



The Newsletter of the . . .

# The Reel News

Serving the Northeast Florida Fishing Community Since 1959



Volume 52 Issue 5

May 2012

## PRESIDENTS CASTINGS

Capt. Danny Del Rio



By the time you get this message, the "Non-live Tournament" was cancelled and reset for April 21st, weather permitting!

Rick Ryles gave a great presentation about how to read and understand weather conditions at the April 19th meeting.

I want to thank everyone who worked the Metro Boat Show. Volunteering helps keep our club strong!

Here it is May and half the club year is gone, but there is still time to put fish on the board.

Here's hoping that the next six months will be better weather and lots of fish caught!

The month of May has two tournaments starting with the Unlimited Tournament on May 12th, run by last years' winner Tom Myer and the May Trolling Tournament on May 20th , run by last years' winner AJ Proscher.

Contact Tom and AJ to sign up. These are both offshore tournaments so make sure your boats and all gear is in top shape.

Tight line and Safe boating,

Danny Del Rio



## It's Fishing Time What can we fish for?

Part of our Membership pledge is to not get any tickets for violating the regulations. With the darn SAMFC changing things at their whim, it is hard to keep up with what is legal. As of May 1, 2012 this is what I can decipher from the regs that we must be aware of!

**First**, if you are BOTTOM fishing, you are required to use Non-Stainless Steel **Circle** Hooks, ( See page 5 ) a De-hooking Tool, and an Official Measuring Device. ( Tape measurer of some type.)

**Second**, we now have a 20 fish Aggregate Bag limit, within the "Snapper Grouper Complex". **Warning!** Trigger fish are included in this 20 fish limit! There are some exclusions, like the 5 fish Vermillion Snapper ( B-Liners. ) are NOT included in the 20 fish limit.

**You need to go to:** <http://www.safmc.net/FishIDandRegs/RegulationsbySpecies/tabid/248/Default.aspx>

Near the top of the page you will find, in small print, [South Atlantic Recreational Regulations Summary](#) (as of March 2012)

This is a .pdf file to download with the confusing details of what we can catch and keep.

Now for what is actually OPEN to fish for, but you need to download the above .pdf for limits and sizes.

### Open to Catch!

Vermillion Snapper ( B-Liner ), Mutton Snapper, Gag Grouper, Black Grouper, Red Grouper, Scamp Grouper, Red Hind, Rock Hind, Coney, Graysby, Yellowfin Grouper, Yellowmouth Grouper, Tiger Grouper, Red Porgy, Greater Amberjack, Snowy Grouper, Golden Tilefish, King Mackerel, Spanish Mackerel,

Continued Page 2



Mike Watts (Second from Left) says that he is getting to be really good at catching Sheepshead! Here are a nice mess of Sheepshead that Mike (and his soon to be Son-in-Law Matt Richardson, ) on the left, and Laddie Birge and Richard Fisher on the right caught last week! That is some good eatin!



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Fishing Report Continued

Wahoo, Dolphin (Mahi ), Blackfin Tuna, Yellowfin Tuna, Trigger Fish, Whiting, Sheepshead, Flounder, Croker, Red Drum, Black Drum, Tarpon, Yellow Mouth Trout, Spotted Sea Trout.

Some sharks are open, but there are several “Protected Species” that you may not keep, check the regulations if you want to catch and keep a shark.

*I seriously suggest that you go to the above site and print out a copy the night before your fishing trip and take it with you.*

*They are changed so often by the SAFMC that even the FWC officers can't keep up on them, and that might help you avoid a ticket!*

**Nice to know Information**

Speed:

- 1 Knot = 1.15 MPH
- 1 MPH = .87 Knot
- 1 Kilometer = .62137 Mile

Distance:

- Every second of delay in echo return = 200 Yards
- From 6 foot above the water the horizon is 2.5

Miles away.

- From 8 foot it is 3.25 Miles away.

Lightning:

- 5 seconds between Flash and Thunder = 1 Mile

Weight:

- 1 Gallon of Gasoline = 6.6 Pounds
- 1 Gallon of Saltwater = 8.55 Pounds
- 1 Gallon of Freshwater = 8.3 Pounds

Fish Weight Formula:

Girth in inches Squared, times length in Divided by 800 = Weight in Pounds.

$$G^2 \times L \div 800 = \text{Weight in Pounds}$$

Distance:

Latitude / Longitude

ab.cd.efg N

ab.cd.efg W

Approximate distance in miles - a = 600 Miles, b = 60 Miles, c = 10 Miles, d = 1 Mile, e = .1 Mile, f = .01 Mile, g = .001 Mile

79.00.000 W to 81.00.000 W is actually 118 miles, but it figures out to 120 miles. b = 60 X 2 = 120

The below hints are ones that I have tried, and use on a regular basis. You should try them and I am sure that you will add them to your cooking skills!

## Helpful Hints & Tips

Thaw fish and shellfish in milk. The milk draws out the frozen taste and provides a fresh caught flavor.

Take the Fish out of the Refrigerator 30 minutes before cooking to allow to warm to room temperature.

