

FIRST COAST FLY FISHERS

SEPTEMBER 2014



Educating, Restoring, Conserving through Fly Fishing

September 8th, 2014 Meeting 7^{PM} at the *Southpoint Marriott,* *Jacksonville, FL*

The State of the St Johns River

Presented by **Lisa Rinaman,**
St Johns Riverkeeper

Please join the First Coast Fly Fishers on Monday, September 8th as we welcome St Johns Riverkeeper Lisa Rinaman who will be discussing the state of the St Johns River. Lisa has served as Riverkeeper since 2012 when she replaced outgoing Keeper Neil Armingeon.

A native of Arkansas, Rinaman began her public service as an activist for Jacksonville's Springfield neighborhood. This led to a position in Mayor John Delany's administration as the community outreach director for the Better Jacksonville Plan. She also served as president of the Downtown Council and spent 2004 at the head of the Jacksonville Film Festival.

Lisa has a special connection to the river. She and her husband Mark had their first date kayaking the St Johns. Now, several years later she is tasked with insuring the health and welfare of the River. The St. Johns Riverkeeper is the chief advocate and public's voice for the St. Johns River. Responsibilities include: holding regulatory agencies and those polluting the river accountable; identifying and advocating for solutions that will protect and restore the river; working with government entities, businesses, community leaders and citizens to resolve problems that impact the river's health; and communicating with the media and the public to educate and raise awareness about important river-related issues.

Plan to show up early for casting instruction around the pond offered by Casting Gurus David Lambert, MCI and Dick Michaelson.



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FIRST COAST FLY FISHERS

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JACKSONVILLE, FL 32245-6260

On the Cover:
Trout stream in the Rocky Mountain National Park, Colorado.
Photograph by Jason C. Sheasley

Packing the Perfect Cooler



By Jason Sheasley

A person can develop a powerful thirst poling the flats on a hot summer day. Nothing could be worse than trying to slake that thirst with a lukewarm bottle of water or can of beer. With a little understanding of basic chemistry you will never have to suffer a warm drink again. You will need an ample supply of ice, beverages of choice and rock salt.

1 It will take approximately 2.5 pounds of ice to chill two six-packs or a gallon of water from room temperature. So, if possible pre-chill your drinks or your cooler before packing it for your day on the water. Place your dinks in the refrigerator for a minimum of one hour (over night if possible).

2 Alternatively, fill your cooler with ice and let it sit for at least an hour. Insulated coolers retain heat as well as cold. They are designed to reduce the transfer of heat. If you start out with a warm cooler, a significant amount heat transfer will be required to cool the walls of the cooler in addition to cooling whatever you are trying to keep cold. The end result is that the ice will melt much faster. Therefore, to reduce the amount of heat transfer and to maximize ice retention, keep your cooler in a cool environment and pre-chill it before use.

3 Packing a cooler is all about layers. Depending on the number of dinks you have or the size of your cooler you may need to layer the drinks. In an empty cooler, neatly arrange your first layer of pre-chilled drinks on the bottom. Leave about a ¼-inch gap between your drinks

Rock Salt

Rock salt or halite is the mineral form of sodium chloride. It is large-grained, unrefined salt that often contains impurities. In the north, during winter, rock salt is used to melt ice on driveways and sidewalks. It can be purchased in bulk (25 or 50 pound bags), which is cheaper, or as “ice cream salt.”

and the sides of the cooler.

4 Place a layer of ice over top your cans or bottles. Shake the cooler to get the ice between the walls and the cans and the cans themselves. Make sure you have about a ½-inch of ice completely covering the tops of cans or bottles.

5 Add rock salt to the top of the ice. The amount of rock salt depends on the how could you want your resulting cooling bath to be. In most instances, 2 to 3 cups of rock salt to 10 pounds of ice is more than sufficient.

6 Adding rock salt will melt some of the ice. The resulting brine solution will have a freezing point that is lower than 32° Fahrenheit. This will keep the remaining ice from melting quickly while at the same time super chilling your drinks. The temperature of the brine solution will be reduced in a matter of minutes.

7 Add additional layers of drinks, ice and rock salt; repeating the process until you run out of beverages or your cooler is full. If you do not have enough beverages to fill your cooler, then



Images from www.woodchuck.com



When German physicist Daniel Fahrenheit first proposed his temperature scale in 1724, the lower defining point (0° Fahrenheit) was based on the lowest temperature to which a brine solution be reproducibly cooled. Nowadays, the Fahrenheit scale is based on the temperature at which liquid water freezes.

pack the remaining space with ice. It is important to pack as much ice in the cooler as possible to keep the air space to a minimum. Keep in mind, small amount of ice in a large cooler will melt faster than the same amount of ice in a small cooler. The more ice the better. If weight is an issue, use paper, towels or blocks of foam to fill the air space.

This trick works through a phenomenon known as freezing-point depression. This is the process in which adding a solute (salt) to a solvent (water) decreases the freezing point of the solvent. A 10 percent salt solution will freeze at 20° Fahrenheit, while a 20 percent solution will freeze at 2° Fahrenheit. Increase the salt to ice ratio and it is possible to achieve sub-zero temperatures. For instance, if you increase the brine solution to 30 percent it is possible to achieve a temperature of nearly -4° Fahrenheit.

When you are out poling the flats with your super-chilled drinks in your cooler, keep the following in mind:

1 Attempt to keep your cooler out of direct sunlight. Exposure to direct sunlight will cause the ice to melt faster and increase the temperature of the cooler. If it is not possible to keep the cooler out of direct sunlight consider covering it with wet towels. The evaporation process will help reduce the external temperature of the cooler.

