

VOLUME 3, ISSUE 2

NORTHWEST

OCT, 2023

# REEL LIFE

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24 COVER STORY

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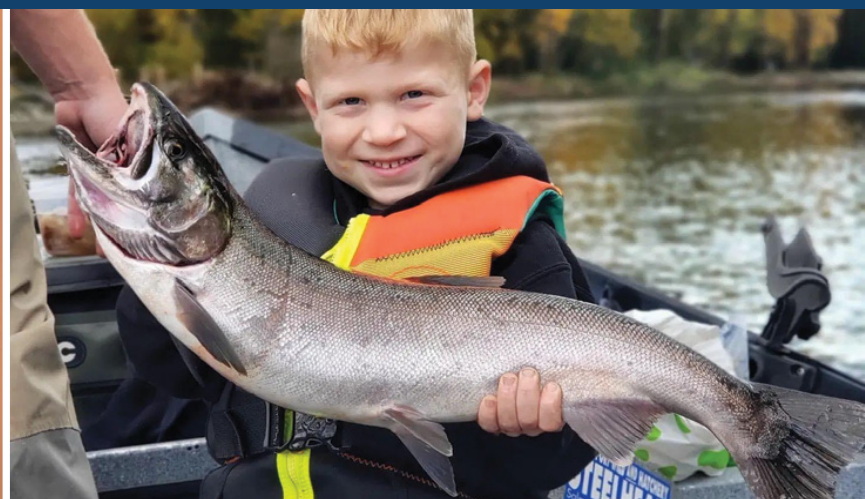


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# EDITOR'S CORNER:

Fall is in the air and the change of seasons is coming. There's still time to get some great fishing in! The rivers are filled with coho as the pink season ends. For those saltwater fishing the big hooknose silvers are around, and on the Columbia it's "go time" for upriver fall brights around Hanford. Out here in Montana it's snagging season (there, I said it!) for chinook salmon at Ft Peck. Meanwhile, hiking in the high mountain and Alpine Lakes is the best way to get away and enjoy the cool, crisp air of fall.

For me the truly difficult decision – hunt or fish? Upland bird has been open since September in Montana, but early October pheasants open up and there are few things I enjoy more than a "walk-about" with my dog Duke as we try to flush up some birds. Well, he does all the flushing, I get to try to hit one of them!

Whatever your passion and outdoor focus is, have a safe and fun time out there!

**Mike Carey - [mikec@nwfishing.net](mailto:mikec@nwfishing.net) @Michael Carey Northwest Fishing**



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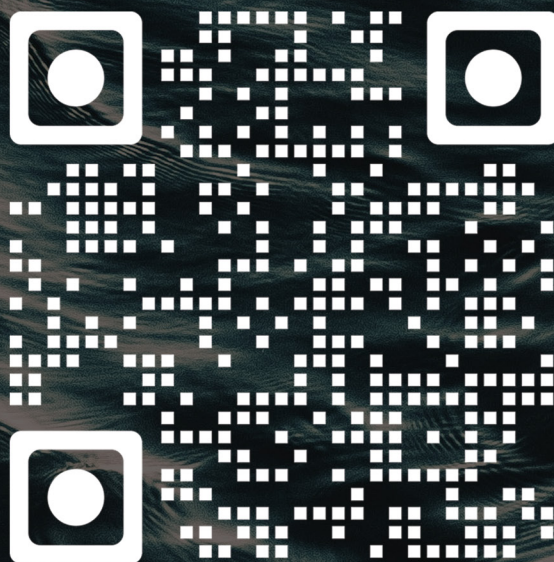
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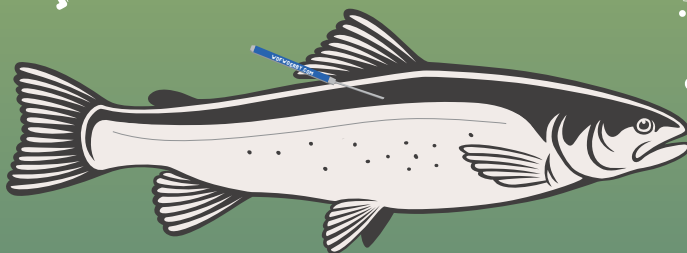
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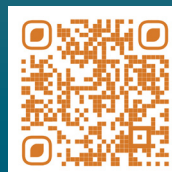
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# Fall

## TROUT TACTICS

BY HANNAH PENNEBAKER



Tired of the salmon fishing crowds? Looking for one last hurrah before winter? Look no further than fall trout! Fall is one of my favorite times of year to fish for rainbow trout. The majority of other fishermen have either put the boat away for the year or are off targeting salmon, so most days you'll have the lake to yourself. Most pleasure boaters have also put their boats away for the season, so those of us with small boats don't have to deal with their huge wakes! Another benefit of fishing for trout in the fall is that they once again start to patrol the shallows looking for a quick meal, putting them within reach of shore anglers. Those small planter trout from earlier in the year have also gotten much larger by this time, making for big, tasty fish. Not to mention they are also more aggressive during this time of year because they want to pack on the pounds before winter. Though they do most of their trout stocking in the spring,

WDFW also plants several lakes on both the east and west side throughout the fall. Check the stocking reports on their website, sometimes they stock jumbo trout! Fishing for fall trout is one of the best ways to spend a lazy fall day. You can enjoy the cooler weather and a break from the crowds. Whether you want to fish from shore or a boat, you can find success by following these tips.

No boat? No problem! Dust off those ultralight rods and hit the lake. You can fish with a bobber, soak dough bait, or throw hardware. Spinners and spoons work very well for fall trout, but traditional dough baits and worms will also catch fish. On lakes where two-pole fishing is allowed, I like to put some dough bait on a hook, toss it out, and put the rod in a rod holder. I'll grab a second rod and cast spinners while the dough bait soaks. Black/gold spinners are my favorite! It's a good idea to bring several different colors and flavors of dough baits.

Take a look at reports or try to remember what you used in the spring. Worms, salad shrimp, corn, and maggots are all tried and true trout baits. If you don't have luck fishing in one location, it pays to move around until you figure out where the fish are at. You'll often see fall trout jumping and feeding on the surface. Fishing is best in the mornings and evenings, but trout are always hungry during the fall and will bite any time of day.


