THE BOBBIN



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November 2018

CHAIRMAN'S CHIRP

We have been getting some great well known flyfishers tying at our regular meetings of recent. We have been fortunate to have had Jacques Marais at our last monthly meeting tying what is the Czech flyfishing teams go to fly. It's a simple nymph pattern and well worth tying a bunch on size 14 to 18 for yellows and trout. See further on in the Bobbin for the recipe for this fish producing fly.

Next month we will have Simon Hunter Bunn of Peak Trout and guide from Slovenia tying for us. Simon target marble trout, grayling, browns in Slovenia and will no doubt tells us more at our meeting. He has agreed to tie a dry for a change.



On the subject of what flies members would like to see tied the Committee is always keen to get feedback and also suggestions from members of particular ties or fly patterns. We think that cross pollination is healthy for the club and will enrich your personal tying skills. If you have a person whom could tie for us please let us know.

Club trips were requested at a previous meeting and I can report back that the Snowflake booking for the Bushman's River on the last weekend in March (29-31st) is fully booked. Perhaps we also need to look at a trip to dams or alternatively a salt water trip. Not being much of a salty myself is there any volunteers to look at options around a second trip? Let us know please.

Till next time.

FROM THE EDITOR

I don't eat trout. I believe that it is bad karma to eat any fish. Karma is the Sanskrit word for action and is equivalent to Newton's law of 'every action must have a reaction'. When we think, speak or act we initiate a force that will react accordingly. The force created by a person's actions is believed in Hinduism and Buddhism to determine what that person's next life will be like. Accordingly, if you treat fish badly, then you could end up a fish in your next life - on the end of a hook and into the searing pan! For those of you do not subscribe to this belief, our resident trout chef, Laurence Davies, has written up some great trout recipes for you in this edition – bon appetit to all unbelievers of fishing karma and enjoy the fishy foodie jokes!



NEXT MEETING

5 November 2018 /19.00 for 19.30/ Room G1 Westville Library
Simon Bunn will tie the burrowing mayfly found along the KZN Drakensberg
The pattern can be adapted to many colours and sizes





OCTOBER TIE OF THE MONTH 'JM PHEASANT NYMPH' - JACQUES MARAIS

MATERIALS

Tail: Coc de Leon

Body: Pheasant tail

Thorax: Prism peacock and bright orange hotspot

Hackle: CDC

Head: Tungsten bead

Thread: Nanosilk 18/0 or thinnest you have.

Hook: Jig hook in #14 to 18

Ribbing: Thin gold wire

TYING STEPS

Step 1: Secure bead on hook.

Step 2: Tie in 4 fibres of CDL on the tail and make one wrap under the CDL against the bare hook to lift the fibres

Step 3: tie in two fibres of pheasant tail and gold wire rib. Wrap pheasant fibres up hook and tie off.

Step 4: wrap gold wire in opposite direction to secure these delicate fibres. Tie off securely.

Step 5: Split the 18/0 thread. On one side only, take a very small amount of peacock dubbing and wind a tight noodle on.

Leaving a space dub in a noodle of Orange just below leaving a small space between the two different colour noodles. LESS IS MORE ON THIS FLY.

Step 6: Take 5 CDC fibres in your magic tool (or bulldog clip) and place them in the space between the two dubbing noodles.

Step 7: Spin the thread until tight and then wrap starting at about 1/3 down from hook eye up to hook eye and tie off. You should aim to get two distinct colour bands with the CDC distributed evenly around the fly.

FISHING THIS FLY

Use this fly as a controller for Euro nymphing or with a strike indicator. Best bouncing along the bottom. The fly is built sparse so that it gets to the bottom quickly and stays there.





GOING MINIMALIST AND COMFORTABLE – STELIOS COMNINOS



The last time I waded a river I was not catching much (actually nothing at all) and looked to blame it on anything but me and my flies. I settled on blaming it on my overfilled fly jacket -always bursting at the seams with too many fly boxes and things that I was carrying "just in case". My jacket made me feel hot and very constrained (as it always does) and I am sure that the trout sensed this - hence my poor catches that day. Sounds like a good excuse to me!

