

FIRST COAST FLY FISHERS

FEBRUARY 2015



Educating, Restoring, Conserving through Fly Fishing

**February 2nd 2015 Meeting
7 PM at the Southpoint Marriott
Jacksonville, FL**

**CCA St. Johns River
Reef Project**

Presented by Charles Holt and Peyton Scheppe

Eighteen barges, 1,3000 tons of concrete, 1 country music star, several months of planning and permitting and the backing of the largest marine conservation association in the Nation. That's what it took to construct two new artificial reefs in the St. Johns River at Jacksonville. The two men behind this monumental effort, Charles Holt and Peyton Scheppe, will be visiting the First Coast Fly Fishers on February 2nd to discuss what it took to turn their idea into reality. The FCFE has long supported the mission of the Coastal Conservation Association (CCA). This is an excellent opportunity to hear first-hand about their recent efforts to enhance marine habitats on the First Coast. You can read about the CCA's St Johns River Reef project in the January 2015 issue of the *FCFF Newsletter*.



If you haven't done so already, it is time to renew your FCFE Annual Membership. Aside from being part of the largest fly fishing organization in northeast Florida, your membership will entitle you to discounts at shops in the area. Don't delay, sign up now.

In case you haven't heard, fly fishing guide, fly tyer and author, Jon Cave will be our guest speaker at the FCFE's Annual Banquet on February 21st. Jon will be presenting a half-day casting clinic on Saturday. Saturday evening, his banquet presentation will be *Fly Fishing the Southeastern United States*. Jon has traveled the world fly fishing, but some of the best fishing is to be found right in our backyard. You won't want to miss this opportunity to spend time with one of the leaders of the sport. The banquet is on \$35 per person for paid members. There will be \$1,000s in raffle and silent auction items up for grabs including the grand prize of a customized Tibor Backcountry CL reel. More information and a banquet form can be found starting on page 7 of this newsletter or on our website - www.fcff.org.

**On the Cover:
Winter Redfish Tail
Photograph by Capt. Rich Santos**

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FIRST COAST FLY FISHERS

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Keep Florida Working Budget Recommends Nearly \$1.6 B to Protect Natural Resources

TALLAHASSEE - Governor Scott today recommended nearly \$1.6 billion in funding dedicated to the protection and preservation of Florida's natural and water resources. The Governor's "KEEP FLORIDA WORKING" budget includes funding dedicated to key environmental projects, such as \$150 million for Everglades restoration, \$50 million for springs protection and improvements, more than \$150 million for the acquisition and management of conservation lands, and \$50 million for water supply development projects.

Governor Scott said, "Florida has an abundance of natural resources that help create a foundation for our growing economy, whether it is driving our state's tourism industry or providing a great quality of life that has attracted families to our state for generations. During my first term, we made historic investments in our springs and Everglades and I am proud to continue to make important investments in our environment this year. We will keep working to make sure we preserve our natural treasures so Florida can continue to be a top destination for families, visitors and businesses."

The Governor's proposed budget creates a dedicated source of revenue for Everglades restoration that will provide nearly \$670 million over the next four years and more than \$5 billion over the next 20 years. In addition, a dedicated source of funding will provide more than \$220 million over the next four years and \$1.7 billion over the next 20 years to ensure the continued protection of Florida's springs. The budget also proposes a 10-year, \$500 million program to ensure Florida's water supply remains adequate to support a growing economy while still ensuring the environment is protected.

"Governor Scott's proposed budget reflects his continued commitment to protecting the natural resources that greatly impact Florida's economy and quality of life," said Florida Department of Environmental Protection Secretary Jon Steverson. "I look forward to working under his leadership to focus on completing projects that offer direct benefits to the natural resources and communities of Florida."

"Governor Scott's recommended budget recognizes the importance of restoring not only the Everglades, but Florida's treasured springs and other vital water bodies," said Eric Draper, executive director of Audubon Florida. "We applaud his continued commitment to the protection of Florida's environment."

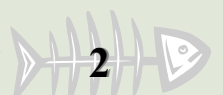
The Governor is recommending the following proposals to help Florida's environment:

\$150 million for Everglades Restoration

In 2011, the Governor proposed his Everglades Restoration Strategies, which provides \$32 million annually in state funding to improve water quality and move more water south, reestablishing a more natural flow through the Everglades. The "KEEP FLORIDA WORKING" budget builds upon this recurring funding by providing \$150 million in Fiscal Year 2015-2016 for projects vital to the protection of the Everglades and associated South Florida estuaries, including construction of the C-43 and C-44 reservoirs.

\$150 million for Land Acquisition and Management

Governor Scott's recommendation



includes \$150 million dedicated to land acquisition and management, so that the state can continue to conserve natural and historic resources, as well as effectively manage and protect lands already under state ownership for future generations to enjoy. This funding will focus in part on protecting land for the Florida panther.

