



Narragansett Surfcasters Newsletter

Volume II Issue VIII

August 2007

Who's Who

Officers

President: Dave Peterson
1st Vice President: Mark Hudzin
2nd Vice President: Al Corrente
Secretary: Howard Mahady
Recording Secretary: Mark Hudzin
Treasurer: Alan Schmied

Board Members

Nelson Valles
Robert "Woody" Woodard
Andy Lemar

Newsletter Editor

Tom Clune

Club Merchandise

The club hats are in ! We also have a new shirt that says " Support the local hookers " on the front, and the back has "Narragansett Surfcasters." This shirt and other merchandise will be available from Cliff at the next meeting

Hats - \$12

Tee's - \$15

Old style Tee's (while they last) \$ 12

Crew neck sweatshirt \$20

Hooded sweatshirt \$25



1st Annual Narragansett Surfcasters Yard Sale

What

Come join us for the 1st Annual Narragansett Surfcasters Yard Sale on Saturday 8/25. This yard sale is entirely sponsored by the club and members are encouraged to donate items to the yard sale that will be sold to generate money for the club.

So check your attics basements and garages to see if you have anything that you can donate for the yard sale. Items do not have to be

fishing related, any quality item will be accepted. We need all the donations we can get to make this yard sale a success.

Special thanks to club member Buzz Vickers who volunteered to organize and host the yard sale. Volunteers are needed to setup and tables and help out through the day.

When

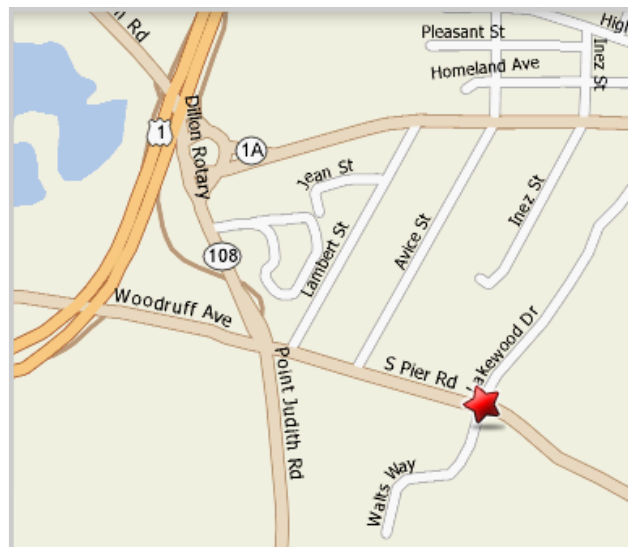
Saturday August 25th
8:00 a.m.-2:00 p.m.

Where

2 Lakewood Drive
Narragansett, RI 02882

Contact

The last day to bring donations is Friday 8/24. If you are interested in volunteering or have items to donate, contact Buzz Vickers at 401-782-3563 or email at Tedsox9@Yahoo.com.



2 Lakewood Drive
Narragansett, RI 02882

The Season of The Tick

My first experience with Lyme Disease was in 1996. At the time, I was working 100 hours a week in a restaurant and didn't think anything of being tired and achy all of the time. Out of the blue, I woke up one morning with a swollen knee and could barely walk. Not being one for doctors, I reluctantly went to the hospital to get it checked out. I didn't have a rash or a bite mark, how could I have Lyme Disease? Without hesitation, they tested me for Lyme Disease and it came back positive. After two months out of work and 10 weeks of antibiotics, I was finally back on my feet.

I had another scare in 2005 when I found a deer tick bored into my chest, all I saw were little feet sticking out. Overly cautious, I went to the hospital to have it removed and was again tested for Lyme. This time I was lucky, results were negative.

This article is designed to remind you that the ticks are out and you need to be careful. Rhode Island has the 2nd highest rate of Lyme Disease in the country, lucky us. South County has the biggest dispersion of Deer Ticks and Lyme Disease diagnosis in the state, even better chances to contract Lyme Disease when you are out there fishing.

