



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

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

Club Business Meeting

Introduction of New Members and Guests – President Jim White recognized new member Doug Donaldson and welcomed guests Joe Bode, Dean Gayther, and Ron Harris.

Approval of Minutes - Members approved the October minutes.

Treasurer's Report – Tony Mangiapane reported we have \$4,686 in the bank.

Drawing of Donated Flies – Paul Askew was the lucky winner.

Trips and Activities

Georgetown, SC – volunteers are still needed to arrange the trip. Contact Jim if you are interested.

Masonboro Inlet near Wrightsville Beach, – Jim White reported fishing for false albacore on two occasions. The first trip spotted fish on the surface but they dived out of casting range as the boat approached. Two bluefish were caught on the second trip fishing along the jetties. Rick Enz caught 15-20 pounders on a recent trip to Cape Lookout; the world record is 36 pounds.

Christmas/Holiday/Annual Banquet & Awards – Saturday, December 16 – It will be held at the [St. James Plantation Members Club](#). Come for a fun evening, including a create-your-own-pasta buffet; the presentation of awards; and two raffles of an 8-weight fly rod; you must be a newcomer and be present to win. Spouses and significant others are encouraged to attend. Please RSVP by December 5th.

Old Business

Incoming president Ed Smith reviewed several upcoming events on the club's 2018 tentative schedule, including:

CFF Introduction to Fly Fishing Seminar, Wednesday, January 10

CFF Introduction to Fly Tying Seminar, February 3, 10:30 – 12:30 – sign up at the January meeting. The seminar is limited to six participants and will be geared to those who have not tied flies and do not have fly-tying tools. Experienced fly-tiers should await more advanced classes to be offered later in the year. The \$55 seminar fee covers the two-hour class, a basic set of fly-tying tools and materials you will take home with you - and the flies you tie in the class. The club will offer two additional classes later in the year.

[Beginning Fly-Tying Course](#) - Pechmann Fishing Education Center, Fayetteville, December 5, 6, and 7. Check their website periodically for courses to be offered in 2018 – such as fly tying, fly casting, and kayak fishing basics.

[2018 Saltwater Fishing Schools](#) – Oak Island Recreation Center, February 3 and 10. With the passing of Jimmy Price, Butch Foster of [Yeah Right Charters](#) has stepped up to partner with Jerry Dilsaver to present this annual education program. Don't miss it. It does not address fly fishing but you won't find a more informative program about local fishing.

Fishing Trips – Sign-up sheets were circulated for members to check-off fishing trips they wish to participate over the coming year. If you signed up for a trip, you will be contacted by the trip coordinator to organize the trip. Lodging and guides for the Montana trip must be committed by January; plans must be made well in advance for other trips if we expect to get good guides and lodging.

[Pesca Maya, Ascension Bay, Mexico](#) – six-day, seven-night trip fishing mainly for bonefish and snook, but maybe permit and tarpon, February 5-11. Hosted by Chicago Fly Fishing Outfitters. See website for more information. Contact Jim Larson if you are interested.

New Business

Kayak for Sale – Jack Collins has bought a new kayak and is selling his 2015 Jackson Kayak Cuda 12. Attached is a full description of the kayak and accompanying gear that comes with the “package.” For more information, contact Jack at mister01jack@gmail.com.

Boat for Sale – Jack Kelly is selling his 2001, 17-foot, K-Craft, with a 70 HP Yamaha. Contact Jim White if you are interested.

Roundtable

What's Biting – where, and on what?

Ron Ryll reported success fishing for trout from the Southport City Pier. Best times are 6:30 a.m. and 4 p.m. He used an [electric chicken MirrOlure](#).

PROGRAM: FALL AND WINTER FISHING

President Jim White moderated an open discussion on fall and winter fishing, addressing how to stay warm; what equipment to use; what fish to pursue, flies, and how to fish the flies.

How to Stay Warm

Cary Davidson discuss clothing he wears when winter fishing for salmon and steelhead in upper New York state. He recommends always wearing chest waders, cinching them tight to prevent them from filling with water if you fall.

Also wear a pair of boots with studs on the soles to avoid slipping. You can buy studded shoes or slip-on soles called [Korkers](#), an option he does not like as each foot weighs 5-10 pounds – and more when wet. Buy a size larger than you would normally as you will be wearing layers of socks you don't wear in summer.

Dress in layers and carry a backpack for clothing; as the day warms you will remove layers.

For your feet, wear three pairs of socks – a thin pair, a wool pair, and perhaps an intermediate pair. Knee-length nylon stockings can provide a good first layer.

