



Meeting Minutes
January 20, 2016
St. James Community Center

The Cape Fear Flyfishers met at the St. James Community Center at 7:00 p.m. on Wednesday, January 20, 2016.

Business Meeting

Introduction of New Members and Guests - President Jim White welcomed guests Mario Renzi, and John and Laurel Collins. Another new member, Bob Brien, was unable to attend due to illness.

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

Treasurer's Report - Tony Mangiapane reported we have about \$1,110.47 in the bank plus additional membership renewal fees that were collected that evening.

Fly Drawing - Guest John Collins won the fly drawing.

2016 CFF Program – Jim emailed members the tentative 2016 CFF Program and you can read it on your computer.

Old Business

Holiday Banquet - President Jim White thanked Harry Gobble, Tony Mangiapane, and their helpers for the excellent, fun holiday banquet last month. Those honored with awards included:

Rookie of the Year: Ed Smith

Best Day Fishing: Dan Neuschafer and Tony Mangiapane (184 smallmouth; 9 citations)

Prettiest Fish: Sue Duncan

Elite Hookers Society: Sue Duncan (2014 winner), Sue Sokoloski, Mary Helen Turek, Ann White

Sportsman of the Year: Jim White

President's Club Award: Tony Mangiapane
Outgoing President's Citation: Harry Gobble

IFFF – paperwork is being processed and the club will soon be a chartered member of the Federation. This will include liability insurance.

Trips and Activities

[Fly Fishing Show](#) – Jim encouraged members to attend the Fly Fishing Show to be held February 5-6, 2016 in Winston-Salem, NC. Some members have attended it in past years and rate it highly.

Bald Head Island Excursion – the club will be announcing a fishing excursion to fish behind Bald Head Island soon.

Pine Island, Winnipeg, Canada: Bobby Sands urged members to consider participating in what he considers one of the finest wilderness flyfishing experiences of a lifetime. It is the best smallmouth bass fishery in the world. Last year, Dan Neuschafer and Tony Mangiapane caught, on flies, in one day, 184 smallmouth bass, including 9 trophy bass. Charlie White caught 50 smallmouths in a day.



Participants will be staying at [Pine Island Lodge](#) as they have in recent years. This will be Jim White's seventh trip. The owners of the lodge are selling their business and are offering the club especially attractive rates. Costs are about \$2,500 for lodging, guides, and meals, plus airfare and tips. The date is June 9-14, flying out of Raleigh on the 8th.

New Business

IFFF Volunteer Program – The [International Fly Fishers Federation](#) earns its 501 (c) (3) status as a charitable organization by reporting the efforts of the membership to educate the public about

fly fishing. Jim asked members to report these activities to him, using a form he sent recently by email to the membership. Examples of volunteerism include the following:

1. Making a presentation to a club or group about things pertaining to fly fishing.
2. Trips in which you take new members or others fly fishing to teach them about our sport.
3. Times you engage in cleaning up the environment (picking up trash from the water and/or marsh).
4. Time you spend teaching new comers about fly fishing, the ethics of fly fishing, fly tying, gear that will be helpful or essential, etc.
5. Any other type of activity that you consider time you have volunteered to promote a better understanding of our sport and/or ecological concerns.
6. Any time spent on conducting club business such as participating on board meetings and writing reports.

Submit information to Jim in the following format so we can get credit for our efforts.

2016 Cape Fear Flyfishers Volunteer Activities

Date	Event	Number participating	Volunteer Hours
------	-------	----------------------	-----------------

Change Meeting Time? – It has been proposed we change our meeting time to 5:30 or 6:00 pm. Doing so would allow time for members to socialize after meetings; permit those traveling from Wilmington to avoid traffic; and offer more time for pre-meeting casting sessions. On the other hand, some people work and may not be able to make the change. The St. James Community Center is OK with the proposed change. Give this some thought; we will vote on it at our next meeting.

Fishing Reports

Not many members have been fishing lately due to bad weather. Jim White and other members joined him twice hunting for low-tide redfish. None were sighted but the search will continue.

Tommy Rickman told Bobby Sands he had not done well fishing lately and suspects the recent cold snaps have driven fish offshore.

