



JANUARY 2014

# TRIDENT



## New Beginnings, Old and New Faces

I don't know about you, but as we head into a new year, I look forward to the coming months with anticipation and excitement. This is the time to look forward to improving on the past. We have a new president and a few new faces on the board mixed in with a few of the old. Byron Quinonez as our new President, Paul Zylstra as Vice President, Brandon Ward as Secretary and Bruce Dardis as Treasurer have all stepped up to serve the club. Byron, Paul and Brandon are new members that have answered the call and they bring with them enthusiasm, positive attitudes and good ideas and thorough planning which will benefit the club greatly. Bruce is returning to the board as the treasurer, a position that he filled so effectively for several years in the recent past.

In addition to the new members, Scott deFirmian, Mori, Terry Maas and myself will be returning as Tentative manager, Club Historian, Conservation Liaison and Newsletter Editor.

In addition to the members stepping up to serve on the board, John Carpenter has made the commitment to act as the facilitator for "The Safety Zone", which will be a new feature in the newsletter which will have the goal of igniting a renewed focus on safety and a healthy discussion on safe practices that will benefit the club.

While we are fortunate to have so many people willing to step up, we will still need members to make a commitment to contribute to the club. You can write an article for the safety zone, or send in an article about a dive you made or fish photos. Your participation will help keep our club special!

### In this issue:

- Announcements
- President's Message
- Safety Zone
- Get Outta My Way!
- Calico Derby!
- Recipe

### 2014 Neptunes Calendar:

Wednesday January 8th

Meeting –  
rescheduled to January 8<sup>th</sup>

Wednesday February 5th

Meeting –

Wednesday March 5th

Meeting –

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; Larry Heinrich: 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

# 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**

## Remember to Buy a New License and Lobster Card for 2014!

Remember to buy a new fishing license and lobster report card this new year. I don't know about you, but I have seen the DFW more often this past year and I don't want anyone to end up with a hefty fine.

There are some new regulations regarding our lobster report card. Please read the information on the next page. Please note that the due date for the 2013 cards is January 31, 2014 and that they can be reported online if you prefer that to mailing.

**HERRANEN**  
s p e a r g u n s

# Announcements

## January Meeting Rescheduled:

**January 8<sup>th</sup>:** The monthly meeting has been rescheduled from January 1<sup>st</sup> to January 8<sup>th</sup>.



## Lobster Report Card Harvest Information Required

Anglers and divers are required by regulation (CCR, T14, Section 1.74) to return their split year 2013 Lobster report cards by mail or report their harvest online by January 31, 2014. These split season report card were valid from 1/1/2013 to 12/31/2013.

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](#).







### **2013-2014 California Supplemental Sport Fishing Regulations NEW CHANGES!!**

New regulations, regulation changes, and corrections to the 2013-2014 Ocean Sport Fishing regulations booklet are also published in the supplement. This year, the supplement includes the following regulation changes and corrections:

- Information about spiny lobster regulation changes that will be in effect this fall
- Revised Section 1.74 - **Sport Fishing Report Card Requirements**, which goes into **effect July 1, 2013**

- Correction to Section 28.90, which was recently updated to allow take of striped bass using spearfishing gear and skin or scuba equipment

- **Corrections to incomplete or incorrect marine protected area (MPA)**

information located in the California Marine Protected Area summary table for the following MPAs **(THE GPS#'S HAVE CHANGED)**:

Bodega Head State Marine Reserve

Point Reyes State Marine Conservation Area

Drakes Estero State Marine Conservation Area

White Rock (Cambria) State Marine Conservation Area

Richardson Rock State and Federal Marine Reserves (San Miguel Is.)

Anacapa State and Federal Marine Reserves (**Anacapa Is.**)

Footprint State and Federal Marine Reserves (**Anacapa Channel**)

Blue Cavern State Marine Conservation Area, and Farnsworth Offshore State Marine Conservation Area (**Catalina Is.**)

The California Supplemental Sport Fishing Regulations booklet is now available online at [www.dfg.ca.gov/marine/sportfishing\\_regs2013.asp](http://www.dfg.ca.gov/marine/sportfishing_regs2013.asp) or possibly in print at your local sporting goods retailer.

