



Fishing Report

Follow us on Facebook!

We will have updated info on lake conditions, fish plants, and post pictures of our customer's "Super Catches". Catch a good one? Bring it up to the Marina to weigh it and take a picture! We will post it on our board, email you a copy as well as post it on our Facebook page.

[Facebook.com/LakeCamanche](https://www.facebook.com/LakeCamanche)

Lake Conditions And Events

Lake Conditions

Lake Camanche's current elevation is **212.25 feet** above sea level. The **inflow** from Lake Pardee is currently at 255 c.f.s. The spill is at 0 c.f.s.

The **outflow** from Lake Camanche is currently **255 c.f.s.** The lake is **62% full** & the water temperature is **61°F** degrees.

Lake conditions are updated daily on EBMUD's website:

<http://ebmud.com/daily-water-supply-report>



Weekly Weather

North Shore & South Shore

Possible chance of rain on Sunday, Patch fog on Monday and Tuesday, until rain returns on Wednesday. lows in the mid 30's to low 40's and highs in the low 50's

Weather info courtesy of:

National Weather Service

Fish Plants:

Mt. Lassen Trout delivered 1200 lbs to the South shore pond, 1200 lbs to the South shore ramp, and 1200 lbs to the North shore ramp on Monday, December 21, 2020

Lake News

Annual Day Use Passes (with or without vessels) are available year round and are good for 12 months! Don't forget, if you are disabled or a senior (62yrs or older), you get your annual pass at half off the regular price! Stop by either gate or marina store to get yours today.

Currently Lake Camanche is open for boating and day use.

Marina Store Hours have changed for the winter season.

Both stores are open from 8 a.m. to 4:30 p.m.

Boat rentals are from 8:30 a.m. until 3:30 p.m. Wednesday through Sunday

Fishing Report:

Bass fishermen are still seen coming in and out of the lake but are still tight lipped on where they are catching and with what.

Even though warmer weather and lack of rain have the trout bite a hit or miss, we are starting to see more trout fishermen hanging out at the fish cleaning stations at both shores. Regular catch and release anglers confirm this stating having had a couple of days of

multiple catch and releases (10 or more) and then nothing the next day in the same area.

Dennis Nilo caught a pan-size trout with Garlic Power Bait.

Sam Guevarra and his son caught a 25.5" trout with Rainbow Power Bait on the bank.

Finally, Randall Parvin had caught 4 beautiful bass in the main lake!

Don't forget Anglers! We LOVE fish pictures, and will happily post them on our Facebook Page.

Contact us at:

llarson@golakecamanche.com

Or stop by either marina store!

North Shore Marina: South Shore Marina:

North Shore

209-763-5121 ext 3202

Store Hours

Daily
8AM to 4:30PM

South Shore

209-763-5121 ext 3203

Store Hours

Daily
8AM to 4:30PM



Honey Ginger Grilled Salmon:

Total time: 35 min.

Prep time: 20 min

Cook time: 15 min

Ingredients:

- 1 tsp ground ginger
- 1 tsp garlic powder
- 1/3 cup reduced sodium soy sauce
- 1/3 cup orange juice
- 1/4 cup honey
- 1 green onion, chopped
- 1 1/2 lbs salmon fillets

Directions:

In a large self-closing plastic bag, combine first six ingredients and mix well.

Place salmon in bag & seal tightly.

Turn bag gently to distribute marinade.

Refrigerate 15 minutes or up to 30 minutes for stronger flavor.

Turn bag occasionally.

Lightly grease grill rack.

Preheat grill to medium heat.

Remove salmon from marinade, reserve the marinade.

Grill 15 to 20 minutes per inch of thickness or until fish flakes easily with a fork.

Brush with reserved marinade up until the last 5 minutes of cooking time.

Discard left over marinade.



Courtesy of:
<http://www.food.com/recipe/honey-ginger-grilled-salmon-13982>

.....Trout Nutrition Facts.....

Trout is a good source of omega-3 fatty acids, which are considered essential fatty acids. They are essential to human health but cannot be manufactured by the body. For this reason, omega-3 fatty acids must be obtained from food.

If you eat sufficient omega-3 fatty acids, according to the website [Health24.com](http://www.health24.com), you will be protected against the following diseases and conditions:

Heart Disease: Omega-3 fatty acids lower the risk of developing heart disease and can reduce the risk of dying from a heart attack by 30%.

Blood Clots: Omega-3 fatty acids make blood less sticky and prevent blood clots.

Hypertension: Omega-3 fatty acids lower blood pressure.

High Blood fat levels: Omega-3 fatty acids lower "bad" cholesterol and triglyceride levels in the blood.

Colon and bowel cancer: Omega-3 fatty acids may prevent colon cancer.

Rheumatoid arthritis: research results indicated that omega-3 fatty acids may help prevent this crippling disease.

Crohn's disease: There is some indication that omega-3 fatty acids may help to alleviate chronic inflammatory bowel disease.

Trout is also a good source of niacin (vitamin B3), vitamin B6, phosphorus and selenium, and a very good source of protein and vitamin B12. Vitamin B12 helps maintain healthy nerve cells and red blood cells and is also needed to make DNA, the genetic material in all cells.

In 4 ounces of trout you will also get 10% of the RDA for iron. Iron is necessary for the formation of hemoglobin and other enzymes. Iron deficiency is the most common cause of anemia, a medical condition in which the red blood cell count or hemoglobin is less than normal.