The budget includes \$100 million to support land acquisition through the Florida Forever program, \$20 million to restore the Kissimmee River and \$30 million for additional management dollars to ensure the land already owned by the state is properly cared for.

"We applaud Governor Scott for taking this critical step toward increasing land management funding. This increase will allow for enhanced prescribed fire and invasive plant management necessary to ensure the health of Florida's conservation lands for iconic Florida species, such as panther and scrub jay and to enhance public recreation," said Temperince Morgan, executive director of the Nature Conservancy in Florida.

\$50 million for Springs Protection and Restoration

The "KEEP FLORIDA WORKING" budget includes \$50 million for springs restoration projects, building on the historic funding provided by the Governor's administration over the past two years. In partnership with Florida's water management districts, local governments and other stakeholders, the \$40 million directed to springs protection over the past two years has leveraged more than \$100 million in springs restoration and improvement projects throughout the state.

\$100 million for Water Supply Development and Keys Wastewater Treatment

Governor Scott is working to ensure Florida's natural resources, communities and growing

economy all enjoy a sustainable supply of water. The "KEEP FLORIDA WORKING" budget includes \$50 million and will kick-off a 10-year, \$500 million program to provide more than 250 million gallons of water a day to Floridians.

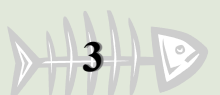
This also includes funding for regional alternative water supply development and for small, economically-challenged communities who need additional help to ensure the needs of their residents and natural resources are being met.

The Governor's recommended budget includes \$50 million for improving wastewater treatment in the Florida Keys, which will build upon the \$100 million previously invested during the past four years. These improvements will protect water quality in the Keys, ultimately protecting South Florida's reefs and waters.

"Florida has now surpassed New York as the third most populous state in the nation and as such, we need smart solutions to meet the needs of Florida's families and small businesses," said David Hart, executive vice president of the Florida Chamber of Commerce. "Governor Scott's budget recommendations will continue to move Florida in the right direction. Ensuring our state has the necessary resources to stay competitive is vital to helping Florida's economy grow."

"Monroe County commends Governor Scott for his continued environmental commitment to the Florida Keys with his recommendation of \$50 million in funding to help implement measures vital to the protection of our nearshore and National Marine Sanctuary waters, and in doing so, helping to preserve the Florida Keys as a unique environmental treasure and a valuable economic engine," said Monroe County Mayor Danny Kolhage.

\$25 Million for Beach Renourishment



The "KEEP FLORIDA WORKING" budget also includes \$25 million for projects to protect, preserve and restore Florida's famous beaches and dune systems. Beach projects include:

- \$1,100,911 for Venice Beach Nourishment/ Sarasota County Shore Protection
- \$726,848 for Duval County Shore Protection Project
- \$10,520,990 for Walton County Hurricane and Storm Damage Reduction Project
- \$100,000 for Ft. Pierce Shore Protection Project
- \$39,262 for Brevard County Shore Protection Project/ North & South Reaches
- \$496,486 for Broward County Shore
- \$60,000 for Blind Pass Ecozone Restoration in Lee County
- \$117,630 for South Amelia Island Beach Nourishment
- \$4,566,500 for Upham Beach Groin Replacement
- \$1,598,463 for Longboat Key Beach Nourishment (funds will be divided with inlet project)
- \$2,684,976 for Statewide Post-Construction Monitoring
- \$160,500 for Port Canaveral Inlet Management Plan

(IMP) Implementation

- \$46,500 for Lake Worth IMP Implementation
- \$4,963,900 for Longboat Pass IMP Implementation (funds will be divided with beach restoration project)

\$19 million for Florida State Parks Repairs, Renovations and Development.

Florida is the only state that has been awarded three National Gold Medals for Excellence by the National Recreation and Park Association, and the funding recommended in the "KEEP FLORIDA WORKING" budget will help this award-winning system continue to improve. Along with repairs and renovations, the budget also includes funding for ADA access improvements so all Floridians and visitors are able to enjoy the natural treasures of Florida's 161 State Parks.

"This funding will help Florida State Parks continue to protect some of our state's most beautiful natural and cultural resources for millions of visitors to enjoy each year," said Don Philpott, president of Friends of Florida State Parks.



BALANCING THE SCALE

This old sun damaged poet says:
what more could I wish after a day
fly fishing on crystal waters;

sunlight circling to a rainbow close,
an evening spent with those of
shared passion, laughing, celebrating

a piscatorial meal with a glass of fine white
wine, and a toast to the memories of
those who wait for us on new waters.

