

# Chum Line



Good Sportsmanship is Worth More Than all the Fish in the Ocean

JUNE 2018

## LARRC DINNER MEETING

### ORQUIDEA

ORCHID MARTINEZ-GUEVARA

Orquidea (Or-kee-dee-ah) or Orchid Martinez-Guevara is the President of Baja Fishing Convoys. She has been selling travel as a destination specialist since 1992. For the past 11 years she has had the opportunity to manage a wilderness retreat in the Midriff Island section of Baja and manage a fishing lodge on Cedros Island. The combination of her knowledge of travel and her love for fishing Baja is what drove Orchid to starting her small niche business, Baja Fishing Convoys.

Her love of fishing began when she was 7 years old. Her father took her to the port of Long Beach to fish from the rocks. That is where she caught her first 3 fish. From that moment on Orchid was destined to become part of our fishing world. She has combined the love of traveling and fishing in Baja to offer her customers the upmost service when traveling to the Baja California Peninsula. Her operation started as a simple club to basically have friends join her on fishing expeditions to Baja. She now organizes self-drive, escorted and fly-in fishing trips to Baja. Orchid is constantly updating her web site [WWW.BAJAFISHINGCONVOYS.COM](http://WWW.BAJAFISHINGCONVOYS.COM) with new and exciting fishing trips. She keeps in constant communication with panga and hotel owners at the fishing villages she represent to make



sure you have everything you need when booking a trip. Orchid is currently working on becoming a home-based leisure travel agent to be able to offer the upmost convenience to her customers who not only wish to book a fishing trip but, any other travel service needed. She is 45 years old now and recently got married to Jose Jonathan Guevara. She currently resides in San Diego with her husband and daughter, Maria Isabel.

Orchid looks forward to assisting you plan your next amazing fishing adventure to Baja, Mexico. Do not hesitate to contact her with any questions you may have.

## Please RSVP — ASAP!

Email your RSVP to

[Donald@dgoldsobel.com](mailto:Donald@dgoldsobel.com)

or text it to 818-970-4578

Please state your name, and if you are bringing a guest, state your guest's name.

Please also state your dinner choice(s).

# A Message from the President

Mike Hartt

The first order of business is to thank Earl Warren, and many of the past presidents, for their amazing show of support during the transition from Donald Goldsobel to myself at the banquet this year. Many were not aware that Earl organized a special get-together for me and several of the past presidents to offer his advice and support, and I deeply appreciate that.

One of the most crucial matters I spoke about at the banquet was the importance of new membership. Over the years, we have discussed a number of options to accomplish this goal, but we have only experienced moderate success. I am hopeful that all of us can continue this effort, and I am always open to suggestions on how to increase membership.

Events, past, present, and future, are also up for discussion. One of my tasks is to look critically at events and decide which ones are worthwhile, which we should possibly drop, and most importantly, what new events we should consider. You should be aware that, thanks to the generosity of our membership, Larry Brown, and others, our club account is in good standing and able to support fresh new ideas for events. As you know, this year we have already completed the Banquet, the Lou Berk Trout Derby, the Family Picnic, and the Hope Street Mentors Trip. One of our most important impending events is the annual Kids Trip on July 9th at the 22nd Street Landing.

Volunteers are necessary for this event, so please contact Steve Simon and offer to fill any needs he may have. I hope to see lots of members at this event.

Let's talk charters. This looks like another strong fishing season. Bluefin are already hot, Yellowtail are almost upon us, and charters are filling up. Keep a close eye on the Charter Page in the Chum Line and be sure our club trips are fully booked. Also, keep a close watch on our longer-range trips that we share with Larry Brown. Although most show booked, Larry is always the first to let us know when an opening arises. As many of you know, Mexico has closed some prime fishing areas like Cedros to the long range San Diego fleet. Although this is not good for some of the San Diego boats, it opens up a new opportunity for people like Orchid to host a direct flight to Cedros with a stay at a new hotel recently constructed on the island. I will be on John Ballotti's Cedros trip with Orchid on July 25th, and all of us will file a detailed report for the following month's Chum Line.

Finally, I would like to thank you all again for the support I have received. I look forward to seeing many of you at this month's meeting, and I am excited for a great season of fishing and friendships.

Mike Hartt  
President LARRC



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**PLEASE NOTE THAT THE BOARD OF DIRECTORS  
HAVE DECIDED THAT MEMBERS WHO DO NOT  
RSVP BY 12:00 NOON ON THE SUNDAY PRIOR  
TO THE MEETING WILL BE ASSESSED \$5.00  
FOR AN EXTRA SET OF RAFFLE TICKETS.  
ADDITIONALLY, MEMBERS RESPONDING TOO  
LATE MAY NOT BE ABLE TO ORDER THEIR  
CHOICE OF ENTRÉ.**

# LOS ANGELES ROD & REEL CLUB FOUNDATION GRADUATE RESEARCH SCHOLARSHIP

## *2018-2019 Recipient Thank You*



Dear Los Angeles Rod and Reel Club Foundation,

I want to express my sincere gratitude and appreciation for selecting me as a recipient for the Los Angeles Rod and Reel Club Foundation scholarship. This award is an honor, and your generosity is truly invaluable in helping me reach my academic goals.

I am currently a second year Masters candidate in the Biology Department at California State University, Long Beach. Your generous support will allow me to answer some important questions in marine larval biology as well as complete my graduate degree on schedule. This scholarship will allow me to not only purchase much needed supplies for my thesis work but to also cut back on my work schedule in order to focus more on my research. Upon graduation, I plan to remain in the field of marine biology and work specifically in the area conservation. With your support, I am one step closer to accomplishing my goals.

With gratitude,  
Aimee Ellison  
Masters candidate, Pace Lab

### **Los Angeles Rod & Reel Club Foundation**

#### Tribute Opportunity

Tribute Cards are available when you want to send your thoughts or feelings for –

- Anniversary
- Appreciation
- Baby Announcement
- Bar/Bat Mitzvahs
- Best Wishes
- Congratulations
- Graduation
- Illness
- In Memorandum
- New Home

Your LARRC Foundation is a charitable organization. Donations maybe deducted. Tributes will be posted in the Chum Line. Tribute cards will be sent to recipient.

