



FISHING FOR LIFE

www.fishingforlife.org

www.facebook.com/fishingforlife

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 7, JUNE

A Communication for Deep C's Members

JUNE 6, 2021

DEEP C'S DIRECTOR - STEVE CRUIKSHANK

Hello all,

The new FFL website is up and running. I would ask everyone to please visit the site. When you do, click on Programs then Deep C's Men, then scroll down until you see 4 boxes one for each group. Please click on the box for which group you attend and fill out name, phone and address then hit submit. Also, click on the Depth Finder Newsletter as well and fill out Info. Please do this even though you have given me your info before. We are moving away from Mail Chimp, so soon you will not be receiving those emails anymore. We are moving towards using the website for all communications. Now you will be able to receive monthly meeting reminders as well as updates on upcoming events and volunteer opportunities. Thank you for your cooperation.



This year's theme verse is Luke 5:4, but without all 11 verses you do not really get a sense of what that verse is really saying. Here is the verse by itself.

Luke 5:4 When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch." Let us break this down and ask some questions. (When He had finished speaking) Where was Jesus speaking? (He said to Simon) Who is Simon? (Put out into deep water) Where was the boat already? (Let down the nets for a catch) Why are they going fishing? You probably came up with some questions yourselves so that is why it is important to read the whole story and not just one verse.

When we read the whole story, we find out That Jesus was at the shore of lake Gennesaret teaching the people God's Word. We find out Simon was a fisherman who had a boat close to shore and Jesus asked to use it. We learn that after Jesus was done speaking, he asked Simon to put out a little further in the water and let down his nets for a catch. I think you can see my point. I have listed the whole story so you can read it yourself.

⁵ One day as Jesus was standing by the Lake of Gennesaret, the people were crowding around him and lis-

tening to the word of God. ² He saw at the water's edge two boats, left there by the fishermen, who were washing their nets. ³ He got into one of the boats, the one belonging to Simon, and asked him to put out a little from shore. Then he sat down and taught the people from the boat.

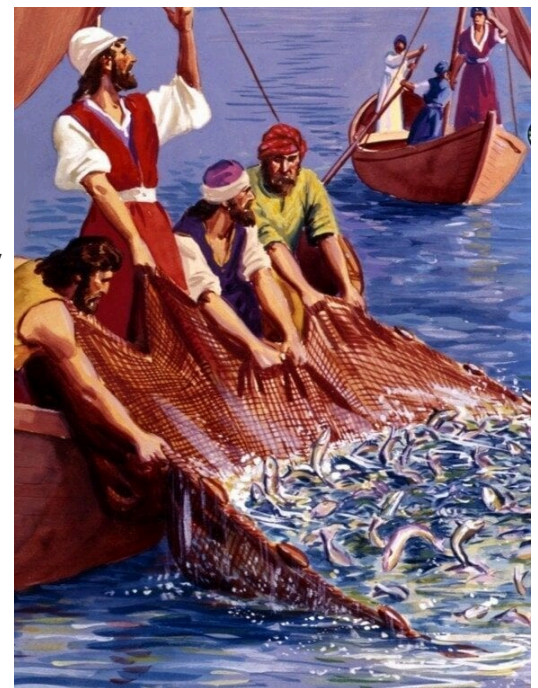
⁴ When he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch."

⁵ Simon answered, "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets."

⁶ When they had done so, they caught such a large number of fish that their nets began to break. ⁷ So they signaled their partners in the other boat to come and help them, and they came and filled both boats so full that they began to sink.

⁸ When Simon Peter saw this, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" ⁹ For he and all his companions were astonished at the catch of fish they had taken, ¹⁰ and so were James and John, the sons of Zebedee, Simon's partners.

Then Jesus said to Simon, "Don't be afraid; from now on you will fish for people." ¹¹ So they pulled their boats up on shore, left everything and followed him.



