



January 2019



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## Upcoming Events

### **Monthly Meeting:**

**When: Thursday January 3, 2019 7:30pm.**

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

**Meeting Subject: To be announced.**

**Meeting Speaker: To be announced.**

### **January & Future Information Notes:**

- **Boat Show – February 8 – 10**
- **Awards Banquet – February 23**
- **Great Bridge Flea Market – March 9**
- **Crappie Tournament – March 30**

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

“...of all the liars among mankind, the fisherman is the most trustworthy.”

**William Sherwood Fox**

# VBAC Fishing Roulette 2018

<u>Species</u>	<u>Current Leader</u>	<u>Weight</u>
Croaker	Russell Willoughby	12.5" 15 oz.
Puppy Drum	Jerry Hughes	6# 12.8 oz
Sea Bass	Jerry Mariano	4# 8oz
Bowfin	James Eisenhower	6#
Sunfish	James Eisenhower	1# 5oz

## Catch-A-Ride

### BOAT

Preston Mangum (757) 582-1450

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

Gerald Segelstrom (724) 809-7868

# Sea Tow & The Marine Toys for Tots 2018

What an amazing day at Sea Tow Hampton Roads. A total of 1826 toys were collected by Hampton Roads area businesses and anglers clubs for the [Marine Toys for Tots Foundation](#). Through everyone's efforts, hundreds of children will have a brighter Christmas this year. A big thank you to all the volunteers and businesses who took time for this noble cause.

[Princess Anne Distributing Co.](#)  
[Lynnhaven Marine](#)  
[Jewelry Repair & Design Portsmouth,](#)  
[Salas Auto Service](#)  
[Tidewater Boat Club](#)  
 Medical Center  
[Surf Rider Cypress Point](#)  
[Surf Rider Bluewater](#)  
[Surf Rider Western Branch](#)  
[Norfolk Anglers Club](#)  
[Portsmouth Anglers' Club](#)

[East Beach Marine Supply](#)  
[Norfolk Marine Co.](#)  
 Virginia  
[Greg's Bait Shack](#)  
 Physical Therapy Office at Depaul  
[Surf Rider Oceana](#)  
[Surf Rider Greenbrier](#)  
[Surf Rider Poquoson](#)  
[Great Bridge Fisherman's Association](#)  
[Tidewater Angler's Club](#)  
[Virginia Beach Anglers Club](#)



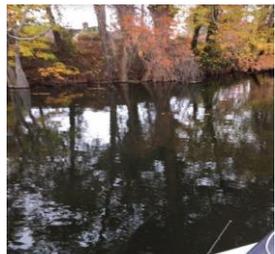
# *Our 2018 Christmas Party*



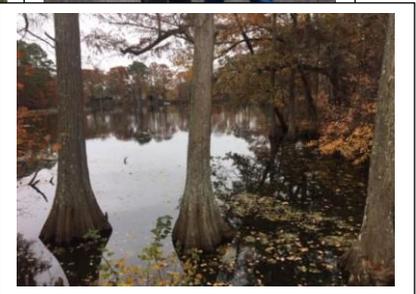
The December 6<sup>th</sup> meeting was busy, with elections, friends, conversation, Toys for Tots collection, and lots of really good food! Thanks so much to everyone who brought something special. Each of you made all the rest of us both happy and full! We hope everyone had a great Christmas and that the new year is full of blessings for us all.

# Our 2018 Crappie Fishing Tournament

On December 1, we held our annual December crappie fishing tournament on Lake Smith. The day dawned with good weather (for a change) and 17 anglers came out to try their luck. **A Big Thank you** to Gary Doerhoff and his crew of helpers; Patty Searby, Butch Eason, Ronnie Nixon, Jerry Mariano, & Carl McCoy who got things started and ran everything so smoothly. Most anglers ended up skunked with nary a countable fish except for two boats. Our own Melanie Bayford captained the boat on which John Leay got the third-place fish (1.6#) and won a crappie fishing rod. First and second place went to anglers Josh Morris (First Place with 2.38#) winning the \$150.00 prize, and Taylor Estes (Second Place with 1.93#) winning the \$75.00 prize. Pictures are below, please enjoy.

