



SEATTLE POGGIE CLUB

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A Non-Profit Organization Founded
in 1932 to Propagate and Perpetuate
Our Salmon

Volume 76 Issue 22

October 2007

Letter From Your President

This is a great time of year. The morning air is brisk, the leaves are turning shades of gold, orange, and red, and the Tengu Derby is about to begin. Despite the fact that the derby runs through December, and that means sometimes we have to brush the snow off the boat before heading out to Elliott Bay, I wouldn't miss this annual event. Poggie Dick Kikuchi provides all of the information you'll need to participate in this month's newsletter. The derby begins October 28 and finishes out the year with the last fishing day on December 30.

In the past month I have made catching my share of Kings a priority. A couple of weeks ago several Poggies and I headed to a fishing hole on the Samish River to nab some of the chinook that run into the river at this time of year. It was a strange sight—dozens of fishermen lined up around what is literally a muddy hole, boiling with hundreds of salmon, in the dark hours of early morning. We could hear the loud crashing of the salmon before we could see them. The trip was well worth rising before 4:00 a.m., then ambling into work after a morning of fishing. After all, isn't this what we Poggies live for?

At this month's general meeting, Dick Kikuchi has invited a dietician and spokesperson for the American Diabetic Association to speak about living well by making healthier lifestyle choices and

managing diabetes so it doesn't jeopardize enjoyment of fishing and outdoor sports. Hope you can join us for this important discussion.

See you at the meeting on October 17.

Sincerely, Tom Neu

We didn't exactly *discover* this fishing spot, but we managed to catch our limit despite the crowd.

Here, Tom Zimmerman holds up the chinook he just hooked in the hole on the Samish River. Behind him are other fishermen hoping for their own big King.



Board of Directors 2007

President.....Tom Neu
Vice President.....*
Secretary.....John Mataka
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Treasurer.....John Kamikawa
Game Warden.....Jerry Bica
Director.....Tom Zimmerman
Director.....*
Director.....Joe Hall
Director.....Scott Kirvan
Associate Director.....Dick Kikuchi

* We are actively seeking candidates for these positions. If you are interested in serving on the Board, please contact Tom Neu at 206-783-5859 or email him at poggietom@yahoo.com. Board members are elected by Club members to serve for a one-year period from January through December. The Board meets on the second Tuesday of each month at 6:00 pm at the Seven Seas Restaurant on Lake City Way. All members are welcome and encouraged to attend.

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SMOKE-CURING MEATS (Excerpt from Smokehouse Products)

The art and science of smoke-curing is a combination of the controlled infusion of salt into your food products plus the carefully regulated addition of heat to slowly drive a portion of the moisture out of the food product you are smoke-curing. The first part of this process is most easily accomplished by using one of the four "Luhr Jensen Smokehouse" cover-brine mixes, which are mixtures of salt, sugar, water and specially blended spices. The brine solution introduces salt into the food causing it to undergo changes that greatly increase preservation. Then when heat is introduced by means of an even, low-temperature smokehouse (the Little Chief or Big Chief), much of the moisture is removed and the food becomes firm and cured . . . but not cooked.

The brine solution cures and facilitates the infusion of smoke flavoring into the food, the sugar counteracts the natural bitterness of the salt and the water is simply the carrier. Select a glass, crockery, stainless steel or plastic container (don't use aluminum which, in conjunction with the brine, can taint the meat) large enough to allow the brine solution to completely cover the food. Depending on what you are smoking, use Luhr Jensen Smokehouse All-Purpose, Deluxe Fish, Jerky or Upland Game Brine Mix.

Prepare it by following package instructions or make your own brine by thoroughly mixing 1/2 cup non-iodized (iodine can impart a bitter taste) salt, 1/2 cup white, household sugar and 1/2 quart warm water. Once the sugar and salt have dissolved, add the remaining 1 quart of cold water. If the solution won't be used immediately, be sure to refrigerate it.

Some sources state you need to use a nearly saturated solution of salt and sugar to properly denature the protein. One standard recipe is one cup of non-iodized salt and one cup of white or brown sugar in one gallon of water for each 4 pounds of fish.

