

# News Release

## THE ULTIMATE AQUATIC WORKSHOP: RIVER BUGS AND FLY FISHING OPPORTUNITY FOR VOLUNTEERS

RIDEAU VALLEY, September 14, 2009 — City Stream Watch and the Ottawa Flyfishers Society are pairing up on Saturday, October 3 to bring you an exciting day starring insects as the crucial link in the aquatic foodchain! It's enough to take your breath away....

Freshwater benthic macroinvertebrates are small aquatic animals without backbones. They live on rocks, logs, sediment, debris and aquatic plants during some period in their life. These animals are an essential part of the stream food chain and play a large role as biological indicators of river health. Bugs are extremely important to both stream watchers and fly fishers.

The day will be broken into morning and afternoon sessions. During the morning session (9:30 to 11:30 am) participants will learn how to sample for river macroinvertebrates and how to identify the different kinds. This portion will be of a "hands on" nature and will be taught by Conservation Authority staff.

After a light shore lunch, graciously offered by the Monterey Inn Resort & Conference Centre, the Ottawa Flyfishers will take over, providing fly casting demonstrations/lessons and pairing up with other participants for a little more "hands on" experience of a fishing nature. Equipment will be provided. This part of the program should run from about 12:30 to 3:00 pm.

We must limit the session to 25 people due to equipment needs. Signup is by email, and there will be a waiting list for those who email after signup is full, in case of cancellations. Please send your name, phone number and email to Julia Sutton at the address below as soon as possible and indicate Ultimate Aquatic Workshop in the subject line.

**WHEN:** Saturday, October 3rd, 2009, 9:30 am to 3:00 pm

**WHERE:** Jock River Landing (mouth of the Jock River at the Rideau River)

**See Map:** <http://maps.google.com/maps?f=q&hl=en&q=5+Lodge+Rd,+Nepean,+ON,+Canada&ie=UTF8&ll=45.262171,75.709319&spn=0.014348,0.043817&om=1>

**COST:** No charge thanks to our amazing community sponsors!

**PLEASE BRING:** Drinking water, snacks, personal sun block

**FOR INFORMATION AND TO REGISTER:** Julia Sutton — City Stream Watch Coordinator, [citystreamwatch@rvca.ca](mailto:citystreamwatch@rvca.ca) or 613-692-3571 ext 1180

*City Stream Watch is a community environmental partnership sponsored by  
City of Ottawa, Heron Park Community Association, National Defence Headquarters  
Fish and Game Club, Ottawa Flyfishers Society, Rideau Roundtable and Rideau Valley Conservation Authority.*