

**MLA ANNUAL WEEKEND  
SEMINAR SCHEDULE – 2015**

**FRIDAY SEMINARS – JANUARY 23<sup>rd</sup>**

9:00 AM

Exhibit Hall

**Cape Cod Maritime Museum Builds a Bevins Skiff**

*The Skiff will be raffled off on Sunday Morning.*

A Community Boat Building Program designed to teach hands-on math skills for students of all ages. Instructor: Bob Lister & students will build one 12' traditional wooden skiff. For more information after the Trade show to register for this class please contact CCMM at 508-775-1723.

9 AM to 5 PM

FPSS Booth

Fishing Partnership Support Services

**Healthcare Support**

**Have you enrolled/re enrolled for your 2015 Health Insurance??!**

**JANUARY 23, 2015 is the deadline for coverage effective February 1st!**

Stop by the booth and check in with one of our Certified Navigators for assistance or to enroll by the February 15th deadline. We are here to help!

9 AM to 4 PM

Room 700

Fishing Partnership Support Services

**Dental Cleanings**

The Visiting Dental Associates of Massachusetts has brought affordable dental cleanings and exams to our members and families at the MLA weekend again this year!

Appointments include a professional cleaning, oral health exam and fluoride treatment.

Cost per person \$30.00. Registration is available at the show. Stop by the FPSS booth to get more information & signup for your cleaning!

You may also pre register at 781-635-0011.

**FRIDAY SEMINARS – JANUARY 23<sup>rd</sup>**

9:30 AM

Racepoint

**Lobsters Under Pressure**

The faster you can haul your traps the more efficient you can be...right? Or is this “pennies wise and pounds foolish”? This session will explore what the effects are of your hauling speed on the lobsters in your trap. Given by; Dr. Bob Bayer and Lobster Institute volunteer Herb Hodgkins.

10 AM to 4 PM

FPSS Booth

Fishing Partnership Support Services

**FREE Vaccinations and Health Screenings**

The VNA of Cape Cod will be offering **FREE** flu, tetanus and pneumonia shots as well as screening for blood pressure, cholesterol, and glucose levels.

10 AM to 4 PM

Room 701

Fishing Partnership Support Services

**FREE Hearing Screenings**

Mass Audiology will conduct free hearing tests. The screenings take approximately 10 minutes and include an ear canal checkup, hearing test with audiometer and for those with hearing aids, a checkup and battery change if needed. Stop by the FPSS booth to get more information and to sign up for your screening.

10:45 AM

“Shutters” private dining room

**Cooking Demo**

Come see and taste what the Sea Crests Master Chef will create for you this year. This year he will create a seafood dish that is sure to please the taste buds. You can't miss this so get there early and get ready to be dazzled.

## **FRIDAY SEMINARS – JANUARY 23<sup>rd</sup>**

10:30 AM

Chatham

### **Lobster Foundation of Massachusetts**

The Lobster Foundation of Massachusetts Board has been working on projects that include a bio vent study and an engine repowering project. As the Foundation moves forward we need your input on ideas that might in some way or fashion, work within Massachusetts harvesting area. There is no idea to simple or small.

This is your industry! What is a good project?

11:30AM

Ocean View – Dining room

### **Update on Trap Allocation Transfer Programs**

*Division of Marine Fisheries*

In certain Lobster Conservation Management Areas (Area 3, Area 2, and Outer Cape Cod) fishing effort is regulated by overall trap caps with each individual permit holder having a unique trap allocation based on past fishing history. Come learn more about the Trap tag transfer program.

1:00 PM

Racepoint

### **Coastal Zone Management**

The Massachusetts Office of Coastal Zone Management (CZM). CZM's mission is to balance the impacts of human activity with the protection of coastal and marine resources. As a networked program, CZM works with other state agencies, federal agencies, local governments, academic institutions, nonprofit groups, and the general public to promote sound management of the Massachusetts coast. Come learn more about potential wind farms sites, potential sand mining sites and much more.

2:30 PM

Chatham

### **What Whales See**

#### **Can we use whale vision to reduce entanglements?**

To reduce or eliminate the problem of right whale entanglements in fishing gear, scientists and gear developers have considered the feasibility of enhancing ropes and nets to improve their detection by whales.

**FRIDAY SEMINARS – JANUARY 23<sup>rd</sup>**

4:00 PM

Racepoint

**Decompress in the Bait Shed**

Brian Robbins, CFN's columnist, invites you for a session of tunes and storytelling. Take a break, have some grins and bring a tale of your own.

6:00 PM – 11:00 PM

Suite#7187

**Children's Activity**

Once again, there will be age appropriate activities and movies. Cheese Pizza is the food of choice for tonight with non-caffeinated beverages and dessert. All children MUST be picked up by 11:00 PM. Sign up at MLA booth. Thank you!

7:00 PM

Dining Room

Fishing Partnership Support Services

**Fashion Show**

Details available at the show. We hope you can join us!!!!

