



MARCH 2014

TRIDENT



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Tournament Information

2014 Neptunes Calendar:

Wednesday March 5th

[Meeting – Awards Banquet](#)

Wednesday April 2nd

[Meeting – Auction](#)

Wednesday May 7th

[Meeting –](#)

Wednesday June

[Meeting –](#)

Saturday June 28th

[51st Annual Blue Water Meet](#)

One of the great things about diving in Southern California is that no matter what the season, there is always something to look forward to. Instead of the disappointment that the end of lobster season brings, we have the anticipation of large seabass dancing in the kelp. After that, it's yellowtail racing through the beds and circling paddies, then back to lobster.

This year, a few early season fish have been taken to really get the game going early. In this issue, you can read about Lyle's early season fish. Not to be outdone, John Hughes also shot an early ghost. Jeff Bilhorm, however trumped them both with bragging rights and is the new leader for the largest white seabass of the season, with a 62 pounder.

So, what would you rather do, cry about the past, or enjoy the present?I thought so! Like I said, that's one of the great things about living and diving in Southern California. Enjoy!

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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Final Fish Standings 2013:

2013 Calico Derby – Paul Zylstra: 11.2 lbs

Calico Bass of the Year – Keith Kaufman: 7.2 lbs

Halibut – Scott de Firmian: 26.1 lbs

Yellowtail – Rick Hadley 40.5 lbs

White Sea Bass – Paul Hugoboom: 68.5 lbs

Bluefin Tuna – Ron Warren: 14.5 lbs

Dorado – Jeff Bilhorn 14.0 lbs

Lobster – Hobie: 12.1 lbs

Big Tuna Out of Country (Yellowfin) – Ron Warren:
99.6 lbs

Abalone– Mori: 9.625”; 6.06 lbs

Big Fish Out of Country (Reef) – (Broomtail
Grouper) – John Hughes

Kent McIntyre Award – Rick Hadley: 105.0 lbs total
weight

Fish Standings 2014:

2014 Calico Derby – John Hughes: 5.55 lbs

Lobster – Woody: 9.7 lbs

White Sea Bass – Jeff Bilhorn: 62.0 lbs

Announcements

Please Thank our Sponsors:

The Long Beach Neptunes would like to thank our sponsors. Please make use of our sponsor's services whenever possible. Also, Mark Strong has been our web master for quite some time now. The Long Beach Neptune website is located at <http://www.longbeachneptunes.com/index.php>.

BANKS BOARD

New Constitutional Change:

At the last club meeting, a constitutional change to section 15, part B was voted on and passed. The new text follows:

Section 15: Membership

B. Any club member who has not paid their dues for one year and allowed their membership to lapse will be considered a "Non-Active" member. Non-active members do not have voting privileges and are not allowed to participate in any of the annual club awards. Also, they will be dropped from the roster and will no longer receive any correspondences that the club generates, including the newsletter. A non-active member can be reinstated to full-membership again by paying their annual membership dues, but must wait for a club vacancy if the roster is at capacity of 75 members.

HERRANEN
s p e a r g u n s

Announcements

Important Reminders:

March 15: White Seabass limit changes to one fish per day.

March 19: Last day of Lobster Season.



Lobster Report Card Harvest Information Required

The new 2013/2014 Full Season Spiny Lobster Report Cards can be reported online beginning March 20, 2014 and are due by April 30, 2014.

You can report your 2013 Lobster harvest information online at:

<http://www.dfg.ca.gov/licensing/harvestreporting/>

Or mail your Lobster Report card to:

CDFW

Lobster Report Card

3883 Ruffin Rd.

San Diego, CA 92123

Note: Report cardholders **who fail to return** their 2013-2014 Full Season Spiny Lobster Report Card or report their harvest online by the April 30, 2014 deadline **will be assessed a \$20 non-return fee when they purchase a spiny lobster report card for the 2014-2015 season.**

For more information on 2013-2014 Spiny Lobster Report Cards, view the [Spiny Lobster Report Card comparison chart.](#)



Announcements



2013 Awards Banquet:

Remember that this Wednesday's meeting is the annual awards banquet. Congratulate and honor our new life members and cheer for the 2013 award winners while eating on the club's dime.



