



Vol. 03  
Num. 11  
Nov. 2016

## Our Mission Statement

The Association of NWSteelheaders Anglers dedicated to enhancing and protecting fisheries and their habitats for today and the future.

### Meetings

#### Nov 2nd

Sandy River Chapter of the Northwest Steelheaders

**Time:** 7:00 to 9:00 p.m.

**Where:** Sam Cox Building at Glenn Otto Community Park, 1102 E. Columbia River Highway, Troutdale

**Guest Speaker:** Steve Rothenbucher and Jeff Stoeger.

Program: Techniques and methods of using Side Planers and Side Winders.

Bring your questions. More information, call 503-653-4176

#### Nov 9th

Sandy River Chapter of the Northwest Steelheaders board meeting

**Time:** 6:00 to 8:30 p.m.

**Where:** Izzys Pizza - 1307 NE 102nd Avenue

#### Nov 16th

Newsletter articles due

### Upcoming Workshops / Events

#### Nov 5th

Sandy River Chapter & ODFW Steelhead 101 Workshop

**Where:** Glenn Otto Community Park

#### Nov 12th

Association Annual Hall of Fame Banquet and Auction at Wilsonville Holiday Inn

#### Nov 19

Sandy River Chapter, **fish along** (for those participating in the Steelhead 101 workshop and chapter members.

**Where:** Glenn Otto parking lot

**When:** 8 a.m.

Fishing is from shore at various locations. Bring your own tackle, boots and rain gear.

### Special Thanks

It's only right that we take a moment to thank Kathryn Israelson for the work she has put in for several months now on our chapter newsletter. Its appearance has greatly improved and has been done on time each month. It's not the only thing she does for the chapter either...as those of you who have sampled the great lunch she and Art prepare for everyone at our fishing Workshops!

Thanks Kathryn for a job well done.

#### Introducing Patti Snyder- Our new Newsper Editor

Patti Snyder is a new member with our chapter, joining at our July 23rd Steelhead Workshop in Oxbow Park. She contacted me and said she wanted to meet chapter members and be more involved with the chapter. After finding out she's a web page designer by profession I got her to assume the position of newsletter editor.

So from now on send any materials for the chapter newsletter to her at [snyderscuba@gmail.com](mailto:snyderscuba@gmail.com).

\*Deadline for all submissions will be the Wednesday two weeks past the regular chapter monthly meeting. (Nov 21)

Patti will also be at each monthly meeting chairing a new members meet-and-go-fishing function we're calling "Hook Up Corner" look for her back at the table near the refreshments .

### Hook Up Corner

Most people joining the chapter to learn about fishing, make fishing friends and go fish with them. Everything else, all the forms of volunteering on worthwhile projects, will take place once that basic desire is met. It's hard to break into existing circles of fishing buddies as a new person, or even find a good fishing match as an existing member.

So we are starting a new feature for our members to help with that. Patti Snyder will be seated at a table back by the refreshments with two large poster boards - one for boat fishing trips, one for bank fishing trips- and slips of paper for your name, contact info and type of trip you want to do. Fill out the slip and tape it to the appropriate board. Note other folks there looking for the same thing on a slip of paper and contact them. The contacting part is entirely on you...

We'd appreciate hearing about how this is working so we can fine tune this approach, so let us know at future chapter meetings.

### The Fish Report

As an organization whose members like to fish, it's normal for them to be looking for basic information about what's going on, methods and other useful items.

We all learned from more knowledgeable anglers when we started out, and in fact, still do given the wide range of options available in this area. So I am starting a new feature for our newsletter. Its purpose is to share information about places, methods, and conditions about local fishing for our members.

I don't expect some description of your "secret spot" (although I doubt such places exist) but rather some information that gives a basic and complete picture someone might use to plan a trip. Example - "I fished in Oxbow Park with bobber and jig, and found the fish concentrating in the deeper spots. I caught one with a pink and red marabou jig."

There, that didn't hurt so much did it? It would really help people just starting out or new to the area.

