

FIRST COAST FLY FISHERS

AUGUST 2014



Educating, Restoring, Conserving through Fly Fishing

August 4, 2014 Meeting 7^{PM} at the *Southpoint Marriott,* *Jacksonville, FL*

Building a Working First Aid Kit for Boat, Beach and Trail

Presented by Jason Sheasley

So Argentina didn't win the World Cup this go around. That's probably because most of their players couldn't wait to get back home and fish some of the most scenic and spectacular waters in the world. Long time member Jerry Bott recently returned from a trip to Argentina where he fished the American owned and operated Patagonia River Guides. Jerry will kick off this month's meeting by talking about his experiences in the southern hemisphere.

During the second half of the meeting, Past-President Jason Sheasley will be giving a presentation on Building a Working First Aid Kit for Boat, Beach and Trail. In addition to being a fly fisherman, Jason is an avid backpacker and regularly spends time backpacking in the Appalachians as well as the Sierras. He is certified in First Aid and CPR. When he is not fly fishing, Jason pays the bills as an environmental consultant. As a consultant, part of his responsibilities include developing detailed health and safety plans for commercial and industrial facilities with significant environmental impairments.

Over the last couple of years Jason has drawn upon his professional experience to develop functional first aid kits that he regularly uses on the beach, in the boat or on the trail. Safety on, in or around the water is more than the band aids and bandages that go in a first aid kit. You will learn how to adapt your first aid kit to better suit your sporting endeavors.

Plan to come early and bring your fly rod. There will be casting instructions around the storm water pond with Casting Gurus David Lambert and Dick Michaelson.



On the Cover:

Sunrise near the spot where Juan Ponce de Leon first sighted Florida

Photograph by: Jason Sheasley

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**FIRST COAST FLY
FISHERS**

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Reds are in the Surf!

Text and Photos By Don Edlin

In Northeast Florida, the schools of redfish will be in the surf from late March to mid-November with the best months to catch them being late June to late September. The fall mullet run in September is arguably the best month of all. If you are really lucky and can find the right slough, you can get big (over 36 inches) bull Reds in March. Have plenty of backing on your reel when you hook one of these guys. I got seven of these monsters in one day several years ago.

Almost any beach will hold schools of redfish cruising the surf lines. They are consistently in water about 6 inches deep on the incoming tide. If you are patient and wade slowly, you can see them with their backs out of the water as the wave recedes. It is an amazing sight to see these big fish in such skinny water. I go to Talbot and Amelia Islands because they are close to my home and very convenient. Some really nice sloughs have formed on the North end of Talbot this month. In fact these are the same sloughs that normally form in early May. Seems like just when you think you see a pattern, mother nature changes it! I like to go at least 3 hours before high tide. This way I can see where the sloughs are and how they have formed. As the tide comes in

and starts to fill the slough, wade the sand bar on the outside of the slough and you can see the Reds waiting for the water to get deep enough for them to swim into the deep slough. Be careful...don't stay too long on the outside of the slough as the tide comes in or you will be swimming to get to the beach. I can't stress this enough...don't get caught on the wrong side of the slough on the incoming tide.

As the slough fills and you have seen and know there are fish in the area, you can blind cast back onto the sand bar and strip your fly into the slough where the Reds and Black Drum will be looking for minnows. I don't do a lot of blind casting until I see fish and know they are near me. The wave will break and the water will be foamy, then it will clear up just before another wave breaks. You generally have about 10 seconds to see the fish between wave breaks unless it is a perfect day and luck is in your tackle bag. These perfect days happen about once a year so don't count on them.

When you hook up you have to violently strip set the hook or the fish will get off. These are big fish with tough mouths so you need sharp hooks. Most of your



Four Things You Need to Catch Reds and Black Drum in the Surf

1. A Clear Sunny Day

2. Slight wind to cast into

2. Reasonably clear water

4. A lot of luck



Reds are in the Surf! Cont.

hook ups will take you into your backing. The fish will get into the current and you are fighting both factors. Don't fight the fish too long if there are sharks around. It will become a three way battle between you, the fish and the shark. The shark always wins! I am usually by myself so I walk backwards when I am ready to land the fish. I can walk backwards and "surf" the fish onto land. Reds are very hardy fish and can tol-

erate being out of the water for a while so take your time and respect the fish before releasing it.

Fishing for Reds in the surf is a lot more difficult and more of a challenge than fishing for Bonefish in the Bahamas. If I am really lucky I will catch a Red in the surf about once in five times that I walk in. Don't get discouraged. If you see fish, count that as a good day.



TIPS FOR SURF FISHING

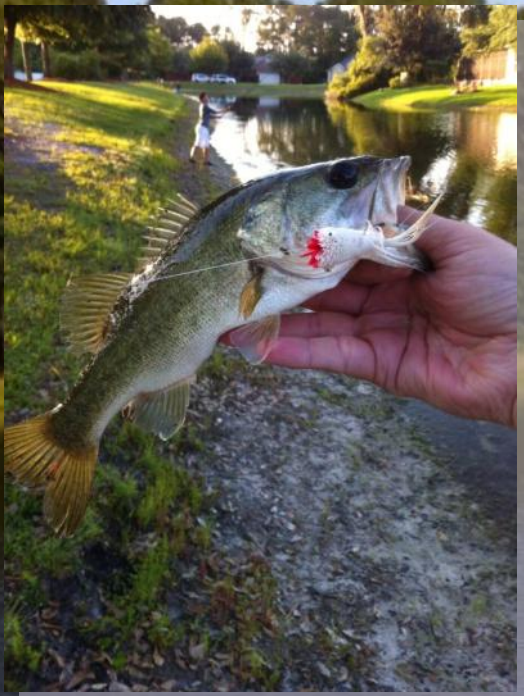
Use an intermediate sinking tip fly line. If you use floating tip, make your leader a little longer and use Clouser minnows with lead eyes to get the fly down quickly.

These fish aren't leader shy. Use leaders are about 5 feet of YO-ZURI 30 pound test fluorocarbon and 4 feet of 20 pound test.

