

FIRST COAST FLY FISHERS



September 2010

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Cover Fly: Tinkerbelle Bart Isaac



Elusive Fish: The Reluctant Sheepshead

Scientists know them as *Archosargus probatocephalus*, but you've called them sheepshead all your life. Fly fishers call them the poor man's permit because they're not easy to hook, but they're a blast when you do.



LEFT. SHEEPSHEAD CHOPPERS BY DON EDLIN:
ABOVE. ERNIE MANCILL'S GRASS CAUGHT SHEEPSHEAD

Flood Tide Outings A Big Success



MIKE HARRINGTON WITH FIRST FLOOD TIDE REDFISH

by Rob Benardo

Our Cedar Point September outing was a big success. We had a great turnout, the tide flooded the flats nicely and three of our members caught their first red fish in the grass. Mike McQuiston took out first-time grass man Mike Harrigan and put him on his first ever red in the grass, a 27" full size red that he will never forget.

Dave Borries took two raffle winners, Buddy Price and Bart Isaac, on a quest for fish of all species. They cov-

er the ocean beaches from Mayport to Fernandina in search of tarpon. They hit the wreck off Talbot for spanish and ladyfish. And when Dave felt the tide was right he turned the boat toward the flooded flats that he knows so well. Dave has a history of guiding fisherman to their first fly caught red fish and he added another happy angler to his list when he help Bud catch his first sight-fished red in the grass.

I fished from my kayak and Bob Connery decided to come along with me. We made our way to an area I hoped would flood but we were early. We waited on the tide while a nasty storm threatened to kill us where we stood. The tide slowly covered our flat but it just didn't feel right to me so we moved. The next flat was better. There were three fish tailing and Bob got into position, but the fish knew we were there and didn't give him much of a chance. Bob was waiting on those fish to show themselves while I was getting back in my boat. I told him we needed to keep moving and sure enough the next flat had a happy fish splashing up a storm. Bob skillfully dropped his fly in front of that fish, gave his Dupree spoon a little twitch and whamo fish on. We had another first – and that made three first time catches.

Back at the ramp I set up the barbecue and started to feed the hungry crew. We all had stories to tell and advice to share. Pictures were taken, hands were shaken. The comradely was so thick you could have put it on a hook. It was hot and muggy, we were wet and tired but no one left hungry. As the crowd thinned and I started packing up I wonder whether it would flood again tomorrow.

ABOVE. TWO FIRST TIMERS SHARE A SMILE; BELOW. MIKE HEAD REGALES BBQ-ERS AFTER LAST MONTH'S FLOOD OUTING.



SPLENDID SHARING

Redfishing the Spartina Flats with First Coast Fly Fishers

by **Ken Hofmeister**,
Suncoast Fly Fishers, Tampa

John Adams, a member of both Suncoast and First Coast Fly Fishers, invited Ken Doty and Ken Hofmeister to fish the high tide North of Jacksonville with some other First Coast Fly Fishers. What an incredible experience!

I've been to a few club meetings and fished with a few fly fishers before; but, never have I experienced such remarkable hospitality and help. We were met at the launch site by several First Coast Fly Fishing members waving fly rods and pressing their favorite flies into our hands.

We were given Tinkerbelle from Bart Issac, Shrimp Fly from John Adams, and Spoon Fly from Mike McQuiston. All flies had produced impressively earlier in the week. How could we miss? This was a "pre-outing warm up" prior to the Saturday scheduled outing. Such enthusiasm! Outrageous camaraderie! Splendid sharing of tips, techniques, tools, and tackle overwhelmed us.

Robert Bernado, president of First Coast Fly Fishers, took Ken Hof-



FCFF PRES ROB BENARDO POLES A FORT GEORGE FLAT WITH MEMBERS OF THE SUNCOAST FLY FISHERS

meister and John Adams on a sightseeing tour of the spartina grass at high tide. Bart Isaac mentored Ken Doty. We paddled kayaks about four and a half miles in search of tailing reds.

