



# *THE FLYFISHER NEWSLETTER*

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June 2021

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## **PRESIDENT'S REPORT**

A miserable wet day at home (6th June), but very evocative of fond fishing memories of the Rotorua lakes edges back in the 80's and 90's. While most of the streams in the area close to anglers at the end of June, selected areas of the foreshore margins do not and over many years, I have enjoyed great success, often involving fish close to or exceeding the "magic" 10lb mark.

A common feature of those trips was usually foul, wet weather but provided the clothing was adequate, any intrepid angler could carry on in both daylight and darkness and enjoy some amazing battles with big, prime Rainbows which were generally patrolling the edges in less than a metre of water. Most of the time the best rig was a floating line with around a rod length of up to 10lb fluorocarbon leader and a streamer fly with at least some red colour in the pattern. A very slow retrieve had the best chance of a strike. On other occasions, if that proved a bit slow, I would use a fast sinking line with as little as 30cm's of leader and a brightly coloured "booby" or "muppet" and after dark, a similar fly incorporating some luminous material.

Heading east from Rotorua, the first spot is at Ruato (2 streams) where you simply cast from the shore or wade out to around knee depth. Remember the old adage of always "fish your feet first" as on more than one occasion I have seen good fish caught from behind enthusiastic anglers desperate to get out in front of everyone else!

The turnoff to Lake Okataina is at Ruato and terminates at the lake edge where there is quite a good carpark. The lake level fluctuates from year to year but my most successful fishing has been from the beach to the left looking out into the lake. When the rain has been continuous for a few days, the runoff generates a stream into the lake which certainly attracts a lot of cruising fish.

At the eastern end of Lake Rotoiti, the small area of Hinehopu provides nice edge fishing but particularly the "pipe" at the end of the road where a steel pipe drains a large inland swamp area and once again it requires a period of intense rainfall to "activate". Like Okataina, this water movement triggers a response in the fish and they tend to congregate in the immediate area.

Just beyond Hinehopu, at the end of "Hongi's Track", there is a small roadway on the left leading to the edge of a small arm of Lake Rotoehu. The margins can be a bit soft so wade very cautiously but once again, I have enjoyed good results here retrieving a red or orange woolly bugger on a floating line.

At the end of the chain of lakes is Lake Rotoma which is known for it's water clarity and a population of Tiger Trout (a cross of Brown Trout and Brook Trout) from the Ngongotaha hatchery. Much of the lake is very deep but my favourite spot is Oneroa Beach close to where the main road branches off towards Kawerau. Access to the beach is gained by parking at the roadside and scrambling down the bank to the edge. Like Lake Okataina, Rotoma's level also fluctuates and ideally, there is enough foreshore to accommodate backcasting but otherwise, a rollcast will suffice. Morning is the best time here as the sun is behind and in the very clear water using a pair of polarised glasses, you can spot the fish moving slowly in both directions. Like most of these areas, by July and August, the fish have attained peak condition and you need to be prepared for some exciting, "out to the backing" runs.

The point is that while many areas close off and the winter weather can be pretty uncomfortable, there are still plenty of places for an intrepid and appropriately clothed angler to have a great time.

Dave Symes - President.

## **FISHING REPORT**

### **Auckland / Waikato**

Unfortunately no report from these areas this month. However, don't forget that while a lot of water will close on the 30<sup>th</sup> June, (like the upper Ohinemuri, Mangatutu, Puniu, Waipa, and Waitawheta Rivers to name just a few), a lot of water is still open to fishing. Check out the Fish and Game regulations on the F&G website. As Dave has said above, there is still plenty of scope for winter flyfishing fun.

### **Rotorua**

Lake Rotoiti has been giving up some lovely fish to the Jiggers, prime fat red fleshed Rainbows that will smoke up an absolute treat. As can be seen in the photo to the right from John Dernie.

On the recent Club Trip to Ngongotaha they were by far the better table fish than those in the rivers. However this recent rain is sure to have moved a bunch of fresh run fish into the tributaries once more.



However, while there might not have been many fresh fish in the rivers there were some absolutely huge Browns with the best being this 13pd Jack taken by Tony Russell on only his second day ever flyfishing!



### **Taupo Region**

The overall impression here, gained from a lot of different reports, is patchy. Right area and right time can result in some superb fishing but what you are more likely to see is good in one pool and slow in the next. However, to make up for this the Trout themselves seem to be in excellent condition once again. Big, powerful fish that can be hard to stop when they decide to head downstream.

Any cold snaps or rain events over the next several months are going to fill up the Taupo tributaries with big hard fighting fish. Get down there, and don't forget the Club Trip next month!

