

# FIRST COAST FLY FISHERS

January 2019



*Educating, Restoring, Conserving through Fly Fishing*

# First Coast Fly Fishers

## January 2019 Highlights

**H**appy New Year! Hopefully one of your Near Year's resolutions was to fish more, because the First Coast Fly Fishers is putting together another fantastic year of fly fishing outings and education for the whole family. We started off the year with a great presentation on Wintertime Fly Fishing by Captain James Dumas. James, a great guide based out of St. Augustine, reminded us that the fishing doesn't stop when the temperatures turn colder. You just have to change up your tactics. Small flies and slow retrieves. The water is clear this time of year, and the fish are especially spooky. To be successful requires a certain amount of stealth too.



**Capt. James Dumas**

The turning of the calendar means that a new Board of Directors will be taking over the helm. The official changing of the guard typically coincides with the annual banquet/rendezvous. At the end of last year, the incoming Board began planning for 2019. They are in the process of putting the final touches on everything and should have the list of programs and outings finalized by February. In the meantime, they have lined up several great events over the next couple months. The Club's first outing of the year will be Rattlesnake Island at Matanzas Inlet. In February we will be participating in the annual shad outing on the St Johns River. Come March, we will be welcoming Dusty Sprague as the headliner for the First Coast Fly Fishers Rendezvous at Deep Creek. More information about the Rendezvous at Deep Creek can be found in the pages of this newsletter.

The first fly tying night of the year will be held on January 30th. We will be tying flies for the upcoming shad outing. You'll find more information about the tying night in the newsletter.

If you haven't done so already, be sure to renew your Club membership. We have a lot of great things planned for the upcoming year and we wouldn't want you to miss out. At \$100 a year for a family membership, it is still the best deal in fly fishing.

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### On the Cover:

Gavin Glover with a Hybrid Striped Bass from the St Johns River  
Photograph by Gavin Glover

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# How Beginners Can Get Started in Fly Fishing, Part 1: Simplify

By Mike Hodge, TFO Blog



**W**elcome to part one of TFO's fly fishing for beginners. Starting today, our series will be divided into five weekly segments — an introduction followed by singular posts on rods, reels, lines/leaders and casting.

Let's be honest. Fly Fishing, at least at its advanced levels, is not easy. It can be difficult for the beginner, but it doesn't have to be. You can fish for tailing bonefish and permit on the gin-clear flats of the Bahamas, or, you can try your hand at bluegill on a farm pond with nothing more than a simple out-of-the box setup and a fistful of poppers.

The choice is entirely up to the angler.

A few thoughts on how the beginner can streamline the process:

## Buy a Kit

When a beginner first goes into a fly shop, the array of lines, rods and leaders can be daunting. If you're patient and persistent, you can go through the tedium of putting together a matching outfit. But why endure that stress?

Better yet, a buy a kit — with a rod, reel, line and leader already assembled. TFO has NXT kits (suggested retail: \$199.95-\$209.95), which are perfect for a youngster or adult beginner. You get a quality, affordable set-up that's ready to fish.

It's a low-risk proposition. If you eventually fall in love with the sport, you can upgrade to a better rod and reel. On the other hand, if you simply want to dabble in fly fishing, the NXT kit will serve you well for years — and you won't blow through a monthly mortgage payment, which is easily doable at your local fly shop.

## Take a Class

Most fly shops offer classes. Mad River Outfitters in Columbus, Ohio offers outstanding instruction. Most shops offer free weekend casting lessons, and it's worth your time to invest a few hours with a knowledgeable teacher.

Internet instruction is an option. The only problem with that approach is that the quality of the information varies. Some is good. Most of it is bad and there's no gatekeeper to sort through the volume of misguided info.



The next best option is to buy a DVD from a reputable source. TFO's [Lefty Kreh](#) and [Ed Jaworowski](#) teamed for [The Complete Cast](#), which is a comprehensive look at fly casting. It's a little advanced for the pure novice, but a good investment for the intermediate angler.

## Hire a Guide

One of the hardest things about learning to fly fish is knowing where the fish are, when they're going to be there and why. And then you have to be skilled enough to put the fly where it needs to be. A good guide can help you sort through the obstacles. And trust me, there will be plenty.

When I first started fly fishing 30-something years ago, I was immediately hooked. I went out and bought a handmade fly rod for \$350, which translates to nearly \$800 in today's economic climate. And, I had no idea how to cast or how to find fish.

Sheer perseverance yielded a few trout, but fortunately I found a friend who was not only skilled but helpful. In retrospect, I should have spent less money on my first rod and invested in a guide. You, as a beginner, should do the same.

## Set Realistic Expectations

I learned to fly fish on a spring creek. Of course, I was seduced by the visions of big brown trout sipping sulphurs at dusk. I eventually bagged my share of browns, but not before I honed my skills on a more forgiving species — the brook trout of the Blue Ridge Mountains. I should have simplified even further — with

bass and bluegill on the local farm ponds. You don't need a guide. You don't need waders. If you can toss a popper a few feet, you have a good chance of landing a fish or two. From there, your confidence will grow — along with your skill level.

## Enjoy the Journey

When I first started fishing, I used to take a few fish home, not because I was against catch-and-release — actually I was in favor of it — but because I needed proof. I needed validation that I could actually catch something with a limber rod, a rubbery line and a tuft of fur and feathers. I'm not sure if I was insecure or trying to prove to my wife at the time that I was being productive. Beats doing yardwork, right?

As I've grown older, I no longer measure fishing or hunting success by empirical output. If I'm still learning, that's good enough for me. Fly fishing offers infinite possibilities — saltwater, freshwater, big fish, little fish, stocked fish, wild fish. All can be sampled close to home or abroad. You can tie your own [world-class flies](#) ala TFO's [Blane Chocklett](#). You can row a drift boat or pole a skiff. Or you can simply fish from the bank.

That's the beauty of fly fishing. It can be as simple or as complicated as you want it to be. The choice is yours.

Below is a video from Mad River Outfitters that provides additional insight on the simplicity of fly fishing. Additional thoughts or comments on how to make fly fishing more user-friendly for beginners? Feel free to comment on one of our social media pages.



# TYING NIGHT

## JANUARY 30<sup>TH</sup>

The first fly tying night of 2019 will be held at 6:30 pm on Wednesday January 30<sup>th</sup> at 210 Self Storage in St Johns. We will be tying shad flies in anticipation of the February shad outing on the St Johns River.

For the beginning fly fisher, shad are the perfect quarry. You don't need to be an expert caster to catch shad. When the shad are present in the river, they will readily take a fly regardless of how well you cast, and the flies are easy to tie.

If you are new to fly tying, this is a great opportunity to learn some of the basis. Best of all, the Club will provide vices, materials and tools. If you are a long-time fly tyer, bring your vice and plan to do a little tying Wednesday night.

Depending on what everyone is in the mood for, we will likely order up a couple of pizzas and some drinks. Feel free to bring your own adult beverages.

210 Self Storage is located off of County Road 210 at 10030 Ew Pappy Rd, St Johns, FL 32259. More information about the tying night will be included in a future email. If you have any questions contact [fccffoutings@gmail.com](mailto:fccffoutings@gmail.com)



Artwork by Slacker Tide [www.instagram.com/slackertide/](http://www.instagram.com/slackertide/)



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# President Trump Signs the Modern Fish Act

*From the American Sportfishing Association*

**Alexandria, VA** – The recreational fishing and boating community is celebrating the enactment of the Modernizing Recreational Fisheries Management Act of 2018 (Modern Fish Act), which was signed into law by President Trump on December 31. The Modern Fish Act finally recognizes in federal law the differences between recreational and commercial saltwater fishing and adds more appropriate management tools for policymakers to use in managing federal recreational fisheries.