Information Request and Donations may be addressed to:

Mrs. Tammy Steinman, 5826 Ostrom Avenue, Encino, CA 91316 • 818-987-2645 • 818-345-6104 Fax  
[tammy2508@socal.rr.com](mailto:tammy2508@socal.rr.com)

## *Los Angeles Rod & Reel Club Marine Biology Grant Proposal Form*

### **1) Project Title**

Determining the Relationship of Protein Metabolism and Phenotypic Plasticity in Larvae of the Sand Dollar, *Dendraster excentricus*

### **2) Statement of Problem**

The ability of an organism to regulate its phenotype to match its environment (i.e., phenotypic plasticity) is critical. For planktotrophic (feeding) larvae, this is especially true since exogenous food levels are highly variable but represent an absolute requirement for growth and development. Without the appropriate phenotypic response to food levels, post-larval survival and recruitment are jeopardized. The morphological changes seen in larvae of the Pacific sand dollar, *Dendraster excentricus*, as a result of phenotypic plasticity to varying food conditions is well documented, but the mechanistic underpinnings of these responses are unknown. Larvae encountering low amounts of algal nutrients preferentially grow longer arms to increase food particle capture and ingestion [1]. This investment in arm growth has the tradeoff of delaying the formation of the juvenile structures until sufficient nutrients have been consumed [2]. In contrast, larvae growing in a high food levels preferentially invest growth into post-larval structures and have proportionally smaller arms than low-fed larvae. This difference allows high-fed larvae to develop faster and experience a shorter planktonic larval duration, minimizing the risks associated with the larval stage [2].

Given the dramatic morphological changes that make up the plasticity response, it is expected that plasticity involving physiological and biochemical pathways is also occurring. Previous research in our lab has shown that high-fed larvae exhibit increased metabolic and growth efficiency relative to low-fed larvae (i.e., greater percentage of food is used for growth and not metabolic maintenance costs). High rates of protein synthesis are required for larval growth and typically consumes 30-70% of total energy use [3]. Therefore, I hypothesize that the major differences observed in low- and high-fed larvae are linked to rates and efficiencies of protein metabolism. I predict that high-fed larvae will possess higher rates of protein turnover to drive fast growth while low-fed larvae will employ a strategy of lower turnover rates as an energy saving mechanism. Preliminary results support my predictions, showing a seven-fold increase in protein synthesis (ng/individual/hour)

between high- and low-fed larvae at 27 days post fertilization. Additionally, high-fed had higher protein depositional efficiency. While preliminary data (that was generously supported by a LARRC Award in 2017) shows clear differences, at least two more independent cultures are required to be able to make robust interpretations regarding the functional link between protein metabolism and phenotypic plasticity. Along with two additional replicate cultures, I will further my experimental aims by quantifying the cost of protein synthesis and assessing differences in the amino acid composition of the protein pool in low- and high-fed larvae (using the Core Facility at UC Davis). Completion of these objectives will greatly increase the value of my research effort linking phenotypic plasticity to protein metabolic pathways.

### **3) Objectives**

The goal of this study is to determine organismal attributes of protein metabolism during early growth and development of echinoid larvae to gain a fundamental understanding of phenotypic plasticity. I will continue to make quantitative measurements of rates of protein synthesis, degradation, and deposition in larvae undergoing different developmental strategies that are adaptive responses to the amount of algal food provided (low- and high-fed conditions). In parallel, I will quantify organismal metabolic rates and use this data to arrive at a comparison of the energetic cost of protein synthesis and deposition in low- and high-fed larvae. I will also contextualize this data by examining how the amino acid composition of total protein in low- and high-fed larvae changes. This will provide a critical proteomic index by which to judge if large-scale changes in gene expression are related to the manifestation of phenotypic plasticity. In total, the data gathered will allow for the first quantitative physiological assessment of growth pathways and their consequences in establishing phenotypic plasticity in *D. excentricus* larvae. Through this quantitative understanding of phenotypic plasticity the biochemical and physiological strategies used by organisms to match their environment to their growth and development can be better understood.

### **4) Approach**

#### *Collection and Spawn*

Adults will be collected from coastal waters of southern California and induced to spawn through an intercoelomic injection of 0.5M KCl. The larvae will be reared in a tem-

perature (16°C) controlled room in the CSULB marine biology laboratory and kept at a concentration of 5 individuals mL<sup>-1</sup> in 20 L vessels with 0.2µm filtered seawater. Upon reaching a feeding stage, larvae will be equally divided into low- and high-fed algal feeding treatments. Algae fed will be *Rhodomonas* sp. at 1,000 (low-fed) and 10,000 (high-fed) algal cells mL<sup>-1</sup>. Two more independent cultures will be completed. Larvae will be sampled for growth, respiration, and protein synthesis rates every 4 days.

#### Rates of Protein Synthesis

Rates of protein synthesis will be determined using a single radiolabeled amino acid, <sup>14</sup>C-alanine, as a tracer to follow the rate of incorporation of amino acids into protein [4]. Time dependent incorporation of <sup>14</sup>C-alanine from the free amino acid pool (FAA) to the total protein pool will be calculated through the following equation:

$$PS = \frac{d}{dt} \left( \frac{S_p}{S_{faa}} \right) \times \frac{MW_p}{S_m}$$

Where PS = protein synthesis rate in ng larva<sup>-1</sup> hr<sup>-1</sup>, S<sub>p</sub> = radioactivity in the total protein pool, S<sub>faa</sub> = specific activity of the precursor free amino acid pool, MW<sub>p</sub> = average molecular weight of an amino acid in *D. excentricus*, and S<sub>m</sub> = the percent composition of the tracer amino acid (alanine) in protein. Larvae will be exposed to <sup>14</sup>C-alanine in sea water and sampled regularly over a 20-minute interval to quantify the temporal increase in the S<sub>faa</sub> and the S<sub>p</sub>. The S<sub>faa</sub> will be determined through HPLC separation of the FAA pool and liquid scintillation counting of the alanine elution peak, thereby giving the precursor specific activity in the units of dpm pmol<sup>-1</sup> alanine. The simultaneous increase in the S<sub>p</sub> will be measured through liquid scintillation counting of the TCA-precipitated protein pool. By standardizing the S<sub>p</sub> by the S<sub>faa</sub> over the duration of the experiment, the rate of total alanine incorporation will be determined (pmol alanine larva<sup>-1</sup> hr<sup>-1</sup>). Determination of the MW<sub>p</sub> and S<sub>m</sub> will then be used to standardize the rate of alanine incorporation into a mass-specific rate of all amino acids being incorporated, which is the rate of protein synthesis (ng larva<sup>-1</sup> hr<sup>-1</sup>). MW<sub>p</sub> and S<sub>m</sub> will be measured using acid hydrolysis and HPLC quantification of the total protein pool (to be sent out to the UC Davis Core Facility).

