



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, MARCH

A Communication for Deep C's Members

MARCH 5, 2020

DEEP C'S DIRECTOR - STEVE CRUIKSHANK

Hello All,

The winter Retreat was a great success again this year with 17 men attending. There were a lot of fish caught but most of them were less than 13". We were able to catch enough keepers to have a fish fry on Saturday evening. The weather also cooperated as we were able to all eat together outside. Nothing better than eating fresh fish out on the ice. Brain Stilwell caught the biggest walleye at 21 1/2". He received the trophy for the biggest walleye caught. Thanks to Gary Dass for hosting Sunday morning devotion. Gary had a very compelling talk about forgiveness. We all need to forgive one another as God has forgiven us.

Bob 106FM will be hosting a Radiothon to benefit Reach and Fishing For Life on Apr 23. Please tune in that day and take part in the fun. See more info on the website.

We will be joining the Street Level Ministry again this month on March 20th see info in newsletter.

What is Forgiveness and what does that look like in our lives today? Do we give forgiveness as often as we feel we deserve forgiveness? We have all cut someone off in our vehicles, right? OK, let's put ourselves in the vehicle that gets cut off. What do we do? Do we say "oh that person didn't see me" and just slow down a little and let them in? Or, do we slam on the horn to block out the cuss words coming out of our mouths? Or, do we speed up and try to cut them off? Now let's put ourselves in the vehicle that cuts someone off. If we noticed we cut them off, do we say "sorry" and want that person we cut off to forgive us immediately? Or do we do like my Grandpa and tell them to get out of our way with a not so friendly hand gesture?

The bible tells us to forgive. Let's be the people who forgive. Don't take my word for it here is what Jesus says. When we are living God's word our lives are just blessed.

Matthew 6:14-15, *For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.*

Colossians 3:13, *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

Ephesians 4:31-32 *Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

Psalms 103:12 *as far as the east is from the west, so far has he removed our transgressions from us.*

Mark 11:25 *And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins.*

Matthew 26:28 *This is my blood of the new covenant, which is poured out for many for the forgiveness of sins.*

Forgiveness can be one of the hardest things we ever do. After we forgive someone who has severely wronged us, we might still be mad at them. Sometimes we may have to forgive someone several times, but I



guarantee each time you forgive someone the easier it gets until you can't even remember how they wronged you. God wants us to love our neighbor as our selves so let's make a conscious effort to forgive those who trespass against us. Amen

Steve

LOOKING FOR DEER & TURKEY EXPO VOLUNTEERS MARCH 13-15TH

We are trying to make volunteer sign-ups as easy as possible. We are currently using volunteersignup.org

We will be meeting at St. Paul Lutheran Church 1901 Portland Ave South On Friday March 20th, 6:30 PM.

We will be partnering with Street Level Ministry again going out on the streets of Minneapolis to share the good news of Jesus Christ.

Please let me know if you are planning to attend.



Enjoying the great outdoors with a disability

For someone with a physical disability, getting out and enjoying nature is more of a challenge. To do the kinds of things that non-disabled people do without even thinking about it requires many more steps, as well as accessibility accommodations, and even adaptive equipment. To set up a tent or to hike an easy trail may seem ordinary to someone else, but to a child or an adult with cerebral palsy, it may feel daunting or even impossible. Spending time outdoors, enjoying parks and trails should be something that everyone can do, and it is possible. You just need to know where to find accommodations and how to ask about accessibility.

What are the benefits of nature and being outdoors? (Everyone can benefit from this not just people with special needs)

One study, for instance, found that just five minutes spent being active outside, causes significant improvements in self-esteem, mood, and depression. Another study found that even an easy walk in a park or any natural area outdoors can reduce signs of depression in the brain. Sunlight is also proven to boost mood and reduce depression and anxiety.

While being active adds to the mood boost and physical health benefits, simply being outside in a natural area is enough to help us feel better. That means that someone with a physical disability doesn't need much, just access to nature, parks, and natural areas.

I should take advice from this study because this is something that I have a hard time with at times.

Coming soon a brand new special needs Fishing For Life website. I send you well wishes for the month of March and I will talk to you in April.



