



The Newsletter of the . . .

The Reel News



Serving the Northeast Florida Fishing Community Since 1959

Volume 52 Issue 8

August 2012

PRESIDENTS CASTINGS

Capt. Danny Del Rio



We had two great meeting in July. The first meeting we had Dave Workman, as our guest speaker who gave us some fine information and tips on catching king fish. The next meeting was our Junior Angler Awards and annual Ice Cream Social. What a great time. The winners were as follows:

11 and under :

- 1st place Amelia Seigel
- 2nd place Dallas Paszklemicz
- 3rd place Vince Kiraly

12 and over:

- 1st place Patric Gallup
- 2nd place Zack Parker
- 3rd place Trenton Dycus

We also had the Kingfish Tune-Up Tournament and the winners will be announced at the first meeting in August.

The Ladies Sailfish Pot has been claimed!



Kaedie Higginbotham won the ladies "Pot" on Saturday, July 14th, 2012 while fishing on the boat "Nut Deep".

This is really great as now both Mother (Inez) and Daughter will be on the same Plaque!

We have two tournaments this month. August 12th is the Powder Puff Tournament run by Tina Proscher, last years' winner. Take the ladies out and have a great day of watching them catch fish!

The Light Tackle Tournament will be August 26th run by Greg Wallace, last years' winner. So get your light gear in working condition!

Our meetings for this month are August 2nd and August 16th. The August 2nd meeting is a POT LUCK! So bring your favorite summer dish to share! JOSFC will furnish the desserts.

Presidents Castings Continued

Every year in August the legendary fishermen Rick Ryles and Charlie Hamaker hold their Sailfish Catch and Release Tournament. This is a winner take all tournament, cheap to enter and a lot of fun to fish. Date for this tournament will be announced at the first JOSFC meeting on August 2nd. For more information contact me at 725-8753 or 233-6804.

Just FYI our annual club banquet is set for October 20th. Lots a fun, prizes and fellowship! Tight Line and Safe Boating, Danny Del Rio



I don't exaggerate...I just remember BIG !!!



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Speaking of Sailfish

As most of you know, we have a time honored tradition here at the JOSFC. As a member, when you catch your first Sailfish here off our coast, we honor your great feat by throwing you in the St. Johns River! You are also given your "Sailfish Pin" to wear on your fishing shirts.

Well this past April 25, 2012, Young Patrick Gallup caught his first Sailfish while fishing on his dad's boat Salt Therapy!

The picture below is dear old Dad throwing Patrick in at a club meeting.

Congratulations Patrick! Wear your pin with pride, not many of us have earned that pin!



Men and fish are alike. Both get into trouble when they open their mouths.

Fishing in August!

August has lots of great fishing for us to do here on the North East Coast of Florida. There is the summer fishing for Kingfish by trolling anywhere from the shore on out.

If you go on out to the party grounds to the middle grounds or ledge to troll, you will also catch Cobia, Blackfin Tuna, Dolphin, Sailfish, and the occasional Wahoo or Marlin at the ledge on out. You can also stumble on the not uncommon to catch, African Pompano, or Amberjack.

Bottom fishing (Depending on what is open to keep.) you will catch some nice Red Snapper (Gotta release them of now darn it!) B-Liners, Red Pogy, Sea

Here is a great recipe for just about any type of fish. It even works great with Kingfish! This was submitted by Trina Polkey.

"Fish with Artichoke Heart and Sun Dried Tomato"

Serves 4

Ingredients:

- 1 can artichoke hearts drained and quartered (not marinated)
- 1/4 cup sundried tomatoes drained & chopped (the kind in oil in a jar)
- 1 cup fresh spinach cut into shreds
- 1 or 2 cloves garlic depending on taste (not powder)
- 1/4 sweet onion thinly sliced
- 1/4 cup white wine
- Juice of 1 2 lemon (fresh is best!)
- 3 Tablespoons lightly salted butter (Forget the diet tonight! Real butter is great in this!)
- 3/4 cup olive oil - divided
- Salt and pepper to taste (fresh ground pepper is best)
- Fish fillets for 4 cut in serving portions - choose your favorite kind!
- 1 box angel hair pasta

Start heating large pot of salted water for pasta, put 1/4 cup of olive oil in the water.

In a large skillet on low heat, melt butter and 1/4 cup olive oil together. Add onion and garlic and cook slowly, (still on low heat), until onion becomes transparent. Increase heat to medium and add artichokes hearts, wine, lemon

juice and pepper. Allow to simmer, stirring occasionally. Don't rush it...let the flavors blend.

