

I FISH NY Newsletter

September, 2009

Recreational Marine Fishing License by I FISH NY Staff

Beginning October 1, 2009, anyone age 16 years and older fishing in the marine and coastal district will be required to obtain a recreational marine fishing license (RMF license). In addition, those anglers fishing in the Hudson River, Delaware River and their tributaries for "migratory fish from the sea", such as striped bass, American shad, or hickory shad, will also need a RMF license. Blind, military disabled, and Patriot Act persons are exempt from paying for but still must obtain a RMF license. When fishing on a licensed charter or party boat in the marine or coastal district, a RMF license is not required. However, if on a charter or party boat in the Hudson River north of the Tappan Zee Bridge, anglers are responsible for obtaining their own freshwater and marine recreational licenses.

Note that in general, freshwater licenses and the RMF do not overlap. Anglers, please pay close attention: depending on the specific location of the fishing activities, and the specific species fished for, an angler may need to have a RMF license, a freshwater fishing license, or both licenses. For specifics, please log onto: <http://www.dec.ny.gov/permits/54950.html>.

The RMF license is valid from January 1 through December 31. Please note that one must purchase a RMF license to fish October 1 through December 31, 2009, and a new license by January 1, 2010, in order to fish saltwater in 2010. The NYSDEC will begin selling RMF licenses on or prior to October

1st, 2009. RMF licenses range in price depending on the type of license purchased. For example, the resident annual RMF license is \$10, the resident lifetime RMF license is \$150 and the resident lifetime combination freshwater and RMF license is \$450. For additional license fees please visit <http://www.dec.ny.gov/permits/6107.html>.

Lifetime freshwater fishing license holders, please be aware that you will need to purchase a RMF license if you intend to fish for saltwater species or anywhere that a recreational marine fishing license is required. Fishing in the marine and coastal district has never been previously covered under any type of license. To upgrade any existing lifetime license to add the RMF license, a lifetime RMF license must be purchased separately.

You can purchase your RMF license via telephone at 1-866-NY-DECALS (1-866-933-2257), in person at most town clerk offices, at many sporting good or bait and tackle stores or at DEC offices in Stony Brook, Ray Brook, Watertown, Buffalo and Allegheny. You may also purchase the RMF over the internet at <http://www.dec.ny.gov/permits/6101.html>. Please be sure to read the complete list of frequently asked questions at <http://www.dec.ny.gov/permits/54950>.

Contributors

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I FISH NY is a New York State Department of Environmental Conservation education program. On Long Island and in New York City, the program has partnered with New York Sea Grant.



ARTIFICIAL LURE SPOTLIGHT



Worm Fishing in the Fall

Sometimes in late summer, it seems like no matter what you try the fish have absolutely no interest in striking, and you feel like you're just spinning your reels. Fortunately, there is an antidote. Even the laziest, most listless of fish can be enticed by... wait for it... a plastic worm. That's right, the lowly plastic worm. While there are many brands, colors, sizes and shapes of worm to use, the technique is the same. Cast the worm out and let it sink, then slowly raise the pole. This action will lift the worm off the bottom and then let it sink back down again. Keep repeating the process until the worm is retrieved. Since it is most common to get hits when the worm is sinking, as the worm sinks watch the line on the water: the line slowly sinks in a uniform pattern and when it stops sinking you know you are on the bottom. When the line starts to move quickly or erratically, this indicates a fish has picked up your bait. When raising the worm from the bottom, a couple of twitches of the pole can sometimes induce a bite. The slowness of the worms when they are falling through the water will provoke a bite from even the laziest fish.

Rigging the worm:


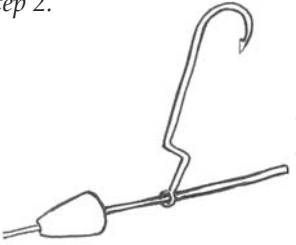
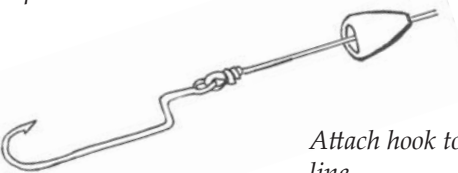
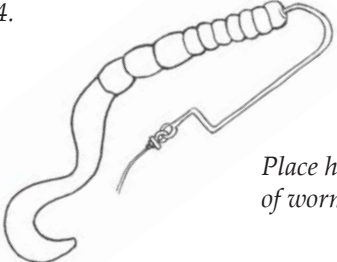