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Florida Fish and Wildlife Commission to Meet in Jacksonville February 4 & 5

The Florida Fish and Wildlife Conservation Commission (FWC) will meet Feb. 4-5 in Jacksonville at the Hyatt Regency, 225 E.Coastline Dr. The sessions on Wednesday and Thursday both start at 8:30 a.m. The public is invited and will be provided opportunities to speak.

Highlights of the Feb. 4 agenda include:

- ◆ A Florida Sportsmen's Conservation Association annual award.
- ◆ A discussion about Florida black bear management and future actions.
- ◆ A vote on establishing Deer Management Units statewide and increasing hunting opportunities.



◆ Highlights of the Feb. 5 agenda are:

Consideration of a resolution establishing Lionfish Removal and Awareness Day.

◆ Federal marine fishery management council reports.

◆ Discussion of a draft rule setting the Gulf red snapper season for this year.

For the full agenda, go to MyFWC.com/Commission and select

"Commission Meetings."

Follow live coverage on Twitter @MyFWC (<https://twitter.com/MyFWC>) and join in the conversation by using tag #FWC2015.



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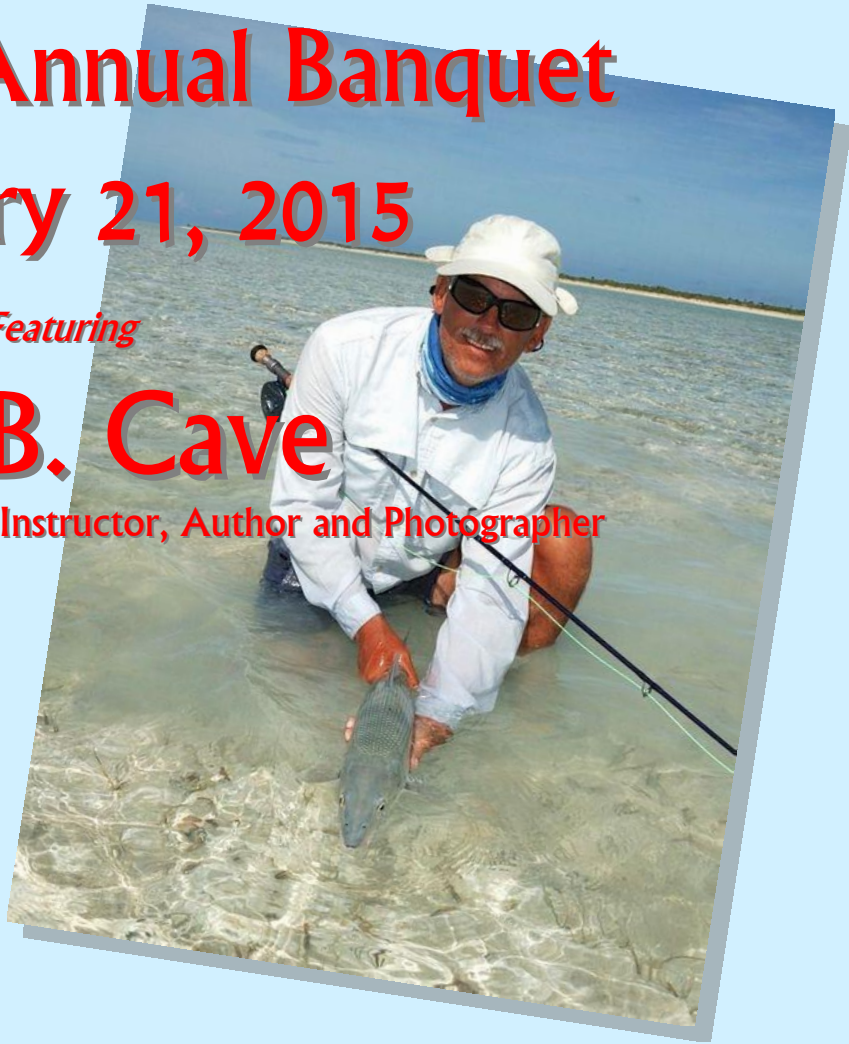
FCFF 2015 Annual Banquet

February 21, 2015

Featuring

Jon B. Cave

World Renowned Fly Casting Instructor, Author and Photographer



Please join the First Coast Fly Fishers as we welcome world renowned fly casting instructor, innovative fly tyer, author and photographer Jon B. Cave (jonbcaveflyfishing.com). Jon is an author/photographer/lecturer and a USCG licensed guide. He has been a professional fly casting and fly tying instructor for over 25 years and is the founder of the longest established fly-fishing school in the South. Jon has taught thousands of students and trained guides at various international locations. Jon's credentials include an

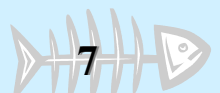
M.S. Degree in Natural Resources with special concentration in fisheries. He is a member of the Team Sage Advisory Staff, Rio Advisory Staff, Team Tibor, and Umpqua 's Contract Tyer Program. Jon also serves as a consultant for several fly-fishing related products including Heritage Kayaks. His articles, casting tips, and photographs have been featured in most major fly fishing publications. Furthermore, Jon is the author of the books *Fly-Fishing Odyssey*, *The Pursuit of Great Gamefish* and *Performance Fly Casting: An Illustrated Guide*.

