



**SPECIAL
ROCKFISH
EDITION!**



Anglerette Gazette

January & February 2019

Editor: Shirl Birrell shirldwla@hotmail.com
assisted by: Pinky

Prez Sez

Sandy Estep -
sandra3of4@gmail.com

Hope everyone had a wonderful holiday. 2019 looks like it's shaping up to be a really good year. El Nino seems to be here and you know what that means, warm currents coming up from Mexico hopefully bring with it lots dorado, yellowtail and maybe wahoo.



As the new year starts your DWLA board has hit the ground running. Several of the ladies are brand new to their positions and have been doing a lot of work to getting everything up to speed. Some great ideas have been discussed and implemented but I'll let the ladies who ideas they were tell you about them.

As always any ideas, concerns or questions please contact me sandra3of4@gmail.com or (949)496-5448

I hope to see you all at the upcoming sign-up night and Banquet.

Thanks,

Sandy Estep
DWLA President

Questionnaire Results

Sandy Estep - sandra3of4@gmail.com

Below are the results from Sandy's questionnaire:

Cut back on the number of trophies to be awarded. YES
(We would still have the McLean/Runyon, Blanche Kemnitz, Tady, Rookie of the year and Turtle awards.)

1. Give trophies for the larges fish of each species. YES
2. Get rid of the line class. YES
3. Give trophies for the biggest fish on the landing boats, the Fury, Helena and if we go San Diego: YES
4. Once you have won a trophy you cannot win that same trophy the next year, so the same people don't continually win year after year. NO

Get rid of the San Diego trip it's been really hard to fill and we've lost money on it: NO

2. Open the charter to other clubs: IF NEEDED
3. Add another 2 day or 2 ½ day on the Fury: TBD
4. Fish another area i.e. Channel Islands for white sea bass: TBD

Save the Dates

Maryann Donovan - mcd572@aol.com

Charter Sign Up ----- 1/17/19

Banquet --- Thursday, February 7, 2019 El Adobe

CCA Orange County Chapter Banquet at Dana Point Yacht Club ----- July 28th (Suggested by Robby @ Shimano, more info to come)

Special Events

Maryann Donovan - mcd572@aol.com

We have a tour of the Hubbs-SeaWorld Research Institute's Leon Raymond Hubbard, Jr. Marine Fish Hatchery in Carlsbad scheduled for Saturday, April 13th, at 1:00.

I will have a sign-up sheet at Charter night for those interested. Members can also email me to sign up.

Thanks
Maryann

Banquet News

Sheri Hockmeyer-Shaw - sunkzd2@yahoo.com

Invitations for the Dana Wharf Lady Angler annual banquet have gone out. The date is THURSDAY, FEBRUARY 7th from 6-9PM at El Adobe Restaurant in San Juan Capistrano. More than 30 women will be recognized and honored at this year's awards ceremony. The ticket price is \$40 per person. A cash bar will be available and great raffle prize opportunities too! Please mail your RSVP and check in the in the envelope provided to Sheri Hockmeyer Shaw C/O DANA WHARF SPORTFISHING 34675 Golden Lantern, Dana Point, CA 92629.

Membership

Laura Perguson - lpergy@yahoo.com

If you haven't paid yet, membership dues are now due. Please note that annual renewal fee has increased to \$30. Membership booklets will be handed out at the banquet to members that have paid. After the banquet they will be mailed or handed out on charters.

We welcome the following new member for 2019:
Judi Murray

Website News

Shirl Birrell - shirldwla@hotmail.com

There are some changes to a few rules for 2019. Check out our website to stay updated. Rules are also listed in your handbooks:

www.danawharfladyanglers.com

Can't get access to the exciting "Members Only" section? Shoot me an email and I'll fix ya right up!



Charter Information

Susan Villotti - s.villotti@gmail.com

Sign Up Night is **Thursday, January 24**, San Juan Mobile Estates clubhouse, 32302 Alipaz St, San Juan Capistrano. Come and socialize at 6:30 PM, sign ups start at 7:00 PM. Snacks will be provided.

Announcing The Square POS! You can now use your credit card to pay for charters on sign up night. Check or cash is accepted as always.

WHAT HAPPENS ON SIGN-UP NIGHT

We will also be adding a 2-day San Diego Charter to the list, but I will not have that info until next week.

On Sign-Up Night we will place in numerical order, all the 14 charter sign-up sheets around the room. Place your name on the trips you wish to attend. Then proceed to the payment area and pay for at least the first trip and/or deposits for the Catalina Charter and San Diego Charter.

