



Umpqua Chapter

Protecting Our Hunting Heritage

July 2012

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PRESIDENT'S MESSAGE FOR JULY

PICNIC!!!!!! Just the word makes me think of family, friends, good food and good times so make sure to come join us at the Umpqua Chapter's annual picnic. This year's picnic will be held on July 17, 2012, at the Roseburg Rod N Gun Club. The festivities begin at 5:00 p.m. and dinner will be served at 6:00 p.m. Jeff Mornarich will be on hand to show off his bbq skills. Richard Scott will be entertaining the kids with many great games and prizes. So bring your favorite potluck dish and come on down to the picnic.

Remember that the chapter picnic is the last official chapter meeting of the year and that we will be giving away the meeting gun that night to one lucky person who joins us. We look forward to seeing you on July 17, 2012, at 5:00 p.m.

Thank you for another wonderful year.

Submitted by,
Cindy Rooney, Umpqua OHA President



YOUR CHAPTER NEEDS YOUR HELP

A position on the Umpqua Chapter's board has come available. We are looking for someone to help the chapter with coordinating projects within our area. The official officer title for this position is Project Coordinator. If you are interested in this position please contact an officer or board member.

Submitted by,
Cindy Rooney, Umpqua OHA President



OREGON STATE TROOPERS UPDATE ON OHA ON POACHING CLASS AROUND THE COUNTY

Southwest Regional Director for the Oregon State Police David Gifford, and officers Don Ferichs, Jason Stone and Aaron Bainbridge were all on hand Tuesday, June 19th to update OHA Umpqua Chapter on what has been going on in and around Douglas County. As always, they put on a great presentation with a lot of good information regarding recent cases and the successes that they have had with game cases.

All of the officers also extended a big Thank You! to OHA and the Umpqua Chapter for their continued help and support. Thank you to all of the officers who took time out of their very busy schedules to join us.

Unfortunately we had another UNLUCKY WINNER, sorry Ronald Galdabini, better luck next time. We look forward to seeing everyone at the chapter picnic on Tuesday, July 17th at the Roseburg Rod N Gun Club!

Submitted by:
Lindi Moore, Secretary

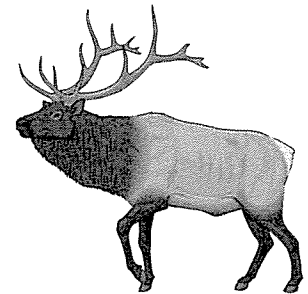
HOW TO WOK A ELK

WHAT A TREAT THIS IS! I always use good cuts of meat for meals like this. Backstrap or hind quarter steaks work very well. You can double or triple this according to how many you are serving.

Plan ahead to marinate for about three hours.

WOK DINNER (for four people)

½ lb. elk steaks or flank steaks cut to 1/8-inch thick
2 Tbs. soy sauce
1/4 cup good burgundy wine / OR chokecherry wine if you have it
½ tsp. ground ginger
½ tsp. garlic salt
1/4 tsp. dried dill weed
1/4 cup peanut oil
1 small zucchini, sliced 1/8-inch thick
8 nice mushrooms, sliced 1/8-inch thick
½ cup cauliflower, broken in small bite-size pieces
2 branches of celery, sliced diagonally into 3/4-inch pieces
½ green pepper, seeded and cut into 1-inch squares
½ red pepper, seeded and cut into 1-inch squares
1 medium sweet onion, cut into eighths
1/4 head Chinese cabbage, sliced diagonally ½-inch thick
1 (6 oz.) can water chestnuts, drained and sliced 1/8-inch thick
2 nice firm medium tomatoes cut into eighths
And, of course, salt and fresh ground black pepper



In a glass bowl, combine elk steaks, soy sauce, wine, ginger, garlic salt, and dill weed.
MARINATE 2 TO 3 HOURS. Meanwhile, prepare all vegetables so they can be added when needed.
Drain the meat thoroughly discarding the marinade. In a wok or LARGE, heavy skillet, heat 2 Tbs.
peanut oil to about 375 degrees (just below smoking point). Add steak and stir fry. (Stir fry is stirring
constantly with a wooden spoon or spatula) for 2 minutes. Push meat up on the side of wok or to the
side of the pan. Add 2 Tbs. peanut oil, heat briefly, and then toss in the zucchini, mushrooms and
cauliflower, stir fry for 1-1/2 minutes and push up to side of pan. Add celery, red and green peppers
and onions, stir fry for 1-1/2 minutes and push up on the side. Add Chinese cabbage, stir fry 2
minute and push up on the side. Add water chestnuts and tomatoes, stir fry 1 minute and toss all
together with all the vegetables and meat that have been pushed aside. Add salt and pepper to
taste, if desired.

Serve immediately.

This works great with venison also.

Submitted by,
Fred Pariani