



## Save Our Fish Auburn Chapter of Puget Sound Anglers

### Next Chapter Meeting:

**Next Meeting Date September 27, 2023**

**6:00pm**

**Trotter's Restaurant  
825 Harvey Rd, Auburn**

Be sure to check out our website: <http://www.saveourfish.org/>

For a complete list of Board Members, please visit the website:

<http://saveourfish.org/board>

Newsletter editor: Dayle Conrad

### Up and Coming Activities:

#### September

**27 – General Club Meeting 6:00pm**

Speaker: Scott Cottell, PSA Renton

**29-30 – Humptulips River Outing**

#### October

**11 – Board Meeting 7:00pm**

**25 – General Club Meeting 6:00pm**

#### November

**8 – Board Meeting 7:00pm**

**15 – General Club Meeting 6:00pm**

#### December

**2 – Christmas Party 6:00pm**

**13 – Board Meeting 7:00pm**



## President's Message -- Rob Larsen

I want to thank everyone who helped with the steak and corn feed. It was a great steak and corn feed. I think the steaks get better every year. Jim, you are the man. Thank you, Russ for doing the corn. Sorry you had to make a trip to get extra parts for the cooker but we appreciated it. The corn was great. Thanks to those who brought barbecues. I greatly appreciated it.

I have continued to work on Steelheading and plan on having a conversation with James Losee sometime soon, hoping that we can at least get some sort of fishery back on the Olympic Peninsula on the rivers that have been closed. Stay tuned. I may be asking you for some help on Coastal Steelhead. Hal has been helping all along.

On a positive note we're going to have up to 1,200,000 eyed eggs from Baker get transferred to the Lake Washington system. That's really a positive thing. Now we just have to hope we don't get any disease. At this time we are close to having the number of eggs we need and the fish are still trickling in., Fishing has been good out in Puget Sound. I've been getting silvers at Redondo and kings down on the Nisqually. I have heard of some very good trips from some of our members. There's a picture of Jim Hand where he had an exceptional day for a 16 lb.Coho at Westport. I had a great day tuna fishing on a friend's boat. I hope you're getting out and enjoying it. Looking forward to our club outing on the Humptulips, Satsop, or Chehalis system.

We'll see you at the club meeting.

Tight Lines,  
Rob Larsen  
SOF PSA president

## September Speaker – Scott Cottell

Our speaker this month, Scott Cottell, is an avid fisherman who attends both the Renton and SOF PSA chapters. Scott is a board member for the Renton chapter. He has been fishing perch on Lake Washington and Lake Sammamish for a good number of years and is very successful. He is going to come and share his methods. Don't miss it!



## Humptulips River Outing – September 29-30



The Mike Wood Memorial Fall fishing outing in Wishkah will take place on Friday September 29th and Saturday September 30th at Darrell Wood's house. The Friday night potluck will take place around 8pm, so bring your favorite dish to share. The group is to stay in the detached guest house/bunkhouses where beds are limited, so bring any cots or mattresses you may need to get some sleep before rising early to pursue fish on your stream of choice. For those arriving Friday night, some of the group will have already tested the waters and will have reports to help you decide where to go. Popular rivers in the area include the Humptulips, Chehalis, Satsop, Wynoochie, Wishkah, Copalis, Queets and Clearwater Rivers.

Be sure to attend the general meeting on Wednesday September 27th to pick up tips from chapter members and get additional information like maps and directions.

The address to the house is: 46 W. Wishkah Rd, Wishkah, Wa. Phone service at the house is spotty at best. If you have a boat and have room to take someone, think about inviting someone you've not fished with before. If you have a good bank spot, invite someone to join you. If you have a good day on the river, take some pictures and send them to Dayle for the next hog pen portion of the newsletter.

**Be sure to let Rob Larsen know if you are interested in joining this outing!**

## Best Seattle Fishing Charter

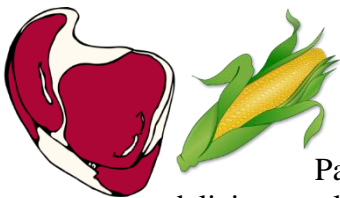
The winner of the Best Seattle Fishing Charter trip donated by Cary Hofmann was Ron Howard.

Drawing with the deck of cards sold for the Puget Sound salmon trip with Best Seattle Fishing Charter was fantastic. I had the good fortune of being invited to go and we had a great time. Everybody on board caught fish. We all got our chinook and filled out the rest of our limits with silvers and one pink. It was a great time particularly fun for me because I haven't mooched for many years and we caught fish after fish including wild Kings, or shall I say unmarked Kings. Cary did a great job and he told me that he is going to give us another trip for next year. So you will have a chance again next year. It was an absolute blast with smiles all around.



