



FISHING FOR LIFE

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THE DEPTH FINDER

Luke 5:4—"Put out into the deep and let down your nets for a catch." - Jesus directs us if we listen.

VOLUME 6, OCTOBER

A Communication for Deep C's Members

OCTOBER 5, 2020

DEEP C'S DIRECTOR - STEVE CRUIKSHANK

Hello All,

This years Fall Retreat was very memorable for me. As you may remember I was Baptized at the Fall Retreat last year by my good friend Pastor Wes Brooks. Well this year I had the honor of Baptizing Jim Rykes. This was my first Baptism since getting my license through International Ministry Fellowship (IMF). I pray this will become a yearly tradition.

Total in attendance this year was 50, last years total was 41 so we are growing. I pray we get to 60 next year. I want to thank Mount Carmel for everything they did to make our stay amazingly comfortable. The meals were great and thanks to Jeff and Carol Dadd for cooking the fish for the fish fry on Saturday night. Thanks to Vados bait for donating all the bait and thanks to Todd L and Dave J for storing it in their refrigerator and making it available to everyone.

We had 18 participants in the cribbage tournament this year and Ron Buster was the winner. Bob Mattsen was not able to attend and defend his title from last year. Grant Hasselroff and Tom Goodrich tied for the most inches tournament with 94". Grant landed a 42" Musky and Tom was able to catch a 19" small mouth bass. Last year's winner was Cory Fox with 118". Nathaniel and Cory were not able to catch a muskie this year. Here are the largest fish winners:

Large Mouth Bass Sean 20"

Small Mouth Bass Todd Goetze 17"

Rock Bass Cory Voges 11"

Northern Pike Brent Shufelt 36"

Musky Grant Hasselroff 42"

Walleye Jim Lemoine 18"

Perch Wayne Vanmeeteren 9"

Sunny Don Stysma 10"

Crappie Tom Hays 14"

Thanks to JITC worship band for all the great music.



Thanks to Mike and Dan Pilla for all the great messages. I think the worship stepped up a notch this year with us using the large chapel. So many great memories I cant wait till next year.

Your brother in Christ,
Steve

Thanks to volunteer guides - without you FFL could not carry out the ministry we do! As a token of appreciation for some of the guides this year a charter fishing trip with Happy Hooker Charters on Lake Superior was a special blessing. While the 4 boats ended up with just 5 fish total, the fellowship and experience was incredible. Thanks to Gary Dass and Linda Mathews who provided most of the coordination and arrangements for this special outing. On our boat with Capt Dave, we shared with him how we all can relate to the frustration of a day with few fish as we are all guides and we have felt the pressure to produce fish. It is a great pleasure to serve in a ministry that makes such an effort



and takes time to recognize and reward the sacrifices made by their volunteers.

Submitted by Daryle Hamlin

**Bob Mattsen caught the prize
- a very nice Brown Trout.**

October Special Needs Column

Greetings to everyone

I hope everyone is doing well and adjusting to the limitations of the virus. Starting this month I am going to highlight some fun family friendly activities to go and do with your special needs kids so hopefully you learn something.

Lets start with Alamo Drafthouse Cinema

<https://drafthouse.com/twin-cities/program/alamo-for-all>

Alamo Drafthouse Cinema has been here since 1997 and describes itself for having good film, good food and good beer all at the same place. Some of the films include Get Out, The Florida Project and Call Me By Your Name. Current rules for them indicate to maintain a social distance of 6 feet, Wear a mask unless you eat and drink, Exit by row, Stay home if your sick, then lastly wash your hands.



So I hope you can go experience them and make it a fun time and I will talk to you in November.

Handicapped Director Tyler Pinor

ANNOUNCEMENTS AND ADDITIONAL INFORMATION

Men's Deep C's October:

- South - October 8 - Casperson Park
- West - October 13 - Rogers Cabelas
- North - October 22 - Cruikshank's
- East - October 27 - Fractional Toys

All 4 meetings will have a presentation talking bass fishing and the ultimate bait!

The presenters are from Biggtime Outdoors, a ministry that states its purpose as - having a passion for the outdoors, with a purpose. Faith, family, friends, fun in the outdoors!

Charlie & Dusty Wright (note only Dusty at the 22 October meeting because Charlie will be on Table Rock fishing. You can learn more by checking out Biggtime Outdoors on Facebook.



Fishing For Life, founded in 2004, is a tax exempt charitable organization whose mission is to inspire a love of fishing and outdoor activities through Christ-centered programming.

Within Fishing For Life, there is a christian ministry called Deep C's. There are five chapters active - West, South, East, North, and women's - each meeting once / month. The Deep C's meetings all begin at 6pm with a free supper. All are welcome .

2020 Theme

"Abide in Me"

John 15:4 - "Abide in Me, as I also abide in you. No branch can bear fruit by itself; it must abide in the vine. Neither can you bear fruit unless you abide in me."

Cost for membership is \$20/ year collected in February.



