



April 2019



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## Upcoming Events

### **Monthly Meeting:**

**When: Thursday April 4, 2019 7:30pm.**

**Where: Foundry United Methodist Church,  
2801 Virginia Beach Blvd. in Virginia Beach next to  
Beach Ford.**

**Meeting Speakers: Ronnie Nixon**

**Meeting Subject: Tautog and How to Catch 'em.**

### **April & Future Information Notes:**

- **Crab Creek Cleanup – April 6 - Meet at the boat ramp, no equipment necessary. Cleaning from 10AM – 11AM. Refreshments served after 11AM.**
- **West Marine VBAC Club Table – April 13 10AM – 2PM**
- **Hunt for Hardheads – May 18**

VBAC is looking to defend its title against the eager anglers from the Portsmouth, Norfolk and Great Bridge clubs. This friendly (no-pressure) event is a fun way to kick off the winter dust and play around with some fun species (croaker, bluefish and flounder). Interested captains, please email George Gabriel through the club email; if we get more than 5 interested captains, we will have a drawing at the May meeting to finalize the boat entrants.

### **This Month's Quote**

**"If you want someone who will listen to you every time, do everything you tell them to do, and always be there for you for better or for worse – get a dog." Anon**

# VBAC Fishing Roulette 2018

Species

Current Leader

Weight

Bowfin

Yellow Perch

Bluefish

Flounder

Spadefish

Submissions  
Virginia Beach Anglers Club:  
[vbangersclub@gmail.com](mailto:vbangersclub@gmail.com)  
Kelly Hoggard: 757-416-8817 or  
[fishnkelly@msn.com](mailto:fishnkelly@msn.com)

## Catch-A-Ride

### BOAT

Preston Mangum (757) 582-1450 (FW)

Jeremy Maguire (757) 407-0493

Rich Maguire (757) 619-4851

Rob Stommel (703) 244-1282

Bob Stuhlman (757) 374-7372

### CREW

Pete Federico (908) 887-3113

Kelly Hoggard (757) 416-8817

Victor Minak (703) 888-8992

*Add your name to either list by sending an email to*

*[vbangersclub@gmail.com](mailto:vbangersclub@gmail.com)*

# Our Deepest Thanks!

Every year people are responsible for many things and never get any recognition.

At the awards banquet, the following people were gracious enough to donate items that were used at the function or later raffled off to the guests. Your board wanted to make sure our club members knew who they were.

David Anderson

Robert Burstein

Maureen Gabriel

Jerry Hughes

Ronnie Nixon

Chris & Michelle Schneider

Pat Searby

William Searby

Sue Smith

Bob Stuhlman

Stan Sutliff



# Awards

## EXPERT ANGLER AWARDS

The following anglers have caught and/or released at least six club minimum size fish of the same species. (State release citations also qualify.)

**Kelly Hoggard** -- Roundhead

**Russell Willoughby** -- Red Drum

## MASTER ANGLER AWARDS

The following anglers have caught at least one club minimum size fish in six different species.  
(State release citations also qualify.)

**Beth Synowiec**

Barrelfish, Striped Bass, Golden Tilefish, Red Drum, Hammerhead Shark, Tautog & Sheepshead.

**Melanie Bayford**

Bowfin, Channel Catfish, Crappie, Sunfish, Yellow Perch & White Perch.

**David Smith**

Fasle Albacore, Puppy Drum, Spanish Mackerel, King Mackerel, Speckled Trout, Cobia & Spadefish.

**James Eisenhower**

Bowfin, Blue Catfish, Crappie, Sunfish, Chain Pickerel, Black Seabass & Largemouth Bass.

**Russell Willoughby**

Blue Catfish, Crappie, Chain Pickerel, Croaker, Sunfish, Red Drum & Largemouth Bass.

**Most Outstanding Saltwater Catch:** Raymond Ford - 19lb Bluefish

**Most Outstanding Freshwater Catch:** Melanie Bayford - 42lb Channel Catfish

**Female Angler of the Year, Saltwater:** Beth Synowiec

**Release Angler of the Year, Saltwater:** Sue Smith

**Male Angler of the Year, Saltwater:** David Smith

**Female Angler of the Year, Freshwater:** Melanie Bayford

**Release Angler of the Year, Freshwater:** James Eisenhower

**Male Angler of the Year, Freshwater:** James Eisenhower

**Congratulations to Kevin Synowiec on his 2018 IGFA World Record!**  
**12 lb 15 oz Spotted Codling**  
**caught on January 27, 2018**



# Awards Continued

## 2018 TOP FISH CAUGHT SALTWATER

Species	Place	Name	Weight
Alfonsino	1st	Kevin Synowiec	8 lbs 2 oz
Barrelfish	1st	Beth Synowiec	11 lbs 14 oz
Black Sea Bass	1st	Jerry Mariano	4 lbs 8 oz
Bluefish	1st	Raymond Ford	19 lbs
Blueline Tile	1st	Kevin Synowiec	10 lbs 3 oz
Cobia	1st	Wayne Couch	50 lbs
Croaker	1st	R. Willoughby	15 oz
Golden Tile	1st	Kevin Synowiec	37 lbs 4 oz
King Mackerel	1st	David Smith	31 lbs
Pompano	1st	John Germanos	2 lbs 6 oz
Puppy Drum	1st	Jerry Hughes	6 lbs 12 oz
Roundhead	1st	Carol Wehner	1 lb 8 oz
Sea Robin	1st	Kelly Hoggard	1 lb 1 oz
Sheepshead	1st	Beth Synowiec	11 lbs 4 oz
Spadefish	1st	David Smith	7 lbs
Spanish Mackerel	1st	David Smith	4 lb 8 oz
Speckled Trout	1st	David Smith	3 lbs 12 oz
Striped Bass	1st	Jerry Hughes	50 lbs 6 oz
Tautog	1st	Beth Synowiec	10 lbs 8 oz
Yellowfin Tuna	1st	Michelle Schneider	89 lbs

# Awards Continued

## 2018 TOP FISH SALTWATER RELEASE

Cobia	David Smith	52"
False Albacore	Jerry Mariano	30"
Hammerhead Shark	Beth Synowiec	96"
Puppy Drum	Sue Smith	29"
Red Drum	Wayne Couch	46.5"
Roundhead	Kelly Hoggard	15.2"
Sandbar Shark	Jerry Hughes	72"
Tarpon	Doug Wehner	48.5"

## 2018 TOP FISH SURF RELEASED

Roundhead	Kelly Hoggard	15.5"
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## 2018 TOP FISH CAUGHT FRESHWATER

Chain Pickerel	Steve Harding	3 lbs 5 oz
Channel Catfish	Melanie Bayford	42 lbs
Crappie	Robert Stuhlman	1 lbs 15oz
Sunfish	James Eisenhower	1 lbs 5oz
Yellow Perch	Steve Harding	1 lb 5 oz