If you see Cary Hofmann at the Sportsman Show, make sure you thank him. Those lucky enough to be on the trip were Ron, Jim, Rob, Allen, Colby and Tanner. All kicked in an extra 50 bucks; 200 for a tip and a 100 donation back to the club.

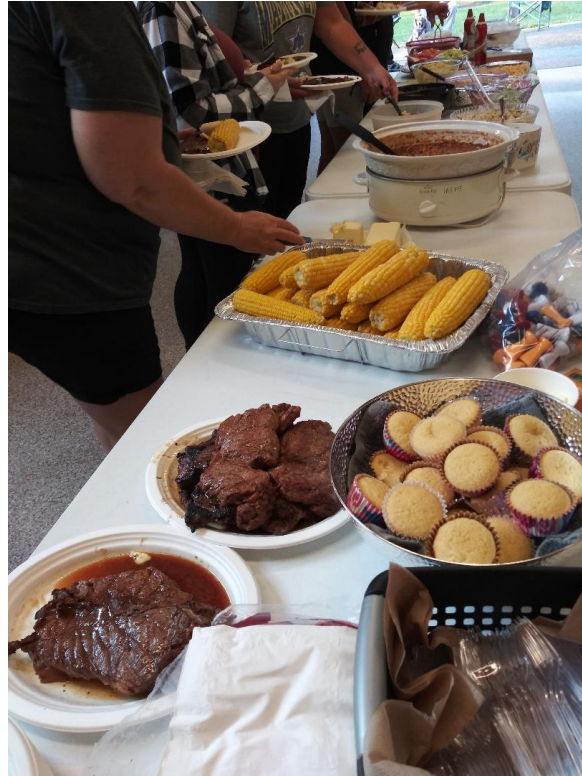
Thanks everyone!



## Steak and Corn Feed Recap

Our annual Steak and Corn Feed was held August 23rd at the Veterans Memorial Park in Auburn. The club paid for the Prime Rib while the membership brought all the delicious potluck items. Russ brought and cooked the corn and Jim was in charge of the steaks.

The weather was beautiful that evening, which made for a very pleasant time. It is always fun to see all the family members.



## Urgent Membership News!

Membership renewals for SOF PSA only has 21 current members.

Please renew your memberships if you have not already done so.  
Thank you, Rob.



## Save the Date! Christmas Banquet December 2<sup>nd</sup>

This year's Chapter Christmas Party will be held December 2nd at the **Swiss Sportsman Club located at 9205 198<sup>th</sup> Ave E, Bonney Lake, 98391.**

More information will be coming, so stay tuned!



## Tip of the Month – Fishing Network

from Rob Larsen

Develop the best possible fishing network you can. For people to be worthwhile on a fishing network, they need to share valuable information with those they network with. That means calling them when you know something good is going on. If you don't offer valuable information to those in your network, why would they want to share valuable information with you? You may not have as much to offer, but if you share good information when you get it, they will still appreciate it.

I encourage all of you to develop and use a network. It will be one of the most effective things you can do to increase your fish catch rate. Remember, you don't catch fish where they aren't and someone knows where they are. You just need to find out who and have them be willing to share with you.

## Raffle News

### September 2023 Raffle News

This month's raffle will have some great items. You don't want to miss out!

Bob Holzberger  
206-890-7066



## Visit Our Website

The website has the recipe of the month, links to our sponsors, and a year's worth of past newsletters. There is a new link on the Hogpen web page to submit photo's for the Hogpen, which will provide the pictures for the Newsletter, Website, and Christmas Banquet.

[www.saveourfish.org](http://www.saveourfish.org)



## Save Our Fish Facebook Page

The Save Our Fish [Facebook page](#) is a Public Group currently with 47 members. If you are on Facebook and haven't requested to join the group, now is your chance.

**Let's see how many members we can get this year!** This is a great way to get club information. It can also be used to connect with other members to fill an empty seat in the boat, see where other members are fishing (if they are willing to share), or post videos, photos, or other fishing and conservation interests.

## Membership – New and Renewals

Thank you everyone that have paid your membership dues for the 2023 year. For those of you who have not yet paid, it's not too late. Memberships can be paid online, at any SOF meeting, or by mail to the address at the bottom of the SOF membership form. Contact Rich Gregory if you have any membership question.

You can pay by mail or online at <http://www.saveourfish.org/Membership/Membership.htm>.