Wear three layers under your chest waders, including long underwear, jeans, and, if you wish, a pair of sweats or insulated jeans.

Alternatively, wear [neoprene waders](#) and you can wear fewer layers underneath.

Wear four layers on your upper body, including long underwear, a shirt, sweatshirt, and jacket. Invest in a quality (\$200+), waterproof rain jacket. Get one with gaskets that seal up the wrists and neck. [L.L. Bean](#) makes a nice one. Patagonia and Simms are also good brands.

For your hands, wear garden gloves with the tips cut off to allow you to work the fly line. Carry more than one pair as they will get wet as you handle fish. [Simms foldover mitts](#) is another choice, although some find the flap to be a nuisance.

If fishing from a kayak or boat, as opposed to wading a stream, Forest Duncan recommends wearing a [dry suit](#) when the water temperature drops into the 50s. A stockingfoot dry suit has gaskets at the wrists and neck to prevent frigid water from contacting your skin if you fall into the water. Base layers include a Polartec [shirt](#) and [pants](#) and a pair of [wool socks](#). One can wear [wading boots](#) over the stocking feet.

Forest bought a dry suit after learning how one's body and mind react to falling into frigid water. Safety instructors describe this as the [1-10-1 Rule of Cold Water](#); an explanation is attached. Briefly, if you fall into frigid water, you have about 1 minute to decide what to do. Many people gulp a mouthful of water when they hit the water, disorienting them from the start. Then, you have about 10 minutes, depending on your weight, to respond – push the kayak/boat to the

shore? – leave it and go to shore? After about 10 minutes, your mind will tell you to swim but your arms and legs will not respond. You then have about 1 hour for the cold water to have its full effect and hyperthermia takes hold. You need to get to a dry bank and get into dry clothes within that hour. Make your fall and winter clothing decisions on the basis of the water temperature, not the air temperature.

Forest carries a change of clothes with him in his kayak and packages of [hand and toe warmers](#). He wears Simms foldover mitts or wool gloves with the fingertips cut off. For the head, a [buff](#) worn around the neck and over a cap is an excellent windbreaker that keeps your head surprisingly warm. A [life vest](#) is worn year around. If you wear the inflatable type, consider the style that inflates automatically if you fall overboard. Also consider a [float coat](#).

Jim White wears a [Permaloft shell jacket](#) under his [Simms rain jacket](#). The shell jacket retains 80% heat even when wet. Consider wearing [Simms Skeena gloves](#) in winter; they are made of neoprene; the sizing runs small. Korkers may not be popular for some when wading but keep one's feet warm on a boat, along with a couple of pair of warm socks. For the head, wear a warm wool cap. If you expect heavy rain, wear a [Sou'Wester hat](#).

If the weather is not real cold, wear a pair of [rain pants](#) over your regular pants. They keep the wind as well as the rain off.

What Equipment to Use

Cary never enters a stream in winter without a [walking stick](#); three legs are safer than two. The walking stick can save your life. Consider one that is collapsible and has a holster.

If fishing the backcountry, take along survival gear such as a solar blanket, compass, waterproof matches, knife, and hand/toe warmers among other items.

If using a power boat, connect the [kill switch lanyard](#) to your life vest. In the event you fall overboard, the lanyard will turn off the motor, preventing you from being injured by the propeller.

Wear a [finger stripping guard](#) over your retrieving finger to protect it, especially if fishing in cold water.

A neckerchief can serve to protect your skin and be used as a tourniquet if necessary.

Don't forget lip balm to prevent your lips drying and cracking.

What Fish to Pursue

Cary fishes for salmon and steelhead in upper New York state except December, January and February when it is too cold and icy. Don't risk falling in frigid stream waters, even if it is only knee-deep.

Flies

Cary fishes a small [egg pattern](#) three inches above the hook. [Wooly Buggers](#), [Hornbergs](#), and [Spring Wiggles](#) (purple is good) also work.

Favorite redfish flies are the [purple or black toad](#). Fish it slowly as the fish will be lethargic due to the cold weather.

How to Fish the Flies

For salmon and steelhead fishing, Cary recommends a 9 foot, 7-8 weight rod with 20lb test leader and sink-tip or weighted fly line. Use a Spey rod if fishing bigger water.

If fishing for trout, use smaller flies and nymphs with 18-22 size hooks. Use an 8-10' or 10-12' leader with 4x tippet as trout are line shy on the Salmon River.