## 2018 TOP FISH RELEASE FRESHWATER

Blue Catfish	Russell Willoughby	48"
Bowfin	James Eisenhower	26.5"
Chain Pickerel	James Eisenhower	21"
Channel Catfish	Melanie Bayford	34"
Crappie	James Eisenhower	16"
Largemouth Bass	Russell Willoughby	19.5"
White Perch	Melanie Bayford	10.25"
Yellow Perch	Preston Mangum	11"



**GBFA / PAC / VBAC / NAC**  
**“HUNT FOR THE HARDHEADS”**

**A croaker, bluefish, and flounder fishing challenge between the Great Bridge Fisherman’s Association, Portsmouth Anglers Club, Virginia Beach Anglers Club and Norfolk Anglers Club.**

**Date:** Saturday, May 18, 2019

**Location:** Portsmouth City Park

**Lines In:** 7:00 AM

**Measure In:** Starts at 12:30 ends at 1:30 PM

**Entry Fee:** \$30.00 / Boat (3 angler teams)....Additional Anglers \$10.00

***(The club is sponsoring 5 boats and crews) Submit you boat and crew ASAP!)***

**Includes: Fishing, Picnic and Wish A Fish Donation!**

Picnic only \$5.00

**WINNING CLUB HAS THEIR NAME ENGRAVED ON THE COVETED  
HUNT FOR HARDHEADS TROPHY  
(AND BRAGGING RIGHTS!)**

**RULES:**

1. Clubs are limited to five boats per club. Team Captains must be club members.
2. Teams must register and pay in advance through their own club’s tournament director.
3. Boats may depart from any VA port.
4. The eastern boundary will be 500 yards east of the HRBT.
5. Fish will be measured by length only, if the exact length tie is encountered a girth measurement will decide.
6. Points Structure...The longest legal fish of each species will earn 5 points, the 2nd longest legal fish earns 4 points, 3rd longest legal fish earns 3 points, 4th longest legal fish earns 2 points, and the 5th longest fish earns 1 point.
7. The Club with the Most Points Wins!

# General Announcements

Kelly Hoggard has been burning the midnight oil as he worked on several projects for the club.

- 1) The functions and activity manual has been completely updated. (Can be viewed on the VBAC website).
- 2) The year-long prize fish contest has been updated and clarified. (Can be viewed on the VBAC website).
- 3) All club fishing records have been fully updated.

John Germanos has updated the surf fishing tournament rules, schedules, and general information. Please review on the club website.

## ASMFC expected to set stricter regs for harvesting striped bass

Stock assessment finds outlook for species is bleaker than expected



<https://www.bayjournal.>

## Member of the Year for 2018

**Bryan Watkins!!**



# Our March 30 Crappie Tournament

I wanted to extend my personal thanks and sincere appreciation to the following people for contributing the time and effort during and up to the Lake Smith Crappie Tournament;

Gary Doerhoff, Butch Eason, Ronnie Nixon, Patty Searby (Great Pictures & Brownies too!), Bryan Watson, Mike Anderson, Kelly Hoggard, and Jerry Mariano. The tournament could not have been held without you!!

**THANK YOU**

*Preston*

We had 26 anglers both on shore and in boats competing in the tournament. This was, by far, the best tournament we've had to date. We hope to have this tournament continue to grow and become an event looked forward to by the entire community. We'll be having a fall tournament later in the year and another spring tournament next year as well.



**First Place**  
**Steve Harding**  
**\$150.00 Winner!**



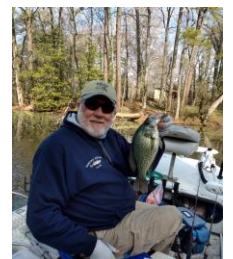
**Second Place**  
**Ike Eisenhower**  
**\$75.00 Winner**



**Shore Angler Winner**  
**David Cropp**  
**Rod & Reel and VBAC Cap**



# Our March 30 Crappie Tournament





# Hats & T-Shirts

## Inventory Clearance Club T-Shirts and Hats

Club T-shirts and hats are available in the old and new varieties.

Please see Patty Searby at the General Membership meeting.

Short Sleeved Pocketed T-Shirts 10.00 ea



LIMITED SIZES AND COLORS WHILE SUPPLIES LAST!

**ALL HATS \$15.00 EA**



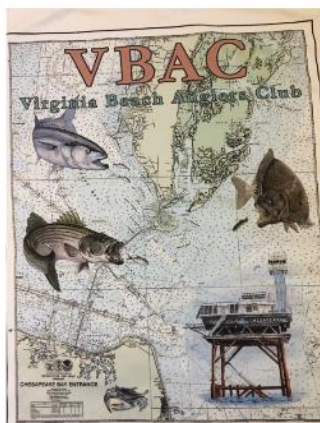
## LONG SLEEVED PERFORMANCE SHIRTS

**\*OFFERS SUPERIOR PROTECTION WITH A UPF RATING OF 50+ WHILE KEEPING YOU COOL WITH MOISTURE WICKING TECHNOLOGY**

**\$25.00 EA**



(FRONT)



(BACK)

## **2018 Virginia Beach Anglers Club Committees:**

Boat Show:	<b>Chair – Russell Willoughby</b>
Calendar:	<b>Chair – Butch Eason</b> <b>Co. Chair – Ronnie Nixon</b>
Crab Creek Clean-Up:	<b>Chair – Ronnie Nixon</b>
Great Bridge Flea Market:	<b>Chair – Preston Mangum</b>
VBAC Flea Market:	<b>Chair – Bob Burstein</b>
Banquet/Oyster Roast:	<b>Chair – Jerry Mariano</b>
Seton Youth:	<b>Chair – Dave Anderson</b>
Raffles:	<b>Chair – Preston Mangum</b>
Audit Committee:	<b>Chair – Mike Anderson</b>
Surf Tournaments:	<b>Chair – John Germanos</b>
Club Tournaments:	<b>Chair – George Gabriel</b> <b>Co. Chair – Bob Burstein</b> <b>Chair – Gary Doerhoff</b>
Pier Tournaments:	<b>Co. Chair – Bryan Watson</b>
Prize Fish:	<b>Chair – Kelly Hoggard</b>
Nomination Committee:	<b>Chair – Butch Eason</b> <b>Co. Chair Kelly Hoggard</b> <b>Co. Chair Beth Synoweic</b>
Conservation and Regulations:	<b>Chair – Butch Eason</b> <b>Co. Chair – Kelly Hoggard</b>
T-Shirt Committee:	<b>Chair – Patty Searby</b>

**If You Would Like to Help on a Committee,  
Please Speak to the Chair. Help is Appreciated!**

# GBFA Fishing Flea Market

Our table at the Great Bridge Fisherman's Association Flea Market was a success once again. We gave our club an opportunity to clear out some un-needed items and get a little spending money in return. We had so many choices, we had to get another table just to hold most of them.