On **Saturday morning from 9 am to noon**, Jon and David Lambert will be presenting a casting clinic at M & M Dairy. Jon and David will discuss and demonstrate techniques for making fundamental changes to your cast that will increase distance and accuracy. Additionally, members will have an opportunity to have Jon conduct a video analysis of their cast.

The FCFF's Annual Banquet will be held at the Southpoint Marriott on **Saturday night from 6 to 10 PM**. Dinner will be served at 7 PM. During the banquet Jon will be giving a presentation on *Fly Fishing the Southeastern United States*. The cost for the banquet is **\$35 per person for paid members**. Paid members who attend the banquet will receive a ticket for the **Grand Prize Drawing to win a Tibor Back Country CL Reel**.

This year's banquet will include several thousand dollars in fly fishing auction and raffle items; including fly rods, reels, guide trips and fly fishing art work and other fly fishing essentials. More items are being added every week. Discounted raffle tickets will be available prior to the banquet at a rate of 8 tickets for \$30. At the banquet, raffle tickets will be available for \$5 a piece or 5 for \$20.

For more information contact Banquet Director Richard Clark at clarkowitz@bellsouth.net or incoming President Seth Nehrke at NehrkeSM@gmail.com. Additional information is also available on our web site - www.fcff.org and Facebook page - <https://www.facebook.com/FirstCoastFlyFishers>.





FIRST COAST FLY FISHERS 2015 ANNUAL BANQUET

6:00 PM Saturday, February 21, 2015

Southpoint Marriott
4670 Salisbury Road
Jacksonville, FL 32256

MENU

Choice of Entrée:

Or *Bronzed Chicken Francaise in Citrus
Butter Sauce Choice of Starch &
Vegetable*

*Seared Salmon with Sesame Ginger
Glaze Choice of Starch & Vegetable*

Entrees include House Salad, Rolls & Butter, Coffee, Iced and Hot Tea Service
Chef's Selection of Dessert

FILL OUT THE FOLLOWING FORM AND MAIL IT ALONG WITH YOUR PAYMENT TO:

FCFF BANQUET
PO BOX 16260
JACKSONVILLE, FL32245-6260

MEMBER NAME _____

TELEPHONE No. _____

QUANTITY

AMOUNT

_____ Member Banquet Ticket - \$35 per person \$ _____

_____ Non-Member Banquet Ticket - \$135 plus \$35 each additional person \$ _____
(Non-Member Banquet Ticket Includes Membership Dues)

Select Entrée Choice

_____ *Bronzed Chicken Francaise in Citrus Butter Sauce Choice
of Starch & Vegetable*

_____ *Seared Salmon with Sesame Ginger Glaze
Choice of Starch & Vegetable*

_____ *If you have special dietary needs that make the forgoing entrees
unsuitable, check this box someone will be in touch about your
needs*

_____ Raffle Tickets - 8 for \$30 (Must buy advanced raffle tickets in increments
of 8) \$ _____

TOTAL \$ _____

PAYMENT METHOD

Cash

Check - Check N^o _____

Blackfly Outfitters

Fly Tying Gathering

February 4th.5 - 7 pm

Bring your own vice and materials and..



BYOB

(Bring your own beverage)

**Fly tying materials will be discounted during
the gathering.**

**Up to 30% off of select winter jackets and
outerwear through February 14, 2015**

Twenty Questions With: Jon Cave *Fishing guide, photographer, and author*



Renowned guide, casting instructor and author Jon Cave will be the headliner for the FCFE's 2015 Annual Banquet. He took time out of his busy schedule to answer 20 questions for us.

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

I'm originally from Avon, Indiana, but moved to Florida in 1970.

2. What is your profession?

I make my living by combining several fly-fishing related activities. I was a professional guide for over 30 years and currently operate the longest established fly-fishing school in the South and one of the three oldest in the US. The schools are held in several locations: My private casting pond in Oviedo FL; several islands in the Bahamas; the Blue Ridge Mountains; Mosquito Lagoon; and The Upper St. Johns River. In addition, I further supplement that income by writing (books, articles, blogs) and occasional speaking engagements and workshops. My relationships with Sage, RIO, and Umpqua are other means of income.

