

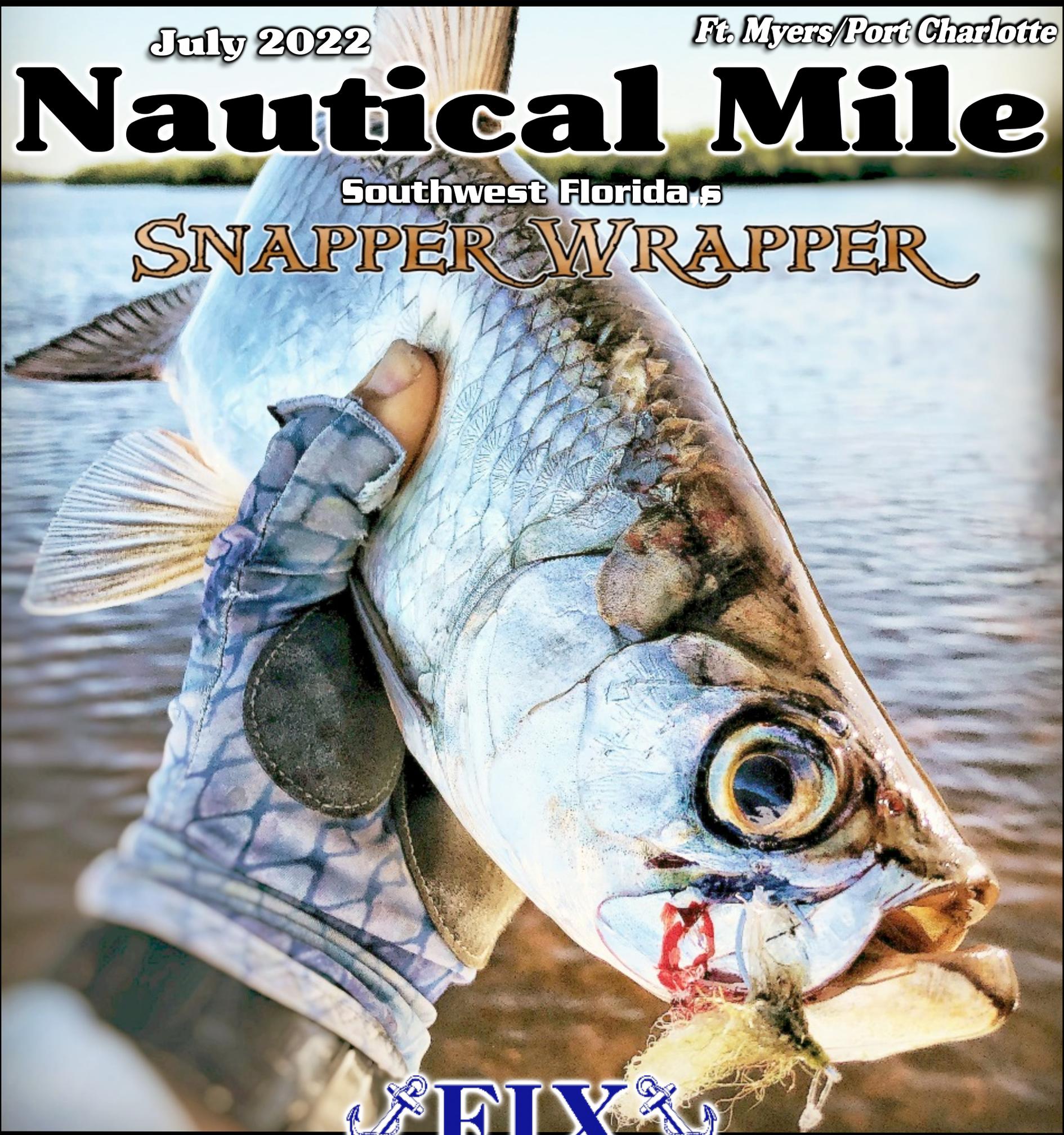
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from the publisher



# HURRICANES and FAKE NEWS

Last month we had an early storm blow through and it made me realize how many new residents are here in SW Florida. I could easily tell by how many people were buying hurricane supplies, and some even put up shutters. We had light rain for almost a day straight, but winds never got over about 15 knots.

No doubt, if I moved to Maine and heard there was a possible "Nor-Easter" coming in, I'd probably buy supplies too. But new residents, do yourself a big favor and block out social media and local news if there's a chance of a tropical storm. Tune directly to www.NHC.NOAA.gov, the National Hurricane Center. They don't sell hype based advertising, and they are not building a social media following because they weren't hugged as kids. They report the facts with data to back it.

The National Hurricane Center and NOAA are leaders. People who post drama on social media are looking for followers. You choose which one to listen to.

Below are examples of screen-shots from a Facebook page scaring people to build an online following. These are 5 different storms claimed to be a possible threat in the month of May. FAKE NEWS across the board. Not one of these existed. These fake scares from long-range models with a 1/1,000 probability are posted daily. Though they type "Low Confidence" but the photo scares people into a panic.

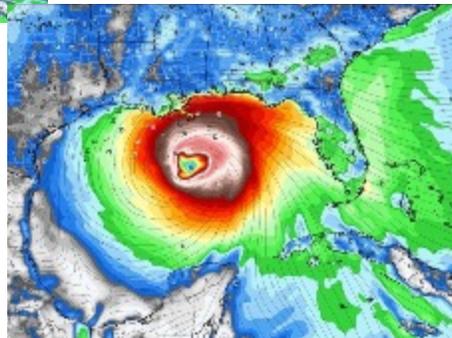
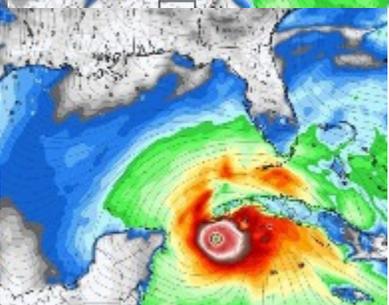
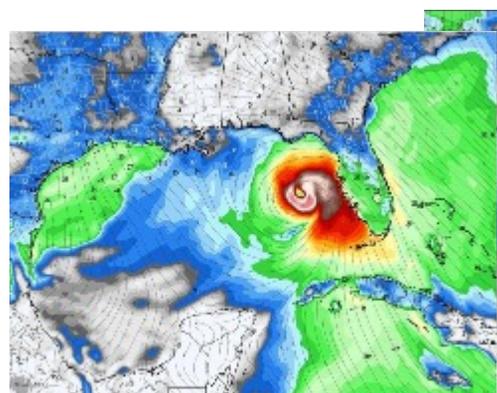
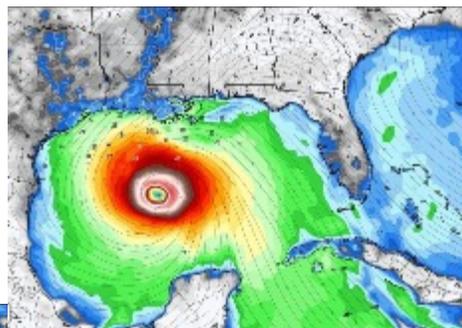
People doing this on social media are adults with reasonable sense, this is their hobby. But then again, would you expect any less from the attention starved drains on society who eat Tide Pods for fun?

The Gulf coast of Florida is relatively safe from storms compared to the thousands of miles of coastline who could be hit. But if we are in the path or "cone" of a storm,

determined by NOAA, your life could be in danger. Prepare and take them them seriously, but use your brain. Social media and TV is about traffic. The more traffic, the more advertising opportunity. Don't be a victim of how they make money when your life could be in danger.

Years ago Hurricane Charley came into Port Charlotte. It was headed for Tampa and took a last minute sharp right turn that was completely against all forecast models. Hurricanes "wobble," which is short directional changes, as they proceed in a forward motion. A path may look like it went straight north, but if you zoom in close, it zig-zags about a mile from it's path line. Charlie took a hard wobble, but before the Hurricane Center could call it a turn, they had to be sure. A local news TV station announced a turn about 5 minutes before the Hurricane Center called it an official turn.

If the TV station was wrong, nothing changes. They're still the inaccurate rating-grabbers we all know them to be. Local news has a need to hype and dramatize anything they can. Their very existence depends on it, which is not their fault. It's ours. If they were wrong, it would have been a simple, "Wow, that was close," and it would have been forgotten. The Hurricane Center has no need to scare people, so when you hear them say there's been a turn, you can take it as fact. That news station has a plaque in their lobby with a photo the meteorologist reaching towards the sky with the caption, "We were the first ones to get it right."



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4703 SW 16<sup>th</sup> Place - Cape Coral

- Penny's Diner**  
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- John Ski's House of Breakfast**  
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3078 Cooper Street - Punta Gorda
- Paradise Deli**  
2378 Surfside Blvd - Cape Coral

Since they've only been right once in 40 years, and from a lucky guess, it's the only plaque on their wall....

When your home is in the cone of a storm you want facts and accuracy. Local news is not about either. It's about being first, regardless of accuracy.

Getting the facts is important, but again, use your brains. Buying 50 cases of water is a bit excessive. Even if we took a direct hit it's not likely you'll need enough drinking water for 2 months....

Shutters: I have accordion shutters and can close my home completely in about 10 minutes. Aluminum panels take much longer, and if you need help, finding someone with time to help you will be a challenge the closer the storm gets. I highly recommend tossing the aluminum panels and looking into accordion shutters. Being able to shut the whole house up in a few minutes offers more time for the many things needed if you're in a storm's path.

If we're in a cone and you have a boat-lift canopy, have it taken down long prior to a threat. It can be rolled up and put in your

garage. If you wait, there will be nobody available to help. The only people you can hire get hundreds of calls 2 days before a storm and most have their own possessions to take care of.

A generator and a small one-room A/C is priceless, and consider direction if you're evacuating. In Charley most went north. So did the storm. Naples or Everglades City would have been a better option.

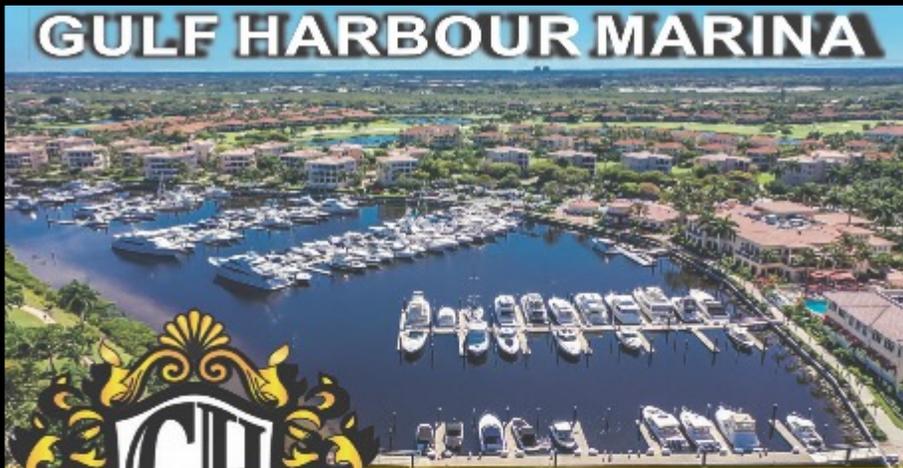
I keep a light freezer in the summer months to prevent losing food in case of a power outage. If you do evacuate, freeze a cup of ice and put a coin on the ice. If you return and the coin is at the bottom of the cup, you'll know if your power was out long enough to spoil food.

Another valuable tip- the longer someone has lived here, the less you want to take emergency advice from them. Locals are jaded. They've run 3-4 times from storms that ended up doing nothing. Their big day is coming.

**JIM GRIFFITHS**

[theNauticalMile@gmail.com](mailto:theNauticalMile@gmail.com)  
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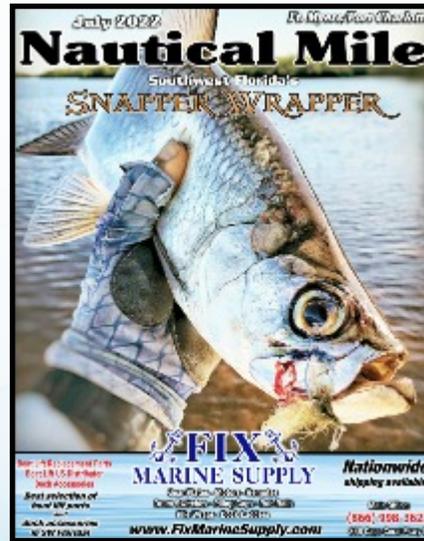
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**JULY 2022**

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# Coastal Events in SW Florida



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[www.GoBoatingFlorida.com](http://www.GoBoatingFlorida.com)

Naples Boat Show  
[www.miacc.org](http://www.miacc.org)

Ft. Myers Seafood and Music Festival  
[www.SeafoodFestivals.com](http://www.SeafoodFestivals.com)

Englewood Seafood Festival  
[www.ParagonArtEvents.com](http://www.ParagonArtEvents.com)

Bradenton Boat Show  
[www.bradentonboatshow.com](http://www.bradentonboatshow.com)

### February:

"Reel in the Sunshine" Fishing Expo  
[www.SunshineAce.com](http://www.SunshineAce.com)

Everglades Seafood Festival  
[EvergladesSeafoodFestival.org](http://EvergladesSeafoodFestival.org)

Punta Gorda Boat Show  
[PuntaGordaBoatShow.com](http://PuntaGordaBoatShow.com)

Big Boy Toyz Expo  
[www.bigboytoyzexpo.com](http://www.bigboytoyzexpo.com)

Punta Gorda Seafood & Music Festival  
[www.SeafoodFestivals.com](http://www.SeafoodFestivals.com)

LaBelle Swamp Cabbage Festival  
[www.labelleswampcabbagefestival.org](http://www.labelleswampcabbagefestival.org)

### March:

Ft. Myers Beach Shrimp Festival  
[FortMyersBeachShrimpFestival.com](http://FortMyersBeachShrimpFestival.com)

Marco Island Seafood and Music Festival  
[MarcoIslandSeafoodFestival.com](http://MarcoIslandSeafoodFestival.com)

Naples Kid's Fishing Clinic  
[www.MIACC.org](http://www.MIACC.org)