### **Saltwater**

No reports from this area of late. If anyone has been out there giving it a crack then let us all know on Club Night next Tuesday.

### **Fishy Tales**

- If you do have a report, success story, or anecdote to share then just send it to [iconpromote@gmail.com](mailto:iconpromote@gmail.com) . Happy Fishing and Tight Lines – Freddy Da Fish.

### **SUBS FOR THE YEAR 2021 ~ 22 ARE NOW DUE.**

Adult \$80.00 discounted to \$60.00\*\*

Family \$90.00 discounted to \$70.00\*\*

Junior \$30.00 discounted to \$20.00\*\*

**\*\* Please note that to pay the discounted subscription rate for prompt payment your sub must be paid by the close of banking on the 30th June 2021. After that date the full subscription rate, not discounted for prompt payment, will be due.**

Please pay to:

12-3209-0190179-00

North Shore Flyfishers Inc

**Please make sure your surname is in the details.**

### **LAST CLUB NIGHT**

Last month we had our AGM, thank you to everyone for comming.

### **NEXT CLUB NIGHT – 15<sup>th</sup> JUNE 7.30 PM**

This month we have Rob Vaz talking to us again. This time he will be talking about 'New Zealand' Nymphing. This is his description for how he and his Guide friends have taken



the various European tight line nymphing techniques and put them together into a package adapted for our New Zealand conditions.

Anyone fortunate enough to hear Rob talk about fishing the dry fly will appreciate that he really knows his stuff and that this will be a talk to not miss.

This is sure to be an interesting night and we hope to see you there.

## **WHY WE FISH**

*And connected I had been. When the fish changed directions, I felt it. when it slowed or sped up, I felt that too. It's such a raw thing, this shared existence with a piece of bucking biomass.*

*Jessica Maxwell - I Don't Know Why I Swallowed The Fly*

## **CHANGES TO CONTACT DETAILS**

Committee members organising club trips and similar events are finding that the phone and email information that we hold for some members has become out of date. If you have changed your address, landline number, mobile number or email address in the last year or so and have not passed the new details on to NSFF, could you please advise Barrie Barnes by email, his email address is [barrie@flyfishinginxs.kiwi](mailto:barrie@flyfishinginxs.kiwi) .

## **FISHING BUDDIES SOUGHT**

The intention is to display a list of names of Club Members that are keen on finding a 'buddy' to go fishing with, either on a regular basis or just for a day. In essence it's a fly-fishing dating service...

<b>Name</b>	<b>Availability</b>	<b>Contact Details</b>
Ron Blair	Anytime, has a 14.4 Marco with 60hp etec Evenrude for serious fishing Salt or Fresh	home 09 834 8841 mobile 0275 006 336 <a href="mailto:ron.blair@xtra.co.nz">ron.blair@xtra.co.nz</a>
Les Rose	Retired and is happy to take another person fishing during the week.	home 09 4183634
Graham Carter	Has a small 2 person boat. Lives in Hamilton, keen on	021 026 00437

Lloyd Altham	<p>weekday / mid-week trips.</p> <p>Has 12' Pontoon boat /15 HP Honda. Available most time, but prefer weekdays.</p>	<p>07 855 1833</p> <p>Mob. 021 0295 9167</p> <p>Home 09 420 3120</p> <p><a href="mailto:email-lloyd@skysupply.co.nz">email-lloyd@skysupply.co.nz</a></p>
Barry Schultz	<p>Has a 551 MacLay with a 90hp merc used mostly for SW fishing. Also a 6.5 mtr motorhome that provides transport, accommodation &amp; meals etc. whilst camped riverside or beach front, plus is currently being fitted out to carry a three person inflatable with a 4 hp motor. Prefer weekdays or multi day trips away in the motorhome.</p>	<p>09 4159692</p> <p>e-mail <a href="mailto:bardot@xtra.co.nz">bardot@xtra.co.nz</a></p>
Gary Bolstad	<p>Keen to get out Stream, Lake or even Saltwater fly-fishing. Has both Fish &amp; Game and Taupo season licences so keen to go almost anywhere. Retired so free to go most of the time.</p>	<p>Mobile 022 379 3070</p> <p><a href="mailto:gd.bolstad@gmail.com">gd.bolstad@gmail.com</a></p>
Derek Robinson	<p>Retired available most times keen to do Waikato streams and most other things.</p>	<p>Ph 4437311</p> <p>Mob: 0212 595 371</p> <p><a href="mailto:pamanddek@outlook.com">pamanddek@outlook.com</a></p>

## **CLUB TROPHIES**

**Brown Trout Trophy** – This is awarded to The Heaviest Brown Trout caught by a Club Member during the year – May 1<sup>st</sup> to 30<sup>th</sup> April. Current holder is **Fikrit Chinassi**.