Although shore anglers can easily get limits of trout in the fall, don't be afraid to take out your boat and try trolling for them. There are fewer pleasure boaters in the fall, thanks to the cooling temperatures. It's a great time of year to take out your kayak or small aluminum boat. Try a faster troll than you would in the summer. These trout are feisty and will chase down a meal willingly. You can use larger presentations than you would in the spring and summer, since the fish are bigger.



I'd highly recommend using a fish finder. Do you miss trolling with leaded line? This is a great opportunity to troll with leaded line or divers, since the fish are running much shallower than in the heat of the summer, making downriggers unnecessary. I often have good success trolling plugs in the fall, but spinners can work well too. For attractors, you can use dodgers or gang trolls. I lean towards dodgers, but maybe that's because I'm also a kokanee fisherman. I already have a book of 20-30 dodgers in different colors, shapes, and sizes. Gang trolls have definitely put caught many a trout, but I find dodgers easier and more convenient to use. I can quickly put globs of scent on them, tune them, and change them to suit the conditions or try something new.

Whichever method you use, you're sure to get many fall trout on your hook!


Don't hesitate to give fall trout fishing a try! The fish are big, aggressive, and tasty. Your chances of scoring a trophy holdover are much higher this time of year. I would recommend trying Potholes Reservoir, the seep lakes, Mineral Lake, Clear Lake, American Lake, and Harts Lake, for starters. There's no need to put up with crowds or drive all day to the coast. Give your favorite local lake a try! It's also a great way to put kids on fish. Some kids just don't have the patience to troll or cast all day for salmon, but they'll love seeing those trout takedowns! Don't forget to bring the net, the size of these trout can surprise you. Hope to see you out there this fall!



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# GENERATIONAL FISHING

BY MATT CAREY

I'm a new father. My daughter turns 2 at the end of July. It amazes me how fast time goes. My phone is fancy enough that it will create a collage of pictures and ask me "do you remember this day?" It'll compile similar photos and quotes together with a caption along the lines of "outdoor adventures" or whatever else is sure to draw me in. I have to say, I like the features of the phone and sometimes I don't remember the day or taking the photo. Other times, the memory is clear and will get my brain churning to the before and after events of that photo. It'll also lead to a great talking point with my family, or remind me to reach out to a friend who I was with during that time.

It's basically my generation's photo album: a compilation of memories that elicit the sights and sounds of the past.

Seeing these photos and videos pop up on my phone makes me reflect on the journey I've been on. It makes me reflect and think about the life that was and the life I have now.

The timestamped dates and pinpointed locations on the photos give me a clear reminder of when and where I was as I snapped those photos. Some photos I've kept in the camera roll for 10 or more years, other photos happening

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just yesterday or the day before. Each with a level of happiness and appreciation from the time. There clearly had to have been a reason I felt like the photo needed to be taken. Even those photos of some random arrangement of letters and numbers for a code or a stall number in the parking garage so I wouldn't get lost after a trip shopping. Although, that example probably has more to do with my wife than my own shopping adventures. Other photos are those milestones we will always remember but may not quite recall the details. Holidays with family, vacations around the world, a collage of our hobbies, or additions to the family. It's those last two areas that inspire me to think about how thankful I am to be at this stage in my life.

Something about life before kids and life after kids is a pivotal point. The stage of "adulthood" that has a clear separation between life that was and now life that is. Those late nights I could go out and do whatever I wanted are no longer. There is now a little human who depends on me and my ability to have some foothold on my life. To use a baseball analogy, I wouldn't say I need to be hitting home runs in all areas of life as a dad, although I'd certainly take them as they come, but there's nothing wrong with taking the day-to-day with solid doubles to right center field.

I might even strike out a time or two, or if I'm having a particularly hard time navigating whatever the challenge of the moment is ground into a few double plays. The goal I think as a parent is to limit those outcomes as much as possible. To be a constant source of support, happiness, and guidance

for your kid as best as you know how.

It's cliché to say, but my wife and I didn't get an instruction manual when we left the hospital with our child.

It's my hope that I can inspire my daughter to enjoy many of the same hobbies I have while also encouraging her to find her own. I'm into fishing, sports, and good TV shows. She might enjoy music, writing, or computers. Whatever the case may be, there are areas in our lives that will overlap and find common interests.

I surely hope that enjoying the outdoors, and fishing specifically, are among the shared hobbies. The patience and independence we learn with fishing is invaluable. Soft skills such as being able to hold a conversation during down

time or to celebrate someone else's success are also an important area we learn as fishermen. I hope to share the many hours on the road traveling to different bodies of water with her as I did with my dad. I know my growth as a man is in large part to his teachings when I was younger. I am also excited to see how he can impart his wisdom to her and influence her in a positive way.

That kind of generational guidance goes far beyond fishing. Tying a knot, being able to read the water.

Those are great, but the time spent together, and memories built are what is truly important. The three of us out on the water fishing? That sounds like a memory with lots of photos.



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# NET INNOVATION

BY MIKE CAREY



It's happened to many of us while trolling. Your buddy has a nice fish that he's battling to the boat, and as you reach out with the net, hoping not to miss, the net washes below the hoop as you get ready to scoop and tangles with the fish's mouth and hook. Frantically you attempt to bring the fish in, only to watch it twist and turn and the hook pull free. Bad enough for any fish, but especially bad when it's a twenty-pound king!

If you say this has never happened to you, then you must not be one of the guys who hold the net with one hand while scooping with the other. Admit it, many of us have found this to be an imperfect compromise.

If you watch guides net fish, you see them doing this all the time.

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The problem with this technique is that it shortens your reach to the fish which negates the benefits of a long net handle. It also forces the netter to lean out over the gunnel that much more, increasing the risk of losing both the fish and the netter (not funny, I've seen it almost happen in my boat).

You would think that most every innovation under the sun has been built into nets, and then along comes something so simple, but so effective that you have to wonder why no one had thought of it earlier.

Recently NWFishing was contacted by a company based out of Texas, NetRigger (<https://netrigger.com/>).

They have developed an awesome net accessory called (ready for it?) The NetRigger.

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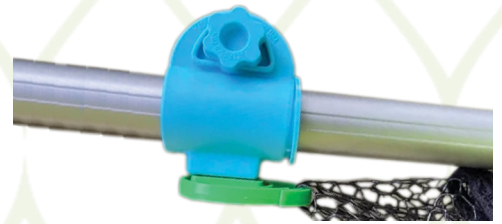
Using a simple but incredibly effective magnetic system, the Nettrigger does what your hand does – it holds the end of the net hoop in place against the net handle, allowing you to scoop further and deeper with the confidence of knowing that your net won't slip back and tangle with the fish. When the fish is in the net hoop and you lift up, the fish's weight releases the net end, and your fish is safely in the net. Simple, effective, and innovative!

