



Hook, Line, and Sinker

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The Official Publication of The New Ulm Area Sport Fishermen

Is shore lunch a sure thing?

For some Minnesotans, eating certain sport-caught fish may be such a healthy alternative. It's the reward of any successful fishing trip - a clean, white fillet that's fried, broiled or baked and then garnished with a lemon slice and parsley sprig. But hold that fork. The Minnesota Fishing Consumption Advisory booklet lists health warnings for fish in 687 lakes and 77 rivers sites. Moreover, advisory officials say that thousands of additional waters not yet tested likely contain contaminated fish that merit consumption advisories. Apparently, there's a catch to eating your catch.

According to state health officials, health risks from fish consumption depend on the fish's species and size, the water it came from, the person eating it, and how regularly such are eaten. For all practical purposes, most fish from most lakes and rivers are safe for most people. That's according to Pat McCann, an environmental chemist with the Department

of Health. McCann says that the majority of anglers don't eat enough fish to increase their health risks - even when fish are taken from highly contaminated waters. And only a few waters warrant a warning to not consume any fish. Most of the advice is to limit consumption from listed

lakes and rivers, not to stop eating fish altogether. What's more, health officials are quick to point out that most sport-caught fish are a low-fat, high-protein food. They say the health benefits of eating fish usually outweigh possible risk from contaminants.

When you do eat sport-caught fish, here are a few consumption guidelines you would be wise to follow:

- Eat panfish. Predators such as walleyes, northern pike, and catfish are farther up the food chain, meaning they "bio-accumulate" more contaminants than panfish such as sunnies and crappies do.
- Eat smaller game fish. The older (larger) the fish, the more time it has to accumulate contaminants.
- Trim skin and fat. Belly fat should be filleted from all fish. Also, cut down on fatty fish such as carp, catfish, and lake trout. Though mercury is found throughout the flesh, PCBs build up in fish fat, which is the dark tissue between the skin and flesh.

The Minnesota Fish Consumption Advisory booklet is available from the Minnesota Department of Health at no cost by calling, (612) 215-0950.

Taken from an article in *Fish and Wildlife Today*.



Club Calendar

March 14th	Buffalo Feed - American Legion Clubrooms 5:00 - 8:00 P.M.
March 26th	Meeting - Club House 7:30 p.m. Lab Raffle
April 30	Meeting -- Road Trip?

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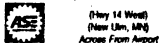
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"PIT STOP" ON FARM TIRE SERVICE

FROM THE PRESIDENT. . .

As packed with information as the last meeting was, it sure turned out to be a good meeting.

Having said that, I would encourage you to attend the next meeting to hear the latest on many of the things that were brought up at the last meeting. Much has transpired and you will want to be on the cutting edge of the new info, so you will be able to give counsel and make recommendations for action.

I can tell you up front that "virtual fishing" is being chewed on at the capitol, and something I suspected would happen has. Bills have been introduced with regards to that device, and at the time of this writing have passed in the Senate committee. The House will hear a similar version shortly which will be before the next meeting. These are both proposals to ban the use of the device for fishing.

I have notified the appropriate people with regards to the smallmouth legislation we discussed at the last meeting.

I have also received legal papers regarding ditch #36 which I will share with you at the next meeting. Since we have talked, Izaak Walton League Chapter #70 has joined our efforts and the State Division has been notified and we await their endorsement as well. The Mankato Area Environmentalists have joined the growing number of participants in this effort and I will also be in contact with Nicollet Conservation Club as well. Stay Tuned.

We sent the Minnesota River fishing log books back with our suggestions. There are some out there yet, make sure you finish your comments in a timely manner so Bobbie Chapman can get started towards the final version.

It was brought up that we have a field day for the area projects that the club has been involved in and ones being considered. Personally I think this is a marvelous idea and we will talk about it as an agenda item at the next meeting.

For those not in attendance at the last meeting, other points of interests included a motion to enlarge the Board of Directors by two and a motion to start a youth chapter and the establishment of a committee to carry it out. Both of these will be agenda items for this next meeting to determine the plan of action to do so.

It was good to see Henry Nupson up and around after his fall, all he needs now for a full recovery, is to get his butt out fishin', and I know a couple of members capable of helping him do that.

Before I go, I hope to see all of you at the Buffalo Roast. If you don't have tickets, call NUASF Executive Secretary, Mike Deinken, immediately. It is imperative that we sell out and attend. See you at the Buffalo Roast and the next meeting.

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The *Hook Line and Sinker* is published monthly by **copy haus** for the New Ulm Area Sport Fishermen. The opinions expressed in this newsletter are solely those of respective writers and not to be construed as the opinion of the NUASF or its members. Send all correspondence and submissions to Mike Deinken, Editor, 1022 Spring Street, New Ulm, Minnesota 56073.

The NUASF Board

President - Scott Sparlin (359-2346); Vice-President - Jerry Carlson (354-8869); Secretary / Treasurer - Mike Deinken (359-9650); Board Member - Jim Huelke (354-3654).

A new best friend for you!

Member Keith Rosenau has been kind enough to give us the opportunity for the club to raise some money. The best part of this is that it does not involve any real work. Keith has been kind enough to donate to us a registered Lab puppy. The dog will be ready to go to its new owner at the end of March. We will be holding a raffle at our March meeting. This raffle is open to anyone, so if you know of someone who may be interested in becoming the owner of this great dog, they are more than welcome to take a chance on our raffle. The cost for this raffle is \$5 per chance, with all proceeds going to the club. If you are interested and can't make the meeting, give me a call at 359-9650, Mike Deinken.

CLEAR LAKE UPDATE

Moving Ahead

It is going to take a monumental effort by many people in several different agencies, but, progress is being made. In order to do the restoration the right way, all interconnected bodies of water must be treated. In order for this to happen, anyone who owns property that abuts any of the water to be treated, must give their permission before that body of water can be treated. There are some questions concerning water levels, which need to be addressed. We have had one meeting with the task force that is going to bring this project to fruition. There will be more meetings to come in the future. This project is not something that will be happening overnight. A lot of different variables have to come together before we will again be fishing for anything but bullheads on Clear Lake. So if things don't seem to be happening, keep the faith. It may take a while, but we will get it done.

MEMBERSHIP UPDATE

We are getting close to our 1998 goal of 120 members. As of our last meeting we had 117 members. That's the good news, the bad news is that there are 24 members from the last couple of months who have not brought their dues up to date. This is an unusually high number. We need you, or our current members, to keep their dues up to date. Your dues keep our club running and fund most of our projects throughout the year. This year's membership drive is off to a great start. We have signed eight new members so far. The leader of this year's drive so far has brought in three new members. Let's invite a friend to this month's meeting and see if we can help you get them signed up.

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