



Save Our Fish Auburn Chapter of Puget Sound Anglers

Next Chapter Meeting:

Wednesday January 25, 2017 - 6:00pm

**Round Table Pizza
4002 A Street SE
Auburn, WA**

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

Speaker – Lawrence Mc Crone- Friends of the Issaquah Salmon Hatchery (F.I.S.H.)

At the January 25th meeting, Lawrence McCrone, a master docent with the non-profit Friends of the Issaquah Salmon Hatchery, will provide a presentation on the life cycle of Pacific salmon, the operations of the Issaquah Salmon Hatchery, and the critical role of volunteers in the various functions of the hatchery. The primary function of the hatchery is to raise chinook and coho salmon to supplement wild runs, although the hatchery

also raises rainbow trout for stocking local lakes and kokanee to try to restore the native populations of this endangered landlocked relative of sockeye salmon. This hatchery is unique in that it is not only in the middle of a major metropolitan area but it serves as a major educational venue for school children and the general public.

Up and Coming Activities:

January

25 – General Club Meeting

Lawrence McCrone, F.I.S.H.

25-29 – Sportsmen's Show

Puyallup Fairgrounds

February

22 – General Club Meeting

Shelby Ross, Ross Outdoor Adventures

April

29 – Special Needs Fishing Derby

Auburn

May

6 – Youth Fishing Derby

Auburn



President's Message -- Carl Carver

Wow what an amazing year 2016 has been. I've been thinking about all of you and how thankful as well as humbled I am by all that you all have helped accomplish this year. The team work, dedication to our chapter, hard work, friendship, love and appreciation of each other are a few of the qualities that have kept us together, strong, and passionate about what our chapter stands for and does. The Save Our Fish Auburn Puget Sound Anglers Chapter Board of Directors are dedicated and caring leaders who take time out of their busy lives to give back to others by coming to monthly meetings (board & general) to plan and execute the chapters business. We have many individual members not on the board who also give graciously of their time and energy to support our chapter, other fishing groups, and our community regarding our fisheries. I know you see what we are doing and accomplishing through our monthly newsletters but I want to do a brief re-cap of some of the significant items that we accomplished in 2016 thanks to all of you.

- We held 12 board meetings, 11 general meetings, a yearend Christmas Banquet celebration and all were very well attended.
- We served the community with our booth at the Sportsmen's Show and made money selling jigs to support our chapter activities.
- We served the community by hosting or co-hosting 4 fishing derbies (Auburn Kids, Auburn Seniors, Algona Kids, Federal Way Kids).
- We served the disabled community by hosting a fishing outing for them at American Lake
- We served the community with a Carbon River cleanup event in Orting.

- We served WDFW, our community, and our fish by co-leading the Flaming Geyser Brice Ponds fish imprint program
- We served the community and our fish by providing significant time and resources to support a very successful Skokomish River Rally
- We served our community and our fisheries by doing action alerts, attending commission hearings, communicating with elected officials, belonging to other fishing groups, etc.

I know this is lengthy and I could go on but you all get the point. **You are making a real difference as you can see by what I listed above.**

As I've written in several President's Messages and talked about at our general meetings, **together/united we can and are making a difference in our fisheries** by participating actively in our chapter and weighing in and supporting when called upon.

I'm looking forward to 2017 and all the successes that I know are ahead of us. I hope to see you and talk with you at one or more of our meetings next year.

On behalf of our Board of Directors I want to wish you all a **MERRY CHRISTMAS** & **HAPPY NEW YEAR!!!!!!!**

Sincerely,
Carl Carver



Tip of the Month – Online Fishing Information

From Carl Carver

A great way to get additional excellent fishing information to come directly to you each month via e-mail is to take advantage of the free subscriptions of some on-line publications. A few of the ones I get can be obtained by going to the links below and subscribing or you can have them on a link of your own and go to them at your convenience. I can say as a fact that I have learned from the information I've obtained from these sites and caught many more fish as a result. The information on what fish, when, how, what to use and where to go has benefited significantly.

- <http://www.seattletimes.com/sports/tony-floors-tackle-box-filled-with-king-salmon-fishing-options/>
- www.jonsoutdoors.com
- <http://wdfw.wa.gov/>

Election of Officers for 2017

The following officers were elected for the year 2017 at our November General Meeting:

President: Carl Carver
Vice President: Greg Hindman
Secretary: Irene Carver
Treasurer: Duane Horton



Founders Award

Congratulations Carl Carver!

