
maine

Welcome to
the MLA!

LOBSTERMEN'S
ASSOCIATION

jr harvesters



Safety



Lobstering



Wellness

Dear Jr. Harvesters,

A warm welcome to the Maine Lobstermen's Association! We are absolutely thrilled to have you join our close-knit community. As you start your journey into lobstering, you're stepping into a cherished tradition that has been at the heart of Maine's maritime life for generations. Lobstering here is more than a profession—it's a thrilling adventure filled with courage and skill. Your enthusiasm and dedication will help carry forward a legacy that has shaped our industry. We know you'll play a key role in keeping this tradition alive and thriving for future generations.

Keep in mind, Maine is known for its exceptional lobster, and you are now an essential part of what makes our lobsters so special. Reach out to me if you have not received your MLA Membership Card.

Sunshine, MLA Membership Director

Before joining the MLA Team Sunshine sternal on a lobster boat and completed the lobster apprenticeship program. She is on the Zone F wait list.

what's inside



**Meet Sunshine,
MLA Membership Director**



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04 Easy to make recipes

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09 Health and Safety: Taking Care of your most important piece of gear, your body.

11 Did you know...?

www.maine lobstermen.org

WEAR YOUR PERSONAL FLOATATION

Lifejackets

Bottom line: You have to have one and you have to wear it when you are on the boat.

Guess how cold the Gulf of Maine is in June? About 53 degrees F. which is a good 45 degrees colder than your body.

Guess what happens when you fall into the cold Gulf of Maine? You immediately start to lose heat. Water takes heat from your body 25 times faster than air.

As your body cools down, your heart, nervous system, and other organs can't work normally. You quickly lose the use

of your arms and legs as your body transfers blood and heat to the heart and brain in an effort to keep them warm and functioning.

If you fall into the Gulf of Maine in June without a life jacket on, you have just minutes before you sink, no matter how strong a swimmer you are. Among New England lobstermen, falls overboard are the most frequent cause of death. Across the U.S., 60% of fishermen who fell overboard were not seen by the rest of the crew.

If you want to come back home at the end of a day working on the water, wear your lifejacket.

For more information, visit <https://necenter.org/portfolio/lifejackets-for-lobstermen>



RECIPES TO TRY AT HOME



CRAB FRITTERS

Ingredients:

- 200g crab meat
- 1 egg
- 1/4 cup mayonnaise
- 1 tbsp lemon juice
- 1 tsp Worcestershire sauce
- 1/2 cup breadcrumbs
- Salt & pepper to taste
- Oil for frying

INSTRUCTIONS

- MIX CRAB MEAT, EGG, MAYONNAISE, LEMON JUICE, AND WORCESTERSHIRE SAUCE IN A BOWL.
CRAB FRITTERS ADD BREADCRUMBS, SALT, AND PEPPER, AND MIX WELL.
FORM SMALL FRITTERS FROM THE MIXTURE.
HEAT OIL IN A FRYING PAN OVER MEDIUM HEAT.
FRY THE FRITTERS FOR 3-4 MINUTES ON EACH SIDE, UNTIL GOLDEN BROWN.
SERVE WITH YOUR FAVORITE DIP.



LOBSTER TACOS

INGREDIENTS:

- 300G COOKED LOBSTER MEAT,
CHOPPED
- 1 AVOCADO, SLICED
- 1 CUP CORN KERNELS
- 1 RED ONION, FINELY CHOPPED
- 1 LIME, CUT INTO WEDGES
- 8 SMALL TORTILLAS
- FRESH CILANTRO FOR GARNISH
- SALSA AND SOUR CREAM FOR
SERVING

INSTRUCTIONS

- WARM THE TORTILLAS IN A DRY SKILLET.
DIVIDE THE LOBSTER MEAT, AVOCADO, CORN, AND RED ONION AMONG THE TORTILLAS.
SQUEEZE A LITTLE LIME JUICE OVER EACH TACO.
GARNISH WITH FRESH CILANTRO.
SERVE WITH SALSA AND SOUR CREAM.

Do you have a lobster recipe to share?