Use chartreuse and white Clouser Minnows with leaded eyes. The fish react to flies mimicking swimming minnows, so presentation is more important than matching patterns of minnows. Lefty's Deceivers also work well. Don't get caught on the outside of the slough on the incoming tide!

If you walk out onto a sand bar always have a way to get back to shore. There are lots of holes and deep water that can be hard to see. If you step into a hole and lose your footing, the current will win the battle and you will be swimming.

Look behind you to the west every now and then. The afternoon storms generally come in from the west and can catch you by surprise. You do not want to be 2 miles from shelter in a lightning storm.



Earlier this spring member Troy Johnson found success targeting bass in his neighborhood retention ponds in the early morning and at dusk. The larger of the two bass show here was caught on a 4-weight with green frog popper.

First Annual Blackfly Floodtide Festival

Join us to kick off the 2014 Flood Tide Season on **Saturday AUGUST 30th, 2 - 5pm**. Blackfly Outfitter is partnering with the best brands in the fly fishing industry to help you be successful on the water. Whether you are a novice or expert, you will benefit from the knowledge of our staff and local professionals.

Enjoy the camaraderie over competition BBQ, live music and cold beer. Eastcape Skiffs will be handing out FREE limited edition "Blackfly Flood Tide Festival" T-Shirts featuring new Vaughn Cochran artwork.

- Blackfly BBQ Battle—Andrew Mizell battles Captain John Bottko for the title of "Best BBQ Ribs" (You are the Judge! - First come, first serve)
- Live music by local musician Dean Hardie
- Raz Reid will bring the full line of the *NEW Sage Salt* rods for casting
- Clutch will bring the *NEW Clutch Archipelago* rods for casting
- Fly tying demo by Blackfly's Newest custom tyer Dave Schmezer
- Kevin Fenn, Owner of Eastcape Skiffs, will bring boats including the *NEW Glide*, the perfect boat for Flood Tide fishing.

- Paul Puckett and the crew from *Floodtide Co.* will tow their Airstream full of apparel down from South Carolina.
- Free Fly Apparel, who blew us away at the IFTD/ICast Show, will bring their unique bamboo fabric clothing line
- Fly Raffle- Donate your favorite Floodtide fly for a chance to win all the donated flies in a custom box.
- Open Forum about Flood Tide fishing directed by the Blackfly Pro Staff

Where:

Blackfly Outfitters
11702 Beach Boulevard, Suite 103
Jacksonville, FL 32246
(Located in the Strike Zone Plaza)

Date:

Saturday, August 30th, 2014

Time:

2:00 pm to 5:00 pm

Additional questions please call the shop at
904-997-2220



Saving Your Skin

By Jason Sheasley

It was a simple patch of dry skin on my forehead. At first I didn't think much of it. It would show up then disappear for a couple of weeks or maybe even a month. This nagging voice in the back of my mind kept saying, "you really should get that checked out." But I kept putting it off namely because I had other things to do, but mostly because I was afraid of what it might be. Eventually the voice got so loud I had no choice but to make an appointment with a dermatologist.

The dermatologist examined the spot and told me, "I'm sure it's nothing. But we will do a biopsy just to be safe." Her bedside manner was well rehearsed. But I had a feeling that what she really wanted to say is "I'm pretty sure it's something and we're going to run a test to figure out what it is exactly."

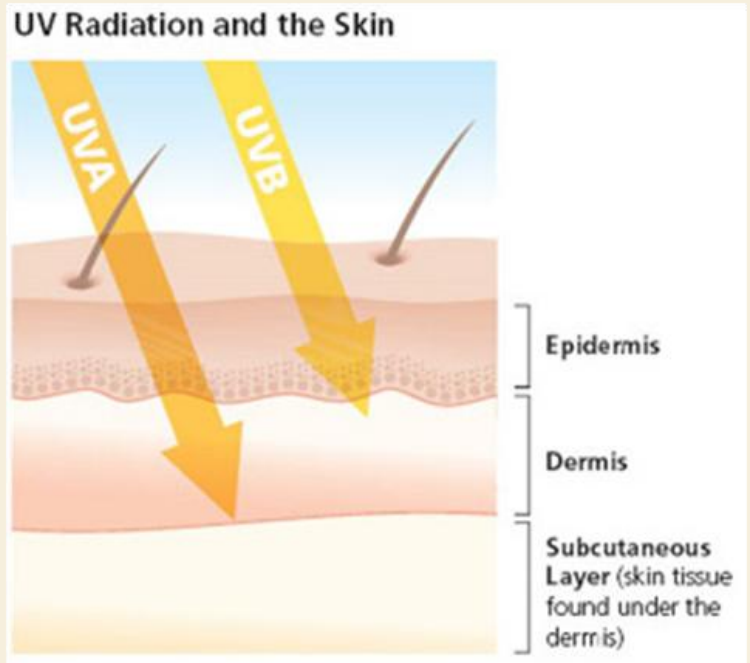
A couple of days later the doctor called with the results. Basal cell carcinoma. My heart stopped momentarily. The words rang in my ear. Cancer! Lost in my thoughts I almost missed the doctor say, "If you have to have skin cancer this is the one to have." I found little comfort in those words. Say what you will, it was cancer and that's not good.

In its simplest form, skin cancer is the uncontrolled growth of abnormal skin cells. It occurs when the DNA in the skin cell becomes irreparably damaged. The damaged skin cells begin to rapidly multiply eventually forming a tumorous growth. There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. Basal cell and squamous cell cancers are known as nonmelanoma skin cancers. They are normally treatable usually by surgery, freezing or topical medications. However, melanoma is more aggressive than basal cell or squamous cell and cause more than 75% of the deaths related to skin cancer.

Skin cancer is the most common form of cancer. In fact, over the last 30 years, there have been more reported cases of skin cancer than all other forms of cancer combined. Approximately half the Americans who live to the age of 65 will have at least one instance of basal cell or squamous cell carcinoma. According to the American Cancer Society, 3.5 million cases of basal cell or squamous cell cancer are reported ever year in this country. They estimate that more than 76,000 cases of melanoma will be reported in 2014.