## *VBAC Classified Page*

For Sale Hodgman waders. The best waders you can buy. Originally about \$100.00. Excellent condition, Size 10 1/2. Only used a couple of times.

---\$40.00---

Butch Eason  
757-681-6019



If you have anything you might want to sell,

Please send the ad wording and a picture

To: [pmangum@roseandwomble.com](mailto:pmangum@roseandwomble.com)

Ads are listed for 90 days or until sold

At No Charge

West Marine Virginia Beach Presents



## **CATCH MORE FISH!**

**Saturday, April 13th • 10:00 - 2:00PM**

-----  
Using Electronics to Find Fish with Chris Gilbert from SIMRAD

Fishing Seminars with Freedom Boat Club & Blue Water Candy

Grilling Demo with Jim Baugh of JBO TV / Coastal Angler

Visit with Local Fishing Clubs

Raffles & Giveaways

-----  
\*\* Enter to win a SIMRAD G07 Sponsored by SIMRAD \*\*  
(must be present to win)

See an Associate to Sign-up TODAY!

**4000 Virginia Beach Blvd Suite 100  
(757) 340-8584**

**West Marine**  
For your life on the water.



**Jim Shuty**  
1941-2017

Jim was an avid outdoorsman; he had a love for fishing and hunting. His love for flounder fishing was unmatched. Having won many flounder tournaments, we knew that our tournament needed to memorialize one of the Eastern Shore's finest flounder fishermen.

Prizes for this tournament will be based on the number of entries. A portion of the proceeds will be donated to a local non profit.

Jim was a kind and generous man. We hope you enjoy your time fishing this tournament and make memories to cherish for a lifetime!  
Thank you for participating!  
*Scott & Emily Hines*

**Many thanks to our weigh stations:**



**Please support your local businesses!**



Each entry includes a t-shirt. Shirts will be available for pickup at the beginning of the tournament at Eastern Shore Outfitters.

### **Tournament Dinner**

**Saturday, May 25th at 4pm**  
**BBQ Pulled Pork Dinner & Fixin's**  
**Eastern Shore Outfitters**  
4306 Main Street, Exmore VA 23350  
Winners announced and prizes given

You must RSVP in advance for this dinner. BBQ dinner is for tournament contestants ONLY; there is an additional charge of \$10 /person for guests.



### **Calcutta**

\$25 gets you entered into the Calcutta for the ENTIRE week of the tournament. Heaviest flounder of the day takes the Calcutta for that day.



## **1st Annual Jim Shuty Memorial**



## **Doormat Classic** **May 18th, 2019**

**thru**

## **May 25th, 2019**

## **Prizes for 1st, 2nd & 3rd Place Heaviest Flounder**

Prizes will be determined based on the number of entries

## **Registration Form & Official Rules**

## **1st Annual Jim Shuty Memorial**



## **Doormat Classic** **May 18th, 2019 thru May 25th, 2019**

## **Prizes for 1st, 2nd & 3rd Place Heaviest Flounder**

Prizes will be determined based on the number of entries

1. No lines in the water before 6am May 18th, 2019
2. All flounder must be caught on hook and line by registered contestants.
3. Registered contestants may fish as many days as desired between May 18th and May 25th 2019.
4. Weather considerations will be the contestant's choice. Contestants will fish at their own discretion and accept full responsibility for their decisions.
5. All flounder entered will be subject to any examinations judges deem necessary for the integrity of the tournament.
6. All flounder must be caught in Virginia waters; inside of the 3 mile line.
7. All flounder must be weighed at one of three locations: Ocean's East in Virginia Beach, Chris' Bait & Tackle in Townsend or Eastern Shore Outfitters in Exmore.
8. Tournament weigh in times are from 4pm-6pm May 18th thru May 24th and from 2pm-4pm on May 25th.
9. Winners will be determined by weight. In the event of a tie, the flounder weighed first will be declared the winner.
10. Calcutta: One \$25 fee gives you entry into the Calcutta for the entire week; a prize is given daily for heaviest flounder of the day.
11. ALL PERSONS on the boat must be registered contestants in the tournament.
12. Any violation of the tournament rules shall constitute grounds for disqualification. Judges shall rule on any violation and their decision shall be final.
13. All anglers must comply with ALL federal and Virginia laws and regulations.
14. Registration deadline is Wednesday, May 15th at 6pm.

Any questions? Call 757-442-4009 or email esoutfitters@verizon.net

**1st Annual Jim Shuty Memorial Doormat Flounder Classic Tournament**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

T Shirt Size (Circle One) Small Medium Large X Large 2X Large

Calcutta (Entry fee for all days) \$25 Tournament Entry fee \$40

Signed \_\_\_\_\_

☐ Please check this box if you plan to attend the end of tournament dinner. (See back page for additional information)

Return entries to and make payment to:  
Eastern Shore Outfitters  
PO Box 187  
Exmore, VA 23350

All participants, expressly by their entry in this tournament, release Eastern Shore Outfitters, its owners and operators, all sponsors and the owners of the property on which the tournament activity may occur, from any and all liability or losses for death, sickness, damage, negligence, injury or death suffered by any entrant, participant, companion, crew, guest or family member that may result from any tournament activity on land or sea. I understand and agree to abide by the rules of the flounder tournament that I have received a copy of.

# *Saltwater Fishing News Continued*

*Article Submitted by Mark Lozier;*

## **Slow and Steady**

You may have the newest reeled spooled with the best line on the market attached to the premier redfish catching lure as you fish from the kayak you have rigged with all the bells and whistles. None of this will do you any good if once you get on the water you have no understanding of the water you will be fishing. Reading the water is something you need to perfect. Not just making blind casts here there and anywhere else you think looks good and it may look good. But what is it that makes it look good?

Understanding the reasons why fish do what they do is a big key in knowing where they are, will be and went. Fish are creatures of habit and instincts doing what they have to do to survive, find food and do it as effortlessly as possible. This means they need to have areas that consistently holds plenty food, has good means of travel (plenty of water) and some forms of protection or structure to ambush their prey.

Going back to that “good looking” spot you found the next thing to learn is how to fish it effectively and efficiently. One of the biggest mistakes I see often is people who just get to an area and start bombing out casts. You need to slow your approach before getting to location X, start making visual observations. Is there bait moving? Which way is the current flowing? Sometimes the area may be small and you only have a couple good casts before the spot is fished out so make them count. Other areas may be a large flat with plenty of sloughs and cuts covered by scattered marsh clumps. These areas need to be dissected by the time you have in the tide cycle to move thru covering all key points where ambushing fish maybe in wait.

