**Reducing post-release mortality**

Post release mortality rates can be unexpectedly high. A fish that swims away apparently “in good shape” may succumb to the stress of the catch within minutes or hours. If you intend to release you catch please be prepared to do so in a manner that will give the fish the best chance of survival post release. To help reduce hot weather post release mortality please:

1. **Go big with your tackle**: the shorter the fight the less stress on the fish. Less stress = better post release survival
2. **Fish early in the morning**: Water temperatures are at the lowest point in the 24 hour cycle just prior to sunrise. Lower water temperatures = better post release survival
3. **Use single hooks**: The faster your ability to remove the hook the less stress on the fish. Fast and efficient hook removal = better post release survival. Circle hooks help to prevent deep hook sets that can be complicated to remove. Treble hooks are not designed for C & R.
4. **Keep the fish in the water**: Use the water to support the weight of the fish while removing the hook and to minimize time exposed to air. A comfortable fish breathing in the water = better post release survival.

**INLAND REPORT**

Stay in the know with CT Fish and Fishing
- Facebook Posts (@CTFISHANDWILDLIFE)
- **Opt in** to the Monthly E-newsletter CT Fishin’ Tips

**LARGEMOUTH BASS** fishing remains fair to good, but the best times are typically early mornings and evenings/night with tougher fishing found midday. Places to try include Mansfield Hollow Reservoir, Quonnipaug Lake, Hopeville Pond, Quaddick Lake, Pachaug Pond, Norwich Pond, Mashapaug Lake, Candlewood Lake, Winchester Lake, Lake Zoar, Lake Lillinonah, Winchester Lake, Wononskopomuc Lake and Mudge Pond.

**Tournament angler** reports are from Mansfield Hollow Reservoir (fair-good, 4.46 lb lunker for a day club; fair at best for an evening club, but with a 6.46 lb lunker), Pachaug Pond (fair to good for an afternoon/evening club, 4.68 lb lunker, but slower for an evening club, with a 4.0 lb lunker), Rogers Lake (fair to good, 3.64 lb lunker), Candlewood Lake (fair, 4.22 lb, 4.13 lb and 4.0 lb lunkers), Lake Zoar (fair, 3.50 lb lunker) and the Connecticut River (fair, 3.56 lb, 3.14 lb and 2.45 lb lunkers).

**SMALLMOUTH BASS**. Hard to hook up a smallmouth in many places, but they are providing some action at Candlewood Lake (try around humps mornings), Lake Zoar,
Lake Lillinonah and Colebrook River Lake. Great action reported for river smallies on the upper Housatonic River (try streamers, wooly buggers, white zonkers, poppers), and good smallie action on the upper Connecticut River (Enfield/Suffield) is also being found. Other rivers for smallmouth include the Naugatuck River, Shetucket River, Pachaug River and Quinebaug River. Tournament angler reports are from Candlewood Lake (slow to fair, 4.11 lb, 3.8 lb, 3.53 lb and 3.28 lb sunkers), Lake Zoar (fair) and the Connecticut River (slow to fair for clubs out of Haddam).

**TROUT - RIVERS & STREAMS.** Conditions for the weekend should be poor to fair (at best) in most of our stocked waters. Water temperatures are at their annual peak over the next few weeks so many of our stocked waters will be too warm to sustain trout. There may be a few here and there are seeking cold tributaries or in deep spring-fed pools. Flows spiked thanks to 1-3 inches of rain earlier this week but are dropping again (see stream flow graphic on page 5). You can check stream flows anytime for 68 USGS gauging stations at the USGS web site.

Our Wild Trout Management Areas still have good fishing. These areas were established because they have adequate water temperatures to support trout year round and have some level of natural reproduction mixed with trout stocked as fry (1.5 inch). Fry stocked trout grow in the stream and are visually indistinguishable from their wild-spawned counterparts. **Class 1** areas are catch and release only, fly or artificial lure, and barbless hooks. **Class 2 and 3** areas do not have any restriction on gear, however daily limits are 2 fish greater than 12 inches (Class 2) and 5 fish greater than 9 inches (Class 3). All Wild Trout Management Areas are listed in our Fishing Guide.