Handicapped Director Tyler Pinor

ANNOUNCEMENTS AND ADDITIONAL INFORMATION

Monthly Deep C's Men's Group
Gatherings with FREE dinner at 6PM.
Bring a friend!

WEST GROUP - 2nd Tuesday
6 PM—Cabela's, Rogers

SOUTH GROUP - 2nd Thursday
6 PM—Mercy Road Church, Burnsville

EAST GROUP - 4th Tuesday
6 PM—Fractional Toys, 2967 Hudson
Road, Oakdale

NORTH GROUP - 4th Thursday
6 PM—Thorne Bros, Blaine

Monthly Women's Groups

MONTICELLO - TBD

VICTORIA - TBD

Deep C's March Speakers:

Free dinner 6 PM - bring a friend.

- West - March 10 -
- South - March 12 -
- East - March 24 -
- North - March 26 -

This month Matt Wilkie
will be speaking at all
Deep C's talking about
his Military non profit.

Deep C's Leaders & Volunteers

Deep C's Director	Steve Cruikshank
Depth Finder Editor	Daryle Hamlin
West Chapter - Rogers - 2nd Tuesday	
Spiritual Leader	Vaughn Blackburn
Chapter Coordinators	Kent Lillehaugen & Ron Buster
Food Coordinator	Perry Whitney
South Chapter - Burnsville - 2nd Thursday	
Spiritual Leader	Wes Wheatley
Chapter Coordinators	Terry Branham & Gary Christianson
Food Coordinator	Jeff Wynne
East Chapter - Oakdale - 4th Tuesday	
Spiritual Leader	Dan Pilla
Chapter Coordinators	Randy Markey & Troy Sonnenfeld
Food Coordinator	Randy Markey
North Chapter - Blaine - 4th Thursday	
Spiritual Leader	Dan Pilla
Chapter Coordinators	Travis Busch & Ken Stahn
Food Coordinator	Nathaniel Fox



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
dbhamlin@gmail.com*



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 men's ministry called Deep C's. There are four chapters active - West, South, East, and North - each meeting once / month. The Deep C's meetings all begin at 6pm with a free supper. All are welcome at any of the meetings.

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.

Deep C's Men's Group

Deep C's is a men's 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 four active groups across the Twin Cities. All are welcome!

Deep C's Winter Retreat 2020! What a fantastic weekend of fellowship and fishing.



Winter Trip Testimony

Hello to all, I had a great time at the Deep C's Winter Retreat fishing event up on Lake of the Woods. We enjoyed great fishing times until the front came through. We had a few minor problems but when the group got together we got them all solved. We certainly had a great time with the great camaraderie present in the entire group. And we had a great fish fry the last night. We decided the fish fry should be earlier in the afternoon when the sun is out and it is warmer outside. Thanks,

Brian Stilwell

A Great Time was had by all!



THE
CARNIVAL
FUNDRAISING FAIR
IS COMING TO TOWN

We're putting the FUN back in FUNdraiser!

Fishing for Life's Annual Fundraising
Banquet/Auction is changing things
up this year!

We invite you to an evening of FUN!
Games, Trout catching, Auction
items, Carnival-Themed Foods,
AND MORE!

All ages are welcome!

SAVE THE DATE

MAY 16TH
2020

4-9PM

COURTYARDS
OF ANDOVER
13545 MARTIN ST. NW
ANDOVER, MN 55304

Fishing Tips:

With spring coming up and boating season right around the corner, don't forget to re-spool some of that old monofilament line that's been on your reels for a year or more. Monofilament fishing line, or "mono" for short, can degrade in the sun and weaken.

A couple of years ago I was fishing in the spring on the Rum River. It was my first outing of the spring. I tied on a lure and sent it sailing towards the shore. When I closed the bail to compensate for an overly energetic cast, the lure kept going. What happened? Just the weight of the lure in the air caused a weak spot in the line to snap and I lost the lure. When I checked further on the line I found out there was a weak spot every foot or two which was easily broken by hand even though it was 10 pound line. I further found out that in certain areas of the line I could not even tie a knot that would hold. Using line that was at least one summer if not two summers old wasn't such a great idea after all. I ended up using a different reel until I could get the bad one re-spooled later at home.



