

# 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 Vice President

Hello Friends,

Interest in the Maritime Museum and the Historical Society in Morro Bay has grown over the years, which has resulted in several projects to preserve and display our rich history. People have been donating information and pictures to add to the stories. The museum has developed into a great visiting center and continues to grow. Part of the history is about our waterfront, the fishing, the businesses, and the colorful characters that worked on it. The Maritime Family Fun Day on Saturday, October 11 celebrates the Morro Bay waterfront. CCWF will participate with a corn hole game and fish printing for the kids (however, some adults love it) and we'll sell our new T-Shirts.

**We need help with the fish print booth. If any members, or friends and family, can help, even if just for a while. It would be much appreciated.**

**Please let a board member know: contacts page 3**

On a different subject, if you haven't paid this years dues yet, please do so. The \$20 can be sent to our mailing address which is on page 6 of this newsletter. We value and thank all our members.

*Sharon Rowley, Editor*

### Annual Maritime Family Fun Day

**This years event will be Saturday, October 11 at the Morro Bay Maritime Museum, from 10:00AM to 4:00PM. Admission is free.**

CCWF will have a corn hole game and fish print booth. We will also be selling our new T-shirts depicting fishermen as endangered species. Lots of other fun activities are planned and there will be food, including free hot dogs for kids. **Come celebrate Morro Bay's waterfront!**

### 2025 General Membership Meeting

This year's meeting was held at the Morro Bay Yacht Club. It's a great place to meet and enjoy a sunset on the waterfront. CCWF president Lenore Ward reviewed the activities for the past year, including fundraising events such as the albacore enchiladas, lighted boat parade, and more. She also gave updates on the scholarship program, the new T-shirts we are selling customized by member Hope Padalino, Kids at Sea Program, the first aid and safety class, and the interpretive fishery sign project we are planning for Port San Luis. Secretary Shari Hafer presented a slide show she created of the Kids at Sea trips this summer. She also gave updates on Offshore Wind Energy, which she also does at every monthly meeting. There were several good things to eat provided, including great clam chowder, thanks to Mark Tognazzini. A special thank you to Becka Kelly for arranging to get the Yacht Club for this meeting!

Fall 2025

Volume 20, Issue 3

### Inside this issue:

Kids at Sea 2

New T-Shirts 2

Aloha 3

CCWF Board 3

Cooking with CCWF 3

Where are They Now 4

Pages From the Past 4

Pages From Past continued 5

More Kids At Sea 6

## CCWF'S New Kids at Sea Program

Living by the ocean provides fun things for our youth to do, such as surfing, playing at the edge of the water, beach combing and more. Going out on a boat and experiencing the open ocean is like a different world though, and CCWF wants kids to have that opportunity, including learning about the many kinds of fish in this area and how to catch them. The organization set up three fishing trips this summer to make this happen. The first one was in June on the local sport boat Black Pearl, then in July on the Star Fire out of Morro Bay Landing. The third was in August on the Patriot out of Port San Luis. The Landings generously gave discounted trips and free use of their fishing gear to help make these trips possible. Everything is free for the kids, including lunch and fish cleaning. The goal is 20 kids per trip from the ages of 8 to 15, and a limited amount of volunteers with the purpose of assisting the kids.

This first year of CCWF Kids at Sea was deemed a success. On all the trips the kids took home fish and most of them want to go again. It was heartwarming to see their excitement, even merely to be on a boat.

We hope to have more trips next summer and keep this program going. There's a lot of kids that have the ocean so near, yet have never been on it. This is a good way to learn about the different fish, other sea life, and how fun it is to to catch something for a fresh dinner.



## T-Shirt Fundraiser Project

Our new T-Shirts, depicting the fisherman as an endangered species are for sale at Virg's Landing, the Morro Bay Maritime Museum and The Hook in Port San Luis. We will also be selling them at events such as the Albacore Enchilada Fundraiser in February and the Lighted Boat Parade in December. The goal is spreading the message about the plight of the commercial fishermen's livelihood.

We want to **thank CCWF member Hope Padalino** for her expertise and enthusiasm getting this project launched. She has put a lot of time and work into making this happen. Her family helped too. Son, Scott, worked on the design of the shirt and the generosity of a donation by her husband, Larry, helped get this project started.



"It's no fish ye're buying, it's men's lives" - Sir Walter Scott

Local commercial fishermen, like Capt. Jeremiah O'Brien, pictured, preserve coastal traditions while providing fresh, sustainable seafood. They are an endangered species. Imported seafood is 94% of U.S. consumption, despite lower safety and environmental standards. Local seafood on your table supports their livelihoods, protects marine ecosystems, and preserves the cultural heritage of our coastal town for future generations. Scan the QR code for information on the challenges they face. 100% of net proceeds from this sale help local fisherman families. Thank you for your support!

Each shirt has a tag with this message that was the inspiration for this project.

