



## **Save Our Fish Auburn Chapter of Puget Sound Anglers**

### **Next Chapter Meeting:**

**Next Meeting Date April 27, 2022**

**6:00pm**

**Trotter's Restaurant  
825 Harvey Rd, Auburn**

Be sure to check out our website: <http://www.saveourfish.org/>

For a complete list of Board Members, please visit the website:

<http://saveourfish.org/board>

Newsletter editor: Dayle Conrad

### **Up and Coming Activities:**

#### **April**

**27 – General Club Meeting 6:00pm**

Speaker: Ron Garner, PSA President

#### **May**

**7 – Auburn Kids Derby**

**11 – Board Meeting 7:00pm**

**14 – Algona Kids Derby**

**25 – General Club Meeting 6:00pm**

#### **June**

**4 – Federal Way Kids Derby**

**8 – Board Meeting 7:00pm**

**22 – General Club Meeting 6:00pm**

#### **July**

**7-9 – Sekiu Outing**

**13 – Board Meeting 7:00pm**

**27 – General Club Meeting 6:00pm**



## President's Message -- Rob Larsen

First of all, I want to apologize to everybody for last month speaker mix-up. Apparently, I had given the wrong date to Officer Jeff Summit. I had tried to follow up but he had some phone issues and wasn't getting my messages. He said he would be happy to come another time and that is the plan.

As I read the salmon seasons for 2022, I am sad and excited at the same time. We in the South Sound are very fortunate to have as many opportunities as we do compared to other areas in Puget Sound. (7and 9) Area 11 is going to open June 1 with the one fish limit. I am cautiously optimistic that it will remain open until

September with the additional 300 or so fish onto the quota over last year. Westport is going to open July 1 with seven days a week for 2 salmon -- 2 can be chinook. With the Queets River silver situation looking better, the Coho fishing should be great.

The Skagit is going to be open for Sockeye this year June 15 through July 15 all the way up to Baker River, which could negatively impact the lake fishery if too many fish are caught in the river. Hopefully that doesn't happen and we get a good Baker Lake fishery this year.

I'm also looking forward to our trip to Sekiu as a club. It has been fun in past years.

I want to ask each of you to please consider helping at our Steel Lake kids derby. We had a small portion of needed volunteers sign up to put this derby on. If you can come, we can sure use you!

Sure hope to see all of you at this month's meeting where our very own state PSA President Ron Garner will be our speaker.



Tight Lines --  
Rob Larsen  
SOF PSA president

## April Speaker – Ron Garner, PSA President



Ron Garner State Board President has been a fisheries advocate for over 30 years. Ron leading PSA was instrumental in overturning two ocean fishing closures at Neah Bay, and a huge one in the Puget Sound. He started the rockfish descender program personally in Washington State before it was known to work. He and Frank Urabeck are still working on many fishing avenues that have kept other fisheries open. We were successful in helping with Steel Head Trout Club, NOAA/NMFS, WDFW, and tribes together to fight off two sets of steelhead closures from lawsuits by Wild Fish Conservancy. Ron has built many unique relationships that PSA uses when necessary to fight to keep our fisheries open. He works with key PSA members that help us on many fishery fronts. Our success is based on completely vetting out issues to the end, making sure that decisions we make are accurate, even though it might not be the popular one. Other issues that we have done are working

with the tribes on increased hatchery production, Work with Stillaguamish Tribe on how to best recover the river to return fishing for all. Was able to work with others and bring in the Ballard Locks Sea Lion previous experts from NOAA, Army Core of Engineers (Frank Urabeck), and NWIFC mammal biologist to try to relieve Stilly Chinook predation from the harbor seals. It is still a work in progress

Ron has been a WDFW Shrimp advisor since 2002 (later combined into crab and shrimp advisers). He was instrumental in helping write the last 2012 Shrimp Policy and bringing back Mark O'Toole (retired WDFW Chief shrimp biologist) to meet with the newest as there was a 14-month absence of this position. Ron took it upon himself to try to help educate the new staff in the beginning with shrimp fisheries as they were new hires. The previous WDFW shrimp biologists used to provide a lot of information to us that we learned from.