Carl was chosen by our membership for his outstanding support to our chapter and his long hours of service and dedication representing the sportsmen and women of Washington.

The Founders Award was established in 2014 by the board of directors to recognize the member who has gone above and beyond the “call to help with the club.”

Criteria for nomination of a member

- Participation in chapter activities
- Hard work for the chapter
- Support of fellow members
- Goes above and beyond what is expected
- Takes initiative to further chapter goals and objectives

Thank you, Carl, for all you do for SOF Auburn Chapter PSA!



Carl Carver receives the
2016 Founders Award

Board of Directors for 2017

The full list of the Board of Directors can be found on our website www.saveourfish.org



2017 Board of Directors

Christmas Banquet Recap

This year's Chapter Christmas Banquet/Party was held on December 3rd at the Kent Senior Activity Center and was again a huge success. Doug Williams is our party chairman and he and his wife, Dawn, did an outstanding job. There was lots of great food for all to enjoy thanks to everyone's efforts. Rob Larsen prepared the scrumptious turkey and dressing again this year. Rich Gregory put on a great slide show for all to enjoy. He also took care of the sound and lighting. The silent auction was the best ever this year and generated lots of dollars for chapter activities. Thanks to all those who generously donated items and those who bid on and purchased them. The Smoked Fish Contest had several participants with some great fare. Member Duane Horton was the winner and brought home a great Fillet Knife for his efforts. The lure tree was adorned with lots of colorful lures. Kathy Carino, last year's winner, drew member Shane Conrad's ticket as the lucky winner. The award part of the evening's activities was excellent as it provides an opportunity to recognize those who go above and beyond to support our chapter and help make it the success that it is. Carl Carver (Chapter President) was the choice for this year's Founder's Award (see Founders Award write-up, included in the newsletter). The president's awards for 2016 went to Rob Larsen and Russ Carver for their outstanding support of our chapter activities, our fisheries, and always being there to make a positive contribution with their hard work and dedication. The 2016 Officers and Board were recognized and thanked for all their hard work and dedication and the 2017 Officers were introduced (see pictures above). Thanks again to all those who participated and made this event so successful and another one to remember with pride and joy.



Rob Larsen and Russ Carver
receive the President's Award



Shane Conrad
Lure Tree winner



Duane Horton
Smoked Fish Contest winner



Gert Both (below), widow of retired Boeing Engineer Cliff Both. Cliff was one of the founders of the South King County Chapter, Trout Unlimited. The seating bench at Dick Brice ponds is dedicated to Cliff's memory. Gert was treasurer of both the TU chapter and the Washington state council of TU. She has such a wonderful heart and loves regular folks like those in our PSA chapter. She also belongs to several other fishing clubs.