The problem is that every manufacturer's line has different properties and we don't know how each specific brand and model of line is going to react in the conditions we fish in. If you store your rods and reels in a rod locker on the boat, your mono line will not degrade as much. If you only get out fishing a few times each summer, they will hold up better also. Fishing all day with the same line also strains older line as mono absorbs water and that alone weakens it.

If you are a pro and pre-fish and spend a lot of time on the water, your lines are going to see a lot of sunlight and hence, UV radiation. I've heard that some pros will re-spool daily in big tournaments just to make sure a prize catch is not lost due to a weak spot in their line.

According to SolarFix, nylon filaments (most monofilament lines are made out of nylon) can lose 40% of their strength after 1 year of UV/sunlight exposure and a whopping 65% after 2 years of what I assume is continuous UV exposure. That means that a 10 pound line would really be a 6 pound line after a year and something like 4 pound line after 2 years. Combine this with potentially inconsistent line from the cheaper manufacturers and you might have a problem landing the big one!

Monofilament fishing line is made by heating various formulations of nylon up to over 400°F and extruding it through a small hole in a nozzle. What comes out is a single strand or "mono-filament". Additives help determine specific properties the manufacturer wants in the line. Consistency in manufacturing is the key. Speed and temperature, along with other variables all play a part in how consistent your line ends up being. Cheaper lines will often be more inconsistent and may have weak spots in it right from the factory.

While the data above might be on the extreme end, UV degradation is a known problem with monofilament line so beware when you bring out your long rods this spring. If nothing else, peel off 5 or 10 yards of line and discard it as the top layers will get the most sun exposure.

Another option to mono would be to go with braided line or fluorocarbon line as they do not suffer the same degradation effects from the sun that mono does. However, as you may know, they have their own characteristics you need to be aware of as well. We will be discussing all that and more in upcoming Deep C's meetings.

Watch for the sales coming up and often you can pick up your favorite line for up to half off.

And while you are at it, don't forget to pick up a new fishing license!

Tight Lines and God Bless,

Dwight Nelson

High C's Fishing Camps

Praise The Lord! Out of 77 guide spots only 14 are left to fill for our upcoming camps. Was 2020 the year you planned to guide at one of these awesome camps. As you can see in the graph below this ministry reaches a lot of youth with outdoor opportunities and the gospel of Christ. Here are the remaining opportunities for you to minister in 2020.

Day Camp #1: Mon 6/8-Thurs 6/11
1

Day Camp #2: Mon 6/22-Thurs 6/25
1
2

Day Camp #3: Mon 6/29-Thurs 7/02
1

Camp House: Sun, 7/05 - Fri, 7/10
1
2

Adult/Child Camp: Wed 7/15-Sun 7/19
1
2

Day Camp #4: Mon 7/27-Thurs 7/30
1
2

Camp Fish: Mon, 8/03 - Fri, 8/07
1
2
3

Ironwood Springs: Mon 8/10-Fri 8/14
1



America's Christian History

America is in the throes of an epic culture war. The Church and our Christian principals are under attack as never before. There are things going on in America today that we never could have predicted even ten years ago. What is good is called evil and what is evil is passed off as good.

If we are to preserve our nation's heritage of liberty and prosperity, Christians must understand the nature of the battle we are in and how to fight back. That begins with understanding America's true Christian history and how our reliance on God's Word made America great.

Topics include

- The true Christian history of America
- Why didn't the Founders abolish slavery?
- What is the source of America's liberty and prosperity?
- Should Christians become "political activists"?
- Understanding the National Monument to the Forefathers
- Does the Bible preach Communism?

Class: SUNDAYS, MARCH 8 - APRIL 19

Time: 10:45

Location: Meeting Rooms 1 & 2, Rockpoint Church lower level

Host: Dave Wickland

Instructor: Dan Pilla, tax litigator and author.*

Recommendation by Michelle Bachmann

"I believe we are called to bring the truths of the Gospel and the truths of the Bible to bear on the challenging issues of our day. There are things each one of us can do to bring Godly influence on our culture and government for future generations. It all begins with education. I've known Dan Pilla personally for over 20 years. We worked together while I was in the MN Legislature and the U.S. Congress. Dan's knowledge of our Christian history and legal system is tremendous. He's a great teacher and dynamic speaker. I highly recommend this class."