Current is one of the biggest keys of to help you methodically fish an area. This flow of water can help funnel bait right to it's awaiting prey but too much current causes fish to fatigue. Always look for structure that these fish can hide behind waiting nose up in the current to dart out from and eat their next meal. The structures can be as subtle as small depth changes to oyster and sand bars. Eddies behind points are other great places to focus on. As the water rolls around there is a calm little pocket right off the point before the water gets back together and resumes it's strong flow. Always throw up current of these and let your lure come through with the current as natural as possible. Docks and other in the water structures can be good places to makes some cast around as well. I usually like to pick out the older docks or at least the once which look the least used.

Life these days is always full of hurry and instance results. Fishing isn't and shouldn't be like that. Take your time, make observations, be aware of your surroundings and always try to make the most educated casts. Have purpose to why you are fishing the way you are. Always learn something from your adventures and never be afraid to try something out side of your box.

'Til Next Tide



## *Saltwater Fishing News Continued*

# Sea Bass Bacon Bites and Almond Green Beans served with white rice

### Sea Bass Bacon Bites

by Katie Synowiec



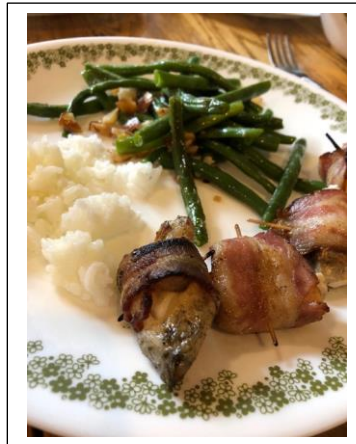
Other recipes like this one are available at [www.BethSynowiec.com](http://www.BethSynowiec.com) in the Catch and Cuisine section of the index located at the top of the page

**Cook time:** 30 mins

#### Ingredients:

- sea bass
- thick cut bacon
- Cajun seasoning
- Lemon
- tooth picks

#### Directions:



Preheat the bacon in the oven for 410° for thicker bacon and 400 for thinner bacon. Cut the bacon strips in half. Cook until light brown/pink. Once finished set off to cool so you don't burn yourself from wrapping them on the fish. Blot extra grease off by placing bacon strips on paper towels and plate (use food prongs to do this to avoid getting burned\*)

For sea bass, have three medium fillets. Cut them into cubes (1-2 inches). Squeeze a fresh half cut lemon on to the Sea bass. Lightly cover the fish both sides with any preference seasoning. (I used Cajun).

Wrap the fish with the bacon strips and then place a tooth pick to hold the fish bites well. When finished, lightly sprinkle the seasoning again over all the bites.

Turn on the grill to medium heat. Place the bites on the fire. Flip them & rotate them 2-3 mins. Take them off the grill until you see them flake/ look charcoal.

**Hot & ready to eat! :)**

Almond Tasty Green Beans by Kevin Synoweic (These beans are truly the bomb!)

Put your green beans in a steamer and cook them until they are **bright green**. About 4 to 5 minutes! Immediately transfer the beans to a frying pan with sesame oil, garlic, and almonds.

Cook and toss until the almonds and olive oil cover the green beans entirely. Add a pinch of salt.

**Rice:** Use 2 cups of Jasmine white rice and prepare as per your rice cooker instructions. Add butter to taste.

# *Saltwater Fishing News Continued*

Trending posts from TidalFish.com!

*Please click the link below to view the latest “trending posts from TidalFish.com”*

<https://www.tidalfish.com/forums/forum.php>



GEAR | HOW TO | WHERE TO | TACTICAL ANGLER | FISHBOAT REVIEWS | FISHING REPORTS

## **Thank you, anglers, for picking up FishTalk!**

We hope you'll enjoy reading it as much as we enjoyed making it, and more importantly, that it helps you catch more, bigger fish. We love to hear from you. Please send your fishing pics and reports anytime to [lenny@fishtalkmag.com](mailto:lenny@fishtalkmag.com)

~ Lenny Rudow, Angler in Chief

[Read the Latest Issue Online](#)

**See What's New in the 2019 Fishing Regulations**

**Click the link below.**

[https://www.dgif.virginia.gov/?utm\\_source=mailchimp&utm\\_medium=email&utm\\_content=header](https://www.dgif.virginia.gov/?utm_source=mailchimp&utm_medium=email&utm_content=header)

# Chef's Corner: Stingray Processing 101: Just Wing It!

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April 2019

*Stingray is the most overlooked meat fish readily available in our coastal bays and surf – until now! This feature de-mystifies the process of turning the proverbial “trash to treasure!”*

In the angling community, I am known for my ability to change perceptions and break down paradigms when it comes to oft misunderstood fish and each's respective place on the list of palatable table fare.

Next to smooth and spiny dogfish, stingray is without a doubt **THE** most underrated and overlooked meat fish throughout our coastal bays and beaches. This is likely due to a general fear of the buggy-whip tail & stinger; an unusual physical anatomy; and limited how-to information on properly transforming this protein-rich bounty into some of the most versatile fillets available – bar none!

When my family was in the restaurant business, we were one of the first to recognize and popularize several local dishes, most notably – Monkfish. The parallels here are amazing. Once we got past all that slime, the ginormous head, and the anxiety of how to prepare the meat for the table, Monkfish fillets became one of our best sellers, and we made good margins since most fishermen considered them trash fish and either discarded them or were more than happy to unload them (sound familiar?). I feel that is where we are with stingray. The amount of pure edible fillets that come from the two wings of an average 10- or 20-pounder is well worth the processing effort.

## Field Care and Prep:



***Beware of the whip-like tail and barbed spine!***

Without a doubt, stingrays are classified as dangerous fish and must be handled with care. The most prominent feature that must be managed is the whip-like tail which is equipped with one or more extremely sharp barbs capable of inflicting very painful wounds if not handled properly.

The stingray's whip-like tail spine is rigid, and in some species, can pierce bone. The venom, contained in the mucus-like coating over the barb, is introduced into the body through the wound (a process called envenomation). A sting is very painful and tends to bleed profusely – a lesson I have learned on two occasions, so handle with care!

If you are not familiar with handling stingrays and are not planning to keep your catch for food, simply cut your line close to the mouth and let it return to the water! If you choose to remove the hook, use a long-handled de-hooker or longnose pliers, and steer clear of the tail! It's best to flip the ray on its back if possible. This keeps the barb-side down and exposes the mouth to facilitate hook removal.

If you plan to process the fish for food, flip the ray on its back, pin the tail down to prevent it from whipping about, then quickly cut through the tail close to the body to eliminate any chance of getting speared!

I always remove the stinger from the severed tail to ensure no one inadvertently steps on it after removal.

With the tail removed, the stingray is relatively harmless, and processing may safely begin.



