



November 2020

VIRGINIA BEACH ANGLERS CLUB

Tight Line

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Upcoming Events

Monthly Meeting:

When: 7:30 PM November 5, 2020

Where: 5.11 Tactical. 3980 Virginia Beach Blvd. #101, Va Beach

Meeting Speaker: TBD

Meeting Subject: TBD

NOTE: 1. **BYOFC EVENT (BRING YOUR OWN FOLDING CHAIR)**
2. STORE LOCATED IN THE SAME SHOPPING CENTER AS WEST MARINE

GUIDING PRINCIPLES FOR INDOOR GENERAL MEMBERSHIP MEETING

** Stay home if you have tested positive for COVID-19 or are showing COVID-19 symptoms.

** Stay home and monitor your health if you have had close contact with a person who has symptoms of COVID-19 within the past 14 days.

** For potential future contact tracing needs, we will have a sign in table. Please check in with Bob Stuhlman when you arrive.

** Masks are required and most essential when physical distancing is difficult within a crowd or audience. Attendees are required to bring and wear masks during this event. If you are not wearing a mask properly (covering mouth and nose), you will be asked to leave. Masks are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms.

** Please allow for social distancing when entering or leaving.

** When you arrive, minimize gestures that promote close contact. Handshakes, fist bumps, and high-fives at meetings are discouraged. Instead wave and greet verbally.

** Attendees are encouraged to wash hands often and cover coughs and sneezes. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol and rub hands until dry.

** Please arrange your chairs so they are adequately spaced. Please do not sit next to another attendee unless you are from the same household.

** Please limit restrooms occupancy to allow for social distancing. Please do not form a crowd near the restroom without maintaining a distance of at least 6 feet from other people.

** Individual drinks and snacks will be offered. Please avoid congregating around food service areas. Please remain at least 6 feet apart when waiting in line to pick up items. Snacks and drinks will be pre-packaged boxes or bags for each attendee.

This Month's Quote

Most of the world is covered by water. A fisherman's job is simple: Pick out the best parts.

-Charles Waterman

VBAC Fishing Roulette 2020

<u>Species</u>	<u>Current Leader</u>	<u>Weight</u>
Bowfin	Melanie Bayford	5 lbs. 10 oz.
Yellow Perch	Preston Mangum	1 lb. 8 oz.
Flounder	Lou Corigliano	2 lb. 7 oz.
Tautog	Robert Oliver	7 lb. 2 oz.
Spadefish	Patty Searby	1lb. 13 oz.

Submissions
 Virginia Beach Anglers Club:
vbanglersclub@gmail.com
 Kelly Hoggard: 757-416-8817 or
fishnkelly@msn.com

Catch-A-Ride

BOAT

Jeremy Maguire (757) 407-0493

Rich Maguire (757) 619-4851

Rob Stommel (703) 244-1282

Scott Nagen (571) 572-1023

Preston Mangum (757) 582-1450 (FWtr)

CREW

Kelly Hoggard (757) 416-8817

Victor Minak (703) 888-8992

Add your name to either list by sending an email to

vbanglersclub@gmail.com

VIRGINIA BEACH ANGLER'S CLUB 2020 CALENDAR OF EVENTS

NOVEMBER	5	GENERAL MEMBERSHIP MEETING – 5.11 TACTICAL
	CNX	CAPE HATTERAS ANGLER'S CLUB INVITATIONAL SURF FISHING TOURNAMENT
	19	BOARD MEETING – LOCATION TBD
DECEMBER	3	GENERAL MEMBERSHIP MEETING – CHRISTMAS PARTY & GENERAL ELECTIONS – LOCATION TBD
	CNX	CRAPPIE TOURNAMENT
	17	BOARD MEETING – LOCATION TBD

VBAC Annual Election Information

As we prepare for the December Annual meeting and the election of Officers and Directors for 2021, the Bylaws require that the membership be notified in advance of the slate of proposed Officers and Directors and also have the opportunity to nominate any member in good standing to any office or directorship that they want to run for election.

Attached is the proposed ballot for 2021 of members interested in election to the positions indicated as Officers and Directors. At last year's annual meeting we elected, in addition to the Officers, 9 members to serve on the Board of Directors for the following terms. They are:

<u>3 Year Term</u>	<u>2 Year Term</u>	<u>1 Year Term</u>
Ronnie Nixon	Preston Mangum	Gary Doerhoff
Bryan Watkins	Jerry Mariano	Pat Searby
James Eisenhower	David Anderson	Larry Regula

For 2021, the Directors elected last year for a 3 year term still have 2 years remaining, and those elected for a 2 year term still have 1 year remaining. Therefore, the members on the ballot running for the position of Director this year will be elected to a new 3 year term as the 1 year term Director's positions have expired. Also, because Bryan Watkins is running for the position of 2nd Vice President, his Directorship position will become vacant and George Gabriel has decided to run for the remaining 2 years of Bryan's Directorship.

If anyone has any questions or is interested in running for any office, please let me know.

Butch Eason

Chairman, VBAC Nominating Committee

(757) 681-6019

Sample Ballot



Virginia Beach Anglers Club, Inc
P.O. Box 8602
Virginia Beach, Virginia 23452
virginiabeachanglersclub.org

Proposed Slate of Officers and Board Members for 2021

Officer		Write in Candidate
____ President	Chris Schneider	_____
____ 1st Vice President	Mark Lozier	_____
____ 2 nd Vice President	Bryan Watkins	_____
____ Treasurer	Mike Anderson	_____
____ Recording Sec.	Russell Willoughby	_____
____ Corresponding Sec.	Bob Stuhlman	_____

Board Members - Please vote for the following members:

For a three year term

____ Gary Doerhoff

____ Pat Searby

____ Kelly Hoggard

____ Write in Candidate

For a two year term : To replace Bryan Watkins

____ George Gabriel

____ Write in Candidate

Stan Sutliff - Memories

Stan Sutliff, a valued club member, passed away in late October. He was active in a number of clubs and the pictures below show some of the many activities he shared with the members of our club and the memories left behind.

VBAC Tourney at Little Island – May 2019

Pictures and captions submitted by John Germanos.

Walking His Station



Stan Cranking In Da' Biggun!



VBAC Tourney at Little Island – May 2019



Ocracoke – May 2019



VBAC Tourney at Little Island – May 2019

Stan, Bryan, and Doug waiting on John to announce the results...

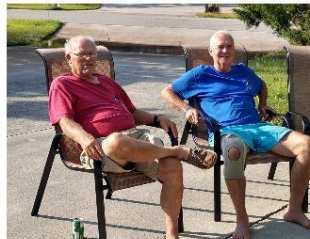


VBAC Salvo Spring Open – June 2019



Salvo Fall Open – August 2019

Veteran's Doug and Stan chillin' at John's cottage OBX style...



