

East Bay Anglers

Newsletter July 09

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Our 37th year

URI prof to talk on bay species trends

Will & Emery catch limit in only an hour & a half



Emery Pineo is a former EBA member who moved to Little Compton. He's famous today as the "Stove Doctor" who overhauls antique wood-burning stoves for sale around the world. He taught science at Barrington Middle School.

With fish in the upper bay, Emery picked up Will, launched at Haines Park, at 11:15 June 9. They came back to the ramp around 1PM with their limit of bass. They went up to Providence River, snagged pogies, and fished off Ponham Light. Bingo, Bingo, Bingo. Come home. For Emery it was routine. For Will it was like "Wow!"

Winners for June in club tourney

June saw the first checks written to winners of the EBA tourney. Each won a \$25 prize: Aarron Shorey for a 30" bass from shore; John Mazurak for a 20" tautog and Ben Cruz for a 31" bass from a boat. So only half the prizes were used.

July meeting: July 8

Place: Riverside Sportsman's

Time: Meal about 6:45

(Chef Haynes will have his great Ham and Beans supper)

Business: 7:15 (or thereabouts)

Program: URI Prof. Bengtson (see lead story) He will review the trends now being seen in the bay's predator/prey relationships.

New members join club

For the third month, EBA has added new members. In June it was the Bettencourts, father and son: Albert Bettencourt of Riverside, and his son Kevin of Rumford. If you don't know the Bettencourt family you're a stranger in town. Famous fishermen since the 1930's! The club is proud about this!!

July speaker



Dr. David Bengtson, Chair of URI Fisheries Dept speaks in July

Public can attend free

The East Bay Anglers fishing club has invited URI Professor David Bengtson, Chair of the Department of Fisheries, Animal and Veterinary Science to address the club's regular monthly meeting on July 8. The public is invited to attend the free lecture by phoning 245-8375 for a reservation, according to John Mazurak, club president. The club meets at 7:30 pm at the Riverside Sportsman's Club on Mohawk Drive in East Providence.

Professor Bengtson will discuss recent trends and changes in the predator/prey relationships affecting Narragansett Bay. "Area fishermen have been experiencing unusual upper bay fishing conditions during the past three years," Mazurak explained, "and our members are anxious to understand what's behind these events."

Professor Bengtson has raised numerous species in his laboratory, including striped bass, fluke and flounder while investigating aquaculture issues. His department and its graduate students also routinely study tautog, cod, haddock and fluke. Prof. Bengtson has spent considerable time doing biological marine work in South America and Southeast Asian nations.

EBA president Mazurak urges the public to call 245-8375 for a reservation to hear Professor Bengtson

Call 245-8375 for a reservation to hear Prof. Bengtson at the July EBA meeting.

Good cooks keep bluefish image up high

By Will Barbeau

During much of my fishing career I have treated bluefish almost as a trash fish. Some of this was due to my wife telling me "don't bring home any more blues." She didn't like to cook them. But I loved fishing for them because they are so scrappy.

We have had some great cooks in the club who have smoked them, and there were always those who offered recipes. My neighbor Polly Stiness was a great bluefish fan and would launch into ecstasy when I brought some over to her. Her 'act' was great. ("Oh Will, you are such a great white hunter!")

So, out with Emery on a second trip we hit a patch a blues. We took very little care of them. Did not bleed them, did not ice them down, did nothing but let them lie in the sun for four hours. I hesitated to give any to anyone. However, my neighbor Will Fairbrother (a Brown University PhD in DNA work) had indicated interest, so I brought one over. That night he brought back a meal. Wow, was it ever great! With that dried up ol' fish he produced as tasty a meal as I've ever had.

Will's method involves 'blanching' . . .soaking in milk for a few minutes. His recipe is over there on the right. Try it. You'll never treat blues as a less desirable fish again.

49 lb bass bay's best?



This is Keith Vargas (son of George Stockley of Mansfield Ma) with the 49 pound bass he landed fishing on Neal Vitullo's charter boat 'Played For It' June 25. They were fishing with eels off Newport. What's most interesting is that the critter was loaded with six small lobsters. . .and others they caught were full of scup. No discussion of pogies on this trip!

George Stockley reports the day was overcast and fishing was slow. They landed a couple of bass in the high teens and some blues. "Then, suddenly, Keith's line went off ...and ended up being 50" and 49 lbs.--a fish of a lifetime for Keith who's only 42!"

Meanwhile, pogies are still reported up the bay, so that easy game is still around.

Another article on this page asks "Where to now?" Is this an answer?

Will Fairbrother's recipe for blues:

Viva La BlueFish

By Will Fairbrother

Bluefish is famous for its larger-than-life aggressive behavior that makes it fun to catch and notorious for its larger-than-life aggressive flavor that makes it not-so-much fun to eat. My approach to preparing bluefish is like that of a judo master - redirect your opponent's strengths for your own benefit. This means that we start with an acknowledgement that you can't ever fully escape that oily fishiness that hangs on bluefish like white on rice but you CAN minimize it and then redirect it into a hearty breaded cajun flavor that really hits the spot.

After cleaning and filleting the bluefish, the first thing you want to do is submerge the raw fillet in full fat milk for a couple of minutes. A ziploc bag works well for this. This step resuspends and removes much of that oily fishiness and is always a good first step before cooking bluefish.

Prepare a mound of breadcrumbs with added salt and cayenne pepper. Push the fillet (still dripping with milk) into the mound of breadcrumbs until they are completely breaded and fry them turning once in a liberal amount of canola oil. Make sure you have enough oil to cover the bottom of the pan. After each side is lightly brown, finish by baking 10-15 min on aluminium foil in the oven at 300. Try this in a sandwich with mayo and lettuce and let me know what you think. . . and if you know of a more reliable source of bluefish you can let me know about that too!

Where to now?

OK anglers. . .the easy days are now done. You can't just follow the pogy boats around to find the schools and then snag or beg. You have to find your own schools. Where to look? The bay was closed only because it has reached a half-way mark. There should still be plenty of schools moving around the usual places. Let your snags sink more to get under them. And you need not rush off someplace. . .start by putting them back in right there! Trolling slow? Chunk. Chunking slow? Chum.

Bay closed to pogy boats

With two pogy harvesting groups active on the bay this year there has been a lot of action. Some of it not so pretty. Well, it will simmer down now that the bay has been closed to commercial harvesting.

According to Gerry Souza, head honcho of Ark Bait, relations with the new competitor on the bay have not been very good.

The intruder is a Gloucester group called Lakeman Brothers, and they park their boats at the Fall River town dock. According to Souza, "They have a faster net boat and don't hesitate to cut in front of our sets when we go after a school. They follow our boats around and seem willing to put out overly large nets that are illegal in Rhode Island." (R.I. nets have to be under 600 feet long.)

Souza reviewed the current laws for

harvesting pogeys in Rhode Island waters:

Limits: 120,000 pounds per day per boat; no Saturday or Sunday fishing; no taking before dawn or after dark

Net sizes: The purse seine shall not be longer than 600 feet; or 90 feet deep

Closures: When 50% of the estimated bay stock is gone, the bay will be closed

Usage: No harvesting for fish meal (reduction.) Usage as bait only allowed.

Closure areas: this complex topic can best be presented with a map showing closed areas.

Now that the bay has been closed to pogy fishing (until stocks go up again) the two contending boats will soon be heading for New Jersey. Meanwhile anglers will have to try for their own baits. There should still be plenty of fish in the bay for everyone.