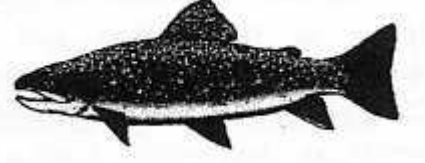


DOWNRIGGER



President's Message

At the time of publication, Bill and Margaret Purves were enjoying an exciting trip to Alaska and Bill was not able to submit a president's message. We look forward to his message in the next edition of the *Downrigger*.

Scott Lewis

Tournament Insight

Harbor Beach Tournament-July 10 & 11

Harbor Beach greeted the OCSA gang with plenty of sun and calm winds. A total of 7 boats and 18 fisherpersons participated in the tournament on Saturday. Overall, most crews were successful in getting fish in the box, although the sizes of the fish were smaller than in past years. Most everyone caught Lake Trout and many people were disappointed in the few number of Kings being caught. The hungry crews were treated to a



fried chicken dinner catered by Randolph's Restaurant, which was enjoyed by all. The mystery fish truly was present as several members landed smaller salmon-type fish. Several of the "experts" offered their opinions as to whether these salmon were Pink Salmon, Cohos or etc.... and after resorting to counting fin spines, scales and consulting the MDNR rule book for guidance, the best anyone could guess is that these fish were "Mutant Fork Tail Cohos."

The weather from Saturday continued into Sunday with more sun and a lake as smooth as a glass. Fishing was slower on Sunday, again with mostly

Lake Trout being caught. The tournament began with 6 boats and 16 fisherpersons but ended with only five boats and 14 people making it to the weigh in. The crew of the Duck Boat, Ryan and Stacy Nims, turned up M.I.A. (missing in action) and didn't show for the weigh in. Later, Ryan and Stacy hitch hiked down from Port Hope and found the guys at Warren Newstead's motor home, which was set up at the campground across the street from the marina. Truck trouble prevented Ryan and Stacy from getting to the weigh-in. Several Club

members came to the rescue and helped Ryan load his boat on its trailer and gave Ryan, Stacy and their dog a ride home.

Saturday's Results

My Way	Jim Johnson	7#-0oz	King Salmon	1 st place
Uhl Tracker	Bill Zickwich	2#-5oz	King Salmon	2 nd place
Dad's Toy II	Scott Lewis	9#-2oz	Lake Trout	1 st place
Bounty Hunter	Brandon Schulz	6#-14oz	Lake Trout	2 nd place
Last One	Warren Newstead	6#-5oz	Lake Trout	3 rd place
My Way	Mark Morris	6#-6oz	Steelhead	1 st place
Dad's Toy II	Glenn Appel	8#-13oz	Brown Trout	1 st place
Mystery Fish:	Brandon Schulz			



Sunday's Results

Bounty Hunter	Bob Schulz	3#-8oz	King
Salmon	1 st place		
Hawg Slayer	Kristi White	3#-2oz	King
Salmon	2 nd place		
Last One	Warren Newstead	6#-13oz	Lake
Trout	1 st place		
Trout	2 nd place	Warren Newstead	5#-15oz
Bounty Hunter	Brandon Schulz	5#-14oz	Lake
Trout	3 rd place		

Mystery Fish: Kristi White

Respectfully,
 Bill Anglebrandt and Glenn Appel
 Port Chairpersons



Kid's Day Tournament 2004 Held at Seling's Place on Pontiac Lake July 24th



THE 2004 RACE FOR CAPTAIN of THE YEAR

The results up to and including July 11 Great Lakes tournaments are in.

First place in each species of Trout or Salmon or Walleye gets the boat Captain 3 points

Second place gets 2 points and third place gets 1 point.

The Captain in:

First place is Geoff White with 16 points

Second Place is our President Bill Purves with 11 points

Third Place is Steve Bruford with 8 points

Fourth place is a three way tie between Bill Anglebrandt, Glenn Appel, & Bob Schultz with 6 points

Fifth place is a tie between Bob Hazelett, and Robert Karagosian with 5 points each

Six place is a three way tie with Ryan Nims, Glenn Uhl and Steve Loehr with 3 points each.

This is still any ones race for Captain of the Year. One excellent tournament day for the top four places could cinch it for the lucky Captain who caught a grand slam on of first and second places on his boat.

ANGLER of THE YEAR

The points for first ,second and third place are 3,2 and 1 respectively

First place Angler is Steve Loehr with 14 points

Second place is Mark Morris with 10 points

Third place is Stacy Nims with 6 points

Fourth place is Greg White with 4 points

Fifth place is tied between Ryan Nims and Jeff Loehr with 3 points each.