Don't think for a chance that you can't get bit if you fish the walls or the rocks at Newton. Getting to those locations, you will most likely

brush up against some sort of brush that can carry ticks.

What is Lyme Disease?

Lyme disease is an infection caused by the bacteria *Borrelia burgdorferi*. The illness causes a wide range of symptoms, including a skin rash, fever, chills, meningitis, headache, muscle and joint pain, heart irregularities, facial paralysis, and neurological disorders. The Lyme disease bacteria is transmitted mostly by the deer tick here in Rhode Island.

Symptoms

Symptoms include Fatigue, Chills and fever, Headache, Muscle and joint pain, Swollen lymph nodes and a characteristic skin rash, called erythema migrans (EM). This rash typically looks like a bulls eye and starts off small and gradually gets bigger. It is important to know that not everyone who gets Lyme Disease gets the bulls eye rash (EM).

What to do/treatment

Contact your doctor at the first ding of any of the above symptoms. Several antibiotics may be used in the treatment of Lyme disease. Doxycycline, cefuroxime axetil, amoxicillin, erythromycin, or another antibiotic is usually taken orally for a period of a few weeks, but is sometimes given intravenously, especially in more severe cases. Often, treatment will be dependent on the development of symptoms, and will

vary for patients who experience arthritic, cardiac, and neurological symptoms.

Prevention

- Walk in the center of trails to avoid contact with overgrown grass and brush at trail edges. This can be difficult in places like Black Point, but do your best.
- When you go outside, wear light colored clothing so you can spot ticks more easily.
- Wear long-sleeved shirts and long pants outside to minimize skin exposure to ticks.
- Tuck pant legs into socks or boots and shirt into pants to keep ticks on the outside of clothing.
- Spray insect repellent containing a 20-30% concentration of DEET
- Check any outdoor pets for ticks regularly.
- Check with your doctor if you have any symptoms
- More information: www.health.ri.gov/



Actual Size of Adult Deer Ticks

Narragansett Surfcasters Business Directory

Bait & Tackle

Maridee Bait & tackle
10% off for club member
304 Point Judith Road
401-789-5190

Graphic Design

Richer Graphics
Ryan & Cliff Richer
401-742-4361
richergraphics@gmail.com

Photography

Tom Clune Photography
10% off for club member
Tom Clune
401-450-9400
tom@tomclune.com
www.tomclune.com

Custom Rods, Bait & Tackle

Wickford Rodworks
10% off for club member
7 Main Street
Wickford, RI 02852
401-667-7363
www.wickfordrodworks.com

July Meeting In Review

The July meeting of the Narragansett Surfcasters was held at Snug Harbor Marina. There were 42 members in attendance. Al of Snug Harbor graciously offered club members a 10% discount on all purchases during the evening. We held a very informal meeting. Club members socialized, exchanging fish stories (or the lack thereof) Wood did a good job flipping burgers on the grill. A good time was had by all. Being at the marina was a nice way to escape the July heat.

Club Business

Citing personal reasons, Club President Dennis Rebelo announced to the club that as of the July meeting he is stepping down as from his position as club president. Dennis was

instrumental in guiding the club during its first two years. Thank you Dennis for your service to the club.

At a board of directors meeting shortly after Dennis' announcement, board members elected First Vice President Dave Peterson acting President. Recording secretary Mark Hudzin will replace Dave as Club First Vice President.

In other news Dave Peterson brought to the clubs attention a plan to hold a weekend fishing tournament to be held in September. The current idea is to match less experienced club

members with more seasoned fisherman in a four man per team contest. It would be a winning team takes all event. There

was some debate over how the teams would be picked, the fees for entry and other events. We will take this up at the August meeting and hopefully nail down the details then.



The meeting was called to a close at 8:35 PM.

Contributed by Howard Mahady

Team Tournament: New Friends, New Skills, Cheap Thrills!

We'll be holding our 1st annual team tournament the weekend of 9/14. This is a great opportunity for you to get out there to fish, meet some new friends and learn some new skills!

What

Striped bass and blue fish
Catch and release
RI waters only...no boats
\$10.00 entry fee, winning team takes all.