**ELECTRIC**



**SUNGLASSES**



# January President's Message:

On behalf of the entire 2014 Board, I'd like to wish everyone a safe, fun, and Happy New Year! As we open a new page in the Neptune's legacy, we look forward to having a fun 2014 for all. But first, I'd like to thank Chris Yates and the previous board for all their hard work last year, ending in a great lobster dive on the Sand Dollar (thank you, Captain George and Lindsay!), followed by a wonderful Christmas dinner. Thanks guys for building our camaraderie!

As we look forward to 2014, our board is excited to continue to build on this momentum. With that in mind, we have 3 goals we are focused on:

- Safety.** Look forward to key messages from our leaders, including Terry Maas, John Carpenter, and Harry Ingraham. John and Harry have graciously offered to begin a "Safety Zone" section in each of our monthly newsletters. We'll also provide key speakers during the year to focus on shallow water black out, first aid, navigation and boat safety, as well as freediving rescue techniques.

- Building our Brotherhood Bond.** We look forward to further building our camaraderie, with some fun events this year! We hope to make the main events as strong as ever- the Auction (April); the 51<sup>st</sup> Annual Blue Water Meet (June), and the Fall Classic (October). In addition, look forward to more Sand Dollar Trips, a local family barbecue/cook off, and other fun times ahead for our Neptunes and their families!

- Celebrating and Honoring the History of the Neptunes.** We are now ***the nation's most enduring freediving and spearfishing club!*** That's right! Because of our great previous leaders, and our rich history, the Neptunes have lasted longer than any other club in America! Congratulations, guys! So let's honor and celebrate the history of the club, by offering key speakers during the year (led by Mori, of course!),



- and continuing to educate our members and tentatives on the achievements of our past.

So as you can see, the entire board is excited and eager to kick off the year! Additionally, we're really proud of the latest members indoctrinated in December, and we are excited about our 2014 tentatives! Our roster is near capacity, so its going to be tough, but we're looking forward to some quality tentatives for the year.

We have a fun February meeting planned (February 5<sup>th</sup>), with a strong kick-off to the year, including the announcement of our 2014 calendar. In the meantime, I look forward to seeing everyone on Wednesday the 8<sup>th</sup>, for the first meeting of the year, and I look forward to seeing you in the water!

Let's dive together, dive safe, and have a great 2014!

Byron Quinonez

The logo for Mako Spearguns features the word "MAKO" in large, blue, textured letters that resemble water or bubbles. Below it, the word "SPEARGUNS" is written in a smaller, bold, blue, italicized sans-serif font.

# The Safety Zone

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. Please send your articles to John at [jfcarpenter404@gmail.com](mailto:jfcarpenter404@gmail.com)

## Introduction:

Freediving/spearfishing is a very dangerous sport. Our community has lost too many divers and it is time that all of us start thinking more about safety. Many of our losses have involved very accomplished divers; therefore, ALL of us are vulnerable. We are really good at leapfrogging one another to be first in the water to land that trophy fish, snap a picture, and showcase our accomplishments. However, when you seriously consider the hazards of our passion, discussions about safety are almost nonexistent. As a spearfishing community, we must honor those who tragically lost their lives freediving by doing everything possible to address the myriad of safety considerations while freediving/spearfishing.

When I suggested that we dedicate part of the newsletter to “safety,” Chris Yates, Byron Quinonez, Paul Zylstra, and others enthusiastically embraced the idea. However, although humbled, I felt very overwhelmed to be asked to lead the charge. There are so many more experienced and extremely accomplished “spearos” in our club! Our club needs ALL of you, more or less experienced, to make this section of the newsletter as beneficial as possible by providing me your thoughts on the various topics that will be discussed in the future. My freediving experience is only about 30 years, but the combined experience of all of us is in the

hundreds, if not thousands; your input matters! Please consider that the “Safety Zone” is not meant to consume the newsletter, therefore, I will try to be as succinct as possible when addressing issues (this introduction excluded!), and ask you to do the same.

