



March 2018

TRIDENT



April means different things to different people. Taxes, Seabass and the Neptunes auction are the big three!

Wednesday, April 4 is our annual Neptune auction. This year we are back at Me 'N Ed's where it all began. It is our biggest and most important fund raiser for the club and we are lucky enough to have some very generous sponsors. Come to the auction Wednesday and support the club and buy that special thing you can't find anywhere else. It'll be a Win Win!

As I said, we are very lucky to have some wonderful sponsors. PLEASE SUPPORT OUR SPONSORS BY GIVING THEM YOUR BUSINESS. Click on their logos in the newsletter or on the sponsor page on our website.

In this issue:

- President's message
- Club Announcements/Calendar
- DFW Announcements/News
- Jeff's first.....and second fish of the season
- Shallow Water Blackout Revisited
- Wahoo!
- Fred Hall Photos
- John Hughes' wild ride
- Terry Maas' photos
- What's next?

Trident Newsletter is a publication of the Long Beach Neptunes – a non-profit organization dedicated to the art and lifestyle of spearfishing.

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Fish Standings 2018:

2018 Calico Derby – Open
Tuna (Ca) – Open
Lobster – Open
White Sea Bass – Jeff Benedict, 62.2 lbs
Halibut – Open
Calico Bass – Open
Yellowtail– Open
Kent McIntrye– Open
Reef Fish (out of country) – Open
Pelagic (out of country) – Mike DiGiosa:
Rooster Fish 41.325 lbs



March President's Message:

Spring is here and the auction is right around the corner. It was a great time last month at the awards banquet. Congratulations again to all the winners from 2017. For Jay Riffe, the night represented a glorious milestone in his life as a family man, businessman and spear fisherman. I've seen Jay and his family recently and they are very proud and happy about the amazing Lifetime Achievement award that the Long Beach Neptunes bestowed on Jay. White Seabass are definitely showing up now guys. Some big ones have been landed!! Let's hope they stick around for a while give all of us a crack at em. Dive safe!

Long Life Ahead
~Todd Norell~



Trident Hyperlinks

Each year we depend upon donations from various sponsors who we feature in the newsletter. Please visit them first. Clicking on their logos will take you directly to their website.

In addition to the sponsors, hyperlinks have been added to the dfw pages for regulations, licenses and other announcements. Clicking on the headline above the "Club Announcements and Calendar" page or on the link in the body will take you to the Neptune 2018 calendar which has been shared to all members. All you need is a gmail account.



Club Announcements & Calendar:

Each year we depend Heavily upon donations from various sponsors who we feature in the newsletter. Please visit them first. Clicking on their logos will take you directly to their website.

April 4, Annual Neptune Auction: Annual Neptune Auction ; 7:00 at Me'N Ed's. Come early to get a parking spot. This year we will be trying to re-incorporate some of what made the auction special to begin with. While we will still have many wonderful items from our sponsors, we will also have gear that members have donated. Come see what is for auction. There is a pretty good chance that there will be something that is EXACTLY what you need.

June 2, Blue Water Meet: Annual Neptune Blue Water meet. Clear the date!

August 9, Family Campout: Annual Neptune Family and Friends Campout is scheduled for Aug 9-12. For information contact Louis Rosales
long.beach.neptune@gmail.com

October 13, Fall Classic: Annual Neptune Fall Classic.

December 7, Christmas Dinner: The annual Neptune Christmas Dinner is scheduled for Friday December 7. We are still considering venues. Please make suggestions if you know of a restaurant that would be a good fit for the club.