* Dan has written 15 books, dozens of research reports and over a thousand articles on taxpayers' rights, tax policy and administration, and historical and cultural issues. He's appeared in over 6,000 radio and TV interviews. He is a regular guest with Pat Robertson on the 700 Club as well as with churches and Christian media throughout the nation.

Rabbit Recipes

BAKED RABBIT AND VEGETABLES

1/4 cup flour
1 tsp salt
1/2 tsp freshly ground black pepper
1 tsp homemade garlic powder
1 tsp homemade onion powder
3 lb rabbit, cut up
1 can homemade cream of mushroom soup
1 cup mushrooms, sliced
1 tsp Italian seasoning
1 cup chicken broth
1 cup carrots, sliced
4 potatoes, peeled and cut into bite-sized chunks
canola oil, for frying



PREHEAT oven to 325 degrees. Spray a large roasting pan or oven-proof Dutch oven with vegetable oil and set aside.

Heat the canola oil over medium heat. Combine the first five ingredients in a bowl and coat the rabbit in the mixture. Fry for approximately 4 to 5 minutes, or until golden brown. Remove rabbit and drain well on paper towels.

Mix together the homemade mushroom soup, mushrooms, Italian seasoning, and chicken broth in a saucepan; bring to a boil over medium heat.

Place the browned rabbit pieces in the prepared pan and cover the rabbit with the carrots and potatoes. Pour the mushroom sauce over the rabbit, carrots, and potatoes, cover, and bake in the preheated oven for 1-1/2 hours, or until the rabbit and vegetables are tender and the sauce is bubbling.

Archie's Funnies

WHAT DO YOU HAVE TO DO
WHEN YOU COME ACROSS
A VERY HUNGRY BEAR IN THE
MOUNTAINS?

NO NEED TO DO ANYTHING.
THE BEAR TAKES CARE OF
EVERYTHING FOR YOU.



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2020 Calendar

JANUARY

- 3-5 - NPAA (National Professionals Angling Association) 2020 NPAA Conference Chula Vista Resort and Conference Center, in Wisconsin Dells, WI
- 9-12 - MN Sportsmen's Show - St Paul RiverCentre
- ★ 15 - Reel 'Em In with WWP & Mission-Ridgedale YMCA
- 17-19 Mid-Winter Conference - Minneapolis
- 18 (tentative) - Dark House Spearing Event - Cambridge
- 25 - Women's Ice Fishing event on Medicine Lake, Plymouth

FEBRUARY

- ≈ ★ 1 - Holes 4 Heroes, Medicine Lake
- 20-23 - Deep C's Winter Retreat

MARCH

- ↔ 13-15 - Outdoor News Deer & Turkey Classic - Canterbury Park - Shakopee
- 13-15 - High C's Firearm Safety Class @Bethlehem Baptist Church
- ↔ 27-29 - Muskie Expo at Concordia University - Trout Pond

APRIL

- 2-5 - NW Sports Show at the Convention Center
- ↔ 17-18 - Thorne Bros Spring Sale - Trout Pond
- 25 - North Rush Lake Crappie Fishing w/MNTC Lakeside
- ★ TBD - R&R Military Marriage Retreat
- 27 - Crappie Contest - FFL/White Stone Servant Ministry Event

MAY

- ≈ ★ 2 - Ron Schara Crappie Contest
- 7-12 - Governor's Fishing Opener
- 14 - Reel 'Em In Rod and Reel Rebuilding - Emma B. Howe YMCA
- 16 - New Get Hooked Carnival Fundraising Event
- TBD - High C's Wilderness Safety Training

JUNE

- 6 - MN Fishing Challenge for MN Adult & Teen Challenge
- 5 - Reel 'Em In Rod Rebuild at Thorne Bros - Deloitte
- 5-7 - Mille Lacs Boat Launch
- ≈ ★ 11 - AFFFC at Lake Minnetonka