“Millions of American families take part in saltwater recreational fishing and boating activities and support multi-billion dollar industries that generate hundreds of thousands of jobs in our country,” said Jeff Angers, president of the [Center for Sportfishing Policy](#). “Today, we are thankful for this important milestone for federal fisheries management and marine conservation, and we look forward to continuing to improve public access to our nation’s healthy fisheries.”

The Modern Fish Act, introduced in the U.S. Senate by Senator Roger Wicker (R-Miss.) and U.S. House of Representatives by Congressman Garret Graves (R-La.), enjoyed strong bipartisan support from a long list of cosponsors representing coastal and non-coastal states alike. On December 17, the Senate unanimously passed the Modern Fish Act (S. 1520) followed by overwhelming approval in the House (350-11) on December 19.

“This is historic for the recreational boating and fishing community, capping years of hard work to responsibly modernize recreational saltwater fisheries management,” said Thom Dammrich, president of the [National Marine Manufacturers Association](#). “The Modern Fish Act is a critical first-step solution towards establishing a framework for expanding access to recreational saltwater fishing, while ensuring conservation and sustainability remain top priorities in fisheries management. We thank President Trump and Congress for making the Modern Fish Act the law of the land and look forward to working with them in the coming years to advance policies that protect and promote recreational saltwater fishing.”

“The recreational fishing industry is grateful to see this legislation enacted,” said Glenn Hughes, president of

the [American Sportfishing Association](#). “We look forward to continuing to work with Congress, as well as NOAA Fisheries and the regional fishery management councils, to improve the management and conservation of our marine fisheries.”

“The Modern Fish Act signed by the President provides an opportunity for significant, positive change on behalf of millions of recreational anglers who enjoy fishing in federal waters,” said Jeff Crane, president of the [Congressional Sportsmen’s Foundation](#). “We look forward to working with NOAA Fisheries, the regional fishery management councils and the states to fully implement the provisions of the bill and improve federal fisheries management for America’s saltwater anglers.”

**This is historic for the recreational boating and fishing community, capping years of hard work to responsibly modernize recreational saltwater fisheries management**

“CCA is proud to be a part of this important coalition, and we are grateful to our champions in Congress who stood by us during the intense, sometimes contentious negotiations on this legislation,” said Patrick Murray, president of [Coastal Conservation Association](#). “There is still work to be done, but this is a valuable first step. We are hopeful

this opens the door to an ongoing discussion of tools and processes that can be developed to better manage recreational fisheries in federal waters in all regions of the United States.”

“This bill becoming law is the most significant step forward in federal recreational saltwater fishing management in the forty-plus years of the Magnuson-Stevens Act,” said Whit Fosburgh, president of [Theodore Roosevelt Conservation Partnership](#). “Recreational fishermen, conservationists and businesses united around a set of principles and worked together to get this bill passed and we will continue to work together on priorities like forage fish management and improving data collection in the future.”

The recreational fishing and boating community would like to thank the sponsors of the Modern Fish Act, Senator Wicker and Congressman Graves, who led this bipartisan effort in the 115th Congress to improve federal fisheries management for America’s 11 million saltwater anglers. We also appreciate the support of Senators Bill Nelson (D-Fla.), Brian Schatz (D-Hawaii), Roy Blunt (R-Mo.), Cory Booker (D-N.J.) and Doug Jones



(D-Ala.), and Congressmen Steve Scalise (R-La.), Rob Bishop (R-Utah), Marc Veasey (D-Texas), Rob Wittman (R-Va.), Gene Green (D-Texas), Daniel Webster (R-Fla.), and Austin Scott (R-Ga.).

For details on House and Senate passage of the Modern Fish Act and additional industry perspectives, [click here](#).

The Modern Fish Act will provide more stability and better access for anglers by:

- Providing authority and direction to NOAA Fisheries to apply additional management tools more appropriate for recreational fishing, many of which are successfully implemented by state fisheries agencies (e.g., extraction rates, fishing mortality targets, harvest control rules, or traditional or cultural practices of native communities);
- Improving recreational harvest data collection by requiring federal managers to explore other data sources that have tremendous potential to improve the accuracy and timeliness of harvest estimates, such as state-driven programs and electronic reporting (e.g., through smartphone apps);
- Requiring the Comptroller General of the United States to conduct a study on the process of mixed-use fishery allocation review by the South Atlantic and Gulf of Mexico Regional Fishery Management Councils and report findings to Congress within one year of enactment of the Modern Fish Act, and
- Requiring the National Academies of Sciences to complete a study and provide recommendations within two years of the enactment of the Modern Fish Act on limited access privilege programs (catch shares) including an assessment of the social, economic, and ecological effects of the program, considering each sector of a mixed-use fishery and related businesses, coastal communities, and the environment and an assessment of any impacts to stakeholders in a mixed-use fishery caused by a limited access privilege program. This study excludes the Pacific and North Pacific Regional Fishery Management Councils.

The coalition of groups supporting the Modern Fish Act includes [American Sportfishing Association](#), [Center for Sportfishing Policy](#), [Coastal Conservation Association](#), [Congressional Sportsmen's Foundation](#), [Guy Harvey Ocean Foundation](#), [International Game Fish Association](#), [National Marine Manufacturers Association](#), [Recreational Fishing Alliance](#), [The Billfish Foundation](#) and

## [Theodore Roosevelt Conservation Partnership.](#)

The [American Sportfishing Association](#) (ASA) is the sportfishing industry's trade association committed to representing the interests of the sportfishing and boating industries as well as the entire sportfishing community. We give the industry and anglers a unified voice when emerging laws and policies could significantly affect sportfishing business or sportfishing itself. ASA invests in long-term ventures to ensure the industry will remain strong and prosperous, as well as safeguard and promote the enduring economic, conservation and social values of sportfishing in America. ASA also gives America's 49 million anglers a voice in policy decisions that affect their ability to sustainably fish on our nation's waterways through [Keep America Fishing](#), our national angler advocacy campaign. America's anglers generate nearly \$50 billion in retail sales with a \$125 billion impact on the nation's economy creating employment for 800,000 people.



**Capt. David Borries'**  
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## Teach a Man to Fish

by Jon McNaughton

From the artist's website:

"Give a man a fish and feed him for a day. Teach a man to fish and you feed him for a lifetime." I imagined President Trump sitting next to a young college student. His pack is beside...

Jon McNaughton is an established artist from Utah whose new paintings have attracted the international attention of millions over the last few years. Highly detailed religious and patriotic subjects are the focus of his paintings. The artist's experiences and faith are the inspiration for his work.

I prefer to paint pictures that I believe have relevance to

what is going on in the world, that make a statement, that stand for something. I hope people will study the paintings and try to understand the deeper meaning. Some of the themes are controversial, but I feel strongly about what is happening in our world today. There are three kinds of people who view my paintings: Those who like it, those who hate it, and those who simply don't understand. I am especially interested in this last category. I hope my work will create conversation and reach people on a deeper level. I like to use metaphor and multiple levels of meaning to reach my viewer. If it makes them think and feel, then it is successful."

You can view this and other works by Jon at his website: [www.jonmcnaughton.com](http://www.jonmcnaughton.com).





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# Joan Salvato Wulff

Interview by Bruce Morrison  
Reprinted from *The Loop Summer 2015*



In the world of fly fishing Joan Wulff is a legend. She entered the sport when there were few women fly fishers.