If you cannot attend the sign-up night, which also qualifies as a meeting, let me know which charters you want to sign-up for and after all those that are present sign-up, I will add your name if there is space available. Also, you can add your name (same as above) to the wait list. This means if all slots are filled and someone cancels, or space is available, I will call you to see if you want to go on the trip before I contact other members. Remember if you do sign-up for a trip (not wait list) you are financially responsible for that spot (you can find someone to replace you and they pay you directly).

In order to sign-up for the Tournament you must sign up for two charters or one multi-day charter. Feel free to call me at 949-498-4246 (home) or 714-742-6619 (cell) or email me at s.villotti@gmail.com if I have not answered all of your questions.

Susan Villotti
Charter Chair



PRESENTS THE DANA WHARF LADY ANGLER
Catalina Island 3 Day Fishing Trip * June 10-12, 2019
Aboard the vessel "CLEMENTE"



FEATURING OUR DANA WHARF FEARLESS LEADERS
 Captain's Corey Lieser, Chad Steffan and Jordan Hoover
 Friendly Crew and Tour Leader too!



Here's your chance for three full days of fishing the perimeter of Catalina Island AND rack up some DWLA points for the following species.
 Halibut, Barracuda, White Sea Bass, Yellowtail and Calico Bass.



2019 Charter schedule:

DWLA TRIPS-2019				
DATE	TYPE	DESIGNATED	BOAT	COST
3/14/19	3/4	ROCK COD	SUM FUN	\$ 60.00
5/15/19	3/4	FIESTA	CLEMENTE	\$ 60.00
6/20/19	3/4		SUM FUN	\$ 60.00
7/18/19	3/4		CLEMENTE	\$ 60.00
7/30-7/31/19	OVERNITE		FURY	\$ 160.00
8/7/19	3/4		SUM FUN	\$ 60.00
8/11-8/12/19	OVERNITE		FURY	\$ 160.00
8/29/19	3/4	TOURNAMENT	CLEMENTE	\$ 60.00
9/9/19	3/4	CHAMPAGNE	SUM FUN	\$ 60.00
9/24-9/26/19	2 DAY		FURY	\$ 250.00
10/17/19	3/4	PIG OUT	CLEMENTE	\$ 60.00
11/6/19	3/4	HALIBUT DRIFT	SUM FUN	\$ 60.00

2 additional trips in the planning stages - San Diego and Catalina (TBD)

Rules & Weight/Point Slip Update

Lori Sorenson - riddlemefish@cox.net

Shirl Birrell - shirldwla@hotmail.com

We are looking forward to seeing everyone at sign up night and the banquet to cheer on the lucky lady anglers who have won trophies!

With the questionnaire results, we have implemented some changes with trophies and revised some rules. Please be sure to read through your 2019 Handbook or online at our website. Questions? Please contact us!

All the weight/point slips have been freshened up and we have added a new **BLUE** slip to be used for NON-CHARTER, open party trips. Copies are available in the DWLA slot in the DW office and in the COD bag.

DWLA Apparel

Sandy Estep - estep34@cox.net

We are currently looking for someone to handle the ordering of the apparel. Due to Beverly's recent illness (severe sciatic pain) she will not be able to continue. Please contact me if you can help.

Meet A Member

Shirl Birrell - shirldwla@hotmail.com

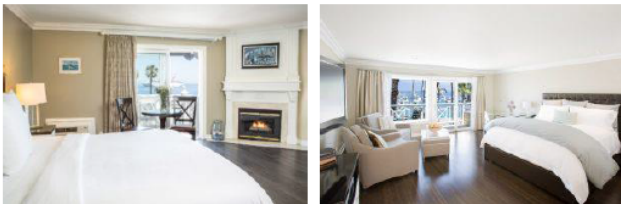
I may be calling you for an interview! Read here for next months' member.



\$520 Per Person, Double Occupancy

Includes: 3 Days aboard the Clemente
 Two nights at the Metropole Hotel in Avalon
 Complimentary Continental Breakfast
 Taxes and Port of Avalon Head Tax

Does not include: Meals on the boat or Island, Crew Gratuity, Fish cleaning or live squid.



Letter from your Editor

Shirl Birrell - shirldwla@hotmail.com

I never thought writing a newsletter would be so fun and so much work! Have to hand it to Pinky, she put a lot of time and effort into each edition and I hope I can meet her standards. If you would like to post anything, drop me an email at: shirldwla@hotmail.com, or call me 714-655-6922.