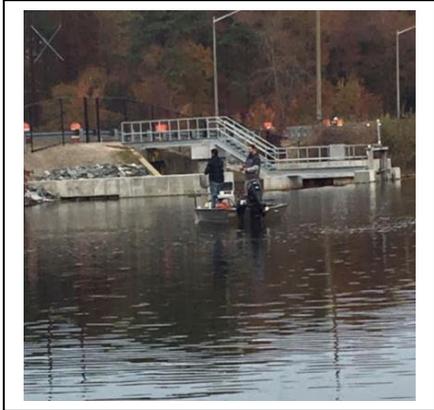


Green Run HS Fishing Club



**OUCH!**  
Notice the  
Ticket!

# Our 2018 Crappie Fishing Tournament Continued



*2nd Place*



*1st Place*



*3rd Place*



1st & 2nd caught this 5 gallon bucket full too!



# Virginia Waters Await: Fall Trout Stocking

*The autumn trout stocking season in Virginia is in full effect!*

Despite the cooler weather, fall is actually a prime time to fish. Don't miss out on the best time of the year to catch your limit.

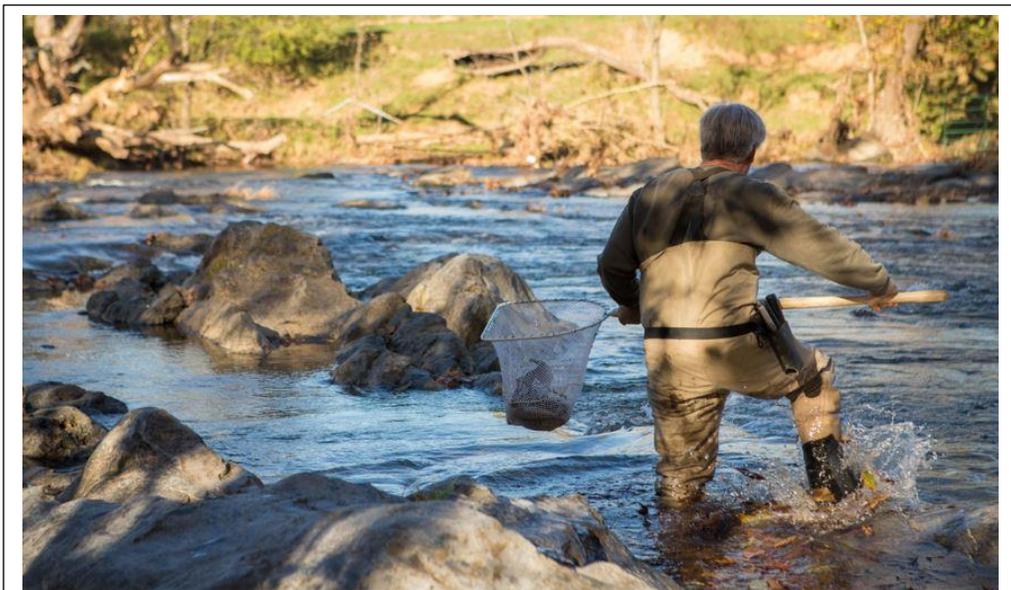
Our biologists stock frequently throughout the season, and DGIF has a [Daily Trout Stocking Schedule](#) to help you plan ahead for your next trip.

If you aren't sure where to go to catch trout, check out our [Stocked Trout Interactive Map](#) to find your destination spot to cast a line this fall.

Don't forget, if you are fishing a Designated Stocked Trout Water then you will need a trout license in addition to your base fishing license.

[Learn More](#)

[Buy Your License](#)



In a move that could undermine the health of "the most important fish in the sea," Omega Protein's Atlantic menhaden reduction fishery was recommended for a leading seafood sustainability certification by the Marine Stewardship Council (MSC) earlier this month.

The MSC certification, the world's most recognized benchmark for sustainability, is awarded to fisheries that are judged to be well-managed and sustainable based on a host of scientific and management criteria. [This is far from an accurate description of Omega's menhaden reduction fishery.](#) Recent surveys reveal a decade-long decline of menhaden in the Bay, causing concern as the small, oily fish is a crucial link in the Chesapeake food chain.

With the release of the sustainability recommendation comes a 40-day public comment period to gather additional information before the certification can be put in place. **Now is the moment to raise your voice for this critical fish! [Take action—before the January 14 deadline—and urge MSC to reject the certification of Omega's menhaden reduction fishery as sustainable until it comes into compliance with the fishery management plan adopted by the Atlantic States Marine Fisheries Commission \(ASMFC\)!](#)**



*A commercial fishing boat pulls up a net chock-full of menhaden. The lack of young menhaden in the Chesapeake Bay is a major concern given their crucial role in the Bay's ecosystem. Photo by John Surrick/CBF Staff.*

## **TAKE ACTION**

Menhaden are a key food for fish like striped bass and bluefish, as well as whales, dolphins, and birds. A strong menhaden population will benefit everybody, from fish and birds, to watermen, anglers, and all of us who love Chesapeake seafood.