More than 90% of the cases of skin cancer are caused by exposure to ultraviolet (UV) radiation. UV radiation is the part of the electromagnetic spectrum that includes both visible and invisible light which reaches the earth from the sun. Invisible light (UV radiation) has shorter wavelengths than visible light making it invisible to the naked eye. The UV wavelengths are classified as UVA, UVB or UVC. UVC radiation has the shortest wavelength of the three. As a result it is generally absorbed by the ozone layer and doesn't reach the earth. On the other hand, UVA and UVB radiation have longer wavelengths allowing them to penetrate the ozone layer and reach the surface of the earth.

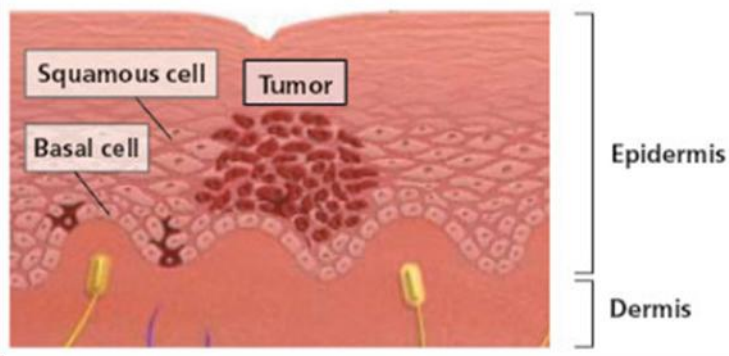
Anyone who spends time outside during daylight hours is exposed to UVA and UVB radiation. Managed exposure to the sun is healthy. For instance, moderate exposure to UVB radiation results in the production of vitamin D. In fact, 90 to 95% of our vitamin D comes from the sun. However, prolonged and unprotected exposure to UVA and UVB radiation is cause for concern.



UVA radiation has the longest wavelength thereby allowing it to penetrate deep into the epidermis and dermis, the top two layers of the skin. UVB radiation, which has a shorter wavelength, only penetrates the top layer of the skin. Since it only penetrates the upper layer of the skin, UVB

radiation is the chief cause of sunburns and redness of the skin. UVA radiation is the principal cause of tanning. A tan develops as a result of damage to the skin's DNA; the skin darkens as it attempts to protect itself from further damage. The damage occurs to the skin cells at the base of the epidermis known as keratinocytes. Basal and squamous cells are types of keratinocytes. Their primary function is to form a barrier against environmental damage such as pathogens, heat and UV radiation. When the cells become damaged, they can no longer provide protection. It is the cumulative effects of damaging the keratinocyte cells can lead to skin cancer.

Normal Skin Cells and Tumor Cells



Basal Cell Carcinoma

Basal cell carcinoma is the most common form of cancer in North America and Europe. It is the result of an uncontrolled growth in the skin's basal cells. It is generally caused by cumulative exposure to UV radiation as well as occasional and intense UV exposures. Basal cell carcinoma typically occurs on the parts of the body that are excessively exposed to the sun such as the face, neck, ears, back, shoulders and scalp. Anyone with a history of prolonged sun exposure can develop basal cell carcinoma. However, individuals with fair skin, blonde or red hair and blue, green or grey eyes have the highest risk.

Typically, basal cell carcinoma resembles noncancerous skin conditions such as psoriasis or eczema. Basal cell carcinoma is easily treated in its early stages. This form of skin cancer rarely metastasizes to vital organs, but it can cause damage to surrounding tissue and result in disfigurement.

Squamous Cell Carcinoma

Squamous cell carcinoma arises from the uncontrolled growth of squamous cells in the epidermis. The skin will often look like scaly red patches, open sores or elevated growths that may crust and bleed. Squamous cell carci-



Examples of Basal Cell Carcinoma

noma can occur on all areas of the body but are most frequently found in areas that are exposed to the sun such as the ear, lower lip, face, neck, back and scalp. This form of skin cancer is the result of cumulative UV radiation exposure over a lifetime. Since it is the result of chronic exposure, it rarely appears before the age of 50. Individuals that regularly use tanning beds increase their risk of developing squamous cell carcinoma by 2.5 times. If left undiagnosed, squamous cell carcinoma can become deadly.

Squamous cell carcinoma generally appears as a thick, rough, scaly patch of skin. It is frequently persistent and can look like a wart. It is not uncommon for the patch of skin can bleed if bumped.



Examples of Squamous Cell Carcinoma

Melanoma

Melanoma is the most serious and dangerous form of skin cancer. It is the result of irreparable damage to the skin's DNA resulting in genetic mutations that trigger the uncontrolled growth of skin cells that form malignant tumors. The tumors originate in the basal layers of the epidermis and often resemble moles. If recognized and treated early, melanoma is almost always curable. However, if left unchecked, the cancer will spread to other parts of the body making it difficult to treat and often resulting in death. Melanoma is not the most common form of skin cancer, but it is the cause of the most skin cancer related deaths. Each year, melanoma claims over 9,000 lives in the United States.

Everyone is at risk for melanoma. However, the degree at which an individual is at risk depends on a number of factors such as sun exposure; skin type; number of moles on the skin; and family history. Heredity plays a role in an individual's susceptibility to melanoma. An individual with a first-degree relative (mother, father, sibling) diagnosed with melanoma has a 50 % greater chance of developing melanoma than an individual that do not have a family history of the disease. Cumulative sun exposure is also a factor in the development of melanoma. Blistering sunburns in childhood increase the likelihood that melanoma will develop later in life.

There are two types of moles, normal moles and atypical moles. Normal moles or beauty marks typically develop early in life and almost everyone has them. Atypical moles, known as dysplastic nevi, can be a precursor to melanoma. The number of moles an individual has the greater the risk for melanoma.

Like all skin cancers, people with fair skin and light hair color are at an increased risk for developing melanoma. Furthermore, individuals diagnosed with either basal cell or squamous cell carcinoma are at an increased risk for melanoma.