***Author battling a Ray on 10-lb tackle.***



Once the tail is removed and stinger safely secured, simply trace cuts along the edge of each wing, following the contour of the body as shown below. Stingrays do not have hard bones, so cutting through the flesh and cartilage only requires a sharp, stout knife. I have several blades I call “*stingray knives*” that I use just for this purpose.

Once I have separated the wings from the carcass, I immediately take each wing to the water and do a preliminary rinse to remove all sand. Once the worst is rinsed off, I conduct a more thorough rinse in a 5-gallon bucket of clean seawater. At that point, I immediately place the wings on ice. If I do not have a large enough cooler with me, I head back and get ice on them as soon as possible – after all, I have enough meat for the day, and my arms could use a rest!

The stingray shown was caught on a simple Fishfinder rig with fresh cut mullet in Salvo, NC. It yielded just over 15 pounds of net meat after processing and filleting! Note the relative girth against my hand.



***A typical 20-pounder in the NC surf.***



***Flip on its back for hook removal.***



***Tail removed and initial cuts made.***



***Separating the wings & carcass.***



***Wings prepared for saltwater rinse.***



***Rinsing in fresh salt water.***

## **Filleting the Wings:**

I usually bring the iced-down wings home to fillet in a kitchen or, for the larger rays, at my fish cleaning station.

A standard fillet knife is all that’s required to remove the meat from the cartilage as shown below.

The meat is relatively firm and easy to fillet. Just run the knife along the cartilage as you would if you were filleting a flounder. Like a flounder, the dark side is thicker, and I often fillet that side first, but the order isn’t critical – do what’s best for you.

Once the first fillet is removed, flip it over and fillet the other side. All that should remain is a translucent flap of cartilage with virtually no meat to speak of other than a trace at the very ends.

The following pictorial sequence demonstrates the filleting process. In this case, I was in the kitchen at my cottage in Salvo.



***Ray on the run – hang on tight!***

**NOTE:** Stingrays are similar to flounder and other flatfish in that their eyes are on one side. As with flounder, stingrays have a light side (underside) and a dark side (top), and the dark side is notably thicker. Therefore, I tend to reserve the light-side meat for frying and other dishes that do not require thicker, meatier slabs.

The picture below left shows one wing's-worth of fillets. The picture below right is from both wings in my double sink at the cottage. As you can see, this fish provides an incredible amount of pure white meat fillets and is well worth the effort!



***Fillet white side from cartilage.***

***Fillet dark side from cartilage.***

***Left wing with cartilage removed.***

A bonus of stingray fillets is that there will never be any pin bones or bones of any nature for that matter, so they are ideal for kids and others that worry about fine bones when consuming most other fish!



***Right wing fillets ready for processing.***



***Both wings filleted and ready to be skinned and processed.***

## **Skinning, Portioning, and Wrapping the Final Product:**

The skin-on stingray fillets can be portioned and frozen with or without skin. Since there are no scales, the skin is edible for those that care to partake, and it does add a level of protection when freezing. I vacuum-seal all my fish before freezing, so I tend to remove the stingray skin and portion and package the meat into meal-size servings.



To skin, place the fillet skin-side down on the cutting board. Gently remove the skin using a flat knife held about 30° to the board. Use a slight rocking motion to gently pull the fillet to you as you slide the blade between the flesh and the skin.



***Skinning the fillets.***



***End product – succulent white meat.***

***Skinning Tip:*** A light dusting of kosher salt on the skinning board can make the job go quicker and reduce slippage!



***The edges around these fillets are trimmed, saved, and fried crispy for awesome Po' Boys on Hoagie Rolls!***

Once you get the hang of it, the skinning process goes very quickly, and you are left with these beautiful fillets!

### **Processing a Large Ray – 40 Pounds or More:**

The basic procedure is the same, but a larger cutting board and sturdy fillet knives are advised to keep things tidy.

The set-up below is my fish cleaning station at our cottage in Salvo, NC, and it works great for almost any fish – large or small. Small folding plastic tables are inexpensive and work just as well when a larger surface is needed (see below)!



*I like to use my outdoor fish cleaning station for larger rays so I can utilize my custom cutting board.*

I typically have 3 or 4 “Ray Knives” that I keep on hand for processing these larger fish.



*These two wings were approximately 20-lbs each!*

These larger, thicker sections make incredible barbeque. I have served stingray barbeque to family and friends who will swear they were eating a traditional NC Pork BBQ sandwich! The texture is perfect, and properly processed stingray meat is meaty, not fishy. Needless to say, the leftover BBQ heats up VERY well and yields days of superior, high protein, low fat BBQ sandwiches. Although I must admit, I have been known to use a little bacon grease in my Stingray BBQ!





***Nice thick wings from a 50-pounder!***



***Note the thicker topside much like flounder.***

The pictures above really put the wing thickness in perspective. Two of these wings do not fit in a 5-gallon bucket and make for a heavy load in the cooler! This particular ray was the only one I kept during the 2018 VBAC Salvo Fall Open, but at one point, I had three large ray hook-ups at one time! That makes for a lot of heavy lifting on light tackle!



***Separating the meat from the cartilaginous skeleton.***



***Topside "dark" fillet removed.***

Proceed with the filleting process just as you would with a smaller ray, just use a heftier blade!

**TIP:** Once filleted, I usually cut the slab into two or three medium-sized sections to make skinning easier!



***Filleting the thinner light-side.***



***Light-side fillet removed.***



***Translucent cartilaginous remains from each wing.***



***30+ pounds of protein-rich, hi-quality net meat!***

Another benefit of stingray meat is its ability to retain its quality and texture when frozen. I vacuum-seal mine, and they easily last for up to year or more without any loss of quality! We always make at least one batch of Stingray BBQ for the hunting cabin each fall.



***Once filleted, the meat can be shaped and portioned.***



***Pure white meat trimmed & ready for the grill or skillet!***

As these pictures suggest, the yield is well worth the effort, and the flesh is extremely versatile. I have literally produced dozens of recipes and tasty dishes using stingray meat and have not had a bad one yet!

Master the art of processing these critters, and you will be amply rewarded!

## **Trash Fish or Meat Fish?**

Until now, stingrays have been considered trash fish. Noted for drag-smoking runs and occasional aerial displays, these powerful fighters are excellent table fare, moving them onto and up my *personal* game fish list!