Omega Protein, which catches more than 70 percent of the Atlantic Coast menhaden harvest, is seeking sustainability certification even though just this past year it successfully fought regulations proposed by ASMFC (which manages coastwide fisheries) that would have helped ensure a healthy menhaden population in the Chesapeake Bay. This has put Omega's industrial menhaden fishery in Virginia on the path to noncompliance.

**Menhaden play a critical role in the Chesapeake food chain, and there have long been unresolved concerns about Omega's industrial-scale harvest of them concentrated in the Bay and nearby coastal areas.** These concerns must be addressed, and Virginia must come into compliance with ASMFC's recommended menhaden harvest cap in the Chesapeake Bay before MSC approval of this fishery.

The menhaden fishery becoming MSC certified not only puts MSC standards at risk of becoming meaningless, it could allow for the continued exploitation of a fishery that can ill afford it. [Join us in urging MSC—before the public comment period closes on January 14—to reject Omega's menhaden certification until important ecological issues in the Chesapeake Bay are resolved.](#)

With you by our side, we will continue fighting tirelessly for better management of this important fish and the entire ecosystem that depends on it.

For the Bay,



Chris Moore  
Senior Regional Ecosystem Scientist  
Chesapeake Bay Foundation

# VBAC Classified Page

## Reese Explore ProSeries 63153 Rambler - Never Used

- Robust 500 lb. capacity on a 60" x 24" platform; ideal for camping, tailgates, road trips or whatever else life throws at you
- 5.5" side rails keep cargo secure and in place
- Smart, rugged mesh floors make clean-up quick and easy
- Fits 2" vehicle receivers, features rise shank design that elevates cargo for improved ground clearance
- 2 piece construction with durable powder coat finish that resists the elements, scratches, and rust

\$110.00

[https://www.amazon.com/gp/product/B001G4Z5J0/ref=oh\\_aui\\_search\\_detailpage?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B001G4Z5J0/ref=oh_aui_search_detailpage?ie=UTF8&psc=1)

Stan Sutliff - 757.232.1107

Icom IC-M73 VHF Marine Transceiver. NIB (New in box)

[https://www.amazon.com/IC-M73-01-Icom-Handheld-Marine/dp/B00AW46260/ref=sr\\_1\\_1?ie=UTF8&qid=1539276038&sr=8-1&keywords=icom+ic-m73&dpID=41YTsZatjUL&preST= SY300 QL70 &dpSrc=srch](https://www.amazon.com/IC-M73-01-Icom-Handheld-Marine/dp/B00AW46260/ref=sr_1_1?ie=UTF8&qid=1539276038&sr=8-1&keywords=icom+ic-m73&dpID=41YTsZatjUL&preST= SY300 QL70 &dpSrc=srch)

\$130.00 Stan Sutliff 757.232.1107



I have a fully-turn-key boat, trailer and fishing package for sale.

<https://www.yachtworld.com/boats/2003/carolina-skiff-1965-dlx-3253449/?refSource=standard>

Stan Sutliff  
757.232.1107

Ads are good for 90 days or until sold, whichever comes first. There is no charge for the ad.

If you would like to post an ad, email details and pictures to me at [pmangum@roseandwomble.com](mailto:pmangum@roseandwomble.com) . Thanks - Preston

## 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 – Robbie Parks</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 – Chris Schneider</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!

# *Saltwater Fishing News*

The following page reflects the Prize Fish requirements updated on March 15, 2018.  
Please save for your files.

Eligible Saltwater Species and Minimum Weights are:

\*\*\*\*\* Modified/updated March 15, 2018. Based on 75% of Virginia Citation Requirements.