Bonita Springs Boat Show  
[www.GoBoatingFlorida.com](http://www.GoBoatingFlorida.com)

Mullet Toss and Seafood Festival  
[www.PineIslandChamber.org](http://www.PineIslandChamber.org)

### April:

Ft. Myers Crab & Music Festival  
[www.SeafoodFestivals.com](http://www.SeafoodFestivals.com)

Suncoast Boat Show  
[www.SunCoastBoatShow.com](http://www.SunCoastBoatShow.com)

Cortez Stone Crab Festival  
[www.SwordfishGrillCortez.com](http://www.SwordfishGrillCortez.com)

### May

Nautical Mile Seafood Festival & Caribbean Market  
[www.NauticalMileMagazine.com](http://www.NauticalMileMagazine.com)

### November:

Ft. Myers Home & Remodeling Show  
[ProfessionalShowManagement.com](http://ProfessionalShowManagement.com)

Ft. Myers Boat Show  
[www.GoBoatingFlorida.com](http://www.GoBoatingFlorida.com)

Sarasota Boat Expo  
[www.SarasotaBoatExpo.com](http://www.SarasotaBoatExpo.com)

Sarasota

Pine Island

Dania

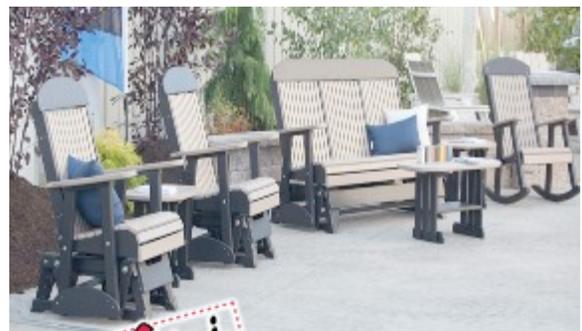
Everglades City

Englewood WaterFest Boat Races  
[www.EnglewoodBeachWaterfest.com](http://www.EnglewoodBeachWaterfest.com)

Siesta Key Sand Sculpting Competition  
[www.SiestaKeyCrystalClassic.com](http://www.SiestaKeyCrystalClassic.com)

### December:

Siesta Beach Seafood and Music Festival  
[www.SeafoodFestivals.com](http://www.SeafoodFestivals.com)



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 14- Chart House  
 15- New Pass Grill  
 15x- Pld Salty Dog Sarasota  
 16- Marina Jack  
 17- Oleary's Tiki Bar & Grill  
 18- Phillippi Creek Oyster Bar  
 19- The Boatyard Bar & Grill  
 20- Spearfish Grill  
 21- Turtle's on the Bay  
 22- Ophelia's on the Bay
- Venice / Osprey:**  
 23- The Point, & "Evie's"  
 24- Casey Key Fish House  
 25- Waterfrontoo  
 26- Pelican Alley Restaurant  
 27- Pop's Sunset Grill  
 28- Snook Haven  
 29- Nokomis Sunset Hut  
 30- Crow's Nest Restaurant  
 31- Dockside Waterfront Grill  
 32- Myakka Oyster House  
 33- Old Salty Dog Venice  
 34- Snook's Bayside Restaurant

- Englewood / Port Charlotte**  
 35- Landy's Restaurant  
 35a- Backyard Grill @ Skips  
 36- SandBar Tiki & Grill  
 37- White Elephant Pub  
 38- Beach Road Wine Bar & Bistro  
 39- Farlows on the Water  
 40- Nav-A-Gator Grill (Arcadia)  
 41- Fisherman's Village X4:  
 1-Smugglers, 2-Harpoon Harry's,  
 3-Captain's Table, 4-Village Market  
 42- Laishley Crab House  
 43- Hurricane Charley's  
 44- Waterside Grill  
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 46- Leverocks  
 47- Calahoo Caribbean Restaurant  
 48- Boca Grande Island X2:  
 1-Eagle Grill & 2-Pink Elephant  
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**19- The Boat House**  
**20- Tarpon Point**  
 - Marker 92  
 - Nauti Mermaid  
 - Pinchers  
 - Gather
- Sanibel / Captiva**  
 21- Mainstay  
 22- The Green Flash  
 23- Grandma Dot's  
 24- Tween Waters
- Bonita**  
 25- Coconut Jacks  
 26- Big Hickory Grill
- North Naples:**  
 1- Bayside Bar & Grill  
 M-Waterfront Grill  
 Miramre Ristorante
- 2- Downtown Naples:**  
 Pincher's  
 Wharf Tavern  
 Bonefish Grill  
 The Boathouse  
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 The Speak Easy  
 Mangos Dockside Bistro  
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**Cortez**  
**Punta Gorda**  
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# BOB'S WORLD

P/C Bob Moro, AP

## The Humble Artist

I always get a little awestruck when I meet someone famous, brilliant, or iconic. I've carried Neil Young's famous steel guitar, Old Black, back to his hotel room. I've shared, ahem, 'refreshments' with Neil, James Taylor and a few other great musicians, comedienne, actors, and assorted A-listers over the years; but it's a rare treat to meet someone you know is special, but who hasn't gotten his due yet—Mark Franzer. He lives in the Whiskey Creek subdivision in south Fort Myers about a half mile from my home on Whiskey Creek

Mark's brain doesn't quite work like yours or mine. Unless you're a genius. Overstatement? Here's one of his comments during my interview: "One of the most indelible life moments was the fascination of watching an electrician wire our bathroom when I was around seven years old. I do all my own electrical work now. I'm actually pretty good at it. His electrical training ended at seven folks. He's been drawing my attention because of his stunning wildlife photography, which he happily shares on the Whiskey Creek & Tanglewood Wildlife & Specialties Facebook page. I knew his work was special, but he was surprised that I (or anyone) would want to interview him about it.

"I never liked high school; I graduated without really opening a book. Tried college for a little bit, but quit. It bored me. I got too impatient. I caught on too quickly—they just didn't teach me fast enough. I grew up in the tiny farming town Maria Stein, Ohio, and the only game locally was the Dannon Yogurt factory in nearby Minster. I went there twice a day for three weeks looking for a job. Then I went 3 times a day. When they figured out I wasn't going to leave them alone they hired me," Mark recalled. Before long, he was processing raw milk into yogurt for their custard style product line.

"I've always been self-taught. I can see a product and just know how it works," he explained. Mark eventually got restless and moved on from making yogurt. He created a stained glass design company, selling to local cabinet shops. He summed up his ability to become a stained glass artist: "I just needed to know three things: Where do you get it? How do you cut it? and How do you put it together?" He moved to a packaging company, Createc, where he designed a new part for an automobile company that saved them a ton of money. From there he joined Accutech, where he had a hand in the processing and

development of blown film packaging such as the air pillows that we all love to pop after we open our packages.

"After that, I sort of retired doing odd jobs, property management... I'm a pretty good handyman.," he offers. Mark traces his photography interests to his best friend Larry, who's passing hit Mark hard. "Larry died almost a year ago. I miss my friend," he said; his eyes welling up.

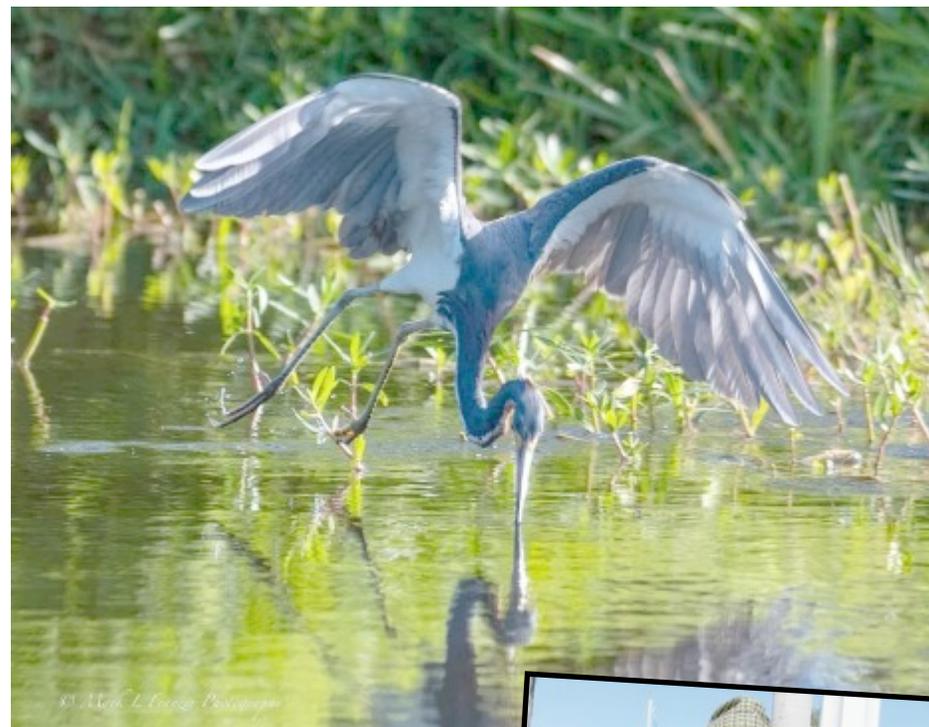
"After Larry died, his wife Karen gave me his lens as a remembrance of Larry. She knew I would value it. This gift inspired my desire to become a wildlife photographer, and I bought Nikon's highest image full sensor camera—the D850, a Nikon 200-500 telephoto, and several other lenses," Mark recalled.

"There was a collage of Larry's photos in Karen's house. I try to mimic what I saw on that wall. And snapping the shutter keeps me close to MY dear friend that I miss so much. It's like I'm thinking 'this one's for you Larry,' Click. The same day Karen gave me Larry's lens, two Ospreys landed on top of my pool cage. They were there for hours. Just frolicking. I'm not saying it was a message from Larry, but that just doesn't happen.

Mark rebuffed all attempts to his affirm his extraordinary talent. But he finally offered an explanation as to what he tries to achieve with each photo. "I want the viewer to take the time to really look. Look deeper. Look longer. Stir the emotions and value what you see. Have an open mind. I want an atypical picture. Something that makes people think and wonder."

His keen knowledge of birds followed his interest in photographing them. "I see a cool bird, and I want to learn more. Spring is mating season—the colors—and the aggressiveness-of the birds are in full bloom. Night herons are called that because they do their hunting at night. Their colors really pop this time of year. The green in female Egret's eyes become more pronounced. They're trying to attract a mate. Birds tend to return to the same nesting areas each year," Mark explained.

Tri colored herons are one of Mark's favorite subjects. He talked about the two photos I selected for this column. "This is the Tri-colored Heron's 'shadow hunting 'strike'. He'll make a semi-circle 'flight path' to and from shore; with the first movement being the dragging of its feet, disturbing the water for the bait fish to scatter. It's second movement in this ballet



is to flair it's wings to cast a 'shadow' for the bait fish to seek cover. The third step, is to strike! They are the only bird/heron to hunt in this manner. This hunting pattern for the "Tri" becomes a bit more aggressive as dusk approaches—it's his last meal of the day. In this photo the 'strike' is captured at the exact moment where it's beak touches the water in hopes of catching dinner! I wish I had it a bit more in focus but it's one heck of a capture!"

He's a humble artist; still reluctant to acknowledge his skills. "I'm not interested in awards. I've never even sold a photograph. I'm scared to sell anything because I don't even know how to print them properly. When pressed, he chokes up. "I'm not sure I'm worth it. I don't think I'm good enough. Fear of failure I guess."

Readers, he's definitely worth it. You can see more of Mark's artistry on Whiskey Creek & Tanglewood Wildlife & Specialties and Whiskey Creek & Tanglewood neighbors Facebook pages. His signature at the bottom of each photo is Mark L. Franzer. The L is for his friend Larry.

P/C BOB MORO, AP

**Ft. Myers Power Squadron  
"America's Boating Club"**

**Bobmoro25@gmail.com**



# Cape Coral Cruise Club Tween Waters May Cruise

Cruise Leaders Chrissy and Lazaro Martinez arrived Friday, the 20th, to get things set for the Saturday arrival of the rest of the contingent. Chrissy and Laz on Sea Lover were joined by Lee Jetton and Brenda Butler on Moonlighter, with Mike and Brenda Stewart as guest/crew/wine bottle “emptiers” aboard. Chris and Karla Spoke on Seas the Moment also arrived a day early.

The pool and bar were dutifully checked out as were the restaurant and other services available. The food at the pool bar was superb, the drinks masterful. Start the party early!

On Saturday, the 21st, the remaining 4 boats and crews arrived: Tad and Jane Vaughn on Little Loopy, Mike Pitkin on Captain’s Gig, Dan and Barb Weber on Lady Grace, and Pete and Donna Oiderma on Fishful Thinking. The party was picking up speed.

The Saturday events called for heavy hors d’oeuvres washed down with everyone’s favorite libation. One could say it was an unqualified success on all accounts. The covered space on the dock was the perfect party spot. The weather cooperated and although most attendees were tired from boat prep, travel and settling in, everyone put on their game face and partied on! An excellent start to a cruise event.

Sunday was NOT a day of rest! The cruise leaders provided an excellent breakfast of various quiches, fresh fruit, bagels and crème cheese. Mixings for various breakfast drinks were available for anyone so inclined. The grazing and gorging were followed by Cuban Domino lessons provided by Laz, and some card games for the “Hand and Foot” aficionados. Lunch was “on your own” and then it was off to the pool. Due to everyone’s desire to “soak and bake” in the very hot sun, the domino contest was combined with the lessons and winners selected appropriately. Prizes came later.

Docktails were held at about 5:30 at “Chrissy’s Beach”, a small area near the canoe launches, with a long table with a thatched roof over it and a small charcoal BBQ on site. Laz and Mike Pitkin and others set up a large, portable canopy on the beach for some sun relief...much appreciated by all. Laz brought charcoal for that grill, and propane for his own small gas grill. While most of us drank, smoked a cigar, told tall tales (or all three) Laz BBQ’d pork ribs, chicken legs, non-spicy and spicy sausages on those two tiny grills!! And was it good, especially with a plate of Chrissy’s famous fried rice, filled

to the brim with pork, beef steak, chicken and shrimp. After the feast, everyone split up into little groups here and there on each other’s boats.