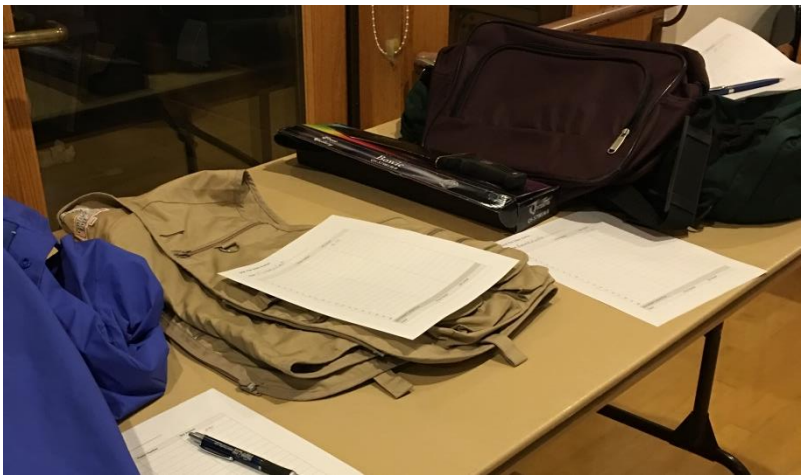
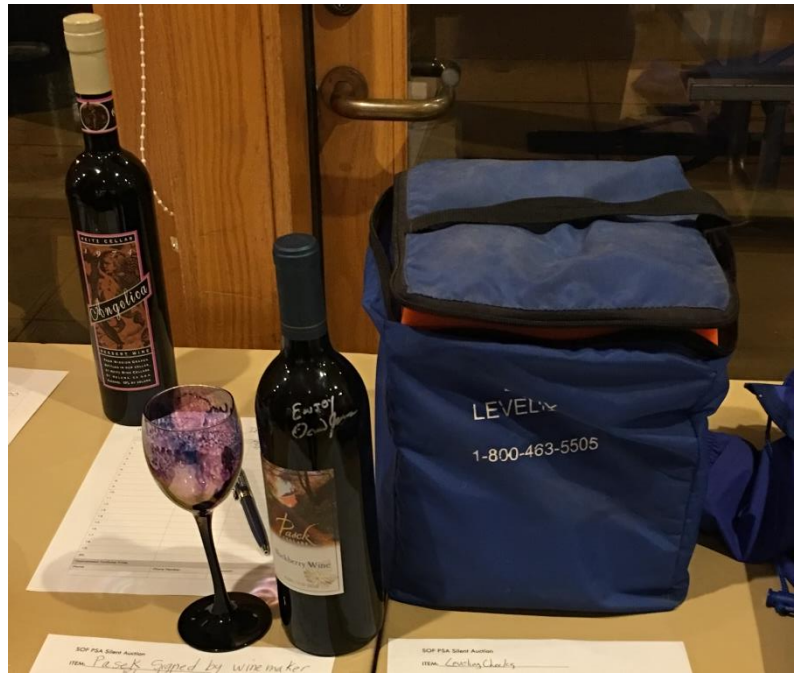
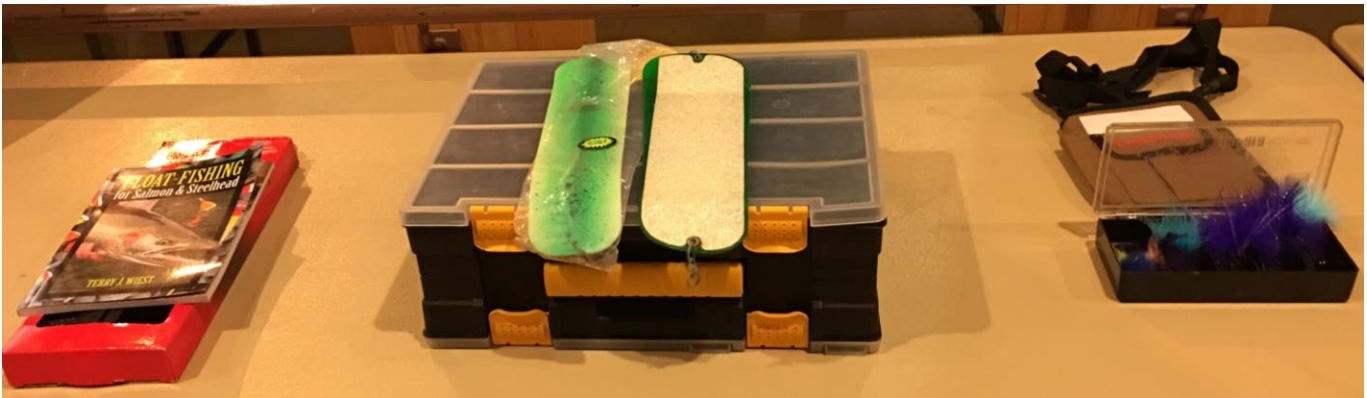
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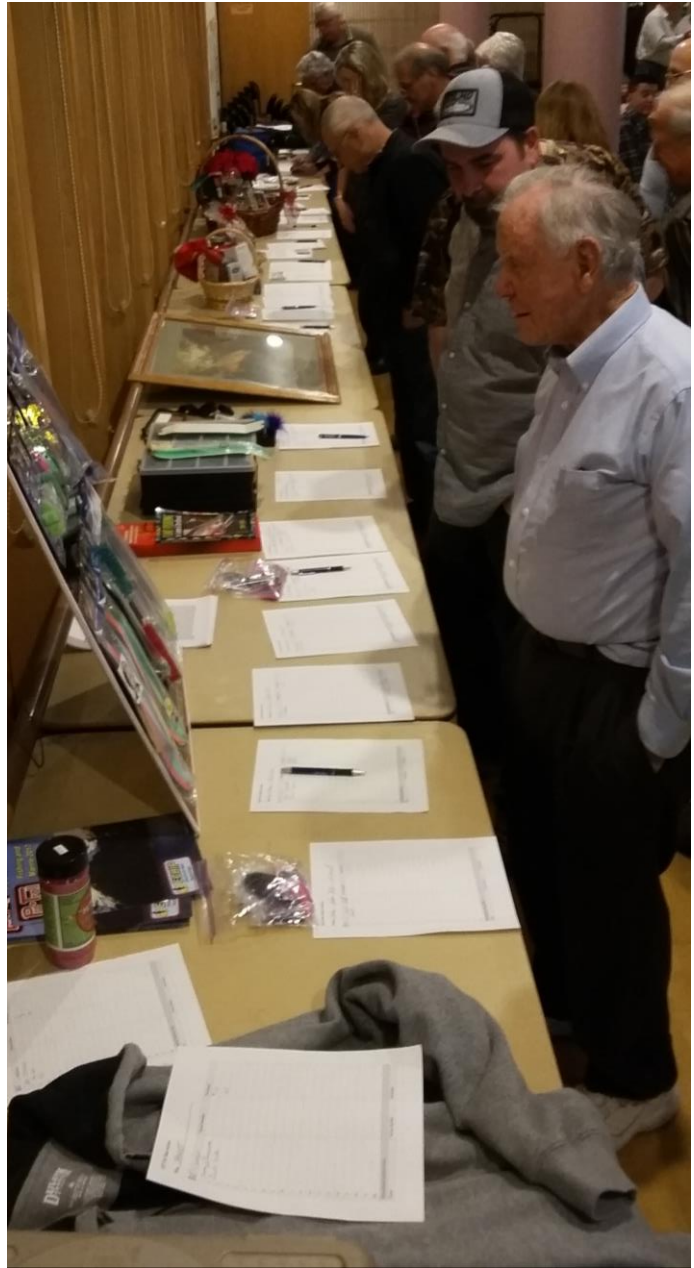




