



October 2019

# VIRGINIA BEACH ANGLERS CLUB

## *Tight Line*

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## Upcoming Events

### **Monthly Meeting:**

**When: Thursday, 2019 7:30pm.**

**Where: Foundry United Methodist Church,  
2801 Virginia Beach Blvd. in Virginia Beach next to Beach Ford.**

**Meeting Speaker: Mike Rexroad the Environmental Health Manager  
at the Virginia Beach Health Department.**

**Meeting Subject: Waterborne illness concerns affecting fishermen  
and watermen today.**

### **October & Future Information Notes:**

- **Please bring a toy to the meeting for this year's  
Stuff-a-Boat Toy Drive!**
- **Nags Head Surf Tournament – October 9-11.**
- **Oyster Roast at the Brock Center – October 12.**
- **Ocean View Pier Tournament – October 13.**

### **This Month's Quote**

“In three words I can sum up everything I've learned about life:  
it goes on.”

— Robert Frost

# VBAC Fishing Roulette 2018

<u>Species</u>	<u>Current Leader</u>	<u>Weight</u>
Bowfin	Jerry Hughes	8.25 lbs.
Yellow Perch	Preston Mangum	12 oz.
Bluefish	John Germanos	3.15 lbs.
Flounder	James Eisenhower	5.25 lbs.
Spadefish	Kelly Hoggard	5lbs. 14oz.

Submissions  
 Virginia Beach Anglers Club:  
[vbanglersclub@gmail.com](mailto:vbanglersclub@gmail.com)  
 Kelly Hoggard: 757-416-8817 or  
[fishnkelly@msn.com](mailto:fishnkelly@msn.com)

## Catch-A-Ride

### BOAT

Preston Mangum (757) 582-1450 (FW)  
 Jeremy Maguire (757) 407-0493  
 Rich Maguire (757) 619-4851  
 Rob Stommel (703) 244-1282  
 Scott Nagen (571) 572-1023

### CREW

Kelly Hoggard (757) 416-8817  
 Victor Minak (703) 888-8992  
*Add your name to either list by sending an email to*  
***[vbanglersclub@gmail.com](mailto:vbanglersclub@gmail.com)***



# VBAC YETI COOLER RAFFLE



No fishing trip, camping trip or tailgate is complete without the Yeti Tundra Haul Cooler. Built like a workhorse with its virtually indestructible construction, this 13.8 gallon/55 quart cooler features reliable insulation to keep your catch, beverages and food items icy cold for days on end. Two durable wheels set the Tundra Haul apart by making it easy to tow from campsite to car via a strong, welded aluminum arm that is just long enough so you don't nip your ankles in the process. The rubber lid latches are specially designed to hold up to years of latching and opening, and the hidden side handles keep the cooler's profile sleek and easy to store while still providing you with a means to lift it into the car.

Retail price for the cooler is approximately \$400.00. Raffle tickets are only \$5.00 each. Only 500 tickets will be sold. Tickets will be on sale at all meetings and functions. If unable to attend, please call our President, Bob Burstein at 267-994-7423 or email [vbangersclub@gmail.com](mailto:vbangersclub@gmail.com) and he will arrange tickets for you. If you would like to assist and sell tickets please contact Bob also.

The winning ticket will be drawn at the October 3, 2019 VBAC General Membership

# 2019 Monthly Pier Tournament

VIRGINIA BEACH ANGLERS CLUB  
&  
OCEAN VIEW FISHING PIER

## 2019 SUMMER FISHING TOURNAMENT



ADULT ENTRY FEE - \$10

CHILD ENTRY FEE - \$5



\$150 GUARANTEED ADULT PAYOUT

\$50 PIER SHOP GIFT CERTIFICATE TO CHILD

8 AM to 4 PM

9 JUN

14 JUL

11 AUG

8 SEP

13 OCT  
weather permitting

SPECIES

SPECIES

SPECIES

SPECIES

SPECIES

CROAKER  
ROUNDHEAD  
BLUE FISH

CROAKER  
ROUNDHEAD  
BLUEFISH

CROAKER  
BLUE FISH  
SPOT

CROAKER  
BLUE FISH  
SPOT

CROAKER  
BLUE FISH  
SPOT

### RULES

Tournament is open to all.  
Rain or shine.

Fish must be caught on the pier during Tournament times and  
alive when brought to the judging table.

Winner will be determined by length.

Ties will be determined by earliest entry time.

Winners do not have to be present at 4 PM.

All prize money will be awarded. If no entry in a species, prize money will be  
divided and awarded to the winner with largest entry in remaining species.

1 Species = \$150 to the winner

2 Species = \$75 each winner

3 Species = \$50 each winner

Child's prize will be for largest fish caught that day from the three species.

Visit our websites for the latest updates to the Tournament:

[vbanglersclub.com](http://vbanglersclub.com) [oceanviewfishingpier.com](http://oceanviewfishingpier.com)

# VBAC FALL OYSTER ROAST



Save the Date: Saturday, October 12

Time: 12:00 noon to 4:00 p.m.

Location: Brock Center, Chesapeake Bay Foundation

Menu: oysters, chicken, Chef's special

Soda, water provided. BYOB

Raffle: Items will be raffled during the event.



Please bring your favorite side dish and/or dessert. If you have something for your table, Jerry will gladly put it on the grill for you. So come and enjoy the day with your fellow anglers and their families.





Sea Tow Hampton Roads and The Local Angler Clubs will be collecting toys this year for the “Stuff-a-Boat Toy Drive”. We will be collecting toys that are new and un-giftwrapped. Last year we were able to collect over 1840 toys due to the Angler Clubs tremendous participation. The only thing we are asking of club members is to bring a toy to your monthly Angler’s Club meeting in the months of October, November and December. Sea Tow Hampton Roads will attend your meeting each month and collect the toys. If for some reason you don’t make the monthly meetings, you can visit [www.facebook.com/SeaTowHamptonRoads](http://www.facebook.com/SeaTowHamptonRoads) for locations where drop off boxes will be available.

In December everyone will be invited to our office for hot apple cider, donuts & pizza and we will stuff the Sea Tow Boat with toys that we collected. The Marines from Toys for Tots will come to the Sea Tow office and receive the toys. We would like to get a group shot of all clubs surrounding the Sea Tow boat stuffed with toys. This date will be determined when the time gets closer.

Every little bit helps and will make someone’s holiday a little brighter. Thank-you again for all of your support.

**REMINDER: For each toy you donate at your monthly meeting your name goes into a drawing for prizes.**



Enter your ad by phone, text or email to Preston Mangum  
757-582-1450 or [pmangum@roseandwomble.com](mailto:pmangum@roseandwomble.com)

**Ads are free and good for 90 days or until sold.**



***Portable amplifier.  
Free to good home.***

***Preston Mangum  
757-582-1450***



**165 Quart Igloo cooler in perfect condition. Garage Kept, Used once \$55.00**

**Preston Mangum 757-582-1450**

**Hodgeman  
Waders Size  
10 1/2  
Guaranteed  
No Leaks!  
\$40.00**

***Butch Eason  
757-681-6019***



**Free**

**Size 7**

**“Bone Dry” Insulated Waders  
Contact Preston 757-582-1450**



## General Interest

The VBAC is sponsoring a day long sea bass and tog trip on November 2, 2019. The vessel is a 30 foot Contender out of Rudee Inlet and Captained by Joe Gaffy. The cost of the \$900.00 day trip is only \$75.00 per VBAC member plus a \$30.00 tip for the mate. If you are interested in putting your name in for one of the six possible spots on the trip, please contact Patty Searby ([PSEARBY@GMAIL.COM](mailto:PSEARBY@GMAIL.COM)) prior to the October 3, 2019 General Membership meeting. Six names plus alternates will be drawn at the meeting. The \$75 payment is due not later than the October 12<sup>th</sup> Oyster Roast. If selected, payment may be made at the meeting. The \$30.00 tip for the mate is due at the end of the trip. For further details, please contact Patty Searby.