HANDS ON LEARNING

“Can’t you see that fish?” said Rob. I couldn’t, but I would learn to eventually spot the slight wake and moving grass even when they didn’t tail. I also learned that you’d better stop a kayak before you cast or you’ll not be able to strip the fly properly. Leading the fish meant learning which way he was going and that day you needed to cast rapidly and accurately. Much to my chagrin, I did neither. After tangling leader in rod tip, I asked Rob to get the fish. He, of course, did. Stealth is a good thing. Telling isn’t teaching, listening isn’t learning. But doing it and getting feedback with coaching was beginning to pay off—albeit slowly.

Ken Doty was getting his education from Bart Isaac, tier of Tinkerbelle. Tinkerbelle came through for Bart with a nice red. Ken learned a few things about fishing the spartina on a tough day. We never saw people “dismount” from standing on kayaks like these guys. Nor did we try to emulate that trick at our age.

“You should have been here earlier in the week” was a common phrase heard at the tailgate lunch stop. They acknowledged that this was a tough day and more fish were caught earlier in the week. Ann and Bill Lott each got one after a lengthy search.

HOLD ON LEARNING

Day two of our education featured John Adams taking Ken Doty and Mike McQuiston taking Ken Hofmeister for a foray from St. Augustine to Pine Island. Mike, a former Navy pilot and airline pilot, “flew” the flats while I held on. At that speed he still recognized every fly fisher on the river. We saw tailing reds feeding, and casting was better, but catching was beyond Mike and Ken Hofmeister that day. John Adams watched Ken Doty hunt, spot, and catch two reds! Triumph! We were learning this stuff. We also learned to get off the flats before the tide does or be prepared to eat fiddler crabs and grasshoppers for lunch and supper. John showed us how to read a “Google earth map” for the waters we had fished after dinner.

HOSPITALITY BEYOND DESCRIPTION

Ken Doty said, “Those First Coast Fly Fishers did everything but hook one and put the rod in your hand to see that you caught a fish.” The coaching was first class. The enthusiasm was contagious. The First Coast Fly Fishing Club welcomed a couple of Suncoast Fly Fishers like long lost cousins at the family reunion.

Sherry Adams saw to it that we ate well and behaved reasonably. John Adams constantly pro-

(Continued on page 11)



**KEN DOTY WITH FIRST
SPARTINA FLATS REDFISH**



It's September!

School is back in session.

And the redfish are in the grass.

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Northeast Florida than these fine sponsors of
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www.saltyfeather.com
(904) 645-8998

Capt. David Borries
www.backwaterfishingadventures.com
(904) 708-8915



Redfish are tailing in the grass and the weather is getting cooler. That means the *holidays* are right around the corner!

David Lambert, MCJ
www.onwaterjournal.com

It is not too early to start hinting about what is on your holiday wish list.

Capt. Larry Miniard
www.larryminiard.com.com
(904) 285-5373

Be sure to check out these fine establishments for all your fly fishing and *holiday* gift giving needs.

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Capt. James Dummas
www.drummancharters.com
(904) 687-9498





The Long Walk To Find Fish

Photo: David Lambert

Sharing the Flats

(continued from page 7)

vided just the right nudge or hint to see that we were getting a good orientation to their waters. When the fly fishing for bluegill resulted in one fish (they were stuffed from feeding on river shrimp), John took us on his dock where he and Ken Doty filled a 48 quart cooler with shrimp in an hour and a half! Boiled shrimp with fried alligator appetizers was served for supper the next night.

TRANSFER OF TRAINING

As an educator in a previous life, I knew the value of “transfer of training” where you took the skills and knowledge you learned and applied them to your situation—constantly improving with positive practice. We’ll certainly be better at fishing future Spartina grass flats and our home waters for reds.

But, we’ll also be finer sportsmen for this experience. We now have a benchmark for first class hospitality and friendliness. John demonstrated remarkable fishing etiquette that was followed by an on-line amend for possibly coming too close to another fly fisher. FCFE fellows share their fishing reports with each other on the clubs’ web forum. Sharing of tips, flies, and eyes is what makes fly fishers a different breed of cat. Sharing the spirit of a club is something else. That’s priceless. I can only hope that Sun-coast Fly Fishers can begin to share the spirit of our club like these guys from First Coast did with us. Let’s hope they come south and give us a chance for SFF’s finest to show them a few of our best fishing spots and tricks.