WORK SMARTER NOT HARDER

tips and tricks to fishing



It's simple and it keeps
Maine's lobster fishery
successful!

V-notching is
required by law!

V-NOTCHING

by MLA staff

Just about everyone has a bank account. It's a smart move: you put some of your money into a saving account and, over time, you find that you have, surprise! A lot of money. That money may come in handy some day when your engine needs an overhaul, or the price of bait takes another jump upward.

Believe it or not, the same is true about lobsters. Each mature female lobster may produce 100,000 eggs each year. That's a LOT of potential new lobsters. But unfortunately, just about everything else in the Gulf of Maine likes to eat tiny lobsters. Of those 100,000 eggs, less than 1% (1,000 eggs) survive to become legal-sized lobsters.

How long does it take you to catch 1,000 lobsters? When they are coming in, not that very long. And all the other lobstermen along the coast are doing the very same thing.

So, it's important that each female lobster is given every chance possible to produce and hatch her eggs. Having lots and lots of lobster eggs in the water helps ensure that there will be harvestable lobsters in the future. It's sort of like having money in the bank.

Continued on next page

EVERYONE SHOULD V-NOTCH!

egg-bearing female lobsters

Continued from page 5

That's why Maine lobstermen cut a small V-notch in the center flipper of an egg-bearing lobster. That V-notch means that she cannot be landed and other lobstermen must throw her back to bear more eggs in future years.

Protecting female lobsters from harvest is a practice almost as old as the state of Maine. In 1872, the Maine Legislature passed its first law protecting egg-bearing female lobsters. In 1874, the State established a minimum legal size for harvested lobsters. And in 1917, the Legislature put in place the first marking program for female egg-bearing lobsters, requiring that a hole be punched in the tails of those females purchased by the state to bolster natural egg production.

In 1948, the Legislature passed a law declaring any female lobster with a V-notch in her tail flipper could not be taken or sold, regardless of whether she was still carrying eggs.

“V-notching is our future,” says Matinicus lobsterman, Jarod Bray. “More eggs in the ocean means more lobsters in the future. If you see eggers that are not notched, just do it before you toss them over the rail. We are all going to reap rewards from doing it.”



HOW TO V-NOTCH

tips and tricks to fishing



Why do Lobstermen V-Notch?

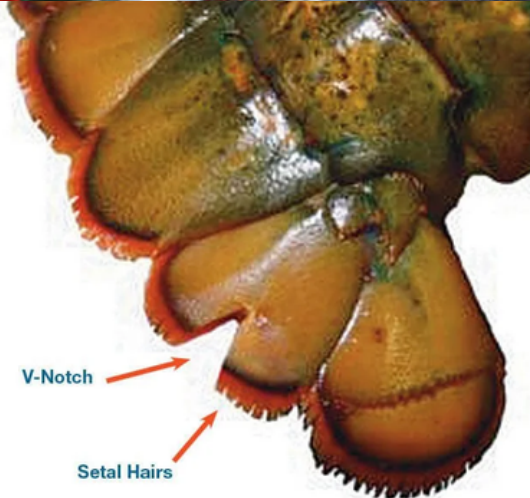
- Maine lobstermen are required to notch all egg-bearing lobsters and release immediately.
- The v-notch will remain through the next few molts. This protects her beyond the hatching of her eggs and allows her to reproduce for several years to come.
- If the v-notch grows out, it should be re-notched to maintain the protection of this breeder.

How to V-Notch

- Use a v-notch tool or a sharp knife to cut a 1/4" V-shape in the center of the flipper.
- Cut the notch in the flipper immediately to the right of the center while viewing the lobster from the top side.

What if I Don't V-notch?

- You put the future sustainability of the lobster fishery at risk.
- You pay a fine! It is \$500 for each violation + \$100 for each lobster up to 5, and \$400 for each lobster in excess of 5.
- If the number of lobsters cannot be determined, a fine of not less than \$1,000 or more than \$5,000.



WHEN IN DOUBT - CUT IT OUT!