**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.



Card and Flowers were sent to  
CCWF director and treasurer  
Tacy Lee

#### CCWF Board of Directors

**President:**

Lenore Ward lenoredw@gmail.com

**Vice President:**

Sharon Rowley srowley303@gmail.com

**Secretary:**

Sheri Hafer somethingsfishy@charter.net

**Treasurer:**

Tacy Lee 4tacyl@gmail.com

**Director:**

Becka Kelly bkelly@morrobayca.gov

**CCWF email:**

ccwf@womenforfish.org

#### A Big thank You

To CCWF members Pam Sines, Charlie Nungaray, Becka Kelly Marlyse Battistella, and Elizabeth Cota for volunteering to help the children on the Kids at Sea trips this summer.

Also, to Lenore Ward and Diane Moody for checking them in and sending them off.

#### Check out the CCWF website:

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

For news, events, projects, programs and much more, including past issues of the newsletter.

We are also on Facebook;  
Central Coast Women for Fisheries

### COOKING WITH CCWF and FRIENDS

#### Baked Halibut

There's a few ladies that meet for coffee once in a while in Waldport, Oregon at some tables in the local grocery store. One day they were talking about fish recipes. Looking at the donuts nearby, I overheard one of the ladies talking about her favorite baked halibut dish, so put my “barging in” ability to use and asked for the recipe. Her name was Ellen. She was so kind and promised to email it me, which she did.

Sharon Rowley

#### Ingredients

1/3 cup mayonnaise  
2 Tbsp lemon juice (about one lemon)  
1 Tbsp. parsley  
2 Tbsp chives (1 Tbsp is for later)  
1 diced shallot  
1 tsp. Dijon mustard  
Salt & pepper  
About 1 and 1/2 pounds halibut

#### Directions

In a bowl, mix the mayo, lemon juice, parsley, 1 Tbsp of the chives, shallot, mustard and salt & pepper to taste

Place fish in lightly oiled baking dish

Spread the mix over the top and sprinkle other Tbsp of chives

Bake uncovered until done at 400 degrees, about 15 minutes depending on thickness of fish.

Broil for one or two minutes so top will be a little crusty.



Justyn Wolf

## Where are They Now?

One in a series of stories about past recipients of the Fishing Heritage Scholarship Program

Justyn Wolf received a scholarship from CCWF for 4 years while attending Cal Poly SLO from 2017 to 2021. She's the niece of local fisherman Joe Nungaray. Justyn earned a Bachelors Degree in business marketing and currently is a professional photographer and a clinical recruiter. She is looking forward to getting married in May of 2026. She recalled a fishing trip with her classmates when a teenager. Uncle Joe was on the dock to pick her up after the trip. Justyn remembers how the moment stuck with her, as all the fishermen from the boats on the dock knew him and others they encountered recognized him and stopped to chat. They didn't know she was his niece. "It was the first time I saw how truly connected he was with the fishing community. I felt so proud he was my uncle. That moment helped me understand just how tight-knit and meaningful the community is and how much a part of it Uncle Joe is." We wish beautiful Justyn all the best for her bright looking future.

## Pages From the Past: Salt in My Blood?

By Marlyse Battistella

The year 1979 I returned to Avila Beach after completing my college degree from Santa Barbara CC and working as a professional seamstress for the theater. Born and raised in Santa Maria my summers were always spent in Avila but never fishing, yet my love for the ocean was always a comfort for my soul.

Avila was bustling with construction workers building the Diablo Canyon Nuclear Plant and a thriving fishing community. I took a job at the Ole Custom House as the early morning short order cook, listening and learning from these two diverse groups of men. I was fascinated by the sea stories and the honest day's hard work of a fisherman as they chatted in the early mornings before they headed out for the days catch. As luck would have it a fisherman named Craig Barbre, a morning regular, said he needed another member for his crew to fish and cook. Cook? Well, I certainly can cook, but fish? I'll give it a go but I'll have to run it by my husband.

I showed up for work on the *F/V Sunshine Lady*, ready for our trip with white tennis shoes, cloth napkins and napkin rings. That night when the Captain walked in the cabin for dinner and I'm lying on the floor asleep in fish slime. He thought to himself, 'she's good for 1 day'. At that time we solely fished hook and line rock cod, with 10-0 fishing reels, 12ft fishing poles and 50 hook gannions. The 3 of us managed to catch and ice over 4000lbs of vermillion red rock cod over a 3 day period. It was cold, wet, slimy, loud, and stinky. I was hooked never the less, no pun intended.

The salmon gold rush of 1982 prompted Craig to purchase a CA Salmon Permit. On our 1<sup>st</sup> salmon trip off the silos at Vandenberg we found the fish. Neither of us had ever punched bait or cleaned a salmon but we managed to bring in 102 fish solely on bait. That same season, same location while on anchor, we witnessed one of our running partners, Whitey on the *F/V Aries*, being struck by lightening. The bolt went straight down his mast, started the engine and blew out all his electronics. That day was the day I was done fishing, I thought.

