



Newsletter May 2023

## President's Message

Wow, not another month of roller coaster weather. It was in the 80's now it's supposed to drop to 38 tonight. I'm not sure of the effect on the fish but as an old guy, my bod doesn't appreciate it. Well, I was out and I am on board with a schoolie and a large carp, not sure that counts. I was out Saturday on Plymouth Long Beach and saw a large nice school, unable to reach it without a boat. Of course, they disappeared the rest of the day.

Our last meeting was very informative with Sumner Levine tying the Striper Sniper and Mark Burns tying an Orange Stimulator. Given that a number of members wanted more fly tying at our meetings, I was disappointed with the low turnout even with it being a hybrid meeting. There was a lot of good discussion and two new members joined.

For those of you that missed out on the Spring Outing, all I can say is that you missed a great time with a great bunch of guys. The Foolhardy Hill Campground and its owners were terrific! Just wish the cabins were a little warmer (no heat). The Harrison Brothers and their guides were excellent with a lot of fish being caught. I want to shoutout to Doug Carver for putting this together and for his cooking and fishing talent.

We are always looking for ideas and new members. Invite someone you know or don't know, who might be interested in fly fishing, to a meeting. At the meetings voice your opinions, we need your input, this is your club. Even if you cannot make the meetings, we are very interested in hearing your thoughts and ideas as well.

*Tight Lines & Be Safe,*

*Ed*

### ATTENTION: ALL MEMBERS

**NEXT MEETING:  
Tuesday May 23, 2023**

### ANNUAL BBQ

**Time: 6pm  
(Or earlier to Fish)  
Lake Massapoag, Sharon MA**

**SEE ADDRESS DETAILS ON PAGE 2**

### Calendar

**May 23<sup>rd</sup>**

**Crossroads Anglers Annual BBQ** at last year's location that everyone who attended liked. Lake Massapoag in Sharon. MA

**Keep checking your email for group outings:  
May – September - spots will be in MA or RI**

**Stripers meet up spots, such as  
Maritime Academy, Scortons,  
Horseneck Beach, ...**

**Late October early November - fishing for  
Shad, Narrow River, RI**

# Annual Crossroads Anglers BBQ

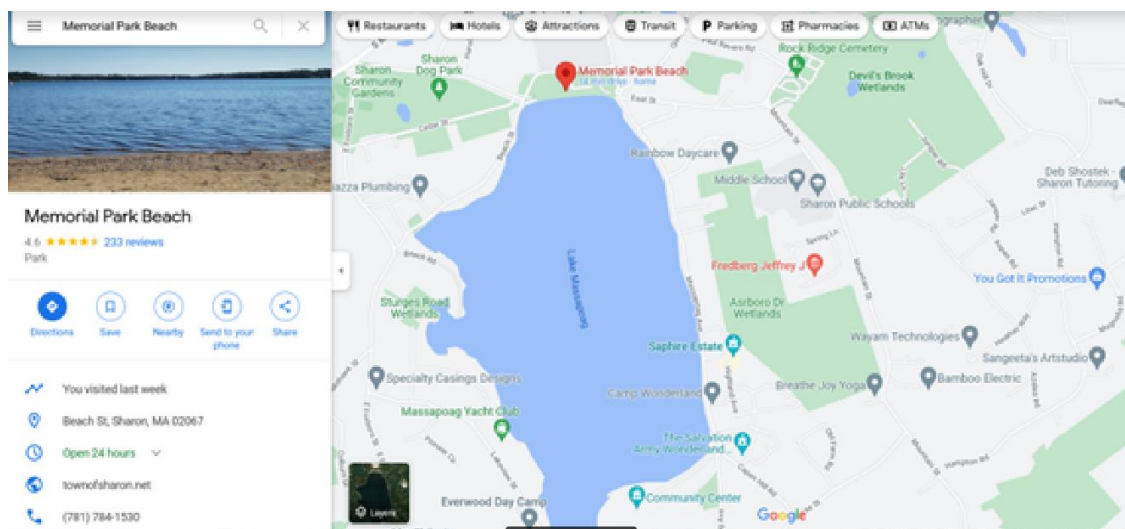
**Place: 31 Beach St, Sharon, MA  
(look below for more info)**