Your brother in Christ,

Steve

FishDonkey Tournament- May 1-Sept 19

If you have not already heard Deep C's Men's Ministry is running a tournament using the FishDonkey app. It is easy to join just go to your app store and download the FishDonkey app. Open the app and click on "fish in a tournament." Then search for "FFL Deep C's Total Inched Tournament." Then enter the tournament. The cost is \$30. All monies received will be paid out in cash prizes. 1st place receives 50% 2nd place receives 30% and 3rd place receives 20%. There will also be prizes for the largest fish of each species. This is a total inches' tournament so you can enter as many fish as you want but only your biggest one of each species will be recorded together in the total inches' tournament. The species are Walleye, Northern, Muskie, LM Bass, SM Bass, Crappie, Sunfish, Perch. The tournament started on May 1st and will go through the Fall Retreat ending on September 19th. Please read the rule very carefully before entering a fish.



Join our season long contest:

1. Download the FishDonkey app.
2. Tap: Fish in a Tournament
3. Join: FFL Deep C's

Watch a 1 minute tutorial on [How to Enter a Fish](#)

Watch a 1 minute video on [How to Measure a Fish](#)

fishdonkey.com/app



FISHDONKEY CHEAT SHEET



➔ Practice before you get out on the water



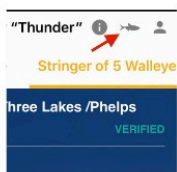
You already have the app downloaded, so join the tournament called: **PRACTICE ENTERING A FISH**. Get familiar with the app's camera and video.

Watch a 1 minute tutorial:
<https://youtu.be/thKWP3dMC-g>

➔ What do I do when the event starts?

Open the FishDonkey App
On the home screen tap on the event title
Tap on Leaderboard

➔ Digital Livewell / Missing Pics?



The fish icon is your Digital Livewell. It will show fish that are waiting to get on the leaderboard. When you return to good reception, simply tap your livewell and leave it open until all fish are RECEIVED.

Do NOT delete anything from your livewell or your camera photo deck. Do NOT alter any photos in your deck.

➔ Required Photos

1. Photo of the fish on the measure board
2. Photo of the angler holding the fish



HOW TO ENTER A FISH

- ➔ 1. Tap ENTER A FISH / LEADERBOARD
2. That will open your camera. Take your required pics by tapping on the camera icon. Take your video (if required) thru the video button.
3. When you are finished, tap the checkmark.
4. Enter the species and the length of your fish.
5. Tap SUBMIT.

Don't panic if you cannot see your name or photos on the leaderboard. If you are in an area with poor reception, your fish are simply waiting patiently to swim upstream to an internet connection. If you ARE panicked, tap on your Digital Livewell (fish icon) and you will be able to see your fish are not lost. They are simply waiting in your livewell until you get to a connection.

When you get back to a strong connection, Open your digital livewell and leave that screen open until all fish read RECEIVED.

➔ No Internet?

Open the app before you head out. Tap on the name of your tournament. Leave the app open. It's ok to let it time out. Just don't log out. Enter fish as normal. Open your Digital Livewell when you return to push the fish through to the leaderboard.

Only the LARGEST fish of each species will appear on the leaderboard.

FISHDONKEY TECH SUPPORT

Bonnie@FishDonkey.com
512.971.1456

Darren@FishDonkey.com
612.216.1972

Support@FishDonkey.com
218.249.0847

ANNOUNCEMENTS AND ADDITIONAL INFORMATION

Men's Deep C's June:

- West - June 8 - Cabela's Rogers
- South - June 10 - Mercy Road Church Burnsville
3351 Round Lk Blvd, Anoka
- East - June 22 - Fractional Toys
- North - June 24 - Insurance Brokers

Speaker & Topic

Tim Seiler will be speaking at all Deep C's meetings about bass fishing tournament style.



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.