In 1985 after much consideration, Craig and I came to the conclusion that we were meant to be together. We left our significant others and ventured together with this life of making our living on the sea.

The summer of 1986 came along and I had had enough of fishing. Craig, our dearest fisherman friend Michael Ricketts and I invested in opening a fish market in San Luis Obispo. I would manage the market while Craig and Michael would supply the market with fish. *The Fisherman*, as we named it was quite the success being that we were only 1 of 2 markets in SLO, and in those days grocery stores did not sell fresh fish. By 1988 I had had my fill of dealing with the public and employees and Craig had surpassed the fishing limitations of the *F/V Sunshine Lady*. At the end of 1988 we put the market under management, then later sold it to David Haworth, who was the owner of Morro Bay Fish. We purchased the *F/V Preamble* and I'm back to fishing for the next 39 years.

Having the *Preamble* afforded us opportunities in fishing, traveling and political arenas that we never imagined could happen. We embraced participation in every challenge. Craig's daughter, Laura, would spend her summers with us, fishing up and down the California and Oregon coast. It always took her a couple of days to get her sea legs but then she was good to go; fishing, cooking and sharing our nomad life.

Continued next page...

The *Preamble* was such a lovely vessel. She took us and returned us safely from nearly every port in California fishing for salmon. We also fished offshore for albacore in Oregon, Washington and Canada. Going through the inland passage of Canada to Lituya Bay north of Sitka, Alaska while fishing salmon, the glaciers meet the fishing grounds. We could wave at the cruise ships and inhale their culinary delights and give thanks for our solitary life.

Honestly, I can't remember ever being frightened at sea. Uncomfortable yes but having a stellar, competent Captain and vessel tougher than I, I wouldn't dare challenge or question either. I do fear other fishermen's seamanship. Seymour narrows, Canada, is known for pulling down entire barge loads of timber only to catapult them out reaching heights of twice their length. We were anchored waiting on the tide to shoot the narrows. Here comes Melvin Von Ronk on the *F/V Ruth R* not waiting for the tide! MEL WAIT...agh and he's in the narrows. As we watched in horror, he entered the tide whirlpool at the first bend and in a flat second the *Ruth R* lay on her side, pole tip in the water and was spit out on the other side. Mel radioed, "RODE THAT ONE SHIT... YAHOO I MADE IT, NOT BAD WHAT... A MESS. Think I'll leave it for the next one!"

For 15 years I gravitated towards fishery politics. I was privileged and honored to serve on the board for the CA Salmon Council for 5 years. As a direct result of my involvement, I was twice chosen to attend testimony before Congress in Washington DC and lobby our constituents in the chambers on behalf of our salmon industry vs farmed salmon, truth in labeling act and fishing regulations.

Craig served on the PCFFA Board for, gosh, I don't know how long and as a result of always attending with him I was always tasked to help. At Zeke Grader's request I filled in and Marguerite stepped down from organizing the PCFFA's Annual Forum in Sacramento. Feeding 200 or better politicians after days of testimony was actually quite rewarding. Finally, it became evident that feeding our politicians the industry's absolutely primo California fish, which was donated from every fisherman and processor from every California port was in vain, I morally could no longer feed the enemy, resigning from my dedication.

One afternoon Barbara Stickel and I were chewing the fat on the dock and I asked her why doesn't Morro Bay have a women's organization? Bodega, Avila (PSL), San Francisco, Santa Cruz, Crescent City have a women's auxiliary, why not Morro Bay? Barbara took the bull by the horns and she and I founded Central Coast Women for Fisheries in 2006. Naturally, Barbara being a former paralegal and a fisherman, with her knowledge and expertise, we put our heads together forming CCWF. Here we are more than 20 years later, still up and running thanks to all our members' dedication to this organization. Thank you, ladies.

Craig and I are eternally grateful that we didn't pass away in our profession with our boots on! The sea has treated us kindly and we are holding hope for the future of our fisheries and fellow fishermen.



Marlyse with vermillion rock fish on a hook-and-line trip.



A sight that used to be common, when it was easy to find fresh local rockfish in the markets and restaurants.

Picture on right: While growing up, Craig's daughter Laura spent summers fishing with Craig and Marlyse.



The F/V Preamble fished up and down the west coast, including beautiful places like the Inside Passage





Central Coast Women for  
Fisheries, Inc.

785 Quintana Road, #106  
Morro Bay, CA 93442

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

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

### More Kids at Sea

These pictures are from the trip in June on the Black Pearl. CCWF would like to give an extra special thank you to Pam Sines and Charlie Nungaray for being volunteers to help the kids fish on all three trips. Pam snapped a lot of great pictures as well. Because they went on all the trips, their input to suggest improvements for future trips was valuable. Their enthusiasm and dedication to helping the kids is very much appreciated.