If you're concerned about the net not deploying, no worries. The Nettrigger comes in 10-pound, 15-pound, 20-pound, and 30-pound magnetic weights, and can be purchased in a variety of combinations. The magnets are interchangeable which is a nice feature. Depending on the size of fish you are targeting and the

speed of your boat, or current, will dictate which weight to use. My personal experience is the heavier weights work better in trolling conditions. For salt and river salmon/steelhead I would go with the 20-30-pound weights. For kokanee, trout and most 1-2-pound fish the 10-15-pound weights are a good choice.

The one quibble I had with my unit was when I installed the clamp, I over tightened it and caused it to crack. Not enough to make it unusable, but it always bugs me to get something brand-new and damage it. Chalk it up to user error and don't over tighten that clamp!

Prices range from \$20 for a single weight to \$45 for the combo packs. The combo packs are nice in that they come with three different weights.



The clamp also comes with inserts making it easy to switch from different diameter rod handles.

As to how they work? As advertised! On a recent trip to Fort Peck, Rob went to net my fish, but the magnet was not deployed, and the nightmare scenario almost happened. I watched in horror as the net end tangled into the fish's mouth. Fortunately, Rob was able to bring the fish in. Our second Chinook, the magnet easily stayed in place and released as a beautiful 17-pound chinook entered the net. No worries about the net snagging and it was an easy net job.

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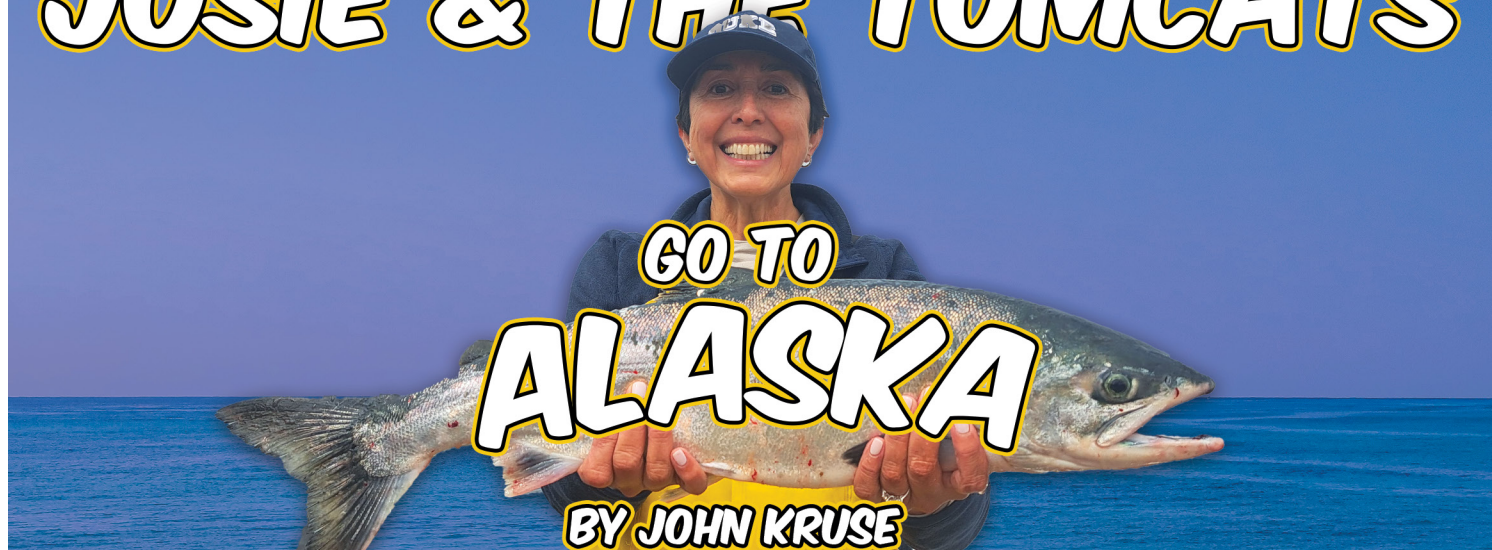
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# JOSIE & THE TOMCATS



The first time I met Josie Regula was when she boarded our charter boat, the Mystic Lady, at Sportsman's Cove Lodge on Prince of Wales Island in Southeast Alaska. The 50-something year-old-woman was accompanied by her husband, Max. The two had come here from San Diego, California to fish for salmon, halibut, cod, and more during a three-day stay at this luxury Alaska fishing lodge.

It turns out Josie isn't shy. As she boarded the boat for an orientation prior to the next morning of fishing, Josie let us know this was her very first fishing trip. She then told all of us with much bravado she intended to catch the biggest fish on the boat and probably the most as well. Her husband Max looked shyly downward but the rest of us did not. Her shipmates were myself, my best friend Rusty Johnston, well known Pacific Northwest outdoors writer Terry Sheeley, Frank Skipworth (a veterinarian from Kentucky), and the Captain

of the Mystic Lady, Steve Helton. I think Josie was expecting a chorus of loud guffaws and snorts from us but several of us nodded in agreement and said there was a good chance she would do just that.

Josie looked momentarily confused until I explained first time anglers, especially women, tended to out fish their male shipmates because they had not formed a lifetime of bad habits like the rest of us had. Add to that, first time women anglers tend to not only pay attention to the fishing advice dispensed by the captain, but actually follow it. Several of us went on to say we had indeed seen women with no experience catch the biggest fish or the most fish because of this. I'm not sure Josie believed what she was telling us but we all knew her prediction could well come true.

When I asked Josie her name, she said it was "Josie, like Josie and the Pussycats". Being all over 50 years of age on the boat, we all recognized the reference to the old television cartoon show

featuring Josie, the star of a female rock band, and her supporting cast the Pussycats. With all of us being men Terry Sheeley said we wouldn't be the Pussycats as her band members, but we would be willing to be the Tomcats. And with that, the fishing band was formed.

On our first morning we fished a large sandy bottom flat that was about 260 feet deep, a non-descript part of the ocean some 35-minutes away from the lodge by boat. Dropping down our bait of herring with 12-ounce lead weights on a short leader, we began to jig for halibut, and wouldn't you know it, Josie caught the first fish of the day, a healthy five-pound true cod. Josie's luck (and learning curve) increased over the next three days of fishing and she reeled in more than her share of cod, halibut, and salmon but it was our third day of fishing that Josie played her greatest hit.

