The Hatch Code: Understanding Insects to Catch More Trout

With Andy Kitchener

[00:00:00] **D. Roger Maves:** Welcome to Ask About Fly Fishing Internet Radio, your source for learning more about fly fishing in cold water, warm water, and saltwater. Hello, I'm Roger Maves, your host for tonight's show. On this broadcast, we'll be featuring Andy Kitchener, and he'll be answering your questions on the Hatch Code: Understanding Insects to Catch More Trout.

[00:00:19] **D. Roger Maves:** This show will be 90 minutes in length, and we are broadcasting live over the internet. If you'd like to ask Andy a question, just go to our homepage at askaboutflyfishing.com and use the Q&A text box to send us your question. We'll receive your question immediately, and we'll try to answer as many of them as possible on the show tonight.

[00:00:36] **D. Roger Maves:** And while you're there, make sure you sign up to receive our announcements so you don't miss out on any of our future broadcasts. Just fill out the form on the right side of our homepage, and we'll let you know when the next live show will be. This broadcast is being recorded and will be available for playback on our website about 48 hours after the show ends.

[00:00:54] **D. Roger Maves:** You can also find it on any of the podcast sites like Apple Podcasts, Spotify, Pocket Casts, or [00:01:00] wherever you listen to your podcasts. So if you have to leave early, you can return to our website or any of the podcast platforms at your convenience and listen to the recording at any time. If you're out and about on Facebook, Instagram, or X, we'd sure appreciate it if you'd share our podcast.

[00:01:13] **D. Roger Maves:** And when you do, use #askaboutflyfishing and #flyfishing. In fact, if you have a moment, do it while you're listening to the show, and we'd really appreciate it. The content of this broadcast is copyrighted as the property of The Knowledge Group Inc., doing business as Ask About Fly Fishing. When we return, we'll be talking with Andy about the Hatch Code: Understanding Insects to Catch More Trout.

[00:01:37] **D. Roger Maves:** Fly Fishers International needs your support. Its conservation projects at both the national and club level are addressing critical issues of importance to fly fishers. The organization provides grants to help with restoration of habitats like Wolf Creek in Idaho and Sands Creek in Delaware County, New York, and funds projects that collect valuable data about fish and their habitats like the peacock bass study in [00:02:00] Miami, Florida.

[00:02:01] **D. Roger Maves:** FFI serves as a strong advocate for fly fishing in all waters for all fish, and to preserve and to promote the arts of fly casting and fly tying, and to help ensure future generations can continue to enjoy these one-of-a-kind experiences.

[00:02:17] **D. Roger Maves:** These efforts won't be nearly as effective without your help. If you're not already a member, we invite you to join Fly Fishers International as they work to cultivate conservation, education, and community within the sport of fly fishing.

[00:02:29] **D. Roger Maves:** Join Fly Fishers International today and help support their fine work. For more information, go to their website at flyfishersinternational.org. Again, that's flyfishersinternational.org.

[00:02:42] **D. Roger Maves:** Before we introduce Andy, I'd like to let you know about the great prizes we have to give away tonight. On our drawing tonight, we'll be giving away a one-year membership to Fly Fishers International and a one-year membership to Trout Unlimited. Now, if you haven't registered yet for the drawing, you can do so now.

[00:02:58] **D. Roger Maves:** Just go to our homepage, which [00:03:00] is at askaboutflyfishing.com, and look for the link under tonight's section that says register for our free drawing. Click on that link and fill out the form, and we'll announce the winners at the end of the show. We'll also be giving away a copy of Andy's book, The Hatch Code, courtesy of Semperfli.

[00:03:18] **D. Roger Maves:** Here's how you can win. You must be the first person to answer the question I ask at the end of the show, and the question will be about something that Andy and I talk about during the show, and you must submit your answer, along with your name and location, using that text box on our homepage. So listen closely, take lots of notes, pay attention, and maybe you'll be the proud winner of The Hatch Code.

[00:03:42] **D. Roger Maves:** And we do have a link on our homepage to The Hatch Code, so if you don't win tonight and you wanna buy Andy's book, The Hatch Code, the link takes you right to the Semperfli website where you can, uh, purchase the book there.

[00:03:56] **D. Roger Maves:** Tonight our guest is Andy Kitchener, and Andy's passion [00:04:00] for fishing began at the age of six when his parents took him to the River Great Ouse at Oakley, just a few hundred yards from their home.

[00:04:08] **D. Roger Maves:** Fishing got into his blood early, and he is ... it has never left. His mom and dad, brother, and, he often went fishing as a family. Over the years, he pursued just about every kind of fishing. He started with barbel, moved on to pike, and eventually competed in the British Pike Finals. Then a friend introduced him to fly fishing, and everything changed.

[00:04:28] **D. Roger Maves:** His first fly rod, purchased at a car boot sale, was as stiff as a broom handle and completely unsuitable for the job. Nevertheless, something about casting a fly captured his imagination, and he was hooked. Until 2006, his career in the computer industry took him around the world, and wherever he traveled, his fishing rod went with him.

[00:04:46] **D. Roger Maves:** He fished for sailfish in Australia, Spanish mackerel in Cuba and Jamaica, and cob in South Africa. Even family holidays were planned with at least one eye on the fishing opportunities. He never intended to [00:05:00] enter the fishing business, but fishing was simply in his blood, and there was no getting out of it.

[00:05:04] **D. Roger Maves:** Eventually, his passion led him to establish The Essential Fly, a specialist fly fishing retail business. When he discovered that many fly tying materials didn't meet expectations, he founded Semper Fly to develop better materials for fly tyers. By then, fishing was completely under his skin.

[00:05:21] **D. Roger Maves:** Andy, welcome to Ask About Fly Fishing Internet Radio.

[00:05:25] **Andy Kitchener:** Thank you very much. As I should say, good morning, 'cause it's 2:00 AM here.

[00:05:30] **D. Roger Maves:** Yes, yes. Andy's joining us from the UK and he did volunteer. I didn't push him.

[00:05:37] **Andy Kitchener:** No, no.

[00:05:38] **D. Roger Maves:** He did volunteer to do the show. So, we're thankful that, um, he's joining us and at this, this, as you would say, wee hour of the morning maybe. I don't know about that.

[00:05:47] **Andy Kitchener:** That's the one.

[00:05:49] **D. Roger Maves:** That's the one. Okay, okay. Don't have my British, uh, my, UK English here, all worked out. But anyway, , yeah, so, um, yeah, congratulations on your book, The Hatch Code. It's, uh, you know, as we were talking before [00:06:00] the show, it's quite different than many of the other fly fishing books that are out nowadays.

[00:06:04] **D. Roger Maves:** And, you know, first, why don't you kinda tell us how it came about and, why you think it's special?

[00:06:11] **Andy Kitchener:** Um, the book came about because when I first started fly fishing, you know, some 40 years ago, I, as you said, I brought an old rod. It, well, I didn't understand weights. I didn't understand, you know, what weight forward was, and I'd got this horrible, stiff rod.

[00:06:27] **Andy Kitchener:** And the guy I bought it off secondhand said, "Oh, you use little black and little lolly flies." Um, and I hadn't got a clue. I, you know, I knew how to use maggots, worms, luncheon meat for barbels, lures for pike, but fly fishing was totally different. And I got into let's say fly fishing, you know, I saw this, I call him an old geezer 'cause he, he must have been my age.

[00:06:52] **Andy Kitchener:** He was at the river, came down. I'd been thrashing the water as you do when you first start for a couple of hours and caught nothing of course at the [00:07:00] time. And this guy just came down and looked at the water, put on a fly, he quite deliberately cast and, you know, it was into a fish, very quickly.

[00:07:11] **Andy Kitchener:** And he wasn't showing superior skill. What he did, he had observation. He had superior observation to mine, and he knew. And he talked to me about this baetis thingamabobber which, got me diving into the world of entomology, and I read three books. And I hadn't got a clue what they meant because it was all Latin.

[00:07:31] **Andy Kitchener:** Roll forwards, I was fly fishing right through my professional career and I just started, writing little articles for people to help them in our different businesses. And what I'd realized was that all the books there were coming from the same formula. It was Latin, it was entomology, it was teaching you about different species.

[00:07:54] **Andy Kitchener:** And I thought, I just... it wasn't, didn't feel right. You know, trout are [00:08:00] animals. They behave naturally. So I just wanted to turn it on its head. And because I'm a geek, this thing started originally I was gonna do a 200-page book. I think the one that was released was version 165. Um, and I just, used my skills, and I'll openly admit, you know, I started off with what they call a industry typical cover.