For a complete listing of Neptune dates click on [2018 Neptune Calendar:](#)



2018 Abalone Season Closed!

As many of you already know, the 2018 Abalone season has been closed. The California Fish and Game Commission voted unanimously to close the season due to concerns about declining abalone populations. They cited evidence of mass starvation and mortality among red abalone over the past several years. A decline in Kelp growth, combined with a rise in purple sea urchins has been blamed for the decline. [For more information click here](#)

2018 DFW Dates to remember

The DFW has published the new Sport Fishing Regulations for the seasons. Download the regs by [clicking here](#)

2018 Fishing License:

If you still don't have a 2018 fishing license, it can be purchased at many sporting goods and hunting stores as well as online at the Ca DFW website. [Click here for DFW website](#)

White Seabass:

The limit for white seabass is currently one per person, per day until June 15. Beginning June 16, it will be 3 per person until it changes back again March 15

Spiny Lobster:

Lobster season is now closed. Remember to turn in your report card by April 30. Report cards can also be submitted online. [Submit report cards here](#)

First Day of 2018-19 season Saturday, September 29 at 0600.
Last Day of 2018-19 season Wednesday, March 20, 2019.



THANKS TODD!!

It started at the end of the awards banquet. Todd made one final announcement, “ some fish had recently been weighed, get out there “. That’s all it took to peak my interest.

My buddies were all off taking advantage of the storms in Montana and I couldn’t just sit around and wait for a boat ride so I decided to go back to basics. I grabbed my original Riffe 120 and decided head down the hill to a spot that I’d had success in years past.

It was a Thursday, I parked in the #1 spot and walked over for a look down the hill. Traffic was lite, only one boat on the bed. I hiked down, suited up and had an uneventful entry. Fish or no fish, it felt good to be back in local waters. As I was working my way toward the outside I heard a guy in the water give a hoot, awesome, there’s fish here.



The vis wasn’t that great, but hunt-able. I worked my way over to an area that I was very familiar with. I swear that one year I must have pulled 12-14 fish off this one stringer. Just then, at the maximum edge of visibility I see just the yellow of a tail disappear. Feelings of dismay yet excitement came over me. Then, yet another tail.....and another. I let out some air, slowly dropped just a bit below the surface and shot where I thought mid body might be, never seeing more than just the tail. BOOM, fish on! As usual the fish tied up on the bottom. I decided to save some energy for the climb back up the hill so I tried something new. I swam down and clipped my CO2 float to the slip tip and pulled the cord. What a treat, it brought the fish up to about 20’ which made for an easy retrieval.



It had been some years since I had humped a 50lber up the hill but I got it done. I headed over to Dave's shop, Spear America, and noticed a white truck was following me. Farlo! Joe was there to weigh a slob at exactly the same time. It was another good day to be in the *water*. THANKS TODD!!

2 DAYS LATER...

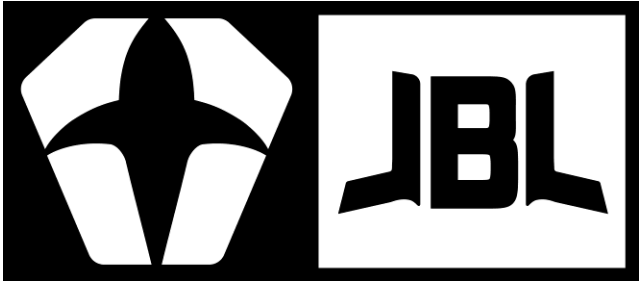
I reached out to Todd Farquhar and shared the news....looking for a ride this time. He and Ivan were kind enough to let me join them for another go at it. We headed back to the same spot and the hunt was on. After a couple hours of seeing nothin'.....wait, a big fish just below me! BOOM! Fish on.

This fish went straight down the center of the kelp and circled the stalks. I had the hardest time finding this fish. Eventually, I was gassed and leery of cutting to much kelp in fear of slicing my line. Finally, out of air, I vaguely saw off to the side a big white open mouth. Did I shoot a shark? Shit, I was beginning



OKATIN
AMERICA'S SURF CO.

to doubt what I had shot. Ivan came over to take a look and said it was a nice white. Whew, I took one more dive and deployed the float once again. I cleaned up my mess and threw the fish on the boat. YEAH!, this one was fat!