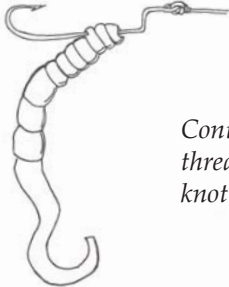
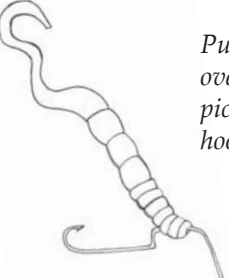
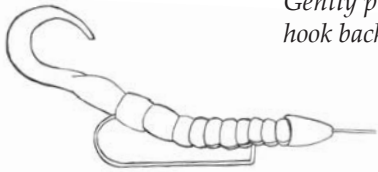
There are two common ways to rig and use a plastic worm:

Wacky style: where you hook the worm directly through the middle and slowly twitch it off the bottom by bouncing it up and down during the retrieve. This method is best suited for fishing from a boat.

Texas style: The front part of the worm is hooked first, approximately a quarter of an inch of the worm is hooked then slid up the shank of the hook until it reaches the eye. Next, take the point of the hook and measure along the worm to where the worm meets the bend of the hook. At this distance from the worm tip, push the point through, making sure that the hook comes through the middle of the worm. If this is done correctly, the worm should stretch slightly and be positioned straight from the eye of the hook to the bend of the hook. Another option is to push the point of the hook into the "flesh" in the back of the worm. Do not bury the point too deeply as it needs to be able to pull out of the worm when a fish strikes. This rigging makes the worm weedless, allowing you to fish in deep cover without fear of snags.



Texas Rig

<p>Step 1.</p>  <p>Thread the tag end or working end through a 1/8 to 1 ounce</p>	<p>Step 2.</p>  <p>Use a round bend or weedless hook size 1/0 to 5/0</p>
<p>Step 3.</p>  <p>Attach hook to line</p>	<p>Step 4.</p>  <p>Place hook in top of worm</p>
<p>Step 5.</p>  <p>Thread worm on hook</p>	<p>Step 6.</p>  <p>Continue to thread worm to knot</p>
<p>Step 7.</p>  <p>Push worm over knot and pick up over hook</p>	<p>Step 8.</p>  <p>Gently push hook back into</p>



Images by Ann TeNyenhuis

FISHING HOTSPOTS

Long Island: Randall Pond, Ridge, Brookhaven

Type: Freshwater pond, 4 feet deep, 4 acres

Where: Suffolk County, 484 Randall Road, <http://www.dec.ny.gov/outdoor/24192.html>

Getting There: I-19 to exit 68 (Wm Floyd Pkwy) north to Rt. 25 west. Take your first right after the Mobil station. The NYSDEC Ridge Hunter Check Station is the third driveway on the left. The pond is on the left off Randall Road just a little further up the street.

Access: Open for fishing year round.

Boat Launch: Yes; hand launching of your boat is recommended

Fishing Pier: Yes; three piers are available to fish from

Shoreline: Yes; the entire pond is open for wading

Wheelchair Accessible: Accessibility is still being constructed for this Fishing Access Site

Species: Largemouth bass, trout, bluegill sunfish

Specific Rules for Randall Pond: Trout are open all year, can be any size, and you can keep 3 per day and ice fishing is permitted. Largemouth bass are open from the first Saturday in June to April 30th, need to be at least 12" in length and you can keep 5 per day. Panfish are open year round and you can keep 15 per day.

Other:

For general rules about fishing: <http://www.dec.ny.gov/outdoor/7917.html>, NYC specific rules <http://www.dec.ny.gov/outdoor/31495.html>.

Tips: Fall offers another amazing trout fishing experience. The NYSDEC stocks 200 yearling brown trout into this small pond during the fall months. Live bait and flies work well at this pond. It is important to use bobbers since the pond typically is full of submersed aquatic vegetation.

Fly fisherman flock to this location for one last fly trip of the season before winter arrives. Bass can also be caught using Texas rigged worms and senkos, jigs, live bait, and jerk baits that resemble brown trout work well too. The shore on the south side is shallow and offers an excellent opportunity to catch trout chasing top water insects. The piers on the north end of the pond the deepest part of the pond and many larger bass are hanging in the cooler and deeper water during the fall.