MOANA
WATERMAN.COM

Fred Hall Fishing Tackle and Boat Show:

The show runs March 5-9 at the Long Beach Convention Center. Show producers recommend coming early & staying late and bringing the whole family. Kids under 16, Free with paid adult. The show runs from 1-9pm Wed-Fri, 10am-9pm Sat and 10am-7pm on Sun. For more details go to: <http://www.fredhall.com/index.php>



2014 DFW Regulation Changes: **Summary by Mark Navas**

The DFW has published the new Sport Fishing Regulations for the 2014/2015 seasons. Download the regs at:

http://www.dfg.ca.gov/marine/sportfishing_regs2014.asp

Red Abalone

Early morning closure: no abalone diving/rock picking before 8 a.m.

New annual limit: 18 abalone, of which only 9 may be taken south of Mendocino County.

Fort Ross Area now closed year-round.

Spiny Lobster Report Card

Persons who fail to return their 2013-2014 full season spiny lobster report card by April 30, 2014 will be required to pay a \$20 non-return fee at the time of purchase of their 2014-2015 full season spiny lobster report card. Individuals may alternately choose to not fish for one season.

Lobster report cards are now valid for the duration of the lobster fishing season, as opposed to the calendar year, and the deadline for the return of lobster report cards is now April 30 following the season for which the report card was valid. Individuals that lose their lobster report card must provide a written affidavit to CDFW, which is the same as for sturgeon and abalone report cards. Mailed report cards not received by CDFW will be assumed not returned, and the individual will be subject to the \$20 non-return fee and required to report their card as lost.

ELECTRIC



SUNGLASSES



2014 DFW Regulation Changes: **Summary by Mark Navas**

Pacific Halibut

The Pacific Fishery Management Council took action recently to close August to recreational fishing for Pacific halibut in California during 2014. This change will be reflected in new federal regulations expected to be in effect prior to the start of the fishing season. Anglers are advised to check the CDFW Pacific halibut website or the Regulations Hotline at (831) 649-2801 for updated information prior to engaging in recreational fishing for Pacific halibut.

Ocean Salmon

The Fish and Game Commission is considering a proposed regulatory change that may increase the ocean salmon possession limit from a single daily bag limit. Final regulatory decisions will be made in March, 2014. For more information, visit the Ocean Salmon Project web page.

For complete information, consult the regulation booklet, currently available online and in paper format beginning March, 2014. Paper copies will be available wherever sport fishing licenses are sold, and at your local CDFW office. Booklets may also be downloaded to smart phones or other devices for easy reference by using iBooks on Apple devices, or your favorite book reader on the Android platform.



March President's Message:

March President's Letter

Hello, fellow Neptunes! I hope this letter finds everyone healthy and well. Sadly, March brings a close to our lobster season, and I hope you all made it a fun, productive one. But we are also beginning one of the most anticipated times of the year for California spearfishermen: White Seabass season! We are already seeing a solid start to what may be an incredible year, so get out there with your fellow Neptunes and enjoy your hunt.

Your board is working hard to ensure a fun year for the club, starting with the March Awards Banquet. Please remember our Hawaiian Luau theme, so don't forget to dress appropriately. We look forward to honoring our top divers that have achieved the largest fish of the year, even amongst the world's most elite competitive spearfishermen.

Your club has a limited run of new Club Logo shirts, beanies, sweatshirts, and hoodies. Items can be purchased at the March meeting, so make sure to bring a little spending money (and of course, remember we now take PayPal!).

Your board is also busy on items for the April auction! Please reach out to your contacts for donation items, and make sure to touch base with board members for any suggestions. We have a great list of sponsors that generously donate to our club, allowing us to hold some of the nation's most prestigious large fish tournaments! Donations also fund our important causes, including the Waterman's Alliance and Pier.org, so please reach out to your connections for auction items!

I look forward to seeing everyone at our annual awards banquet on March 5th, but in the meantime, dive safe, dive with your fellow Neptunes, and remember to honor the name and legacy of our Nation's most enduring freediving/spearfishing club- the Long Beach Neptunes!

Byron Quinonez



The Safety Zone

Edited by John Carpenter

Joe Prola kindly provided the following for this month's Safety Corner regarding traumatic injury and bleeding control. Joe lives and was raised in the tough town of Encinitas (OK, my jealousy is showing!) However, I've had the privilege to dive and surf with Joe over the years, and consider him a "consummate waterman." Keep in mind that this article is intended to convey very basic safety information and is not meant to be a substitute for proper training.