I am missing the results of the May 8th tournament at Pontiac Lake so the the leaders I have right now might change.

There is one tournament left to be held in September. A date has not yet been set. The chairmen for this tournament are Mark Morris and Steve Loehr our present first and second place Anglers. This last tournament should be and interesting "Battle of the Anglers"

If you have any questions concerning Captain of The Year or Angler of the Year points or status Call tournament chairman Mike Odle 248-673-3759

Up Coming Events:

September 4: Cass Lake Tournament. Contact Steve Loehr or Mark Morris for more Info.

September 18: Harbor Beach Tournament. Contact Bill Purves or Ryan Nims for more info.

OCSA POLO SHIRTS NOW AVAILABLE

Are you tired of being escorted to a table at the back of the restaurant when wearing your favorite OCSA tee shirt with the fish blood on it? We maybe it time for an upgrade. While we cannot guarantee that you will be seated in the better part of the restaurant, improve your odds with a new OCSA embroidered polo shirt. The shirts are 6.8 oz., 100% preshrunk cotton by Anvil in cobblestone (tan) color. Price is \$15.00 each. Please contact Glenn Appel at (248) 625-3492 or by e-mail, appelg@co.oakland.mi.us.

FOR SALE

1997 Bayliner Trophy Model 2002 - 120 HP Force - 9.9 HP Mercury - Loaded

2002 Tandem Galvanized Loadrite Trailer. Very low hours - Many extras \$16,900

2- Big Jon Captains Pack Electric Down Riggers - Brand New never used \$750.00

6- 47 LC reels with Eagle Rods \$300.00

1982 Evinrude 15HP Short Shaft - Electric Start - Prop Guard - Spare Prop - Tank \$600.00

1 Salmon Net Never Used \$25.00

4-Ambassadore 6600 Series Reels – Anti-backlash - Used once - \$200.00

1-Brand new drift sock with line and float \$40.00

All Prices Firm Call Dick Guella 248-625-6885

Avoiding Mercury and PCB's in Fish

Silvia Veri, RD

Mercury: Mercury, a metal long known to be dangerous for developing fetuses and nursing infants, is now a potential threat to seafood lovers who eat fish daily. Mercury is found in air and water due to coal-fired power plants and landfills. This mercury can accumulate in fish over time.

Older, larger, predatory fish, like tuna, contain the highest levels of mercury compared to other fishes. Recent test data from the Mercury Policy Project revealed that mercury levels are three times higher in "white" albacore tuna than in "light" tuna, which comes from smaller catch.

The Food and Drug Administration and Environmental Protection Agency have set standards of what level of mercury is safe. Please use the chart (right) to determine which fish is safe to eat and how much. Remember, fish has high levels of omega-3 fatty acids which have heart-protective benefits. The take-home message is to try to minimize mercury intake by choosing wisely, not stop eating fish altogether.

PCB's in Salmon: Recently, a much publicized study funded by The Pew Charitable Trusts found that salmon contains cancer-causing chemicals known as polychlorinated biphenyls (PCB's) and dioxin. But, we also know that salmon is rich in omega-3 fatty acids. So, now what do we do? Here is some advice on choosing salmon with low levels of PCB's.

- Don't give up salmon completely, but make your selections carefully.
- Look for country-of-origin labeling beginning September 30th, 2004, when all seafood must be labeled as to where it's from and whether it's farmed or wild. Choose North or South American farmed salmon over that from Europe.
- Vary the fish you eat. All seafood provides at least some healthful omega-3 fats. Canned sardines are another rich source that are safe to eat.
- Choose wild salmon over farmed. Opt for wild Alaskan salmon.
- Look for "WildCatch" brand canned and fillet salmon, which comes from wild Alaskan salmon and carries the Marine Stewardship Council label, a sign that it's from a healthy, non-endangered population of fish. Available at Whole Foods.
- When it fits your menu, buy canned salmon, which comes almost exclusively from wild Alaskan salmon. It's available year-round, is affordable and is low in contaminants and mercury, yet high in omega-3's.
- Don't bother to look for organic salmon; there are no organic standards for seafood in the U.S.

Fish oil supplements: If you're not a fan of fish, you may prefer to take supplements to get your omega-3 fatty acids. According to tests by Consumers Union (CU) and ConsumerLab.com (CL), fish oil supplements contain much lower amounts of contaminants than found in fish.