- ▲ 8-12 - High C's Day Camp #1 Minnehaha Academy
- ▲ 11 - High C's Disability Evening Camp #1, 5-8pm, Medicine Lake
- ≈ 13 - Edina, Centennial Lakes Disability lake event
- ▲ 14-19 - High C's Fish Camp @ Shore's of St. Andrew
- ▲ 22-26 - High C's Day Camp #2, Minnehaha Academy
- ▲ 29-Jul 2 - High C's Day Camp #3, Minnehaha Academy
- ▲ 29-Jul 2 - High C's Superior Hiking Trail Camping Trip

JULY

- ↔ 4 - Trout Pond at Interlachen
- ▲ 5-10 - High C's Fish Camp @Camp House - 30 min NW of Two Harbors @ Brimson, MN
- ≈ 11 - Lake Event: Medicine Lake Monster
- ▲ 15-19 - High C's Adult/Child Camp @Miracle Bible Camp - Hackensack, MN
- ▲ 16 - High C's Disability Evening Camp - #2, 5-8pm Medicine Lake
- ▲ 20-24 - High C's BWCA Experience - Ely
- ≈ 25 - Lake Bebe, Families of Disable
- ▲ 27-31 - High C's Day Camp #4, Minnehaha Academy

AUGUST

- ≈ 1 - Lake Event: 4th Reel Girls Fish Event Lake Marion in Lakeville
- ▲ 3-7 - High C's Fish Camp @Camp JIM - Brainerd, MN
- ▲ 10-14 - High C's Fish Camp @Ironwood Springs Christian Ranch
- 5 - IB Golf Tournament
- ≈ 7 - Lake Event: CAST with the Anoka County Sheriff's Dept, Lake George
- ↔ 7-9 - Game Fair (1 of 2 weekends) Trout Pond
- ▲ 17-21 - High C's Poole's Paradise Fish Camp at Leech Lake
- ≈ 11 - Pastor's Tournament with Jesus In The City
- ↔ 14-16 - Game Fair (2 of 2 weekends) Trout Pond
- ≈ ★ 31 - Sept 3 - LOTW Pay it Forward Trip

SEPTEMBER

- ≈ 10-11 - Marathon Man
- 17-20 - Deep C's Men's Fall Retreat & Fishing Tournament
- ▲ ★ 11-13 - Gold Star Weekend with Ironwood Springs Christian Camp

- ≈ 28 - Metro Mold Private Event

OCTOBER

- ≈ 3 - Lake Event: Forest Lake Luncheon/Trolling for Trophies
- 24 (tentative) - Fishing Careers Workshop
- ≈ ★ 28 - Muskie Mayhem Event

NOVEMBER

- 6-8 - High C's Deer Camp Opening Weekend, @Various locations
- 11 - Veteran's Day
- 12 - Give to the Max Day

DECEMBER

- TBD - St. Paul Ice Show 2020
- 10 - All FFL Christmas Party @Bethlehem Baptist Church
- 12 (tentative) - Tip Up Weekend

Key

- ▲ High C's Fishing Camps
- ≈ Lake Events
- ↔ Trout Pond
- ★ Veteran Programming

Dates are subject to change.

Monthly Deep C's Men's Group Gatherings with FREE dinner at 6PM. Bring a friend!

- WEST GROUP - 2nd Tuesday 6 PM - Cabela's, Rogers
- SOUTH GROUP - 2nd Thursday 6 PM - Mercy Road Church, Burnsville
- EAST GROUP - 4th Tuesday 6 PM - Fractional Toys, 2967 Hudson Road, Oakdale
- NORTH GROUP - 4th Thursday 6 PM - Thorne Bros, Blaine

Monthly Women's Groups

- MONTICELLO - TBD
- VICTORIA - TBD

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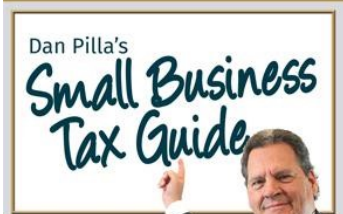
Several color patterns and styles to choose from. To order, visit:

<https://moveu.us/stores/fishingforlife>

You can also get a Deep Cs logo embroidered on a shirt of your choice - ask Steve.



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