Try soaking fish in 1 cup vinegar / 3 cups water for 15 minutes before cooking for a sweet tender taste.

Microwave limes for 40 seconds before squeezing, you'll get twice the amount of juice.

Add 1 tablespoon of vinegar to the fat in which you are going to deep fry. It will keep the food from absorbing too much fat and eliminate the greasy taste.

Clams and oysters will be simple to open if washed with cold water, then placed in a plastic bag and put in the freezer for an hour.

Peppers with 3 bumps on the bottom are sweeter and better for eating.

Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

**Wear your Life Jacket at least while you are under way!**



The Cobia are out there, and we will be catching them all summer, so here is a good way to prepare what you catch!



### Broiled Cobia Fillets with Ginger and Pepper Butter

1 cup olive oil  
 2 Tablespoons soy sauce  
 ¼ cup chopped shallots  
 1 teaspoon grated lemon peel  
 Freshly ground black pepper  
 6 - 7 to 8-ounce Cobia steaks or fillets (we prefer steaks)  
 Ginger and pepper butter (recipe follows)

Combine olive oil, soy sauce, shallots, lemon peel and pepper to taste in small bowl and mix well. Arrange Cobia fillets, in a shallow glass or ceramic dish. Pour marinade over Cobia and marinate, covered, at least 3 hours or overnight (our preference) in the refrigerator. Turn several times while marinating.

Remove Cobia from marinade and arrange on broiler pan. (We grill ours for 3 minutes per side for an 1" thick steak.) Broil until Cobia is no longer translucent about 5 to 10 minutes. Cooking time will vary, depending on thickness of Cobia fillets. To serve, arrange fillets on warm dinner plates and top each with a generous dollop of ginger butter. Serves 6

#### Ginger butter

½ cup unsalted butter, softened (not melted)  
 ¼ teaspoon salt  
 ¼ teaspoon cayenne pepper  
 2 Tablespoons fresh ginger, finely chopped  
 2 teaspoons balsamic vinegar or red wine vinegar

In small bowl, combine butter salt, cayenne, ginger and vinegar. Stir until well blended. If you refrigerate this, bring it to room temperature 30 minutes before using. We usually have enough for several meals so we just freeze it in between meals. It doesn't hurt to thaw and refreeze it at all.



## Top's Tips Safety First

Top Ingram  
Safety Officer

### Float Plan

I want to remind everyone about the change in the boating-safety education requirements for the state of Florida effective January 1, 2010. It states that boat operators who were born on or after January 1, 1988, are now required to pass an approved boating-safety course and have a photo identification and a boating-safety card in their possession on the water in order to operate any boat with a 10-horsepower motor or larger. So, if you plan to fish any of the future tournaments, or have a person within that age group operate your boat, you are responsible to make sure the operator has met the necessary state legal requirements. The boating safety card for a boater is like a driver's license for an operator a car.

To help satisfy this new requirement by the state of Florida, the Coast Guard Auxiliary is offering a boating-safety program on Saturdays at the Stellar Building, 2900 Hartley Road, in Mandarin. For additional information and cost of the program, contact Bob at 904-721-1346.

The club tournament schedule for this year begins with the River Tournament. And, since all of our future tournaments will be offshore, we need to give a lot of thought to making sure our boat and equipment will perform satisfactorily and safely before heading out to our favorite spot offshore. We also need to have a plan to make sure that someone knows where to look for us, and what will happen, if our equipment fails us while off shore.

The first thing you need to do to make sure that your outing on the water begins and ends safely is to develop a float plan and leave it with your spouse, significant other, some other reliable person, or your marina. Ask the custodian of the plan to contact the Coast Guard or other local authority if you do not return by the indicated time on the plan.

A news article that appeared in the local paper headlined "High drama, high seas" told the story of a

local boater on a 35-foot Viking and how a float plan and the proper equipment on board prevented a loss of life. The boater had filed a float plan, left it with his wife and was proceeding to his destination about 30 miles offshore when a fire broke out and destroyed the boat. Fortunately, the boater had not only filed a proper float plan, but had extra safety equipment on board such as an EPIRB, life raft, ditch bag and hand held radios.

After the crew abandoned the boat, continued to send a MAYDAY message, and the EPIRB was activated, the Coast Guard contacted the boater's wife to verify certain facts. The wife advised the Coast Guard that if the EPIRB was on, the crew was in trouble. A boat that had seen the smoke came to check and advised the Coast Guard it would stand by until they arrived on scene as their boat was too small to take all the crew on board. Remember, if you have an EPIRB, make sure it is registered so there will be a contact person listed in case it is turned on in an emergency. There have been cases where an EPIRB was purchased, not registered and when activated was useless. The following statement by this boat captain is one all of us should follow: "If I tell my wife we'll be in by 8:30, and we're not in, and she hasn't heard from me – don't start worrying, start calling the Coast Guard."

