



HOOK LINE & SINKER

FISH AND PLAY THE SENIOR ANGLER WAY

April 2020—Volume 44 Issue 4

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A Line from your President....

I hope you have all adjusted well to our new temporary reality. **Monique and I** even had to celebrate our 40th Wedding Anniversary under house arrest. It is hard to believe that it has been less than a month since the COVID-19 alarm was sounded in San Diego County.

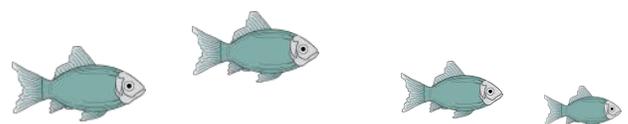
Since there is not much to talk about fishing wise, I would like to talk a little bit about staying safe and healthy. Though the current lock down may be driving some of us nuts, there are ways to help us preserve our health and sanity.



These are some of the recommendations for minding your mental health from **Dr. Christopher Hand**, a noted lecturer in psychology at Glasgow Caledonian University.

- 1. Build a routine:** Building a 'new normal' or a routine is key. Although it might be tempting to have endless pajama days, getting up, washing, having breakfast, building a timeframe and schedule for the day is really, really crucial.
- 2. Avoid an information overload:** Having a level of "detachment" from updates can be helpful. It is maybe a good idea to set yourself a schedule for when you are going to actually engage with updates, or when you're going to watch the news - almost going back to the traditional style of watching the 6 o'clock news rather than engaging with the 24-hour news cycle. It's about balance between your day-to-day routine and protecting yourself.
- 3. Don't skip exercise:** Sticking with your exercise routine is "very, very important for mental health". For the jurisdictions that are allowed to go jogging, or for a walk safely, Dr. Hand recommends doing so. Alternatively, "if people have a garden, make use of it or find ways to incorporate exercise around the house".
- 4. Keep up contact:** Whether it be through using WhatsApp, Skype or FaceTime, keeping in contact is hugely important. Keeping in contact with your social network, particularly those closest to you and indeed anyone who you're concerned about who might be vulnerable is key.

So Many Fish.....So Little Time



A Line from your President.... (cont.)

5. Keeping a healthy diet: In times of high stress, an increased degree of 'comfort eating' should be avoided, Dr. Hand suggests. "Although it can be difficult due to availability to fresh food and vegetables, it's really important that people try to eat healthily". Avoid the tendency to try and comfort-eat, and binge on bad foods. The key is to "try not lose sight of what is normal, so try and eat normally".

I hope you found these recommendations useful and you all continue to keep yourselves safe and healthy. Once again the meeting for this month is canceled. We will continue to monitor any changes and will decide on a month by month basis when it will be safe to start meeting again. **Monique and I** are looking forward to seeing you all again, hopefully in the near future. Until then take care of yourselves.

Tony Smock
President

PROGRAMS

San Diego Union Tribune outdoor columnist **Ernie Cowan** was scheduled to speak at our April meeting, reporting on "Merry Fishmas," the April 25 opening day of trout season in the Eastern Sierra. He will be rescheduled to speak once we resume normalcy.

While opening day has not been canceled; campgrounds, motels, stores, and restaurants will reportedly remain closed. Even if one slept in their car (I've thought about it), folks in Bishop got a little perturbed the weekend of the Governor's stay-in-place order. It seems, to escape the coming virus and restrictions, SoCal residents headed in mass to Mammoth for skiing, only to have the resort close on them after the governor's Thursday, March 19 speech. Already in the area, visitors then inundated the backcountry hiking trails and local restaurants, to the bane of local residents.

Since then aggressive postings on social media have asked us not to come to up the last weekend of April, for fear of our bringing the virus with us. However, as of March 29, 16 people out of about 100 tested, have shown positive to the Corona virus in Inyo and Mono Counties. **Ernie advises we not try to go up north to visit right now.** Whether things will have cleared up by the end of April, or we have to wait until May or June, this just means the fish will be hungrier by the time we're able to visit.