Send me your items in ( MS WORD and any pics in JPEG format please ) to - [palmerlarryd@yahoo.com](mailto:palmerlarryd@yahoo.com)

*Thanks, Larry Palmer*



### Sandy River Chapter, NW Steelheaders/ODFW Steelhead fishing 101 workshop.

**When:** November 5th (workshop) and November 19th shore fishing.

**Where:** Sam Cox Building, Glenn Otto Community Park

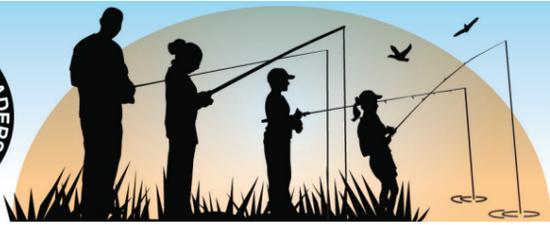
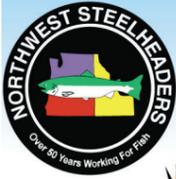
**Contact:** Larry Palmer @ [palmerlarryd@yahoo.com](mailto:palmerlarryd@yahoo.com) or see Jim Cathcart at the November 2nd Chapter meeting

**\*\*\*This workshop is FREE to volunteers!**

**Be at Glenn Otto Park, Sam Cox Building at 8AM. The workshop lasts until 4 PM , with one hour afterwards for cleanup/takedown. Please register with Jim Cathcart**

**(503) 287-9616**

**[ornavigator@hotmail.com](mailto:ornavigator@hotmail.com)**



# The Association of Northwest Steelheaders

## Fish Now, Fish Forever

### 29th Annual Hall of Fame Auction and Banquet

**Saturday, Nov. 12th at the Wilsonville Holiday Inn**

Join your chapter and other Steelheaders at this fun event benefiting chapters and the Association. This event honors individuals and chapters for outstanding achievements and provides fun games, oral and silent auctions, and a Dutch auction.

Most Chapters will be buying and filling tables with their members and other guests. To reserve your seats contact your \*chapter leadership, call the Association Office at 503-653-4176, or go to <http://nwsteelheaders.org/events/hall-of-fame>.

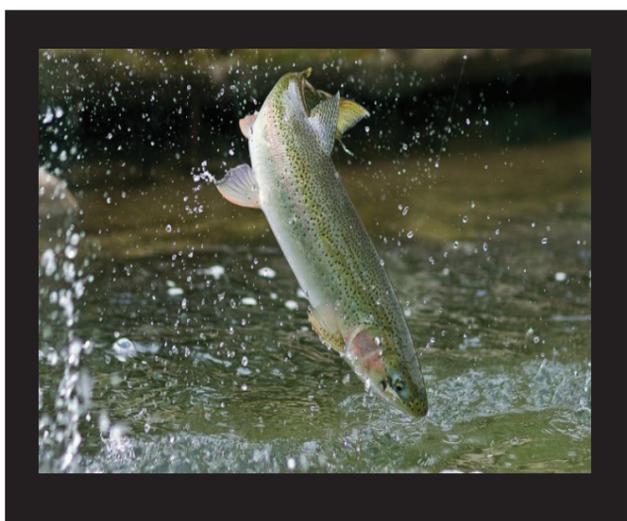
We will be at the Wilsonville Holiday Inn just off I-5, south of the I-205 intersection at 25425 SW 95th Avenue, Wilsonville, OR 97070



### **WANT TO CATCH FISH LIKE THIS?**

**Learn how at our "How To" Steelhead workshop!**

**9 AM - 4 PM, Saturday Nov 5th @ Glenn Otto Park (Sam Cox Bldg) in Troutdale**



#### **Subjects covered**

- \* Choosing the right rod and reel
- \* Drift fishing
- \* Bobber fishing, gigs, pink worms, beads
- \* Using spinners and spoons
- \* Knot tying and hook sharpening
- \* Rigging baits and how to cure baits
- \* Where to go, river maps



\*\*\* On stream fish along Nov. 19th. Learn hands-on from experienced chapter anglers!