[00:08:23] **Andy Kitchener:** Um, the muted olives and it just didn't stand out, and that's when I started using AI and playing with that to make things really pop. And someone had told me years ago, when you are doing something, you tell people what you're gonna do, you tell them it, and then you summarize what you've told them. So I wanted to use that principle through the book and educate and just change people's thinking, offer them a different idea to, uh, how to develop their skills in fly fishing. It's a wonderful sport.

[00:08:57] **Andy Kitchener:** And that was the birth of the book, [00:09:00] about 18 months ago. And since then I've just got a such a passion for writing. I'm in the middle of about five different books. And it's just, it's got into my blood.

[00:09:12] **D. Roger Maves:** Yeah. Yeah.

[00:09:12] **Andy Kitchener:** So I won't ask you a question.

[00:09:15] **D. Roger Maves:** No, that's, that's great.

[00:09:16] **Andy Kitchener:** Mm-hmm.

[00:09:16] **D. Roger Maves:** Um, 18 months, you.. I figure you worked fast, you know, to... Well, maybe you had a lot of information kind of around like you said, from previous writings.

[00:09:26] **Andy Kitchener:** Oh.

[00:09:26] **D. Roger Maves:** But yeah, I mean, there's... Yeah, you said it. The book is close to 500 pages now, 450 or something like that, right?

[00:09:32] **Andy Kitchener:** Yeah.

[00:09:33] **D. Roger Maves:** So, yeah, yeah. A lot of information, yeah.

[00:09:36] **Andy Kitchener:** I'm, lucky that, you know, we have our own businesses, so I can dedicate the time I want. And I mean, my kids have left home. My poor wife puts up with my delight for fly-fishing and indulges me. So, at 66 you find you wake up at 2:00 in the morning for a pee. And, what I found was, you know, I'd go [00:10:00] downstairs and start working. And, um-

[00:10:02] **D. Roger Maves:** Oh, yeah ...

[00:10:02] **Andy Kitchener:** You know, we've been married for 45 years. Um, although, no, I can't... It can't be 45. Anne said she's only 46. But, um-

[00:10:14] **Andy Kitchener:** I would wake up, I would go downstairs, and I'd start working in the early hours. And I've quite often be sat there in my pajamas when Anne would come down, working away. And then, I'd do some work in Zenfly and then next thing you knew, my mind was wandering, and I'd carry on writing more. So-

[00:10:34] **D. Roger Maves:** Yeah...

[00:10:34] **Andy Kitchener:** I was very lucky in the hours I've been able to put in. And I mean, Anne always says if I was a dustman, I'd do the round faster than anyone else. I just, I have a passion for things I do. Um-

[00:10:46] **D. Roger Maves:** Yeah, yeah. Yeah, it shows...

[00:10:48] **Andy Kitchener:** And that drives you.

[00:10:49] **D. Roger Maves:** Yeah. In your book you say, "Trout are not entomologists." Do you wanna-

[00:10:55] **Andy Kitchener:** Yeah...

[00:10:55] **D. Roger Maves:** Like, please talk about that.

[00:10:59] **Andy Kitchener:** Yeah, [00:11:00] well what I realized in writing the book and reading lots of other books that are out there was the, people started off explaining all the different species. And I've been very lucky. I've traveled the world, I was over in the Yellowstone, a couple of years ago, and I was fishing away and we were on firehole, and there was a hatch going on.

[00:11:23] **Andy Kitchener:** Jeff pointed out, you know, a hatch of blue-winged olives. And what I had said all along is, you've only got to understand what the species are, their behavior, their size, and you can start imitating them, if you know how they move. And actually, there aren't that many species that as a fly fisherman we really need to get to understand.

[00:11:44] **Andy Kitchener:** And a trout doesn't read Latin, it doesn't understand German. I've been fishing in Germany. I've seen that sail coming down a river and it's an olive. And, to me, a trout is a very, very straightforward creature. It has to [00:12:00] consume more than it eats or it dies. It's not like human beings, we see food and eat it.

[00:12:04] **Andy Kitchener:** A trout is a survival animal. It is looking at how much energy it's gotta put into catching something, and it's gotta spend less energy catching its food than it gets from eating it. So, it is a very straightforward hunter. It is literally doing mental calculations, "How much work have I gotta do to get that piece of meat, that piece of protein?"

[00:12:30] **Andy Kitchener:** And once you start thinking from that perspective, it actually makes you rethink how we should learn about the target species. So, it's a complete reversal of what I call traditional thinking. But it's logical, you know, a trout has to move and it has to calculate how much energy is there in getting that fly that's on the surface.

[00:12:55] **Andy Kitchener:** If it sort of just spent its time tearing about trying to get dry flies that [00:13:00] were lifting off the surface it would simply die because it would spend more energy trying to get food than actually getting it. So, you know, it doesn't need to like in the old books, read Latin and understand the names of the different species.

[00:13:15] **Andy Kitchener:** It just has to understand how vulnerable is that food, how easy is it to get. And to me, it's that simple. It- trout respond to size, silhouette, color, and behavior. It's not about Latin and the traditional naming that we've got. We share that Latin naming structure for all animal species, but it's irrelevant if you step back and really think about it.

[00:13:43] **D. Roger Maves:** Yeah, you said, in your book that trout respond to an insect's life cycle stage first, followed by-

[00:13:50] **Andy Kitchener:** Mm

[00:13:50] **D. Roger Maves:** Size, color, and finally species.

[00:13:53] **Andy Kitchener:** Yes...

[00:13:53] **D. Roger Maves:** And I don't know that I've ever heard anybody say that before. You know, we get a lot of questions [00:14:00] over all the years I've been doing this, over 20 years now. People often ask, "Well, is size more important? Is color more important? Is matching the hatch more important?" So this was added another dimension that we don't usually talk about, life cycle first. So, talk about that to us. Bear that with us.

[00:14:16] **Andy Kitchener:** Yeah, if you look at chironomids, a trout will start its day feeding subsurface. It will be seeing bloodworms, emerge from the silt. And it will be feeding on those, as the temperature warms up, the blood worm will decide it's going to hatch as they do every day, and they start emerging, and the trout will take them as they're coming up through the surface column. So, here we're talking of the nymphal stage. The trout is quite busy feeding on them. And we see that torpedo, as the trout's hoovering up, to the chironomids from the subsurface. And it's one of the rise forms that we see that torpedo type shape [00:15:00] as they're eating the, a stage of the species.

[00:15:04] **Andy Kitchener:** You then get the midge come to the surface and start to emerge. That's another stage of vulnerability. It's actually the most vulnerable stage of any species. That hatching, it, nature's forcing that insect to shed its skin, put on a new skin, and it's totally helpless.

[00:15:25] **Andy Kitchener:** And that's the thing that trout understand. It's that helplessness that is providing it with food. If you go back to a man as a hunter, it did the same, you know?

[00:15:37] **Andy Kitchener:** In hundreds of years past when we were a hunter, species, we would look for vulnerability, and that's how we grew and developed. So, you step back and think about it, it's actually it's logical. And, you know, being a computer geek, logic is, one of the things I look at.

[00:15:55] **Andy Kitchener:** It's, to me, uh, something that's quite obvious, [00:16:00] and you watch a trout's response to the hatch process. We see it, we see the subsurface boils, we see nothing whatsoever, but the trout is busy feeding subsurface. So, it really is stage first, you know, where is the food in the water column?

[00:16:20] **Andy Kitchener:** Then you start looking at, size, silhouette, then color, then behavior. And part the way down that journey, you get the stage right, you get the size, you get the silhouette, you'll start catching. You get color right, you'll catch even more. And if you get the behavior right and get the imitation right, then you'll be catching a lot of fish.

[00:16:45] **Andy Kitchener:** So it's not a reversal of logic. It's actually just thinking about things in a, a normal way, to my mind.

[00:16:53] **D. Roger Maves:** Yeah. Yeah. It's interesting when you think about it because, you know, we're always trying to find those fish. Where are they in the water column? Why [00:17:00] aren't they biting, you know, at a particular-

[00:17:01] **Andy Kitchener:** Hmm..

[00:17:01] **D. Roger Maves:** Time or day? But they, I can see from your description it's probably pretty routine for them, right? I mean, every day those midges are gonna come up from the silt and the caddis are gonna come from the bottom and emerge and they do that every day, right? And the,

[00:17:16] **Andy Kitchener:** Absolutely ...

[00:17:16] **D. Roger Maves:** Trout are just kind of waiting, you know. Well, hasn't happened yet. Well, maybe in five minutes or you know? I mean, they don't tell time, they just look for the signs, right? And then follow-

[00:17:27] **Andy Kitchener:** Yep...

[00:17:28] **D. Roger Maves:** Follow the pattern they've been following for, for thousands of years, right? And we just have to understand it better and be part of that, I guess I would say, right?