### Long Beach Island Surf Tournament

**Due to the way the calendar fell this year and the upcoming meeting date, the report on this event will be submitted in next month's issue of the newsletter.**

### Keeping those fishing rods lookin' good!

VBAC Member Chuck Eastman saw this in a Family Handyman mail. With all the out of town events this may be any easy and inexpensive way to save guides and tip

To protect my fishing rods in the back of the truck, I cover them with pool noodles. Cut the noodle and slip it over the rod. Depending on your rod style, use either one or two pieces of pool noodle. No more broken tips, thanks to a \$1.00 pool noodle!



# Virginia Beach Angler's Club

## Crappie Tournament

### Lake Smith Shore or Boat

Saturday, December 7, 2019



Entry Fee: \$20.00 per adult angler, \$10.00 per child under 16

Please Register Early

Early Registration email: [pmangum@roseandwomble.com](mailto:pmangum@roseandwomble.com) or call: 757-582-1450

(give number of anglers child or adult)

General Registration at ramp on Saturday December 7<sup>th</sup>

Location: Lake Smith

Lines In: 8:00 AM

Weigh-in Time: 4:00 PM

Prize paid on the heaviest single fish

**\$150 Guaranteed 1st Place and \$75.00 2nd place prizes**

**Shore Anglers Only: Heaviest fish of any species wins rod/reel combo!**



## Hats & T-Shirts

### New Shirts Available!

Short Sleeve T's \$15.00

Performance Long Sleeve,  
UPF 50, Color: Sea Grass

\$25.00

T's \$15.00



Performance Long Sleeve - \$25.00



**ALL HATS \$15.00 EA**



### **2018 Virginia Beach Anglers Club Committees:**

Boat Show:	<b>Chair – Russell Willoughby</b>
Calendar:	<b>Chair – Butch Eason</b> <b>Co. Chair – Ronnie Nixon</b>
Crab Creek Clean-Up:	<b>Chair – Ronnie Nixon</b>
Great Bridge Flea Market:	<b>Chair – Preston Mangum</b>
VBAC Flea Market:	<b>Chair – Bob Burstein</b>
Banquet/Oyster Roast:	<b>Chair – Jerry Mariano</b>
Seton Youth:	<b>Chair – Dave Anderson</b>
Raffles:	<b>Chair – Preston Mangum</b>
Audit Committee:	<b>Chair – Mike Anderson</b>
Surf Tournaments:	<b>Chair – John Germanos</b>
Club Tournaments:	<b>Chair – George Gabriel</b> <b>Co. Chair – Bob Burstein</b>
Pier Tournaments:	<b>Chair – Gary Doerhoff</b> <b>Co. Chair – Bryan Watson</b>
Prize Fish:	<b>Chair – Kelly Hoggard</b>
Nomination Committee:	<b>Chair – Butch Eason</b> <b>Co. Chair Kelly Hoggard</b> <b>Co. Chair Beth Synoweic</b>
Conservation and Regulations:	<b>Chair – Butch Eason</b> <b>Co. Chair – Kelly Hoggard</b>
T-Shirt Committee:	<b>Chair – Patty Searby</b>

**If You Would Like to Help on a Committee,  
Please Speak to the Chair. Help is Appreciated!**



# *Saltwater Fishing News*

## **Largest Saltwater Fish Caught in 2019**

Species	Angler	Date	Size	Where	Weight
Amberjack	Chris Schneider	11-Apr	39'	Vessel	26#
Black Drum	Preston Mangum	26-May	38"	CBBT	
Blackfin Tuna	George Gabriel	11-Apr		Vessel	36#
Bluefish	John Germanos			NC Surf	3.15#
Cobia	James Eisenhower	19-Jun	46"	CBBT	
Dolphin	Michael Anderson	22-May	59"	Vessel	39#
Flounder	James Eisenhower	1-Aug		CBBT	5.25#
Pinfish	Patty Searby	27-May	13"	Vessel	14oz.
Pompano	Kelly Hoggard	28-Jun	13.25"	Avon	
Puppy Drum	Dave Smith	27-Jun	27 1/4"		
Red Drum	Robert Oliver	4-Jun	46.5"	4th Island	
Sea Bass	Kelly Hoggard	28-Jun	17.5"	Ches Lt	
Shark	John Germanos	11-Apr	96"	Vessel	
Spanish Mackerel	Dave Smith	27-Jun	28.5"	Sandbridge	5#
Spadefish	Kelly Hoggard	31-May		Ches Lt	5# 14oz
Speckled Trout	Dave Smith	21-Apr		Rudee	3# 12oz

# *Saltwater Fishing News*



Fished with Louis Glazer and Bert Sainz 9/4/19 in Little Creek. We started at 6:15 this morning at the rock jetties in order to catch the last of the outgoing tide. Fishing with top water lures in the morning Louis and I got two each. Bert Sainz left us at 9 but Louis and I kept fishing and it took all day but we finally found the bite again around 1 pm when the tide went out again. We finished the day with 10 speckled trout 17.5" to 20 inch. Most were 19". Thanks Louis for a great trip and future trout dinner. Afternoon trout were caught with MR-20's and rubber baits on jigs.

Blessings,  
Ike

# *Saltwater Fishing News Continued*



Fishing the Little Creek for speckled trout (AKA spotted sea trout) in September 2019:

9/12/19 Fished with Louis Glaser and Thomas Moore. Started before sun up with no light but fish were biting at the jetties. Tried surface lures but they kept missing and could hook up so tried a variety and caught them. Got triple limit (15) by noon, 14-21 inches on MirrOlures, MR 20's, MR 27's and MR 52's multiple colors but pink was hot. If current isn't running then bite is off. Out going current is best but it must be running to get any bite.

9/19/19 Again fished with Louis and Thomas but this time in afternoon with outgoing current and 15-20 mph NE wind so we stayed in the Pretty Lake. We trolled and found the fish then set casting with the wind. Caught 11 in three hours, 16-20 inch. My silver MR 27 was the hottest today. Caught a Atlantic cutlass fish (AKA ribbon fish) while trolling, nasty creatures full of teeth, only about 30".

9/26/19 Fished with Louis, SW winds 13-20 at the jetties at sunup at high tide. We had a lot of fishermen company there but found the specks when incoming tide started moving off the beach. Double limit by noon. Tried the Pretty Lake trolling and caught one more and one Atlantic cutlass fish. Both released. We threw everything we had at them, at different times. I caught most with MR 27's, Louis mostly used MR 52's.

Blessings,  
Ike



# *Saltwater Fishing News Continued*

9/20/19

I truly had an awesome time speckle trout fishing today with my friends Louis and Bert. We headed out Little creek at around 730 am and had our three-man limit easily within the first hour. The bite was insane and practically with every cast. We caught them on MR 27's and catch 2000's and even grubs and tails. At one point, it honestly didn't seem to matter what we threw at them. We continued to catch trout throughout the morning. I would say that we easily caught 60 keepers today, so we soon began to practice some good old-fashioned catch and release. Back at the dock before noon. Great fishing with you both today, thanks for having me aboard. What an awesome day on the water!