#### Cost of protein synthesis

The energetic cost of protein synthesis (J mg<sup>-1</sup> protein synthesized) will be determined using a standard inhibitor approach [4]. Parallel measurements of oxygen consumption and protein synthesis with and without a eukaryotic protein synthesis inhibitor (emetine) will allow for an ac-

curate estimate of how much energy is used to drive a specific rate of synthesis. Larval oxygen consumption rates will be determined using the µBOD method [5]. An oxyenthalpic value of 484 J mol<sup>-1</sup> O<sub>2</sub> [6] will be used to convert oxygen consumption values to energetic units, thereby allowing an estimate of the energetic cost of protein synthesis.

#### 5) Importance of Proposed Research

Echinoderms play a key role in the marine environment and are often considered ecosystem engineers due to their ability to modify resource availability [7]. In temperate environments, Echinoids provide food for common predators such as spiny lobsters, sheep-head fish, and sea otters. Apart from being an important food source to higher trophic organisms, their grazing has the ability to alter community structure by limiting algal biomass. Anthropogenic disturbances to the marine environment reduce critical algal food sources for echinoderms, shifting them from a sedentary to a mobile grazing species [7]. Active grazing can prove detrimental and lead to deforestation of giant kelp forests, a critical habitat for California fishery species. With the inverse relationship between urchin populations and abundance of large predatory fish [8], understanding echinoid developmental strategies can provide an important framework for conservation and management.

Understanding of the differential strategies employed by *D. excentricus*, a dominant echinoderm indigenous to the California coastal community, will expand upon the wealth of ecological knowledge that exists for coastal marine populations and augment it with a quantitative approach. The data acquired from preliminary funding provided great insight in to the underlying physiology driving the differences seen in *D. excentricus* larvae. The high variance involved in the whole organism measurements laid out in this experimental approach will require multiple cultures with future funding. The subsequent data will also allow for comparisons against other populations of marine invertebrates, helping to predict population dynamics in the shifting conditions of the coastal zone.



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Tom Trainer

6) Budget

Item(s)	Cost	Funding acquired	Funding needed	Funding request from LARRC
Radioactive isotopes: 0.5 $\mu$ Ci <sup>14</sup> C Alanine	\$3,000.00	\$2,000.00	\$1000.00	\$1000.00
Flow Cytometry Maintenance Fluid	\$500.00	\$500.00	\$0.00	\$0.00
HPLC reagents	\$1,750.00	\$1,750.00	\$0.00	\$0.00
Emetine (protein synthesis inhibitor)	\$500.00	\$500.00	\$0.00	\$0.00
Consumable lab supplies	\$1,750.00	\$750.00	\$1,000.00	\$1,000.00
UC Davis Core Facility Services	\$500.00	\$0.00	\$500.00	\$500.00
<b>Total</b>	<b>\$8,000.00</b>	<b>\$5,500.00</b>	<b>\$2,500.00</b>	<b>\$2,500</b>

The major equipment needed for this project; BD accuri C6 flow cytometer, HPLC system, Strathkelvin polarographic oxygen sensor, and Beckman liquid scintillation counter have already been provided by my advisor and/or the home institution, CSULB. The lab is currently set up with all required larval culturing equipment (including dedicated culture vessels, glassware, filtration equipment, etc.). A major portion of the LARRC funding will go towards the purchase of radioactive isotopes, critical for protein synthesis analyses. It is essential that <sup>14</sup>C-alanine be purchased through a highly vetted vendor (i.e., Perkin Elmer) to ensure safe transport as well as high purity and accurate estimate of specific radioactivity (mCi per mole<sup>-1</sup> alanine). Given the small amount of <sup>14</sup>C-alanine tracer required per experiment (~ 5  $\mu$ Ci), this quantity will be enough for all three proposed spawns. It is estimated that during each 45-day spawn there will be 12 protein syn-

thesis determinations per treatment, requiring the use of (0.36 mCi total). Procurement of consumable liquids for analysis such as HPLC solvents (methanol), liquid scintillation cocktail, and flow cytometer fluids will be necessary for ensuring enough of each during the 3 spawns worth of data acquisition. A portion of the costs will be covered by a \$3,000 COAST grant, awarded in February 2017. Further funding will be required for timely completion of my thesis project.

References

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## Los Angeles Rod and Reel Club Foundation & AmazonSmile

### What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support.

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Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

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On your first visit to AmazonSmile ([smile.amazon.com](http://smile.amazon.com)), you need to select a charitable organization – **Los Angeles Rod and Reel Club Foundation**- to receive donations from eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at [smile.amazon.com](http://smile.amazon.com) will result in a donation.



# Local for a Day

By Cathy Needleman

It was typical May weather. Always unpredictable when it comes to current, wind and temperature.

This week at Catalina was no different except we got to fish with the Catalina locals.

The only constant was that I was on Brandon Hayward's boat and I had the "best" chance to get a nice white sea bass.

We arrived at a spot around 3:30. There were four boats in the immediate area. These were people on the Island and they knew that the white sea bass were biting.

I got bit and I was lucky to bring in a very strong fish at 48 lbs. It was on a 9 ft. rod with 50 floro on a talica 10.

One boat started to circle around ours. Brandon showed them a spot that was close to the bite zone.

That boat got bit and then the chaos begun. Their fish snagged all of our lines.

Brandon was calm but I was getting a little unnerved.

As they were trying to separate our line from theirs-I got bit again. The guy was yelling at us to thank him for setting

the hook on our fish.