Her achievements have inspired a generation of women all over the world. Joan has won national and international awards as tournament caster and she has received more than 23 prestigious awards for her work as pioneering casting instructor, angler, writer and conservationist.

The International Federation of Fly Fishers IFFF has presented her with three awards: The IFFF Woman of the Year, The Lifetime Achievement Award for Fly Casting Instruction and the ultimate award, The Order of Lapis Lazuli. Joan was one of the original FFF governors charged with creating the certified casting program. She has written four books which have been well received by the fly fishing community. In this interview Joan shares with us the events which shaped her casting style and her life.

*BM: When you were developing your casting skills, who were the instructors who most influenced your development? Were these instructors' men or women?*

*JW: I had three mentors who played important roles in the development of my casting skills. They were: Jim Tracey, William Taylor and Lee Wulff. In 1937 I joined the Paterson (N.J.) Casting Club. I*

was 10 years old. There were no adult women for inspiration; I just had men to follow. As well as I could, I copied what I saw the men doing. One of them, Jim Tracey, offered to instruct me. He always told me "it's all in the wrist, you know". In those days casters were told to hold a book against their side with their casting arm. Tracey didn't put a book under my arm; he used a dollar bill instead. This limited my arm movement to my forearm and hand. Casting that way I won my first trophy in 1937 for the N.J. Sub-Jr. (Under 12 years old) Dry Fly Championship. There were lots of kids casting in those days, more boys than girls, but there were girls.

There was no spin casting, just bait and fly casting. The fly accuracy events were Dry Fly and Wet Fly. Dry Fly Accuracy targets were placed from 20 feet to 50 feet. We cast at a set of five targets, going around twice, starting with a score of 100 and receiving demerits based on the distance from the target when you missed - up to a maximum of 10. Wet Fly Accuracy targets were placed in a straight line (one behind the other) from 25 to 55 feet, with no false casting between casts. It was to simulate covering water when fishing for Atlantic salmon or steelhead.

After a couple of summers I could cast accurately to 35 feet, but couldn't cast well any farther. Frustrated, I dropped the dollar bill and lifted my elbow and found that using my whole arm made a real difference in cast-



ing to those longer targets because it gave me longer casting strokes and better use of my strength. I was launched.

When I was 16, another club member, William Taylor, took me under his wing. He was in his late 50s, made bamboo rods, and his casting was the most beautiful in the club. His backcast loops were tight, and the line unrolled to be exactly parallel to the ground. Bill Taylor gave me my style, not by teaching it to me but by saying "Do it like this" and demonstrating. He lifted and lowered his elbow on the false casts and I learned to hover the fly over the target before dropping it in. The bamboo dry - fly rod he made for me was very stiff, with just a foot or so of tip action. The grip had a ramp for my thumb, which kept it from sliding off the grip on the forward cast Stop! I won my first Women's National Dry Fly Championship with that rod in Chicago in 1943. At that National tournament, there were only two casters who lifted and lowered their elbows when casting: Frank Steel (whose daughter Carol was my competitor) and me, Joan Salvato.

William Taylor was also a beautiful distance caster. He had no car and so, when I got my driver's license at 17, I took him to a park for our practice sessions. I acted as his ghilly, retrieving and laying out the silk distance line on a tarpaulin, to keep it from tangling on his final shoot. He asked me to describe the way his backcast unrolled. That helped me to understand what beautiful casting was all about.

I asked Taylor to teach me distance casting. As a dancing instructor, I knew that distance casting would involve the use of my whole body. I was familiar with coordinating various physical movements to bring about a desired result. It was a natural fit.

At the time, single-handed distance fly casting rules limited the weight of the silk shooting head to 1-1/2

ounces.

There were no distance events especially for women. I could barely lift the head from the water with Taylor's bamboo rod so he made me a rod that would cast a line weighing only 1-3/8 ounces. The rod itself weighed 6-3/4 ounces. The outfit was so heavy that I couldn't false cast it and so became a one-cast distance caster. I picked up the 52- foot head, shot line on the backcast and shot the rest on the forward cast. Just two strokes! In the first tournament in which I cast that event - 1947 in Toledo, Ohio - I remember my great feeling of accomplishment when the judge called out "One - Two - 0" for my longest cast. It was with this tackle that I ultimately cast 161 feet, in a New Jersey State registered tournament in 1960. It was an unofficial record for women. It was unofficial because there were no women's distance events at the time. Another marker in my career was winning the National Fisherman's Distance fly event in 1951 with the required 9-weight line.

Distance casting introduced me to the Drift move which involved a repositioning of the casting arm farther back along the stroke's path, after the backcast stop, in order to make a longer forward stroke. Just as we follow - through on the forward cast, this is follow- through on the backcast.

In 1952 I left my successful dancing school to try to make a living in the fishing world. Using fly, bait, and spinning tackle, I did trick casting at sportsman shows and casting clinics for tackle shops. In 1958, I signed on to travel the country for The Garcia Corporation, the largest fishing tackle company in the world. There were two of us: Ann Strobel and I were the first women to be paid spokesmen for a major tackle company.

I decided to leave tournament casting in 1960 so I could spend more time fishing. I've had the good fortune to fish for most freshwater species as well as





many salt water fish in many parts of the world. After I met Lee Wulff, fishing for Atlantic salmon had a very special place in my life.

Lee was the next person to influence my development as a fly caster. We married in 1967 and Lee, well known for using short rods for his Atlantic salmon fishing, gave me a six-foot rod for a wedding present. He used an Oval casting technique for the short rod. Because the line went under the rod tip on the backcast, I likened it to the beginning set up for a Roll Cast. My traditional vertical casting strokes were too short for the short rod and I took to the Oval, standing sideways to the target to make longer strokes. I soon learned the Oval's value when fishing on Atlantic salmon rivers with rocks on the shoreline behind me. Because the fly line unrolls upwards on the backcast it was easier to avoid ticking the rocks and losing a fly.

Lee and I toured as a team for Garcia until 1975 when Garcia's top position in the tackle world changed. We then changed course: I wanted to teach and I also wanted the public to have a chance to learn from Lee. In 1979 we opened the Joan and Lee Wulff Fishing School on the Beaver kill river in the Catskill Mountains of New York State.

The need for a casting language quickly became apparent: instructors to this point in time demonstrated casts – “do it like this” - and expected the student to duplicate the moves. When I developed a set of mechanics that gave names to the parts of the casting stroke and the use of all three parts of the arm, Lee and publisher Nick Lyons thought this was pioneering work which should be shared with a larger audience.

They talked me into writing my first book - even before I thought I was ready. It turned out to be the right move. Writing has been the single most important element in helping me to understand casting, because in order to write about it I had to mentally reduce a three-dimensional sport to one dimension: PRINT.

Lee challenged me as I wrote. His questions made me dig deeper to understand the nuances of the mechanics. I continued to learn when I wrote a fly casting column

for Fly Rod & Reel magazine (for 22 years). It was the first regular column on fly casting for any magazine. There was more from Lee: (1) He came up with the idea of Fly-0 - a three-foot rod with package yarn for line, for indoor practice.

Fly-0 enabled me to analyze the use of the parts of the arm in the casting stroke, close up: hand/wrist, forearm/elbow, and upper arm/shoulder. I could not have done without it. (2) It was Lee's film of the late Johnny Dieckman slide loading that made me analyze my own casting to find that I too used that important technique with the Double Haul. (3) In the school, it was Lee who came up with the Salt Water Quick Cast: 60 feet in three seconds. This cast allows a salt-water angler to intercept a rapidly moving target species with a three-stroke presentation.