2 Don't drain the melted ice water. The super-chilled water will likely be less than 32° Fahrenheit. It will be more efficient in keeping the cooler and your drinks cold.

3 Open the cooler as little as possible to maintain cooler temperatures. When reaching in for another beer, grab one for your fishing partner. He will think you are a nice guy when in actuality you are just keeping the beer cold.

Cheers.



The Florida Council of the International Federation of Fly Fishers
Presents

Florida's 2014

Fly Fishing Expo

Featuring
Bob Clouser & Wanda Taylor



The Plantation on Crystal River
Friday & Saturday, Oct. 10 & 11, 2014

- See The Latest Fly Tackle & Gear
- Clinics & Workshops with IFFF Certified Casting Instructors
- Fly Tying Demos & Workshops w/ Top Professional Fly Tyers

- Daily Free Programs & Seminars w/ National Fly Fishing Experts & World Class Speakers
- Raffles, Silent Auctions, Live Auctions & Much More. Join Us.

www.fff-florida.org

World Renowned Fly Fishers Highlight October's 2014 Florida Fly Fishing Expo in Crystal River

The creator of the Clouser Deep Minnow and the world's first female Master Certified Fly Casting Instructor will lead workshops Oct. 10-11 at The Plantation at Crystal River.

Crystal River, Florida -- Bob Clouser of Clouser Deep Minnow fame and Wanda Taylor, nationally acclaimed fly casting instructor, will each lead four skill-improvement workshops at the 2014 Florida Fly Fishing Expo, Friday and Saturday, October 10-11, 2014, at The Plantation on Crystal River.

The event is sponsored by the non-profit Florida Council of the International Federation of Fly Fishers (IFFF-FL). Tom Gadacz, president of IFFF-FL said, 'These special workshops augment nearly 50 fly fishing clinics, classes, and related programs scheduled for the two-day event; all of which are conducted by professional guides, acclaimed fly casting instructors, and exhibition fly tyers – and most are free with a \$10 entry fee.'

Specialty programs include free clinics in outdoor photography by Nikon Pro Staffer Tom Dunkerton, Fly Fishing from Kayaks by acclaimed illustrator and author Joe Mahler; building a working first aid kit for beach and boat by fly casting instructor Dr. Tom Dempsey; and many programs targeting how-to, when to, and where to catch fish on the fly in the state and region by many of the state and region's best guides.

In addition to the programs and clinics, many of fly fishing's top manufacturers and retailers are scheduled to exhibit new fly rods, reels, lines, clothing, kayaks and other gear and exhibit.

The 2014 Florida Fly Fishing Expo is a family-friendly event that focuses on fly fishing education and resource appreciation. Admission to the family-friendly Expo is \$10, for two days. Kids 16 and younger are free when accompanied by an adult.

For more information and to register online visit the IFFF-FL website www.fff-florida.org or visit us on FaceBook <https://www.facebook.com/pages/International-Federation-of-Fly-Fishers-Florida-Council/146437518751967>

INTERNATIONAL
FEDERATION OF FLY FISHERS



FLORIDA COUNCIL

The Plantation on Crystal River

A hidden gem located on the Nature's Coast of Florida and the Gulf of Mexico, our beautiful 50-year-old [eco-friendly and green luxury resort hotel's](#) surrounded by the natural springs of Kings Bay. This bay, in Crystal River, is one of the largest aquifers in the state and home to more than 400 West Indian Manatees that migrate each year to the warmth of the springs.

We sit on 232 acres of lush preserve land with emerald greens and grand oaks, and house hundreds of birds and wildlife that include: Osprey, Sandhill Cranes, Blue

Heron, Red-Bellied Warbler, Yellow-Bellied Warbler, Neotropic Cormorant, Great Egret, Eagles and Grey-Horned Owls to mention a few.



This Month at the Movies



Grab the popcorn. This month, two FCFF'ers have stepped behind the camera to record their piscatorial pursuits.

Pirates of the Flood Tide Flats



Click the image or paste the following link in your browser to watch the trailer:
https://www.youtube.com/watch?v=OuoJ_G_wdHs&feature=youtu.be

Just in time for Oscar season, the latest film from Director David Johnston - Pirates of the Flood Tide Flats. A man and his fly rod tackle the wily redfish of the Northeast Florida flood tides. If Siskel and Ebert were still alive they would both give it two thumbs up.

Battle of the Albies



Click the image or paste the following link in your browser to watch the trailer:
https://www.youtube.com/watch?v=IhPr_65QZIo

In a world where False Albacore school off the coast of St Augustine; two Captains dare to catch them. Will the rod break before Captain Rich lands the Albie? Tune in and find out. Captain Troy did all his own stunts in this film that is sure to rival Jaws 3-D.

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CCA JACKSONVILLE CHAPTER BANQUET & AUCTION



November 6th, 2014

The Garden Club of Jacksonville

6:00 pm Silent Auction & Raffle

7:30 Dinner & Live Auction

Tickets include 2 Hour Open Bar, Dinner and One Year
CCA Membership!