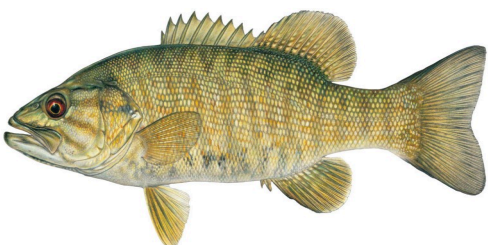
Within Fishing For Life, there is a Christian ministry called Deep C's. There are five chapters active - West, South, East, North, and women's - each meeting once / month. The Deep C's meetings all begin at 6pm with a free supper. All are welcome .

2021 Theme

"Launch Out"

Luke 5:4, when he had finished speaking, he said to Simon, "Put out into deep water, and let down the nets for a catch."

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



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	Daryle Hamlin
Chapter Coordinators	Andrew Vanhoozer Pat Adams
Food Coordinator	Shane Myrlie
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	

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 one for women. All are welcome!

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 Steve or editor - Daryle Hamlin dbhamlin@gmail.com.

Archie's Funnies



2021 Calendar

JUNE

7-11—High C's Day Camp #1
10—High C's Disability Evening
Camp-A, Medicine Lake
11-13(TBD)—Mille Lacs Boat Launch
14-18—High C's Day Camp #2
17—AFFFC at Lake Minnetonka
17—High C's Disability Evening
Camp-B, Medicine Lake

20-25—High C's Fish Camp
@Shore's of St. Andrew
28-Jul 2—High C's Fish Camp
@Leech Lake

JULY

6-9—High C's Day Camp #3
10—Medicine Monster Lake Event
14-18—High C's Adult/Child Camp
@ Miracle Bible Camp
17—St. Croix River Canoeing
with Wayne Jacobson
19-22 — IMF Chaplains
26-30—High C's Fish Camp
@ Camp House
27-Aug 1—High C's BWCA with
Wayne Jacobson
29 — Military Chaplains Evening
31 —Lake Marion Lake Event

AUGUST

2-6—High C's Day Camp #4
4—IB Golf Tournament
6—Lake Event: CAST with the Anoka
County Sheriff's Dept, Lake George
9-13—High C's Fish Camp
@Ironwood Springs Christian Ranch

10—Pastor's Tournament with
Jesus In The City
14—Rum River Canoeing
15-17 —High C's Catfish Camp
16—Outdoor Women for Life
Kayak Event
30-2—LOTW Pay it Forward Trip

SEPTEMBER

1-6 — Trout Pond Elkhorn WI
10-11—Marathon Man
16-19—Deep C's Men's Fall Retreat

OCTOBER

2—Forest Lake/High C's Trolling
for Trophies
9-FFL Banquet
TBD—Muskie Mayhem Event
23-25—Outdoor Women for Life
Retreat

NOVEMBER

6-7—High C's Deer Camp
11— Veteran's Day
19— Give to the Max Day

DECEMBER

TBD—FFL Christmas Party
11 (tentative)—High C's Tip Up Event
16— Dark House Spearfishing

Three guys were trolling for musky on Lake. St. Clair all morning without a bite. They tried different sizes and styles of baits to no avail.

Over by the shoreline they heard a lady yelling and looking like she was panicked. They motor over to see what was wrong and if they could help. She said her little dog was out swimming and she heard a big splash, she turned around, and the little dog was gone.

One of the anglers asked the lady what color her dog was.

Pro Fishing Tips

May 2021

by Dwight Nelson

What a great fishing state we have here in Minnesota - lots to give praise to the Lord for. I recently talked to a guy who retired early at 53. Someone asked him if he was going to move somewhere out of state. He replied "WHAT?! Are you kidding? This is the greatest fishing state in the country. Now that I have time to fish why would I move?!" It's true. We have a great state for fishing.



It seems that all of a sudden we are in August. What's with this heat? Here are some tips and reminders I hope will help you find the fish.

I have endlessly harped on water temperature in past columns. No different this month. In fact the surface temps will pick up pretty fast from our relatively cool spring. Walleyes probably will be moving deeper and you will find them in more summer patterns soon.