*BM: One of the things you are known for is your dedication to conservation. You have received many prestigious conservation awards. What motivated you to take such an interest in conservation?*

JW: Over the years I've sat on boards or lent my name to a number of organizations concerned with conserving or enhancing the fishery. I have done this because I believe it is the responsibility of all of us, in whatever capacity we choose, to work to preserve the resource: the fish and their habitat. When we lose habitat, we lose the fishery and this affects us all, whether we fish or not!

*BM: What do you think your greatest contribution to the world of fly fishing has been?*

JW: Pioneering a set of mechanics: the specific movements of the caster's arm to which the rod and line interact, and putting it in language that people can understand. Historically there was no casting vocabulary. Articles about casting covered the result of the cast, not the specific movements of the arm. Photographs required the reader to figure out where the hand or arm had moved from one photo to another. I used drawings to illustrate the specific moves of the mechanics and attached names, thus creating a vocabulary.

The names I gave to the parts of the cast, for both the arm movement (all three parts) and the corresponding rod/line interaction are: a Loading Move to begin the loading (bending) of the rod, a Power Snap to end the stroke and create a loop, and Follow-through/Drift to complete the cast.

In the school, having a casting vocabulary enabled the student/ teacher relationship to jump way ahead of the rather vague “watch me” and “do it like this” in use at the time. Both instructor and student could focus on a specific part of the cast on which to work.

Another contribution was my Hands On teaching technique. The late Floyd Franke, when he was my head instructor, wrote about this in *The Loop*. The instructors’ right hand is placed over the student’s right hand and the left hand controls the end of the rod butt. This technique lets both the student and the instructor feel each other’s moves for four important elements: (1) the stroke’s path, (2) the separation of the Loading Move and the Power Snap, (3) the overall speed of the stroke and (4) when to use tension and when to relax. Hands On saves tons of talk.

I believe I was the first to do an Instructors course. (Oakland, CA in 1996) At the school, with Floyd’s help, we also created an intern program so that those who had graduated from the instructor’s course could apprentice to become full-time instructors.

In those early days, women fly fishers were handicapped: by the heavy bamboo rods, or by clothing that was designed for men rather than women. During the 1970’s I worked and campaigned for: women’s rods at Garcia, women’s waders at Royal Red Ball and women’s vests at Stream Designs. When I became a consultant with Winston it was with the understanding that I advise on rods that worked for women.

*BM: You have written that one of the influences you drew upon as a casting instructor was your background as a dance instructor. How did that experience influence your casting and your development as a casting instructor?*

*JW: The influence of dancing came first in the form of shifting my weight on back and forward casts as the length of the cast increased. This helped make up for my physical limitations in height, in arm length, and in overall upper body strength as a woman. The military services have found that women have approximately 55% of the upper body strength of men. I think that the weight of the bamboo rods used by my generation kept many women from taking up fly fishing.*



Dancing is three-dimensional: you shift your weight, rotate your hips, bend from your waist and, when you extend your arms the upper arm is still close to your core with no strain on the shoulder joint.

Casting is also three-dimensional: the motion of the basic casting stroke is back and forth within the up and down. It becomes dance-like, as an example, when you use Drift time, while the line is unrolling behind you, to change planes between backhand and forehand false casts. There are both weight shifts and hip rotation in this technique.

For long casts in the Open Stance/off vertical plane you rotate your hips on the Power Snap to extend the length of your stroke without moving your arm one extra inch. These moves do not put strain on your joints.

*BM: What do you think are the most important guidelines for new instructors?*

**JW: SUBJUGATE YOUR EGO** – This is about the student!

Remember that a good teacher **TAKES RESPONSIBILITY** for the student’s learning.

Wear a **VEST** so that the movement of your casting arm is visually isolated.

Be sure you know how to do what you are teaching. Start with where the student **IS**.

**LISTEN** to what you are saying: presume the student knows only what you have told them.

Never act annoyed or frustrated – listen to the **TONE** of your voice.

Tell the student EXACTLY which move it is that you want them to concentrate on and, if you demonstrate it, be sure you are doing what you say you are doing.

If you ask them to watch you, be specific about what to watch, and then WATCH THEM to see if they watch you. Don't take anything for granted.

Demonstrate the wrong way only if you can relate it to the right way.

Remember that learning to cast is both a VISUAL and a KINESTHETIC experience. Students must not only see how to cast, but they must learn to feel it. To encourage their feel of the cast, have them cast with their eyes closed.

Teach the use of the rod hand only, through the Roll Cast and Basic Cast. Have them switch to their SECONDARY HAND when they tire. Introduce the line hand in False Casting.

Look for words or phrases to which the student responds; ask them to remember them.

Find analogies. Examples: screen door handle on forward cast Power Snap; flipping a toasted marshmallow off a stick behind you.

Give the student time to work without you once they are on the right track – this is assimilation time.

Provide encouragement, but not false praise. Don't say a cast is perfect unless it is - and then say it loud and clear.

*BM. In your book, Fly Fishing: Expert Advice from a Woman's Perspective, you speak to the role of women have had in developing fly fishing's heritage. You have made an enormous contribution. Who are some of the women who contribute to building that tradition today?*

JW. I am pleased to say that there are many women

making important contributions today. Their contributions are not just in casting instruction. They work as guides, lodge managers, writers, television stars, world record holders, and presidents of fishing clubs. Let me give you the names of just a few of the women whom I respect in those categories, in alphabetical order: Cathy Beck, Sheila Hassan, Lori-Ann Murphy, Diana Rudolph, Molly Semenik, Susan Thrasher, Rhea Topping and April Vokey.

It's been 78 years since I jumped into what was considered to be a "for men only" sport. I'm thrilled to have lived long enough to see women take their place in it for the same reasons I did: a love of the outdoors, and the creatures inhabiting it; the chance to be connected to the life force of one of those creatures-which I can leave unharmed-and bonding with the exceptional people who make up the fly fishing community.



Capt. Lawrence Piper  
And  
The Angler's Mark  
(904) 557-1027



[www.theanglersmark.com](http://www.theanglersmark.com)



**First Coast Fly Fishing Unlimited**  
Capt. Rich Santos • (904) 497-9736  
Rich@FlyFishJax.com • FlyFishJax.com  
Jacksonville-St. Augustine, FL  
[www.flyfishjax.com](http://www.flyfishjax.com)



## Joan Wulff Awards

- 1980's Philadelphia Anglers Club- Shirley Kahn Award
- 1986 National Freshwater Fishing Hall of Fame, "Legendary Angler" award.
- 1988 Federation of Fly Fishers -Woman of the Year
- 1993 International Game Fish Association Conservation Award 1994 Fly Rod & Reel Magazine's - Angler of the year
- 1995 American Sportfishing Association - Woman of the Year North American Fly Tackle Dealer's Association - Life time Achievement Award
- 1996 Catskill Center for Conservation Annual Award
- 1997 Atlantic Salmon Federation's - Happy Fraser Award Federation of Fly Fishers - Lapis Lazuli Award
- 1998 New York Metropolitan, Outdoor Press Association's - Lifetime Achievement Award
- 2000 Outdoor Writers Association - Excellence in Craft Award
- 2004 National Freshwater Hall of Fame (Hayward, WI.) Legendary Angler
- 2005 IFFF Lifetime Achievement Award in Fly Casting Instruction 2007 Induction into the International Game Fish Association Hall of Fame Recipient of the Atlantic Salmon Federation's—Lee Wulff Conservation Award
- 2008 Recipient of the American Museum of Fly Fishing's - Heritage Award
- 2010 Honorary Member of the All-Male Chicago Angler's Club
- 2012 Trout Nature Centre, Mountain Home, AR Induction into the Trout Hall of Fame
- 2015 Induction into the N.Y. State Outdoorsmen Hall of Fame (with Lee Wulff)
- 2015 Induction into the National Italian American Sports Hall of Fame (Chicago)