Fairhaven United Methodist Church Fish Fry – Rodanthe, NC



Our October 8 Meeting



Stuff-A-Boat Toy Drive



As we are all aware the COVID-19 Pandemic has caused us to limit social contact and to try to avoid large gatherings. Due to the safety of everyone involved we have made the difficult decision to change the way we will do the Stuff-a-Boat Toy Drive. We hope that everyone will continue to support our campaign for U.S. Marine Corps. Reserve Toys for Tots this year.

Toy for Tots is in more need of our support this year as they have already delivered over 2 million toys, books, games to children whose families were struggling at the height of the Pandemic. Now they need our help to catch up.

To cut down on everyone's exposure we have set up a Fundraising page this year to collect monetary donations for the Stuff-a-Boat Toy Drive. All funds donated will stay locally and go to the U.S. Marine Corps. Reserve Toys for Tots Program. Sea Tow Hampton Roads will not be collecting new toys this year; we hope all who supported The Stuff-a-Boat Toy Drive in past years will again step up and be a part of this noble cause. In lieu of drawings for gifts this year Sea Tow Hampton Roads will be donating \$2500 to the 2020 Campaign.

Follow the link to Donate <http://bit.ly/sthrtoysfortots2020>

Thank You once again for your continued support in making a Child's Holiday a Little Brighter.

If any questions, feel free to call Ed or Karen @ 757-496-1999.

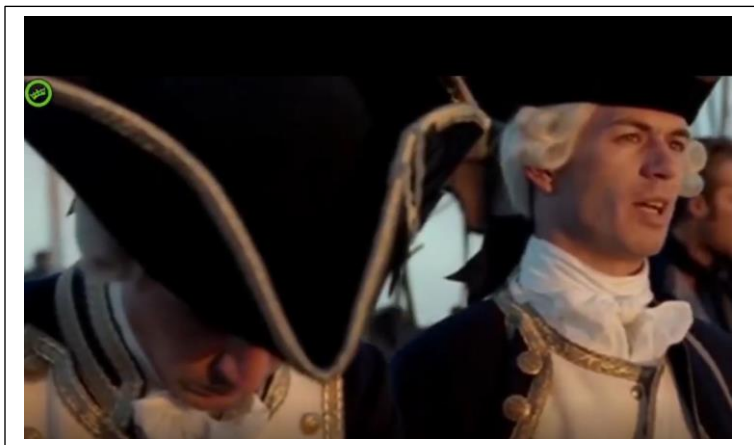
Membership Renewal

VIRGINIA BEACH ANGLER'S CLUB 2021 MEMBERSHIP RENEWAL

I know it may be early to be thinking about renewing your membership for 2021, but it is never too early to plan ahead. Membership dues remains at a low \$40 rate. Payment of your 2021 dues will insure continued eligibility to be a member of a 2021 VBAC Surf Fishing Tournament Team, eligibility to compete in the VBAC Prize Fish Competition, the chance to be selected to be part of our planned charter fishing trips and other activities we have planned for 2021. Any one joining VBAC in November or December 2020 will have their membership automatically extended into 2021. Please see Chris Schneider at our next meeting to update your membership file.

Amusing Item

This is one sent to me about the fun of boat ownership. Hope you enjoy - Preston





As our offshore work on the Coastal Virginia Offshore Wind (CVOW) projects continues into the Fall of 2020, we remain committed to maintaining communications with the fishing community and other mariners in the area via these periodic updates. All mariners are encouraged to contact Dominion Energy's Fisheries Liaisons with any specific questions about the status of the projects in relation to fisheries.

CVOW Pilot Project (CVOW-P) commissioning activities are expected to be complete within the September 2020 timeframe. Once commissioning activities are complete, the buoys marking the restricted access construction zone will be removed. Until that time, access to the area remains restricted to project service vessels, including the Siem Dorado, the Gaspee and the Delta Escape. The newly built Windserve Odyssey, a Jones-Act Compliant crew transfer vessel (CTV), will also be deployed on the site in the near future. The CVOW-P turbines and the export cable route are now displayed on the updated NOAA Nautical Charts (Chart #s 12200 and 12221).



Offshore Wind Project

Offshore survey activities for the Commercial Project (CVOW-C) are expected to continue through the October 2020 timeframe. The survey vessel(s) Kommandor Iona and Minerva Uno will join the group of existing survey vessels operating in the area, which include the Sarah Bordelon, Marcelle Bordelon, Dina Polaris and the Northstar Commander. The Minerva Uno will be completing operations along the export cable route and the Kommandor Iona will work within the commercial lease area. Activities will be conducted 24/7; please consult the [Fifth Coast Guard District Local Notice to Mariners](#) for additional information on vessel activity.



Kommandor Iona



Minerva Uno

Cobia Options for 2021

Virginia Saltwater Sportfishing Association

ifishva.orgjoinvssa.org

Officers:

John Satterly, President

David Tobey, VP

Mike Avery, Treasurer

Mike Avery, Secretary

Board of Directors:

Curtis Tomlin, Chairman

John Bello

Adrian Marchi

Bob Burbic

Jerry Hughes

Mark Roy

Steve Atkinson

Travis O'Neal

John Powers

John Page Williams

Cobia Options for 2021

Virginia is being asked to reduce the harvest of cobia by 42% for 2021 and beyond. VMRC and ASMFC have developed options for Virginia to meet these reduction goals. The FMAC met on October 14, 2020 to narrow down the options. The VMRC staff and FMAC recommendation is as follows:

- Season: June 15 – Sept 15
- Possession Limit: 1 per person or 2 per vessel, whichever is more restrictive
- Minimum size: 40 inches total length, can have one on vessel over 50 inches total length
- Prohibit gaffing

The VMRC Commission will meet on **December 8, 2020** to decide on which option Virginia will implement. While staff and FMAC recommendations do carry weight input from the angling public can have a significant impact. VMRC is running a survey monkey poll to gather input from anglers. VSSA is encouraging all anglers to complete the VMRC survey **not later than October 30, 2020**. Here is the link:

<https://www.surveymonkey.com/r/S9VKQQR>

VSSA is also running a survey independently of the VMRC survey. The VMRC survey is a blind survey meaning we don't see the results. VSSA surveys are transparent where everyone can see the results in real time. Both the VSSA survey and the VMRC surveys are limited to one entry per person. VSSA is asking everyone to complete both surveys as a way to independently verify the results. Both surveys only take a minute to complete. Both survey questions are the same. VSSA survey will remain open until **November 20, 2020**.

Click below to complete the VSSA survey.

<http://joinvssa.org/action-plan/cobia/>

Thank you for your support.

Virginia Saltwater Sportfishing Association (VSSA)
<http://joinvssa.org> <http://ifishva.org>
<https://www.facebook.com/groups/IfishVA/>
ifishva@gmail.com

Latest Posts
On
Tidal Fish



Click on Above Logo

2020 Virginia Beach Anglers Club Committees:

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

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

Chef's Corner: Venison Liverwurst Sausage

NOVEMBER 2020

Throw away all paradigms and unleash a nutritional powerhouse in an explosion of flavor with this incredible venison sausage!