3. Tell us a little something about your family?

I have a brother (Paul) and sister Joan (I dubbed her "Poots" when she was born and the nickname

stuck). My 93 year old mother is still as sharp as ever, but my father passed away several years ago. Both parents encouraged me to pursue my dreams although I'm not sure they were comfortable at first with my choices of guiding, writing, and running a fly-fishing school (long before it was in vogue). Both siblings are good flyfishers in their own right. My brother is a professional guide and my sister is very active with Casting for Recovery.

4. How long have you been fly fishing?

I first started fly-fishing as a boy (around 13 y.o.) in Indiana where I chased largemouth and bream in farm ponds and smallmouth in creeks. Over the years, I've been very fortunate to have spent considerable time with some of the very best casters of their time.

5. Who are your heroes or who do you admire most?

My father (who didn't flyfish) was my biggest male role model. He instilled in me a sense of determination, adventure, and focus, in addition to encouraging me to set the bar high and always "go for it". As far as highly recognized individuals go, I've always admired former President Jimmy Carter for his environmental stance and his Golden Rule approach to life.

6. Where is your favorite place to fish?

My favorite place to fish is always the one I'm nearest to at that particular moment.

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

I've been fortunate to have spent considerable time with many highly accomplished flyfishers (some well-known, some not), but if it were a possibility, I would have liked to accompany James Henshall (author of *Book of the Black Bass* and the first person recorded to have caught a tarpon with fly gear in 1879) on his saltwater fly-fishing boat trip from Titusville to Cape Sable in the late 1870's. His epic adventure was recorded in his magnificent work *Camping and Cruising in Florida*, a must-read for any serious flyfisher or student of Florida.

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?

I'm a minimalist at heart in almost all aspects of life and that's probably one of the primary reasons I

became so enamored with fly-fishing in the first place – so give me a rod, reel, line, and flies and I'm happy. Throw in a pair of good polarized sunglasses and I'm ready to go anywhere.

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

Go to fly? Wobbler of course – over 90% of the time on redfish flats. Trout streams, I like a stimulator for prospecting when there's no need to match a hatch. Bass fishing isn't bass fishing without a popping bug. Gotcha for bones. I could go on for the different species, but you get the idea.

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

My favorite fish is the one I'm pursuing at any given moment – I like all species. However, if I could have only one fish to chase for the rest of my life, bonefish would be at the top of my list. Several words and phrases come to mind when I think of them: fast, wily, difficult to see, spooky, tailing,





long and fast runs, ultimate shallow-water fly-fishing quarry.

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

: *A Search for the Perfect Cast*. Actor: Danny DeVito because he's funny as hell.

12. What is the last book you read?

I'm an avid reader and will read the back of a cereal box if nothing else is available. Right now I'm alternating between *Gone* by Randy White and *The Boys in the Boat* by Daniel Brown.

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

Still a big fan of Neil Young as well as The Black Crows.

14. How many fly rods do you own?

That's like asking how much money you make (LOL). Probably too many, but I get fantastic new rods every year from Sage so the collection continues to grow. Besides, I'm queer for fly rods.

15. What is your favorite guilty pleasure?

Not sure I have any guilty pleasures – at least not the “guilty” part. I *am* obsessed with Key Lime pie though and will sometimes consume one of my sis-

ter's versions in one sitting. Might have felt a little stupid, but never guilty. Yummm.

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

I thoroughly enjoy and appreciate every day on the water

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

I love to play the guitar although I'm not very good at it. Wish I had started younger and invested more time in becoming more accomplished.

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

1804, if I could have traveled with the Lewis and Clark Expedition. I can't imagine a greater adventure.

19. What is your most treasured possession?

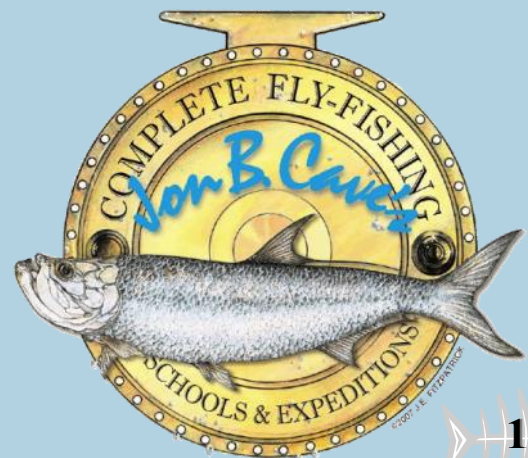
Family and friends.

20. What was the most significant moment of your life thus far?

Finishing my first book, *Fly-Fishing Odyssey: The Pursuit of Great Gamefish*.

Bonus Question: What is one thing every fly fisherman should do to increase their chances of catching fish?

Become a better caster. There's a direct correlation between the level of fly casting skill and the amount of success and enjoyment derived from fly-fishing.