Monday opened with another great breakfast on the dock, courtesy of the cruise leaders. New styles of quiches, fresh fruit, bagels, sausage (three kinds) and everyone’s favorite breakfast drink mixings were greedily consumed by all. Then it was off to the pool for most, some shade for others and the ubiquitous card game for the rest with, again, lunch on your own.

The group had a reservation at 5:30 at the excellent Old Captiva House restaurant on site. The group was joined by Terry and Laurie Carlson and Tom Mirus. The meals were excellent, albeit pricey. The service was on point as were the amenities and wide variety of meals cited on the menu. A couple of boaters ordered offerings listed “Market Price”. They, actually their wives, recommend asking just what that market price happened to be. By any measure, however, the food was well prepared and absolutely delicious! After a sumptuous meal it was time for relaxation and the sandman.



Tuesday, the 24th, it was slumber as you may and get underway for a safe trip home. Those signed up and unable to come due to boat or family issues missed a delightful cruise. Those who did not sign up for whatever reason should think twice next time we cruise to Tween-Waters.

Submitted by Members  
Mike and Brenda Stewart"



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## OPERATION DRY WATER 2022

### Alcohol and Boating Doesn't Mix Well

Many boaters are not aware of the very real, life-threatening dangers associated with consuming alcohol while boating. Add environmental stressors to those usual factors resulting from drinking alcohol, and a truly perilous condition is present.

Consuming any type of alcohol produces certain physiological responses that directly affect the safety and well-being of the captain, passengers, and other boaters. Judgment and skills deteriorate impacting peripheral vision, balance, and ability to process information. Physical performance and reaction time are reduced.

Alcohol reduces depth perception, night vision, focus, and the ability to distinguish colors, especially red and green navigation lights. Alcohol consumption can result in inner ear disturbance, which can make it impossible for a person suddenly immersed in water to distinguish up from down. Life jackets are designed to move an unconscious victim face up, that is providing you are wearing one in the first place.

Operation Dry Water 2022 is taking place July 2 – 4, 2022 with heightened enforcement. Operation Dry Water is a national awareness and enforcement campaign focused on reducing the number of alcohol and drug-related incidents and fatalities and fostering a stronger, more visible deterrent to alcohol and drug use on the water.

The leading cause of fatalities in Florida is drowning with 73% not wearing a life jacket. All the local public safety experts encourage boaters to wear their life jackets and save the consumption of adult beverages for the marina. According to U.S. Coast Guard Auxiliary Flotilla 91, Fort Myers Beach Commander Greg Masonick stated, "The Coast Guard has a zero-tolerance policy for

boating while intoxicated. Always have a sober captain and save the party for the pier". According to Florida Fish and Wildlife Commission, the lead agency in investigating boating accidents reported that in 2021, 83% of boating accident fatalities did not take a boating safety class.

The Operation Dry Water outreach and awareness portion of the campaign is in effect year-round. Through the outreach efforts of NASBLA, (National Association of State Boating Law Administrators) the U.S. Coast Guard, and the participating law enforcement agencies nationwide, Operation Dry Water focuses on spreading awareness of the danger of boating under the influence, as well as changing the cultural acceptance of drinking and boating.

The bottom line is boaters should learn more about safe boating by taking a safe boating class. Did you know that anyone born on or after January 1, 1988, must have a Boating Safety Education ID Card to legally operate a boat in Florida? Boating education just makes sense. Fort Myers area boaters can find the local classes online at <http://www.aux91fmb.org/safeboating> or by calling 239-690-6780 option 1.

The US Coast Guard Auxiliary is the lead agency protecting America's seaward frontier in recreational boating safety. Our vessels and aircraft deploy across all the U.S. Every day the auxiliary saves hundreds of thousands in property and saves countless lives.

The Coast Guard Auxiliary is the uniformed civilian component of the U.S. Coast Guard and supports the Coast Guard in nearly all mission areas. The Auxiliary was created by Congress in 1939. For more information, please visit [www.cgaux.org](http://www.cgaux.org)

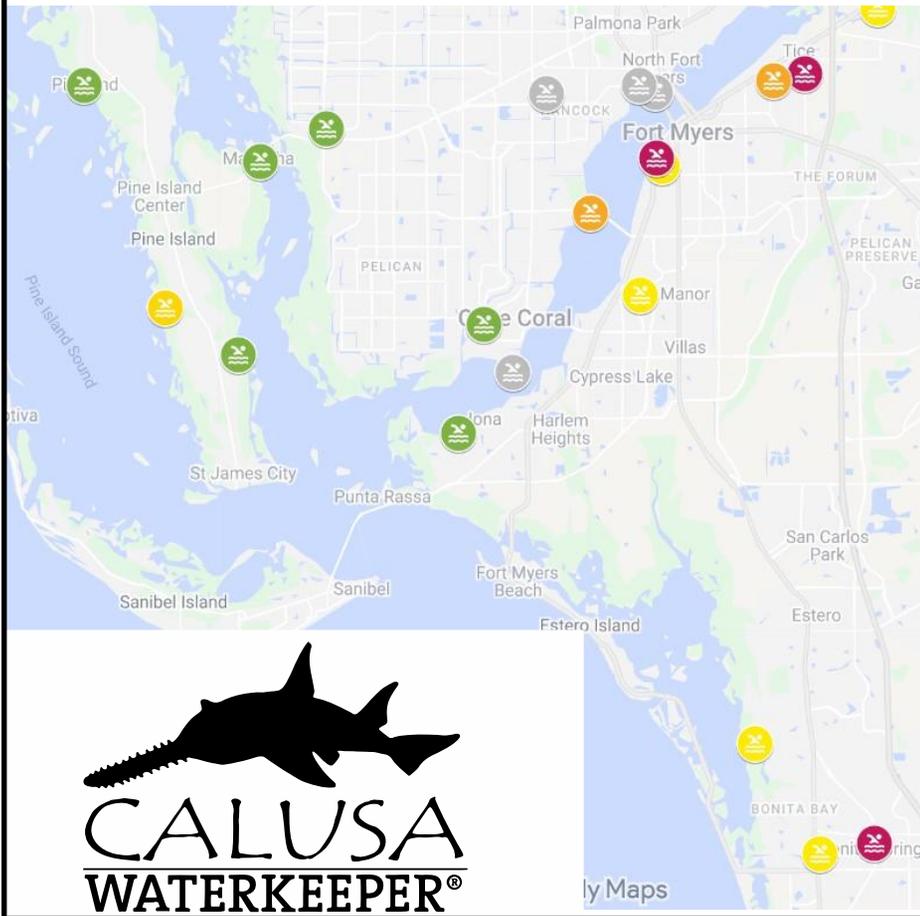


# Water sampling results - May 2022

The map below is maintained by Calusa Waterkeepers, a Ft. Myers based non-profit dedicated to swimmable, drinkable, fishable water. This shows water sampled for fecal indicator bacteria. Yellow, orange, and red icons tested above the state Dept of Health level for safe swimming. Red has extreme risk, gray was not sampled.

A current and interactive map can be found at [www.CalusaWaterkeeper.org](http://www.CalusaWaterkeeper.org)

Visit their website for more information and how you can help.



## Fort Myers Power Squadron Again Offering Safe Boating Class

America's Boating Club Fort Myers is once again offering AMERICA'S BOATING COURSE. This NASBLA and Florida-approved course is for boaters of all types of watercraft, and covers all general boating information, including boating safety, boating laws and regulations, navigation, and boat handling. Florida law requires persons born on or after 1/1/88 to complete this course prior to operating a vessel powered by a motor of 10HP or more. Most boaters who complete this course also enjoy savings on their boat insurance.

83% of operators involved in fatal accidents had no formal boater education, even though the operator had considerable boating experience. Our classes save lives. Registration and a short introduction to the course begins on Sunday, August 14, 2022 from 1:30 to 3:00 pm. The two-session class begins on Sunday, August 21, from 2:00 to 6:00 pm and ends on

Sunday, August 28, 2022. That class runs from 2:00 to 6:30 pm., and includes a short test required for receipt of a Florida Boater ID card. The cost is \$50 or \$60 for couples sharing educational materials, which include our award winning and comprehensive boating manual.

Complimentary refreshments are included. Our squadron building is located at 3145 Royalston Ave., 33916; just 1.5 miles from downtown Fort Myers.

The Fort Myers Power Squadron is the oldest America's Boating Club Squadron in the area, serving the Fort Myers boating community for 66 years. CDC guidelines and social distancing will be followed.

To register or receive more information about taking the course or joining the FMPS, contact Lt/C Millie Bonilla, AP at 612-616-6152 or email her at mbonilla\_3@hotmail.com

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## Know Your DNA – Know Your Health!



**Annie Bush**

It's time to take the guesswork out of knowing what foods your body was designed to eat, what exercises your body was designed to do effectively, and how much time you need to recover from any period of high stress. It's time to get to know what's in your DNA!

So when you think of your DNA, the first thing which comes to mind is probably either "23andMe" or "Ancestry.com" and learning about where your parents and grandparents and great-grandparents came from. But what if I told you, you could find out what they all contributed to who you are now? Your DNA tells you how your body responds to the world around you, and how can take control by controlling your environment.

### Genetics 101

Human cells contain two sets of chromosomes, one set inherited from each parent: One from your Mother's side, and one from your Father's. Each cell normally contains 23 pairs of chromosomes, and they contain many genes, which are the basic physical and functional units of heredity. You have between 20,000 and 25,000 genes. We all are 99.9% the same, and it's just the last .1% which make us different.

Genes make proteins which then start the cascade of many biochemical processes involving amino acids, enzymes and hormones and such. These biochemical responses can either be inflammatory in nature, or beneficial.

Think of your genes as switches: When you eat a certain food or are exposed to a certain toxin, some of your genes get "switched on" and start the cascade of inflammation or some other unhealthy condition. So yes, your genes control all the processes in your body, but you are in control of which ones get switched on, and which ones stay switched off. You control this switching process by what you eat, drink, how you handle stress, what toxins you are exposed to, etc.

What do your Genetics (or DNA) have to do with how long you will live?

According to David Sinclair, author of "Lifespan: Why We Age - and Why We Don't Have To", only about 20% of your health, as you get older, is determined by the genes you got from Mom and Dad. So you can only blame them, or give them credit, for so much. The other 80% of your state of health is determined by your epigenome – those things in the environment which influence your health. And nutrigenomics is how food influences your DNA. This 80% is what you have control over. The more you live according to your genetics, the less inflammation, the less disease, and the longer, healthier life will be yours.

### The new language of Genetics

Despite what you see on television or read on the front covers of magazines, there are no "Good" or "Bad" genes, or "Fat" or "Skinny" genes, or "Longevity" or villain genes which act in isolation: Genes work together synergistically in pathways to create biochemical change. It's the variations or polymorphisms, not "mutations" which make us all unique – it's that 1% difference.

What can Your DNA Tell You About You?

There are many, many companies out there which do DNA analysis – some useful, and some not. Some give you a bunch of "data", but if you do not know what to do with it, it is well, just data.

With 3X4 Genetics, you get your DNA explained to you by how your body responds to your particular environment, and how your body was designed to do so. It is your health Blueprint you were born with, and it will answer probably a lot of questions you have about what is going on with your health.

Your 3X4 Genetics report can tell you how your body was designed with regard to the following:

What foods you were, or were not, created to absorb and process? Wonder why you get constipation, diarrhea, gas, bloating, or worse every time you eat a certain food or group of foods? This is your body sending you messages. Taking over-the-counter products to resolve the issue is only putting a band-aid on the symptoms, and the underlying inflammation is still happening. By ignoring your body, the issue is still increasing until it really gets your attention.

What exercises you were designed to do, or not do? Your body is either designed for endurance or sprinting, or power lifting or longer resistance training, and if you force your body to do exercises it was not designed to do, you are more prone to injury. For me, I have never enjoyed running or HIIT training of any sort, and sure enough, I am built more for endurance. I am happily incorporating longer walks into my exercise routines.

How is the best way for you to lose weight? For those of you wanting to lose weight, this is probably the most important reason to get your DNA done. This was really eye-opening for me. Your body was designed to lose weight more efficiently in one of a number of different ways, and until you know your type, you could waste a lot of time. For me, my body was not designed to release fat through exercise: I release fat through calorie restriction and intermittent fasting. So if I was trying to lose weight and exercising all the time, and not losing the fat, it would be really, really frustrating – and not very productive. Newsflash: All those Facebook and television advertising people don't know your DNA.

How long does it take to Recover from Stress? This is the area where I got the most validation from knowing, according to my genetics, I need more time to recover after a lot of physical activity or stress. I wear an Oura Ring, and after a really busy day it sends me messages, like I need more time to relax and recover. Well, sure enough, my genetics are the reason. You see how your DNA explains everything!

What supplements and nutrients do I need? Frankly, this is the category where you will save the most time and money. Knowing what nutrients you struggle to absorb can really customize what vitamins to spend your money on. You'll also learn what foods provide these nutrients.

How much Coffee (and caffeine) can you drink a day and still sleep at night? You are either a fast metabolizer of caffeine (like me) which means you can drink it later in the day, and it will clear your system before bedtime, or a slow metabolizer. If you are struggling falling asleep at night, or a little too anxious during the day, or having blood pressure issues, it could be you are a slow metabolizer, and the caffeine is not clearing your body and creating these issues.

Contact me to get your DNA kit processed and analyzed and learn what's in your genetics. Once you do, it will take the guesswork out of everything from what foods to eat, what exercises to do, how long to sleep, how much coffee to drink, and so much more. Just email me at [yourttotalbody@yahoo.com](mailto:yourttotalbody@yahoo.com) and tell me you read about me here for \$50 off. I am certified as a Genetics Consultant through 3X4 Genetics.

**ANNIE BUSH**



Annie Bush, Certified Brain Health Coach and Owner of Your Total Body LLC. She can be reached at 941-468-7091 or [yourttotalbody@yahoo.com](mailto:yourttotalbody@yahoo.com)

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# *July*

on the water  
**Capt. Bill Russell**

This is the month summer weather settles in bringing hot humid days, often with little wind until early afternoon as a sea breeze kicks in, followed with thunderstorms. It's a good month for fishing, especially offshore with additional species in season. Most anglers opt for an early start to take advantage of calm seas, avoiding the mid-afternoon heat and storms.

