

YOUTH SECTION

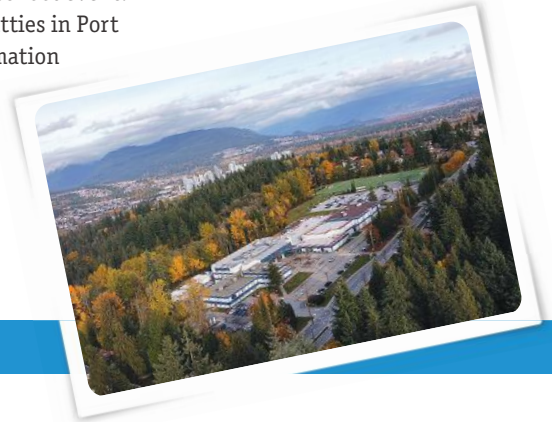
## Charles Best Secondary Port Moody

By Matt Sokol

Our class met today for the first time and will kick off the year with a Salmon BBQ as a welcome back and return to school event. We will be fishing the salt water beaches for some cutties in Port Moody, and as events occurs, I can send pictures and information

### September events so far:

- Salmon BBQ week one
- Archery Wednesdays
- Salt Water Cutts on Tuesday/Thursday
- Boater's Course Online
- Charles Best Field and Stream



YOUTH SECTION

# Fly Fishing & Mental Health:

## It is Not Just About the Fish

By Mattias Olsson-Schmidt

Students in the Carihi Fly Fishing Program are not only learning the skills and competencies needed to begin or continue their success out on the water as fly anglers, but the program also encompasses an English 10, English First Peoples 11, or an English 12 credit for their academic needs. As a part of written responses to Indigenous literature, a variety of media such as podcasts and online articles; students were asked to analyze their own experiences with fly fishing and mental health in response to an article written by Melissa Ceren for Midcurrent last year.

Fly fishing is more than just catching fish. It is a way of living with yourself; just you and the waters. To be able to design your own fly, dupe the fish believing it is an insect, bring the fish in and decide not to take its life; but to release the fish to continue its journey or be caught again. As I see the fish swim away and knowing that I had properly handled the fish is more rewarding than keeping the fish.

Fly fishing is not about the sport. It is a valuable activity, "because of

the way it feels. Peace, connection, simplicity, excitement, and mystery-it just feels right," as explained by the author Melissa Ceren (2023). There is more of a connection between the angler, the fishing rod, and the fish. For many, fly fishing is a way of disconnecting from stress, responsibilities, and society. A time out fishing is like a mini vacation, "there is no cell service, internet, angry people, or tailgating cars" (Ceren, 2023). The only sounds to be heard are the birds singing, the running water, and the



line of the fly rod dancing in the air. From my experience, many of my fish outs have been fishless, which I have fished without regret. Saying that, I would share that I have learned more from fishless days than I have from those I have scored a catch.

In fact, I would even say fly fishing is a form of therapy, heading out to the river early in the morning. Fog on the river, the sun shining through the trees, “without even knowing it, you are practicing a mindfulness therapy technique” (Ceren, 2023). Focusing on finding the perfect pool to see that little silver sliver of shining bellies in the dark. In my experience, getting out onto the water to fly fish is an effective way to reset after a long week of work.

Fly fishing is not only a sport, but therapy for many. It frees emotions and memories through the lines cast across the shallow waters of the rivers and lakes we relish spending time on. The answer to all, to travel back to where it all starts, is nature.

Author Mattias Olsson-Schmidt is a recent graduate of Carihi Secondary School working full-time as an Apprentice Technician and fly-fishes as often as possible. You can follow the literary and line casting journey of fellow students on Instagram @carihifyfish

# Exciting Updates from the Carihi Fly Fishing Program

by Dr. Katherine Mulski

Fall brings the best of the best for our fisheries here in Campbell River, from tide to the rivers, and to the lovely still-waters. While anytime is a good time to be fishing, leaves are changing daily on the Campbell, and I am reminded to pull out Haig-Brown's Fisherman's Fall as my yearly literary revisit.



In the last week and a half, our anglers have been busy learning about several important concepts and skills:

The First Peoples concept of interconnectedness as it relates to conservation and our local fisheries here in Campbell River.

- Beginning casting practice while working to overcome the stubborn "wrist" movement.
- Exploring salmon regulations, including retention and non-retention rules, and discussing general fishing ethics.
- Learning basic trout and salmon identification using materials provided by BC Freshwater Fisheries.
- Mastering essential fly-fishing knots, such as the double surgeon, loop-to-loop connection, and improved clinch knot.
- Participating in fun cooperative games

to strengthen our community of anglers.

- Eagerly awaiting the arrival of tying kits and materials ordered from local fly shops to start tying patterns for coho and hungry cutthroat trout.
- Highlighting influential figures in the culture of fly fishing.
- Understanding the salmon life cycle and habitat.
- Preparing for an upcoming salmon dissection with DFO Community Education Coordinator, Deb Cowper.



**THE FIRST PEOPLES CONCEPT  
OF INTERCONNECTEDNESS AS IT  
RELATES TO CONSERVATION AND  
OUR LOCAL FISHERIES HERE IN  
CAMPBELL RIVER.**

Additionally, we anticipate that our group will participate in the Sea to Stream program, where we will learn to raise salmon eggs until the semester 2 cohorts can release the fry back into the very fisheries we will be fishing in just a few short weeks.

We also welcome anyone interested in presenting to our crew of anglers — whether it be a fly-tying demo, fishing stories, a casting clinic, or other possibilities. Remote presentations are welcome as well!

Thank you once again for your support. For any inquiries or to express interest in presenting, please feel free to reach out to me via email.

Tight Lines!

**Dr. Katherine Mulski**

Educator, Carihi Fly Fishing Program  
Campbell River, BC

**Follow our fly fishing journey**

**Instagram:** @carihiflyfish

**Facebook:** Carihi Fly Fishing Program

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