Ron has learned a lot from information/data, trial and error of fishing for many years and does quite well. He will be covering where to fish, how to read currents/tides, and how to set up your bait, pots, lines, and weights.

## Sekiu Outing – July 7-9

Our Sekiu Outing will be in July 7th, 8th and 9th. ***Booking at Mason's Resort in Sekiu will become available on March 1<sup>st</sup> and fill extremely fast.*** If you plan to go this year, I strongly recommend that you book your room early that morning. It would be nice if we could get the cabins together. We are going earlier due to the early closure last year. It is lots of fun and there are charters out of Sekiu if you don't have a boat. We will have a potluck on Friday night. I hope many of you make plans to come and enjoy the fun.



**Mason's Olson Resort**

**Phone:** (360) 963-2311

**Address:** 444 Front Street, PO Box 245, Sekiu, WA 9838

## Tip of the Month – Boat Trailer Tires

from Steve Fulkerson

The apple is red and shiny on the outside. However, one never knows about the inside...mushy, crisp, old? Boat trailer tires are essentially the same except for one major difference. You know the age of your tires.

Tires can have lots of tread and a nice shiny gloss. The age of the tire is one of the critical factors. Let's keep our club members safe this season with the following tips:

- The Age Code - Merely look at your stamped Department of Transportation (DOT) code. The last set of four numbers tells you the age. For example, 3518 is the 35th week of 2018.
- Replacement - Most boat trailer tire articles recommend three to five years.
- Oxidation and Moisture - UV radiation causes the rubber component to break down, resulting in "spider web" sidewalls. Trailers stored outdoors have constant moisture challenges. Try to store on concrete or wood rather than grass or mud.
- ST or For Trailer Use - It is critical you have trailer tires and not automobile tires. Trailer tires have strengthened side walls.
- Inflation - Due to the strengthened sidewalls you must use a tire pressure gauge to make certain your tires are inflated correctly. Tires can look correct due to the strong sidewalls but still be very underinflated. Overheating and a blowout are never a fond memory of a fishing trip!
- Load Range - Trailer tires range from Load Range B (lightest load) to Load Range E (heaviest load). Most boat tires are Load Range C or D. Me? My trailer came with Load Range C and, when I replaced them, I spent a little extra for Load Range D.

Please give your tires a check for age and inflation. I suggest doing this well before your next trip because, if you need to replace, it may take some time before the tires you need are in stock.

## Kids Fishing Derbies for 2022



We are so excited to see these fishing derbies for kids back on this year!

Auburn Youth Fishing Derby is May 7<sup>th</sup> 8:30am-12:00pm at Mill Pond Park.

Algona kids' event is May 14th 9am-12pm at Matchett Park, 402 Ward St.

Steel Lake Park Kids Hooked on Fishing Event is June 4th at Steel Lake Park Fishing Dock 7am- 12pm

For the Algona or Federal Way events signups please contact the Park and Recreation Departments. There is limited sign up for these events.

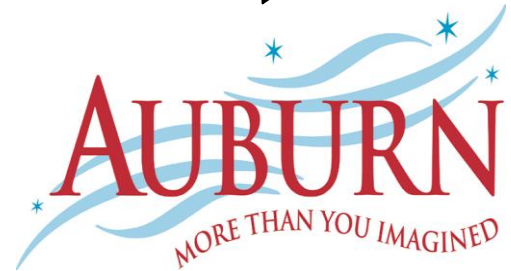
Anyone wanting to help or need more information please contact Russell Carver 253-318-8523  
Greg Hindman will have volunteer signup sheets at the club meeting.

# Annual Auburn Youth Fishing Derby

**Free**



**Free**



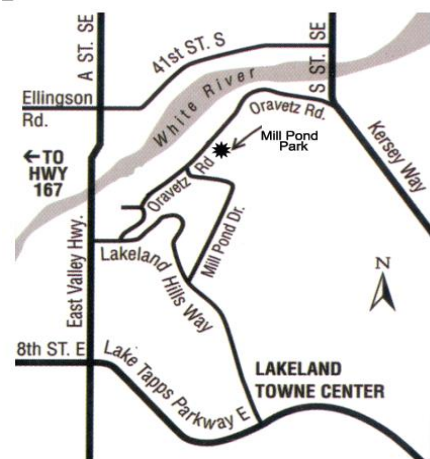
## Please join us!