For redfish, choose an 8-9 weight rod - a 10 weight is overkill. Use 20 lb leader. Fish the falling tide and the rising tide until it is too high to see the fish tailing. Target mud banks and oysters as they warm up on low tide and warm the water as the tide begins to rise. [Allen Cain](#) found redfish in a small, shallow bay with oysters last winter; one must approach them stealthy to avoid spooking them. On the other hand, the fish are so cold and lethargic, you may be able to make shorter cast than you would otherwise.

It is helpful to hire a guide if flyfishing for redfish in the winter. The fish are schooled up and are found in only about 1% of the water area – as opposed to 10% in other seasons.

If the guides on your rod collect ice, dip the rod in the water or put Vaseline petroleum jelly or lip balm on the guides.

Respectfully submitted,
Forest Duncan
Secretary

Visit your [club website](#) - members only code is Fish4Reds.

The 1-10-1 Rule of Cold Water

Research has found that when a person falls into very cold water, his body goes through a fairly predictable sequence in reaction to the submersion. Knowing the natural progression can help you react appropriately, giving you the best chance of survival.

1 Minute to Control Your Breathing

As I described earlier, as soon as your body falls into extremely cold water, your natural inclination is to gasp, sometimes violently. The cold is a shocking to your system is your body reacts by sucking in air quickly.

If you're not careful, the next 60 seconds could spiral out of control quickly. Your body begins taking very rapid and sometimes deep breaths known as hyperventilation. This causes your body to exhale more carbon dioxide than normal and that, paradoxically, reduces the amount of oxygen to your brain. If not controlled, you'll pass out and drown.

So, it's critical that within the first 60 seconds of exposure to the cold water, you control your breathing. It won't be easily, but it's your number one priority.

10 Minutes of Manual Dexterity

Once you've controlled your breathing, another clock begins ticking. Your body begins adjusting to the new temperature. It attempts to keep your core body temperature at safe levels so it reduces the blood supply to the extremities where narrow capillaries near the skin's surface will hasten heat loss.

As less blood become available at the extremities, your fingers begin to numb and you cannot control them as well. Simple tasks such as putting on a life preserver become difficult, if not impossible.

Swimming seems like a good idea, after all, it'll raise your temperature as you exert yourself. In fact, it's seldom a good idea. As your heart pumps blood into the extremities, it quickens your heat loss since the blood returns back to your core very cold. Besides, few people can swim a long distance in cold water. If you are close to the shore, this may be a good idea.

1 Hour Until Hypothermia

The final countdown is for hypothermia. An hour after plunging into extremely cold water, most people begin to suffer the effects of hypothermia, including losing consciousness.

Of course this is just a round figure that will change with the temperature of the water, the body mass index of the individual, and the clothing they are wearing. In ice water, survival can be as short as 45 minutes. With water temperatures in the 50'sF, survivals can last several hours.

What to Do

If you fall into cold water, knowing the effects can help you plan and survive. If you've broken through ice, getting out quickly is critical. Find the strongest part of the ice and begin trying to haul yourself out of the water. Use your arms to push up while simultaneously kicking your legs. Get your body onto the ice and then slide the rest of yourself (your legs) onto the ice as well.

Once you've gotten out of the ice, slide or roll away from the hole; don't stand up immediately as that may break the ice again. You want to distribute your weight over as much of the ice as possible.

If you've fallen overboard, conserving heat is key. Use a Personal Floatation Device if possible and ball up to conserve your body heat. If you are in the water with multiple people, a group hug helps to keep you all warmer, longer.

KAYAK FOR SALE

This is a complete kayak fishing package. Included are:

Sit upon fishing kayak – Jackson Kayak Cuda 12 (2015) that contains:

- Jackson's Elite two-position seat with Thermarest Lumbar Support and Seatback Storage Pouch
- Center Storage Compartment
- Six Scupper Plugs
- Two RAM Tough Tube rod holders
- Two 18" utility tracks
- RAM's Screwball track mounted Rod Holder Model No 2007
- Extra Long Stand-Up Strap

Extras include:

- Sea-Lect Design Anchor Trolley from Yak Attack
- Greater Outdoor Provision Co. collapsible anchor
- Aqua-Bound Sting-Ray Hybrid Paddle (230 cm) with carbon shank
- Launching Cart by Sea-to-Summit
- Assault Backwater hand paddle
- Paddle Sport folding spare paddle
- Yak Attack Visicarbon Pro Safety flag and light
- Stohlquist fishing vest PFD (personal flotation device) in Large/Xlarge
- Rolling Storage Rack (DIY)
- Truck Bed Extender for transporting

Asking \$1500. For more information, contact Jack Collins at mister01jack@gmail.com.