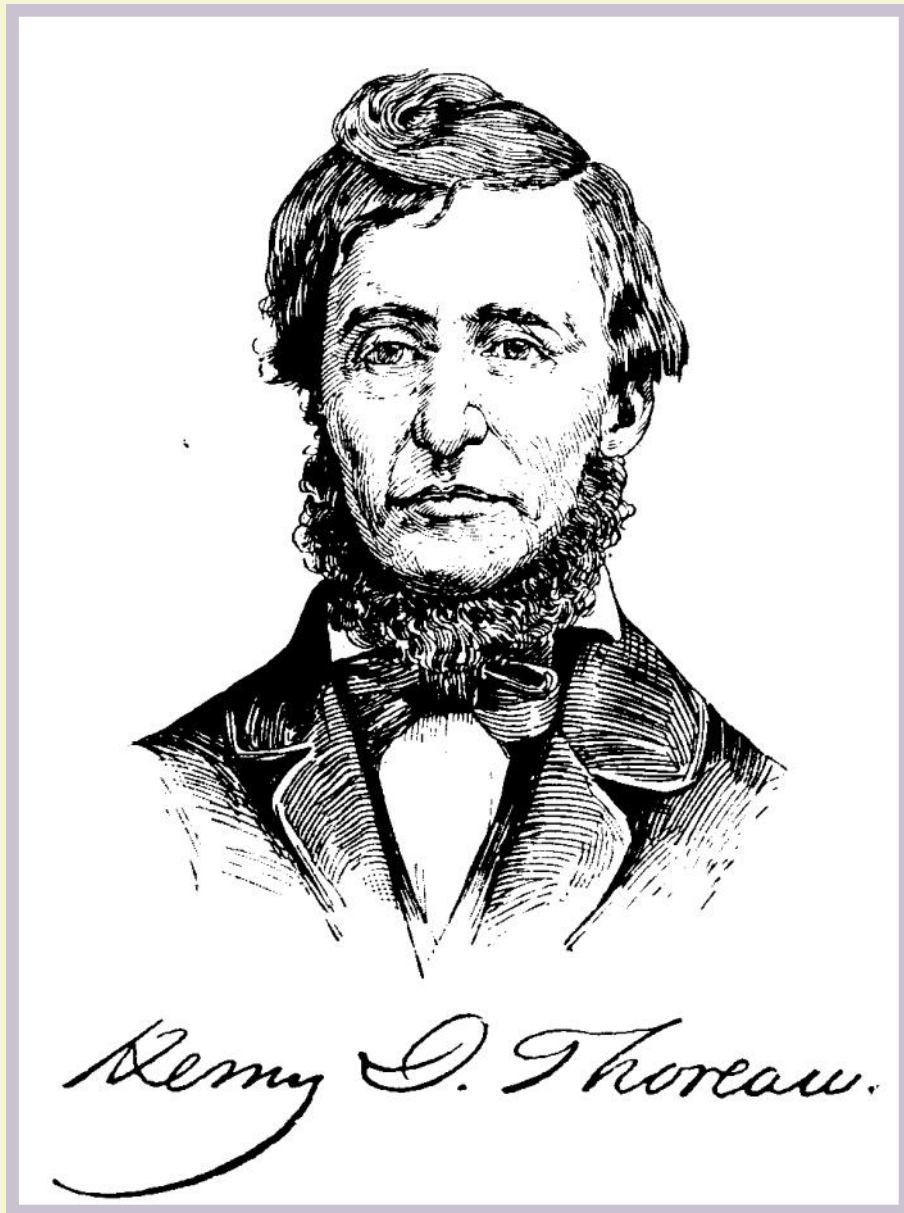
For More Information Contact:

Trevor Hardie (772) 713-6468

<http://www.ccaflorida.org/cca-florida-chapters/jacksonville>



Coastal Conservation Association Florida
is a grassroots organization that is committed to
conserving and protecting Florida's marine resources.



Standing on the shore, I once more cast
my line into the stream, and found the
dream to be real and the fable true.

- Henry David Thoreau (1864)

Snatch it Out!

Hook Removal

By Don Edlin

If you are an ardent fly fisherman then it is not a question of if it will happen, but when and how bad it will be. You are but one cast away from hooking yourself or your fishing companion or vice versa. I have already had to remove hooks twice this year, once from myself and once from a friend who had hooked himself. Seems like I have to do this at least once a year.

It is good practice to bend the barb down on the hook so that when you hook something besides a fish, removal is simple. However, most people including myself don't bend the barb down making removal very difficult.

Speaking from experience, there are several scenarios of when the hooking will most likely occur. Here are just a few:

- You are casting down wind and spot a tail off to your side. Being the great caster that you are you adjust your cast in the middle of loading the rod and try to cast sideways. The wind blows the fly into your body and you are hooked.
- You are tying on a new fly and as you cinch the knot the line slips and fly is embedded in your hand.



- You are trying to remove the hook from a fish that still has a lot of life in it. (Think crazed Ladyfish) Your hand gets too close to the hook and now you and the fish are pierced by the same hook.
- Your buddy sees a fish and totally forgets other people are in the boat as he makes his false casts.

If you are with someone, then removing the hook is fairly simple. You just need to talk them through the steps below or do it yourself. If you are by yourself, then it depends on where the hook has penetrated your body. If it is unreachable and you are still seeing fish, then man-up and cut the line and continue fishing until the catching resides and you can get some help.

The first time I used the “Snatch Method” I had read about it several months before. I was trying to remove the hook from a large mouth bass before releasing it when the fish jerked when I least expecting it driving the hook deep into my thumb. My brother and I were in Southwest Georgia on a private lakes about 40 miles from the nearest city. I didn't want to stop fishing so I told him to try the “snatch method” to get it out. I walked him through it and the hook came out clean with no pain. I put some antibiotic on the wound and continued fishing. It was a non-event once the hook was out.

The basic principle of the “Snatch Method” is shown below.