The weather the first two days was mild but our final day on the water was a rough one.



We endured a steady drizzle most of the day and rough seas that had Josie feeling under the weather. In fact, despite the fact she took Dramamine to combat motion sickness, she became sea sick. I'll give her credit though; she stuck it out on deck as we jigged for halibut during a slow morning of fishing that only yielded a few smaller halibut and true cod. Then, Josie's rod tip bent down in a big way. She set the hook and the fight was on. The fish Josie hooked was definitely no small halibut; oh no, it was a very big one.

Josie, who was not above using colorful language, used it in abundance during the fight that followed with this goliath of a fish. Having never battled a big fish before, she decided to kneel down on the deck on one knee and

brace her fishing rod against the deck rail as she reeled.

It was an unorthodox way to fight a fish but it worked. The fish made several runs towards the bottom, robbing Josie of line as it did, and each time the fish made a run Josie would loudly express her dismay. However, Josie stuck it out, kept reeling and eventually, after a long fight, got that halibut to the surface.

The fish was brought on board and it measured well over the 40 inches where non-resident charter anglers are allowed to keep a halibut in this part of Alaska. In fact, that fish measured a whopping four-feet and weighed an estimated 53 pounds. After snapping a few photos, that halibut was released back into the sea unharmed to grow

even bigger and Josie's day one prediction of catching the biggest fish on the boat came true.

After taking a short break to deal with fatigue from both the fight and sea sickness, she was right back on the rail for the final afternoon of fishing, reeling in half a dozen salmon in the process. In the end it just goes to show first time female anglers really can out fish all the experienced men on board, and Josie's Tomcats were more than happy to be here supportive band as performed her greatest hit!

If you would like to find out more about the first-class fishing adventures available at Sportsman's Cove Lodge for anglers of any experience level, go to their website at [www.alaskasbestlodge.com](http://www.alaskasbestlodge.com).



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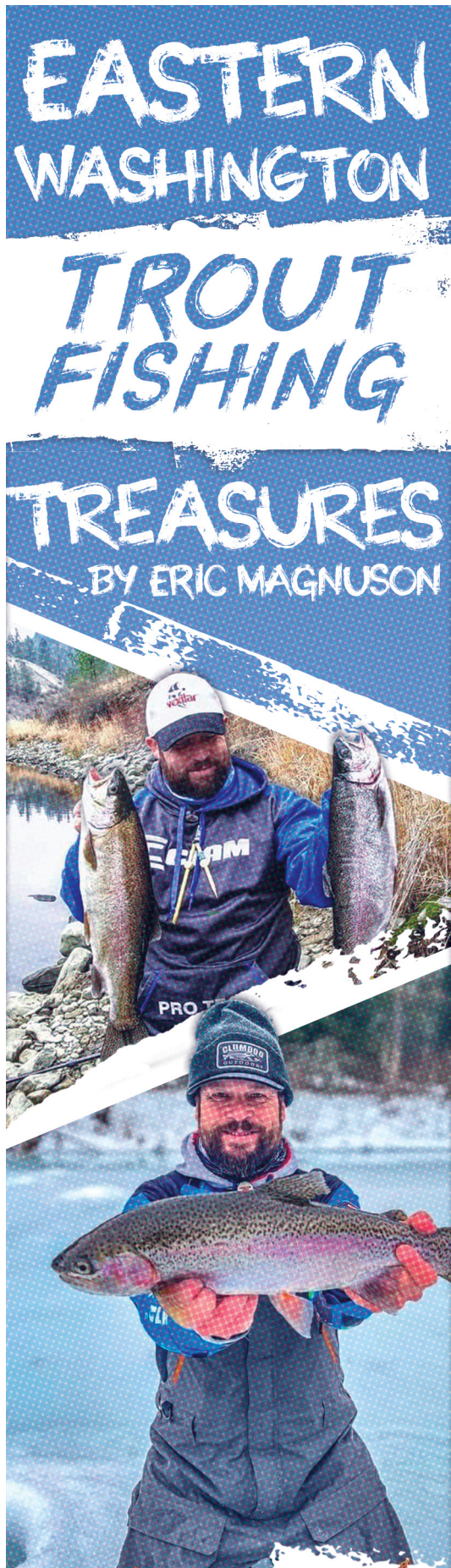
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Eastern Washington State is a paradise for trout anglers during the Fall, with its picturesque lakes and rivers offering some of the finest trout fishing experiences in the Pacific Northwest. In this article, we invite you to embark on a journey through some of my favorite bountiful trout waters of Lake Roosevelt, Waitts Lake, Bonaparte Lake, Rock Lake, and that little urban oasis, Liberty Lake. These 5 distinct fishing destinations in Eastern Washington promise anglers of all skill levels unforgettable moments, breathtaking scenery, and a chance to reel in some of the most sought-after trout species. So, grab your fishing gear, pack your camping supplies, and let's explore these trout fishing wonders of Eastern Washington.

Our adventure begins at Lake Roosevelt, a sprawling reservoir created by the Grand Coulee Dam on the mighty Columbia River. Stretching over 130 miles, this massive body of water provides abundant opportunities for trout fishing. Lake Roosevelt is renowned for its healthy population of Rainbow trout, which can grow to impressive sizes. Anglers flock here in search of trophy Rainbows, and Kokanee.

Springtime and Fall are the golden seasons at Lake Roosevelt. During spring, as temperatures rise, trout move closer to the surface, making them more accessible to both trolling fly's and even bait rigs. As fall brings in cooler temperatures, rejuvenating the bite and luring trout closer to

the shallows, welcoming the excellent opportunities for bank fishing. Camping facilities, beach camping, and boat launches are readily available along the lake's shores, ensuring a convenient and memorable fishing experience.

Moving over to the Northeast side of the state, we discover Waitts Lake. Just tucked into the hills of the small-town Valley, just off of HWY 395, this lake beckons trout fisherman from all over. This lake has been known for its healthy population of Brown Trout, where they are abundant and can be caught many ways. This pristine, spring-fed lake is also stocked with Rainbow trout, making it an ideal spot for anglers seeking a peaceful escape.

