

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

Summer 2020

Volume 15, Issue 2

Election Results 2020

The directors for CCWF for the next 2 years are:

Lenore Ward	Becka Kelly
Sheri Hafer	Sharon Rowley
Tacy Lee	

Officers will be determined soon. We would like to thank outgoing directors **Lori French** and **Amy Newman** for all the work they have done, and continue to do, for Central Coast Women for Fisheries. A standing ovation to these wonderful ladies.

Updates:

- ◆ Because of the Covid19 virus our CCWF board meetings have been online via Zoom. We continue the once-a-month meetings this way and it has been working great. We invite anyone to join us in a Zoom meeting. Email Lenore Ward for the information and link to attend: lenoredw@gmail.com
- ◆ The virus has effected everyone in different ways. The events that we normally participate in have been cancelled for 2020: The Harbor Festival. The Avocado/Margarita Festival, the Marine Swap Meet and our annual CCWF general meeting. We are trying to arrange a Zoom meeting for all members instead.
- ◆ We would like to thank Kim Bennets, a CCWF member from Texas, for his recent \$100 donation to CCWF. Kim has donated many times over the years for projects in support of our local fishermen and for the Michele Leary Memorial Scholarships.
- ◆ **Thank You** to all of you who have sent in your dues for this year. Also a friendly reminder if you haven't done so yet, it's \$20 payable to CCWF. Our address is on the back on this newsletter.

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Email:
ccwf@womenforfish.org

Fresh Fish Sales off the Boats in Morro Bay and Port San Luis

The Covid 19 virus has had an effect on how much fish gets shipped out to restaurants and other large markets for the fishermen, so they have been doing more sales of their fresh catch right off the docks.

Morro Bay has a few great fish markets on the waterfront where fresh fish can be purchased as well other items. At times, fish can be bought straight off the boats when they come in from their trip. Most of the catches lately have been salmon and rockfish. At times there can be prawns, blackcod, lingcod, crab or halibut

You can email CCWF to be put on a mailing list which will notify you of what day and time a local boat will be selling, what they are selling, and which dock they will be selling off at either Morro Bay or Port San Luis. To get on the email list (which will not divulge your email to the others on list) send a request to:

ccwf@womenforfish.org

CCWF has approximately 500 on the email list so far. This has been good for the fishermen and they appreciate the public coming down to the docks to buy their fish. They recommend bringing a cooler with ice.



The Kathryn H selling their fresh catch off the dock in Morro Bay. To the right is Captain Tom Hafer's daughter, Katie, helping to sell their fish off the Kathryn H. She also goes on the fishing trips to help catch them.

Captain Michele Leary Memorial Scholarship Update

A HUGE thank you to everyone that donated for the Captain Michele Leary Memorial Scholarship sponsored by Michele's mother and daughter, Sharon Rowley and Amanda Leary. Our main fundraiser is a raffle every year with plenty of prizes from local businesses and an item made from burl wood that John Rowley hand crafts. This year we were able to award two Morro Bay High School seniors each a \$1,000 scholarship. They are Conner Bradley and Breanna Hixon. The high school was not able to hold their traditional Senior Awards and Tribute night in June because of the Covid19 virus, but all of the many scholarships by organizations and individuals were mailed to the appreciative students.

A special thank you to retired commercial fisherman Diane Schoditsch. For the last 3 years she has donated \$1,000 each year for this scholarship. Diane and her late husband Tom Roff owned the F/V Diane Susan and fished swordfish, albacore, salmon and more. This well-loved fishing couple were a big part of Morro Bay and the fishing community for many years.





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.

For Aloha announcements
Contact:
srowley303@gmail.com
(805) 674-4854

CCWF sent a Card and
flowers to
Diane Moody

CCWF sent a Card
TO
Amy Newman

CCWF sent a Card
TO
Susan Matharry

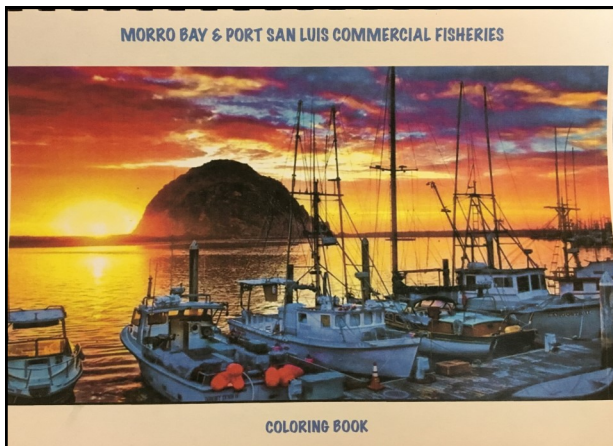
Coloring Book

The coloring books are \$12 each (tax included) and have 24 pictures of fishing boats and local fish. To order email Sheri:

somethingsfishy@charter.net Checks for orders can be made payable to CCWF, and mailed to:

CCWF
785 Quintana Rd. #106
Morro Bay, CA 93442

Write “coloring book” in the check memo. We can ship for less than \$3. Proceeds from the coloring books are used for our community, education and charitable projects.



