



# McLoughlin Chapter Northwest Steelheaders

January 2011 Volume 8.1

*Sports Anglers Dedicated to Restoring and Enhancing Salmon, Trout and Steelhead Populations and Their Habitats for Present and Future*

## *President's Message*

Well my friends I have tried to get a fish on the line before the end of the year but no luck yet. However I haven't had the time yet to put in an decent days fishing. So far only a couple of hours here and there under less than great conditions. There are a few days left before 2010 is history and I think there will be some time to go.

Thanks to everyone that attended our Christmas Party and a special thanks to Joyce Stiener and Janis Straub for setting up the ENTIRE room for this event. The tables and center pieces looked beautiful. You ladies did a wonderful job, Thank you! It was a lively party with plenty of great food and it wrapped up with Ernie's door prizes. As usual I got to hand out a few awards and Carol Clark handed out a few of her own. Fisherman's Marine took home an appreciation award for all the support they have given this chapter over the years. Each year they sell our tide tables for us which is a big source of income to this chapter. They also make donations to many chapters auctions. Sharon Schaub received an award for her behind the scenes roll with many of our projects. No matter how much was going on at the office she always made time to help out

our chapter. A special award went out to Jeff Fulop for his continuing work at ODFW. Jeff is our contact with the STEP program and we are his help for many projects that would otherwise be done by him alone. Jeff is truly dedicated to the preservation of our fisheries and all of our natural resources. Member of the year went to Art McGraw. Art has been with us for the better part of this year and he is quick to offer his help to any project. Every event and project the steelheaders have done this year has seen Art's smiling face. Carol Clark surprised a few of us with her own awards this year. She honored Bill G for his roll in many chapter activities and and help getting some of our older members around to meetings and events. Dick Knipsel was praised for his many contributions and hard work for this chapter over the years. Even I received a token of Carols gratitude for heading up the chapter for the past two years. The best awards are those from good friends, Thanks Carol.

Upcoming business: Boat Show and Sportsman's Show. As most of you know the Association has a booth in both of these events to promote ourselves and grow our membership. Volunteers are needed to man the booth throughout the day. The day is broken

up into three shifts and while you do have to pay for parking admission to the show is free. The boat show is January 12th - 16th and the Sportsman's Show is February 9th - 13th. Anyone that would like to come down and help please give me a call or email and I'll give you the details.

Raffle tickets are here! Judy Munroe has once again stepped up to be our ticket coordinator. She is looking for help to sell these tickets at the Oregon City Fisherman's Marine. Please contact her to buy or help sell these tickets. Her contact info is on the officers page. Remember these tickets are the easiest way for us to make money.

Coming up in the new year we have got WDFW officer John Weinhiemer at the February meeting to talk with us about fishing opportunities in Washington. March's guest speaker will be Bill Williams from BC Angling Post talking about spinner fishing. TBD is Fisherman's Marine with a presentation on new tackle for 2011. Thus far I don't have anyone for the January meeting so if anyone know a speaker that can come on short notice please let me know. Until then get out there and catch some fish!

*Matt Rockweit*

## Calendar of events



### January

4th: Board Meeting  
11th: General Meeting

### February

1st: Board Meeting  
8th: General Meeting

### March

1st: Board Meeting  
8th: General Meeting

### April

5th: Board Meeting  
12th: General Meeting

### May

3rd: Board Meeting  
10th: General Meeting

### June

7th: Board Meeting  
14th: General meeting

### July

5th: Board Meeting  
No General Meeting

### August

No Board Meeting  
No General Meeting  
TBD: Chapter Picnic

### September

6th: Board Meeting  
13th: General Meeting  
TBD: Crab Along

### October

4th: Board Meeting  
11th: General Meeting

### November

1st: Board Meeting  
8th: General Meeting

### December

6th: Board Meeting  
TBD: Xmas Party



## Membership Notes

Well here we are almost to the new year, I got my cards out by December 1st, the outside lights up, (ok, Eldon helped), Christmas shopping done, wrapped and some sent out of state even! The tree up by the 15th, a family tradition, and then there was our Steelheaders Party! Now it's almost time to put everything away, and relax. How did you do? Hope you got off the couch and attended one of our

many family affairs. This one, the Christmas party, is always fun and a BIG selection of food, with desserts to die for! Although its been a good year for us, our membership is way down as is members attending our informative meetings. We realize having to change meeting places has not helped. Remember we meet next month at the Round Table on McLoughlin Blvd. so bring the gang and we can eat together, Dutch Treat, until we get back to the armory.

haven't heard much about the winter fishing. The rivers have been going up and down too fast to fish much. Send in those stories, it won't hurt a bit, Larry lovesthem. We also enjoy you hunting tales, the ones that didn't get away or pass out a towell to you who missed that great big one.