Upcoming meeting news . . . while **Baja Fishing Charters' Orchid** is unable to attend our previous scheduled May meeting, our scheduled March canceled meeting speaker, **Paul Berinson**, a professional tackle collector and a 20-year member of the Old Reel Collector's Association (ORCA) has been rescheduled to our May meeting.

Ken Harrison
Programs

FRESHWATER

Lake Cuyamaca, Pinezanita— May 17-22

Betty and Larry Allen will be the Wagon Masters. We are hoping this trip will be possible. Right now the office is closed and we don't know if they are taking reservations yet. Let Betty know if you are interested and more information will be provided as our situation progresses.

June Lake—September 13-19

Hopefully we will be meeting in May and **Colleen Wilson** will start taking sign ups for Pine Cliff Resort at June Lake. If you have any questions you can contact **Albert and Colleen Wilson** at 760 -310-3750.

Every one take care and hopefully we will all be back fishing soon.

Albert Wilson

Freshwater Vice President

SALTWATER

There's not very much to report since COVID- 19 has put our activities on hold and we are supposed to self-quarantine. However, we can look forward to great things when this is over. And it will be!

The Del Mar Fred Hall show has rescheduled to May 21-24. We can get new line for our reels and see all the new toys for fishing. San Diego Day at the Docks was cancelled and probably won't be rescheduled. The Bluefin tuna have been spotted off shore like last year so lets get geared up for them in June. The Oceanside and Coronado beach is still open on week days—for now? Just remember to keep your safe distance of 6' from each other.

Cheryl Brandstrom didn't let the virus stop her from fishing. She and **Thomas**, her future son in law, decided to go Surf Fishing. Something they could do, outside, not near people and she could fish. They had lots of fun catching little Perch. She caught a good 8 to 10 and lost several too. Most were really small, but **Thomas** got a nice one (1 lb. 6 oz.). That's good size Perch. Here's a picture of one of her catches. She says don't laugh, those guys really give a good fight.



Just got this news. Finally, in 2020 a true 365 day fishing license (AB-1387) passed 78-0 in California.

Be safe and keep following the CDC guidelines,

Barbara Gattuso

Saltwater Vice President

SALTWATER

ON-SHORE FISHING TOURNAMENT

From the Shores of the Living Room Couch

Obviously the April On-Shore Tournament, scheduled for April 9th, on San Diego Bay, is canceled. The fish told us they needed a break from the winter catch, but will be hungry in about a month. Perhaps like on Thursday May 7? The May tournament, assuming we are slightly back to some sense of normalcy, will meet at Tip Top Meats for breakfast at 8:00am, surf fishing in front of Carlsbad Power Plant on Carlsbad Blvd. (Coast Hwy.) by 9:00am. This is combined event between our club and the Oceanside Senior Anglers. The \$5.00 entry fee payable there. Winner from either club takes all, unless more than 10 participants, then a 2nd cash prize will be offered. We'll check out sand conditions and give a specific lifeguard tower location in the May newsletter.

Reminder, for those planning on going to Jalama Beach in September need to make their reservations (for five nights). They opened for reservations after midnight on March 28th. Cabins are also available.

Don Continelli and Ken Harrison
On Shore Fishing

SUNSHINE

Hi, this is your sunshine gal reporting in... I want to give a shout out to **Will Cousins**, hope you are doing well after your stay in the hospital. This month I reached to some of our friends who haven't been able to attend lately. **Carl and Dottie** sounded great and are getting food send in from Walmart during this time. I also checked in with **Carmen and Tom Martinez**, who are doing OK. **Shelly Wagner** was in bed recovering from minor surgery. Hope everyone is well and staying healthy and safe at home!

Here is a little thought of the day.... High above the treetops, a black-winged hawk soars majestically. The bird's swoops and glides appear effortless as it moves along on the late afternoon breezes. It seems to fear nothing above or below as it sails back and forth, up and down, soaking up the last lingering rays of the sun. It's awesome grace is breathtaking.

