



**Club Meeting Minutes**  
May 18, 2016  
St. James Community Center

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The Cape Fear Flyfishers met at the St. James Community Center at 6:00 pm on Wednesday, May 18, 2016. The Board of Directors held a business meeting on May 16, 2016, before the regular meeting.

Club Business Meeting

Introduction of New Members and Guests - President Jim White welcomed John Stowell, Craig Weiner, Kay Bauer (Manchester, Vermont), Joe Rinaldi, Bob Leach, and Ken Devansky (Sterling, Virginia).

Approval of the April Minutes - Members approved the April minutes.

Treasurer's Report - Tony Mangiapane reported we have about \$2,400 in the bank. We paid the prorated premium for IFFF liability insurance through May. Our full \$300-350 annual premium is due mid-June.

Fly Drawing – Jim White won the fly drawing.

Activities/Program

[International Fly Fishers Federation](#) - Jim received the official letter from IFFF establishing our IFFF affiliation, including specific language that we come under their 501 (c) (3) umbrella. The club still needs to make sure NC recognizes our status. Jim will consult a lawyer Richard Morgan, who may give the club more-or-less free advice.

Picnic – The annual club picnic will be June 22 at St. James Waterway Park (a map and gate passes will be provided for those who do not live in St. James). Hamburgers and hot dogs are the main course. Cost is \$10 per couple (\$5 per person) and those with last names starting with A-J will be asked to bring an appetizer; K-M a salad, baked beans, etc.; M-W- a dessert.

Fly Fishing Class – Jim White will give a fly fishing class Tuesday, July 5, from 1:00 to 4:00 p.m. at the St. James Community Center. We will have access to the ponds for casting instruction. The class is open to beginners and veterans, and will accommodate 20-25 participants. Invite you friends.

Breast Cancer Event – The club will host, in collaboration with the Pretty in Pink Foundation and the Doshier Foundation, a 60-90 minute free Breast Cancer Seminar on Thursday, July 28, 7:00 p.m. at the St. James Community Center. Up to 15 couples can attend this event. Bring a bottle of wine. Men get breast cancer and men find 50% of breast cancers in women. Joy Ward of the Pretty in Pink Foundation will lead the 90 minute program. Joy is aptly named so this will be a fun class about a serious subject.

### Old Business

The club voted to continue holding the meetings at 6:00 p.m. over the next few months.

### Trips and Activities

Boone N.C. Mountain Trip Report – everyone caught fish and enjoyed fishing the Holston and Watauga Rivers.

Weldon N.C. Roanoke Rapids Striper Trip - the trip was cancelled due to poor weather, boat problems, and low water.

Abington, Virginia Trip – The club is planning a trip to Abington, Virginia next spring between April and mid-June. Abington provides closer access than Boone to the Holston and Watauga Rivers. Steve Moore is writing an article on fishing the area and is impressed with what he observed.

Bald Head Island Excursion – coming soon.

Fishing Local Waters – coming soon.

Wade Fishing Tour - coming soon.

Build your Own Fly Rod – contact Jim if you are interested.

### New Business

Flip Pallott and Lefty Kreh Clinic, Jensen Beach, Florida, October 21-22, 2016 – the clinic will be held at the River Palms Cottages and Fish Camp, which is located on a river with a pier that offers good snook fishing at night. Contact Bob Brien if you are interested in attending.

## Round Table/What's Biting, Where and on What?

Forest Duncan, Ed Smith, and Cary Davidson fished from kayaks on a St. James pond from 5:00 to 8:00 p.m. Each caught about 12 bass most ranging from 12 to 14 inches, although Cary caught one about 17" casting from the shore.

Jim reported anglers catching trout and flounder from the end of the public road next to his home.

Steve fished Buzzard Bay recently. He did not catch redfish but did catch croakers and saw schools of baitfish.

Greer Hughes told Forest he does not begin charter fishing for flounder until June, when the larger flounder begin feeding inshore.

