

## October Quick Ties with Tom Regina... Caddis Pupa

Caddisflies spend the larval stage of their life cycle in a cocoon called a case, in a spiderweb-like net which they spin, or free ranging, crawling along the stream bottom. When the larvae are ready to emerge they metamorphosis into pupae and use their wings, legs and bodies to swim to the surface. A pupa may drift long distances in the water column or trapped in the surface film before emerging as an adult. During the pupa stage the caddis is at its most vulnerable stage to be taken by trout.

### Tying Instructions

<b>Hook</b>	TMC 206BL, Size 10
<b>Thread</b>	Olive 6/0, black 8/0 optional
<b>Body</b>	Hollow olive Larva Lace Nymph Body Material
<b>Wing</b>	Brown polypropylene yarn
<b>Thorax</b>	Dark brown Life Cycle Nymph Dubbing
<b>Head</b>	Tying thread or 8/0 black thread



1. Debarb and mount the hook in the vise. Using a jam knot, start the thread two hook eyes back from the hook eye. *Note: Do not crowd the hook eye. Maintain the two hook eye distance for the wing, thorax and head.* In touching turns lay down a thread base along the hook shank to a point about one half way down the hook bend. In quick spiral turns, return the thread to the thread tie-on point.

2. Cut about a four inch piece of Larva Lace from the skeen. Cut the end of the lace at a shallow angle as shown in the example.



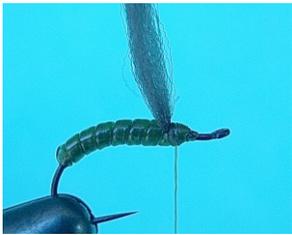
3. At the thread tie-on point position the lace with the shallow angle cut down - on top of and parallel to the hook shank. *Note: The lace can be tied on with the shallow cut up. However it is easier to tie it on with the cut down. The shallow cut end, tied on either down or up, provides a smooth transition from the body to the thorax. A squared-off blunt cut will not.* Tie in the shallow angle cut end of the lace with two or three moderately tight thread wraps.

4. Continue tying the lace on along the top of the hook shank with tight spaced thread wraps. When the thread wraps reach the hook shank mid point start stretching the lace and continue tying the lace along the top of the hook to a point about halfway down the hook bend. *Note: After you stretch and break the lace a time or two you will get a feel for how much you can stretch it.* In quick spiral turns, return the thread to the thread tie-on point and make one or two half hitch/whip finish wraps and hang the thread bobbin over the bobbin rest. **DO NOT CUT THE THREAD.**



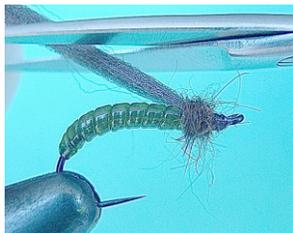
5. Stretching the lace, wrap it forward in seven to nine touching turns. Lessen the amount of stretch with each wrap of lace so there is virtually no stretch for the last two wraps. Use several tight thread wraps to tie off the lace. Stretching the tag end of the lace, cut it away at a shallow angle.

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6. Cut about a two inch piece of poly yarn from the skeen. Separate this piece of yarn into thirds lengthwise. At the front of the lace body, and on top of the hook, tie in one of the separated pieces of the poly wing material. At a shallow angle, cut away the tag end of the wing material.

7. Dub a buggy thorax over the wing tie in point. Tie a neat thread head, cut away the thread and apply head cement. *Note: To make a neater thread head use 8/0 thread. After dubbing the thorax make one or two half hitch/whip finish wraps with the tying thread. Cut away the tying thread and with a jam knot tie on and build a neat 8/0 thread head.*



8. Holding your scissors parallel to the top of the hook shank and holding the poly wing at about a 45 degree angle, cut the wing so it's finished length is about 2/3 the hook length. If needed, use a dubbing teaser to pick out the thorax dubbing to give the fly a buggy appearance.



**Fishing the Caddis Pupa...** Because this caddis pupa was tied without weight on the hook it can be fished throughout the water column, from stream bottom to surface film, with or without a strike indicator or dry fly indicator. To fish the caddis pupa along the stream bottom add enough weight to the tippet, depending the water depth and flow, to get the fly down quickly. Remove some or all of the weight from the tippet to move the fly higher in the water column. To fish the pupa in the surface film, remove all weight from the tippet and dress only the fly body with a gel floatant. Dress the thorax with a dry powdered floatant. The powdered floatant traps air bubbles on the thorax for a more realistic appearance. When fished in the surface film the use of a dry fly indicator is recommended.

## Minutes of the Meeting of September 6, 2005. Fly Fishers of Northwest Florida. Vice President Russ Shields presiding

**General Meeting:** Called to order at 7:00 pm. Previous meeting was Aug 2<sup>nd</sup>, brief minutes were read and approved.

**Old Business:** Don Lupone was not present, no Treasurer's Report.

**Committee reports:** FFF-Karen reported that FFF is looking at a site in N. Alabama for a future conclave and that 2006 would be at Calloway Gardens again. Nomination Committee-Travis asked for any volunteers or nominations for officers since we will be voting for new officers in November. Fishing Trips- Art reported that the fall fishing trip will be in conjunction with the fall picnic at Shoreline Park. Fishing will start at 6:30 with coffee and donuts and a briefing. There will be a contest for biggest Speck caught on a Gartside Gurgler.

**Program:** Chris Hickey gave a program on Hand Painted Bream in the Dead Lakes (Chipola River). He discussed the changes in the Dead Lakes since removal of the dam in 1987. He said water quality has improved and water hyacinths are gone, but people are finding it more difficult to catch bream because of changing water levels make it more difficult to locate beds. Fish diversity is as good or better since the dam was removed. As for the painted bream, they appear to be a color morph of the regular bream, possibly a subspecies.

**Door Prizes:** Prizes including flies and a couple books were raffled.

**Meeting Adjourned:** Emile Lores, Secretary