Spring and early summer are prime time to fish Waitts Lake as waters warm. But in the Fall, Rainbow and Brown Trout become increasingly active, providing ample opportunities for a successful day on the water. Drifting fly's, such as a Woolly Bugger, on a casting bubble has always been lights out, as for trolling the familiar setups from spinners to dodgers can also fill the cooler. Don't be afraid to bang the bottom with a simple quarter ounce jig tipped with a worm, very effective for the Brown Trout cruising the bottom for food. Shore anglers have access to 3 different resorts, and docks available to fish from, and can be just as productive as fishing from a boat. Some productive spots to pay attention to are the Southern portion of the lake near the launch, and the Western shoreline.



Onward to almost central of the state, we take a ride to one of my favorite winter lakes to fish. Nestled high in the Okanogan Highlands, Bonaparte Lake offers an alpine fishing experience that's nothing short of magical. Surrounded by lush coniferous forests, this tranquil lake is a sanctuary for both trout and those anglers who seek them. This lake has a campground and a very nice resort that caters to anglers year-round. My favorite time to visit is the winter with the snow and ice, it's just a beautiful place to chase trout.

Bonaparte Lake really comes to life in late spring and late summer into Fall. As the snow recedes and temperatures rise, the lake's trout species become more active, creating a feeding frenzy. Rainbow cutthroat can be the target for many, but there's those who are

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in search of a big Tiger Trout, or the beautiful Brook Trout, prized for its vibrant colors and feisty nature. The Southern portion of the lake near the creek mouth has always been a go to spot, especially in the winter months.

Targeting deep holes adjacent to shelves and breaks can produce large fish year-round. But targeting the southern end near the creek mouth, where submerged rocks and logs create perfect ambush points for trout. A must visit for any avid angler who's seeking an adventure.

Head South to the largest natural lake in Eastern Washington, with an open fishing season all year, we launch into Rock Lake in Whitman County. This lake has a reputation for providing an excellent fishery for Rainbows, and large Brown Trout. The boat ramp is a rough one, and takes some experience to navigate, as shore fishing is limited to the launch area. With the launch being unimproved, you may only see a handful of boats out there, but be aware of underwater hazards, as submerged rocks can sneak up on you quickly. Scenery is like a slice of the wild west, with basalt cliffs and sagebrush hills, offering a unique angling experience.

Since Brown Trout are the primary target, fishing from a boat is the most popular choice. Trolling plugs and large spoons are effective, and Jointed Rapalas work amazingly trolled at slow speeds. Casting larger lures near the rock walls with slow retrieves can produce limits quickly if

you're not a troller. I tend to notice from October, when the Browns spawn to spring, is the hottest bites from shore or boat. Enjoy this lake with caution, as the wind can play a big part in how you fish at this lake.

Now time to head back to town, where our trout journey concludes at Liberty Lake. An urban oasis located just minutes from the city of Spokane Valley, this lake offers convenience and a diverse range of angling experiences. Liberty is home to Rainbow, and Brown Trout, making it accessible for a variety of fishing methods. From trolling dodgers and spinners, to drifting flies, and my personal favorite, casting large jerk baits in the early spring when ice is melting off. Jerk baits really get those large Browns fired up. With a dock for shore fishing and a boat launch, it makes fishing for all anglers accessible.

With the amenities of Spokane Valley within reach, anglers can combine their fishing adventures with a bit of urban exploration.

Eastern Washington State is a haven for trout fishing enthusiasts, and the lakes of Lake Roosevelt, Waitts Lake, Bonaparte Lake, Rock Lake, and Liberty Lake offer a diverse range of experiences. Whether you're seeking trophy trout, serene solitude, a hidden fishing haven, a journey back in time, or an urban oasis, Eastern Washington's trout-filled waters have something for everyone. So, grab your gear, explore these scenic destinations, and immerse yourself in the natural beauty and bountiful trout fisheries of this remarkable region.







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# SAFETY & FIRST AID AFLOAT

BY RANDY CASTELLO

We're going fishing! The gear is stowed, trailer lights checked and working, you've topped off the fuel tank, and the ice chest is full of food, drinks and bait. When going through the checklist, did you consider your first-aid supplies? I know you're just going out to pull crab pots or fish the last few hours of the tide change, what can possibly happen?

In 2022 the USCG statistics show that there were 2,222 reportable boating injuries. Who knows how many unreported injuries there are. This year it is estimated that 55 million Americans will embark on a fishing trip. While the plan is to make it back to the dock without so much as a thought about a boating or fishing injury, they happen, and you should be prepared.

While the most common injuries are largely preventable, there are many "oh crap" moments any time you are on the water. Some preventable mishaps are as follows:

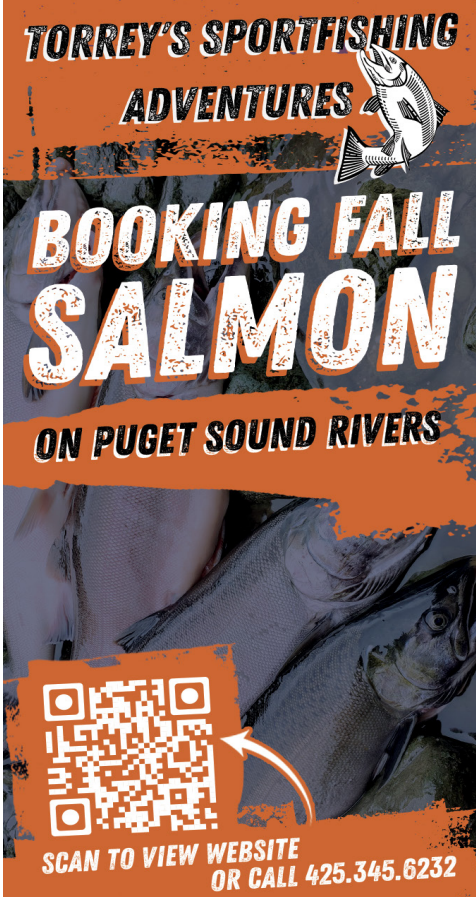
Falls, Pulled Muscles/Sprains - Many injuries can be prevented by wearing proper footwear and keeping the deck organized. I don't know how many times I have slid down a ramp float at 2:30 in the morning because I

was wearing worn out flip-flops or sandals. Make sure the tread on your footwear is serviceable. Boat organization is important in the prevention of injuries. Everything should have a place and be kept there. Loose ice chests, loose gear, or weights have caused many falls related injuries. Fish slime and blood should be cleaned up immediately. A few years back while fishing for winter blackmouth, I slipped on a puddle of chinook slime we hadn't cleaned up yet. If not for a quick handed atomic wedgie by a fishing buddy I would have gone swimming.