John Carpenter
Safety Corner Editor

Traumatic Injury & Bleeding Control

Joe Prola

Some of you might already know about my recent career change. I finished paramedic school last year and spent 9 months in the field as an intern. Recently, I've been working full-time since January in El Centro as a paramedic on a 911 ambulance. While my time has been limited, the experience has been rich. El Centro, with proximity to the US – Mexico border, is not without its fair share of automobile accidents, stabbings, and gunshot victims that result in many 911 calls (the overindulgence of Tequila and Budweiser likely contribute to the mayhem!) That said, my time on the job is limited and I speak largely from my education in the classroom and experience as a spearfisherman.

Serious spearfishing accidents fall under the quadrants of low frequency/high risk. The stress and rarity of one of these accidents often leaves people confused and unsure about what to do, which can result in a delayed response and contribute to the life-threatening situation. However, many fatalities can be prevented with some prior thought and action planning. A lot of my training includes specific action plans for common traumas paramedics are likely to confront. The good news is that much of this type of preparedness can be adopted by us "spearos" as well. Having the right kind of equipment, knowledge, and training in place often results in a timely and effective medical response.



ATOMIC
AQUATICS

Speaking of trauma, what are the most likely dangers to spearfishermen? I cannot cover everything in one article, but blood loss from head/torso trauma, amputation, penetrating injury, and lacerations are at the top of the list. For this article, let's discuss effective responses to a few of the many traumatic injuries with the potential of fatal blood loss. Boats scare me more than sharks, and they pose the risk of all the injuries previously mentioned. Too many of us have had close calls with weekend boaters at Catalina.

I can recall at least one freediver losing his life and another being seriously injured when an ignorant boater ran-over them near the Isthmus years ago. Additionally, John Carpenter relates an incident during the Todos Santos meet held a couple decades ago. He was having coffee on the beach with Jay Riffe after sitting out the morning dive because of a blown eardrum from the previous day. John let two other divers, Dave Smith and Kelly Catian, use his inflatable for the morning. Their quiet morning escalated into pandemonium when they noticed John's inflatable rounding the point - much too early for any of the divers to be returning from the island. Equally disturbing was that the boat was minus John's best friend and fellow Neptune, Dave Smith. Kelly ran the boat onto the beach, exclaiming that Dave had been run over by another club member and pulled from the water; unconscious and bleeding. When asked, Kelly was unsure if Dave was still alive. A panga arrived later, carrying Dave. Dave was slipping into unconsciousness, and his jaw was broken in four places. He also had significant prop lacerations across his chest and shoulders; however, his main injury was a laceration across one side of his neck, openly exposing his carotid artery and jugular vein. It was a miracle that Dave's major arteries were not severed in the accident. John and others implemented EMS and Dave survived, but the outcome likely would have been different if any major arteries had been cut.

I would be remiss if we did not discuss prevention. Always fly a LARGE dive flag that is easily seen on your boat and pull a marked diver's float whenever there is the danger of boat traffic. Give divers in the water a WIDE berth and SLOW down! If possible, make informal contact with somebody on the other boat and ascertain the location of the divers and their numbers in the water.

We all should be familiar with the late Neptune and King Neptune award winner Al Schnepershoff's GWS attack. Witnesses advised that when Al was pulled from the water, he was not bleeding from the bite to his calf area – a sure sign that he likely died from previous blood loss as a result of the bite severing a major artery and a tourniquet not being applied immediately while he was in the water.

I fear boat props so much that I actually carry a tourniquet in my wetsuit knife pocket (obviously it also would come in handy in the event of a shark attack to a limb). Uncontrolled arterial bleeding kills within 2-3 minutes; often faster than it takes to return to the boat and access your trauma pack, apply a tourniquet, etc. Is it possible that AI would have been saved if he was able to immediately apply a tourniquet to his calf and rescuers were able to scramble a medevac via a SAT phone?

Consider Australian ab and spearfisherman Greg Pickering's near fatal GWS attack to his head & torso, initial measures by his dive tender to stop blood loss, shock, and how long it took to get him to a medical facility. While his survival may be a miracle, there's no doubt that an initially effective medical response greatly contributed to his survival. Check-out his story on the internet.

Are you prepared to handle similar situations? Do you have some of the basic medical equipment an injured diver will likely need in an emergency and have you obtained some of the training necessary to make the difference between life and death?