[00:17:38] **Andy Kitchener:** Yeah, and that was the idea of this book. It was, I have two goals. One is to inspire and help people think. And two is to get people angry, which is why I talk about the pollution, um-

[00:17:53] **D. Roger Maves:** Mm-hmm...

[00:17:53] **Andy Kitchener:** because it is changing the very nature of our sport. But if you step back and just look at the trout, [00:18:00] as human beings, we're stupid. In the UK at Christmas, we have real cold frosts, and yet we go to the supermarket and we buy strawberries. They've been flown in

from warmer climes. They've been grown in warm greenhouses, but that's what we want, we fancy. You know, trout don't do that. They eat by season the way I talk to my parents who, were born in the Second World War. They ate what was in season because it was cheapest. It was what was there, easy to be provided, and trout are the same.

[00:18:34] **D. Roger Maves:** Yeah, yeah. Yeah, they sure do. You talk about four major groups that we should pay attention to. What are those groups and, why are those four so important?

[00:18:45] **Andy Kitchener:** If you look at the key species, I was lucky I traveled the world, as you said earlier. I'd see, flies in Germany, and it was that sail wing. I was very lucky I was with Jeff Rowley and [00:19:00] Gary Barnes in, Firehole, and there was a blue-winged olive hatch, and you saw that sail. And recognition is as simple as that. It's recognizing the species, and they can be defined really, really simply to my mind. The upwing flies, and, you know, people call them Ephemeroptera, stoneflies, caddis, and true flies, and each of those four are so simply recognized by their wings.

[00:19:32] **Andy Kitchener:** You know, olives and the mayfly, they sit upright with wings like little sails. Caddices fold their wings in a roof above their back. Stoneflies hold their wings flat, and midges have, small wings that are unshowy. But they're the ones that dominate the still water. So you just got to look at the wings and you can start to understand what the behavior of that species will [00:20:00] be.

[00:20:00] **Andy Kitchener:** So you step back, it, it's actually really simple and really logical. And as I say, my brain is all about logic. I've worked in computers all my life and things are logical. So the four species are actually really simple to understand if you just look at those wing patterns. And it takes away the fear of, what's an Ephemeroptera?

[00:20:23] **Andy Kitchener:** You don't need to know any of that. You just need to understand that wing pattern, because once you know the wing pattern, you can start to understand the way it's going to behave in the water.

[00:20:34] **D. Roger Maves:** You also talk about the trout taking advantage of the insects when they're vulnerable. Are there particular stages that they're more vulnerable and, where they feed more heavily than others?

[00:20:49] **Andy Kitchener:** Oh, absolutely. Trout are as I said, calculators. They're calculating how much energy there is from getting food, and that food chain is [00:21:00] changing. It's changing for, us in the UK with the signal crayfish invading waters, the killer shrimp. But you look at the lifestyle, cycle of the insects, I call it a vulnerability model.

[00:21:15] **Andy Kitchener:** Nymphs are 80% of the trout's food. They're eating subsurface. They're a steady, reliable food. So whenever I go fishing, the first thing I'll do is if there's no rise forms I'll put on nymph. It doesn't matter whether it's still water or a river.

[00:21:33] **Andy Kitchener:** That's my starting point for fishing. If you look at an emerger, then that is the highest vulnerability. A trout knows that as it's struggling to shed its skin, to get its wings out, then it is at its most vulnerable. As a fly fisherman, we've just got to think of vulnerability, and that tells us if we recognize the stage that the [00:22:00] insect's at, what flies we should be using.

[00:22:03] **Andy Kitchener:** One that is really, really important is the crippled emerger. A healthy dun could be done in seconds. It might be in the case of, a green drake, three minutes. But, a crippled emerger with one wing stuck is the most vulnerable thing there is as far as a trout's concerned.

[00:22:23] **Andy Kitchener:** It's just gonna be sat on the water. It's gonna be flapping, and for a trout, it's gonna be like an alarm bell ringing. I'm stuck. I'm, I don't know what to do, come and eat me. So that emerger is the thing that we really, really, you know, need to focus on. So a lot of my fly box patterns are emerging stages.

[00:22:43] **Andy Kitchener:** The dun, we've always fished the dry duns, and we fish it because of the beauty. And I think fly fishermen get hung up on dry flies. If you step back, it is, there is nothing [00:23:00] quite like seeing a trout come up to the surface in a mayfly hatch or you see a blue-winged olive hatch. The beauty of that trout taking from the surface is second to none.

[00:23:12] **Andy Kitchener:** But actually, you look at the cycle, it is, it could be seconds, it could be up to three minutes with a green drake for that fly to take off the water. In most cases, in most olives, you're talking of seconds to a minute. So we're hung up on the dry fly. You then look at the next stage, it's laid its eggs, it's dead, it's dying, it's a spinner.

[00:23:39] **Andy Kitchener:** And that is a really vulnerable stage for a game. A trout knows it doesn't have to rush, and it's all about the energy expended to get its prey and to get its food, and that is the, big thing about vulnerability. It's understanding how much [00:24:00] energy it has to expend to get the food it wants.

[00:24:04] **Andy Kitchener:** The nymph, it's easy. It just moves along the water and that's where the nymphs are, so it can just mop them up. The emerger's there. It's totally vulnerable. The dun, it's actually us fly fishermen and the beauty of the sport that attract us to that stage. It's not the trout's most exciting stage.

[00:24:23] **D. Roger Maves:** Preferred, yeah. Yeah yeah, I can see that.

[00:24:29] **Andy Kitchener:** We get, I believe, hung up on the stages-

[00:24:32] **D. Roger Maves:** Yeah...

[00:24:33] **Andy Kitchener:** Because of the appeal. And it is beautiful seeing that trout come up, seeing it come up to the dry, but it's not the most vulnerable stage, and that's one of the things I was trying to get over in the book. You know, uh-

[00:24:45] **D. Roger Maves:** Yeah...

[00:24:45] **Andy Kitchener:** It's all about the vulnerability.

[00:24:48] **D. Roger Maves:** Right. Right. Well, we need to take a quick break here Andy, but when we come back, we're gonna talk about reading water and what we can understand from that. So hang tight, we'll be right back.

[00:24:58] **Andy Kitchener:** Okay.

[00:24:59] **D. Roger Maves:** The [00:25:00] Ugly Bug Fly Shop in Casper, Wyoming has been serving fly fishers in Wyoming and around the world since 1983.

[00:25:06] **D. Roger Maves:** Their selection of top-of-the-line gear and a huge assortment of flies is one of the best in the land. All products are available in their fly shop and online. Looking for advice? Just give them a call and their expert professional staff will help you with whatever you need. Visit the Ugly Bug Fly Shop today at uglybugflyshop.com, or call them at [866] 845-9284. Again, it's the uglybugflyshop.com or [866] 845-9284.

[00:25:38] **D. Roger Maves:** You're listening to Ask About Fly Fishing Internet Radio, and we're talking with Andy Kitchener about The Hatch Code: Understanding Insects to Catch More Trout. If you'd like to ask Andy a question, just go to our homepage, askaboutflyfishing.com, and use that Q&A text box to send us your question.

[00:25:54] **D. Roger Maves:** So Andy, I always ask my guests at this time in the show, you know, what's going on in your fly fishing world? I [00:26:00] mean, we know you just got this book published and you've been probably out and about doing, uh, book readings and opening shows and so forth. But, yeah, tell us about your business and what you've got coming up this year.

[00:26:12] **Andy Kitchener:** Um, basically we've got two businesses, Semperfli, which is our worldwide materials, business and Essential Fly, which is a UK-based retailer. Semperfli is where I spend all my energy looking and developing new materials. If you look at my role, I'm lucky. I work with incredible fly tyers around the world.

[00:26:33] **Andy Kitchener:** I look at what they're doing and I think, "How can I make what you're doing better?" And that's my job in a nutshell. I, through the book, look at for example the crippled emerger, and I suddenly thought, "Semperfli doesn't have a material for shucks." So I stepped back and I, worked on a shuck yarn. And I mean I'm lucky. I've just got back from the Irish Fly Fair, the last weekend. It [00:27:00] was absolutely fantastic.

[00:27:02] **Andy Kitchener:** You know, I'm out about, I've got quite a few events where I'm going and talking about the book and doing presentations, and putting over this philosophy of vulnerability. I should be in the States in January. I'm hoping to come over to Edison and some of the shows. I do come to the States quite regularly. And I say I'm lucky I've traveled the world with my business. So, I'm just very fortunate, and it means that I get to talk to fly fishermen all around the world, develop materials for them, and see what their needs are.