In a separate skillet, heat remaining 1/4 cup olive oil on medium high. Pan sear seasoned fillets on both sides, then turn heat down if necessary to finish cooking fish.

Add pasta to boiling water, cook according to instructions. Retain 2 cups of water from the pasta right before draining, add to artichoke mixture and simmer a few more minutes. The starch in the water will help make a nice sauce, but if you would like it thicker, mix a tablespoon or so of cornstarch with a little cold water and add it slowly to the mixture. When it looks just right, stir in the fresh spinach and sun dried tomatoes and cook for one or two more minutes. Taste, adjust seasoning if necessary.

To serve, place a piece of fish on a bed of pasta on each plate and spoon artichoke mixture over each fillet. YUM!

Try this, you'll LOVE it!. I have not tried it with other types of fish, but it just might be really good!

7-UP Halibut

Ingredients:

- * 2 lb. Halibut fillets
- * 1/4 lb. butter
- * one lemon
- * 1 tbs. minced garlic
- * 2 liter bottle 7 up

Cube the Halibut into approximately 1 inch cubes, set aside. In a medium sauce pan bring the 7 up to boil. Melt butter and minced garlic together, set aside.

When the 7 up is at a brisk boil, place the cubes of Halibut (4 -5 pieces at a time, to not reduce the heat), when the Halibut begin to float off the bottom remove them from the heat. The trick is to not over cook them, they need to be firm. Dip the Halibut into the drawn butter and add a squeeze of lemon juice if desired.

With a little imagination you'll be sure its Lobster and not Halibut, nevertheless you can be sure it's mighty tasty.



Top's Tips Safety First

Top Ingram
Safety Officer

Lightning



Bill Breen wrote recently under the heading: "Some nice to know information" that with lightning "5 seconds between Flash and Thunder = 1 Mile". As Bill indicated, you will see the lightning before you hear the thunder because sound travels much slower than light. You can determine the distance of the storm by counting one thousand one to five after you see the lightning. Each five counts tell you that the lightning is about one mile away. If your count shows that the storm is less than 10 miles, you should head for safety since data shows that lightning can strike out 10 miles in front of a storm where the sky may even be clear. The comment that if you can hear the thunder, head inside or for shelter is so true.

Recently, a sailboat, one of over 80 participating in an annual sailboat regatta on Louisiana's Lake Pontchartrain, was struck by lightning when a rogue thunderstorm roared across the lake at over 40 mph. Lightning struck the top of the boat's mast and found its way to ground without killing anyone. The strike blew the electronics and wind indicator off the mast, traveled down the mast, through the hull fittings and keel bolts into the water. Other than ringing ears, the crew said they felt very fortunate and were not injured by the lightning strike. The

boat was not as fortunate and suffered major damage with holes blown in the hull.

The boaters said the experience has taught them that sometimes a boater has to remember the basics when confronted with an approaching storm. A crew member said, "common sense said we should not be out on the lake in lightning and should head into port".

Since all modern radios have a weather channel, listen to the VHF weather warnings and head to port if a thunderstorm is predicted.

I want to remind everyone to be alert, and on the lookout for lightning, one of the weather hazards we face, especially on hot humid days, here in Florida. It is that time of year now when those hot, humid and muggy days sometimes come to an end with menacing, dark clouds gathering on the horizon. In order to make sure that our boating/fishing trip is one that begins and ends safely, we should keep a wary eye on those clouds gathering on the horizon. Boaters should keep an eye on afternoon cumulus clouds in hot weather because they are capable of turning into thunderheads if there is enough moisture in them. If you recognize the changing situation, you may be able to run for safety before there is any danger.

In hazy weather, you may not be able to see the thunderhead forming since haze limits visibility and is ideal weather for a thunderstorm. On such hot, hazy days, you should be alert for static on your am radio, the sound of thunder or the flicker of lightning. On such hot, muggy, hazy days, you should plan on staying close to port so you can run in if necessary.

Lightning is a serious boating hazard. It takes place not only between clouds and the water, but also between clouds and within clouds and usually strikes the highest item around the area. When you are out on the water, you may be the highest thing around for miles. Also, the more frequent the lightning, the more severe the storm.

The best way to escape the dangers of lightning is to avoid it. The more weather-wise you become, the less likely you are to be caught out on the water in a thunderstorm. If you should be caught out in a thunderstorm, each person on board should don a life jacket, if not wearing one already. Next, pinpoint your exact location before the storm arrives because heavy

Lightning Continued

rain will reduce your visibility. Reduce your boat speed and secure all loose gear on or below deck.