**Adult Steelhead Fishing Workshop, Saturday Nov 5th, 9:00 am - 4:00 pm, Cost \$52.00**

Register for this clinic online at the ODFW website [http://www.odfwcalendar.com/?tribe\\_events=steelhead-fishing-101](http://www.odfwcalendar.com/?tribe_events=steelhead-fishing-101)

**\*\*\*PRE REGISTRATION IS REQUIRED\*\*\***

Directions: From I-84 take Exit 18 and from Crown Point Hwy take a right at Historic Columbia River Highway and cross the bridge just past Lewis and Clark Park. Glenn Otto Park and the Sam Cox Building will be on your left.

### **West Salish Pond Update**

Some of you may have heard that we were finally given permission from the City of Fairview to begin stocking West Salish Pond again. Part of the agreement was to provide a "presence" that would monitor activities, crowd size, use, etc. There is no law enforcement involved; that's for OSP Game Officers to handle.

I realize this may be short notice to ask for help but the decision to actually begin stocking on an agreed-upon date was just finalized a day ago. If anybody has some time to spare, even a couple hours at a time throughout the day, the help would be greatly appreciated. You could probably bring a lounge chair and just hang out observing anglers, while occasionally walking around the pond.

This may be a volunteer need that lasts only the first couple weekends after stocking so we can get a determination on how this renewed fishery will shake out. The first stocking of West Salish Pond with trout is on the calendar for next week, **October 26th**. If you are available to help that following weekend and the next, or perhaps even a weekday or two please let us know.

Let me know if there's any interest in this valuable volunteer opportunity. ODFW, OSP, and ODFW Volunteer presence will play a very important role in our ability to be able to continue stocking in the future at Salish. Please pass the word around the chapter or entire association. We can provide identifying hats and shirts, or you could wear your own NW Steelheaders attire while at the pond.

Contact Steve Rothenbucher 503-257-0039 for more information

### **State closes Columbia River salmon, steelhead seasons**

CLACKAMAS, Ore. – Recreational salmon and steelhead fishing will **close starting Saturday (October 22nd) on the Columbia River from Buoy 10 to the Hwy. 395 Bridge near Pasco, Wash.**, under rules adopted today by fishery managers from Oregon and Washington.

The closure is based on the latest fall Chinook run forecast, which indicates the Upriver Bright component, which includes ESA-listed Snake River wild Chinook, is tracking at 71 percent of the preseason forecast of 579,600 Chinook. Coho salmon and steelhead returns have also been revised downward from pre-season forecasts.

Based on the revised run-size projection, fishery managers estimate that combined non-treaty fisheries have exceeded the allowed harvest limit on Upriver Bright Chinook. The states opted to also close the recreational coho salmon and steelhead seasons to prevent any additional Chinook mortalities that might have occurred as the result of incidental bycatch.

For more information, visit the Regulations Update Page on the ODFW website.

# Grilled Lime Salmon with Avacado-Mango Salsa and Coconut Rice

## Ingredients

### Lime Salmon

4 (6 oz) skinless salmon fillets  
3 Tbsp olive oil, plus more for grill  
2 tsp lime zest  
3 Tbsp fresh lime juice  
3 cloves garlic, crushed  
Salt and freshly ground black pepper, to taste

### Coconut Rice

1 1/2 cups Zico Coconut Water  
1 1/4 cups canned coconut milk  
1 1/2 cups jasmine rice, rinsed well and drained well  
1/2 tsp salt

### Avocado-Mango Salsa

1 large mango, peeled and diced  
1 cup chopped red bell pepper (1/2 large)  
1/4 cup chopped fresh cilantro  
1/3 cup chopped red onion, rinsed under water and drained  
1 large avocado, peeled and diced  
1 Tbsp fresh lime juice  
1 Tbsp olive oil  
1 Tbsp Zico Coconut Water  
Salt and pepper, to taste

## Directions

### For the salmon:

In an 11x7-inch baking dish whisk together olive oil, lime zest, lime juice, garlic and season with salt and pepper to taste (a fair amount of each). Place salmon in baking dish, cover and allow to marinate in refrigerator 15 - 30 minutes, then flip salmon to opposite side and allow to marinate 15 - 30 minutes longer. Preheat a grill over medium-high heat during last 10 minutes of marinating.