The City of Auburn, Auburn Sports & Marine and the Auburn S.O.F Chapter of the Puget Sound Anglers cordially invites youth, 14 years old and under, to the 2022 Youth Fishing Derby. We along with The City of Auburn and The State of Washington happily stock Mill Pond with trophy size trout for the community's youth enjoyment.

**When: Saturday, May 7th, 2022**

**Where: Mill Pond Park, 600 Oravetz Rd. See Below**  
Lakeland Hills, and across from Auburn Riverside High School.

**Time: 8:30AM - 12:00PM**







**Saturday, May 14th**

**9am-11am**

**Matchett Park 402 Warde St.**

**Due to limited space, you must register in advance for a time.**

**Call Gary 253-217-5000**



Sponsored by:



"This event/activity is NOT being sponsored by the Auburn School District and the district assumes no responsibility or the conduct at, or safety of, the event/activity. In consideration for the privilege to distribute these materials, the school district shall be held harmless from any cause of action, claim, or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards, claims, liabilities, damages, expenses, or right of action, directly or indirectly attributed to the activities. Permission to distribute this flyer should not be considered a recommendation of the program by the school district. This is not a school district sponsored activity."

Stay up to date on events Facebook @ City of Algona, WA

# Catch Record Cards due by April 30th

Don't forget to mail in your Catch Record card, with or without catch.

<https://wdfw.wa.gov/licenses/fishing/catch-record-card>



Washington  
Department of  
**FISH and  
WILDLIFE**

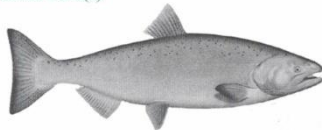
## Catch record card - Washington Department of Fish & Wildlife

The catch record card is an important management tool for estimating the recreational catch of salmon, steelhead, sturgeon, halibut and Puget Sound Dungeness crab.  
wdfw.wa.gov

### Just a Friendly Reminder!

Return your catch record card by April 30, with or without catch.

Please return your 2021 fish catch card (as required by Washington State law). If you will no longer be fishing you may send it now or do so by April 30, even if nothing was caught. Please disregard this reminder if you have already returned your Catch Record Card(s).



Regulations (WAC 220-310-020) require Catch Record Card holders to return Catch Record Card(s) to WDFW by April 30 of the next license year.

Send your Catch Record Card to:  
WDFW CRC Unit  
P O Box 43142  
Olympia, WA 98504-3142

Problems reporting?  
Call: (360) 902-2707 Mon-Fri 8:00-5:00  
or email: [Catch.Reporting@dfw.wa.gov](mailto:Catch.Reporting@dfw.wa.gov)

2021 DOCP: XXXXXXXXXXXXXXXX

JOHN DOE  
WILLIAM A. HANSEN  
Valid From: 04/01/2021 - 03/31/2022  
Expires on: 03/31/2022  
Dealer ID: 1011 04/01/2021

WASHINGTON DEPARTMENT OF FISH AND WILDLIFE  
SPORT CATCH RECORD CARD

Immediately upon releasing a salmon, steelhead, sturgeon or halibut as addressed by the fishing license purchased, you are required to record your catch by completing (in ink) the record provided below. Failure to do so is a violation of WAC 220-310-020.