Ken Hofmeister



*Redfish Brown Spoon
Photo by Mike McQuiston*

MEETING OUTINGS **FISHING** MEETING OUTINGS

- **October Meeting, Monday, Oct. 4:** Capt. Larry Miniard Speaks on Fishing Palm Valley from Marineland to JTB. Learn tips for fishing the flooded grass in the Valley & St. A
- **Pre-Outing BBQ, Friday Oct. 8 - 5 p.m.** Salty Feather, with prizes, Burgers and Drinks
- **October Tailing Redfish Outing -- Sat. October 9, 6.22 10:30 a.m.** tide.
- **Southpoint Marriott, 7 p.m.**

Tides - September

September 2010 Bar Pilot Dock, St. Johns River, Florida ,30.3967° N, 81.4300° W

Day	High	Low	High	Low	High	Phase	Sunrise	Sunset	Moonrise	Moonset
Wed 01	01:50 AM 4.38 ft	07:38 AM 0.86 ft	02:27 PM 5.03 ft	08:39 PM 1.37 ft		Last Quarter	07:02 AM	07:48 PM		02:13 PM
Thu 02	02:46 AM 4.35 ft	08:40 AM 0.81 ft	03:31 PM 5.10 ft	09:43 PM 1.25 ft			07:02 AM	07:47 PM	12:33 AM	03:11 PM
Fri 03	03:52 AM 4.38 ft	09:45 AM 0.67 ft	04:39 PM 5.22 ft	10:46 PM 1.01 ft			07:03 AM	07:46 PM	01:32 AM	04:05 PM
Sat 04	05:03 AM 4.52 ft	10:51 AM 0.45 ft	05:44 PM 5.41 ft	11:46 PM 0.67 ft			07:04 AM	07:44 PM	02:36 AM	04:55 PM
Sun 05	06:09 AM 4.77 ft	11:55 AM 0.16 ft	06:44 PM 5.60 ft				07:04 AM	07:43 PM	03:45 AM	05:40 PM
Mon 06		12:42 AM 0.26 ft	07:09 AM 5.09 ft	12:57 PM -0.15 ft	07:39 PM 5.76 ft		07:05 AM	07:42 PM	04:55 AM	06:22 PM
Tue 07		01:34 AM -0.14 ft	08:06 AM 5.41 ft	01:54 PM -0.40 ft	08:31 PM 5.83 ft		07:05 AM	07:41 PM	06:06 AM	07:01 PM
Wed 08		02:24 AM -0.46 ft	09:00 AM 5.68 ft	02:49 PM -0.55 ft	09:22 PM 5.80 ft	New Moon	07:06 AM	07:39 PM	07:16 AM	07:38 PM
Thu 09		03:11 AM -0.64 ft	09:53 AM 5.87 ft	03:42 PM -0.53 ft	10:13 PM 5.69 ft		07:06 AM	07:38 PM	08:25 AM	08:16 PM
Fri 10		03:58 AM -0.65 ft	10:45 AM 5.94 ft	04:35 PM -0.35 ft	11:04 PM 5.51 ft		07:07 AM	07:37 PM	09:34 AM	08:55 PM
Sat 11		04:46 AM -0.47 ft	11:38 AM 5.91 ft	05:31 PM -0.04 ft	11:55 PM 5.28 ft		07:07 AM	07:36 PM	10:42 AM	09:38 PM
Sun 12		05:37 AM -0.16 ft	12:31 PM 5.78 ft	06:29 PM 0.33 ft			07:08 AM	07:34 PM	11:49 AM	10:24 PM
