



The Newsletter of the . . .

# The Reel News

*Serving the Northeast Florida Fishing Community Since 1959*



Volume 63 Issue 1

January 2023



## **PRESIDENTS CAST NET** **CAPTAIN** *Chris Jones*



The Christmas Season is here! A big thank you must go out to you all for being part of such an awesome club. I am thankful that this year's kids Christmas party was one of the most memorable experiences, with over 120 club members coming out to celebrate. Also, I would like to take this opportunity to thank your Board Members as they have put in extra hours and effort to ensure YOUR club is the best. I want to keep my December note short this month to allow for photos of the Christmas party.

2023 is going to be a momentous year and The El Cheapo tournament is fast approaching. Captain Bill Pollackov and his team have been working extremely hard, making this tournament one that you can be proud of and absolutely do not want to miss! Thank you, Bill, for your dedication and sacrifice for making this tournament simply the best. Also, I want to thank a few of our local sponsors such as Strike Zone, Resellers Reef, and B & M Bait Shop for

their support and generosity towards our raffle table.

Thank you for your continued feedback, suggestions, and please keep them coming. I am happy to announce in the next few months we will be offering a kids fishing clinic ran by Captain Branden Prato. A few small details still need to be worked out but be on the lookout for that starting up. The January 2023 month's meeting will kick off with a clam chowder contest and we will be going in details the President's choice tournament scheduled for January 14, 2022 For the winner, I have a Club President prize that I promise you do not want to miss!

Merry Christmas and Happy New Year to you all and to your loved ones. Once again thank you to all for a wonderful year and I look forward to the best year to come.

Tight Lines and Sail Safe,  
Captain Chris Jones

Just in case you miss my VERY SUBTLE hints throughout this Newsletter . . . . .

## **THE EL CHEAPO SHEEPSHEAD** **TOURNAMENT IS COMING!**

**It is Saturday, March 4, 2023**

We will need your help all day Friday,  
March 3<sup>rd</sup>, and Saturday, March 4<sup>th</sup>.

This club only runs on YOU volunteering  
for this event!

# REMEMBER

## WE HAVE MEMBERS

### LOOKING FOR A RIDE!!!

When you are going out and have room for one more, or need crew to **help pay for gas**, we have several members that do not have boats, and are always looking for someone to take their gas money!

Just either give me a call, text or E-mail  
[breenw@bellsouth.net](mailto:breenw@bellsouth.net).  
 904-254-2791

Or post it on the club's Dock Talk page.  
 We will get you that extra person to fill out your crew!

Who knows, you just may find a new great friend!



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## NOW IS THE TIME!

Now with the winter weather here and your time out on the water limited it is the time to make sure your boat and gear are up to date and ready to go.

**Check these now, not on the morning then you want to head out:**

- 1 - Make sure that your Boat / Trailer Registration and INSURANCE are current and your stickers are on the boat and license plate. They expired on your last birthday!
- 2 - Towboat Boat US or Sea Tow current?
- 3 - Double check that you have all your U.S.Coast Guard required equipment on board, Life Jackets for everyone, a current good Fire Extinguisher (**OR TWO!**) , Drain Plug? Your First Aid Kit is current ( Refresh the expired things. ) and even new Sun Block.
- 4 - Check your TRAILER! Tires good? Wheel Bearings not frozen, Safety Chain in good shape? Supports not rusted and falling off? Springs not rusted through? Retrieval strap or cable in good shape as well as your Winch works?
- 5 - Check your Fuel Filters and clean or replace them if necessary!
- 6 - Gas tanks full and the right amount of fuel stabilizer in them?

#### Before and when you launch:

- 1 - **Put the Plug in FIRST!** ( I refuse to admit that I did forget to check this ONCE. My Boat floats without the plug in so I didn't sink! )
- 2 - Start the engine, and check that the "Tell-Tale" is putting out a good stream of water showing your water pump is working correctly.
- 3 - Check that your Engine Cutoff lanyard works and attach it to you! (**It's the LAW now.** )
- 4 - Check ALL your Electronics, Radio, GPS / Fish Finder, ALL your lights, Red Port, Green Starboard, White light visible 360 degrees, instrument lights, ALL of them.
- 5 - Check your Trim Tabs and or Engine Tilt for trimming your boat while underway.
- 6 - Finally give your crew the "Safety" speech, make sure someone else can run the boat if you are injured, they know how to use the radio, and don't forget the "Man-Overboard" instructions!





# Hypothermia



Starting this month as the cold weather . into our area, we normally think more about staying warm when fishing in the cold, windy weather. Also, with the “El Cheapo” tournament scheduled for March 4th, all Captains should be giving some thought to the prevention of hypothermia. Hypothermia can pose a problem for boaters anytime of the year, but should be of greater concern to all Captains as we approach colder weather.

Hypothermia occurs when the body loses heat faster than it can produce it. As a Captain, have you ever thought about what a life jacket has in common with a blanket relative to hypothermia and safety in boating? Both can save your life when you are facing a major killer in aquatic mishaps such as hypothermia. As a result, you should carry both of these items on your boat. A life jacket is a federal and state requirement, but a blanket is not. However, all boaters should carry a blanket on board.