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Adventures**

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capt davidborries@comcast.net

www.backwaterfishingadventures.com



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Avoiding Casting Injuries - Conditioning vs. Training

By Dr. Gary Eaton, MCI

Training and conditioning. Many use these two terms interchangeably. Both training and conditioning represent primarily physical activities. Non-physical readying pursuits fall under the category of 'preparation'. The end application for these preparations involves casting a fly to a target including targeting fish.

Conditioning - the strength and coordination activities performed while not using the device (fly rod) that eventually will be required to pursue the intended task (fly casting or fly fishing). So, a practice device built upon a fly rod handle but not primarily designed for casting to a fishing target becomes a conditioning device. Examples include FLY-O, Micro Practice Rod, Mel-O, etc.

Stretching, weight-lifting, hand-casting, spin-fishing, aerobics, martial-arts, dancing, push-ups, and calisthenics may all serve as conditioning activities. They remain conditioning activities even if performed while holding a fly rod. Therapeutic exercises done in a rehabilitation program define conditioning below the threshold expected for a specific end application.

Training - Activities performed to enhance performance with a specific device (fly rod) while using the device in its intended form.

Casting to targets in the yard and seeing how far you can cast against a tape measure exemplify training. Practicing your double-haul, throwing curves around the shrubs, or preparing for your FFF certification test during a lesson fall under training, also. Tutoring from a Master or CI usually enters the category of training even at times you are not holding a fly rod.

Reading the newsletter is preparation because it does not involve a primarily physical action. Studying DVD's, books, articles, web sites and responding in an on-line study group reside in the same category. They are neither conditioning nor training.

Taking a FFF certification test, fly fishing, instructing fly casting and competing are considered end-applications. Usually, they constitute one's intended purpose for doing all of the other stuff.

Participating in various casting games or informal

'casting competitions' are training because you are using a fly rod and line. ISE and ACA Casting tournaments could be considered as training for fishing AND are end-applications, too.

Over-training and Injury

When one practices a few casts with a heavier line weight outfit (9 instead of 5), they are intentionally overtraining.

When one goes from seven-foot to a twelve-foot leader for accuracy, they are intentionally over-training.

When one casts maximum distance beyond what will be expected on their exam, they are intentionally overtraining.

When casting to six inch targets when the exam requires twenty-four inch accuracy, they are over-training.

When one casts with a very small diameter, low mass leader that represents a much lighter leader than they will use, they are intentionally over-training.

Casting large profile or weighted flies that are bigger or more massive than one will use constitutes overtraining.

Making the task more difficult than one will be required to perform is a shrewd way to train through those performance slumps and progress plateaus. This technique is best applied in limited amounts so injury and fatigue do not interrupt practice regimens.

Casters should exercise caution in these pursuits lest injury befall them. Experiencing pain, muscle burning, reduced capacity or other warning signs of over-use injury provides opportunities to act wisely.

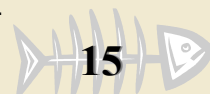
STOP!

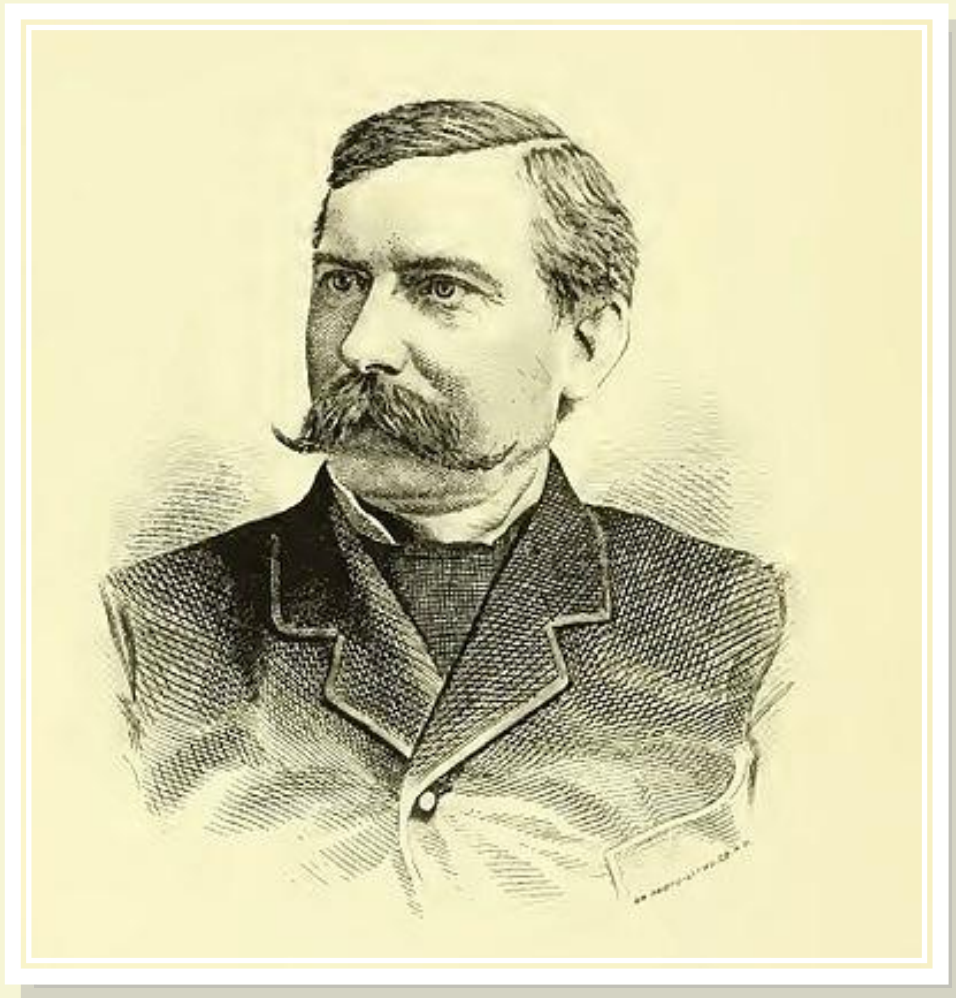
ICE the area of focal symptoms (remember not to apply cold directly to skin).