Mon 13	12:47 AM 5.05 ft	06:32 AM 0.21 ft	01:26 PM 5.60 ft	07:32 PM 0.67 ft			07:09 AM	07:33 PM	12:53 PM	11:14 PM
Tue 14	01:42 AM 4.83 ft	07:33 AM 0.57 ft	02:25 PM 5.41 ft	08:35 PM 0.94 ft			07:09 AM	07:32 PM	01:52 PM	
Wed 15	02:40 AM 4.66 ft	08:36 AM 0.84 ft	03:27 PM 5.26 ft	09:35 PM 1.11 ft		First Quarter	07:10 AM	07:31 PM	02:45 PM	12:08 AM
Thu 16	03:42 AM 4.58 ft	09:37 AM 1.01 ft	04:29 PM 5.19 ft	10:31 PM 1.18 ft			07:10 AM	07:29 PM	03:31 PM	01:04 AM
Fri 17	04:44 AM 4.58 ft	10:35 AM 1.09 ft	05:27 PM 5.19 ft	11:24 PM 1.17 ft			07:11 AM	07:28 PM	04:12 PM	02:01 AM
Sat 18	05:41 AM 4.67 ft	11:29 AM 1.08 ft	06:17 PM 5.21 ft				07:11 AM	07:27 PM	04:48 PM	02:57 AM
Sun 19		12:12 AM 1.09 ft	06:32 AM 4.79 ft	12:20 PM 1.02 ft	07:01 PM 5.22 ft		07:12 AM	07:26 PM	05:20 PM	03:52 AM
Mon 20		12:57 AM 0.97 ft	07:17 AM 4.93 ft	01:07 PM 0.92 ft	07:41 PM 5.21 ft		07:12 AM	07:24 PM	05:50 PM	04:46 AM
Tue 21		01:37 AM 0.83 ft	07:58 AM 5.05 ft	01:51 PM 0.83 ft	08:18 PM 5.18 ft		07:13 AM	07:23 PM	06:19 PM	05:39 AM
Wed 22		02:13 AM 0.72 ft	08:36 AM 5.16 ft	02:30 PM 0.77 ft	08:53 PM 5.11 ft		07:14 AM	07:22 PM	06:47 PM	06:32 AM
Thu 23		02:45 AM 0.65 ft	09:13 AM 5.24 ft	03:06 PM 0.76 ft	09:28 PM 5.03 ft	Full Moon	07:14 AM	07:21 PM	07:16 PM	07:25 AM
Fri 24		03:14 AM 0.63 ft	09:48 AM 5.29 ft	03:40 PM 0.81 ft	10:04 PM 4.94 ft		07:15 AM	07:19 PM	07:46 PM	08:19 AM
Sat 25		03:42 AM 0.66 ft	10:24 AM 5.31 ft	04:12 PM 0.91 ft	10:40 PM 4.85 ft		07:15 AM	07:18 PM	08:20 PM	09:14 AM
Sun 26		04:11 AM 0.71 ft	11:00 AM 5.33 ft	04:47 PM 1.05 ft	11:17 PM 4.76 ft		07:16 AM	07:17 PM	08:57 PM	10:10 AM
Mon 27		04:45 AM 0.80 ft	11:39 AM 5.34 ft	05:26 PM 1.21 ft	11:57 PM 4.70 ft		07:16 AM	07:16 PM	09:40 PM	11:08 AM
Tue 28		05:26 AM 0.90 ft	12:22 PM 5.35 ft	06:14 PM 1.36 ft			07:17 AM	07:14 PM	10:29 PM	12:06 PM
Wed 29	12:41 AM 4.65 ft	06:15 AM 1.01 ft	01:10 PM 5.35 ft	07:11 PM 1.47 ft			07:18 AM	07:13 PM	11:24 PM	01:03 PM
Thu 30	01:31 AM 4.63 ft	07:14 AM 1.08 ft	02:06 PM 5.36 ft	08:16 PM 1.46 ft		Last Quarter	07:18 AM	07:12 PM		01:57 PM

