



R3 News

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The NJ Division of Fish and Wildlife's R3 Program will provide monthly newsletters jam-packed with upcoming events, conservation news, division staff & mentor highlights, and resources to promote your hunting, fishing, and/ or shooting sport participation.

August Events:

Free Instructional Trap Shooting at the Mallard Trap Club in Monroe Township on Saturday August 21, 2021. Open to all new and beginner recreational target shooters interested in expanding their knowledge and participation in the sport of trap shooting. Registration is required as there are limited spots available. More information and registration can be found [HERE](#).

July Events:

Independence Night Fun Shoot at the Pine Valley Trap Club in Berlin was held on July 15th from 5:00 pm to 7:00 pm. 13 participants attended with wide ranges of recreational trap shooting experiences. All participants who took the time to complete the follow-up survey stated they felt somewhat to extremely confident to go recreational target shooting on their own, following what they learned at this event.

More events can be found below!
[NJOP & R3 Events](#)

Proper Target Placement

To enhance firearm safety, long-range public range facilities are engineered to prevent ricochets and errant projectiles with the use of earthen berms, shooting stations, and baffles.

Earthen Berms: Constructed to restrict bullet travel outside of the range area.

Shooting Stations: Consist of covered firing line bench rests and baffles. Bench rests provide a comfortable and stable base, seat, and platform, so that a steady anchor point and pattern of use is provided for a shooter thereby improve shooting accuracy.

Baffles: Installed in front of bench rests, help eliminate blue sky or the area the shooter sees above the target or backstop. This prevents the shooter from seeing above a certain height and eliminates the likelihood that bullets will travel over the backstop area.

All improvements provide outstanding opportunities and increased safety for sportsmen and women.

The illustration below shows an example of correct target placement. Low target placement results in projectiles striking the range ground versus the designated berms.

Rule of thumb: You should see some the berm below and above your target.



Monthly Fun Facts:

The majority of [Clean Vessel Act](#) program funding (75%) is provided through the Sport Fish Restoration and Boating Trust Fund, which is administered by the United States Fish and Wildlife Service. This fund is derived from excise taxes on fishing equipment, motorboat and small engine fuels, import duties, and interest on the fund.

Staff Highlight: Chris Lido

Chris has been with the NJ Division of Fish and Wildlife Bureau of Information and Education for 5 years as the Wildlife/Program Specialist working under the Clean Vessel Act, following 20 years of freelance outdoor writing and magazine editing. Although born in Fort Lauderdale Florida, Chris adapted to the farmlands of Hunterdon County at an early age, where he began fishing at the age of four. It wasn't until he graduated from the Florida Atlantic University that he picked up the sport of hunting in New Jersey. Chris now enjoys passing on his knowledge to his 8-year-old offshore fishing daughter, and soon to be wife Tara. When Chris isn't hunting, fishing, or guiding, he enjoys spending his time playing for The Red Barons (Two-time defending Champion Men's Ice Hockey Team) and preparing for his upcoming wedding in October.

Chris identifies as; angler, archery hunter, river guide, guitarist, athlete, fly-tyer, dad, and fiancé. All of whom prefers challenging outdoor purists with a fly rod or long bow.

The Backyard Naturalist:

Are you wondering what is located in your own backyard, that bird you saw on you last hike or how to learn more about the environment around you? The Division of Fish and Wildlife has created online learning resources for learning about our environment. There are **Activities** for children to do while exploring, **Outdoor Skills** to learn something new, and **Species ID** to help become familiar with the natural world! Click the box below to explore!

[CLICK HERE](#)

R3 Recipes to Share!

Stuffed Whole Flounder

By: Briana Merriel, R3 Coordinator Assistant

Make the most out of each flounder!

Ingredients:

- 3 whole flounder (about one pound each), cleaned and de-headed. *See notes below for prepping flounder.*
- 1lb crab meat shredded
- ½ yellow onion, chopped
- ½ green pepper, chopped
- 4 cloves garlic, minced
- ½ cup dry breadcrumbs
- ¼ tsp Cajun Seasoning
- ¼ cup butter, softened
- Kosher salt and freshly cracked black pepper to taste
- 1 to 2 lemons cut into wedges

Preparing Flounder:

Starting behind the pectoral fin, diagonally cut the head and entrails away from body of fish. Thoroughly rinse and pat dry. Cut slit lengthwise along the lateral line, down the dark side of the flounder. Make pockets by cutting along the rib bones of the fish on either side of the slit. Cut all the way to the upper dorsal and anal fin without cutting through.