**Time: 6pm ish ( or earlier to fish)**

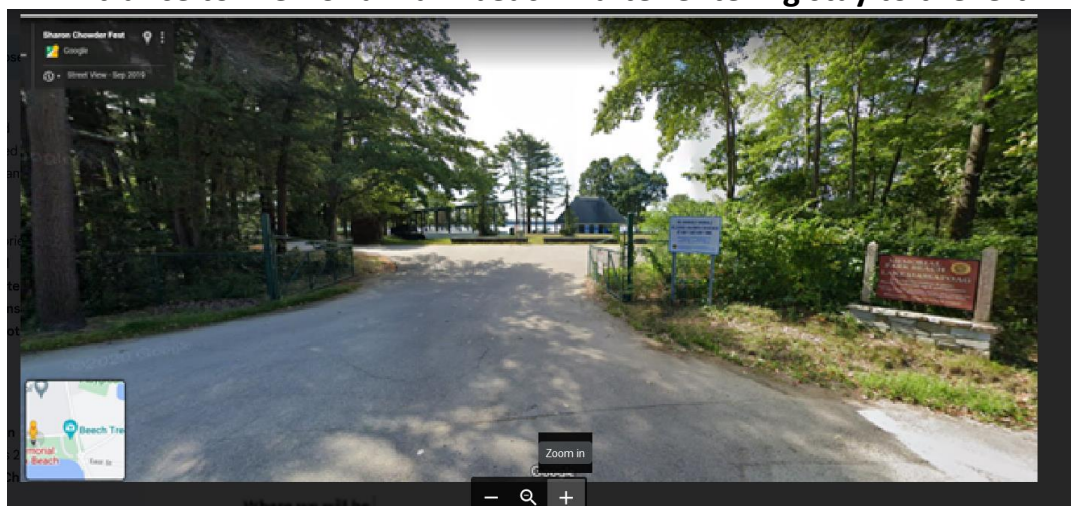
All members can bring a guest ( spouse, relative, friend, ....)

There will be fun raffles along with our big Ray's Raffle, a winning ticket will be drawn. If you haven't gotten yours you can still purchase at the BBQ (\$15 for one, \$25 for two).

**Memorial Park Beach, 31 Beach St, Sharon, MA 02067**



**Entrance to Memorial Park beach – after entering stay to the left.**



# 14 Ways To Prevent Fish Mortality

by Louis Cahill



**The years we spend learning to cast and drift a fly or the thousands of dollars we spend on gear and travel are all wasted if we don't have fish.**

With more anglers entering the sport every day, sport fish are heavily pressured and in grave danger. There are a lot of common mistakes that anglers make which contribute to fish mortality. Most are innocent and many don't show an immediate risk. With that in mind here are fourteen tips to help keep our little friends happy and healthy.

## **The 10 second rule**

A fish's gills are remarkably efficient at collecting oxygen but the delicate membranes that extract the oxygen molecules rely on their buoyancy to keep the collecting surfaces exposed. Out of the water they collapse and are useless. This is to say the obvious, fish can't breathe out of water. It's easy to over estimate how long a fish can hold its breath. The fact is, a fish can't hold its breath at all because it doesn't have lungs. He is out of air as soon as you lift him from the water. Add to this that his metabolism is raging because he's been fighting for his life and you have a pretty desperate situation. While you are trying to get that hero shot, he's dying. Use the 10 second rule and never keep his head out of the water for more than 10 seconds and give him a good 30 seconds before you lift him again.

## **Hold on loosely**

I can't tell you how many times I've seen guys squeeze a fish until its eyes pop out. Some guys just get so rattled holding a fish you'd think they never saw one. This death grip can cause serious internal injury especially to the heart. The trick is a nice loose grip. The tighter you hold a fish the more he will struggle. To control one, properly grip him just in front of his tail where there's nothing but muscle and let him just rest on a loose hand under the boney part of his pec fins and gill plates. He will relax and the whole vibe will be nicer.