When

August 21 team drawing at the regular meeting.
Fishing will take place September 14 noon – September 15th noon.

Presentations and awards will be distributed at the September 18th regular meeting.

Who

Club members only
Teams of four

How

Sign-up will be at the next meeting on the 8/21. We'll have random drawing for teams.

Artificial or live bait can be used. However, only use circle hooks with the live bait.

This is a catch and release event, so no weigh-ins will be necessary. A scorecard with length and girth of each fish recorded and signed by participant

Weight calculated using following formulas

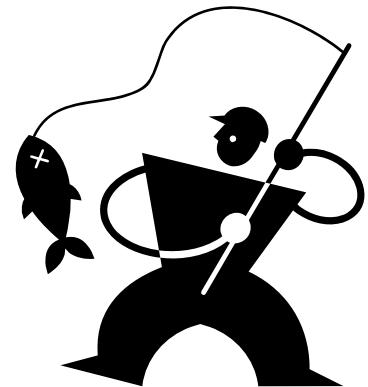
$$\text{Bass} = (\text{Length}) \times (\text{Length}) \times (\text{Length}) / 1950$$

$$\text{Blue} = (\text{Length}) \times (\text{Girth}) \times (\text{Girth}) / 800$$

Largest fish for each participant counts towards team total. (Helping a team member is allowed, but the participant must catch the fish)

Team with highest total weight wins all of the money from the entry fee.

Make sure to come to the next club meeting to learn about this exciting tournament!



*Next Meeting: Tuesday August 21, 2007 7:00 p.m.
at Narragansett Community Center*

Summer is winding down, but there is still plenty of time to get out there and fish!

Be sure to join us at the 1st Annual Narragansett Surfcasters Yard Sale on Saturday 8/25.
Further information can be found in the newsletter.

Keep those ideas and suggestions for the newsletter coming!

Tom Clune

Newsletter Editor

tom@tomclune.com
401-450-9400

AFFIDAVIT
NARRAGANSETT SURFCASTERS
ANNUAL TOURNAMENT
APRIL 1 – THROUGH – NOVEMBER 30

Anglers Name: _____ Date: _____

Species: (check one) Bass _____ Blue _____

Weight: _____ lbs. _____ Oz. Length _____ Girth: _____

Was a certified scale used? Yes ___ No ___ Is the scale available for inspection? ___

Signature of angler: _____

Witness to Weigh In: Name: _____ Phone _____

Address: _____

Signature: _____ Date: _____

If the fish was not weighed at a weigh station or was caught & released please complete the following:

Anglers Name: _____ Date: _____

Species: (check one) Bass _____ Blue _____

Weight: _____ lbs. _____ Oz. Length _____ Girth: _____

Was a certified scale used? Yes ___ No ___ Is the scale available for inspection? ___

Signature of angler: _____

Witness to Weigh In: Name: _____ Phone _____

Address: _____

Signature: _____ Date: _____

Please Note: All entries into the annual tournament must be mailed directly to the Narragansett Surfcasters mailbox or hand delivered to the Tournament Committee at the monthly meetings. Only entries submitted in this fashion will count to the annual award. Please note that all entries must be received or postmarked 30 days from the date of the catch.

**Please Mail To: Narragansett Surfcasters
Attn: Awards Committee
PO Box 3135
Narragansett, RI 02882**

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Attn: Awards Committee
PO Box 3135
Narragansett, RI 02882**

JUNIOR AGE: _____

JUNIOR AGE: _____

Lyme Disease

Frequently Asked Questions

Rhode Island Department of Health, Office of Communicable Diseases
3 Capitol Hill, Providence RI 02908



What is Lyme Disease?

