

# FIRST COAST FLY FISHERS

AUGUST 2013





# August 2013 Meeting

## Monday August 5th, 2013 at 7<sup>PM</sup>

### Southpoint Marriott

**Speaker: Capt David Borries**

**Topic: Unlocking the Hidden  
Secrets of Pablo Creek**

For over 20 years, Captain David Borries has been a stable on the waters in and around Northeast Florida. Recently, his no-frills trips to the Bahamas have become legendary for the anglers looking for an inexpensive trip to the tropics to target bonefish, tarpon and permit.

This month, Captain Borries will be discussing how to **unlock the secrets of Jacksonville's Pablo Creek.**



Captain Borries is a U.S. Coast Guard Licensed Captain who specializes in in-shore light tackle and fly fishing. He has been fishing northeast Florida for over 20 years and has been a full-time guide for over 10 years. As a kid growing up in Biloxi, Mississippi, his fondest memories are fishing with his father out of a wooden row boat. He is a staff writer for *Onshore-Offshore Magazine* and has written for magazines like *Redfish Nation* and *The Jacksonville Fisherman*. He has been featured in *Florida Sportsman* and *The Times Union* articles by Joe Julavits and *Trailer Boats Magazine* by Jim Hendricks. He has appeared on local TV- Fun Fishing With Jim Hammond and is a weekly guest on The Florida Sportsman radio show hosted by Rick Ryles. Capt David has been a guide for the Redbone Oldest City Red-Trout Celebrity Tournament since 2002 when he won guide to the grand champion angler, first runner-up angler, team champion and largest redfish. During the 2004 tournament, his Client took the largest trout, in 2005 he guided the first runner up; and 2006 he was the guide for largest redfish caught during the tournament. However, Capt. David feels his biggest accomplishments are helping local charities and turning young kids on to fishing.

To schedule a trip with Captain Borries, you can reach him at **904-708-8915.**

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#### On the Cover:

South Fork of the King River, Paradise Valley, California  
Photograph by: Jason Sheasley

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# NOAA-SUPPORTED SCIENTISTS FIND LARGE GULF DEAD ZONE, BUT SMALLER THAN PREDICTED

## Heavy rains increase nutrient pollution flow down Mississippi River

**NOAA**-supported scientists found a large Gulf of Mexico oxygen-free or hypoxic “dead” zone, but not as large as had been predicted. Measuring 5,840 square miles, an area the size of Connecticut, the 2013 Gulf dead zone indicates nutrients from the Mississippi River watershed are continuing to affect the nation’s commercial and recreational marine resources in the Gulf.

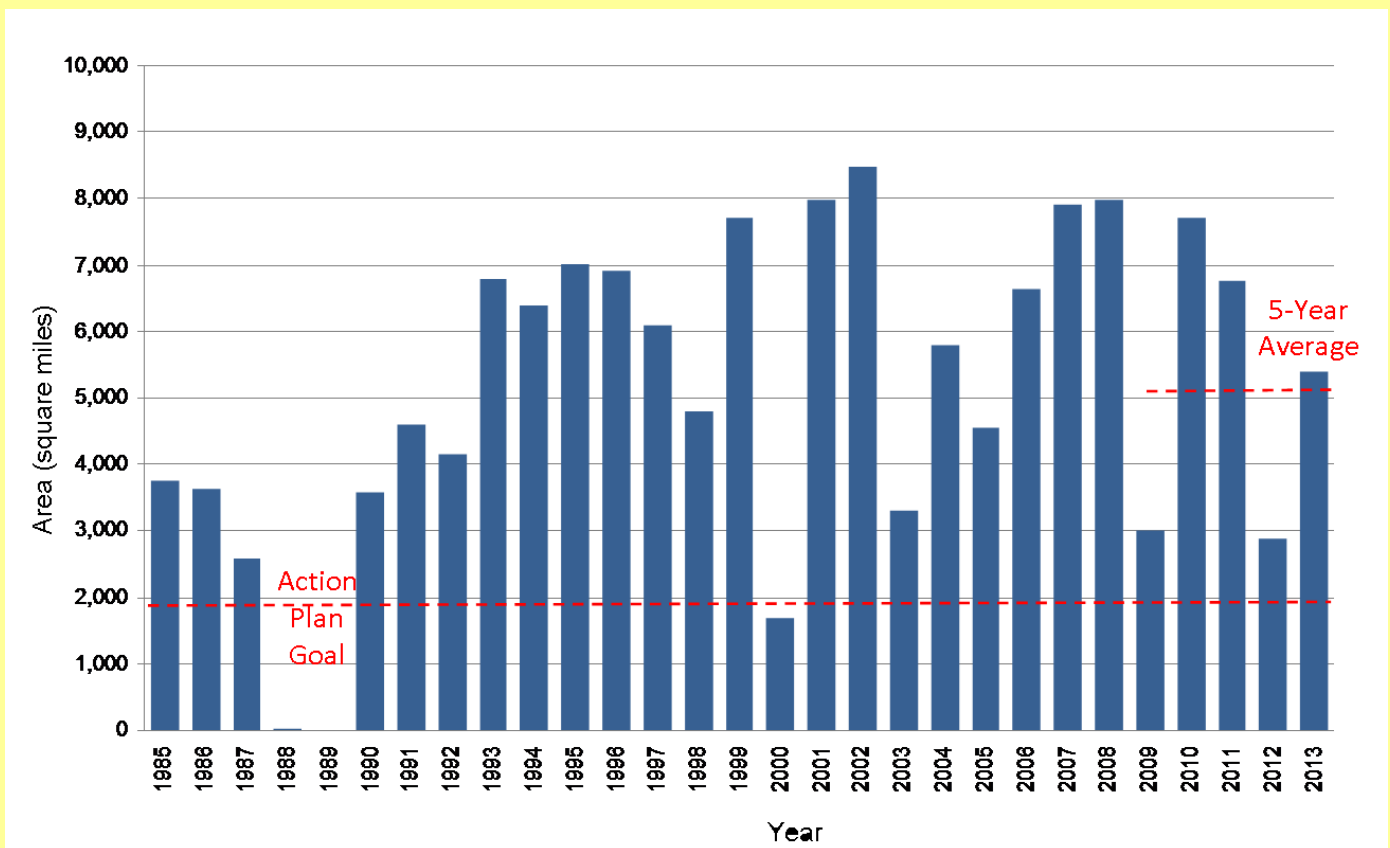
“A near-record area was expected because of wet spring conditions in the Mississippi watershed and the resultant high river flows which deliver large amounts of nutrients,” said Nancy Rabalais, Ph.D. executive director of the [Louisiana Universities Marine Consortium \(LUMCON\)](#), who led the July 21-28 survey cruise. “But nature’s wind-mixing events and winds forcing the mass of low oxygen water towards the east resulted in a slightly above average bottom footprint.”