Just look at the diversity of these dishes which I have recently created using Stingray as the main ingredient:

- Blackened Stingray Bites – Recently served at the Ocracoke Club-level Tournament meeting these puppies are spicy, juicy, have great texture, & plain blow away Tuna bites!
- Stingray Poppers – Recently served at the March 2018 VBAC Surf Committee meeting, these fried delicacies are excellent served with a nice lime-garlic aioli, fresh lemon, Cajun shake, or homemade tartar sauce!
- NC-style Stingray BBQ with Cole Slaw and Creamy Potato Salad – most folks can't believe it's not pork!
- Manhattan-style Stingray Fish Chowder with minced Clams and Grilled Garlic Toast

- Fried Stingray Fingers with Honey Mustard, Buffalo Wing, and Barbecue Dipping Sauces, with Celery and Carrot Sticks and my homemade Chunky Bleu Cheese Dressing
- English Pub Stingray Fish-n-Chips with Malt Vinegar and hand-cut homemade fries
- Fran's Stingray & Shrimp Noodle Salad – this is such an amazing beach and general snack food to have in the fridge or cooler and eat cold!
- Creamy Stingray and Potato Soup with Oyster Crackers and a dab of Dry Sherry
- Curried Stingray and Vegetables with Turmeric-infused Basmati Rice and Hot Mango Chutney
- Stingray and Cheddar Sandwich with my homemade Tartar Sauce and hand-cut fries
- Louisiana-style Stingray Gumbo – you'll be amazed by the flavors and texture
- Stingray Burger Sliders – inspired by the delicious shrimp burgers served at Hatteras Harbor Marina!
- Stingray Po' Boys – I like to save the trimmings after I shape steaks or cutlets and fry them up in a crispy batter to serve on hoagie or hot dog rolls with shredded lettuce, grated cheddar, pickle, tartar sauce, and a side of fries.

And that's just the tip of the iceberg!

As I continue to experiment and publish Stingray recipes, and as folks begin to try this overlooked delicacy, I am convinced Stingray will start showing up in local restaurants that are "in the know" once they feature this local fare in the proper light!

**So, the next time you catch a nice stingray in the surf, try "winging it" !**



***Stingray Burger Sliders.***



***Spicy Thai Stingray Fishcakes.***



***Curried Stingray with Vegetables.***

**Look for these recipes in current and future editions of VBAC's Chef's Corner!**

***Contributed by: VBAC Member John Germanos, aka "The Instinctive Chef"***



# *Surf Fishing News*

## **Surf fishing Buxton and Avon with Patty – Kelly Hoggard**

March 24, 2019

At the last minute, our ORV driver was unable to go but Patty and I decided we'd go anyway since I knew of a few places we could park and fish. In the early morning, I was making rigs and finally put my first hook through one of my fingers. I've been telling people how lucky I am that it hadn't happened yet. Since it was at about 1 in the morning, I wasn't able to sleep before fishing. It took a little more than an hour to remove by myself. A week later it is still pretty sore but healing well and I haven't had any sign of infection.

Patty and I left around 5:00 in the morning. We stopped in at Frank and Fran's just to check on the bite and grab a cobb mullet for bait. She told us of a 3 lb sea mullet weighed the previous day so I decided to head down in that direction. There was some emergency repair work in Frisco and the only way to get past the point was to go down the beach via ORV so we couldn't go to ramp 55 as we were hoping to do. We went down to the camp ground and parked at ramp 45. It's a little walk, maybe 400-500 yards, but the stretch of beach is really nice and there is good depth in the water. One advantage of fishing south of the point is that it tends to be a lot calmer. From the moment, we put a line in the water, the bite was on. There was a continuous bite of Smooth Doggies. We must have caught 50 of them in a couple of hours. They would bite as fast as you could get a line in the water. We did catch some other species mixed in. Roundhead, croaker, pinfish, perch, and puffers were all swimming around in the area. I managed two roundheads 12+ inches and threw them back to get bigger. Patty couldn't keep up with the fish and had a hard time with just 2 fishing rods going. I never even rigged my 4<sup>th</sup> as the area was just so busy with fishes.

After a while, we decided to move north of the point to check the bite and see if anything was swimming up there. I talked to a couple of guys who were in the drum earlier in the day. They were catching them at the point and the old lighthouse area. We went up to Avon at Ramp 38 and gave it a try. The surf was a lot bigger there and the water clearer. We set up in front of a slough hoping for a good bite. It was a lot tougher fishing and 5-6 ounces was a minimum requirement. I got a smaller roundhead and a few skates, but the rough surf was tough to fish. I got tangled with one rod and had to cut about 80 yards of Power Pro after it was in a ball that I couldn't fix. I've got a method to take the line off and add some backing to put it back on the edge of the spool. It was be like it was restrung again. Talked to another angler from Hampton who got in on the drum bite at the point. He said there were multiple runs that day and it was good catching by the reports I saw. The only way to catch fish is to go fishing, so that's what I suggest everyone do.



# ***Surf Fishing News Continued***

## **2019 Little Island Spring Open Surf Fishing Qualifier**

**Saturday, 18 May 2019**

**DATE:** Saturday, 18 May 2019

**VENUE:** Little Island Park, Sandbridge, VaBch (Pavilions 1 &2)

**SCHEDULE:** 0700-1100: Competitive Surf Fishing Session on the beach  
1100-1145: Angler Development Session on the beach  
1200-1300: Light Lunch, Drinks, Awards & Recognitions

**COST:** FREE to all VBAC members in good standing (dues paid)  
\$20 for Non-members (cash or check payable to "VBAC")

**RAIN DATE:** Sunday, 19 May 2019

***All interested anglers must register no later than Sunday, 12 May 2019.***

Sign-up sheets will be available at the April and May VBAC General Membership meetings, or interested anglers may contact John Germanos at:

[jgermanos@germanosdefense.com](mailto:jgermanos@germanosdefense.com)

Walk-ons may be accepted on a case-by-case basis, but the Surf Committee reserves the right to turn away unregistered anglers and/or non-members that have not paid the requisite entry fees.

## **2018 Little Island Spring Open Results:**

**Winner - Kelly Hoggard:** 5 Fish for 20 Points

***Kelly earned a position on VBAC's 2019 CHAC Tournament Team!***

# Surf Fishing News Continued

## 2019 Salvo Spring Open Surf Fishing Qualifier (MAJOR)

**Saturday, 15 June 2019**

- DATE:** Saturday, 15 June 2019
- VENUE:** Salvo Village, Hatteras Island, NC
- SCHEDULE:** 0700-1100: Morning Surf Fishing Session on the beach  
1100-1145: Angler Development Session on the beach  
1200-1330: Light Lunch at Tournament HQ in Salvo  
1400-1800: Afternoon Surf Fishing Session on the beach  
1830-2000: Awards & Dinner at Tournament HQ in Salvo
- COST:** FREE to all VBAC members in good standing (dues paid)  
\$20 for Non-members (cash or check payable to "VBAC")
- LODGING:** All participants are responsible for their own travel and lodging arrangements. Limited lodging is available at the Tournament HQ. Contact John Germanos for rates and availability. Below are alternatives near Tournament HQ.

**Cape Hatteras KOA, Rodanthe:** (252) 987-2307 or (800) 562-5266 for general info. BOOK NOW to assure availability.

**Website:** <https://koa.com/campgrounds/cape-hatteras/>

**Camp Hatteras RV Resort & Campground, Waves:** (252) 987-2777. Rental units available. BOOK NOW to assure availability.

