



# Hook, Line, and Sinker

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*New Ulm Area Sport Fishermen • P.O. Box 294 • New Ulm, MN 56073 Web Site: [newulmsportfish.org](http://newulmsportfish.org)*

## PART TWO

# Selective Harvest

The following information was taken from and is credited to the Recycled Fish Website at: <http://www.recycledfish.org/index.htm> and is continued from last month's newsletter.

When practicing selective harvest of desirable sport fish, keeping mid-sized fish is the best option. Small fish generally aren't worth harvesting and are often protected by size limits. Large fish should be released because of the number of eggs that they will return to the ecosystem and the quality fishing they provide. Large fish often don't taste as good either, mid-sized fish are generally the best tasting.

You can improve the taste and freshness of your catch by following a few simple steps:

Consider your own health first

Fish can make a healthy meal, but unfortunately due to pollution, primarily biotoxins and heavy metals, many of our waters have health advisories connected to the consumption of fish within them. Check for any advisories on the body of water that you are fishing first. In some areas, good fishing is available in waters where a health advisory was placed on eating the fish in that water! Fish the water, but let 'em swim.

Quickly land and kill those fish you will keep

Extended fighting adversely affects the flavor of the meat. The longer a fish



is played, the more lactic acid builds up in the muscle tissue. This adversely affects the ability of the fish to survive if it is released, or its taste and quality if frozen or preserved.

Don't let your catch flop around on rocks or in the bottom of your boat. Stun your catch with a sharp blow to the back of the head. Physical damage can occur to the muscle tissue while landing your catch, "bruising" the meat. Fish have weaker connective tissue than other animals. Never handle a fish by the tail. Don't drop or toss your fish. Use a landing net whenever possible.

Bleed your catch immediately. Bleeding your catch protects the flavor and increases storage life. Bleeding eliminates waste products, removes oxygen that leads to spoilage, and decreases the number of bacteria in the flesh. Breaking or cutting a gill arch (the heart continues to pump after you have stunned the fish) will remove much of the blood from the flesh. Remove the gills and all blood and viscera from the body cavity.

The internal organs contain millions of

bacteria and numerous enzymes. Cleaning should be done immediately after killing and bleeding. Use a spoon or the back of your thumb to remove the kidney from along the spine. Use your thumb to gently push blood from between the ribs toward the spine.

Ice your catch

Icing preserves the quality of the meat by delaying deterioration. Pack ice inside the body cavity to lower the core temperature quickly. Pack your catch in ice until you can get it into long-term storage. Freezing inhibits the growth of bacteria. By glazing your fish with ice and using vacuum packing when freezing, your catch can still be very palatable after several months in the freezer.

Use tackle and lures that minimize the chance of injury to fish if you intend to release your catch. Avoid using bait if you are deeply hooking fish, and intend to release your catch. Don't forget to use circle hooks when fishing with bait. If you near the number of fish you intend to harvest and you want to keep fishing, switch to flies or lures. Consider switching tactics if you are catching and harming fish that are "by-catch" to the type of fish to which you are fishing.

Finally, think ahead.

If fishing is slow and you don't think you're going to have enough fish to make a meal, and you won't feel like cleaning fish when your day is done, let 'em swim and enjoy the day on the water. If you have a long hike after you are done fishing, consider the condition your fish will be in when you return to your vehicle, or when you return home. Trout hiked out of alpine lakes, for example, are generally in an oatmeal-like state by the time they reach the bottom trail head.

Once you've caught as many fish as you will reasonably eat before it goes bad in your freezer (probably before you "get your limit,") start letting them go. But most of all, overcome the mentality that you must bring home fish in order to have a 'successful' day on the water.

## Club Calendar

**March 28th NUASF Club Meeting**

**April 6th Community Cleanup 9am at Riverside Park**

**April 11th NUASF Social Night at Club House**

**April 25th NUASF Club Meeting**

**May 9th NUASF Social Night at Club House**

**May 30th NUASF Club Meeting**



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## From the President .....

By Jason Kuester

We will be awarding the Stoney Award at the March meeting. If you have someone you would like to nominate please nominate them by e-mailing me at jr@newulmtel.net or by nominating them at the meeting on March 28th. The Stoney award goes to the member who has volunteered his or her time to the club, and towards improving the quality of sport fishing in the New Ulm area.