Eddie Van Vliet reported fishing at Wrightsville Beach, where his party caught twenty speckled trout, including four keepers. The fish were caught on a redhead jig with a chartreuse curly tail.

Dan Sokoloski caught bream in the pond behind his home on New Year's Day.

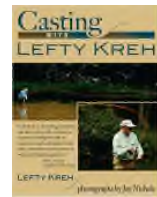
PROGRAM: FLY FISHING IN FRESH WATER VS SALTWATER

Our speaker was Bobby Sands, long-time founding member of the Cape Fear Flyfishers Club, author, and world class fly fisherman. With several new members joining the club recently, many of them unfamiliar with saltwater fly fishing, it seemed timely to introduce newcomers to saltwater fly fishing techniques. Bobby's more detailed notes are attached to the minutes. His PowerPoint presentation and notes are posted on the [Cape Fear Flyfishers](http://www.capefearflyfishers.com) website.

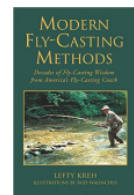


Bobby recommended four excellent books to improve your saltwater fly fishing skills:

[Casting with Lefty Kreh](#) by Lefty Kreh – “Lefty is the master, and this book captures his lifetime of wisdom on the subject of casting.”



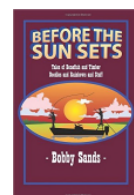
[Modern Fly Casting Methods](#) by Lefty Kreh - a compact, thoroughly illustrated guide on the best way to cast. If you are truly serious about making the transition from fresh to salt, get your hands on a copy of this book, read it and live your saltwater fishing lives by it.



[Just Beyond the Horizon](#) by Bobby Sands - Tales of Blues and Reds and Green Trout and Stuff; see in particular “The Quest for October Reds.”



[Before the Sunset](#) by Bobby Sands – “Tales of Bonefish and Timber Doodles and Rainbows and Stuff;” see in particular “Fat Albert.”



A summary of the presentation follows. See the attachments for more detail.

- Fishing the salt requires an entirely different mind-set than fishing small mountain streams. It calls for a different set of techniques and different tackle. These differences are presented as they relate to redfish because redfish (or red drum as they are known here) hold the greatest angling opportunity in our local waters
- One of the major differences is using the 9/3 Extended Arc Cast (vs the 10/2 cast) to gain greater distance. In the salt, you must consistently cast 50 to 75 feet, sometimes further. Distance is a function of the casting technique, not muscle. See aforementioned Lefty Kreh books to learn this and other good casting techniques.
- Accuracy, positioning and delivery are also important factors. You are on your way to mastering the accuracy component when you can put your fly in a hula hoop on the lawn from 60 feet away- and do so at least 80% or 90% of the time.
- Because redfish have such poor eye sight, you must drop the fly within a foot or two of its snout. Even if blind-casting, as for specks, you need to cast within inches of the grass or the bank.
- If casting to a moving fish, while your fly is still in the water from your previous cast, point your rod to where you want to put the fly. From that position, make a normal backcast as you would if the fly was directly in front of you, make no more than one false cast (preferably none) and deliver the fly in front of the fish.
- Most of your successful redfishing is going to be done on spartina flats, shallow flats that are dry land for all but a short portion of the high tide. Walk where the grass is short; if the grass is tall, it is likely the bottom will be soft and unwalkable.
- When a fish is spotted you must make a QUICK pinpoint cast, with 30 feet of line already out of the reel and the fly held in your left hand. (Beforehand, mark your fly line at 25 feet, 50 feet, and 75 feet.) You do not have time to strip line from your reel and do a lot of false casting. Excessive false casting is totally unnecessary.
- With the wind on the back of your left shoulder, position yourself and the boat at 11:00 to the fish.
- Use the side-arm cast to cut through the wind better; lessen the chances of the fish seeing the loop coming at them; and reduce trauma to the arm and shoulder.
- For offshore fishing, depending upon the species targeted, choose ten to twelve weight rods equipped with compatible reels loaded with either WF (weight forward) floating lines, slime-lines or full-sinking line. Reels should have a high quality drag and should carry a minimum of 300 yards of 30 lb. backing.