## PROGRAM: MARK YOUNG: BOATS, FLIES, AND FLY FISHING

Our guest speaker was [Capt. Mark Young](#) of Hobcaw Fly Fishing Adventures. Mark started fly fishing when he was a youngster and has been fishing most of the eastern U.S. and Canada, also the Bahamas. He started guiding years ago while living in Wisconsin. After moving south, he was the Fly Fishing Manager for the [Orvis Company](#) in Myrtle Beach, SC. (Mark also represents [Towhee Boat Co.](#), [Temple Fork Outfitters](#), and [Smith Optics](#).) That's when he met Capt. Steve Thomas, the first Fly Fishing guide for [Hobcaw Barony](#), a privately owned environmental research and cultural reserve located near Georgetown, S.C.



Capt. Thomas mentored Mark for six years and Mark has now taken over as guide at Hobcaw. The reserve has 60 miles of roads and over 6,000 acres of the most wadable flats in South Carolina. Anglers meet Mark at the Welcome Center and he takes you to the flats. Redfish start showing up on the flats in May and Mark confirmed the fish are already there.

Mark builds his own leaders and shared copies of two handouts (attached); Saltwater and Bass Leader Formulae for making your own leaders; and the TFO Fly Line to Weight Matching Chart, which helps one select the appropriate weight fly for your fly line.

Always fish a fly with which you are comfortable. Change it if you are not. Confidence in your fly is one of the many factors involved in successful fly fishing.

Mark's favorite knot is the [Canoe Man loop knot](#). It is simple to tie and the tag end faces backward so it won't snag grass. Avoid knots with the tag end facing forward. Use [Orvis Super Strong Tippet Material](#). Mark also recommended a video which shows how to tie a [blood knot](#) with ease.

Mark prefers a short leader as it helps gage the distance from the end of the fly line to the fly and its position according to where the fish is. A few years ago one could buy a 7 ½ foot leader for redfish. It is no longer offered – the standard is 9 feet. A redfish eyesight is not as good as a mountain trout or speckled trout so you can use a shorter leader.

A redfish on the flats is “on red alert” as it is threatened by ospreys, eagles, etc. They move onto the flats with the rising tide in search of crabs. Over 68% of the redfish diet is crabs during the summer. You have to present the fly to the fish as if the crab is prey; don't pull the fly to the fish as this is not what the fish expects; one must pull it away from the fish as if trying to escape.

Mark is studying mud crabs. The dominant male fiddler crab has the largest claw; he surrounds himself in the same pad with smaller males. There are nine species of crabs in Hobcraw. All except the blue crab hide from reds. The blue crab has an attitude. Tie flies to mimic the blue crab in a defensive position with his claws held high.

Early and late flood tides are best as the wind usually dies down, usually early morning and late afternoon.

Deliver the fly in front of the fish the equal length of the fish. Time cast to land the fly after he comes up from diving for a crab. When he dives, he uses his gills to suck the crab out of the mud. This creates a cloud of mud which momentarily obstructs his vision.

Mark's favorite month is September as the lunar equinox approaches and reds start feeding for winter.

The best flats are those when there are multiple feeder creeks to the flats. Once they are able to access the flats, they are most hungry, and become less hungry the more they gouge on the crabs. One needs to be positioned just as the tides rise enough to allow them access.

Reds are more difficult to catch on the outgoing tide. As soon as the tide slackens, redfish leave en masse to escape being caught on the flats. When tide slackens, start using shrimp patterns as shrimp become the main prey off the flats.

To ensure a good hookset, keep the rod down, keep calm, and strip-set the fly. Avoid yanking the fly a longer distance or the fly will end up several feet away. But if you use a short hookset, the fly will still be in the strike zone.

Use a black permanent marker and paint the first 7 1/2 feet of the fly line black so you can judge the position of the fly.

Use a 20# tippet as you will be dragging it across oyster shells, spartina grass, etc.; a 12# tippet will not work.

The weight of the fly is critical; don't use a fly that is so heavy it will disappear in the mud.

As the tide falls, you will see the holes where the reds have been digging for crabs. It is easier to cast to a red when it is feverishly feeding.

The ready position is to have a few feet of fly line out of the rod tip so the leader does not get caught in the tip when you cast; the leader is wrapped around the reel seat and is clipped to the horn, not inside, of the second guide. When you see the fish, drop the leader, cast, and the fly falls off the stick. Hold the fly and be ready.