<b>Virginia Citation Requirements</b>			<b>2018 VBAC Requirements</b>		
	<i>Weight</i>	<i>Release Length</i>		<i>Weight</i>	<i>Release Length</i>
Amberjack	Release only	50"	Release only		38"
Bass, Black Sea	5 lb 0 oz	n/a	3 lb 12 oz		17"
	*****				
Bass, Striped (SW)	40 lb 0 oz	44"	30 lb 0 oz		33"
Bluefish	16 lb 0 oz	36"	12 lb 0 oz		27"
Cobia	55 lb 0 oz	50"	41 lb 4 oz		38" *****
Croaker	3 lb 0 oz	20"	2 lb 4 oz		15" *****
Dolphin	25 lb 0 oz	n/a	18 lb 12 oz		35" *****
Drum, Black	80 lb 0 oz	46"	Release only		35"
Drum, Red	Release only	46"	Release only		35"
False Albacore	Release only	32"	Release only		24"
Flounder	6 lb 0 oz	26"	4 lb 8 oz		20"
Gray Triggerfish	4 lb 0 oz	20"	3 lb 0 oz		15"
Jack Crevalle	Release only	40"	Release only		30"
Kingfish (roundhead)	1 lb 8 oz	16"	1 lb 2 oz		12" *****
Mackerel, King	20 lb 0 oz	n/a	15 lb 0 oz		33"
Mackerel, Spanish	4 lb 0 oz	26"	3 lb 0 oz		20"
Marlin, Blue	Release only		Release only		
Marlin, White	Release only		Release only		
Pompano	1 lb 8 oz	16"	1 lb 2 oz		12"
Sailfish	Release only		Release only		
Sharks	Release only	72"	Release only		54"
Sheepshead	10 lb 0 oz	24"	7 lb 8 oz		18" *****
Spadefish	9 lb 0 oz	22"	6 lb 12 oz		17" *****
Spearfish	Release only		Release only		
Spot	1 lb 0 oz	13"	12 oz		10" *****
Swordfish	100 lb 0 oz	Any	75 lb 0 oz		Any
Tarpon	Release only	36"	Release only		27" *****
Tautog	9 lb 0 oz	23"	6 lb 12 oz		17" *****
Trout, Gray	9 lb 0 oz	30"	6 lb 12 oz		23" *****
Trout, Speckled	5 lb 0 oz	24"	3 lb 12 oz		18" *****
Tuna, Bigeye	70 lb 0 oz	n/a	52 lb 8 oz		38" *****
Tuna, Bluefin	100 lb 0 oz	60"	75 lb 0 oz		45"
Tuna, Yellowfin	70 lb 0 oz	n/a	52 lb 8 oz		38" *****
Tilefish, Blueline	10 lb 0 oz	n/a	7 lb 8 oz		*****
Tilefish, Golden	30 lb 0 oz	n/a	22 lb 8 oz		
Wahoo	35 lb 0 oz	n/a	26 lb 4 oz		38"
	*****				

# *Saltwater Fishing News*

## **Maiden Fishing Trip 12/19/2018 on Russell's new (old) Mako Striper Fishing out of Cape Charles**

Bob Stuhlman and I went with Russell for his maiden fishing trip on his new Mako 21' with a 200 hp Mercury on it. He's put a lot of work into it rehabbing this 197? Mako and putting this "new" 2015 Mercury (he bought it with only 28 hours on it) and it ran like a champ on this beautiful day out of Cape Charles Public Ramp. We fished all day drifting eels once we found some bait in the area of #38 buoy. Russell and Bob ended up with 2 stripers, 33 and 27 inchers on the afternoon bite. Bob refused to let me take a picture. But we heard on the radio several people catching bigger ones over 40 lb. Parking at the ramp was slammed. Most everyone caught fish. It was a beautiful day out there and very calm but cold. I haven't been out since 2012 for stripers. So it was still worth it since I got some striper meat in the freezer now and the boat is a great fishing boat, very comfortable to fish in.

Blessings,  
Ike



Nice 33" striper caught by Russell



Good lookin' Mako Russell!!

# Saltwater Fishing News Continued

## Bay Striper Fishing is Pretty Good!



Ike 45# 7oz



First Citation Striper since 2011:

Went fishing with Russell and Jerry Hughes 12/26 from the Cape Charles Public Ramp which was slammed with trucks and trailers when we got there. At one point Russell counted 106 boats within view near the Buoy 38. The winds were light from the NW as we rode in Russell's Mako 21 to Buoy 36A about 3 miles from the ramp. We found lots of bait but no fish biting in the 120 foot hole that is there. So moving on to Buoy 38 where we caught fish last Wednesday we also found bait and stripers in about 50-75 ft we waited drifting with live eels under bobbers and free lining. In just a few minutes my Bait Runner spinning rod went off with a nice striper taking line like crazy. After a great fight for five minutes with this fish pulling line once she saw the boat we had her in the net and in the boat. We measured her at 45 inches and my scale read 46 lbs but at Oceans East it weighed out 45 lbs 7 oz for a state weight citation. But, that was all the fish that we caught there and the bait seemed to leave the area quickly. So Russell had us looking for bait until we ended up almost at Buoy 40 about ten miles from Cape Charles. The bait was there and pretty soon we had a 41" fish weighing 37.5 lbs at Ocean's East later in the day. We tried several areas between 40 and 36A buoys until it got time for us to go weigh in our fish. Over all it was a great day and Christmas present for me. This was the first citation striper that I've caught since 2011, and the first striper over 40 inches since 2012 in the Cape Charles area. The weather was great, the boat ran great and we "got the meat"!