Steps for a successful Snatch Method hook removal:

1. Always cut the line off of the hook and then determine where/how the hook has penetrated. You want to pull it out on the same path that it entered.
2. Double up the fly line or a piece of monofilament and loop it through the bend of the hook. It is better to use fly line than leader or tippet material for this step. When you commit and snatch, you do not want any slippage to occur.
3. Wrap the doubled up fly line around your hand and press down on the eye of the hook with your other hand.
4. If you are by yourself, think of that big Red you are going to



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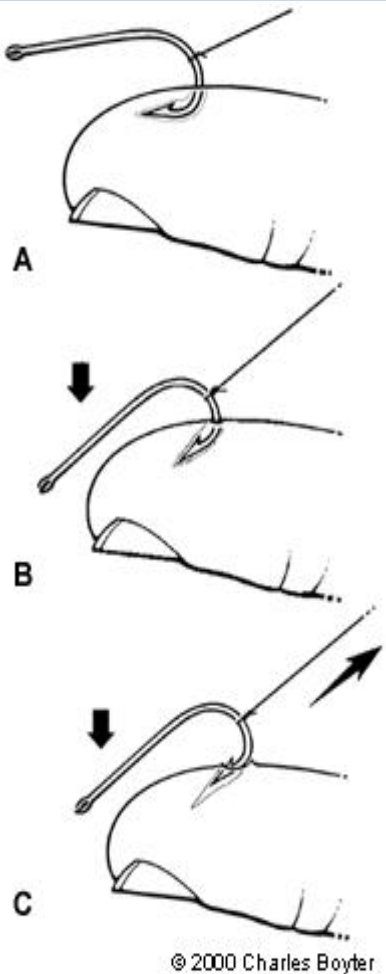


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Snatch-It-Out method.
(A) Wrap a string around the midpoint of the bend in the fishhook. (B) Depress the shank of the fishhook against the skin. (C) Firmly and quickly pull on the string while continuing to apply pressure to the shank.

Source: Fishhook Removal, American Family Physician
<http://www.aafp.org/afp/2001/0601/p2231.html>

catch after this is all over and give a powerful snatch parallel to the skin to pulling the hook out the same way it entered while pressing down on the hook eye.

5. If you are doing this on your fishing buddy, tell him you are going to count to three and then snatch. On the count of one, snatch it out. Don't give him or yourself time to flinch.

6. Apply some antibiotic ointment from the first aid kit that you prepared after listening to Jason Sheasley's presentation last month.

7. Continue fishing and enjoying the day.

8. Wash the wound when you get home and watch for redness or infection. Seek medical help if the redness persists for more than four hours.

Be safe and don't call your lawyer if this doesn't work. The safest way to have the hook removed is to stop fishing, go to the nearest emergency room and have a doctor do the exact same thing for about \$450 dollars.

This Month's Outing...

Sunday September 21st Heads or Tails...

Flood tide season is in full swing. If you haven't made it to grass flats this season what are you waiting for? The reds aren't going to catch themselves.

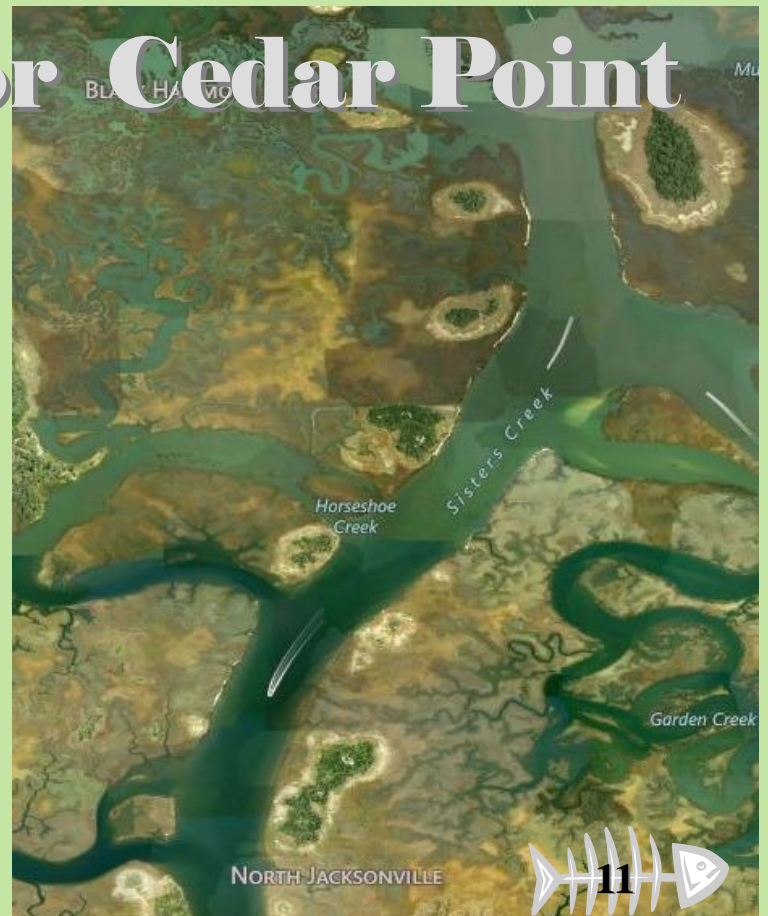
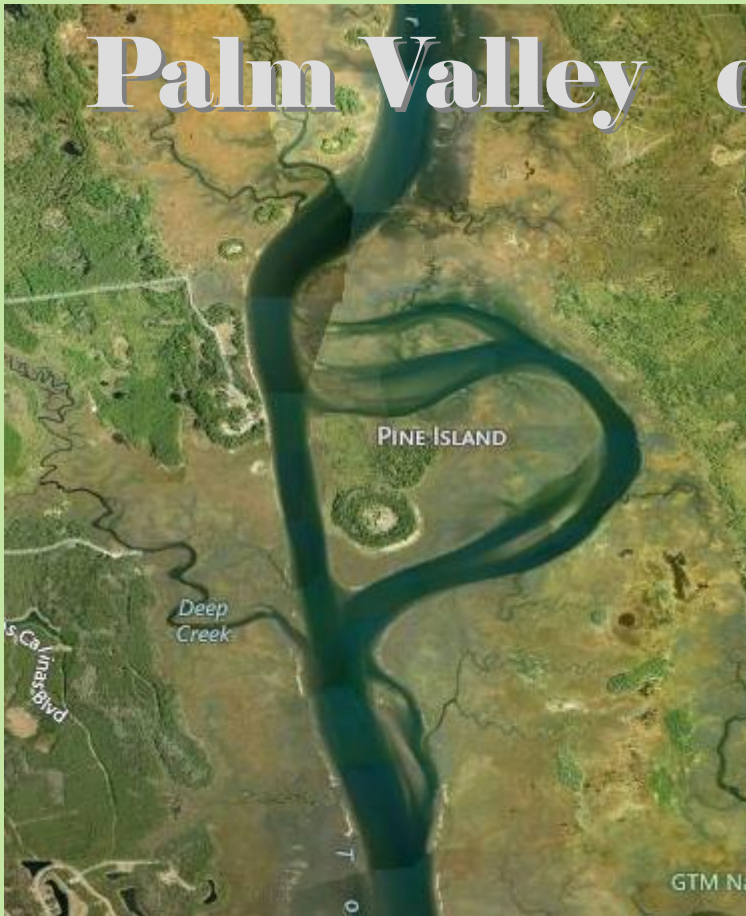
The Club originally planed to head to Palm Valley this month to fish the flood tide. Fishing the flood tide in Palm Valley is a unique experience. Starting at the St Augustine airport, you can follow the tide north to the Palm Valley bridge, a distance of about 5 miles, and target all the productive grass flats along the way. Instead of 20 minutes when the tide is optimal to see and cast to tailing reds, you can have 2 hours or more of prime fishing as you follow the tide north along the Intracoastal Waterway. It is a great way to prolong fishing the flood tide. To take advantage of the tide, you will need a boat so you can quickly more from flat to flat.