Over time, battlefield medicine has proven that tourniquets save lives. The new sequence for controlling bleeding is: direct pressure, if fails, then tourniquet. The old "elevate," then "pressure point" is obsolete. Current emergency medical training emphasizes the point that if bleeding is unable to be controlled by direct pressure, then a tourniquet should be applied 2-3 inches above the wound, followed by tightening of the tourniquet. Once a tourniquet is applied, it should never be removed unless by trained medical personnel at the hospital.



“Quick Clot” gauze is used when lacerations or penetrating injuries to the torso present an uncontrolled bleeding situation where a tourniquet cannot be used. These gauze pads are soaked in a chemical that triggers the blood’s clotting mechanism. Most torso lacerations can be controlled with direct pressure. Also, our bodies are designed in a way that protects our major arteries in the torso. Be familiar with the manufacturer’s instructions because they are not easy to use. However, you basically pack the wound with gauze and push it down into the vessel that is bleeding until bleeding stops, followed by direct pressure on the wound so that the clot that is created does not blow out.



MAKO
SPEAR GUNS

While we're speaking about bleeding control, consider the anti-inflammatory/pain medicine many of us consume like candy while diving. There's a reason why your doctor has you stop taking them a week prior to any surgery – they reduce the natural ability of your blood to clot! Just something to consider...

In the event someone is accidentally speared, leave the spear in place and do not remove it. If someone is shot in the chest and you can hear air coming in or out, or see bubbles in the blood (indicating a punctured lung), seal the wound with an occlusive dressing. A plastic bag works in a pinch, even duct tape. Make sure you slightly rotate the body so that the blood does not fill the other lung.

This brings up another preventative safety issue – spearguns! It's not enough to treat spearguns safely *only* when loaded. Like firearms, treat spearguns as ALWAYS loaded and ensure muzzle awareness. Nothing should come across that muzzle that you do not intend to kill (and possibly eat!). Properly secure them in a way that greatly minimizes or eliminates the chance of somebody getting hurt. A speargun does not have to be "cocked" to cause serious damage. John Carpenter recalls a time when he was hunting Yellowfin Tuna off Puerto Vallarta and retrieving a float line while reaching over a speargun that was pointed, unsecured, off the transom. The seas were rough, and it was difficult maintaining his balance. John inadvertently caught the inside of his forearm on the tri-cut tip of one of the spearguns, resulting in a deep puncture/laceration that required stitches (fortunately the owner of the boat was a doctor who stitched-up John so he could continue diving!). However, what if John would have accidentally lost his balance and caught his neck on the exposed speargun, puncturing his aorta or another serious artery?

I strongly suggest you assemble a trauma pack. There are many good examples and configurations that you can find on the internet. However, two good quality tourniquets and Quick Clot should be readily accessible on any boat. I recommend the CAT tourniquet. Additionally, my trauma kit includes a SAM splint, kerlix, trauma gauze, shears, ace bandage wraps, some OPA's, and a pocket mask. Hemostat clamps are a nice addition, but often severed arteries are hard to reach and difficult to find. Read your user material and check the trauma kit regularly so that it is "second nature" to access and use during a critical, stressful incident. You do not want to lose valuable time reading instructions and trying to ascertain how to apply life-saving equipment during a crisis. Also, make the time to complete an advanced first aid or other high-level medical



emergency class. Activating the EMS is more than just your response to stop life-threatening bleeding. You must notify first responders as quickly as possible, and make sure that you tell them that you have a *life-threatening emergency* and need a helicopter – key words that often scramble the bird!

In closing, stay calm and maintain your composure during an emergency. Quieting yourself during a crisis is similar to settling-down after you have speared that prized fish. Like preparing for that dive to retrieve your cherished fish, preparing well-ahead of time for an emergency and having the proper training and equipment in place increases the likelihood of a positive outcome. It also may be the difference between a recoverable incident and fatal tragedy.

Dive Safe!

Joe Prola

The Safety Zone is a new feature of the newsletter that we hope to continue throughout the year. John Carpenter has selflessly agreed to facilitate the conversation that we hope and feel will benefit the club by discussing and presenting ideas about safety and safe practices based upon the extensive and varied experiences of the club members. If it is to be successful, we, as a club, must all participate. John is highly skilled and knowledgeable, but we need the input of everyone in the club. Your contribution need not be a full article. If you have one or two ideas that can be helpful, please submit them. Please send your articles to John at jfcarpenter404@gmail.com



Good Ol' Neptune Southern Hospitality

By Danny Jones



Last week before the storm, Hobie and I went diving with Matt Mattison, Mike and his wife, from up north, and Kelsey. We all headed out in Mikes 22' RIB for a little pre-storm buggin'.