**Chain Snore Trophy** – A fun award given immediately after any Club Trip to the person who has done the ‘funniest’ thing over the weekend. If nobody has had anything like this happen it may be awarded to the worst snorer.

**Ian Hunt Memorial Trophy** – Heaviest Trout caught fly-fishing by a Club Member during the Pupuke Challenge Competition. A competition run every year to promote the Lake Pupuke fishery. This was not held this year due to Covid lock down. Current holder is **Lucas Bathurst**.

**I Love Flyfishing Trophy** – Awarded to the Club Member who has caught the most species of Saltwater fish fly-fishing over the year – 1<sup>st</sup> May to 30<sup>th</sup> April. Current holder is **Russell Nelson**.

**Rodd And Gunn Trophy** – This is the Club Competition which takes place over two days. One Day on a Lake and one day on a River. Current holder is **Johan Kok**.

The Lake part of the competition has its own Trophy, the **I Love Flyfishing Stillwater Trophy**. Current holder is **Meinrad Roehrs**.



*Johan with the Rodd and Gunn Trophy, congratulations Johan.*



## **QUOTABLE QUOTES**

*Fisherman: "Hey, pal! You've been standing there watching me fish for three hours! Why don't you get a rod and reel and do some fishing yourself?" Onlooker: "No, thanks. I don't have the patience for it"*

*Jimmy D Moore*

## **"BROWN TROUT TROPHY" COMPETITION RULES**

Winning fish will be determined by weight.

Verification by partner where possible and/or by photograph.

Details to be provided to any committee member.

Competition period May 1st to April 30th. Prize awarded at AGM in May. Winner's name and weight of fish to be published in June club newsletter.



*Another PB Brownie, this time it's Andrew with a 7.5pd fish taken almost out the back door of the Lodge on the Ngongotaha Club Trip. Photo courtesy of Andrew MacPherson.*

## **NORTH SHORE FLY FISHERS CLUB SALT WATER FLY FISHING COMPETITION RULES**

The “essence” of the competition is to encourage club member participation and in the process, to award a winner’s trophy to the individual who catches the greatest number of salt water species. It will run from 1st May in one year to 31st April in the next year with the trophy awarded at the following AGM. For the full rules please refer to the Club Website [www.nsff.org.nz](http://www.nsff.org.nz)

## **FLY TYING INSTRUCTION**

This is on a postponement at present as our instructor Johan is expecting a baby very soon and can’t commit to being able to do the online instruction.

Stay tuned for more details on how this will progress over the summer.

If you would like to see the videos of the Flies that have been tied just go to <http://www.nsff.org.nz/> .

## **CLUB TRIPS 2021**

February –Ngongotaha River and Rotorua Lakes FEBRUARY 2022

March – Lake Otamangakau MARCH 2022

April – Whanganui River – Club Competition Trip – April 2022

May – Ngongotaha River and Rotorua Lakes MAY 2022

July – Tongariro and Tauranga Taupo JULY 2021

November – Lake based Club Competition Trip – NOV 2021

December / January – Tuition weekend (Held if enough ‘novice’ anglers are interested)

December – Lake Otamangakau – DEC 2021

The NSF committee arrange various Club Trips over the year to different parts of the country. If you would like to be involved, or have an idea for a trip please let one of your committee know.

## MAY NGONGOTAHA / ROTORUA CLUB TRIP

I have to keep this short and sweet as I am running out of time to get the Newsletter out. This was another very successful Club Trip, fish caught, personal bests beaten, good food and good drink shared, a lot of laughs, and a big thank you to everyone who took part.

And the best news of the Trip and more important than any of the fishing, Paul is doing well and should be able to join us all at Club Night next week. He would like to say a big thank you to everyone that has been asking after him, and that your words and concerns were greatly appreciated.



*A third PB for the Trip. This time its Allen with an 8pd Brown taken night fishing from the Ohau Channel, in one of Fikrit's secret spots. Photo courtesy of Allen French.*



*Stunning weather (at least the first two days) clear water and fish to be caught. What more can you ask for. Photo courtesy of Tony Russell.*



## **TUITION TRIP FOR NOVICE ANGLERS - EXPRESSIONS OF INTEREST SOUGHT**

This is almost finalized and we will be letting all those that are keen know as soon as possible.