In the midst of these difficult times of our life, it's tempting to look up at the hawk and wish that you, too, could sail along on gently breezes, high above the circumstances of the world today. During these days when our strength and patience is almost gone, we sometimes feel alone, but remember all our friends in the club are there for you. Call and talk to someone daily, it will lift your heart and spirits . Please call me and let me know how you are doing or if you need a card sent to someone who is ill! Much love to all, hang in there, for this too, shall pass!

Marge Lovelady
Sunshine

MEMBERSHIP



- 4/2 **Jim Stevenson**
- 4/6 **Paul Lorson**
- 4/6 **Gary Farrar**
- 4/7 **Nat Estes**
- 4/13 **Sharon Reser**
- 4/18 **Martin Colling**
- 4/18 **Mary Roque**
- 4/18 **John Tester**
- 4/20 **Robert Melton**
- 4/22 **Lloyd Turrentine**
- 4/26 **Dottie Arnold**
- 4/28 **Kay Van Hest**

- 4/7 **Tom & Carmen Martinez**
- 4/8 **Steve & Jackie Palmer**
- 4/13 **Glenn & Kay Van Hest**
- 4/14 **Jim & Sharon Reser**
- 4/16 **Bob & Marilyn Prewett**
- 4/18 **Frank & Pat Mancha**
- 4/19 **Paul & Julie Lorson**
- 4/26 **James & Carol MacIsaac**
- 4/28 **Albert & Colleen Wilson**

Linda Perdue
Membership Director

ON THE LIGHT SIDE

I was standing in a long line at 7:45 the other day at a grocery store that opened at 8 AM for seniors only. A young man came from the parking lot and tried to cut in the front of the line, but an old lady beat him back with a cane. He returned and tried to cut in again and an old man punched him in the gut, then kicked him to the ground and rolled him away. As he approached the line for the 3rd time he said “If you won’t let me open the door, you’ll never get in there”.

CALENDAR OF EVENTS 2020

	May 7	Saltwater On-shore Fishing Challenge —Encino Power Plant	Saltwater
*	May 8	Meeting Paul Berinson, member of the Old Reel Collector’s Association (ORCA).	
	May 17-22	Lake Cuyamaca/Pinezanita	Freshwater
	June 12	Meeting Tracy Hartman— IGFA World Champion	
	June 23	Saltwater On-shore Fishing Challenge —South Cardiff Beach	Saltwater

CALENDAR OF EVENTS 2020 (CONT.)

*	July 10	Meeting Jeff Brown - Diamond Valley Lake	
	July 15	Club Picnic	Club Event
	July 23	Saltwater On-shore Fishing Challenge —Oceanside Harbor	Saltwater
	July 29	Day at the Races - Del Mar	Club Event
	August 14	Meeting Stephen Raphael - Big Bear Lake and Fishing and Hatchery	
	August 19	Club Picnic	Club Event
	August 20	Saltwater On-shore Fishing Challenge - South Ponto	Saltwater
	Sept 11	Meeting Ron Parker - SAE's 2020 Fishing Recap Program	
	Sept 13-19	June Lake Campout	Freshwater
	Sept 28-Oct 4	Jamala Beach County Park - Campout and Surf Fishing	Saltwater
	Oct 9	Meeting	
	Oct 20	Saltwater On-shore Fishing Challenge—Location TBD	Saltwater
	Oct 12-17	Lake Cuyamaca/Pinezanita	Freshwater
**	Oct 17-23	Cabo Trip	Saltwater
	Nov 1-6	Santee Campout	Freshwater
	Nov 13	Meeting Lake Cuyamaca - Winter Fishing and Hatchery Program	
	Nov 20	Fall Feast	Club Event
	Dec 3	Awards Banquet and Holiday Party	Club Event
	Dec 4-6	Escondido City Trout Derby	Community Event
	Dec 8	Viejas Trip	Club Event
	Dec11	Board Meeting	Community Event

Senior Anglers of Escondido

Mailing address and meeting place:

**Park Avenue Community Center
Home of Escondido Senior Center
c/o Senior Anglers of Escondido
210 PARK Ave.
Escondido, CA 92025**

General Meeting: 9:30 AM 2nd Friday of the month

* New or Changed ** Non-club sponsored event