- For nearshore, depending upon the species targeted, choose eight to ten weight outfits loaded with either WF floating lines, slime-lines or full-sinking line. Here too, reels should have a high quality drag and should carry a minimum of 200 yards of 20 lb. backing (300 in the case of false albacore). Bite tippets are strongly recommended when toothy critters such as Spanish and bluefish are targeted.
- For inside waters, the most widely used rods on the flats are 8 weights, with a reel matched to the rod and loaded with a WF floating line (Orvis Redfish line is Bobby's favorite) backed with a couple hundred yards of 20# Dacron. Don't use a sinking line.
- On the flats, select a fly pattern that "notionally" represents the natural foods the redfish will most likely be feeding on, such as fiddler crabs, dollar crabs, shrimp and small baitfish (finger mullet, cockahoos, etc.).
- Favorite flies are the "shrab," a shrimp-crab imitation Bobby developed; the Avalon, and the purple toad. The latter was developed as a tarpon fly, its most unique feature being that it swims level as opposed to bobbing up and down as do most weighted flies. Bobby uses the purple toad 99% of the time. Use weed guards on your hooks!



- Other flies that do the trick include shrimp imitation flies and spoon flies. Early in the morning, when the sun is low over the water, the gold spoon fly is dynamite (and is local guide Tommy Rickman's favorite). Once the sun rises a little higher in the sky (around 7:30 or 8:00), switch to the silver for about an hour. After that, go with a more standard pattern.



- In choosing flies, take into account prevailing conditions, such as wind and water clarity. When the wind is up, choose a fly that you can get to the fish. When the water is murky or off-color, use a darker color fly that presents a good silhouette. When it's sunny and the water is clear, generally go with a brighter fly. And when the water is slick, use a fly that touches down lightly on the water, something that will not spook the fish with a splash. Other times, try attracting the fish by creating a little disturbance.
- The proper way of setting the hook on a red is to push your rod to the side until you feel him. Once you feel the fish, use a strip set. A strip set ensures a better hook up; is less likely to pull the fly out of the fish's mouth; and, if the fish misses the hook, the fly stays in the water and there is a good chance he will run it down again, giving you a do-over.
- **BEND DOWN YOUR BARBS!!!!** This will help the fish – and you if you hook yourself.

ATTACHMENT: SALTWATER VS. FRESHWATER (trout) FLYFISHING

Respectfully submitted,

Forest Duncan

Secretary

SALTWATER VS. FRESHWATER (trout) FLYFISHING

Slide #1 (Welcome to the Salt)

1) INTRODUCTION:

There is an increasing number of new members to the club who are seasoned “Trout Bums” who may not have a lot of experience in the salt. So Jim has asked that I take a few minutes tonight to talk about the differences in flyfishing for trout and flyfishing our local waters around Southport

Slide #2 (Tommy)

Fishing the salt requires an entirely different mind-set than fishing small mountain streams. It calls for a different set of techniques and different tackle and it's those differences that I want to talk to you about. I am going to talk mostly about those differences as they relate to redfish because I believe that redfish (or red drum as they are known here) hold the greatest angling opportunity in local our waters. . . . at least, it is my favorite.

Slide #3 (Casting Technique)

2) Let's start out with TECHNIQUE, specifically CASTING.

- a) If you have been flyfishing for any great length of time, chances are that, like me, you learned to cast according to the old principle of ten o'clock to two o'clock with a rolled up newspaper shoved under your arm and, if that method works well for you on small mountain streams, then by all means continue to use it ON THOSE SMALL MOUNTAIN STREAMS. But if you are going to fish the salt and do it successfully, forget all about 10:00 to 2:00 and rolled up newspapers. It don't work here!

Does everyone here know what I mean by 10:00 to 2:00? **If there are those who don't know, explain**

- b) While I'm gonna touch on the cast, I am not going to dwell on it in any great detail for it is a broad topic that is best left for more thorough discussion at another time.