### **JULY CLUB TRIP TO TURANGI**

This year's Turangi Club Trip is again being organized by Maurice Parlane and will take place on Friday 30<sup>th</sup> , Saturday 31<sup>st</sup> July and return on Sunday 1<sup>st</sup> August.

The Club has booked out several units at Tongariro River Motel and costs will be \$105 per person. This will include 2 nights accommodation on a shared unit basis and a slap up BBQ dinner on the Saturday night. There are fish cleaning facilities, an electric overnight smoker, multiple BBQ's and a quick hot smoker.

Also, a number of people choose to come down on the Thursday night as well. If you do this just add \$45 to the cost.

If you are interested in knowing more about the Trip please contact Maurice ASAP as this is always a popular weekend. Maurice's contact details are as follows: mobile 021 650 692, or e-mail to: [maurice.p@newwayz.co.nz](mailto:maurice.p@newwayz.co.nz)

If you are a definite starter just let Maurice know which nights you can make ASAP and then pay your money to the Club.

- internet banking to the Club's bank account: North Shore Flyfishers Incorporated ASB A/c #: 12-3209-0190179-00 (please include your name and the word Turangi as a reference);



*Fish like this 7pd Rainbow taken by Ryan Schierhout last winter on the Tongariro await you. All you have to do is come on down.*



## **JOKE OF THE MONTH**

### **How to install a budget security system:**

- 1) Go to a second-hand store, buy a pair of men's used work boots, a really big pair.
- 2) Put them outside your front door on top of a copy of "Guns and Ammo" magazine.
- 3) Put a dog dish beside it. A really big dog dish.
- 4) Leave a note on your front door that says:  
"Bubba, Big Mike and I have gone to get more ammo - back in an hour. Leave the Pit bulls alone, they're pissed since they've just been castrated."

## **LAKE PUPUKE QUARRY FISHING V's YACHTING**

As you know the Quarry near North Shore Hospital has been stocked with two year old Rainbow Trout.

This month we received an email from the North Shore Radio Controlled Yacht Club. They have asked that on their competition race days if we could keep our lines clear from their race course.

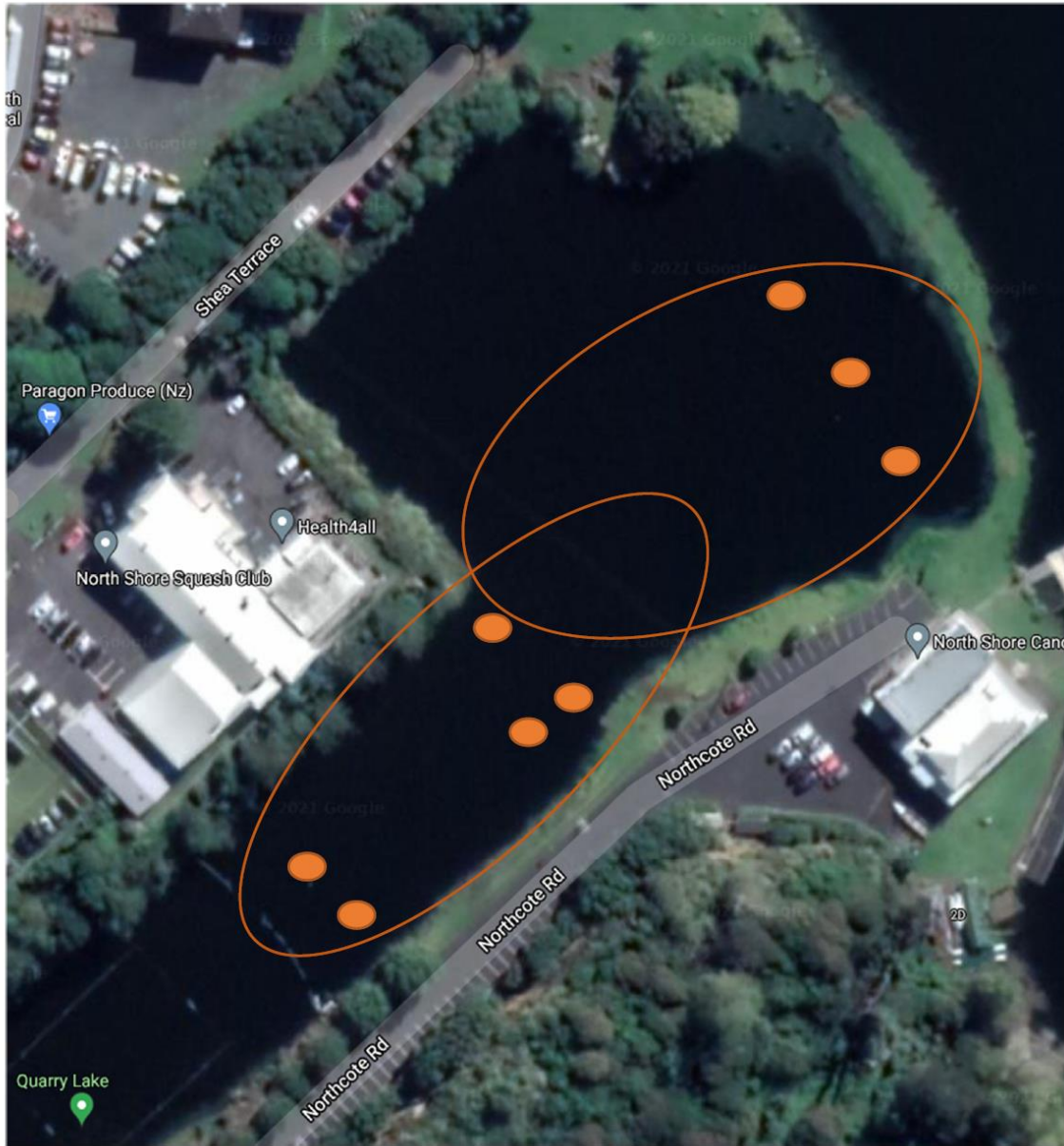
Their race days are Wednesdays 10am to 1pm and Saturdays 1pm to 4pm.

