

### Consider your gear

Single barbless hooks are best for catch and release. Switch out trebles on spoons and lures, and use single hooks for tip-ups to allow quick, safe un-hooking (and keep from hooking yourself!)

### Limit air exposure

If you're fishing outside of a shack or on an especially cold day, fish eyes and gills are particularly vulnerable to freezing. If you're going to let 'em swim, you want to know they ultimately survived, so land, de-hook, get the photo, if you wish and send 'em back down the hole.

Whether in the winter or open water, a fish can breathe out of the water about as long as you could breathe under it.

### Keep fish in the water

If you're able to release a fish without removing it from the water, that's the very best thing to ensure survival. Some of the de-hooking tools make this easy to do.

### Keep 'em off the ice

Just like you don't want fish flopping in the boat or on grass in the summer, you don't want fish flopping on the ice or the floor of your shanty.

### Take photos as quickly as possible

The practice of catch-photo-release is a good one, but photos should be taken quickly so keep your camera out and handy. The best photos involve holding up one or two of your best fish - while they're still alive if possible. Photos of buckets of dead fish, kitchen sink shots or a pile on the ice are becoming taboo. If you keep a "mess" of fish, consider lifting the one or two best fish and taking a photo of those while you're still near the water - you'll have a memento that you can be proud of, and that others will enjoy looking at.

Visit us online for more, and thanks for being a steward of our resource!



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[www.Recycledfish.org](http://www.Recycledfish.org)

## Catch & release

### ...On ice

*Special precautions for successful catch and release angling in cold weather.*

Anglers can have a powerful positive - or negative - impact upon the lakes, streams and seas that we love. Our impact goes far beyond practicing catch and release or selective harvest, but C&R is a starting-off point for stewardship, because it's one of the most tangible things that an angler can do.

Good C&R comes down to keeping the fish's best interest at heart. After all, if you're going to release the fish, you want to know it has its best chance of survival, right? *These tips will help.*

#### Ice Fishing and selective harvest

Winter is a great time to practice selective harvest. Fish taste great through the ice, and since we often target panfish - a great harvest choice - it makes sense to keep some for the table. However, winter fish group tightly and it's possible to over-harvest during the winter season.

The best advice is to use moderation. If you are throwing freezer burned fish away to make room for new fish, you are being wasteful.

Never, never, never leave fish behind because you decided "you didn't have enough to clean," or because you changed your mind about wanting to clean fish when the end of the day rolled around. That's wasteful abuse of the resource.

Harvest what you will personally use quickly, and only those fish. Consider releasing predatory species and the very biggest panfish as they are likely genetically superior fish which will benefit the gene pool.

Abandon the notion that a successful day on the water is a day where you bring home a bucketful of fish. Our fisheries need stewards like you to create a legacy for the generations to come.



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Like what you read?  
Then sign up! Everyone  
who takes the  
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gets a FREE member-  
ship to Recycled Fish.

Turn in your card today and receive a  
new member packet on the spot.  
Nothing to buy, nothing to pay, but  
everything to lose...The lakes, streams  
and seas we all love need you to take  
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More at [www.RecycledFish.org](http://www.RecycledFish.org)

Name:

Address:

City:

State & Zip:

Phone:

E-mail:

Angling preference: Coldwater Warmwater

**Yes!** I'm interested in becoming a  
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annual donation. I want to be an active  
supporter and receive more free gifts includ-  
ing a Recycled Fish T-Shirt.

Three ways to complete your membership  
registration:

1. Fill out this card and turn it in at the Recycled  
Fish Angler Hospitality Station at today's event
2. Mail this card to: Recycled Fish  
3025 9th Ave #B  
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## TAKE THE SPORTSMAN'S STEWARDSHIP PLEDGE

and get your free membership to  
Recycled Fish, the non-profit  
organization that engages outdoor  
enthusiasts like you as stewards  
of the resource.

I **choose** to be a good steward of our natural  
resources on and off the water by living a lifestyle  
of environmental awareness.

I **will always abide by** fish & game laws where I  
fish or hunt.

I **practice** Catch and Release & Selective Harvest  
faithfully and responsibly.

I **will "police my resource,"** by turning in  
poachers and reporting polluters.

I **will make up for "the other guy"** by collecting  
trash wherever I see it.

I **will not trespass** to fish or hunt.

I **will boat** in a safe and responsible manner.

I **will treat other users** of the resource with  
exceptional respect.

I **will get involved** in local conservation projects

I **will encourage others** to take the stewardship  
pledge and I will promote the ethic of natural  
resource stewardship.

I **choose** to serve as a role model in protecting  
what remains, and recovering what's been lost of  
our wild and natural places.

I am a steward.



