THE TRIDENT

March 2024
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LONG BEACH NEPTUNES

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The Trident is the official newsletter of the Long Beach Neptunes, a non-profit organization. The Trident is published monthly and is provided free of charge to the members of the Long Beach Neptunes and associates.

The Long Beach Neptunes would like to thank the following members for their work in obtaining our 501(c)(7) non-profit organization status:

Chris Yates, Taylor Yates and Jacob Seto

FISH STANDINGS

CALIFORNIA

Calico Derby		Open
Calico Bass -		Open
White Seabass -		Open
Yellowtail -		Open
Halibut -		Open
Sheephead		Open
Bonito		Open
Barracuda		Open
Dorado		Open
Bluefin Tuna -		Open
Lobster	Dr Ivan Sanchez	7.3 lbs

OUT OF STATE/COUNTRY AWARDS

Yellowfin Tuna		Open
Reef Fish		Open
Pelagic, non-tuna -		Open
Kent McIntyre Award		Open
Perpetual Big Fish Trophy		Open

2024 CALENDAR

- **March 6, 2024 - Monthly Meeting and Fish Awards**
- **March 20, 2024 - Lobster Season Ends Midnight**
- **April 3, 2024 - Monthly Meeting and Annual Auction**
- **June 8, 2024 - 61st Annual Bluewater Meet**
- **October 12, 2024 - Annual Fall Classic**

MONTHLY CLUB MEETING

April 3, 2024, 7:00PM

This month's club meeting will be held <u>IN PERSON</u>, at

Me-n-Ed's Pizzeria

4115 Paramount Blvd, Lakewood, CA 90712

DUE$ ARE DUE

Annual membership dues of $50 are due in January. Dues not paid by the March meeting (tonight) are subject to a $25 late fee. Please use Zelle, as indicated below, for payment of membership dues. Cash, Paypal and check are also acceptable. Paypal will be subject to a $5.00 transaction feel.

Club Switches from Paypal to Zelle

Thank you Jacob and Lauren for getting the club set up to receive payments via Zelle. This will save the club and its members transaction fees that Paypal charges. Please use the below QR code or club email ID to make payments to the club for membership dues, entry fees and auction buys. Payments made through Paypal will be subject to fees. Cash is also acceptable.

LONG BEACH NEPTUNE'S INC

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Ivan Sanchez First on the Board

I'd been itching to get after some late seasoned bugs. I went out looking for better conditions but was greeted with a lot of surge. On the way back I decided to make some deeper drops because I couldn't get in shallow cracks. To my disbelief when I went into a small hole for a legal bug to the right I saw some fat legs. Luckily when the bug scooted back I was able to throw off its reverse by grabbing its antenna. That little change allowed me to grab a knuckle and it was game on. One hand carapace grabbing these big ones doesnt work well ever for me. I was able to wiggle it out of its hole.

I knew when I couldn't get it into my bag it was bigger than 6. So after 2 failed attempts to get it into the bag and some havoc I just let it grab my arm and did the long swim back. When I got back to the boat I yelled at Will and he said holy Sh*t when I picked up my arm from behind the transom. bounced at 7.4 but settled 7.3 after a while. Good start of 2024 but I'm sure it won't hold up to the brown triangle. The clean bug was eaten the next day

From the Editor

Lately, I've been trying to take a more proactive role in my own health, including areas like sleep, gut health, heart health, mental health and nutrition. And I keep running across a common practice: BREATHING.

In my pursuits, I ran across health guru Gary Brecka. Along with an entire regimen of health protocols, Gary recommends a breath-hold exercise to start each day. So, every morning I get our of bed, walk to a nearby park, sit on a bench, plant my bare feet on the earth and do my breathwork while taking in morning light.

HOW I DO IT

WEEK ONE:

- **Take one deep relaxation breath**
- **Start with 5 obnoxiously deep breaths**
- **At the end of breath5, exhale comfortably and hold your breath as long as you can**
- **Then inhale as deeply and hold as long as possible**
- **Then exhale**
- **Start over with 5 deep breath and repeat.**
- **REPEAT THIS SEQUENCE THREE TIMES**

WEEKS TWO THRU SIX:

- **Add 5 breaths per week until you are at 30 breaths**

BENEFITS

The benefits of regular breathwork are many. Here are just a few:

- **Balanced blood pressure**
- **More time in deep sleep**
- **Reduction of PTSD and feelings of trauma**
- **Stronger respiratory function**
- **Better immune system**
- **Release of stress hormones from your body**
- **Fewer feelings of depression and anxiety**
- **Better mental focus**
- **Decrease in addictive behaviors**
- **Allowing emotional scars to heal**
- **Better outlook on life**
- **Contentment and joy**
- ***Improved freediving and more fish!***

I can't say that breathwork has made huge changes in my life, but I can say that, at a minimum, I walk home every morning feeling way better that I did just 10 minutes earlier. I encourage you all to try it for at least a week and see for yourself.

On the Crawl

Hobi Ladd and Tentative Joe Burke gettin' after it.

Un Vida Muy Rica

Costa Rica has been on my bucket list since I started spearfishing. Watching videos online, reading tales of warm, clear water teeming with big fish has drawn me south like a siren's song. Julie and I finally pulled the trigger and made plans to go visit some friends who live down there and were able to have a little taste of "pura vida".

