



**Club Meeting Minutes**  
January 18, 2017  
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, January 18, 2017.

Club Business Meeting

President Jim White asked each participant to identify himself/herself. Attendees included many new guests and several former members.

November Minutes - Members approved the November minutes.

Treasurer's Report - Tony Mangiapane reported we have \$1,589 in the bank.

Fly Drawing – Larry Rittenger held the winning ticket.

Trips and Activities

Introduction Fly Fishing Class – There will be another Introduction to Fly Fishing class January 28 from 9:00 a.m. to 12 p.m. at the St. James Community Center.

[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 28<sup>th</sup>. One may wade or drift fish. Sign up now.

Two-Day Women Fly Fishing Retreat – March 31- April 1 at Wrightsville Beach, most likely at the [Blockade Runner Resort](#). The instructor is [Capt. Allan Cain](#).

[Women's Anglers in Training \(WAIT\)](#) – April 29/30. "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.

Local Charter Fishing – the club will arrange local charter fishing trips this winter to offer winter saltwater fishing opportunities. It is costly but much less costly than buying and maintaining your own boat. Possible guides include [Seth Vernon](#), [Allan Cain](#), and [Luke Tippet](#).

[Introduction to Kayak Fishing Clinic](#) – the Pechmann Fishing Education Center in Fayetteville, N.C. will offer a series of three kayak fishing clinics. The first clinic will be held February 16, 2016.

CFF Kayak Fishing Program – the club will present a program on kayak fishing in March, including the opportunity to pedal/paddle a kayak on the water. Stay tuned.

Pond Fishing – the club Activities Committee will be organizing evening outings to fly fish on ponds in St. James Plantation. Stay tuned.

Robalo Boat Ownership – Jim Larson and Ron Ryll are interested in buying a 22-24 foot [Robalo boat](#) and are looking for a third partner. Call Jim or Ron if you are interested.

### Old Business

Dues, Release Forms, and Interest Surveys – CFF dues are from January to December. Ongoing members also pay the annual International Fly Fishers Federation (IFFF) dues which covers July to June. One of the major reasons the club became affiliated with IFFF is to access their low-cost liability insurance, which covers accidents that may occur of club-sponsored fishing trips. When paying dues, IFFF requires members to submit release forms each year. CFF also asks members to complete interest surveys to enable the club to better tailor its programs and activities to your interests.

Kayak Hacks – For valuable fishing tips, whether you own a kayak or not, visit and subscribe to Steve Moore's [Kayak Hacks Fishing](#) website. Steve posts two tips weekly on Sundays and Wednesdays. He offers tips on spin and fly fishing gear. Here is the example Jim White mentioned in the meeting [Get Cheap Fishing Lure Beads for Carolina Rig Setup](#).

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

No members reported recent fishing activity, largely due to inclement weathers and the holidays.

### **PROGRAM: ESSENTIAL GEAR FOR FLY FISHING IN FRESH AND SALTWATER**

Club members Steve Moore, Harry Gobble, Charlie White, and Jim White gave presentations on essential gear for fishing small mountain streams (Steve), NC and western rivers (Harry), saltwater (Charlie and Jim W.).

## **Steve Moore: Essential Gear for Fly Fishing on Mountain Streams**

Homemade Dry Fly Flotant – buy [hydrophobic fume silica](#) online; it acts as a dry flotant for flies and is much less expensive than the bottle of flotant bought in the fly shop. Buy the shop bottle once to use the brush that comes with it to brush the powder on the fly. When the flotant gets low use a turkey baster to suck up the fume silica bought online to put it into the bottle bought in the shop. Buy hydraphonic, not hydraphilla as the latter absorbs water.

Substitute Wet Fly Flotant – Dan Neuschafer recommended buying a jar of [Abolene Moisturizing Cream](#) at your local pharmacy or online to use as an oily flotant substitute.

Stud for Boots – fly fishermen no longer use felt sole boots; they use studded boots instead. One pays \$32 for a box of 29 screw-in studs from [Orvis](#), or you can buy 250 [Kold Kutter Pro Series Snowmobile Track and ATV Tire Traction Screws](#) online.

