



I FISH NY

I FISH NY Newsletter: Long Island and NYC

Summer 2012

Saltwater Fly Fishing on Long Island By Dave Lengyel

When people think about fly fishing on Long Island, they think of places like the Carmans, Nissequogue or Connetquot Rivers. However with the island being surrounded by saltwater, there are also plenty of opportunities and places to test your fly fishing skill with hard fighting striped bass, bluefish and false albacore among others. All these fish take up residence around the island during certain times of year. You just have to bring a sturdy fly fishing rod, a large capacity reel and an assortment of flies to take advantage of this great opportunity.

Most anglers start to saltwater fly fish with a 9 weight 9 foot rod. This rod is heavy enough and has enough length to punch large flies into the wind. You can also decide to go heavier to a 10, 11 or more depending on what you are targeting. Most of the rods built today are four piece, so make sure you assemble the rod before purchase to check and see that all the guides line up.

The reel should have a good line capacity to handle fish that like to make long runs. Large arbor reels fit this description well. They will usually hold a large amount of backing and are built to withstand big fish. When purchasing a reel, make sure to check up on the drag system before you buy it. Sealed drags work well to keep out saltwater, sand and other contaminants that could foul your reel. If they are out of your price range, then a reel that has easy access to cleaning is the next best thing. Remember saltwater is very corrosive and can ruin equipment after only a few uses.

Fly line selection will depend on the situation. If you're fishing current with a clouser minnow and want to get it to the bottom, then a sinking line will

work better than a floating one. On the other side, if you're fishing poppers on the flats for tailing striped bass, then floating line will not drag the popper down with it. If you can't decide on a line, then you can purchase both. Most reels have spare spools that can be purchased. This way you can switch lines as the tide goes out or if you move to another spot. At the end of the fly line, you want to tie on a leader. They come in different diameters and material such as fluorocarbon. A local tackle shop will be able to help you choose the right one for your application.



Local angler Craig Dahlgren, holding a striped bass he caught while fly fishing out of Montauk, NY.

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About I FISH NY

I FISH NY is a statewide outreach program provided by the New York State Department of Environmental Conservation that is designed to increase fishing participation in New York.

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When heading out, having a good assortment of flies is key to catching fish instead of just practicing casting all day. Carrying a selection of Leftys Deceivers, Clouser Minnows, foam poppers, sand eel/eel patterns and a crab fly or two will cover you for a variety of situations. Make sure when purchasing or even tying them, that they have stainless steel or another corrosion resistant hook. When fish with sharp teeth, like bluefish, are blitzing, make sure to use a wire leader.

Saltwater fly fishing is a great way to enjoy a day on the water. With the proper gear selection, you will be reeling in your first fish in no time.



Dave Lengyel holding a striper he caught while fly fishing in Moriches Bay, Long Island, NY.

ASK KATIE

Q: What fishing techniques do you suggest for fishing through the summer weeds?

Fishing a waterbody with heavy aquatic vegetation, or just plain “weeds”, can be difficult, no doubt. Getting hung-up or having a line snap under the sheer weight of weeds can turn any angler’s happy outing into a frustrating one. Here is a short list of some lures and a few tips to assist you in casting for that “big one in the weeds.”

Bass can be found in the weeds all year long. Weeds provide oxygen to support an abundance of life in ponds, lakes, and streams; cover to hide in; cover to ambush prey from; and shade that provides cooler water on a hot summer day.

Choosing a good “weed lure”

Lure design properties effective in weeds include a:

- long, slender profile (for sinking through thick areas)
- weed guard
- concealed hook point
- flat shape (for skimming over weed tops)

With many types and brands of lures having these properties, it may be a little difficult to make your choice. Here are a few lures to consider. Try weedless frogs and rats, buzzbaits, Texas-rigged plastic worms and

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lizards, weedless jigs, weedless metal or plastic spoons, and lipless rattling crankbaits. Also, a thick-shanked hook, such as a 3/0 to 4/0 size will help.

Tips: a few time-tested ones

- Focus on the edges where vegetation meets open water. Bass tend to hangout here to take advantage of passing prey.
- In general, choose smaller jigs and grubs when fishing for panfish (bluegill, sunfish, crappie, perch) and larger lures such as spinnerbaits and crankbaits when fishing for bigger fish (bass, walleye, pike).
- Use heavy line to keep bass from tangling themselves in the heavy weeds.
- The general rule for lure color is "bright day, light colors; dark day, dark colors."
- When using frogs and rats, reel slowly and steadily, making it easier for bass to locate the lure.
- Use the tail of a plastic worm as a trailer when fishing a weedless spoon. A bright trailer color will enable bass to better spot the lure in thick vegetation.