[00:27:40] **Andy Kitchener:** You know, we've got a big market in the States, so the first thing I do is whenever I develop a material I have to develop it in purple. You know- ... it's a color a color that's essential for the US market. You look at Australia chocolate brown, which is why Semperfli has so many colors because, you know, we address each [00:28:00] market individually.

[00:28:01] **Andy Kitchener:** And then, we're moving into the natural materials market now. So, my job over the last few weeks has been working with different government departments to make sure we have the paperwork. So, for example, our new CDC we've just released, can be shipped worldwide and not go through huge customs problems because we treat it correctly.

[00:28:26] **Andy Kitchener:** We put all the documentation together to show how it's been treated. And, we've just managed to get our first shipments through to Australia, and if you can get through Australian customs, you can get anywhere in the world.

[00:28:39] **D. Roger Maves:** Yeah.. That's a- ...

[00:28:40] **Andy Kitchener:** That's my- ...

[00:28:40] **D. Roger Maves:** Process. Yeah, for sure.

[00:28:42] **Andy Kitchener:** Yeah.

[00:28:42] **D. Roger Maves:** Yeah. Yeah.

[00:28:43] **Andy Kitchener:** The documentation and the technical stuff is my second job. First is developing materials, second is working on the technology, 'cause I'm a geek. I'll admit it openly.

[00:28:57] **D. Roger Maves:** Well, so tell us, share with everybody your website [00:29:00] addresses so they can find both your businesses there.

[00:29:03] **Andy Kitchener:** Yeah. It's www.semperfli.net and www.theessentialfly.com. As I say-

[00:29:11] **D. Roger Maves:** Okay ...

[00:29:11] **Andy Kitchener:** Semperfli.net is the key business site. Through that you'll find all of the materials, things like nano silk, classic wax thread, and all the new products that we're working on, things like the CDC, for example.

[00:29:24] **D. Roger Maves:** Right. Okay.

[00:29:25] **Andy Kitchener:** So, uh, anything that comes out goes straight onto there.

[00:29:29] **D. Roger Maves:** Right. Yeah, and folks, that link, to the book on our homepage will take you right to the Semperfli website, specifically the book, but you can explore from there so... Well, good. Well, thanks for sharing. And good luck on your travels this year around the world, and

[00:29:43] **Andy Kitchener:** Thank you

[00:29:43] **D. Roger Maves:** Sharing your products and yeah, your business. We had a couple questions come in. I'm just gonna kinda combine them, one from Gary in Colorado and one from Jason in Kentucky. They both were asking about, when you approach a trout stream that you haven't fished before, what steps should you take first, and how do you [00:30:00] figure out what they're eating?

[00:30:01] **D. Roger Maves:** And I think you have a special way that you approach that and you wanna share your, your five-minute audit?

[00:30:10] **Andy Kitchener:** Yeah. Well, if I step back, I'll tell you what I was like as a normal fisherman before I got into the industry-

[00:30:17] **D. Roger Maves:** Okay...

[00:30:17] **Andy Kitchener:** And really started understanding. I was in the computer industry and it's something that I now see in other fishermen time after time, day after day, week after week.

[00:30:29] **Andy Kitchener:** My idea of planning when I was in the computer industry was I'd talk to my boss and say, "Mike, in two weeks can I have a day off, please?" The night before on the way home from work, I'd check that I'd got snacks for lunch, and I'd arrange for a table at the pub with my mates for 7:00 when, we would go and have a beer and talk about the day.

[00:30:50] **Andy Kitchener:** And I see that now on the water all the time, and what I didn't realize back then was that I was actually missing [00:31:00] all the best fishing, all the best hatches. The spinner hatch was never seen by me in my early days of fishing. I was in the pub. The caddis hatches I didn't see.

[00:31:12] **Andy Kitchener:** I didn't see the beauty of that caddis skating across the water. So, to me, the first thing you need to do is before you go, I call it the TPLW checklist, temperature, pressure, light, and wind. You can talk to Water bailiffs or guides. You can find out what was hatching in the UK. I don't know what it's like with you. We have a lot of water cameras and, um, temperature gauges in the different waters, flow gauges. So before we even go fishing, we know, what the water temperature should be. And that is the beginning of the planning process. If you know, what time of year, you can actually start to gauge what flies you're gonna need in your fly box.

[00:31:59] **Andy Kitchener:** So it's all about [00:32:00] the planning. Of course, planning and reality are two different things. And you have to update the patch real time. But the five-minute audit is a real simple process that, I didn't follow when I first started fishing. I would get to the water and I don't know how many, listeners are gonna recognize this.

[00:32:23] **Andy Kitchener:** I would get to the, you know, where I'm gonna park. I would put on the... set my rod up. I'd put on flies that worked two weeks before because they worked two weeks before. And I'd get to the water, and I'd start thrashing the water's surface. And it might be, an hour, a couple of hours before I started catching fish.

[00:32:43] **Andy Kitchener:** And the five-minute audit is six simple steps. So leave your rod in the car. Don't even think about setting up. Go and look at the surface film. If you're on the still water, you'll see the shucks on the surface film. Look at [00:33:00] bankside vegetation. We were fishing Firehole with Jeff Rowley, and literally Anne and Jeff were just walking the bank while Gary Barnes and myself were casting.

[00:33:11] **Andy Kitchener:** And, they'd only gone about 10 to 20 yards, and in the bankside vegetation, Jeff just said to Anne, "Look." And there was a hatch of blue-winged olives going on. Spiders' webs. I mean, these are nature's indicator of what has been hatching the day before. You look in the air, you'll see the swallows, the swifts coming along and sweeping up, hatch- hatches.

[00:33:37] **Andy Kitchener:** And then of course, the last one, the kick sample. As long as it's legal and as long as you don't disturb the redds, those five minutes, taking those six steps tell you what's in the trout's larder. And that is, part of the process to me of looking at the water and working out what we're gonna fish. Before we touch the [00:34:00] fly, before we've touched our tackle, and it's a reverse of what I used to do before I got into the industry, it is an audit, and it's saving you the first two hours of fruitless fishing. And, it's a real simple thing that you get into your mind, can change the first half of your day.

[00:34:20] **Andy Kitchener:** It was... I mean, I learned it many, many years ago. I went on a course with a guy named Oliver Edwards, who was one of the top British fly fisherman, and he was known worldwide for his fly tying. And I went on this course with Orvis, and it was Bolton Abbey, which was, is a beautiful stretch of water in the UK in Yorkshire.

[00:34:42] **Andy Kitchener:** And Oliver turned round and said, "Right, we're gonna do some kick sampling." And I'd never even heard of it at that stage. And he just explained, what one of my six audit steps are. And being a typical Yorkshireman, he said "You get two planks [00:35:00] of wood lab, you get your wife's net curtains from the kitchen.

[00:35:04] **Andy Kitchener:** The bathroom ones are usually better 'cause they're, tighter nets. You bang a few nails in, and literally you have someone stand there, kick the soil from a couple of yards upstream, and you have a look what's in it." And we did this with Oliver, and it was the first time I truly appreciated the size of the species I was trying to imitate.

[00:35:28] **Andy Kitchener:** Up until then, I'd bought flies based on, the name, the patterns. And seeing them in real life changed my whole thought process. So we did this kick sampling with Ollie, and it was an absolute revelation. And the end of the story was where it really matters. I went upstream and we separated, and Ollie put me on a stretch. There was a lovely set of shallow riffles and then there was a pool just at the bottom of [00:36:00] these riffles. So I'm casting away, and I'd had 12 fish. I was having the time of my life.

[00:36:06] **Andy Kitchener:** Ollie had educated me with this kick sampling, and he came to me and said, "How you doing, son?" And I said, "Oh, I've had 12 fish, Ollie."

[00:36:15] **Andy Kitchener:** "What?" And he was a bit shocked. And he said, "What fly are you using?" So I showed him. He said, "That wasn't in the box that we gave you from Orvis." I said, "No, but it was in my box of flies that I'd got, and it matched the hatch." And he just turned around and said, "That is the lesson, lad."

[00:36:33] **D. Roger Maves:** Yeah. Yeah.

[00:36:35] **Andy Kitchener:** And that is just one part of the five-minute audit.

[00:36:39] **Andy Kitchener:** But if you can identify what could be in the trout's larder before you start fishing, you straightaway narrow it down the flies that you could use, and that's... it's like a casino. You've gotta get the odds on your side. And the way you get the odds on your side is that five-minute audit to see the spider's webs, you know?

[00:36:59] **D. Roger Maves:** Yeah.

[00:36:59] **Andy Kitchener:** [00:37:00] See the bank side vegetation. Get you a white hanky, go and tap the trees and see what's in the trees. So that's the five-minute audit. It's actually really simple. It's something that I believe every fly fisherman should use as the start of their fishing day.