Emergency Signaling Devices – wade fishermen looking for secluded fishing spots in the backcountry need an emergency signaling device in case they get lost or otherwise need to call 911. Consider buying a satellite messenger such as the [Spot Gen 3 Satellite GPS Messenger](#). The [ACR ResQLink plus 406 Personal Locator Beacon](#) is a good waterproof backup device. These messengers permit you to be located from a website.

Wading Belts – wear two wading belts; one around the waist, the other around the chest. The latter prevents water from entering from the top.

Bear Horn – carry a [bear horn](#) when fishing the backcountry; also take a can of [pepper spray](#) which is the same as the spray marketed as bear spray.

Water Temperature Gauge – use a [portable water temperature gauge](#) to determine where cool water is flowing into a river.

Day Pack – your fly vest is not a day pack. You need a [day pack](#) to carry your wading staff, water purification system, bungees, an extra rod, etc.

Fly Fishing Vest – choose a blue, not gray, vest as the latter resembles the color of the blue heron.

9' Tenkara Rod – The [Tenkara rod](#) is ideal for small streams. It does not have a reel and is easy to cast.

## **Harry Gobble: Essential Gear for Fly Fishing on Larger NC and Western Rivers**

Waders – one will need chest [waders](#) on NC mountain and western rivers, although heavy waders are not needed in summer.

Wading Pack - instead of a traditional fly fishing vest, consider a [lumbar support wading pack](#). The bag holds all the gear you will need and offers back support.

Wading Staff – attach the [wading staff](#) with a lanyard over your shoulder and allow it to drift behind you for easy access.

Boots – [Boot selection](#) depends on the season; choose heavier stockingfoot boots for cold weather; lighter flats boot for warm weather.

Fly Rod/Small Streams – choose a 3-weight if fishing for fish up to 16,” casting dry flies and nymphs.

Fly Rod/Bigger Water – take a fast-action 5 or 6-weight rod for fishing the NC mountains and western states.

Fly Rod/Striper and Bass Fishing – consider an 8-weight although a 6- or 7-weight will serve you well most of the time.

Dry Flies – favorite dry flies include the [blue-winged olive](#), royal [wulff](#), and [elk wing caddis](#).



**Dry/Nymph//Terrestrial Fly Assortment**

Terrestrial flies - hoppers are excellent choices when they are around.

Nymph Flies – dry flies are popular but 75-90% of the trout diet is underwater insects. Nymphs are aquatic insects found in eastern and western waters. Choose [hare's ear nymph soft hackle](#), [prince nymph](#), [copper john](#), [gurgle bug](#), and [stone fly](#).



Terrestrial and Nymph Flies

Two-nymph fly rig – the double nymph rig includes a lead fly such as the gurgle bug or [woolly bugger](#) and a dropper fly such as the prince nymph. A rig used successfully on the Tuckasegee River was a double rig including a gurgle fly and a white worm. The latter was not a true fly but still caught a lot of trout.



Bass Flies – bass eat frogs, tadpoles, fish, etc. and flies are tied to imitate them. Poppers are very popular.



Bass Flies

Striped Bass Flies – the preferred fly is the [clouser](#), which is weighted and allows you to get to the bottom of the river column where stripers usually hold.

[Nippers](#) – click hyperlink.

[Pliers](#) – click hyperlink.

**Charlie White: Essential Gear for Fly Fishing on Saltwater (notably redfish and false albacore)**

Flotation Device – either a [fanny/belt pack](#) or [vest](#) model.

Binoculars – [binoculars](#) are handy for searching for birds to tell you where false albacore are and for searching for redfish tailing on the flats.

Polarized Sunglasses – green or amber lenses are popular; amber gives more definition.

[Cocoons](#) are a good choice to wear over prescription glasses.

Fly rod/False Albacore – choose a 10-weight rod.

False Albacore Flies – choose small flies as false albacore feed mainly on small minnows.

Fly rod/Redfish – choose an 8-weight rod.

Redfish Flies – Charlie particularly likes [purple toads](#) - preferably with a weed guard as you will be casting into short grass. Also use [shrimp](#) and [crab](#) fly imitations.