The best bet for action this week will again be the tail-water habitat (super cold) of the West Branch and mainstem Farmington River (to about Unionville) or wild trout streams like the East Aspetuck River WTMA-3, Mill River (Fairfield) WTMA-1, and Merrick Brook WTMA-1.

**Farmington River** – Fishing has been good to very good and conditions for the weekend should remain good. The upper section of the West Branch from the Goodwin Dam to the old bridge abutments was stocked with 2,250 Brown Trout (fish averaging at least 12 inches in length) on July 3, flows continue to be great for fishing, currently clear and low to moderate (currently 256 CFS at Riverton plus 32 CFS from the Still River), and water temperatures remain cool in the West Branch.

**Hatches/patterns.** Insect activity has dropped quite a bit. There are some Caddis, Mayfly, or Stonefly, fish later in the afternoon and well into the evening. By day, ants – try black, cinnamon and flying ant patterns (especially in afternoons). Others for this time of year include include Isonychia (#10-12), Vitreus (#16-18, from 5:00 pm to dark, Riverton area), Tan Caddis (#16-18, good all day), Sulfurs, (Invariia #16-18, hatches mid-day and Dorothea #16-18) Light Cahill (#10-14), March Brown nymphs (#10-12), Gray Fox (#14, afternoon), Blue Wing Olives (#18-24, mid-late afternoon), Caddis (tan #14-18, all day; green #22-26, evening), Midge (#20-32), Blue Quill (#16-18) and Pale Evening Duns (Epeorus vitreus #16-18, afternoon and early evenings).

Nymphing is a good bet now that most of the bigger hatch
activity has wrapped up. Fish are taking Bead Head, Midge Pupa, Brassie, Zebra Midge or Copper John patterns. Streamers, large and shiny, are also a good option (Hare’s ear, Pheasant Tail, White Zonkers & Buggers (#4-12) as well as Muddler minnow, Grey or Black Ghost).

Housatonic River – The river continues to be very wadeable and fishable. Now is the time to hit up some of the other fish species in the river- Smallmouth and Fallfish can be very rewarding when caught on light tackle. Crayfish and Hellgrammites, both readily available from within the river, are perfect bait. Carp and Pike are other solid bets especially in the section above “Great Falls” and in the Bulls Bridge impoundment (Kent).

Mainstem water temperatures are marginal for trout and many trout are seeking relief in the refuges. A cool night may have some fish venturing out into the river, but most are staying put. Please be sure to stay well away from these areas. A fish leaving the refuge may be a dead fish. Flows are clear and dropping again, but are back up a bit above typical late-July levels, currently 703 CFS at Falls Village and 961 CFS at Gaylordsville. Anglers are reminded that they can call the FirstLight Power Resources flow line at 1-888-417-4837 for updated river information or check the USGS website for up to date real time streamflow data from a number of USGS gauging stations including two on the upper Housatonic River.

Hatches/patterns. Be on the watch for the White Fly hatch. There is a little bit of everything out there to try. Alder flies (actually a caddis), while caihills and Isonichia, March Browns (#10-12), Pheasant Tail (#12-18), Stoneflies (#6-10), Pheasant Tails (#14-20), and Black Stoneflies (#18-22). Nymphing (try Bead Head, Midge Pupa or Copper johns) and streamers (such as White/Yellow Zonkers or Wooly Buggers) are good options. Terrestrials like black and red ants, beetles, and crickets can be the ticket.

Anglers are reminded that the thermal refuge areas on the Housatonic, Naugatuck and Shetucket Rivers are now closed to fishing (as of June 15). These areas will reopen on September 15. There is no fishing within 100 feet of signs indicating such closure at or near the mouths of tributaries to these rivers. Please call our dispatch to report any illegal fishing 860-424-3333.

TROUT- LAKES & PONDS – Few folks out fishing for trout last week. Crystal Lake, East Twin Lake, Colebrook River Lake, Saugatuck Reservoir and West Hill Pond are places to try.

CHANNEL CATFISH. Good fishing can be found in a number of waters. The more productive areas including the CT River in the evening, Batterson Park Pond, Wauregan Reservoir, Mohegan Park Pond, Crescent Lake (Southington) and Lake Wintergreen.

COMMON CARP. Good action in all locations. Lake Zoar, Batterson Park Pond, Aspinook Pond and West Thompson Lake continue to be good carp producers.