Hypoxia is fueled by nutrient runoff from agricultural and other human activities in the watershed. These nutrients stimulate an overgrowth of algae that sinks, de-

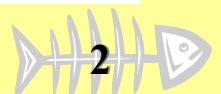
composes and consumes most of the oxygen needed to support life. Normally the low or no oxygen area is found closer to the Gulf floor as the decaying algae settle towards the bottom. This year researchers found many areas across the Gulf where oxygen conditions were severely low at the bottom and animals normally found at the seabed were swimming at the surface.

This is in contrast to 2012, when drought conditions resulted in the fourth smallest dead zones on record, measuring 2,889 square miles, an area slightly larger than Delaware. The largest previous dead zone was in 2002, encompassing 8,481 square miles. The smallest recorded dead zone measured 15 square miles in 1988. The average size of the dead zone over the past five years has been 5,176 square miles, more than twice the 1,900 square mile goal set by the [Gulf of Mexico / Mississippi River Watershed Nutrient Task Force](#) in 2001 and reaffirmed in 2008.

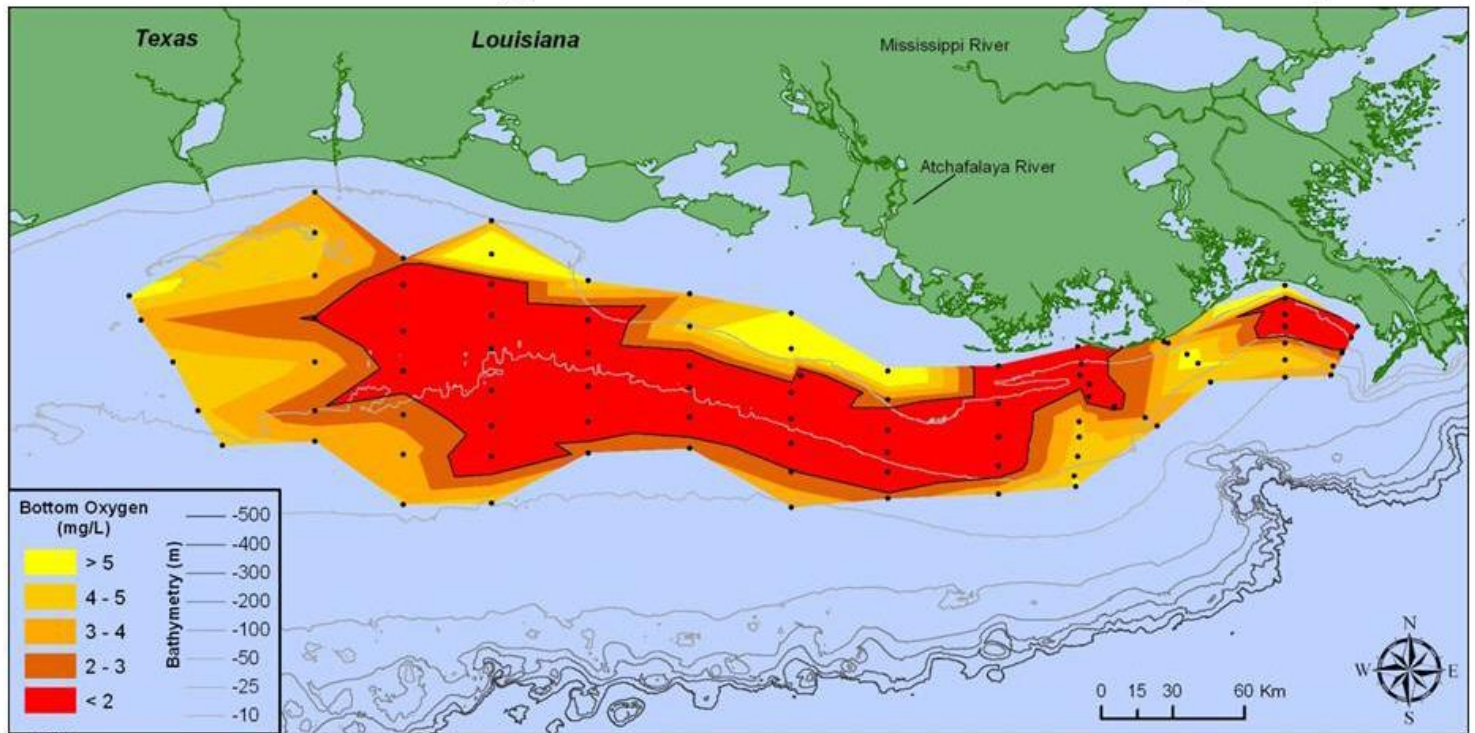
On June 18, NOAA-sponsored forecast models developed by Donald Scavia, Ph.D., [University of Michigan](#),