For those looking to bring home fish dinner, mangrove snapper is the best bet through the summer. No need to make a long run offshore, as snapper are plentiful throughout the inshore and nearshore waters. Look for snapper under docks, bridges, piers, or about any type of structure. Many anglers do very well from shore without the expense of a boat. From boat fish under deeper mangrove shorelines, oyster bars, sand potholes, and rock ledges or structure in and near the gulf passes. Mangrove snapper are one of our tastier fish and fight hard for their size and make a great summer target. They are often leader and hook shy, if the water is clear, it's often necessary to lighten the tackle. Inshore, I generally go with two feet or more of twelve to twenty-pound fluorocarbon leader and a 1/0 circle hook.

Calm summer mornings give good opportunities to run offshore and target grouper and other species. American red snapper season is open in gulf waters for recreational anglers through the month of July for those willing to spend the fuel money for a long run offshore. Gag and red grouper seasons are both open, expect the larger fish to be in deeper water. Seventy feet is a good starting point, but you may need to run well past a hundred feet for larger fish. If you run out a little deeper, you may find red snapper and grouper around the same depths. To get updated grouper, snapper, and fishing regulations go to [www.myfwc.com](http://www.myfwc.com) or download the Fish Rules app.

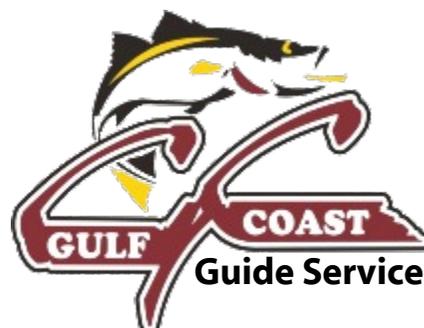
Closer in, within sight of land, reefs and wrecks can be productive with everything from snapper to goliath grouper. Anchoring up current of structure with a fresh chum bag is preferred. A variety of baits is a good idea as well as an arsenal of rods rigged and ready for light to heavy action.

Keep an eye open for speedsters such as bonito, Spanish mackerel, and possibly king mackerel harassing bait schools in depths from twenty to ninety feet. Small spoons or Tuna Jits in various colors can bring instant hookups when trolled around feeding activity. Watch for birds and surface commotion to locate the fish. If you have a live well full of bait fish, a little chumming may quickly get the action started. Artificial reefs are a natural attractant for bait fish followed by predators.

Catch and release snook fishing is at its peak through the summer. Large females are up and down the coast surrounded by smaller males as they complete their mating rituals. Possibly the best fishing happens in the surf along the gulf beaches. Snook will swim parallel to the beach, often just a few feet from shore in search of their next meal. This offers great sight fishing possibilities for both conventional and fly anglers.

Sharks are another summertime favorite. Varieties of species both large and small are common catches both inshore and off. While they are a nuisance for some, many anglers target them for their fighting ability. Sharks play an important role in our ecosystem; please make every effort to quickly release them unharmed. Every kid loves to catch a shark of any size, now is a good time, just make sure and do it safely for both the angler and the shark.

Keep up to date with fishing regulations and seasons in the area you fish, as they change often. You can visit [www.myfwc.com](http://www.myfwc.com) for all current state and federal regulations.



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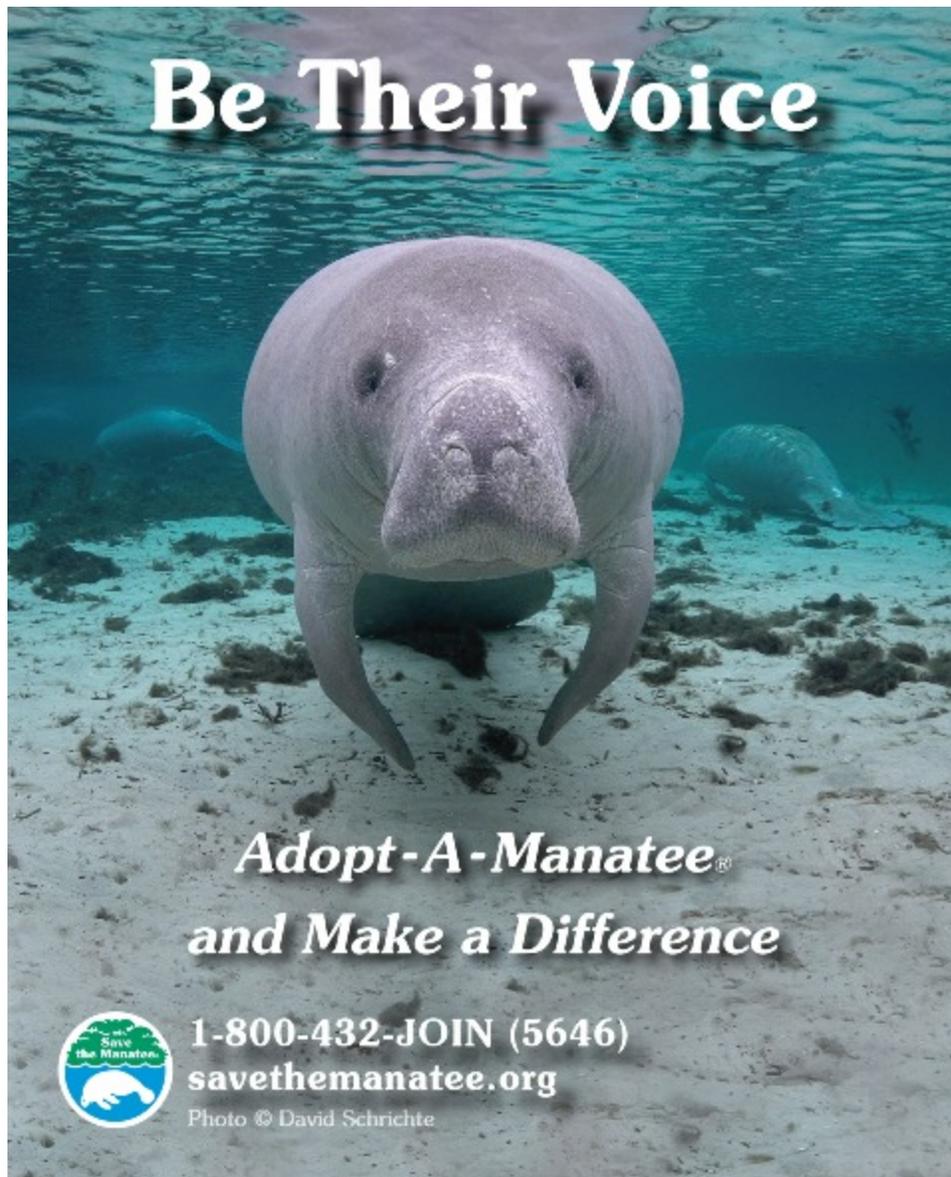
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Photo © David Schrichte

## BOATING & FISHING COASTAL RESOURCES

**CapeWeather.com:**

A few years ago a local resident established a weather station as a hobby that grew into one of the most visited weather websites in the state of Florida. From local radar to real-time lightning, look no further.

**Fix Marine:**

With thousands of docks and hundreds of boatlifts in SW Florida people find Fix to be a valuable supply source. Dock and boatlift parts and accessories, drum switches and boatlift motors. Cape Coral and Englewood locations.

[www.FixMarineSupply.com](http://www.FixMarineSupply.com)

**TowBoatU.S.:**

The Coast Guard does not deploy unless people are in danger or at risk. If you're going to be a boater you'll want to secure a local tow service. For a low annual fee they'll assist if your engine fails, if you're grounded, or even if you run out of fuel.

**Lehrs Black Friday Sale:**

Lehrs Economy Tackle in N. Ft. Myers, the oldest bait shop around, hosts a huge "Black Friday" (and Saturday) sale every November.

[www.LehrsEconomyTackle.com](http://www.LehrsEconomyTackle.com)

**Nautical Mile's Newsletter:**

Have upcoming SW Florida coastal events show up in your email. No soliciting. Sign up free at:

[www.NauticalMileMagazine.com](http://www.NauticalMileMagazine.com)

**Marine Trading Post:**

Every coastal community has one; a marine parts superstore. If you can't find your husband, check here before calling *Missing Persons*. The Marine Trading Post has anything you can think of for a boat and offers it through four SW Florida locations; Port Charlotte, N. Ft. Myers, Naples, and on McGregor towards Ft. Myers Beach.

[www.MarineTradingPost.com](http://www.MarineTradingPost.com)

**SWFL Fishing Club:**

Meet monthly to discuss outings, club tournaments, learn tactics, associate with anglers, and enjoy monthly talks from local captains. Guys, gals & kids.

[www.swflfishingclub.com](http://www.swflfishingclub.com)

**Tarpon Hunters:**

The "Tarpon Hunters" are based in Lee County and the oldest two fishing clubs around. They focus on how-to education and proper catch and release tactics of one of the world's greatest game-fish; the Tarpon. There's a club in Cape Coral and one on Ft. Myers Beach. Monthly meetings, annual picnics and an educational workshop in February. Find the Ft. Myers Beach club on Facebook: @FMBTHC

Cape Coral:  
[CapeCoralTarponHunters.com](http://CapeCoralTarponHunters.com)

**Nautical Mile Magazine:**

Back in 2003 the Nautical Mile was one sheet of paper listing resources as a service to boating and fishing enthusiasts in Cape coral. Soon it became a brochure, then a newspaper, and now is a quarterly magazine covering all of SW Florida. The Nautical Mile is the only product of its kind on the coast for fishing, boating, and coastal living in SW Florida.

[NauticalMileMagazine.com](http://NauticalMileMagazine.com)

**Power Squadrons**

**AKA: "America's Boating Club"**

The Power Squadron is a national boating group with a focus on promoting safe boating. Known as "America's Boating Club," they host classes on electronics, boating safety, charts, anchoring, weather, knots, maintenance, and even using a GPS.

**Captain's School:**

Get your captain's license! The Captain's School's world headquarters is right here in Cape Coral. Join Capt. Casey for your 6-Pack, Sailing, Towing, and upgrades!

[www.CaptainSchool.com](http://www.CaptainSchool.com)

When you join the Coast Guard Auxiliary, you could find yourself on patrol saving lives and property, assisting in marine safety and environmental protection, radio watch-standing, educating the public in boating safety and much more. That's what our members do. We don't just train. We train and perform.



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# NAUTICAL MILE

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26.45.830 / 82.50.860

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#### 2- Roatan Express

26.20.358 / 83.22.027

This 180 ft. Steel hulled offshore supply ship made numerous trips between Tampa and Honduras before sinking in rough seas appx. 80 miles west of Ft. Myers on Sept. 31, 1992. The captain and one passenger lost their life.

#### 3- Sulphur Queen

On the morning of Feb. 4, 1963, this 524 ft. tanker disappeared off the west coast of Florida en route to Norfolk, Va. Debris was recovered two weeks later off Key West, no trace of its 39 man crew was found.

#### 4- Fantastico

26.17.775 / 82.50.082

The "No-Name" storm of 1993 claimed more ships than Hurricane Andrew. The Honduran freighter Fantastico slipped beneath the waves on March 13 as it carried a load of fertilizer from Miami to Tampa. Of the 10 crew members aboard, only three survived. The 205 ft. Freighter sits in 115 feet of water about 50 miles out of Ft. Myers.

#### 5- Pegasus Wreck

26.33.130 / 82.43.415

This 110 foot steel Tug-Boat and eventual gambling casino office was sunk as an artificial reef in 1999.

#### 6- Paddlewheel

25.53.320 / 82.17.510

The wreck of a stern paddlewheel steamer, known locally as the "Paddlewheel", rests upside down in 80 feet of water off Naples. The only clue to its identity is a pressure gauge that was manufactured in 1898.

#### 7- Baja California

25.21.522 / 82.31.901

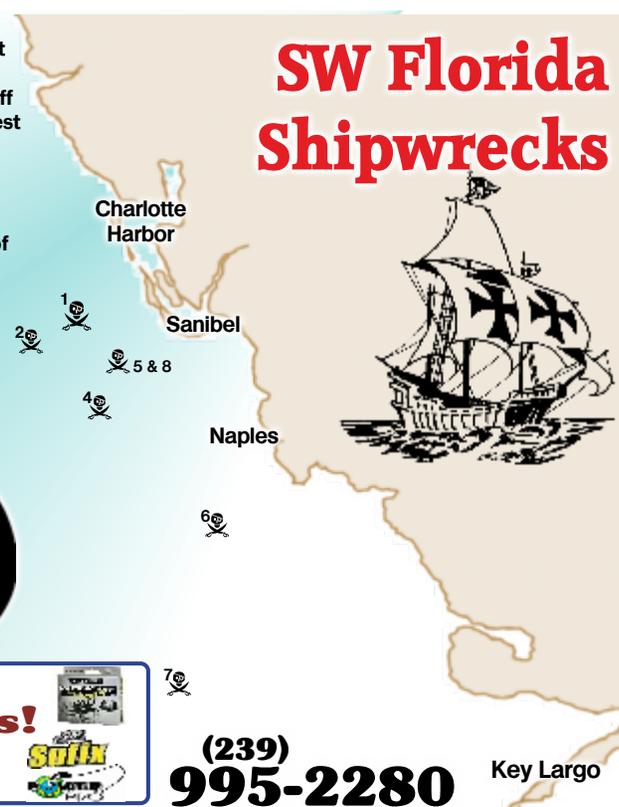
This 265 foot freighter was en route to Guatemala in July, 1942 when a German U-Boat put two torpedoes through her hull just before midnight. In 10 minutes, the ship turned on its side and sank in 115 feet of water between Ft. Myers and the Keys.

#### 8- USCGC Mohawk

26.33.146 / 82.43.423

The 165-foot World War II Coast Guard Cutter, "Mohawk" was the last

remaining ship of the Battle of the Atlantic. The Mohawk was laid to rest in 90 feet of water on July 2, 2012 at 12:36 PM roughly 28 nautical miles off of Sanibel Island on Florida's southwest coast, creating the first Veterans Memorial Reef dedicated to all U.S. veterans. The wreck/reef is the new home to untold numbers of fish and other invertebrates living in the Gulf of Mexico.