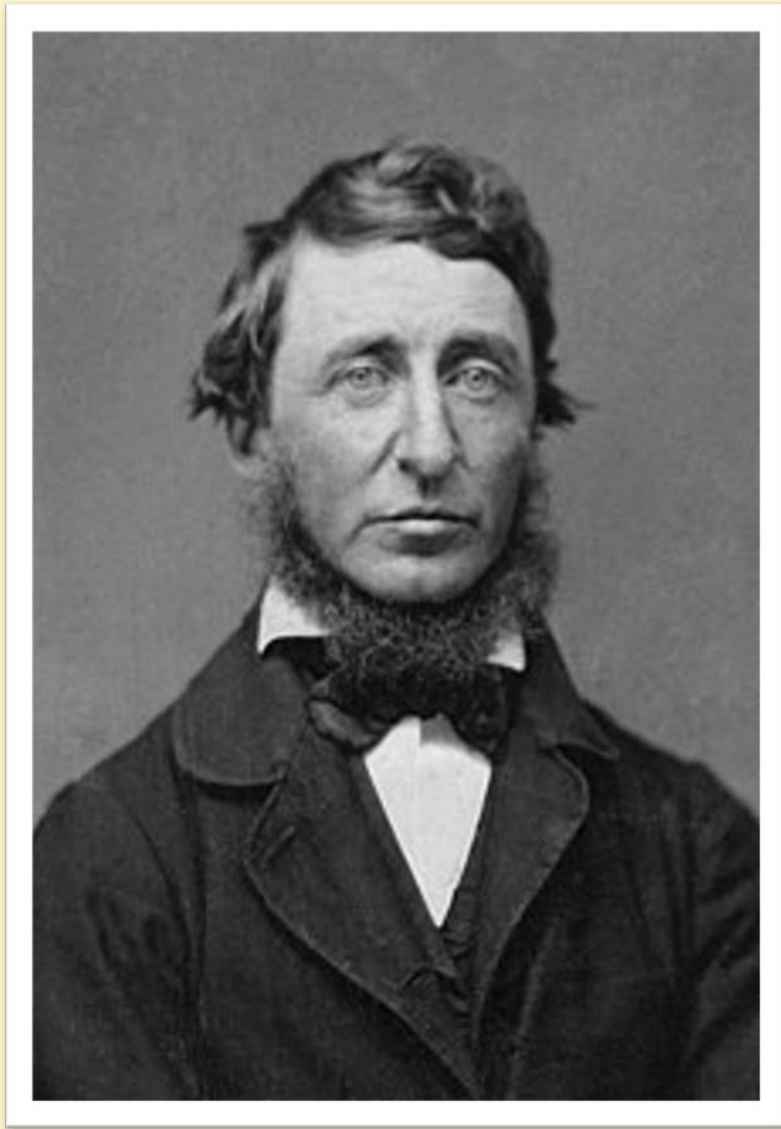
The Wulff School of Fly Fishing is located in the Catskills, the birthplace of dry-fly fishing in America, on its best known river, the Beaverkill. The School's 100 acres in the upper Beaverkill Valley is a beautiful setting of forest, meadow, and ponds. Our school building was especially designed to meet our teaching requirements. An adjoining private stretch of the Beaverkill is used to teach wading, streamcraft, and obstacle casting.

Students with extra time may enjoy fishing the Delaware's main stem, plus the East and West branches, as well as the trout-rich no-kill stretches of the Beaverkill and Willowemoc.

The Wulff School of Fly Fishing has always been a personal school. Starting in 1979, it was Lee's and my dream to share, with willing enthusiasts, the skills and lore of our wonderful sport. Lee will be with you through his words, films, and philosophy. I will be with you through my analysis of the casting stroke and instructional techniques. Both of us will be with you through our experienced and very capable staff of instructors, all of whom have been thoroughly trained in the Wulff School casting method. My son Doug Cummings acts as the administrator of the school.

Our instructors love what they do and will help you to attain your personal goals. The instructor-to-student ratio is 1-to-4. The Wulff School is also personal in the sense that we provide students with rod choices from a dozen different manufacturers. Of course you are free to bring and use your own tackle. So whether you are a parent and child, husband and wife, with friends or alone, you are most welcome at the Wulff School of Fly Fishing on the Beaverkill.





"All good things are wild and free."

*Henry D. Thoreau.*  
Henry David Thoreau

Essayist, poet, philosopher, naturalist, tax resister



# Governor Ron DeSantis Announces Major Water Policy Reforms

**Tallahassee, Fla.** – Today, Governor Ron DeSantis signed Executive Order 19-12 (Achieving More Now For Florida’s Environment), implementing major reforms to ensure the protection of Florida’s environment and water quality.

“Our water and natural resources are the foundation of our economy and our way of life in Florida,” said Governor Ron DeSantis. “The protection of water resources is one of the most pressing issues facing our state. That’s why today I’m taking immediate action to combat the threats which have devastated our local economies and threatened the health of our communities.”

The order calls for:

- \$2.5 Billion over the next four years for Everglades restoration and protection of water resources (a \$1 Billion increase in spending over the previous four years and the highest level of funding for restoration in Florida’s history).
- The Establishment of a Blue-Green Algae Task Force, charged with focusing on expediting progress toward reducing the adverse impacts of blue-green algae blooms now and over the next five years.
- Instruction to the South Florida Water Management District to immediately start the next phase of the Everglades Agricultural Area Storage Reservoir Project design and ensure the U.S. Army Corps of Engineers approves the project according to schedule.
- The Creation of the Office of Environmental Accountability and Transparency charged with organizing and directing integrated scientific research and analysis to ensure that all agency actions are aligned with key environmental priorities.
- The Appointment of a Chief Science Officer to coordinate and prioritize scientific data, research, monitoring and analysis needs to ensure alignment with current and emerging environmental concerns most pressing to Floridians.

## **Executive Order 19-12: Achieving More Now For Florida’s Environment**

*Section 1: Focus on Rapid Improvement for Water Quality, Quantity and Supply*

I hereby direct the Department of Environmental Protection (DEP), the Department of Health (DOH) as provided in paragraph J below, and Visit Florida and the Department of Economic Opportunity (DEO) as provided in paragraph L below, to take the following actions to enhance Florida’s water quality and preserve its natural resources:

- A. Secure \$2.5 billion over the next four years to invest in Everglades restoration and protecting our water resources.
- B. Establish a Blue-Green Algae Task Force, charged with focusing on expediting progress toward reducing the adverse impacts of blue-green algae blooms now and over the next five years. This task force should support key funding and restoration initiatives to expedite nutrient reductions in Lake Okechobee and the downstream estuaries. This task force should identify priority projects for funding that are based on scientific-data and build upon Basin Management Action Plans to provide the largest and most meaningful nutrient reductions in key waterbodies, as well as make recommendations for regulatory changes.
- C. Update and secure all restoration plans, within one



**Vaughn Cochran  
And  
Black Fly Outfitters**

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Jacksonville, FL 32246  
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year, for waterbodies impacting South Florida communities, including Lake Okeechobee and the Caloosahatchee and St. Lucie Estuaries. These updates will ensure that the Blue-Green Algae Task Force has the necessary information to provide guidance to DEP on maximizing the investments in water quality improvements.