I also feel very uncomfortable when I see anglers that look like trussed up SWAT members who have gotten lost on their way to some emergency mission. They wear those expensive and fancy new militaristic type camo vest packs with masses of webbing and buckles - and all the new-fangled gadgets dangling about their chest. It looks like they should be carrying machine guns instead of fly rods. These guys really scare me!

I resolved to fix this "jacket" situation and yesterday I, oddly enough, stumbled into a fishing shop that I had not noticed before. I hoped, as all anglers do, to find something I don't have and don't really need – at a bargain price of course. Fortunately there was no focus on flyfishing in the shop which meant I couldn't find anything to buy that I didn't really need...surely you know what I mean! As I left the shop I chanced upon a small sling bag. As soon as I saw it, I knew that this was going to be my solution to discomfort – and it only cost R130, truly a bargain.

Everything I need fits into this bag with space to spare – and all accessible without having to search through numerous pockets. It slings across my right shoulder and under my left arm. When I need to get something, it easily slides across and lies just below my chest with all zipped pockets perfectly accessible and facing the right way up. In the rain or cold it can easily fit under my rain jacket or fleece. The landing net clips nicely on the bag and fits comfortably on my back and is easily reached when that big fish comes –it will come now that it can no longer take advantage of my erstwhile jacket discomfort. With space to spare this is what I have in the bag – who needs more than this for a jaunt on a river or still water?

- One or two fly boxes (I could even easily trim that down to one small box
- Floatant and dry fly drying powder
- Nymph indicator material
- Three small spools of leader material
- Line nippers and haemostats
- An extra leader or two
- Waterproof camera and cell phone
- A small torch that clips onto the brim of my hat for the evening rise
- A piece of fruit and a juice

I usually fish 4 to 5 hours at a stretch, and always in close enough proximity to my car or accommodation, so anything I may have not brought with me is easily available. For additional packing space there are still pockets available in my pants, shirt, waders and whatever rain or warm jacket I may be wearing at the time. For a longer and more remote outing I would consider an additional small backpack. I will be looking for that bargain backpack in the next bag shop that I may stumble upon. I can't wait for my next minimalist outing on a river - the trout must watch out now!

TAKE IT OR LEAVE IT - DAVID WEAVER

"Teaching someone how to strike a yellowfish is like trying to teach someone to hit a cricket ball like AB de Villiers."

I read with interest recently how advice was given to a visitor from overseas on how to successfully strike a fish, a yellowfish on Sterkfontein dam. I was impressed as this is something that I have been trying to teach my clients for a while. I stopped trying to teach them 2 seasons ago when I realized that it was a futile exercise. These days I don't offer any advice I just wonder at the intricate complexities of this wonderful sport. I do have a theory and I am going to share it with you. You may do as the title says, I just wish that the fish were as easy to convince as you guys.

I was taught from a young age to first greet Mrs. Trout before I set the hook, this was when we were fishing with a dry. But when fishing with a wet fly we struck as hard and as fast as we could when we felt



the take. It has taken a lifetime to hone the instinct and to get the timing just right, and then I probably miss as many takes as I hit. But the more one practices the better one gets at hooking the fish. There are days when the Zen is not right and we will miss more takes than we hit, there are those red-letter days when you don't miss a touch. And then there are those beautiful indescribable moments when you actually see the mouth open over the fly and your line straightens. So it is, as with many other topics in fly-fishing that striking right is discussed at length over various beverages. It is one of those topics that have as many opinions as there are participants.

Sterkies is a different "kettle of fish". The water clarity is such, that you can see the fish swimming towards your fly, in fact the water is so clear that you can even see the decision process taking place in the yellow's tiny little brain. You will see far more refusals than you will see takes. You will see plenty of nudges and you will see many a bow-wave push your fly out of the reach of the mouth of the fish (this mostly happens when fishing very buoyant flies like foam beetles). Most of the time the fish just swirls under the fly after its tiny little brain rejected your offering. They seem to swim up to the fly very slowly and then once they have decided that your offering is not quite well enough tied, they turn and move off very rapidly. This "turn and go" action causes quite a spectacular "take" to the uninitiated.