Gear: A 6' - 7' medium to heavy action rod, spincasting or baitcasting, with 10+ lb test monofilament or braided line is recommended for bass fishing at Randall Pond. A nice 3 or 4 weight fly rod with corresponding weight line and tippet will do just fine for the trout and bluegill sunfish in Randall Pond.

Natural Bait Fishing: At Randall Pond, a hook and bobber setup works best for anglers that choose to use waxies, worms, or certified baitfish. Tie a snelled fishing hook to the end of your line using a simple clinch or polymer knot and attach the bobber about 18" above the hook. Cast the rig out there and patiently wait for the fish to bite. Once the trout are stocked, use dough balls on the same rig to catch the trout. Check out <http://www.dec.ny.gov/outdoor/44809.html> for more fishing skills and ice fishing safety.

Additional Information: NYSDEC Regional stocking list: <http://www.dec.ny.gov/outdoor/7739.html> or call 631.444.0280. The Ridge Conservation Area, <http://www.dec.ny.gov/outdoor/56062.html>, also offers many hiking trails to observe wildlife. Horses are also allowed on the property. Some activities may require a Seasonal Access Permit (<http://www.dec.ny.gov/outdoor/40419.html>) and other rules and regulations may apply.



FISHING HOTSPOTS

NYC: Dover St. Pier/Park, Manhattan, NY

Type: Saltwater pier

Where: Lower Manhattan, Dover St. at South St., directly underneath the Brooklyn Bridge

Transportation: Dover St. Pier is most easily accessed by public transportation; the shoreline is conveniently located near numerous subway lines. Closest stop is the 4,5,6 stop at Brooklyn Bridge/City Hall: walk east to Frankfort St., which becomes Dover St. (about 5 blocks). 2/3 and J/M/Z trains to Fulton St. are also very convenient; walk 3 blocks North on Gold St. and then east on Dover St. The F train at East Broadway and the A/C Broadway/Nassau St. stop are also in walking distance.

Driving: While it is possible to drive to Dover St., parking and traffic are both liable to be troublesome. Public transportation is highly recommended.

Access: Access to the pier and shoreline are free. The small beach just north of the Pier is not open to the public. South St. is overflow parking for the inter-city bus lines that ply the nearby Chinatown neighborhood, so be careful crossing the street.

Boat Launch: No

Fishing Pier: Yes

Wheelchair accessibility: Shoreline can be reached by wheelchair, but pathways have not been specifically modified for wheelchair access.

Species: Striped Bass, Bluefish, Sea Robin, Eel, Porgies, black sea bass

Rules for Site: Dover St. pier and the surrounding promenade is open to all anglers, although be advised that after October 1, 2009, anglers in the NY marine waters will require a saltwater fishing license. Standard New York State saltwater recreational fishing regulations apply

<http://www.dec.ny.gov/outdoor/7894.html>.

Tips: Enjoy some excellent fall saltwater fishing against the spectacular backdrop of the landmark Brooklyn Bridge. The piers and bridge bulwarks create currents perfect for stripers and blues. Cast into the edge of the current with a bottom-rigged bunker chunk for stripers, or try some spearing on a bobber with a small hook during snapper season. For big bluefish, try casting a curly tailed worm or a storm-shad into the rip. There is quite a bit of underwater structure, so be prepared to sacrifice some weights. Of course, if the fish aren't biting, you can always step over to the world famous South St. Seaport or New York City's Chinatown right down the street!



photo courtesy of fitnessnyc.com



ASK KATIE



Q: I am interested in surfcasting for striped bass and bluefish this fall, where should I start?



A: Fall surfcasting is one of the best times to saltwater fish. However, this type of fishing is not for the faint of heart. Cold wind and water sprays can make for a pretty nice day at the beach! Proper gear such as neoprene waders and a waterproof fillet top are a must.



Rod and reel selection are also important when fall surfcasting. Generally you need a more powerful set-up as the fish are bigger and conditions are more intense. Take a trip to your local bait and tackle shop. The folks there will be able to point you in the right direction with regard to cost and rod and reel options. A good all around set up is an 8 ½-9" foot rod, equipped with a spinning reel lined with 20 pound test. Braid is a better choice but monofilament works as well. You will want to attach a good quality fluorocarbon leader, 40 pound test, to the tag end of your line. The lines can be tied directly together or using a barrel swivel. **Tip:** Do not reel the barrel swivel through the top-most guide. The swivel can cause nicks in the guide, which can often cut your line. Allow that situation to fester and soon you will be watching your terminal tackle sail out into the deep blue abyss!