This is a polite request and all it really requires from us is a little respect for other water users and a little common sense. We don't want our expensive fly lines caught up in their expensive yacht keels any more than they do.

So if you are fishing down there on a race day try an area that they are not racing in, Their two race courses are shown in the aerial picture below. If they are racing in one then fish in the other.

Also, a reminder that Fish and Game Auckland Waikato are very keen to know how the fishing in this Lake is going, so if you head down there let Adam at Fish and Game know how it went. Good or bad, he would appreciate your response.

[ADaniel@fishandgame.org.nz](mailto:ADaniel@fishandgame.org.nz)



North Shore Radio Yacht Squadron – marker buoy layout



Approximate race course





*The three wise men (???) Lloyd, Brian, and Barrie taking a break from a big days fishing on the Waioweka. Sometimes lunch on the river can be simply a refueling stop, and sometimes it is a chance to just sit back and marvel at where you are and how lucky you are to be there. Photo courtesy of Johan Kok.*

## **2021 KAI IWI LAKES FISHING COMPETITION**

The annual Kai Iwi lakes trout fishing competition will be held between 2 July and 4 July 2021.

The lakes are in the Kaipara district north of Dargaville up near Mamaranui. They are nestled in park-like settings with two great campgrounds to choose from.

The lakes are easily accessible with walking and mountain bike tracks around them. The lakes have very clear water and in some spots are up to 30m deep.

They provide great fishing from novice to expert and great for kids and families.





# 2021 Kai Iwi Lakes Trout Fishing Competition

Friday 2<sup>nd</sup> to Sunday 4<sup>th</sup> July



**1<sup>st</sup> Prize: Heaviest Trout**  
**2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> Heaviest Trout**  
**Plus some great spot prizes**  
**including a kids kayak draw**

**TICKETS:**  
**Adult Open Ticket \$55**  
**Juniors & Children FREE**

**Tickets available from:**  
**Northland Fish & Game**  
**Ph 09 4384135 or 0212227920**  
**[northland@fishandgame.org.nz](mailto:northland@fishandgame.org.nz)**

**All anglers will need a valid NZ sports fishing licence**  
**Northland region Day licences will cover the competition period**

**Accommodation:**  
**Bookings for camping can be made directly at Kai Iwi Lakes Campground**  
**Ph: 09 439 0986 or email: [lakes@kaipara.govt.nz](mailto:lakes@kaipara.govt.nz)**  
**Come for a great weekend of fun**

## **NZFFA SURVEY IS LAUNCHED**

The NZFFA is asking for your answers to the following:

The Acting Minister of Conservation has accepted, in full, the thirty six recommendations from the Fish & Game Governance Review written by John Mills and Belinda Clarke. She has asked Fish & Game New Zealand Council to implement those which do not require legislative change and is seeking guidance on amendments to the Conservation Act to enact the rest. The Governance Review report can be found at [https://www.beehive.govt.nz/sites/default/files/2021-04/FINAL%20Report%20-%20Review%20of%20Fish%20and%20Game%20New%20Zealand%202020\\_0.pdf](https://www.beehive.govt.nz/sites/default/files/2021-04/FINAL%20Report%20-%20Review%20of%20Fish%20and%20Game%20New%20Zealand%202020_0.pdf)

We would like your views and ask if you AGREE or DISAGREE with recommendations.