Readers that follow my recipes have come to appreciate my passion for ethically utilizing every inch and every ounce of the game and fish I harvest – to include offal.

According to Merriam-Webster, the official offal definition is “the viscera and trimmings of a butchered animal removed in preparing it for market or for consumption.”

Although most of us rarely eat offal — aka organ meats — this nutritious ingredient is jam-packed with important vitamins, minerals, and micronutrients that can have a hugely positive impact on your health.

For example, venison liver contains 50 times as much vitamin B12 as steak and more Folate and B vitamins than any other food on the planet. In fact, it is more densely packed with vitamins and minerals than kale, spinach, and broccoli!



This German classic is a wonderful snack food or field lunch for the beach, woods, or water!

Also known as organ meats or variety meats, offal is not commonly consumed in most of the western world. In many cases, we think of offal for dogs or animals rather than a nutritious addition to our diets.

However, organ meats are loaded with important vitamins and minerals, often in much higher concentrations than many other foods.

Furthermore, offal has been highly valued in Traditional Chinese Medicine (TCM) for more than 3,000 years. In fact, a basic tenet of TCM is that consuming organ meats from animals will support the same organ in your own body.

There are dozens of “accepted” types of offal, depending on where you live. Here are the types of offal used in this recipe:

Liver

Often hailed as a nutritious superfood, the more commonly consumed chicken liver has only 116 calories but contains more than double the recommended daily allowance (RDA) for vitamins A and B12 in each serving.

In addition, the folate and riboflavin in chicken liver provides over 100% of the RDA for the average person.

Chicken liver also contains high amounts of vitamin B6, niacin, pantothenic acid, iron, phosphorus, selenium, and copper. Venison liver is even more densely packed with nutrients and makes excellent liver sausage.

While I enjoy the traditional pan-fried venison liver smothered with onions and gravy and a side of homemade mashed potatoes, I also like variety.

Liverwurst is a liver sausage with a similar nutritional profile to liver, including a massive amount of vitamins A and B12. Its selenium content is incredible, and it is a rich source of Riboflavin and other key nutrients. Selenium is associated with a number of powerful health benefits, including the prevention of certain cancer types, decreased oxidative stress, and enhanced immune function.

Heart

While it may not contain as many nutrients as liver, the heart (and especially cow heart) provides the most CoQ10 of any of the offal meats and is loaded with important vitamins, too.

Venison heart provides over 100% of the RDA for vitamin B12 and over half the RDA for riboflavin. It also includes significant amounts of niacin, iron, phosphorus, copper, and selenium.

We often slice and pan-fry the heart, but its mild flavor and firm texture makes it an excellent addition to most venison sausage recipes!

Kidneys

Eating kidneys is not as common as it once was, but venison kidney has over five times the amount of vitamin B12 required each day, as well as almost two times the RDA for riboflavin.

Venison kidney also contains over 225% of the RDA for selenium.

Spleen

This variety meat gets very little attention compared to liver, heart, and kidneys, but it is incredibly nutritious. It is loaded with protein and is a rich source of all B-vitamins; Vitamin C; Iron; Zinc; Copper; Selenium; and a host of other essential amino acids, minerals, and nutrients.

Chef Boyardi Ravioli™ used to list pork spleens as one of the ingredients on the label, and many other processed foods use this ingredient to boost the RDAs of each respective product, so while it is not often listed as an explicit ingredient, it appears in many commonly consumed processed foods!

While Liverwurst and Braunschweiger recipes typically features liver as the primary ingredient, traditional Wurstmeisters used all variety meats in their sausage. This recipe adheres to that tradition and converts each of the above variety meats into one of the most nutritious sausages you will ever eat!

INGREDIENTS:

This is a good base and tastes great as presented. However, it's okay to modify it to suit personal tastes. It's also fine to swap a pound of pork for a pound of trimmed venison heart, which has the perfect texture for this recipe!

- 3-1/2 pounds 80-85% lean pork shoulder
- 2-1/2 pounds venison liver, hearts, spleens, & kidneys*
- 2 medium onions, grated (3 cups, coarsely chopped)
- 4 tablespoons Kosher salt
- 1 teaspoon cure
- 1-1/2 tablespoons fine ground white pepper
- 1-1/2 tablespoons ground mustard seed
- 3 teaspoons ground cardamom
- 1-1/2 teaspoons allspice
- 1-1/2 teaspoons dried marjoram, ground
- 2 teaspoons Spanish paprika
- 1 teaspoon ground mace
- 1/2 teaspoon ground sage
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground coriander
- 1 tablespoon powdered dextrose (corn sugar)
- 1 tablespoon Accent (optional)
- 3 tablespoons dehydrated non-fat milk
- 1 cup ice water
- 2.5-inch fibrous casings (I used two 20-inch long casings with 3-pound capacity per loaf)

* **NOTE:** I experimented with this batch and used fresh offal from two does I harvested on the last day of the 2019/20 Virginia deer season. This included the liver, spleen, kidneys, and heart from a yearling doe; and the spleen and heart from a 1-1/2-year-old doe. The total weight of all offal used was approximately 2-1/2 pounds (2 lbs 10 oz.)



Pork Shoulder.



Variety Meats: Liver, Heart, Spleen, and Kidney

Variations:

1. Substitute a pound of venison heart for one pound of pork shoulder
2. Can use 50-50 blend of bacon ends and pork shoulder
3. Use additional liver in place of hearts, kidneys, and spleen
4. May substitute fresh elk, mule deer, or moose liver for the venison liver and/or other offal (or use pork or beef)
5. Ground oregano and thyme are optional variations from the classic German blend and can be added if desired
6. Double-down on the sage, nutmeg, ginger, and coriander if you want a more savory flavor!

DIRECTIONS:

Cut the variety meats into easily handled pieces and simmer in about 2 cups of water. The meats should be cooked but still be slightly pink inside as shown. Avoid overcooking to retain nutrients and moisture content.



Trimmed Liver, Spleens, Heart, and Kidneys!



Venison Variety Meats (aka offal)!



Gently boiled to a light pink color inside.

Remove and chill the variety meats prior to grinding. This helps firm them up for a cleaner grind.

Optional: Instead of cooking the liver, soak the raw venison liver in milk for about 30 minutes. Rinse the liver and pat dry. The same may be done for the kidneys and spleens.

Cut the pork shoulder into 1-inch cubes and thoroughly chill before grinding.

While the meats are chilling, pass the chopped onion through a 1/8-inch plate of your grinder. I have a small kitchen grinder that I use for this, and it works perfectly. You can also pulse a food processor to achieve the same results.

Mix the ground onions, chilled pork, and variety meats and thoroughly chill before grinding.



Blending the spices.



Mix onions, pork, and variety meats.



Mix in the spices before grinding.