The membership form is attached at the end of this newsletter or you can contact our member chair, Rich Gregory, at [rwgav8@hotmail.com](mailto:rwgav8@hotmail.com).

Click here to pay: [https://www.paypal.com/donate/?token=FIzb14yBeNX1SNG80QYPNONcJJiwtgiJxdurg11BSvD-4EIX\\_IssRDmduLv7mqOlq4MR0](https://www.paypal.com/donate/?token=FIzb14yBeNX1SNG80QYPNONcJJiwtgiJxdurg11BSvD-4EIX_IssRDmduLv7mqOlq4MR0)

Use the “**Donate with a Card**” option if you don't have a Paypal account.

You will get an email confirmation/receipt after you complete the payment process. Make sure you fill in your email address!

Here's what the top of the form looks like. **Click the \$ sign to fill in your amount then click the + sign on the "Add special instructions" and tell us what you are paying for. Example: 2018 dues for Greg Hindman.**  
Here's what the top of the form looks like:

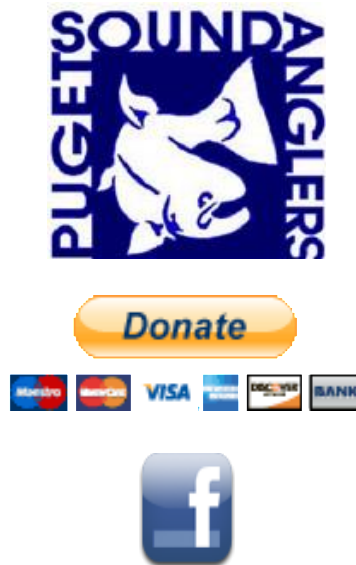
Donate to  
Save Our Fish

\$  
USD

+ Add special instructions to the seller:

You can also get to this Donate link via our main web site <http://www.saveourfish.org/>

It looks like the below:



The membership form is available online <http://www.saveourfish.org/membership.pdf> and at the end of this newsletter.

## Save Our Fish PSA Hats for Sale

Now you can proudly advertise your PSA chapter. Hats are embroidered with a colored PSA logo on the front and Save Our Fish stitched on the back.

Quantities are limited, so bring your money and get yours at the next meeting. \$10





## Member Classifieds

Do you have any items in the garage that have just been collecting dust over the years? Maybe a fishing pole that you just don't use anymore. Why not sell it to a fellow member in the new classifieds section? Send a brief description of the item you would like to sell and photo if available to [sof.psa@hotmail.com](mailto:sof.psa@hotmail.com) and we will include it in the next issue of the newsletter.

**If you have a website or product you would like to share, please send the information to:**  
**[Sof.psa@hotmail.com](mailto:Sof.psa@hotmail.com)**



# SOF Sponsors

[Auburn Sports & Marine](#) – Kids derby, rod donations, gift certificates



[Walmart](#) – \$1,500 Grant



[Bass Pro Shops](#) –



[King Salmon Marine](#) – Kids fishing derby donations



[Big J's Outdoor Store](#) – Carbon River Cleanup



[Silver Horde](#) – Raffle donations



[City of Orting](#) – Carbon River Cleanup



[Sportsman's Warehouse](#) – Federal Way Kids Derby donations



[Gamakatsu](#) – Jig hook donations



[Washington Sportsmen's Show](#)



[Los Pinos Mexican Restaurant](#) – Carbon River Cleanup



# Hog Pen

Do you have a picture from your latest fishing adventures? Be sure to send it, with your descriptive caption to [sof.psa@hotmail.com](mailto:sof.psa@hotmail.com) for your chance to have it be featured in the Hog Pen.



Kathy Carnino  
and gang



Shane Conrad  
with a nice Coho from the Columbia River



Jim Hand with friend at Westport  
16 lb. Coho



Rob Larsen and Dan Miller, president of the  
Steelhead Salmon Trout Club  
nice Coho from Area 11



Bart with Area 11  
10 lb. Coho



Stanley Prescott  
These two September chinook decided to play while  
fishing near the Allentown Fire station.  
Drifting eggs was the ticket.

# Recipe of the Month

## Instant Pot Spinach & Artichoke Chicken

[pressureluckcooking.com/instant-pot-spinach-artichoke-chicken](http://pressureluckcooking.com/instant-pot-spinach-artichoke-chicken)



The other day I found myself dipping chip after chip into a glorious spinach and artichoke dip. And then I had a chicken entrée but I was a bit filled up from the dip. And then I thought to myself, wouldn't it be smart to just combine the two into a glorious spinach & artichoke chicken? Why yes, yes it would. As easy and quick to make as it is irresistible, you've just found your latest favorite.