Having said that, I brought along with me tonight a copy of Lefty Kreh's little book on casting in which he discusses the Extended Arc Cast, which of course is the casting technique used by the better saltwater casters. Fella's, if you are truly serious about making the transition from fresh to salt, I would encourage you to get your hands on a

copy of this book, read it and live your saltwater fishing lives by it.
Pass the book around

- c) Basically, here's the difference between the 10/2 method and the Extended Arc method (which incidentally is not IN ANY WAY limited to saltwater).

DEMONSTRATE the Cast and Quote Lefty

Slide #4 (Distance)

- a) The single greatest advantage of the Extended Arc Cast is probably DISTANCE.
- b) Unless you happen to be fishing one of those big western streams, distance is not all that important in trout fishing. But, it is important in the salt, you have to be able to consistently cast 50 to 75 feet, sometimes a little further.

Slide #5 (other Important Considerations)

- c) However, distance alone is not a silver bullet or an end-all be-all for success in the salt. There are also the matters of accuracy, positioning and presentation to be considered. They are every bit as important, if not more so, as distance.
There's an old angling expressions that goes: You first learn how to cast, then you learn to cast long, then you learn how to cast short and start catching fish.
-

Slide #6 (Accuracy)

3) And that brings us to the all-important matter of ACCURACY

- a) I can't over-stress the importance of Accuracy. But, it is something that doesn't come easy. It is something you have to work at, something you have to practice. The best way I have found to practice and improve upon your accuracy is to lay a Hula Hoop flat on the grass in the back yard and then spend those long, sometimes tedious hours casting to it.
- b) When you are able to put your fly in it from 60 feet away and do so at least 80% or 90% of the time, you are on your way to mastering the accuracy component, the component that will enable you to put your fly in the fish's sight window.
- c) A quick comment on the anatomy of a redfish and why it's important to put the fly on his nose. These fish are refuted to have poor eyesight and they won't hit what they can't see.

- d) Just remember this, when casting to a tailing redfish, you need to drop the fly within a foot or two of its snout sometimes even closer.
- e) Even if you are blind-casting, as you might do with specks, accuracy is still important; you need to be able to cast within inches of the grass or the bank.
- f) Let me talk a little about another failing of many an angler new to the saltwater. I'm talking about casting to a moving or cruising fish, something trout guys don't necessarily have to contend with.

Before going there, it first needs to be understood that most of your successful redfishing is going to be done on spartina flats (at least that's my experience). These are shallow flats that are dry land for all but a short portion of the high tide.

Redfish follow the rising tides up onto these shallows for only one reason, to feed on the fiddler crabs and the other bottom-of-the-food-chain-critters that live there. When they are on the flats, they are extremely vulnerable to predation from above and that makes them wary in the extreme.

The bottom line is this; when you are on the flats, it is essential that you remain consciously aware of the fact that pressure wakes, noises and especially the shadow of a fly line will spook the hell out of redfish. So many, many times I have watched as a caster who is trying to get that one perfect shot at a fish make repeated false casts that more often than not end up scaring the fish off to another county.

And, the point here is: excessive false casting is totally unnecessary – it is mission critical that you hold your false casting to a bare minimum.

- g) When a fish is spotted you need to be ready to make a QUICK pinpoint cast. You do not have time to strip line from your reel and do a lot of false casting.

DEMONSTRATE- Let me show you the proper way of holding the fly and being prepared to make a spot cast with minimal false casting.

- h) Now, here's the proper way of dealing with that moving fish I spoke of earlier. While your fly is still in the water from your previous cast, point your rod to where you want to put the fly. From that position, make a normal backcast as you would if the fly was directly in front of you, make no more than one false cast (preferably none) and deliver the fly in front of the fish.

DEMONSTRATE

- i) Let me back up for a moment. . . . it is likely that some of your flats fishing will involve wading and it is important to know where you can walk safely and where you will sink up to your patuchey in soft yucky mud. The rule of thumb is. . . . walk where the

grass is short. If the grass is tall, it is likely that the bottom will be soft and unwalkable.