RETURN THIS CARD TO WDFW  
by April 30, 2022  
Even if you did not fish  
or catch anything

2021 DOCP: XXXXXXXXXXXXXXXX

**SALMON** Did you fish for Salmon? Yes No

DATE	TIME	WATER	TYPE	WEIGHT	LENGTH	SEX	AGE	MARKS	REMARKS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

**STEELHEAD** Did you fish for Steelhead? Yes No

DATE	TIME	WATER	TYPE	WEIGHT	LENGTH	SEX	AGE	MARKS	REMARKS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

**STURGEON** Did you fish for Sturgeon? Yes No

DATE	TIME	WATER	TYPE	WEIGHT	LENGTH	SEX	AGE	MARKS	REMARKS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

**HALIBUT** Did you fish for Halibut? Yes No

DATE	TIME	WATER	TYPE	WEIGHT	LENGTH	SEX	AGE	MARKS	REMARKS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

## Green River Dam Fish Passage

This article appeared in the *Seattle Times*

### Green River dam fish passage to aid salmon, orcas granted new funding

By LYNDIA V. MAPES  
Seattle Times environment reporter

Fish passage at the Howard Hanson Dam east of Auburn has received a \$220 million federal funding boost that will help unlock more than 100 miles of salmon habitat on the Upper Green River.

The money was secured as a priority project for the Army Corps of Engineers under the Bipartisan Infrastructure Law, U.S. Sen. Patty Murray announced Monday. Passed last summer, the bill President Joe Biden signed in November authorized \$1 trillion in spending on roads, bridges, high speed internet, ports, dams, waterways, drinking-water infrastructure and more across the country.

Murray, a Democrat, has been pressing the Corps, which built and operates the earthen

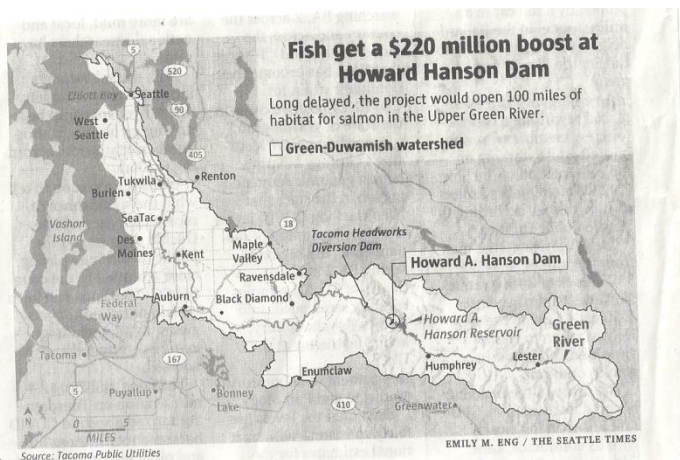
embankment dam, to make fish passage a priority.

The National Oceanic and Atmospheric Administration, charged with both salmon and orca recovery, ordered in 2019 that fish passage be operational at the dam no later than 2030. Present operation of the dam without fish passage jeopardizes the survival of both threatened Puget Chinook and endangered southern resident orcas, the agency found.