## **Barbless hooks**

Once in a while a fish will unbutton due to a barbless hook. That's just a fact of life but most anglers understand that they will hold hundreds, if not thousands, of fish in their life. Decreasing that number by a few is not a crisis. The fact is that barbless hooks go a long way to reducing fish mortality from hook injuries. If you are fighting fish

properly you will not lose many and if you aren't, fishing barbless hooks will teach you to fight fish smarter and you'll be a better angler for it.

### **Fight with authority**

The biggest mistake I see anglers make is not fighting fish with authority. Most of us are taught to play fish too long, exhausting them before they are landed. A fish that is fought with authority is landed fresher and released fresher. Keep a good angle on the fish and use good side pressure and you can put a lot more pressure on that fish than you think and you will reduce the chances of an LDR.

### **Use a net**

I should say that the most fish friendly landing method is to not touch the fish at all. When possible instead of landing the fish I will bring him in and grab the fly rather than the fish, easing it out of his mouth and sending him on his way immediately. That's a great method but it doesn't always work. Sometimes the fly isn't where you can get at it, or the fish is too green, or too big, or you just want a photo. The next best thing is a net. A good quality catch and release net, (I like the rubber ones) is very friendly to the fish and a good long handle lets you seal the deal quicker. A healthy basket is nice too. No need to fold him double.

### **Protect their heads**

Believe it or not, head injuries are the leading cause of fish mortality, even if you don't count the ones that get bonked. Fish's heads are not designed for hard surfaces. A seemingly benign blow to the head can end in a fish going belly up after 20 minutes or so. There is hard data on this. That's why it's a bad idea to beach a fish when landing it. If the bank is rocky a flopping fish is in mortal danger.

### **Never beach fish**

Dry land is no place for a fish and they face several dangers. It is impossible to beach a fish without disturbing his protective slime. That slime keeps out a host of dangerous bacteria and parasites. The slime will regenerate but in the meantime the fish is vulnerable. Being on the bank also dramatically increases the risk of head injury, eye injury and oxygen deprivation. If you are by yourself and want to get a photo, find a sandy spot in the margin of the water where the fish can lie with one side submerged. Cover his face with a wet hand to settle him down. Lift your hand and shoot quick.

### **Wet your hands**

Dry hands remove slime too. Many times I've caught fish with fungus in the shape of a careless angler's hand. It's a simple thing to do. I dip my hands as a reflex action, almost as soon as I hook up.

### **Don't dig around in there**

Once in a while a fish takes a fly deep. The best way to avoid this is not to dally on your hook-set. Still, it's unavoidable and when it happens don't try to be Dr. McCoy. Start digging around in there and you'll end up saying, "he's dead Jim." cut the line and turn him loose, he'll spit it out. Flies are cheap.

### **Have a Coke on hand**

There's nothing like it! If a fish is bleeding pour a Coke down his throat and the bleeding stops instantly. If you missed my post on this you can read it ([here](#)).

## Revive before release

You should always revive a fish before releasing it, especially after a long fight. Hold him in medium fast current where there is plenty of oxygen. Most fish are able to pump water across their gills without the aid of current but slack water has less oxygen than current. Just hold him gently under the pec fins and he'll go when he's ready. If he swims a few yards rolls on his side, go get him. He needs more time.

## Look for predators

An exhausted fish is easy prey. Before you turn the little guy loose have a quick look around. No need in feeding the otters, herons or sharks, they do fine on their own. Chase those munchers off. That's a little tougher with the sharks but you can tow a fish to safer water, just watch your hands.

## Don't freeze 'em

I love winter fishing and in general it's better on the fish since the water holds more oxygen when it's cold but there is an added danger. Fish have no body heat and when it's below freezing the delicate membranes in their gills can freeze surprisingly quick. The colder it is the shorter the time you can safely keep them out of the water. Once it's below zero don't lift them at all and never, ever, put them on the snow.