Graph showing historical hypoxia trends.  
Credit: LUMCON (Rabalais)



## Bottom-water dissolved oxygen across the Louisiana shelf from July 22-28, 2013



Data source: N.N. Rabalais, Louisiana Universities Marine Consortium, R.E. Turner, Louisiana State University  
Funded by: NOAA, Center for Sponsored Coastal Ocean Research

and R. Eugene Turner, Ph.D., [Louisiana State University](#), predicted the Gulf hypoxic zone would range in size from 7,286 to 8,561 square miles.

“NOAA’s investment in the Gulf of Mexico continues to yield results that confirm the complex dynamics of hypoxia and provide managers and the public with accurate scientific information for managing and restoring the nation’s valuable coastal resources,” said Robert Magnien, Ph.D., director of [NOAA’s Center for Sponsored Coastal Ocean Research](#). “For those who depend upon and enjoy the abundant natural resources of the Gulf of Mexico, it is imperative that we intensify our efforts to reduce nutrient pollution before the ecosystem degrades any further.”

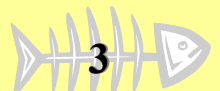
This annual measurement provides federal and state agencies working on the 2008 Gulf task force [implementation actions](#) with the real consequences of inadequate nutrient pollution management. The task force’s actions are set for review this summer.

The hypoxic zone off the coast of Louisiana and Texas forms each summer threatening the ecosystem supporting valuable commercial and recreational Gulf fisheries that in 2011 had a commercial dockside value of \$818

million and an estimated 23 million recreational fishing trips. The Gulf task force, in its 2008 report, states that “hypoxia has negative impacts on marine resources.” It further states that research on living resources in the Gulf show long term ecological changes in species diversity and a large scale, often rapid change, in the ecosystem’s food-web that is both “difficult and impossible to reverse.” Additionally, there are numerous annual areas of the Gulf where large scale fish kills occur as a result of hypoxia.

Two surveys conducted in June and early July, one of which was led by a NOAA-supported [Texas A&M University](#) team, suggested a large hypoxic zone was forming in the Gulf, though the LUMCON July measurement will be the official one as required of NOAA by the Task Force. NOAA’s National Marine Fisheries Service, in conducting its [Southeast Monitoring and Assessment Program](#) groundfish surveys, also found large expanses of hypoxia in June-early July. Texas A&M will be conducting a follow-up cruise in mid-August to provide its final seasonal update.

Visit the [Gulf Hypoxia web site](#) for additional graphics and information concerning this summer’s LUMCON research cruise, and previous cruises.





# “FISHERMAN” THE WORLD OVER ARE ALL ALIKE...



Russian President Vladimir Putin has gone to great lengths to cultivate his public image as the quintessential Russian He-Man. In 2007, during his second term as President, the Russian tabloid *Komsomolskaya Pravda* exclaimed “Be Like Putin” with photographs of the Russian leader stripped to the waist and fishing in the Siberian mountains. Many political observers around the world saw the photo-spread as Putin’s way of saying that even though he was constitutionally-obligated to step-down after his second term, he wasn’t giving up the limelight.

While the Constitution prevented him from serving more than two consecutive terms, it didn’t prevent him from being elected to a third term after the Presidency of Dmitry Medvedev. Now as President once again, Putin thought it was important to remind the Russian people (and the world) of his virility. On July 26th, the Kremlin announced that Putin landed a trophy pike during a recent trip to Russian Republic Tuva. The photographs and television footage released by the Kremlin shows the 60-year-old leader on a sportsman’s holiday and includes a couple of shirtless pictures for the ladies. In one of the photographs, Putin is shown holding a re-



**Putin’s Pike**

cently caught pike, which the Kremlin reports weighed 46 pounds and is incidentally the same weight as the UK record for the largest pike. The World Record all-tackle pike, which was caught in Germany, weighed 55 pounds (25 kilograms). In the accompanying footage of Putin’s epic catch, an aid is heard warning, “...be careful, she can bite.” To which Putin replied “I will bite her myself” before putting his catch in a plastic drum and adding “She is a beauty.”

