



# The Rooster Tails Fishing Club of Northern California, Inc.

*Educate ~ Entertain ~ Enhance*

Volume 8, Issue 12 — December 2018

Rooster Tails Fishing Club of Northern California, Inc.  
PO Box 7441  
Auburn, CA 95604  
530-887-0479  
www.roostertailsfishingclub.

**MERRY CHRISTMAS AND A  
HAPPY ROOSTER TAIL MEMBER NEW YEAR!  
SEE YOU AT OUR JANUARY 18<sup>TH</sup> BREAKFAST MEETING**



## Inside this issue:

Purchase a Sport Fishing License	2
8 Health Reasons to say "YES" to Wild Salmon	2
Technology for Predicting Snowmelt	3
Turkey Tourney Jackpot Contest	4

## Calendar of Events

**January 18**  
3rd Friday Breakfast  
Speaker — TBA  
2018 Jackpot & Grand Slam  
Award Ceremony

## January 2019

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

## Purchase a Sport Fishing License

The CDFW thinks it is a great time to purchase your 2019 sport fishing license. Purchasing your license now will allow you to take advantage of a full year of the unmatched fishing opportunities the Golden State has to offer. With more than 30,000 miles of rivers and streams, 4,172 lakes and reservoirs and 80 major rivers, freshwater fishing opportunities abound in California. The state also features more than 1,100 miles of coastline that is home to hundreds of native fish and shellfish species.



### Other license purchase options include:

A License Agent is a business that is certified by CDFW to sell licenses. Most License Agents (pharmacy stores, retail sporting goods stores, bait & tackle shops, charge an additional 3% - 5% license nonrefundable application fee.

Order by phone: 800-565-1458

Order by email:

[www.ca.wildlifelicense.com/InternetSales/Home/ContactAspira](http://www.ca.wildlifelicense.com/InternetSales/Home/ContactAspira)

Annual Sport Fishing Licenses (valid January 1, through December 31, or for the remainder of the year if purchased after January 1.

Resident Sport Fishing \$48.34

Second Rod Validation \$15.12

**Before You Start:** You must be at least 18 years of age, and authorized to make online purchases. To purchase a license you must provide the licensee's information including identity (i.e. GO ID, driver's license, etc.), date of birth, address, phone number, physical characteristics, etc. If you are purchasing a fishing license for another customer and do not have this information, you can purchase a resident sport fishing gift voucher.

**ALL SALES ARE FINAL - NO REFUNDS OR EXCHANGES.**

**Purchase these items ONLINE or at any LICENSE AGENT or CDFW LICENSE SALES OFFICE.**

**Note:** The California Department of Fish and Wildlife (CDFW) doesn't accept cash at CDFW's License and Revenue Branch and regional license counters. Individuals who want to make payments at CDFW's License and Revenue Branch or a regional license counter can use checks, money orders, or any debit/credit card with the Visa or Mastercard logo. This "no-cash policy" will improve customer and employee safety, department efficiency, customer service and provide cost savings. Accepting cash payments is costly in both the staff time it takes to process and in armored car services.

## 8 Health Reasons to Say "YES" to Wild Salmon

There are many health benefits to incorporating wild salmon into your diet. Wild salmon dine on other fish (unlike farm-raised salmon, which can be fed fillers or injected with antibiotics for mass production), which means they are high in essential omega-3 fatty acids (or good fats), protein, and low in saturated fats (bad fats). Here are eight reasons to say "yes" to wild salmon on your plate...

### 1. Supports Healthy Vision

Research from the University of Maryland Medical Center found that diets rich in omega-3 essential fatty acids (prominent in salmon) can lower the risk onset of age-related macular degeneration (or AMD)—the leading cause of vision loss in individuals past age 50. Omega-3s were also credited for decreasing irritated or dry eyes and other vision-related issues.

### 2. Improves Skin

If you struggle with acne, redness, or wrinkly, sagging skin eating wild salmon may be better than any expensive moisturizer. Dermatologists at Yale, link a diet rich in omega-3 fatty acids to better moisturized, less problem prone, younger looking skin. Why? Because essential fatty acids replenish aging skin with lipids, naturally-occurring molecules that maintain skin elasticity and flexibility. And protein-rich sources, like salmon, encourage skin-benefitting collagen production.



### 3. Stabilizes Blood Pressure

If your blood pressure is high, you might consider eating salmon weekly to lower your blood pressure and prevent dangerous spikes. Research from St. George's Medical School found that potassium citrate, like potassium chloride (a supplement often recommended for high blood pressure), works just as well to prevent high blood pressure (hypertension). However, potassium citrate is found naturally in foods (such as wild salmon).