[00:37:19] **D. Roger Maves:** Yeah, I think what happens to, to many of us, because I think that's an epidemic of, habit, it's at that level.

[00:37:30] **D. Roger Maves:** But, when you go out with a guide and the guide rigs you up, right? And you think-

[00:37:36] **Andy Kitchener:** Yeah ...

[00:37:36] **D. Roger Maves:** Well, that a guide's fished this water, for months and knows exactly what's going on. So then we bypassed that habit of investigating the bank and the river and so forth.

[00:37:49] **D. Roger Maves:** And likewise, the other mistake we all, many of us make, I know I'm guilty of all this stuff, and is, just walking down and jumping in the river right away, right? When the fish are two feet from the [00:38:00] shore, I mean, that's the other big mistake it seems like we all make.

[00:38:03] **D. Roger Maves:** But yeah, we... what you're saying is it's not that difficult, but we do have to put a little bit more effort in if we really want to zero in on what they're eating, right?

[00:38:13] **Andy Kitchener:** Yeah. It's the thought process, and the problem is we're excited. You know-

[00:38:17] **D. Roger Maves:** Yeah ...

[00:38:18] **Andy Kitchener:** We get to the water we see that hatch, and, it just gets us the adrenaline running. We just want to get in and get fishing straight away.

[00:38:26] **D. Roger Maves:** Right.

[00:38:27] **Andy Kitchener:** But actually-

[00:38:27] **D. Roger Maves:** Right ...

[00:38:28] **Andy Kitchener:** Step back five minutes and, I mean, one of the guys I've been working with on the book Robin Speight, he's an incredible fly tyer and fly fisherman, and he was over in the States fishing just recently. And he'd been part of the hatch code ongoing, and he went out with a guide and the guide said, "Right, this is what we're gonna use."

[00:38:50] **Andy Kitchener:** And he turned around and said, "No, hang on. Let's wait." And he used the hatch code, he used the audit- And the guide was right. There were [00:39:00] hatches, and they were taking flies up from the surface. But actually, the species that they were taking were different to the ones that the guide expected at that time.

[00:39:11] **Andy Kitchener:** And, just by, not rushing and by looking and observing, we can make ourselves better fly fishermen. And that's what we actually are trying to do. If you step back, we're trying to observe nature, understand it, and that to me is the beauty of the sport. It's really getting to understand what's going on around us.

[00:39:35] **Andy Kitchener:** It is fishing, it's not catching. It's understanding, nature is just beautiful, and-

[00:39:41] **D. Roger Maves:** Right...

[00:39:42] **Andy Kitchener:** Taking it in its full beauty, understanding it, actually makes us better fishermen. So it's to me, part of the process.

[00:39:51] **D. Roger Maves:** Right, I totally agree. And it's it makes us slow down, which we need to do in life, right? That -

[00:39:57] **Andy Kitchener:** Well, for sure ...

[00:39:58] **D. Roger Maves:** as fast-paced as things [00:40:00] go, yeah, it's the one time we can slow down and be maybe more productive.

[00:40:05] **D. Roger Maves:** Andy, we need to take another quick break. Yep. Yeah. We need to take another break here, and be right back, and we'll talk more about hatches here, so hang tight.

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[00:41:13] **D. Roger Maves:** You're listening to Ask About Fly Fishing Internet Radio, and we're talking with Andy Kitchener about Hatch Code: Understanding Insects to Catch More Trout.

[00:41:22] **D. Roger Maves:** If you'd like to ask Andy a question, just go to our homepage and use that form. Send us your question and we'll try to get Andy to answer it tonight on the show.

[00:41:31] **D. Roger Maves:** All right the... Let's see here. We talked about, oh yeah that's where I wanna go next. You talked about the different rise forms in your book. And I think this, this confuses a lot of us at times, and what are we really looking at? And those rise forms can tell us what we should have on the end of our tippet, right?

[00:41:52] **Andy Kitchener:** Absolutely. If you look at the water, there are three zones. The [00:42:00] zone one is subsurface. That's where our scuds are hanging out, where our agile darters the olive nymphs are, the caddis are, um...

[00:42:11] **Andy Kitchener:** You look at the film, that's where emergence is happening, and then you look above the film, that's where the duns and the spinners are sat. So, if you think of the three zones you can really start to work out from the zones and a rise form actually what is going on. And more importantly, if you know what zone, you know what not to tie on.

[00:42:39] **Andy Kitchener:** They're, taking the emergers in the surface film. They're not taking duns on the surface film. Identify the zone at which the trout are feeding, and then look at the rise form, and each rise form can tell you what the trout is doing. And this comes down [00:43:00] to, again, the energy it's expending into catching its prey.

[00:43:05] **Andy Kitchener:** Rise form one, the sip, it is a gentle, or, one of the most beautiful actions we see as fly fishermen. The trout just coming to the surface, it's opening its mouth, and it's taking food down, and that's usually a spinner. And it's identified because there is no urgency. So we see that sip, we start to understand what we're targeting.

[00:43:30] **Andy Kitchener:** A ring is a bit more urgency. There's something trapped in the surface. There's an emerger. A splash what's happening here is, the trout has seen a dun on the surface, and it has to get to it quick because it might only have 10 seconds. It might have at most a minute before that thing flies away, so there's more urgency.

[00:43:55] **Andy Kitchener:** One of my favorites is the surface boil, and if you look [00:44:00] at the boil they're taking the nymphs that are coming up to emerge. And it's one, for me actually, one of my favorite rise forms. I absolutely adore chronomid fishing. And you see that torpedo shape in the water. The trout is really close to the surface and you see the water going across its back.

[00:44:23] **Andy Kitchener:** And the reason is that rise form is sucking up nymphs just right near the surface. You see, rise form number five, the head and tail the trout are going along and they're taking typically sedges or stoneflies. And then the last of the T6 rise forms the porpoise roll, the coming up to the surface and taking things down, and that's typically there's a terrestrial.

[00:44:55] **Andy Kitchener:** It's something that's on the surface film. It's a, a crane fly that's [00:45:00] struggling. So if you step back and look at the zones, and then you look at the rise forms, you can very quickly work out what fly you should put on the end of your line. And, none of this is Latin. None of this is species.

[00:45:14] **Andy Kitchener:** This is just looking at the actions of the trout. So it's logical.

[00:45:20] **D. Roger Maves:** Mm-hmm. Mm-hmm.

[00:45:21] **D. Roger Maves:** What about why do some hatches occur in the middle of the day while others, will happen in the morning or the evening? What prompts them to get started?

[00:45:33] **Andy Kitchener:** It's really simple. And again, we can work this out in advance. I call it TPLW, temperature, pressure, light, and wind. Temperature is the primary switch for species to

evolve. So the most important piece of kit that any fly tier and any fly fisherman should have is a stream thermometer. If you know the temperature of the water [00:46:00] is 11 degrees C, then straight away it is too warm for an iron blue, it's too warm for a large dark olive to hatch. We're right on the edge of their peak hatching range. What's more likely to come up are sort of medium olives, pale wateries, mayflies whose trigger temperature is about 8 to 10 or 10 to 12 degrees C. So temperature is the first trigger. And you look at waters, waters cool overnight. The sun comes up, and it starts raising the temperature of the water.

[00:46:36] **Andy Kitchener:** So it's that temperature rise that will mean that, a certain species will hatch later in the day. It's all to do with initially temperature. And pressure will depending on the pressure change, change the urgency of hatch, the speed. But light is really the next thing that we should [00:47:00] consider because light will completely change the hatch duration.

[00:47:05] **Andy Kitchener:** I've been fishing on a bright, sunny day and I've been nymphing and catching fish, and then it's a bright day, the hatch comes, and for 15 minutes you have an absolutely incredible time. And that, blue-winged olive hatch is, for 15 minutes, just incredible sport.

[00:47:27] **Andy Kitchener:** The following day, it's overcast, that same hatch might go on for an hour, two hours.

[00:47:33] **Andy Kitchener:** And, the water temperature's at the same temperature, but the light means there isn't the urgency. So, you know, nature can hatch at a slower speed. So, those four environmental triggers are quite key on the influence of hatches So, one bit of advice is buy a stream thermometer.[00:48:00]

[00:48:00] **D. Roger Maves:** Mm-hmm. Yeah. Yeah. I interviewed Bill Edrington, and he's kinda famous for fishing on the Arkansas River in Colorado. But he said he says, "Yeah, if you wanna fish the Arkansas," he says, "uh, stop at a good, cafe or restaurant, have a nice long breakfast, and don't plan on getting out on the water till, like 10:00."

[00:48:22] **Andy Kitchener:** Yep.

[00:48:23] **D. Roger Maves:** He says, "That's when the hatches will start." And then he says, "But plan on staying late until it's dark." And he says-

[00:48:30] **Andy Kitchener:** Yep ...