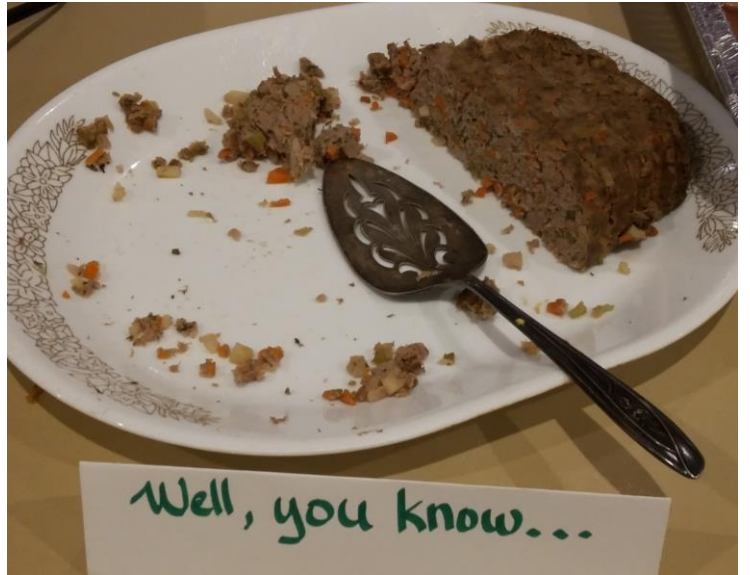
Silent
Auction
Items















Carl's generous fishing rod
gift to the Conrad's





See you at the Christmas banquet next year!

CCA Banquet – March 11, 2017

Coastal Conservation Association is the largest and most successful marine conservation organization in the United States of America. With thousands of dedicated members and volunteers in Washington, CCA has an unwavering commitment to protect the health and longevity of our fisheries.

To achieve this goal, CCA Sea Tac chapter is hosting its **10th Annual Banquet and Fundraising Event March 11th, 2017** at the IBEW Local Hall (19802 62nd Ave South in Kent). This fun filled event features a prime rib dinner, entertainment, raffles, games, and fantastic live and silent auctions.