Using these tips should help you catch fish in the weeds!

ARTIFICIAL LURE SPOTLIGHT


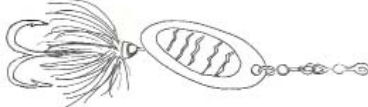








By Chris Scott



When casting from the shore or jigged from a boat, this is the go-to lure for fishermen who are serious about catching fish. Deer hair (from a buck's tail), hair from other animals, or synthetic fibers are tied to a lead headed hook to form a bucktail jig. These lures are built in a very similar manner to the way a fly fisherman would tie their flies. Hair of varying color, length, and density is used. The lead head can be found in varying shapes and weight as well. Its ability to mimic the forage fish where you are fishing is what makes this lure so valuable to an angler. In the Northeast, bucktails are useful when striped bass, fluke, weakfish, and other target fish are feeding on spearing, sand eels, squid, menhaden, herring, shad, eels and any other fish. There are many choices at the tackle shop when you are looking to purchase a bucktail. The easiest solution to this conundrum is to use the plain white bucktail. White works day or night and in any water clarity. Alternatively, it is best to use the varying color patterns when you are fishing a body of water where you know what the fish are feeding on ("match the hatch"). When fishing from the shore, this lure works best when you retrieve it at a slow to medium pace so that it swims just above the seafloor. When fishing from a boat, it is also most efficient to skip the bucktail across the bottom. Unlike other lures such as swimmers or poppers, there is no noticeable lure action from the angler's perspective. The bucktail works its magic by pulsating its hairs naturally as it swims. It is popular among anglers to tip the bucktail with a pork rind, soft plastic bait, or natural bait to enhance the flutter of the bucktail and entice fish. Books have been written on how to fish this lure, but if you keep it simple and fish it persistently, there is a good chance you will be successful in your ventures.

Learn your Lures!

Lure Type	Description	Target Species
<p>Soft plastics</p> 	<p>Many shapes/colors meant to look like worms, amphibians, or crustaceans; freshwater or saltwater</p>	<p>Fish with little to no teeth; <u>example</u>: largemouth bass, weakfish</p>
<p>Spinners</p> 	<p>Metal or plastic blade that spins around; sometimes colored feathers or beads; treble hook; emits vibration and flash much like a baitfish in distress; usually freshwater</p>	<p>Predatory species; <u>example</u>: trout</p>
<p>Spoons</p> 	<p>Thin metal piece with single treble hook; roundish shape with side-to-side movement; reflects a lot of light, resembles baitfish; freshwater or saltwater</p>	<p>Toothed fish; <u>examples</u>: trout, walleye, pike, bluefish</p>
<p>Flies</p> 	<p>Made from wool chenille, fur, hair, feathers, tinsel, and others; fly fishing only; imitates insect, worm, fish egg; freshwater or saltwater</p>	<p>Depends on location in water; <u>examples</u>: mostly trout and striped bass</p>
<p>Bucktails</p> 	<p>Colored hair on metal head; single hook; freshwater or saltwater</p>	<p>Any; <u>examples</u>: striped bass, summer flounder</p>
<p>Plugs (crankbaits, divers)</p> 	<p>Surface or diving; depends on placement of metal lip; wooden or plastic body; 2-3 treble hooks; frog, mice or baitfish imitation; freshwater, larger in saltwater</p>	<p>Predators; <u>examples</u>: striped bass, bluefish, black bass</p>
<p>Poppers (pencil poppers)</p> 	<p>Type of plug; only on surface; imitates baitfish splashing at the surface; two treble hooks; usually saltwater</p>	<p>Predators; <u>examples</u>: bluefish, striped bass</p>
<p>Rubber shads</p> 	<p>Soft rubber lure shaped as a small baitfish with single hook; freshwater or saltwater</p>	<p>Fish with few to no teeth; <u>examples</u>: striped bass, largemouth bass, large panfish</p>

FISHING HOTSPOTS

Long Island: Belmont Lake, North Babylon, NY

Type: Freshwater

Where: Belmont Lake State Park

Getting There: To get to Belmont Lake State Park, take exit 38 off of the Southern State Parkway.

Access: Open year round, closed dusk to dawn. Fishing from rental rowboats permitted Monday - Friday (7/5 - 9/2) Excluding holidays.

Fishing is allowed daily from sunrise to sunset from the banks.

Boat Launch: Kayaks and canoes, which can be brought to the lake by hand, can be launched when the boat dock rentals are allowed. (11-5pm M-F and 12-6pm on Saturday Sunday & Holidays), but must be launched from the dock. All persons on the lake must be wearing PFD.