Let out 25-27 feet of the fly line plus a couple of strips into the backing. Strip line in until you have a minimum length of fly line the length of the rod plus the leader outside of the rod tip. If there is not a lot of debris in the water, leave the running line out. Hold the fly in your hand and be ready. To cast, with one move, make a false cast and cast up to 30 feet away. The best cast is the first cast.

Practice this technique. Use a paper plate to practice at 20, 30, and 40 feet distances. Cast 360 degrees around the plate. Practice in the wind – you can't be guaranteed ideal conditions when you fish.

When fighting the fish, keep your rod at your belt buckle. When the fish runs left, move rod the right and vice versa. Keep pressure on the fish; never give him slack.

Always fish with a de-barbed hook; it is easier to hook the fish as you get immediate penetration. It is also easier remove if you snag yourself or your partner.

Speckled trout are gregarious; catch one, others are nearby. They are very aggressive.

[Switch rods](#) have become popular. They are the distance between a regular fly rod and a [sprey rod](#), and are light enough to single-handedly cast a fly. Mark bought a 5 weight switch rod for trout fishing. In one false cast, he can be into his backing – vs double-hauling in the wind with a regular rod. Consider one to make it more comfortable casting in windy conditions.

On low tide, scout for 3-6' water and oysters. Low tide concentrates the fish. Bite for 45 minutes. Fish the last two hours of the falling tide; the slack tide; and the first two hours of the rising tide.

Trout like moving water near oyster beds; look for depressions and breaks; they like to hold tight to structure on a falling tide.

Fish position themselves such that the most aggressive sit at the beginning of the pool. Find a break or depression in an oyster bed.

The problem with the Clouser fly is they get caught too easily on oysters. Instead use a fly he found in a book written in the 50s. The first time he used it, he caught 46 trout. The fly bounces through the oysters. Tie it with a 3-4x minimum hook size; white and chartreuse. Trout also love hot colors; orange, chartreuse, and fluorescent everything.

If it is too windy for fly fishing, use [Rapala Skitterwalk](#) lure for topwater spin fishing. The fish will tell you what they want. If they are not taking a slow walk, pick up the pace. If you get a

strike, remember how you were retrieving when you got the strike. Fish in the traditional medium walk-the-dog style; a bit slower; or quicker until they tell you what they want.

Fish low-light condition early in the morning or late at night.

If the fish strikes and misses leave lure and imitate injured prey; they believe they have injured the bait and may strike again.

It is difficult for reds to eat topwater lures as their wake may move the Skitterwalk out of reach of their inferior mouths; use [MirrOdine](#) lures instead.

[Lefty's Popping Bug](#) has a 61 degree cut and is flat on the bottom. It can be fished with the sound effects of a rattle popper used in spin fishing. Pop the fly three times to get the effect.

You should always have these two flies: [Lefty's Deceiver](#) and the [Clouser Minnow](#).

A popular paddle tail grub is the [Opening Night](#) in a light purple color. The Black Death or Black Plague in a dark purple color works in muddy water.

Two of Mark's current favorites are Fly Fish Fool's "[Fat Sancho](#)," a shrimp pattern, and "[Borsky's Chernobyl Crab](#)", about the size of a fiddler crab.

Also keep a [gurgler](#) in your box. It pushes a lot of water and exploits fish.

Mark concluded the program with an outside demonstration of his skiff.

Respectfully submitted,

Forest Duncan

Secretary



## Saltwater and Bass Leader Formulae

### Jon Cave's 55/ 20/ 10 + Tippet System

These measurements are approximate. Each allows for 4-inches of tying waste per tying end.