Ticket prices are \$75 individual, \$140 couple and includes a 1 year membership to CCA, a \$35 value. Rob Larsen is coordinating ticket sales for the SOF PSA Chapter. If you need a ticket contact Rob.

If you have any questions regarding the banquet or how you might help contact Earl Betts at 253-797-8400 or at earlebetts@msn.com.



How You Can Be a "Silent Member" of your CCA Chapter Banquet Committee

As you probably know, putting on a banquet fundraiser is not an easy task. Our banquet committee does a fantastic job at making the event happen but they could use some more help. We understand that not all of our members have the time to be regular banquet committee members, but there are other ways to help out the committee and the fish!

- 1) Buy a banquet ticket and sell a few to some friends. It's the best way to renew your membership and the event is sure to be a good time! We can't have a banquet without attendees.
- 2) See the attached list of items to be underwritten for our banquet. You truly make your money work its magic! Make your tax-deductible donation for the wholesale cost value of the item and we will use it to generate the retail value at the fundraiser. For example, your donation of \$125 for a Couch Potage gives us an asset that we can use to raise its retail value of \$350. There are a wide variety of items to choose from. This is a way to make donations go further!
- 3) Take a few of the underwriting lists home and use them to obtain donations from your family, friends, and business contacts. People love the cause (who doesn't want to save our Salmon?) and many folks will help us to raise money if we make it simple for them. Talk to business you know such as dentists, real estate agents, financial planners, insurance agents, attorneys, etc. Remember, the #1 reason that people contribute to a worthwhile cause is because someone they know reached out and asked them.
- 4) Bring a bottle or two of good wine to our meetings. We'll use it as a part of an auction item on the night of the event.

There! Now you're an unofficial member of our banquet committee!

CCA SeaTac 10th Annual Banquet Fundraiser
Saturday, March 11th, 2017 @ IBEW Local 46 Hall

Visit Our Website

The website has new pictures in the Hogpen, links to our sponsors, 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.

Let us know what you think of the new design! www.saveourfish.org

SOF Facebook Page



Have you checked Save Our Fish [Facebook page](#) lately? 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.

Raffle News

January 2017 Raffle News

It's a new year with lots of great items in the raffle! Over the past year we have had some really nice rods as the main prize, along with filet knives and fishing bags. The main prize for January (to be announced) will not disappoint you!

We have a few of our new hats available (\$15 for a regular hat and \$20 for a waterproof hat if you don't get lucky) as well as floats and assorted corkie's for sale. I'll bring some of the stock of Extreme bags and will take reasonable offers of our overstock.
Get the word out!!!!!!

As usual we will be doing the active member's only drawing for 10 tickets that you can use in the general raffle. We will pull names from a hat of all active members and I will draw names until we have a winner who is present at the meeting. Don't miss your name being drawn! The first person who comes to me at the meeting and tells me "go cougs" will be rewarded with the warm fuzzy feeling you get when making me happy. Thanks for reading!

We NEED some donations for used items in our raffles! We accept any donations from our members and in return will give you an appropriate number of raffle tickets. Also if you know anyone that has a hoard of stuff in their garages they'd want to move let me know and I'll go determine what they have and possibly buy it for the club.

Make sure to bring a friend and spread the word about the great items and games we are offering up! ☺

Contact me with any raffle related questions at GregHindman@Comcast.Net



Membership – New and Renewals

2017 is just around the corner and it's time to renew your membership. Any new membership or membership renewal is discounted \$5 off the normal rate through the end of January. We have even made renewal much easier with the option of paying online.

<http://www.saveourfish.org/Membership/Membership.htm>

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

Floats for Sale by SOF

SOF purchased Paulownia wood floats (similar to Thill balsa floats) from Auburn S&M at a deep discount and is offering them to members. They are slightly blemished and were rejected by Beau Mac because the brass ring at the bottom is not well seated. This is probably not a problem if a bead is used below the float, but can be easily fixed by applying silicone or heating the ring to melt the glue to allow reseating. They sell at Sportco for \$3 each. There are six sizes: 1/4 oz, 3/8 oz, 1/2 oz, 5/8 oz, 3/4 oz, and 1 oz. Most bags include a bobber stop and two beads for each float. They are priced as below:

18 bags of 18 floats--3 each of all six sizes for \$20

2 bags of 15 floats--3 of each size (except 3/4 oz) for \$17

19 bags of 12 floats--3 of each of the four smallest sizes for \$12

3 bags of 12 floats--4 each of 5/8, 3/8, and 1/4 oz for \$10

23 bags of 20 floats--10 of each of the two smallest sizes for \$15 (No bobber stops or beads in many of these bags because we ran out.)

