

# PELORUS

*Pelorus: a fixed compass used to take bearings relative to a ship's heading.*

The Quarterly Newsletter of

## Central Coast Women For Fisheries, Inc.

Incorporated May 4, 2006



### A Message From the President

Hello Ladies,

I hope you are all doing well and preparing for a good holiday season. It gets a bit discouraging sometimes with all the challenges to the fishing industry lately, but I hope you are keeping spirits up.

We had a fun time together last month at Stax Wine Bar when we celebrated the completion of the new interpretive signs in Morro Bay. We are so proud of this project! We would love to see some Port San Luis women involved and we can do additional signs there as well. If you are interested, please call or email me (Lenore).

We have a couple of events coming soon that we are going to need help with. The lighted boat parade in Morro Bay is Saturday, December 2. We will be selling hot chocolate and cookies at the south T-pier, so will need donated baked goods and servers. Please keep your eyes open for details. Then in February, we'll do our annual albacore enchilada fundraiser. The fish is in the freezer, and plans are in the works.

The board of directors continue working to lead this organization and it's projects, but we really want to see some additional member involvement and input. If you have thought about getting involved with a project, want to lead a project, or want to talk about a new idea, please contact a board member. Their emails are listed in the newsletter.

As a board member, I am proud of what we have done. One of the best side benefits of this organization to me has been finding new friends, and as my husband likes to say; a support group for fishermen's families.

Hope to hear from you soon,  
Lenore Ward, President



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## Maritime Family Fun Day 2023



The 2nd annual Maritime Family Fun Day was on Saturday, October 14, on Morro Bay's waterfront. This event was sponsored by the Maritime Museum, where it was also located.

Among the many activities, CCWF's fish print booth was very popular.

3 girls from the Grizzly Academy helped CCWF members man the booth, which involved managing the supplies for kids to have fun making art out of fish and squid.

Pictured above, CCWF members Diane Moody and Lenore Ward man the table at the left and the right table is Marlyse Battistella. The 3 Grizzly Academy helpers are in the maroon t-shirts.

The picture on the right is Diane Moody keeping up the art supplies.



### Roll Out for the New Fishery Signs

On Friday, September 29, CCWF invited the public to celebrate the completion of the 5 fishery displays on Morro Bay's waterfront. Everyone met at the south t-pier for a talk about the signs and to thank all involved with this multi year project. The secretary and long time member of CCWF, Sheri Hafer, led the efforts and coordination to get this project done. Others were acknowledged: Dr. Keven Johnson from Cal Poly, Sea Grant, Cal Poly students, and the local fishermen and women. Cathy Novak was invaluable coordinating with the city and local well-known artist, John O'Brien did an enormous amount of work with the designing.



The group then walked the short distance from the pier to observe the five fishery signs, for Dungeness Crab, Albacore, Salmon, Near Shore Fish and Deep Water Groundfish. The event continued at Stax Wine Bar and Bistro, a short distance from the signs. Hors d'oeuvres were served along with a big cake that Sheri Hafer made.

Pictured from left to right is Hazel ( the granddaughter of fishermen Craig Barbre and Marlyse ), Tom Hafer and Lenore Ward.

**ALOHA:** (In Hawaiian, “Aloha “ means love: CCWF uses it to say both “hello” and “farewell” with love.)



Our Aloha committee is there for you. The committee sends cards and flowers, but we need you to make the call and let us know of the need and the address. Members are encouraged to contact the committee and help CCWF observe occurrences throughout our community, whether happy or sad.

A card was sent to  
Bob and Susan MaHarry

The Morro Bay Commercial Fishermen Organization and Central Coast Women for Fisheries bought a wreath together in memory of  
**Barbara Cefalu.**  
It was placed on the statue by Morro Rock.