Shallow Water Blackout Revisit:

Terry Maas had an important comment about my last write on Seamus' Shallow Water Blackout presentation at our February meeting. In the write up I mentioned that tapping and blowing on the face can bring a diver to after blacking out. Terry wrote to me with some pretty strong feelings about what to do first. I'll let him say it since he is far more qualified to do so.

"Of extreme importance to me, is the notion the first thing you do when approaching a victim of SWB is "blow and tap."

While this might work well in the training scenario, where every student has been medically cleared and the blackout is witnessed, this teaches bad "muscle memory" to spearfishers. As an anesthesiologist, I know the brain has just few valuable seconds without oxygen before brain cells begin to deteriorate. **NO ONE SHOULD WASTE THAT TIME WITH MEDICALLY UNSOUND DELAYS. YOU MUST IMMEDIATELY BEGIN MOUTH-TO-MOUTH, OR MOUTH-TO-NOSE RESCUE BREATHING.** Every ER doc, and every Paramedic will agree with this. Blowing and tapping is supposed to induce the breathing response, but so will rescue breathing without wasting critical brain-cell-loss seconds. In the spearfishing environment, if you did not directly witness the event, how do you even know why your fellow diver is unresponsive—could it be a heart attack, stroke, or diabetic ketoacidosis ? none of which is helped one lick by blowing? Every diver should be conversant with the basics of CPR."



Remember the Alamo? There is more to Texas than Davey Crockett, Sam Houston and Jim Bowie. We recently returned from a trip to the Gulf out of Texas for Wahoo.

We did okay. The trip was fairly typical, bad weather, lots of work, lots of fish like amberjack and red snapper around but they are closed right now. As you can see we got a few Wahoo! Biggest was around 50lbs. Not bad. These fish came off a high spot offshore. .
Josh



2018 Kirk McNulty Spearfishing Tournament

The tournament runs Thursday, Mar 1, 2018 12:01 AM till Monday, Apr 30, 2018 11:59 PM. Sign up, rules, regulations, sponsors, prizes and party info are on the website under "events" tab.

The tournament honors the legacy of Kirk McNulty, a surfer, diver, brother, and son. Kirk was a world class waterman who was inspired by everything ocean. Although some of you may not have known Kirk we hope that you will participate as we are a small family of spearfishermen here on the West Coast.

A \$29.20 entry is required prior to spearing a fish. Proceeds will be donated to the White Seabass Hatchery Program led by Hubbs-Seaworld to help improve the WSB population on our coast.

Please join us in the 5th Annual tournament to help the continued efforts of repopulating our oceans with White Seabass. Winners will be chosen by Top 3 Biggest Fish, First Fish Submitted, Most Fish Submitted and largest fish in San Diego, Orange, Los Angeles, and Santa Barbara Counties. In order to help further the efforts of White Seabass Hatchery Program led by [Hubbs-SeaWorld Research Institute](#) we have made it mandatory that fish heads are turned in to qualify your catch for placement (Drop off locations below). If the fish head(s) have been tagged an additional prize will be given and determined by the fish that has traveled the furthest from its grow out location.

[To Enter Click Here](#)

[For Rules and Regulations Click Here](#)

[To Donate Click Here](#)



Every year, the Fred Hall Show is a big event where we divers can check out everything from guns to boats. Here are just a couple of photos at the event.



Mike Marsh at the Fred Hall show checking out the gear at the Neptonic booth.





Bruce with the boys from Koah Spearguns and a very nice roller gun at the Fred Hall show. Look for a couple of their guns at the auction.