**Website:** <https://www.camphatteras.com/>

**RAIN DATE:** Saturday, 22 June 2019

***All interested anglers must register no later than Sunday, 09 June 2019.***

Sign-up sheets will be available at the April, May, and June VBAC General Membership meetings, or interested anglers may contact John Germanos at:

[jgermanos@germanosdefense.com](mailto:jgermanos@germanosdefense.com)

Walk-ons may be accepted on a case-by-case basis, but the Surf Committee reserves the right to turn away unregistered anglers and/or non-members that have not paid the requisite entry fees.

[Click here for rules, guidelines, scoring schedule, and angler scoresheet.](#)

# *Freshwater Fishing*

Lake Smith 3/25

I went fishing with Russell on Lake Smith since we wanted to see if we could find some crappie before the VBAC Crappie Tournament this Saturday. It was warm and sunny in the early part of the day but turned cloudy most of the day. Water temp was 56-58 degrees. Only a couple of bass anglers were also there. We checked out most of our favorite spots and only Russell hooked up two crappie. One was under 9 inches and the other was I would estimate bet/ 1.5 and 2 lbs. But unfortunately it got off right at the boat before we could net him. We did catch several bass, the biggest were both 1.48 lb, on my scale, 14.5 inch shown in pictures. It appeared to us that the crappie were spawning and could only be triggered by moving spinner baits which also accounted for the frequent bass caught.

Blessings,  
Ike





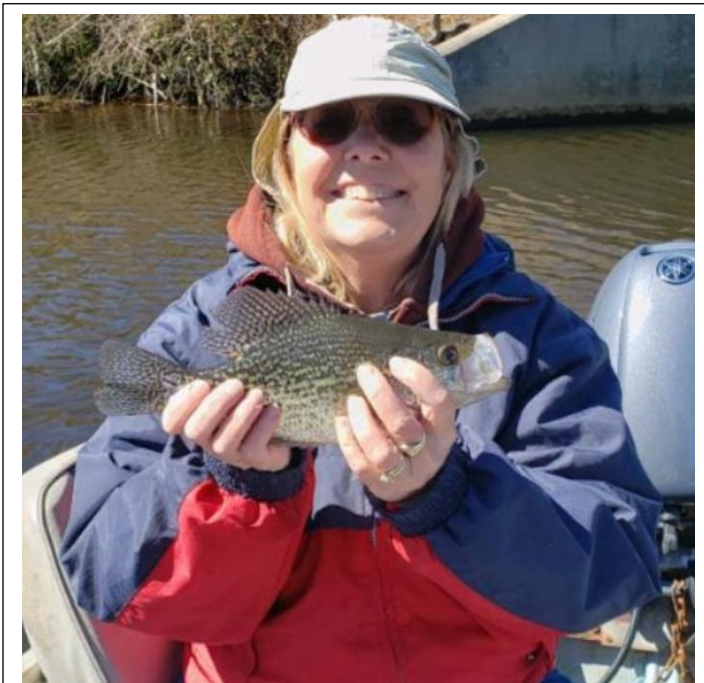
## ***Freshwater Fishing Continued***



**Jerry Hughes sent in this photo of his newest roulette entry - a 5# bowfin.**

**Nice Catch Jerry!**

Hi. Beaverdam Park in Gloucester has finally produced some crappie for me. I fished there four times this month and caught enough fish to make expert angler in crappie. My first fish was with Alan on March 5th. Very chilly day, but the fishing was worth it. John and I fished on March 10, 16, and 17th. No green beer for me. Too tired after fishing two days. The fish were hitting almost anything you threw. Alan even tried a piece of jerky and got a fish. We ran out of minnows on two of the days. Minnows on small hooks with a bobber were the best bait. Also caught a scoring 9 inch bluegill. Melanie Bayford



## *Freshwater Fishing Continued*

Russell, Jerry and I went to the James River out of Jordan Point Yacht Haven to fish with Captain Petey for big blue catfish as we have for several years on 3/14. The sun was shining but that wind was chilly in the morning so we had to look for places where there wasn't that much wind moving with the current. We eventually found a good spot out of the wind and started bringing in several but no big ones. Over the time and several additional places anchored we ended up with seven fish caught. The biggest was Jerry's at 16 lb and 33 inches. We each kept one for the dinner table. Jerry's is in the pictures. Russell and I released one each for club minimums 28.5 and 27 inches. We will just have to go back and get a big one, like we did last year. I'm all for that, great day regardless, fish in the fryer!

Blessings,  
Ike



Rob Stommel, while fishing on the Northwest River off the shore, caught and released a 22" bowfin!  
Way to go Rob!

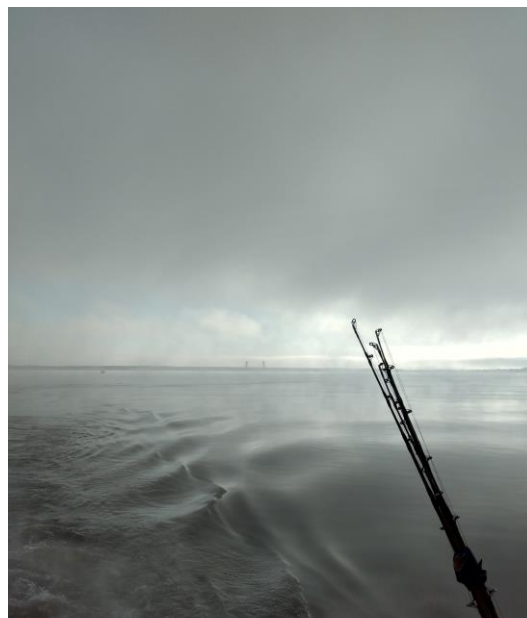




# ***Freshwater Fishing Continued***

*Submitted by Ike Eisenhower;*

I went fishing for blue catfish with Captain Petey along with Bob Stuhlman and Russell Willoughby on 3/28. It was a beautiful day overall with minimal winds. It started with fog on the James River around Jordan Point and Hopewell where we launched and netted shad for bait. Russell caught the first fish which weighed around 50 pounds and was 44 in Long which he released. I was next up and about 2 hours later hooked a fish that looked to be about 30 inches long but he started spinning and worked his way off the hook despite my pressure on him. But much later I did hook up about a 10-12 pounder. Unfortunately Bob didn't catch anything since the bite went cold on us. Nice day, minimal fish caught.



