

Perch Fricassee *by Gordon Blue*
From the Dofasco Angling Club's newsletter

It's getting to be that time of year when the regular fishing gear is put away and the ice fishing equipment gets polished up, greased and re-strung. There's nothing nicer than sitting by the fire preparing for the hard water.

The most fished for and popular catch of the day is perch, which is by far, the best tasting Canadian freshwater fish. They're delicious filleted, fried in butter with just a pinch of salt and pepper.

Here's a new way to try them:

3 tbsp	butter
1 lb.	perch fillets
6 pieces	bacon slices
½ cup	mushroom pieces
¼ cup	diced apples
¼ cup	pearl onions
3 tbsp	flour
2 cups	fish stock
¼ cup	lettuce (cut in strips)
¾ tsp	fresh tarragon
½ cup	diced tomatoes
	salt & pepper to taste

In a skillet, melt the butter and sauté the perch fillets; season with salt and pepper. Remove from heat and keep warm.

Pour off excess fat from skillet and cook bacon, sautéing mushrooms, apples and onions until liquid evaporates. Add flour; stir for 1 minute. Add fish stock and thicken, stirring constantly for 7-8 minutes. Place fillets in sauce; cook for 3 minutes. Garnish with lettuce strips, tarragon & tomatoes.



Contact Information

Mailing Address

1017 Western Road
London, Ontario N6G 1G5

General Meetings

The TRAA meets on the second
Wednesday of every month at the
above address unless members
are otherwise advised

e-TRAA

traa@anglers.org

TRAA Web Site

www.anglers.org

Fishing Tip

Simpler Scents

Pick up the smaller bingo dabbers at the local dollar store and fill them halfway with your favourite fishy scents. Place into appropriately sized, re-closable plastic bags and store upright in your tackle box. The sponge tip neatly spreads the scent over any sized lure. No more over-spray to waste money or make a mess of your clothes.



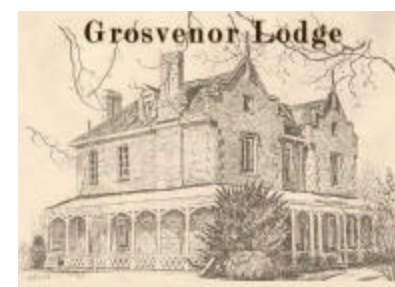
News Bites January 2007

Join us at the next

General Meeting January 10, 2007

The meeting starts at
8:00pm sharp

The venue is



1017 Western Road, London

Meeting Features:

- **UTRCA's Jeff Brick** will discuss the **TRFHMP** and **'07 UTRCA Plans**
- **Cold = More Fish?** - if it ever gets cold!
- **TRAA Memberships** - they're due now!
- **Yummy Perch Recipe** - works for crappie too!

Colder is Better

Adapted from an article by Gordon Blue in the Dofasco Angling Club's newsletter

If you have the proper clothing, the colder it gets, the better you'll like fishing. There are fewer anglers; no weekend warriors and the biggest fish are more susceptible to being caught.

I made the one kilometre walk from the car around 7:30 am and the sky was just lightening up after a cold night. As I rounded the corner of the path, I saw two guys setting up their rods. We're all using roe, bottom bouncing with an egg sinker and an 18" to 24" lead. Within 15 minutes, I had my first tap but missed the wary rainbow trout. After half an hour, tap...tap...and on the 3rd tap I swept the rod back to set the hook. It shot out of the water clearing the surface by 2 feet. The fish then made a screaming run toward me and as it launched itself out of the water a second time, my line was 30 feet behind it. I kept cranking the reel as fast as I could to pick up the slack and just as I had the line taut, up she came again, this time doing a back flip. Now it turned and peeled line away from me and whoop, out of the water she came again. After another 10 minutes of coaxing, the 'bow came towards me, twenty feet from the shore she shot up into the air again. It wasn't a monster but a respectable 6-1/2 lb. female. A quick picture, measurements and she was swimming away within two minutes. About an hour later my rod tip jerked violently towards the water and with a quick hook set I had on another. This fight wasn't so dynamic as it was a male about 5 lb. He was bulldogging & only cleared the water once. I watched with pride as I released the red-cheeked little devil. Get some good winter wear & take advantage of the best fishing of the year.

January's Guest Speaker

Jeff Brick, Coordinator, Hydrology & Regulatory Services, UTRCA

Jeff Brick has represented the Upper Thames River Conservation Authority (UTRCA) on a number of projects and issues that, at times, intersect with those of the TRAA.

Jeff has been very involved in the Thames River Fisheries Habitat Management Plan (TRFHMP) from its inception. Jeff was very instrumental in making the changes required for the TRAA to come back to the TRFHMP table. Jeff is a member of the TRFHMP Steering Committee, as are Randy Bailey and Doug Jarman.

On that note, part of Jeff's presentation at the January 10th General Meeting will be an update on the TRFHMP proceedings. In addition he would also like to speak to us in regard to the UTRCA's initiatives for 2007. Please come out and support Jeff's efforts with your attention.

TRAA Memberships

are due for 2007

Archie Graham is accepting your renewal fee for the upcoming year of 2007.

There have been rumblings that we should increase the amount for a yearly membership in the TRAA but that will have to wait until the March Annual General Meeting.

Your \$20.00 still gets you a TRAA membership, not just for yourself but also for your entire immediate family!

Please keep in mind that the membership is due on the calendar year, not on the anniversary of your joining the TRAA (it's not a magazine subscription!).

It is also very important to update all of your contact information. Check with Archie to make sure this is accurate and up to date, especially if you have move or have changed email address, phone number, etc.

Trout Committee

The TRAA Trout Hatchery now has about 40,000 brown trout in the hatching trays. The eggs were received from Sault Ste. Marie about a week and a half ago. Most of the eggs have hatched and the sac fry appear to be doing well. Most of the vacancies for the "trout sitting" rotation are in order. Contact John Jackson or Dave Jeffries if interested in helping out.

Public Relations Committee

Randy Bailey has graciously filled the void left at the helm of the PR Committee. This is an interim solution until the March Annual General Meeting. At that time a new Committee Chair will take over (perhaps the person holding this brochure?). In the meantime, Randy may be calling on some members to help out with a few of the tasks required of this position. As most of you already know, Randy already carries out and is responsible for a number of functions within the TRAA, not least of all the position of President.

These tasks may entail attending meetings, arranging meetings, contacts etc.

Annual General Meeting

March 14, 2007

March seems like such a long way off, but so did Christmas, and it's long gone! Every year we talk about getting more organized with regard to the Executive Elections and we accomplish small, incremental improvements from year to year. In keeping with this trend, we will be discussing how we would like to approach this year's electoral festivities. We would also like everyone to consider what position they would like on the Executive and/or any of the Volunteer positions.