A life jacket, obviously, will keep you afloat, but can also help ward off hypothermia by trapping warmed water between it and your body. A blanket can help prevent hypothermia by reducing body heat loss. Most boaters do not have a full understanding of hypothermia and how it can impact them. Most people think of hypothermia as “freezing to death” or frost bite. Hypothermia can kill a person at temperatures well above freezing.

Hypothermia occurs most rapidly when your body is immersed in cold water but may occur at anytime especially in windy situations if your clothing is wet. In water at 50 degrees, the predicted time for survival is 1.5 to 3 hours. It can also occur in water as warm as 80 degrees if you are exposed for a long period of time. For instance, in 70 to 80 degree water, a person may become exhausted or unconscious in as little as 2 to 12 hours with an expected time of survival of 3 plus hours. If you should fall overboard with a life jacket on, do not exert yourself. Keep your arms at your side and your legs together to conserve heat.

If you find yourself in the water without a life jacket conserving heat is even more important since you will have to keep yourself afloat. Do not try to swim, but exert as little effort as possible to float until rescued.

An individual who falls overboard without a life jacket has virtually no chance of conserving heat loss. In fact, many individuals, who fall overboard, seem to lose the ability to climb back on board or to hang onto some craft or object, since there is a progressive decline in muscle strength following immersion in cold water. However, if possible, get out of the water as heat loss is less to cold air than to cold water. Always try to get out of the water.

A person’s body burns food to give it energy and maintain its temperature. When your body cools, blood moves from the surface area to the vital organs and you burn stored food to generate heat. Shivering is the first sign that your body is telling you that its temperature is below normal and action is required to correct the situation. If nothing is done, your body will begin a systematic shutdown. It is at this point; a blanket can be a lifesaver. A shivering person should be attended to immediately and dried if wet, removed from the wind and covered with a blanket and kept as warm as possible to conserve body heat.

If confronted with a hypothermic person, always remember that hypothermia is a serious medical problem. Make the person as comfortable as possible and seek medical help as soon as possible. If some distance from the shore, inform the Coast Guard by radio and they may send a medivac copter to remove the victim.

The best solution for hypothermia, however, is to prevent it by wearing protective gear, staying dry and out of the wind. Never go into a potentially hypothermic situation without having eaten a good meal and be aware that hypothermia can kill you. Exercise the necessary precautions to prevent hypothermia and continue to enjoy safe boating throughout the year.

Hypothermia is not just a water thing, you can get hypothermia on a cool fall or spring day even with the sun out!

More people get hypothermia on mild Spring, Summer, and Fall days as they go out when it is sunny and warm, and do not take a warm jacket or clothes and when the sun sets it gets cool, not cold, just cool and their body temperature starts to drop.

On the next page is what survivalist call the Fatal Scenario that shows the progression of Hypothermia.



### **This is YOUR Club!**

As my title says, the JOSFC is YOUR club, not only mine, or the Boards, it is YOURS!

With that in mind, we really would like to hear from you the members, just what we can do to make it better, to encourage more participation at the meetings, and or other activities that you would like to see us participate in or do.

The Board might not decide to go along with all your ideas, but they definitely would like to hear from you.

You will find all your Officers and Board members E-mail at our Website



**Remember, we need to support the businesses that support our club!**  
**Need something? Check our sponsors page first! (The back page)**



Wear these, they don't work in the cabin!

At least do it while under way, especially entering and

leaving the inlets, they can get rough in seconds.



### **The Fatal Scenario**

When your body's core Temperature reaches:

96 Degrees Fahrenheit - Violent shivering begins.

95 Degrees Fahrenheit - Rational thought stops.

93.2 Degrees Fahrenheit - Consciousness becomes clouded.

92 Degrees Fahrenheit - Memory loss, hallucinating begins.

91.4 Degrees Fahrenheit - Shivering stops.

90 Degrees Fahrenheit - You become unconscious.

86 Degrees Fahrenheit - Death results from heart failure.

*86 Degrees Fahrenheit is the ambient temperature of a fairly hot summer day. Our water off Jacksonville is rarely that warm!*

*It doesn't have to be freezing out to kill you!*

Our Guest Speaker for the Jan. 5<sup>th</sup> meeting will be:

Commander Mark J. Vitry, Ph. D.,  
 Flotilla Commander 070-14-4  
 U. S. Coast Guard Auxiliary.  
 Jacksonville Beach, FL.

For those who wonder who we are, I would offer that through an Act of Congress in 1939, we are the volunteer component of U. S. Coast Guard (CG) under the Department of Homeland Security. We have no law enforcement authority and do not issue citations.

The CG refers to us as their force multiplier. The main focus of our 30,000 members nationwide is to support CG missions as requested.

One of our main focus efforts is encouraging recreational boating safety through public education and outreach programs, and conduct vessel examinations a.k.a. a vessel safety check (VSC). We also conduct charter-vessel examinations, operate VHF and HF radio networks, work in the galley, provide air and surface operations in support of the CG, conduct marine safety programs, and other support functions as directed by the CG. For more information about the scope and details about our role, I would suggest visiting our Website at

[cgaux.org](http://cgaux.org)

# MAN OVERBOARD!

Do you know how to handle this emergency?

