



# Catch & Release Care

LMOA Lake Health & Storm Water Management Program

**Please treat me gently:**

- ~Wet your hands before handling me.
- ~Don't bang me against the boat or dock.
- ~Carefully remove the hook from my mouth.
- ~Don't hurt my eyes or gills.
- ~Please put me back into the water with care.

**Do you use a live well to hold your fish?**

- ~Circulate the water continually so I can breathe.
- ~Keep the water at lake temperature (use ice).
- ~Don't let me go into shock (use 1/3 cup non-iodized salt to every 5 gallons of water).

## Lake Monticello Bass Creel Limits

0" to 12"  
Unlimited

12" to 22"  
No Fish

22" or larger  
One per Day

**Thank You!**

**Prevent dangerous invasive species from colonizing our lake: Do NOT dump bait buckets into the lake.**



Sandra Husted

**LAKE HEALTH EDUCATION PROGRAM:** This is the second in a series of publications that have been developed as part of a cooperative educational program to assist you and your neighbors in keeping our lake, the Rivanna River and the Chesapeake Bay healthy now and for years to come.

Our thanks to the National Fish & Wildlife Foundation, the Chesapeake Bay Program and the U.S. Environmental Protection Agency for their support through the Chesapeake Bay Small Watershed Grants Program. Thanks also to you, the members of the Lake Monticello Owners' Association. The Lake Health & Storm Water Management Program is an excellent example of your dues at work for our community.

The following websites can tell you more about improving and maintaining our fish population:

1. [www.dgif.virginia.gov](http://www.dgif.virginia.gov) -- At the Virginia Dept of Inland Fisheries site you can find a mail-in form requesting a fishing license. There is a good list, with pictures, of Virginia fish and where they can be found.
2. [www.ext.vt.edu](http://www.ext.vt.edu) -- Virginia Cooperative Extension Service (Fluvanna Office 434-591-1950) offers extensive information about managing fish in lakes, including potential damage to fish populations. Also look for a study of sports fish.
3. [www.lmoa.org](http://www.lmoa.org) -- Check the LMOA site under Library for the WEG report on the health of our lake and for LMOA's Lake Health Implementation Plan.

More information about fish handling is available at the Marina. Watch for announcements of seminars and workshops, as well as interviews on Lake Health on LMOA cable TV channel 10 and updates about lake health related projects, news and information.

For more information about this Lake Health Education program and how you can help, contact

**LAKE MONTICELLO OWNERS' ASSOCIATION**  
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## **You and Your Lake**

### *Catch & Release Care*