There is another factor besides temperature you should be looking at - that is wind direction. For any given lake, try to determine what the wind direction has been for the previous couple of days. If it has been constant in one direction, the wind will push baitfish along with it. Focus on the downwind side of the lake.

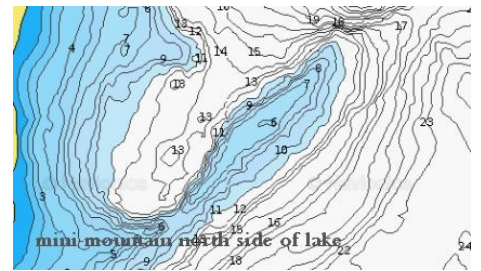
Case in point: We hit Lake Independence a week and a half ago. It was a beautiful evening for fishing with a strong breeze from the *northwest*. We found walleyes in 9-10 feet of water (FOW) on the *southeast* side of the lake. Other boats reported finding them in 8 FOW - close to where we found them.

A week later we returned to the same spot and no walleye could be found in the whole area. In the meantime the wind had changed direction and slowed. That night walleyes were found just around the south end of the lake on the point on the SSW side of the lake. They were deeper and were caught on deep divers (crankbaits).

Lately I have been switching back and forth between slip bobbers and lindy rigs - both with #4 hooks, a glow bead and fluorocarbon leader. With a lindy rig drifting or trolling at .5 MPH, you can do a little more searching to find those schooled up fish. When you do

find them, mark it on your fish finder and go back and forth over the same area to find more.

Speaking of Lake Independence, the lake has some great features with points sticking out on the south, west and north



sides of the lake and some mid lake humps. The point on the north side is like a mini-mountain range, topping out at 6-7 FOW. Drift over it with a lindy rig or troll along the edges. The flats alongside the YMCA camp are worth checking out too. I would not hesitate to try a Rapala DT-4 or DT-6 or even a DT-10 in deeper water. They have a nice tight wobble, excellent for this time of year. Don't forget Husky Jerks too.



Rapala DT-4 in Bluegill

Even though the DT-series is supposed to troll at the depth of the number on the lure, they perform

similar to other diving crankbaits. The DT-4 will dive to 4' with 24' of (mono) line out; 7' with 50' of line out and 10' with 100' of line out. The DT-6 will dive to 6 feet with 15' of mono line out but will dive to 10' with 50' of line out and 13' with 100' of line out.



Hats off to Troy of Dave's Roseville Auto whose son is in Iraq.... Get out and enjoy the season (when the heat dies down!)

Blessings and Tight Lines!

Dwight Nelson (dpnelson50m@gmail.com)

June Special Needs Column

Greetings from the Directors Desk I hope everyone had a great May and hopefully June is even better. Spring is in the air and summer will be close behind, you might be saying I want to go fishing but have no clue how to make that happen. Yes there's our calendar of Fishing For Life events which I encourage you to check out but there's also groups like the this one that I'm about to spotlight called "Lets Go Fishing". According to their website <https://lgfws.com/> Let's Go Fishing began in Willmar, Minnesota in 2002. Founder Joe Holm shared with his wife Carolyn, his dream to help enrich the lives of senior citizens. With fond memories of growing up with a fishing pole and always having a heart for seniors and an undying passion for the water, Joe wanted to create an organization that would provide fishing and boating outings to seniors. The first chapter was formed with the help of friends that shared his passion for helping people and loved the water.

Thanks to their dedicated volunteers, generous donors and the vision and generosity of the State of Minnesota, LGF continues to expand its reach. They impact thousands of individuals each year and with the implementation of new programs they now serve Hospice patients (regardless of age), youth, veterans, and the disabled. Since their inception in 2002, the LGF program has served over 180,000 people.

Who does LGF serve?