Pass the mixture of onions, liver, hearts, kidneys, spleens, and pork through the fine plate of your meat grinder at least twice (three times is even better). You want a very finely ground, pasty mixture.

Grind the mixture a second time using the fine plate.

Combine the spices in a ceramic, glass, or stainless steel bowl and dissolve with the cup of ice water.

Pour the spice and water mixture into the ground meat and mix thoroughly for at least 2-4 minutes.

If you do not have a sausage mixer, use your hands for mixing to assure even distribution of the dissolved spices and cure.

Let the spiced mixture “set” for 30-45 minutes to chill through and grind once more with a fine plate to assure smoothness and thoroughly integrate all spices.

I placed the mixture in a gallon Ziploc bag in the freezer for 30 minutes to get that firmly chilled texture before grinding.

This extra step truly ensures the spices are well blended and the sausage is smooth – it is also a lot tidier!

Once the sausage is fully mixed and ground, stuff it into natural pork casings or comparable collagen or fibrous casings.

I like to use a 2- or 3-inch fibrous casing such as that which I use for summer sausage, trail bologna, and salami. This makes spreading easy, and it is a good size for sandwich slices!

Simmer the stuffed sausage in water just below the boiling point until the internal temperature reaches at least 152 degrees Fahrenheit.

I used a long Dutch oven and simmered over two gas burners to get good heat distribution. I also used a couple plates to keep the sausage submerged while it was simmering.

Once the liverwurst has finished cooking, cool it to room temperature and package it for the fridge or freezer. It will keep well in the refrigerator for a week and freezes very nicely – especially if properly vacuum-sealed to keep the air out!



Ready to chill the first grind and prepare for a second pass through the grinder!



Slow-simmering the sausage over twin gas burners.



Cooling the sausage before packaging.



Fresh Venison Liverwurst Sausage



Portioned, Wrapped, and Ready!

This can be served in many ways and is rich in protein, vitamins, and essential minerals.

- Spread or place slices on toasted English Muffins – one of my favorite snacks!
- Spread or slice onto a cucumber sandwich with buttered wheat or rye bread (or toast)
- Serve on your choice of crackers such as Ritz, Saltines, Pita Chips, Wheat Thins, Triscuits, or other favorite.
- Serve on crusty French, Italian, or Artisan Bread (toasted or untoasted)
- Use as a base ingredient for a variety of pâte, dips, and spreads



Liverwurst on Tuscan Peasant Crackers with Jalapenos, and Sharp Cheddar!



Portioned and Vacuum Sealed for the Freezer or Cooler.



Venison Liverwurst on Toasted and Buttered English Muffin

Final Thoughts

Liver, heart, kidneys, and spleens are some of the types of organ meats that fit the official “offal meaning” and boast the best nutritional profiles.

While they are often considered “lesser” meats, or perceived as dangerous, these variety meats are densely packed with nutrients.

Most variety meats are extremely high in Vitamin A, an antioxidant that is linked to decreasing cancer risk, protecting your eyes, and reducing chronic inflammation.

Offal generally contains significant amounts of B-Complex vitamins which are known to help prevent cancer, reduce the risk of heart disease, and help the brain function at peak levels.

Variety meats are rich in selenium, which has numerous health benefits – most notably its ability to boost the immune system, improved thyroid health, and combats mercury toxicity. Optimum levels of selenium may also have a protective effect on cognitive health; positively affect male fertility; decrease levels of inflammatory markers and oxidative stress; and lower the risk of depressive symptoms!

Offal also contains minerals that aid in pregnancy and fetal health, treating anemia.

Because farming standards greatly impact the quality of organ meats, it is very important to only eat meats raised ethically, using organic guidelines.

Offal from wild game is free from toxic substances typically used in the growth and production of commercial livestock such as chemicals, hormones, and other undesirable additives.

Free-range animals which are fed species-appropriate diets (not grain-fed) are relatively safe, but wild game such as venison is about as good as it gets!

To get the right consistency during processing, the meat needs to be processed multiple times.

If you have a food processor, but no grinder, you can get by as long as you buy ground pork to start with.

If you have a grinder, it is best to grind several times with a fine plate, but the finer this gets, the harder it is to put through the grinder.

That is why I recommend thoroughly chilling and firming the mixture before grinding!

As for the sausage stuffer, I recommend a standalone compression style stuffer.

If you do not have a dedicated sausage stuffer, but have a jerky gun, that would work in a pinch. Stuffing the paste in the small chamber will be a pain, but you can work with it. If you only have a grinder attachment sausage stuffer, you can use that as well, but because the paste gets more challenging to grind, trying to run it through the worm gear of the grinder stuffer will be just as challenging.

In any case, the rewards are well worth the work, and the final product will be a nutritionally rich sausage that fully utilizes some of the most overlooked variety meats associated with freshly harvested venison!

Contributed by: VBAC Member John Germanos, aka “The Instinctive Chef”



Exciting Fishing Opportunities in waters of Virginia

Please click the link below to get information all fishing in Virginia

<https://www.dgif.virginia.gov/fishing/>

READ FISHTALK ONLINE

Rudow's FishTalk Magazine is a monthly magazine focused on fishing the Chesapeake Bay and Mid-Atlantic region. Read the current issue here online or browse through the archive of past issues below. If you can't find what you're looking for drop us a line [HERE](#)

CURRENT ISSUE

See What's New in the 2020 Fishing Regulations

Click the link below.

https://www.dgif.virginia.gov/?utm_source=mailchimp&utm_medium=email&utm_content=header

Salt Water Largest Fish (Release) 2020

Species	Angler	Date	Size	Where	Weight
Amberjack					
Black Drum					
Blackfin Tuna					
Blackbelly Rosefish					
Blueline Tilefish					
Bluefish	Frank James	14-May	33.5"	Rudee Inlet	
Cobia	Robert Oliver	9-Jun	38.5"	CBBT	
Dolphin					
Flounder					
Golden Tilefish					
Grey Trout					
Houndfish					
King Mackerel					
Oyster Toad					
Pinfish					
Pompano	Kelly Hoggard	13-Jul	16.5"	Sandbridge Surf	
Puffer Fish (smooth)					
Puppy Drum					
Red Hake					
Red Drum	Kelly Hoggard	10-Sep	44"	South Beach NC	
Roundhead	Kelly Hoggard	30-Jun	16.5"	Sandbridge Surf	
Sea Bass					
Sea Robin					
Shark, Sandbar	Kelly Hoggard	16-Oct	75"	Cape Hatteras Point	
Snowy Grouper					
Southern Puffer Fish					
Spanish Mackerel					
Spadefish					
Speckled Trout	Ike Eisenhower	17-Sep	23.5"	Little Creek	
Spot	Robert Oliver	2-Jun	9"	Lynnhaven Inlet	
Swallowtail Bass					
Tautog	Kelly Hoggard	28-Apr	20.25	CBBT	
Warsaw Grouper					
White Marlin					