**Prep Time** 10 minutes

**Cook Time** 8 minutes

**Additional Time** 15 minutes

**Total Time** 33 minutes



### Ingredients

- 1/3 cup all-purpose flour with a few sprinkles of salt, pepper and garlic powder added in
- 2 pounds chicken cutlets (thinly sliced chicken breast)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons (1/4 stick) salted butter
- 1 yellow onion, diced
- 3 cloves garlic, minced or pressed
- 1 1/2 cups garlic broth (e.g., Garlic Better Than Bouillon), chicken broth or vegetable broth
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon seasoned salt
- 1/2 teaspoon black pepper
- 1 pound spinach
- 1/2 cup heavy cream or half-and-half
- 1 package Boursin or Alouette herb cheese (any flavor) or 4 ounces brick cream cheese
- 1/2 cup grated Parmesan cheese
- 2 cups shredded mozzarella cheese
- 14-ounce can artichoke hearts, drained and ripped apart by hand (see Jeff's Tips)

### Instructions

1. Dredge the chicken cutlets in the flour mixture until fully coated and set aside.
2. Add the oil and butter to the Instant Pot. Hit Sauté and Adjust so it's on the More or High setting. Once the butter's melted, in batches, add the chicken and lightly brown on each side for 90 seconds. Repeat until done and set aside.
3. Add the onion and sauté for 3 more minutes, scraping the bottom of the pot to get any browned bits up from sautéing the chicken. Add the garlic and sauté for 1 minute more.
4. Add the broth and really make sure you deglaze (scrape) the bottom of the pot so it's as smooth as possible with very little browned bits stuck on. Add the garlic powder, onion powder, seasoned salt and black pepper. Stir well.

5. Add back the chicken to the pot, allowing the cutlets to rest on top of each other. Top with the spinach (it will feel like you have a ton in there and come above the brim, but it will cook down to nothing).
6. Secure the lid and move the valve to the sealing position. Hit Cancel and then hit Manual or Pressure Cook on High Pressure for 8 minutes. Quick release when done.
7. Brush the spinach off the chicken as best as possible and transfer the chicken to a serving dish to rest.
8. Hit Cancel followed by Sauté (which should still be on the More or High setting). Add the cream, herb cheese, Parmesan, mozzarella, and artichoke hearts. Stir until well combined. Once bubbling, hit Cancel to turn the pot off.
9. Drape the sauce over the chicken and serve over rice or noodles, or even tortilla chips!

## Jeffrey's Tips

If you want more artichokes, add up to another can and reserve some for topping when serving.

To make spinach & artichoke chicken nachos, slice the chicken into bite-size pieces in Step 7 and then return it to the pot when adding the artichokes in Step 8. Ladle the sauce over chips of your choice.

You can also top with some crushed tortilla chips as well (a nice touch).

Make it keto/gluten-free by subbing coconut/quinoa flour for the all-purpose, respectively.

© Jeffrey

**Cuisine:** American / **Category:** Poultry

<https://pressureluckcooking.com/instant-pot-spinach-artichoke-chicken/>



## Save Our Fish Chapter

[www.saveourfish.org](http://www.saveourfish.org)

### 2023 MEMBERSHIP FORM

#### APPLICANT INFORMATION

Name:		Date:
Current address:		
City:	State:	ZIP Code:
Primary Phone (Home, Cell, Work <i>Please circle</i> ):		
Alternate Phone (Home, Cell, Work <i>Please circle</i> ):		
Email Address:		
Sponsor:		

#### MEMBERSHIP

Membership is for the 2023 calendar year. Dues paid through February 28, 2023 are at rates shown below, reduced by \$5.00. Dues paid after March 1, 2023 will be at the full annual rates shown below. Contact Rich Gregory at 253-209-0586 or [sof.psa@hotmail.com](mailto:sof.psa@hotmail.com) if you have any questions.

#### MEMBERSHIP SELECTION

<input type="checkbox"/> New Membership	<input type="checkbox"/> Membership Renewal
Adult: 18-61 – annual dues \$30	
Family: heads of household and all other family members younger than 18 – annual dues \$40	
Juvenile: 17 and younger – annual dues \$15	
Senior: 62 and older – annual dues \$20	

Please check appropriate membership selection above, complete form, and bring to meeting or mail with check to:

Save Our Fish  
 c/o Rich Gregory  
 12608 117<sup>th</sup> St Ct E  
 Puyallup, WA 98374

Cash  Check

Raf  Roster  TRN  Email