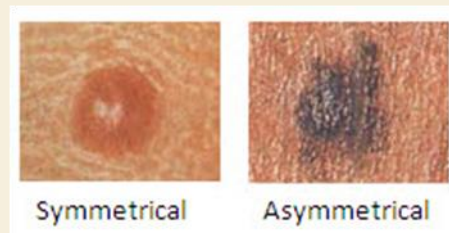
Warning Signs for Melanoma

One of the keys to the early discovery of melanoma is knowing what to look for and conducting routine self-examinations. It is vital to catch melanoma in its earliest stages. If caught in its earliest stages, melanoma is treatable. However, if the cancer advances into late stages, the potential for successful treatment diminishes greatly. Therefore, doctors have developed the ABCDEs of Melanoma.

The ABCDEs of Melanoma

Asymmetry –

Look for mole-like features that are ssymetrical. If you draw a line through the mole, the two halves will not match.



Border –

The border of a melanoma tends to be irregular and may be scalloped.



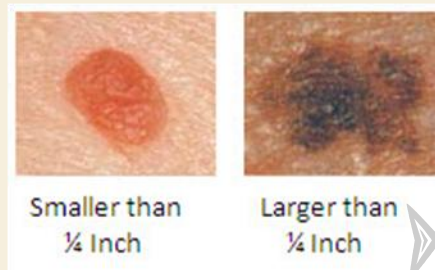
Color –

Having a variety of colors is a concern. If the mole-like feature has different shades of brown, tan or black, it could be a precursor to melanoma.



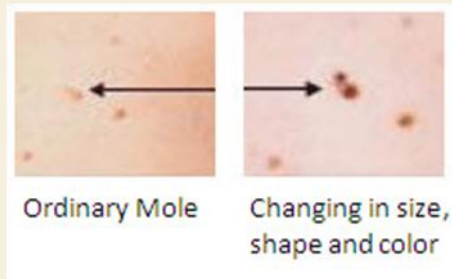
Diameter –

Melanomas are typically ¼-inch in size or larger.



Evolving –

A common trait of melanomas is that they will change color, shape and size as it grows.



The important distinction between melanoma and basal cell or squamous cell carcinoma is that melanoma will metastasize and affect other organs of the body. Once melanoma metastasizes it becomes more difficult to treat. Therefore, the key to survival is early detection and treatment.

Treatment

In most instances, basal cell and squamous cell carcinoma are treatable with surgery or a chemical peel. If caught in time melanoma is also treatable with surgery. However, once melanoma metastasizes, more aggressive forms of treatment including chemotherapy may be required. I opted for Mohs surgery to treat my skin cancer. Mohs surgery is a type of microscopic surgery that is commonly used to treat skin cancer. Generally it is performed as outpatient surgery. It was invented in 1938 by surgeon Fredrick Mohs. During the surgery, the affected tissue is progressively removed and examined until cancer-free cells remain. The goal of Mohs surgery is to remove as much of the cancer as possible while leaving as much of the remaining healthy tissue intact. One of the major benefits of this type of procedure is that it allows the doctor to verify that the cancer has been removed at the time of the surgery. This increases the chance of a cure and reducing the need for repeat surgeries.

In my instance, the procedure lasted approximately two-and-a-half hours from start to finish and resulted in a hole in my forehead the diameter of a silver dollar. Additional incisions were required to pull the skin together in order to sew up the wound. Once the local anesthetic wore off it felt like a steel spike had been driven into my forehead for the first day-and-a-half. Within a week the stitches were removed and I have little to no scarring to show for my bout with basal cell carcinoma.

With fair skin, red hair and blue eyes, I am at a high risk

for skin cancer. This is compounded by the fact that both my job and my avocation have me spending a lot of time outdoors exposed to UV radiation. Given that I have already had one instance of skin cancer, my chances for additional skin cancers have increased. Therefore, prevention and early detection are key to insuring that I don't experience a relapse.

Prevention

Most skin cancers are preventable. However, the key to prevention isn't just one thing it is several things in combination that provide the greatest amount of protection. To protect yourself, the Mayo Clinic recommends following these tips:

- **Avoid the sun during the middle of the day** – UV radiation is at its greatest intensity between 10 am and 4 pm. Avoiding exposure when the intensity of UV radiation is at its greatest helps to avoid sunburns, tans and damaging exposure to the sun.
- **Wear sunscreen year round** – Sunscreens do not filter out all of the harmful UV radiation, but they play a significant role in overall sun protection. Use a broad spectrum (both UVA and UVB radiation) sunscreen with a minimum sun protection factor (SPF) of 15. Apply a minimum of 1 ounce (approximately a shot glass worth) of sunscreen every 2 hours or less.
- **Wear protective clothing and eyewear** – Sunscreen alone will not provide the necessary protection against harmful radiation. Oftentimes, the best fishing occurs when UV radiation is at its greatest intensity. So, cover your skin with dark, closely woven clothing. There are numerous companies that sell UV protective clothing. Broad brimmed hats are preferred over baseball hat. However, if you plan to wear a baseball hat, plan to augment it with a facemask (a Buff® or something similar).

Eye protection is also important. Wear sunglasses that provide both UVA and UVB protection.

- **Avoid tanning beds** – A tan is the skin's way of protecting itself from further damage. Tanning beds expose your skin to intense UV radiation.

tion and increase your risk of skin cancer.

- **Beware of sun-sensitizing medications** – Certain common prescriptions and over-the-counter drugs will make your skin sensitive to light. If you regularly take medication, ask your doctor or pharmacist whether or not the side effects include increased sensitivity to the sun. If so, you will need to take extra precautions to protect yourself.
- **Check yourself regularly and schedule annual appointments with a dermatologist** – Regularly examine your skin for new skin growths, and bumps or changes in existing moles, freckles or birthmarks. Begin a regiment of annual check-ups with a dermatologist. This is especially important if you are at risk or susceptible to skin cancer.