### 4. Strengthens Memory

If you want beauty and brains you'd better eat your wild salmon, according to a study published in *The Journal of Nutrition*, which linked salmon (or omega-3 fatty acids) to improved memory and cognitive processes. The study monitored rats with high fish oil diets versus rats with low fish oil diets and found that more fish oils equaled better memory performance and mental alertness.

### 5. Helps Maintain Healthy Weight

If you're struggling with your weight, incorporating a healthy source of fats, like those found in wild salmon, will ward off hunger cravings and keep you satisfied longer after consumption due to the slow way in which salmon is digested. Wild salmon is also a great source of protein, selenium, niacin, vitamin B12 and B6, phosphorus, and magnesium for balanced nutrition.

*Continued on page 3*





# Fish Report

Fisheries Research, Monitoring, and Conservation

## TECOLOGY FOR PREDICTING SNOWMELT — Excerpt adopted from FishBio Article

During the drought, reporters dutifully followed the DWR Snow Surveys team out to a meadow near Lake Tahoe to measure the snow depth and report on the abysmal numbers. David Rizzardo, Chief of the Snow Surveys Section at **DWR** (Dept of Water Resources), described how this official Snow Survey program has been used to forecast runoff since the 1930s, and methods haven't changed much



Photo by Don Graham

over the decades. While these on-the-ground measurements are still necessary, the **ASO**, (Airborne Snow Observatory), developed by researchers at the **NASA** Jet Propulsion Laboratory in partnership with DWR, has offered a huge leap forward in snow science. Kat Borman of NASA described how this award-winning program uses scanning **LIDAR** (Light Detection And Ranging) is an optical remote sensing technology that measures properties of scattered light to find range and/or other information of a distant target. Fixed to an airplane to measure the height of the mountains' surface topography during the snow-free summer, which they then subtract from the height of the snow-covered mountain surfaces measured during flights in the winter. The difference between the two measures is used to create a 3D model of the snowpack that can accurately estimate snow depth to within a centimeter or two.

The map outputs of the ASO snow water equivalent data are both useful and fascinating. In addition, imaging spectrometry provides the snowpack **ALBEDO**, (*Albedo defined as a way of quantifying how much radiation is reflected from the surface*).

It is a comparison between the reflection radiations from the surface to the amount of radiation that hits it, or the reflection of solar radiation off the snow surface, which can be used to estimate how quickly the snow will melt. ASO can conduct flights and process data in about 24 hours, which can then be included in a model **iSnoBal** (*iSnoBal is a physi-*

*cally-based distributed snowmelt model*) that calculates the snow water equivalent, or amount of water contained in the pack. iSnoBal, described by Scott Havens of the U.S. Department of Agriculture, can provide an estimate of minimum runoff for the season. However, ASO flights must be conducted every few weeks to provide the snow depth data, or the model loses accuracy.

Rufino Gonzalez from the U.S. Bureau of Reclamation explained that these ASO data have allowed operators of Friant Dam and the Millerton Lake reservoir on the San Joaquin River to have greater confidence in the runoff estimates earlier in the season, and they have used this information to “nudge” the operations one way or another. While new tools are constantly improving our estimates of runoff, using them effectively is the key to adapting management actions to our ever-changing climate. Learning how to fold these newest observational technologies into useful decision-support tools will be an important step in helping reservoir operators and water managers quickly use the data to make informed decisions.

### Eat Wild Salmon—continued from page 2

#### 6. Lowers Cholesterol

If your cholesterol is soaring into dangerous territories, take it from U.S. National Institutes of Health research that links salmon consumption (a few times per week) to lower triglycerides (or bad cholesterol) and reducing the overall risk of cardiovascular disease.

#### 7. Versatile, Healthy, and Tasty

For purely appetizing (yet healthful) reasons, wild salmon can be incorporated into a variety of meals in multiple ways. For

instance, I put smoked or shredded wild salmon into omelets, on sandwiches, on top of fresh salads, into pasta and stir fry dishes, into patties for salmon burgers—the possibilities of this healthy source of fat and protein are both tasty and endless!

#### 8. Lowers Cancer Risk

You've long heard health claims that omega-3 fats reduce the risk of certain types of cancer (i.e., prostate and rectal cancer). Food sources high in omega-3 fatty acids, such as wild salmon and other cold water fish were found to decrease the risk of cancer, according to research from Stanford Medicine.