Directions:

- Preheat oven to 350° F. Lightly grease large casserole dishes or baking sheets lined with tin foil. (Enough pans to fit all fish)
- Heat 2 tbsp. of butter over medium-low heat in a large saucepan. Stir in onion, bell pepper, and garlic. Cook slowly, stirring occasionally until onions and peppers are soft.
- Remove pan from heat and stir in shredded crabmeat, seasoning, breadcrumbs, salt and pepper.
- Rub flounder skin and cavity with butter. Stuff with crab mixture and place in prepared pan.
- Bake uncovered for about 30 minutes, or until fish flakes easily.
- Serve warm with lemon wedges

Notes:

If you can only get your hands on flounder filets, you can still:

Stuff them! Cut each filet in half width wise without cutting all the way through creating a pocket. Lay out each filet in prepared baking dish, stuff with filling, and slightly mash the filet together. Season with salt and pepper. Bake as directed above, checking fish at 20 minutes.

Roll them! Place stuffing at widest part of filet and roll fish up around the stuffing. Use toothpicks to secure and place on prepared baking sheet. Season with salt and pepper. Bake approximately 5 minutes, flip and bake another 3 to 5 minutes or until fish is flaky.

Do you have a recipe you would like to share?

Send the recipe to R3mentoredhunt@dep.nj.gov to be featured in next month's newsletter!

July Photos:



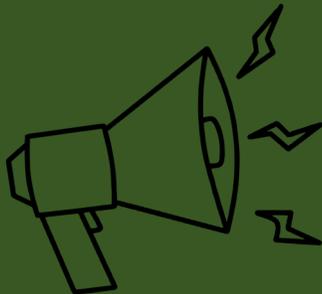
Above: R3 Mentor instructs target shooter with his new firearm on form and shot follow through at the Independence Night Shoot on July 15, 2021.

Below: R3 Mentors instruct youth on trap shooting at the recent Independence Night Shoot on July 15, 2021.



Above: Proud father on the far-left watches son shoot with R3 Staff at the Pine Valley Trap Club on July 15 for the Independence Night Shoot.

Program Announcements:



The R3 Mentor Program is looking for new and beginner recreational target shooters and hunters who are interested in working one-on-one with a qualified and vetted R3 Mentor for the upcoming seasons. Mentee and Mentors are paired based on common interest, locality, and compatibility.

The R3 Mentee Application can be found [HERE](#).

Keystone Species Update

Eastern Oyster (*Crassostrea virginica*)

The Shell Recycling Program fits within the Marine Fisheries Administration's overall mission to manage New Jersey's marine habitat, resources, and industry. Improving the overall conditions of shellfish habitat and increasing shellfish populations through various enhancement and restoration programs is a focus of the Marine Fisheries Administration and provides a net benefit to the ecology of New Jersey's estuarine waters.

The NJDEP Marine Fisheries Administration recently posted the [Shell Recycling Program](#) and Shell Plant Video where they describe the detail and importance of the program followed by their most recent reef replenishment in the Mullica River.

Watch the video [HERE!](#)

Hunter Training Areas

Preparing for the upcoming seasons may seem like a daunting task. The New Jersey Division of Fish and Wildlife provides ample resources to ensure you are practicing safe and efficient equipment handling before you enter the field. Hunter Training Areas include firearm and archery ranges equipped with backstops, benches, and safe firing lanes.

The Bureau of Land Management maintains 12 public ranges throughout the state for licensed hunters to practice and enhance their skills for only the fee of obtaining the current year firearm license.

Knock the dust off your equipment or purchase something new and give one of the public ranges a try!

More information on the Hunter Training Areas and where they are located can be found [HERE](#).

Contact the R3 Program Staff!

Email: R3mentoredhunt@dep.nj.gov or Phone: (856) 629-1014