- Let's Go Fishing has always had at its core the desire to serve older adults in the community. Whether they are part of a housing community or individuals still living in their own residences, older adults benefit greatly from joining with others and taking a morning or afternoon trip on one of the Let's Go Fishing boats.
- Veterans of all ages, from young men and women who have recently returned from overseas conflicts to those in our greatest generation, deserve our support, appreciation and help. Sometimes the best help we can give is to offer a moments peace or a chance to share a laugh or a memory with others. Let's Go Fishing offers veterans the opportunity to put aside thoughts of service if they wish and experience being the recipient of service from all of us.

- Often, disabled adults are not able to take advantage of all that nature has to offer. Let's Go Fishing is committed to making their fishing and boating trips are accessible to all. They have specially modified pontoon boats that are able to accommodate wheelchairs. In order to provide stability, most of their pontoons also have a third tube in the center of the boat. If you, or anyone you know is disabled, we hope you consider taking a trip with LGF on one of their Let's Go Fishing pontoons.



- Teaching kids to fish is an important way to make sure that fishing and conservation is passed down to the next generation. As long as kids have a positive experience, they will continue to love it as they grow older. Show them a good time, and kids will put the outdoors on top of their list of preferred activities.



You can reach LGF at (320) 403.5550
or (888) 235.8448.

Let's Go Fishing Central Office
1025 19th Ave SW
Willmar MN 56201

Good luck setting the hook on your fishing adventure! I look forward to catching up with you in July.

Handicapped Director, Tyler Pinor

On Trichinosis in Wild Game

Story by Hank Shaw

I do not think I go a month without someone asking me about food safety and wild game, and by far the most common questions are about trichinosis, notably in relation to wild boar and bear meat. I have studied this issue for several years, and I find no real issue — provided you know a few ground rules. Allow me to lay out what I know to hopefully put your mind at ease.

Let us start with what we are talking about. While it is certainly possible to get food poisoning from wild game, it is quite rare for people to pick up *E. coli* 0157, salmonella, toxoplasmosis, or brucellosis from game meats. And when it does happen, the cause is usually related to contamination by the hunter or whomever dresses and processes the meat.

The more pressing concern is trichinosis, a condition you develop from eating still-active larvae of the trichinae parasite, which lives in the flesh of primarily carnivores and omnivores, although there are a few stray reports of it occurring in deer. Note my use of the phrase “still-active” in that last sentence; it is important, and I will explain below. As it happens, the trichinae parasite is extremely rare in wild game, and it is even more rare for anyone to become sick with trichinosis from eating game. According to a Centers for Disease Control study that surveyed incidence of the disease from 2008 to 2012, there were only 84 cases of trichinosis in all of America. Of those, 43 were eating wild game. That is 43 people in a five-year period, and 30 of those 43 were in one incident, an unfortunate party I will describe in detail later. Consider that number when you think of the millions of people who eat wild game every year.

Of course, if you are one of those unlucky few, trichinosis is not to be trifled with. A heavy dose of antibiotics will indeed cure the symptoms — diarrhea and nausea, muscle pain, weakness, even nervous system, and heart problems — the larval cysts (pictured at right) will remain in your muscle tissue — meaning that if someone were to eat you, they would get trich, too. Trippy, eh? Oh, and if you never seek treatment for the illness, it can be fatal. Bottom line is that trich is no fun. trichinae parasite as seen under a microscope.



Photo Courtesy of the CDC

It is a fact that bear and cougar meat are the most prominent vectors for trichinosis in North America. Pigs, which are what most people think of when they think of trich, are not commonly infected. Trichinosis from domesticated pork is all-but absent these days, which is why the USDA — an organization well known to be overly cautious and is believed by many to be scientifically suspect when it comes to meat safety in the real world — dropped the “safe” cooking temperature of pork from 160°F to 145°F in 2011.

Wild pigs are a bit more of an issue. Depending on what state you live in, the incidence of infection varies. One study showed a 13 percent incidence of trichinae parasites in North Carolina, which is the commonly agreed on rate of infection. Interestingly, other than two freak appearances of the Eurasian *Trichinae pseudo spiralis*, which should not actually exist in North America, Texas hogs appear to be largely free of the parasite, according to this research.