## *Saltwater Fishing News Continued*

Sept 22, 2019 The Chesapeake Bay is still holding 😊 Went sheepshead fishing today with two other fellow shepherders . We left the ramp at 9:30 am and caught our three-man limit before noon. These two called off work to go play in the bay which is why I am not disclosing their names. Gotta keep those

jobs 😊 . The bite was on fire at one point and lasted for a good hour. Non stop action every time we dropped the line . We were tossing sheep back into the water . Bite was on fiddlers . Yes there are paper fish in there but we didn't weigh them..

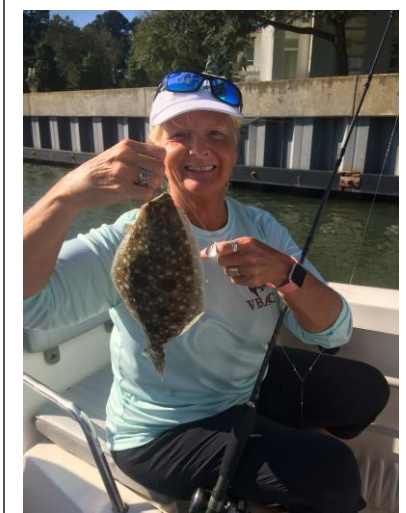




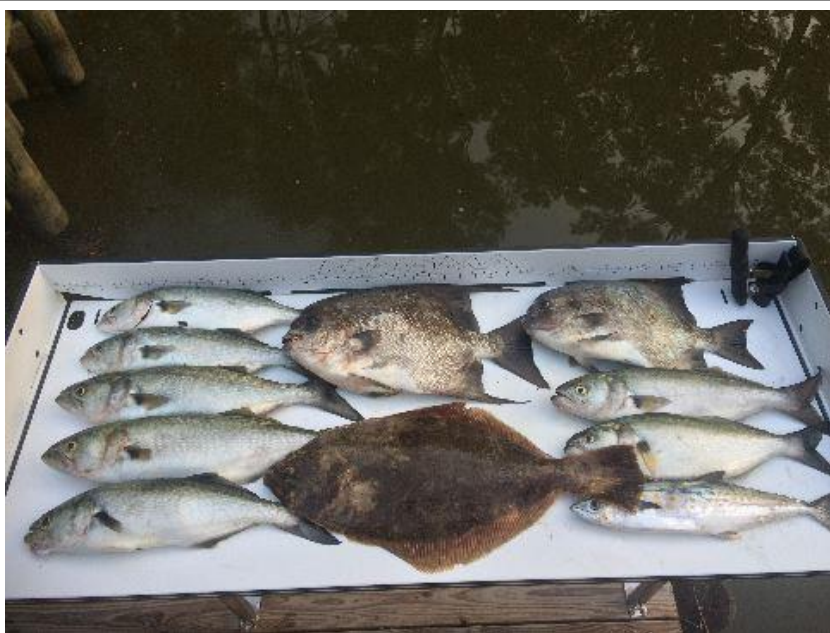
# *Saltwater Fishing News Continued*

Floundering lynnhaven 9/1/19

I went out with Lou and Patty to catch a flounder. We went out of the inlet but the wind was whipping much harder than expected. We decided to fish a couple of holes in Lynnhaven but little luck. One good bite in the second hole but we moved on. In the 3rd area, we found 4 flounder in about 30 minutes, with one 18" keeper by Lou. Again, they were all caught on live finger mullet.



Terry Hardee joined Robert and myself for a day of fishing. Flounder was slow at the islands, so we worked our way out to the tower for a flounder bite and Spadefish. The fishing here was a little slow too, mainly due to the slow drift. Robert and I both got a nice Spadefish and I caught a solid 21" flounder on the second to last finger mullet dropped that day. We tried for a king but failed to get any bites. A cool story invoked today was a seabass that we caught that was tagged. Robert caught the seabass. It was 12.25". Surprised, I recognized the tag number as one of my own. Turns out, it was caught by Mary more than 2 months earlier on the same boat. Surprisingly, I even had a photo of the fish. It had grown about two inches in that time. It was a fun day and we caught some fish. More flounder dinner on its way home.



## *Saltwater Fishing News Continued*

John, Mark, and myself went to hit the tower reef to target flounder, spades and blues to try and improve on the roulette. We got in on a little of everything. The sea was a little choppy after the hurricane but it was fishable. John and I got in on the spades, mark got a beautiful 20.5" flounder, and we all played with the bluefish. The spades were biting but not very big. One pushed the 4-pound size but the rest ranged from 2.5-3 pounds. They made for great eats and it was a fun day to fish. Again, the keeper flounder came on a live finger mullet.





# Saltwater Fishing News Continued

I fished the morning of the VBAC sandbridge tournament, but urged to go boat fishing in the afternoon. We casted at some blues for a while and got one fat one caught by Patty. It had big chunks of menhaden in its belly like it was feeding on a cobia chum slick. I hooked two stripers. The first measured at 31". The second was 38-40" but was not landed in the boat. Both took a lure I no longer have as I broke it off later. We went to the 4th and dropped baits for a flounder. Unfortunately, today, we only hooked some big reds. All hooks were either pulled or broke off after extended fights. Better luck next time.



Marshall Weathers sent this in with a shot of the fish he caught in Little Creek Inlet. Two really nice trout measuring 17" and 19"! Lookin' good Marshall!



# *Saltwater Fishing News Continued*

Submitted by Kelly Hoggard:

I was invited by Lou to try for cobia and show him how to fish for them. We started early in the morning at sunrise. Catching a few croakers for bait and running to the islands. We trolled for Spanish, managing a few larger fish up to 20 inches. This one was the largest for me so far this year. We set up at the 12 mile marker and it was a slow start. After about 20 minutes, we had the first run and a cobia was on. We had almost 20 runs in 2 hours and boated 6 fish. The largest pushed 50" all three keepers were 47,48,50" but all males. The big females didn't take a hook. We tagged 3 for VIMS data and kept three for dinner. The fish were cleaned before noon and we were done before the heat kicked in.





# *Saltwater Fishing News Continued*

Submitted by Kelly Hoggard:

Mark Wallace and I went fishing for a variety on the bridge tunnel. We started by getting our limit of Spanish. They ranged from 17 to 21 inches. Then we switched over to cobia but the current wasn't right so we went for flounder. The bite was slow until we found a set of pilings holding fish. We caught one 19" keeper and 7 shorts on live finger mullet. Afterwards, we hit the cobia grounds but failed to catch a cobia or even have a good run. This was just after the menhaden boats showed up and killed a few hundred cobia in their nets. We managed 2 good stingrays that were kept for dinner. Filets shared with a number of members made some happy diners.





# *Saltwater Fishing News Continued*

Kelly Hoggard - My first billfish 8/20/19

I was lucky enough to be invited on a white marlin trip. We started on the 100 fathom line north of the Norfolk Canyon at sunrise. In the first hour, we had a pair of blues in our spread, one was easily in the 300-400 range. We got a solid look at it as it turned sideways and jumped off the back of the boat but missed the bait. After trolling a few hours, the bite was nonexistent. We trolled by a pot bout and pulled a solid dolphin off it.