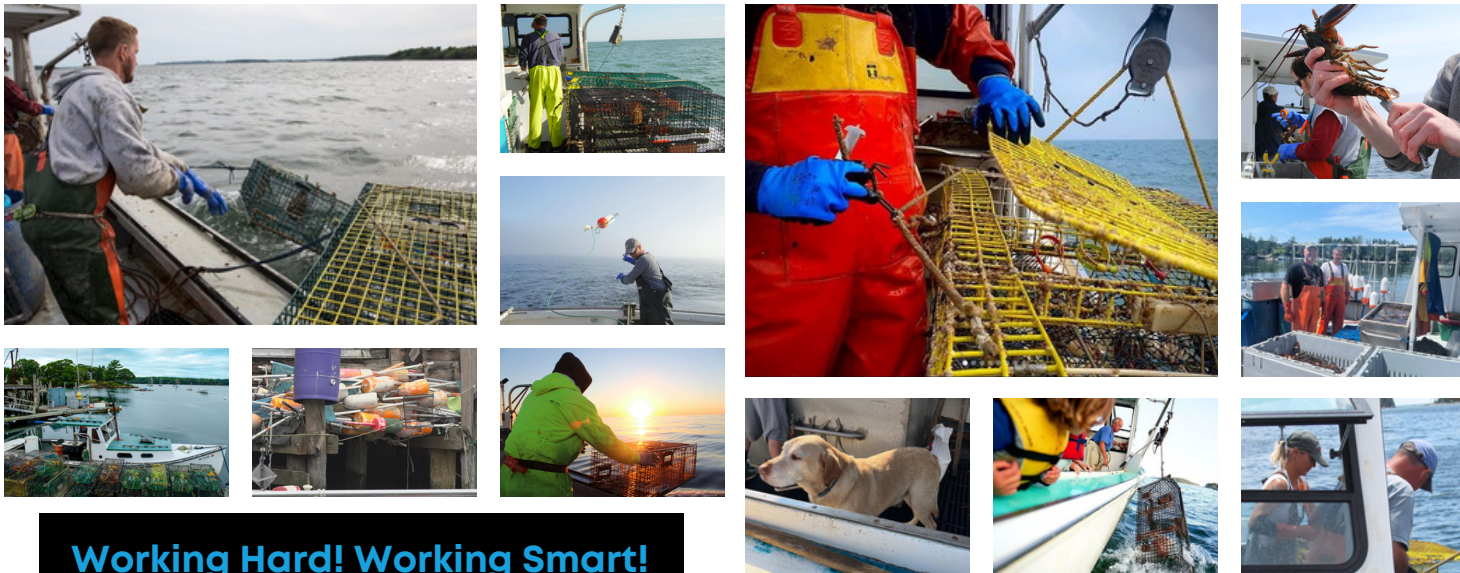
V-notching Lobsters (Maine Regulations, Chapter 25.15).

1. Mandatory V-notching Requirement. All lobster fishers are required to v-notch all egg bearing female lobsters caught in the process of lobstering.

2. Zero Tolerance of V-notching. V-notched female lobster means any female lobster bearing a v-shaped notch of any size in the flipper next to and to the right of the center flipper as viewed from the rear of the female lobster. V-notched female lobster also means any female, which is mutilated in a manner, which could hide, obscure or obliterate such a mark. The flipper right of the center flipper will be examined when the underside of the lobster is down and its tail is toward the person making the determination.

PHOTO GALLERY

E-mail us your favorite lobstering picture: sunshine@mainelobstermen.org

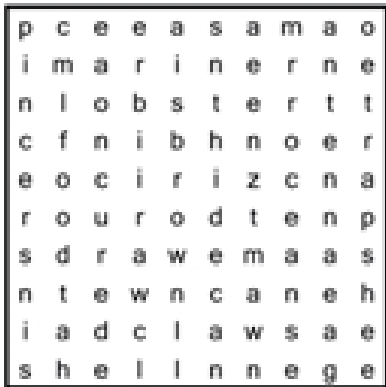


Working Hard! Working Smart!

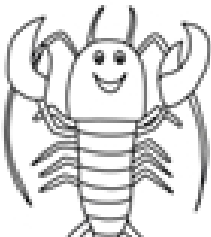
Don't forget to tag us or send us your pictures too!