Blessings,  
Ike



Jerry Hughes 50# 6oz

## *Saltwater Fishing News Continued*

We had spent the last 4 days with my dad in Wheeling helping him and celebrating Christmas. Christmas evening we arrived back home and had found that Santa Claus had fixed my boat! ( long list of stuff & best gift ever!) We decided to do a test run/ meat run yesterday Dec 26 . We grabbed the bait we had already in the freezer and left Rudee around 7 am yesterday morning. Trip out was rough and so we decided to go to a plan B location. After a very bumpy ride, we got there and did multiple drifts in various spots from previous trips there. Sea bass were thick in some areas and not in others so we sifted through and found our little niche and then proceeded to have some good old fashioned fun.

Kevin and I had a fish off and even though I was showing Kevin what I was using ... I was still pulling in sea bass twice the size of his , many were over 4 lbs. We laughed and made smack comments here and there and just had fun. We boated a 2 man sea bass limit and left to head back home around 2 pm . Sea bass preferred squid over frozen cut bait, and 2 hook bottom rigs produced larger fish then jigging. Totally opposite of the norm with these critters in my opinion, but either way, I'll take it.

We both were using the shimano trevala medium fast (80-200lb ) jigging rod paired with a Daiwa saltist 50 which did the trick nicely. The rod is super sensitive and the reel is light and holds a large amount of line, both are durable for multiple species but do not break the bank. I have used this set up rod/ reel for the last 4 plus years and can't say enough about it. Hope everyone had a Merry Christmas, Tight Lines Everyone!



# *Saltwater Fishing News Continued*

## Virginia Artificial Reef Book

Virginia has an Artificial Reef Program but has been neglected due to no or low funding by the state. Many of our reefs are sinking into the seafloor bottom and need periodic maintenance with new material in order to keep and attract fish. VSSA is embarking with a program to raise funds with the specific intent to keep the program going by adding new material over time in order to maintain an adequate habitat for our fishery. Here is our program to accomplish this:

- Establish a committee of volunteers to help manage this program.
- Raise funds through donations and sales.
- Work with state and federal agencies to add materials to existing reefs and create new reefs.
- Promote recreational fishing through this reef program.
- Leverage construction contracts for contractors to donate materials to be placed on reefs rather than dispose of items like concrete, piping, and any material suitable for reefs.
- **VSSA is please to offer our new Artificial Reef Guide that is now available for purchase for \$50. To purchase this book, follow the link below.**

[Virginia Saltwater Sportfishing Association](#)

This 20 page full color book provides detailed images and highly accurate GPS locations to the artificial reefs in Virginia. Each page shows the image scans of the reef itself plus GPS locations in lat/long format so you can go directly to the structure shown in the book. This book is only available in print form. **All proceeds for this book will go towards new reef material to enhance the Virginia Artificial Reef Program.** This product is sponsored by the Virginia Saltwater Sportfishing Association (VSSA). **By purchasing this book for \$50, you can join VSSA for one year.** VSSA membership is currently \$25 per year but by purchasing this book you will receive a one year membership or a one year renewal at no additional cost. Current members may renew their membership by purchasing this book as well. To receive your free one year VSSA membership, just send a copy of your purchase receipt to: [ifishva@gmail.com](mailto:ifishva@gmail.com)

Video Preview: <https://youtu.be/ceTZL51Gn0k>

Photo Preview: <https://photos.app.goo.gl/yfCSxghC4Kw2frT87>

The following reefs are included with detailed scans and waypoint GPS locations:

- Asphalt Reef
- Back River Reef
- Blackfish Banks
- Cabbage Patch Reef
- Cherrystone Reef
- East Oceanview Reef
- Nassawadox Reef
- Nundua Puncoteague Reef
- Newport News Reef
- Northern Neck Reef
- Occonhannock Reef
- Parramore Reef Subway Cars
- Tower Reef
- Triangle Reef
- Wachapreague Reef
- Windmill Point Reef

# *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/content.php/41>



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](#)

# Chef's Corner: Bacon-Wrapped Venison Tenderloin

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JANUARY 2018

*By the time the Christmas holiday rolls around, we turn our focus from the sea to nature's bounty on the farm – organic, ultra-lean, wild venison tenderloin!*



*Southeastern Surf-n-Turf: Fresh grilled Virginia venison tenderloin served with grilled NC shrimp and fresh asparagus.*

Whether you hunt or are fortunate enough to know a successful hunter willing to share the blessings of the fall harvest, it's hard to beat fresh venison.