Women's Deep C's:

Due to Covid the women's group has not yet found a place to meet in Forest Lake.

Depth Finder is a monthly publication for our Deep C's groups.

Submissions should be emailed to the editor. All articles, testimonies, informational items, pictures, recipes, and items for sale or wanted are welcomed and encouraged. Please make submissions to the editor or Steve.

*Editor: Daryle Hamlin
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Deep C's

Deep C's is a Christian group that regularly gathers together to share in their knowledge of and love for the outdoors, and, most importantly, to fellowship with one another through faith in Jesus Christ. We desire to deepen our relationships with Him and with each other. There are currently five active groups across the Twin Cities. Four for men and now one for women. All are welcome!

A Thankyou From Fishing For Life's Board President

We have certainly had an interesting year. With COVID affecting all of our lives, this has been true with how Fishing For Life has had to adapt in how we go about our ministering to kids, families. Most church camps closed this summer which left us without places to hold our week long Camps. This left a void in how we were able to conduct our ministering. This meant Fishing for Life had to think out of the box on how to keep our ministry going, or close down for the summer. The staff at Fishing for Life has done an amazing job in adapting to how we operate our camps this summer.

First off they came up with a virtual fishing camp. We found families to participate and we gave them rods, reels, tackle. We paired each family with a next Gen guide. Then virtually we connected with the families and went over clean their equipment, spooling new line, fish ID and the tackle they received. Then our next Gen guides met up with the families and took them fishing for the species of their choice. Tis virtual program was a great success and is something Fishing for Life would like to continue in the future.

Then we had week long day camps. This allowed us to have a small group of kids along with guides to get together for ministering and fishing. They went to different lake to fish and on Thursdays of the camp they were given a fish fry. These camps filled up fast, and the kids had such a great experience there were several campers that signed up for multiple weeks.

As the summer went on we were able to start have week long overnight camps. These also filled up fast. We were back in business doing what Fishing for Life does best. Taking kids fishing telling them about Jesus through Gods creation.

None of what Fishing for Life does is possible without some amazing volunteers. From the Next Gen guides to day camp guides and overnight guides and all who volunteer in a supporting compacity. Fishing for Life has a reputation for putting on quality programing. This is due to the fact that all of the men and women volunteering at Fishing for Life events are God loving people with a servant's heart. I truly believe that this is why God is shining his blessing on Fishing for Life. Because we all from the Board to the staff to every volunteer first and foremost raises Gods glory above all.

In closing I would like to personally thank each and every volunteer who has served Fishing for Life. The dedication, commitment and strong faith in our savior Jesus Christ shines through at each and every event. You are the backbone of this ministry. You all remain in my prayers.

God Bless,

Troy Sonnenfeld

Fishing for Life

Board Chairman

Pro Fishing Tips Oct 2020

by Dwight Nelson

As promised last month, for October's column, I will return to coho and lake trout fishing on our great Lake Superior. Before I get into that I have a tip I just have to share with you. A couple of months ago one of the carpeted bunks on my trailer started rotting out so I knew it was time to replace it. I had heard of some guys who had made bunks out of UHMW Polyethylene and loved it. That stuff is pretty expensive though.



What I found out is HDPE (High Density Polyethylene) is a lot cheaper and works almost as good. Better yet I found a 10' piece of it (normally used for house trim) at Menards for around \$20 and it was the same width as my bunks!

Since my bunks are 5' long, a single cut on the table saw was all that was needed to get them ready (along with some counter-sunk holes for stainless steel bolts).



The result is phenomenal. The boat now loads with around 50% less force. If you are in the market for replacement bunks for your trailer, consider making some out of HDPE. Remember though when launching the boat will almost fly off the trailer too!

This time of the year is normally a good time to head up north to our beautiful North Shore for some trout and salmon fishing. You don't even need a boat to cast from shore into Lake Superior for anything from coho to steelhead to "pinks" as they are called. You might even snag a lake trout (sorry for the poor word usage!). While fly fishing here is usually the norm you can also use spinning reels with weighted bobbers and "slinkies".

"Pinks" are a form of salmon that have a pinkish hue on their sides during spawn. While not the greatest eating, pinks can put up a good fight before they head up one of the many North Shore tributaries to spawn. Unlike steelhead, which then migrate back down, pinks decay and die after a few weeks.

What has become my favorite form of fishing along "the Shore" is to troll for lake trout, coho salmon and king salmon. While the fish in Lake Superior may not rival their counterparts in Lake Michigan, you can still come into

some beauties fishing this unique area of Minnesota.

You don't need a big Grady White boat as a friend is blessed to own. I have used my 17' Tracker Deep V on numerous occasions on the Big Lake with great results. A few words of caution are of course coming.

In terms of safety be sure you know and comply with USCG rules as they manage the lake. You most likely already have most of the safety



equipment needed but there are some additional requirements – including signaling devices like horns and flares or flags. Surprisingly a VHF marine radio is not required but I have one in the boat since where I fish cell phone reception is spotty at best.