While in most instances skin cancer is avoidable, it

doesn't mean that you have to give up spending time on the water. Be smart when it comes to exposure. To paraphrase the old idiom, *'an ounce of prevention is worth a pound of flesh.'*

Resources

For more information about skin cancer and what you can do to prevent it, check out the following web sites:

The Skin Cancer Foundation

www.skincancer.org/

The American Cancer Society

www.cancer.org/cancer/cancercauses/sunanduvexposure/skin-cancer-facts

The Mayo Clinic

www.mayoclinic.org/diseases-conditions/skin-cancer/basics/definition/con-20031606



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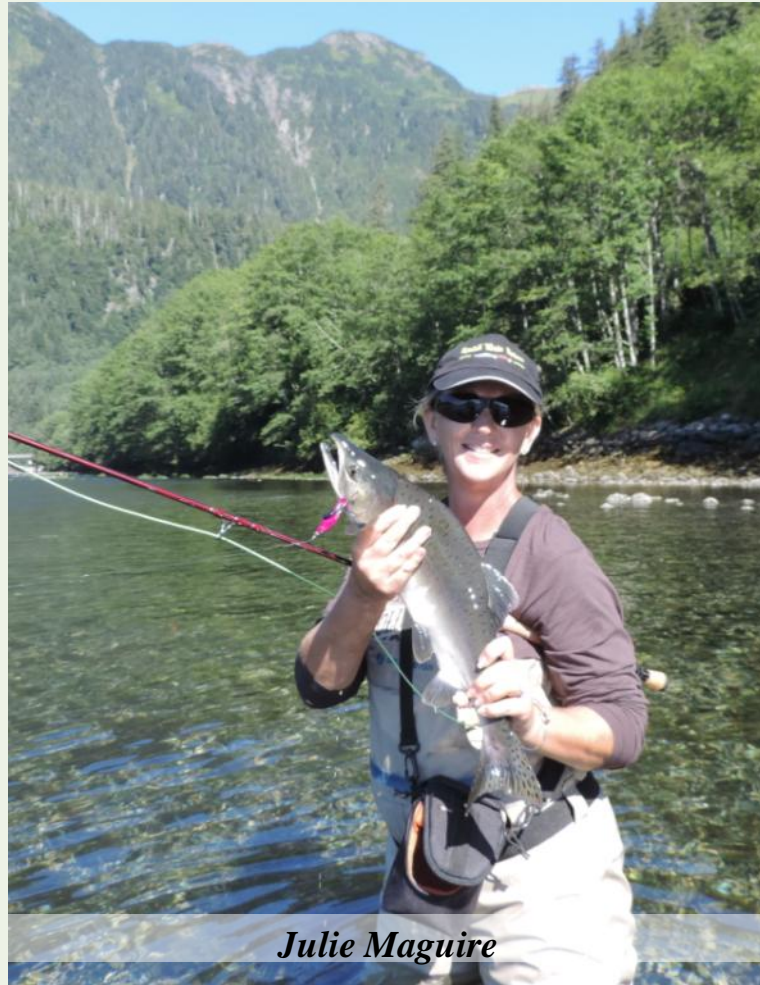


New Member Spotlight

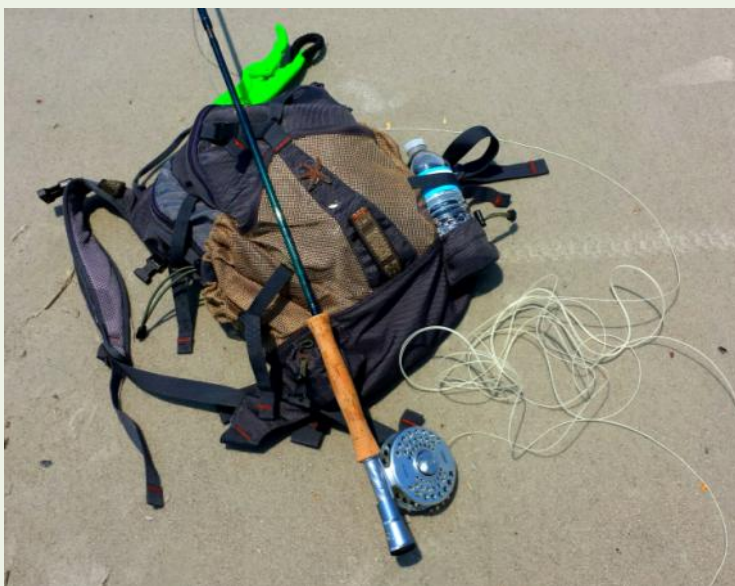
My name is Julie Maguire. I am 52, single, and the owner of Arizona Custom Knives one of the largest retail on line stores in the world for custom knives. I have two children; Jess (24) who is just graduating and wants to be a teacher, and my son Henry (19) is a captain on a 32 foot charter boat with Laughing Raven Lodge in Alaska.

My first memory of fishing was when I was 3 and received my first Zebco Donald Duck rod and a carton of worms. I caught my first bream and have been hooked since. My son and I have always loved to fish together and last summer I had the opportunity to visit him in Alaska and do some fishing. That was my first experience fly fishing. Wow I loved it. I caught several Salmon and trout and then went on to fish the Missouri River in Montana for trout. While on the trip my son smiled at me and said "Mom we have fish 14 of the 16 days we have been together."

Not only is fly-casting beautiful to watch but I enjoy trying to master something while being outdoors and best of all catching fish. I didn't get the chance to do much with it until this summer and have picked up a rod and started learning. I am excited about joining the club and look forward to fishing with you all.



Julie Maguire



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2014 Florida Fly Fishing Expo To Feature Renowned Experts Bob Clouser and Wanda Taylor, October 10-11, 2014

Crystal River, Florida—The IFFF-Florida Fly Fishing Expo returns to The Plantation on Crystal River, FL, Oct. 10-11, 2014. International fly fishing experts Bob Clouser and Wanda Taylor headline the event, with 25+ how-tos, fly casting and fly tying clinics, and workshops for men, women, and kids, all skill levels and age.

Organizers for the 5th IFFF-Florida Fly Fishing Expo have selected world renowned fly fishing experts Bob Clouser of Pennsylvania and Georgia's Wanda Taylor as special guest speakers at the Oct. 10-11, 2014 expo at the Plantation On Crystal River, in Crystal River, FL.