Save Our Fish PSA Hats for Sale

Now you can proudly advertise your PSA chapter with your choice of two different hats, both embroidered with a colored PSA logo on the front and Save Our Fish stitched on the back.

Xtreme Guide waterproof hat is only \$20.

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



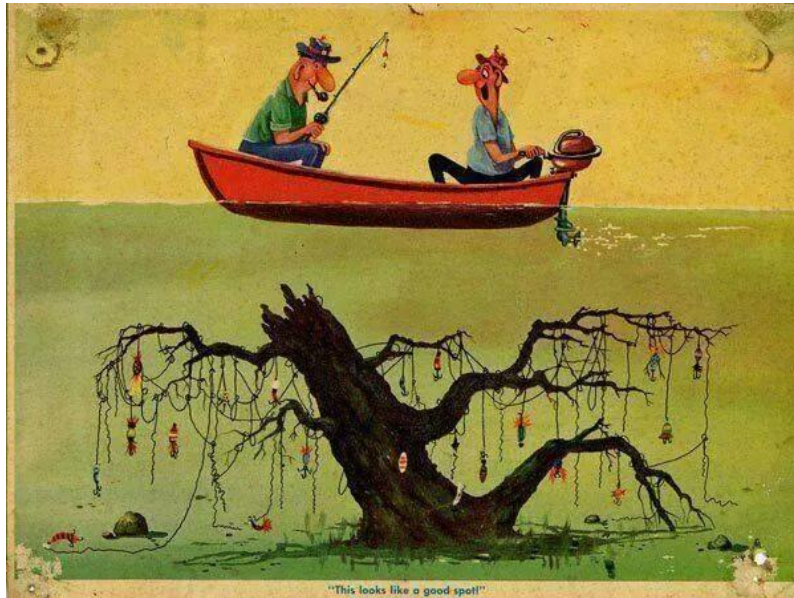
30th Annual Washington Sportsmen's Show

www.thesportshows.com



The 2017 Washington Sportsmen's Show hosted by O'Loughlin Trade Shows will be held at the Washington State Fair Events Center (Puyallup Fairgrounds) **January 25-29, 2017**. Please put it on your calendar now so you don't miss out. Save Our Fish Auburn Chapter of Puget Sound Anglers (PSA) will have a booth again this year. We will be promoting our SOF Auburn Chapter of PSA, Coastal Conservation Association (CCA), handing out literature, selling our steelhead and salmon jigs, educating sportsmen/women on our fisheries, and answering the many questions from the public. Bring your family/friends/neighbors, etc. and support this event as it is well worth your time. The focal person for this event is Jim Hand, who is signing up volunteers to represent our chapter at the booth. Jim has a sign-up sheet which includes the days and shifts (typically 4-5 hours, depending on which day & number of volunteers). Volunteers will receive free admission to the show, so it is a great way to save the cost of admission, support our chapter at the booth, and enjoy all that the show has to offer. To sign-up or get details call Jim Hand, cell 253-740-0853.

A big thanks to Don Payne, our Sportsmen's Show jig and display board person extraordinaire, who leads the effort and puts in countless hours of time and energy to help make our biggest fund raiser (selling jigs at the show) so successful. Don's efforts to obtain the lead, get the jigs poured, get the heads powder coated, obtain all the materials and organizing the materials into packages for tying the jigs, handing out and tracking the tying of the jigs to the tiers, collecting/packaging the jigs and creating/updating our jig display boards. It's a lot of work and for Don we are very thankful! Thanks, also, to all the member volunteers who help pour the jig heads in the molds, powder coat and tie the jigs as well as all the effort to set up and take down the booth.



“This is my favourite spot. I always get a big one that breaks me off!”

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 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

Here is an interesting Salmonscape map from the WDFW website. You could spend hours on this page!