September & October Tides

October 2010 Bar Pilot Dock, St. Johns River, Florida, 30.3967° N, 81.4300° W

Day	High	Low	High	Low	High	Phase	Sunrise	Sunset	Moonrise	Moonset
Fri 01	02:30 AM 4.65 ft	08:20 AM 1.07 ft	03:09 PM 5.39 ft	09:21 PM 1.32 ft			07:19 AM	07:11 PM	12:24 AM	02:47 PM
Sat 02	03:38 AM 4.75 ft	09:30 AM 0.95 ft	04:17 PM 5.47 ft	10:23 PM 1.05 ft			07:19 AM	07:09 PM	01:29 AM	03:33 PM
Sun 03	04:49 AM 4.97 ft	10:38 AM 0.74 ft	05:23 PM 5.59 ft	11:21 PM 0.70 ft			07:20 AM	07:08 PM	02:36 AM	04:14 PM
Mon 04	05:54 AM 5.29 ft	11:43 AM 0.46 ft	06:22 PM 5.71 ft				07:20 AM	07:07 PM	03:44 AM	04:53 PM
Tue 05		12:16 AM 0.31 ft	06:53 AM 5.63 ft	12:44 PM 0.16 ft	07:17 PM 5.78 ft		07:21 AM	07:06 PM	04:52 AM	05:30 PM
Wed 06		01:08 AM -0.05 ft	07:48 AM 5.94 ft	01:41 PM -0.09 ft	08:09 PM 5.79 ft		07:22 AM	07:04 PM	06:00 AM	06:08 PM
Thu 07		01:58 AM -0.31 ft	08:41 AM 6.16 ft	02:35 PM -0.24 ft	09:01 PM 5.72 ft	New Moon	07:22 AM	07:03 PM	07:10 AM	06:46 PM
Fri 08		02:46 AM -0.44 ft	09:33 AM 6.25 ft	03:27 PM -0.25 ft	09:51 PM 5.59 ft		07:23 AM	07:02 PM	08:19 AM	07:28 PM
Sat 09		03:33 AM -0.40 ft	10:24 AM 6.22 ft	04:18 PM -0.09 ft	10:42 PM 5.42 ft		07:24 AM	07:01 PM	09:28 AM	08:14 PM
Sun 10		04:20 AM -0.19 ft	11:15 AM 6.09 ft	05:10 PM 0.19 ft	11:32 PM 5.22 ft		07:24 AM	07:00 PM	10:35 AM	09:04 PM
Mon 11		05:10 AM 0.15 ft	12:06 PM 5.89 ft	06:06 PM 0.55 ft			07:25 AM	06:59 PM	11:38 AM	09:58 PM
Tue 12	12:23 AM 5.03 ft	06:03 AM 0.54 ft	12:59 PM 5.65 ft	07:05 PM 0.89 ft			07:25 AM	06:57 PM	12:35 PM	10:54 PM
Wed 13	01:16 AM 4.86 ft	07:02 AM 0.92 ft	01:53 PM 5.44 ft	08:05 PM 1.16 ft			07:26 AM	06:56 PM	01:25 PM	11:52 PM
Thu 14	02:11 AM 4.74 ft	08:06 AM 1.21 ft	02:50 PM 5.26 ft	09:04 PM 1.32 ft		First Quarter	07:27 AM	06:55 PM	02:09 PM	
Fri 15	03:09 AM 4.69 ft	09:08 AM 1.38 ft	03:48 PM 5.16 ft	09:58 PM 1.38 ft			07:27 AM	06:54 PM	02:47 PM	12:50 AM
Sat 16	04:09 AM 4.73 ft	10:06 AM 1.45 ft	04:44 PM 5.12 ft	10:47 PM 1.35 ft			07:28 AM	06:53 PM	03:21 PM	01:46 AM
Sun 17	05:06 AM 4.84 ft	11:00 AM 1.43 ft	05:34 PM 5.10 ft	11:33 PM 1.27 ft			07:29 AM	06:52 PM	03:52 PM	02:40 AM
Mon 18	05:57 AM 5.00 ft	11:51 AM 1.35 ft	06:19 PM 5.10 ft				07:29 AM	06:51 PM	04:21 PM	03:33 AM
Tue 19		12:16 AM 1.14 ft	06:42 AM 5.16 ft	12:39 PM 1.23 ft	07:01 PM 5.08 ft		07:30 AM	06:50 PM	04:49 PM	04:26 AM
Wed 20		12:56 AM 1.00 ft	07:24 AM 5.31 ft	01:23 PM 1.09 ft	07:40 PM 5.05 ft		07:31 AM	06:49 PM	05:18 PM	05:19 AM
Thu 21		01:32 AM 0.86 ft	08:02 AM 5.42 ft	02:03 PM 0.96 ft	08:18 PM 5.00 ft		07:32 AM	06:48 PM	05:48 PM	06:12 AM
Fri 22		02:05 AM 0.74 ft	08:40 AM 5.50 ft	02:41 PM 0.87 ft	08:56 PM 4.93 ft	Full Moon	07:32 AM	06:47 PM	06:21 PM	07:07 AM
Sat 23		02:37 AM 0.65 ft	09:18 AM 5.53 ft	03:16 PM 0.84 ft	09:34 PM 4.86 ft		07:33 AM	06:46 PM	06:58 PM	08:04 AM
Sun 24		03:08 AM 0.60 ft	09:56 AM 5.55 ft	03:50 PM 0.86 ft	10:14 PM 4.79 ft		07:34 AM	06:45 PM	07:39 PM	09:02 AM
Mon 25		03:42 AM 0.60 ft	10:36 AM 5.54 ft	04:27 PM 0.93 ft	10:55 PM 4.73 ft		07:34 AM	06:44 PM	08:27 PM	10:01 AM
Tue 26		04:21 AM 0.65 ft	11:18 AM 5.53 ft	05:08 PM 1.03 ft	11:39 PM 4.69 ft		07:35 AM	06:43 PM	09:20 PM	10:59 AM
Wed 27		05:05 AM 0.75 ft	12:04 PM 5.51 ft	05:57 PM 1.14 ft			07:36 AM	06:42 PM	10:19 PM	11:53 AM
Thu 28	12:27 AM 4.68 ft	05:57 AM 0.87 ft	12:54 PM 5.49 ft	06:54 PM 1.21 ft			07:37 AM	06:41 PM	11:21 PM	12:44 PM
Fri 29	01:21 AM 4.71 ft	06:58 AM 0.99 ft	01:50 PM 5.45 ft	07:58 PM 1.17 ft			07:37 AM	06:40 PM		01:30 PM
Sat 30	02:21 AM 4.78 ft	08:08 AM 1.03 ft	02:51 PM 5.42 ft	09:01 PM 1.01 ft		Last Quarter	07:38 AM	06:39 PM	12:26 AM	02:11 PM
Sun 31	03:28 AM 4.94 ft	09:20 AM 0.95 ft	03:56 PM 5.40 ft	10:01 PM 0.76 ft			07:39 AM	06:38 PM	01:31 AM	02:50 PM