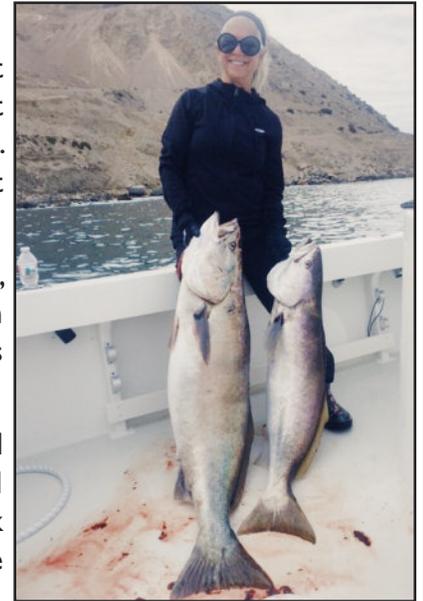
This time our line got tangled with a boat that just moved in behind us. Maybe he was 10 feet away.

We were lucky again, thought we lost the fish but a 28lb WSB was gaffed and on the boat.

I have never witnessed anything like this bite. I chuckle when I think about the watching the Catalina locals queue up.

When we left the area 23 boats were jockeying for position to catch the mythical fish.

I wanted to stay and watch but it was time to start heading home. Thank you Brandon-for another memory, which brings a smile on my face.



## MEET JOHN GOSS

Members of the Los Angeles Rod and Reel Club-

My name is John Goss and I am honored to be asked to become an active member of your board of directors. For those of you who do not know me here is my brief history. For around the past four or five years I have had the opportunity to be a part of the LARRC as a guest of my neighbor Joe Mahfet and attended and assisted with the kids trips out of Long Beach. This is now my second year as a member of the club and also my second year with the CCA. Fishing has always been a part of my life along with many other endeavors. (Kids, family, travel, surfing, music, cars, hot rods, dune buggies, motorcycles etc...) From a very young age I was fishing from the docks in Newport and the Santa Monica Pier with my grandfather. To not so long ago aboard our family boats on the lakes, our floating home in Channel Islands Harbor (1938 Chris Craft Cruiser 35') and surf fishing along the Central Coast while camping the past years. I am now enjoying all the fantastic programs that the LARRC does to promote fishing and sportsmanship to our younger generation and to bring joy and happiness to those in need. Meeting new people and learning new skills and techniques along with getting the inside edge on fishing has been of great interest to me. Although I am not retired yet and self-employed, I have been known as a Jack-of-all-trades when it comes to what I do for a living as a general contractor/property manager but it also gives me the freedom, ability and time to help out with the club's future programs and events. I look forward to my future involvement with the LARRC and the fishing experiences to come.

Sincerely,  
John R. Goss

# CALENDAR

## Board Meeting

JUNE 18, 2018

Social Hour: 6:00pm Meeting: 7:00pm  
Millie's Restaurant

16840 Vanowen Street, Van Nuys, CA 91406



## DINNER Meeting

JUNE 25, 2018

Social Hour: 6:00pm Meeting: 7:00pm  
94th Aero Squadron

16320 Raymer Street, Van Nuys, CA 91406



## SAVE THE DATES 2018

**JULY 9, 2018**

Annual Kids' Trip  
22nd Street Landing

**AUGUST 6, 2018**

Marine Mentors' Trip on Betty O

**AUGUST 29, 2018**

Veteran's Trip

**OCTOBER 24, 2018**

Veteran's Trip

**NOVEMBER 14, 2018**

Veteran's Trip

**TO BE DETERMINED**

Marine Mentor's Trip on Aloha Spirit



*Madeline O'Conner then and now*



*Ashley, Madeline and Emily O'Conner  
then and now*

The Foundation  
Acknowledges this  
Tribute Received to Honor

*In Memory of Jim Pearce*

Linda and Steve Simon  
Tammy and Joel Steinman

## ENVIRONMENTAL MATTERS

Submitted by Eric Rogger

### ◆ A MAY '18 LOOK AT OUR FISHING ENVIRONMENT

Last month we took a look at one of the most productive salmon habitats on the planet. Gratefully it was noted that enough people lobbied and expressed their concerns so that the EPA reimposed a number of restrictions against the open mine projects. These were initially imposed in 2014 and we hope they will now be enforced.

### ◆ ON ANOTHER POSITIVE NOTE...

I'd like to mention the name of Bill Shedd. He is currently the head of CCA California and guides AFTCO manufacturing and is very active in many other "keep us fishing" efforts. I bring this to your attention because in a recent editorial written by Bill he mentions a number of profound facts. Since 1050 the world population has grown from 2.5 billion to 7.5 billion! More pressure on the fish resource not only recreationally but also from the commercial sector to feed proteins to the many more mouths. He also notes that 91% of our seafood is imported. The article emphasizes the need for much more aquaculture, an area which has not been adequately pursued.

### ◆ PACIFIC GYRE...

In case you have not heard of the PACIFIC GYRE...read on....The Pacific Ocean between our coast and Hawaii now contains a "FLOATING MASS OF TRASH TWICE THE SIZE OF TEXAS" According to an article in the LATimes (3/23) this continues to grow. A international study group, reporting in the SCIENTIFIC REPORTS revealed that the amount of plastic this garbage patch contains is more than 16 times greater than initially thought. It takes up to 618,000 square miles which by their judgement contains 1.8 trillion pieces of plastic. Damage to sea life has been recorded impacting the human food chain. Of note also, aside from the normal plastic debris, discarded fishing gear makes up a large part of the debris. The Huff Post reports that an organization called OCEAN CLEANUP is trying a new method using large booms which float around the ocean powered by wind and currents. Perhaps enough floating matter can be gathered in this manner to make it economically feasible to collect it and recycle it.

◆ ENVIRONMENTAL CALIFORNIA which reported that 25% of fish sold at supermarkets contain plastic debris has now been successful in getting passed a statewide ban (52-48) on single use plastic bags. California is the first state to pass such legislation!

### ◆ FINISHING OFF WITH ANOTHER GOOD NOTE...

The PACIFIC FISHERY MANAGEMENT COUNCIL (PFMC) successfully closed off about 140,000 square miles of West Coast ocean habitat to fishing gear that might damage corals and other sensitive seafloor features.