Salt Water Largest Fish (Catch) 2020

Species	Angler	Date	Size	Where	Weight
Amberjack					
Black Drum					
Blackfin Tuna					
Blackbelly Rosefish	John Germanos	13-Aug		Norfolk Canyon	3 lb 9oz
Blueline Tilefish	Kelly Hoggard	25-Jun		Norfolk Canyon	13 lb 0 oz
Bluefish					
Cobia					
Conger Eel	Robert Oliver	24-Sep		CBBT	2 lb 12 oz
Dolphin					
Flounder	Lou Corigliano	3-Sep		CBBT	2 lb 7 oz
Golden Tilefish	John Germanos	13-Aug		Norfolk Canyon	37 lb 1 oz
Grey Trout					
Houndfish					
King Mackerel					
Oyster Toad	Robert Oliver	22-Apr	16.25"	CBBT	31 b 13 oz
Pinfish					
Pompano	Kelly Hoggard	13-Jul		Sandbridge Surf	2 lb 13 oz
Puffer Fish (smooth)					
Puppy Drum					
Red Hake	Patty Searby	13-Aug		Norfolk Canyon	3 lb 5 oz
Red Drum					
Roundhead	John Germanos	14-Jun		Ramp 55 NC	1lb 9 oz
Sea Bass					
Sea Robin	Kelly Hoggard	9-Jun		Ches Light Tower	1lb 6 oz
Shark					
Snowy Grouper	Kelly Hoggard	25-Jul		Norfolk Canyon	40 lb
Southern Puffer Fish	Patty Searby	24-May	9.5"	Sandbridge	13 oz
Spanish Mackerel	John Germanos	3-Jul		Ramp 44 NC	5 lb 6 oz
Spadefish					
Speckled Trout					
Spot					
Swallowtail Bass					
Tautog	Robert Oliver	28-Apr		CBBT	7 lb 2 oz
Warsaw Grouper					

Saltwater Fishing News

3X Limit Day with Louis Glaser and Bert Sainz 9/23/20

Went fishing in the Little Creek at daybreak with Louis and Bert. This was after about 5 days with NE winds blowing from the leftover from a hurricane in the Gulf which pushed the water temp down to 68 degrees. So it started out a little windy but that didn't interfere with the topwater action. We started catching almost at the first cast. But after boating a couple in the boat the topwater action died down so we repositioned and found the motherlode. Catching one after another almost at ever cast mostly using MR52's with Bert using a Paul Brown that was really deadly.. All three of us caught a 22 inch speckled trout as our biggest. We ended up catching over 30 fish of course only kept our limit. Littlest one caught was 18 inch. Bert got a 22 inch puppy drum that ran him all around the boat. . Definitely one of our best days catching. We left them still biting.

My Personal Best Speckled Trout so far. 9/17/20

Went fishing with Louis Glaser and Taz at daybreak in the Little Creek. Started really slow on topwater lures but we moved around several times. Finally when we switched to MR27's Taz hooked up a big one that measured 23.5 inches. Shortly while he was getting that out of the net I casted in the same general direction and I hooked my present PB (personal best) which measure 23.5 inches and I released it for a club minimum. Each was on different colored 27's. Not long after that Louis hooked a 22". Then we started catching more in the 18-20 inch range and ended the morning with 12 trout between us. This was the beginning of the bigger sized trout entering the Little Creek coming down from the Northern flats in the Bay. Water temp was 73 degrees. A great day on the water for sure.

Blessings,
Dr. James W. Ike Eisenhower





**9 spot Lynnhaven puppy drum.
Caught on cut finger mullet**

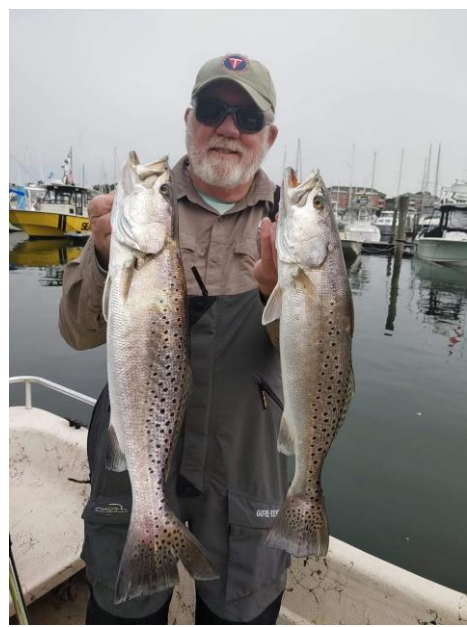
Saltwater Fishing News

Went flounder fishing at the 3rd and 4th Island and caught every thing but. Caught tons of short Sea Bass of which 2 were keepers. Caught one keeper Grey Trout. Caught one short Flounder. I caught and released a 40 inch Red Drum on my poor flounder rod. Dave Steele, a new club member, caught and released a 46 inch Red Drum on the same poor flounder rod. I was driving the boat when my rod got caught on a rock. I passed my rod to Dave and I turned the boat around to get the sinker free. When the sinker came free, the 46 inch fish hit my rod which he was holding. He fought the fish to the boat and that's when the nets got involved. The smaller of the two nets worked fine for the 40 inch fish, but we broke both nets on the 46 inch fish. We managed to man handle the fish into the boat which was no easy feat. The question is, who gets the state release citation? Me, because it was caught on my rod or Dave since he fought it to the boat.



Saltwater Fishing News

Fishing with Louis and Doug Wilburn in October in Little Creek, Louis Glaser and I fish from pre-dawn to around 10-11am almost every day. High winds and heavy rain and doctor appointments are about the only things that keep us off the water. This month was a hard month to catch trout. Maybe it was the warm 68-69 degree water or whatever. So some days we got skunked for keeper size 16-23 inch fish and other days the bite was on. The pictures of me fish holding fish were both days I caught 20+ inch release club minimums. The picture of Doug Wilburn and me holding fish was also a great day with a lot of shorts caught and 10 keepers up to 20 inch. The picture with Louis holding fish was when we caught 15 fish and kept our limit 10/23. A super day of 3-4 hours fishing 5 caught on topwater and 10 on MR 27's. I always start the day with topwater until the conditions of wind and current mess up my "walking the dog" and I switch to 27's. Louis and I are very aware how lucky we are having the freedom of retirement that affords us fishing so often. But the catching can always get better this late in the season.