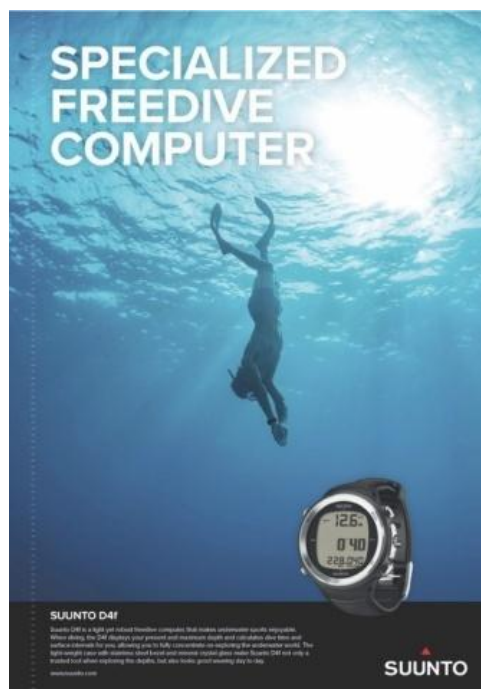
Gettin lucky

I was coming off one of my biggest productions of the year. Work working 230 hours in two weeks isn't much fun but I had the carrot of six weeks off afterwards. Foolishly, I lined up a boat ride for my first day off as there had been some fish being taken. I was exhausted but I dove all day with great conditions. I was figuring at that point I would have to put in my standard few weeks punishment before getting a fish.

Last stop of the day for the magic hour the bed was on fire. I worked an area outside and was 100% convinced I was about to see some Seabass. Typically I saw nothing. With about 40 minutes of light left I was literally hanging on to the swim step about to get out and figured I would push it another half an hour and do a quick lap inside. The diving was just too beautiful and I was still bleeding off the stress of the job.

Inside was dead and dirtier but had a weird electricity to the water. I slowed way down and just started doing drops and sitting on the bottom aspetto. On my third or fourth drop I felt movement behind me and as I turned a decent fish had already swum behind me and did a big turn swimming away. I turned and as I took a few kicks I pulled the trigger for a long shot on the swim.

As my reel started spinning I floated to the surface not knowing how good of a shot I had. The fish took off like a rocket and by the time I swam up the 20 feet I was already spooled with 120 feet of line out. Cringing and not wanting to tear the Fish off but not having any other option but to let the thing drag me through the matted kelp I knew I was going to lose this fish. It pulled me under twice and just as I was forced to let go of my gun I felt it tie up. Gassed and out of breath I swim as fast as I could along the surface following my line in the shallow water until I saw the fish flashing on the bottom.



I swam down and grabbed the fish and ripped my line out with my other hand until I got it to the surface. I bled it and then put the spike from my stringer through its eyes and put it on my back as I pulled my line up to disconnect the shooting line from my reel line. Just as I disconnected I felt a tug from behind me. I turned around and didn't see anything so I continued closing the QuickLink. And then I started getting dragged backwards and down underwater without taking a breath. Freaking out I managed to reach behind me and rip the fish back in front of me and get the fish to the surface.

Turning again I saw the massive bull sea lion that had already grabbed the fish by the tail twice. The thing was so aggressive it grabbed it twice more while it was in my hands. The only reason I continued to fight it was because the fish was still attached to my belt. The shaft was still hanging out of the fish and even though the sea lion was basically still in my lap trying to eat the fish I managed to get the stringer back out of its eyes. At that point I figured he could just take the fish and my shaft and slip tip with it. I fought my way 120 feet back to my gun trying to kick and punch the bull the whole way which is basically ridiculous underwater.

I was screaming for help like a little girl but nobody on the boat heard me and I realized I would have to fight my way all the way back. I was trying to drag the fish and my gun with all the shooting line and reel line still out there as well as trying to



kick the sea lion and Jab it with my shaftless Mori gun. I only made it halfway to the boat when I was getting so covered in kelp I couldn't swim anymore. What a shit show. The kelp was getting caught on the shaft hanging out of the fish, Getting caught on my other arm as I was trying to swing around and hit the sea lion and stacked up on the back of my neck as I swam backwards towards the boat. When I noticed all my reel and shooting line all over my legs I realized the sea lion could still drown me if he got a hold of the fish again.

Again, I screamed like a little girl and I saw the guys on the boat scrambling. Took them another 10 minutes to get to me and the whole time I fought that damn sea lion. When my buddy showed up he finally jabbed the sea lion with his gun and it kept its distance a little more but we still fought it all the way to the boat.