We had worked our way up to the NE side of the Washington Canyon and trolled in the area that other tournament boats were fishing. Suddenly, a white jumped on the flatline and was airborne. It came tight but the hook pulled shortly after. Within seconds, another white was on the other side and we had to drop the bait 3 times to get a hookset. I was on with a fish that was out a couple hundred yards but jumping like crazy. After a battle to the boat, the fish was leadered and I had my first billfish. This white was a memorable catch and will go as one of my personal favorites. Shout out to team Fly'n Fish for the opportunity to go fishing with them. Max Anderton and Jim Boltz gave me an experience I'll never forget.



# *Saltwater Fishing News Continued*

Kelly Hoggard - My first billfish 8/20/19

Went out with Brian Tsai and Victor Minak yo target flounder. It was a little slow going but we finally got the live finger mullet on some flounder. The first was a solid fish at 17.75". But the next bite was BIG. It came up mixed in with the big oyster toads and though it only measured 22.75", it was a thick 5 lb 2 oz flounder. Just short of the current roulette leader Ike by only 2 ounces. We had a great time and I caught a flounder bigger than almost anything I've seen in a decade. Afterwards, there was some time to try for a cobia, but didn't get a bite in 90 minutes so we called it a day before it was too late. We caught some shrimp in the cast net in the lights when we got back to the dock. The flounder dinner was amazing.





# Saltwater Fishing News Continued

## Exciting Fishing Opportunities in waters of Virginia

*Please click the link below to get information all fishing in Virginia*

<https://www.dgif.virginia.gov/fishing/>

### READ FISHTALK ONLINE

Rudow's FishTalk Magazine is a monthly magazine focused on fishing the Chesapeake Bay and Mid-Atlantic region. Read the current issue here online or browse through the archive of past issues below. If you can't find what you're looking for drop us a line [HERE](#)

### CURRENT ISSUE

GEAR | HOW TO | WHERE TO | TACTICAL ANGLER | FISHBOAT REVIEWS | FISHING REPORTS

## Thank you, anglers, for picking up FishTalk!

We hope you'll enjoy reading it as much as we enjoyed making it, and more importantly, that it helps you catch more, bigger fish. We love to hear from you. Please send your fishing pics and reports anytime to [lenny@fishtalkmag.com](mailto:lenny@fishtalkmag.com)

<https://www.fishtalkmag.com/read-fishtalk-online>~ Lenny Rudow, Angler in Chief

Read the Latest Issue Online

## See What's New in the 2019 Fishing Regulations

Click the link below.

[https://www.dgif.virginia.gov/?utm\\_source=mailchimp&utm\\_medium=email&utm\\_content=header](https://www.dgif.virginia.gov/?utm_source=mailchimp&utm_medium=email&utm_content=header)



# Chef's Corner: Broiled Whole Pompano and Shrimp

OCTOBER 2019

*The Buttery Richness of the Pompano Springs to Life in this “Best of 2018” treasure trove of flavor and buttery flakiness!*



*Broiled Whole Pompano with Shrimp, Greek salad, and Old Bay Buttered Sweet Corn on the Cob.*

I caught a lot of great fish in 2018, but the 2.6-pound citation Pompano I landed on the Frisco beach was by far my favorite!

The mild, succulent taste comes from the sweet sand fleas, coquina clams, calico crabs, and shrimp that make up the bulk of a Pompano's diet along the sloping beaches of the Outer Banks.

Pompano is a highly preferred eating fish. It is a medium flavored fish with flesh that holds together very well for all modes of cooking, and its shape fits pans and steamers very nicely. The flesh is white except for a darker layer right under the skin, but that dark flesh does not have a strong flavor. It has excellent fat content which only adds to its buttery flavor. This is particularly evident when cooked whole, which releases the oils into the flesh where they are contained within the skin, which is also very pleasant when broiled, grilled, or fried.

Frying, steaming, baking, and poaching whole or as fillets all work well for this richly flavored fish.

A popular New Orleans dish, called “*Pompano En Papillote*,” features Pompano wrapped in parchment paper with a white sauce of wine, shrimp, and crab meat, and then steamed. It is superb, and I plan to try it with my next Pompano!

Nutritionally, Pompano is a good source of Omega-3 Fatty Acids and at between 150-170 Calories per 3-ounce serving (88 grams), it packs a powerful dietary punch and substantial health benefits based on recommended daily allowances:

• Protein:	41%	• Vitamin B-1	50%	• Zinc	5%
• Vitamin A:	4%	• Vitamin B-2	10%	• Magnesium:	4%
• Vitamin C:	23%	• Vitamin B-3	21%	• Sodium	4%
• Vitamin D	110%	• Vitamin B-5	15%	• Iron:	3%
• Vitamin E:	1%	• Vitamin B-6	15%	• Calcium:	2%
• Selenium	74%	• Vitamin B-9	4%	• Copper	2%
• Potassium:	12%	• Vitamin B-12	44%	• Manganese	1%

Selenium is an extremely vital mineral for the human body as it increases protection from damage caused by free radicals.

Consuming naturally occurring selenium has a positive impact on the immune system. A single 3-ounce serving of Pompano provides 74% of the total daily recommended selenium intake!

In addition, many Amino acids are also found in 88 grams of Pompano, including 0.233 g of Tryptophan, 0.913 g of Threonine, 0.961 g of Isoleucine, 1.694 g of Leucine, 1.914 g of Lysine and 0.617 g of Methionine.

Other ancillary health benefits of eating Pompano include:

- **Improves Metabolism** - high content of B-Vitamins assists in bodily functions to help increase metabolism
- **Lowers of Bad Cholesterol** – source of saturated fat and is also a great source of polyunsaturated and monounsaturated fats. It's high concentration of unsaturated fat is essential to fighting HDL.
- **Promotes Strong Bones** – provides calcium and various compounds that prevent weakness and fragility of bones
- **Enhances Brain Health** - contains healthy fats that assist in improving cognitive function and lower the chances of neurodegenerative diseases
- **Promotes Growth** – provides 41% of regular protein and is a perfect source of amino acids essential for development and body growth



*Author with the Pompano Used in this Recipe!*

My Dad is 85 years old and still going strong. We attribute this to our Mediterranean (Greek) eating style which is rich in fish, lemon, garlic, peppers, and seasonal fresh fruits and vegetables. Pompano and other richly flavored fish are staples.

In the Old Country, statistical data and nutritional info on fish like Pompano was unknown – we just knew it was good! Now that we have some science to back up our instinctive attraction to this food source, we are ready to dive into this month's feature on how to enjoy every inch and ounce of this superb meat fish!

## Ingredients:

1 large whole Pompano, cleaned, scaled, and rinsed

½-pound of shrimp, broiled with garlic and butter in the fish platter

Melted butter for basting the fish (may substitute olive oil)

Fresh lemon, halved

**Spices for the Fish:** Sea salt, fresh ground black pepper, granulated garlic, oregano, bay leaves, and smoked paprika



## Sides:

Fresh sweet corn baked with butter and Old Bay seasoning

Broiled Flatbread

Grecian Garden Cold Plate:

- Sliced tomatoes from the garden
- Sliced cucumber from the garden
- Sliced serrano peppers
- Shaved fresh parmesan cheese
- Greek kalamata olives
- Fresh halved lemon
- Red wine vinegar
- Drizzle of Extra Virgin Olive Oil



***Grecian Garden Cold Plate!***

This cold plate is typically served with any Greek fish dish, and while the actual ingredients vary, the lemon, olives, red wine vinegar, and olive oil are mainstays! Other typical Grecian ingredients include spring onion, green pepper, green chilis, cilantro, Feta or Haloumi cheeses, marinated green olives with cracked coriander seeds, quartered white onion, artichoke, asparagus, and pickled vegetables (okra, carrot, celery, pearl onion, cauliflower, etc.). A hearty flatbread, artisan bread, or crusty home-baked loaf is also a mainstay on most tables along with a little Greek wine, of course! We use the bread to soak up all the flavorful juices and oils from the salad and fish platters – the Greek version of a “pre-wash!”

