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Kathryn Maroun writes on catch-and-release and conservation in Marlin World—and graces the cover

June 18, 2012 by [Women's Outdoor News](#) [6 Comments](#)

Globetrotting Canadian fly fisher and television hostess Kathryn Maroun has been doing a lot of thinking, and writing, lately—not only about fishing, as one might expect, but also about life itself.

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Kathryn Maroun graces the cover of Marlin World. Photo courtesy of Marlin World and Kathryn Maroun

Kathryn has fished, and filmed, in many exotic, far-flung corners the world, pursuing (among many other species) bonefish in the Bahamas, giant trevally in Oman, taimen in Mongolia, sea trout in Iceland, mahseer in India and peacock bass in Brazil. She is also one of the featured women in the [exhibition A Graceful Rise at the American Museum of Fly Fishing](#) in Manchester, Vermont.

“I used to be the GI Jane of fly fishing,” Kathryn says. “I was always wading neck-deep in piranha-infested waters, paying little attention to what I was wearing, rarely bothering with bug spray and so on.”



The “GI Jane” of fly fishing, in Brazil. Photo courtesy of Kathryn Maroun

But Kathryn paid a price when she fell seriously ill with Lyme disease, carried by ticks (which she refers to as “nature’s dirty needles”) infected with bacteria of the genus *Borrelia*. Kathryn believes she was bitten by an infected tick while fishing in British Columbia. She not only developed the serious, long-term complications of inadequately treated Lyme disease, but also coinfections with other illnesses (“God-knows-what I picked up God-knows-where”), which have been difficult for doctors to diagnose and treat.

“This doesn’t mean,” she points out, “that Lyme disease isn’t a preventable, treatable illness.”

She was bedridden and suffered seizures. “I really felt my life energy was draining away,” Kathryn says. Unable to travel and cast a fly rod, she had time to sit and think, about her beloved sport of angling and fisheries conservation, and the part that good catch-and-release practices play in both. One result is [her article in the current issue of Marlin World](#).

Kathryn tries to set an example for all anglers in following smart catch-and-release practices: fish only with barbless hooks; fight fish quickly; avoid fishing in extremes of water temperature or when fish are spawning; and avoid removing fish from the water if possible.



Fishing for sea trout in Iceland. Photo courtesy of Kathryn Maroun

Kathryn is happy to report that she is recovering from her illness and is now editing trip footage into new *What A Catch!* programs, which she expects will be ready for broadcast around the end of 2012.

Watch [video clips of Kathryn's fishing adventures!](#)

Check out [Kathryn's What A Catch! website.](#)



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About Women's Outdoor News

The Women's Outdoor News, aka The WON, features news, reviews and stories about women who are shooting, hunting, fishing and actively engaging in outdoor adventure. With a band of bloggers and reviewers, photographers and female reporters, The WON engages its readers through a blog format and we invite you to talk to us.

Thank you for reading!

Comments



1. [kathryn maroun](#) says:
[July 16, 2012 at 10:58 am](#)

Thanks you Louis

It isn't easy being green as you know. I'm back fishing after a long hard battle with late stage Lyme disease. Bugs that bite are natures dirty needles and will "mess you up">

Always protect yourself

keep on working your plan my friend.

bfn

Kath

[Reply](#)



2. [fernando](#) says:
[June 22, 2012 at 7:40 am](#)

hi kathryn is a beautiful gift that we do with these stories and moments of truth and rejoice unforgettable moments thanks for life

[Reply](#)



- [kathryn maroun](#) says:
[July 16, 2012 at 10:54 am](#)

Bless you Fernando. We are all part of the natural world so my feeling is we better start to work with nature rather than agaist her.

best

Kath

[Reply](#)



3. [Bill Bowers](#) says:
[June 20, 2012 at 8:34 am](#)

Kathryn Maroun rocks! Watch the video clips of her international fishing adventures. Spectacular.

[Reply](#)



- [kathryn maroun](#) says:
[July 16, 2012 at 10:56 am](#)

Thanks for the shout out Bill. It because of support from anglers like you that I'm able to continue my conservation work and share it with people through whatacatch.net

Tight lines to you.
kathryn

[Reply](#)



4. *Louis Poletti* says:
[June 19, 2012 at 4:53 am](#)

Wonderful article Kathryn, I am glad you are returning to your passion and continuing to get well.

Wish you all the best.

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lmhinz@charter.net Phone: (608) 356-8958 Download Flyer:491561.pdf[...]
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Event Date: Aug 11, 2012 Demmer Shooting Center Lansing, MI Contact: Phone: [...]
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Event Date: Aug 12, 2012 Mongo River Run Mongo, IN Contact: Charita Niedermeyer
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