Back injuries - Many times, back injuries are caused by twisting under load- if the seas are rolling don't pick up a heavily loaded ice chest to clear the deck. Pulling crab or shrimp pots should be done with a plan. Use a puller if you can but if not possible keep your chin over your knees while pulling pots. Be aware of your posture as you swing the pot into the boat. When downrigger fishing, use a retriever setup, don't lean over the edge of the boat to manage the downrigger clip. Anchoring is another activity where an extra dose of caution should be prescribed. Never just throw the anchor and hope for the best. Always have control of

the anchor line and then once it hits the bottom, slowly feed it out to get the appropriate scope. Keep the deck clear when managing the line and if you don't have an anchor locker use a milk crate, anchor bag, or even a 5-gallon bucket to manage loose line. Finally, consider the protentional for cumulative abuse injuries to you or your passengers' backs.

Here in the Pacific Northwest, many of us are running aluminum boats.



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While a great option for general recreational use, they typically ride rough. As the skipper you may have some form of suspension seat but it is likely your passenger does not. For that matter it is likely that you have passengers on cushioned seat boxes. I mention this because Repetitive Lumbar Injuries (RLI) are a real possibility when boating in choppy conditions. Basically, the tissue between your lumbar vertebrae can break down and pinch the nerves when running in heavy seas.

Short of installing high end suspension seats there are a few things you can do to help prevent RLI. The key is to slow down and practice what I call "Become one with the sea". You can also run a bit bow up to push the impact point towards the stern for a smoother ride. Both will slow you down, but eventually you'll get where you're going and your backs will thank you for your extra efforts. On a personal note; I have pretty severe arthritis and my lumbar region is a mess. For work, I run a small aluminum boat 6 days a week year-round. For the most part, I make the run independent of the weather conditions. There are days where I have to stand to run the boat.

If I sat down while running in the heavy, unsettled seas I would be paying for it later.

Many boating accidents are preventable, keep an organized deck, limit your passenger's alcohol consumption, secure knives, gaff hooks, and anything else that can swing or roll around. A 12# downrigger ball rolling around could do some serious damage if you got in its way. Even consider what a 3-ounce jig can do swinging from a rod in the rocket launchers can do (I know...)

Stay alert, try to get some sleep the night before an outing, again, limit alcohol consumption, and stay hydrated. A key in preventing boating accidents is knowing your limitations as a skipper and what your boat and crew can handle. Don't be afraid to put the boat back on the trailer if the conditions warrant.

Establish a general safe boating routine for your boat and share it with your passengers. It should include location of the PFDs and a throwable device, location and use of your firefighting equipment. Possibly address the docking procedure: Things like, secure the stern line first when docking, no jumping from the boat to the dock, watch your fingers, and

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watch for cleats and other dock hazards. Any time the seas are questionable have everybody wear their PFD and stay seated. If it's really bad have them sit on the floor to lower the overall CG of the boat. When running in the dark, for or other inclement weather, always post a lookout.

While many boating injuries are preventable others just happen. Medical emergencies are rare when recreational fishing but as a skipper you should be prepared to offer basic first aid. On our boat we carry a comprehensive first aid kit. Fortunately, we rarely break it out, but at least we are prepared if something serious develops. Here in the PNW your boaters first aid provisions should include the following as a minimum:

#### COMPREHENSIVE FIRST AID KIT

**First Aid Guide**, the Red Cross offers an Emergency First Aid Reference Guide for 3.95. It is available at: <https://www.redcross.org/store/emergency-first-aid-guide/758276.html>

**A Small Bolt Cutter** to assist in removing fish hooks.

**Band Aids**

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**Pain Killers/Anti-inflammatory Tablets**

**Burn Cream**

**Cloth Tape**

**Triple Antibiotic Ointment**

**Q-tips**

**Drinking Water**

**A Spray Bottle** with a 50/50 solution of vinegar and seawater. A quick spray will neutralize jellyfish stings and in a pinch help to clean a slippery deck.

Most of the items noted above will fit in a 32-ounce wide mouth Nalgene water bottle.

**22 | NWFISHING.net**

In fact, that's what we keep in the truck and it often is with us during other outdoor activities. If you want to step it up a bit, there are many commercially available first aid kits out there. Generally, they offer an elevated level of medical care. Some lessons learned and general comments are as follows:

Establish an inventory management plan. You want to ensure adequate supplies are available when required (think 4-year old girl, redheaded Cabbage Patch Doll, a pack of Band-Aids, and a weekend on the boat). Your plan should also check for out of date products. For storage of the bolt cutter, I use one of those anticorrosion chips of plastic to keep it from corroding. I use Zerust Plastabs but there a number of other corrosion-inhibiting products available. If

you do have to manage a medical situation, your demeanor will go a long way towards helping your patient.

Even if you are uncomfortable, don't panic and calmly work through the situation. If you have a serious situation recognize it sooner than later and don't be afraid to call the Coast Guard or 911.

With adequate prevention measures and the ability to manage a first aid as required, your crew is likely to return to the dock with nothing more than a sunburn, a bag of fish, and a smile. In the unlikely event that you do have to render first aid, part of wearing the skipper's hat is being prepared. This article should be considered as a general guideline and feel free to set up your own safety/first aid program.

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## Steelhead

Steelhead license plate funds benefit measures that guide fisheries management, hatchery operations, monitoring, and habitat restoration programs.

## Orca Whale

Funds help recover endangered and threatened species.





# COWL-OWEEN

BY MEGAN BENNETT

**Ode to the changing seasons. And the mighty fall Salmon run!**

**I've always been a fan of October, for the blustering chill in the air, and the transforming colors in majestic trees. Shorter days and longer nights. And who of us can ever forget, the hatcheries unleashing their beasts!**

**The Cowlitz River is my favorite river by far. Every year we spend October 31st on the river for "Cowloween".**

Catching monsters on the Cowlitz can be done in a variety of ways such as side-drifting, twitching jigs, back-trolling, hover-fishing, and casting hardware.

The Cowlitz River Salmon Hatchery produces nearly 13 million fish each year, including about 1.3 million spring Chinook, 5.0 million fall Chinook, and 3.2 million coho salmon. This hatchery is located near Barrier Dam and the Barrier Dam boat launch

It is no secret that the Cowlitz River

is known for some of the best Salmon and Steelhead fishing in the state of Washington.