Cooking With CCWF and Friends

Thai Coconut Basmati Rice with Seared Scallops

Submitted by Sheri Hafer

Ingredients :

- 1lb. Fresh or frozen sea scallops
- 1/2 tsp. Salt - divided
- 1/8 tsp ground pepper plus 1/4 tsp
- 1/2 cup chopped onion (1 medium)
- 2 tsp olive oil plus 1 Tbsp
- 1/2 cup uncooked basmati rice
- 3/4 cup unsweetened light coconut milk
- 1/4 cup reduced-sodium chicken broth
- 1/4 cup water
- 1 medium mango, seeded, peeled, and coarsely chopped
- 1/4 cup chopped fresh basil
- Fresh basil leaves (optional)

Thaw scallops, if frozen. Rinse scallops: pat dry with paper towels. Sprinkle scallops with 1/4 tsp salt and 1/8 tsp pepper; set aside.

Cook onion in the 2 tsps hot oil in a medium saucepan over medium heat 5 to 7 minutes or until tender. Stir in rice. Cook and stir 1 minute more. Stir in coconut milk, broth, the water, the remaining 1/4 tsp salt, and 1/4 tsp pepper. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until rice is tender and liquid is absorbed. Stir in mango and the chopped basil.

Meanwhile, cook scallops in the remaining 1 Tbls hot oil in a large nonstick skillet over medium-high heat 2 -3 minutes or until opaque and golden brown, turning once halfway through cooking time. Serve scallops over rice. If desired, sprinkle with basil leaves.

**Central Coast Women for Fisheries
Scholarship Applicants for the 2020/21 School Year**

**CCWF Fishing Heritage Scholarship Program
2020/21 applicants**

<u>Student</u>	<u>School</u>	<u>Major</u>	<u>Fisherman related to and F/V</u>	
1. Caroline Campopiano	Santa Barbara CC	Nurse	Joseph Campopiano	Minnie C
2. Alyssa Cefalu	University of Oregon	Communications	Fred Cefalu	Retired
3. Matt Duffy	Cal Poly	Psychology	Self	
4. Amanda Leary	Oregon Coast CC	Marine Science	Michele Leary	
5. Ben Hafer	Cuesta CC	Electrician	Tom Hafer	Kathryn H
6. Justyn Wolf	Cal Poly	Business	Joe Nungaray	Michael II
7. Meghan Fox	Humboldt State	Marine Biology	Jim Fox	Retired
8. Dakota O'Brien	Stonehill College	General Ed	Jeremiah O'Brien	Aguero
9. Allyson Rose	Boise State	Pre-Med	David Rose	
10. Gianna Cefalu	University of Utah	General Ed	Fred Cefalu	
11. Tabatha Stamback	Auguste Escoffier	Culinary Arts	Self	
12. Amy Newman	Common Wealth Herbs	Clinical Herbalist	Matt Newman	Emily Rose II
13. Samantha Titus	College of the Redwoods	Nurse	Andy Schneider	Samantha

Every few weeks we put a student profile on the CCWF Facebook page. Check it out to read about some of these incredible young people.

For information about the scholarship program go to www.womenforfish.org , click on Programs, then click on Fishing Heritage Scholarship Program. You can also email questions to srowley303@gmail.com

Pages From the Past

Women's Fishing Organization of Port San Luis

Around the 1980's there was an organization called the Port San Luis Women's Auxiliary. They put out a seafood cookbook and were well known for having big Christmas parties and handing out gifts to kids. CCWF member Diane Moody was a member back then and she started a fish prints project that she carried over to the Morro Bay Harbor Festival. For many years now Diane has set up the CCWF Fish Printing booth at the Harbor Festival. Hundreds of kids, and adults too, have enjoyed using squid, sanddabs and other small fish to make some great and interesting paintings.