If you are at an elevation that you can see what is happening you see the rejection quite clearly. But if you are low down, which is where you should be, then each and every swirl, nudge, bow-wave and missed strike causes serious damage to your confidence and it seriously messes with your Zen. When you have lost those 2 components then take a break because you are only going to frustrate yourself.

I don't profess to have the answer as how to strike a Sterkies yellow but there are some truths that I have learnt over many years of watching takes on Sterkies. These are things that everyone can practice on Sterkfontein and on any other waters, they might not improve your hook up rate but they will improve your catch rate.

A fish will return to your fly after it has swirled under it. Maybe not the same fish, but a fish will return. Unless you trash the water. If you have struck unnecessarily, especially a large bulky dry, no fish will return to that spot, because you have "spooked the "zone". And yet, hook a fish in that water and once you have released that fish you can cast back into the same spot and hook another fish. Somehow a hooked fish does not give off the same message as a spooked fish.

Some say that the fish release a pheromone when they are "spooked" and that that "fear scent" remains in the water column. I have observed, once fish have been spooked how the next shoal swimming through that same patch will also spook.

The technique that we are using when dry fly fishing Sterkies is to be wading deep and fishing shallow. The shoals of fish have holding areas, where the fish congregate. If you go and "miss-strike" a large beetle or hopper pattern out of one of these areas, the fish won't return for a long while. So if you have done the perfect cast and you don't hook a fish, slowly retrieve the fly out of the zone before picking up your line to put it back.

Terrestrials are generally hit "on the drop", the take will occur shortly after the fly has landed. Hatching aquatics such as caddis and mayflies, you can skate them back out of the zone or just leave them to drift out of the zone. Ants drift with the currents so no movement is imparted on the fly. Plopping a fly down causes interest; glooping a fly back to do a better cast causes panic, don't do it. "You can judge a good fisherman, not by how well he casts but how well he fishes a bad cast." Tom Sutcliffe.

When fishing a dry in open water we are generally casting to cruising fish. First let me explain the difference between cruising fish and shoaling fish.

Cruising fish or 'cruisers', as we like to call them, are fish that are swimming "head up". When you see it you will recognize it. They are swimming in the top 3ft of the water column and they are looking up at the surface. Most times they are swimming up current (into the wind) under a scum line. As they go they are sipping insects from the scum-line. Put any fly in the path of these fish and you will have a hook-up, let alone a strike. That cruiser will take your fly without hesitation.

Shoals of fish swimming past with an "I'm going places" look will not pause to even look at your fly, don't matter how beautifully tied it is. So the first trick is to learn which fish are actually feeding, and if your presentation is adequate, nine times out of ten you will be hollering "on Dad" like some manic TV presenters that I know.

The fish will hook you. When all is said and done the final word is always up to the fish. If the fish are hungry they will take the fly, if they are merely curious they will frustrate the hell out of you. The only definitive advice that I can offer, is to cast out the line, keep in contact with your fly and only lift your rod into the fish when you see your line moving off. Sometimes your concentration will laps, that's when the fish will strike, but even if you are not watching your fly, lift your rod when you feel the take. If the fish wants the fly it will take it. I have seen a fish launch out of the water and take the fly from above, yes from above.

Then there are days when the fish are only nudging the fly or swirling below it, don't matter how good your reflexes are you still won't hook up.

The most difficult aspect of success on Sterkies is holding on to the fish once it has taken your fly. So as not to spook the fish and to increase our hook up rate we are fishing with 5x tippet. Now 5x is hard to keep in one piece when you are striking and the yellow is moving off at speed. So the best lesson that you can learn from this article is "do not strike". This is a very hard lesson to learn, but is the only one that I drill into new clients. When the fish takes and you either see the line move or you feel the knock just lift your rod and let the line slip through your fingers. Once the fish has completed its first frantic run then you can start applying pressure and laying down the law.