Once the storm hits take the first, and usually the strongest, gusts of wind on your bow, not abeam. Try to keep a heading into the wind and approach the increasing waves at a 45% angle that will keep your propeller under water and reduce pounding. Stay low in the boat and keep away from metal objects since a nearby strike could send strong electrical charges into the boat.

You can lessen the danger of lightning damage to your boat by having a grounding system installed if your boat does not have one. A good grounding system neutralizes the difference in electrical potential between water and air and prevents static buildup. This is the same reason farmers put lightning rods on their barns. There are no guaranteed safeguards against lightning. It is very unpredictable and powerful. Therefore, avoid it if at all possible.

Know before you go, pay attention to changing weather conditions, get off the water as soon as you can when lightning is approaching, and continue to enjoy safe boating throughout the year.

Top Ingram
Fish Tales

Think Safety at all times!

REMEMBER --- KEEP YOUR VHF RADIO ON! DON'T MISS A CLUB MEMBERS (OR ANYONE'S) DISTRESS CALL!



Loud Hailings

Newsletter Editor

Bill Breen

Anyone can submit an article for the Reel News just send or give it to me at any time. I really like to feature PICTURES of club members with some good catches, like these in this issue. Either give me a hardcopy at a

meeting, or E-mail me your pictures at:

PH# 904-254-2791

beenw@bellsouth.net

Fishing in August Continued.

Bass, Trigger fish, Lane Snapper, Mutton Snapper, Sheepshead, Gag Grouper, Scamp Grouper, Red Groper, Black Grouper, Amberjack, Jack Cravelle, Bluefish, or any number of other species that might show up in our waters.

You can also always take the kids fishing for Whiting or Spanish Mackerel around the Jetties or along the beach.

If you want to really challenge yourself, during late July and August, drift behind a shrimp boat while they are culling their catch, and float a pogy in the chum line to try to hook and bring to boat side one of our giant Tarpon! You will also catch plenty of all types of Sharks. How about Tiger Sharks or a nice big Bull Shark or a Hammer Head to about 300 Pounds?

If it is too rough to get offshore, we have the river, and backwaters of Jacksonville. (Did you know that Jacksonville has more critical saltwater habitat in it's city limits than any other city in the country?) Here you can fish for Red Drum, Sea Trout, Sheepshead, Croker and any number of the Saltwater species that wander into our tidal waters. Further up the river they even catch Striped Bass.

When you go, you can always catch plenty of bait yourself. If you can throw a cast net, there are plenty of Pogy's to be had, and if you stop at any of the closer wrecks or reefs, you can use a Sabiki rig to catch lots of Cigar Minnows, Spanish Sardines, Pin fish, Blue runners, or any number of good bait fish. If you have a large Live Well, you can keep them alive for the best bait, or just pile them in a bucket with ice to keep them fresh.

The one thing you have to watch for during August are the Thunder and Lightning Storms. When you go out, go early, and keep an eye to the west where the severe storms will develop. When you see them start to build, you will want to start for shore to beat them in. Every year there are at least one or two boats that get sunk or flipped over during severe storms. If you are worried, just give the Mayport Princess a call on channel 6 and Captain George will use his radar to tell you which way to go or when you should run for it!

Remember, while fishing is great here during August, always keep safety first in mind, and you will have a fantastic, fun summer of fishing here on the First Coast!

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/>



Patrick Gallup holding up a really nice 40+Lb Dolphin that he and his Dad caught during the Dolphin Tournament.

Paul Gallup won that tournament with this beautiful Bull Dolphin!




Mike Watts, fishing off the tip of the North Jetty. Uhhh Mike, that isn't a fish. It is a Stone Crab. You are suppose to be FISHING!

**Wear your Life Jacket!
At the very least, while
you are under
way!**



Remember to shop at our sponsors and support them as often as you can,



Sun	Mon	Tues	Wed	Thur	Fri	Sat		
August		1	2 Club Meeting	3	4			
		5	6 Board Meeting	7	8	9	10	11
		12 The Powder-Puff Tournament	13	14	15	16 Club Meeting	17	18
		19	20	21	22	23	24	25
		26 The Light Tackle Tournament 8Lb Test or lighter	27	28	29	30	31	



Coming Events:

- August 2nd - Club Meeting.
- August 12th - The Powder-Puff Tournament.
- August 16th - Club Meeting.
- August 26th - The Light Tackle Tournament - 8 Lb Line.
- October 20, 2012 is the Annual Awards Banquet.



I only fish on days that end in "Y"

Tournament Schedule for 2010

Tournament	Month	Date / Alternate
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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Nothing makes a fish bigger than almost being caught!