## Directions:

Sprinkle a little salt and pepper inside the chest cavity and insert a couple of bay leaves (optional) Grease the broiling pan with butter, place the fish on the pan, and baste with butter as shown below (very simple!). Broil 8-10 minutes on high, baste, spice, return to lower rack and “broast” for another 10-15 minutes til done.



***Butter-Basted and Ready for the Broiler!***



Broasting is a cooking method I use where I leave the broiler on high after browning on both sides. When I've seasoned the fish after the second basting, I return the fish to lowest rack in the oven and close the door to simultaneously broil and roast the fish – hence the term “broast!” It works very well and tends to glaze the spices nicely over the skin. This method also opens-up the top rack for toasting bread and quick-broiling sides such as shrimp, corn, asparagus, zucchini, etc.

I had the flatbread, corn, and shrimp ready to go under the broiler before the final fish basting. These ingredients are placed on the top rack under the broiler and cooked while the fish is broasting in the lower rack. Turn bread and baste as desired. When nearly done, roll corn and shrimp in the butter and juices and season to taste – in this case, I used a light dusting of Old Bay seasoning.



***Broiled Flatbread.***



***Broiled Whole Pompano & Shrimp***



***Broiled Sweet Corn with Old Bay***

We like to squeeze fresh lemon juice over the fish to deglaze the pan and create a nice lemony sauce to drizzle over each serving. We also dunk our bread in this sauce because it so delicious, and the acid from the lemon really balances-out the oils and melds the spices.

There are many ways to serve the fish. My Dad elected to cut the fish in half and work that on his plate as shown below. Another option, which will be discussed in future recipes for whole Sheepshead and Spadefish, is to gently remove the meat from the bone and serve.

I do this for my girls and folks that are not accustomed to eating fish “bone-in.” Simply push a butter knife through the soft flesh and skin as if filleting and serve the de-boned meat from the topside until the bone is visible.



***Rib-free Serving of Pompano & Shrimp!***



***The Old Man preparing for the feast!***

With the topside meat removed, lift the skeleton off the fish, leaving behind the meat on the bottom side for serving. For large fish like this, the bones are pronounced and easily removed with no concern of encountering small pin bones.

## Benefits and Tips on Cooking Whole Fish:

There are countless benefits for cooking fish whole rather than removing fillets, and the only real reason that most folks shy away from eating whole fish is a fear of encountering bones in the meat. Here are a few of the reasons we like to cook whole fish whenever we can:

- Eliminates waste by using every edible inch and ounce of meat!
- Retains all of the natural oils and juices for optimum palatability, texture, and flavor
- Leaving the head on is critical for fish like Pompano, Sheepshead, or Spadefish because many of the most nutritious and buttery oils are in the head, neck, and shoulders and released during the cooking process!
- We typically do not score the fish when cooking whole! While this may speed up the cooking process and make for a “pretty” presentation, it also can dry-out the meat and allow all the best oils and juices to cook away!
- Shrimp and other crustaceans and shellfish are wonderful accompaniments and sides, and the juices are even better when drizzled over the fish to add richness and the sweet taste so prevalent in these delicacies!
- If you elect not to turn the fish over to broil both sides, it helps to season the “down-side” so that the flavors cook-in while the topside is broiling and then broasting. I will usually broil one side, baste & season, then flip the fish while still firm to broil, baste, and season the second side, but flipping the fish is optional!

As the Patriarch and Senior Chef in the Family, my Dad is not easily impressed, but I think this picture is worth a thousand words and serves as a testimony that this meal was fit for a King! **Bon Appetite!**



*That look says it all! My Dad was blown away by the quality of this classic meal!*

*Contributed by VBAC Angler John Germanos, aka “The Instinctive Chef”*

# Surf Fishing News

## 2019 Little Island Fall Open Surf Series Qualifying Event Summary

14 September 2019

**Session Winner:** N/A

**Largest Fish:** N/A

**Most Fish Caught:** N/A

**Results Summary:** 6 anglers competed in the 5<sup>th</sup> and final 2019 VBAC Surf Series Qualifying Event. Zero total fish were caught scoring zero total points.

Judges were John Germanos and Robbie Parks.

The final standings were as follows:

Angler Name	Fish Scored*	Largest Fish	Total Points
Patty Searby	0	n/a	0
Kelly Hoggard	0	n/a	0
Kelly Cormican	0	n/a	0
Herb Wise	0	n/a	0
Bob Stuhlman	0	n/a	0
Jerry Hughes	0	n/a	0

*\* Red Drum, Black Drum, Kingfish, and Spot were caught during the event, but none met the minimum Tournament- and/or Legal-size limits to score.*



# Surf Fishing News Continued

## 2019 VBAC Surf Series Qualifying Point Totals & Standings

**TOURNAMENT CHAMPION:** Patty Searby, 283 Points

**MOST FISH SCORED:** Patty Searby, 35 Fish

**LARGEST FISH:** Kelly Hoggard, 19-inch Spanish Mackerel  
Bob Schuster, 19-inch Bluefish

**RESULTS SUMMARY:** 18 anglers competed in the 2019 VBAC Surf Series Qualifying Events. 154 qualifying fish were caught scoring 1,318 total points.

### FINAL CUMULATIVE STANDINGS:

Place*	Angler Name	Fish Scored	Largest Fish	Tot. Pts.
1	Pat Searby	35	11" Kingfish	283
2	Kelly Hoggard	19	19" Spanish Mackerel	181
3	Doug Wehner	18	15" Spanish Mackerel	144
4	Caroline Robinson	15	15" Bluefish	144
5	Brian Watkins	16	14" Bluefish	136
6	Stan Sutliff	15	15" Bluefish	122
7	John Gabriel	9	13" Bluefish	84
8	Russell Willoughby	10	12" Kingfish	69
9	Bob Schuster	4	19" Bluefish	63
10	Bob Stuhlman	8	15" Bluefish	58
11	Jerry Hughes	3	12" Kingfish	21
12	Wesley Waters	2	12" Kingfish	13
13	Mark Wallace	0	n/a	0
13	Kelly Cormican	0	n/a	0
13	Herb Wise	0	n/a	0
13	Matt Sharpe	0	n/a	0
13	Rob Stommel	0	n/a	0
13	Bill Frunzi	0	n/a	0

\* Top 10 Finishers Qualify to Select a Tournament Team for the 2020 Season.

# 2019 Little Island Fall Open Complete – Final Results Are In!

## *VBAC Anglers did a lot of fishing and a modest amount of catching in the post-Dorian Sandbridge Surf Fishing Qualifier to complete the 2019 Tournament Series.*

Special Thanks go out to all of the anglers that came out to participate in the final event in the 2019 VBAC Surf Series Qualifiers – without you, these Club activities are not possible!

Thanks also to my fellow Tournament Volunteers – Judge Robbie Parks and our Lunch Coordinator, Frances Germanos, for the excellent pulled-pork BBQ lunch with all the trimmings!