Landing Net – get a rubber net to avoid removing the protective slime from the fish.

[Boga Grip](#) – also handy for landing fish; tie a cork to the grip to prevent losing it should it fall overboard.

[Tyger Wire](#) – use for a toothy fish such as Spanish mackerel.

Pipe cleaners – use to wrap your dismantled rods.

Apparel – wear clothing that blends with the background, e.g., white, beige, and blue. Avoid bright colors.

**Jim White: Essential Gear for Saltwater Fly Fishing**

[Wide-brimmed Hat](#) – wear a wide brimmed hat to protect the back of your neck from the sun and a fly. Choose hats with a dark underside to reduce glare off the water.

[Side Cutter](#) – good for removing a hook if you hook yourself.

[Rain Gear](#) – choose a hooded rain jacket and rain pants that fit over your normal pants.

Rubber Gloves – protect your hands from cold weather and finny fish.

[Mosquito Head Net](#) – they work!

Tide Chart – check your local paper or find [online](#).

See attached list.

Respectfully submitted,

Forest Duncan

Secretary

**Essential Gear for Saltwater Fly Fishing**  
**Submitted by Jim White**  
**January 18, 2017**

**Gear**

- Rods**- 6-wt. through 12-wt. 8- and 9-wt. rods are most common. Use larger rods for big fish. Chico Fernandez uses a 6-wt. for Reds now and then, but he is Chico Fernandez.
- Line**- Weight Forward (WF), Intermediate (I) and Sink Tip (ST) are useful at various times
- Leaders & Tippets**- 50/40, 30, 25, 20, 16/12
- Bite Tippets** – wire or heavy mono
- Flies** – Clousers, Deceivers, Bendbacks, Enrico Puglisi-type minnows, poppers, crabs, shrimp, toads, small, medium and large flies, spoons, etc. Doesn't hurt to make hooks barbless- required in some locations.
- Colors**- chartreuse, white, brown, orange, black, red/white, and combinations of these
- Extra rods and reels** for changing conditions, different flies, and in case of breakage

**Gear Bag**

- **Cell phone** with weather and tide apps plus camera
- **Binoculars**
- **Mosquito net** that fits over a wide brim hat
- **Bug spray**
- **Extra mono & fluorocarbon for leaders**
- **Nippers and/or scissors for cutting knots**
- **Side Cutters** to clip hooks that get stuck in flesh
- **Hook sharpener**
- **Dry Bag** for keys, wallet, and stuff you don't want to lose or get wet
- **Rain gear**
- **Fishing license**
- **Extra tip-tops, glue, and lighter** to replace broken tips
- **Soft cloth to clean line if needed**
- **Extra pre-made leaders and tippets**

**Boat Equipment**

- **Hook Remover**
- **Rubber net**- hooks don't catch in the netting and easier on the fish
- **All required safety equipment**
- **Cooler** for snacks, drinks and any fish you decide to keep
- **Short gaff** to get weeds off your prop if you are going into the marsh (you can't gaff Reds)

**Clothing**

- **Sunscreen**
- **Wide Brim Hat**
- **Polarized sun glasses**- amber and gray
- **Flats boots, tennis shoes**
- **Rain Gear & Cold Weather Gear**

**Technique**

- **Practice casting 40'+ and under 40'**
- **Mark line**
- **Stripping basket** for your waist or the boat
- **Practice the shuffle step** to avoid surprising a sting ray
- **Remember to Strip Set the hook instead of simply lifting the rod**

Conway Bowman, in his book *The Orvis Guide to Beginning Saltwater Fly Fishing*, lists the following 14 essential items:

- Pliers**
- Tippet material (mono & fluorocarbon) in 20, 30, and 40 lb. test**
- Towel**- to clean up after releasing a fish
- Sunblock & Hat**
- Rain Gear**
- Super Glue** for cuts and repairing damaged equipment
- Duct Tape** for use on the stripping finger, broke reel seat, rod cases, and other items
- Anti-bacterial Cream**
- Gloves**
- Handheld scale**
- Hook sharpener**
- Handheld GPS**
- Headwear**
- Tackle bag**