



Club Meeting Minutes
February 15, 2017
St. James Community Center

The Cape Fear Flyfishers met at the St. James Community Center at 6:00 pm on Wednesday, February 15, 2017.

Club Business Meeting

Activities Director Jim Larson chaired the meeting in President Jim White's absence. Jim asked new participants and those in the club less than six months to identify himself/herself.

January Minutes - Members approved the January minutes.

Treasurer's Report - Tony Mangiapane reported we have \$4,797 in the bank, although this will be reduced soon when the club pays IFFF membership dues and purchases liability insurance. The club has 50 paid members in 2017 to date.

Fly Drawing – Jim Larson held the winning ticket.

Trips and Activities

[Bristol TN/VA Mountain Fishing Trip](#) – The trip will be April 24-28; traveling on the 24th; fishing 25-27, and traveling home on the 28th. One may wade or drift fish. Sign up now.

Two-Day Women Fly Fishing Retreat – March 31- April 1 in Wrightsville Beach at the [Blockade Runner Resort](#). The instructor is [Capt. Allen Cain](#). Costs is \$500 plus lodging. Four women anglers have registered to date. The retreat will take ten participants.

[Lake Waccamaw](#) – to be announced. The agenda states 4/13 but it will be Thursday, April 20 or Friday, April 21, following the club's 4/19 monthly meeting. Boaters and kayakers will participate.

[Women's Anglers in Training \(WAIT\)](#) – April 30/May 1. “For you ladies who want to learn more about saltwater fishing and don't want to be bothered by your husband or boyfriend, the Oak Island Parks and Recreation Department have just the thing. The Women Anglers in Training Program, or WAIT for short, is a two-day fishing seminar, April 30th -May1st, just for the ladies.”

[Weldon, NC Stripers](#) – May 2-4. Sign up now for that trip as well. This trip is not suitable for kayakers. The river has a strong current, has an average depth of about 10 feet; and must be fished with weighted line.

Oyster Roast – members are invited to an oyster roast on Sunday, February 19, 4-7 pm at Jim and Ann White's home.

Local Charter Fishing – Jim White sent an email recently advising members on how to arrange local charter fishing trips this winter. Guides include [Seth Vernon](#), [Allen Cain](#), [Judson Brock](#), and [Luke Tippet](#). Eighteen members to date have signed to participate.

CFF Kayak Fishing Program – the club's March 16th program will feature Kayak Appreciation Day, starting with the opportunity to try out a kayak on the water at 1 pm and ending with a program that evening on kayak fishing. Details will follow.

Pond Fishing – the club Activities Committee will be organizing evening outings to fly fish on ponds in St. James Plantation. Stay tuned. Stocked ponds for public fishing are identified in the St. James Fishing Guidelines posted on the Cape Fear Flyfishers website.

The club is saddened over the passing of long-time club member [Dan Neuschafer](#). We extend our deepest sympathies to his wife, Julie. Several members of the club attended Dan's funeral. Dan was highly respected as a truly professional fly fisherman and won the club's award for the member “Looking the most like a fly fisherman.” He will be missed.

Members were also saddened to learn of the loss of Steve Moore's father, [Lt. General Hal Moore](#) of Auburn, Alabama at the age of 94. He was the commander at the Battle of Ia Drang in 1965 that led him to co-author the book, “We Were Soldiers Once and Young.” The club extends our deepest sympathies to Steve.

Old Business

Dues, Release Forms, and Interest Surveys – Jim urged members to submit their dues payment, release forms, and interest surveys. Members cannot go on outings without having paid their dues and signing their release forms.

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

Members reported catching trout and/or flounder on the Davis Canal from the end of the road next to Jim White's house and on the west end of Oak Island on the rising tide next to the creek off King's Lynn Drive.

PROGRAM: FLY FISHING THE CAPE FEAR AREA- A YEAR-ROUND TREASURE

Our guest speaker was [Captain Allen Cain](#) of [Sightfish NC](#), “Wilmington's Premier Fly Fishing and Light Tackle Guide Service.” Capt. Allen enjoys all types of fishing, but discovered there is nothing more exciting than stalking a fish in shallow water and watching him eat your fly or lure. Over the last 10 years he has spent hundreds of days a year learning and exploring the local waters and the many species of fish that inhabit them. Allen has extensive experience fishing the inshore and offshore waters of NC as well as the Florida Keys, Everglades, and Louisiana. After graduating UNC/W, Allen obtained his USCG captains license and began guiding anglers to memorable fishing experiences along the Cape Fear Coast. Captain Allen’s presentation reviewed the best species to target, and how, over the course of the year. His PowerPoint presentation is attached separately; additional notes follow below.