Anglers swarm from around the country to get a chance to catch Chinook Salmon, Coho, and Steelhead. Don't let its popularity dissuade you, there is still plenty of elbow room.

If you don't have a boat of your own, plenty of seasoned experts offer fun guided trips.

I have been fortunate enough to catch a regular ride with Sather Guide Service. Jared is a skilled

captain and fisherman. He has the ability to drive his boat backward with a foot while casting. You are guaranteed to pull in a whopper between Jared and his deckhand. These guys will set the hook if you like and hand it off. This makes for an exciting and fun experience for less seasoned anglers. I set my own hook and landed these beauties. It is a team adventure, with jokes and snacks too! Jared has the stamina to fish dawn to dusk but is very conscientious of all guests should the need to go to shore arise.



There are a few options for overnight stays near the Cowlitz. A few of my favorites would be Toutle River RV resort. We opt to stay in the "Love Shack", a quaint little studio apartment. It's affordable. Though proximity to the train tracks might annoy some, we enjoyed the entire experience.

The Castle Rock "Sky Cabin" is a fun experience. Like an adult tree house with all the amenities. Off the beaten path, but only around 20 minutes to the boat launch.

If you opt to take just a day trip, there are plenty of great dining options, though I personally prefer renting a space with accommodations for making your own food.

In a pinch, you can find quality dining at El Compadre off


Highway 504, The Oasis in Castle Rock or Papa Bears.

We love to combine adventures, such as hunting for rocks, covered bridges, quiet trails and breathtaking sunsets. Into bridges? Try visiting the Cedar Mill Grist in Woodland, The fall colors and rambling waters are a sight to see. A quiet and awe-inspiring peek into the past. If you like beautiful rocks, you can find a variety of agates along the rocky creeks that amble the backroads along Highway 12.

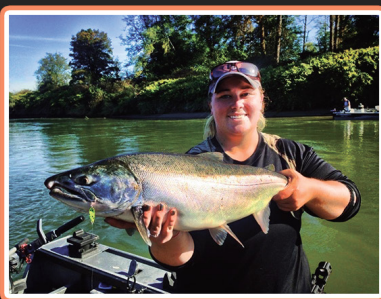
If you are a fan of just fishing, the Cowlitz River is a great destination that is hard to beat.

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# HORSEBACK IN THE WALLOWS FOR TROUT

BY GARY LEWIS



A September wind rattled in the yellowing cottonwood leaves and made the red and orange vine maples shiver. The last mile was a series of switchbacks that took us into the Ice Lake basin at 8000 feet above sea level.

Our guide, Barry Cox, led the way on his buckskin, a pack-horse on a lead rope behind him. I was mounted on a bay and dad brought up the rear on a sure-footed gray.

I could see the lake finally through the trees, deep blue and green. Alpine meadows with weather-twisted firs and pine trees gave way to steep, landslide country where little in the way of plant life grew. High above, were granite cliffs and rocky, rugged peaks. I shaded my eyes with my hand to look. Somewhere up there, I was told, there were mountain goats.

Barry turned his horse left and we crossed Adams Creek, leaning forward in our saddles as the horses scrambled up the high bank. We rounded a knob and followed a narrow trail along the rocky beach.

At the water's edge, we saw brook trout, our reason for being here. A few eight- to ten-inch brookies

hung suspended in the clear blue water where the shallows gave way to deeper water.

We made camp in a little basin away from the water, moving a few rocks to make room for the tent.

While dad opened our packs, Barry borrowed a fly rod and headed down to the water. I was right behind him.

Before I could even make a cast, Barry had hooked and landed a ten-inch brook trout. It took three casts before I hooked a fish.

I was using a No. 14 Adams and I set it down outside of the shallows and saw a brook trout, coming up and up from the dark green depths. He opened his mouth and took the fly back down. It promised to be a good day of fishing.

Barry soon retired for a nap and a lunch of trout while dad and I continued on around the lake. We moved down the beach a few yards whenever the bite slowed.

It didn't seem to matter what fly we used. After I lost the Adams I switched to a bead head Prince Nymph.

We caught fish on whatever fly we tried. A Mosquito pattern worked

as did the Hare's Ear and Zug Bug. Streamer patterns caught fish and so did a Mouserat that I cast alongside a log and swam back.

The most fun were the grasshopper patterns we cast along the shoreline or just outside of the shallows to entice cruising fish.

These fish knew how to eat a grasshopper. They exploded on top of the fly, seeming to want



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to dunk the hopper before swallowing it. In the clear, calm water we could often see the fish as it climbed to smash the fly.

It was three o'clock when we finally stopped for lunch, carrying five brookies back to camp and frying them over a small fire.

Afternoon gave way to evening and dad and I fished until it was nearly dark. The trout were so hungry I believe I could have caught 300 fish that day if I had kept at it. They ranged in size from six to eleven inches with most of the fish measuring between eight and ten inches.

Each fish was different in appearance though all were brookies. Some had dull coloration while others were brilliant with orange fins tipped in white.

Some had extremely large heads with underfed bodies, older fish whose bodies had not kept up with the growth of their heads. Too many fish and not enough food.

In the morning the fish didn't come as quickly to the fly as they had the previous night. I guess I spent more time looking at the mountains and the wildflowers too, hoping to imprint on my mind what I was seeing.

The showy daisies were in bloom, as well as alpine buttercups, Indian paintbrush and mountain gentian.

In the afternoon, we rode out, leaning back in our saddles as the horses picked their way down the switchbacks, our stirrups hanging over nothing but the pure mountain air.