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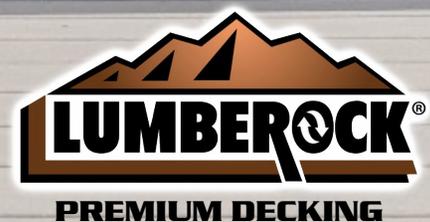
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# Memorial Day Festival Wrap-Up

Cape Coral's huge population boom triggered the announcement of a Seafood Festival. Last month's Memorial Day Weekend was the date for a 3-day event with about 100 nautical vendors along with 400-feet of food trucks with over 50 seafood menu choices, along with live music and a beer-booth all weekend.

Expectations were high as this was the only event in the area all weekend, and though the weather was great all 3 days, all predictions said 80% rain all weekend. It never rained a drop, but the "perception" of bad weather keeps people from going to outdoor events.

One of the event's features was a Yeti Cooler which was being raffled. Ticket sales went to the Brotherhood of Heroes Veteran's Resource Center in Cape Coral. The winner was a woman from Cape Coral who bought a ticket without her husband knowing, and when I delivered it to their house, he had no idea why I was there. It was a great surprise, plus a great fund raiser. The event added \$1,000 to the donation and we brought them a check for \$1,700. Thank you to sponsors and attendees for participating.

In addition to the Yeti raffle, I was at Gavin's Ace in Cape Coral to buy the cooler and the store manager overheard why I was there. He tapped me on the shoulder and said, "So you know, that cooler is being donated."

Over 100 art & nautical vendors came from all over the state to participate in the event which was held at the German American Club in Cape Coral. We did something similar last November which had a better turn-out, so moving forward we're pulling the May event and proceeding with an annual event in November based on being a "Nautical Market" focused more on art as opposed to a seafood festival."

So save the date for next November 19-20 for a Nautical Market in Cape Coral.

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**It's a Nauti Thing**

By Thomas E. Dawson

# Did you know that the Caloosahatchee River is kind of shallow?

Living in Lee County, I am one of the many boaters who travel down the Caloosahatchee River to get out to the Gulf of Mexico. While making a recent presentation on boating safety in Southwest Florida, a member of the audience commented on the Caloosahatchee River and how inviting it looks with wide “blue” waters. The person went on to ask why so many people are fooled by those looks and let themselves believe the Caloosahatchee River is a boating paradise? He went on to ask why do we hide the truth about a river, that it is very shallow?

This question was kind of surprising, but then I have been boating on the river for some time now. To get to the river most boaters need to navigate dredged channels and then once they are in the river, they find more marked channels designating the safe areas to boat in. However, upon reflection, the question was understandable as many new residents judge our waterways based on their past experiences. Many of these new residents are used to boating in the deeper waters of inland lakes and when presented with a river that is part of a natural estuary, they are surprised that much of the water is too shallow for their preferred choice of boat.

There are some cynical answers I could have given, but the key to safe boating on any body of water is to do a little research before you launch your boat. Here in Florida, it also helps to know a little history of our development. The Caloosahatchee River was once a narrow, shallow and winding river, how it is that we are even able to boat on in the first place is an interesting story.

Like most development across the country, you will see that commerce is the driver for the development of roads, railways and in the past canals to transport goods. Southwest Florida in the 1800’s had lots to offer, fish, cattle, timber were all goods needed by our growing country and created a lot of potential for commerce. Fort Myers, after the Civil War became a hub of business, but getting goods in and out of the city was a bit of an issue.

Travel by existing roads was too slow, railway lines across Florida were slow to develop for a variety of very good reasons. So, early developers looked to our waterways and saw potential to create a canal system to link cities to coastal ports.

For centuries countries have used rivers and then canals to move goods, they were

the superhighways of their day. Early developers, like Hamilton Disston, decided that it would be quicker to build a series of canals to connect existing waterways instead of laying miles of railroad track. These plans also included straightening a number of rivers, taking out the twists and turns that make navigation difficult.

In Disston’s plans, the Caloosahatchee River became a central part in an effort to connect the Gulf of Mexico to all points east and northeast through Lake Okeechobee and on to the Atlantic Ocean, but there was a couple of big problems.

In the mid 1800’s the Caloosahatchee River didn’t connect with Lake Okeechobee, the river started its path to the Gulf at a waterfall 16 miles west of Lake Okeechobee. The Caloosahatchee River was at that time a slow-moving, meandering creek that ended in good sized estuary, where it spilled into San Carlos Bay.

Where the river connects with San Carlos Bay the depths of water across its width were all in the single digits. At the time smaller flat bottomed paddle wheel steamships could get across the bar and around Shell Fish Point at high tide, but as those vessels got larger this became more difficult.

To support the growing commerce the first project to “fix” the river was begun in 1882 when the federal government funded the creation of a channel, boaters still use today, that runs around the top of Shell Point. This first dredged channel was only 7-foot-deep by 100-foot-wide. This allowed larger commercial paddlewheel vessels passage over the bar at the river’s entry to San Carlos Bay.

After that the race was on to create a “Cross Florida Waterway” was on. Between 1881 to 1888 the waterfall on the Caloosahatchee was removed, the river straightened to remove many of the tight

bends and a canal was dug to connect it to Lake Okeechobee.

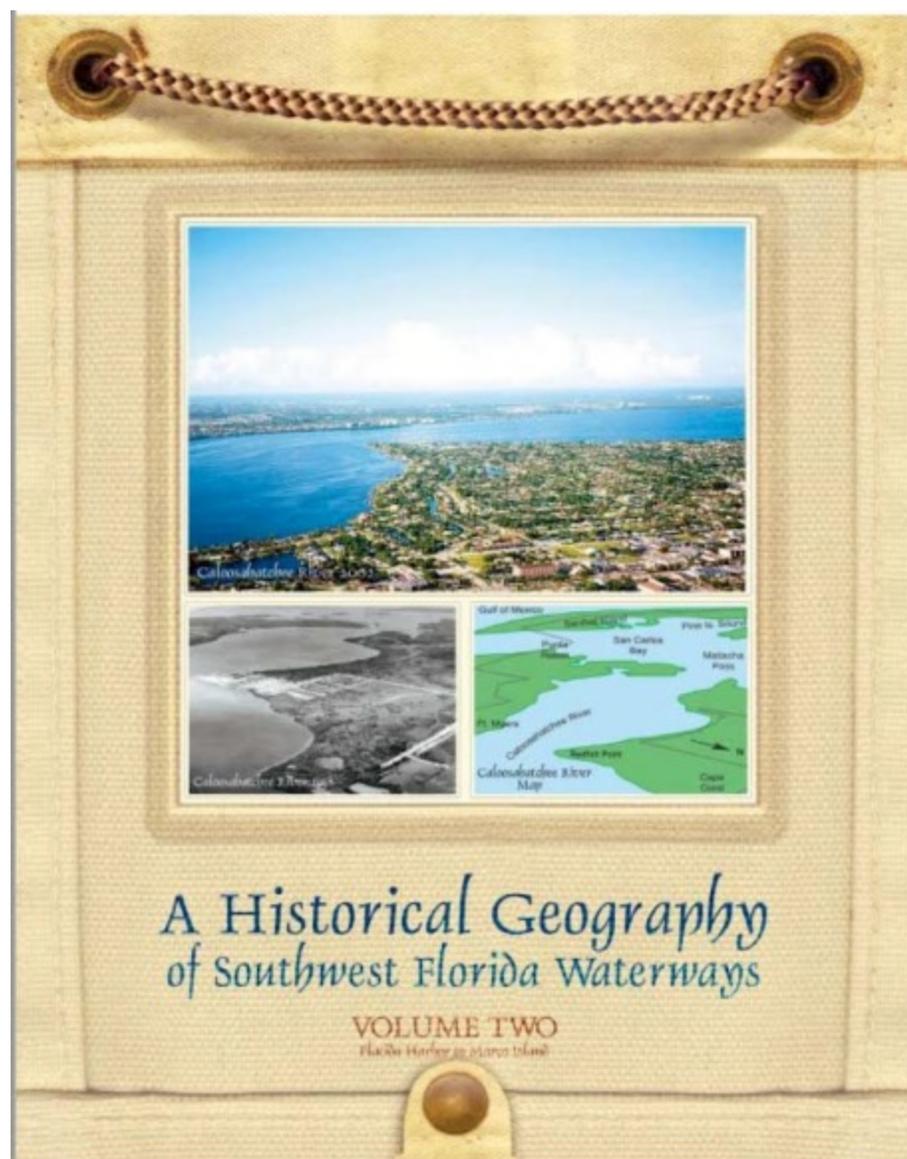
While that work was taking place another project in 1887 dredged additional channels up to and beyond Fort Myers in the shallow parts of the river running north from Shell Point. By 1912 additional funds were allocated to widen the channel around Shell Point to 200 feet wide and make it 12 feet deep.

The Caloosahatchee River was not the only river to get a makeover, the Kissimmee River and other waterways were created to make Lake Okeechobee a central hub for commercial vessels. From Lake Okeechobee connections were planned for vessels to be able to travel all the way up to Jacksonville, down to Fort Lauderdale and over to West Palm Beach.

It wasn’t until 1937 that the dream of a “Cross Florida Waterway” connecting the Gulf of Mexico with the Atlantic Ocean was fully realized. With the opening of the St. Lucie Canal connecting Lake Okeechobee with the Atlantic Ocean in 1937. This shortcut for commercial vessels reduced the time it took to get the Gulf to the Atlantic. Originally called the Cross-Florida Canal, we now know it as the Okeechobee Waterway, currently a part of the Federal Intracoastal Waterway System.

As part of the Intracoastal Waterway system the dredged portions of the Caloosahatchee River are supposed to be maintained to a depth of 12 feet. Either side of those dredges portions the depths of water are in the single digits. Unfortunately, many parts of the Intracoastal system, including the Caloosahatchee River are no longer being used by commercial traffic. Commerce has moved to other methods of transportation and the interstate highways have supplanted the canals and the railroads in Southwest Florida. This doesn’t mean the river will be reverting back to its sleepy little meandering ways anytime soon. Today, the Okeechobee Waterway is used mainly by the residents of the area that live in the many communities that engage in recreational boating and by pleasure boaters making the journey on the Great Loop tour. Without commercial traffic the need for dredging the Caloosahatchee River is a pretty low priority for the federal government.

The last of the large coal barges that used the Caloosahatchee River stopped years ago when the powerplant in Fort Myers switched to natural gas. Those vessels did



a pretty good job of stirring up the bottom in the channels. Some people are predicting that this may mean that the river may be reverting back to its shallower depths in many places as the naturally occurring shoaling continues unabated.

In the meantime, people new to the area need to do a little research before they buy that new boat they have been dreaming about. They need to consider a number of different factors before making their purchase. Knowing the nature of our waters and what you can do on them may be different from what you image you can do is important. Experienced boaters that have lived in other part of the country quickly find out that in many cases the boat they owned in the past may not be suitable for use down here.

Before heading out on any new waterway looking at a local chart, and not just the free ones that don't show depths of water. Real nautical charts are designed to show you what lies beneath the surface of the water. Local charts can be purchased from a variety of sources and can be viewed online at NOAA's website, [nauticalcharts.noaa.gov](http://nauticalcharts.noaa.gov). Also consider taking an in-person local boating course, the instructors will spend time helping you to understand the nature of the local waters.

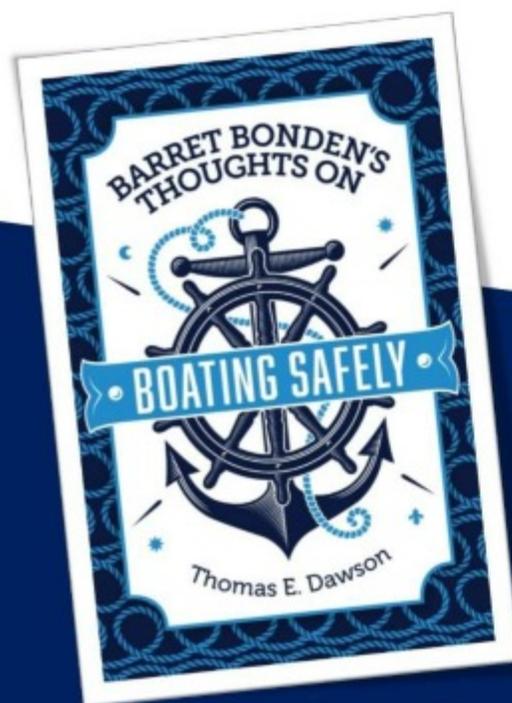
If you are interested in learning more about the development of the waters along the Gulf Coast of Florida, check out, *A Historical Geography of Southwest Florida Waterways*. Published by the University of Florida and the Florida Sea Grant program the first volume covers Anna Maria Sound to Lemon Bay and the second volume from Placida Harbor to Marco Island. The works were written by Gustavo A. Antonini, David A. Fann, Paul Roat. The authors have undertaken a deep look into the development of our waterways and the impact that development has had on our environment.

In most cases it is too late to change the development that has taken place, but it is not too late find ways to preserve what is left of our natural environment. Learning from the past can help us to understand what the future may look like.

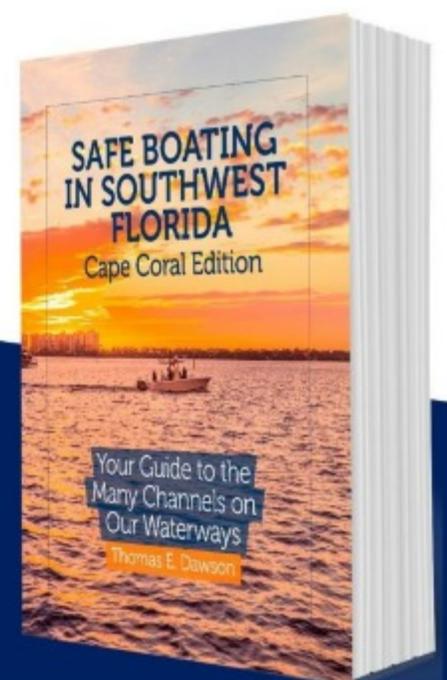
In the meantime, "Stay safe on the water"

**THOMAS E. DAWSON**  
**tedawson2@gmail.com**

Thomas E. Dawson teaches America's Boating Course at America's Boating Club Cape Coral, classes will resume in September 2022. Tom is also the author of two books, *Safe Boating in Southwest Florida* which includes information on navigating the Caloosahatchee River and the even shallower Matlacha Pass and *Barret Bonden's Thought on Boating Safely*, both are available on Amazon.