Lyme disease is caused by the bacterium, *Borrelia burgdorferi* that normally lives in mice, squirrels and other small animals. It is transmitted among these animals -and to humans - through the bites of



certain species of ticks. In the northeastern and north-central United States, the blacklegged tick (or deer tick, *Ixodes scapularis*) transmits Lyme disease. In the Pacific coastal United States, the disease is spread by the western blacklegged tick (*Ixodes pacificus*). About 1% of all deer ticks are infected with the bacteria. These ticks are called deer ticks because they usually feed and mate on deer. Ticks also feed on small rodents, birds, and other non-human animals. These animals may act as reservoirs for the Lyme disease bacteria (they carry the bacteria, but do not develop symptoms of the disease). If a tick feeds on an animal that carries the Lyme bacteria, the bacteria will enter the tick's body, making it able to pass the bacteria on to other animals and humans.

How is Lyme Disease Spread?

When a tick infected with Lyme disease bacterium bites a person, the bacteria can transfer to the person's blood. The tick must stay attached to the person's skin for 36-48 hours for infection to occur. Most people are infected through the bites of immature ticks called nymphs. Nymph ticks are very tiny (less than 2 mm) and very difficult to see.

Can Lyme disease spread from person-to-person?

There is no evidence that Lyme disease is transmitted from person-to-person. For example, a person cannot get infected from touching, kissing or having sex with a person who has Lyme disease.

Can Lyme disease spread from a pregnant woman to her baby?

Lyme disease acquired during pregnancy may lead to infection of the placenta and possible stillbirth, however, no negative effects on the fetus have been found when the mother receives appropriate antibiotic treatment. There are no reports of Lyme disease transmission from breast milk.

Can a person get Lyme disease from a blood transfusion?

Although no cases of Lyme disease have been linked to blood transfusion, scientists have found that the Lyme disease bacteria can live in blood that is stored for donation. As a precaution, the American Red Cross and the US Food and Drug Administration ask that persons with chronic illness due to Lyme disease do not donate blood.

Lyme disease patients who have been treated with antibiotics and have recovered can donate blood beginning 12 months after the last dose of antibiotics was taken.



The deer tick (*Ixodes scapularis*) adult female, adult male, nymph, and larva on a centimeter scale. (Source: CDC)

Can my cat or dog spread Lyme disease to me or to other people?

Although dogs and cats can get Lyme disease, there is no evidence that they spread the disease directly to their owners. However, pets can bring infected ticks into your home or yard.

Can I get Lyme disease from food or water?

There is no credible evidence that Lyme disease can be transmitted through air, food, water, or from the bites of mosquitoes, flies, fleas, or lice.

Where are deer ticks found?

Deer ticks are found in wooded areas, high grasses, marshes, gardens, and beach areas. **Risk of exposure is greatest** in the woods and in the edge area between lawns and woods. Ticks can also be carried by animals into lawns and gardens and into houses by pets.

Who is most at risk for being infected with Lyme disease?

Campers, hikers, outdoor workers, and others may be exposed to infected ticks in wooded, brushy, and grassy places. People living in houses built in heavily wooded areas where infected ticks are common may also be at a higher risk for exposure.

What seasons of the year do the ticks bite the most?

Most people are infected through the bites of immature ticks called nymphs. These ticks feed during the spring and summer months (between May and September). Tick activity increases greatly in the spring (starting in April or May) when eggs first hatch. Ticks are most active and often feed in late June or early July, and slowly become less active during the autumn months. Ticks are least active and least likely to feed during January and February.

This means that, starting in the spring, you need to take precautions against tick bites, and should continue these precautions through the fall. However, while you are unlikely to receive a tick bite during the winter, you should not rule out tick-borne disease if you notice any symptoms of early Lyme or symptoms of any other tick-borne diseases and should still consult your physician about the possibility of these diseases.

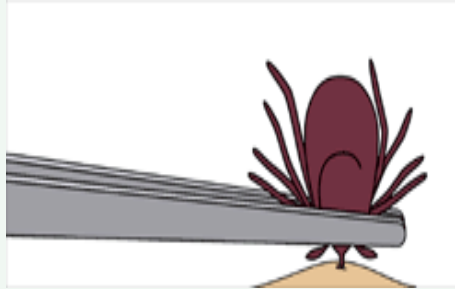
How do ticks get on me?