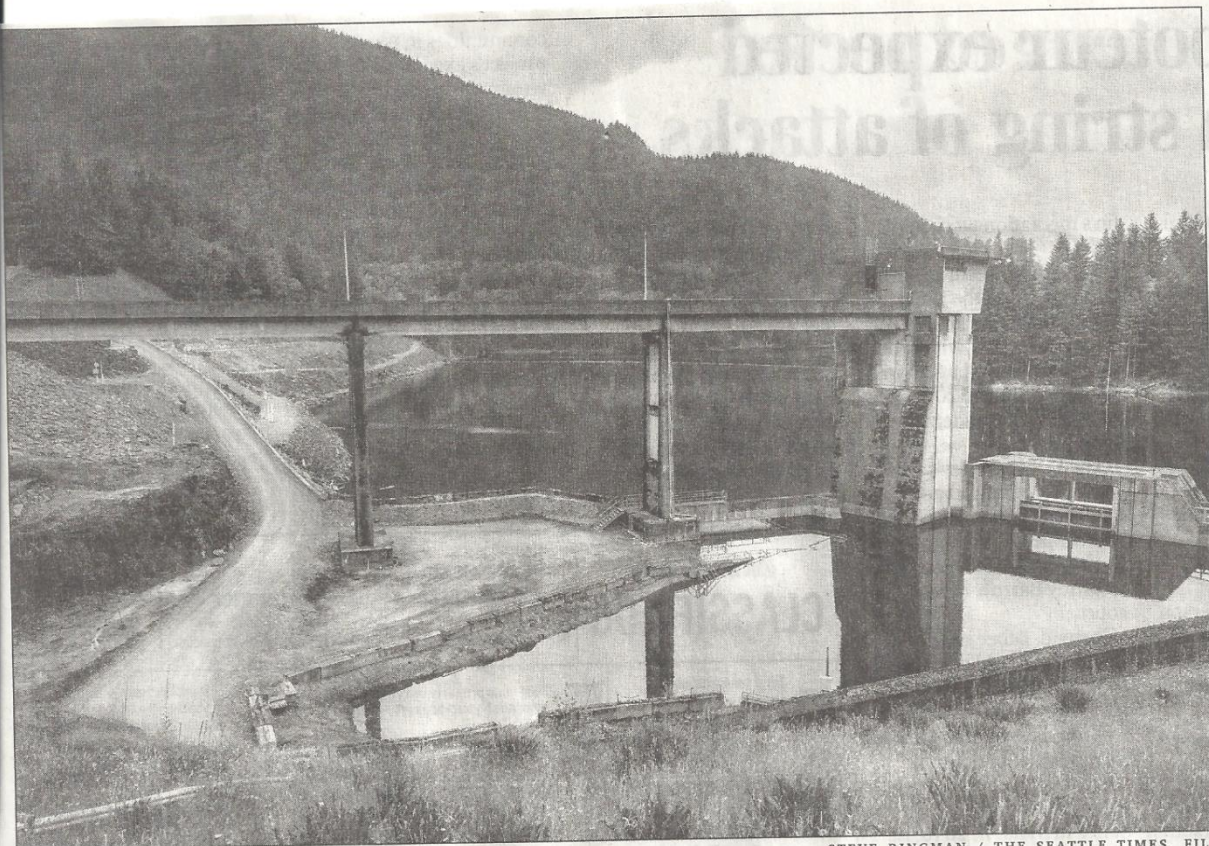
"My job is to make sure the federal government understands that local priorities like the Howard Hanson Dam need to be federal priorities," Murray said in a news release.

"This funding will go a long way in our fight to save the salmon, opening up miles of

See > SALMON, A9







STEVE RINGMAN / THE SEATTLE TIMES, FILE

The fish passage tunnel at the Howard Hanson Dam, seen in 2019, was halted when the Army Corps of Engineers projected its spending was going to balloon past what Congress had authorized.

## < Salmon

FROM A7

critical habitat," she said. "This is a big victory for the Muckleshoot Tribe, our salmon and orca, the entire Puget Sound, and all of Washington state."

The tribe has treaty-protected fishing rights on the Green River, which flows into the Duwamish, and has invested heavily in salmon recovery.

Rep. Kim Schrier, a Sammamish Democrat, also celebrated support for the project.

"I am over the moon excited," Schrier said in an interview. "It is so incredibly gratifying that something we have been pushing so hard for got funded. It checks all the boxes: it's bipartisan, and it's a huge environmental win."

Completed in 1962, the dam is intended to reduce flooding and provide flows for salmon, municipal water supply and ecosystem restoration. It has prevented \$21 billion in flood damage in the Green River Valley, according to the Corps.

Chinook, coho and steelhead have been blocked from access to the Upper Green since the Tacoma Headworks Diversion Dam first went into operation in 1913 to supply water for Tacoma.

The diversion dam is just 3 miles downstream from the Howard Hanson Dam, and has already been improved with a trap for adult fish passage. Fish captured in the trap will be trucked above the dams to the upper watershed, once passage for juveniles is operational at Howard Hanson.

The fish-passage project could open even more habitat for Chinook and coho salmon and steelhead than the celebrated Elwha Dam removal project, the largest in the world. The Howard Hanson Dam would remain intact while passage doubles the amount of spawning habitat available to salmon and steelhead in the watershed — and open all of the best of it for the first time in more than a century.