It is a renewable resource that is free from chemicals and antibiotics; high in protein, vitamins, and minerals; and low in fat. It truly is one of nature's super foods that fueled our ancestors for generations during good times and bad.

This recipe is simple, healthy, and absolutely delicious!

High quality game or fish is a labor of love born from respect of all gifts which nature bestows upon us.

Care of the harvest begins in the field and ends on the dinner table, and what happens in between is what truly makes for a quality dining experience.

I hope you enjoy this recipe – it is definitely a Germanos family favorite!

## **Ingredients:**

1-1/2 pounds of premium venison tenderloin trimmed of all fat & sinew, cut into 2-inch thick loin steaks

½ pound thin-cut hickory-smoked bacon slices

3 tablespoons soy sauce

Sea Salt to taste

Fresh ground black pepper to taste

Garlic powder to taste

Toothpicks – one per tenderloin steak

Hardwood charcoal (high-heat gas grill works just fine – just not as smoky)

## Directions:

This recipe begins after the tenderloins have been skillfully filleted with a quality boning knife. Once removed from the bone, all fat and sinew are removed and set aside in a scrap pile for grinding into premium pet food – we waste nothing! The lean meat trimmings are set aside for jerky, ground venison, or stew meat.

This process is highlighted below. From left-to-right, fresh loin filets from two deer harvested during the October 2018 Virginia archery season; the ensuing loins trimmed of all fat and sinew; and the final product ready for the grill and/or freezer for that special occasion!

I think we lose sight of the process when we buy produce in ready-to-serve packages. I have found that harvesting and processing high-quality game and fish for my family and friends is amazingly gratifying and somehow links my soul to America's pioneering heritage.



*Tenderloins from 2 young bucks.*



*Trimmed of all fat and sinew.*



*Lean slices ready for wrapping!*

If you are beginning with a package of venison loin from the freezer as shown below – so much the better! Simply remove the loin from the packaging. Check for any sinew or freezer-burned spots and remove as necessary.

Slice the tenderloin across the grain into two- or three-inch steaks as shown below, and depending on the circumference of the loin steaks, use either the full slice of bacon, or trim 1/3 of the bacon strip to fit with about a 2-inch overlap when wrapped around the steaks. When in doubt, just use a full strip!

We often trim the fattiest end of the bacon and use it to prepare either of the following potato sides:

- Country-style Stewed Potatoes and Onions (winter favorite!)
- Western Coal-baked Potatoes (great all year – and especially when camping!)

I added these two potato recipes at the end of this article since both are simple, easy, and really delicious!

Additional sides which compliment this dish include grilled asparagus, grilled zucchini, and grilled vegetable skewers of mushrooms, peppers, onions, and cherry tomatoes.

Texas Toast is another great addition – just take a quality French or Artisan loaf; slice to desired thickness; butter each side; and add a dash of garlic powder while it toasts over the hot coals! Simple, but Oh-So-Good!

If cooking Western Coal-baked Potatoes, have them wrapped in aluminum foil and ready to go into the fire as soon as the coals are good and hot!

Oh, and if you *really* want to amp-it up, serve with a few skewers of peeled and de-veined fresh grilled NC shrimp for a truly marvelous version of southeastern-style surf-n-turf!



*Thawed package of loin steaks.*



*Loins, bacon, and spices ready!*



*Sliced loin steaks for the grill!*

While the coals are getting hot, wrap each loin steak with bacon, overlapping and securing each slice with a toothpick. This helps to hold the bacon in place while grilling (below left).

Place the bacon-wrapped steaks in a shallow baking dish as shown below – they are now ready for seasoning!

To season the steaks for grilling, follow these steps as listed for best results:

- Moisten one side of the steak with a dash of soy sauce – just enough to moisten the surface (teriyaki works too)
- Sprinkle a layer of garlic powder onto the moistened surface – it should adhere nicely and absorb the sauce
- Follow with a sprinkling of freshly ground black pepper to taste – it will also adhere to the surface
- Finally, sprinkle a layer of salt over the garlic and pepper...we add the salt last because it will draw some natural moisture out of the meat and further adhere and meld the spices and sauce with the meat. This creates a nice caramelizing effect when grilling over the hot coals!
- Turn the steaks over in the baking dish and repeat this process for the other side
- Let the spices meld until ready to grill...usually as long as it takes for the coals to turn white-hot.