Just an early reminder, we will be discussing our spring clean up projects at the next meeting. They are the: Community Clean Up for Water Quality, Club Grounds, and the Riverbank Clean Up. This is a great event for our club in preserving the cleanliness of our rivers and city. The event is scheduled for 9am Saturday April 6th at Riverside Park. Bring gloves, rakes, shovels, trailers/pickups, and chainsaws. After we get done with the city cleanup we will head out to the club grounds. Thanks in advance for volunteering your time.

We are always looking for new ideas. Feel free to bring them to the next meeting. We will be discussing dates for events for the rest of the year.

We would like to give a huge THANK YOU to the Berg family (Randy, Junior/Robert, and Kenny) for letting us use there access to Clear Lake again this year.

I would also like to recognize Mike and Jeff Studtmann for putting together the 4th annual Willmar Studtmann Memorial Ice Fishing contest at Studtmann Pond. It was a great way to spend an afternoon with friends and family. We had around 25 members on the pond. Thank you to all who attended!!

Spring is in the air and what a great time to bring our friends and family to the New Ulm Area Sport Fisherman Club. We are always looking for new members to join. If you know of someone bring them along and show them how much fun we have at our club. As always, bring a friend and each of you will receive a free refreshment of your choice!

**Hope to see you at the next meeting!!**



Page 2



426 North Minnesota Street  
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## Hook, Line, and Sinker

The *Hook Line and Sinker* is published monthly by Joyce Reese graphic design 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 New Ulm Area Sport Fishermen, P.O. Box 294, New Ulm, MN 56073.

### The NUASF Board

President - Jason Kuester (381-2041); Vice-President - Gary Sprenger (359-9358); Secretary - Ross Nelson (507-766-0765) Treasurer - Tony Miller (354-2457); Board Members: Ron Ludewig (507-276-6093), Mike Buechner (354-2739 s), Ken Sutherland (507-276-1534).

## Monthly Meeting Feb. 31. 2013 Members present 80+

### I. Secretary Report

A) Motion made by Scott Sparlin and seconded Orin Schultz to accept report as read. Passed unanimously.

### II. Treasury Report

A) Balance B) Motion made by Dave Mecklenburg and seconded by Jim Liebl to accept report as read. Passed unanimously.

### III. Old Business

#### A) Membership update.

1) Membership stands at 195

16 New members signed this year. Jason Kuester leads w/ 6

#### B) Area Lakes and Rivers Report.

1) Dixon Lake -Fishing was good

2) Clear Lake - 25" Walleye

#### C) Club House and Grounds Update.

1) Furnace was replaced by Barry Zimmerman. Cost only \$950

2) Main electrical panel by driveway entrance started on fire while Barry was here fixing furnace.

We had that replaced as well. Thanks to Barry for all his help.

### IV) Other Old Business

A) Scott S. talked about Blueways Initiative

### V) New Business

#### A) Kari Beran - Pro Kinship for Kids

1) Kari talked about how our funds were used by the kids last year. Lake

Shetek & Family Night

Sleepy Eye Lake

2) Motion made by Scott Sparlin to give money to Pro Kinship for Kids, seconded by Mike

Studtmann. Passed

#### B) High Island Lake Report

1) Fishing Contest was a success.

2) Will be holding Spring Fund Raiser April 13

3) Scott Sparlin made a motion to give Friends of High Island \$ seconded by

Jim L. - Passed

#### C) Ice Fishing Contest Update

1) Contest went great - sold over 500 more tickets than 2012

2) Income from contest

D) Willmar Studtmann Memorial Club Fishing Contest will be held March 2nd from Noon to 3PM

E) Tim Abraham would like to organize a kids fishing contest on Lake Hanska and would like our help.

He'll come and talk to us at a later date.

#### F) Club Fishing Trip to Dixon Lake.

1) Everything went great, will book the same date for next year.

G) Joe Fellegly - talked about Lake Mille Lac slot limit controversy and Zebra Mussel problem.

H) Ice Castle House for next year's contest - Scott S. made a motion to give Jason K. authority to

Choose a house for next year's contest raffle. Second by Jim L. - Passed U.

I) Lee Sunmark from the DNR Regional Fisheries gave a report about our area lakes and rivers.

J) Food for next meeting - Dish to pass

### VI) Other New Business

A) Mecklenburg Scholarships are open to students outside of our area, if anyone knows of good candidates let them know about our group.

B) Club coats are in pay Tony Miller

C) Club officers went to the Sleepy Eye Sportsmen's Club to open up a line of communication

D) Club Member Brain Boteen lost everything in a house fire, please make a donation to help.

### VII) Adjourn 10:00

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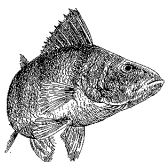
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Page 3

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