The Green is one of the most important salmon rivers in Puget Sound, and a prime Chinook producer for

southern resident orcas. Lack of regularly available, adequate salmon is one of several factors driving the orcas to extinction, scientists have determined. Getting salmon back into the Upper Green has been singled out by salmon advocates as the biggest potential boost for salmon production in Central Puget Sound — and therefore could help save the whales.

The project also is very important for Tacoma Public Utilities and other local government partners that already have invested more than \$400 million in water-system improvements, anticipating additional water supply that would be available upon completion of the project.

The dam was part of a more than centurylong effort, still underway, to tame floods in the Green-Duwamish watershed, which includes the cities of Tukwila, Renton, Kent and Auburn; the second-largest warehousing district on the West Coast; and industrial development throughout the Duwamish Waterway in Seattle.

There is no political con-

trovery about providing passage for salmon at the dam. Rather, the problem has been getting the work done on time, and on budget.

The project is complex. Juvenile salmon migrate near the surface of the water column — which fluctuates in height by as much as 100 feet during the spring migration. Collecting fragile baby fish from such a moving target is a big design challenge.

The Corps began construction on passage at the dam in 2003. But work stopped in 2011, when the Corps projected its spending was going to balloon past what Congress had authorized. The

Corps spent about \$108 million, including a 100-foot deep excavation.

The project stalled so long the Corps had to secure new authorization from Congress to reboot planning for the project. At the urging of the Washington congressional delegation, the agency in 2020 set aside \$3 million in its work plan to develop a design and budget for the project — which now has funding to proceed.

Lynda V. Mapes: 206-464-2511  
lmapes@seattletimes.com; o  
Twitter: @LyndaVMapes. Lyn  
specializes in coverage of the  
environment, natural history,  
Native American tribes.



# Raffle News

## April 2022 Raffle News

Boy do the months fly fast! I feel like this will be the last week of a prolonged winter. We are finally rolling into Springer season, followed by the summer salmon season, fall steelhead, more salmon and Football! Man, I love this country!

This month, because it's been a while, I will have a very nice new rod as the main prize. We have quite a few new items so I'm hoping you'll be pleasantly surprised by the mix of very useful fishing gear picked out by a true fishing expert. As usual, we will have a member only drawing for 10 raffle tickets (last month 3 people missed out) and the final ticket drawn will pick one knife from a great assortment of styles and brands.

Thanks for reading and I'll see you all on Wednesday!

We NEED People!!!!

Bring a friend and spread the word about the great items and games we are offering up! ☺

Greg Hindman  
253-486-5161



## Visit Our Website

The website has the recipe of the month, links to our sponsors, and a year's worth of past newsletters. There is a new link on the Hogpen web page to submit photo's for the Hogpen, which will provide the pictures for the Newsletter, Website, and Christmas Banquet.

[www.saveourfish.org](http://www.saveourfish.org)



## Save Our Fish Facebook Page

The Save Our Fish [Facebook page](#) is a Public Group currently with 47 members. If you are on Facebook and haven't requested to join the group, now is your chance.

**Let's see how many members we can get this year!** This is a great way to get club information. It can also be used to connect with other members to fill an empty seat in the boat, see where other members are fishing (if they are willing to share), or post videos, photos, or other fishing and conservation interests.

## Membership – New and Renewals

\*\*\*UPDATE\*\*\*UPDATE\*\*\*UPDATE\*\*\*UPDATE\*\*\*UPDATE\*\*\*

Thank you everyone that have paid your membership dues for the 2021 year. *Your SOF board has decided to extend your paid membership through the end of 2022.* For those of you who have not yet paid, it's not too late. Memberships can be paid online, at any SOF meeting, or by mail to the address at the bottom of the SOF membership form. Contact Rich Gregory if you have any membership question.

You can pay by mail or online at <http://www.saveourfish.org/Membership/Membership.htm>.

The membership form is attached at the end of this newsletter or you can contact our member chair, Rich Gregory, at [rwgav8@hotmail.com](mailto:rwgav8@hotmail.com).