I had the pleasure of hosting a most competent Aussie last summer. I say that it was a pleasure because, not only was he fine company but also our cricket team was doing rather well on his home turf. I gave him the usual run down on what to expect, stressing the mantra, "do not strike". After a good couple of snapped tippets and many expletives, we ended the first day with a total of nada fish. I must have repeated myself a few times because as the sun was lying down to rest on the orange surface of the dam, he missed another fish and immediately turned to me and said, "Yes I know that I shouldn't f&#%\$ing strike". I said nothing I just smiled.

They were staying at the Caterpillar, Catfish Cookhouse, and knowing the staff quite well I thought that a bit of reinforcement would do no harm. I phoned Mxolisi, the barman and gave him a description of my client. I asked him to politely say "here is your whiskey Mr. Owen and remember, do not strike." I then got Thandi on the line, the waitress and instructed her to repeat the mantra as often as possible, "the menu Mr. Owen and remember do not strike". "Your pudding Mr. Owen, and remember" she was cut short. The message got home, for the next morning Mr. Owen caught some fine yellows and being the good sport that he was, he saw the humour in the jibing from the staff.

The most important lesson is not to let missed strikes affect your Zen or your stress levels, if you lose those and your sense of humour, even your casting will collapse into a morbid mess of horribly frustrating tangles. There are so many variables governing a successful hook up that if we concerned ourselves with each and every aspect we might just lose it completely. Enjoy the challenge and the next time you "strike" a yellow off, remember Mr. Owen.

Let's face it even AB can't play the perfect in-swinging Yorker.



See, I told you this show has the worst cast you've ever seen



Now I decide who is a keeper!

A TASTE OF TROUT – CHEF LAURENCE DAVIES

One of my portfolios on the Fly Fishers Association (FFA) committee is to arrange guest speakers for our social evenings. Graeme Neary assists me in this department, but for our October meeting, all the planned speakers were unavailable (fishing mostly), and, as so happens, it often falls back on to me to do a presentation. One which I had done some years back had been a taste of trout. But at that meeting we did all the cooking and preparation at the meeting. I had Bruce Curry frying trout in butter on an electric frying pan, whilst I smoked the trout. We ended up giving the members a taster of the fried trout with butter and a squeeze of lemon, as well as some hot smoked trout with butter and some lemon, and some smoked trout pate. A very successful evening, but a lot of hard work.



I suggested that, for the October Meeting that I repeat "A Taste of Trout", but first we had to get some fresh fish! So Graeme and I took a run up to Mount West and braved the freezing cold (for us Durbanites) in order to hopefully get some fish. At the back of

my mind was the fact that, the more you want or need something, the less likely you are to get it. I am sure that many of you have told your spouse that you will be bringing some fish home for dinner, only to find that the fish were not cooperative. Fortunately, on Sunday the fish did cooperate and we were able to bring fish home, all for the presentation on Tuesday. The fish were filleted and pin boned. Now what to do for the presentation?

I wanted to show the members how simple it is to provide alternatives to their normal grilling or frying of trout and wanted to provide delicious alternatives, which many of them had not tried before. I also wanted to avoid any cooking at the venue and to reduce all preparations at the venue (Kwazulu-Natal Hunters and Conservation Association). I opted for cured trout, which I could do at home, smoked trout pate, which I could also do at home, and trout ceviche which I could pre-prepare at home and "cook" it at the meeting.



I have been sprouting for some time now on how simple it is to cure trout. It is essentially the preamble to smoking trout (or any fish). It is done the same way as Gravlax, but without the dill. The fish is placed in a mixture of salt and sugar and put into the fridge

for 12 hours, after which it is rinsed off under a tap, dried with paper towel and is ready for slicing. What can be simpler than that? I sliced it thinly and served it on biscuits with some crème fraiche and a squeeze of lemon.

The trout pate was simply a mixture of smoked trout, lemon juice and creamed cheese. It can be blitzed in a blender or else just have the trout broken up with a fork and then mixed into the cream cheese and lemon. On the night, I gave an extra option, adding half a teaspoon of creamed horseradish. I love horseradish but am aware that not all enjoy it, so I was a little sparing with it. In future I will use more horseradish.