REST the area completely until no symptoms persist.

Re-start at a lower level of intensity and duration.

If pain arises in multiple areas, new joint noises appear, motion becomes newly limited, numbness or tingling present in any area, or swelling stays beyond 48 hours, get thee to a physician for proper treatment.





“When the beginner can cast his fly into his hat, eight times out of ten, at forty feet, he is a fly fisher; and so far as casting is concerned, a good one.”

-Dr. James A. Henshall

Fly Fishing History Available On-Line

The American Fly Fishing Museum recently announces that all back issues of American Fly Fisher are available free, on-line at <http://www.amff.com/past-issues/>. Volumes are available in PDF format from 1974 through 2014. The award winning journal contains articles written by fly fishing historians and scholars on a variety of contemporary and historical subjects.

There are several ways to access the journals.

- ◆ Index issues are available for each year.
- ◆ Conduct a keyword search [here](#).
- ◆ Download individual articles [here](#).

The online collection of journals was created through a grant from the Institute of Museum and Library Services. Digital copies of American Fly Fisher are available free of charge. However, if you would like printed copies of the back issues they are available at a cost of \$5 for museum members and \$10 for non-members.

These journals provide a unique glimpse into the history of fly fishing. They also contain practical information and knowledge.



**Don't Delay
Renew Your
FCFF
Membership
TODAY!**



February 2015 Tides Mayport, Florida (Bar Pilot Dock)