By introducing natural sweeteners such as honey, brown sugar, herbs or spices into the brine solution, you can obtain flavors limited only by your imagination. Try some apple or peach brandy, which has natural sugars and will aid the formation of a pellicle—just brush it on the fillets and allow to dry.

To emphasize the simplicity of the smoke-curing process, it would be fair to say that ALL fish, meat or poultry can be deliciously prepared using Luhr Jensen Smokehouse brine mixes. Only the cycle time in the brine and the smokehouse will vary, depending on the type of meat, its thickness and quantity and your individual taste.

Described below are the simple steps used in the smoke-curing of fish.

1. FILLET:

Section the fish and split it at the backbone. Remove all small bones, blood and ragged edges and cut into easy-to-handle chunks. Rinse them thoroughly. For smaller fish, leave the skin on for fillets measuring 1/2 to 1 inch in thickness. I like 4-5 inch pieces. For larger fish, trim the fillets so you have a uniform thickness.

2. BRINE:

Wash out a brining container, such as a sturdy plastic dishpan, shallow enough to fit in your refrigerator. Cleanliness is a must! Dissolve the "Luhr Jensen Smokehouse" brine mix following instructions (or make your own). Once dissolved, completely immerse the fish chunks in the solution in a glass, crockery, stainless steel or plastic container (not aluminum). Soak thin chunks for 4 to 6 hours and thick for 8 to 12 hours in your refrigerator. NOTE: Cut soaking time in half if the fish or meat has been previously frozen. Having been frozen causes it to absorb the salt much more quickly than fresh meat.

3. RINSE & DRY:

Remove the chunks from the brine and rinse THOROUGHLY in cool water. Place them on paper towels and pat dry. Allow them to air dry for about an hour. When you see a glaze (pellicle) on the surface of the chunks, they're ready to load into your smokehouse. You can speed up drying time by loading them onto the smoker racks and using an electric fan to dry the fillets. Another hint: spray the racks with PAM to prevent sticking, and line the drip tray with foil to aid cleaning it.

Continued to page 4

October 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 Brd Mtg	10	11	12	13
14	15	16	17 Gen Mtg	18	19	20
21	22	23	24	25	26	27
28 Ten- gu	29	30	31			

Items on Our Calendar for October

Speaker

October 17 General Meeting

We are switching gears for this month's meeting topic and guest speaker. Because many club members are diabetic, we are responding to their need to better understand the disease and to enable and encourage them to make healthier lifestyle choices. We don't have to let diabetes jeopardize our enjoyment of fishing and outdoor sports and can easily learn how to live well with this chronic condition.

Jodi Moravec, who is with the speaker's bureau for the **American Diabetes Association**, is our guest speaker for October. Jodi, who holds several college degrees (MS, RD, LD, CDE), is a registered dietician and works as a clinical manager for Animas Corporation. Animas is a Johnson and Johnson company which makes sophisticated but simple-to-use insulin pumps. Insulin pumps more closely emulate the pancreas in introducing precise amounts of insulin to the body. Jodi will tell us how to stay healthy and maintain the quality of our lives!

Many of us have friends and loved ones who have suffered the debilitating effects of the disease. We hope you'll join us to learn the most up-to-date information on exercise, diet, weight loss, and advances in medical technology to manage this disease.

2007 Tengu Derby

Mark your calendar

Oct 28, Nov 4, 11, 18, 25, Dec 2, 9, 16, 23, 30

Membership in the Derby costs \$15.00 per person.

Summary of rules for the 2007 Tengu Derby are as follows:

All fish must be caught on rod and reel with a sinker and herring setups only—artificial lures or attachments such as dodgers, diving planes, spoons, plastic squids, and other similar items shall not be permitted.

Downriggers—not permitted.

To avoid confusion, the boats with downrigger setups are advised to detach the device for the days of the derby.

Sinkers—permitted.

Includes banana-shaped sinkers of various colors and flashing bar attachment to sliding sinkers — as long as it is used in conjunction with the sinker.

Hooks—Colored hooks are permitted. No barbs.

Rods—only one rod should be in use for each member.

Blackmouth salmon of legal size caught during the derby will be registered on the official board and thus may be eligible for Blackmouth derby prizes. Other species of salmon are treated separately.