[Salmonscape Map](#)

Check this out! A drone captures Alaskan Sockeye Salmon run from above.

[Drone above Iliamna](#)

SOF Sponsors

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



[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



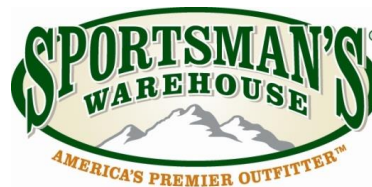
[King Salmon Marine](#) – Kids fishing derby donations



[Silver Horde](#) – Raffle donations



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



[Pro-Troll Fishing](#)



[Debi Gregory](#) – Christmas Banquet Donations



[Washington Sportsmen's Show](#)



[Round Table Pizza](#)

Recipe of the Month



Salmon Roe Caviar

FNH-00130

Annual Alaska salmon harvests yield more than steaks for the grill or fillets for the smoker; they may also provide abundant salmon eggs, or roe. Some fishermen will keep these eggs for future use as bait and many will simply toss them out with the entrails and other trimmings. However, careful handling of the eggs and a few preparation steps will yield a nutritionally valuable, seasonal delicacy — salmon roe caviar.

The roe from any of Alaska's five species of salmon can be used for salmon roe caviar, each with a characteristic egg size, color and flavor. Chum salmon eggs produce large, pale, reddish-orange caviar. Coho and king salmon also yield large, red-pink, mild-flavored eggs. Pink salmon eggs are orange, slightly smaller and with a flavor described as a mild and sweet. Sockeye salmon eggs are the smallest — about half the size of chum eggs and bright red. In contrast to pink salmon roe, the flavor of sockeye salmon caviar is described as slightly bitter.

Nutritional Value

Just like Alaska salmon, salmon roe is an excellent dietary source of protein and the beneficial omega-3 fats, EPA and DHA. Per 1-ounce serving, roe contains slightly higher levels of EPA, DHA and protein than fish. Roe also provides small amounts of B vitamins, vitamin D, vitamin A and vitamin C. The orange-red color of salmon and salmon eggs comes from astaxanthin, an antioxidant carotenoid similar to lutein, lycopene and beta-carotene. Limited current research indicates that astaxanthin has beneficial effects similar to other carotenoids for the skin, eyes, cardiovascular system and the immune system.

Preserving

Salmon roe and the roe of many other fish species have been prized food sources throughout recorded history. In Alaska, salmon roe is an important traditional food. Traditional roe preservation methods include freezing, drying and fermenting, although freezing is the only recommended modern preservation method for salmon roe caviar. While freezing caviar is generally thought to diminish quality, salmon roe has a slightly thicker membrane many other types of roe and will retain its quality



if handled well. Salmon caviar is best for only about two months of freezer storage since it deteriorates relatively rapidly due to oxidation of the fats.

Making Salmon Roe Caviar

Caviar is a lightly salted product of discrete individual eggs. Eggs should be shiny and clear-colored with a mild fish flavor and a "crunch" or "pop" when eaten.

Salmon eggs can be easily processed into caviar. For high-quality products, the entire egg sacs, or skeins, should be carefully removed from the fish as soon as it is caught, put into plastic bags and packed in ice. Process these eggs within 24 hours. Although parasite contamination of skeins is relatively uncommon, skeins holding the roe can contain worms. Therefore it is important to remove all of the skein membrane from the eggs and rinse the eggs thoroughly before eating them. Eggs may smell "oily" but if there is any odor of spoilage, do not use them.

The following steps can be used to easily remove fish eggs from skeins and produce salmon roe caviar:

1. Soak whole skeins of eggs in a saturated salt solution* for 5 minutes — this will firm the eggs slightly, making them easier to separate from the skein.

*For a "saturated" salt solution, add 3 pounds of non-iodized salt to 1 gallon of water or 12 ounces of salt to 1 quart of water and dissolve.