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# Let's Go Fishing!

Captain Van Hubbard



Enjoy our countries independence celebrations but be safe. Praying for its healing might be a good idea also. It is hot but we do have early morning and evening opportunities to enjoy fishing adventures. In my Boca Grande area silver kings or tarpon are abundant and exciting targets. Catch and release for snook and redfish is also available. We have some trout, snappers, and mackerel to chase for dinners. Offshore the red snapper and gag grouper are open if you have the rig and can afford the fuel bill.

Boca Grande Pass is world famous for its tarpon fishing opportunities. We have both traditional Pass technique and sight fishing along our beautiful Gulf Beaches. I recommend the former for those with less experience; it's very effective with local guides. Beach fishing requires more skill, patience, and experience helps your success. Take the time to research your guide selection and be sure you pair up for the best experience. If you're having a hard time adjusting just listen to your coach/guide. This is your best shot at real big game fish without a trust fund. Good guides aren't cheap but a great deal less than other options.

Snook and redfish are ready to take your offerings. I prefer the "lures by God" or live natural live baits myself. White bait minnows are my suggestion to produce action. Fish are scattered from the natural surroundings in our back county all the way out onto our beautiful Gulf Beaches. Use patience to stalk these spectacular fish. Quality gear and fresh lively baits enhance your odds of success. We have some big trophy fish available now. Please do not feed the dolphin!

Trout, mango snapper, and a few mackerel are cruising our deeper grass patches now. Water temps are hot, so look for flows and seams for best results. Any baitfish or bird activity can help you lock in on your target. I like to fish with rattle corks to attract action. If you do not rattle it, they will not come! Live shrimp or minnows are best baits, but soft plastics will produce action.

Use the Fish Rules app for season dates for both red snapper and gag grouper. These are usually deep-water targets now so be prepared to invest the time and money to safely pursue them. Red grouper and the other snapper are also open for harvest now, but things can change so use the app. bigger fish around structures do require heavier gear. But lighter gear gets many more bites. If you can't persuade them on the heavy stuff, lighten up and get more action. Many times, I find that as the smaller fish turn on the big ones light up also. So maybe you want to keep one big rod and bait in the water. Carry plenty of ice to protect the quality of your catch. Upgrading wastes our precious resources; fishing is expensive but shouldn't be wasteful, please.

Boats are a great way to enjoy many fireworks displays. Get there early and have a designated driver to safely enjoy the celebrations. This is special family time so pack some snacks and take time to enjoy the moments. Snap a few photos of the kids. They don't stay small very long. God Bless America.

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## It's Burrowing Owl nesting season!

Kathy Thousand

As a Cape Coral resident, on my nightly walks I love to stop and see how the owls are doing. I'm happy to report that most of the owl nests are very active this year with many new babies popping out to say hello! The way the Cape has grown these last 2 decades, I always worry that the owls will be pushed out, but that doesn't seem to be the case. I have seen them nest in medians, empty lots, front yards, drainage pipes and along the side of busy roads. Sometimes there are multiple nests in one area; cousins perhaps? I have counted as many as 5 new babies and a proud Papa & Mama in one nest! Cape Coral residents seem to take pride in their Burrowing Owls and I'm very happy that they do. If you see a nest, be sure to keep an eye out for any activity, but don't get too close! Looks like the owls are not a dying breed after all...

As a licensed insurance agent specializing in Medicare plans, I have often felt like a dying breed. Folks certainly have an array of choices for getting their plan information and enrolling: online, through the mail, Medicare.gov, toll-free numbers, etc. But what about talking to an insurance agent face-to-face? To me, nothing makes more sense than sitting down with a licensed agent for a free plan

review. This can be done when you are getting close to your 65th birthday, (3-6 months in advance is a good time frame) or when getting close to retirement when you are older than 65, or perhaps on an annual basis just to make sure that plan you chose is still working for you. Did you know that it doesn't cost anything for a review? A good independent agent can give you an overview of the Medicare system and what your plan choices are as well as help you complete the appropriate paperwork and get it submitted to the insurance carriers. Nothing like the piece of mind knowing that a true professional helped you with a very complicated procedure and answered all your questions.

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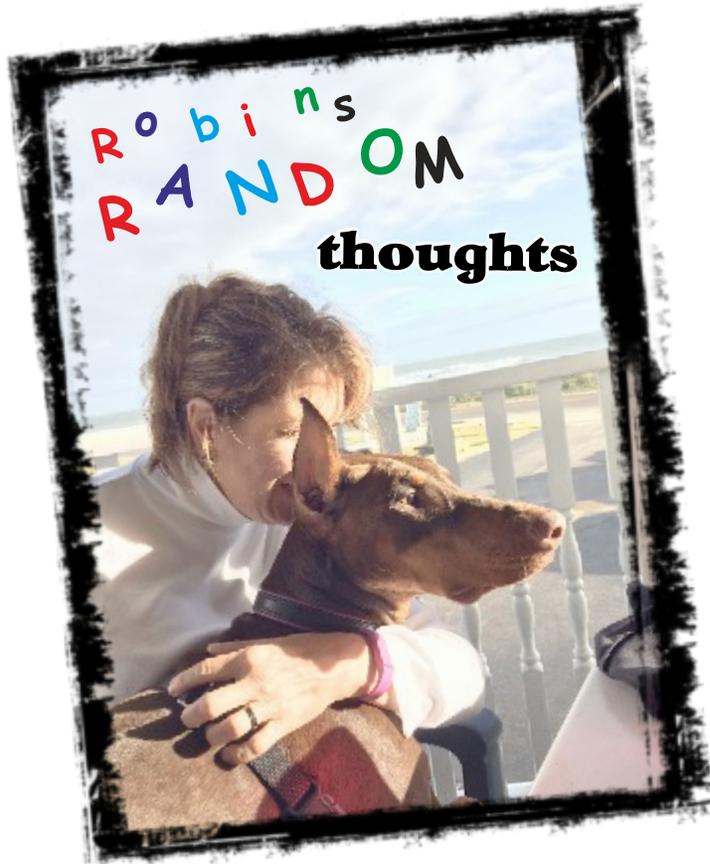
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Several years ago, I was going through a very difficult time in life. I was discouraged and feeling a little hopeless. I had several long talks with my sister, expressing my disappointment, and more than once I expressed my outlook as giving up on everything and joining the Peace Corps. She would immediately stop my tirade and tell me to be careful about what I was saying, because I may just end up doing that exact thing. I thought little about it at the time but have often since then.

We have certain things in life that we cannot control such as illness, death, the family we are born into, earthquakes and other types of experiences or events. We also have things we can influence such as how we respond to situations, which in turn, usually has a reciprocal response. And finally, things that we do control and where our reality begins by how we think about our life and respond with our behavior. This is where you are in total control, as no one can choose your thoughts or actions.

Mahatma Gandhi once said, “Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”

This is such a strong and true statement. The mind is powerful, but most of the time we don't pay attention to our thoughts, and we should, especially the beliefs about self. What we think has a direct influence on our behavior. Our thoughts reinforce the beliefs and once we draw conclusions, we continue to strengthen the belief, discount anything that may oppose it, and create a cycle that directly influences how we feel and behave.

These thoughts and beliefs affect our lives in many ways, including careers, activities, and relationships. The mind can do some incredible things, even like shaping our health and well-being.

Stanford assistant professor of psychology, Alia Crum said, “Our minds aren't passive observers, simply perceiving reality as it is. Our minds actually change reality.” Crum, and other Stanford researchers are connecting medicine, psychology, education, business and more, to understand not just what our minds can do, but also how they do it.

Here are a few of findings these studies have found and how we may just want to pay more attention to our thoughts.

Scientists have used placebos in studies for years and have seen how the mind shapes reality if people believe they are being treated for a disease. But these studies also found the placebo had underlying mindsets that create other effects on health such as reducing anxiety and blood pressure or reducing pain and improving immune systems. This has led to studies on self-perception and lifespan, pain management and other programs.

Furthermore, a mindset, or our thoughts go beyond to traits like intelligence, sense of belonging, realistic expectations and more. It's not that our positive thoughts have magical powers, but it can lead to productive behavior and increases successful outcomes.

Perhaps you need to look at the thoughts you have been thinking and see if you have a pattern that should be examined or changed. Challenge yourself – are your beliefs, thoughts, words, actions, habits, values, controlling your destiny? Remind

# YOU ARE what you THINK

yourself this doesn't mean you can't change. You can alter your perception and change the direction.

To do so, look for times your thoughts are flawed or not true. Begin new habits of changing your thoughts. If you have a tendency of going to a negative thought, practice training your brain to think differently. Change comes from within.

**Robin Griffiths**

“Change your thoughts and you change your world.” - Norman Vincent Peale

Robin Anne Griffiths is a certified master development coach, personal trainer, behavior change consultant, yoga, and meditation instructor. She specializes as a movement instructor for senior populations. Her mission is to help with living a fuller and healthier life as you age. Her Better You Series is three unique programs tailored to help with positive changes in diet, fitness, and life direction. She works with groups and individuals on life transitions to create personal balance – physically and mentally.

You can find more information at

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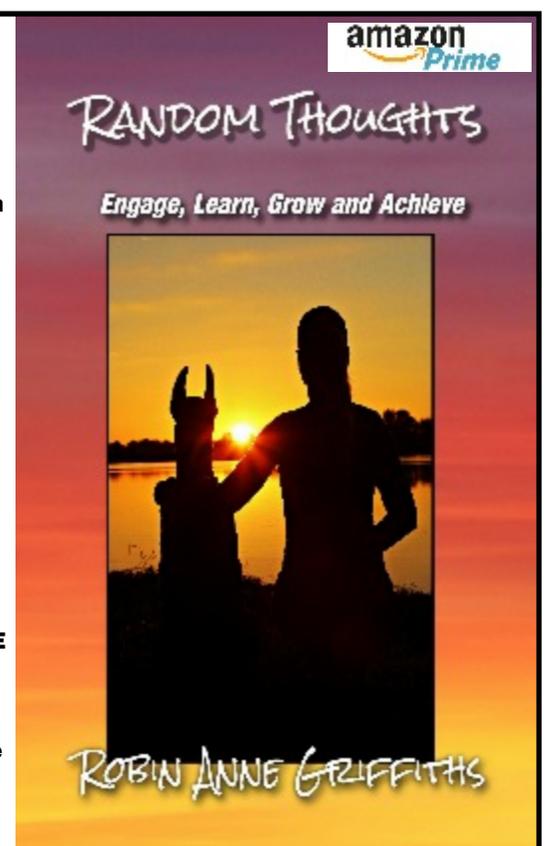
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# Scales and Tales

Sophie McKee

Hello everyone, Sophie here with this month's scaly creature, the eastern diamondback rattlesnake. This is a large member of the family of venomous snakes known as pit vipers. These snakes all have heat sensing pits near their eyes that let them detect the warm bodies of the rodents they like to eat. They can hunt at night or underground without having to actually see their prey. Pit vipers are found all over the world but the eastern diamondback is only found here in the United States.

It is the largest of all rattlesnakes and can grow up to 7 feet long but most adults are between 4 to 5 feet long. It is also a heavy snake and can weigh up to 15 pounds. They get their name from the dark, diamond shaped patterns along their back that make excellent camouflage. They can look just like a pile of leaves or rocks and they use their rattles to warn larger animals like horses or cows away before they get stepped on. The rattles on their tail are actually hollowed out scales that make that loud buzz when shaken. Most

wild animals know to avoid this by instinct.

The eastern diamondback is found only in the south from Virginia to Mississippi. They live all over Florida and are one of six venomous snakes native to our state. They can live anywhere around here as long as there are rodents for them to eat. They are also good swimmers and are sometimes seen out in the mangroves going from island to island. They don't like to be around people but unfortunately, we are moving into their habitat.

Diamondbacks breed in the fall and are one of the handful of snakes that don't lay eggs but give live birth. They can have a litter of up to 24 cute baby rattlesnakes that are full of venom and already dangerous. They can live up to 20 years but the smaller ones are often picked off by predators like birds or coyotes. The rattlesnake's main predator is people because for a long time we killed every one we saw. The eastern diamondback is not endangered but they are not as common as they used to be.

Most people should know that you don't need to be afraid of any snake as long as you don't mess around with it. This is especially true of the venomous ones. In fact, over half of the people who get bit by rattlesnakes are handling them at the time. They are also mostly younger men who were drunk when it happened. My



dad says this is "Hold my beer" behavior. (He had to explain that one to me.)

The venom of an eastern diamondback is a hemotoxin which attacks your blood cells and even a small bite can cause you to lose a finger. A full bite can kill a person in a few hours but this rarely happens because rattlesnake anti-venom is available at most hospitals where these reptiles are found. This is a very expensive treatment because each dose of anti-venom can cost \$2000 and some bites might need up to 20 doses. That's even more reason not to mess around with them. If you come across one in the wild just back up and admire it from a distance. They really don't want to bite anything that's too big to swallow.

All venomous snakes are illegal to keep as pets in Florida unless you have a special

license from the state and a lot of experience working with them. The eastern diamondback in the photo belongs to my friend Jeremy who runs Cold Blooded Creations. He has a wildlife rescue facility and removes all sorts of animals from around people's homes. He brought this rattler to last year's Nautical Mile Expo and let us get some cool shots of it. I plan on having a venomous reptile license sometime after college and when I have a place of my own. Thanks for reading and see you next month with another scaly Florida creature.

**SOPHIE MCKEE**

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**SUZUKI MARINE**

Summer is finally here and I'm excited to be fishing the flats. And with the current state of our economy I think I might be doing some fishing myself this summer and fall. I can't see us being nearly as busy as we were last year, which was just insane. I have already noticed a big drop off in traffic on Key West and my phone hasn't rang in nearly a week (as of this writing) which hasn't happened since we reopened in June of 2020.