So...Where do we start? I discussed this at our Christmas party with the most widely respected ambassador of our sport, Dr. Terry Maas. We simultaneously agreed that safety starts far before you leave the dock or beach. Terry was concerned enough to email me the safety section excerpt from his popular



**ATOMIC**  
*AQUATICS*



book, *Blue water Hunting & Freediving*, and suggested that this serve as a “starting point” for our endeavor. I previously read this book and strongly recommend that you obtain the book if you do not already have it. In addition to other topics, it’s a great overview on the hazards of our sport. At the risk of stealing a thought from Terry’s book, it really isn’t about “safety,” but *survival*. Whether you are diving off the beach or boat, ask yourself what you do to minimize the inherent risks...? It really starts with *you* and branches outward. Are you well-educated in first aid, CPR, and can you implement the EMS if necessary? Do you maintain reasonable physical conditioning and specific skill sets, physical and mental, relative to freediving/spearfishing? If not, have you considered the compounded risks of poor conditioning shall an emergency arise? Consider that athletes participating in far less dangerous sports train specifically for their sport. However, the consequence of error, especially judgment, is too often fatal in our sport. Complacency is often the mother of tragic events.

This article simply serves as an overview of some of the basic safety considerations that will be more thoroughly addressed in upcoming newsletters. Do you maintain your boat so that the likelihood of breakdown is minimal? Is your boat equipped with redundant systems? Do you have radar, or do you just chance it in heavy fog and/or at night because you feel your chart-plotter GPS is adequate? How about an EPIRB? Is your first aid kit sufficient and does it contain critical items like tourniquets, quik-clots, etc.? How about a “ditch bag” that contains an EPIRB, waterproof backup radio, floatation, signaling devices, etc.? A simple item like a sea anchor can mean the difference between sinking and not sinking shall you lose power in rough seas. Is discussing safety procedures and the location and use of



pertinent safety and communication gear part of your normal routine before leaving on a trip? Are you scuba certified and do you keep a scuba tank easily accessible to land a fish tangled beyond your limits and/or to free an anchor? These are some basic considerations that should be standard before jumping in the water. Future newsletter topics will discuss subjects like shallow water blackout, landing tangled or holed-up fish, various safety equipment, night diving, etc. PLEASE feel free to email me your thoughts, experience, and information about anything discussed in this article or something you feel is worthy of discussion. The February "Safety Zone" topic will be white seabass and their tendency to tangle in the kelp. What are some of the considerations, equipment, and tactics that you use to safely land these large fish that we shoot so frequently, yet are so capable of drowning us?

Happy New Year and Dive Safe!

John Carpenter

Oceanic

Safety



Systems

Systems

# Get Outta My Way!:

## A Relaxing Dive With The Hobster

What a night! Dove with Hobie three days before Christmas but we didn't get out till midnight. First spot seemed like a dud, it was dirty and we didn't see anything, so I swam back to the boat where, 15 ft from the boat, I finally made contact. I caught a quick glimpse of some antennae peeking out from a cave. I crawled in to grab hold, but he didn't want to leave. Luckily, after a couple of modifications, to the bug he agreed to come home and I had him ...Next spot, me and Hobie jumped in I saw the biggest prehistoric bug! OMG! I went for it and BAM! I got knocked back by Hobie as he grabbed it....mother fffffrrr. He swears he didn't see me! Any way after feeling sorry for myself and healing from the severe heart break, I got back in the water and with some fierce determination I finally got back into the swing of things. I didn't find a 12.1 lbr like the Hobster but i did get a 5 lbr to top off a limit of nice 2 and 3 lb bugs. Totally stoked, but the Hobster is still a pirate! Aargh!