Click here to pay: [https://www.paypal.com/donate/?token=FIZb14yBeNX1SNG80QYPNONcJJjiwtgiJxdurg11BSvD-4EIX\\_IssRDmduLv7mgOlg4MR0](https://www.paypal.com/donate/?token=FIZb14yBeNX1SNG80QYPNONcJJjiwtgiJxdurg11BSvD-4EIX_IssRDmduLv7mgOlg4MR0)

Use the **“Donate with a Card”** option if you don't have a Paypal account.

You will get an email confirmation/receipt after you complete the payment process. Make sure you fill in your email address!

Here's what the top of the form looks like. **Click the \$ sign to fill in your amount then click the + sign on the “Add special instructions” and tell us what you are paying for. Example: 2018 dues for Greg Hindman.**

Here's what the top of the form looks like:

Donate to  
Save Our Fish

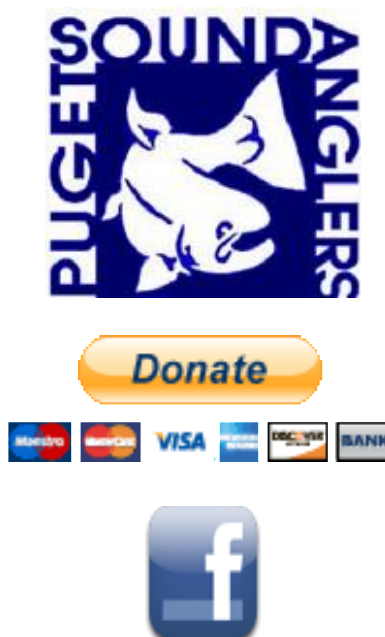
\$

USD

 Add special instructions to the seller:

You can also get to this Donate link via our main web site <http://www.saveourfish.org/>

It looks like the below:



The membership form is available online <http://www.saveourfish.org/membership.pdf> and at the end of this newsletter.

## Save Our Fish PSA Hats for Sale

Now you can proudly advertise your PSA chapter. Hats are embroidered with a colored PSA logo on the front and Save Our Fish stitched on the back.

Quantities are limited, so bring your money and get yours at the next meeting. \$10



## Member Classifieds

Do you have any items in the garage that have just been collecting dust over the years? Maybe a fishing pole that you just don't use anymore. Why not sell it to a fellow member in the new classifieds section? Send a brief description of the item you would like to sell and photo if available to [sof.psa@hotmail.com](mailto:sof.psa@hotmail.com) and we will include it in the next issue of the newsletter.

**If you have a website or product you would like to share, please send the information to:**  
[Sof.psa@hotmail.com](mailto:Sof.psa@hotmail.com)

### For Sale

Two Neoprene Youth Caddis Wading System Waders – XS and Small. \$20 each

One Neoprene Stearns Womens Waders - Medium. \$30.

All have stocking feet and only worn once or twice.

If interested see Kathy at our April 27th meeting.





---

**For Sale**

Shimano Stradic C14 - 4000 series \$150.00. Excellent condition

16 lb coil of soft 1/8 pencil lead. \$50.00

Contact Duane Horton 206-819-9839

# SOF Sponsors

[Auburn Sports & Marine](#) – Kids derby, rod donations, gift certificates



[Bass Pro Shops](#) –



[Big J's Outdoor Store](#) – Carbon River Cleanup



[City of Orting](#) – Carbon River Cleanup



[Gamakatsu](#) – Jig hook donations



[Los Pinos Mexican Restaurant](#) – Carbon River Cleanup



[Walmart](#) – \$1,500 Grant



[King Salmon Marine](#) – Kids fishing derby donations



[Silver Horde](#) – Raffle donations



[Sportsman's Warehouse](#) – Federal Way Kids Derby donations



[Debi Gregory](#) – Christmas Banquet Donations



[Washington Sportsmen's Show](#)



## Hog Pen

Do you have a picture from your latest fishing adventures? Be sure to send it, with your descriptive caption to [sof.psa@hotmail.com](mailto:sof.psa@hotmail.com) for your chance to have it be featured in the Hog Pen.