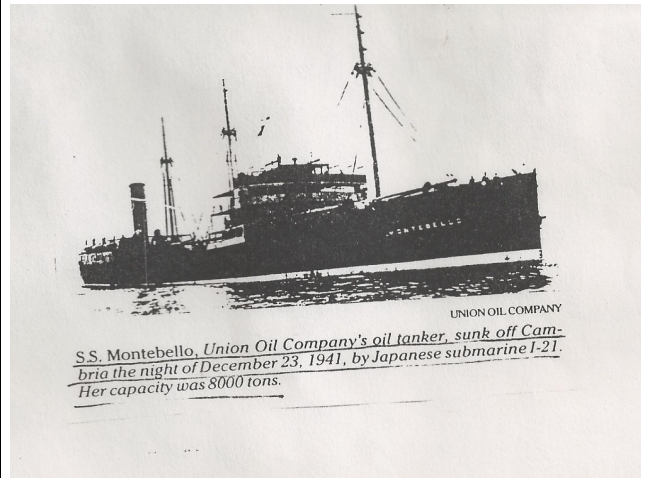
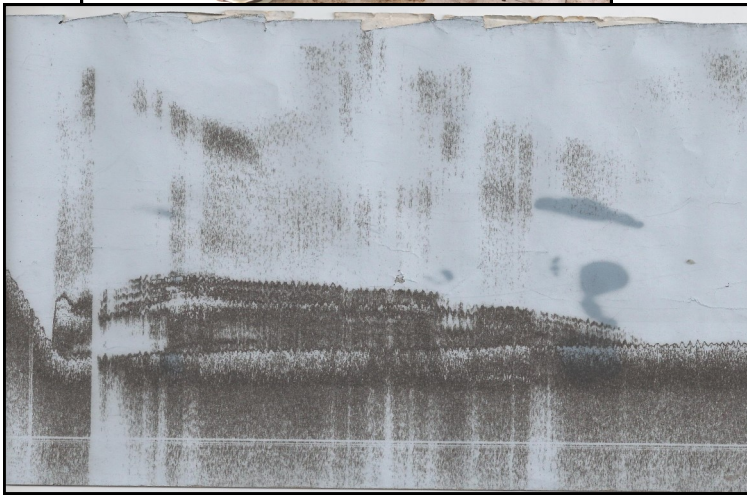
If anyone has more information about the PLS Women's Auxiliary, activities they used to do, or how long they were in existence please email Sharon at srowley303@gmail.com.



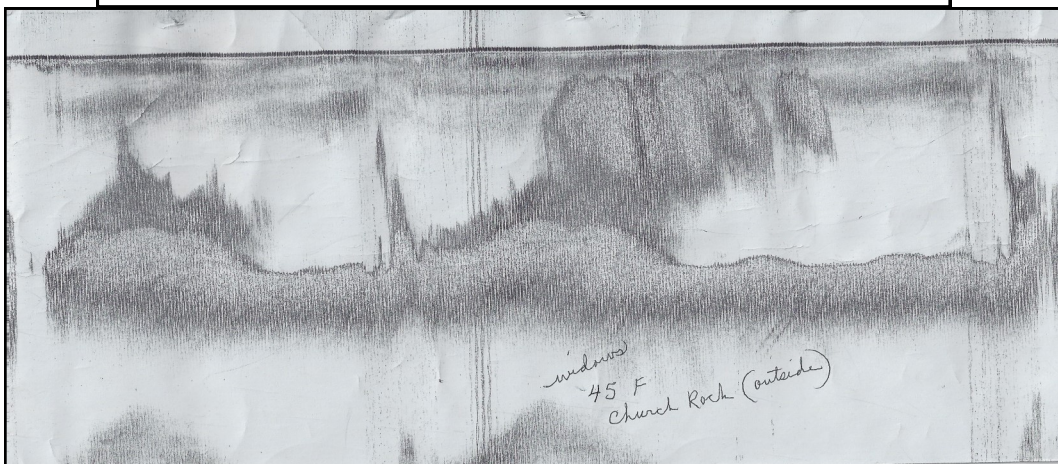
A past Morro Bay Harbor Festival on the South T pier. Diane Moody is with the blue visor hat.

Pages From the Past continued

Old fathometers were mentioned in a previous newsletter, but here are pictures of a paper meter on the left and a flasher meter. These two machines were used a lot in their day but are not needed now due to the advanced technology.



A popular fishing spot known for its abundance of big fish, the Wreck has been off limits for fishing due to regulations for many years now and it is probably loaded with fish. This meter reading above is of the Wreck (Montebello) that was saved by Rita Gartrell, who ran sport fishing boats out of Morro Bay in the 1970's and 80's. Another sample of Rita's meter reading while on a fishing trip is below.





Central Coast Women
For Fisheries, Inc.

785 Quintana Road, #106
Morro Bay, CA 93442

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

www.womenforfish.org

*CCWF director and treasurer,
Tacy Lee submitted this poem.*

I am a fisherman
It is not merely something that I do
It is who I am
Fishing is not simply my escape
It is where I truly belong
Where I am supposed to be
It is not a place that I go
But a lifelong journey I am taking
It is a passage that my Father showed me
And that I will continue to show others
When you understand all of this
You will then know me
And we will fish together



Author Unknown