Flooding Photos:

LEFT, MORNING FLAT, WAITING THE FISH, BY BART ISAAC;
TOP - UPSTANDING FCFF-ER BRAD BRAVO; TOP RIGHT - RID FISH AT DUSK, BART ISAAC;
RIGHT -- CAPT. DAVID BORRIES PHOTOS BUDDY PRICE, BART ISAAC.



Flooding Photos:

TOP LEFT, MORNING FLAT BART ISAAC; TOP RIGHT - WOODY HUBAND AND JOHN ADAMS; RIGHT - MIKE MC-QUISTON'S SHEEPSHEAD; LEFT - DON EDLIN AND GRASS RED;





TRAVEL



TECHNIQUES



REDFISH

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 - CLICK ON SUBMIT
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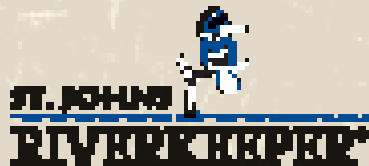
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Statewide Fly Fishing Expo, Oct 22-23

The Florida Council FFF presents the third annual *Florida Fly Fishing Expo* Friday and Saturday, Oct. 22-23 in Ramada Inn Celebration Inn Orlando. Come join hundreds of the states best fly casters and fly tyers and learn about the unique and varied fly fishing opportunities in our beautiful state.

- **TOP FLY FISHING EXPERTS, WRITERS, AUTHORS, FLY CASTERS, CHARTER CAPTAINS, AND FLY TYERS FROM FLORIDA AND THE U.S. INCLUDING JON CAVE, GORDY HILL, DAVE JOHNSON, JOE MAHLER, KATHY GUIDON, CAPT. MEL SIMPSON, DUSTY SPRAGUE, ERIC COOK, DAVID LAMBERT, JIM PENROD AND LITERALLY DOZENS MORE**
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- **WATCH AND LEARN FROM THE BEST FLY TYERS IN THE COUNTRY.**
- **CAST WITH MASTER FLY CASTERS FROM AND SOME OF THE BEST INSTRUCTORS AND GUIDES IN THE REGION.**
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This is a social event so bring family and friends. Plan to attend the Friday night bar-b-que and a huge banquet/raffle/auction on Saturday evening.

Mark your calendars now for the Florida Fly Expo, Oct 23-23. <http://fff-florida.org/expo.htm>

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