### EVENT SUMMARY

This 5<sup>th</sup> of our five qualifying events was held on Saturday, 14 September 2019 and included six anglers.

Overall, zero fish were recorded with zero total points tallied by the field. Several anglers caught fish just under the minimum legal and/or scoreable tournament size limits.

Undersized catches included Red Drum, Black Drum, Spot, and Kingfish.

Since no one scored any points, the final standings were unchanged from the August totals.

**Congratulations to Pat Searby for earning the top spot in the overall point standings with 283 points! Great Work!**

Here are the FINAL event and overall Surf Series Standings:

	ANGLER NAME	L.I. Spring		Salvo Spring		OV Pier		Salvo Fall		LI Fall		TOTALS	
		Fish	Pts.	Fish	Pts.	Fish	Pts.	Fish	Pts.	Fish	Pts.	Fish	Points
1	Pat Searby	3	3	0	0	dnp	dnp	32	280	0	0	35	283
2	Kelly Hoggard	dnp	dnp	dnp	dnp	1	11	18	170	0	0	19	181
3	Doug Wehner	6	6	dnp	dnp	dnp	dnp	12	138	dnp	dnp	18	144
4	Caroline Robinson	dnp	dnp	0	0	dnp	dnp	15	144	dnp	dnp	15	144
5	Brian Watkins	1	8	dnp	dnp	4	27	11	101	dnp	dnp	16	136
6	Stan Sutliff	1	1	1	1	dnp	dnp	13	120	dnp	dnp	15	122
7	John Gabriel	0	0	0	0	dnp	dnp	9	84	dnp	dnp	9	84
8	Russell Willoughby	dnp	dnp	2	2	dnp	dnp	8	67	dnp	dnp	10	69
9	Bob Schuster	2	36	2	27	dnp	dnp	dnp	dnp	dnp	dnp	4	63
10	Bob Stuhlman	dnp	dnp	2	2	2	10	4	46	0	0	8	58
11	Jerry Hughes	0	0	0	0	2	13	1	8	0	0	3	21
12	Wesley Waters	2	13	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	2	13
13	Mark Wallace	0	0	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	0	0
14	Kelly Cormican	0	0	dnp	dnp	dnp	dnp	dnp	dnp	0	0	0	0
15	Herb Wise	0	0	dnp	dnp	dnp	dnp	dnp	dnp	0	0	0	0
16	Matt Sharpe	0	0	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	0	0
17	Rob Stommel	0	0	0	0	dnp	dnp	dnp	dnp	dnp	dnp	0	0
18	Bill Frunzi	dnp	dnp	0	0	dnp	dnp	dnp	dnp	dnp	dnp	0	0

**NOTE: The Top Ten aggregate point totals across all competitions qualify for a 2020 Surf Fishing Team position!**

Kelly Hoggard claimed second place with 181 points, just over 100 points behind Patty “The Champ” Searby!

Doug Wehner and Caroline Robinson each earned 144 points with Doug claiming third place on the first tiebreaker with 18 fish scored versus Caroline’s 15-fish total. Congratulations to both on a solid performance!



*Overall Tournament Champion Patty Searby with a nice Double Kingfish Hook-up – Great Job Patty!*

Brian Watkins rounded out the top five with 136 points and a respectable 5<sup>th</sup> place finish. Well done Brian!

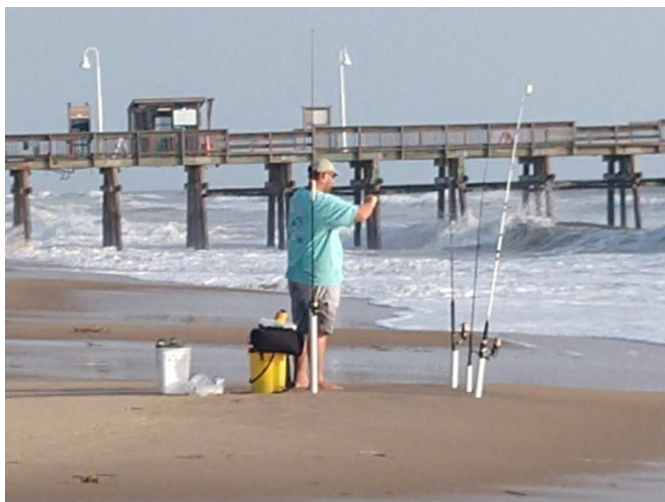
Special thanks go out to Jerry “Doink” Hughes on being the only VBAC Angler to compete in all five events! That level of commitment is what helps make these kinds of season-long tournaments possible!



*Sunrise at Sandbridge’s Little Island beckoning VBAC Anglers!*



*Jerry Hughes Baiting-up for the 0700 AM start time!*



*Kelly Hoggard In Action just South of the Little Island Pier!*



*VBAC Anglers working the Sandbridge Beach!*

## **Food, Fellowship...and FUN**

Whether the “catching” is fast or slow, the overall fishing and Club experience more than makes each of these events worthwhile!

The weather for our final event was near perfect, and the beach was remarkably clean, with few traces of Dorian remaining.

The post-event lunch was once again worthy, and many thanks go out to Frances Germanos for coordinating the catering with Malbon Brothers BBQ!

The lunch spread included 5 pounds of pulled pork BBQ; 2 pounds of cole slaw; 1 pound of BBQ baked beans; regular and sesame seed buns; assorted chips; various sauces; brownies; and ice-cold drinks.

Needless to say, no one walked away hungry!





***Kelly and Herb Indulging in the BBQ Feast!***



***Robbie, Bob, and Jerry enjoying a well-earned BBQ lunch!***

The 2018 VBAC fall surf fishing event was canceled by Hurricane Florence, but we safely dodged Hurricane Dorian in 2019. I would be remiss if I did not offer my heartfelt condolences and support for those areas that were not as fortunate.

The Bahamas will forever remember the name Dorian, and our sisters to the South – Ocracoke, Hatteras, and Avon Villages - received serious flooding and water damage to roads, homes, vehicles, and businesses.

Surf fishing is a recreational activity for us, but it is the livelihood, heart, and soul of Hatteras and Ocracoke Islands, NC.

To our NC brothers and sisters, may your recovery be swift and complete, and may God Bless you all...

## 2019 SURF SERIES IN REVIEW - ENCORE PERFORMANCES!

Overall, 18 different anglers participated in the five-event 2019 Surf Fishing Qualifying Series.

Species caught included Bluefish; Spanish Mackerel; Kingfish; Spot; Croaker; Pompano; Weakfish; False Albacore; Houndfish; Smooth Puffer Fish; Striped Burrfish; Atlantic Sharpnose Shark; Stingray; Skate; Sea Robin; Sand Perch; Pinfish; Pigfish; Flounder; Red Drum; and Black Drum.

Approximately 150 scorable fish were recorded for a total of well over 1,200 points.

The two highest scoring fish measured 19 inches each (Spanish Mackerel and Bluefish).

Here is a pictorial review of the first four events from the 2019 season...

