

UnderWater



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COVER: *Petrochromis* sp. "Texas Karema" - by Carl Eklind

INSIDE: How to get your *Tropheus* to spawn | Species Profile: *Reganochromis calliurus*



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UnderWater Welcome

As the new year begins we can look back to the accomplishments of the past and be very proud.

I've been told that a web-based club is unprecedented. Some clubs wouldn't dare attempt it. Other clubs have followed our example. It hasn't been

easy. We have made mistakes. We have lost some great friends but gained some great new ones too.

Our events attract more attendees all the time and the club is doing well. Your BOD is currently applying for non-profit status. Several exciting speakers for

future events are to be announced soon. The future is bright, and I hope 2006 is the year many of you choose to get involved. Elections will be held at the February swap-meet/meeting. Vote, nominate, run. Happy New Year!

Thanks, Fishwhisperer.



Putter | M... | Organi... Tee | Value T-Shirt | Jr. Ringer T-shirt |
 V...n's T... | www.cafepress.com/iowaaquaria |
 C... T-SH... | Dog T-Shirt | Jr. Raglan | Jr. Hoodie |
 o C... | Jersey | White T-Shirt | Ash Grey T-Shirt |
 Sh... | T-Shirt | Women's T-Shirt |
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 C... | Infant, Toddler T-Shirt | Infant Creeper | Bib