*Wrap each steak with bacon and secure with a toothpick.*



*Moisten with soy sauce and season steaks for the grill.*

Once the coals are white hot, it's time to grill!

If using a gas grill, adjust to high or medium high based on the flame intensity of your grill, but it should be pretty hot to sear the steaks while cooking to a juicy medium-rare doneness!



***Cooking bacon-side down gets drippings into the fire!***

Note that the tenderloins are often started on their sides, bacon-side down (pictured left). This ensures the bacon browns nicely and helps get some drippings into the fire to enhance the searing effect and generate a little smoke.

I typically start the steaks on their sides like this, cooking up to 5 minutes on each side to get a nice glaze on the bacon.

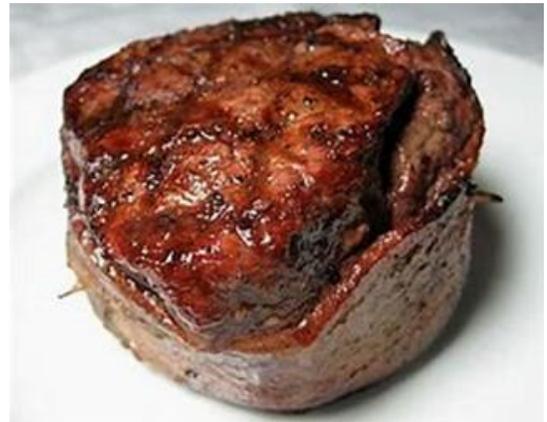
I then crank-up the heat and cook the meat-side surfaces until the spices and sauce begin to caramelize (see below).

Two keys to this process:

- Caramelized, but not burnt...
- Seared to ensure a medium-rare doneness, else this ultra-lean cut of meat could get dry!



***Searing the bacon-wrapped tenderloin on the grill.***



***Caramelized & cooked to medium-rare perfection!***

***Stewed Potatoes and Onions***

Render bacon ends in small stewing pot and remove bacon when crispy but not burnt. Add sliced onions and fry in the rendered bacon grease until they just begin to caramelize to a slight brown color. Add water or clear soup stock (I like chicken stock or venison stock) and sliced potatoes. Season with salt and pepper to taste. Simmer on low boil for 20-30 minutes, stirring occasionally to prevent sticking. Add crumbled bacon and serve!

**Note:** Butter can be used in place of bacon grease, and for a little more kick, add a chopped jalapeno or serrano pepper when frying the onions!

***Western Coal-Baked Potatoes***

This is super easy and super good! Slice medium baking potatoes lengthwise in half (any potato will work, however). Lay each halved potato on a small sheet of aluminum foil – just enough to completely wrap the halved potato when ready to cook.

Place the halved potato flesh-side up and lightly season with salt and pepper to taste. Add a thin slice of onion and followed by a layer of trimmed bacon end. Again, you can add a layer of fresh sliced jalapenos for more kick!

Wrap each halved potato/onion/bacon in aluminum foil and place in the coals, bacon-side down. This will effectively fry the bacon and onion while the potato bakes in the hot coals. It's okay to move the coals around to assure even heat.

These usually take about 30-35 minutes, depending on the heat and how the coals are arranged. When the potatoes "give" when pinched, they are done. Remove from the foil and plate with the venison, Texas Toast, and grilled veggies du jour!

Stay tuned for next month's "Ground Hogs Day" recipe!

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

# Surf Fishing News

## Surf Fishing Report: 2018 Year End Summary

Our teams represented the club very well this year. Overall we finished in the top third in almost all of the tournaments. Listed here are the tournaments, fish scored, points, finishing place and who gets to return in 2019.

### Ocracoke Invitational Surf Fishing Tournament (80 +/- Teams)

**Team A:** 7 fish 39 points 13<sup>th</sup> place  
**Returning:** Doug Wehner 2/24 Butch Eason 3/6 Russell Willoughby 2/5