And guess what? According to that CDC study I linked to above, only six cases of trichinosis were tied to eating wild pigs. Six. In five years. You have a better chance of getting struck by lightning on a boat, falling over and then being eaten face-first by a shark.

Bear meat, not pork, is the real problem. (As is mountain lion meat, but only a very few people eat that.) Bears appear to be heavily infected by the parasite, so much so that you should assume the meat is infected. In that CDC study, 41 of the 84 total cases of trichinosis reported in America between 2008 and 2012 were from bear meat. That is still a tiny fraction of the thousands of people who eat bear every year, but it is enough to warrant further discussion.

Some bad news: There is not just one trichinella parasite. There are many. Here in North America, we have five major species: *Trichinae spiralis*, which is the most common and hangs out with pigs for the most part; then *T. nativa*, *T. -6* and *T. murrelli*, which are almost always found in wild game — chiefly bears.

There is a wide body of research covering *T. spiralis*, and it is this research that produced the admonition to freeze meat for a month before eating it raw or undercooked comes from. Specifically, it assumes that if you freeze wild boar or some bear meat for 20 days at 5°F or lower the parasites will be rendered inert.

Note that freezing will not kill them, but it will prevent the wee beasties from attaching to you. Keep in mind that the 20 days start when the core of the meat reaches 5°F, which can take several days in most freezers. That is why I freeze for at least a month with bear or wild boar I plan on making into salami, just to be sure. All of this applies to *T. murrelli*, too.

You can also kill any trichinae parasite by heat. And the “kill temperature” is a helluva lot cooler than you might think. The origin of the odd USDA mandated internal cooking temperature of 160°F appears to be the govern-

ment trying to account for inaccuracy and idiocy. (That temperature is more relevant for salmonella than trich.) The actual temperature that kills the trichinella parasite is 137° F, which happens to be medium-rare.

But be forewarned: Every iota of meat must hit that temperature to kill the parasite, and cooking bear meat to medium-rare is not a guarantee of that. In fact, Steve Rinella and his crew ate rare bear meat in Alaska recently and most of them got trichinosis. Steve did a video about the experience here.

You can certainly make medium-rare bear meat safe using the sous vide method, but you would need to hold the meat at 137°F for an hour or so to make sure — and then you would want to sear it on the outside to kill any possible bacteria that survived that low temp. As for me? I like to sous vide bear at about 145°F for an hour or more, which is still a lovely tender and pink piece of meat and is safe to eat that way.

Unfortunately, the two trichinella species most associated with bears are immune to freezing. These are *T. nativa*, the Canadian and Alaskan species, and *T-6*, the dominant species of parasite from a line stretching from about Washington state across to Maine down to the Rockies, the Great Plains, the Midwest, and the Northeast — really where all the good bear hunting is. Only southern states appear to be immune to this species. (Here is a map from a Stanford study.)

The CDC survey noted one particularly nasty outbreak of trichinosis, interestingly in my home state of California, in 2008. Thirty of 38 people eating undercooked black bear got the disease. It is the first known occurrence of humans picking up trich from *T. murrelli* in America; this is the easily killed strain that likes our warmer states. Everyone who got the disease ate either undercooked or raw (!) black bear meat at a party.

Interviews revealed that the bear had been legally hunted a few days before the event in a mountainous region in California about 100 miles east of Humboldt County. The bear was reportedly lying down when shot and appeared to be sick; it was butchered on a table that was later used to serve food. Raw dishes were prepared with chopped meat, and cooked bear meat dishes included stir fries, lentil-based stews, and rice/meat mixtures.

Clearly there are all kinds of food safety issues going on here, and the tragedy is that they technically could have made their raw bear dishes had they frozen the meat for a month first — the strain of trichinae that attacked them can be rendered inert when frozen.

Finally, let me address the making of salami and other cured meats with wild boar and bear.