### Event #1: Little Island Spring Open (May 2019)



*Starting Out On The Right Track: VBAC Anglers during the 1<sup>st</sup> Spring Open Event- View from the Judges' Tent at Mid-Station.*



*Gabe's Trophy "Trash" fish catch!*



*Doug's Striped Burrfish!*



*Bob Schuster's 19-point Bluefish!*





*One of Patty's 3 Scoreable Stingrays!*



*John "Gabe" Gabriel!*



*Stan "The Man" Sutliff!*



*Potato Salad & Homemade Slaw!*



*Fresh, Crispy Fried Chicken!*



*Chicken & Rolls!*



*Presentation of Awards following a nice lunch and a great day of May fishing in Sandbridge!*



## Event #2: Salvo Spring Open (June 2019)



*The Colorado Kid Ready for Action!*



*Judge Andy "The Sheriff" Olert!*



*Judge Robbie Parks & Stan the Man!*



*The Colonel in action!*



*Way to load-up that rod Doinkster!*



*Nice release there Russell!*



*Robbie, Jeff, & Patty havin' fun!*



*Gabe enjoying the moment...*



*Rob Stommel gearing up for a fight!*



*A fishing Bob is a happy Bob!*



*Caroline In Action in the Salvo Surf!*



*Patty Working the Salvo Surf!*





***Russel's 43-inch Houndfish!***



***Russel's False Albacore!***



***Shoo-Daddy baiting-up for the win!***



***The Lunch Sammich Build Station!***



***Rehydrating Watermelon Station!***



***Condiment Station!***



***Jaime and Patty at the "Build Station!"***



***Stan working the Condiment Station!***



***Assorted Chips for all!***



***Gabe, Bill, Robbie & Jeff lunching it!***



***Caroline & Shoo-Daddy just Chillin!***



***Andy, Jamie, Cindy, and Stan diggin' in!***





*The first wave of the Low Country Boil!*



*The Chef tending the Pot!*



*Second wave of the Low Country Boil!*



*Wave 2: fresh head-on shrimp, mussels, corn, & cabbage!*



*Gabe filling up his second leg with Patty & Doink!*



*Andy & Cindy working on seconds!*



*Lining-up for seconds (and thirds)!*



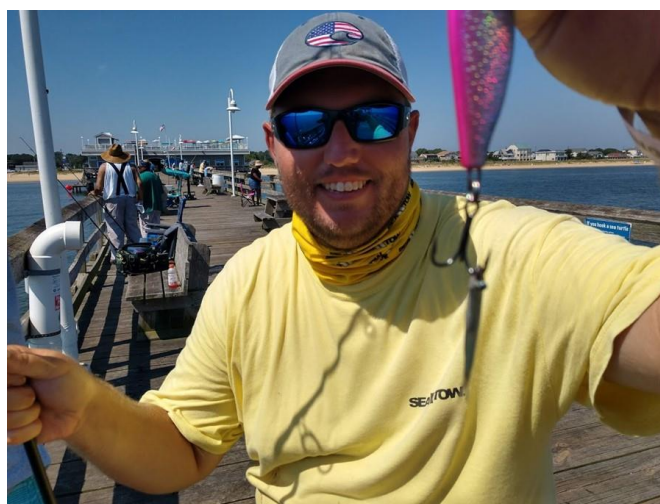
### Event #3: Ocean View Summer Open (July 2019)



*The VBAC Crew after a Great Morning on the Ocean View Fishing Pier!*



*Session Winner Brian Watkins accepting his Prize Package – Great Job Brian!!*



*Kelly threw Metal to Land this “noteworthy” Trophy Catch – a Whopping 1-1/2 Inch Silverside!*



## Event #4: Salvo Fall Open (August 2019)



*AM Session and Event Winner Patty Searby Doubling down on the Kingfish!*



*PM Session Winner Caroline Robinson with a Nice Avon Beach Kingfish!*



*Brian's 16-inch Bluefish!!*



*Kelly with a Sweet 13-inch Pompano!*



*Gabe with 2 "Bobtailed" Kingfish!*



*Part of the VBAC field working the surf!*



*Baiting up and getting' busy – every angler fished hard!*





***Future Centenarian Anglers Doug and Stan Chillin'!***



***Doink, Gabe, and Patty hitting the Grab-n-Go Lunch!***



***Sandwich Building Station for Grab-n-Go Lunch!***



***Fresh Watermelon – an OBX Outdoor Tradition!***



***The VBAC Beach Buggies in Action on the Salvo and Avon Beaches – Esprit des Corps was alive, as all Anglers had a ride!***





L



*Kelly intently watching his rigs!*



*Caroline baiting-up for another catch!*



*Gabe "working" the Surf!*



*The First Wave Ready to Serve!*



*The Second Wave in the Pot!*



*The Second Wave Post-Dump!*



*Patty getting some well-earned R&R!*

*Bob and Russell in Full Feeding Form!*

*Jeff in Relax-mode!*



*Gabe, Kelly, and Doug Chowling Down.*



*Caroline enjoying the Feast!*



*Doink in his happy Place!*

**Congratulations to all 2019 Competitors, and Good Luck in 2020!**

*Contributed by: VBAC Angler John Germanos, Surf Fishing Committee Chairman*



# Surf Fishing News

Submitted By Kelly Hoggard.

## LBI Day 1

After settling into Long Beach Island New Jersey yesterday afternoon, a big storm blew through. We delayed our starting activities until the evening. Went down to check on one of the bait holes. The first cast I spotted a large striper swimming in circles and took a shot. Hit a nice-looking fish and pulled a bluefish and some mullet with him too. Released for another day. Later we hit the beach a few minutes before sunset. On the first cast, the line went down in about 15 seconds and I was rewarded with a fat 13" roundhead. Getting an early start this morning to pre-fish the tournament. Good luck to all the fisherman.

## LBI Day 2

The cast net is working, but only catching big fish. I caught this striper, a blue, and a pair of 8" mullet in the same cast. A small flounder and more mullet were caught later.

On Thursday evening, I only had a short window and caught one big Roundhead. On Friday, the pre-fishing was great for some and slow for others. The north side is a little tougher to fish but features the area that the tournament is located. Another big roundhead, 2 good bluefish, a sizeable flounder were my catches along with a solid 4-foot bull shark. I was a little concerned with the shark, but the sand was nice and flat out on the bar where we were standing. Sometimes the bar had no water on it, so I waited for the chance and got control of him. It's been fun but we fish for the prizes tomorrow.





# *Surf Fishing News*

Submitted By Kelly Hoggard.

Went surf fishing for a short afternoon on 8/29/19. I only had 3 bites in 4 hours. A nice little puppy drum and 2 stingrays. I was lucky to be joined by Robbie parks but he also only found the stingrays. There was a recent dredging operation that seemed to pull the fish away from that area. The sand was dirty and thick.



# *Surf Fishing Continued*

Submitted By Kelly Hoggard.

John Germanos and I went down to sandbridge to hit the beach before the hurricane. Though fishing wasn't the greatest, there was a big variety of species. Flounder, sheepshead, puppy drum, spanish, blue, roundhead, black drum, pompano, and hound fish were all on the catch list. We had a fun time and went home as the winds began to change and pick up. The 42" hound fish I caught is pictured here.





# ***Freshwater Fishing***

**Largest freshwater fish caught during 2019 in this category by species.**

Species	Angler	Date Caught	Length	Where Caught	Weight
Blue Catfish	Russell Willoughby	28-Mar	44"	James River	
Bluegill	Melanie Bayford	16-Mar	9"	Beaver Dam Pk	
Bowfin	Jerry Hughes	15-May		NW River	8lb 3oz.
Chain Pickerel	Jay Graber	2-Mar	21.75"	LCrk Reservoir	
Crappie	Steve Harding	30-Mar		Smith	2lb 10 oz.
Largemouth Bass	Jay Graber	30-Jul	19"	LCrk Reservoir	
Longnose Gar	Russell Willoughby	4-Apr	33"	Lake Whitehurst	
" "	Melanie Bayford	30-Apr	33"	Piscataway Rvr	
Snakehead	Frank James	31-May		Pohick Regional	6lb 5oz.
White Perch	Melanie Bayford	7-May	11.5"	Piankitank River	
Yellow Perch	Preston Mangum	9-Sep	11.25	Lake Prince	12 oz.