- D. Instruct the South Florida Water Management District to immediately start the next phase of the Everglades Agricultural Area Storage Reservoir Project design and ensure the U.S. Army Corps of Engineers approves the project according to schedule.
- E. Expedite key Everglades projects including the C-44 reservoir and stormwater treatment area, C-43 reservoir, Tamiami Trail and additional projects necessary to protect our waterways and natural resources.
- F. Work with the South Florida Water Management District to add stormwater treatment to the C-43 Reservoir to provide additional treatment and improve the quality of water leaving this important storage component.
- G. Expedite projects with the U.S. Army Corps of Engineers to improve management of Lake Okeechobee, including updating the Lake Okeechobee Regulation Schedule and identifying water quality treatment technologies to install near water control structures in Lake Okeechobee.
- H. Direct DEP to establish a septic conversion and remediation grant program with a local government match requirement.

- I. Instruct all five water management districts to increase transparency and accountability by providing data and information to DEP to support key water quality restoration efforts. Instruct all water management districts to review budgets and prioritize available funding to focus on projects that will help address harmful algae blooms and maximize nutrient reductions.
- J. Participate in Florida Fish and Wildlife Conservation Commission's (FWC) Harmful Algal Bloom Task Force to provide technical expertise and assistance studying causes and impacts of red tide. The DOH is also directed to participate in FWC's Task Force to help study air quality and human health impacts of red tide.
- K. Continue DEP's red tide emergency grant program to support local governments to clean up their beaches and coastal areas to minimize the impacts of red tide to residents and visitors.
- L. Partner with Visit Florida and DEO to identify opportunities within communities and recommend investments in green infrastructure, such as wetland treatment systems, that benefit our natural resources and local economies by increasing recreational and tourism opportunities, while improving water quality.
- M. Engage local governments, industry, universities and water management districts to identify and research all viable alternative water supply sources and provide an assessment of funding needs critical to supporting Florida's growing economy. DEP should take all necessary steps to establish recurring funding for an alternative water supply grant program to help communities plan for and implement vital conservation, reuse and other alternative water supply projects.
- N. Engage local governments, industry, citizens and other stakeholders through a targeted education and outreach campaign that will focus on the importance of conservation and reuse efforts and encourage Floridians to implement essential conservation and reuse efforts in their homes, businesses and communities throughout Florida.
- O. Continue to explore every option to stop Georgia's harmful upstream water use from causing further adverse impacts to the Apalachicola River and Bay.



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*Section 2: Restructuring to Focus on Accountability, Transparency, and Science to Achieve More Now for*

## Florida's Environment

I hereby direct DEP to implement the following actions to ensure the agency is making sound decisions based on the best available science and providing for accountability and transparency:

- A. Create the Office of Environmental Accountability and Transparency charged with organizing and directing integrated scientific research and analysis to ensure that all agency actions are aligned with key environmental priorities.
- B. Appoint a Chief Science Officer to coordinate and prioritize scientific data, research, monitoring and analysis needs to ensure alignment with current and emerging environmental concerns most pressing to Floridians.
- C. Take all necessary actions to move the Environmental Crimes Enforcement Unit from FWC to DEP to align resources focused on environmental protection and ensure strong enforcement of Florida's environmental laws.

### Section 3: Ensure Florida's Valuable and Vulnerable Coastlines and Natural Resources are Protected

I hereby direct DEP to implement the following actions to protect Florida's coastlines and natural resources:

- A. Create the Office of Resilience and Coastal Protection to help prepare Florida's coastal communities and habitats for impacts from sea level rise by providing funding, technical assistance and coordination among state, regional and local entities.
- B. Take necessary actions to adamantly oppose all off-shore oil and gas activities off every coast in Florida and hydraulic fracturing in Florida.

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# WHAT ARE YOU WAITING FOR?



**T**he new you is upon us. And along with breaking all of your New Year's Resolutions (except for the one to fish more), it is time to renew your membership to the First Coast Fly Fishers. Your membership dollars are what allow us to continue to bring great fly fishing programs to Northeast Florida.

Maybe you are one of those folks who has been lurking in the wings, reading bootleg copies of the newsletter, and never "officially" joined the Club. Now is the time to get in the game. Give us your money and we will teach you how to fly fish. In fact, we will even teach your wife (or husband) how to fly fish so you do not have to. Trust us, the Club is cheaper than a divorce lawyer.

All kidding aside, the First Coast Fly Fishers is the best value in fly fishing. For just \$100 a year, you and your whole *fam family* will be privy to free casing lessons, monthly outings, and great fly fishing programs each month. In addition, you can attend the First Cost Fly Fishers Rendevous at Deep Creek scheduled for the first weekend in March.

What are your waiting for? Sign up today!



\_\_\_\_\_(Year) **MEMBERSHIP APPLICATION**  
**FIRST COAST FLY FISHERS**  
**WWW.FCFF.ORG**

New       Renewal       Youth/Student

**Member Information (If renewing, only complete the information that has changed)**

Name \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Name (Age) of Fly Fishing Children \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternative Phone \_\_\_\_\_

Email Address: \_\_\_\_\_

Please check this box if you do not use or have access to email.

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Medical Information:**

Blood Type: \_\_\_\_\_ Allergies? \_\_\_\_\_

Current Medications? \_\_\_\_\_

Any Current Medical Conditions? \_\_\_\_\_

Occupation: \_\_\_\_\_

Other Interests \_\_\_\_\_

Who or what influenced you most to take up fly fishing and/or join FCFF? \_\_\_\_\_

**Membership Dues**

Annual Club Membership is \$100 and includes all family members. Please make checks payable to:  
*First Coast Fly fishers*

*Please Return Application To:*

**Payment Type**

Check - Check No. \_\_\_\_\_

Cash

First Coast Fly Fishers  
 Membership Chariman  
 PO Box 16260  
 Jacksonville, FL 32245-6260

**Fly Fishing Experience**

**Overall Fly Fishing Background**

Please rate your overall fly fishing experience by checking the appropriate boxes

Freshwater       Saltwater       Both Fresh/Saltwater  
 Beginner       Moderate       Advanced

**Casting Proficiency**

Please rate your casting proficiency

Beginner - Little or no experience, or would like to learn the basics of fly casting  
 Intermediate - Know the basic principals and would like to improve accuracy and/or distance  
 Advance - Able to accurately cast an 8-wight line 60-feet with relative ease.  
 Instructor - Professional fly casting instructor and/or guide.

**Fly Tying**

Fly tying is not a critical element of fly fishing; but, it is fun and rewarding. Rate your fly tying experience

Non-tyer       Beginner       Intermediate       Advanced or Professional Tyer

**Boat**

Please provide information regarding whether or not you own a boat, kayak or canoe

- Boat Owner  
Make \_\_\_\_\_ Type/Size \_\_\_\_\_
- I do not own a boat

**Club Participation**

FFCF is a not for profit club. Its success relies solely on its members who serve on the board; plan outings/events; and conducting special activities. Please indicate any areas of interest you are willing to provide assistance. Please be assured we are happy to have you as a member regardless of your level of participation.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Newsletter     | <input type="checkbox"/> Youth Instruction      | <input type="checkbox"/> Fly Tying Instruction     |
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Conservation/Education | <input type="checkbox"/> Take a new member fishing |
| <input type="checkbox"/> Banquet        | <input type="checkbox"/> Membership             | <input type="checkbox"/> Registration Table        |
| <input type="checkbox"/> Fund Raising   | <input type="checkbox"/> Casting Instruction    | <input type="checkbox"/> Fishing Outings           |
| <input type="checkbox"/> Selling Ads    | <input type="checkbox"/> Greeting Guests        |  |

**Suggestions**

We are always open to suggests on how to improve our club. Your suggestions are always welcomed.