[00:48:30] **D. Roger Maves:** "that will be your best fishing." And that kinda says a lot. It's like the temperature of the water isn't warm enough until mid-morning, if you get out there at 6:00 in the morning, there's not gonna be any hatches? So don't expect any, I thought that was kind of interesting view on when to be out there and what to expect. Yeah, so.

[00:48:49] **Andy Kitchener:** Yeah.

[00:48:49] **D. Roger Maves:** But it can be different for different insects as well, right?

[00:48:52] **Andy Kitchener:** Yes.

[00:48:53] **D. Roger Maves:** Different temperatures.

[00:48:53] **Andy Kitchener:** Oh, yeah.

[00:48:55] **D. Roger Maves:** Yeah. So-

[00:48:56] **Andy Kitchener:** Yeah, I mean, each insect has a trigger temperature if it hasn't [00:49:00] reached that trigger temperature, then it's not likely to hatch.

[00:49:03] **D. Roger Maves:** Right, right, right. You talk about, you call them sedges. In the United States we call them caddisflies. And but they have a different life cycle than mayflies do. And what do we need to understand about them and their life cycle as far as, how we present what we're gonna present?

[00:49:23] **Andy Kitchener:** If you look at the caddis, it's a very, very different emergence. They are like the olives below the surface. You've got your case caddis, you've got your rhynchophthira you've got your web caddis. But if you step back, they basically get to the point at which they're gonna hatch, and they cut their way out of their shell with their mandibles.

[00:49:49] **Andy Kitchener:** They swim upwards. Nature's kicked in and, it can't hide, it can't go back down thinking there's a trout there. It's gonna come to the [00:50:00] surface. And that is the start of, for me, one of the beautiful hatches. I mean, that evening hatch with caddis is out of this world.

[00:50:12] **Andy Kitchener:** It's one of my favorite rigs where the caddis has hatched. I'll use a very buoyant caddis on the point, and then I'll use nymphs or chironomids on the droppers. So on the point I'll have a caddis and I'll strip it 12 inches, that natural movement of the caddis. And later at night, that is just a deadly rig.

[00:50:35] **Andy Kitchener:** We in the UK we call it the banker rig. It's o- one you can take and use, and you know you're gonna catch fish at the right time of year. But those, the caddis for me are just a beautiful species.

[00:50:50] **D. Roger Maves:** They're exciting when they come off, huh, and skating across the water. Oh. Yeah.

[00:50:55] **D. Roger Maves:** Yeah. That's I think that's one thing that, that I learned about caddis is [00:51:00] that, usually I guess the, a mayfly will sit fairly quietly on the surface, but a caddis can be kind of thrashing around which-

[00:51:08] **Andy Kitchener:** It's a noisy little bugger.

[00:51:11] **D. Roger Maves:** Yeah. It can change your presentation. You can twitch it a little bit, do something with it.

[00:51:15] **D. Roger Maves:** Yeah. Yeah. Gary Kaufman in North Carolina wrote in, and because you just mentioned droppers he says, " when fishing dry droppers, does it matter if the nymph matches

the dry fly by species?" But yeah, That's something that I guess you can use to sort out, what are they actually feeding on if you don't know, right?

[00:51:35] **Andy Kitchener:** That is-

[00:51:35] **D. Roger Maves:** How would you approach that?

[00:51:37] **Andy Kitchener:** Well, the whole beauty of what he's talking about here is actually it's a hunting rig. You're trying to identify, A, the zone. Are they on the surface or subsurface? And, if you've got the size right, then it doesn't matter what the species is. We're looking at size, we're looking at color.

[00:51:58] **Andy Kitchener:** So what he's [00:52:00] describing here is what I'd call a hunting rig. You're you're prospecting for fish. You're seeing where they are. Are they on the surface? Are they subsurface? So, you know, it's a to me, a very typical hunting rig where you're just trying to work out what is where in the water.

[00:52:18] **D. Roger Maves:** Yeah I remember when I learned that lesson. I know exactly where I was fishing, and, all of a sudden you're like, that light bulb goes on in your head, and you go, "Okay, I understand now." But I was fishing dries, right, during a hatch, and-

[00:52:30] **Andy Kitchener:** Yeah ...

[00:52:30] **D. Roger Maves:** Getting nothing. Getting nothing. And I'm going, "What the heck? How come," I mean, they're actively feeding and... And then I got, it dawned on me, "Well, let me tie an emerger as a dropper," and, ... then I started getting, picking up fish like crazy, and then I understood, of they weren't, even though I was seeing all these adults on the surface, that's not what they were feeding on.

[00:52:53] **D. Roger Maves:** And that rig-

[00:52:54] **Andy Kitchener:** Yeah ...

[00:52:54] **D. Roger Maves:** That rig taught me a lesson that day, and I paid a lot more attention after that. Yeah.[00:53:00]

[00:53:00] **Andy Kitchener:** Yeah. I've got a similar story. I mean, dearly departed fly tyer, a guy named Sandy Dickson, he taught me so much about chironomids. And we used to sit there looking over platforms on sunny days, and we'd see the chironomids coming up, and see the flash on their back, and we started developing different chironomid patterns.

[00:53:23] **Andy Kitchener:** But one day, I mean, there was one still water we used to love going to because the guy stocked big specimen fish. And Sandy had designed a chironomid to sit in the surface film, that emerging trout. And I put two of these on my line, and I, it was first cast, and I don't know what you do I throw my line into the water with my rod tip, and then I strip the line off.

[00:53:50] **Andy Kitchener:** And then I start getting my first cast. Well, I cast into the water, and, I'm stripping line off the reel, and suddenly thought, "What's going on?" [00:54:00] And there were hatches going on all around. There were midges all over the place, but they were feeding in the subsurface, and this sassion buzzer that Sandy had developed was that in the film pattern which the trout were feeding on them.

[00:54:14] **Andy Kitchener:** I mean, it was one of those moments, these brand-new flies Sandy had designed, and literally he hadn't even got round the lake and I'd got a bite. Well, what ensued was just unbelievable, because it wasn't like a normal bite. And I say, this was a specimen lake- And for five minutes I thought and thought what's going on?

[00:54:40] **Andy Kitchener:** And the guy that owned the lake gave everyone buzzers, so if you needed help he would come along and he'd help net. So I thought I something's not right. I pressed the buzzer. Andy came over and not only had we matched the hatch cycle, but I'd put two emerges on and two trout had hit simultaneously, and [00:55:00] this is a specimen lake.

[00:55:01] **Andy Kitchener:** And Andy netted both fish. He picked up the six pounder and just smiled and said, "Bait." Threw it back in, and then gave me the 16 pounder to take a photo of. No wonder it was such a mad, mad fight. There were two fish fighting like mad. But I'd matched what was going on. They were in, they were... Although there was hatches going on the surface, they were eating subsurface just in the film.

[00:55:30] **D. Roger Maves:** Yeah, yeah.

[00:55:32] **D. Roger Maves:** You did spend on more terrestrial insects here as well in your book, and I just, I was just flipping through the book while you were answering the question and saw the beetles. And,

[00:55:41] **Andy Kitchener:** Yep ...

[00:55:42] **D. Roger Maves:** I think I wanna get your take on beetles and ants and they're... how often do you go to those, maybe when nothing else is working, and how important have you found those to be in your fishing?

[00:55:54] **Andy Kitchener:** They're patterns that I always will have in my box. If you look at [00:56:00] the ants, there is nothing that will work, no other pattern when ants are on the water.

[00:56:07] **Andy Kitchener:** So, always keep two or three ants sizes 14 to 18, because when there's a hatch, trout become just completely fixed on them, and it doesn't matter what other flies you've got. If you haven't got those in the box, then, you're dead in the water. Beetles, again, are one of those patterns that you must keep in your box.

[00:56:32] **Andy Kitchener:** I went fishing with a good friend, Melvin Wood, on Ladybower, which is a still water in Derbyshire. It was a cold, windy day. We were... we tried everything. We went right round this lake, and, I mean, Melvin's one of the top fly fishermen, fly tyers I know. And we went round the lake, and we ended up at one particular patch near Leigh Wood.

[00:56:55] **Andy Kitchener:** We were just, going along 20, 30 meters from the bank, and [00:57:00] when we reached the trees, the water was bubbling and there was no other way of describing it. And Melvin just said, "Hey, look, there's beetles." And literally we did three drifts. The first two, we absolutely hammered fish because we've got beetles patterns that were able to trigger bites.

[00:57:22] **Andy Kitchener:** And there wouldn't, there was nothing else going on in that part of the lake. The beetles were being blown off the trees, and the trout-

[00:57:31] **D. Roger Maves:** Mm ...