Overall Length Feet/Inches	Butt Section Inches-#test	Hinge Section Inches-#test	Taper Section Inches-#test	Tippet In Inches-# test	Completed Measurements In inches
7 ½ foot	58" 40#	26" 30#	17" 20#	24" 16/12#	50+18+9+ 18-24
9 foot	68" 40#	30" 30#	19" 20#	24" 16/12#	60+22+11+ 18-24
10 foot	77" 40#	33" 30#	20" 20#	24" 16/12#	68+25+12+ 18-24
12 foot	88" 40#	37" 30#	23" 20#	24" 16/12#	79+29+14+ 18-24
14 foot	100" 40#	42" 30#	25" 20#	24" 16/12#	92+34+17+ 18-24

### Lefty Kreh's 50% Reduction Leader Making System

These measurements are approximate. Each section allows for 4-inches of tying waste per tying end with a 20-inch tippet

Overall Length Feet/Inches	Butt Section Inches-#test	Hinge Section Inches-#test	Taper Section Inches-#test	Tippet In Inches-# test	Completed Measurements In inches
7 ½ foot	53" 40#	32" 30#	20" 20#	28" 16/12#	48+24+12+ 18-24
9 foot	62" 40#	35" 30#	22" 20#	28" 16/12#	52+27+14+ 18-24
10 foot	68" 40#	38" 30#	23" 20#	28" 16/12#	68+25+12+ 18-24
12 foot	80" 40#	44" 30#	26" 20#	28" 16/12#	72+36+18+ 18-24
14 foot	106" 40#	57" 30#	33" 20#	28" 16/12#	98+49+25+ 18-24

### IGFA Approved Tarpon Leader

This is the finished length of the leader. Allow 12 inches or more per section for tie-in waste.

- 30" butt section - 40# or /50# test with loops on both ends
- 15" to 18" inches - 15# thru 20# test with bimini knots at one or both ends
- 12 inch shock tippet - 80# or 100# test tied with figure-8 Hufnagle knot to bimini. Use one-turn non-slip mono loop or duncan loop (uni-knot) cinched tight with pliers.

### 3 ½ Foot Sinking Line Leader

Again, allows for 8 inches of tie-in waste (4 per tying end)

36 inches -- 40# or 30# test + 24 inches of 16# Or 12# test tippet

This will give you a finished leader of 28" + 16 inch tippet.

TEMPLE FORK OUTFITTERS  
FLY LINE TO WEIGHT MATCHING CHART

## ***Lead Eyes - Matching the Weight to the Fly Line.***

				
<b>size</b>	<b>size</b>	<b>size</b>	<b>size</b>	<b>size</b>
<b>medium</b>	<b>small</b>	<b>x-small</b>	<b>mini</b>	<b>micro</b>
<b>1/24th. oz.</b>	<b>1/30th. oz.</b>	<b>1/50th. oz.</b>	<b>1/80th. oz.</b>	<b>1/120th. oz.</b>

We must understand that a fly line is used to move weight forward to the end of the cast, whether it be a hook, small dry fly or a heavy weighted streamer or nymph. Fly lines are measured in weight by grains and this grain weight is used to move weight forward. For example; a 5 weight fly line weighing 140 grains is not capable of pulling the same weight thru the cast as a 210 grain 8 weight does. There are many variables to consider while casting such as wide open loops, chuck and duck, over powering or lobbing. This chart is designed upon the ease of the cast plus normal tight loops that will cut the wind with ease. An oval back cast along with the use of the body is a must when casting weighted flies. We will start with a 5 weight fly line, anything under that is specially designed to cast small light flies and is not suited for any type of weighted fly.

Lead Eye Weights most suitable for these line weights.

<u>Line</u>	<u>Ounce of weight</u>
5 weight =	1/120, 1/80, 1/50
6 weight =	1/120, 1/80, 1/50
7 weight =	1/120, 1/80, 1/50
8 weight =	1/120, 1/80, 1/50, 1/30
9 weight =	1/120, 1/80, 1/50, 1/30, 1/24
10 weight =	1/120, 1/80, 1/50, 1/30, 1/24

The above listing of course is not written in stone but if the formula is followed, long easy casts can be made. In many instances a heavier eye weight than listed can be used but it will test the caster and the capability of the rod and line.

Note” The above suggestion for choosing the right weight a fly line can move forward with ease has it variations of course, most variations comes with the style of casting being used. The most proficient style developed by Lefty Kreh where the body is involved in the cast will make casting weight more efficient.

Bob Clouser