# *Freshwater Fishing Continued*

Submitted by Preston Mangum:

September 13, 2019

Melanie Bayford and I went to Lake Prince to see what we could find and had most every kind of bait with us. Not 15 minutes after launch, Melanie brought in a largemouth bass measuring a little over 15". Not much bit until the mid-afternoon when we found a mess of bluegill, some of which were really nice sized. Not long after that I caught a 12 ounce yellow perch and Melanie caught a longnose gar over 30", a club release minimum. Soon after, without a shellcracker to our names, we headed out to fight the traffic going home.

Plenty more out there!

Preston





# ***Freshwater Fishing Continued***



**Catching Fall Crappie – by Flukemaster** (click on picture)



**Catching Fall Crappie** (click on Picture)

*By Richard Gene “The Fishing Machine”*

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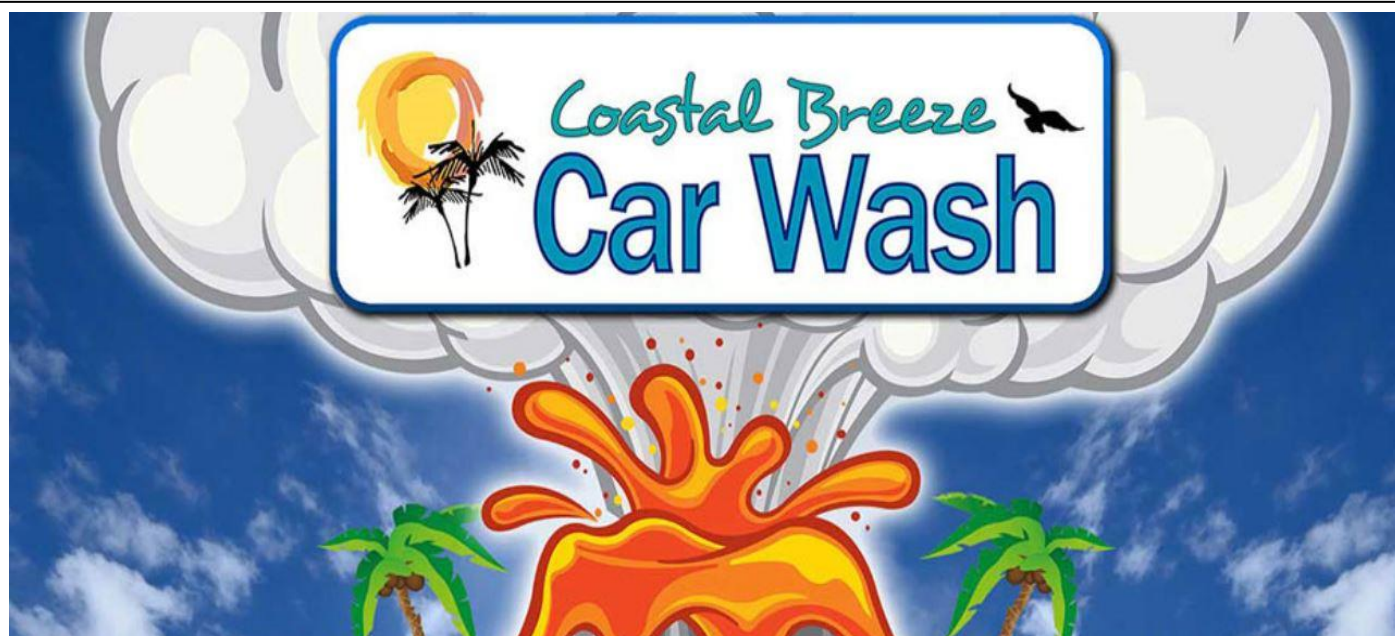
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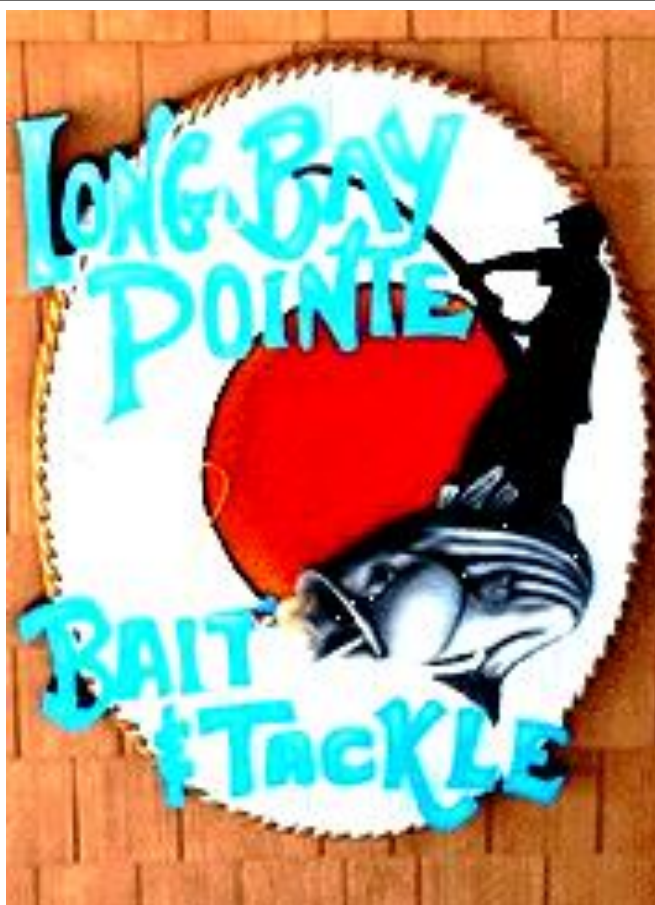


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# VBAC MISSION STATEMENT

The purpose of the VBAC is to encourage sport fishing, both freshwater and saltwater, while supporting prudent governmental and other policies that promote the preservation, conservation and ecology of all marine life.

## Our Objectives:

- ❖ Monitor legislative and regulatory activities relating to management of local and regional fisheries and participating actively, where appropriate, to assure the adoption of sound management policy and practices that best serve the interests of VBAC members.
- ❖ Promote interest and participation in recreational angling by conducting programs and activities that encourage sport fishing.
- ❖ Educate members and others in the techniques of sport fishing to enhance their enjoyment of the sport.
- ❖ Conduct social activities that create a wholesome climate for deriving the maximum pleasure from sport fishing by members, their families and guests.
- ❖ Plan and conduct fund raising activities to provide the revenues needed to support these objectives.

## 2019 VBAC Elected Officials

### Officers:

Chairman of the Board: George Gabriel

President: Bob Burstein

First Vice President: Chris Schneider

Second Vice President: John Germonus

Treasurer: Mike Anderson

Recording Secretary: Russell Willoughby

Corresponding Secretary: Bob Stuhlman

### Board of Directors:

Gary Doerhoff

Jerry Mariano

Preston Mangum

Ronnie Nixon

Patty Serby

Butch Eason

Mark Lozier

David Anderson

Larry Regula

**Virginia Beach Anglers Club**  
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