### CCWF Board of Directors

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### COOKING WITH CCWF and FRIENDS

#### Crab Melts    by Sharon Rowley

Living near the Alsea River in Oregon, we catch all the Dungeness crab we want. It's easy from a skiff or off a dock. Of course we try many recipes, as well as just cracking it and eating the meat, on a salad or crab cocktails. We've tried various recipes for crab cakes, crab wontons with cream cheese and green onions, crab sandwiches, crab benedict, and more. We tease each other that we'll invent crab ice cream. These crab melts we eat every so often, because they're good and also easy. This can be used as a dip on crackers, on toasted bread or English muffins.

8 ounce block of cream cheese.

2 or 3 tablespoons of mayonnaise.

Some chopped green onion.

A little seasoning, such as garlic powder, onion powder, Old Bay.

Shredded cheddar cheese.

All the crab meat you want to put in.

Mix well in a bowl, the cream cheese (softened is easier), mayo, and seasonings. Then add the green onions. Mix in about 1/2 cup cheddar cheese if desired.

We toast English muffins well, then spread the mixture on them, put a little cheddar on top of each, and broil on a cookie sheet till cheese on top melts.

Note: We also get King salmon in the river and make these with smoked salmon instead of crab. With salmon, we don't add cheddar cheese, so we can taste the smoked flavor more.

## Pages From the Past

### Sandy

by Sharon Rowley

It was 1964 as he was sitting in class, feeling a little out of place. At his desk, he looked around and thought “All these people have got to be over 40.” As a young teenager, Sandy Winston was the only child in the class. His father had told him if he took a Coast Guard Auxiliary boating class, he would buy him a boat. Sandy completed the class and his dad bought him a 26-foot cabin cruiser. Sandy was the one that ran the boat and took his dad out fishing and did most of the maintenance, all before he was 15.

This was the beginning of a lifetime of Sandy owning boats. He bought and sold a few, and built a couple. The first one he built was a panga style boat that he fished for rock fish by hook and line. Except for a two-year stint in the Navy in the early 1970’s, life was all about family and making a living at sea. Residing in southern California, he fished the panga, then around 1977 Sandy bought a larger boat. The guy he bought it from came on the first trips to show him the ropes of gill-netting. Besides fishing for a living, Sandy was raising his three kids as a single father.

Around 1983 Sandy made a move to Morro Bay. He wanted to get his pre-teen kids in a more rural atmosphere; Quint, Sid and Samantha. Sandy brought his gill-netter with him. On one of his early Morro Bay fishing trips, he set his net close to one of the sport boats fishing with passengers. The sport boat was the Princess and the captain was Rita Gartrell. Rita’s response was a kind welcome to Morro Bay, and she helped him by sharing a few areas to check out that might be productive. They became long-time friends and Sandy realized the fishermen in this central California harbor were a tight-knit community, sport fishermen and commercial fishermen alike.

In the mid 1980’s Sandy met Cathy Cordero. Together they expanded Qualmans Oyster Company on Morro Bay’s waterfront to include a fish market, and they also acquired the space on the base of the north T-pier to unload boats. Cathy and Sandy then established Cordero/Winston Fish Company where Tognazzini’s Dockside II is today. They kept over 40 people employed filleting, packing, unloading, delivering, and in the office for about 10 years and were a major receiver for the commercial boats to bring in their catches.



The fillet line at Cordero/Winston accommodated 10 fish filleters, but this day it held lots of good food for a Christmas party. Photo by Patty Strauss

Pictured right: Patty Strauss, on the left, was a supervisor at Cordero/Winston during part of the 1980’s and early 1990’s. She kept the fish processing going smoothly. Her big sister, Sharon Rowley, is on the right and was one of the filleters that Patty kept in line.



Photo by Barry Shaw

Also, during this time, Sandy was looking for another boat. Fisherman Bill Diller told him about the Doran. Sandy bought it and trawled for halibut and spotted prawns. His many successful trips paid for his boat, helped with the Cordero/Winston business and raised his family.