Treasurer Reminder

Emily VanEgmond - emilycrt1@aol.com

If you will be paying for your charters with a check, please put the charter numbers on it.

Sunshine, & Raindrops

Maryann Donovan - mcd572@aol.com

Congrats go out to Mackenzie (and Grandma Cyndi) on their new bundle of joy, Bailey! A future DWLA by the looks of those boots!



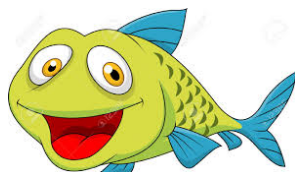
Please send positive thoughts to Kay's husband Gene. He has/is going through some major surgeries and we wish him a full and speedy recovery!

Condolences go to Mary Ellen Hofmann. Her mother passed away 3 days after her 99th birthday. She said it was a shock, she was happy, beautiful and smiling having cake and ice cream at her party.

Hook'em Cook'em

Send recipes to: Shirl Birrell

shirldwla@hotmail.com



PINKY's POT ROAST for Valentine Lovers!

Chuck Roast
Slab Bacon (or Thick Bacon)
Large Onion (cubed)
4 Garlic Cloves (minced)

2 oz. Mushrooms (halved)
1 & 2 cups Beef or Bone Broth (added separately)
2 tbsp. All Purpose Flour
1 tbsp. Dijon Mustard
2 cups Red Wine (maybe you have some left over?)
2 Bay Leaves
Sprigs of Thyme
1 lb. fingerling Potatoes or Yukon Gold Potatoes
4 Rough Cut Carrots or Handful of Tumblers (optional)

Cut Bacon in small cubes. Place in a heavy type roasting pot. Fry on high heat, rendering the fat. Remove the Bacon and reserve, keeping the fat in the pan. Add cubed (2") pieces of Chuck Roast, season generously with salt and pepper, brown on all 6 sides. After nice and brown remove from pan, placing in bowl. Remove fat from pan keeping the little bits in pan, deglaze pan with 1 cup of beef or bone broth. Pour over the meat. Your pan should be clean.

Add 2 tbsp. of Olive Oil to the pan, cook large chopped cubed Onion until translucent, add 4 minced Garlic Cloves (careful garlic burns easy) add 2 oz. of cleaned Mushrooms, stems removed, cut in half cook until Mushrooms are brown and soft. Sprinkle 2 tbsp. of All Purpose (AP) flour over the veg and cook until flour becomes golden, add 1 tbsp. of Dijon mustard. Add 2 cups of Broth, add Meat back in, add 2 cups of Red Wine, stir, add 2 Bay Leaves and 5 sprigs of Thyme on top. Bring to a boil, then reduce to simmer and simmer for 1-1/2 hours. If you notice it starts to dry add more stock. Cut Potatoes in half or quarters add to pot, add carrots. Let simmer for another 1/2 hour. Check if Potatoes are tender... then it's done. Serve over noodles or rice. If you're bold you can serve with a Sour Cream/Horseradish topper! And if you don't have noodles or rice... top ramen is always a great sub. Just cook the noodles and remove from soup!

Visit Pinky's page: "Pinky's Place" for more recipes
<https://www.facebook.com/pinkyleesplace>

Know Your Species

We kick off the 2019 Season

with the Rockfish Opener on March 1st

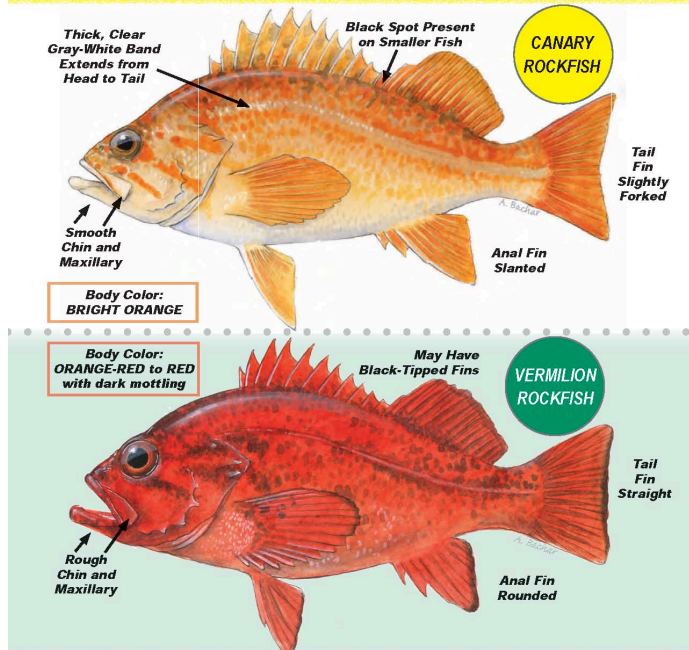


Canary Rockfish vs. Vermilion Rockfish



Canary rockfish and vermillion rockfish are often misidentified.
This flyer offers features that can be used to differentiate between the two species.

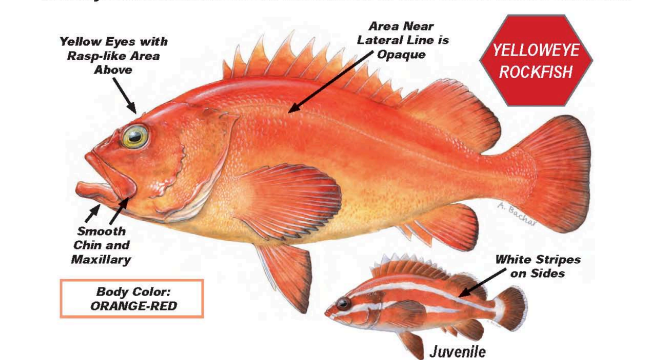
CANARY ROCKFISH: LIMITED RETENTION IN CALIFORNIA



For more information, please contact your local California Department of Fish and Wildlife office.

YELLOWEYE ROCKFISH MAY NOT BE RETAINED IN CALIFORNIA

Yelloweye rockfish are sometimes misidentified as other reddish-colored rockfishes.



"Overfished Rockfishes"... How You Can Help

Through a combination of poor ocean conditions and increased fishing pressure, some rockfish populations have dwindled to very low levels. These populations have been declared "overfished" by the federal government, and rebuilding plans have been implemented to rebuild depleted populations as quickly as possible.

Don't fish where overfished species occur. If you encounter more than one individual of an overfished species, move to a different fishing spot to reduce the number of fish caught that may not survive after being released.

Know your fish and educate others. Familiarize yourself with the rockfish in your area through resources such as fish identification books and guides, informational flyers, the CDFW website (wildlife.ca.gov/Fishing/Ocean/Fish-ID), game wardens, and port samplers.

Minimize the fish's injuries. When rockfish are brought up from depth, decreasing pressure may injure them. These injuries may cause the fish to float helplessly at the surface. Many anglers use an inverted, weighted plastic crate with a rope attached to the bottom to help the fish regain depth, or a weighted, inverted barless hook or commercially available fish descending device. Visit wildlife.ca.gov/Conservation/Marine/Groundfish/Barotrauma for more information.

Handle fish as gently as possible. Use wet hands (not towels, which may remove protective slime) and do not touch the eyes. Get the fish back in the water quickly. Use barless hooks, and avoid using treble hooks. Visit <http://bit.ly/1e9EP4G> for more information.

Check before you go fishing! For up-to-date information on rockfish regulations that pertain to your area, call the Recreational Groundfish Fishing Regulations Hotline at (831) 649-2801 or visit wildlife.ca.gov/Conservation/Marine/Groundfish.

Alternate communication format available upon request. If reasonable accommodation is needed call (707) 964-5016 or the California Relay (Toll-free) Service for the deaf or hearing impaired from TDD phones at 1 (800) 735-2029 or 711.

Version 5 - August 2016

Report Poachers and Violators

1-800-334-CALTIP

Rockfish

The recreational fishery for rockfish is open year-round to divers and shore-based anglers. The fishery is open to boat-based anglers from March 1, 2019 through December 31, 2019. These species may only be taken or possessed in waters less than 360 feet (60 fathoms) deep. The daily bag and possession limit is 10 fish in combination of all species within the RCG Complex (includes all species of Rockfish, Cabezon and Greenlings) per person, with a sub-limit on [black rockfish](#) (3 per person) and [canary rockfish](#) (2 per person), also included in the 10 fish RCG Complex aggregate limit. [Yelloweye rockfish](#), [bronzespotted rockfish](#), and [cowcod](#) may not be retained (bag limit: zero).

Rockfish are part of a group of fish known as [groundfish](#), which includes over 90 species that live on or near the bottom of the ocean (with a few exceptions). [View a summary of groundfish regulations.](#)



Lingcod

The recreational fishery for [lingcod](#) (*Ophiodon elongatus*) is open year-round to divers and shore-based anglers. The fishery is open to boat-based anglers from March 1, 2019 through December 31, 2019. Lingcod may only be taken or possessed in waters less than 360 feet (60 fathoms) deep. The daily bag and possession limit is 2 fish, with a minimum size limit of 22 inches total length.

The lingcod is part of a group of fish known as [groundfish](#), which includes over 90 species that live on or near the bottom of the ocean (with a few exceptions). [View a summary of groundfish regulations.](#)

California Fish & Wildlife says this information is still valid from this publication of 2016. They suggest anglers continuously check their website.

<https://www.wildlife.ca.gov/Fishing/Ocean/Regulations/Fishing-Map/Southern#rockfish>



10 Surprising Health Benefits of Rockfish

There are many species of fish named rockfish. Ocean perch, black bass, and rock cod are all rockfish. They live on rocky reefs, in kelp forests, and in shallow waters. Rockfish may be red-fleshed or brown-fleshed. Red-fleshed fillets are usually preferred because they have a longer shelf life and are less oily. People not only appreciate the taste of rockfish but they also eat it for its nutritional value. It is an excellent source of protein and full of vitamins and minerals.

1. Cellular growth and repair

Rockfish is an excellent source of high-quality protein because of the combination of amino acids that it contains. Protein is made up of amino acids, which help to build and repair cells. It is important to eat your protein from a "complete" source, which contains all of the essential amino acids to build our blood, bones, muscles, cartilage, and skin. It is also used to make hormones, enzymes, and chemicals. Your digestive enzymes break down the protein into amino acids. These amino acids in the bloodstream then travel throughout the body. Without adequate protein intake, all our bodily functions are affected.

2. Immune system benefits

Rockfish are high in selenium and vitamin B, which contribute to the health of our immune system. Selenium can prevent a wide range of diseases and help keep our brain sharp and heart healthy. As an antioxidant, it keeps your immune system in good, working order. Without selenium, our bodies are vulnerable to many health problems, such as diabetes, liver disease, rheumatoid arthritis, and asthma. Vitamin B6 is essential for the production of white blood cells while Vitamin B12 works together with foliate to support immune function. Many vitamins and minerals found in rockfish are critical for optimizing the function of the body and preventing disease.

3. Weight management

Many people are considered obese today which increases their risk of other diseases as well, such as coronary artery disease and diabetes. Any fish, including rockfish, is a useful part of a weight management diet. Rockfish contains omega-3 fatty acids, which benefit weight management. It also provides vitamin D, which also contributes to weight management. The omega-3 fatty acids in fish are believed to burn visceral fat or belly fat, which is the most dangerous kind of fat in the body. They increase levels of the hormone glucagon, which helps to control body fat. They also release fatty acids from adipose tissue to make fuel for the body.

4. Cardiovascular benefits

The Department of Health and Human Services says that adults need to consume about 250mg of a combination of DHA and EPA every day. DHA and EPA are omega-3 fatty acids found in fish. When substituting these for the saturated fats found in meat, they have an impactful benefit on your heart health. These unsaturated fatty acids reduce inflammation in the body, which can damage blood vessels and lead to strokes and heart disease. Eating one or two servings a week of fish can lower blood pressure and reduce cholesterol levels, blood clotting, and triglycerides. A serving size is about 99 grams (about the size of a deck of cards).

5. Proper cell and organ function

Rockfish is one of the top dietary sources of potassium. Individuals need about 4,700mg of potassium every day. Potassium has many functions in the body including enhancing muscle strength, metabolism, water balance, electrolytic and nervous system functions. Much of the potassium in the body is concentrated in the muscle cells and helps to maintain regular contraction and relaxation of muscles. As your heart is a muscle, the potassium also helps to keep a steady heartbeat. Potassium can help to ensure that blood pressure stays within normal range and can lower the risk of stroke and heart disease.

6. Good bones and teeth

Five ounces of rockfish give you just over half of the phosphorus your body needs. Phosphorus works together with the calcium in your body to build healthy bones and teeth. Almost 85% of the phosphorus in your body is found in your teeth and your bones. It can also help the kidneys get rid of impurities and manage your body's energy production. People who suffer from osteoporosis may benefit from more phosphorus in their diets. The Vitamin D found in rockfish also helps your bones because vitamin D is needed for your body to absorb calcium.

7. Neurological benefits

Rockfish gives you nearly all the vitamin B6 and B12 that is recommended in a day. These vitamins generate the myelin required by neurons found in the brain promote healthy nervous system function. Vitamin B6 helps to synthesize a variety of neurotransmitters as well. It has been found that eating fish helps to prevent cognitive decline. Studies have revealed that people who eat fish have more gray matter in the areas of the brain that regulate memory, which is a good sign for long-term brain function. The omega-3 fatty acids found in the fish may even help to prevent neurological diseases such as Alzheimer's. Rockfish contains more omega-3 fatty acids than a serving of catfish, flounder, red snapper or swordfish.

8. Relieves depression

Your endocrine system produces hormones that ultimately impact every function of your body. The nutrients in rockfish play a crucial role in the synthesis of these hormones. Vitamin B6, for instance, is needed to make the hormones serotonin, melatonin and norepinephrine. Also, pantothenic acid found in rockfish helps the adrenal glands to produce sex and stress hormones. Depression is currently one of the most significant health problems worldwide. Studies have found that people who eat fish regularly are less likely to suffer from depression. Omega-3 fatty acids are beneficial when fighting depression and can increase the effectiveness of antidepressant medication.

10 Surprising Health Benefits of Rockfish

continued

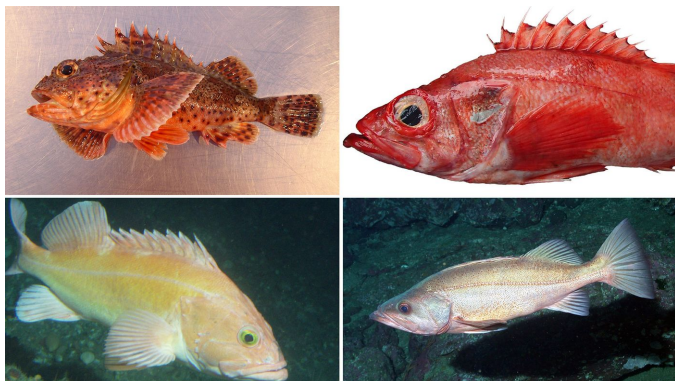
9. Supports joint health

The body has over 300 joints where bones meet. The cartilage between the bones absorbs any shocks from bumps or jolts. This cartilage begins to deteriorate from aging, obesity or injury. This causes arthritic pain, inflammation in the joints and restricted movement. It can eventually lead to degeneration. The omega-3 fatty acids in fish like rockfish appear to help significantly to reduce inflammation and alleviate joint pain. They can decrease stiffness and ease swollen or tender joints. They also help to increase blood flow when exercising.

10. Improves sleep

Sleep disorders are very common worldwide. Some researchers believe that a lack of vitamin D may be one of the causes. Fish is a very good dietary source of vitamin D. You usually get Vitamin D from being in the sun, but studies suggest that insufficient exposure to the sun means that a good number of people lack vitamin D. Vitamin D is a steroid with hormone-like activity, regulating many functions throughout the body. Apart from causing sleep disorders, a lack of Vitamin D also causes many health problems, such as atherosclerosis.

Taken from an article at <http://health.factv.com>



Federal officials announced sweeping actions that will lift restrictions on commercial and recreational fishing of (clockwise from top left) California scorpionfish, Pacific Ocean perch, bocaccio and yelloweye rockfish off the Pacific coast. (NOAA Fisheries / Washington Department of Fish and Wildlife)

Rockfish make a remarkable recovery off California coast, prompting federal officials to raise catch limits

By LOUIS SAHAGUN (LA Times)
DEC 11, 2018

Brought to our attention by Facebook friend Ron Baker

Locally caught red snapper was once a staple on Southern California menus and a vital part of the state's fishing industry. But overfishing took its toll, resulting in federal restrictions nearly two decades ago to prevent their extinction.

But with stocks rebuilding faster than anticipated, federal officials on Tuesday boosted catch limits by more than 100% for some species of rockfish in a move they said would help revive West Coast bottom trawlers and sportfishing fleets.

The National Oceanic and Atmospheric Administration's action is expected to result in anglers taking about 218,000 additional annual trips in coastal waters — about 148,000 of them between Santa Barbara and San Diego.

Officials say the move could generate an estimated 900 jobs and up to \$54 million in annual revenue in West Coast states in 2019, including about 630 jobs and \$44 million in Southern California. It may also put fresh, locally caught varieties of rockfish commonly sold as red snapper back on dinner plates in Southern California restaurants, which currently rely almost entirely on frozen seafood imported from Mexico and around the world.

"The rebuilding of these stocks also means the rebuilding of West Coast communities and economies that sacrificed for years waiting for the rockfish populations to come back," said Barry Thom, regional administrator of fisheries for NOAA's West Coast region. "Now, fleets can catch even more fish because they will be less constrained overall by limits on these stocks."

In 2019, the annual catch limit for California scorpionfish, also known as sculpin, will rise from 150 metric tons to 313 metric tons, or 108%; for yelloweye rockfish from 20 metric tons to 40 metric tons, or 100%; for bocaccio, once considered a candidate for the endangered species list, from 741 metric tons to 2,097 metric tons, or 183%; and for Pacific Ocean perch from 281 metric tons to 4,340 metric tons, or 1,444%.

Behind those increases, federal scientists say, is a better understanding about the flows of oceanic currents and the biological rhythms of populations so overfished that scientists once predicted it would take nearly a century for some of them to recover.

"Our perception of low productivity among rockfish in the 1990s was tailored by poor oceanic conditions at that time," said John Field, a federal researcher at NOAA's Southwest Fisheries Science Center in Santa Cruz. "But our population models back then didn't account for what turned out to be a banner year for recruitment of young fish in 1999," as well as in later years.

"All those young fish combined with strict fisheries management actions imposed earlier," he added, "led many species of rockfish, but not all 80 or so of them, to a trajectory of remarkable success."

Some rockfish restrictions will remain pending further research, such as those limiting cow cod, which is prized for its delicate white flesh. However, fishermen will be allowed to target other species of rockfish in the Cow Cod Conservation Area about 60 miles off the Southern California coast.

The actions, along with NOAA's order earlier this year to reopen 3,000 miles of closed areas to bottom trawling in 2020, were applauded by Lori Steele, executive director of the West Coast Seafood Processors Assn. The challenge now, she said, will be "winning back shelf space that was taken over by imported fish."

"We're trying to come up with ways to make California consumers aware that they will soon have seafood options from the West Coast," she said. "It will be a little bit more expensive because we're going to have to rebuild West Coast markets."

Rockfish make a remarkable.... continued ...

"I expect to see more people on charter boats fishing in deeper water next year," said Gerry Richter of Santa Barbara, who represents hook-and-line fishermen on a federal rockfish advisory panel.

Scientists and fishermen began sounding warnings about declining West Coast stocks in the 1970s, a time when rockfish had become a favorite standby of charter and private fishing boats because "glamour" fish such as salmon, albacore and barracuda were not biting.

Fishery managers responded with reductions in catch limits that took an economic toll. Coastal communities lost fishing businesses and workers, including experienced cutters and trimmers. Potential locations for processing centers in areas such as Morro Bay and Monterey Bay were bought and turned into real estate developments.

Hundreds of feet beneath the waves, natural reef systems as far as 60 miles from the coast were essentially denuded of once robust populations of rockfish. Their numbers had plunged dramatically because of commercial and recreational fishing, which removed nearly all of the mature fish.

After decades of little management, tough federal laws and a series of courtroom victories by environmentalists forced federal officials in 2002 to order a halt in commercial fishing for rockfish off much of the California coast.

Of 16 types of rockfish assessed at the time, biologists determined that nine suffered from excessive harvesting. Numbers of bocaccio, for example, had plummeted by 95%.

Rockfish thrive when conditions are ideal for spawning: cold water rich in plankton. Some live as long as 150 years, scientists say, which enables them to survive downturns in their environment not conducive to breeding.

Rockfish of different sizes, age groups and species can congregate together. As a result, fishermen could not easily target specific kinds of rockfish without also catching breeding stock or other species. When pulled up from the crushing depths, their internal bladder expands, causing tissue damage that makes survival difficult if they're tossed back into the water.

New research based on data gathered over the last two decades suggests that rockfish populations are far more resilient than scientists understood when they were advising federal fisheries managers to declare large tracts of the coastal Pacific off-limits.

For example, rockfish browsing eelgrass and rocky reefs experience conditions that at times are independent of the physical and biological dynamics occurring near the surface, where temperatures have been steadily warming.

A recent study by NOAA and UC Santa Cruz suggests that rockfish population growth corresponds to currents of cooler, fresher and oxygen-rich Pacific subarctic water. By comparison, years of low rockfish abundance are associated with warmer, more saline and oxygen-deficient conditions that arrive with currents of subtropical and equatorial origin.

The differing environment far below the surface helps explain, Field said, why scientists noted a surprisingly high abundance of juvenile rockfish despite a marine heat wave between 2014 and 2016 influenced by an El Niño event during winter months.

"Our science has improved a lot over the past 20 years," Field said. "We also have better monitoring programs and laws that can be enforced if we do overfish and have to rebuild stocks again."

Critics are not so sure. Chris Lowe, a professor of maritime biology at Cal State Long Beach and expert on rockfish, questioned the decision to raise harvesting quotas by more than 100% rather than by incremental amounts, depending on the effects of increased fishing activity. Of particular concern are higher catch limits for species such as scorpionfish, which congregate in large groups while spawning, making them vulnerable to population crashes when harvested.

Others wonder why potential effects of climate change were not mentioned in federal documents supporting the actions.

Support Our Local Tackle Store & Manufacturers

Remember to mention you're a DWLA Member and receive a discount (subject to their rules).



Hogan's Bait & Tackle

34320 PCH, Ste G, Dana Point
(949) 493-3528

Give them a Five Star Rating on YELP

<https://www.yelp.com/biz/hogans-bait-and-tackle-dana-point>

Longfin Tackle

2730 Chapman Ave. Orange CA 92869
Phone (714) 538-8010

Thanks to our other supporters - Shimano, Diawa, Izorline, Tady Lures & Dana Wharf Sportfishing.

Classified Ads

FOR SALE - If you bought it, chances are someone else will want it too!

LOOKING FOR - Looking to upgrade your tackle with something fishy? Let me know and I'll list it.



Any one interested in raising a pig for next season let me know. We will be raising Berkshires. I'll let you know the details. Pinky - dwanews@icloud.com



CUSTOM RODS & REPAIRS

Retired Marine living in Laguna Woods Village is crafting custom made fishing rods and doing rod/reel repairs. Specializing in colorful marbling on rods and reels. I can do pick-up and delivery if needed. Best prices by far.

Contact Chuck at 914-629-5989 or email him at cbpetman@gmail.com. Chuck's website is chuckscustomrods.com. Please mention you're a Dana Wharf Lady Angler.

Meet the DWLA Board

Throughout the newsletter you can use the underlined e-mail address i.e. – sandra3of4@gmail.com to send a message to that person or if there is a "www" you can connect to that website by clicking on the hyperlink.

BOARD MEMBER CONTACT INFO

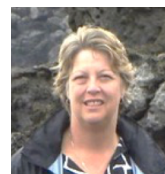
President..... Sandy Estep sandra3of4@gmail.com
 V.P. & Secretary Mary Ann Dillard..... mdnational@yahoo.com
 Tournament Rules..... Lori Sorensen..... riddlemefish@cox.net
 Tournament RulesShirl Birrell..... shirdwla@hotmail.com
 Charters Susan Villotti..... s.villotti@gmail.com
 Treasurer..... Emily Van Egmond emilvrt1@aol.com
 Membership Laura Perguson..... lperqv@yahoo.com
 Special Events & Sunshine..... Maryann Donovan mcd572@aol.com
 Banquet..... Sheri Hockmeyer-Shaw sunkzd2@yahoo.com
 Historian, Web & Newsletter..... Shirl Birrell shirdwla@hotmail.com
 Lifetime Honorary Member Nadine Cardello incardello@cox.net



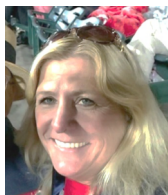
Meet the DWLA Board....continued



President
Sandy Estep



Treasurer
Emily Van Egmond



V.P. & Secretary
Mary Ann Dillard



Membership
Laura Perguson



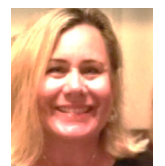
Tournament Rules &
Trophies
Lori Sorensen



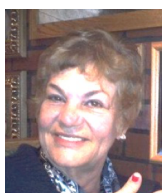
Special Events
Sunshine & Raindrops
Maryann Donovan



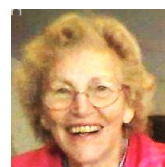
Tournament Rules &
Trophies
Historian, Web & Editor
Shirl Birrell



Banquet
Sheri Hockmeyer-Shaw



Charters
Susan Villotti



Lifetime Honorary Member
Nadine Cardello



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PHOTOS

The ladies had a blast at the 2018 Christmas Extravaganza!
Thank you Sandy for your hospitality!