Clouser, the revered fly fishing instructor and author, created the most-used, most-recognized fly in the world, the Clouser Deep Minnow. Taylor is the first ever woman certified as a master fly casting instructor by the International Federation of Fly Fishers (IFFF). She is known for her wide knowledge of fly fishing and fly casting and her skills as an instructor. Wanda is also co-founder of Casting for Confidence, a retreat for breast cancer survivors.

“Women and teens are increasingly attracted to fly fishing. This year the Florida Council Fly Expo offers even more women's and kids' fly fishing clinics, programs, and classes,” IFFF-FL president Tom Gadacz said of the upcoming event. ‘Bob Clouser and Wanda Taylor will be part of a teaching and demonstration team that includes some of the most knowledgeable and respected fly tiers, fly casters, and fly fishing guides and in the region and the country.’

Hands-on clinics, demonstrations and workshops include instruction for beginning through advanced fly casters, outdoor photography classes, fly fishing techniques, building first-aid kits for boat and trail, tying effective new fly patterns, fly casting accuracy and distance secrets and many more. The Florida Fly Fishing Expo also offers resource-awareness exhibits and indoor and outdoor and displays of the newest fly rods, reels, lines, clothing, kayaks, and other gear.

Admission to the family-friendly expo is \$10, which includes both days. Admission is free to kids 16 and younger when accompanied by an adult.

The IFFF-Florida Fly Fishing Expo is co-hosted the Tarpon Coast Fly Fishers, the Crystal River club, one of 15 fly fishing clubs in the Florida Council. For more information or to register online, go to the IFFF-FL website www.fff-florida.org.



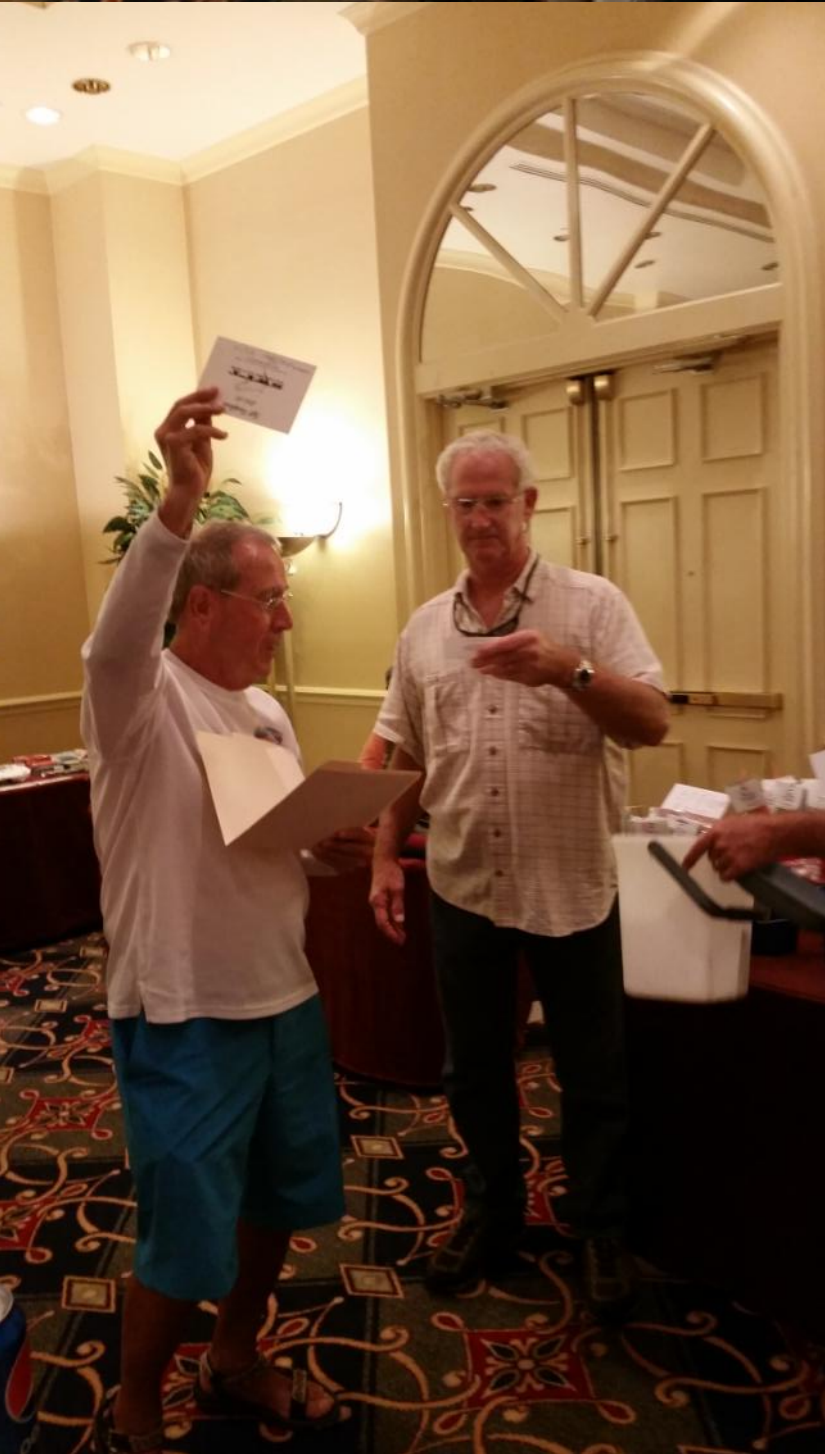
Annual Raffle and Swap Meet



John Bottko liquidating the last of the Salty Feather merchandise.



One of Buddy Price's top water flies





Left: Had these people showed up, they would have walked away with a gift certificate

Below: Members waiting for their names to be called for one of the many gift certificates given away at the swap meet.



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It is the constant - or inconstant - change, the infinite variety in fly-fishing that binds us fast. It is impossible to grow weary of a sport that is never the same on any two days of the year.

- Theodore Gordon (1914)

This Month's Outing...