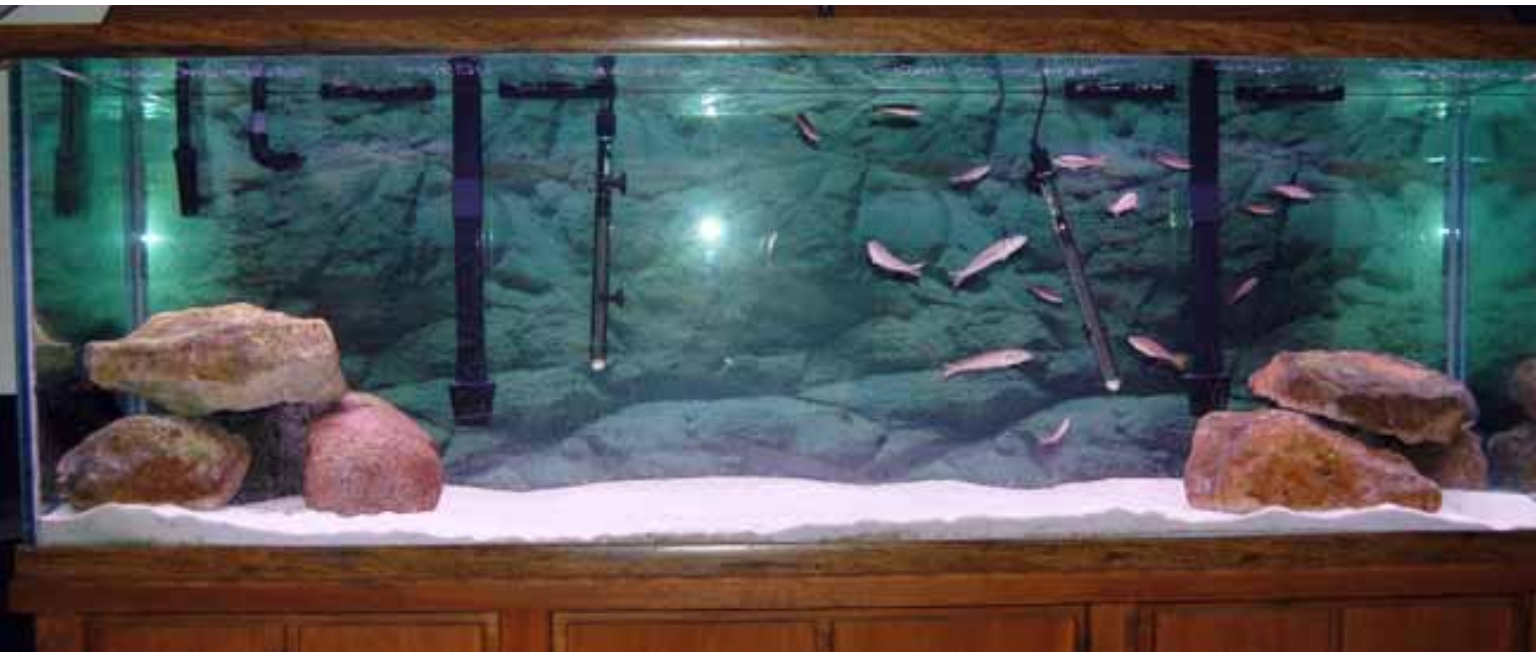
IAA
SHOW YOUR SUPPORT

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UnderWater Photography Contest



Tanya Sabby (tanya)



Jason Jenkins (malawi wowwie)
Honorable Mention

Congrats to the winner! February 20th is next issue's photo submission deadline.



BY CARL EKLIND

HOW TO GET YOUR TROPHEUS TO SPAWN

Editor's note: Carl Eklind, a fish hobbyist in Sweden, provided UnderWater with his unique and very successful method for spawning Tropheus species.

Common theory says that Tropheus are true herbivores, and protein should be avoided. But Carl takes a different, protein-based approach with undeniable results.

On many internet forums, I often see threads about tropheus not breeding or getting the right food. So I decided to write an article that will give you some pointers that you can do to get your tropheus spawning and healthy.

There are several ways of getting tropheus to spawn. I have managed to find

out some of them. In this text, I will talk about three very important things that I have done to get my tropheus spawning.

Water chemistry

The first thing you have to do is get the perfect water conditions. Here in Sweden it is very common to do weekly 30% water changes. But then I started to think about the landscape that tropheus are living in. They live in the surge habitat, and there the water is always clear and rich of oxygen. Then I decided to figure out what I can do to get my water oxygen-rich and clear.

I started to do 30% water changes twice a week. I do them with 4 days between every change, and it is

important that you always do them on the same day (I will explain why later in the text). I always use cold water when I change the water. The males seem to get more willing to spawn when fresh cold water goes in the tank, but I have a temperature about 25 Celcius. Every time I do a water change, I use a gravel cleaner to suck up the waste from the bottom. It is important that the bottom is clean from waste and food. Why? That's because the food and the waste creates nitrite and that's not good for your fish. It is poison, and if you have a high nitrite level in your tank, your tropheus will die. Therefore, do nitrite tests every week.

How do I get the water

rich of oxygen then? I use air difusors on my powerheads to get a lot of air bubbles. I also have good circulation. I use two powerheads in my 85 and 99 gallon tank. They pump together 1029.6 g/h in each tank. That may sound like a lot, but my tropheus like it and the oxygen helps to bring the nitrite level down.

Canister filters are very good at getting the water even cleaner.

The food

Tropheus are herbivorous eaters and they need a lot of it to work properly. But I have noticed that my tropheus got very skinny with the traditional European shrimp mix, witch contains about 30% whole shrimps.

I decided to try a new mix with more shrimps to get my fishes in better condition and it goes like this:

- 2 kg whole frozen shrimps with heads
- 1 kg frozen peas
- 0.5 kg spinach
- 0.3 kg high quality spirulina flakes
- 160 ml Aquatic nature Afr. cichlid granulate/small sized
- Gelatine powder (follow the instructions on the box)

I always put my shrimp mix in ice cube form, because they will get in good sizes and it's easy to take out the same amount of mix every day. It is important that you divide the shrimp-mix cubes in smaller bites so weaker fish also get a snack.

Feed your fish once a day with shrimp mix and always at the same time every day (I will explain why later in the text).

With this mix I have managed to get healthier tropheus and I also noticed that the female gets in spawning condition faster. The amount of eggs and fry has also been higher.

Bore them out

When you have the right water chemistry and the right shrimp mix, it is about time to get the work started. What you have to do now is just put



up a routine. Feed the fish the same food at the same time every day. Do the water changes twice a week and at the same time, every time you do the change. Keep doing this for about a month and just bore them out. The fishes will now get used to this routine and will get in good condition for the

breeding.

After doing this for a month, switch to just one water change every week and at different times. Feed them only shrimp mix

every third day and at different times.

This radical change in the routine will trigger them to spawn and they will spawn a lot. Last time I did this I got 5 females spawning at the same day. It is important that you keep feeding them only every third day when the

females are holding. After the females have released the fry, start over with the routine. That will help the females get back in spawning condition faster.

This routine has worked very well with my tropheus and I got a lot of fry in a short time.

Good luck with your tropheus.

■ **Article and photos by Carl Eklind**
www.petrochromis.com



Reganochromis calliurus

In the muddy habitats of Lake Tanganyika, you can find some species of cichlids you don't see a lot in the hobby. Their silver coloration doesn't make them highly desirable but bright hues of coloration can be found in the edges of their fin. The Reganochromis calliurus is one of the smaller cichlids in the "Limnochromis" group of cichlids. It only obtains about six inches in length. It spends its life scooping small fish and crustaceans from the muddy bottom of the lake. They have a rather mild temperament and a pair could be housed in a tank as small as 75 gallons, although larger tanks are always better.

Tankmates should be mild mannered fish that share the same dietary needs. Gnathochromis premaxillaris, Cyphotilapia frontosa or C. gibbeiceps would all make find tank mates as

long as the tanks were large enough. Fish can either be purchased as a pair or obtained by growing out several young fry and keeping the two that pair off. Only one pair should be kept in a tank. Breeding is done in dark caves in the tank. A section of PVC



pipe placed among the rocks can suit this purpose. Unlike the Limnochromis they're closely related to, they don't build tunnels or pits to spawn in.

When two fish are hanging out together in a section of pipe or dark cave, then you will know a pair has been formed and the rest of the Reganochromis should be removed from the tank. These fish are biparental mouthbrooders

and will exchange the fry back and forth between them fairly often. When breeding occurs, whatever fry doesn't fit in one parent's mouth will be picked up by the other parent. Broods can range up to 60 fry.

Reganochromis should be fed on cyclops, mysis, brine shrimp and mosquito larvae. If you decide to feed mosquito larvae, feed the black and white only, never the red. When tankmates are selected the dietary needs of the Reganochromis should be kept in mind. Boisterous species, such as Tropheus do not make good tankmates for these mild mannered fish. Visit the www.fishaholics.org gallery for more pictures of Reganochromis.

Article and photos by www.fishaholics.org

Quality First



Hello, and welcome to our fish room, or should I say fish rooms. I, Ty (aka PooPooFace), have been keeping African cichlids for approximately 15 years, and Nick (aka Roots) dove head first into the cichlid universe and has been involved for approximately 3 years. I started the hobby with the typical starter fish: red zebras, yellow labs, etc. As I progressed, I found myself infatuated with Lake Victorian species, and got myself groups of Hippo Point Salmon, Sp. 44 thickskin, and Xystichromis Christmas Fulu. Here's where I took off...

As the Vics continued to grow, they began to breed. As with most hardcore keepers, the tank count began to rise with each new batch of fry, and as the fry became juvies, they required their own tank, and so on and so

forth. Before I knew it, I had 10 tanks set up and still found myself without room. I found trying to keep up very difficult, so I pawned off the babies to whomever was interested, and only stripped females on special occasions (like Kwanzaa). I wanted more, and jumped back into the Malawi experience, at the same time retaining my Victorians. This in turn required more tanks. I grabbed a group of fryeri, and a group of german red peacocks. As stated with the Victorians, mass production ensued. With obvious differences in fry, I was able to prevent the need for more fry tanks, at

least for the time being.

Time passed, and my stock had grown to the point where I required 20-25 tanks for approx 70 spe-



cies. Enter Nick Sadler.

As I was helping a former enthusiast with his tanks, he informed me of a buddy of his that was interested in getting into the hobby. Nick comes to

the house, and we send him off with a bucket full of Protomelas red empress, Ps. socolofi, and a decent batch of fryeri. This is all it took to create a monster.