- ◆ Ticks are usually found from ground level to three feet above the ground. A tick uses carbon dioxide, scent, body heat, and other stimuli to find a host.
- ◆ Ticks crawl on to animals and persons as they brush against them.
- ◆ Ticks cannot jump or fly.
- ◆ Ticks feed on blood by inserting their mouth parts into the skin of a person or animal.

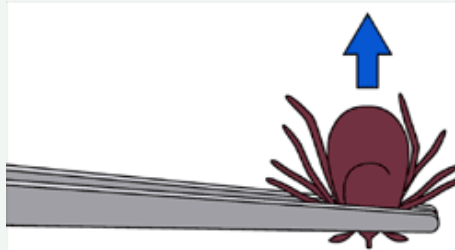
What do I do if I find a tick on me?

Remove the tick (see “how do I remove a tick if I find one on me”) and monitor yourself closely for signs and symptoms of tick-borne diseases for up to 30 days and specifically for the occurrence of a skin lesion at the site of the tick bite or a temperature $> 38^{\circ}\text{C}$ or 100.4°F . If you develop a skin lesion or other illness within 1 month of removing an attached tick you should promptly seek medical attention for an assessment.

How do I remove a tick if find one on me?



Remove a tick from your skin as soon as you notice it. Use fine-tipped tweezers to firmly grasp the tick very close to your skin. With a steady motion, pull the tick's body away from your skin. Then clean your skin with soap



Avoid crushing the tick's body. Do not be alarmed if the tick's mouthparts remain in the skin. Once the mouthparts are removed from the rest of the tick, it can no longer transmit the Lyme disease bacteria. If you accidentally crush the tick, clean your skin with soap and warm water or alcohol.

What are the Symptoms of Lyme disease?

Early Lyme disease is often marked by one or more of the following:

- A characteristic skin rash, called erythema migrans (red circular patch, often called a “bull’s eye” that appears at the site of the tick bite within 3 days to 1 month). About 70-80% of patients infected



Source: NY Medical College

by *B. burgdorferi* develop this characteristic skin lesion.

- Fatigue
- Chills and fever
- Headache
- Muscle and joint pain
- Swollen lymph nodes

Late Lyme disease - Some signs and symptoms of Lyme disease may not show until weeks, months, or years after a tick bite.

- Arthritis is most likely to appear as brief bouts of pain and swelling, usually in one or more large joints, especially the knees.
- Nervous system symptoms can include numbness, pain, nerve paralysis (often facial muscles, usually one side) and meningitis (fever, stiff neck, and severe headaches).
- Rarely, irregularities of the heart rhythm may occur.
- Problems with memory or cognition, fatigue, headache, and sleep disturbances sometimes persist after treatment.

Can Lyme disease be cured?

Lyme disease patients who are diagnosed early and receive proper antibiotic treatment usually recover rapidly and completely. A key component of early diagnosis is recognition of the characteristic Lyme disease rash called erythema migrans. This rash often takes a bull's-eye appearance.

What is the treatment for Lyme disease?

Most cases of Lyme disease can be cured with a few weeks of antibiotics taken by mouth. Antibiotics commonly used for oral treatment include doxycycline, amoxicillin, or cefuroxime axetil. Patients with certain neurological or cardiac forms of illness may require intravenous treatment with drugs such as ceftriaxone or penicillin.

How long do I need to take antibiotics for the treatment of Lyme disease?

Patients treated with antibiotics in the early stages of the infection usually take antibiotics for several weeks (14-21 days) and recover rapidly and completely. A few patients, particularly those who are first diagnosed with later stages of the disease, may have persistent or recurrent symptoms. These patients may benefit from a second 4-week course of therapy. Longer courses of antibiotic treatment have not been shown to be beneficial and have been linked to serious complications, including death.

How can I prevent Lyme disease?

There are several ways to prevent Lyme disease, including personal protection, tick control, post-exposure antibiotics, and early diagnosis and treatment. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. But just to be safe, monitor your health closely after a tick bite and be alert for any signs and symptoms of tick borne illness such as fever, nausea, severe headaches, muscle pain, rash, diarrhea.