I haven't had a new membership roster for a while, but please check your membership card. That little fee keeps our chapter going for special programs and are good for discounts in sport shops too. Please renew, it takes just a short time and helps so much.

We will soon be in the process of folding, stapling and shipping out our tide tables, this is a good fundraiser and a good time for several of us to get together as volunteers. This is a way for us that can't help with the net pens or fish ponds to help us keep active and involved.

Good Fishin

*Joyce Steiner*

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## January

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Bradley Bogh  
Kevin Brisbois  
Marvin Busby  
Wayne Emerson  
William Goettsch  
Eugeene Graf  
James Hansky  
Winston Hayzielt  
Louis Kempker  
Duane Kitzmiller  
Neil Leist  
Art McGraw  
Daniel O'Brien  
Shawn O'Brien  
Jeffrey Owens  
Matthew Rockweit  
Bill Snell  
Bruce Wickward  
Tim Wilson



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## December

Alan Brawner  
Tom Buckingham  
Sam & Maria Caliva  
Bugs Catto  
Rayburn Freauf  
Bob Lynn  
Troy Mansfield  
Randy mcAdams  
John Montgomery  
David Smith



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## Meetings

7:00 PM 2nd Tuesday  
 Camp Withycomb  
 Clackamas, Oregon

## Mailing Address

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 PO Box 68354  
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**Association of Northwest Steelheaders**  
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# Do I Smell



# Food?

## Honey Lime Chicken Salad with Tomato and Avocado

Prep time: 30 minutes

Marinating time: 1 to 2 hours

Grilling time: 10 to 12 minutes

### Marinade

3 tablespoons fresh lime juice

3 tablespoons vegetable oil

1 tablespoon honey

1/2 teaspoon kosher salt

1/2 teaspoon granulated garlic

1/4 teaspoon freshly ground black pepper

1/4 teaspoon ground cayenne pepper

4 boneless, skinless chicken breast halves, 6 to 8 ounces each

2 ripe Hass avocados

1 tablespoon fresh lime juice

1 pint cherry tomatoes, cut into halves (or quarters if large size)

2 tablespoons minced fresh chives

1. In a small bowl whisk the marinade ingredients until the honey is dissolved.

2. Place the chicken in a large, resealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade. Place the bag in a bowl and refrigerate for 1 to 2 hours, turning occasionally.

3. Remove the chicken from the bag and discard the marinade. Grill over direct medium heat

(350°F to 450°F) until the juices run clear and the meat is no longer pink in the center, 10 to 12 minutes, turning once. Keep the lid closed as much as possible during grilling. Remove from the grill and let rest for 2 to 3 minutes before cutting into 1/2-inch pieces.

4. Scoop the avocado flesh onto a cutting board and cut into 1/2-inch pieces. Immediately put the avocado in a large mixing bowl and toss with the lime juice. Add the chicken, tomatoes, and chives. Mix well. Adjust the seasoning to your taste. Serve at room temperature or slightly chilled.

Makes 4 to 6 servings



## Grilled Lemon Lobster

Just the right amount of seasoning to optimize the sweet, delicate flavor of tender lobster!

4 frozen lobster tails (4 to 6 ounces each), thawed

1/2 cup butter, melted

2 tablespoons lemon juice

1 tablespoon chopped fresh parsley

2 teaspoons finely grated lemon zest

1 teaspoon white wine Worcestershire sauce

2 drops hot pepper sauce

Rinse lobster tails and pat dry. Split lengthwise through back shell and lobster meat to separate in half.

Combine remaining ingredients; brush on lobster meat.

Place lobster tails shell side down in center of cooking grate. Grill

8 to 10 minutes or until meat is opaque. Serve lobster with remaining butter sauce.

Makes 4 servings.

Note: Two 1-pound live whole lobsters may be used in place of frozen tails. To prepare live lobsters: pick up 1 lobster at a time, hold the body near the top, and plunge headfirst into 6 quarts of boiling water. Return water to a boil; reduce heat, cover, and simmer for 5 minutes. Using tongs, lift lobster from pot and let cool briefly. Repeat with other lobster. Split lobsters lengthwise through back shell. Remove and discard stomach sac, intestinal vein, green tomalley (liver) and any coral-colored roe from each lobster. Rinse lobsters well and drain.



## Curried Lobster

A decadent foray into the sweet and zesty, this lobster recipe is excellent for parties.