Our survey is at <https://nzffa.com/survey/index.php/152387?lang=en>

Your opinion is important to us, your participation is vital to help NZFFA formulate its ongoing relationship with Fish and Game Council



New Zealand Federation of Freshwater Anglers Inc

## **WADING SAFETY**

The Following article is from an old Wader Safety Brochure written by DOC. Although it was written for the Taupo region and some time ago it still applies to fishing anywhere in the country.

### **What to do if you fall into a river**

- Stay calm.
- Roll over onto your back.
- Keep your feet downstream of your body.
- Keep your toes out of the water.
- Use your arms in a manner that holds you in this position.
- Use your arms in a sculling motion and kick your feet to propel yourself towards the edge.

- Focus on an exit point.
- Avoid being swept into obstructions like trees where you risk being pinned underwater.
- Go with the flow until you come to a suitable place to get out.



Feet should point downstream and arms used in a sculling motion. It is better to hit an obstruction with your feet than your head. Photo: DOC

### **Wading at stream and river mouths or**

- Look at the area you will be wading into during daylight hours before attempting to wade at night. Push a tall stick into the sand where you would like to wade to during the day, so that when it is dark it will give you guidance.
- Be aware that river and stream mouths can change very quickly and can be soft and boggy when silt has been washed down after heavy rain.
- Check with local anglers to find out if there is a steep drop-off. Or prod the sand with a stick during the day to find the drop-off. Note that drop-offs at river mouths can be very soft and if you stand right on the edge, it will just give way.
- Always wear a wading belt.
- If you go over the drop-off don't try to swim back against the current. Instead, adopt the position shown and scull yourself to the side of the current so you can then reach the beach.





Strong winds and large waves can change a river or stream mouth quickly. Check where drop-offs are with local anglers, or check the Mouth during the day before wading there at night. Photo: DOC

All anglers should have a healthy respect for water and before heading out should tell someone where they intend to fish and how long they intend to be.

It is not always necessary to wade in order to fish successfully. If you are unsure about your wading ability, and you lack confidence in the water, don't wade! Look for suitable pools to fish that can be reached from the riverbank or by using thigh waders to go into the water to knee-depth. Linking arms with a fellow angler to cross a river will give you added stability, but you should proceed with caution. However, it's acknowledged that to reach some of the best pools and lies, wading is often required and so this brochure is designed to give simple tips to help anglers to wade safely.

### **Consider what are you wearing**

- Wear a wading belt. These can be bought from sports stores and are reasonably priced. Wearing a wading belt tightly around your midriff or chest helps to prevent water entering the lower half of waders and assists you to float.
- Waders should fit properly – the correct shoe size, not too long or short in the leg and the correct size around the torso.
- You need warm clothing to decrease the chance of exposure / hypothermia if completely wet. Fast drying polypropylene, polar fleece or merino wool thermals are recommended under waders during the winter.
- Wearing a jacket over waders also limits water entry.
- Take a wading stick. This could be as simple as a piece of wood found alongside the river, or a metal pole with a grip handle similar to a ski pole. Wading sticks provide stability when held upstream during river crossings.
- Wear polaroid glasses as they cut glare and allow you to see obstacles below the water.

- Purpose-built fishing vests may have a ripcord which when pulled in an emergency, inflate the jacket to assist buoyancy.



We strongly recommend the use of a wading belt. They ensure buoyancy and keep you afloat. Photo: DOC

#### **Where are you going to fish?**

- Familiarise yourself with the surrounding area.
- What is the speed and depth of the water in the area?
- Can you safely wade there?
- What is the safest entry point?
- Can you cross back if necessary?
- Look at what is below the surface where you choose to enter. Identify downstream hazards such as trees, rocks, rapids, waterfalls. If you fall in and float downstream will you end up in a gentle pool or a rocky rapid?
- Where is the nearest exit point if you get into trouble?
- When you exit, what are you then going to do? What is your rescue / emergency plan?



Large rapids and white water can be negotiated if a wading belt is worn. Photo: DOC

### **What to look for**

- Sand on the bottom indicates areas of low water velocity and provides good footing.
- Large cobbles can provide good footing if scoured clean but will be treacherous if covered in algae.
- If the water is too deep you are likely to begin to float and lose your footing.
- Avoid crossing where you cannot see the bottom.