The following brands were tested and given the green light by both CU and CL:

- Member's Mark Omega 3 Fish Oil
- Solgar Omega-3 "700"
- Spectrum Essentials Omega 3 Cold Processed Norwegian Fish Oil

Adapted from *Environmental Nutrition*, March 2004.
(www.environmentalnutrition.com)

EN Rates Seafood Safety

(Each section is listed in alphabetical order. Seafood listed in parenthesis are not as environmentally friendly as the others, especially if Atlantic-caught.) This chart has converted ppm of mercury into a safe number of fish servings for each category. In order to mix and match fish from different categories, don't exceed a weekly total of 0.5 ppm of mercury (pregnant and nursing women and young children should not exceed .2 ppm). A serving is three ounces.

☺ = EN's Best Picks (low in mercury and PCB's, highest in omega-3 fatty acids, environmentally friendly)

Choose More Often	
Very Low Levels of Mercury—< 0.1 ppm (Three to four servings per week)	
Catfish	
Clams	
Crab, king	
(Flounder)	
Oysters	
(Salmon, farmed)	
☺ Salmon, canned or wild Alaskan	
☺ Sardines	
Scallops	
Shrimp	
Sole	
Tilapia	
Low Levels of Mercury—0.1 - < 0.2 ppm (Two to three servings per week)	
(Cod)	
Crab, Dungeness and blue	
Haddock	
☺ Herring	
Mahi mahi	
Ocean perch	
☺ Tuna, canned, light	
☺ Whitefish	
Choose Less Often	
Medium Levels of Mercury—0.2 - < 0.3 ppm (One to two servings per week)	
(Grouper)	
(Halibut)	
Pollock	
Sablefish	
Sea trout	
High Levels of Mercury—0.3 - < 0.7 ppm (Zero to one serving per week)	
Bluefish	
Lobster	
Marlin	
(Orange roughy)	
(Red snapper)	
(Saltwater bass)	
(Trout, freshwater)	
Tuna, fresh	
Tuna, canned, white albacore	
Risky Levels of Mercury—> 0.7 ppm (Avoid or no more than once a month)	
Mackerel, king	
Shark	
(Swordfish)	
(Tilefish)	

< = less than; > = more than
ppm = parts per million

Environmental Issues:

Salmon angling slowly improves

By Bill Parker of Michigan Outdoor News

Grand Haven, Mich. — Salmon fishing has been a mixed bag so far this summer. From good-sized fish and limit catches to small fish and empty coolers, Great Lakes anglers have experienced a little of everything.

On Lake Michigan, cool weather early in the season led to a slow start, but action has picked up in recent weeks. Reports from ports up and down the western side of the Lower Peninsula indicate a pretty good season so far. “We’ve had reports of throwing a few in the cooler to filling a cooler,” said Gary Stillson, co-owner of Lakeview Marine and Tackle in Grand Haven. “The sizes are varied, but I’d say they’re running medium to large.” Farther north, anglers report pretty good fishing at Manistee. “Fishing is good right now. It’s getting up to speed,” said Jake Jacobi, of Insta-Launch Marina. “We got off to a late start because of the cold weather, but we’re getting up to par.” Jacobi said the early morning bite has been the best, with fish holding in 80 to 90 feet of water. “As the sun comes up they go deeper and you have to go find them,” he said. Mark Tonello, a DNR fisheries biologist for the Lake Michigan watershed has been hearing pretty good reports from anglers on Lake Michigan. “It’s been a pretty good season so far, particularly for kings,” he said. “They’re running smaller than average, but good numbers are coming in. I think they’re getting some steelhead, too, but you have to run way out, and with the price of gas, and with the salmon closer to shore, not many boats are going out there.” Tonello said Chinook action has been the best and that on the right days, anglers are catching fish right in the harbors. “If you get cold water (below 60 degrees) in the harbors the fish will be there,” he said. Tonello said the smaller size of the salmon is likely related to a decline in forage fish in the lake. “Alewives are the main prey base for kings,” he said. “They’ll eat smelt, but they prefer alewives. Everything I’ve been hearing points to not as many alewives in Lake Michigan as before. There are some, and it’s not as bad as in Lake Huron.”

Anglers on the sunrise side of the state have been warned that this summer may be a down year for salmon, and so far those predictions are holding true, although there have been a few bright spots.

“We’ve been telling people ever since January that this was probably going to be a tough year,” said Jim Baker, the DNR’s fisheries unit manager for the Southern Lake Huron Management Unit. “This is the second year in a row that there is a severe lack of alewives in the lake, and salmon are extremely dependent on alewives. “It’s been affecting fishing throughout the lake, particularly at the southern end,” he said.