Unfortunately, the reports from Palm Valley haven't been that favorable this season. Either the flats don't flood enough, or the reds are few and far between. If reports of the September 13th and 14th flood tides are favorable, we will plan the outing for Palm Valley. Otherwise, we will plan to return to Cedar point for the September 21st outing.

As the time for the outing draws near, an email will be sent out regarding the outing. If you don't have a boat and want to fish the flood tide, be sure to let Jeff Bivins know so he can pair you up with someone with a boat.

If you have any questions, feel free to contact Jeff at outings@fcff.org.

Stay tuned!



Palm Valley or Cedar Point

August Outing - Reds in the Grass at Cedar Point



Photo Credits: Woody Huband, Jason Sheasley, Don Edlin, Chan Richie





Bob Clouser Day

Sunday October 12, 2014

Bob Clouser, the man who invented the most versatile and widely used fly pattern in history, will be spending the day with the Club on **Sunday, October 12th**. Bob will be passing through Jacksonville as he makes his way back to Pennsylvania from the IFFF Expo in Crystal River.

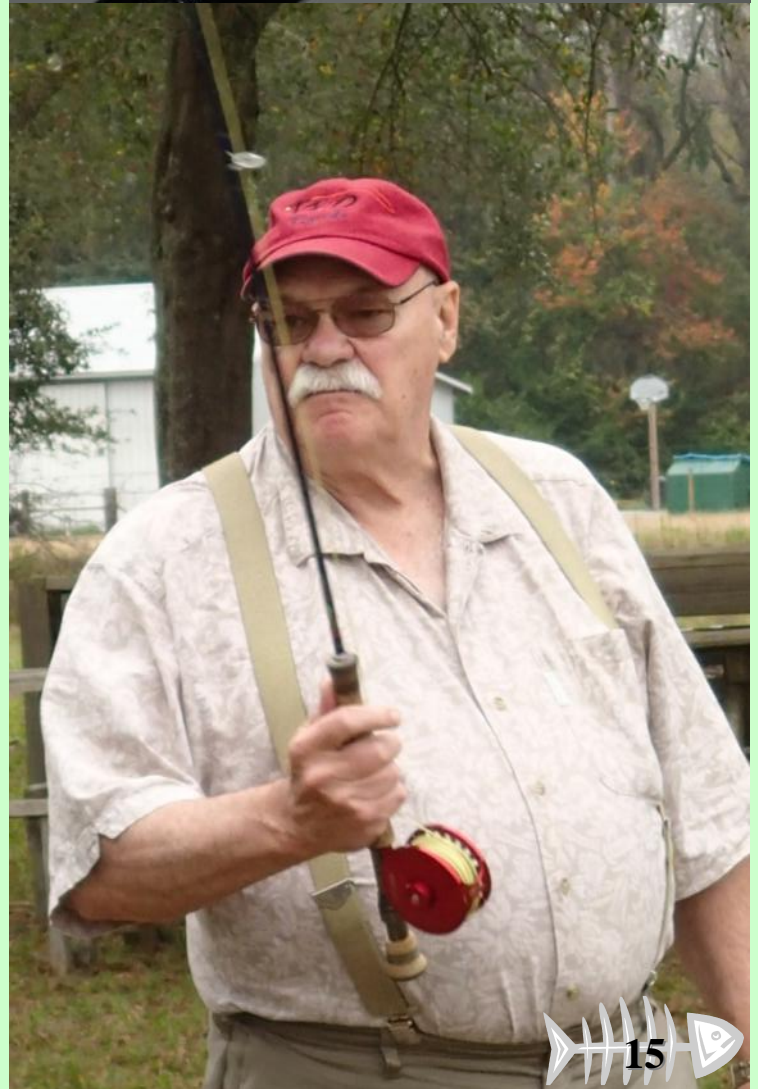
Bob is not only an innovative fly tyer, he is an exceptional fly caster. Throughout the day Bob will be providing fly tying demonstrations and fly casting instructions. Last year Bob brought with him new, state-of-the-art rods, fly lines and tying materials for the Club to try out. No telling what he might bring with him this time. This will be an excellent opportunity to learn from one of the giants of the fly fishing world.