Hook disgorgers remove deep hooks but kill fish: A plea for cutting the line

[Steven J. Cooke](#)

[Andy J. Danylchuk](#)

Abstract

Recreational fishing can result in deep hooking (e.g. in the gullet) of fish that are intended to be released, leading to the development of various tools intended to assist with hook removal. So-called “hook disgorgers” are typically marketed as being a mechanism to retrieve the hook while doing so in a way that reduces harm to the fish, despite there being many studies that demonstrate that it is best to cut the line for deeply hooked fish. A study was designed to test the effectiveness of six different hook disgorgers for deeply hooked smallmouth bass, *Micropterus dolomieu* Lacépède, captured using baitholder hooks relative to shallow hooked controls and fish for which the line was cut. Reflex impairment and survival at 10 min, 1 hr and 24 hr were assessed. The study was terminated after early results revealed that all but one of the fish that had the hook removed died ($n = 17$), while all fish that were hooked in the jaw ($n = 4$) or had the line cut ($n = 5$) survived. The ethical conundrum faced by the research team is discussed here, recognising that an incomplete study would have less statistical rigour even though it was very clear that disgorgers used when hooks were in the gullet killed the fish. Stopping rules are common in pharmaceutical trials and can also be used to inform catch-and-release research to maintain fish welfare. Best practices for anglers include cutting the line when fish are hooked in the gullet, and changing fishing strategies and gear type when deep hooking is encountered on a routine basis, otherwise mortality can be unnecessarily high.

VBAC Little Island Surf Fishing Tournament

1st Annual VBAC Little Island Interclub Surf Fishing Tournament

Saturday October 10th, 2020 Virginia Beach Anglers Club hosted a surf fishing event in Sandbridge. Competitors from multiple clubs including VBAC, Tidewater Anglers club, and Great Bridge Fisherman's Association showed up to wet a line and represent. The nearing rain stayed away for most of the tournament as the anglers fished the incoming tide on what turned out to be a wonderful event. VBAC very own Russell Willoughby took top honors out of the 32 competitors. It was a slow scoring day for all the anglers but many undersized fish were caught and a lot of species were represented. A 25 ½ inch Red Drum was hauled in by Russell. Larry Pitman from GBFA caught a 14 ½ inch Blue Fish. The largest Roundhead of the tournament was hooked by Mike Sellers at 12 ½ inches! The surprise of the tournament was a 15 inch Spanish Mackerel caught by Great Bridges George Reich. Each of those anglers received a \$25 dollar gift card which was generously donated by Virginia Saltwater Sportfishing Association (VSSA). We were also able to award 4 other gift cards to the anglers that were provided by Great Bridge Fisherman's Association! We can't thank them enough for the generous contributions to our tournament! This was a much needed outing for everyone in this tough and strange year! Thank you to everyone who attended and made this tournament the best yet! We are planning on making this even better next year and hopefully continue to host for years to come! A special thanks to our two judges Robbie Parks and Butch Eason, as well as our registration host Ronnie Nixon! Chris Schneider for feeding us and keeping everyone safe doing so! I would lastly like to also thank Jerry "Doink" Hughes for all his help behind the scenes! Without the help of these great people, sponsors, and attending clubs there is no way our tournament would have been possible! Thank you for a great tournament and we are looking forward to an even better 2021!

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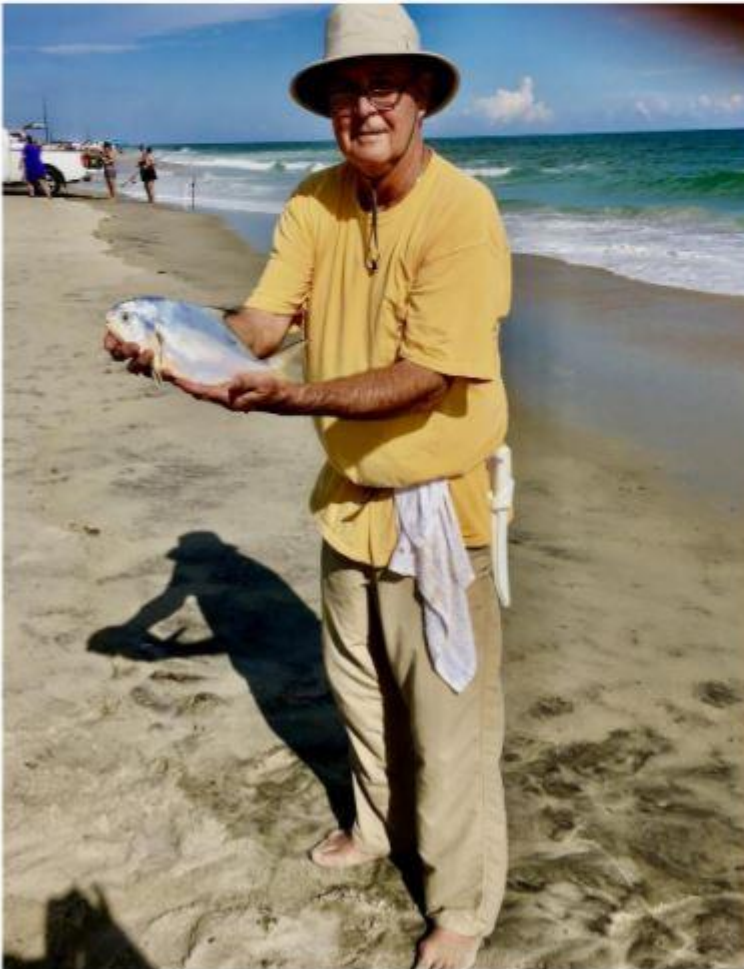


VBAC Little Island Surf Fishing Tournament

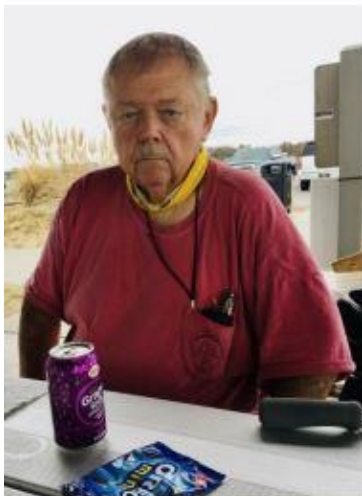
Tournament Results			
Place	Angler	Number of Fish Scored	Total Points
<u>1</u>	Russell Willoughby	2	38
<u>2</u>	Kelly Hoggard	2	25
<u>3</u>	Steve Gablin	2	22
<u>4</u>	Geroge Reich	1	15
<u>5</u>	Larry Pitman	1	14
<u>6</u>	Bill Searby	1	12
<u>6</u>	Mike Sellers	1	12
<u>6</u>	Nate Condren	1	12
<u>9</u>	Jerry Hughes	1	11



VBAC Little Island Surf Fishing Tournament



VBAC Little Island Surf Fishing Tournament



VBAC Little Island Surf Fishing Tournament



VBAC Little Island Surf Fishing Tournament



VBAC Little Island Surf Fishing Tournament



Surf Fishing News

October Surf Fishing Roundup – By Kelly Hoggard

It's been a busy month of October but I've still managed to hit the beach a few days. A lack of nearshore storms and warmer than normal daytime highs have left us with unusually warm water temperatures since Hurricane Teddy passed us by. This has left a stagnant fall pattern that has fish scattered along the beaches rather than schooled up while moving down. Fish migrations have also seen similar patterns with catches being inconsistent from day to day.