It was rolling a bit on the outside so we moved in and started picking them off at a decent pace. After about an hour, Matt was 6 feet to my right when he came up SCREAMING and let out a huge WHOOP! When your dive partner does this right next to you your first thought is DAMN, he saw it before me! And sure enough, Matty is clutching what appeared to be a 12 pound bug. Just a beast! He climbed on the rocks and told me to signal the RIB because it was too big for the bag and he didn't want to lose it.

It was a nice start to an awesome night with a group of really nice Nor-Cal people who know how to have fun. We ended the evening with 26 tails, including a few really nice ones. Kelsey got a nice pus and a big cab to-boot. Vis was good and the roaches were on the pre-storm crawl.

We got off the water and were almost home at 1:00 A.M. when the rain started so we aced it out all the way around. Great boat, great divers, and a lot of fun. Thanks to Mikes wife for doing a splendid job live boating us.

Get out there boyz it is still good.

By the way it went 11.6 on the Hobsters scale. Nice job Matt.

Club Logo Gear Now Available

Now available, new limited run club logo gear. Beanies, long & short sleeve heather grey tee's, and a new crewneck/hoodie sweatshirt, with the club patch on the front, and a diver down flag on the left arm. Items will be for sale at the March club meeting.

Prices are: Beanies (Navy or Black) \$12.00; Long sleeve t's \$15.00, SS t's \$10.00, Crewneck sweatshirts \$20.00, Hoodies \$30.00. Sizes L-XXL. Remember, paypal is now accepted on all club transactions.



Tentative Corner:

Todd Norell

To all the Neptunes! My name is Todd Norell. I'm 53 and live in the Whittier Hills with my lovely wife Lucy. I've lived in So Cal most of my life since the age of 5 with the exception being a few years living in the Alps of Switzerland and the Colorado Rocky Mtns (both great places, but.....uh, no ocean). I own a commercial construction firm and design & build custom furniture, furnishings and objects of wood & stone.

My love of the ocean, marine life and all that is nautical began when I was a

small boy in the 1960's. I've been an avid sport fisherman all my life and now regularly take flyfishing trips to places like Utah, Montana, New Mexico, Idaho, Alaska, Xmas Island & Belize. The ocean was always a big part of our family life in my early years. I was always beyond captivated watching Mike Nelson on the greatest television show there ever was and there ever will be – Sea Hunt. I clearly remember envisioning my future as an accomplished frogman and spearfisherman years before the dream was realized. I just knew.

My first forays into serious sea hunting came in the 70's. As a teenager with my first car I would drive to Laguna or Abalone Cove at PV or perhaps up to Leo Carillo. Always solo, just me and my little JBL 2 bander, wide eyed with an inexorable passion for hunting. Shoot a few fish, pry some Abs, wrangle a couple bugs. Some days the conditions were bad, others magnificent, but all were great. It was back



morifish

then that I first remember developing this interminable feeling in my life that “the best trip is yet to come, my biggest fish – still yet to be shot or caught, best of times – still ahead of me”. Now, years later, that’s the mantra that carries me through the stresses and strains of modern existence.

My good fortune of becoming a Neptune tentative came in November 2013, after Seamus, Craig D and I participated in the Fall Classic. I’m proud to have known my good friend Seamus for 30 years. We met at Divers Corner in Downey where we were both Scuba certified and began our careers as halibut and calico killers. After being a part of some (and aware of numerous) of Seamus’ admirable exploits as a Neptune I now look forward to some great times ahead with the club.

