



Fish Tales Newsletter

Sheboygan Area Great Lakes Sport Fishermen
PO Box 982, Sheboygan, WI 53082
920-452-9660

SAGLSF Newsletter Fall 2003

33rd Annual Sheboygan Coho Derby 17,000 pounds of fish caught by 800 ticket holders

COHO DERBY RESULTS — Just over 2,200 fish were caught by approximately 800 ticket holders. The fish weighed in at nearly 17,000 pounds. Salmon were king. Chinook Salmon numbered 1,569; Coho Salmon, 150; Lake Trout, 85; Rainbow Trout, 378; and only 27 Brown Trout.

The weight winners were: First place was Wes Schaezter with 217.32 lbs. of fish from the boat Stone Cold; Second place was Jay Torke with 187.17 lbs. from the boat Off the Hook; and Third place by Bill Baumanzdt of the boat Happy Hooker with 169.31 lbs. of fish.

Top categories: chinook salmon — Randy Strauch (28.06 lbs.), Brandon Straub (27.33 lbs.), Paul Abraham (27.3 lbs.), Tim DeBlaey (26.95 lbs.) and Gerald Wick (25.81 lbs.); coho salmon — Jim Gravelle (11.39 lbs.), Randy Peterson (11.17 lbs.), Forrest Gross (10.21 lbs.), Mark Pawasart (10.21 lbs.) and Charles Karner Jr. (9.7 lbs.); rainbow trout — Ron Grawien (16.13 lbs.), Thad Brockman (14.36 lbs.), Phillip M. Mielke (14.25 lbs.), Kevin Whitford (13.35 lbs.) and John Plesetz (13.26 lbs.); lake trout — Bryan Gruenke (18.6 lbs.), James Thomas (16.06 lbs.), Brad Buckholtz (12.8 lbs.), Scott Habermann (11.89 lbs.) and Wallace Fritch (11.42 lbs.); and brown trout — Matt Jurss (15.19 lbs.), Steven Delgado (12.99 lbs.), Jason Schaefer (10.65 lbs.), Chrystal Bradley (10.13 lbs.) and Riley Wallace (9.27 lbs.).

A special thanks to Jeff and Grace Brown for their outstanding efforts and everyone who helped at the Wharf, and of course, this year's sponsors. Because of their hard work and dedication, \$10,000 was donated to Camp Y-Koda's Outdoor Skills and Education Center.

And don't forget to mark your calendar for the 2004 Coho Derby, which will take place on August 28, & 29 because of the PGA event that will be in town. 🐟



Knowledge = More Fish

Do you know how to tie an Uni-Knot, make an adjustable snell, or the best way to connect leadcore to mono? If you were at October's SAGLSF Meeting and saw Jeff Brown's presentation on knots, then you do. If you haven't been to a meeting lately, now is the time to clear your calendar and see what's new!

Don't miss the November meeting; Captain Randy Even of Sorry Charlie Charters and inventor of the Slide Diver will be on hand to discuss diver fishing and answer questions. Who will be the guest speaker in January? You better attend the meeting and find out!

Monthly membership meetings are held the 3rd Tuesday of every month at 7PM at the Outboard Club, 732 North Water Street. Also, don't forget, there will be no meeting in December because of the holidays. 🐟

In This Issue

Coho Derby Results; President's Note; Winterizing Rods, Reels and Other Forgotten Tackle; Leadcore Line Trolling Depths; 2004 Calendar; Salmon Consumption Reduces Risk of Prostate Cancer; Great Lakes Restoration Projects; SAGLSF Cookbook; Awards Banquet Info



President's Note

Jim Schlegel tells me that fishing this year started out a little slow, but picked up to being a great season. I can't talk for myself as my boat "Blue Lady" was at Boat Doctors repair shop most of the summer in need of new lower unit parts.

Our club activities went very well this year. All who attended the Banquet had a

good time. The "Swap Meet" chaired by Donny Baumann had a good turn out and made us some money. Don says next year we will offer hot dogs as well as coffee and donuts. More of you should enter fish in our summer club contest chaired by Ed Kalmerton.

The "Coho Derby" sponsored by the Wharf had great participation, and brought in very good returns. Jeff & Grace were able to donate \$4,000 to our club. The Big Brothers & Sisters outing, Sponsored by John Vertacic also had a good turn out. Our fishing contest with Ozaukee, chaired by Scott Wunsch & Ken Mueller was good to us, we won back the trophy by a fraction of an ounce!!! John Repphun was right there to watch the weight. Ha! Ha!

Jim Gruber & Paul Voss reported a good time was had by all who attended the Family Contest.

Scott Wunsch is having some T-shirts made up with the club logo on them. We need some clothing items for our club. Scott Wunsch and Dave Dortman are working on a plan to put out a Club Cookbook too.

The club put up some new life rings this year as a couple went missing.

Just a reminder to the newer members when you fog out your boat engines for the winter don't forget to change the gear lube in the lower unit. Condensation can build up in there, freeze and crack the housing over winter. If you need to drain the block refill it with anti freeze or it will rust on the inside.

I hope to see Ya'all at the next meeting. It is the last one until the New Year.

Lyle E. Peschke (President)



Jeff and Grace Brown of the Wharf presenting our club with a \$4,000 check from this year's Coho Derby. Many thanks Jeff, Grace, and all of this year's sponsors!

Board of Directors

The following are the 2003 Board of Directors and contact numbers

President

Lyle Peschke
920-452-9660
LEPeschke@aol.com

Alternate Secretary

Ken Mueller
920-457-3824
kmwildcat@bytehead.com

Speaker Coordinator

Russ Kleinert
troller2@charter.net

Vice President

James Schlegel
920-918-2628
schled@nconnect.net

Membership Secretary

(sharing position)
Jeff & Grace Brown
920-458-4406
riverfrontdrive@yahoo.com

Newsletter

Dave Dortman
920-451-7053
ddortman@yahoo.com

Treasurer

Larry Freitag
920-458-4117
lfreitag@excel.net

Board Member

Don Baumann
920-457-4995

Secretary

Jennifer Cihak
920-452-9660

Board Member

Scott Wunsch
920-457-7358
fishhead@excel.net

Sheboygan Area Great Lakes Sport Fishermen

PO Box 982
Sheboygan, WI 53082
920-452-9660

Board of Directors Meetings

Our monthly Board of Directors Meetings are always held the second Tuesday of the month at the Sheboygan Outboard Club. Members are always welcome and encouraged to attend. If interested in joining the board or sponsoring one of the many activities, please contact a current board member. Requirements for joining the boards are club membership for at least one year and a genuine desire to protect this resource for future generations. Sign up now and participate.

Treasures Report

Our books are always open for inspection at the monthly meetings for all club member to review. Larry Freitag, our treasurer, announces our clubs balances at each monthly meeting.

Winterizing Rods, Reels and Other Forgotten Tackle

As the season winds down and many of us take up a shotgun instead of a fishing pole, everyone makes plans for winterizing and storing their boats. But in the rush to beat the first frost, most people forget to winterize the rest of their tackle, particularly rods and reels. True, not properly winterizing the engine can lead to most dire consequences, like freezing and cracking the block. But, not winterizing your rods and reels can lead to poor performance, shortened life, breakdowns, unnecessary repairs, and most significantly, lost fish!

The good news is, ensuring your reels will be in top condition and ready for that first screamer of the season couldn't be easier. First, using mild soap and water, clean off all the grime and slime that accumulated from a season of catching fish—sticky buildup can quickly gum up gears; dirt and sand will destroy gears and drags. Next, grease all the gears and oil the bearings and other moving parts. There are many good commercial types of grease specifically designed for reels, like Penn Muscle Grease or Hot Sausage, but any quality 70- to 90-weight synthetic gear grease will do just fine. Also, make certain to use good quality reel oil (preferably 10 weight machine oil) so your reels will operate smoothly for the entire season. Oh yes, WD40 is one of the worst things you could possibly use on reels; it acts like a dirt magnet and promotes rust in the long run. Remember, quality grease and oil.

This is also a good time to replace worn drags and clickers, especially if you leave yours "on" all the time like I do. Finally, and this is the step most people forget, be certain to back the drag ALL the way down so drag washers aren't compressed during storage. Keeping too much pressure on those drag washers over a long period of time will inevitably ruin the entire mechanism. If you aren't mechanically inclined or fear causing more harm than good—then this is also the ideal time to drop reels off at the local tackle or repair shop. By the way, the Wharf does a complete winter "Reel Turn-Up" for around five bucks plus parts. According to Jeff Brown, owner, "properly cleaning and lubricating reels will literally add years to their life."

Remove all monofilament line from your reels; it won't be any good next spring anyway. If you are running braided or fused line, most likely you can get two or three seasons out of it, but now is a good time to check it for wear and remove if necessary. If you have new monofilament line you'd like to keep for next season, place it in a zip lock bag and store in a cool, dry, dark place—monofilament deteriorates over time, especially if exposed to heat and light.

Rods and reels should be stored in a cool, dry place. Pay par-

ticular attention to the cool part and avoid placing rods and reels in the furnace room because the heat will cause the lubrication in the reels to melt and puddle up or leak out, thus defeating all of your hard work to winterize them. Pull two-piece rods apart, wipe the male and female connection points clean (doing this once a year will ensure that your rods will never be "stuck" together as a one piece) and store them, still broken into two pieces, lying flat. The rafters of the garage are a perfect place, but just make certain you don't have any critters. Mice are particularly drawn to cork handled rods because of the oily sweat residue your hands leave behind, just like deer to a salt lick. For securing both parts of the pole together, don't use rubber bands because they will become brittle and stick to the poles, a pain to remove come spring plus they leave an unsightly ring. And finally,

never stand poles up leaning against a wall or anything else because eventually they will warp, just like a board, and you will never get them straight again.

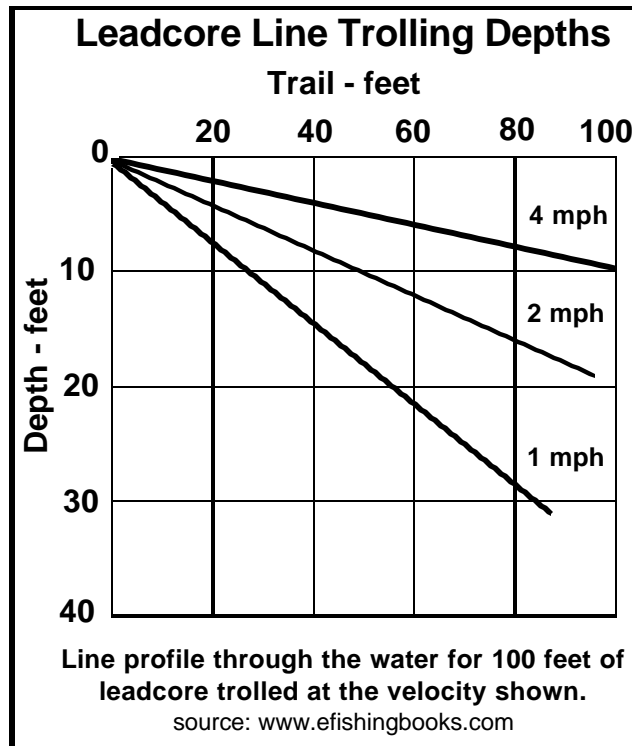
This is also a good time to go through your tackle box. Sharpen or replace dull hooks, pull out spoons for re-taping or painting, and start making a list of stock items like swivels, leaders, split rings, etc. so you can pick them up at sales or shows over the winter. For grimy spoons that haven't seen a shine in some time, an old toothbrush and some toothpaste, seriously, will restore their luster. On spoons where the tape is too chewed up for repair, a bit of Goo Gone will strip them clean and ready for re-taping. One note on re-taping spoons, make certain you wash your hands before working with the tape because the oil on your hands will breakdown

the adhesive making it much less "sticky" and more likely that your tape job will fall off.

All of this takes hardly any time and can save tons of frustration come spring. Cuz when the temperatures finally start to warm up and the fish start biting, who wants to be oiling reels and winding line? Not me, I'd rather be fishing.

Leadcore Line Tip

The thing to remember with weighted lines is the angle through the water is constant from the surface to the leader. If your lure is at a depth of five feet when you spool out ten yards of line, with 20 yards of line your lure will be at 10 feet deep; with 30 yards of line it is 15 feet deep and with 100 yards of line out is it is 50 feet deep (see chart on this page). This is much different than downrigger cable because the weight on the end of your rigger cable contributes the most to sway back.



SAGLSF CALENDAR 2004

The club is involved in a number of activities this year. The following is a list of events and the club volunteer members who are responsible. Mark your calendars now and plan to participate.

Annual Banquet

February 14, 2004
Wagon Wheel

SAGLSF Swap Meet

March 27, 2004
Don Bauman
South High School Cafeteria

Sheboygan's Big Fish Board 2003

January 1, 2004, to December 31, 2004
Jim Schlegel
Register at the Wharf

Club Fishing Contest

May 31, 2004, to September 6, 2004
Ed Kalmerton
Sign up board at the Wharf

Big Brothers Outing

July 10, 2004
John Vertacic

Ozaukee / Sheboygan Inter-Club Fishing Contest

July 11, 2004
Port Washington
Scott Wunsch & Ken Mueller

Powder Puff Derby

July 21, 2004
Sponsored by the Wharf

Coho Derby

August 28 & 29
Sponsored by the Wharf

Family Contest

Date To Be Announced
Paul Voss and Jim Gruber

Salmon Consumption Reduces Risk of Prostate Cancer

A study in the January issue of *Cancer Epidemiology Biomarkers & Prevention* suggests that marine fatty acids have an anti-tumor effect on prostate tumor cells. The aim of this study was to investigate whether high consumption of fish and marine fatty acids reduces the risk of prostate cancer in humans.

Scientists tracked 47,882 men participating in the Health Professionals Follow-up Study. Dietary intake was assessed in 1986, 1990, and 1994, using a validated food frequency questionnaire. During 12 years of follow-up, 2,482 cases of prostate cancer were diagnosed, of which 617 were diagnosed as advanced prostate cancer including 278 metastatic prostate cancers.

Eating fish more than three times per week was associated with a reduced risk of prostate cancer, and the strongest association was for metastatic cancer (multivariate relative risk, 0.56; 95% confidence interval, 0.37-0.86, compared with infrequent consumption, i.e., less than twice per month).

Intake of marine fatty acids from food showed a similar but weaker association. Each additional daily intake of 0.5 g of marine fatty acid from food was associated with a 24% decreased risk of metastatic cancer. The study found that men with high consumption of fish had a lower risk of prostate cancer, especially for metastatic cancer. Marine fatty acids may account for part of the effect, but other factors in fish may also play a role.

Another recent study in the January issue of *Cancer Epidemiology Biomarkers & Prevention* showed the consumption of fatty fish, which contains large amounts of omega-3 fatty acids, may lower the risk of hormone-responsive cancers. Scientists doing the study said the aim was to study the association of fish consumption and endometrial cancer risk in Sweden, a country with a wide range of high fatty fish consumption. Using data from a large, nationwide case-control study, they analyzed consumption of both fatty (e.g., salmon and herring) and lean (e.g., cod and flounder) fish in relation to endometrial cancer risk. The results suggest that the consumption

of fatty fish, but not other types of fish, may decrease the risk of endometrial cancer.

Great Lakes Restoration Projects

Ten Great Lakes fish and wildlife restoration projects totaling \$572,000 were approved August 19 by the U.S. Fish and Wildlife Service for tribal governments, five states and the Great Lakes Fishery Commission, promoting partnership efforts to help replenish habitat and improve natural resource management in the Great Lakes Basin.

The projects will be funded under authority of the Great Lakes Fish and Wildlife Restoration Act, which launched the program in 1998. "I'm very proud that the Fish and Wildlife Service is able to be a catalyst in this vital international program that is so critical to the Great Lakes area," said Steve Williams, the Service Director.

The 10 approved projects focus primarily on the rehabilitation of sustainable fish populations and include the study of various species of fish, their reproduction, distribution, movement, diet and habitat within the Great Lakes ecosystem. One project will develop a Great Lakes-wide geographic information system to help drive future habitat restoration efforts. Another will map lake trout spawning reefs in Lake Michigan and study spawning of fish stocked by National Fish Hatcheries. A third will attempt to determine if steel-hulled barges actually help fish move past obstructions like the electric barrier designed to stop the Asian carp from moving to Lake Michigan through the Chicago Sanitary and Ship Canal. Funds will go to the University of Michigan, the U. S. Geological Survey, the State University of New York in Fredonia, the University of Illinois, the University of Wisconsin in Milwaukee, and the Great Lakes Fishery Commission. This year's proposals represent a wide range of needs related directly to resource conservation issues identified in the 1995 Great Lakes Fishery Resources Restoration Study Report to Congress and by the Joint Strategic Plan for Management of Great Lakes Fisheries. The Service's Great Lakes program includes Minnesota, Wisconsin, Michigan, Illinois, Indiana, Ohio, Pennsylvania and New York and 46 Service field stations in the Great Lakes Basin.

SAGLSF Cookbook



Vermouth Grilled Salmon

6, 6-ounces each salmon steaks
1 cup dry vermouth
2/3 cup butter, melted
1/4 cup lemon juice
2 tablespoons onion, finely chopped
2 teaspoons salt
1/4 teaspoon marjoram
1/4 teaspoon pepper
1/4 teaspoon thyme
1 garlic clove
Sage, pinch

Place salmon steaks in a single layer in a shallow pan. Combine all other ingredients. Pour sauce over salmon and allow to marinate for 4 hours; turn steaks occasionally. Remove steaks, saving the sauce. Place steaks in a wire grill or basket or place them on grill 4 inches from hot coals for 8 minutes. Turn and cook other side, basting with sauce while steaks are cooking.

Serves 6.

SAGLSF Cookbook Revival

Many long-time SAGLSF members will remember that the club used to produce a "Fish Cook Book" and at a recent meeting it was suggested that the club bring back the cookbook, with the goal of having books available for next year's Fisherman's Swap Meet on March 27, 2004.

After some digging, we've unearthed a classic copy of the SAGLSF "Fish Cook Book" edited by Lois Brandt. We are now in the process of scanning in all the recipes and also gathering new ones. So, if you have a favorite fish recipe you'd like to share, we'll publish it! And don't feel limited to salmon or Great Lakes fish, we welcome recipes, cooking tips, and other juicy tid bits for all types of fish—we'd like the book to have as wide an audience as possible.

Submit your recipes and they will be published in the new edition of the SAGLSF Cookbook—email them to ddortman@yahoo.com, give them to any board member, or just drop them off at the Wharf.

Deadline for Recipes November 31, 2003

Stayed turned for details about sponsorships!

Coho Barbecue

1/2 cup barbecue sauce
Juice of 1 lemon
1 tablespoon Worcestershire sauce
1/2 cup butter
1, 6 to 8 pound Salmon

Combine first 4 ingredients and heat until butter is melted. Clean the fish, remove scales, and split along backbone to remove backbone as in filleting. Leave skin on fish. Place fish on well-greased rack; place another well-greased rack of same size on top of salmon. Place on hot barbecue grill 2 to 3 inches above coals. Cook for 10 to 15 minutes with flesh side down, then turn rack over with skin side down and start basting with sauce. Do not overcook; it should be done in 25 to 30 minutes.

Serves 10 to 12.

Sheboygan Area Great Lakes Sport Fishermen Awards Banquet

February 14th — 5:30PM

Door Prizes — Dinner — Beverages

Klemmes Wagon Wheel, Howards Grove, WI

\$18.00 per person or two persons for \$35.00

Please reply by February 11th, 2004

SAGLSF P.O. Box 982 Sheboygan, WI 53082

Name _____

Number Of Guest _____

Amount Enclosed _____

I hope to see you all there for a Great Meal & Drinks.
And you might win a nice prize for fishermen!!!

Your President, Lyle E. Peschke

THANK YOU!

Torké Coffee
Priority Sign
Sheboygan Chevrolet
Larry's Distributing
Genuine Mechanics Inc.
Martin Pontiac
SRS Builders
Polar Ware
Koenig Construction
Burkart - Heisdorf Insurance
Wells Fargo Bank
National Exchange Bank & Trust
Community Bank
Harbor Center BID
H.C. Denison Co.
Ryan's Oil
Robertson, Ryan & Associates, Inc.
Davis & Kuelthau, S. C.
Gottsacker Commercial Real Estate
Thomas Inc.
Gasper's Auto Clinic Inc.
Chicago Red's
Charcoal Inn
Jakes Liquor
Take Ten Lube Centers - Pennzoil.
High Voltage
Hi- Tech
Dead Reckon
Time Out II
Sea Dog
U-Charters
Cousins' Sub
Sportsman's Connection
Twin River Taxidermy
Michigan Stinger
Craig Wakefield Remodeling
Challenger
Pro King
What's-Up Bar

Terry's Bar
Water Street Pub
Subway on 8th
A Cut Above
Twin River
Taxidermy
Magic Car Wash
West Side Bakery
Wal-Mart
Onyx
Quizno's
Schwarz
Quality Metal Polishing Inc.
Gander Mountain
B & B Studio Loft
Action Insurance
Gargoyles-Silver Exchange
Miesfeld's Meat Market
Dockside Lounge
Country Wide
Domino's Pizza
Farmers & Sportsman
Old Wisconsin Sausage
Johnson Bank
Lakeshore Lanes
Lakeside Pepsi
TD'S Beach Club
Superior Liquor
ep-direct
7-UP
Big Al's Tackle Company
James J. Kane Attorney at
Law
AC Enterprises
Srock Drywall & Painting
Sebold & Buchholtz
Appraisals
Sheboygan Press
Andrre Fore Equipment, Inc



Saturday Seminars at the Wharf

Saturday afternoons in
January and March

Topics to include:

Fishing Reel
Maintenance
Rod Building and Repair
Build Your Own Spoon
Fly Tying
Knots

Hands On

stop by the Wharf for
more details and schedule

SAGLSF MEMBERSHIP APPLICATION

Sheboygan Area Great Lakes Sport Fishermen
P.O. Box 982
Sheboygan, WI 53082



Annual Dues

- Family - (husband, wife, two or more children)----- \$30.00
- Husband & Wife----- \$25.00
- Individual----- \$20.00
- 65 or Older (Individual or Husband & Wife)----- \$15.00
- Junior----- \$5.00
- New Member (Initiation Fee)----- \$5.00

Member Name _____ Spouse's Name _____
Family's Name _____ Family's Name _____
Street Address _____ City _____ State _____ Zip _____
Occupation _____ Radio FM/CB _____ Call Letters _____
Boat Name _____ E-mail _____

Unless otherwise noted, the SAGLSF general membership meetings are always held the third Tuesday of the month starting at 7:00 PM at the Sheboygan Outboard Club. Meetings are every month of the year except the months of July and August. The public and guests are always welcome and encouraged to attend these meetings. The board of directors meets every second Tuesday of the month all year round at the same time and location. Any member of the SAGLSF is welcome to attend a board meeting. Any comments and concerns are welcome. For the latest newsletter and membership information, send a self addressed letter to the address above.

Our clubs purpose is as follows:

- 1.) To unite individuals interested in sport fishing in the Great Lakes.
- 2.) To promote educational programs in sport fishing and water safety.
- 3.) To exchange fishing information.
- 4.) To advance the quality of Great Lakes fishing and to assure pure fishing water, specifically in the Sheboygan area.

Join Today! Call 920-452-9660

Fish Tales Newsletter

CONTAINS DATED MATERIAL



**PO Box 982
Sheboygan, WI 53082**

**ADDRESS
CORRECTION
REQUESTED**