

OSPREY FLY BOX

Extended Body Mayfly

contributed by
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Here is a way to easily and quickly produce a multitude of extended mayfly bodies that are very robust and will float well. Flies tied with these bodies are simple to do and represent the real insect very well. I can attest that they fish well and do catch trout!

I take no credit for these methods other than stumbling across several you-tube videos done by, Roger Duckworth. His videos show things in detail.

So, what this article will do is show you how to build the bodies, and then, using a representative body, tie an extended body mayfly pattern. Interestingly, the parachute style hackling on these patterns is somewhat unique, and better represents the real insect on the water.



PART 1 MAKING THE EXTENDED BODIES

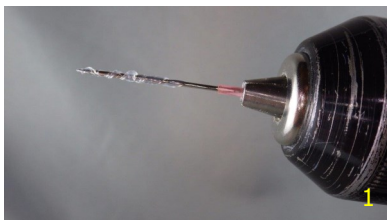
PART 1 MATERIALS



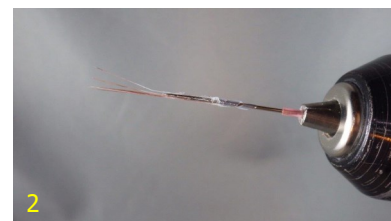
List of Materials for Making the Body Part 1:

- Power drill (preferably cordless, since this will be more maneuverable)
- Tube of silicone
- An array of different size sewing needles (small, medium, and large)
- Tape or fine hollow tubing (to put on the eye end of the needle so that the power drill chuck will hold it securely)
- Dubbing (fine; any color; any source - i.e. fur, synthetic or combo)
- Tail fibers (moose mane; paint brush bristles - really anything that will resemble mayfly tails).

BODY MAKING INSTRUCTIONS

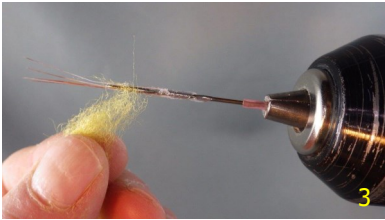


1. Choose a needle (larger for bigger bodies and smaller for the tiny ones) and secure it in the drill chuck. Slather some silicone on the needle as it slowly rotates (use a small amount)
2. Place and stick 2-3 "tails" on the silicon along the needle, judging how far they will extend beyond the body (try 2-3 body lengths).



BODY MAKING INSTRUCTIONS

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3. Choose a very small clump of dubbing and hold in your left hand. Allow a few fibers to lightly touch the point of the needle and silicone (will be the fine end of the body).

4. Activate the drill with your right hand and “spin” the dubbing carefully up the needle from the needle’s point to its thicker part (as far as the silicon has been slathered). Vary the drill speed to accomplish this (start slow, and increase as needed as the dubbing spins up the needle). You can use your fingers to better “shape” the body while it is spinning. Adjust the tails (separate them to more closely approximate the real bug’s anatomy)



5. Grasp the dubbed body at its thick end, activate the drill and carefully slide the body off the needle.

6. Curve the body and set it aside to dry (overnight) – NOTE: curving the bodies to dry? – You can put a curve in the body with your fingers. However, as the body dries it may have a tendency to straighten out. I have tried to come up with a way to “lock” a number of drying bodies into a curved position (method must be simple, easy, and quickly done). The best way that I have found is to use a piece of very thin double-sided carpet tape (Dollar store) stuck onto a piece of flat plastic. The finger-curved bodies are stuck onto the tape while they are still soft and drying.



There you have it. With a small amount of practice, you will be able to whip off a dozen or so bodies in short order. When dry, these bodies are extremely durable. Because they came off the needle, they will have formed a tapered hollow silicone tube. This hollow tube will aid in floatation of the fly along with the other materials that will be added (wing, hackle).

Part 2 will be Tying the Extended Body Mayfly

PART 2 TYING THE EXTENDED BODY MAYFLY

PART 2 MATERIALS



List of Materials for Making the Fly Part 2:

- Hook - Dry Fly Hook (your Choice) I have been using some of the newer barbless hooks that have a slightly wider gape and a curved body (i.e. Hannan and others).
- Thread - Colour to match the body (thin and strong)
- Wing - Your choice (I like polypropylene in grey, white or ?)
- Hackle - Good quality dry fly cape colour to compliment the body
- Super glue - Small drop to secure the body and materials onto the hook

TYING INSTRUCTIONS



1. Make a number of wraps of thread on the bare hook about mid-shank (will be the base to which the body is secured).
2. Tie in the hackle feather by its thick end to be ready for hackling later; add a drop of superglue to secure.
3. Tie in the curved body on top of the hook (about mid-shank) with a couple of thread wraps (make the body length appropriate for the hook size and the bug you are imitating). Keep this tie-in as narrow as possible since the hackle will be wound under this body point. Put a drop of super glue on the tie-in point.
4. Tie in the vertical wing on the top surface of the thread base (poly; slightly longer than you need; trim when fly is finished)



5. Hackle time (parachute style BUT tied UNDER the body) – make 2-4 wraps of the hackle feather clockwise under the body, with each wrap under the other, down toward the hook shank. Take several wraps of thread around the hackles (similarly to how the feather was wrapped). Tie off the thread with several half hitches. Add a few drops of head cement to secure.



Tight Lines & Good Luck!