### **When crossing**

- It is best to cross diagonally downstream in shallow riffles.
- Keep your body side-on to the current to brace yourself and reduce water pressure.

Check for hazards downstream (e.g. rapids, rocks, trees). If you are at all unsure, do not enter the water. Often good fishing pools can be reached from the edge in thigh waders, with a skilled cast. Photo: Rob Hood, DOC

## **NUTRIENTS IN RIVERS - HOW MUCH IS TOO MUCH?**

Fish & Game – 7/06/2021

Top New Zealand freshwater scientists have answered the question of how much nutrients should be permitted in our rivers to maintain ecosystem health.

Lead scientist and report author Dr Adam Canning (now based at James Cook University in Queensland) undertook an extensive analysis of data looking at macroinvertebrate (aquatic bugs) diversity in New Zealand waters that have differing nutrient levels.

Recently appearing in an international peer-reviewed scientific journal, the paper is seen as definitive research to set appropriate nutrient levels for nitrogen and phosphorus in our rivers to ensure good environmental outcomes.

Fish & Game New Zealand Chairperson Ray Grubb says the ground-breaking report provides a strong basis to further develop public policy on freshwater.



*Above Right: Dr Adam Canning taking a water sample during an earlier scientific project in the Manawatu Region.*

“Having been internationally peer-reviewed provides confidence that these figures are the right ones to use when implementing the National Policy Statement (NPS) Freshwater Management 2020 over the next couple of years,” Grubb says.

The limits established in the study by Dr Canning and his fellow researchers – Dr Mike Joy and Professor Russell Death – also reinforce other suggested thresholds for nutrient guidelines established by the Australian and New Zealand Environment and Conservation Council and other international analysis.

Mr Grubb says having these unequivocal baselines will be particularly useful when it comes to improving degraded waterways.

“It provides clear guidance for nutrient concentrations for nitrogen and phosphorus to support macroinvertebrate targets – a key indicator of ecosystem and waterway health.

“If a river or lake is above the threshold, intervention will be necessary to meet targets so that the aquatic insect populations, and subsequently water quality, can improve.”

A key element of the NPSFM 2020 is giving effect to the principles of Te Mana o te Wai which guide freshwater management to ensure the health and well-being of the water is protected, and human health needs are provided for before enabling other uses of water.

“Te Mana o te Wai establishes a hierarchy of obligations prioritising the health and well-being of water first, then ensuring health needs of people (such as drinking water) and then the ability of people and communities to provide for their social, economic and cultural well-being,” Grubb says.



“This does not mean the water needs to be restored to a pristine state but it ensures the environmental bottom lines are clearly identified.

“This scientific paper is an important summary of knowledge on how nutrients affect ecosystem health in New Zealand and is going to be invaluable for defining the environmental requirements for our rivers.”

Link to the paper: <https://peerj.com/articles/11556/>



*New Club  
Member Rohan  
Clark and his first  
river Trout  
caught on a fly. A  
very happy young  
man and keen to  
get back to the  
river as soon as  
he can. Photo  
courtesy of his  
uncle and fellow  
new Member Rob  
Nelson.*

## **CALLS FOR 'PRECAUTIONARY APPROACH' AFTER STUDY LINKS NITRATE LEVELS TO PRETERM BIRTHS**

*From RNZ: via NZFFA Website*

An analysis released exclusively to RNZ by Otago University, it was revealed much lower levels of the chemical than were previously thought to be safe could be responsible for mothers giving birth early, potentially leading to cerebral palsy, eyesight and hearing loss, or psychiatric disorders.

[Otago University analysis](#) was of two overseas studies released this year including one involving 1.4 million Californian babies, born over a 10-year period.

This showed the chances of a premature birth increased by 47 percent when nitrates in drinking water were just 5 milligrams per litre of water.

This was less than half the current safe level in New Zealand, of 11.3 milligrams.

The university's Dr Tim Chambers noted the chances of something going wrong went up by two and a half times when the levels reached 10 milligrams, still less than the safe level here.

"The thing that's quite concerning about adverse birth outcomes is the length of exposure is relatively short. I mean, it's just prenatal exposure. So it's less than a year exposure, and the outcome that happens has lifelong impacts."

It had been shown the life-long economic burden attached to premature births was \$90,000, made up of medical bills and lost earnings.

With 4400 preterm births in this country annually, they were costing the country \$396 million a year.

With 138,000 New Zealanders drinking water with nitrates at five milligrams or above, within the danger zone for adverse birth outcomes, the findings deserved serious consideration by health authorities here, Dr Chambers said.