Personal protection from tick bites



Avoid tick-infested areas

This is especially important in May, June and July. If you are in tick-infested areas, walk in the center of trails to avoid contact with overgrown grass, brush, and leaf litter at trails edges. Try not to stray off the path or sit on the ground.



Do daily tick checks

Always check for ticks after being outdoors, even in your own yard. Because ticks must usually be attached for at least a day before they can transmit the bacteria that cause Lyme disease, early removal can reduce the risk of infection. Check all body surfaces carefully, paying special attention to exposed hairy regions of the body where ticks often attach. Carefully inspect the heads and necks of children. Remove attached ticks with tweezers as described above. Avoid crushing the tick's body. DO NOT use petroleum jelly, a hot match, nail polish, or other products



Use insect repellent

Spray insect repellent containing a 20-30% concentration of DEET on clothes and on exposed skin; use 10% DEET for children. Apply DEET sparingly, according to product label instructions, only to exposed skin, and not to a child's face, hands, or skin that is irritated or abraded. After you return indoors, remove the DEET by washing the areas with soap and water. Permethrin is another type of repellent. It can be purchased at outdoor equipment stores that carry camping or hunting gear. Permethrin kills ticks on contact! One application to pants, socks, and shoes typically stays effective through several washings. Permethrin should not be applied directly to skin. You can also treat clothes (especially, pants, socks, and shoes) with permethrin, which kills ticks on contact. Permethrin can also be used on tents and some camping gear. **Do not use permethrin directly on skin.** Always follow the products directions when applying any repellents.



Wear protective

clothing

Long pants and long sleeves help keep ticks off your skin. Light-colored clothing will help you spot ticks more easily. You can even tuck pant legs into socks or boots and shirt into pants to keep ticks on the outside of clothing. Tape the area where pants and socks meet so that ticks cannot crawl under clothing. Ticks can get a ride indoors on your clothes. After being outdoors, wash and dry clothing at a high temperature to kill any ticks that may remain on clothing.



In high tick residential

areas there are some things you can do to decrease your chances of exposure:

- ✦ Clear brush and trees, remove leaf litter and wood piles.
- ✦ If you live in an area with deer fence in your yard to keep the deer out as much as possible.

Who do I call if I think I have Lyme disease?

If you think you might have Lyme disease you need to call your Primary Medical Provider. Your Primary Medical Provider will do the appropriate testing if he/she feels that you may have Lyme disease.

Are there other diseases that are caused by ticks?

The ticks that transmit Lyme disease can occasionally transmit other tick-borne diseases as well, including babesiosis, and ehrlichiosis.

Initial symptoms of Ehrlichiosis generally include fever, headache, malaise, and muscle aches. Other signs and symptoms may include nausea, vomiting, diarrhea, cough, joint pains, confusion, and occasionally rash. For more information on ehrlichiosis go to <http://www.cdc.gov/ncidod/dvrd/ehrlichia/Index.htm>

Symptoms of babesiosis include fever, chills, sweating, myalgias, fatigue, and hemolytic anemia. Symptoms typically occur after an incubation period of 1 to 4 weeks, and can last several weeks.

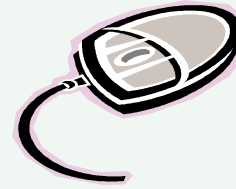
How prevalent is Lyme disease in Rhode Island?

In years past, Rhode Island had the second largest incidence of Lyme disease in the United States. For more information see the Rhode Island Department of Health website at <http://www.health.ri.gov/topics/lyme.php>



Who do I call if I have other questions concerning Lyme disease?

Contact the Rhode Island Department of Health at 222-2577



For more internet information on Lyme disease:

Rhode Island Department of Health Lyme website at:
www.health.ri.gov/disease/communicable/lyme/index.php

Lyme disease Clinic at Rhode Island Hospital:
www.lifespan.org/services/infectious/lyme/clinic.htm

Centers for Disease Control (CDC) Lyme disease website
www.cdc.gov/ncidod/dvbid/lyme/index.htm