DATE	TIME	HEIGHT		DATE	TIME	HEIGHT		DATE	TIME	HEIGHT				
2/1/2015	Sun	12:08 AM	-0.4	L	2/10/2015	Tue	12:26 PM	4	H	2/19/2015	Thu	9:05 PM	5	H
2/1/2015	Sun	6:56 AM	4.7	H	2/10/2015	Tue	6:10 PM	0.2	L	2/20/2015	Fri	2:49 AM	-1.6	L
2/1/2015	Sun	12:50 PM	-0.3	L	2/11/2015	Wed	12:54 AM	4.1	H	2/20/2015	Fri	9:32 AM	5.2	H
2/1/2015	Sun	7:12 PM	4	H	2/11/2015	Wed	6:57 AM	0.6	L	2/20/2015	Fri	3:19 PM	-1.5	L
2/2/2015	Mon	12:55 AM	-0.5	L	2/11/2015	Wed	1:13 PM	3.9	H	2/20/2015	Fri	9:57 PM	5.1	H
2/2/2015	Mon	7:38 AM	4.7	H	2/11/2015	Wed	7:02 PM	0.2	L	2/21/2015	Sat	3:42 AM	-1.4	L
2/2/2015	Mon	1:32 PM	-0.4	L	2/12/2015	Thu	1:47 AM	4.2	H	2/21/2015	Sat	10:23 AM	5.1	H
2/2/2015	Mon	7:54 PM	4.1	H	2/12/2015	Thu	7:58 AM	0.6	L	2/21/2015	Sat	4:09 PM	-1.4	L
2/3/2015	Tue	1:38 AM	-0.6	L	2/12/2015	Thu	2:09 PM	3.8	H	2/21/2015	Sat	10:50 PM	5.1	H
2/3/2015	Tue	8:17 AM	4.6	H	2/12/2015	Thu	8:01 PM	0.1	L	2/22/2015	Sun	4:38 AM	-1.1	L
2/3/2015	Tue	2:11 PM	-0.4	L	2/13/2015	Fri	2:50 AM	4.2	H	2/22/2015	Sun	11:14 AM	4.8	H
2/3/2015	Tue	8:33 PM	4.1	H	2/13/2015	Fri	9:02 AM	0.5	L	2/22/2015	Sun	5:01 PM	-1.1	L
2/4/2015	Wed	2:17 AM	-0.6	L	2/13/2015	Fri	3:13 PM	3.8	H	2/22/2015	Sun	11:43 PM	5	H
2/4/2015	Wed	8:53 AM	4.6	H	2/13/2015	Fri	9:03 PM	0	L	2/23/2015	Mon	5:37 AM	-0.7	L
2/4/2015	Wed	2:47 PM	-0.4	L	2/14/2015	Sat	3:59 AM	4.3	H	2/23/2015	Mon	12:07 PM	4.6	H
2/4/2015	Wed	9:10 PM	4.1	H	2/14/2015	Sat	10:05 AM	0.2	L	2/23/2015	Mon	5:58 PM	-0.8	L
2/5/2015	Thu	2:53 AM	-0.5	L	2/14/2015	Sat	4:20 PM	3.9	H	2/24/2015	Tue	12:39 AM	4.8	H
2/5/2015	Thu	9:26 AM	4.5	H	2/14/2015	Sat	10:06 PM	-0.3	L	2/24/2015	Tue	6:41 AM	-0.3	L
2/5/2015	Thu	3:19 PM	-0.3	L	2/15/2015	Sun	5:04 AM	4.6	H	2/24/2015	Tue	1:03 PM	4.3	H
2/5/2015	Thu	9:45 PM	4.1	H	2/15/2015	Sun	11:04 AM	-0.1	L	2/24/2015	Tue	6:58 PM	-0.4	L
2/6/2015	Fri	3:28 AM	-0.3	L	2/15/2015	Sun	5:24 PM	4.1	H	2/25/2015	Wed	1:40 AM	4.6	H
2/6/2015	Fri	10:00 AM	4.4	H	2/15/2015	Sun	11:09 PM	-0.6	L	2/25/2015	Wed	7:45 AM	-0.1	L
2/6/2015	Fri	3:49 PM	-0.2	L	2/16/2015	Mon	6:04 AM	4.8	H	2/25/2015	Wed	2:04 PM	4.1	H
2/6/2015	Fri	10:20 PM	4.1	H	2/16/2015	Mon	12:01 PM	-0.5	L	2/25/2015	Wed	8:00 PM	-0.2	L
2/7/2015	Sat	4:01 AM	-0.1	L	2/16/2015	Mon	6:23 PM	4.4	H	2/26/2015	Thu	2:45 AM	4.5	H
2/7/2015	Sat	10:33 AM	4.3	H	2/17/2015	Tue	12:08 AM	-1	L	2/26/2015	Thu	8:48 AM	0.1	L
2/7/2015	Sat	4:17 PM	-0.1	L	2/17/2015	Tue	6:58 AM	5	H	2/26/2015	Thu	3:10 PM	3.9	H
2/7/2015	Sat	10:54 PM	4.1	H	2/17/2015	Tue	12:53 PM	-0.9	L	2/26/2015	Thu	9:01 PM	0	L
2/8/2015	Sun	4:36 AM	0.1	L	2/17/2015	Tue	7:18 PM	4.6	H	2/27/2015	Fri	3:50 AM	4.4	H
2/8/2015	Sun	11:08 AM	4.2	H	2/18/2015	Wed	1:04 AM	-1.3	L	2/27/2015	Fri	9:48 AM	0.2	L
2/8/2015	Sun	4:48 PM	0.1	L	2/18/2015	Wed	7:51 AM	5.2	H	2/27/2015	Fri	4:14 PM	3.9	H
2/8/2015	Sun	11:31 PM	4.1	H	2/18/2015	Wed	1:43 PM	-1.3	L	2/27/2015	Fri	10:00 PM	0	L
2/9/2015	Mon	5:16 AM	0.3	L	2/18/2015	Wed	8:12 PM	4.9	H	2/28/2015	Sat	4:50 AM	4.4	H
2/9/2015	Mon	11:46 AM	4.1	H	2/19/2015	Thu	1:57 AM	-1.5	L	2/28/2015	Sat	10:44 AM	0.2	L
2/9/2015	Mon	5:26 PM	0.2	L	2/19/2015	Thu	8:42 AM	5.3	H	2/28/2015	Sat	5:12 PM	4	H
2/10/2015	Tue	12:10 AM	4.1	H	2/19/2015	Thu	2:31 PM	-1.5	L	2/28/2015	Sat	10:55 PM	0	L
2/10/2015	Tue	6:02 AM	0.5	L										