Been tough to hear about some of the tragedies amongst us divers, especially Rick, whom I didn’t know but it sounds like he was quite a man of honor. Beginning in my time living in the mountains and in these many years after that, I’ve been and avid Mountaineer, Rock & Ice climber & Paraglider pilot. Seen a lot of accidents, assisted in many rescues and unfortunately lost a few friends along the way. I was once sucked into a thunderhead on a paraglider – survived by eventually slamming into powerlines after managing an out-of-control emergency descent! (that’s a great story for another time). It seemed that more often than not, it was someone really experienced, a guy who appeared supremely confident, and prepared – “a better climber than me, a better pilot than me . . . a better diver than me”. Just never made sense, but made me realize know how fragile we all are, in spite of how tough or battle tested we may be. I’ll just say I’m proud as hell to be a Neptunes tentative and look forward to the years ahead. I’ll end with the following abridged version of a famous adventurers quote –

“In this glorious life there have been joys too great to be described in words, and there have been griefs upon which I dare not dwell. With these in mind I say Dive if you will, but remember that strength and courage are naught without prudence, and that a momentary negligence may destroy the happiness of a lifetime. Do nothing in haste, look well to each breath, and from the beginning, think what may be the end”.





Here's a shot of my first fish of the season. I shot it deep and it tied up deep but fortunately I got an assist from Jeff Benedict.

The berBuch brothers pulled up as I was digging out the fish and Cory Hopped in with his camera to take some nice shots.

Lots of Neptunes out that day....it was great to be able to share it with friends. (and collect my dollar too!)



You'll Always Remember Your First Fish

Lyle Davis

I decided to start diving early this year to see if there was anything off our coast. Usually as we all know, we don't see much show up until early March but for some reason we were eager to get out there and give it a try. For several weeks in January I dove several local spots hoping to spot the elusive white sea bass. After many hours and days of logged dive time, I saw my first white sea bass. It was February 8, 2014, visibility was 20 feet plus and a sea temperature was 59 degrees. I had been diving several hours through the thicker parts of a kelp bed when below me I saw a flash. I was at a depth of 25 feet and the fish was 10 feet below me. I had to double take but sure enough it was the shadow of a white sea bass. I didn't want to miss or screw it up by closing the gap too quickly and spook the fish so I just froze. As I slowly descended, I could feel my chest needing a breath and knew I needed to equalize and get back to the surface soon. I had to make the move, so I squeezed the trigger and felt the fish run. Before I knew it, I was at about 40 feet deep and my entire spool had been emptied. The fish was dragging me through the kelp and I had no line to play the fish. Luckily, after



having my reel knot up on me after shooting a large yellowtail a few years ago, I bought a 20 foot "Oh Shit Bungee". If you don't have one and you are like me and like to use a reel, go get one. When you need it you will sure be glad you made the investment. The bungee is attached to my gun so just in case I get in trouble I can use it as my last ditch effort to get to the surface safely. Sure enough I was able to stretch it out and get a breath. I fought the fish for a while longer and then it stopped. I spent the next 45 minutes digging the fish out at a depth of 50 feet where it had tied up on the bottom. It's always difficult untangling a fish from the deep when your adrenaline is still pumping. Hope all is well, Lyle





It may have been taken last season, but Cory's 68 lb fish is timeless.



I needed a hug!

Moribug came by and comforted me. I really think that a few of you could use a hug like this. I'll see if he has any friends.



It's Been Warm
This Year, But
Winter Ain't Over
for another
month!

Keith demonstrates the proper technique for toasting the end of a successful day of winter diving with friends!





Abalone and Lobster Chowder

Submitted by Chris Yates

Ingredients:

- 1 Red Abalone cleaned and sliced thin
- 2 Lobster tails meat removed and diced
- 1 med onion diced
- 4 lg. carrots diced
- 5 russet potatoes diced
- 2 tbsp. fresh dill finely chopped
- 4 slices bacon diced
- 1 qt half and half cream
- 4 cups lobster stock
- 2 tsp. Worcestershire sauce
- 1tbs sriracha or favorite hot sauce
- Salt and pepper to taste

In a Dutch oven or heavy bottom stockpot cook diced bacon under medium-high heat until brown. Remove bacon from pot and set aside, reserve drippings. With drippings still in the pot sauté onions for 3 min then add potato and carrots and cook 5 more min. Stir in half and half along with lobster stock. Bring to low boil and then turn heat to low. Add



bacon, Worcestershire, hot sauce and dill. Simmer for 30-45 min until potatoes are soft, stirring often. Add Abalone and Lobster meat and simmer for 20 min more. For a thicker chowder smash some potato pieces against the side of the pot and continue stirring. Taste the chowder and add salt slowly if needed. Serve in bowls garnished with fresh cracked pepper and fresh dill sprigs.