## Don't beat 'um up in the heat

As water warms up it holds less oxygen. Trout can get highly stressed as water temperatures approach seventy degrees. The stress of a fight can raise their metabolism to the point that they just can't get enough oxygen. The effects can be lethal. When water temps are high head for high elevation streams or tailwaters. You'll be cooler and the fish will stay healthy.

**Keep these tips in mind and your catch and release technique will be golden. Teach your friends and your kids these valuable practices and we will all reap the reward of a healthy and prolific fishery.**



# Three Tips for Casting in the Wind

By Bruce Chard

**When you're fly fishing in saltwater there is almost always wind.**

Saltwater fly fishing demands your A-game. Your presentations have to be spot on and when the wind is howling, it will test your angling mettle. If you're new to the game, it's intimidating but having and practicing the right skills can give you the confidence you need to deliver.

*Here are three tips that will help you tame the wind*

## **Make tight loops**

Having the ability to form tight loops while casting in the salt will help in many ways.

Tight Loops help:

- Control line in the air for better accuracy
- Increase line speed
- Reduce slack in the line during casting and presentation
- Increase distance
- Fight the wind
- Lay your leader and fly out straight with no slack

**Whether you are wading or in the skiff, a tight loop is vital to success in the salt. To form a tight loop you need to do the following:**

- Keep your rod tip traveling in a straight line during casting stroke
- Make a smooth acceleration of power during your casting stroke
- End your casting stroke with an abrupt stop

## **Here are a few things to keep in mind:**

- The length of your casting stroke should be proportional to the amount of fly line outside the end of your rod tip. A longer cast requires a longer stroke.
- Your pause time in between false casts should be proportional to the amount of fly line outside the end of your rod tip. The more line you carry, the longer you will have to wait for it to straighten out.
- Your Double Haul Length should be proportional to the amount of fly line outside the end of your rod tip. Short cast, short haul. Long cast, long haul.

Follow these tips and watch your loop get tighter before you know it.

## **Water Hauling**

Water Hauling is a saltwater casting technique that many have not been exposed to. The technique is used mostly when strong winds are present off your casting shoulder and when you cannot get away with more than one false cast without eating the fly.

In these strong winds, making more than one false cast without dropping your fly line in the water can be dangerous. To water haul, simply drop the fly line in the water on every forward cast and then use the water tension to help load your rod for the next cast. This loads the rod quickly and creates the line speed needed to cut

through the wind.

Water hauling is an advanced technique and mastering it will help you make great presentation in tough wind.

### **Lay Your Cast Out Straight Into the Wind**

Laying your cast out straight helps you to gain control of your fly as soon as it hits the water. If your cast lays out straight with no slack in the system, you are ready to fish your fly right away with no time lost.

Most anglers can get the fly line and leader to lay out straight in light winds, but when the wind dial cranks up the odds of line, let alone the leader, laying out straight go way down.

When making a cast into the wind try to carry all the line needed to reach your target outside the rod tip during false casting. When it's time to present the fly, form as tight a loop as possible, and do not let go of the fly line. Holding tight to the fly line with your line hand will keep the rod loaded throughout the entire presentation, offering a steady flow of power through the cast and help fight the wind. Practice this, and soon you'll be laying your line out straight into the wind.

Wind is just another challenge we face as anglers. Don't let it spoil your next saltwater fishing trip. All you need are the right skills and a little practice to fish like a pro in the wind.



looptackle The Force is strong with this one....

## Captain Ray's Guided Charter Trip Raffle

Are you still dreaming of catching that fish of a lifetime?

Now is your chance!

You could be the winner of a trip with Captain Ray Stachelek



Tickets for Capt Ray's guided trip Raffle are Available. Ask any board member. They are \$15.00 a ticket. Or 2 tickets for \$25.00.

Drawing will be for 1 raffle winner with 1 or 2 guests. Don't forget to ask your fishing buddies if they'd like to purchase tickets too!

**THE DRAWING WILL BE HELD AT THE MAY 2023 BBQ MEETING!!**



The trip includes 8 hours of fly or spin fishing with Captain Ray Stachelek in Rhode Island.