This latest news from the Kremlin proved too much for some Russians who undoubtedly smelled a fish story. Numerous bloggers took to the internet to scrutinize the president’s piscatorial prowess. One internet blogger wrote, “Wonder who plated that fish for Putin to catch?” Alfred Koch, former Russian deputy prime minister under Boris Yeltsin, also weighed in on the controversy. A fisherman in his own right, Koch commented that the fish would have weighed “12 to 13 kilograms (26 to 28 pounds) at most.”

Some bloggers doubt that the reported trip even took place. They note that the recent photographs are strikingly similar to those reportedly taken during Putin’s 2007 holiday.

Putin’s spokesman blames the speculation surrounding the fish on “it being summer, there’s nothing to do, people need to talk.” The pro-Kremlin newspaper *Pravda* interviewed a reported “fishing expert” named Vitaly Maximov who said, “Many people think that catching such a trophy is pure accident. Be sure, it is not by chance! You need to have the psychology of a victor and a risk-taker.” Indeed.

*Editor’s Note: The stream of propaganda recently from the Kremlin shows Putin doing all of his fishing using a conventional spinning rod and reel. However, not one photograph shows the Russian leader using a fly rod.*





# Once Upon a Time in the West...

## The Nehrke Family Vacation

By Seth Nehrke

This summer the Nehrke's went out west...Griswold style! We flew into Boise and spent a couple days at Redfish Lake to test out my sister's new pop-up camper. Beautiful country, and Benny and I even managed to get out and fish a little. Small stream, and the little cut-throats were on the stimulator like a chicken on a worm sandwich!



We then headed to Sun Valley where my sister lives. Benny and I fished the Big Wood with some moderate success, and we enjoyed a great 4<sup>th</sup> of July.

From there we hooked the rig back up and drove 5 hours up to Yellowstone. We stayed at Madison junction campground and hit almost all the areas of the park over 4 days. It was great wildlife viewing, as we saw more bison than we could stand, a few good elk, as well as coyote, moose, mule deer, a baby bear, and lots of birds. Check the imperial bull in velvet!

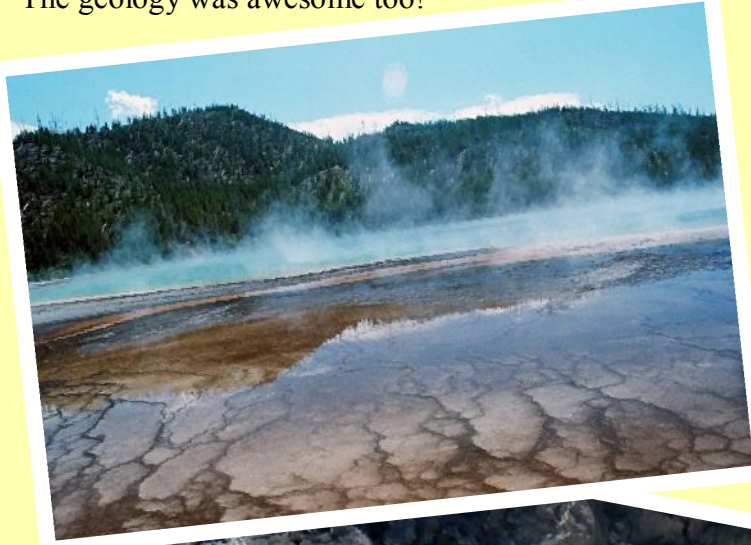


And I was on the bacon like a fat man on bacon!





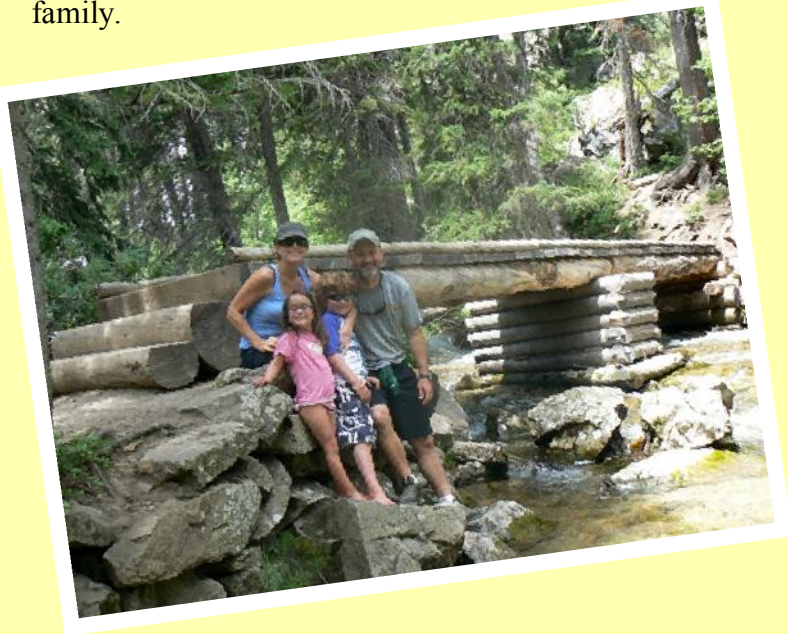
The geology was awesome too!