At that point I noticed the sea lion already had three recovery tags in its fins so It had already been rescued a few times. I wish these eco freaks would just let the overpopulated sea lions die off and come back to their normal levels so they wouldn't be such a hazard to us. That's twice in the last year I've been chased out of the water with an aggressive sea lion trying to rip the fish out of my hands the whole time.

Back on the boat I noticed how thick the fish was but it was also surprisingly long. It was a miracle I landed it with such a shitty shot after it spooled me and drug me around. I didn't think it would go 60 but it was definitely in the 50s. My scale crapped out so a few hours later Ronn Warrren met me at my house and we weighed it and it went 60.7. Exhausted and spent I left the fish on ice until the next day when I cleaned it and my gear.

having a good season and remember to dive safe!



I really pushed it to go diving on my first day off and I pushed it at the end of the day to get one last lap in but pushing it when seabass diving is what gets us fish sometimes. It was nice getting one right off the bat to relieve the pressure of the next two weeks of hard diving while getting the donut. Damn seabass diving is such a love hate thing with weeks of tension mixed with moments of sheer adrenaline.

I hope everybody's having a good season and remember to dive safe!

John Hughes

An underwater photograph of a diver swimming in clear blue water. The diver is wearing a black wetsuit and a mask, and is holding a spear. The water is bright blue with some bubbles and light rays visible.

YOUR FREEDIVING AND SPEARFISHING SOURCE.

HOUSE OF SCUBA 

More photos from Terry Maas' amazing collection



Blue water Yellowtail. More to come this summer.



Schooling Whites in the kelp at San Nicholas Island.