NORTHERN PIKE. Anglers are catching some pike in Pachaug Pond, Hopeville Pond and Lake Zoar. Other places to try include Lake Lillinonah, Bantam Lake, Winchester Lake and Mansfield Hollow Reservoir.

PANFISH. Perfect time of year to go to your favorite pond and load up on bluegill and perch. While you are at it, bring the family (panfish are the gateway to all other species). Try fly fishing with small poppers.

KOKANE SALMON. Anglers are finding a few fish at East Twin Lake and West Hill Pond.
CHAIN PICKEREL. Pickerel continue to be caught in many areas.

WALLEYE. Places to try include Squantz Pond, Beach Pond, Coventry Lake, Mashapaug Lake, Mount Tom Pond, Saugatuck Reservoir, Lake Saltonstall and Batterson Park Pond. Nights (where possible) are generally best now.

CONNECTICUT RIVER. Flows in the river are very comfortable for fishing/boating, currently 9,370 CFS at Thompsonville. Very Good action for catfish (Whites and Channels), fish the deep holes by day and the adjacent shallow flats by night. Fishing for Largemouth Bass was fair in the Salmon River Cove/Haddam Meadows area and Smallmouth Bass provided some steady action in the Enfield area. Pike, Common Carp and Black Crappie fishing remain worth a trip or two especially from Wethersfield Cove to Haddam.

IMPORTANT NOTICE - Please note that an accidental release of fire-fighting foam from a hangar at Bradley International Airport on June 9. DEEP and the Department of Public Health have lifted the advisory concerning boating and swimming in this section of the lower Farmington river. The advisory to not eat fish caught from this area remains in place until further testing is completed.

ZEBRA MUSSELS REMINDER

Zebra mussels are now found in a number of locations scattered throughout the Housatonic River and its impoundments including Lake Lillinonah (since 2010), Lake Zoar (since 2010) and Lake Housatonic (since 2011).

Prior to their discovery in Lakes Lillinonah and Zoar in 2010, zebra mussels had been found (1998) in CT only in East Twin Lake and West Twin Lake (Salisbury). Anglers fishing in any of these waters and western Connecticut in general should use extra care to avoid transporting water, aquatic vegetation, and possibly zebra mussels to new locations. Information

For more information including precautions that should be taken to prevent the spread of zebra mussels to additional waters, visit www.ct.gov/deep/invasivespecies or the Aquatic Invasive species section of the 2018 CT angler’s Guide( www.ct.gov/deep/anglersguide).

REMINDER TO ANGLERS-
FISHING IN OR CASTING INTO PERMITTED SWIM AREAS IS PROHIBITED.

State regulations prohibit fishing in or into a swim area that has been permitted by DEEP. Additionally, vessels cannot be operated within a permitted swim area, and there’s a 100 foot “no-wake” zone around the perimeter. Swim areas that have been permitted by DEEP will be marked by white buoys with orange markings, and there should be a permit number posted on the buoys. They may or may not have small orange barrier floats to further demarcate the area. Should questions arise concerning the validity of the swim area (no permit numbers or the area appears to have been changed/enlarged or keeps moving), please contact DEEP’s Boating Division at 860-434-8638.
Known locations of hydrilla at Coventry Lake (Wangumbaug Lake). Boaters should avoid these areas noted with red to avoid fragmenting and spreading hydrilla.
Surface water temperatures in Long Island Sound (LIS) are in the low 70's °F. Check out the following web sites for more detailed water temperatures and marine boating conditions:

http://www.mysound.uconn.edu/stationstat.html  http://marine.rutgers.edu/mrs/sat_data/?nothumbs=1

IMPORTANT REMINDERS for ANGLERS:

• **NORTHERN DIAMONDBACK TERRAPIN TURTLE** – Many shore anglers fishing in the lower Connecticut and Housatonic Rivers and other estuaries are encountering these beautiful brackish water turtles while fishing. They will frequently feed on fishermen’s live or dead bait when bottom fishing. They are a protected species with very low abundance. Please take great care (use needle nose pliers) when removing the hook and release the turtle without avoidable harm. Terrapins have a long lifespan of about 25 to 40 years. Thank you for supporting conservation!