From there we headed down to Jackson Hole and the Tetons for a few days, which is always awesome. We fished the Gros Ventre near the campground a bit, but it was all small fish. I would have liked to have fished a bit more, but the focus was family. A great trip, we saw some incredible things, and all came together as a family.



We got out and fished a bit, mostly family stuff, but good fun. The temps were so high that the fishing at Madison junction was off limits except super early as water temps were up into the high 70's. We did fish the Lamar one day with some decent success, and hit the Gibbon one morning and found a few feisty 12-14 inch



*Greetings from Yellowstone!  
Wish you were here!*





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# July's Outing: Snook Under the Lights Stuart, Florida

By Ryan Curley

The Club's July outing was held in Stuart, Florida over the weekend of the 26th. We spent the weekend targeting snook under the dock lights. Capt. James Dumas and I travelled to Stuart Thursday evening and got on the water around 10PM. I have fished this area many times, and I was anticipating the typical summer time mayhem, but we were met with dirty water and few active snook. We managed to land 2 snook the first evening, along with a couple of nice trout. We would eventually learn that water quality issues in the St. Lucie River were affecting the snook fishing. Catfish had taken up residence under the docks that normally held numerous snook.

Most of the Club members arrived on Friday afternoon, and James and I were able to point some guys toward the spots where we were successful the night before. James and I planned to scout south in Jupiter to see if we could find cleaner water to fish.

Mike Harrigan and his crew launched with us after dinner. James and I explored some new areas close to Jupiter inlet and found good fish. The first snook James laid into snapped his rod. We worked the area and were able to pull a nice 33" slob out from under a pretty treacherous dock. It was one of the best close quarter battles with a fish I have had. We caught several more fish that evening, including a lookdown, and worked our way back into some areas we were more familiar with.

Saturday afternoon the group of anglers ate dinner to-

gether down the street from River Palms and made a plan to fish the Loxahatchee River. James and I took Bob Yelverton and Lee Hinrichs into the Jupiter intra-coastal waterway and showed them what to look for. We were able to sit back and watch them experience their first "real" dock light experience.

We moved into the river as the tide came in, and we ran way up river almost into the park. The fishing was again slow Saturday night, but James and I exchanged stories about this river for a couple of hours while picking our way through docks. Its amazing how differently folks experience the same water. We worked our way back towards the inlet and finally found some active fish, sometime around 4AM. These snook were feeding on shrimp during the strongest part of the falling tide, and they snubbed the Soluble Minnow several times. I switched to a small shrimp pattern and we started wack-ing them. James and I managed to turn a rather slow night around and in less than an hour we hooked upwards of a dozen snook. Six of them made it to the boat. Afterward, we called it a night just as the offshore guys were preparing to head out the inlet.

This year's Stuart trip was definitely more difficult than the last, but I had a great time, and enjoyed showing some folks what that amazing fishery is all about. Thanks to James for bringing down his skiff, and his willingness to explore some new areas in the dead of the night. I hope everyone who made the trip was able to see why this fishery is so special to our state.



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# Twenty Questions with FCFF Secretary...

**1. Where are you originally from and how long have you lived in the Jacksonville-Area?**

*I am from New Jersey . I moved here to attend Jacksonville University. Moved back here in 1980.*

**2. What is your job/profession?**

*I own a real Estate company and two self storage facilities. Also have 10 rental properties at the beach.*

**3. Tell us a little something about your family?**

*I am single with two grown children Patrick , who lives in Nashville and Bridget who lives here and attends University of North Florida. Both children are going to school for engineering.*

**4. How long have you been fly fishing?**

*I bought my first fly rod in 2001 and fished in the park next to my house. Once I joined the FCFF I took lessons from David Lambert and that was the beginning of my love for the sport.*

**5. Who are your heroes?**

*Jim Fallon. He always had a story to tell and he loved his family and country. He was active in his passions.*

**6. Where is your favorite place to fish?**

*Cedar Point at flood tides with Rob and Seth and anyone who shows up.*

**7. With what person (living or dead) would you like to spend a day on the water?**

*Living: David Lambert, Rob Benardo, Ryan Curley, Scott Shober, and Troy James to make a video that would be shown at the Drake.*

*Dead: My cousin Tom who passed away this year. We fished the last time under the bridge of Lions and he caught Sheephead. We fished where ever*



*we went and always had a perfect day.*

**8. Aside from the obvious (rod, reel and flies) what piece of fly fishing gear do you consider essential to have with you on the water?**

*My cutters around my neck and a de-hooker.*

**9. What is your "go-to" fly?**

*Black and purple Puglisi minnow.*

**10. What is your favorite fish to catch on a fly rod.**

*Snook.*

**11. If they made a movie about your life, what would the title be and what actor would play you?**

*Too Rich and Too Thin—Not. Collin Farrell would play me.*

**12. What book is on your night stand?**

*The Four Agreements by Miguel Ruiz.*

**13. What is on your iPod (i.e. what kind of music do you listen to)?**

*6.5 Gigs of classic rock, techno, Classical, Jazz...you name it, it is probably there.*

**14. How many fly rods do you own?**

*Seven.*



**15. What is your favorite guilty pleasure?**

*Watching Netflix.*

**16. What is your idea of a perfect day on the water?**

*Rob not yelling at me!*

**17. Which talent or skill would you most like to have?**

*Knowing the names of the flies we tie. Where to fish and when. Being able to cast to my target the first time.*