Be sure to know the fishing regulations as well and the difference between the various types of fish (lake trout vs coho vs steelhead, etc). There are specific limits and regs on each. (For instance, steelhead with an unclipped adipose fin have to be released). Watch specific web sites for wave height data and be aware that after a long drive, you may be sitting on the shore waiting it out.

One of the single biggest factors in trout and salmon fishing on Lake Superior is temperature. Even a couple of degrees difference vertically or horizontally can make all the difference. Watching this will pay off.

In terms of hardware, most walleye equipment can be used to fish for coho since they are found most of the time in the upper 30' of water. I've found pink X-Raps to be especially hot! On the other hand you can get more complex with multiple colors of lead core line strung between 50' of fluorocarbon leader and 200-300 yards of 25# mono on line counter reels. Dipsey divers on stout MH rods can be used to get down even further while downriggers with 12# balls can reach below 100' deep.



A single morning outing Sept. 2019 netted these 3# coho and king salmon for four of us. I hope you can give it a try.

Blessings and Tight Lines!

Dwight Nelson (dpnelson50m@gmail.com)

GRILLED FISH TACOS WITH CHIPOTLE-LIME DRESSING



I came up with this recipe when I couldn't find good directions for grilled fish tacos. I liked the chipotle-lime combination in a dip I once tried so I imitated it here. Choose toppings to suit your taste, or include typical accompaniments such as salsa fresca, cabbage, a squeeze of lime juice, and chopped cilantro.

Marinade

- ¼ cup extra virgin olive oil
- 2 tablespoons distilled white vinegar
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- 1 ½ teaspoons honey
- 2 cloves garlic, minced
- ½ teaspoon cumin
- ½ teaspoon chili powder
- 1 teaspoon seafood seasoning, (Old Bay™)
- ½ teaspoon ground black pepper
- 1 teaspoon hot pepper sauce, or to taste
- 1 pound tilapia fillets, cut into chunks

Dressing

- 8 ounces light sour cream
- ½ cup adobo sauce from chipotle peppers
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- ½ teaspoon seafood seasoning, (Old Bay™)
- salt and pepper to taste

Toppings

- 1 package tortillas
- 3 medium ripe tomatoes, seeded and diced
- 1 bunch cilantro, chopped
- 1 small head cabbage, cored and shredded
- 2 limes, cut in wedges

Directions

Step 1 - To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.

Step 2 - To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.

Step 3 - Pre-heat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

Step 4 - Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes.



Step 5 - Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.

Cook's Note:

The marinated fish in this recipe can also be cooked in the oven. Preheat oven to 350 degrees F (175 degrees C). Bake fish in preheated oven until it easily flakes with a fork, 9 to 11 minutes. Assemble tacos according to directions. Mahi-mahi can be substituted for the tilapia.

From: God

To: All His Children

Effective Immediately:

Please be aware that there are changes you need to make in your life. These changes need to be completed in order that I may fulfill my promises to you to grant you peace, joy and happiness in this life. I apologize for any inconvenience, but after all that I am doing, this seems very little to ask of you. I know, I already gave you 10 Commandments. Keep them, but follow these guidelines as well.

1. QUIT WORRYING

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?

2. PUT IT ON THE LIST

Something needs done or taken care of. Put it on the list. No, not YOUR list. Put it on MY to-do-list. Let ME be the one to take care of the problem. I can't help you until you turn it over to me. And, although my to-do-list is long, I am, after all, God. I can take care of anything you put into my hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

3. TRUST ME

Once you've given your burdens to me, quit trying to take them back. Trust in me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on my list. Problem with finances? Put it on my list. Problems with your emotional roller coaster? For my sake, put it on my list. I want to help you. All you have to do is ask.

4. LEAVE IT ALONE

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave me your burdens, and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with me and forget about them. Just let me do my job.

5. TALK TO ME

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I want you to never forget. Please don't forget to talk to me - OFTEN! I love you. I want to hear your voice. I want you to include me in the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply

you having a conversation with me. I want to be your dearest friend.

6. HAVE FAITH

I see a lot of things from up here that you can't see from where you are. Have faith in me that I know what I'm doing. Trust me, you wouldn't want the view from my eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part. How hard can trust be?

7. SHARE

You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who are mourning. Share your faith with those who have none.

8. BE PATIENT

I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes me a little longer than you expect to handle something on my to-do-list? Trust in my timing, for my timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

9. BE KIND

Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for my sake. I created each of you different in some way. It would be too boring if you were all identical. Please know I love each of your differences.

10. LOVE YOURSELF

As much as I love you, how can you not love yourself? You were created by me to be loved, and to love in return. I am a God of Love. Love me. Love your neighbors. But also love yourself. It makes my heart ache when I see you so angry with yourself when things go wrong. You are very precious to me. Don't ever forget that!

With all my heart, I love you,
GOD

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Got an item or service to advertise
Contact Steve or Daryle
(dbhamlin@gmail.com)



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