Hopefully, the above experience will remind all of us to file a float plan before we leave home for the launch ramp. The float plan should contain your name, address, phone number, name and description of your vessel, names of other persons on board, trip details including geographical location of your destination, the route you will take to get there, and/or GPS numbers if possible, time of return and time to call local authorities or Coast Guard if you do not return by the scheduled time. A properly executed float plan could be a lifesaver in an emergency if you have to abandon your vessel at sea, or break down, with no power for your radio to communicate your location and notify someone of your need for help.

The local Coast Guard station phone number is 904-564-7592. Make sure the person who has your float plan has this phone number, or put it on your float plan. A properly executed float plan would enable the person in custody of the float plan to initiate a timely search for you if you did not return by the time specified. Time could be

Float Plan Continued

a critical factor in saving your life in a real emergency. A sample float plan form for your use is available in the boating safety materials rack at the Mayport clubhouse.

However, if you prefer, you can go to our website and under the "Fishing Info" tab go down to "Fishing Links" and over to "General fishing Links" and the first link is a Float Plan. You can also go to:

[www.floatplangenerator.com](http://www.floatplangenerator.com),

Download a form and create your own personalized float plan, and file a plan on line with the web site for no charge.

File a float plan each time you go boating/fishing to help ensure your safety on the water. May you continue to enjoy safe boating throughout the year.

Top Ingram  
Fish Tales



Here, from Left to Right are Your Editor, Me, Bill Wilderotter, and Morris Anderson with a nice mess of Whitting that Morris caught the majority of for us. Now here is the part that some that know me will think is a Fish Story..... They were caught Monday, April 9, 2012 on MY BOAT, the Maelstrom!

**YES! The Maelstrom!** After 4 years with the generous help of JOSFC club members, Chuck Darner, Dan Parker, Paul Gallup, Will Aitken, and Aaron Scholten, I finally have my boat back on the water and working like new!

**A BIG THANK YOU** to each and every one of you for all the help!

And thanks to Morris, and Bill, the Whitting tasted great!

Quick, Easy and Tasty Fish Filets in a Pan This works for Cobia also.

This recipe is for any white flesh fish. ( It will even make Tilapia taste great! )

**Ingredients:**

4 - 1/4 Lb or bigger Filets, skin and bones removed.

1/4 - Cup Butter

1/4 - Cup White Wine a Chardoney ( Probably spelled wrong ) is perfect for this.

1/2 - Teaspoon Rosemary

1/2 - Teaspoon Thyme

1/2 - Teaspoon Basil

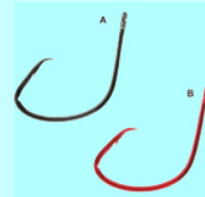
**How To:**

Take the Fish out of the Refrigerator 30 minutes before cooking to allow to warm to room temperature.

Melt the butter in a large frying pan, at a medium heat. Then pour in the Wine. Add the spices, crushing them between your fingers as you add them, or grinding them finely just before adding.

Stir everything briefly, then add the filets. Cook for about 5 minutes per side, or until white and easily flaked with a fork.

**Circle Hooks**



Circle hooks are designed to not gut hook your fish, and they do this very well, once you learn how to fish with them. In fact, studies have shown a 30% increase in your catch or Hooked ratio over standard "J" hooks.

**The hardest thing to learn is to NOT set the hook!** When you feel a fish on the line, point your rod at the fish and SLOWLY start to reel your line in, and the hook will usually hook the fish in the corner of the mouth. You can also lift your rod tip slowly, like you are pulling the bait away from the fish, and this works also. Once you feel it is hooked, you can reel hard to get it to the boat!

### Instant Crew, Just Add Water

Our own club member Tim Altman has created the web-site AVAILABLE ANGLER where you can go to find a ride or crew. Just go to:

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



Frank Joura caught a nice river slam of Trout, Redfish, and Flounder for his dinner the first week of April. Something I have yet to do!



# Gary Newman

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Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1	2	3 Club Meeting	4	5
		6	7 Board Meeting	8	9	10
12 Unlimited Trolling Tournament	13	14	15	16	17 Club Meeting	18
19	20 May Trolling Tournament	21	22	23	24	25
26	27	28	29	30	31	May

## Coming Events:

- May 3 - Club Meeting
- May 12 - Unlimited Trolling Tournament
- May 17 - Club Meeting
- May 19 - May Trolling Tournament
- October 20, 2012 is the Annual Awards Banquet



### Tournament Schedule for 2010

Tournament	Month	-Date / Alternate	Saturday	Sunday
The Non-Live Tournament -	April	-----14/ 21	-----	----- Greg Wallace
The Unlimited Trolling Tournament -	May	----- 12/ 26	-----	----- Tom Meyer
The May Trolling Tournament -	May	----- 20/ 27	-----	----- AJ Proescher
The Junior Angler Tournament -	June	----- 17 / 24	-----	----- Jack Ogin
The Kingfish Tune-Up Tournament -	July	----- 8 / 15	-----	----- Greg Wallace
The Powder Puff Tournament -	August	-----12 / 19	-----	----- Tina Proescher
The Light Tackle Tournament -	August	----- 26/ September -1	-----	----- Tournament Director
The Bottom Tournament -	September	----- 8	-----	----- 9 -- AJ Proescher

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