**18. If you could travel back in time, what year would you visit and why?**

*1996. I would have liked to see my dad before he passed away.*

**19. What is your most treasured possession?**

*My friends.*

**20. What is your most admirable quality?**

*I want to see everyone be successful in their lives.*







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*The honest, enthusiastic, unrestrained, wholehearted, way that a largemouth wallops a surface lure has endeared him forever in my heart. Nothing that the smallmouth does can compare with the announced strike of his big-mouthed cousin.*

*-John Alden Knight  
 Black Bass (1949)*

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# FCFF Supports the National Turkey Federation's Women in the Outdoors Program



On July 26<sup>th</sup> several members of the First Coast Fly Fishers assisted the National Turkey Federation's Women in the Outdoors Program at M&M Dairy. The Women in the Outdoors program is dedicated to providing interactive educational outdoor opportunities for women ages 13 and older. This workshop will help you achieve confidence and competence in outdoor skills through a series of hands-on classes taught by informative and relevant instructors in reassuring settings.

The all day program included, but was not limited to, instruction in beekeeping, Dutch oven cooking, kayaking, shooting sports, trailer backing, turkey calling and hunting, and fly fishing. The participating women were taught the basics of fly fishing and fly casting by Chan Ritchie, Seth Nehrke, Bob White, Don Edlin, Mike McQuisten, and Jason Sheasley. The Don Reed, with Saltwater Flytyers, conducted a seminar on fly tying.

The NTF will be sponsoring a second Women in the Outdoors program on August 24th in Clay County. If you are interested in helping with the fly fishing portion of the program contact Chan Ritchie at [critch-ie@bellsouth.net](mailto:critch-ie@bellsouth.net). If you know of someone who might be interested in attending this month's program, see **page 15** for more details.



Chan teaching casting instruction

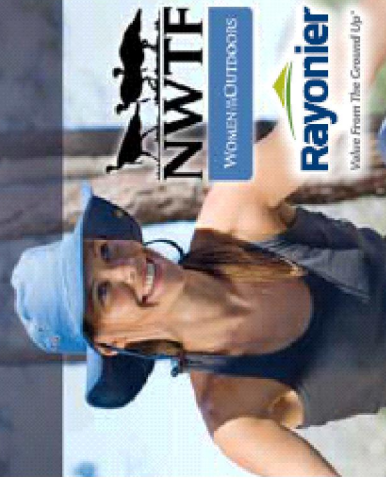






## WOMEN IN THE OUTDOORS

hosted by  
**SPENCER FARMS**  
 and the  
**NATIONAL WILD  
 TURKEY FEDERATION**



 Women in the Outdoors

**Saturday, August 24**  
 8 a.m. - 5 p.m.

3520 Kindlewood Dr.  
 Middleburg, Fla. 32068



Learning new skills, meeting people with similar interests and ticking back in the great outdoors is what the NWTTF's Women in the Outdoors program is all about. The Women in the Outdoors program is dedicated to providing interactive educational outdoor opportunities for women ages 13 and older. This workshop will help you achieve confidence and competence in outdoor skills through a series of hands-on classes taught by informative and relevant instructors in reassuring settings. So gather some girlfriends, your mom and daughter and check "me time" off your list. You deserve a day outdoors!

### PRE-REGISTRATION IS REQUIRED. YOUR PAID REGISTRATION INCLUDES:

- Choice of 4 expertly instructed classes
- A year subscription to *Turkey Country* magazine
- Coffee and donuts for breakfast and a hardy lunch
- Equipment and materials needed for use during classes
- Annual membership to the NWTTF

**PRICE: \$55 per person. Current members can attend for \$30. (Must provide current membership number.)**

### WHAT TO BRING:

- Bring your sister, mother, daughter, friend or neighbor to this fun and exciting event. Network with like-minded ladies and make friendships to last a lifetime!
- Note taking materials if you are inclined.
- Plan to bid on a variety of wonderful items in our silent auction and raffles that will run throughout the day. Cash, check and credit card accepted.

### WORKSHOP SCHEDULE:

- 8:00-8:30 ..... Registration/coffee & donuts
- 8:30-8:45 ..... Opening remarks
- 9:00-10:30 ..... Session 1
- 10:45-12:15 ..... Session 2
- 12:15-1:00 ..... Lunch
- 1:15-2:45 ..... Session 3
- 3:00-4:30 ..... Session 4
- 4:30-5:00 ..... Closing and complete event evaluation

**Confirmations:** Once your registration and payment have been received, confirmation and directions will be sent via email, so be sure to include your email address. Please arrive between 7:45-8:00 a.m. for check-in.

**Cancellation policy:** Cancellation deadline is August 16. If you cancel after that deadline, you will be responsible for the full program fee. You may send a substitute if you cannot attend.

For more information contact:  
**Eddie Hartley** at (904) 610-0629 or eddie.hartley@yahoo.com



WOMEN IN THE OUTDOORS



## COURSES OFFERED

Participants will choose 4 workshops and 3 alternates for the Women in the Outdoors event. Please indicate your preferences on the attached registration form. Mail your completed form with payment to the address provided. You will receive a confirmation letter, agenda and directions to the event.