morifish

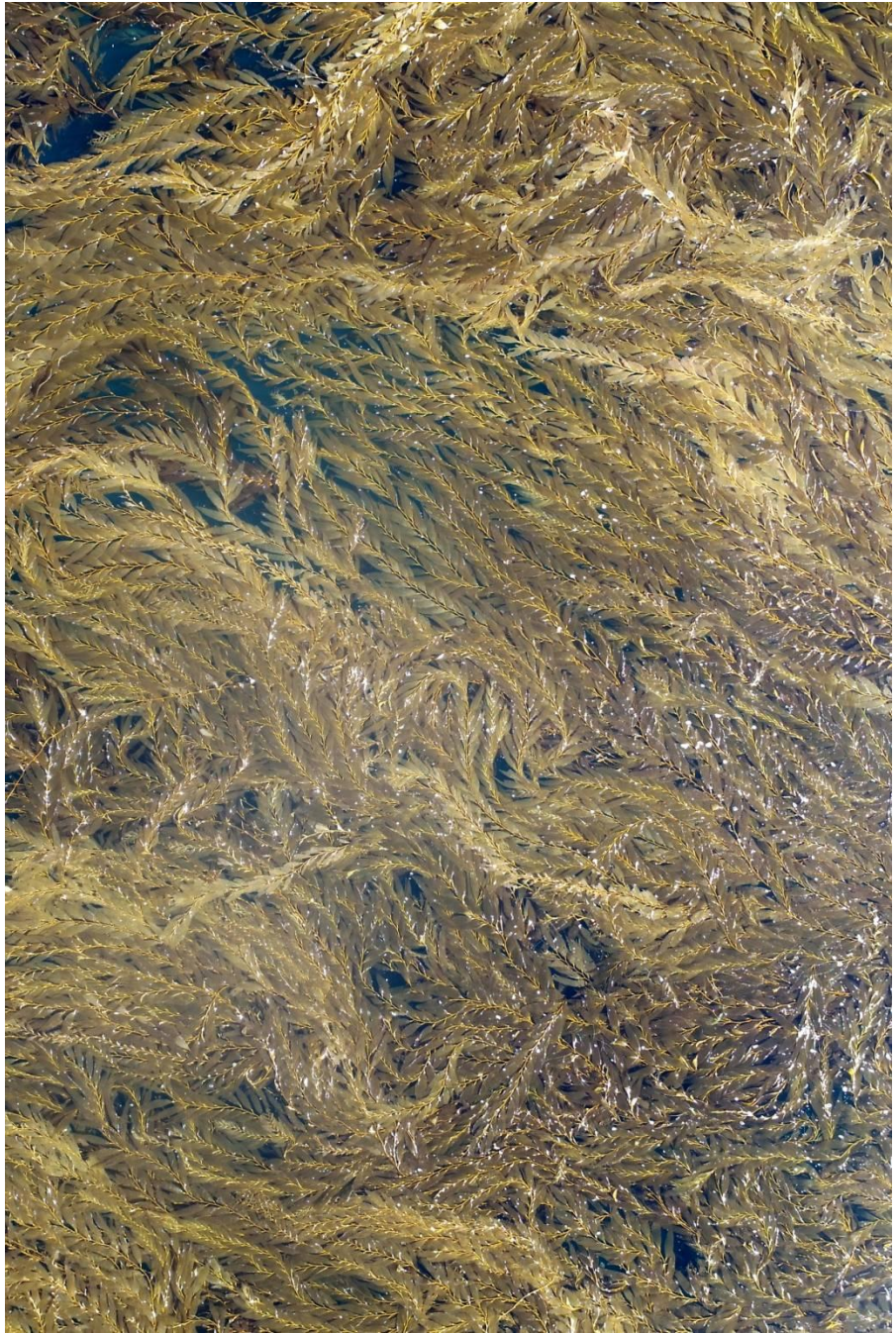


Silver WSB swimming over a sand bottom. Terry has notices them changing to the silver color over sand.

ATOMIC
AQUATICS

Eye in the Sky!

A drones eye view of a very health kelp bed somewhere along the california coast. Maybe you dove there recently? Let us know what you saw!



Kung Pao Lobster (or other seafood)

Juan Aguilar

Years ago, I fell in love with a cheap mall Chinese food place's Kung Pao chicken. It was spicy, sweet and had great texture. When I moved to the island, I yearned for it, and decided to figure out how to make it. I started with the basic ingredients, and began a year-long obsession with coming up with something that hit the spot. I fiddled with different ingredients, different cooking methods, and a variety of cooking utensils until I finally found something that worked well.

Initially, I started with chicken, but found that seafood worked incredibly. I've used this recipe with white seabass, calico, halibut, shrimp, scallops and of course, lobster. All of them turned out delicious! There are of course some differences in cooking each of these, so be sure to adjust cooking times (and sometimes methods) accordingly.

Full disclaimer, I'm no chef, I blatantly usurped other recipes, sauces and methods. All the amounts of ingredients are estimated, so feel free to adjust as you see fit. I like it spicy.

Ingredients:

- 2 lobster tails (or 2lbs of other protein), diced
- 2 bunches of green onions, diced
- 3 cloves of garlic, minced
- 1 teaspoon fresh ginger, minced
- 1 small can of water chestnuts, drained and sliced
- 1 can baby corn, drained and diced
- 2-6 dried Thai red chili peppers, with stems removed and diced (optional, more if you want to feel it tomorrow!)
- 1 cup dry roasted salted peanuts (or cashews)
- 4 cups peanut oil (or any other cooking oil), enough to fry with
- 2 ½ cups cornstarch
- ½ cup all-purpose flour
- 1 egg
- 1 tablespoon low-sodium soy sauce
- 1/3 cup hoisin sauce
- 1 tablespoon rice vinegar
- 1 tablespoon of your favorite chili oil (I use Soul Chili, or Laoganma Hot Chili Sauce)
- 2 tablespoons white sugar
- 1 packet Sun-Bird Hot & Spicy Kung Pao Chicken powder
- 2 tablespoons House of Tsang Spicy Schezwan Stir-Fry Sauce
- 1 Cup water

Tools:

Large Wok (preferred), Skillet or pan suitable for frying (cast iron skillet is best)
Cookie Sheet
Fry Skimmer, spatula or slotted spoon (anything to remove and drain fried lobster)
Paper towels

Instructions:

Preheat oven to warm (~170F).

