

Sunnybrook Catch & Release



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The Monthly Newsletter of Sunnybrook Trout Club – April 2018

Spring Stocking Has Begun! *First load placed in the stream March 26th*

The new season has begun. Our Wild Game Dinner was the unofficial kick off and the first stocking is added proof that we are ready for another great year at the club. Our first stocking consisted almost entirely of larger brook and brown trout. If Mother Nature will co-operate it should be all systems forward.

Next up on our calendar is the Mother's Day Buffet on Sunday May 13th. Treat Mom to a culinary delight amidst the beautiful setting of Farrell House Lodge. Full details are outlined later in the newsletter.

Spring fishing can be exceptional. Keep your eye on the weather forecast and plan a day at the club when conditions are right. You will be well rewarded.

Before coming out that first time, take a minute to attend to the general maintenance of your equipment. Here are several tips to make your experience more enjoyable.

*Give your fly line a good cleaning. Soap & water works well or you can buy a commercial line cleaner. A clean line casts easier and farther, plus cleaning it will help extend its lifetime.

*Replace old worn tippet and leader. These materials grow brittle over time and weaken with expose to sunlight. This easy task can mean the difference between landing the big one or lamenting the one that got away.

*Check your vest to make certain you have an adequate selection of flies. It can be frustrating to be on the stream and not have the fly fish are rising to.

*Oil and grease your reel. This once a year task will

insure smooth operation and protect an expensive investment.

WILD GAME DINNER UPDATE – Our numbers were down this year due to a scheduling mistake on my part. I failed to take into account that Easter was very early this year and that many of our faithful attendees would be on spring vacation the night of the dinner. We still had a respectful turnout of 85 diners, but less than years past.

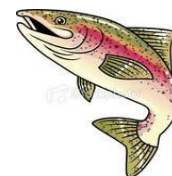
All that attended enjoyed the evening. By the time the evening ended, we had awarded \$5500.00 in cash prizes and given away 26 consolation door prizes. Here are this year's lucky cash winners... Bill Adler = \$250.00, Steve Kaelin = \$500.00, Bill Rabbit = \$500.00, Eric Grindahl = \$750.00, Tim McGuire = \$1000.00 and grand prize winner Tony Makris = \$2500.00.

Thanks to all the members that contributed to the success of the evening.

Wild Game donors included Doug Bunn, Al Fischaber, Bill Kalt, Mark Koch, Dave Rengel, Jake Stagner and Jeff Wilson.

Auction item donors included Michael Annandono, Al Fischaber, Gary Frankowski, Chris Herbruck, Jane Kelly, Al Kopfinger, Tony Makris, Mike Moxely, Dave Owen, Isaiah Prentice, Lee Rinehart, Dave Roush and Terry Williams.

If I have omitted anyone it was unintentional and I apologize.



Catch & Release Guidelines – The arrival of a new season is always a good time to re-address proper catch & release practices. Because we are a catch & release club, it's important that all members are aware of proper technique and practice the same. Our fish are not an unlimited resource and it's important we protect the resource we have. Allen Gardner, fishing instructor and author of *"The Catch & the Hatch,"* has published an informative article on catch & release technique. I've taken the liberty to paraphrase parts of that article. Here are his suggestions...

***Fish barbless**-*Barbless hooks leave smaller puncture wounds that heal quicker and cleaner. Barbless hooks are also easier to remove from the trout causing less stress.*

***Play fish quickly**-*The longer you play your fish the greater the lactic acid builds up in the trout. Excessive lactic acid stresses the fish's body and leads to a higher mortality rate. Learn to land your fish as quickly as possible; 2 minutes or less is ideal*

***Keep fish in the water**-*Do not drag your catch up banks, across rocks or onto grass (this is something I see many of our members do). Doing this removes the protective layer of slime from a trout's body and makes them more susceptible to disease.*

***Use rubber landing nets**-*Proper catch & release nets are an important improvement over the old corded nylon nets of years past. These new nets are easy on the trout and do not remove the protective slime on their bodies.*

***Keep your fish in the water**-*Every second a trout is out of the water increases the chance of mortality. Learn to land your catch without removing it from the water.*

***Don't squeeze the fish too hard**-*If you must handle your catch, do not squeeze the fish too hard. The fish is being removed from a weightless environment into a heavily weighted one. A fish's body is not designed for pressure and squeezing it can easily damage internal organs.*

***Be selective if photographing your catch**-*Try to stage photographs of the fish while it is still in the water rather than holding it out of the water. Have your camera ready in advance and return the fish quickly to the water.*

***Cut the fly if the fish is hooked deeply.** *Trying to remove a deeply embedded fly will almost certainly result in the fish's death. A trout will easily pass a fly that is left in its gullet.*

Most members believe that they are not a culprit, but I know from observation that is not true. All

members should take a minute for an honest self examination of their technique and adjust.



MOTHER'S DAY BUFFET – Mark your calendars for Sunday May 13th. That is Mother's Day and Sunnybrook will once again be hosting a Mother's Day Buffet. The meal will consist of traditional breakfast fare plus main entrees of Beef Pot Roast, Chicken Marsala, Dion & Honey Pork Tenderloin Medallions and Alaskan Salmon Filets.

There will be an early seating from 11:30 – 12:00 and a later serving from 1:00 – 1:30. Reservations are necessary and can be made by calling the club. Cost of the meal is \$30.00 for adults, \$20.00 for ages 6-12 and free to kids 5 and under. Complete details and a full menu selection will be published in next month's newsletter.

FROM THE KITCHEN – With the advent of spring we have returned to regular lunch hours. Lunch is served from 11:30-1:30 daily. Keep in mind that we are set up to serve individuals or small groups, but struggle with large groups that show up unannounced. If you are a larger group of 5 or more, please give us advance notice. This will help us be prepared and provide our members with better service.

LOCKERS IN THE GAMEROOM – There is a small locker room in the back of the gameroom. We have approximately 20 lockers that members are free to use. Most are currently in use, but several remain vacant. They are available on a first come basis. If you choose to use one of our lockers, you will need to provide your own lock and register the combination with the club.

Please note: If you are already using a locker, please provide the club with your locker number and combination. I made this request in last month's newsletter, but no one has responded. I need this information on file. At the end of the month we will be cutting off locks of lockers that are not registered.

MUDDY GROUNDS=MUDDY BOOTS – The grounds can get quite muddy during the wet spring season and that means your boots will get muddy too. Please help us keep the lodge clean by using the boot brushes mounted on the rod rack outside the side door entrance and/or removing muddy boots.