• **STURGEON** – We’ve had a few reports of anglers inadvertently catching sturgeon while bottom fishing. Please, do not remove the fish from the water. Release all sturgeon without avoidable harm as their populations are slowly recovering and are at VERY low levels. They are a federally protected species. Thanks!

**STRIPED BASS** fishing has been fairly good at night, and slowing down by day with warmer water temperatures arriving. You can find the larger striped bass in deeper water (40'-100') at the Weather Buoy along Captains Island and Island Beach (formerly known as Little Captains Island off of Greenwich). Live-lining bunker has been the hottest magnet for these very large “Rockfish”, followed by fresh bunker and live eels. Smaller, sporty “schoolie” stripers are being caught at Long Beach and Short Beach in Stratford, Pleasure Beach Family Pier, Seaside Park, Sherwood Island State Park, Compo Beach, Calf Pasture Beach Pier, Stamford’s Cove Island and Todd’s Point in Greenwich. The Morningside area of Milford, Walnut Beach, Gulf Beach Pier and the Milford Audubon Society has also been excellent locations for catching that trophy-sized striped bass. **Dawn**
and dusk is prime time for large stripers on the reefs, rip areas and lower coastal tidal rivers. Stripper areas include the Watch Hill reefs, lower Thames River, the Race, Plum Gut, Pigeon Rip, outer Bartlett Reef, Black Point, Hatchett Reef, lower Connecticut River (Great Island), Long Sand Shoal, Cornfield Point, Southwest Reef (outer), Westbrook, Six Mile Reef, Falkner Island area, the reefs off Branford, New Haven Harbor (including Sandy Point), Charles Island area, Housatonic River, buoys 18 and 20 off Stratford Point, Stratford Shoal/Middle Ground, Bridgeport Harbor, Penfield Reef, around the Norwalk Islands, and Cable and Anchor Reef. Shore locations include...Connecticut River by Dock and Dine and the DEEP Marine Headquarters fishing pier. Night fishing is good at the Bradley Point, Long Beach Stratford, DEEP Marine Headquarters fishing pier, Waterford Seaside Park and Harkness Memorial Park. Got a big fish...qualify for the CT Trophy Fish Award Program. Please use circle hooks when fishing with bait to prevent gut hooking and practice catch & release.

SUMMER FLOUNDER (FLUKE) fishing has been a little spotty once again with many shorts (in the 18” range) being returned to the Sound so they have a chance to grow and produce offspring. From shore, Bucktails with a Berkley Gulp (dogfish don’t like gulp) tagged with a little bait has been producing some winners at South Benson Pier, Southport Harbor, Calf Pasture Breakwater and Pier and Todd’s Point near the Sailing School. Good fluke spots include south shore of Fishers Island (Isabella Beach, Wilderness Point), Watch Hill to Napatree Point, off the Stonington breakwater, mouth of the Mystic River to Groton Long Point, Thames River channel, Gardiners Bay over to Greenport, NY, Twotree Channel, Black Point/Niantic Bay/River, Long Sand Shoal, Westbrook-Clinton area, Falkner Island area, New Haven Harbor to West Haven, off the mouth of the Housatonic River, Norwalk Islands, and across over to Port Jefferson, NY. Minimum size is 19 inches and the daily creel limit is 4 fish per person. CT Bait & Tackleshop List

BLACK SEA BASS fishing is awesome. Black sea bass and scup (porgy) are still the two most popular fish to target this week in the Sound. Sea Bass are just about everywhere and are still chowing down on high-low rigs tipped with clam, squid and sand worms. Although you don’t want to feed the ocean with all of your bait, chumming has been an effective method to catch a lot of sea bass. Also, diamond jigs and flashy spinner rigs in colors that glow or pink have done extremely well. This week’s home turf of black sea bass is Sunkin Island, Pennfield Reef, and the mouth of Blackrock Harbor. Another great spot this week is the Midleground in 30'-60’ of water, buoy 18, buoy 20 and BH Buoy.