Lobster Word Search

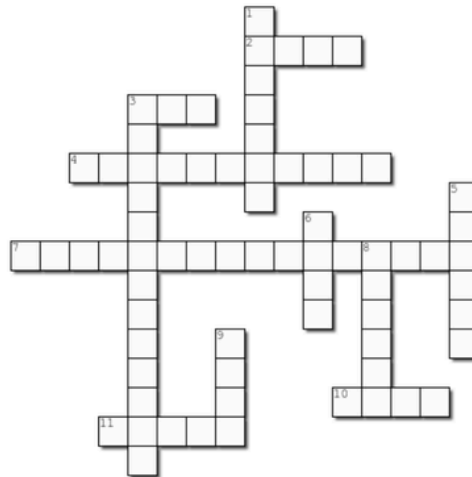


- | | |
|----------|-------|
| Lobster | Food |
| Claws | Red |
| Shell | Trap |
| Pincers | Brown |
| Antennae | Hide |
| Ocean | |
| Marine | |



LOBSTER CROSSWORD

Complete the crossword puzzle below



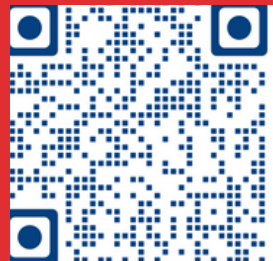
- Across**
- Where does a female lobster carry the eggs?
 - What fish would eat small lobsters?
 - What group of animals are lobsters classified in?
 - Homurus americanus is the Latin name for what animal?
 - Lobsters smell with their _____.
 - What state is famous for harvesting lobsters?

- Down**
- Where are lobsters teeth?
 - Lobsters use what body part to feed on clams?
 - Lobsters are moving north due to _____ water temperatures
 - lobsters have _____ eye sight.
 - Lobster populations are considered?
 - Lobsters will eat sea stars

Created using the Crossword Maker on TheTeachersCorner.net

The Maine Lobstermen's Association (MLA) was founded in 1954 and is the oldest fishing industry association on the east coast. The MLA has advocated for the sustainable lobster management and preservation of Maine's Lobstering heritage for 70 years!

The MLA has a proven track record of success possessing the expertise, knowledge, and unwavering determination to safeguard Maine's Lobster fishery.



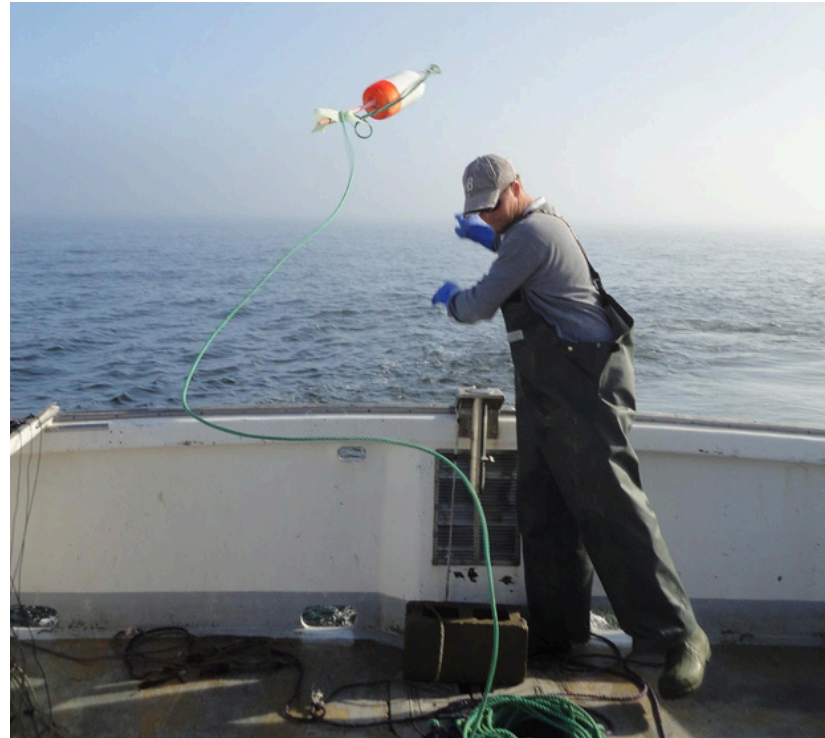
THE MLA SPOTLIGHT

www.mainelobstermen.org

HEALTH AND SAFETY



Above: A simple stretch for your hand done off and on during the day will keep Carpel Tunnel Syndrome at bay. FishAbility photo.



What do you think Kansas City Chiefs quarterback Patrick Mahomes and Los Angeles Dodgers player Mookie Betts do every day?

They stretch.

Every professional athlete knows how important it is to keep the body flexible and strong. It's not just weightlifting or working out at the gym, it's knowing how to use your body properly and keeping muscles and tendons properly in line.

Every lobsterman is an athlete too. Each day on the boat you work your body hard, whether it's hauling traps onto the washboard or dangling from the bow to gaff the buoy.

It's also really easy to hurt yourself.

Lobstermen have one of the highest rates of job-related injuries in the United States. What is it about the work that takes such a toll on the body? First, it's repetitive work. You bend, you lift, you twist, over and over again, while on the working on a boat.

Second, you often put your body in awkward positions in order to do what needs to be done. Over time, you may start to hurt. A recent survey showed that 50% of New England lobstermen surveyed had low back pain; even more suffered from injuries in the shoulders, elbows, hands and wrists.

Every lobsterman knows that it is important to take care of the boat in order to be a successful fisherman. You need to do the same for your body.



Exercises you can do to stay pain free.

BY MLA STAFF

Standing Side Bend

Side bends can help release some of the tension built up after a day of lobstering. Simply put one arm over your head and bend to the opposite side. Hold for at least 30 seconds and then do the other side.



Warrior Pose

Warrior pose will stretch and strengthen your body. Hold onto a support with your right hand. Step left foot back three feet, turn foot 45 degrees left. Bend right knee and align directly over ankle. Keep left leg straight. With equal weight on both feet, reach hands skyward. Take deep breaths. Repeat with right foot back.



Shoulder Stretch

Release your tight shoulders by bringing one arm across your upper body and hold it straight. Grasp the elbow with the other arm and gently pull toward your chest. Hold for 10 to 20 seconds and repeat on the other side.



Did you KNOW?

In 2023, Maine lobstermen landed 93.7 million pounds of lobster, worth \$464.3 million!

Twenty years earlier, in 1983, Maine lobstermen landed 22 million pounds, worth \$51.2 million.

In 2023, Hancock County landed the most lobster in Maine, nearly 28 million pounds. In 1983, Knox County landed the most lobster, with 5.4 million pounds.

- Ready Seafood has a lobster cam. You can watch (and wait) to see if a lobster comes for the bait at <https://youtu.be/xsXfHiR3Bzk>.
- Lobsters can live a very long time. Scientists, however, have identified lobsters nearly 100 years old. Lobsters caught by Maine lobstermen at the minimum gauge are between five and seven years old.
- The record weight for a lobster is 45 pounds.
- Lobsters' teeth are located in its stomach. The stomach is very close to its mouth. Inside there are three grinding surfaces, like human molars, that chew its food.





MEET A LOBSTERMAN

**Richard Howland, Islesford
MLA Board Member**

I've been in the lobster industry since the 1990s and was fortunate to experience some of its most historic and productive years. I am deeply grateful to the conservation-minded fishermen who came before me and created opportunities for my generation. I hope to continue this legacy for the next generation as well.

There is nothing I don't love about lobster fishing, but my favorite aspects are the freedom of spending every day on the water and the satisfaction that comes after enduring a challenging day in tough weather.

I would urge any young fishermen to respect those who came before them and to value and protect the resource.



“Value the generation before you and protect the resource for the next generation”



**Richard lobsters in Zone B aboard the F/V Victoria
Crew Members: Sam and Xander**

“I did not come from a fishing family, but most of my friends came from fishing families. I had lots of positive role models in the community that encouraged me to get a student license and then my regular license.”

Want to be on our cover? Email: Sunshine@mainelobstermen.org

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