2. Remove the eggs from the salt solution and place them in a clean sieve (some suggest using the face of tennis racket instead of a sieve). Gently manipulate the eggs to remove them from the skins, removing any blood, bits of skin, salmon or parasites.
3. Make a brine solution by dissolving $\frac{1}{2}$ cup of salt in 2 cups of water. Place up to 2 cups of separated eggs into the brine and swirl gently. Allow the eggs to rest for 5 to 30 more minutes in the brine (additional brining will add saltiness and change the texture).
4. Pour the eggs into a colander, rinse well with clean, cold water and remove any remaining bits of the skin membrane.
5. Store salmon roe caviar tightly covered in the refrigerator for two to three weeks and in the freezer for up to two months. Use glass, ceramic or plastic freezer containers.

Roe prepared in this manner does not require cooking.

There are no safe, tested methods for canning salmon roe caviar at home.

Using Salmon Roe Caviar

In rural Alaska communities, preserved salmon roe is often used as an addition to salmon soup. Salmon roe caviar can also be used in small quantities as a garnish for smoked fish canapés, seafood crepes or sushi and for pasta dishes, omelets or seafood salads. Salmon roe caviar may be enjoyed by itself on mild-flavored crackers or melba toast and is often served with sour cream, minced onion or lemon.

Sources:

Alaska Seafood Marketing Company. 2010. *Alaska Salmon Roe*. www.alaskaseafood.org/retailers/pdfs/Wild%20Alaska%20Salmon%20Roe%20Brochure.pdf.

Prism Himelbloom, Associate Professor of Seafood Microbiology, University of Alaska Fairbanks, School of Fisheries and Ocean Sciences, Fishery Industrial Technology Center.

Charles Crapo, Professor of Seafood Technology, University of Alaska Fairbanks, School of Fisheries and Ocean Sciences, Fishery Industrial Technology Center.

Fish Eggs for Caviar and Salt. Agriculture and Natural Sciences, University of California, Davis, Sea Grant Marine Advisory Program, Leaflet W-21114.

Fish and Fishery Products Hazards and Controls Guidance, 4th edition. April 2011. <http://www.fda.gov/downloads/food/guidance/UCM251970.pdf>.

**Alaska Salmon Roe
Nutrients and Fatty Acids***

| Nutrient | Amount per 1-oz serving |
|------------------------|-------------------------|
| Calories | 60 cal |
| Calories from fat | 15 cal |
| Total fat | 2 g |
| Saturated | 0 |
| Monounsaturated | 0 |
| Polyunsaturated | 0 |
| Protein | 9 g |
| Sodium | 390 mg |
| Calcium | 0 mg |
| Iron | 0 mg |
| Vitamin A (retinol) | 10% of DV |
| Vitamin C | 5% of DV |
| Cholesterol | 145 mg |
| n-3 Fatty Acids | |
| Alpha-linolenic (ALA) | 0 |
| Eicosapentaenoic (EPA) | 310 mg |
| Docosapentaenoic (DPA) | 0 |
| Docosahexaenoic (DHA) | 370 mg |
| Total EPA + DHA | 680 mg |

*Mean values in three samples of pink salmon caviar

Analyzed by Medallion Labs, 2001

Courtesy of Seafood Products Association, Seattle, WA

Note: Data based on Alaska pink salmon roe, which is representative of most kinds of Alaska salmon roe. However, actual amounts will vary between species and according to individual packers.

Source: www.alaskaseafood.org/retailers/pdfs/Wild%20Alaska%20Salmon%20Roe%20Brochure.pdf

www.uaf.edu/ces or 1-877-520-5211

Leslie Shallcross, Extension Faculty, Health, Home and Family Development. Originally prepared by Kristy Long, former Extension Foods Specialist.



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New June 2012



Save Our Fish Chapter

www.saveourfish.org

2017 MEMBERSHIP FORM

APPLICANT INFORMATION

| | | |
|---|--------|-----------|
| Name: | Date: | |
| Current address: | | |
| City: | State: | ZIP Code: |
| Primary Phone (Home, Cell, Work Please circle): | | |
| Alternate Phone (Home, Cell, Work Please circle): | | |
| Email Address: | | |
| Sponsor: | | |

MEMBERSHIP

Membership is for the 2017 calendar year. **Dues paid through January 31, 2017 are at rates shown below, reduced by \$5.00.** Dues paid February 1, 2017 through September 30, 2017 will be at the full annual rates shown below. Contact Rich Gregory at 253-209-0586 or 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

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

**Save Our Fish
c/o Rich Gregory
19611 142nd St E
Bonney Lake, WA 98391**