**Archery** – Learn how to shoot compound and/or traditional bows and select archery equipment that meets your needs. Equipment will be provided.

**Beekeeping** – This class will show you how to "bee-gin" and maintain a colony of bees throughout the year...especially if you want to learn how to make your own honey!

**Dutch oven cooking** – Cooking in the great outdoors is a big adventure for most. Learn ideas for cooking outdoors and return home with the skills to prepare easy recipes for the trail or in your own backyard.

**Fly fishing** – Learn the basics of fly fishing techniques with fundamental knowledge one needs to get started in the most refined form of fishing.

**Florida living history** – Learn what it was like to live in the untamed wilds of Florida many years ago. This class is full of wonderful stories and interesting facts.

**Introduction to handguns** – Essential for everyone! The instructor will provide a broad spectrum of information about the operations and fundamentals of shooting handguns. At the end of this class, you will be able to safely load and shoot a variety of handguns. \$5 additional class fee

**Kayaking** – After going over basic instruction and equipment, enjoy practicing paddle strokes and implementation of safety procedures while on the water. Life jackets will be provided.

**Personal protection for women:** No more victims! Take control of your own safety. Learn basic self-defense moves to escape an attack, and how to not become a target.

**Shotgunning** – This course introduces students to the safe handling of shotguns, range procedures and reloading ammunition. Participants have an opportunity to try their hand at basic skeet shooting.

**Trailer backing** – This course is for the woman who wants to be independent and confident enough to trailer a boat, ATV, snowmobile or camper by herself. Learn towing safety, maintenance and the art of backing up trailers.

**Turkey calling and hunting** – Learn about the wild turkey and it's habits, calling techniques, equipment, camouflage and setup tactics to improve your chances of seeing, photographing and bagging one of these magnificent birds.

For more information please contact:  
**Eddie Hartley** @ (904) 610-0629 or  
 eddie.hartley@yahoo.com





# August Outing Reds in the Grass Cedar Point

*When summer's end is nighing  
And skies at evening cloud,  
I muse on change and fortune  
And all the feats I vowed*

*- AE Housman*

Summer is drawing to an end and that means one thing...reds in the Grass. This month, the FCFF will start off the fall flood tide season with a trip to Cedar Point on **August 17th**. A 5.4 high tide is scheduled for **6:18 PM** that day. We will be scouting for reds as the summer sun sets low in the west.

There have been several opportunities to hunt reds in the grass earlier in the year. To be sure, they will be wise to the ways of the fly fisherman. With any luck, they will cooperate along with the sheephead.

We will meet at the Cedar Point boat ramp an hour or so before high tide. This is a perfect outing for canoes and

kayaks. There are numerous productive flats within an easy paddle of the boat ramp. If you are without a means of floatation, VP of outing Jeff Bivins will pair you up with a member who has a boat.

More information about the outing will be available at the **August 5th** meeting.