With changes in his life, the fish company ended and his next boat was the Zeplin which he used traps for the prawns. Also, Sandy went to work just down the waterfront at Degarimore's Central Coast Seafood dock. He unloaded slime eels, crab and at times, squid.

Sandy met his wife Becky after the Cordero/Winston years and she has been by his side for over 25 years. She helped Sandy work on the Central Coast Seafood dock and fished with him on the Zeplin. After a few more years, Sandy and Becky moved from Morro Bay to Fort Bragg, CA. and helped another guy set up a slime eel unloading business. They operated it for several years, then Sandy went to work for the railroad in the Fort Bragg area in the mechanical department.

Sandy spent a lifetime fishing on the boats he built or bought. He said the most nerve-wracking experience was in his earlier fishing days in southern California when he caught a bomb in his net. He called the Coast Guard and they sent a special weapons person to get it out.

Through all his fishing years Sandy was lucky to have no major mishaps on the ocean. He took safety measures seriously and would come in when the weather was bad. He mainly day fished, which was also conducive to being there for his kids while they were growing up. He did endure the tragedy of losing his daughter Samantha in a motorcycle accident several years ago. She was in her mid-30's and sadly left 4 kids behind.

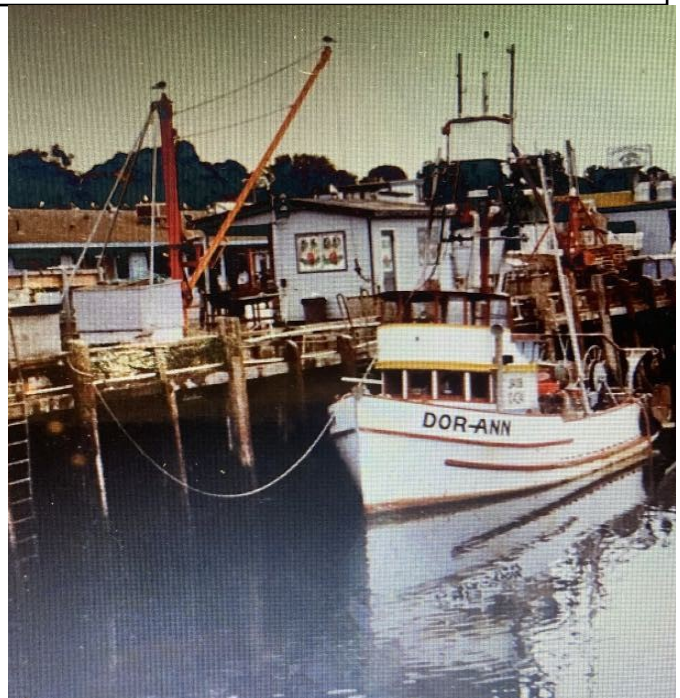
Sandy misses fishing, but he has built his legacy of a good fisherman, a hard worker and a good father.



Always working, Sandy Winston on the right.



Photos by  
Barry Shaw



Sandy Winston's boat, the Doran,  
at what used to be the Cordero/Winston dock in  
Morro Bay.



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[www.womenforfish.org](http://www.womenforfish.org)

Please Note: The Quintana Road address for mail is a postal box only.

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### **Barbara Cefalu**

The words gracious lady were said by many people when remembering Barbara Cefalu, who recently passed. She was the daughter of legendary fisherman Joe Giannini and was married to another legend for nearly 68 years, Fred Cefalu, who passed months before her in 2023.

She was a big part of her husband's fishing successes, as well as many interests of her own,

Her family said "...they were the best team." She was also a long time member of Central Coast Women for Fisheries and one of the people that inspired the concept of the statue near Morro Rock, named "For Those Who Wait", which was one of CCWF's biggest projects.

Barbara made a big impact on everyone who knew her and she will be greatly missed. Her family put it well:

"She was loved by all who had the honor of knowing her and will always be remembered and forever loved."