1/2 cup butter (1 stick)

1-1/2 teaspoons Madras curry powder

2 teaspoons finely chopped red finger chile pepper

Salt and pepper

4 frozen lobster tails, 6 to 8 ounces each, thawed and cleaned

1/4 cup lime juice (juice of 2 limes)

In a small saucepan melt butter. Add curry powder and chile pepper; heat for 1 to 2 minutes. Add salt and pepper to taste.

Rinse lobster tails and pat dry. Turn lobster tails shell side down.

(Continued page 8)

To expose meat, cut lengthwise through bottom shell with kitchen shears or sharp knife. Bend tail along cut to crack open shell a little wider. (You can also cut bottom shell lengthwise along each side and remove.) Sprinkle 1/2 tablespoon lime juice on meaty portion of each lobster tail. Spread 1 tablespoon of butter mixture on each lobster tail. Reserve remaining butter mixture.

Place lobster tails shell side down on center of cooking grate. Grill 8 to 10 minutes or until meat is opaque. Serve with remaining butter mixture, if desired.

Makes 4 servings.

Note: Madras curry powder is a sweeter blend than standard curry powder, sometimes available in the spice section of the grocery store. If you can't find Madras curry powder at your local grocer's, add a pinch of sugar with the regular curry powder.



## Steven Raichlen's 10 Grilling Commandments

**1. BE ORGANIZED.** Have everything you need for grilling -- the food, marinade, basting sauce, seasonings, and equipment -- on hand and at grillside before you start grilling.

**2. GAUGE YOUR FUEL.** There's nothing worse than running out of charcoal or gas in the middle of grilling. When using charcoal, light enough to form a bed of glowing coals 3 inches larger on all sides than the surface area of the food you're planning to cook. (A 22 1/2-inch grill needs

one chimney's worth of coals.) When cooking on a gas grill, make sure the tank is at least one-third full.

**3. PREHEAT THE GRILL TO THE RIGHT TEMPERATURE.** Remember: Grilling is a high-heat cooking method. In order to achieve the seared crust, charcoal flavor, and handsome grill marks associated with master-piece grillmanship, you must cook over a high heat. How high? At least 500°F. Although I detail this elsewhere, it is worth repeating: When using charcoal, let it burn until it is covered with a thin coat of gray ash. Hold your hand about 6 inches above the grate. After 3 seconds, the force of the heat should force you to snatch your hand away. When using a gas grill, preheat to high (at least 500°F); this takes 10 to 15 minutes. When indirect grilling, preheat the grill to 350°F.

**4. KEEP IT CLEAN.** There's nothing less appetizing than grilling on dirty old burnt bits of food stuck to the grate. Besides, the food will stick to a dirty grate. Clean the grate twice: once after you've preheated the grill and again when you've finished cooking. The first cleaning will remove any bits of food you may have missed after your last grilling session. Use the edge of a metal spatula to scrape off large bits of food, a stiff wire brush to finish scrubbing the grate.

**5. KEEP IT LUBRICATED.** Oil the grate just before placing the food on top, if necessary (some foods don't require that the grates be oiled). Spray it with oil (away from the flames), use a folded paper towel soaked in oil, or rub it with a piece of fatty bacon, beef fat, or chicken skin.

**6. TURN, DON'T STAB.** The proper way to turn meat on a grill is with tongs or a spatula. Never

stab the meat with a carving fork -- unless you want to drain the flavor-rich juices onto the coals.

**7. KNOW WHEN TO BASTE.** Oil-and-vinegar-, citrus-, and yogurt-based bastes and marinades can be brushed on the meat throughout the cooking time. (If you baste with a marinade that you used for raw meat or seafood, do not apply it during the last 3 minutes of cooking.) When using a sugar-based barbecue sauce, apply it toward the end of the cooking time. The sugar in these sauces burns easily and should not be exposed to prolonged heat.

**8. KEEP IT COVERED.** When cooking larger cuts of meat and poultry, such as a whole chicken, leg of lamb, or prime rib, use the indirect method of grilling or barbecuing. Keep the grill tightly covered and resist the temptation to peek. Every time you lift the lid, you add 5 to 10 minutes to the cooking time.

**9. GIVE IT A REST.** Beef, steak, chicken -- almost anything you grill will taste better if you let it stand on the cutting board for a few minutes before serving. This allows the meat juices, which have been driven to the center of a roast or steak by the searing heat, to return to the surface. The result is a juicier, tastier piece of meat.

**10. NEVER DESERT YOUR POST.** Grilling is an easy cooking method, but it demands constant attention. Once you put something on the grill (especially when using the direct method), stay with it until it's cooked. This is not the time to answer the phone, make the salad dressing, or mix up a batch of your famous mojitos. Above all, have fun. Remember that grilling isn't brain surgery. And that's the gospel!