Mention the Just Beyond the Horizons and the chapter entitled *The Hunt For October Red*

Slide #7 (Positioning)

4) Often overlooked is the matter of POSITIONING:

- a) Too, too many times I have seen folks miss a fish situation because they failed to properly position themselves or their boat prior to the cast, or, as is more commonly the case, because they failed to understand its importance.
- b) What do I mean about proper positioning
Talk about wind on the back of the left shoulder and the boat at 11:00 to the fish and why each is important.
- c) It takes a little more time to position yourself and/or your fishing partner to the fish, but fellas, it can make the difference between a hit and a swing-and-a-miss.
Mention Before the Sunsets and the chapter entitled *Fat Albert*
- d) And, for goodness sake, do not fail to overlook the importance of stealth when approaching a tailing fish, a cruising fish or a pod (school) of fish.

Slide #8 (Delivery)

5) And finally there's DELIVERY

By Delivery I mean the type of cast used to get the fly to the fish. I don't suggest that mine is the only method or even the best method of delivering the fly to the fish, but the cast I prefer is the side-arm or modified side-arm cast. It is perhaps best-pictured in your mind by thinking of your forearm on a table top as you make both the backcast and its forward counterpart. I like this cast for three main reasons:

- (a) It cuts through the wind better.
- (b) Fish are less likely to see the loop coming at them.
- (c) It causes less trauma to the shoulder. And, believe me, this is important to us old dudes with torn up rotator cuffs

DEMONSTRATE

Any questions so far?

6) Now let's move on to the matter of TACKLE

Slide #9 (Tackle)

- a) When I think about fishing saltwater, I generally think about it in terms of three broad categories of water: Offshore, Nearshore and Inside, the latter being where I want to focus most of the balance of this presentation, for INSIDE WATERS are the most accessible and they perhaps hold the greatest flyfishing opportunity for the greater percentage of the club's membership. It is also more likely that members' tackle is better suited to it than the other two categories. But, before going there, let me offer just a few comments about these other two.
-

Slide #10 (Offshore)

- b) Offshore:
 - a) In my previous life I spent a good bit of time offshore, primarily fishing for ling (cobia), dolphin (the fish, not the mammal) and occasionally big game fish such as Atlantic sails, white marlin and etc. Up here, however, I have spent very little time offshore and therefore can't talk about with any sense of authority. Here is what I can tell you about offshore tackle.
 - b) Depending upon the species targeted, you will need ten to twelve weight rods equipped with compatible reels loaded with either WF floating lines, slime-lines or full-sinking line.
 - c) Reels should have a high quality drag and should carry a minimum of 300 yards of 30 lb. backing.

Pass around rod and flies.

Slide #11 (Nearshore)

- c) Nearshore:
 - a) Once again, in my previous life I spent a lot of time running the nearshore waters of the Gulf fishing for ling, Spanish, kings, blues, winter reds, etc. With the exception of False Albacore in the fall, my nearshore fishing up here has been somewhat limited and, I must admit, not very successful. It does however offer some potential for those who enjoy this type of fishing and are willing to devote the time to it.

- b) Tackle needs for nearshore waters are eight to ten weight outfits loaded either WF floating lines, slime-lines or full-sinking line depending upon the species targeted. Here too, reels should have a high quality drag and should carry a minimum of 200 yards of 20 lb. backing (300 in the case of false albacore). Bite tippets are strongly recommended when toothy critters such as Spanish and bluefish are targeted.

Talk about flies and pass around. (Clousers, spoon flies, macs, baitfish patterns, spoon flies, flounder patterns)

Slide #12 (The Inside Waters)

(c) Inside Waters:

- a) Now we get into the good stuff, and remember I'll be talking mostly about redfish on the flats. If you want to know something about the other species or other fishing situations, stop me and ask.
- b) The most widely used rods on the flats are 8 weights. In high-wind situations, some prefer a 9 weight and others even carry a 10 weight, which in my opinion is totally overkill.
- c) Reel should be properly matched to the rods and loaded with a WF floating line backed with a couple hundred yards of 20# Dacron. Several years ago Jim White introduced me to the Orvis Redfish line and it has been my favorite ever since.
- d) And then comes the all-important matter of flies. Within certain ranges, the choice of flies is wide open. Pattern, of course, is important. Important from the perspective of where you are at the time and what the fish typically feed upon at that location and under the prevailing conditions.
- e) On the flats they will most likely be feeding on fiddler crabs, dollar crabs, shrimp and small baitfish (finger mullet, cockahoos, etc.). Accordingly, you will want to select a pattern that "notionally" represents these natural foods.
- f) For years my favorite fly was a pattern I developed right after I moved here called a Shrab (it sorta represents a shrimp and sorta represents a crab).
- g) And then Dan Neuschafer introduced me to the Avalon and what a hell of a fly it was (and is). In fact, down in Louisiana a couple of years ago, two of us caught close to seventy redfish on it in two days.
- h) Most recently I have taken to using a fly called a purple toad. Interestingly, it was originally developed as a tarpon fly, its most unique feature being that it swims level as opposed to bobbing up and down as do most weighted flies.

Pass around box of redfish flies.

- i) But do not limit your thinking to these few flies. There are countless others that perform well including, under certain conditions, topwater poppers, a little tricky to use considering that these fish have an underslung mouth.

- j) Here's a few others that also do the trick.

Pass around box of shrimp and spoon flies.

Most of these are the bugs I used when I lived on the gulf coast. Let me call your attention to one that was my early morning go-to and one which a lot of serious fly fishers (and guides) use up here, the gold spoon fly. Early in the morning when the sun was low over the water it was dynamite. Once the sun rose a little higher in the sky (around 7:30 or 8:00), I would switch to the silver for about an hour. After that I would go with a more standard pattern. Incidentally, the spoon fly is one of Tommy Rickman's favorites.

- k) The last thing I want to say about flies is that the choice of patterns is infinite. I know some excellent redfishermen who use largemouth bass flies almost exclusively, bonefish and permit flies, others go with wooley buggers like those used for smallmouths and the list goes on and on.
- l) But the one consideration, other than pattern, that I tend to put a lot of stock in is prevailing conditions at the time, such as wind and water clarity. When the wind is up, I want a fly that I can get to the fish. A large wind resistant fly often doesn't work in a high wind. When the water is murky or off-color I prefer a darker color fly, one that presents a good silhouette. When it's sunny and the water is clear, I will generally go with a brighter fly. And when the water is slick I want something that touches down lightly on the water, something that will not spook the fish with a splash. Other times, however, I might want to try to attract the fish by creating a little disturbance.

Slide #13 (Hook Setting)

And in closing let me offer a comment or two on the proper way to set the hook on a red.

- a) This is something that might be a little foreign to you trout dudes. When a red moves on your fly he does so with a huge boil, it looks like a toilet being flushed. The natural tendency is to rear back on your rod and slam him hard. DON'T! It's hard not to and, trust me, we have all been guilty of doing just that.
- b) I gonna cut right to the chase. The proper way of setting the hook on a red is to push your rod to the side until you feel him. Once you feel the fish, use a strip set. A strip set does three things:
 - 1. It ensure a better hook up
 - 2. It is less likely to pull the fly out of the fish's mouth

3. If the fish misses the hook, the fly stays in the water and there is a good chance he will run it down again, giving you a do-over.

I'll wrap all this up with a story that clearly illustrates this point. A few years back, I had one of our club members out with me one afternoon. I will not mention his name, but it was one of the first times Dan Dauchess had been on the flats hunting redfish. We were fishing one of the small creeks on the south side of the Intercoastal when we came up to a small pond that I had caught fish in before. We approached it cautiously and sure enough there on the edges of the pond was a "tailer." Dan made a good cast to the fish and he exploded on it.

Yep, he reared back on the rod and snatched the fly right out of its mouth. The fish went nuts, racing back and forth all over the small pond looking for the fly. I screamed at Dan to go back in. He did, but being a little shook up, his cast landed squarely in the middle of the pond. The fish tracked it down and blew up on it again, and again, my pal snatched it out of his mouth. The lesson being, use a strip set.

Slide #14 (Barbless)

BEND DOWN YOUR BARBS!!!!

Slide #15 (Try it, you'll like it)