**Team B:** 7 fish 13 points 30<sup>th</sup> place  
**Returning:** Stan Sutliff 2/5 Carl McCoy 1/4 John Germanos 2/2

### Hatteras Village Civic Assoc. Invitational Surf Fishing Tournament (68 Teams)

**"A"** 14 fish 35 points 4<sup>th</sup> place  
**Returning:** Stan Sutliff 5/13 Butch Eason 5/11 Preston Mangum 2/8

**"B"** 5 fish 8 points 22<sup>nd</sup> place  
**Returning:** Carl McCoy 3/4 Robbie Parks 1/3 Larry Regula 1/1

### Long Beach Island Fishing Club Surf Fishing Tournament (52 Teams)

**"A"** 10 fish 35.00 points 29<sup>th</sup> place  
**Returning:** Greg Wehner 6/21 Jerry Hughes 1/11 Doug Wehner 3/3.00

**"B"** 14 fish 156.50 points 8<sup>th</sup> place  
**Returning:** George Gabriel 6/82 John Germanos 2/23.75 Melanie Bayford 2/23.50

### Nags Head Surf Fishing Club Invitational Surf Fishing Tournament (80+/- Teams)

6 fish 11 points 51<sup>st</sup> place  
**Returning:** Robbie Parks 2/6 Doug Wehner 2/2 Stan Sutliff 1/2

### Cape Hatteras Angler's Club Invitational Surf Fishing Tournament (120 Teams)

8 fish 38 points 38<sup>th</sup> place  
**Returning:** Robbie Parks 2/26 Bryan Watkins 3/9 Stan Sutliff 2/2

Thanks to all of you who participated on the teams in 2018!

We will be drawing the names for the 2019 Ocracoke Team at the February club meeting and the names for the fall tournaments at the March club meeting. Registration forms will be in the news letters and I will have forms at the meetings.

**Tight Lines!! Robbie**

# ***Freshwater Fishing News***

## Eligible Freshwater Species, Minimum Weight, and Release Lengths.

\*\*\*\*\* Modified/updated March 15, 2018. Based on 75% of Virginia Citation Requirements.

### Virginia Citation Requirements

### 2018 VBAC Requirements

	<i>Weight</i>	<i>Release Length</i>		<i>Weight</i>	<i>Release Length</i>	
Bass, Largemouth	8 lb 0 oz	22"	6 lb 0 oz	17"		
Bass, Rock	1 lb 0 oz	12"	12 oz	9"	*****	
Bass, Smallmouth	5 lb 0 oz	20"	3 lb 12 oz	15"	*****	
Bass, Striped (FW)	20 lb 0 oz	37"	15 lb 0 oz	28"		
Bass, White	2 lb 8 oz	18"	1 lb 14 oz	14"		
Bowfin (Grindle)	10 lb 0 oz	30"	7 lb 8 oz	23"		
Carp	20 lb 0 oz	34"	15 lb 0 oz	26"		
Catfish, Blue	30 lb 0 oz	38"	22 lb 8 oz	29"	*****	
Catfish, Channel	12 lb 0 oz	30"	9 lb 0 oz	23"		
Catfish, Flathead	25 lb 0 oz	40"	18 lb 12oz	30"	*****	
Chain Pickerel	4 lb 0 oz	24"	3 lb 0 oz	18"		
Crappie	2 lb 0 oz	15"	1 lb 8 oz	11"	*****	
Gar	10 lb 0 oz	40"	7 lb 8 oz	30"		
Muskellunge	15 lb 0 oz	40"	11 lb 4 oz	30"	*****	
Northern Pike	6 lb 0 oz	30"	4 lb 8 oz	23"		
Perch, White	1 lb 4 oz	13"	15 oz	10"		
Perch, Yellow	1 lb 4 oz	12"	15 oz	9"	*****	
Sauger	2 lb 0 oz	18"	1 lb 8 oz	14"		
Shad, American			(Release only)	12"		
Shad, Hickory	1 lb 8 oz	10"	1 lb 2 oz	8"		
Sunfish/Bluegill	1 lb 0 oz	11"	12 oz	8"	*****	
Trout, Brook	2 lb 0 oz	16"	1 lb 8 oz	12"		
*****						
Trout, Brown	5 lb 0 oz	25"	3 lb 12 oz	19"		
*****						
Trout, Rainbow	4 lb 0 oz	22"	3 lb 0 oz	17"		
*****						
Walleye	5 lb 0 oz	25"	3 lb 12 oz	19"		
*****						

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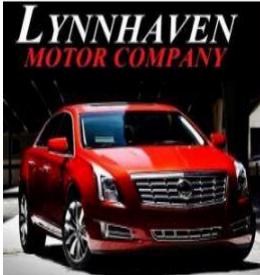
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The purpose of the VBAC is to encourage sport fishing, both freshwater and saltwater, while supporting prudent governmental and other policies that promote the preservation, conservation and ecology of all marine life.

## 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.

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