

## JUNK FOOD FLY

Greg – From Transvaal Fly Fishers Association Newsletter July 1987



Any flyfisher who has been skunked by the trout on a day when everything seemed just "perfect" will tell you that, despite their reputed lack of intellect, these fish have a very refined set of senses. Like us humans, the trout like something which looks, smells, tastes and feels good! A fly which stimulates as many of these senses simultaneously will be a good producer indeed. But why are trout so selective at times? Availability, accessibility and maybe even fishy biorhythms play a part in the selection of a meal. A balanced diet of all the right stuff will maintain peak condition and vigour in fish and man alike.

There is one big problem however ..... we are all too fond of JUNK FOOD! That's right! The over-processed, oily, preservative-poisoned "food" that **we** consume in our weaker moments between regular balanced meals. Attractive wrappings (presentation) and promotion is what sells junk foods. .... it should work for fish too.

Enter..... the **JUNK FOOD FLY!!**

This fly is designed to offer the ultimate compromise. A bit of everything that might possibly appeal to a fishes senses. It has a light hackle to provide a vague pulsating halo effect around the brown, buggy, chenille body. A hot orange marabou tail flanked by a few strands of flashabou provides that necessary pizzazz. The recipe for success is given below.

- Hook: 2X to 4X long in your favourite sizes. Some people will take a hot dog; others want a foot-long!
- Thread: whatever is on your bobbin holder.
- Underbody: lead wire to suit your depth of presentation.
- Tail: hot orange marabou tied a little shorter than the length of the hook shank. A few strands of rainbow flashabou adds to the effect.
- Rib: a strand of flashabou or fine silver tinsel/wire on the smaller sizes.
- Body: brown or black/brown mottled bug chenille.
- Hackle: palmered grizzly. Not too close (a la Zulu) but not as sparse ~ as the Beams Black Woolly Worm.

Ha..... But that fly is just a Woolly Norm, scream the Guru, the Merc and the rest of the erudite clique. Right, I say! A better compromise fly does not exist. The much publicized Black Woolly Worm represents the healthy balanced diet (steak and chips/ dragonfly nymph), which is more easily imitated by other suggestive patterns.

As with the other Woolly Worm patterns, this fly is equally effective when fished with dry, neutral density or sinking lines in any depth of water.

One of the Cape's self-confessed hotshots took one look at the Junk Food Fly and announced that it was old fashioned..... Since when has catching fish been out of vogue? The numbers of "fatties" who wobble around the streets bear testimony to the addictive qualities of junk food? Peddle the Junk Food Fly in your favourite dam; and turn those trout into addicts too!

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