Brush grill grates with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through (turn carefully as the salmon will be fragile).

### For the coconut rice:

While salmon is marinating prepare coconut rice. In a medium saucepan bring coconut water, coconut milk, rice and salt to a full boil. Cover and simmer until liquid has been absorbed (there may be just a little bit of excess liquid in center which you can drain off), about 20 minutes. Fluff with a fork, then let rest 5 minutes.

### For the avocado-mango salsa:

While the salmon is grilling prepare salsa. In a medium bowl toss together mango, bell pepper, cilantro, red onion, avocado, lime juice, olive oil and coconut water. Season with salt and pepper to taste.

Serve salmon warm with coconut rice top with avocado mango salsa.

Recipe source: *Cooking Classy*

Do you have any recipies you would like to share? If so, please mail them to Patti Snyder [snyderscuba@gmail.com](mailto:snyderscuba@gmail.com)

## Fishing Facts

- \* More than 44 million Americans six years of age and older enjoy fishing every year.
- \* An average angler spends \$1,261 every year on the sport.
- \* 33.1 million Americans ages 16+ spent an average of 17 days fishing.
- \* Anglers spent a total of \$15.5 billion dollars on fishing gear in 2011, and an additional \$21.8 billion on trip related items such as food and lodging.
- \* Over one quarter of all anglers are female.
- \* Hunters and anglers support more jobs nationwide than the number of people employed by Wal-Mart
- \* Anglers spend almost \$300 million a year just on ice.
- \* Anglers spend more than \$1 billion a year on bait alone



## Do you have questions about your rods, reels or tackle?

Take your fishing equipment and questions to our chapter meetins where experienced Chapter Members will be glad to help you solve your problems.

This message brought to you *by Sandy Chapter President, Steve Rothenbucher.*



Visit our website at: <http://www.sandysteelheaders.org>

## Our Board Members

### President

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### Vice President

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### Secretary

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### Fishing Clinics #1

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[palmerlarryd@yahoo.com](mailto:palmerlarryd@yahoo.com)

### Fishing Clinics #2

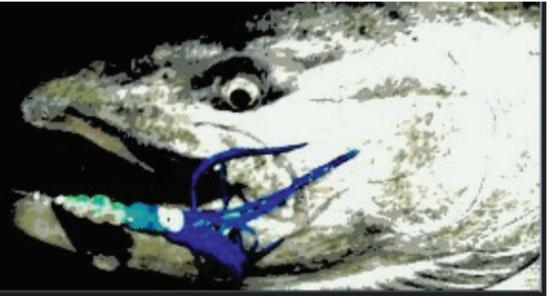
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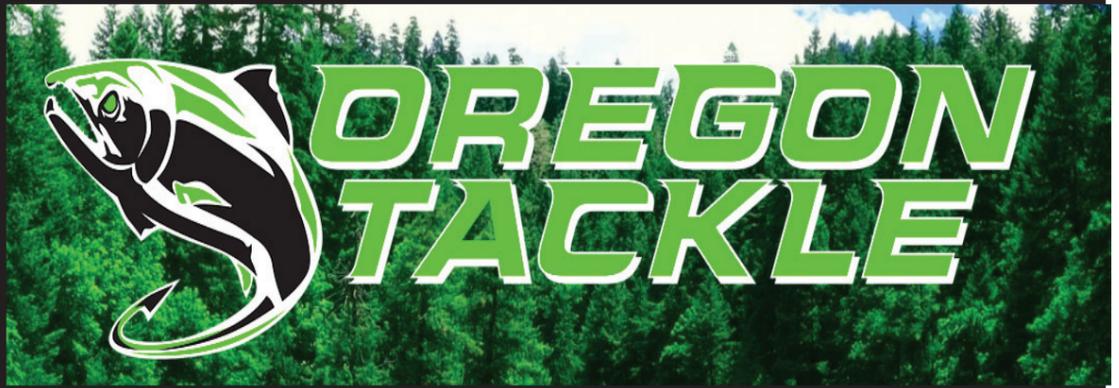
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