Clam digging  
at Copalis



Blackmouth caught by  
Bart and Rob





# Recipe of the Month

## Best Classic Shepherd's Pie Recipe

The Best Classic Shepherd's Pie - AKA Shepards Pie or Cottage Pie. Ground Beef (or lamb) with vegetables in a rich gravy, topped with cheesy mashed potatoes and baked.

Prep Time 20 minutes

Cook Time 50 minutes

Total Time 1 hour 10 minutes

Servings: 6 servings

Calories: 400kcal

Author: Amanda Finks



### Ingredients

#### Meat Filling:

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 lb. 90% lean ground beef -or ground lamb
- 2 teaspoons dried parsley leaves
- 1 teaspoon dried rosemary leaves
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 2 garlic cloves -minced
- 2 tablespoons all purpose flour
- 2 tablespoons tomato paste
- 1 cup beef broth
- 1 cup frozen mixed peas & carrots\*
- 1/2 cup frozen corn kernels

#### Potato Topping:

- 1 1/2 - 2 lb. russet potatoes -about 2 large potatoes peeled and cut into 1 inch cubes
- 8 tablespoons unsalted butter -1 stick
- 1/3 cup half & half
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup parmesan cheese

### Instructions

#### Make the Meat Filling.

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.

2. Add the ground beef (or ground lamb) to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
3. Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
4. Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
5. Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
6. Set the meat mixture aside. Preheat oven to 400 degrees F.

### **Make the potato topping.**

1. Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add the parmesan cheese to the potatoes. Stir until well combined.

### **Assemble the casserole.**

1. Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
2. If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes.\*\* Cool for 15 minutes before serving.

### **Notes**

\*If you can't find frozen mixed peas and carrots, you could use 1/2 cup frozen peas and 1/2 cup frozen sliced carrots.

\*\*Bake at 400° F. Start preheating the oven after you make the meat mixture (listed in step 6).

### **Nutrition**

Serving: 1/6th of the recipe | Calories: 400kcal | Carbohydrates: 13g | Protein: 19g | Fat: 30g | Saturated Fat: 15g | Cholesterol: 97mg | Sodium: 751mg | Potassium: 483mg | Fiber: 2g | Sugar: 2g | Vitamin A: 2860IU | Vitamin C: 7.9mg | Calcium: 99mg | Iron: 2.7mg

**Editor's Note: I am looking for clam fritter recipes. Submit your favorite clam fritter recipe to [dayleconrad@yahoo.com](mailto:dayleconrad@yahoo.com). Shane and I will make the recipes submitted and vote on which is our favorite. The winning submission will be sent a prize from us. The deadline for recipe submission is by June 1<sup>st</sup> and the winner will be announced in the June newsletter. Thank you for your participation!**



## Save Our Fish Chapter

[www.saveourfish.org](http://www.saveourfish.org)

### 2022 MEMBERSHIP FORM

#### APPLICANT INFORMATION

Name:	Date:	
Current address:		
City:	State:	ZIP Code:
Primary Phone (Home, Cell, Work <i>Please circle</i> ):		
Alternate Phone (Home, Cell, Work <i>Please circle</i> ):		
Email Address:		
Sponsor:		

#### MEMBERSHIP

Membership is for the 2022 calendar year. **Dues paid through February 28, 2022 are at rates shown below, reduced by \$5.00.** Dues paid after March 1, 2022 will be at the full annual rates shown below. Contact Rich Gregory at 253-209-0586 or [sof.psa@hotmail.com](mailto:sof.psa@hotmail.com) if you have any questions.

#### MEMBERSHIP SELECTION

<input type="checkbox"/> New Membership	<input type="checkbox"/> Membership Renewal
Adult: 18-61 – annual dues \$30	
Family: heads of household and all other family members younger than 18 – annual dues \$40	
Juvenile: 17 and younger – annual dues \$15	
Senior: 62 and older – annual dues \$20	

#### PAYMENT

☐ Cash   ☐ Check   ☐ Roster   ☐ TRN   ☐ Email   • Raf

Please check appropriate membership selection above, complete form, and bring to meeting or mail with check to:

Save Our Fish  
c/o Rich Gregory  
12608 117<sup>th</sup> St Ct E  
Puyallup, WA 98374