Comments or contributions would be welcome:

Eric Rogger [wstridge@aol.com](mailto:wstridge@aol.com)

## Earn Money for LARRC Foundation By Shopping at Ralphs!



Here's How:

**Step #1:** Enroll in the Ralphs Reward Program if you are not currently enrolled.

**Step #2:** Print out this page and take it with you the next time you shop at Ralphs.

**Step #3:** At check-out, have the LARRC barcode swiped by the cashier together with your Ralphs Rewards Card/phone number.

*Notice: The Ralphs LARRC Barcode needs to be swiped only once to link your Rewards Card to LARRC. Future shopping trips will help raise money for LARRC when you use your Ralphs Reward Card at check-out.*

## Health and Happiness

Linda Simon is our contact for "Health and Happiness" - please contact Linda either by phone (818-980-7470) or email ([simonmurphy08@sbcglobal.net](mailto:simonmurphy08@sbcglobal.net)) for any information about our club members/family - i.e., happy or sad news; health issues; graduation or congratulations, etc.

# THE MAY PACIFIC DAWN CHARTER RETURNS TO VENTURA

By Keith Heerd

Friday evening, as the Pacific Dawn headed home, standing at the stern, looking across the ocean surface, the wind was getting up and the whitecaps were running like white horses. The crew were expertly fileting the beautiful lings which had been heaved on board just an hour earlier – it seemed like a perfect trip.

The trip started Thursday evening, Mike Dog brought the Pac Dawn to the Ventura Sportfishing dock super clean, fueled up and ready to go. He and the rest of the crew, Hunter, Ben and Richie were all in a jovial mood ready to welcome the LARRC for our May overnigher. As we came aboard they asked about LARRC members who had previously fished on the Pac Dawn – particularly Al Scow, whose demise was greatly exaggerated – to everyone’s relief!

We set out in the dark of night, with Captain Pat Cavanaugh at the helm, in fine weather. Good luck on the trip was practically guaranteed as Keith Heerd, first time chartermaster, inadvertently tossed about \$40 of brand new tackle overboard thinking it was securely tied to his rod and reel (checkout Captain David Bacon’s Lingslayer, Pacific Coast Sportfishing May 2018). It was not tied and it now lies at the bottom of the harbor.

On board were members: Joel Zide, Lee Harris, Norm Weinstock, Michael Dickter, Donald Goldsobel, Ron Glider, Carol Chow, and Jeff Edelman (jackpot winner-see photo of monster lingcod). Also with us were guests: father and son Stephen (photographer) and Tate Dewey, Sam Garcia (my neighbor and Pac Dawn regular) and late addition Brad Gardner. Brad is a Captain Pat “ringer” and gives a shoutout to Will Davis.



The anchor went down in the dark hours Friday morning on top of a squid nest, between Santa Cruz and Santa Rosa. This was the first squid the Pac Dawn had been able to catch this year. About half a dozen fisherman soaked lines over the area until 7:30am with no good results.

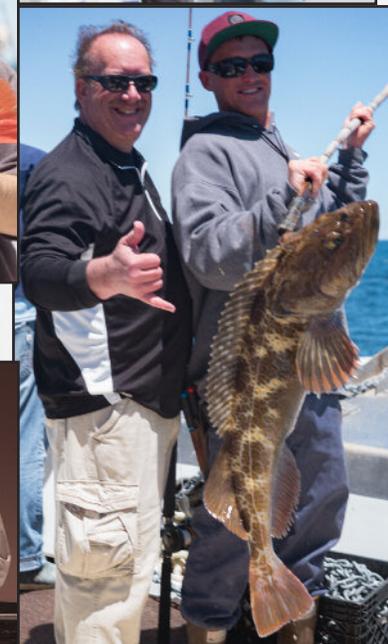
With no signs of big game fish in the area, we moved around and fished shallow waters for rock fish. Appropriate for the Memorial Day weekend, Red Fish, White fish and Blue Rockfish were all in abundance. It was sunny and calm for most of the day. In the afternoon, Captain Pat headed us

closer to San Miguel to his lingcod honey hole, which produced great results immediately. By then the wind and current were moving pretty well and after a few drifts our bags were full and it was time to head home.



Hookup Baits were generous sponsors by providing several packages of their popular specialty fishing jigs for the raffle home. Thank you Hookup Baits!

It was a great trip and a good start for many of us to the 2018 fishing season.



Click this [link](#) to see more photos.

# LARRC TRIO ENJOYS FISHING ADVENTURE IN SITKA, ALASKA

By Richard Stone

LARRC members Phil Bell, Dave Morgan and Richard Stone went to Sitka, Alaska and fished at the Kingfisher Lodge. Joining us was a friend of Phil's, Eugene, from Colorado. The trip included 2 travel days with 3 days of ocean fishing. We targeted Salmon and Halibut. This was Phil's 14th visit, Dave's 2nd visit and Richard's first time at Kingfisher.



The lodging was very roomy 2 bedrooms, 2 bathroom apartments, with comfortable furniture, balcony and plenty of hot water in the showers.

The staff is top-notch, friendly, helpful and accommodating. Each day they would have a hearty bag lunch prepared, for us to eat on the boat. They would bring appetizers to our room 30 minutes before dinner. The meals were outstanding, well prepared, tasty and plentiful.

We hit the weather just right. The 5 days prior to our arrival were rainy, cold and up to 10 -12 foot swells that crashed over the bow of the boat. The temperature and seas for our fishing were very pleasant.

**Day 1:** In the morning, we spent



many hours trying to catch salmon to no avail. We left for the Halibut grounds and fished in 385-foot water with moderate success. We then motored about an hour farther and looked for Halibut at 680 feet. We each caught our limit, one each less than 38 inches. We also caught a few of the coveted Yellow Eye rockfish and one keeper Ling Cod between 30 and 35 inches. Phil and Richard each caught lings that were in the 42 to 50 inch range but had to throw them back because they were too big. (Big Bummer)

**Day 2:** We went right out to the deeper Halibut grounds and each caught numerous Halibut that we had to throw back because they too long or too short. We finally achieved limits of one each under 38". We then went to shallower water area that was known for Black Rock Bass. We fished for these using light line and a small diamond jig. The limit is 3 each. We limited out on these relatively soon and were also catching a variety of other rockfish including lings. We were having so much fun we stayed there doing catch and release for some time. We then boated to Kruzoff Bay north of Sitka Sound to troll for King Salmon. They use a 20lb ball weight downrigger attached to flashers and green hoochies to troll at 90 to 110 feet. We caught 3 keeper Kings over 28".