For folks who recently joined the Club, you don't want to miss the opportunity. If you have attended in the past, this is a chance to reconnect with Bob and learn some new tying and casting tricks sure to improve your success.

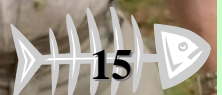
The event will kick-off around 9 am Sunday morning at M&M Dairy. Coffee and donuts will be provided by the Club. We will have morning and afternoon sessions in which Bob will be offering hands-on casting and fly tying lessons. Lunch will be provided by the Club.

The event is free to all FCFE members-in-good-standing. We will need an accurate head-count to make

provisions for breakfast and lunch. There will be a sign-up sheet at the **October 6th** meeting. If you are unable to attend Monday's meeting **please email the Programs Chairman** (programs@fcff.org) so that you can be accounted for. Members are asked to bring their own fly rods and fly tying materials to participate.



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Letters to the Editor

Dear Jason,

First let me say you are doing a great job on the FCFE Newsletter. Enjoyable, very informative articles and great photos. Keep up the good work.

Second, I would like to call attention to the first year anniversary of a significant milestone for the northeast Florida fishing community that occurred in September 2013. One of your FCFE members achieved one of the most difficult challenges ever established in the fly fishing world. After six years of trying, Don Edlin completed the "Surf and Turf" challenge of catching a Redfish in the surf and on the flooded grass on the same day!! Because of the difficulty, skill and perseverance required to accomplish this challenge, it should have special recognition each year.

Sincerely,
Anonymous

Dear ~~Don~~ Anonymous,

Thank you for the Kudos. Glad you enjoy the newsletter. Each issue is the columniation of hours upon hours of toiling behind the keyboard, late at night after having spent an exhausting day at the office trying to solve the world's problems. If I can't be on the water chasing redfish, the next best thing is writing about it.

I appreciate that you brought to the Club's attention the first anniversary of Don's "Surf and Turf" challenge. Many of us that know Don know that he is much too modest to mention this truly legendary event. (You can read about Don's adventure in the November 2013 newsletter).

It goes without saying that Don's unheralded catch last year will go down in the annals of history as one of the greatest feats in fly fishing. It can only be rivaled by the day Joe Brooks gave Lefty Kreh his first fly fishing lesson. When most fly fisherman struggle to catch one redfish a day, Don managed to catch one in the surf **and** in the grass!

The Board of Directors were so amazed by Don's pis-

atorial prowess that they considered changing the name of the Club to *Don Edlin's Fly Fishers*. However, Dick Choate reminded us of a little know bylaw that specified that changing the name of the Club's name in honor of a monumental catch, the honoree must have also caught a sheaphead on the day in question, which Don was unable to accomplish. So, instead of renaming the Club, the Board decided to acknowledge each September as Don Edlin Month.



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

- Lou Tabory





American Red Cross

First Aid App

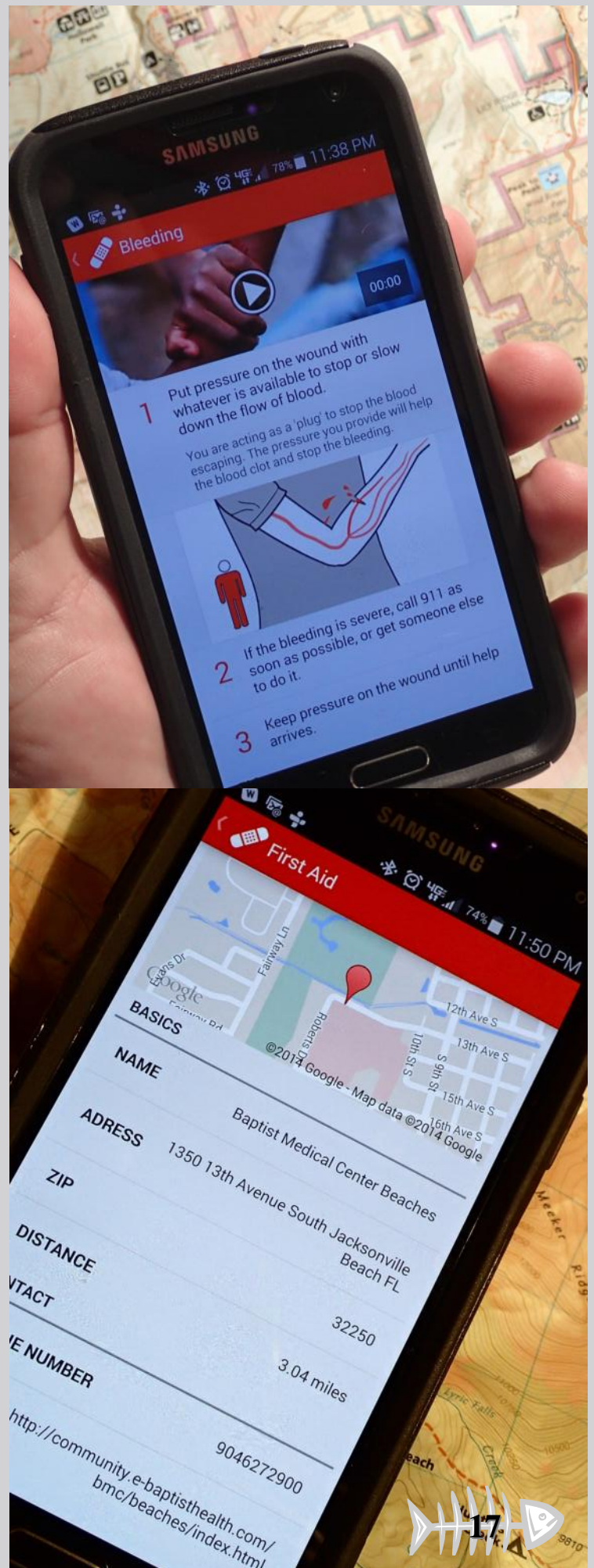
The official American Red Cross First Aid app puts expert advice for everyday emergencies in your hand. Available for iPhone and Android devices, the official American Red Cross First Aid app gives you instant access to the information you need to know to handle the most common first aid emergencies. With videos, interactive quizzes and simple step-by-step advice it's never been easier to know first aid.

- Simple step-by-step instructions guide you through everyday first aid scenarios.
- Fully integrated with 911 so you can call EMS from the app at any time.
- Videos and animations make learning first aid fun and easy.
- Safety tips for everything, from severe winter weather to hurricanes, earthquakes and tornadoes help you prepare for emergencies.
- Preloaded content means you have instant access to all safety information at anytime, even without reception or an Internet connection.
- Interactive quizzes allow you to earn badges that you can share with your friends and show off your lifesaving knowledge.

Whether you are fishing the flats or sitting at home, this is a great app with basic first aid information. More information is available on the Red Cross website: <http://www.redcross.org/mobile-apps/first-aid-app>

Editor's Note:

Hat tip to Jerry Bott for recommending this app.





Fish Tales & Cocktails

Friday, October 3, 2014
6:00 p.m. - 8:00 p.m.

Sponsored by



Blackfly Outfitters

11702 Beach Blvd., Suite 103
Jacksonville, FL

The first time the event has been held in North Florida, the owners of Blackfly Outfitters have found yet another way to give back to their community.

"I am inspired by the courage of the women who suffered through experimental treatments in the spirit of helping others beat breast cancer, my own mother among them. Casting for Recovery empowers those survivors with a new skill, new friends and new hope."

~ Jean Cochran
Co-owner of Blackfly

We'll hook you with

Silent Auctions

Raffles

Food & Beverages



Tickets

\$20.00 in advance / \$25.00 at the door

Can be purchased at www.blackflyfishingstore.com
or by stopping by the **Blackfly Outfitters**.

****FREE Limited Edition Coozie****

with each ticket not to mention the many fish tales...



Casting for Recovery (CFR) was founded in 1996 in Manchester, Vermont, the unique brainchild of a breast cancer reconstructive surgeon and a professional fly fisher. CFR began as a local grassroots group with a big heart and an original national vision, and quickly received endorsements from medical and psycho-social experts for its innovative healing program model while at the same time provoking intense interest by national media.

CFR was founded on the principles that the natural world is a healing force and that cancer survivors deserve one weekend — free of charge and free of the stresses from medical treatment, home, or workplace — to experience something new and challenging while enjoying beautiful surroundings within an intimate, safe, and nurturing structure.

CFR has inspired the generous and loyal support of donors large and small, and continues to believe in its mission of providing women with powerful tools for healing at no expense to them.

Media Contact

Robin Folsom • 321.258.1913 • fishygirlfl@yahoo.com

CFR-FL has held retreats for the past 5 years in Florida, with the next retreat being held in March 2015. If you, or someone you know is a breast cancer survivor and you would like to enroll them for a future retreat, please go to www.castingforrecovery.org
Casting for Recovery is a 501(3)c organization.



September 2014 Tides Mayport, Florida (Bar Pilot Dock)