Boat Rental: Rowboats and pedal boats \$10/hour with \$10 deposit. Boat rentals begin memorial day weekend and go through to labor day weekend. Weekday access begins July 4th.

Fishing Pier: No
Shoreline: Yes
Bathrooms: Yes

Species: Largemouth bass, chain pickerel, yellow perch, bluegill, pumpkinseed, common carp, brown bullhead, rainbow trout, brown trout, brook trout

Specific Rules for Belmont Lake:

Info about Belmont Lake on DEC Web Site:

<http://www.dec.ny.gov/outdoor/24151.html>

(Please follow this link to view specific fishing regulations for this lake)

Electrofishing Update:

The Region 1 Fisheries staff of the NYSDEC completed an electrofishing survey of Belmont Lake of North Babylon, NY in the end of May 2012. The primary purpose of the survey was to assess the effect of the catch and release only regulation for largemouth bass that was put into place as of October 2004. The overall amount of bass caught increased in 2012 compared to surveys done in 2000 and 2004. The amount of bass caught over 15 inches also increased significantly this year from 2000 and 2004. Although the bass population seems to be thriving from the catch and release only regulation, there was no improvement in the size distributions of forage fish in the lake. The amount of bluegill, pumpkinseed, and yellow perch caught decreased from the amount in 2004. No quality pumpkinseed (>6") or yellow perch (>8") were caught this May, and the catch rate for quality size bluegill (>6") also dropped from the last survey taken in 2004. Belmont Lake will be resurveyed within the next three to five years to continue the assessment of the catch and release only regulation



Region 1 Freshwater Fisheries Manger, Charles Guthrie, holds four largemouth bass caught during the 2012 Belmont Lake Electrofishing Survey.

FISHING HOTSPOTS

NYC: Governor's Island

Type: Saltwater

Where: Governor's Island is an island in Upper New York Bay across from Manhattan.

Public Transportation: The only way to get to Governor's Island is by ferry. Free ferries leave Battery Maritime Building in lower Manhattan every thirty minutes on the hour and on the half hour. To get to the ferry by subway, take #1 train to South Ferry, R or W train to Whitehall Street/South Ferry, or #4 or #5 train to Bowling Green. When you get off the subway head towards the East River and follow signs to Staten Island Ferry Terminal. The Governor's Island Ferry leaves from the Battery Maritime Building, which is the building east of the Staten Island Ferry Terminal. After a seven-minute ferry ride to the island, exit the ferry, turn right and walk along the water for 0.8 miles. The fishing area is 300 feet long and is a railed sea wall.

Access: The Island is open to the public May 31st through October 12th, Friday 10am to 5pm, Saturday 10am to 7pm, and Sunday 10am to 7pm. Railing height could preclude fishing from a wheelchair.

Boat launch: No

Fishing Pier: No

Shoreline: Railed sea wall

Species:

Striped bass

Bluefish

Summer flounder (fluke)

Oyster toadfish

Rules for Site: All species are catch-and-release only.

Other:

For other marine fishing locations in NYC:

<http://www.dec.ny.gov/outdoor/8377.html>

For general rules about New York State marine fishing regulations:

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

For information on ferry times and events held at Governors Island: www.govisland.com

Tips:

Be aware that the designated area has a lot of underwater structure which can often lead to loss of tackle. However, the structure provides cover for baitfish, which attracts predatory species such as striped bass, bluefish, and summer flounder. Tide is important here; time your fishing two hours before high tide and two hours after high tide. When fishing with bait or lures, cast to the far end of the designated area and retrieve quickly to avoid getting stuck. Look for areas with a strong current; this current is too strong for swimming baitfish and makes a perfect ambush spot for predators.

Join I FISH NY on Saturday, July 14th for the City of Water Day held at Governors Island!



CALENDAR OF EVENTS

I FISH NY provides all bait and tackle. Pre-registration required where noted *

Long Island:

Saturday, August 4, 2012

Family Freshwater
Fishing Clinic*
Hempstead Lake State Park,
MacDonald Pond
10am-2pm

Thursday, August 23, 2012

Crab Fishing Clinic*
Town of Brookhaven,
Corey Beach, Blue Point
6pm-8pm

NYC:

Saturday, July 14, 2012

City of Water Day
Governor's Island
10am-4pm



To get more information,
log on to
www.ifishnewyork.org
To ask questions or register,
call 631.444.0283 (LI) or
718.482.4022 (NYC).
Email: ifishny@gw.dec.state.ny.us