**Day 3:** We again went right to the deep Halibut grounds and got limits of Halibut within an hour. Then we fished inshore to get more Black Bass, 3 each, and caught the balance of our Ling Cod limits, which is one per year. Lots of fun jigging a variety rock fish. We ended our day in the salmon area and finished with



# Dedicated to Fishing, Fun, Relaxation, and Companionship!

our one fish limit.

All and all it was as good trip with great comradely, decent fishing, and really beautiful surroundings. Everything about this place was outstanding except for the highly restrictive fish limits. We still brought home a 50 lb. box of filleted halibut, salmon, lingcod, and yelloweye.



# GOOD NEWS FOR OLD MEN

By Larry Brown

I miss some of my old fishing buddies. Some got too old; some died too young. All of us know guys who would love to go fishing, but don't have the stability, strength or good health to be pulling on big fish on a rocking boat. Too old, too sick, too weak, lost your balance? Do you have any buddies (or maybe yourself) thinking your fishing days may be numbered? I say BS to that!

There are new technologies and new health science factors to debunk those standard norms of aging. Old excuses may no longer apply. So let's get the word out to our folks, grandparents, uncles and aunties and all the anglers you know who have given up deep sea sport fishing or may be thinking that unthinkable. Here is my prescription and plan to extend our fishing lives.

## *The 4 greatest technologies to extend your life of fishing.*

### 1. *Three Speed Fishing Reels*

Avet's new 3-speed fishing reels make turning the handle even on a big fish very, very easy. Avet introduced the 3-speed function on their big game 30, 50 and 80 size reels for cow tuna type fishing but now have them on the HX, which is perfect for yellowtail, wahoo, tuna from 20 – 180 pounds and other strong game fish.

### 2. *Electric Reels*

Daiwa's new electric reels are amazing. I was initially skeptical but Daiwa exec, Marc Mills, introduced them to me at the Fred Hall Show, and I see how they can level the playing field between the older and younger generations or anglers with strength issues or disabilities. I didn't buy one but I will in a few years if I ever feel the need. Electric reels are expensive, but they are well worth it if they can keep you fishing for another 10 – 20 years!

### 3. *Rail Rods*

Rail rods, and of course proper and efficient rail technique, puts nearly no stress on your back, shoulders, hips, ankles and

wrists. When you first get bit and before the fish sounds (goes straight up and down) just tuck the rod butt under your arm pit with a relatively light drag and follow it around the boat. When he finally sounds, and he will relatively quickly, just start your rail technique. Keeping the rod butt tucked under your arm pit, lay the rod on the rail, spread your legs so your legs and rod's contact with the rail become the 3 legs of a pyramid. A pyramid is the strongest and most stable geometric structure in nature or architecture. Let the fish put a bend in your rod and wind whenever you see your rod tip lift up. Just relax and wind.

### 4. *Gyros*

All rocket ships and cruise ships have gyros. Sea Keeper Gyros is now making downsized gyros for smaller boats, luxury yachts and sport fishing boats. Inside a vacuum encapsulation, a flywheel spins at speeds up to 10,000 RPM. When the boat rolls, the gyro tilts fore and aft (precesses), producing a powerful gyroscopic torque to port and starboard that counter acts boat roll. This creates a stable deck. Anglers who are prone to sea sickness will be able to enjoy fishing again. Anglers with balance issues can once again enjoy fishing safely and comfortably.

## *The 3 greatest life style changes to extend your life of fishing*

Eight years ago I injured my back and spent 9 months in agony, 6 of which were on my back. I was abusing opioids because I couldn't stand the pain. I made a personal pledge that if I ever got out of pain I would do whatever it took to get my body and keep my body in good shape. A simple procedure solved most of the pain and I implemented a plan to gain core strength, balance and stretch every day. My doctor told me the greatest life changer for older people is when they fall. Older folks fall more frequently, break bones when they do fall and take more time to heal. Time is critically precious when you



Abraham Feltus

are older. He said if I wanted to keep fishing for another 30 years (yeah, I'll be 99) don't fall and break bones. Improving your balance is the single best and easiest thing you can do to continue enjoying physical activities when you age. For deep sea fishing balance is even more important.

Here is the routine I started 8 years ago and continue to this day.

### 1. *Diet*

I changed my diet to 95% plant based. I call myself a "cheagan" because I cheat. I can eat anything I want, anytime I want. I'm a cheagan for my health, not because of any zealotry for better treatment of animals. Hell, look what we do to bait and fish! I was never obese but lost 30 pounds and never felt better, more alert or stronger. Losing weight was not even an objective, but it did happen. I read a couple books and discovered there are loads of proteins in the right, healthy veggies, beans and grains and that there were scores of professional and Olympic athletes who were in fact real vegans. We're talking healthy vegan, not potato chips and sodas. When I'm at a restaurant or a guest in someone's home I gladly eat whatever they serve me. But for the most part I follow a plant based diet and have never felt better. Clearly, this

ain't for everybody. One of my dear friends is a true foodie and fine wine connoisseur and tells me "he'd rather be dead than eat like me." Fortunately, at 75 years he can still fish with the best of them and hopefully has another 20 good years of fishing. Getting to a more ideal weight will put less stress on your feet, ankles, knees, hips and heart and aid in developing your balance.

## 2. *Stretching and Balance*

Stretching and balance are critical. Adopt a daily routine of S&B. I start with 5 minutes of rigorous stretching – arms, legs, neck and back. This will reduce the chance of injury during your core routine, everyday activities and when fishing.

Then I do 5 – 10 minutes of balance. Start modestly. I started just by standing on one leg with the other raised at the knee for 30 seconds. Then I started lifting the leg forward, sideways and backwards in series of 15 each. Then I increased it to 2 repetitions and finally 3 repetitions. Now I do one legged yoga type poses. These balance exercises also strengthen your core. The strength you gain in your ankles, legs and stomach core is amazing and rapidly apparent. And of course your increased balance will preclude falling and braking hips, arms and legs all of which take longer to heal the older we get. My trainer added, doing all of this will also increase your circulation which will help you heal faster if you ever do fall. Great balance requires good core strength and complements your core routine, which is next on my agenda.