SCUP (PORGY) have been using the same haunts as black sea bass and also sharing the same interest in high-low rigs baited with clams and squid. Sunken Island, Pennfield Reef, mouth of Blackrock Harbor and Long Beach breakwater in Stratford. Scup anglers this week have also been reaching their limits at Gulf Beach breakwater, Walnut Beach, South Benson rocks (along the piers walkway) Saint Mary’s by the Sea, Pleasure Beach Family Pier, Sherwood Island State Park, Compo Beach breakwater, Calf Pasture Beach breakwater, Cummings and Cove Beaches in Stamford and Todd’s Point. Porgy fishing has also been reported at these shore fishing locations: Mystic River Park, UCONN Avery Point, Rocky Neck State Park, Harkness Memorial State Park, Meigs Point Hammonasset State Park and Fort Trumbull State Park. Locate your favorite Enhanced Shore Fishing Opportunities for these hard fighting and excellent eating “Reef Slammers”. These “panfish of the sea” are easily caught on sandworms/cut squid or any other small piece of bait. Contact your local bait and tackleshop for updated fishing information.

BLUEFISH fishing is improving some. Bluefish have been favoring coming to shore at night with striped bass. Try fishing the RACE to Block Island Sound along with the southside of Fishers Island. The time is now to plan a “deep sea” fishing trip with a party charter boat and fish for those blues. The Race, Plum Gut, many of the major rocky reefs, rips, and shoal areas in LIS are the best bets at this time. Diamond jigs, trolling parachute jigs or umbrella rigs, and using fresh bunker or hickory shad chunks on three-way bottom rigs have all been effective. Other bluefish spots include the Sliceway, Gardiners Bay, the Peconic Bays, and the north shore of Long Island along with the Stratford Shoal and Housatonic River/Milford area. “Snappers” (juvenile bluefish)
and “Harbor Blues” (16 - 22 inches) are also very common at many shore locations. Try all the local fishing piers. Fort Trumbull and the Lieutenant River has been very good. These under sized bluefish provide great sport for shore anglers. Try fishing the lower reaches of tidal rivers and estuaries...you will be glad you did as these predators push the bait up rivers.

BLACKFISH (TAUTOG) fishing very good along shallow water reefs. The daily creel limit is 2 fish per person and the minimum size is 16 inches. Tautog love eating crabs...try green, Asian and hermit crabs for bait. Look for Tautog in shallow water as they continue to reproduce over shellfish beds and reefs. Other prime locations include: pilings with mussel beds and rock (reef) piles (5 to 30 ft).

WEAKFISH fishing continues to impress with good numbers of 15-28 inch size fish being caught in the central and eastern Sound (Milford, West Haven and Waterford beaches). Good fishing in Niantic, New Haven Harbor by the breakwaters over to Woodmont/Milford Point and along Stratford shoals. They've also been reeling them in at West Haven Sandy Point and the Sandy Point Audubon Society. Weakfish prefer sand worms and clams at low light and dusk. One of the best eating saltwater fish you will ever catch.

SAND SHARKS (SMOOTH DOGFISH) fishing is good in Long Island Sound. They are very abundant and fun to catch when bottom fishing from shore or boat. Unlike most sharks, this dogfish has rows of flat grinding teeth rather than sharp blades, which are ideal for crushing and chewing the crustaceans and mollusks that it hunts. They will bite on any bait fished on the bottom. Often found mixed in with scup, summer flounder and sea robins.

SHARK SPECIES YOU MAY ENCOUNTER IN COASTAL WATERS OF CONNECTICUT - Anglers may catch Sand Tiger and Sandbar (Brown) Shark which are protected and prohibited species and must be released unharmed. IF YOU DON'T KNOW, PLEASE LET IT GO! Coastal shark information.

STRIPED SEAROBIN fishing is very good throughout LIS for this “hardhead fish with spines and large pectoral fins”. There is no shortage of robins as boat or shore anglers are enjoying some family fishing fun. These beautiful and strange looking fish are now very common especially when bottom fishing at many of Connecticut’s shore fishing sites. With many fish measuring over 20 inches, 3 pounds and “barking up a storm” (grunting noise they make when handling them). They love sandworms, squid and any live or dead bait. They are also very good to eat. Please be careful when handling them...be mindful of their spines located on top of their head and gill cover.

