [prescription](#) that you fill at a stream, lake or the ocean rather than your local pharmacy. If you do it will result in:



- **Stress Reduction:** The sight and sound of water can have a calming effect, lowering cortisol levels and reducing feelings of stress. The rhythmic nature of waves or flowing rivers can induce a meditative state.
- **Improved Focus and Creativity:** Studies have shown that spending time near water can enhance cognitive functions, boost creativity, and improve problem-solving abilities.
- **Mood Enhancement:** Water environments are associated with increased levels of happiness and decreased symptoms of anxiety and depression. The natural beauty and tranquility of aquatic settings provide a sense of peace.



- **Better Sleep:** Exposure to water's soothing sounds can improve sleep quality by promoting relaxation and reducing insomnia.
- **Improved Air Quality:** Coastal and lakeside areas often have cleaner, fresher air, which can benefit respiratory health and overall well-being.
- **Vitamin D Exposure:** Spending time near water often means spending time outdoors, which increases exposure to sunlight and boosts vitamin D levels, essential for bone health and immune function.
- **Lower Blood Pressure:** The calming effect of water can contribute to reduced blood pressure and heart rate, promoting cardiovascular health.
- And the benefits are even greater if you're fly fishing – 'when you cast a fly rod, you engage in a rhythmic, repetitive motion that can be very soothing. This physical activity encourages mindfulness, helping you stay present and focused on the moment. The natural surroundings - flowing water, trees, and wildlife - provide a peaceful environment that reduces anxiety and promotes relaxation. Fly fishing takes stress reduction a step further a step further by involving purposeful activity that requires concentration and skill. This combination can help people dealing with depression, PTSD, and other mental health challenges.
- The International Journal of Mental Health reports many of the same benefits and states, 'the more we're near the water, the more our physical and mental health and overall well-being improve.'

FALL STILLWATER FLY FISHING TACTICS: There's some useful information applicable to Alberta in the online '[Islander](#)'. As it says 'The best fishing starts once surface temperatures drop below 10°C (50°F). Trout become much more aggressive in their feeding patterns, and it often occurs in water anywhere from a mere metre (about three feet) to three metres (10 feet) in depth.' So don't give up yet, find a warm jacket and get out on the water!

And Matt Klara of Big Sky Anglers has come up with a new fly pattern for fall and winter that has some interesting tying strategies that you might want to try with other patterns that you've found effective:

GINGERBREAD MAN



BSA Signature Pattern

Matt added in the **stinger hook** concept to improve hookups, especially from soft-grabbing winter fish, adjusted the body and tail proportions to **maximize wiggle** in the water, and swapped lead wire and/or a beadhead for brass **dumbbell eyes** to keep the hook point oriented up and reduce snags when fishing deep. He also incorporated flash running the length of the fly rather than just in the tail, again to increase motion.

♪ **ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE** ♪ – this Eric Idle song got me thinking about the Spring Lake we aerate and at which many members spend a lot of their fishing time. So, with apologies for bringing up those carp again (those Prussian ones that have the highest ecological and economic impacts of all invasive fish), I searched for some good news about them being in the lake. Found some health-related ones: “Carp is one of the most delicious and common fish consumed in many parts of the world, and it has a number of **great health benefits**, which may include its ability to improve heart health, lower inflammation, protect respiratory health, optimize digestive function, slow the aging process and fend off chronic disease.” If you’re interested (and willing to learn how to cook them properly) there’s more detail on those health benefits at [Organic Facts – 11 Amazing Benefits of Carp](#).



Congratulations to the Fishin’ Hole on its 50th anniversary!

For those who aren’t aware (and there are probably very few!) the Johnson brothers, Dave and Darrell, who own it, and the staff who run the stores have offered us great service, a wide choice of fishing gear and even a 10% discount to ETFC members who can show a current membership card. But that’s not all go online to [the Fishin’ Hole](#) and you’ll not only find pictures and prices on the items they sell but 260 angling articles and 250 fishing tips and facts – written by experienced, knowledgeable, and local authors, a newsletter you can subscribe to, virtual gift cards, a great deal on shipping and more.

HALLOWE’EN FLY – the GOBLIN from [Deneki Outdoors](#)



If there’s anything you’d like to ask or suggest please let us know -
communications@edmontontrout.ca

Contributions to and suggestions for the next newsletter also gratefully accepted!

PSL/