Summer and early fall is my favorite part of the year to fish the flats. In the beginning of July we will still have a few migratory tarpon moving around, but the migration is basically over now. We do have resident tarpon around the flats and back-country and they will be with us all summer.

The resident tarpon are lot of fun. These are mostly smaller tarpon from babies up to about 40 pounds, but there are still some bigger fish around to tangle with. Resident tarpon are normally very eager to eat a fly or a soft plastic especially early morning rollers and feeding fish. When the opportunity arises, I will try to find bait balls around the flats and if successful it's



# Fish Key West! Nautical Mile's Southernmost Column with Capt. Mike Bartlett

almost a given there will be some tarpon around it and they are looking to eat. High probability of success is what I am looking for here. If the bait isn't around or the tide isn't right or it's too windy, then I'll look around the channel edges and the mangroves for laid up or cruising tarpon.

Lastly, I will look for the "hatches" - shrimp and guppy hatches which usually take place early in the morning when it's flat calm. The hatches are a bit more specific as far as conditions go and if the weather report is looking favorable I will try to get out early to fish first light and

hope to find a hatch straight away. Fishing the hatches are by far some of the easiest tarpon fishing anyone will ever do. In some of the smaller places the boat will be right in where the tarpon are cruising and feeding. Either wait for a roll close to the boat or throw out a few blind casts, you will get a bite!

Depending on the tides and where I end up fishing, I will either start off looking for tarpon for a couple of hours or look for tailing bonefish. Basically, high water in the morning, look for tarpon until the sun is up high enough to see bonefish and permit on the flats. If we have low water

in the morning, specifically low incoming tide following a negative low outgoing tide, then I will hit sandy spots where I can see or pole the shallow grass flats for tailing bonefish and permit.

That's about it for fishing the flats in July. Like the rest of the year I will make a decision where and when to fish based on current conditions. But the goal is always the same and that is to catch a flats grand slam every trip!

We will have the best flats fishing of the year all summer long and I am so ready for it. If you have been wanting to try fishing the flats or have been unsuccessful in the past going for bonefish or tarpon, now is your best chance. Sharpen your casting skills and hope for good weather and the rest will take care of itself.

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# THE QUEENS REIGN SUPREME

Okay kids, this year's "Rust Bucket Challenge" is officially in the books! For those of you that aren't in the know, it's an all catch and release fly fishing tournament that spans eight months and targets our four premier inshore gamefish (redfish, trout, snook and tarpon). Eight teams ground it out this year and it was a photo finish. Literally. Team "Bahamma Mammals" overcame a 500 pt deficit with a 48" tarpon scoring them 750pt and a solid lead on their last day. That lead was to stand and suffice it to say, the girls kicked all of our butts this year. Way to go ladies! Congratulations on being the '21-'22 grand champions! For more information on the tournament and how to join, visit my website [www.spiritflycharters.com](http://www.spiritflycharters.com)

Let's switch over to something non fishing related for a change. I'll be brief I promise. It is Tarpon season after all, but July is also one of my favorite months to fire up the grill and have a beer after a long day on the water, or maybe invite my fishing buddies over and feed them while they clean the boat! A fair trade for dinner in my book. Just make sure they bring their own beer. I'm realizing as I write this that I haven't had a good steak in a while so let's talk about grilling one "caveman style".

The first move is to take your gas grill and put it at the end of the driveway so Hank Hill can pick it up. We're cooking with fire today, like a grownup. I like to load up my grill with hardwood lump charcoal for this cook. It burns cleaner than briquettes and gets hotter faster (the irregular shapes allow more air flow between the lumps). I always set up my trusty Weber Kettle for a two zone fire (coals on one side, nothing on the other) so if I need to I can carry the cook over on the cooler side. Load up your chimney starter with your lump of choice (no lighter fluid here boys, do it right damnit!) and let those coals get white hot and ashed over. During this time I like to have my steaks hanging out at room temp with a nice sprinkling of coarse kosher salt on all sides. Have yourself a beer or two while the meat sweats and your grill is getting fired up. After 15 minutes or so, pat your steak dry on all sides with a paper towel and season with whatever the hell you want. Side note: Black pepper will burn almost instantly in this case so I personally would add that after the cook, but that's just me.

By now, your charcoal should be white hot and ashed over, so dump that in your pit like Kim Kardashian dumped Kanye and get ready to party. I like to take a sheet pan and fan the coals pretty vigorously for 30 seconds or so to make sure the excess ash is off of the coals. The next step is scary the first time you do it, so maybe try with an inexpensive steak your first go around and see what you think, but throw that chunk of meat straight onto the coals.

No grill grate, nothing. Just watch your money burn... for no more than three minutes on the first side. Give that a flip and repeat for another three minutes or so and you're pretty much done. Depending on how you like your steaks cooked you can go longer or place the grill grates on and finish up on that cold side of the grill we set up. We've got options baby! Now at this point, I'm going to put a pat of butter on mine, hit it with some fresh coarsely ground pepper and very loosely tent the meat in foil for "one beer's" worth of time. About ten minutes for me. Resting your meat before you cut into it is critical for getting the best end product. After that, just dive in and enjoy what should be a nice rare/medium rare chunk of meat. Make sure you chew thoroughly. I probably won't be in your backyard to perform the heimlich on you.

So tarpon are cool huh?! This season has been pretty challenging for the larger migratory fish thus far. A lack of consistent weather makes patterning fish pretty difficult from day to day. One trip I had recently saw an air temperature swing from 62-93 degrees in eight hours. No wonder we had trouble finding big fish for the first five hours of the day. The key for my best shots so far has been on warm calm mornings and focusing on deep water basins close to a main channel. Look for the fish to roll and try to present the fly within a couple feet of the initial fish. More than likely, there are more fish hanging out with the dumbass that gave away their position so hit em with a volley and use a nice steady retrieve. Just be ready to rock and roll because you never know when that fish is going to eat in that low light. Keep an eye out for daisy chaining fish early on as well. Spotting this phenomenon in low light can be tough if the fish's fins aren't popping through the surface but once you see it, you'll know what to look for. Figure out what direction the fish are circling in and try to feed the fish as they're turning the corner and coming straight at the boat. Avoid hitting the middle of the mayhem at all costs, but if you do, just drag it through slowly and hang on.

Snook are out on the beaches in great numbers right now. Small, medium, and large fish can be seen cruising near the passes in shallow water 4ft-6inches up and down the coast all summer long. If the wind is right (out of the east) I'll try to pole my clients down some of the quieter shore lines with the current and keep an eye for shadows moving in the shallows. There's a good chance you'll see a tarpon or two as well so be ready. If I'm in a boat I'll use a 9wt rod with a leader tapered down to 40lb's. The beach fish typically aren't picky and in open water the 9wt fish will give you a decent shot at a medium sized tarpon if the snook aren't running.



Definitely bring some bigger rods (10-12wt) however.

If I'm wading on the beach looking for fish I'll drop down to an 8wt fly rod and throw either a full clear intermediate line, or one with a clear intermediate tip. I'll also shorten my leader to maybe 6ft of 40lb fluorocarbon (more dense than mono so it sinks) yep... you read right. The reason for the intermediate/flouro combo is that it will help keep contact with the fly when you're dealing with the waves in the surf. Stay out of the water while you're stalking these fish, more often than not they'll be ankle deep and right under your nose. In the past I threw small size 2 baitfish patterns at the beach fish but this year I've abandoned that and switched to large white or white and pink baitfish patterns in 1/0. The smaller fish are ambitious and will take a swipe at it and the larger fish

seem to be more eager to crush a slightly larger fly.

That's it for me this month guys and gals. I'll be on the water almost daily (sorry wife, I'll flip the laundry tomorrow) but feel free to give me a call or shoot an email so we can set up a trip and take a spin on the water. Let's go make some memories. I'm gonna go have a beer to wash down this steak I just smashed.

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## Wild Fly Charters

### Capt. Gregg McKee

Welcome to July in Southwest Florida and the height of Tarpon Season 2022. So far, this has been one for the record books. June was a lot windier than I would have liked but the sheer number of fish we had out there more than made up for that. The big migratory schools kept pouring up the beaches and were even thick along the intracoastal waterway in Pine Island Sound. On the days those gusty conditions made getting a fly in front of them too tough, we could usually strike silver with plenty of early season juvenile tarpon in the mangroves.

For those of you new to our fishery, any tarpon 30 pounds or less is considered a juvenile. Anything under 10 pounds is a baby tarpon. Remember, this is a species that can grow to 300 pounds and live 50 years or more. After hatching they hide out near the shorelines and don't join their famous migration until they reach about 10 years of age. Since our part of Florida is blessed with mile after mile of dense and healthy mangroves, we're home to an enormous amount of resident juvenile tarpon, and I've never seen more of them out there.

July is usually the start of our late tarpon season when I'll target these smaller fish almost exclusively. It was a nice surprise to see them during the spring but now the floodgates have really opened. I'm routinely coming across schools of 10 and 20 pounders in places where I've never found them before. Tarpon this size are the greatest thing you'll ever catch on light

tackle. You Snowbirds who have wisely decided to stick around for summer can even break out the freshwater trout gear for these fish. I have an old Sage 5-weight fly rod that I absolutely love using on small tarpon. They respond extremely well to almost any streamer pattern dropped right in their faces, and spinning gear works great, too. I ran several trips recently where we had half a dozen fish hooked up during the first hour of the day.

That's not uncommon on the right mornings but just because juvie tarpon are eager to eat doesn't mean they're stupid. These fish can be just as sensitive as their huge relatives when the water is flat calm. Drop your fly line right over their backs and they'll blow out of a spot quickly and sometimes permanently if you keep doing it. That's the main reason fishing guides are so secretive about their backcountry tarpon holes. These resident schools are worth their weight in gold to me, and I have a handful of shoreline pockets that I'll ease into and then leave immediately after hooking just one fish.

A couple years ago I came across a saltwater creek on Pine Island that was home what I started calling the Nursery School. These were the smallest tarpon I'd

ever seen, most of them no more than 12 inches long, but they were hitting everything we dropped on them. The only problem was that my tarpon flies were too big and the hooks weren't sticking. I had to pull out some #6 bonefish patterns and then we started bringing them to the boat. We landed quite a few that day but when I went back the next morning, they stopped eating after we caught and released the just one. I was greedy and went back a third day and never got a hit. On the fourth morning the little tarpon weren't there at all. I thought I'd chased them out of that spot for good and was upset with myself because I knew better. They hold up in our backcountry creeks to lay low and put on some size and a boat going in there every day is enough to make them find somewhere quieter.

I stayed away from that spot for the rest of the year and they fortunately came back. This season I found more tarpon in there than ever and some are even smaller. The one in the photo was only 8 inches long and is the smallest tarpon I've ever caught. I'm really thrilled to see this because that's the next generation of 200 pounders growing up right here in our backyard. It's also a clear sign of how healthy our Southwest Florida ecosystem really is.

So if you want to breakout the freshwater gear and hook into one of these juvenile tarpon on your own, start prowling the shoreline on the incoming tides. It's best to do this when no wind is blowing since they come up to the surface much more often. The only drawback is the oppressive summer heat, which the tarpon love but can be dangerous if you don't stay hydrated. But some things are worth suffering for. My guiding schedule is finally opening up a bit after an insane 6 month so give me a call and I'll be glad to put you on some from my boat. These tarpon aren't going anywhere so get after them and best of luck out there.

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# Just One Bonefish

Mark "Ole Deadeye" Rackay

The sun was casting that familiar orange glow across the water as it slowly disappeared in the west. As I cautiously poled my skiff along, searching for the silver flash of a bonefish tail, my mind began to wander. My thoughts took me to a simpler time, long, long ago. It was a time where there was a man and a boy.

The man stood bigger than life, in the young eyes of the boy, and represented everything the boy thought of being in the future.

The man was a fisherman. He did not hunt game nor shoot guns. Not because he had anything against either, it just was not his passion.

Being a professional fisherman or a guide was a dream for the man, but it never came to be. He started his life in the Northwoods of Wisconsin, where he spent every waking hour in search of the Muskie, and became a local expert because he knew every hot spot and fish hangout on every lake in the area.

Life chose a different path for the man, one of the corporate and business worlds. His choice left him with little time to pursue his first love but somehow, he managed to find time to take the boy and teach him the way of the outdoors.

They spent weekends and vacations together fishing. The two of them fished all over the States and many trips to Canada. The boy learned from the man by watching and mimicking the man's every move.

That chosen corporate path led them to Florida. It was there that the man became obsessed with Bonefishing. Together they poled every flat in the Florida Keys, chasing this elusive fish. They caught Tarpon, Permit, Snook and Reds, but that Bonefish continued to elude the man. The man often shared his dream of retiring and moving to the Keys to the boy.

As time passed, the boy grew and learned the other responsibilities of life. The boy had married the love of his life and together, they added a boy and a girl to their family.

As fate would have it, the boy, who had become a world-class angler, had to choose a path, not of the fishing world. That path prevented him from spending as much time fishing with the man as he wanted.

The man announced, at his 60th birthday, that he was going to retire. He was going to fulfill his dream, and move to the Keys. There he would spend his time chasing that elusive bonefish.

Then, from a routine check-up, the man heard those dreaded words, the C word, the big casino, cancer. It was diagnosed as inoperable and terminal. Suddenly, all that mattered in life changed.

The man's life was structured around radiation and chemotherapy treatments. All else in life lost its priority. Possessions and money no longer had any significance.

Flats fishing for bonefish was about the only outside activity that the man enjoyed anymore. Now days, he relied on the boy to take him. The pace, was much slower, and the days on the water shorter. But no matter, the boy was always there for him.

As in countless trips before, the bonefish continued to elude the man. They would pass his bait only to take the boys. Sometimes he would hook-up, only to see the line break or the hooks pull. This troubled the boy deeply but the man was not bothered. He always said that what was important was that they were out there together. The boy never understood this.

The cancer took a death-grip on the man and it was obvious that there was no turning back. All treatments were discontinued so the man could slip away in peace.

Then, one morning, the man actually felt well enough for a flats trip. The boy was there to take him but it was a fisherman's weather nightmare. The wind blew hard among angry looking clouds. Still, they went.