We arrived at LAX at 0500. My coffee hadn't kicked in yet when I realized the huge bottle of Jameson I was bringing as a gift had broken in my luggage. It was not the only thing that broke on this trip... but I'll get to that later. Making our way through the airport to our gate was uneventful, and soon we were doing 600 knots leaving the cold damp terminal in the rear-view mirror. 5 hours later we landed in Liberia and were picked up by our friends, Ryan and Kat. The heat was a stark reminder that we were in Central America, and we made way to Arenal for the evening. Settling into our room with some Jameson that I picked up at the duty-free store and some cigars provided by Ryan, we soon called it a night.

We awoke to a beautiful view of a scenic lake below our hotel and took a quick stroll through the neighboring jungle to see what we could find lurking in the trees. There were leaf cutter ants and

monkeys directly above in the trees that made for a wonderful nature hike.

Leaving Arenal and making our way to our final destination the next morning, we snaked through the Northwestern corner of Costa Rica, enjoying the roadside fruit stands and the scenic views of the jungle and in no time, the coast. We stayed in an Airbnb that our friend Kyle, or "Don Kyle" to his close friends, owns. The accommodation was perfect for Julie and me, and it was a stone's throw from the beach. There were even street food vendors that had some amazing treats for a reasonable price. The

first night, we realized we weren't alone in the house, when our gecko roommate started making a fuss. This frightened Julie and I had to talk her into allowing him to hang out (literally), since this was his house, and he was managing the bug situation well.

We spent the next few days enjoying the serenity of the area, with massive stretches of beach all to ourselves. There were tons of hermit crabs as well as bubbler crabs, which I have never seen before. They sift through the beach sand and leave little pellets of discarded sand all over the beach. Super interesting animals. We went for a little shore dive and saw a variety of fish which I couldn't identify, but I did manage to spot some box fish, a few puffer fish, some coral, and even an eagle ray. The water was a brisk 87 degrees Fahrenheit. Bath water.

I took advantage of the darkness of the new moon to take a star field picture. Absolutely beautiful to see so many stars.

We frequented the local “soda”, which is a small eatery on the edge of town with a beautiful view, great food, and reasonable prices.

Costa Rica was more expensive than I anticipated, but hell, we're on vacation right!?! One of our adventures brought us to a scenic beach named Barrigona which was the epitome of the Costa Rica in brochures. Beautiful white sand beaches, warm azure water, and hardly anyone around. True paradise.

On the penultimate evening of our trip, we were blessed with the opportunity to go to the "Fiesta" in Nicoya, the nearest city center. It was a party unlike anything I'd seen before. The entire town showed up, literally.

In a city of 25,000 people, there were easily 12,000 people partying hard. Beer and rum were flowing, and we even took shots with a guy on a horse at the bar.

I felt some eyes staring at me, when I noticed a massive bull hanging out across the way.

The owner beckoned us over, and let Julie hop on for a quick photo. Wild.

Soon we were off to the real Fiesta. The first spot was just the pre-party. We wound up walking through a carnival-like party, with vendors peddling everything from fruit to Toyotas. Furniture to Chinese food. There were Ferris wheels and roller coasters. This massive bazaar all led to an arena... the bull ring.

We bought tickets and scurried over some questionably crafted bleachers to find a seat and awaited the greatest show on earth. It started with some classically dressed women doing a wonderful equestrian routine, and soon after they cleared the arena, the locals began to amass in the center of the ring. As the fervor rose, more and more spectators meandered into the ring. Some were dancing, most were drinking. Suddenly, they all got serious, and a man pulled a rope to unleash a bull and its rider from a gate. The rider lasted a few seconds and jumped clear of the beast. The bull turned its attention to the crowd of people in the arena with it and began to charge at random participants. They would dash away or jump onto the fence to barely escape a severe goring. This would go on for a couple minutes until the bull tired, and a couple of cowboys on horseback would come to lasso the bull and return it to the stable. This went on for hours. The "goal" was to survive, and possibly be the guy who literally grabbed the bull by the horns. Not everyone got away unscathed, but it was a hell of a show to say the least. There was even a young man who would do backflips over the bull as it charged him. We gave him a nice tip and he let us take a picture with him.

Unfortunately, we had to leave early, since our next day would be spent spearfishing!

We met Ryan and Kat at the beach early the next morning and loaded onto a nice center console. We went to the first spot, but I had to make bands for the gun I was borrowing. Turns out, I should have done that the day before. The rest of the day I kept popping bands, and never got a chance to shoot. But that didn't stop me from having a blast. I saw an Olive Ridley sea turtle, a white tipped reef shark, a massive puffer fish, barracuda, rainbow runners, a spotted eagle ray, and a yellow bellied sea snake. Ryan managed to shoot a sierra mackerel, and I got it on film. It was a wonderful day on and in the water, and it inspired me to want to make plans to return, this time with my own gear!

We left the next day, and while we were sad to leave, we know Costa Rica will be there in the future. With more sights to see and adventures to be had. ¡PURA VIDA!

LONG BEACH NEPTUNES

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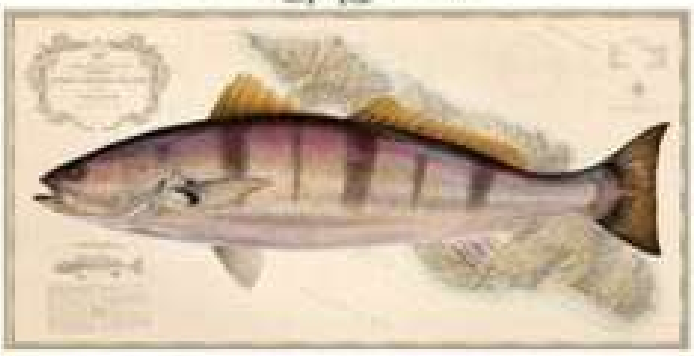

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