BLUE CRAB fishing is fair. Crabs are in the molting phase (sally crab) and becoming more active in the tidal creeks and rivers as the water warms up. There appears to be a lot of smaller crabs out there...a good sign for a great summer/fall crabbing. Please remember it’s mating season for the crabs and release all egg-bearing females (sooks or lemon bellies). There are some large “jimmys” (male crabs) being captured (8.0 inches spike to spike) along with some impressive sooks. Remember...all egg bearing females must be released without avoidable harm. Minimum carapace length is 5 inches for a hard shell crab. Legal gear types include: scoop (dip) net, hand line, star crab trap, circular (topless) trap not exceeding 26 inches in diameter. Maryland Style Crab traps are prohibited and it’s illegal to snag blue crabs. Chicken with the skin on it (along with a long handle net) is the preferred method to capture these tasty crabs. Blue Crab Fact Sheet.
**NOTABLE CATCHES**

<table>
<thead>
<tr>
<th>Species</th>
<th>Length (in.)</th>
<th>Weight (lbs)</th>
<th>Angler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thresher Shark</td>
<td>96&quot;</td>
<td>400 lb</td>
<td>David M.</td>
</tr>
<tr>
<td>Striped Bass</td>
<td>54&quot;</td>
<td>C&amp;R</td>
<td>Derek W.</td>
</tr>
<tr>
<td>Striped Bass</td>
<td>43&quot;</td>
<td>35 lb 7 oz</td>
<td>Jennifer K.</td>
</tr>
<tr>
<td>Scup</td>
<td>19&quot;</td>
<td>3 lb 3 oz</td>
<td>Jeremy M.</td>
</tr>
<tr>
<td>Black Sea Bass</td>
<td>24.75&quot;</td>
<td>4 lb 12 oz</td>
<td>Albert Donas</td>
</tr>
</tbody>
</table>

**REPORTING YOUR RECREATIONAL FISHING ACTIVITY – CT’S MARINE ANGLER SURVEY**

CTDEEP Marine Fisheries Program is responsible for conducting the Access Point Angler Intercept Survey (APAIS) in CT to collect saltwater recreational fishing catch data. This data is part of NOAA’s Marine Recreational Information Program (MRIP), an extremely important survey used to manage our marine fisheries. You can find CTDEEP marine fisheries staff aboard party boats, visiting marinas, boat launch ramps, canvassing local beaches, piers, and at other fishing access points to gather accurate catch information.

When you’re out fishing, please keep an eye out for marine angler survey field staff! The survey takes 5 minutes to complete. Any information you can provide them will remain confidential and is greatly appreciated. For more opportunities to report your recreational catch, please visit Marine Volunteer Angler Survey.

**CAUGHT A TROPHY FISH - MARINE TROPHY FISH ARWARD PROGRAM AFFIDAVIT**

- **CONNECTICUT STATE BOUNDARY LINE IN LONG ISLAND SOUND.** Anglers please note, although Connecticut has reciprocity with neighboring states (New York, Rhode Island, Maine and Massachusetts), residents of Connecticut are required to have a CT Resident Marine Waters Sport Fishing License to fish in the Marine District.
- **CT TIDE INFORMATION** can be found on page 64 of the 2019 CT Fishing Guide.
- **FISH RULES APP** Fish Rules is a totally new and innovative way to understand recreational saltwater fishing regulations for state and federal waters from Maine to Texas.

*For Current Connecticut Recreational Fishing Regulations: Anglers should consult the 2019 Connecticut Fishing Guide which is now available at most Town Clerks Offices, DEEP offices and at tackle stores selling fishing licenses. Current regulations, electronic versions of the Fishing Guide and additional information can all be accessed on the DEEP website at: [www.ct.gov/deep/fishing](http://www.ct.gov/deep/fishing).*

The Connecticut Department of Energy and Environmental Protection is an Affirmative Action/Equal Opportunity Employer that is committed to complying with the requirements of the Americans with Disabilities Act. Please contact us at (860) 418-5910 or deep.accommodations@ct.gov if you have a disability and need a communication aid or service; have limited proficiency in English and may need information in another language; or if you wish to file an ADA or Title VI discrimination complaint.

---

**DEEP WEEKLY Fishing Report**

[Logo]

Connecticut Department of ENERGY & ENVIRONMENTAL PROTECTION

79 Elm Street, Hartford, CT 06106

[www.ct.gov/deep](http://www.ct.gov/deep)