For the ceviche I cut the trout into bite sized chunks and mixed it with the pre-prepared red onion and red pepper into a zip lock bag. I then added lemon juice into the bag, enough to coat all the fish, zipped it closed and left it to "cook" in the lemon juice for 15 minutes. Afterwards I drained off the liquid and the ceviche was ready to eat, either straight as it was, or on a biscuit. What could be simpler? Absolutely delicious. All of the methods that I used are available on the web, with many variations. The recipes that I used were as follows:



Cured Trout

- About 500 gm of trout fillet/s
- ½ cup of coarse sea salt
- ½ cup of sugar

Mix the salt and sugar together and, using a stainless steel pan or tupperware container, place ½ the cure mix in the bottom of the container. Place the trout on top and then cover with the rest of the cure mix. Cover with clingfilm and then leave in the fridge for 12 hours. Remove from fridge, wipe off any cure mixture and rinse off under the tap. Pat dry with a paper towel and it is ready to serve. Cut the trout at an angle, without cutting through the skin. It can be served with biscuits topped with cream cheese (or crème fraiche), with a squeeze of lemon and a twist of black pepper. Many recipes give the option of a small dash or brandy or gin in the curing mix.

Smoked trout pate

- About 500 gm of smoked trout
- 250 gm cream cheese
- Juice of half a lemon plus zest
- Sea salt and black pepper to taste

Place all in a blender and blend until smooth (else, place cream cheese and lemon juice in a bowl and flake the trout into the mixture and stir all together.) The cream cheese can be increased dependent on taste, or reduced and cream added. Likewise, half a teaspoon of creamed horseradish can be added – experiment.

Trout Ceviche

- About 500 gm of trout, deboned and skinned, cut into bite sized pieces
- ½ a red onion, finely chopped
- ¼ a red pepper, finely chopped

Place the trout, red onion and red pepper into a Ziploc bag (or flat bowl). Add enough lemon juice to cover all the pieces and after 15 minutes or so, drain the liquid off, and serve. Can be served as is, or on toast, biscuit etc.





ICONIC FLIES: PHEASANT TAIL NYMPH

https://en.wikipedia.org/wiki/Hare%27s Ear

https://en.wikipedia.org/wiki/Frank Sawyer (writer)

The Pheasant Tail is a popular nymph imitation used when fly fishing. It is used to mimic a large variety of aquatic insect larvae that many fish including trout feed upon. It is also widely referred to as the Sawyer's Pheasant Tail, in relation to the original creator of this fly.

Originally conceived and tied by Frank Sawyer MBE, an English River Keeper, the Pheasant Tail Nymph is one of the oldest of modern nymphs. Frank devised the pattern for use on the chalk streams of Southern England. He designed this nymph to imitate several species of the Baetis family, generally referred to as the 'olives'; it quickly became world famous.

Frank Sawyers' book Nymphs and the Trout first published in 1958 describes the method of tying and fishing the nymph. The design of the fly is significantly different from other flies in that Sawyer did not use thread to construct the fly, instead opting to use very

fine copper wire. This has two effects; it adds weight to the fly, enabling it to be fished deeper than similar patterns and adds a subtle brightness to an otherwise drab fly. Frank twisted the wire and pheasant tail fibers around one another, and wrapped them forward together, forming the thorax and abdomen. A few good variations have been developed over the years, but when you

strip them away, it's still Sawyer's elegantly simple, devastatingly effective nymph.

Frank's Pheasant Tail suggests many of the skinny nymphs that flourish in various habitats, exciting riffles to alluring deep holes in rivers and in stillwaters of all sizes.

In streams and rivers, the Pheasant Tail

can be presented below the surface if required, but it is at its most productive when allowed to sink close to the river bed on a dead drift and then gently raised in the water to imitate the behavior of the natural insect. This behavior of the fly stimulates trout to regard the fly as natural food, and to try to eat it, at which point the hook can be set. This technique has become known as the "Induced Take", and the development of this technique may be considered to be as important as the development of the fly itself.