## 3. *Core*

About 4 – 5 times per week I add a 30 minute "core on the floor" routine at home while I watch the news. Never start your core before doing your 10 minutes of stretching and balance.

I begin my core exercise on my back. I started out modestly but am up to 200 crunches, 200 leg lifts and 60 bicycles. Then I roll over on my side and do 200 leg lift crunches followed by 60 scissors with both legs off the floor – repeat on your other side. I end my floor program with 50 pushups. I finish my core with 5 minutes of rubber band work to strengthen my arms



Calvin Benton

and shoulders. Building my shoulder muscles allowed me to cancel and avoid a previously scheduled rotator cuff surgery, happily surprising even my surgeon.

Start out modestly, build up slowly and stick with it. Keep pushing yourself, without hurting yourself. You will actually see your body begin to change and sculpt and this will keep you motivated to continue. Remember, it's for a great cause – fishing! I suggest finding a trainer to start you out, or get a guide book to follow to assure you are doing these exercises correctly, and then you can become independent. It's just 30 - 40 minutes a few times a week. Doing it while watching TV means it doesn't require any extra time.

## *The 2 best "mind set" changes to extend your fishing life*

### 1. *Bring a helper*

You may be able to financially justify bringing a younger buddy, (your son or daughter, grand kid, nephew or neighbor.) You can't take your money to the grave and if your weakness is age related you are running out of time to spend it.

### 2. *Hook and hand*

Be the hero. Most of the fun is just being out there, soaking a bait and getting the bite. Then it's just hard work. Delegate it – hook and hand. If you run out of takers fight the fish for as long as you can (or want to) and ask a crew member to finish the job. They hardly ever get to fish, will love it and you'll notice they'll be sticking around you hoping for more opportunities.

I fish with a couple of guys who hook and hand 100% of the time. The hook a ton of fish, have a ton of fun, but haven't brought a fish all the way to gaff in years.

## *The Dali Lama's words of wisdom My buddy, Dale Hightower, sent me his favorite quote from the Dali Lama.*

*"Man surprised me most about humanity, because he sacrifices his health in order to make money. Then he sacrifices his money to recuperate his health. And then he is so anxious about the future he does not enjoy the present, the result being he does not live in the present or the future. He lives as if he is never going to die, and then dies having never really lived."*

The meaning is clear – we need to fish more often and keep fishing longer. Most old guys have a bit more discretionary money but less time left to spend it. Combine the changes in technology, health science and "mind set" and you may be able to reverse time and extend your fishing lifetime by 20 years. But this article is not just for old guys. Younger anglers who have physical disabilities or weakness may be able to resume fishing. Veterans with disabilities may be able to join us again in the sport they love. The gyros are going to make it possible for anglers with less stability or prone to sea sickness to enjoy deep sea fishing again. Gaining core strength and balance will also do wonders and reduce injuries from fighting fish or falling dramatically, and even help you recover from current weakness and past injuries.

Please share this with all your old or aging fishing buddies.



Larry celebrating with Bob Michener and Bob's daughter, Susan

# CHARTERS 2018

DATE	DESTINATION	AVAILABILITY	CONTACT
<b>Jul 3 - Jul 7</b>	<b>Intrepid</b> Four days on the newest and one of the nicest boats in the fleet. Get on the wait list.	<b>3 SPOTS OPEN!</b> Cost: \$1825.00	<a href="http://www.fishintrepid.com">www.fishintrepid.com</a> Call Steve 619-224-4088
<b>Jul 25 - Jul 30</b>	<b>Baja Fishing Convoys</b> 6 Day trip to Cedros! Price includes van transportation from Brown Field to Ensenada and flight from Ensenada to Cedros and accomodations at the Zammar Palace	<b>SOLD OUT</b> Cost: \$2090.00 Wait List	Call John Ballotti 310-995-3592 johnballotti@gmail.com
<b>Jul 28 - Aug 4</b>	<b>Intrepid</b> Seven Day Trip! Permits included and no fuel surcharge Albacore?, Bluefin, Yellowfin, Yellowtail, Dorado Leaves on a Saturday, so no traffic.	<b>SOLD OUT</b> Cost: WAIT LIST	<a href="http://www.fishintrepid.com">www.fishintrepid.com</a> Call Steve 619-224-4088
<b>Aug 4- Aug 6</b>	<b>Pacific Dawn 2 Day</b> This is a club charter, so sign up with Mark ASAP Estimated cost will be around \$775 and will be confirmed early 2018	<b>OPEN</b> Estimated Cost: \$775	Call Mark Manculich 818-613-6575
<b>Aug 18- Aug 24</b>	<b>Red Rooster</b> Six days on the amazing Red Rooster This is a shared charter, so let's get the LARRC guys to grab the remaining spots.	<b>2 SPOTS OPEN</b> Cost: \$2,495.00 Contact Larry or Christina for Updates	<a href="http://www.redrooster3.com">www.redrooster3.com</a> Call Christina 619-224-3857
<b>Sep 29- Oct 6</b>	<b>Royal Star</b> This is a seven day trip. Great Fall Fishing Leaves and returns on a Saturday. Guadalupe Island?	<b>SOLD OUT</b> WAIT LIST	<a href="http://www.royalstarsportfishing.com">www.royalstarsportfishing.com</a> Call Tracy 619-224-4764
<b>Oct 27 - Nov 6</b>	<b>Intrepid</b> Ten days on the Intrepid. Leaves on a Sunday Big variety of fish at the Ridge and Alijos Rocks. Tuna, Dorado, Wahoo, Yellowtail and Grouper	<b>SOLD OUT</b> WAIT LIST	<a href="http://www.fishintrepid.com">www.fishintrepid.com</a> Call Steve 619-224-4088
<b>Nov 30- Dec 1</b>	<b>Pacific Dawn</b> Departs 10pm Nov. 30 , returns 7pm Dec.1 An early winter trip out of Ventura Harbor	<b>OPEN</b> Cost: \$280 Light Load of 17	Call Mark Manculich 818-613-6575 mmanculich@socal.rr.com

**NOTE:**

LARRC members signing up for club charters are obligated to pay full fare in the event they cannot make the trip. The club will attempt to fill your space and you may try to do the same in a timely manner. There may be surcharges this year based on fuel price increases. Bunks are assigned by the charter master in order received. So book early! If you have any special needs please make the charter master aware of them at the time of booking.

Contact Mike Hartt or Ted Feit

LARRC Club Charters in **BLUE** Larry Brown Shared Charters in **GREEN**

Malibu Fish'n Tackle, Tom Trainer Shared Charters in **ORANGE**

# TROPHY CONTENDERS 2018

As of May 31, 2018

**SPECIES**      **LINE**    **ANGLER**      **LBS.**    **OZ.**  
**TEST**

**MEN'S OCEAN WATER**

Sheephead	20	Scott Schiffman	13	10
Sheephead	30	Joel Steinman	13	4
Snook	12	Earl Warren	10	2

**MEN'S FLY ROD**

Bass, Sm Mouth	8	Rob Baldwin	5	7 *
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**MEN'S FRESH WATER**

Bass, Lg Mouth	6	Andy MacDonald	6	4
Bass, Lg Mouth	17	Joel Steinman	4	13 *
Bass, Sm Mouth	6	Rob Baldwin	6	8 *
Bass, Striped	4	Scott Schiffman	7	15
Bass, Striped	6	Scott Schiffman	8	13
Gar Fish	17	Joel Steinman	2	2 *
East Pickerel	17	Joel Steinman	1	9 *
Trout, Rainbow	4	Earl Warren	9	2

**MEN'S RELEASED**

Marlin, Black	100	Kevin Boyle	2 Released	
Tuna, Dogtooth	100	Kevin Boyle	Released	

**WOMEN'S OCEAN WATER**

Tuna, Yellowfin	60	Sophia Huynh	160	0 *
White Sea Bass	30	Cathy Needleman	27	0
White Sea Bass	30	Cathy Needleman	24	0
White Sea Bass	40	Cathy Needleman	48	0 *
White Sea Bass	40	Cathy Needleman	36	7 *
White Sea Bass	60	Cathy Needleman	58	2
White Sea Bass	60	Cathy Needleman	53	0
White Sea Bass	60	Cathy Needleman	37	0
White Sea Bass	80	Cathy Needleman	41	0
White Sea Bass	80	Cathy Needleman	76	1 *
Yellowtail	30	Cathy Needleman	43	0 *
Yellowtail	30	Cathy Needleman	41	0

**WOMEN'S FLY ROD**

**WOMEN'S FRESH WATER**

Trout, Rainbow	4	Pamela Warren	3	6
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**WOMEN'S RELEASED**

Amberjack	100	Cathy Needleman	Released	
Barracuda, Greater	100	Cathy Needleman	Released	
Barracuda, Yellow	100	Cathy Needleman	Released	
Bass, Red	100	Cathy Needleman	Released	
Bonita	100	Cathy Needleman	Released	
Dorado	100	Cathy Needleman	Released	
Emperor, LongMo	100	Cathy Needleman	Released	
Green Job Fish	100	Cathy Needleman	Released	
Marlin, Black	100	Cathy Needleman	Released	
Marlin, Black	100	Sophia Huynh	Released	
Marlin, Blue	100	Sophia Huynh	Released	
Nannygai	100	Cathy Needleman	Released	
Rainbow Runner	100	Cathy Needleman	Released	
Rockfish, RedStripe	100	Cathy Needleman	Released	
Rosy Job Fish	100	Cathy Needleman	Released	

**SPECIES**      **LINE**    **ANGLER**      **LBS.**    **OZ.**  
**TEST**

**WOMEN'S RELEASED, CONT.**

Sea Bass, Moari	100	Cathy Needleman	Released	
Skipjack	100	Cathy Needleman	Released	
Snapper, Blue Stripe	100	Cathy Needleman	Released	
Snapper, Red	100	Cathy Needleman	Released	
Snapper, Ruby	100	Cathy Needleman	Released	
Shark, White Tip	100	Cathy Needleman	Released	
Trout, Coral	100	Cathy Needleman	Released	
Trout, Luna	100	Cathy Needleman	Released	
Trevally, Black	100	Cathy Needleman	Released	
Trevally, Blufin	100	Cathy Needleman	Released	
Trevally, Giant	100	Cathy Needleman	Released	
Tuna, Dogtooth	100	Cathy Needleman	Released	
Tuna, Dogtooth	100	Sohia Huynh	Released	
Tuna, Yellowfin	100	Cathy Needleman	Released	
Wahoo	100	Cathy Needleman	Released	

**JUNIOR MEMBERS**

Bass, Lg Mouth	6	Hayden Dickter	4	1
Trout, Rainbow	2	Brooke Warren	3	4 *
Trout, Rainbow	6	Ryan Weinstock	2Released	

**FIRST GAME FISH OF THE YEAR**

White Sea Bass	40	Cathy Needleman	36	7
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January 3, 2018

**FIRST ALBACORE OF THE YEAR**

## Chum Line Advertising

Do you have a business that fellow members would be interested in? If so, place an ad in the monthly Chum Line!!

**Advertising Pricing**

1/8 page: \$20 per month or \$240/year

1/4 page: \$40 per month or \$480/year

1/2 page: \$80 per month or \$960/year

Full page: \$160 per month or \$1920/year

**Buy 12 months and get one month free!**

Checks should be made payable to LARRC. The ad will be published once payment and graphics are received.

Contact Sophia ([fishnsoph@gmail.com](mailto:fishnsoph@gmail.com)) or Donald ([donald@dgoldsobel.com](mailto:donald@dgoldsobel.com)) for more information.

Thank you!!



Los Angeles Rod & Reel Club  
 c/o Michael Hartt  
 27475 Revere Way  
 Agoura, CA 91301  
 Email: [mhartt@att.net](mailto:mhartt@att.net)  
 Phone: 818-416-1885

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Fly Fishing	Rob Baldwin
Health and Happenings	Linda Simon
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Frank Polak Marine Mentors' Trip	Scott Schiffman
Veterans' Trip	Steve Simon
Trophies	Sophia Huynh
Webmaster	Scott Schiffman
Yearbook	Michael Hartt