This kid was obsessed, grabbing every fish that came his way, buying every tank that was for sale, and unloading his paychecks on Big Al's website. We became fish nerd blood brothers through an ancient ritual, and all but ap-

proximately 7 of my tanks ended up in his possession. As I found myself without room for many of my fish, I sent them his way. With this his basement became a fish sanctuary for all to see.



As his fish bred, he set up more tanks, and as more species became available, even more tanks were needed.

Room became an issue, so friends got free house decor in exchange for tank space. The man cannot let a female spit!

Every egg is saved through tumbling; every little fry gets its chance at life. Call PETA – I think they may have themselves a new president.

Currently we have roughly 35 tanks ranging from 10 to 220 gallons. Our fish list is as follows: pseudotropheus species - Chewere, Chalosi, long pelvic chesese, acei black phase and msuli, saulosi, and aurora.



Melanochromis auratus and johanni mangano, Labidochromis species - red top Kimpuma, hongji, caeruleus lions cove, Nkata bay, perlmutt, and lundo. Cynotilapia afra species - cobue, lumbila, mara point, and jalo reef. Protomelas red empress and taiwan reef. Aulonocara species - Cobue, German red, ngara, sunshine.

Labeotropheus trewavasse red top and fulleborni Marmalade cats. Copadichromis mara point mid-night and azureus. Julido-

chromis kissi bemba, regani and regani karilani. Sciaenochromis fryeri maleri, crytocara moori, tramitichromis intermedius, tropheops red cheek, metriclima

Asian bumble bee cat, and god knows what else. That hurt my brain.

We currently are working on a store in Evansdale but are not 100% percent sure on exactly when, where or even if it truly is going to happen. Only time (luck) will tell. For now we have a website that we are working on. You can view our website at www.qualityfirstcichlids.com or contact us at cichlidguruiniowa@yahoo.com. You may contact Nick at nick@qualityfirstcichlids.com. We love to trade, so feel free to throw us an offer. We can be spotted easily at the swaps, just look for the biggest height ratio in the room (Ty tall, Nick short). Thank you for reading our novel, good fish keeping to all, and to all a good night!

red top cobalt, metriclima fainzelberi makonde and chilumba, naevochromis chrysogaster, victorian haps - uganda red, christmas fulu, sp-44. Altolamprologus compressiceps karilani and fire red, cyprichromis leptosoma utinta, Neolamprologus leilupi, Ancistrius bristlenose albino, regular and albino longfin, and common pleco, synodontis lace, angelicus, upside-down, eupterus, pictus cat, Chinese algae eaters,



February 4, 2006
 Swapmeet/Show: 9am-12pm
 Lunch: 12-1pm
 Speaker: 1pm (see below)
 Meeting/Elections: 2pm

Best Western DSM North
 5055 merle hay road
 For info: (563) 386-7913
 www.iowaaquaria.com



Guest Speaker: Matt Anderson
"Fish Shows"

Looks like it's IAA SwapMeet time again.

IOWA AQUARIA ASSOCIATION

/ CALENDAR OF EVENTS /

DATE	TIME	EVENT	LOCATION
Jan. 8	7:00 PM	GCCA Meeting	Holiday Inn, Rolling Meadows, IL
Jan. 10	7:00 PM	EIAA Meeting	Kenwood Park Presbyterian Church, NE Cedar Rapids, IA
Jan. 28	10:00 AM	MAS Auction	Lutheran Church of the Redemption, Bloomington, MN
Feb. 2	7:30 PM	MAS Meeting	St. Christopher's Episcopal Church, Roseville, MN
Feb. 4	10:00 AM	IAA Swap/Meeting	Des Moines, IA
Feb. 12	7:00 PM	GCCA Meeting	Holiday Inn, Rolling Meadows, IL
Feb. 14	7:00 PM	EIAA Meeting	Kenwood Park Presbyterian Church, NE Cedar Rapids, IA