**...to master ocean fly fishing, nothing beats time on the water.**

**- Lou Tabory**

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MAKE ME LOOK GOOD

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The Angler's Mark**

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# August 2013 Tides

## Mayport, Florida (Bar Pilot Dock)

DATE		TIME	HEIGHT (FEET)		DATE		TIME	HEIGHT (FEET)		DATE		TIME	HEIGHT (FEET)	
8/1/2013	Thu	5:09 AM	4.06	H	8/11/2013	Sun	12:17 PM	4.81	H	8/21/2013	Wed	9:54 PM	5.61	H
8/1/2013	Thu	11:00 AM	0.45	L	8/11/2013	Sun	5:58 PM	0.53	L	8/22/2013	Thu	3:42 AM	-0.71	L
8/1/2013	Thu	5:48 PM	4.78	H	8/12/2013	Mon	12:30 AM	4.75	H	8/22/2013	Thu	10:18 AM	5.37	H
8/1/2013	Thu	11:50 PM	0.77	L	8/12/2013	Mon	6:12 AM	0.13	L	8/22/2013	Thu	4:02 PM	-0.55	L
8/2/2013	Fri	6:01 AM	4.07	H	8/12/2013	Mon	1:02 PM	4.91	H	8/22/2013	Thu	10:42 PM	5.46	H
8/2/2013	Fri	11:49 AM	0.44	L	8/12/2013	Mon	6:53 PM	0.67	L	8/23/2013	Fri	4:29 AM	-0.61	L
8/2/2013	Fri	6:36 PM	4.83	H	8/13/2013	Tue	1:17 AM	4.66	H	8/23/2013	Fri	11:08 AM	5.38	H
8/3/2013	Sat	12:39 AM	0.69	L	8/13/2013	Tue	7:04 AM	0.17	L	8/23/2013	Fri	4:53 PM	-0.29	L
8/3/2013	Sat	6:50 AM	4.11	H	8/13/2013	Tue	1:54 PM	4.98	H	8/23/2013	Fri	11:28 PM	5.26	H
8/3/2013	Sat	12:37 PM	0.38	L	8/13/2013	Tue	7:56 PM	0.75	L	8/24/2013	Sat	5:15 AM	-0.38	L
8/3/2013	Sat	7:20 PM	4.88	H	8/14/2013	Wed	2:09 AM	4.56	H	8/24/2013	Sat	11:56 AM	5.33	H
8/4/2013	Sun	1:24 AM	0.56	L	8/14/2013	Wed	8:02 AM	0.19	L	8/24/2013	Sat	5:45 PM	0.06	L
8/4/2013	Sun	7:35 AM	4.18	H	8/14/2013	Wed	2:53 PM	5.04	H	8/25/2013	Sun	12:14 AM	5.03	H
8/4/2013	Sun	1:22 PM	0.29	L	8/14/2013	Wed	9:03 PM	0.74	L	8/25/2013	Sun	6:03 AM	-0.06	L
8/4/2013	Sun	8:01 PM	4.93	H	8/15/2013	Thu	3:11 AM	4.47	H	8/25/2013	Sun	12:44 PM	5.23	H
8/5/2013	Mon	2:05 AM	0.42	L	8/15/2013	Thu	9:05 AM	0.15	L	8/25/2013	Sun	6:40 PM	0.43	L
8/5/2013	Mon	8:18 AM	4.25	H	8/15/2013	Thu	4:01 PM	5.11	H	8/26/2013	Mon	1:00 AM	4.81	H
8/5/2013	Mon	2:03 PM	0.21	L	8/15/2013	Thu	10:10 PM	0.62	L	8/26/2013	Mon	6:54 AM	0.28	L
8/5/2013	Mon	8:40 PM	4.97	H	8/16/2013	Fri	4:20 AM	4.46	H	8/26/2013	Mon	1:32 PM	5.12	H
8/6/2013	Tue	2:42 AM	0.29	L	8/16/2013	Fri	10:11 AM	0.04	L	8/26/2013	Mon	7:37 PM	0.76	L
8/6/2013	Tue	8:59 AM	4.33	H	8/16/2013	Fri	5:12 PM	5.23	H	8/27/2013	Tue	1:47 AM	4.61	H
8/6/2013	Tue	2:41 PM	0.15	L	8/16/2013	Fri	11:14 PM	0.41	L	8/27/2013	Tue	7:46 AM	0.58	L
8/6/2013	Tue	9:18 PM	4.98	H	8/17/2013	Sat	5:31 AM	4.55	H	8/27/2013	Tue	2:22 PM	5.01	H
8/7/2013	Wed	3:14 AM	0.2	L	8/17/2013	Sat	11:17 AM	-0.12	L	8/27/2013	Tue	8:35 PM	1.02	L
8/7/2013	Wed	9:39 AM	4.41	H	8/17/2013	Sat	6:18 PM	5.4	H	8/28/2013	Wed	2:36 AM	4.45	H
8/7/2013	Wed	3:16 PM	0.14	L	8/18/2013	Sun	12:15 AM	0.13	L	8/28/2013	Wed	8:40 AM	0.81	L
8/7/2013	Wed	9:54 PM	4.96	H	8/18/2013	Sun	6:37 AM	4.73	H	8/28/2013	Wed	3:15 PM	4.93	H
8/8/2013	Thu	3:45 AM	0.13	L	8/18/2013	Sun	12:20 PM	-0.33	L	8/28/2013	Wed	9:30 PM	1.18	L
8/8/2013	Thu	10:18 AM	4.5	H	8/18/2013	Sun	7:17 PM	5.55	H	8/29/2013	Thu	3:30 AM	4.36	H
8/8/2013	Thu	3:52 PM	0.18	L	8/19/2013	Mon	1:12 AM	-0.19	L	8/29/2013	Thu	9:33 AM	0.95	L
8/8/2013	Thu	10:31 PM	4.93	H	8/19/2013	Mon	7:37 AM	4.94	H	8/29/2013	Thu	4:11 PM	4.9	H
8/9/2013	Fri	4:15 AM	0.09	L	8/19/2013	Mon	1:21 PM	-0.53	L	8/29/2013	Thu	10:23 PM	1.26	L
8/9/2013	Fri	10:56 AM	4.6	H	8/19/2013	Mon	8:12 PM	5.65	H	8/30/2013	Fri	4:27 AM	4.34	H
8/9/2013	Fri	4:29 PM	0.26	L	8/20/2013	Tue	2:05 AM	-0.47	L	8/30/2013	Fri	10:25 AM	1.01	L
8/9/2013	Fri	11:09 PM	4.88	H	8/20/2013	Tue	8:33 AM	5.14	H	8/30/2013	Fri	5:06 PM	4.94	H
8/10/2013	Sat	4:48 AM	0.08	L	8/20/2013	Tue	2:17 PM	-0.66	L	8/30/2013	Fri	11:14 PM	1.24	L
8/10/2013	Sat	11:36 AM	4.7	H	8/20/2013	Tue	9:04 PM	5.67	H	8/31/2013	Sat	5:22 AM	4.39	H
8/10/2013	Sat	5:10 PM	0.38	L	8/21/2013	Wed	2:55 AM	-0.66	L	8/31/2013	Sat	11:16 AM	0.98	L
8/10/2013	Sat	11:48 PM	4.82	H	8/21/2013	Wed	9:27 AM	5.29	H	8/31/2013	Sat	5:56 PM	5.01	H
8/11/2013	Sun	5:27 AM	0.1	L	8/21/2013	Wed	3:10 PM	-0.68	L					