Tides

Wilmington-Oak Island tides range from 4-4.5 feet in the spring and summer to 6.5 feet in the fall and winter. Winds affect the range of the tides and should be taken into account. West/Southwest/Northwest winds lower tides. East/Northeast winds raise them.

One can catch redfish in cold or hot water whereas other species are more sensitive to wide temperature changes. Captain Cain prefers fishing low tides in the winter as shallow water warms quickly and concentrates fish. 99% of redfish are schooled up in 1% of the water. Find them and one can enjoy a fishing bonanza, or you may search painfully and return empty-handed. In the summer, incoming tides bring cool water that attracts redfish.

Redfish can be found tailing from Moorhead City NC to St. Augustine, FL. Find them tailing on the high tides that occur 6-7 days a month from April to November. From December to March, they are not on the surface. High “spring” tides occur 3-4 days every two weeks

Redfish are popular with anglers for several reasons:

- Easy to catch
- Not picky
- Catch in cold and hot water

Don’t attempt to fish for redfish if winds are greater than 20 mph; target days that are less windy, sunny, and clear.

Poppers, gurglers, and topwater lures are good choices. Captain Cain likes shrimp fly imitations. Crab flies strip less well because of the way they are tied.

Choose a 7-9 weight rod; an 8-weight works most of the time; use a 9-weight on a windy day. Most of the time one finds redfish within 15-40 feet of the boat.

Trout seek out warmer water, sometimes finding it in marinas with concrete bulkheads that warm the water a degree or two, enough to attract them. Trout can also be found in slower moving, warmer water where they do not have to expend as much energy feeding.

Targeted species in the fall include trout, flounder, sheepshead, shark, and false albacore

This is prime time for speckled trout. Use a 7-9 weight rod with sinking or intermediate line. Locate trout with spinning gear or blind cast with a pink/chartreuse clouser.

One can catch flounder in the fall but usually as a bycatch when fishing for redfish. Use sinking line if you are targeting flounder.

Sheepshead can also be caught when fly fishing for redfish in flooded spartina grass. Sheepshead are the second most picky species, feeding on barnacles and fiddler crabs. One of fifty times a sheepshead will bite a fly, usually a brown and black crab fly.

Sharks are easy to catch using a 10-12-weight rod. Target 10-12' black tip sharks, fishing 300 yards to ½ to ¾ miles off shore. Following behind shrimp trawlers is an easy way to catch them as they feed on the bycatch tossed overboard.

False Albacore are caught late September to early November off Wrightsville and Topsail Beaches, where they are feeding on tiny minnows. Look for birds and busting fish. The fish average 4-6 pounds. A four-pound false albacore will outfight a 25-pound redfish.

Striped bass' are making a comeback in the Wilmington area, with support including construction of the \$13 million [fish ladder](#) on the Cape Fear River at Lock and Dam One, and fundraisers such as the annual [Striperfest](#) event collect funds for such projects. Cast for striped bass on the Cape Fear River from the mouth of Town Creek to Wilmington, targeting structure such as bridge pilings. Catch on spinning gear; then switch to a fly rod. A striper with a red tag is worth \$100; a yellow tag, \$5. Fish from December-March. Using sinking fly line, you may also catch catfish.

Catch Spanish mackerel and bluefish off the beach in the fall when the mullet are running.

Fish for cobia in the spring from May to June. Look for pelicans and bait balls as cobia follow bait balls. Don't bring cobia on a boat until they are tired. The average catch is 40lbs and they put up quite a fight.

For inshore fly fishing, choose an 8-weight, 9-foot rod. 90% of the time Captain Cain uses Rio Redfish floating line. He recommends a 10-12' leader in clear water; a 7' leader in dirty water, using 20lb monofilament line. A 9' leader is an ideal length in most situations.

Redfish school up in winter. December and January offer some of the best opportunities for redfish. January and February are also good but plan your outing 4-5 days in advance. Look for them on a sunny day around muddy bottoms and oysters. Captain Cain accepts two anglers on a charter if fly fishing; three, if spin fishing.

April and May are the months for catching striped bass when they are spawning on the Roanoke River near Weldon. If one is marking but not catching fish, try a different stripping technique. Bring lots of flies as one will get hung up often on the rocky bottom. Use poppers in the early morning and late afternoon. Use barbless hooks. The spawn ends by May 30th.

Louisiana offers spectacular fly fishing with vast delta marshes. The creek limit for trout in NC is 4 with a minimum length of 14". This compares with 25 and a minimum length of 12" in Louisiana. Redfish are more aggressive and easier to catch in Louisiana. Captain Cain prefers staying in Hopedale, LA, a 45-minute drive from New Orleans.

Fishing for redfish around Southport has been slow this winter but the large number of 14-18" redfish suggests it will be much better in 2017. Fishing for redfish should pick up in May after the water temperature rises about 60 degrees.

Respectfully submitted,

Forest Duncan

Secretary