As some of you already know, in April, 2019, we had a club member fall overboard while fast trolling. The only damage was to his ego, he was retrieved safe and sound, BUT it could have been bad! They had a full spread of Wahoo lures with BIG bad hooks out behind them. Not a good scenario!

That is why we advocate wearing your life jacket while underway!

As part of your safety lecture or tour for your crew before you leave the dock, you should go over the drill for a MAN OVERBOARD!

When someone makes an unexpected departure from your boat while on the water, the person seeing it and yelling the warning IS the designated "Pointer". ( Unless it is the Captain, then he assigns that duty to someone. )

The "Pointer" actually POINTS ( Arm extended with the finger pointing directly at the swimmer. ) at the person in the water and never takes their eyes off the person or stops pointing until it is time to help them back into the boat! This makes it easier for the Captain to know where to maneuver the boat to correctly position it to pick up the person in the water. In calm seas this seems silly, but should still be done, but if it is at all sloppy, this could be the difference between losing a person or successfully recovering them!

When you approach the person in the water with your boat, you should approach them from UP-Wind, so your BOW is Down-Wind and you are **beside** them. As you get close, shift to neutral or if calm enough, turn the engine off to avoid the possibility of the propeller hitting them. If you go sideways to them from up-wind your boat could drift over them before you can pull them in, injuring them., If you try from down wind it will drift away faster than they can swim to you.

Do you have a rope set aside and easy to get to, just for throwing to the person to help pull them to the boat?

Do you have a way to get back in the boat? **What if YOU fall overboard by yourself? can you get back in without help? Make sure you have a way to self rescue!**

It can happen to the best most experienced of us, so be prepared !



**Can you guess what is for dinner for our January 5<sup>th</sup> meeting? Go on, take a guess!**

No it is NOT fricasseed Seagull, it is YOUR best version of **CLAM CHOWDER!!!**

Now this is also contest to see who makes the best Clam Chowder! Now I, Bill Breen think ( No, make that I KNOW ) that I make the best Clam Chowder in the world, however I have yet to win the title of "Best Clam Chowder" I have taken second, ( Or I should say that Chuck Darner and I tied one year. That was for some unknown reason we were the only 2 that brought any! )

The club will provide the "Fixins" to go with the Chowder, but if you want to eat, we need several of us to cook up a big pot of delicious, mouth watering, lip smacking great tasting Clam Chowder!

Will January 5, 2023 be the year that I finally win the title of Best Clam Chowder? Or will someone else sneak in there and steal that coveted title from me?

For the Clam Chowder Cook-Off, Do your best to see who wins! Bring a pot or you might not have much to eat!







Thanks to everyone we had plenty of GREAT food at the Christmas Party meeting!



Wide eyes, yes, Santa visited us for the kids!



Santa brought the right gifts for the kids of all ages.



We had a great Raffle table with plenty of great items for the many winners!

In the top left, you can see Chris Rooney at the Lure Tree! One person won all the lures on it! And as at every meeting we have Photos of JOSFC members fishing and their catches showing on the big screen!









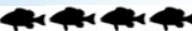
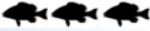













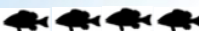

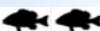

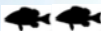

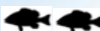

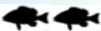


## *Loud Hailings*


Bill Breen  
Newsletter  
Editor

I am looking for PICTURES of club members with local catches, to use in our newsletter. If you have a good photo PLEASE E-mail it or give it to me at a meeting. I will Scan it and return it to you undamaged. Don't forget to include a piece of paper with your name address, and the information on the catch, size or weight, and when. You can even include your numbers where caught, I won't tell anyone else, I promise! ;- ) Cross my heart and hope to catch your fish!

Just a reminder, **ANYONE and everyone can submit something**, a good story, joke, or you can also submit photos to be included in our Newsletter. Just get your article and or pictures to me by the 18th of the month, to be in the next months newsletter. Just hand me a copy at any meeting, or E-mail it to me at :

[breenw@bellsouth.net](mailto:breenw@bellsouth.net)

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 	2 	3 	4 	5 Club Meeting Clam Chowder cook off 	6 	7 
8 	9 	10 	11 	12 	13 	14 Presidents Fun Yo-Yo Tournament 
15 	16 	17 	18 	19 Club Swap Meet Meeting 	20 	21 Weather Date for the Yo-Yo Tournament 
22 	23 	24 	25 	26 	27 	28 
29 	30 Board Meeting 	31 		January		

The more  the better the fishing day - From the Moon / Tide/ tables.

January 5th - Club Meeting

January 14th - Presidents Yo-Yo Fishing Tournament

Weather Date 1/21/23

**Coming Events:** January 19th - Club Meeting  
January 30th - Board Meeting



*Happy New  
Year from your  
Officers and  
Board*



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## **Presenting Sponsors:**

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