**SATURDAY SEMINARS- JANUARY 24<sup>th</sup>**

9:00 AM

Exhibit Hall

**Cape Cod Maritime Museum Builds a Bevins Skiff**

*Which will be raffled off on Sunday Morning*

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9:30 AM

Chatham

**Environmental Monitors on Lobster Traps (eMOLT): 2014 update**

Jim Manning (NOAA) will be presenting a brief update on the eMOLT project.

It will include a status report on the "real-time temperature", "lobster cam",

And "current meter" projects.

**SATURDAY SEMINARS- JANUARY 24<sup>th</sup>**

9 AM to 5 PM

FPSS Booth

Fishing Partnership Support Services

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9:30 AM

“Shutters” private dining room

**Craft Seminar**

Conducted by: Nancy Reid— this year will be another piece of ceramic pottery to complement your piece from last year. There will be supplies for 20 people.

Please one per family.

10 AM to 4 PM

FPSS Booth

Fishing Partnership Support Services

**FREE Vaccinations and Health Screenings**

The VNA of Cape Cod will be offering **FREE** flu, tetanus and pneumonia shots as well as screening for blood pressure, cholesterol, and glucose levels.

**SATURDAY SEMINARS- JANUARY 24<sup>th</sup>**

11 AM to 3 PM

FPSS Booth

Fishing Partnership Support Services

**Skin Screenings By Dana Farber**

A Dana Farber Dermatologist will be conducting exams on the Dana Farber Blum Van, their fully equipped mobile health clinic. Additionally, Dana Farber health education specialists will be on hand to answer skin cancer prevention and screening questions. Please stop by the FPSS booth to sign up.

11:00 AM

Racepoint

**Division of Marine Fisheries and Law Enforcement Roundtable**

DMF's Deputy Director Dan McKiernan state lobster biologist Bob Glenn and Environmental Law Enforcement Officers will again hold this popular seminar on issues of concern related to the lobster industry.

11:00 AM

“Shutters” private dining room

Fishing Partnership Support Services

**Women's Workshop**

**Reduce Stress & Create Life Balance Through Mindfulness**

Please join in on the opportunity to practice mindfulness meditation and learn ways to incorporate it into your daily life. Regular practice leads to many health benefits such as reducing chronic pain, blood pressure, stress, anxiety, and depression while increasing our resiliency, productivity, creativity & concentration. We can experience the joy in our lives again, gain a new perspective on stressful situations & build skills to manage stress.

*This session will be led by Christine O'Shaughnessy Mindfulness Instructor and Owner of The Center for Integrative Counseling and Wellness Center*

12:30 – 1:15

Exhibit Hall - Nauset II

**MLA's "SUPER SILENT" AUCTION**

This auction will be the combination of the silent and LIVE auction to benefit the MLA Scholarship fund. There will be NO LIVE auction on Saturday night. Please plan on attending this, 45 minute, fast and furious “Super Silent Auction” so you don't miss out on great items that have been generously donated by many MLA supporters and members. Register for your number on Friday and Saturday in Nauset II and view all the items will be on display.

**SATURDAY SEMINARS- JANUARY 24<sup>th</sup>**

1:30 PM

Chatham

**Should you be Incorporated?**

How to beat the economic impact of the lobster fishing closure.

Is there a silver lining to the black cloud?

Is it time to incorporate?

Basic answers to questions about incorporating and collecting unemployment.

Costs, tax benefits, and bookkeeping requirements.

2:00 PM

“Shutters” private dining room

**BINGO**

Bingo has always been a great time! Come by and have some fun and laughs with friends. Who knows, you just might get the chance to yell “B-I-N-G-O”! Space is limited so make sure you get there early enough to have a seat.

1, 2, 3, gets you BINGO on!

2:30 PM

Racepoint

**Rescue of the Bounty**

Author Michael Tougias will give a slide presentation on his new book, Rescue of the Bounty. The tall ship Bounty, featured in the Marlon Brando movie Mutiny on the Bounty, sank during Superstorm Sandy in 2012. The captain and a crewmember perished in the accident but the Coast Guard performed harrowing helicopter rescues to save the other fourteen sailors. Tougias will use slides of the storm, the survivors, and the rescue to make this “an edge-of-your seat” visual program.

4:00 PM

Chatham

**Decompress in the Bait Shed**

Brian Robbins, CFN’s columnist, invites you for a session of tunes and storytelling.

Take a break, have some grins and bring a tale of your own.

6:00 PM – 11:00 PM

Suite#7187

**Children’s Activity**

Once again, there will be age appropriate activities and movies. Chicken Fingers & French Fries will be served with non-caffeinated beverages and dessert. Children MUST be picked up by 11:00 PM. Please sign up at the MLA booth. Thank you!

**SUNDAY SEMINARS - JANUARY 25<sup>th</sup>**

8 AM

Pool Area

Fishing Partnership Support Services

**Survival Suit Training**

*Basic Safety Training Module*

Stay safe! Get a feel for the FPSS Basic Safety training program coming this Spring by attending this hands on survival suit module. Certified instructors will cover such information as optimum storage locations, proper fit and maintenance, suggested suit attachments, effective donning and water entrance, and effective in-the-water skills including entering a life raft. Bring your survival suits!

*Note: Completion of this module will satisfy requirements for the FPSS Basic Safety Training Program!*