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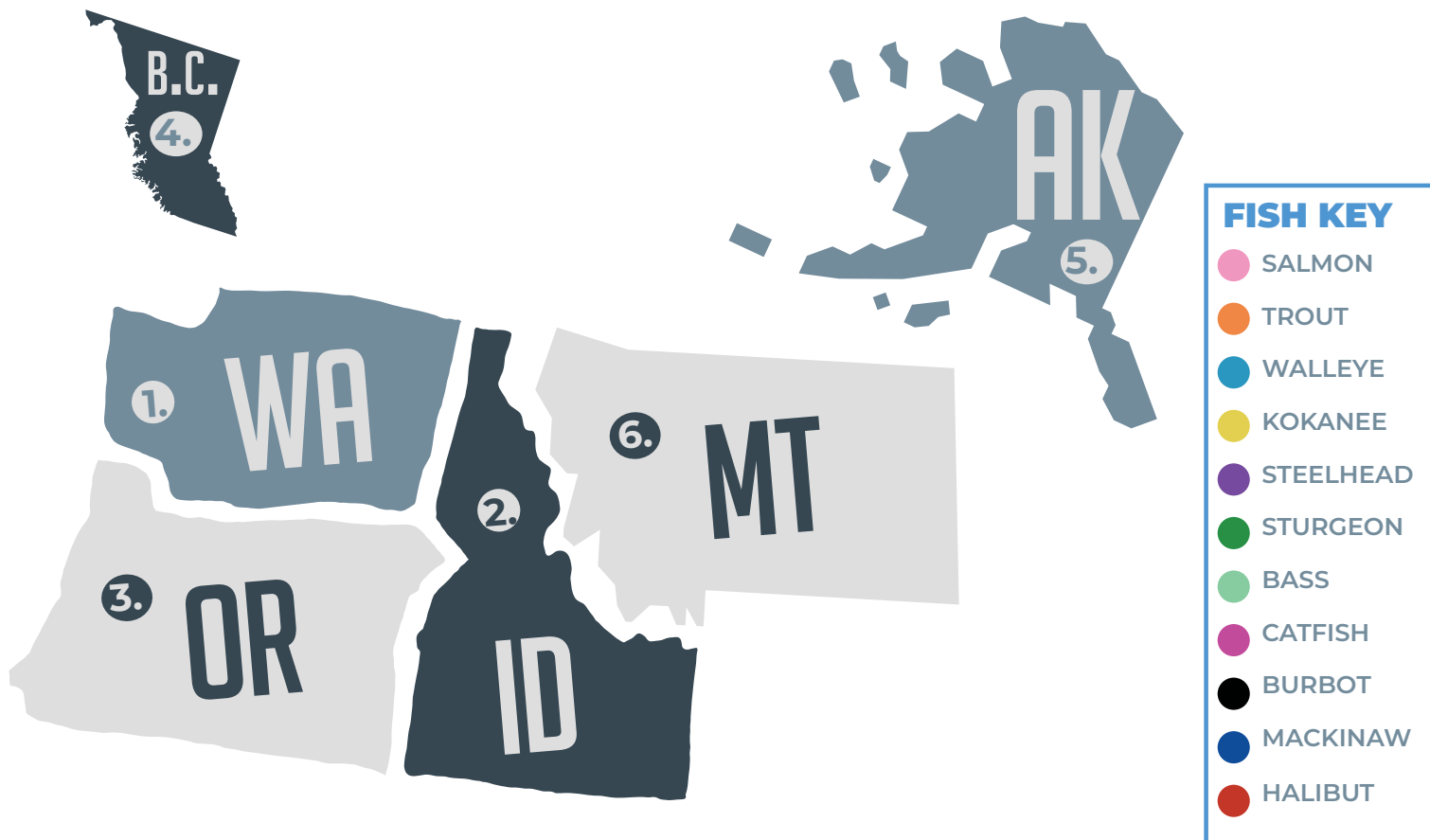
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## Washington State Law RCW 77.15.160

- All boats registered outside of Washington State **must have** an Aquatic Invasive Species (AIS) Prevention Permit before launching in Washington waters.
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- Failure to have the permit may result in a **\$150 fine**.

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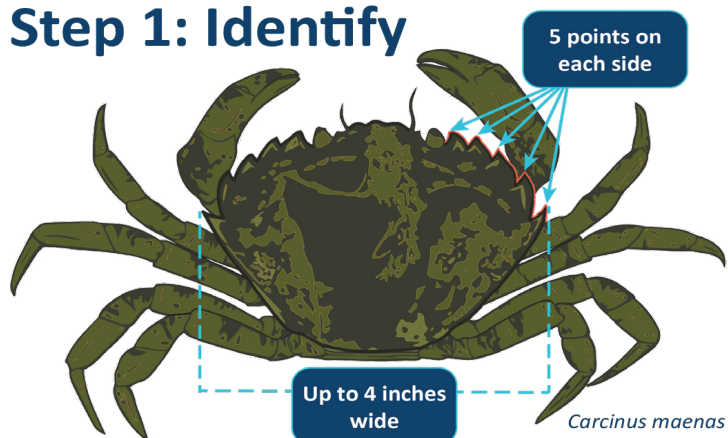
Funds from the AIS Prevention Permit support efforts to keep Washington's waters free of aquatic invasive species and manage infestations when prevention fails.



# Report Invasive European Green Crabs



## Step 1: Identify



## Step 2: Report

If you find a suspected European green crab or their shell, photograph it, note the location, and report it.



## Scan to report!



[wdfw.wa.gov/greencrab](http://wdfw.wa.gov/greencrab)

The European green crab is a damaging invasive species that poses a threat to native shellfish and habitat for salmon and many other species. They are not always green and may be orange, red or yellow. These shore crabs are found in less than 25 feet of water often in estuaries, mudflats, and intertidal zones. They are not likely to be caught in deeper water, but may be encountered by beach anglers, waders, clam and oyster harvesters, or those crabbing off docks or piers in shallow areas. **As a Prohibited species, it is illegal to possess or transport live European green crabs in Washington.** Shellfish growers and private tidelands owners in areas with European green crabs should contact WDFW for management support or permits. Please email at [ais@dfw.wa.gov](mailto:ais@dfw.wa.gov).

Individuals who need to receive this information in an alternative format, language, or who need reasonable accommodations to participate in WDFW-sponsored public meetings or other activities may contact the Title VI/ADA Compliance Coordinator by phone at 360-902-2349, TTY (711), or email ([Title6@dfw.wa.gov](mailto:Title6@dfw.wa.gov)). For more information, see <https://wdfw.wa.gov/accessibility/requests-accommodation>.





**Elephant Boys boating store has now expanded to include a fishing and camping store.**



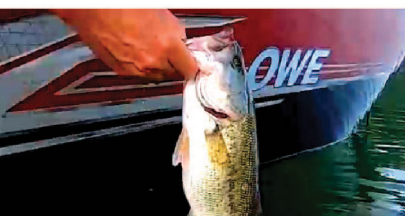
**Our new store is jammed packed full of all your fishing and camping needs.**



**We have what you want.**



**We invite you to stop by and let the tradition continue to deliver those dreams and memories.**



**E. Sprague  
Ave Between  
Sullivan and  
Adams**



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