Registering fish—no official weighing of fish will be done before 10:30 a.m. or 30 minutes before closing. Fish caught must be brought in by boat and must be accompanied by the person who caught the fish. Fish brought to the weighing station by land shall be disqualified.

Information You Can Use

(Source: 48° North)

Introduction to Safe Boating Classes—October 13—SPSCC Olympia Campus

Email the Office of Continuing Education of South Puget Sound Community College at fstepp@spscc or call (360) 596-5365 for more information.

Be prepared for new regulations taking effect in 2008 on boater safety with this Washington State Mandated Boater Education course. Co-sponsored by the Washington State Parks and Recreation Commission, this course covers general and safety aspects of boating.

Winterizing Your Engine—November 2—West Marine Bremerton

Troy Hatler discusses winterizing your engine to avoid broken manifolds and cracked cylinders—6:00 p.m. For more information or to register, call (360) 479-2200.

FYI

Monroe Hatchery Fin Clipping

On September 29, a handful of Club members clipped a large number of fish — some 15,000— however, it was nowhere near our usual output. We have another outing scheduled in the next three to four weeks and hope to get many of you, your friends and family out to help clip fins at the Monroe Hatchery. A specific date will be announced at our October 17 meeting.

Coho and Chinook Fish Counts

According to **Bill Robinson**, Public at Large Representative for the SPU Cedar River Anadromous Fisheries Committee and HCP Oversight Committee, during this peak period, we are seeing a high rate of unmarked (wild origin) **coho** coming through the Chittenden Locks into Lake Washington and the latest Lake Washington **chinook** count continues to raise the bar on historic return numbers. Some interesting data from this year's counts:

- The number of naturally produced chinook hovers at 14-percent—the highest return in well over 20 years. (Last year's count was the highest since 1987.)
- To date, the WDF+W groups have counted over 700 live chinook in the lower Cedar River and have counted over 400 redds and 60 spawned-out carcasses, only a few with ad clips.
- The Seattle Public Utilities have passed 255 chinook over Landsburg, of which 80-percent are of natural origin. The record number for live fish in the river is 1,540 in 1987. Last year's numbers were 1,090 Chinook and 583 redds. Contrast those numbers with the year 2000, when only 43 live fish and 53 redds were counted for the entire period. (The counts from the 90's and before, were influenced by much higher harvest rates than those of post-ESA.)

This is a GREAT YEAR for chinook in the Cedar River and many other populations in Puget Sound rivers and streams, says Robinson. If you have any questions or comments, drop Bill a note at fishadvocate@earthlink.net or call 206-932-6959.

What is a redd?

A redd is a nest of steelhead and salmon eggs. The typical redd is found in a shallow river area, usually with gravel bottoms and often tailouts. During spawning, female salmon seek out the gravel beds and, using their tails, sweep out a "nest," then deposit their eggs. After being fertilized by the males, the female sweeps a layer of gravel over the eggs.

Redds can be identified by an area (often oval shaped) of clean, lighter color gravel which is often mounded up. Avoid stepping on fish spawning gravel from October to May.

More information—<http://www.rogueflyfishers.org/redds.htm>.

Continued from page 2—Smoke-Curing Meats

4. RACK & LOAD:

Preheat your smoker, then take the loaded grills and rack (if top load model) or grills alone (front load) out to your smokehouse. Slip the rack or grills in, close the lid or door and plug the cord of your Little Chief or Big Chief into a 110V AC outlet. If using an extension cord, be sure to use an extra heavy gauge to lower resistance to the low amperage element.

5. FILL FLAVOR PAN:

Fill the smokehouse flavor pan with the desired chips and slip it through the handy trapdoor onto the heating element. A pan full of fuel will start to smoke in 20 minutes or less and last about 45 minutes. Flavor smoke is NOT needed for the entire curing cycle. Two or three pans full usually are sufficient. Empty the pan, place it back on the element and just use heat to finish the curing process.

It is important that you understand the difference between the smoking and drying portions of the processing cycle. In many cases, a particular recipe calls for a total drying time of 6 to 12 hours or more, while at the same time saying to use only two pans full of flavor fuel. This means your smokehouse will only be "smoking" for about two hours, but the food will need more drying time to complete the curing process.

If you have an older smoker or are outdoors in very cool temperatures, it is important to shield the smoker from wind and insulate the box with non-flammable material to allow the internal temperature of the fish to attain 145 degrees over a period of 8-12 hours. Monitor the temperature inside the smoker with a long shafted thermometer.

6. REMOVE FROM RACKS: Using a "insta-read" thermometer, check the fillets for temperature. 145 degrees is considered acceptable for salmon. Remove the fillets from the racks and cool them in your refrigerator. Vacuum pack and freeze for long term storage.

7. HINT: Don't throw out older fish even though there is evidence of freezer burn. Brine and smoke it. A closely held secret is that many fish markets and restaurants will smoke up their aging fish to avoid disposing of it. Works like a charm.

If you have some sure-fire recipes or brines, please contact **Dick Kikuchi** to get them published in the Poggie Newsletter! We are counting on our experienced members to teach us some new tricks!



Fishing Contest 2007 Updates

Blackmouth

- 13lb 1oz Alexander Logan Area 10
- 10lb 4oz Don Saunders Area 9
- 10lb 5oz Mike Karbowski Port Townsend

Steelhead

- 12lb 0oz Tom Zimmerman Cowlitz
- 10lb 0oz Bob Michajla Skykomish
- 8lb 0oz John Mataka Cowlitz

Trout

- 14lb 4oz John Mataka Lake Chelan
- 11lb 6oz Tim Cullinan Lake Chelan
- 11lb 0oz Don Silvers Lake Chelan

Chum

(no postings)

Pinks

- 5lb 14oz Alexander Logan Lk Sammamish
- 5lb 0oz John Kamikawa Area 9

Copies of the contest rules and entry forms are in the membership listing. Get more entry forms and send completed forms to Poggie Jerry Bica, email PoggieJB@aol.com or contact him at (425) 415-8414.

Kings Outside

(no postings)

Kings Inside

- 22lb 5oz Don Silvers Elliot Bay
- 19lb 15oz Bob Michajla Area 9
- 15lb 0oz Jerry Bica Possession Bar

Kings Freshwater

- 26lb 0oz Don Silvers Lk Sammamish
- 23lb 4oz Tom Zimmerman Samish River
- 21lb 14oz Bob Michajla North Fork, Lewis River

Silvers Outside

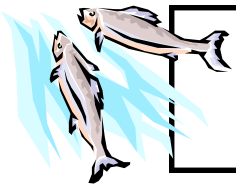
- 15lb 0oz John Kamikawa Sekiu
- 14lb 0oz Don Saunders Sekiu
- 12lb 11oz Don Silvers Ilwaco

Silvers Inside

- 14lb 9oz Bob Michajla Area 9
- 11lb 7oz Don Silvers Possession
- 8lb 4oz Alexander Logan Edmonds

Silvers Freshwater

(no postings)



The POGGIE CLUB OF WASHINGTON
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Propagate and Perpetuate Our Salmon

ATTEND

Meetings are held the third Wednesday of the month at 7:00 pm at the Seattle City Light North building located on 97th and Stone Way, one block east of Aurora Avenue. Meetings include refreshments, a raffle, and sharing stories and tips with other sport-fishing enthusiasts. Non-members are welcome to attend.

CONTRIBUTE

This **newsletter** relies on contributions from our members. You can make editorial contributions by emailing your news item, announcement, photos, etc. to poggietom@yahoo.com. Please write "Newsletter" in the subject line. Contributions should be emailed before or on the first day of the month.

Did you know?

- A glass of water with one teaspoon of salt has approximately the same salinity as the oceans.
- Twelve percent of the world's wetlands are located in the United States.
- The oceans contain 97 percent of the Earth's water and about 97 percent of its biosphere.

JOIN

One year's membership is \$20.00. If you want to join or wish further information concerning the Poggies, fill in the form below and mail it to John Kamikawa, or contact Club secretary, John Mataka at (425) 742-7948 or email him at jmataka@earthlink.com.

Name _____

Address _____

Phone _____ Have Boat: Yes No

Spouse Name: _____ Kids: Yes No

E-Mail _____

Mail to: John Kamikawa, 16618 SE 40th Place
 Bellevue, WA 98008-5977