In regard to bait, there are two options: natural or artificial. If you want to go the natural route, first find out what bait is lurking around your fishing spot. Bunker/menhaden is a good bet. Try casting whole bunker or bunker cut up into chunks. Heavy weights, up to 6 oz, will be necessary to keep the bait stationary under the waves. When it comes to artificial or lures, there are a ton of options. A few favorites include topwater poppers, bucktails, or soft plastics such as paddletails. **Tip:** if the tail of your soft plastic is getting bitten off, you have encountered some bluefish. Switch to a bite-resistant topwater plug or a tin such as a diamond jig. In general, try to use the lightest lure that you can, but use the conditions as a guide. For example, under calm conditions, a 1 oz. lure should be sufficient, but a strong headwind or casting into a powerful rip will require a lure weight of at least 2-3 oz.

As in all types of fishing, doing your homework is a key factor. Scout areas often and fish frequently. You never know when that monster bluefish or a 30 pound plus striped bass will visit your fishing spot (although they might show up just to taunt you). Good luck!



HEALTH ADVISORIES UPDATE

Every year, New York State Department of Health provides recommendations on safe consumption of fish from New York waters. Contaminants enter the water through air transfer, terrestrial sources, or were introduced historically. These chemicals accumulate in fish as the fish eat smaller organisms. In general, for sportfish, the DOH advises that people consume "no more than one half-pound meal of fish per week" from any of New York's fresh or marine waters. Children and women of childbearing age, whether or not they are currently pregnant or planning to become so, should avoid eating any fish at all from the Southern Hudson River or the New York City area, excepting those parts of Queens that face the open Atlantic. Specific recommendations are in place for individual water bodies throughout Long Island and the rest of New York State; make sure to routinely check the latest advisories at the DOH website listed below. Informacion esta disponible en Espanol tambien.

Chemicals such as PCB's, dioxin, mirex, DDT, chlordane and dieldrin are found at higher levels in the fat of fish. You can limit your exposure to these contaminants by properly cleaning and cooking your catch. To clean your catch, remove the skin, trim away fat from the belly flap, back, and sides.

Cooking your filet will also remove some contaminates, but you can limit the amount you consume even further by cooking your filet on a rack. The heat from cooking will melt some of the fat away from the fish, and a large portion of the contaminates are stored in the fat. Therefore, utilizing a rack allows the contaminated fat to drip completely away from your catch. It is recommended that you do not use the drippings to make gravies or sauces, as this would simply re-introduce contaminants to your meal. Please note that not even cooking completely according to guidelines will remove all contaminants, so, please, follow the DOH advisories no matter what cooking method you use.

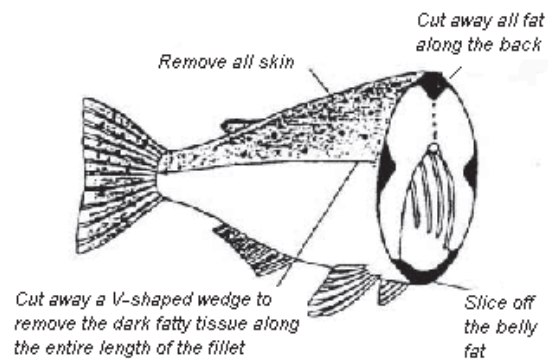


Photo courtesy of DOH

DOH advisories for fish & game: <http://www.health.state.ny.us/environmental/outdoors/fish/fish.htm>



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CALENDAR OF EVENTS

I FISH NY provides all bait and tackle. Just call and reserve your spot today!

Long Island:

Sat. October 17th, 2009
Fall Fishing Festival
Hempstead Lake State Park
MacDonald Pond
10am-4pm

Loaner rods and bait provided.
Children's events include: casting for pumpkins, pumpkin decorating, pony rides, a magic show, and face painting.



To get more information,
log on to <http://www.ifishnewyork.org>.

To ask questions or register,
call 631.444.0283 (LI) or 718.482.4022 (NYC).



NYC:

Check out the I FISH NY website for Spring 2010 events.

NYSDEC
50 Circle Road
SUNY-Stony Brook
Stony Brook, NY 11790