[00:57:31] **Andy Kitchener:** Just fixed on them. The third time we drifted round, the, the wind died, and that was it. They just stopped, and it was like a light switch. They were on, and then they were off and the ants and beetles are patterns that you should always keep.

[00:57:46] **Andy Kitchener:** What I do, I have different boxes that I'll take with me, but I'll always have some ants and I'll always have some beetles in, what I call my spare box, where, I've got patterns that I know [00:58:00] are, , the emergency patterns that I will use.

[00:58:03] **D. Roger Maves:** Do you ever use those ants and beetles as searching patterns when, no hatches are going on and, you don't know what they're feeding on?

[00:58:10] **Andy Kitchener:** No.

[00:58:11] **D. Roger Maves:** No?

[00:58:11] **Andy Kitchener:** No. I-

[00:58:12] **D. Roger Maves:** Not good for that ...

[00:58:13] **Andy Kitchener:** I, no, I will always stick to what I call the traditional searching patterns. If I'm fishing a river, I'll use scuds, I will use pheasant tails because and caddis because they're the most prolific in the river larder. If I'm on a still water, then I'll go with chironomids.

[00:58:36] **Andy Kitchener:** And they're my go-to patterns on still waters and rivers. And it's, to me, it's a simple mathematics question. There's more of them, so I stand more chance of moving a fish.

[00:58:48] **D. Roger Maves:** Mm-hmm.

[00:58:48] **Andy Kitchener:** And it's, to me, it's simple mathematics.

[00:58:51] **D. Roger Maves:** Yeah. Yeah. I know you spent... I wanna give you a chance to talk about because you devoted some time in your book [00:59:00] around, pollution and what's happening. And I don't know if this is of course it's happening all around the world, but you're seeing it in the UK evidently to prolifically.

[00:59:10] **Andy Kitchener:** Yeah.

[00:59:11] **D. Roger Maves:** What are your thoughts about that? I wanna give you a chance to talk about that 'cause I think that's important.

[00:59:17] **Andy Kitchener:** I think it's the most important. I know, in America you've had chicken farming decimate waters and there's been big legal actions. As fly fishermen, we are, I believe, first responders. And in the book I initially started off with just two or three pages looking at pollution. And we have a guy named Fergal Sharkey, who is an ardent spokesman on environmental issues, and he just completely inspired me last January while I was working on the pollution side.

[00:59:52] **Andy Kitchener:** And Rob turned around and said, "Look, you've written two or three pages, but it's not enough." And at the same time, I [01:00:00] saw a guy named Mark Barrow, who runs a thing called Beneath British Waters, and he was filming beneath the waters. And I remember 30 years ago I'd take my kids to the river wharf, and they'd go swimming.

[01:00:13] **Andy Kitchener:** We'd take the dog down. And that same water, I looked and saw pictures. They're in the book. They are appalling of sanitary towels in the water, of sewage fungus it's called. Now we are in a worse position in the UK than you are, but you still need to be the first responders. You're, as fly fishermen, seeing the changes to our water before anyone else. As I say, I've become very prolific on the writing side. So last week I sent a 150-page book to Yorkshire Water on pollution, having done analysis of their sewage outflows. We have a ridiculous [01:01:00] position where profit is more important than the environment.

[01:01:04] **Andy Kitchener:** Yorkshire Water, their storm overflows spilled for 51,431 hours times sorry, for 285,000 hours Or 32 years in one year of sewage going into our waters. It's cheaper to leak the sewage than treat it, and that is something that's happening in the UK. But we need to be aware of this worldwide.

[01:01:34] **Andy Kitchener:** It's not just sewage. It is agricultural runoff. It is PFAs. The metformin is found in most rivers in the UK, and it's the most prescribed diabetic drug. How can that be in the waters?

[01:01:50] **D. Roger Maves:** Wow...

[01:01:50] **Andy Kitchener:** In the UK, 42 of England's main salmon rivers there's 37 of them where salmon populations are at risk.

[01:01:58] **Andy Kitchener:** We've got the [01:02:00] most incredible chalk streams in the world, and yet we've got a water company wants to take out more water than it's capable of supporting. So, pollution is really, really important. You've had the legal case on chicken farms, but I've got a plea for fly fishermen worldwide. See it, report it.

[01:02:21] **Andy Kitchener:** And I'm so passionate that I you'll know in my book, I've stuck business cards which were intended for the UK. There's a QR code, so if you see any form of pollution, an algal bloom, you see, foam on the water, anything that shouldn't be there in our case, raw sewage being put in the water, then, if you as a fly fisherman see pollution, you've gotta scream, you've gotta fight, you've gotta shout.

[01:02:49] **Andy Kitchener:** We've been too silent for too long. So that's my rant on pollution. As fly fishermen-

[01:02:57] **D. Roger Maves:** Yeah ...

[01:02:57] **Andy Kitchener:** Mayflies, stoneflies, caddis are [01:03:00] bioindicators. They can't escape. They're breeding in the water. If they decline, then the water's in trouble. So we'll see it-

[01:03:07] **D. Roger Maves:** Right ...

[01:03:07] **Andy Kitchener:** As fly fishermen if we go back and forth to the water.

[01:03:10] **Andy Kitchener:** Color, we're seeing olives come off paler and more washed out. Stretches are going quiet. In England, we're seeing sewage fungus. We just have to report it. And you're lucky in America, you've got some incredible waters. I adore going to Yellowstone but, it... I've had that privilege, but I plead to every fly fisherman, if you see something wrong, report it. Shout, scream, protect the sport for the future. I've got a seven-year-old grandson. Sorry he will shoot me. Nine-year-old grandson. And I want him to see what I've seen. And, it's our job today to report that pollution.

[01:03:53] **D. Roger Maves:** Yeah.

[01:03:54] **Andy Kitchener:** So rant over. Sorry.

[01:03:56] **D. Roger Maves:** Rant over.

[01:03:57] **Andy Kitchener:** But we have, Yeah.

[01:03:58] **D. Roger Maves:** No.

[01:03:58] **Andy Kitchener:** We have to.

[01:03:59] **D. Roger Maves:** Yeah. It's [01:04:00] not something we often talk. In fact, I don't know if we've, I've ever talked about it on a show. But because it was in your book, it, came to my attention, and I said- "Yeah, that's something we need to talk about." I know here, in Colorado we've got the South Platte River that runs right through downtown Denver. And, oh, if we went back, Oh, I- I'm realizing how old I am. It's not to pick up fishing.

[01:04:25] **Andy Kitchener:** I know that feeling.

[01:04:27] **D. Roger Maves:** But you know, if you go back 40 years ago, there was no fishing in the South Platte downtown.

[01:04:32] **D. Roger Maves:** I mean, there was nothing there.

[01:04:33] **Andy Kitchener:** Yeah.

[01:04:34] **D. Roger Maves:** But there were great efforts. A lot of people put in a lot of time, and now it's an excellent be- it's... the water's warmed up when it gets to Denver, so it's become an excellent-

[01:04:45] **Andy Kitchener:** Mm ...

[01:04:45] **D. Roger Maves:** Carp fishery, and right downtown. I mean, you look up and there's high-rises and, there's, big old carp down in there.

[01:04:53] **D. Roger Maves:** And then as you move further up you get into smallmouth water. And then as you get even further up, then you're back, [01:05:00] you're in the mountains and in, into trout. And it's been a wonderful transformation.

[01:05:05] **Andy Kitchener:** Mm.

[01:05:06] **D. Roger Maves:** I don't think it's 100%, because I think after the water passes Denver, I think some nasty stuff is entering the water. And because I still see driving over the bridges down in there some foam and, it's like, "Well, why is there foam?" I mean-

[01:05:23] **Andy Kitchener:** Repulsive...

[01:05:24] **D. Roger Maves:** And then... Yeah, no natural river really has foam, right?

[01:05:28] **Andy Kitchener:** See, yeah.

[01:05:28] **D. Roger Maves:** Yeah. Yeah, that's

[01:05:30] **Andy Kitchener:** if we're to have a future in this sport, we have to become more active.

[01:05:36] **Andy Kitchener:** Time I've seen-

[01:05:37] **D. Roger Maves:** Yeah...

[01:05:37] **Andy Kitchener:** The River Thames dead I've seen it grow and I've seen seals and salmon in the River Thames, and we now have a crazy situation where we've got Thames water and the Oxford-Cambridge boat race, they were told, "Look, if you've got any cuts, put plasters on them 'cause there's E. Coli in the waters. Whatever you do, [01:06:00] don't swallow it." And it gets worse. We've had people die through, E. coli getting in their bodies.

[01:06:07] **D. Roger Maves:** Yeah ...