DATE	TIME	HEIGHT	DATE	TIME	HEIGHT	DATE	TIME	HEIGHT
9/1/2014	Mon 1:19 AM	4.7 H	9/10/2014	Wed 10:38 PM	5.7 H	9/20/2014	Sat 7:01 PM	5.3 H
9/1/2014	Mon 7:01 AM	0.6 L	9/11/2014	Thu 4:23 AM	-0.6 L	9/21/2014	Sun 1:00 AM	1 L
9/1/2014	Mon 1:51 PM	5.1 H	9/11/2014	Thu 11:07 AM	5.9 H	9/21/2014	Sun 7:23 AM	5 H
9/1/2014	Mon 7:56 PM	1.1 L	9/11/2014	Thu 4:55 PM	-0.3 L	9/21/2014	Sun 1:14 PM	0.9 L
9/2/2014	Tue 2:10 AM	4.7 H	9/11/2014	Thu 11:29 PM	5.5 H	9/21/2014	Sun 7:41 PM	5.3 H
9/2/2014	Tue 7:59 AM	0.6 L	9/12/2014	Fri 5:12 AM	-0.3 L	9/22/2014	Mon 1:39 AM	0.8 L
9/2/2014	Tue 2:49 PM	5.2 H	9/12/2014	Fri 11:58 AM	5.8 H	9/22/2014	Mon 8:03 AM	5.1 H
9/2/2014	Tue 9:01 PM	1.1 L	9/12/2014	Fri 5:50 PM	0.1 L	9/22/2014	Mon 1:56 PM	0.8 L
9/3/2014	Wed 3:10 AM	4.6 H	9/13/2014	Sat 12:19 AM	5.3 H	9/22/2014	Mon 8:19 PM	5.3 H
9/3/2014	Wed 9:02 AM	0.6 L	9/13/2014	Sat 6:04 AM	0 L	9/23/2014	Tue 2:14 AM	0.7 L
9/3/2014	Wed 3:55 PM	5.2 H	9/13/2014	Sat 12:50 PM	5.7 H	9/23/2014	Tue 8:42 AM	5.2 H
9/3/2014	Wed 10:05 PM	0.9 L	9/13/2014	Sat 6:48 PM	0.5 L	9/23/2014	Tue 2:34 PM	0.7 L
9/4/2014	Thu 4:18 AM	4.7 H	9/14/2014	Sun 1:10 AM	5.1 H	9/23/2014	Tue 8:56 PM	5.3 H
9/4/2014	Thu 10:08 AM	0.4 L	9/14/2014	Sun 7:00 AM	0.4 L	9/24/2014	Wed 2:46 AM	0.6 L
9/4/2014	Thu 5:04 PM	5.4 H	9/14/2014	Sun 1:43 PM	5.5 H	9/24/2014	Wed 9:20 AM	5.3 H
9/4/2014	Thu 11:08 PM	0.7 L	9/14/2014	Sun 7:49 PM	0.8 L	9/24/2014	Wed 3:10 PM	0.7 L
9/5/2014	Fri 5:27 AM	4.9 H	9/15/2014	Mon 2:03 AM	4.9 H	9/24/2014	Wed 9:33 PM	5.2 H
9/5/2014	Fri 11:14 AM	0.2 L	9/15/2014	Mon 7:59 AM	0.7 L	9/25/2014	Thu 3:15 AM	0.5 L
9/5/2014	Fri 6:09 PM	5.5 H	9/15/2014	Mon 2:39 PM	5.3 H	9/25/2014	Thu 9:57 AM	5.3 H
9/6/2014	Sat 12:07 AM	0.3 L	9/15/2014	Mon 8:49 PM	1 L	9/25/2014	Thu 3:44 PM	0.7 L
9/6/2014	Sat 6:32 AM	5.1 H	9/16/2014	Tue 3:00 AM	4.7 H	9/25/2014	Thu 10:10 PM	5.2 H
9/6/2014	Sat 12:18 PM	-0.1 L	9/16/2014	Tue 8:58 AM	0.9 L	9/26/2014	Fri 3:45 AM	0.5 L
9/6/2014	Sat 7:08 PM	5.7 H	9/16/2014	Tue 3:37 PM	5.2 H	9/26/2014	Fri 10:34 AM	5.4 H
9/7/2014	Sun 1:03 AM	-0.1 L	9/16/2014	Tue 9:46 PM	1.2 L	9/26/2014	Fri 4:19 PM	0.8 L
9/7/2014	Sun 7:31 AM	5.4 H	9/17/2014	Wed 3:59 AM	4.7 H	9/26/2014	Fri 10:49 PM	5.1 H
9/7/2014	Sun 1:18 PM	-0.4 L	9/17/2014	Wed 9:54 AM	1.1 L	9/27/2014	Sat 4:19 AM	0.6 L
9/7/2014	Sun 8:03 PM	5.8 H	9/17/2014	Wed 4:35 PM	5.2 H	9/27/2014	Sat 11:13 AM	5.4 H
9/8/2014	Mon 1:56 AM	-0.4 L	9/17/2014	Wed 10:39 PM	1.2 L	9/27/2014	Sat 4:57 PM	0.9 L
9/8/2014	Mon 8:28 AM	5.6 H	9/18/2014	Thu 4:57 AM	4.7 H	9/27/2014	Sat 11:30 PM	5 H
9/8/2014	Mon 2:15 PM	-0.6 L	9/18/2014	Thu 10:48 AM	1.1 L	9/28/2014	Sun 4:58 AM	0.6 L
9/8/2014	Mon 8:56 PM	5.9 H	9/18/2014	Thu 5:29 PM	5.2 H	9/28/2014	Sun 11:54 AM	5.4 H
9/9/2014	Tue 2:46 AM	-0.6 L	9/18/2014	Thu 11:29 PM	1.2 L	9/28/2014	Sun 5:42 PM	1 L
9/9/2014	Tue 9:22 AM	5.8 H	9/19/2014	Fri 5:51 AM	4.8 H	9/29/2014	Mon 12:13 AM	5 H
9/9/2014	Tue 3:09 PM	-0.6 L	9/19/2014	Fri 11:40 AM	1.1 L	9/29/2014	Mon 5:43 AM	0.7 L
9/9/2014	Tue 9:48 PM	5.8 H	9/19/2014	Fri 6:17 PM	5.2 H	9/29/2014	Mon 12:40 PM	5.5 H
9/10/2014	Wed 3:35 AM	-0.7 L	9/20/2014	Sat 12:16 AM	1.1 L	9/29/2014	Mon 6:35 PM	1.2 L
9/10/2014	Wed 10:15 AM	5.9 H	9/20/2014	Sat 6:39 AM	4.9 H	9/30/2014	Tue 1:01 AM	4.9 H
9/10/2014	Wed 4:02 PM	-0.5 L	9/20/2014	Sat 12:29 PM	1 L	9/30/2014	Tue 6:37 AM	0.8 L
						9/30/2014	Tue 1:32 PM	5.5 H



Let's go fishing!