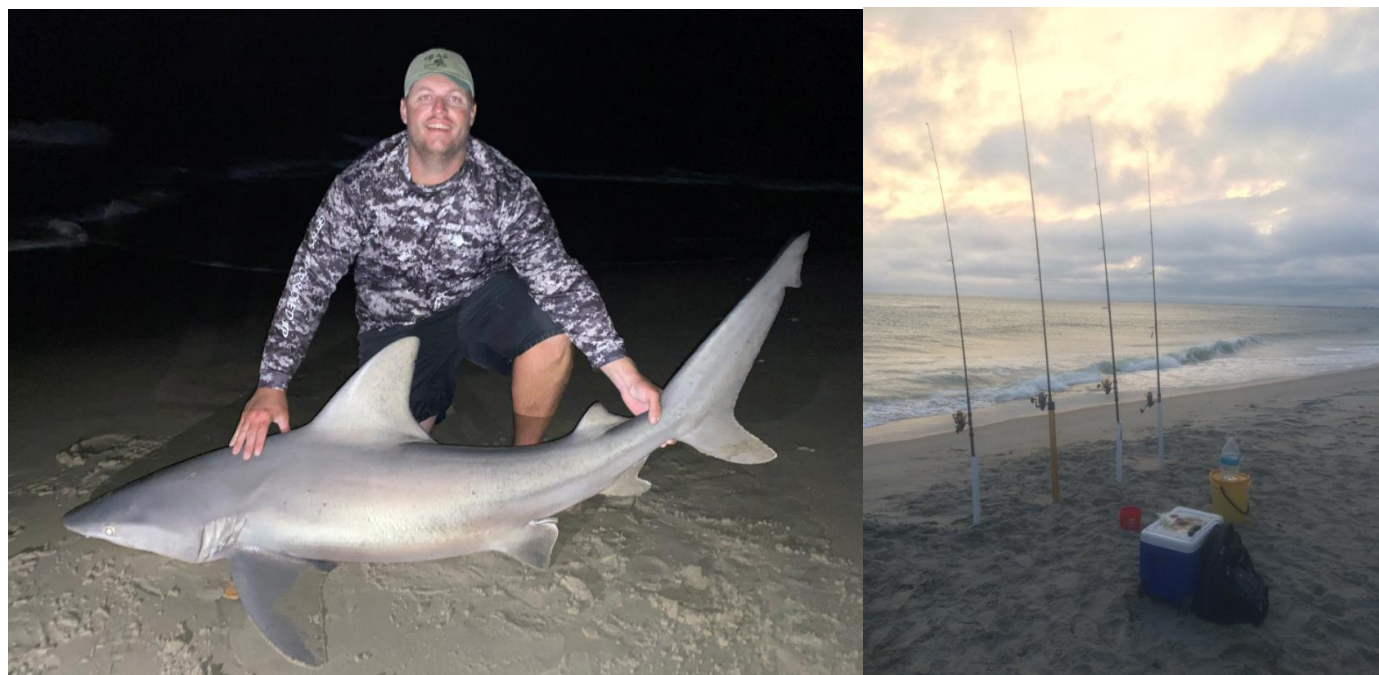
The best bite is always when you have cleaner and clearer water. Water temperatures from Cape May to Cape Hatteras are fairly uniform. On a cold night, look for pockets of deeper water in the surf if fishing early in the morning. The deeper water will provide resistance against cold weather. Fish are also looking for natural food sources. This time of year, shrimp is nearly a go to bait for all migrating species of fish.

I use slightly larger hooks this time of year to help land the larger by catches of puppy drum and red drum. In the changing seasons, I like to move from a size 2 (summer size) to a size 1 (spring and fall size) for my roundhead rigs. It's hard to tell when a beach is worth fishing or not. I usually try to fish areas that have multiple structural patterns. This allows me to target different surf conditions without having to move locations.

The only consistent bite so far this fall has been the roundheads and taylor blues. There's some sharks, puppies, black drum, puffer, croaker, speckled trout and spots biting. The rare Spanish, bonita or Pompano is still possible if you're fishing a warm day or warmer, clean water beach. With the pair of cold blows coming before election day, I expect much of our fall run to begin its peak or tail end. Roundhead, dogshark, bluefish, and speckled trout will all be running the surf until it gets to about 60 degrees. Once it crosses that 60-degree mark, the fish have either moved out deep or to the south. In 2019, that 60-degree date was November 9th. While fish may still remain, the bite will be slow and the few remaining fish are swimming fast to get to their wintering grounds.

Can't catch fish on the couch!

Here's a few of my catches from recent surf fishing outings:



Surf Fishing News



Freshwater Fishing News

Fresh Water Largest Fish (Release) 2020

Species	Angler	Date	Size	Where
Black Crappie	Melanie Bayford	2-May	15"	Beaverdam
Blue Catfish	Ike Eisenhower	31-Jan	38"	NW River
Bluegill	Melanie Bayford	20-Mar	9.5"	Piankitank
Bowfin	Melanie Bayford	7-Jan	23"	Piankitank
Carp	Alan Hunter	17-Mar	30"	Piankitank
Chain Pickerel	Melanie Bayford	24-May	24.25"	Beaverdam
Largemouth Bass	Russel Willoughby	14-Aug	24"	Lake Prince
Longnose Gar	Alan Hunter	7-Jul	45"	Cat Pt. Creek
Northern Pike	Melanie Bayford	11-Apr	23"	Beaverdam
N Snakehead	Frank James	13-Jun	30"	Aquia Creek
Sunfish	Alan Hunter	3-Apr	9"	Piankitank
Warmouth (Bass)				
White Perch	Melanie Bayford	16-May	13"	Beaverdam
Yellow Perch	Alan Hunter	23-Sep	12.5"	Mt Landing Creek

Freshwater Fishing News

Fresh Water Largest Fish (Catch) 2020

Species	Angler	Date	Size	Where	Weight
Blue Catfish					
Black Crappie	Russel Willoughby	10-Feb		Lake Smith	1.64lb
Bluegill					
Bowfin	Melanie Bayford	3-Sep		Piankatank	5lb 10 oz
Carp					
Chain Pickerel					
Largemouth Bass					
Longnose Gar					
Northern Pike					
N Snake Head	Frank James	13-Jun		Aquia Creek	8.2lb
Sunfish					
Warmouth (Bass)	Alan Hunter	3-Apr		Piankatank	8 oz.
White Perch					
Yellow Perch	Preston Mangum	12-May		Lake Prince	1 lb 8oz

Freshwater Fishing News

Submitted by Preston Mangum.

Rick Kerns and I recently went to Lake Prince to see what might bite. We caught a lot of “shorts”, but managed to put 5 nice fish in the boat before they stopped biting. A little foggy early.



Freshwater Fishing News



Fisheries management info on catfish in the US. This meeting highlighted blue catfish and how it has been spreading throughout the James into the Chesapeake Bay tributaries as an invasive species.