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**“Limit Your Catch – Don’t Catch Your Limit.”** It’s a “catch phrase” that’s “catching on.” We support it at Recycled Fish. We won’t say that you should never

take home any fish under any circumstances, but we will say that most of the time, you should let ‘em swim.

Maybe for you, there is a sense of satisfaction that comes from eating a fish that you caught yourself. The pride of tradition, of being a provider, and satisfying that primitive hunter-gatherer instinct – all have credence. But there’s another side to the coin. Which is more valuable: the food value of the fish, the entertainment value of the fish, or the value that the fish has to its environment?

What is interesting is that the smart answer to ALL THOSE questions is that we shouldn’t kill every fish we catch! If it’s entertainment (the “sport” of fishing) we’re after, more fish released means better fishing – more fun, better entertainment. If it’s food we’re after, more fish released means sustaining a healthy population that we can draw from for a food resource long into the future. And if it’s value to the environment, then “letting ‘em swim” is like “leave no trace” fishing.

But while catch-and-release is at the heart of our message, our philosophy runs deeper than just “letting ‘em swim,” (although we think that’s a great start!).

We believe that a holistic approach is what’s needed to see strong fisheries conserved and dwindling fisheries improve. Catch and release is only one element of that big picture. Join us in being part of the solution. Visit [www.RecycledFish.org](http://www.RecycledFish.org) and find out how you can be a steward both on the water and in your everyday life.



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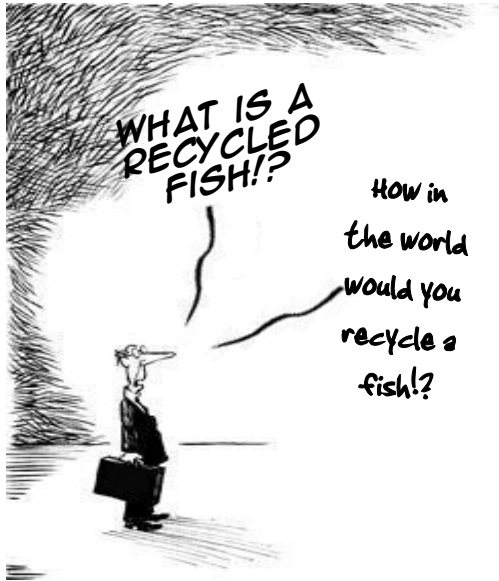
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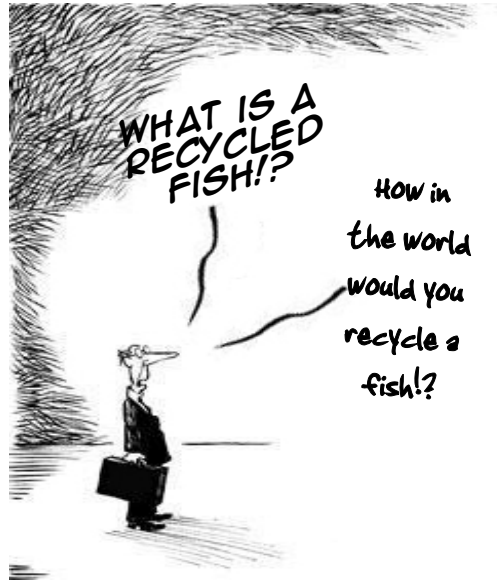
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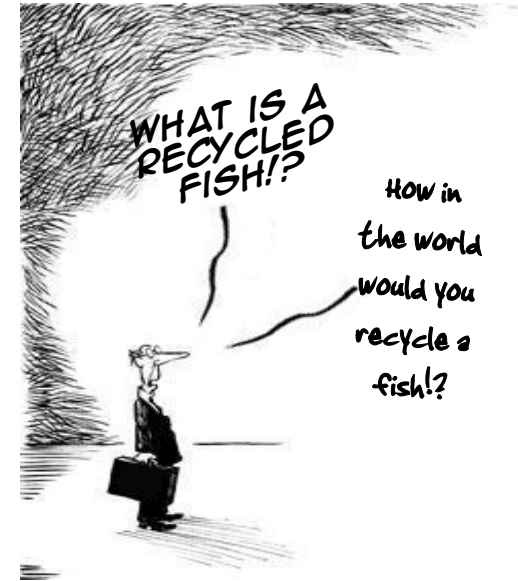
The term "Recycled Fish" speaks to catch and release fishing. Did you know that the sport value of most fish is greater than its food value? It's true! Fishing is a \$125 billion industry in the U.S. alone.

Recycled Fish is a non-profit organization that gets anglers and other outdoor enthusiasts involved as stewards of the resource. We believe in the importance of Catch and Release, and we also believe in "Selective Harvest." There are countless other ways that we can have a positive impact, both on and off the water. Visit our website to learn more!



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