Obviously, these are, for the most part, not cooked. So how can they be safe? Culinary Science Professor Bob del Grosso says the exact mechanism is hazy, but this is the working theory:

The literature is a bit unclear on how this works. However, it suggests that it is not the salt that kills the larvae, it is protein-digesting enzymes released by fermentation bacte-

ria. I suspect that what happens is more complicated and looks something like this: The salt lowers the water activity of the meat, which means that less water is available to the larvae. The fermentation bacteria produce acid which also lowers the water activity while the acid wrecks the metabolism of the larvae which, like many living things needs to be close to pH 7 (neutral) to work properly. All of that, plus the enzymes, toxic oils from the herbs, etc. plus nitric oxide from the nitrate, beat the hell out of the trich.

All these processes going on should prevent you from getting trichinosis, which is why people have been safely making salami with wild and domesticated pigs for 2000 years. But you need to be a careful curer of meats and not take shortcuts.

The key figure here is at least 2 percent salt by weight of the total meat and fat. So if you make a 5-pound batch of salami, as I often do, you will need at least 45 grams of salt to be totally safe. I tend to use a bit more, like 50+ grams to get close to 2 1/2 percent by weight. (Here is the relevant study of this.)

Now here is the caveat: While there has been lots of study done on salt curing and *T. spiralis*, there has been almost nothing done on salt's effect on the other species of the parasite. So, it is all deduction when it comes to bear charcuterie. Wild boar charcuterie should follow the same guidelines as those for domesticated pork, because they have easily killed strains of the parasite. Even though may not think you need to, out of an abundance of caution, my advice is to freeze wild boar and bears shot in warm-weather states before starting your salami, and to avoid straight-up salami with bear meat in colder areas — unless the meat is cooked somehow.

So that is what I know. To sum up:

Most wild pigs do not have the parasite. But since trichinosis is no fun, it is best to freeze your meat for 30 days to a month just to be sure — then you can eat it like domestic pork, which is to say a nice 145°F at the center.

For salami, you technically do not have to freeze wild boar, so long as your salt concentration hits 2 1/2 percent, and you cure the meat for at least two weeks. But freezing is not a bad idea. Finally, for bear, best to cook it through no matter what you do, unless you are in the South, in which case freeze and treat as pork.

Use common sense. A great many of the illnesses hunters and game processors do contract are from contact with the innards/blood/infected parts of the animals. If you have any cuts on your hands at all, wear gloves to gut and process your animals. And if you nick yourself, wash with soap and water and get a glove. And if you do not nick yourself, wash with soap and water afterwards. I know, I should not have to say that, but several case studies I read involved people gutting a pig and then going out for a sandwich. There was stuff on their hands, and they ended up eating it with their burger. No Bueno.

Nothing you do is without risk. Eating is no exception. I hope this allays any undue fears about getting trichinosis from wild game. Follow a few simple rules are you should be fine.

DEPTH FINDER SPONSORS / WANTED & FOR SALE



Fishing For Life Shirts:



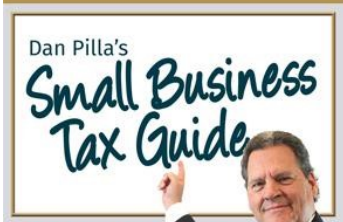
Several color patterns and styles to choose from. To order, visit:

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

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



Newsletters sponsored by **Cold Creek Construction**, a Twin Cities New Home Builder & Remodeler for 20 years. Check them out at www.coldcreek-construction.com. Paul Wagner, the owner of Cold Creek, is an avid fisherman, and active in Fishing For Life's ministries.



The Complete Guide to Organizing and Operating Your Small Business

Featuring How-to Information You Can't Get Anywhere Else

Daniel J. Pilla

www.taxhelponline.com

Deep C's hats available at all Deep C's meetings for \$10. Each chapter has their own color hat.



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

Thanks to our Presenting Sponsor **INSURANCE BROKERS, INC.**
Click the logo below for details on how Insurance Brokers is right for you!



Thanks to the Minnesota Department of Veteran Affairs for their Support!



Thanks To Our Sponsors!



Member of the:

