

The Lost Anchovy

Kayak Fishing Magazine

KINGS OF THE COAST

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“My commitment to the readers of this magazine is that I will create an open and honest publication focused on articles that help you become better fisherman.”

When I created my blog and website, thelostanchovy.com, nearly 8 years ago it was for a simple purpose, to share the love of the sport with the wider community through blogs and tutorials. Thelostanchovy or TLA is a culmination of organized fishing knowledge to help the kayak fishing audience to become better fisherman.

I could not imagine nearly a decade later the level of reach it has garnered and the support I have received. As the brand continues to grow, I want to personally thank those who have supported me along the way and help me forge a path forward. Many of you are supporters, but also good friends – your support is appreciated.

My commitment to the readers of this magazine is that I will create an open and honest publication focused on articles that help you become better fisherman. I value safety, education, healthy living, community and forging lasting connections. These are the foundational values that the TLA brand is built on. The Advertisers on this publication are from brands I personally use, trust and endorse.

I am excited how the future of the TLA brand will unfold. I am excited how the sport continues to evolve and innovate. I am excited to see new faces and greet old friends. Let's forge this path together share a beer, and catch a fish. Best of luck and tight lines --TLA

The Spirit of Kayak Fishing

IN LOVING MEMORY OF
OUR FRIENDS WHO HAVE PASSED ON,
MAY YOUR SPIRIT BE WITH US,
WITH EVERY FISH CAUGHT, AT EVERY CAMPFIRE,
EVERY POTLUCK AND CELEBRATION.
GONE, BUT NOT FORGOT

Kayak fishing means different things to different people. When kayak fishing started in earnest nearly a decade ago in Northern and Central California the pioneers set the vibe for the sport—It was chill, relaxed and people didn't take it all so seriously. If it was *all about the fish* you wouldn't know.

Sometimes you can sense it in the wind and the ocean breeze. The laughter of good friends enjoying the ocean air, the serenity of the ocean and the bounty she brings. For awhile, the troubles of the world melts away to the sounds of seagulls chasing bait, whales breaching anchovy balls and hungry salmon feeding underneath.

We laugh sometimes so hard it becomes hard to breathe.

We smile and rejoice when our friend lands that fish of a lifetime.

We hurt when we lose a big fish, but get ready for the next one.

We protect the next angler like he is our own kin.

We feel the spirit of kayak fishing alive in each of us. Those who understand --- get it!

Kayak Fishing brings us together to share moments with our friends. Those moments are etched in our spirit and memory. The bounties we share with our loved ones and friends. Instagram, YouTube and Facebook posts provide a moment of validation for our egos. The spirit of kayak fishing feels good, so we conclude -- Kayak Fishing is AWESOME!



This is how it all began. When the spirit of kayak fishing was pure, simple, honest and open.

Is the spirit of kayak fishing getting lost between the noise of social media, YouTube personalities (me included), Internet forum melodrama and Covid-19 dooms day predictions?

Changing Times

Make no doubt about it. The sport is growing leaps and bounds and this presents its own set of problems. What was a tight knit community of like-minded individuals sharing the love of the sport, bounties of the ocean, and community spirit is being replaced with warring tribes, clicks and private and public internet groups with their own agendas.

YouTubers want views, subscribers, likes and shares. Businesses want more interest in the sport to promote services and products to drive up revenue. Manufacturers want to sell kayaks and gear.

Conservationist wants to restrict the fishing grounds and fisherman want more access to fish.

Are we at a tipping point?

Is the division in kayak fishing a microcosm of the greater division we are seeing as a nation and as Americans?

Maybe I'm an optimist. I just want to catch a fish. If I don't that is ok too. I like to share my experiences so others can partake in it. I enjoy a lazy afternoon with friends on a flat coastline with biting fish.

To me it is ok to share my playground and sand because that is what the spirit of kayak fishing is all about – **community spirit**.

As the sport grows will it always be this way? I don't know but if the spirit of kayak fishing is muted or lost in the politics of fishing. It will be a great loss for us all. I'm crossing my fingers we take a different path.



There is one constant in the Kayak Fishing world and it is change. Every year Manufacturers are innovating new products and kayaks to meet the changing needs in the kayak fishing community.

The kayak fishing community has for the most part remained the same with larger established clubs holding the dominant position in the community, however, like silicon valley nothing really stays the same. What is new and exciting yesterday is status quo today. Innovation and change equates to relevance.

There is an old saying in Silicon Valley that cuts at the heart of Bay Area living -- *Innovate or die.*

Things change and there is a new crew in town. They are up and coming and bring a lot of excitement and energy to the kayak fishing scene. They are generating a lot of attention and buzz.

Have you heard of FRESH N SALTY kayak fishing? Get to know them and here is why.

I spent some time with the founding members to talk about FNS's rise in the kayak fishing scene.

Below is an excerpt from my interview.



TLA: “Hey guys thanks for joining me to talk about Fresh N Salty kayak fishing. I have noticed over the last year FNS has seen a fast rise in the kayak fishing scene, so what is your mission as a crew and when were you guys established?”

FNS: “ First, thanks for putting us in the magazine. You know we try not to be too structured as an organization with mission and goals. We want to get together with people who have common interest: outdoors, having a good time, kayak fishing and friendships. We are welcoming and open to others who enjoy the same thing. As a group, we were established in early 2018 and it has just grown from there.”



Founding Members



Kei Vang



“Our most popular events have been our meet and greets at Lake Berryessa and at Timber Cove. People come out to fish, learn or just hang out. It’s not structured like a tournament with official rules and guidelines. We are also looking to organize an annual meet and greet for those who want to come out and see what we are about.”

Sue Vang



“In life, we always seek answers to many things. You cannot find answers if you’re not stepping out of your boundaries. Go out on an adventure today.”

Charlie Vang



“FNS, no boss, no president, don’t need no damn structures. Come out and join the fun!”



TLA: “I support organizations that aim to grow kayak fishing and I think you guys are doing a good job. My next question is what makes FNS unique compared to other established kayak fishing clubs?”

FNS: “ We are free flowing, not structured and just chill. We try and help new people who are getting into the kayak-fishing scene. We know what it is like start off and not know much, while trying to find like-minded people to fish with. We know what it can be like to be judged when you are new to the scene. We are also internally funded so when someone buys FNS gear the funds goes straight back to the community. It is free to join and it is free to come out and learn. You don't even need to own a kayak to come out to our events.”

TLA: “Why do you think FNS has seen such tremendous growth over the past few years?”

FNS: “ I think it is because we are welcoming. People want to feel welcomed and not feel judged for being new. We have all been there. We want people to have a good time and be with others who enjoy the same thing.”

TLA: “Yes I can see that. I think it is a common concern many new people have about getting into kayak fishing. They want to find like-minded people who can show them around and fish with. They may feel intimidated to ask more experienced and established anglers, like myself or Moo, to take them around. Moo and I try to put out as much information to help others out, but realistically we can't fish with everyone who request time with us. So I'm glad you guys are around. So my next question is - Are there requirements if someone wants to join Fresh N Salty kayak fishing?”

FNS: “ There are no restrictions to join FNS. You don't even need to own a kayak to join the group. If you want to be a part of something come out and see what we are all about.”



TLA: “That is great! Ok, with the growth what do you think your challenges are going to be as an organization over the next few years?”

FNS: “As a group we are just trying to stay flexible and less structured as possible. We try to learn from established kayak fishing clubs, but at the same time try to stay true to ourselves. We will have to adjust along the way and the core members will decide how that will be, but for now we want to be open, chill and provide a welcoming atmosphere for those who want to join us.”

TLA: “That is awesome, I’m sure there are many people who will appreciate those types of events. Thanks for taking the time guys. So if someone wants to join FNS how do they go about it?”

FNS: “We have a Facebook Group. Just find us on FB and request to join. One of the admins will accept or deny the request.”



KINGS OF THE

Catching a wild salmon is one of the most challenging fish to undertake as a kayak fisherman. The erratic and unpredictable behavior of the King salmon, combined with state regulations (Barbless Hooks), stack the odds against us.

When I started fishing for Salmon there were very little resources available to kayak fisherman besides a few articles written on NCKA (Norcalkayakanglers). We explored the fishery and developed techniques that worked for our sport. We lost many fish before we were able to catch them with any level of consistency. We learned, we failed, but we got better each time.

Salmon season normally starts in early April and will run deep into the fall. As a kayak angler, I think the fish are too scattered in the spring to catch them with any level of consistency unless it is on a boat or with a motor. June or July is optimal to start targeting kings as the bait balls move closer inshore and we get better access to them.

For a full tutorial on how to catch King Salmon from a kayak, I recommend visiting my website at www.thelostanchovy.com

Here are some tips to help you locate fish, get them to bite and bring home a fish.

COAST

1 Find The Bait

There is an old saying about salmon fishing. “Find the bait to find the fish”. Salmon are predatory schooling fish and they are constantly roaming the ocean looking for bait balls to feed on throughout the summer. Wherever the anchovy balls are found, often the salmon will be right behind them.

Feeding whales are also a great indicator of marauding salmon. Salmon are attracted by the chaos that is caused by feeding whales. The whales scatter the bait balls and allow for easy pickings for the surrounding salmon schools. Trolling or mooching around these feeding frenzies will increase your chances of getting bit by a Salmon.



Nick Gaeta with a big 35 inch King Salmon off the Marin coast



2 TROLL

Trolling for Salmon is a very effective technique that has gained traction in the kayak fishing community over the past few years. Trolling does add a certain level of complexity and cost to salmon fishing such as downriggers, sink releases, deep six divers and flashers, but the reward often times outweighs the cons.

Salmon trolling is about getting the salmon's attention and getting them to bite! Flashers are used to attract the fish to the bait and the rotating action on the troll helps mimic a wounded fish, activating the primal hunting instincts of the fish to attack.

3 MOOCH AND TROOCH

Before trolling became popular in the kayak fishing world, mooching or trooching was the preferred method for landing big salmon. A mooching set up is composed of a banana weight, four or five feet of leader and two adjacent barbless circle hooks hard tied. I prefer to catch live bait on a sabiki line and send it down on a mooching set up around a feeding school of salmon because frankly – it works!!



Bee and Sue Vang teaming up to land a Marin Coast Salmon

4 STAY ON THE FISH

Staying on the fish is a proven way to a daily limit. *Don't leave fish to find fish.* If the fish are biting, work the area hard until they stop feeding. I too often see anglers hook and land a fish only to move away from the area. Find the fish. Get them to bite and get them on the kayak. It really is that simple.



Matt Baron with a Coast King Salmon

5 Targeting Depth

Finding the right depth when targeting salmon is critical to getting a bite. Salmon feed up and down the water column. It is your job as a fisherman to find the depth they are biting at and having a good fish finder is critical to accomplishing this task. A good rule of thumb is to work the middle of the water column to start. For example, if the water depth is 60 ft., place the bait at 30 ft. and adjust, adjust, adjust until the feeding fish are located.

QOI

FISHING WITH STYLE





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Red Thai Curry Halibut

This red thai curry halibut is a great summer dish for California Halibut. The dish has a spicy kick that will delight many people. Give it a try at the next family or friends gathering.

Ingredients

- (12 oz) California Halibut
- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1/4 white onion
- 2 stalks of thai basil

Red Thai Curry Sauce

- 2 Tbs of Red Thai Curry Paste
- 2 Tbs of fish sauce
- 1/2 can of coconut milk

Optional Ingredients

- Cilantro to garnish
- 2-3 red chilli peppers

Note: It is extremely important to take great care when grilling halibut. Halibut have a reputation for being a dry fish, but I believe it is misunderstood.

1 **Searing halibut** - Using a searing pan add 2tbs of olive oil and let the pan heat up until the oil is hot. Take a fresh piece of halibut, preferably the top piece, and place in the pan to sear. Sear the halibut for 2 min on each side or until golden brown. The middle should not be fully cooked.

2 Preheat oven to 350 degrees and place the seared halibut into the oven for 5-8 minutes or until the fish is cook throughly.

3 **Stir-fry vegtagbles** - Using a frying pan stir-fry the red, yellow bell peppers, white onions, and thai basil in olive oil until vegetables are soft and tender.

4 **Making sauce** - In a saucepan, combine the red Thai curry paste, fish sauce and coconut milk together to make the red thai curry paste. It is optional to add red chilies to increase the spiciness of the dish.

5 **Plating and serving** – Place the grilled vegetables under the seared halibut and drizzle over the thai red curry sauce. Garnish the dish with cilantro and serve hot!



Freshly caught California Halibut fillets



The Fishing Obituary of Captain (David) Quang

There are few people that hold a significant part in the TLA universe and yet live in obscurity than my first ever kayak-fishing buddy Captain (David) Quang.

Some of you have seen the captain through the years on my channel and blog. He is reckless as a bulldozer without breaks and has the lives of 20 stray cats combined, but there are few people I would rather fish with. The captain is generous, kind and always dependable for a good time.

As a young Chovy, the first time I met the captain was when an acquaintance introduced us. During that time, there were few kayak anglers and we clicked through our love of the sport. There was something different about him, an allure that is hard to express in words.

There are two outcomes when it comes to fishing with the captain: we are going to have a great time or this is going to burn down in an extraordinary way. Since that day, he has nearly killed me a dozen times yet we managed to escape our harrowing circumstances to fish another day and with a good story to tell.

Is the captain dead?

No, he isn't, but you can imagine my face when he broke the news that he is moving to Houston to chase warm water pelagic fish along the coast. No more herring spawn

No he isn't but you can imagine my face when he broke the news that he is moving to Houston to chase warm water pelagic fish along the coast. No more herring spawn adventures, no more Big Sur expeditions, boring rockfish trips and harrowing adventures – He is gone.

Captain Quang is like the old T-Shirt that you still hold on to because of sentimental value. The captain has an undeniable charm that is hard to resist -- nostalgia is a hell of a thing. He is like a siren that sings a song and drags sailors to their doom amongst the wash rocks. The rush is undeniable, the memories full of joy, the fish are puny and non-existent. Your doom is always a few steps away, yet I come back looking for more pain and the pleasure that comes from it.

To the Captain AKA: herring hunter, rockfish ravager, sardine slayer, mackerel murder, lingcod licker -- I salute you on your new adventure captain. The TLA universe celebrates your time with us and god speed on the journey ahead. May the forage fish of the gulf know the wrath Captain David Quang.

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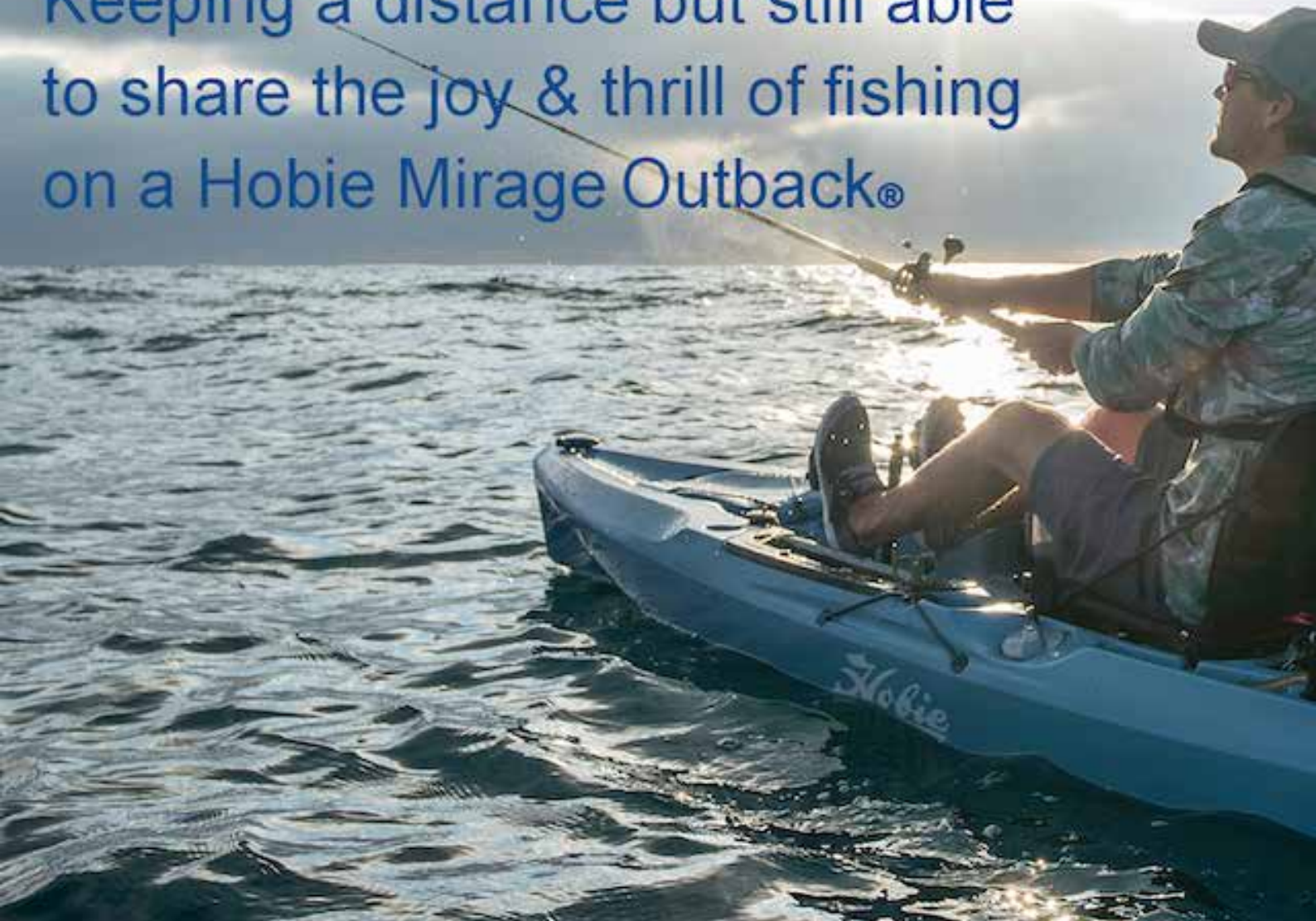
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What do you want to know about kayak fishing? What article or products would you like covered?

If you have a question feel free to email me at keith@thelostanchovy.com

If your question is picked I will answer it in the next edition of the TLA magazine

ASK AN ANCHOVY