The boy, on his perch poling the skiff, caught sight of a lone bonefish tailing against the tidal current. He told the man where to cast, and the man laid a bait perfectly in front of the fish. The fish pounced on it, and the fight was on.



The battle lasted 15 minutes and it was touch and go, the whole time. The boy was not sure who would give out first, the fish or the man. The man won and a beautiful 7-pound bonefish was in the net.

After a brief encounter between the man and his prize, the bonefish was gently released. The two watched the fish swim away, back into the shadows of time. The trip ended there, as the man had nothing left in him.

Two days later, the final chapter in the man's life was written, and he left this world. The boy now stood alone.

It was many months before the boy would go back to the familiar flats. He just could not bear to go it alone, without the man on the bow. Eventually, the boy returned, but it was something he dreaded doing.

Things were different now, as my own boy stood on the bow of the boat, where his grandfather had stood for so long. Suddenly, I had become the man, the elder at all the family gatherings.

I did realize at that time that I had not lost my Dad, as he was still here, living on in me. I accepted the torch from him and now I am the man, teaching my boy. Some day, my boy will be the man, and take his boy, as life goes on.

This gift of understanding was what my Dad wanted me to receive, and I did. Thanks Dad, and until we meet again, tight lines.

**MARK RACKAY**



Mark Rackay is a columnist for the Montrose Daily Press and the Delta County Independent, and several other newspapers, as well as a feature for several saltwater fishing magazines. He is an avid hunter and world class saltwater angler, who travels around the world in search of adventure and serves as a Director and Public Information Officer for the Montrose County Sheriff's Posse. For information about the Posse call 970-252-4033 (leave a message) or email at:

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# Life on the Water

**Tim Gleason**



**Tarpon on Topwater**— The first characteristic I liked about the topwater baits is they tend to cast really far. Their slow slinky walk really seems to attract the fish's attention. Watching a juvenile tarpon explode into a breaching bite on a walk the dog style bait is about as much fun as you can have fishing without actually catching anything. Sometimes they wack the bait so hard the bait flies out of the water. If you actually want to hook one, you need to really wait to pull the trigger on your hook set or you will pull the bait right out of their mouths. Once they have it in their mouth they more often than not turn away and hook themselves and then the pandemonium ensues. I almost never land them as they tend to use the weight of the bait to throw the hook but the bite and ensuing chaos make it worth the effort. I think almost any brand of topwater bait will work. One tip that will make your and the fish's life better is to change out the treble hooks that come with most topwater baits to some kind of inline single hook.

We are thick into juvenile tarpon season now and one fly that is really fun on these fish is the Gurgler. This topwater fly makes a lot of commotion and really gets the baby tarpon's attention just like the hard baits. Tarpon can't seem to resist that pop and gurgle. Watching a tarpon fly out of the water trying to inhale your bait is worth the price of admission even if it misses. One technique that will increase your hook up ratio is to not set the hook on the visual cue of seeing the blow up. Hold off a second and let the fish try to swim off with the fly and then stick them good. Since the fly is made with soft foam, they tend to not spit them out as fast as other types of flies. I tend to aggressively pop this fly a time or two and then give it a good pause. Many time the bite comes when the fly is just sitting there. If it misses the first time, give it another pop or two. Chances are the fish is still there and waiting to take another swipe at it.

**Bad Braid**— I don't do as much spin fishing as I used to but I always like a deal. The best deals on braid are usually on the bulk spools of 1,500 yards or more. I've avoided spending the upfront money on the really big spools for one reason. Sometimes you just get a bad spool of braid. Case in point; a couple of months ago I started breaking off fish on a regular basis.



My first reaction was a sticky roller bearing or a nick in a rod guide. Checked everything out and all seemed fine. I put up that rod for the time being and fished some other ones. Had the same issue and same checks revealed nothing. A bit of a head scratcher but the common element was the line. All the lines were from the same batch of braid. I switched out the braid to some from a different spool - problem solved. I've had friends who have told me they have had the same issue periodically as well. That said, I'm glad I didn't have 1500 yards of the stuff. My recommendation is to buy 300 or 500 yard spools. The cost isn't so much more per yard, they aren't so short that you end up small remnants that are unusable, and you won't get stuck holding over 1000 yards of bad braid.

Rust Bucket Guiding— my friend had a narrow lead going into the last (tarpon) leg of fellow Nautical Mile writer Captain Alex Moran's Rust Bucket Challenge fly fishing tournament. Since Alex was guiding his wife and her friend in the tournament and they were hot on my buddy's heels, I offered to push him around on my skiff for a few hours before I had to get to work. I figured I could even the odds a bit by me poling him so he wouldn't have to use his trolling motor (In my experience tarpon hate trolling motors especially when run fast and my buddy does nothing slowly.) We were on fish immediately. He was able to jump four poon but only landed one jumping the other 3 off. Afterwards he went home and grabbed his boat and was able to jump 3 more by himself; jumping two off and then breaking the 3<sup>rd</sup> one off (Leader was chafed from a previous fish). On another note, Alex's wife was able to land a big fish and passed him on the last day for the win. Congratulations Whitney! If my buddy had kept a couple more of those fish on the hook he would have won which brings me to my next subject.

Stuff that goes wrong with tarpon fishing— I always say, if it can go wrong it will go wrong when you are tarpon fishing. Tarpon just seem to find whatever weak link there is either in your gear or in your technique.

First thing that always seems to happen is they just jump off. Tarpon have mouths like cinder blocks and they are super acrobatic. Not a good combo for staying hooked. Get the sharpest hooks you can buy even if they cost more. Somehow you have to bury the hook in their mouths. Best technique while either fly fishing or spin fishing is to point your rod directly at the fish and either strip strike (fly fishing) or wind like hell if you are spin fishing. Hopefully the fish will turn away from the boat and it's weight will do a good job of setting the hook against your direct pull against it. If it doesn't turn, keep stripping or winding until it does or jumps. If you lift your rod tip (trout set), your rod will have no power due to it bending and the hook will not seat well. The fish will usually jump off on the first jump or two.

Sometimes when you are setting the hook on this direct pull, the fish will surge against the tight line and the weight of the fish will bend the hook if you don't give it some slack. It can be a fine line between getting the hook set and a bent hook sometimes. You have to learn when to give; sometimes the hard way. If you do bend out a hook, don't bend it back into shape as it will likely just bend again (ask me how I know.)

Next disaster is the broken knot. When tying your knots if anything doesn't feel right, cut it out and start again. You get so few shots, it is a shame to waste one. Always lubricate your knots with saliva and use a pair of pliers to tighten it especially with the higher pound tests associated with tarpon fishing. All knots should be smooth and tight. If you have any doubts, start again. I guarantee that knot will be the first thing to fail if you don't.

This one is really a no brainer but we are all guilty of it from time to time. You check your leader in between casting to a fish and you feel a tiny nick or chafe in it and you think, it will be OK for another fish. Think again. If your leader has any chafe to it, definitely cut the compromised leader section out and retie. It will break.

Cool Stuff I've seen this month— was out in the backcountry juvenile tarpon fishing



a couple of weeks ago. After hooking about a 30 pound tarpon and playing it to the boat figuring it about done, it took off like a bat out of hell and ran out all my fly line again. Thought that was a bit odd. It came right in after that. The next morning fishing the same spot I looked down under the boat and saw a 10 foot long hammerhead shark. Wonder if that was what was chasing my tarpon the day before. Funny thing is, that spot, which has been my most consistent spot this time of year for the last 15 years, has not produced well in the couple of weeks since I saw that fish. I've never seen a hammerhead that far back in the backcountry. Wonder if that beast pushed the fish out.

Well that's it for this edition. Enjoy the summer. See you out on the water. Feel free to stop by my Instagram account (@timgleasonphotography) to see what is happening in my fishing world. Look forward to sharing more Life on the Water next month.

**TIM GLEASON**

760.310.3541

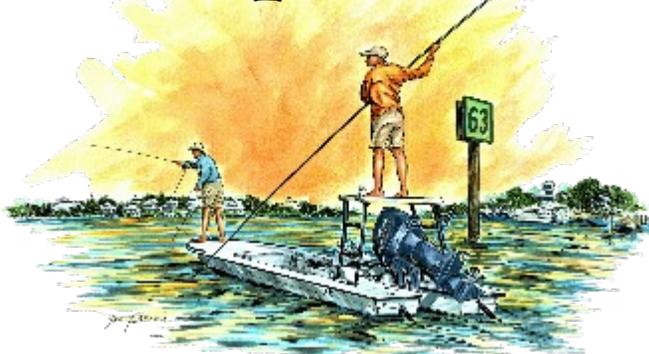
www.timgleasonphotography.com

**TIM GLEASON**  
PHOTOGRAPHY



First Quarter - Jul 6  
 Full Moon - Jul 13  
 Last Quarter - Jul 20  
 New Moon - Jul 28  
 First Quarter - Aug 5  
 Full Moon - Aug 11  
 Last Quarter - Aug 19  
 New Moon - Aug 27  
 First Quarter - Sep 3

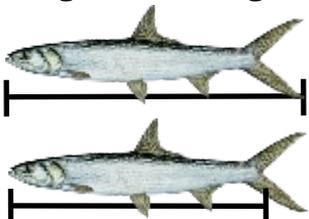
# FISHING IN SW FLORIDA



**Tournament Calendar**  
[www.Fish-Florida.com](http://www.Fish-Florida.com)

## MEASURING A FISH

Length vs Fork-Length



"Length" is established by physically pinching the tail making the fish as long as possible. "Fork-length" is the tip of the nose to the inner fork of the tail.

"Slot-size" is when a fish requires being over a certain length but not longer than another. For example, if a fish SLOTS at 18-27, it means no harvesting fish under 18" and none over 27"

Legal and accurate-to-date information for Florida's fishery is managed by one office; [www.MyFWC.com](http://www.MyFWC.com).

Local bait and tackle shops do an excellent job at keeping up with current information, laws and regulations, and recent changes.



## Fishing License :

(Current March 2022)

Resident Annual: \$17.00  
 Resident Five-Year: \$79.00  
 Non-Resident Annual: \$47.00  
 Non-Resident 3-Day: \$17.00  
 Non-Resident 7-Day: \$30.00

## POPULAR APPS

Fishidy  
 FishAngler  
 FishBrain  
 Florida Tides  
 iSolunar  
 ProAngler  
 Fishtrack  
 Fish Rules  
 Fishing Points  
 Fishing Weather  
 Fishing Knots Lite  
 IGFA Mobile Lite  
 Trimble GPS Fish Free  
 My Fishing Forecast



## Shore Fishing requires a license:

A shoreline saltwater fishing license is only available to Florida residents. Nonresident saltwater anglers must purchase a nonresident saltwater fishing license regardless of whether they fish from shore or a vessel.

All charters and some piers include a license. Detailed questions and answers at: [www.MyFWC.com](http://www.MyFWC.com)

## CONSERVATION GROUPS



**Babcock Ranch**  
[www.babcockranchecotours.com](http://www.babcockranchecotours.com)

**Calusa Land Trust**  
[www.calusalandtrust.org](http://www.calusalandtrust.org)

**Conservancy of SW Florida**  
[www.conservancy.org](http://www.conservancy.org)

**CROW**  
[www.crowclinic.org](http://www.crowclinic.org)

**FGCU Vester Marine Lab**  
[www.fgcu.edu/cas/centers/vestermarine](http://www.fgcu.edu/cas/centers/vestermarine)

**Florida Watermen**  
[www.floridawatermen.org](http://www.floridawatermen.org)

**Gasparilla Island Conservation**  
[www.thegicia.org](http://www.thegicia.org)

**Havenworth Coastal Conservation**  
[www.havenworth.org](http://www.havenworth.org)

**Save the Manatee Club**  
[www.savethemanatee.org](http://www.savethemanatee.org)

**Mote Marine Laboratory**  
[www.mote.org](http://www.mote.org)

**Octagon Wildlife Sanctuary**  
[www.octagonwildlife.org](http://www.octagonwildlife.org)

**Peace River Wildlife Center**  
[www.prwildlife.org](http://www.prwildlife.org)

**Rink2Reef Oyster Restoration Program**  
[www.rink2reef.com](http://www.rink2reef.com)

**Sanibel Captiva Conservation Foundation**  
[www.sccf.org](http://www.sccf.org)

**Clearwater Aquarium**  
[www.seewinter.com](http://www.seewinter.com)

**Gulf Coast Conservation**  
[www.conservationsfoundation.com](http://www.conservationsfoundation.com)

**Florida Aquarium**  
[www.flaquarium.org](http://www.flaquarium.org)

**Institute for Saltwater Heritage**  
[www.cortez-fish.org](http://www.cortez-fish.org)

**Turtle Time**  
[www.turtletime.org](http://www.turtletime.org)

**Sarasota/Bradenton Rehabilitation Center**  
[www.wildlifeinc.org](http://www.wildlifeinc.org)

**Calusa Waterkeepers**  
[www.calusawaterkeeper.org](http://www.calusawaterkeeper.org)

**Lemon Bay Conservancy**  
[www.lemonbayconservancy.org](http://www.lemonbayconservancy.org)

**Sea Grant, Manatee Extension**  
[www.flseagrant.org](http://www.flseagrant.org)

**Gulf Shellfish Institute**  
[www.gulfshellfishinstitute.org](http://www.gulfshellfishinstitute.org)



**Florida's Fish & Wildlife Commission** ([www.MyFWC.com](http://www.MyFWC.com)) publishes an annual guide with detailed information about current regulations, size limits, marine life updates, license and permit information, law enforcement updates, plus permanent and temporary rule and law changes. Free at bait shops, download, or use the app: [www.FishRulesApp.com](http://www.FishRulesApp.com)



Get your license online at:  
[www.GoOutdoorsFlorida.com](http://www.GoOutdoorsFlorida.com)

Fishing Regulations:  
[www.MyFWC.com](http://www.MyFWC.com)

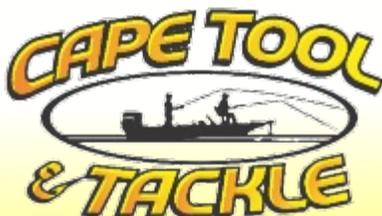


Fishing License QR Code:

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