Once a decade, Catfish researchers and scientists gather to discuss the most recent scientific studies of Catfish species. In February of 2020, Catfish 2020 was held in Little Rock, Arkansas and research on invasive catfish in the Chesapeake Bay was on prominent display. All of the presentations from the conference are now available at:
<https://bit.ly/3cM75Py>

Everything you want to know about the latest catfish research can be found there. There is a collection of 60 different YouTube videos from the conference.

Kelly Hoggard

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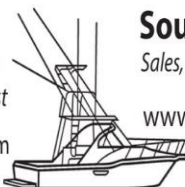
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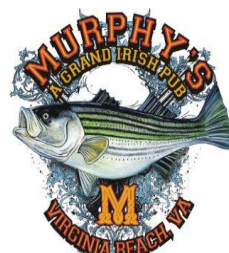


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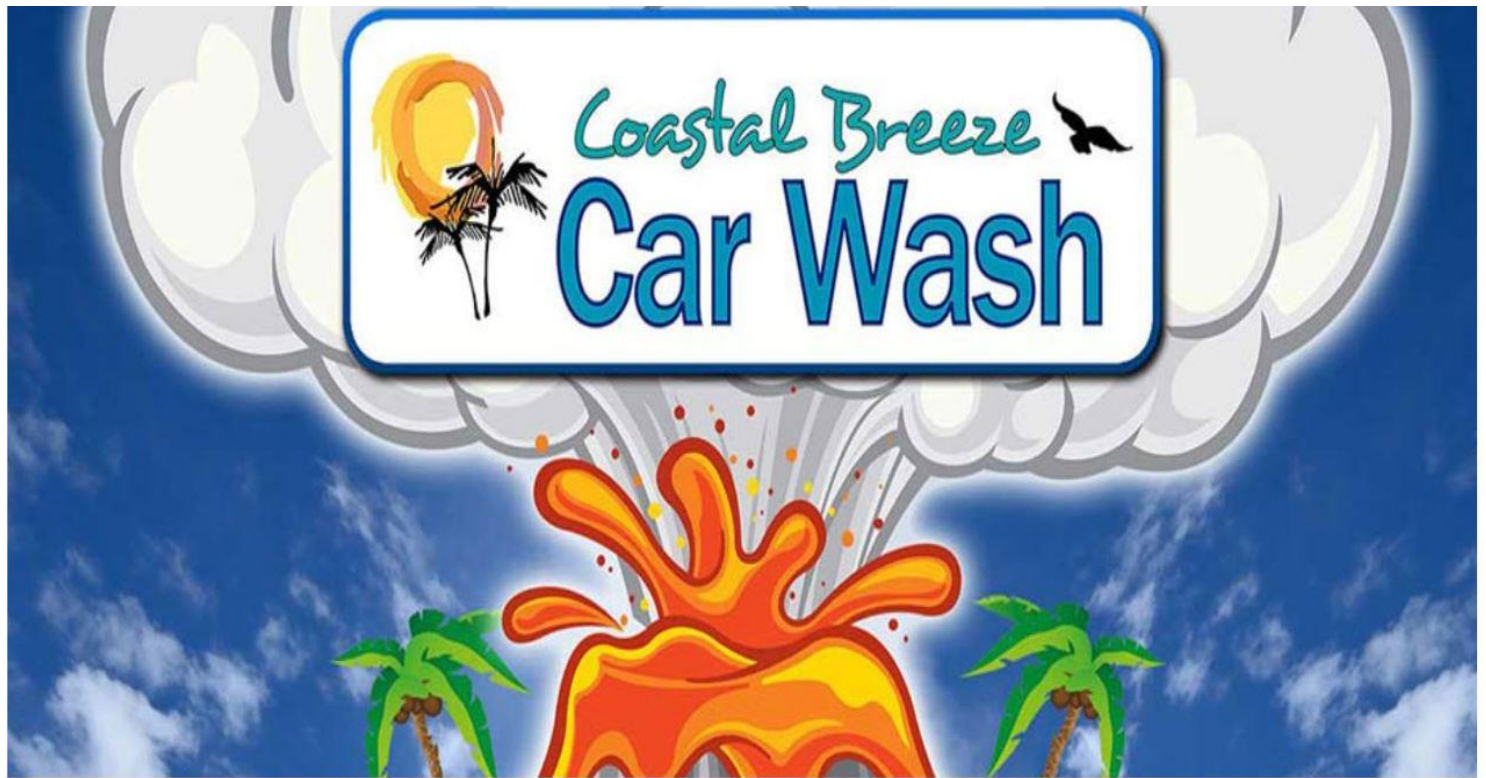
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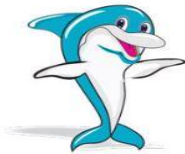
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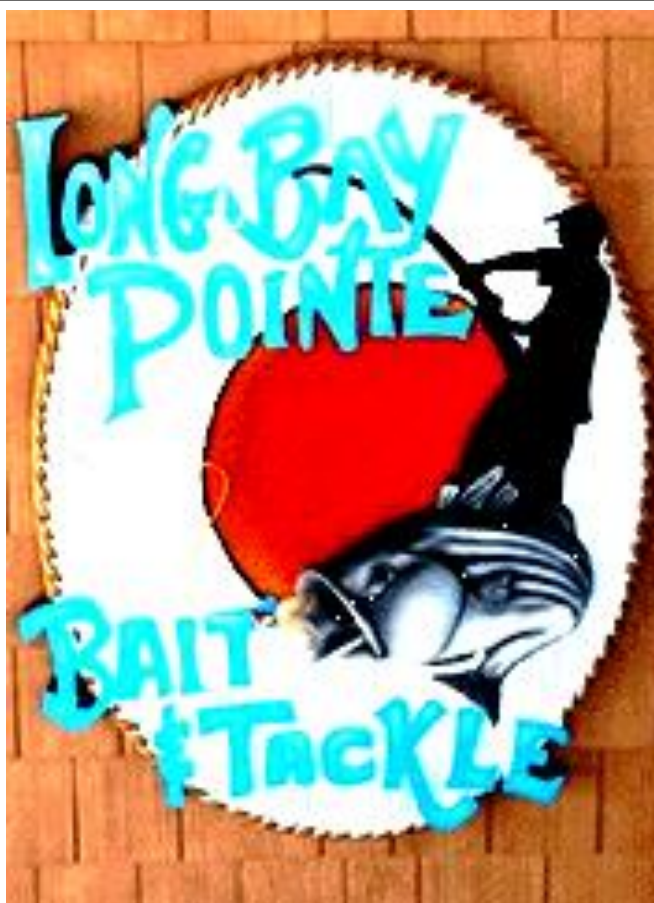
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The purpose of the VBAC is to encourage sport fishing, both freshwater and saltwater, while supporting prudent governmental and other policies that promote the preservation, conservation and ecology of all marine life.

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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