## 5th Annual Turkey Tourney — Host Art Stonebraker

The Rooster Tails Fishing Club's 5<sup>th</sup> Annual Turkey Tourney was on Wednesday November 7, 2018 and what a day it was...beautiful blue skies, low winds, sunny with perfect temperatures. It was a day on the lake that fishermen dream about. Thirty-one club members and guests showed up to fish in the tournament. Eight of those chose to spend the night before the tournament in one of the three houseboats made available with the compliments of Skipper's Cove Marina.

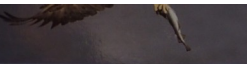
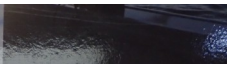
Two o'clock was the time set for the official weigh-in located in the upper parking lot of Skipper's Cove. A warm meal of chili dogs, desert and some cold water awaited the hungry anglers as they brought their fish to the scales to be weighed-in.

In years past the club gave away six \$30 gift certificates. This year the Rooster Tails Board increased the number of gift certificates to eleven. Each \$30 certificate was redeemable at either Raley's, Bel Air or Safeway supermarkets. As it turned out, we had eleven certificates and eleven anglers caught fish. Congratulations to the winners of the turkey gift certificates (see photo below).

A special thanks to all those who made this year's Turkey Tourney a success. To Jim Petruk for the promotional flyers, Skipper's Cove Marina for providing the houseboats, Dave Robertson and Anthony Coetzee as houseboat managers, Shawn Conlan and Burt Jansen for shuttle service, Raley's, Bel Air and Safeway Supermarkets for co-sponsoring the gift certificates, and the Rooster Tails Board for their hard work and pulling everything together to make the tournament happen. And especially to all of you who attended this year's tournament.

















## 2018 Jackpot Contest

# ANNUAL JACKPOT CONTEST

2018
2017

	LENGTH	WEIGHT	WATER	DATE	ANGLER	
	Kokanee	18"	1.75	WHISKYTOWN	9-8	B. MIERKEY
	Landlocked Salmon	22 3/8"		OROVILLE	6-10	R. CORRADO
	River or Ocean King Salmon	38"	28lb	SACTO RIVER	10-18	M. MCKENDREE
	Striped Bass	34"		S.F. BAY	6-20	O. SOUDERS
	Rainbow Trout	24 1/2"	5.43	DON PEDRO R.	3-15	B. MIERKEY
	Brown Trout	27"	7lb 9oz	DONNER LAKE	8-22	R. NORTHAM
	Steelhead	27 1/2"	9lb 7oz	AMERICAN RIVER	1-17	PETER ZITTERE
	Lake Trout (Mackinaw)	22"		DONNER LAKE	8-22	R. NORTHAM
	Large Mouth Bass	23"	4lb 8oz	PRIVATE POND	8-28	Rik Cox
	Small Mouth Bass	19 1/2"	4lb 4oz	BERRYESSA	2-15	Rik Cox
	Cattfish	28 1/2"		CLEARLAKE	11-18	MEL EWING
	Shad	19 1/4"		AMERICAN RIVER	6-23	GREG HICKS
	Crappie	14"		CAMP FAR WEST	5-21	SHAWN CONLAN
	Sturgeon	34"		SACTO DELTA	11-18	MEL TAKAHASHI

### 2017 entries in red — 2018 entries in black

KOKANEE— **Bev Mierkey**, 18", 1.75 lbs., Whiskeytown, 9/8/18

LANDLOCKED SALMON, **Ray Corrao**, 22 3/8", Oroville Reservoir, 6/10/18

RIVER/OCEAN KING SALMON, **Mac McKendree**, Sacramento River, 38", 10/18/18

STRIPED BASS, **Olin Souders**, S.F. Bay, 34", 7/14/18

RAINBOW TROUT, **Bev Mierkey**, 24 1/2", 5.43 lbs., Don Pedro, 3/15/18

BROWN TROUT, **Richard Northam**, 27", 7 lbs. 9 oz, Donner Lake, 8/22/18

STEELHEAD, **Peter Zittere**, 27 1/2", 9 lbs. 7 oz., American River, 1/17/18

Large Trout (MacKinaw), **Richard Northam**, 22", Donner Lake, 8/22/18

LARGE MOUTH BASS, **Rik Cox**, 23", 4 lbs. 8 oz., Private Pond, 8/28/18

SMALL MOUTH BASS, **Rik Cox**, 19 1/2", 4 lbs. 4 oz, Berryessa, 2/15/18

CRAPPIE, **Shawn Conlon**, 14", Camp Far West, 5/21/18

### Back row L. to R.

Steve Dickey  
Rik Cox

### Front row L. to R.

Kathy Souders  
Robert Unwin  
Kathy Negrey  
Petra Winecar  
Dale Hafelfinger  
Ray Corrao  
Ken Stears  
Anthony Coetzee