Saturday, August 16th Cedar Point Flood Tide

Summer is drawing to an end and that means one thing...reds in the Grass! This month, the FCFE will start off the fall flood tide season with a trip to Cedar Point on **August 16th**. A 5.2 high tide is scheduled for **2:14 PM** that day. We will be scouting the grass for reds as the summer sun sets burns overhead. Don't forget to wear your sun protection.

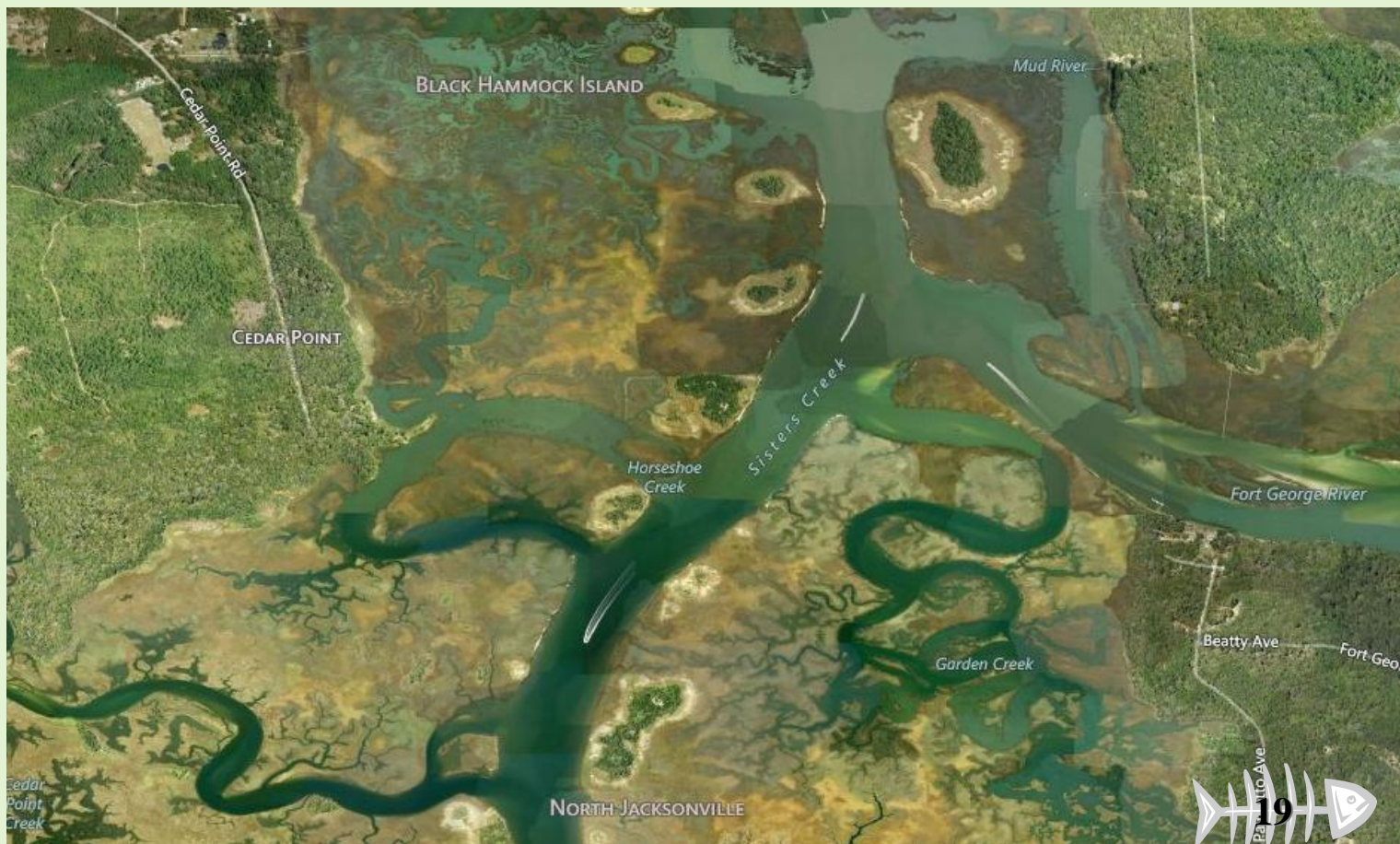
There have been several opportunities to hunt reds in the grass earlier in the year. To be sure, they will be wise to the ways of the fly fisherman. With any luck, they will cooperate along with the sheephead.

For those new to the club, this will be an excellent opportunity to learn about catching reds in the grass. You will need a sturdy pair of wading shoes, an 8 or 9 weight rod and crab patterns. Several patterns are pro-

ductive for reds in the grass including Larry Miniard's Fidler in the Grass and John Bottko's Turkey in the Grass. Dupree spoons are also effective patterns.

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. We will gather at the boat ramp afterward for hot dogs and hamburgers and stories of the ones that got away, and the ones that didn't.

More information about the outing will be available at the August 4th meeting.



August 2014 Tides Mayport, Florida (Bar Pilot Dock)