For more info on the Captain go to: [www.castaflycharters.com](http://www.castaflycharters.com)

**Ray Stachelek** has been fishing the waters from Watch Hill, RI to Cape Cod MA for sixty years. He is a presenter at the National Fishing Shows along the East Coast. He contributes articles to various national magazines. Writes fish reports for online and newspaper publications. **Ray holds a Coast Guard certified Captain's license.**

### Captain Ray's Fly fishing activities

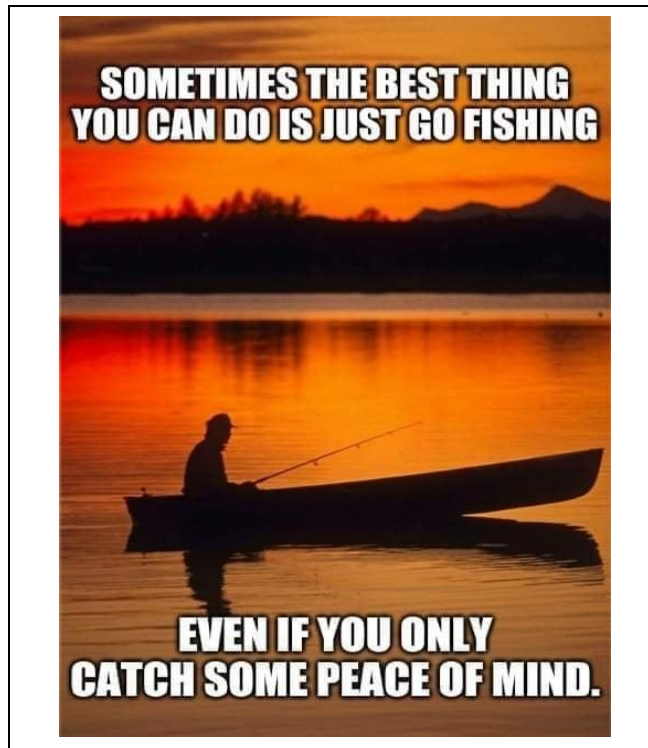
- Designs and innovates a variety of saltwater flies. He is the originator of the [Angel Hair Fly](#)
- Ties at National Fly Shows
- Serves on the Board of Directors for several area fly fishing clubs
- Delivers slide show presentations on saltwater game fish
- Capt. Ray's extensive knowledge of saltwater fly fishing and fly tying have been documented by leading authors in the industry
- Posts fishing reports for daily newspapers and web sites
- Capt. Ray's flies are sold in fly shops throughout the USA
- Expert instruction on fly tying and casting techniques Call for details and rates

A retired teacher by trade, Ray shares his knowledge readily and can help new anglers in the areas of fly selection, fly presentation, and casting. He has an innate sense of where the fish hold and can help all anglers of all skill levels "read" the water better.

Experienced fly fishers will benefit from Ray's ability to match skill level with varying degrees of angling challenge. Whether you're looking for your first striper or your first [slam](#), Ray is up to the task.

"Every charter is different," says Ray. "Solving the puzzle with a different set of unknowns each day is a challenge I welcome. That and meeting new people have made chartering very rewarding. I enjoy watching fly fishers catch fish; sharing in their experience is awesome."





### 2023 Crossroads Anglers Officers

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Izzy Bettencourt ..... Membership Chair  
Sumner Levine..... Treasurer  
Howie deBeck ..... Advising Board Member  
Joel Kessler..... Advising Board Member  
Russell Glen..... Advising Board Member  
Gary Johnson..... Advising Board Member  
Dan Deneault ..... Newsletter  
Bob Dewar. .... RaffleMaster

Please visit our website:  
[www.crossroadsanglers.com](http://www.crossroadsanglers.com)  
For contact info on any Club Officer

This is our monthly newsletter for the 2022-2023 season.  
Best Wishes to All to Continue to Stay Safe and Stay Well!  
See you Soon!!