Simple Lobster Stock

2 Lobster bodies cleaned and cut into small pieces

2 Cups chopped onion

2 Cups chopped celery

2 Cups chopped carrot

2 Tbsp. tomato paste

1 large drizzle olive oil

1 Bay leaf

1 Tsp. fresh cracked pepper

Salt to taste

One half gallon of water or enough to cover lobster pieces by two inches

In a large stock pot add olive oil and heat under high heat. When oil runs easily add the lobster pieces and cook until bright red or at least 10 min. Add onion, carrot and celery and cook for 10 min. Add tomato paste, pepper and 1 Tsp. salt, stir well and cook 3 more min. Add water, bay leaf and bring to a rolling boil. Reduce heat to simmer and leave uncovered for one hour. Taste and add salt a little at a time to achieve desired taste. Strain the stock in a colander lined with cheese cloth 2-3 times to remove all lobster pieces and cooked vegetables. Freeze unused stock for later uses in soups, risottos or pastas.



Mark Strong:

Long Beach Neptunes Webmaster <http://www.longbeachneptunes.com>

LONG BEACH NEPTUNES 51ST ANNUAL BLUE WATER MEET CATALINA ISLAND JUNE 28, 2014

This meet is held by the Long Beach Neptunes at Catalina Island and is **STRICTLY INVITATIONAL**. All Entries will be verified. To participate you must qualify under one of the following conditions:

1. Any Tentative, Full or Life Member of the Long Beach Neptunes in active standing on the 2013 roster.
2. Any active, Full or Tentative member of the LA Fathomiers, San Diego Freedivers and other invited clubs.
3. You must be officially sponsored to compete by an Active, Full or Life Member of the Long Beach Neptunes. Each Neptune can only sponsor one person and the Neptune MUST sign and submit the entry form of the individual sponsored.

Divers may begin at dawn but must conclude their diving at 2:30 pm and be at Two Harbors by 3:00 pm. All fish entries not inside the weigh circle will be disqualified. The eligible fish are: Yellowtail, White Sea Bass, Barracuda, Bonito, Halibut, Dorado and Tuna family. **NO SCUBA DIVING IS PERMITTED. The diving area will include all waters within 4 miles of Catalina Island.**

Weigh in at 3:00 pm SHARP!

You Provide: 1) \$35 If you wish to compete or \$15 if not competing; 2) This SIGNED Entry/Liability Release; 3) Your own transportation; 4) Steak, Chicken or Fish and cooking utensils; 5) Game fish

We Provide: 1) First through fifth place trophies for largest fish taken the day of the meet (Only one per person); 2) The winning diver's name will be placed on the "Big Jim" perpetual trophy; 3) Beach pit BBQ with salad, mashed potatoes, baked beans, beer, soda, water, paper plates, cups, napkins and THE BEST GAME FISH MEET IN THE WORLD BETWEEN SOME OF THE BEST GAME FISH HUNTERS IN THE WORLD!!!!!!

Long Beach Neptunes Bluewater Meet Waiver

DIVER'S SIGNATURE REQUIRED. If under 18 years of age, Parent or Guardian Must Sign - One entry per sheet.

I assume entry into this event at my own risk. In consideration of my participation, I intend to be legally bound. I do hereby assume all risk for myself, heirs, executors, administrators and assign, waive, release and forever discharge any and all rights and claims for damages I may have or hereafter accrue to me against the sponsors, Long Beach Neptunes or any other individuals and/or groups involved in coordination of this event, for any and all damages and/or injuries which may be sustained by me in connection with participation in the Long Beach Neptunes Bluewater Meet. I further attest and verify that I am physically fit, enjoying good health and have sufficient expertise for participation in this event. Parent and/or guardian agree to indemnify and hold harmless the above sponsors of any and all damages received in the event the entrant is a minor.

ALL REGISTRATION FORMS AND MONEY SHALL BE MAILED TO: BRUCE DARDIS AND MUST BE POSTMARKED NO LATER THAN June 24th, 2014. APPLICATIONS WILL ALSO BE ACCEPTED AT THE JUNE 4th GENERAL CLUB MEETING. WE ARE ALSO ACCEPTING PAYPAL PAYMENTS (SEE BELOW FOR INSTRUCTIONS).