The best fishing in southern Lake Huron was early in the season. “April and early May were as good as any year as far as quantity, but the size was down,” said Capt. Ron Cutler, of Just In Time Industries, a charter service out of Lexington. “There doesn’t seem to be a lot of 3-year-old fish around.” According to Cutler, fishing slowed in May and June, but the action has picked up again. “We had a big school show up about a week ago and have had a few pretty good days. This group seems to be a little bigger than the early ones,” he said. Salmon fishing has been dismal at Harrisville, but lake trout have been keeping anglers busy.

“There is a major baitfish problem in Lake Huron,” said Steve Doucette, of Keerl’s Korner in Harrisville. “There has been a major crash and it’s affecting the salmon. They’re catching a lot of 8- to 10-pound fish. So far, the biggest this year has been 22.7 pounds. Any other year that’s an average fish.” Doucette said there are several reasons for the decline of baitfish. “There are three factors,” he said. “Number one is the fact that there are 40,000 cormorants nesting in Michigan now, compared to 800 in 1984. If they each eat three to five pounds of fish per day, that’s a lot of baitfish. The second problem is that zebra mussels are eating the plankton,” which alewives feed on. “Number three is that we’ve had a massive freeze during the past two years, and that has killed some (alewives).” Regardless of the reason, the results are smaller fish across the lake.

The news is better from Lake Superior where the lake trout is the staple fish, and the fishery is thriving.

“The fishing has been good. I think we’re having a pretty normal season, when you can get out,” said Mitch Mattson, of Shelter Bay Charters. “The fishing has been pretty consistent. We’re catching mostly lake trout, but it seems this year we’re picking up a few kings. We do catch lean lake trout, too, not the fats.” Mattson said the worst thing about the season so far has been unstable weather that has kept anglers off the lake.

Editor's Note:

Now that Salmon fishing is winding down, please send to me any submissions (Advertisements, photos, announcements, notices, or recipes) that you have for the *Downrigger* please send them to me via e-mail at lewisscott@yahoo.com I will be working in Microsoft word so if your submission could be in that format it would be a great help.

Scott Lewis

Recipe Corner

Here is an opportunity to share your favorite recipes for fish or game. If you have any recipes you would like to share please send them to me at lewisscott@yahoo.com or at the address on the cover to this Downrigger.

Scott

SALMON MARINADE

1/4 cup Soy Sauce
 1/4 cup Real Maple Syrup
 1/2 cup Apple juice (any kind)
 1 smashed garlic clove
 2 tablespoons minced onion

Mix well and marinate salmon pieces approximately 4 hours.

GRILLED FISH

1/2 cup Mayonnaise
 1/2 cup Dijon Mustard
 Dill Weed

Mix together and spread on both sides of skinned fish. Heat oven or grill to 500 degrees.
 Put fish in oven or grill on cookie sheet or foil and turn heat OFF. WAIT 30 MINUTES. ENJOY!!

Coupon Corner Chris Temple from the Gander Mountain, located at the Summit Place Mall in Waterford, has agreed to give a 10% discount to all OCSA members. You must present the coupon below with your OCSA membership card at the time of purchase to obtain the discount. The discount doesn't apply to firearms, electronics, gift certificates, or licenses.



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Present this coupon from the Downrigger and your OCSA membership card at the time of purchase. The discount is good for 10% off your entire purchase (excluding firearms, ammunition, electronics, gift certificates and licenses)

Good for all active Oakland County Sport fishing Club Members and the Summit Place Mall Store

WANTED:**Your E-Mail address.**

The Club would like to compile a list of member e-mail address so that we can quickly and easily communicate with one another. If you have an e-mail address would you please inform Bill Purves wpurves@pobox.com or Scott Lewis lewisscott@yahoo.com Thank you.

Oakland County Sport fishing Association Board members.

President	William Purves	248-625-3617
Vice President	Glenn Appel	248-625-3492
Treasurer	Sue Odle	248-673-3759
Recording Secretary	Margaret Purves	248-625-3617
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Tournament Chairperson	Mike Odle	248-673-3759
Sunshine Man& MUCC Chairperson	Glen Uhl	248-682-4079
Charities Chairperson	Ron Robbins	248-666-4618



165 COUNTRYSIDE LN
HIGHLAND MI 48357

Calendar of Upcoming events

September 4 Cass Lake Tournament. Contact Steve Loehr or Mark Morris for more information.

September 8 Board Meeting at DPNS 7pm

September 15 Membership Meeting at DPNS 7:30 pm.

September 18 Harbor Beach Tournament. Contact Bill Purves or Ryan Nims for more information.

October 13 Board Meeting at DPNS 7pm

October 20 Membership Meeting at DPNS 7:30 pm.