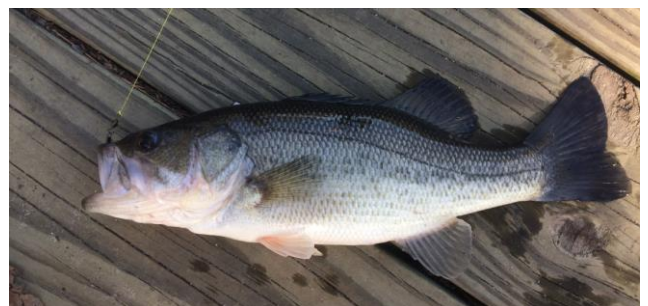


# *Freshwater Fishing Continued*

## Scouting Lake Smith from Shore – Kelly Hoggard

March 14, 2019

It was my first time checking out the shore fishing opportunities at lake smith. I started by looking at the map and walking many of the trails. I talked to some of the fisherman who were already down there to get a little idea what they were up to. There's some nice areas including docks and trails that people have made in the woods to fish the shoreline. I brought two dozen minnows and stayed a few hours while fishing a warm day. There were plenty of bites but most of what I caught was small. I got a good 15" bass and some small catfish. Not much else was biting that day although I lost a few bites which were bigger. They were likely catfish. I've included a map of the park for anyone who reads this report. There is a lot of trail to walk with your family or dog, it's not just for fishing.





# ***Freshwater Fishing News Continued***

## **Fishing the Northwest River with Preston – Kelly Hoggard**

March 15, 2019

On a warm day with storms in the forecast, Preston and I decided to make a run down to Bob's Fishing Hole in the off chance that we caught a big bowfin or yellow perch for the roulette. We started fishing a short distance from the ramp and drifted through the river channels. The winds were pretty strong which kept us to the south shore to keep from getting blown around too much. I got in on a Largemouth bass on one of my first casts with my new St. Croix casting rod. It bit a white spinner bait at the base of a tree. We power drifted around a little and were catching a few small crappie in the deeper areas. I kept throwing different lures around different structure near the shore but failed to catch anything good for a long time. As we drifted through an area that had shallower water, I threw a top water popper up into a small cut in the woods. As soon as the bait stopped, a big swirl replaced my bait on top of the water. Reeling it in I thought I had a nice bass, but to my surprise, it was a big crappie that took my top water popper. That is definitely a first for me. We drifted a while longer and managed a few nice crappie and bass. Preston and I both caught a big crappie and enjoyed our day on the water. We had a few more crappie and white perch and went home as the clouds were getting darker. It was a great day on the water and the bass have definitely started moving up to shallower water to get ready for bedding season.



# ***Freshwater Fishing News Continued***

## **Scouting Lake Smith for a Crappie Tournament – Kelly Hoggard**

March 22, 2019

I decided it was time to scout Lake Smith much like I planned to fish the VBAC Crappie Tournament from Shore if given the opportunity. I grabbed some minnows and went down to the shoreline. I got into a crappie before I even finished setting my first rod down. It was a healthy 10” fish. I caught one more about 9.5” and then the bite slowed down, so I went off to another area to see if there was anything biting there. Again, I had bites almost immediately, but after about a half dozen white perch and catfish, the bite slowed. Moving back towards the boat ramp, I found a little spot where I had seen a bass and yellow perch caught previously. I managed a few yellow perch but the largest was only about 8 inches and barely registered on my hand scale, so it was sent back to swim away. There is certainly a lot of fish in the lake, but the fishing pressure seems to keep them smaller, as I have yet to catch anything of good size except for one bass earlier in the month. Looking forward to the upcoming crappie tournament





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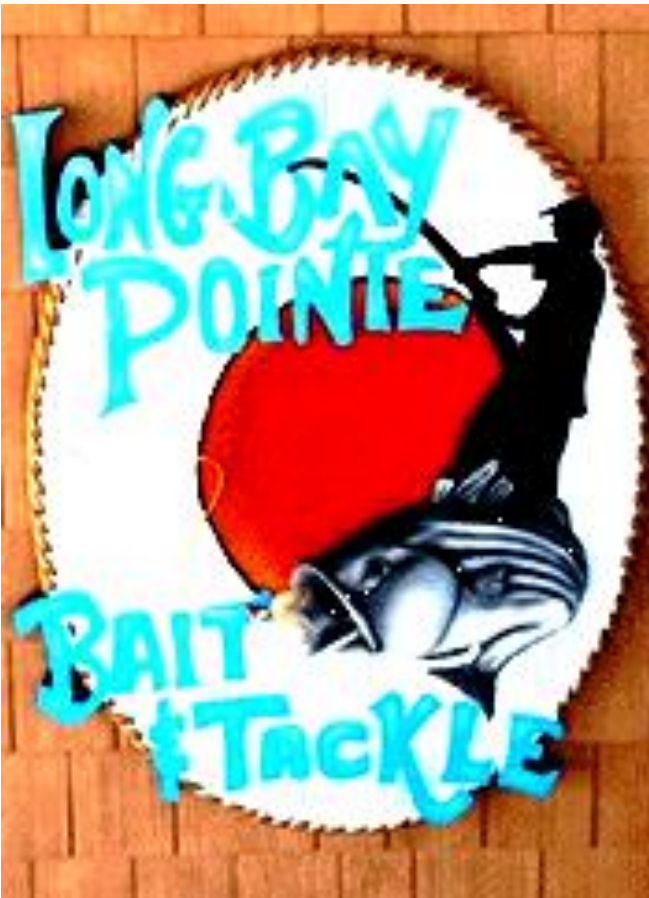


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# VBAC MISSION STATEMENT

The purpose of the VBAC is to encourage sport fishing, both freshwater and saltwater, while supporting prudent governmental and other policies that promote the preservation, conservation and ecology of all marine life.

## Our Objectives:

- ❖ Monitor legislative and regulatory activities relating to management of local and regional fisheries and participating actively, where appropriate, to assure the adoption of sound management policy and practices that best serve the interests of VBAC members.
- ❖ Promote interest and participation in recreational angling by conducting programs and activities that encourage sport fishing.
- ❖ Educate members and others in the techniques of sport fishing to enhance their enjoyment of the sport.
- ❖ Conduct social activities that create a wholesome climate for deriving the maximum pleasure from sport fishing by members, their families and guests.
- ❖ Plan and conduct fund raising activities to provide the revenues needed to support these objectives.

## 2019 VBAC Elected Officials

### Officers:

Chairman of the Board: George Gabriel

President: Bob Burstein

First Vice President: Chris Schneider

Second Vice President: John Germonus

Treasurer: Mike Anderson

Recording Secretary: Russell Willoughby

Corresponding Secretary: Bob Stuhlman

### Board of Directors:

Gary Doerhoff

Jerry Mariano

Preston Mangum

Ronnie Nixon

Patty Serby

Butch Eason

Mark Lozier

David Anderson

Larry Regula

**Virginia Beach Anglers Club**

**P.O. Box 8602**

**Virginia Beach, VA 23450**

**Email: [vbangersclub@gmail.com](mailto:vbangersclub@gmail.com)**