[01:06:08] **Andy Kitchener:** We are in the worst situation in the world. Protect America, protect its waters as fly fisherman. It is your duty for everyone, for your future and your children's future. You know-

[01:06:19] **D. Roger Maves:** Right ...

[01:06:19] **Andy Kitchener:** Do everything you can.

[01:06:22] **D. Roger Maves:** Well, I appreciate that advice, and hopefully we'll all pay more attention and do something about that. Unfortunately we've run out of time. Fortunately for you, you'll be back in bed in about 10 minutes. But,

[01:06:34] **Andy Kitchener:** It's been brilliant ...

[01:06:35] **D. Roger Maves:** we've run, yeah we've run the course here. And stick with me. It gets kind of fast and furious at the end, but we are, we're gonna give away a, a membership to the Fly Fishers International, and a one-year membership to Trout Unlimited, and also a copy of your book, The Hatch Code courtesy of Semperfli. And so stick with me. We're gonna do that in just a moment. And somebody will be the proud winner of your beautiful book.[01:07:00]

[01:07:00] **D. Roger Maves:** The Bonefish and Tarpon Trust works very hard to safeguard the future of our beloved flats fisheries from protecting spawning sites threatened by unsustainable fly fishing pressure, to securing historic funding to restore Florida's Everglades and estuaries.

[01:07:14] **D. Roger Maves:** Thanks to their members they've expanded their conservation to The Bahamas, Belize, and Mexico. There's still much more work to be done, and they need your help. With your support, they can ensure that the flats fishery is healthy and sustainable now and for generations to come. Visit btt.org and become a member of the Bonefish and Tarpon Trust today. Again, that's btt.org.

[01:07:38] **D. Roger Maves:** And just a quick reminder to everyone, before you leave the website tonight, please take a minute and give us your feedback about the show. You can find a link on our homepage in the section under tonight's show. It says, "What did you think of that show?" Just click on that link and leave your comments. We'd really appreciate it.

[01:07:52] **D. Roger Maves:** Now it's time to give away our prizes. The winners of our drawings are randomly selected from the show's registration database. If you didn't register for this, [01:08:00] tonight's show, it's too late now, but make sure you do so for our next show so you don't miss out on a chance to win one of these great prizes.

[01:08:07] **D. Roger Maves:** If you are one of the lucky winners, we'll contact you after the show, collect your information so that we can deliver your prize to you. So first we're giving away a one-year membership to Fly Fishers International, and it's a great organization to support. Again, it's flyfishersinternational.org, flyfishersinternational.org, if you wanna learn more about them and the great things that they do.

[01:08:31] **D. Roger Maves:** And it looks like our winner for that is Jeff Pritt in Ohio. Jeff Pritt. So congratulations, Jeff and you'll soon be a proud member of Fly Fishers International.

[01:08:43] **D. Roger Maves:** And the other giveaway that we're doing is a one-year membership to Trout Unlimited, and to learn more about Trout Unlimited, go to tu.org.

[01:08:50] **D. Roger Maves:** And again, a, a great organization to support and you'll learn more about them at tu.org. Our winner for that is Alan King in Colorado. Alan [01:09:00] King. So congratulations, Alan. And you are now have a membership to Trout Unlimited.

[01:09:06] **D. Roger Maves:** So now let me just make sure there's nothing in my queue here.

[01:09:10] **D. Roger Maves:** So now we're gonna give away Andy's book, The Hatch Code, and it is the way you do this is you're gonna, I'm gonna ask a question, then you have to enter the answer along with your name, location, and so forth in that same box on our homepage that you can ask questions in. Use that box and send me in, your answer and the first one that gets it right then will win Andy's book, The Hatch Code. So,

[01:09:36] **D. Roger Maves:** Early on we talked about a method that Andy uses when he comes to the river to sort things out, to see, to figure out what he's gonna fish with and so forth. What is that method system? What is that called? And I hope that's enough information for you to make an intelligent answer.

[01:09:55] **D. Roger Maves:** Andy, it takes a little bit for them to hear it, 'cause there is a little bit of [01:10:00] a delay before they actually hear the question, and of course they have to type their answers.

[01:10:04] **Andy Kitchener:** Sure.

[01:10:05] **D. Roger Maves:** This is the time when you have to do your singing and dancing, Andy. I didn't tell you about this part, but,

[01:10:10] **Andy Kitchener:** Oh, no.

[01:10:13] **D. Roger Maves:** Well, thank goodness they can't see you in your pajamas, right? So,

[01:10:17] **Andy Kitchener:** No, no. I was good. I got dressed 'cause the house is cold at this time in the morning, so.

[01:10:23] **D. Roger Maves:** Oh, yeah, yeah. The, the auto thermostat hasn't kicked in yet, right? Yeah.

[01:10:28] **Andy Kitchener:** No, no, no. My wife's in bed, so, I-

[01:10:31] **D. Roger Maves:** Keeping it warm, right? ...

[01:10:32] **Andy Kitchener:** Can't turn the heating on. Yeah, yeah. But can I say thank you. It's been lovely chatting.

[01:10:38] **D. Roger Maves:** Oh, yeah. Lots of fun ...

[01:10:39] **Andy Kitchener:** We've got a wonderful sport. We just need to make sure it's there for the future.

[01:10:46] **D. Roger Maves:** Okay.

[01:10:46] **Andy Kitchener:** So thank you.

[01:10:47] **D. Roger Maves:** Well, let me... Let me... Let, yeah, sure. No thank you for being here. We got an answer. I'm trying to sort out whether this is okay or not. It wasn't specifically what I was looking for, but he put down [01:11:00] TPLW, checklist beginning the process for planning fly selection. Temperature, pressure, light, wind.

[01:11:05] **D. Roger Maves:** Oh, and then he had in there the five-minute audit. This has gotta be the winner and he's the first one in. Yeah, yeah. He actually covered more. I didn't read the whole thing. He covered more than what was required. So Jeff Harderburn-

[01:11:19] **Andy Kitchener:** The full process.

[01:11:20] **D. Roger Maves:** Yeah. Jeff, you just won the book. Congrats, buddy, and I've got your address there. La, la, la, la, la. All good. And I will be sending that out from my location in Colorado, so you're in New Mexico. Shouldn't take too long to get down there. And appreciate you paying attention and getting the answer correct.

[01:11:41] **D. Roger Maves:** We got other ones. Five-minute audit, five-minute audit coming in. Yeah, more further description of that. So anyway, Jeff, you are the winner. Thanks so much for paying attention and being on the show tonight.

[01:11:53] **D. Roger Maves:** Andy, yeah thank you so much for being... getting up early in the morning and and being wide awake and bushy-tailed and [01:12:00] answering all our questions today and sharing your knowledge. And I hope many people will get more of that knowledge through your book as it begins to filter through the world here. Thanks, thanks again for being on the show.

[01:12:11] **Andy Kitchener:** Thank you.

[01:12:13] **D. Roger Maves:** Hopefully all of you have found the podcast archive on our website. If you haven't, just look for the link on the top line of our menu.

[01:12:20] **D. Roger Maves:** In the archive, you will find all of our past shows, over 440 shows now. You can search by keyword, keyword phrase, like trout, tarpon, Madison River, and so forth. And I think you'll be pleasantly surprised by all the thing, all the great shows that you'll run across there.

[01:12:35] **D. Roger Maves:** Our next broadcast will be on December 2nd, 7:00 PM Mountain, 9:00 PM Eastern Time. On that show, we'll interview Chris Johnson, and our show will be on the favorite flies of Texas. From freshwater streams to the saltwater flats of the Gulf Coast, Texas offers an incredible variety of fly fishing opportunities. But which flies should you have in your box? Join the

fly fishing guide and author Chris Johnson as he shares insights from his book, [01:13:00] Favorite Flies of Texas.

[01:13:01] **D. Roger Maves:** Discover productive fly patterns, and what makes them effective, and what species to target, and when and where and how to fish them. So, join us on December 2nd, and we'll ... It'll be fun talking to Chris.

[01:13:13] **D. Roger Maves:** If you wanna add that to your calendar, there's a link right under Chris's photograph. Just click on that, add it to your calendar, then you'll be there for the live show.

[01:13:21] **D. Roger Maves:** I'd like to thank Fly Fishers International, Trout Unlimited, Bonefish and Tarpon Trust, Olympic Peninsula Skagit Tatics, and Ugly Bug Fly Shop for sponsoring our show tonight. Don't forget to visit our website at askaboutflyfishing.com, and make sure you're signed up to receive our announcements so you don't miss out on any of our future broadcasts.

[01:13:40] **D. Roger Maves:** Thanks for listening to Ask About Fly Fishing Internet Radio. We hope you enjoyed the show. That's it. Good night, everyone, and good fishing.