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What suggests do you have for programs and monthly meetings (Topics and Speakers)?

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What suggests do you have for club outings (where to go, what to fish for)?

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If you are a renewing member, what could be done differently to better satisfy your fly fishing interests?

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**Application and Release (You must sign this release in order to become a member)**

I, the undersigned, hereby apply for membership or renewal in the First Coast Flyfishers (FCFF) Club of Jacksonville, Florida, Inc. I understand the inherent risk in participating in the activities of FCFF, including fishing trips of one day or longer. I further understand that I am solely responsible for all costs of medical treatment and transportation.

I, release, indemnify, and hold harmless, FCFF, its officers, directors and members against any and all claims for personal injury, disease, death and property damage or loss that may arise out of, or be connected in any way with, any FCFF activity. I assume the risk of undertaking all FCFF activities, including related to travel.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*If this is a youth membership, a parent or guardian must sign. If you are signing for a youth member:*

Print your full name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Alternative Phone: \_\_\_\_\_

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# RENDEZVOUS AT DEEP CREEK

FEATURING

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## DUSTY SPRAGUE

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Come rendezvous with the First Coast Fly Fishers on Saturday, March 2, 2019, for a day of fly-fishing education featuring **Dusty Sprague, MCI**, capped by a spectacular mid-afternoon meal, giveaways, silent auction and raffle at Deep Creek Fish Camp on Deep Creek, north of St. Augustine.

### PROGRAM

Leading the education day is Master Casting Instructor Dusty Sprague. We'll learn distance casts, short casts, roll casts and more, but also, where to use these casts, how to look for and find fish. The program will also include sessions on rigging and fly tying. Dusty was instrumental in establishing the International Federation of Fly Fishers' Certified Casting Instructor program. He is known world-wide for his depth of knowledge and his 'every-man' approach to casting instruction. Dusty has played a pivotal role in sculpting many of the world's finest casting instructors.

### VENUE

Deep Creek Fish Camp is a little bit of old Florida nestled on several acres of salt marsh just west of Pine Island and within sight of the Intracoastal. The facility and grounds are designed by gold course design great Bobby Weed and his wife, Leslie. It has a large enclosed log building with big kitchens and dining both inside and out. Outside there's plenty of room for casting and smaller clinics. Helping Dusty with the instruction will be David Lambert, Dick Michaelson and Gavin Glover – so there will be plenty of instructors for everyone.

Come hungry. We'll have coffee and donuts on site at 9 a.m. We'll do some casting and learning until 2 p.m. The catered meal, giveaways, raffles and silent auction begins at 2:30. This year we've got rods, reels, lines and much more useful stuff for the fly fisher. The day will wrap up around 4:30 in the afternoon.

Tickets \$25 per person. Children 18 and under \$10.

## WHAT TO BRING

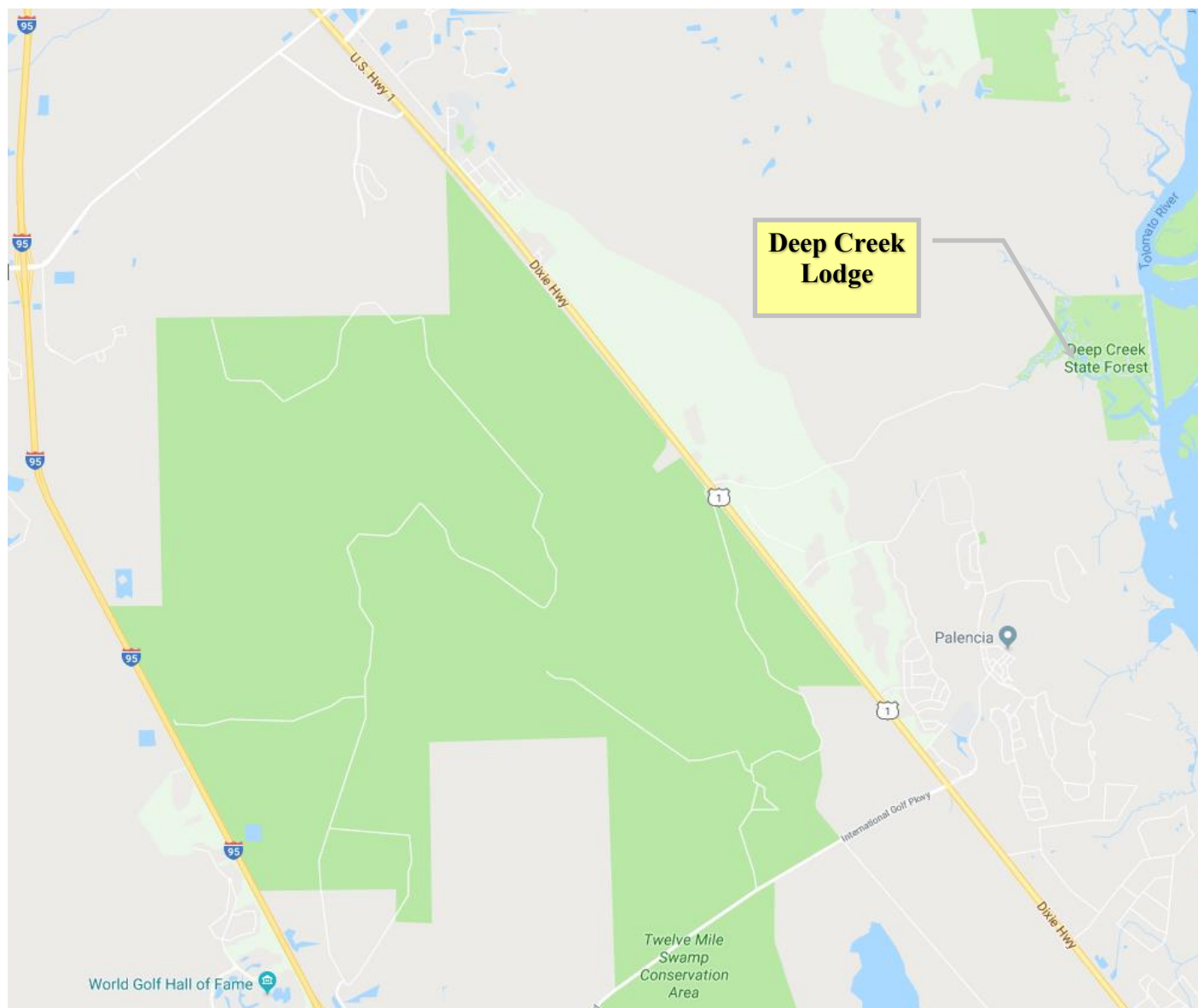
Come prepared to spend the majority of the day outside. Dress appropriately.

Bring a rigged fly rod, which you will use for the casting instruction and competition. Be sure that your fly rod is rigged with a full-length leader.

Bring lawn chairs for everyone of your family members that plan to attend the event.

## DIRECTIONS

Deep Creek Lodge is a throw-back to Old Florida. It is a former fishing and hunting lodge located on Tolomato River, west of Pine Island. The lodge is located at the end of Pine Island Road, approximately 2-1/2 miles west of US 1. From US 1 turn east on Pine Island Road . Pine Island Road is approximately 4-1/4 miles south of CR 210 and 2-1/2 miles north of International Golf Parkway.