"With anything like this, especially the impact on children, we need to take a precautionary approach. From a public health point of view, we would take a precautionary approach and make sure that we could try and have a lower limit, or at least aim to have our nitrate levels much lower than they currently are."



The lead researcher in the Californian study, Stanford University's Allison Sherris, said previously it had been difficult to establish the influence nitrates were having on preterm births, compared to other factors that may also contribute to them, such as genetics, smoking or alcohol.

Her study was different and focused on multiple babies from the same mother, meaning these other factors were a constant.

If genetics, smoking or alcohol were a factor for one baby, they would also likely be a factor for their sibling.

The one thing that was not constant, was the nitrate levels.

“So we identified women whose water quality changed between consecutive pregnancies. And we thought of this as a natural experiment that allowed us to estimate how risk of preterm birth changed as nitrate exposure changed.”

This approach showed a strong link between nitrate levels above five milligrams and an increased risk of preterm births happening between 20 and 31 weeks.

The impact when babies were born this early could be profound, she said.

“And especially these really early preterm births is a really costly outcome both in terms of the toll on families, the toll on society and the potential health outcomes in infancy and childhood and later life.”

The main risk that mothers were informed of currently in New Zealand was the one faced by pregnant mums and bottle fed babies from blue baby syndrome, caused when nitrates in drinking water exceeded 11.3 milligrams.

North Canterbury midwife Jin McRobbie said despite high nitrate levels being an issue in parts of her region, the level of awareness amongst the mums she talked to was not great.

“Potentially the level is increasing with the current publicity around nitrates and any increased risk of bowel cancer. But I think that there's still work to do with raising awareness, particularly in rural communities.”

Her main message to mums, especially those on private wells where water quality was the responsibility of the homeowner, was to get water tested for nitrate, and if it was too high, then switch to bottled water for both mother and baby.



*New Club Members Tony and Jame with yours truly at the back on a beautiful but COLD morning. Photo courtesy of Tony Russell.*

## **EDITORS NOTE**

To all the Trout I've caught before  
Who travelled in and out my door  
I'm glad they came along  
I dedicate this song  
To all the Trout I've caught before

To all the Trout I once caressed  
And may I say, I've held the best  
For helping me to grow, I owe a lot, I know  
To all the Trout I've caught before

The winds of change are always blowing  
And every time I tried to stay  
The winds of change continued blowing  
And they just carried me away

To all the Trout who shared my time  
Who are now on someone else's line  
I'm glad they came along  
I dedicate this song  
To all the Trout I've caught before

To all the Trout who cared for me  
Who filled my nights with ecstasy  
They live within my heart  
I'll always be a part  
Of all the Trout I've caught before....

## **FISHING FUNNIES**



(Opinions expressed in this Newsletter are those of the individual contributors and not necessarily those of North Shore Flyfishers Incorporated)

## **MEMBERS FEEDBACK**

We, your committee, are always trying to give you what you want.

## **But are we??**

In order for us to do our job properly we need to have your feedback, positive or negative. For example, have you been on a club fishing trip? Did you enjoy yourself? What would you change, if anything? Club nights – what would you like to see more of? Less of? In short, talk to us.

The contact details of all your committee members are listed at the end of every newsletter. So if you have something on your mind let us know.

Thank you - Your committee

## **NSFF CLUB MERCHANDISE**

Cap – \$15.00 Inclusive of GST

Green or Beige, one size fits all, with embroidered badge.

Embroidered Cloth Badge - \$7.50 Inclusive of GST

Brushed Brass Metal Pin Badge - \$12.50 Inclusive of GST

If anyone is interested in purchasing these products please either place an order at Club Nights.

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**Meetings held the 3<sup>rd</sup> Tuesday of each month at 7.30pm:**  
Birkenhead RSA, Recreation Drive, Birkenhead, North Shore City

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## **NORTH SHORE FLYFISHERS EXECUTIVE**

**Club Patron** – Dave McLellan

<b>President</b> - Dave Symes	486-6257	Takapuna	<a href="mailto:dssymes@xtra.co.nz">dssymes@xtra.co.nz</a>
<b>Secretary</b> - Mike Martindale	489 1082	Takapuna	<a href="mailto:miketmartindale@gmail.com">miketmartindale@gmail.com</a>
<b>Treasurer</b> - Barrie Barnes	021 925 006	Glenfield	<a href="mailto:barrie@flyfishinginxs.kiwi">barrie@flyfishinginxs.kiwi</a>
<b>Magazine</b> - Duncan Frew	021 648 956	Torbay	<a href="mailto:iconpromote@gmail.com">iconpromote@gmail.com</a>
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**North Shore Flyfishers Incorporated**