Invitation Type: () 1. Neptune

() 2. Invited Club (Specify) _____

() 3. Neptune Sponsor (Print Name) _____

(LBN Sponsor Signature) _____

Name of Diver (Please Print) _____ Date: _____

Address: _____

Signature: _____ () Competitor - \$35 () Non-Competitor - \$15

If diver is a minor, please indicate age: _____ Parent Signature: _____

Please submit additional entries on a separate form. **Make checks payable to LONG BEACH NEPTUNES** and return to Bruce Dardis, 776 E. Parapet St, Long Beach, CA 90808, Email: bruce.dardis@verizon.net. **PayPal Payments** can be made to: lbnepunespayment@gmail.com. Include Full Name and BWM 2014 in Description field. Choose the "I'm sending money to family or friends" option when sending payments.

U.S. FRESH WATER NATIONALS

PIERRE, SD

SPEARFISHING TOURNAMENT

AUGUST 15th, 16th, & 17th 2014

RULES & REGULATIONS

- 2 PERSON TEAMS (BOAT TENDER RECOMMENDED)
- MUST PRE-REGISTER BEFORE JUNE 1ST TO RECEIVE FREE T SHIRT

**PLEASE CALL (605)224-6572 OR EMAIL
caleb@steamboatgf.com TO PRE-REGISTER**

CATEGORIES

- LARGEST ROUGH FISH
- LARGEST GAME FISH
- HEAVIEST STRINGER (COMBINED WEIGHTS)
- 2014 GRAND CHAMPION AWARD

*** OVER \$4,000 IN PRIZES ***

PAYOUTS IN EACH CATEGORY BASED ON NUMBER OF TEAMS

- NEW FOR 2014 – THE OAHE TAIL WATERS IS OPEN FOR
GAME FISH SPEARING AUG. 16TH & 17TH

ITINERARY

- BASED OUT OF OAHE MARINA, 8 MILES NORTH OF PIERRE.
(605)223-2627 FOR RESERVATIONS.
- BOATS AVAILABLE TO RENT FROM MAVERICKS: (605)494-1100
- AUG. 15TH SIGN UP 4-7PM. 15TH, 16TH & 17TH, 9AM – 3PM

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OMER
AUTHORIZED DEALER

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SEA OF CORTES • SAJA

SCUBAPRO
UWTEC

JDL
An Predator of The Deep

LEAD DIVE WEIGHTS FOR SALE

I have new uncoated Standard lead weights for belts or integrated pockets. Weights vary from 2lbs to 5lbs and the price is only \$3.25 per lb, no tax!

I also make custom weights that I call "Quick Weights". They use heavy rubber tubing to loop and lock over the belt. These weights are available from 2lb to 5.5lbs. No keepers are needed to hold them in place on the belt. These are perfect to quickly add or remove weights without unthreading everything.

For hunting, quickly remove 5-6lb for better buoyancy when free diving 25'-40' or quickly add 2-3lb when free diving shallow for Halibut. Other great uses for Quick Weights are to loop a 4lb+ weight on your free dive weight belt if you want to SCUBA dive or visa versa. No need to set up two belts.

These are perfect for dive instructors to get students dialed in fast. The rubber loop is perfect to clip onto a gate clip or karabiner. They can clamp onto BCD's shoulder straps and tank straps too. The rubber has a lifetime guarantee. I'll replace it free if it ever goes bad. The price on these custom made weights is \$5.00 per lb, no tax!

Email any questions to me at: conservation@pacificexplorers.org

Dive safe,

Mark Navas





Again, I want to thank those in the club that came through to make this newsletter what it is. Without their contributions, there would be a few announcements and nonsensical ramblings by me. Lyle sent in a great story that could have ended differently if he wasn't prepared, Joe Prola wrote an excellent article addressing traumatic injuries that divers may experience. Chris, our former prez, decided he hasn't done enough and sent in a mouth watering recipe fit for a King and Queen. Danny wrote a story and Hobie sent in photos recording a pre-storm bug rampage, Mark Navas summarized some recent fish and wildlife regulation changes and John Hughes, daddy to be, shot his first and last fish of the season and shared it with complete with photos from one of our newest tentatives Cory Bersuch.

In addition, John Carpenter has continued to facilitate and edit the new "Safety Zone" which he has made a resounding success. Please support John by submitting articles and or suggestions. With the knowledge and expertise in our club, we should be able to keep in the zone.

Louis Rosales

Long Beach Neptunes Newsletter Editor



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