## JANUARY 2019 TIDES JACKSONVILLE (MAYPORT BAR PILOT DOCK)

DATE	TIME	HEIGHT	DATE	TIME	HEIGHT	DATE	TIME	HEIGHT
1/1/2019	Tue 5:04 AM	4.67 H	1/15/2019	Tue 3:11 PM	3.55 H	1/23/2019	Wed 10:42 PM	4.71 H
1/1/2019	Tue 10:56 AM	0.08 L	1/15/2019	Tue 9:10 PM	-0.07 L	1/24/2019	Thu 4:26 AM	-1.06 L
1/1/2019	Tue 5:16 PM	4.07 H	1/16/2019	Wed 3:53 AM	4.1 H	1/24/2019	Thu 11:06 AM	5.18 H
1/1/2019	Tue 11:03 PM	-0.23 L	1/16/2019	Wed 10:00 AM	0.33 L	1/24/2019	Thu 5:02 PM	-0.9 L
1/2/2019	Wed 5:58 AM	4.77 H	1/16/2019	Wed 4:15 PM	3.6 H	1/24/2019	Thu 11:36 PM	4.66 H
1/2/2019	Wed 11:50 AM	0.02 L	1/16/2019	Wed 10:06 PM	-0.27 L	1/25/2019	Fri 5:24 AM	-0.78 L
1/2/2019	Wed 6:08 PM	4.03 H	1/17/2019	Thu 4:55 AM	4.39 H	1/25/2019	Fri 11:57 AM	4.87 H
1/2/2019	Wed 11:53 PM	-0.25 L	1/17/2019	Thu 11:01 AM	0.09 L	1/25/2019	Fri 5:57 PM	-0.74 L
1/3/2019	Thu 6:46 AM	4.84 H	1/17/2019	Thu 5:17 PM	3.74 H	1/26/2019	Sat 12:31 AM	4.55 H
1/3/2019	Thu 12:40 PM	-0.06 L	1/17/2019	Thu 11:03 PM	-0.52 L	1/26/2019	Sat 6:26 AM	-0.47 L
1/3/2019	Thu 6:56 PM	4.01 H	1/18/2019	Fri 5:53 AM	4.73 H	1/26/2019	Sat 12:50 PM	4.5 H
1/4/2019	Fri 12:39 AM	-0.27 L	1/18/2019	Fri 11:58 AM	-0.21 L	1/26/2019	Sat 6:53 PM	-0.56 L
1/4/2019	Fri 7:31 AM	4.86 H	1/18/2019	Fri 6:15 PM	3.95 H	1/27/2019	Sun 1:31 AM	4.41 H
1/4/2019	Fri 1:26 PM	-0.13 L	1/19/2019	Sat 12:00 AM	-0.79 L	1/27/2019	Sun 7:30 AM	-0.21 L
1/4/2019	Fri 7:40 PM	4 H	1/19/2019	Sat 6:49 AM	5.05 H	1/27/2019	Sun 1:47 PM	4.15 H
1/5/2019	Sat 1:22 AM	-0.27 L	1/19/2019	Sat 12:52 PM	-0.52 L	1/27/2019	Sun 7:51 PM	-0.4 L
1/5/2019	Sat 8:13 AM	4.84 H	1/19/2019	Sat 7:11 PM	4.18 H	1/28/2019	Mon 2:34 AM	4.3 H
1/5/2019	Sat 2:08 PM	-0.17 L	1/20/2019	Sun 12:54 AM	-1.05 L	1/28/2019	Mon 8:34 AM	-0.03 L
1/5/2019	Sat 8:22 PM	3.99 H	1/20/2019	Sun 7:42 AM	5.31 H	1/28/2019	Mon 2:48 PM	3.86 H
1/6/2019	Sun 2:03 AM	-0.25 L	1/20/2019	Sun 1:43 PM	-0.78 L	1/28/2019	Mon 8:47 PM	-0.27 L
1/6/2019	Sun 8:52 AM	4.78 H	1/20/2019	Sun 8:04 PM	4.41 H	1/29/2019	Tue 3:38 AM	4.26 H
1/6/2019	Sun 2:47 PM	-0.15 L	1/21/2019	Mon 1:47 AM	-1.25 L	1/29/2019	Tue 9:35 AM	0.08 L
1/6/2019	Sun 9:01 PM	3.95 H	1/21/2019	Mon 8:34 AM	5.47 H	1/29/2019	Tue 3:51 PM	3.68 H
1/7/2019	Mon 2:40 AM	-0.2 L	1/21/2019	Mon 2:32 PM	-0.97 L	1/29/2019	Tue 9:43 PM	-0.17 L
1/7/2019	Mon 9:29 AM	4.68 H	1/21/2019	Mon 8:57 PM	4.58 H	1/30/2019	Wed 4:40 AM	4.28 H
1/7/2019	Mon 3:25 PM	-0.1 L	1/22/2019	Tue 2:39 AM	-1.33 L	1/30/2019	Wed 10:33 AM	0.1 L
1/7/2019	Mon 9:39 PM	3.9 H	1/22/2019	Tue 9:25 AM	5.5 H	1/30/2019	Wed 4:51 PM	3.61 H
1/8/2019	Tue 3:16 AM	-0.11 L	1/22/2019	Tue 3:21 PM	-1.04 L	1/30/2019	Wed 10:38 PM	-0.12 L
1/8/2019	Tue 10:05 AM	4.55 H	1/22/2019	Tue 9:50 PM	4.69 H	1/31/2019	Thu 5:35 AM	4.33 H
1/8/2019	Tue 4:01 PM	-0.01 L	1/23/2019	Wed 3:31 AM	-1.26 L	1/31/2019	Thu 11:28 AM	0.06 L
1/8/2019	Tue 10:16 PM	3.84 H	1/23/2019	Wed 10:15 AM	5.41 H	1/31/2019	Thu 5:46 PM	3.63 H
1/9/2019	Wed 3:51 AM	0.02 L	1/23/2019	Wed 4:10 PM	-1.01 L			
1/9/2019	Wed 10:40 AM	4.4 H						
1/9/2019	Wed 4:38 PM	0.09 L						
1/9/2019	Wed 10:53 PM	3.78 H						
1/10/2019	Thu 4:28 AM	0.16 L						
1/10/2019	Thu 11:15 AM	4.23 H						
1/10/2019	Thu 5:14 PM	0.17 L						
1/10/2019	Thu 11:32 PM	3.73 H						
1/11/2019	Fri 5:09 AM	0.31 L						
1/11/2019	Fri 11:52 AM	4.05 H						
1/11/2019	Fri 5:54 PM	0.21 L						
1/12/2019	Sat 12:13 AM	3.7 H						
1/12/2019	Sat 5:57 AM	0.44 L						
1/12/2019	Sat 12:32 PM	3.88 H						
1/12/2019	Sat 6:37 PM	0.22 L						
1/13/2019	Sun 12:59 AM	3.7 H						
1/13/2019	Sun 6:52 AM	0.53 L						
1/13/2019	Sun 1:18 PM	3.73 H						
1/13/2019	Sun 7:24 PM	0.17 L						
1/14/2019	Mon 1:51 AM	3.76 H						
1/14/2019	Mon 7:53 AM	0.55 L						
1/14/2019	Mon 2:10 PM	3.61 H						
1/14/2019	Mon 8:16 PM	0.07 L						
1/15/2019	Tue 2:50 AM	3.89 H						
1/15/2019	Tue 8:57 AM	0.49 L						



Happy New Year