DATE	TIME	HEIGHT	DATE	TIME	HEIGHT	DATE	TIME	HEIGHT						
8/1/2014	Fri	12:22 AM	4.6	H	8/11/2014	Mon	9:40 AM	5.2	H	8/21/2014	Thu	6:54 PM	5.1	H
8/1/2014	Fri	6:04 AM	0.4	L	8/11/2014	Mon	3:22 PM	-1	L	8/22/2014	Fri	12:51 AM	0.7	L
8/1/2014	Fri	12:51 PM	4.5	H	8/11/2014	Mon	10:08 PM	5.7	H	8/22/2014	Fri	7:11 AM	4.5	H
8/1/2014	Fri	6:33 PM	0.8	L	8/12/2014	Tue	3:59 AM	-1	L	8/22/2014	Fri	12:56 PM	0.5	L
8/2/2014	Sat	1:01 AM	4.5	H	8/12/2014	Tue	10:35 AM	5.3	H	8/22/2014	Fri	7:37 PM	5.1	H
8/2/2014	Sat	6:46 AM	0.4	L	8/12/2014	Tue	4:16 PM	-0.9	L	8/23/2014	Sat	1:36 AM	0.6	L
8/2/2014	Sat	1:33 PM	4.6	H	8/12/2014	Tue	11:00 PM	5.6	H	8/23/2014	Sat	7:55 AM	4.6	H
8/2/2014	Sat	7:26 PM	0.9	L	8/13/2014	Wed	4:49 AM	-0.9	L	8/23/2014	Sat	1:41 PM	0.4	L
8/3/2014	Sun	1:44 AM	4.4	H	8/13/2014	Wed	11:29 AM	5.4	H	8/23/2014	Sat	8:17 PM	5.1	H
8/3/2014	Sun	7:34 AM	0.4	L	8/13/2014	Wed	5:12 PM	-0.6	L	8/24/2014	Sun	2:16 AM	0.5	L
8/3/2014	Sun	2:21 PM	4.7	H	8/13/2014	Wed	11:52 PM	5.4	H	8/24/2014	Sun	8:35 AM	4.6	H
8/3/2014	Sun	8:24 PM	1	L	8/14/2014	Thu	5:41 AM	-0.7	L	8/24/2014	Sun	2:22 PM	0.3	L
8/4/2014	Mon	2:34 AM	4.4	H	8/14/2014	Thu	12:23 PM	5.4	H	8/24/2014	Sun	8:54 PM	5.1	H
8/4/2014	Mon	8:28 AM	0.4	L	8/14/2014	Thu	6:11 PM	-0.3	L	8/25/2014	Mon	2:52 AM	0.4	L
8/4/2014	Mon	3:16 PM	4.8	H	8/15/2014	Fri	12:44 AM	5.2	H	8/25/2014	Mon	9:14 AM	4.7	H
8/4/2014	Mon	9:26 PM	0.9	L	8/15/2014	Fri	6:36 AM	-0.4	L	8/25/2014	Mon	3:00 PM	0.3	L
8/5/2014	Tue	3:32 AM	4.3	H	8/15/2014	Fri	1:18 PM	5.4	H	8/25/2014	Mon	9:30 PM	5.1	H
8/5/2014	Tue	9:26 AM	0.2	L	8/15/2014	Fri	7:14 PM	0.1	L	8/26/2014	Tue	3:24 AM	0.4	L
8/5/2014	Tue	4:19 PM	4.9	H	8/16/2014	Sat	1:37 AM	4.9	H	8/26/2014	Tue	9:52 AM	4.8	H
8/5/2014	Tue	10:28 PM	0.7	L	8/16/2014	Sat	7:33 AM	-0.2	L	8/26/2014	Tue	3:35 PM	0.4	L
8/6/2014	Wed	4:37 AM	4.3	H	8/16/2014	Sat	2:14 PM	5.2	H	8/26/2014	Tue	10:05 PM	5	H
8/6/2014	Wed	10:27 AM	0	L	8/16/2014	Sat	8:17 PM	0.4	L	8/27/2014	Wed	3:52 AM	0.4	L
8/6/2014	Wed	5:25 PM	5.1	H	8/17/2014	Sun	2:32 AM	4.7	H	8/27/2014	Wed	10:28 AM	4.8	H
8/6/2014	Wed	11:30 PM	0.4	L	8/17/2014	Sun	8:31 AM	0.1	L	8/27/2014	Wed	4:08 PM	0.5	L
8/7/2014	Thu	5:43 AM	4.4	H	8/17/2014	Sun	3:13 PM	5.1	H	8/27/2014	Wed	10:40 PM	5	H
8/7/2014	Thu	11:29 AM	-0.2	L	8/17/2014	Sun	9:18 PM	0.6	L	8/28/2014	Thu	4:20 AM	0.4	L
8/7/2014	Thu	6:27 PM	5.3	H	8/18/2014	Mon	3:32 AM	4.5	H	8/28/2014	Thu	11:04 AM	4.9	H
8/8/2014	Fri	12:29 AM	0.1	L	8/18/2014	Mon	9:28 AM	0.3	L	8/28/2014	Thu	4:42 PM	0.7	L
8/8/2014	Fri	6:46 AM	4.6	H	8/18/2014	Mon	4:14 PM	5.1	H	8/28/2014	Thu	11:16 PM	4.9	H
8/8/2014	Fri	12:31 PM	-0.5	L	8/18/2014	Mon	10:16 PM	0.7	L	8/29/2014	Fri	4:51 AM	0.5	L
8/8/2014	Fri	7:26 PM	5.5	H	8/19/2014	Tue	4:32 AM	4.4	H	8/29/2014	Fri	11:41 AM	4.9	H
8/9/2014	Sat	1:25 AM	-0.3	L	8/19/2014	Tue	10:23 AM	0.5	L	8/29/2014	Fri	5:20 PM	0.8	L
8/9/2014	Sat	7:46 AM	4.8	H	8/19/2014	Tue	5:13 PM	5.1	H	8/29/2014	Fri	11:54 PM	4.8	H
8/9/2014	Sat	1:30 PM	-0.7	L	8/19/2014	Tue	11:11 PM	0.8	L	8/30/2014	Sat	5:27 AM	0.5	L
8/9/2014	Sat	8:22 PM	5.6	H	8/20/2014	Wed	5:30 AM	4.4	H	8/30/2014	Sat	12:20 PM	5	H
8/10/2014	Sun	2:18 AM	-0.6	L	8/20/2014	Wed	11:16 AM	0.5	L	8/30/2014	Sat	6:04 PM	1	L
8/10/2014	Sun	8:44 AM	5	H	8/20/2014	Wed	6:06 PM	5.1	H	8/31/2014	Sun	12:34 AM	4.8	H
8/10/2014	Sun	2:27 PM	-0.9	L	8/21/2014	Thu	12:03 AM	0.8	L	8/31/2014	Sun	6:10 AM	0.6	L
8/10/2014	Sun	9:16 PM	5.7	H	8/21/2014	Thu	6:23 AM	4.4	H	8/31/2014	Sun	1:02 PM	5	H
8/11/2014	Mon	3:09 AM	-0.9	L	8/21/2014	Thu	12:08 PM	0.5	L	8/31/2014	Sun	6:56 PM	1.1	L



Dogs in the mirror are closer than they appear....