In streams trout often take up station at the most advantageous feeding position. Cast upstream and allow the current to present your Pheasant Tail in a natural manner. Alternatively, cast across the stream, allow the fly to sink, and as the fly approaches the feeding trout stop the line and allow the fly to rise in the water. Watch the trout if you can, or alternatively watch the tip of the fly line for any movement and, if seen, lift the rod tip and gently set the hook.

On lakes, this is a very effective fly in the middle of the day during the Callibaetis season. Use a floating line with greased sunken leader, retrieve the fly very slowly just below the surface. Pay particular attention to shallow areas near weed beds.

DURBAN FLY TYERS COMMITTEE

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MEMBERSHIP SUBSCRIPTIONS

Subscriptions for 2018 are now due and payable. At the AGM the subscription was raised marginally. Subscriptions are now as follows

Joining Fee R220 senior R120 Junior

Senior Member R240 Junior Member R140

Family Member R240 plus R50% of fee for each subsequent family member

Cash will only be accepted by Dave Smith at meetings of the DFT. All other payment to be made by EFT into the club

bank account. No direct cash deposits.

Bank details Note: If you pay by EFT, please e-mail Dave Smith

Bank: Standard Bank, Westville smiffam@absamail.co.za with your proof of payment stating the

Branch Code: 045 426. Account #: 053 189 647 type of members and the member(s) names.

QUICK LINKS

DURBAN SHOPS THAT STOCK FLY TYING MATERIAL

The Complete Angler Shop 1 6 Village Rd Kloof, 3610, Tel 031 764 1488

Superb freshwater selection of fly tying materials. Salty stuff too

Kingfisher http://www.kingfisher.co.za/shopphp

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The Fish Eagle 105 Victoria Rd, Pietermaritzburg, KwaZulu-Natal

https://www.facebook.com/THEFISHEAGLE

Jan Korrubel runs this shop. Say no more!!!

SOUTH AFRICAN ONLINE SHOPS

Frontier Fly Fishing http://www.frontierflyfishing.co.za Situated at Coachman's Crossing, Centre,

Peter Place, Bryanston, and Johannesburg.

http://www.netbooks.co.za The Home of Craig Thom Netbooks

Stream X http://www.streamxflyfishing.co.za The African Fly Fisher http://www.theafricanflyangler.co.za

KZN FLY FISHING GUIDES/CASTING INSTRUCTORS

Jan Korrubel 083 99 33 870 jlkorrubel@gmail.com jan@wildfly.co.za

Small streams and custom fly tying, casting

Grevin Price 082 896 3688 grevin@wildfly.co.za

River and still water (including yellowfish)

Juan-Pierre Rossouw 076 208 5602 juan@wildfly.co.za

River and still water (including yellowfish)

Leon Vermeulen 082 442 4846 / leon@wildbrowns.co.za

River fishing

Graham McCall 793 033 735 Casting Instructor

David Weaver 083 303 4230 / eff@ohs.dorea.co.za

All things about Sterkfontein: local knowledge, boat and or accommodation.

083 607 6100 Casting Instructor Jeremy Rochester

KZN FLY FISHING AND FLY TYING CLUBS & ASSOCIATIONS

The Fly Fishers Association (FFA) flyfishersassociation@gmail.com

The KZN Fly Fishing Association (KZNFFA) http://www.kznffa.org/public/index.asp?pageid=847

The Natal Fly Fishing Club http://www.nffc.co.za

> **FOSAF** http://www.fosaf.org.za

The Underberg and Himeville Trout Club http://www.uhtfc.co.za

(UHTFC)

http://www.wildflytravel.com/index.php?option=com_content&task=view&i Wildflv

d=282&Itemid=451

WEATHER AND TIDES

Wind guru	http://www.windguru.cz/int/index.php?sc=4865
Real time Durban wind (esp. for	http://fred.csir.co.za/windnet
Harbour)	
Overall fishing conditions including tides	http://www.tides4fishing.com/af/south-africa/durban
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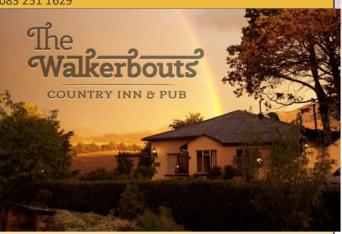


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