Woody

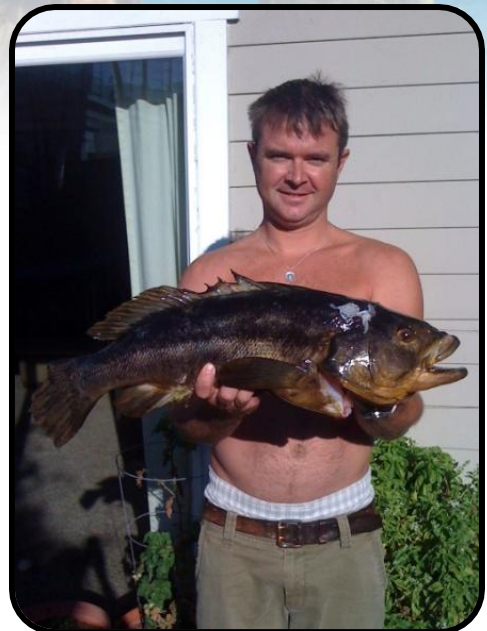


**MOANA**  
WATERMAN.COM



# 2014 Calico Derby

With the start of a new year, we begin the first competition of the year. The Calico Derby begins in January and ends April on the day of the 1<sup>st</sup> meeting. For you tentatives, it is important to remember that you are eligible to compete for the prestigious award. Last year Paul Zylstra beat all comers with an 11.2 lb monster while he was still a tentative. So.....everyone, tentatives and full members, show us what you've got! Bring it on!











The Original  
**E-SEARIDER**  
Marine Bean Bags



# CAUTION

Submissions Desperately Needed!

Articles and photos are needed.  
Tentatives: this is a good way to serve  
your club.

*Mark Strong:*

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

# Octopus Kelaguen (Kelaguen gamson)



This recipe was graciously submitted by Justin Jaguigui, a Chamorro living in Hawaii. Chamorros are originally from the Mariana islands in the south pacific. This dish is normally served on special occasions in Chamorro culture and it can take some time to make, so this is not a Rachel Ray 30 minute meal.

## **What you'll need:**

- Octopus (generally, I like to use 2-4lb ones for a decent sized bowl of kelaguen)
- 1/2 white onion
- 2 to 3 stalks of green onion
- Table salt
- Coarse Hawaiian salt
- Lemon or lemon powder
- Donne' (pepper, the hotter the better, but you can adjust according to your preference)
- Light beer (for cooking and drinking with the dish after)



**Directions:**

Defrost octopus and massage it with coarse Hawaiian salt to remove the sliminess in a NON-METALLIC bowl. Cut right below the eyes of the octopus separating its legs from its head. Cut above eyes to separate head from eyes. Cut out the octopus "beak". Remove innards from head (usually helpful to cut the three to four tendons attaching the innards to the head then pull out, save innards for chum/burley).

Bring enough light beer in a pot to a boil, place octopus in boiling beer, reduce heat to a slow roll. Cover pot. Let it boil/simmer for AT LEAST 45 minutes. Bigger octopus need more time typically 1-1.5 hours.

While waiting for the octopus to be cooked mince onions, green onions, and peppers. Mince the white onions really small, the bigger the piece, the more sour it will be.

Prepare ice bath for octopus when its done boiling.

Place octopus in ice bath when done boiling (you can tell if its done by sticking a chopstick in the meat, if it goes cleanly through, its done).

Cut octopus into bite size pieces, leaving the skin on. In a large ceramic/plastic bowl mix cut octopus, onions, and pepper and massage. Dash salt and lemon powder to taste (the lemon should definitely be tasted in the dish, but not too much to overpower it and make it sour). Let sit in fridge for about 2 hours. Garnish with green onions.

Serve with white rice or with pan-fried corn titiyas (tortillas) seasoned with garlic salt. Enjoy your favorite beer as a compliment.

**Notes:**

Don't use metallic bowls cuz that'll give it a metallic taste. Don't use dark beer for boiling (way too expensive and you don't want to disrespect a good dark beer for boiling octopus and it will overpower the taste of the dish). drink dark beer after cooking.

It is best to freeze the octopus for at least a couple days as this will help tenderize the meat. I prefer non-chewy octopus.

# *morifish*

# 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](mailto:conservation@pacificexplorers.org)

Dive safe,

Mark Navas



**JAMES & JOSEPH**  
SPEARFISHING SUPPLIES  
SAN DIEGO







Byron has a plan! We, as a club, have been very fortunate to have excellent leadership over the years; Chris Yates continued the tradition and Byron is now set to follow in the path of those that came before him, but he definitely has his own ideas and the club will benefit greatly. He has spoken about safety and has collaborated with John Carpenter in the creation of "The Safety Zone" and he also wants to focus on the rich history of our club and on continuing to build camaraderie among our members. I know that I am really looking forward to the coming year to see how Byron puts these and other intentions into action. It should be a good year.

*Louis Rosales*

Long Beach Neptunes Newsletter Editor



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