In small bowl, mix Kung Pao seasoning packet, sugar, water, hoisin sauce, chili oil/sauce, rice vinegar, House of Tsang Spicy Schezwan Stir-Fry Sauce and soy sauce. Set aside.

In small bowl, combine flour and 2 cups cornstarch. In another bowl, mix remaining ½ cup cornstarch with lobster, if needed, add more cornstarch until lobster is completely coated. Beat egg, and add to lobster. When lobster is completely coated with egg, add cornstarch and flour mixture. Mix with hands, to ensure complete coverage. Add cornstarch if needed. Put in fridge, and cool for 10 min.

Preheat oil in frying pan, save 2 tablespoons of oil for wok. Bring to 375F. Fry lobster until golden brown, drain on paper towels, and put on cookie sheet in oven to keep warm.

Heat wok with oil to medium high heat. Toss in Red Thai Chilies and peanuts, stir until they begin to brown (turn on your vent fan if you have one!). Toss in garlic and ginger, stir for 1 minute. Add Kung Pao Sauce mixture, and stir until it begins to simmer. Add green onions, stir for 1 minute. Turn off heat, and add baby corn and water chestnuts. When thoroughly mixed, add fried lobster.

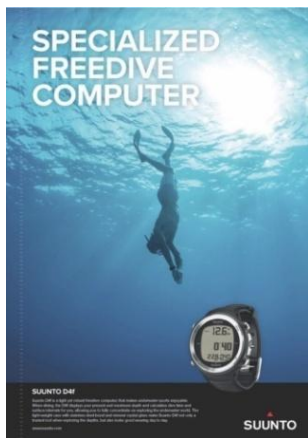
Tips:

The lobster cooks quickly, so keep an eye on it. Try not to burn the peanuts, or the garlic, they will impart a funky flavor if you do. Sometimes the sauce thickens a bit too much when simmering, feel free to add water to thin it out a bit.

Asian markets will carry a great variety of the chili sauces and oils. They all have a slightly different flavor, so get a couple every time you go, and find which ones you enjoy the most. I just checked, and I have 9 different jars!

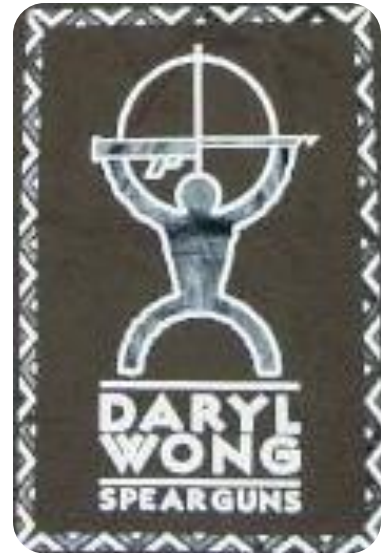
Enjoy, and pass the recipe on!

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As always I would like to send a special thanks to those that helped make this issue special. Josh Wells sent in a photo from Texas along with a few words to give it context, Terry Maas again sent in some wonderful photos...I'll print some more for next issue. Juan, from the island sent in a recipe for kung pao lobster...I can't wait to try it. I also want to give a special thank you to Jeff Benedict and John Hughes who sent in stories at the last minute. Without their contributions the Trident would have been without a fish story this month. want to thank all that contributed to making this issue a success and to ask for your continued support.

Don't forget to enter the Kirk McNulty spearfishing tournament...if you haven't already. Links are in the Trident. The tournament goes until April 30th and things are still heating up.

Each of our sponsor's logos can now be found two places. One is randomly placed in the newsletter somewhere and one on the sponsor's page. Please check their websites by clicking on their logos.

Next month we will have a few more photos from Terry's incredible collection of photos and hopefully we will have a few local adventures to mix in with the international flavor of this issue. If anyone has a recipe, photos or story please send it in so that it can be included in the next issue.

Louis Rosales

Long Beach Neptunes Newsletter Editor