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.

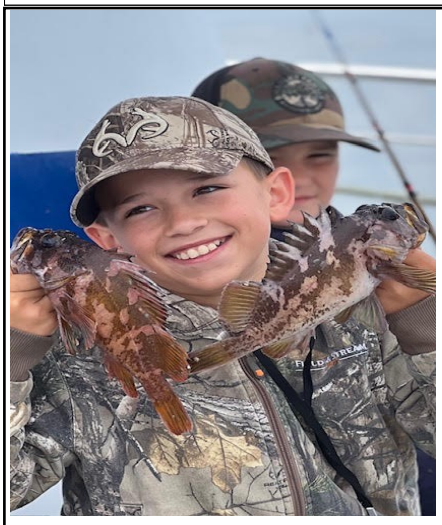
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Kids at Sea Hook more than Fish for the Dinner Table

By Sharon Rowley



One of CCWF's latest projects is Kids at Sea, which mirrors the program Michele Leary began in 2008. For several years she took hundreds of kids to ply the local seas to teach them to fish and experience the ocean's unique environment and sea life. This last summer was CCWF's 2nd year with this project. The excitement of the kids just to be on a boat is priceless and they learn how to catch the delicious rockfish to take home. The parents have shown immense appreciation for this opportunity and some have shown their kids how to cook their catch. We spread the 3 trips each summer on different boats out of Morro Bay Landings and Port San Luis. The landing owner and crew on the boats have been gracious with discounts to help make these trips possible and have expressed their pleasure at being part of such a worthwhile program and seeing the kids so happy. Some of these kids may never have had an opportunity for this kind of experience on the ocean they live right next to.

See reports of trips in this newsletter.

2026 Avocado Margarita Festival

CCWF sold their popular Albacore stuffed avocados Saturday, September 12 at the Festival on Morro Bay's waterfront. It was a big turn-out and they nearly sold out. For $12 the good sized avocados had a generous scoop of their recipe for albacore salad. **Thank you** to all the CCWF members and family that took shifts to make this event successful. The net proceeds were a little over $4,000.







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CCWF email: ccwf@womenforfish.org

CCWF Kids at Sea 2026

Pam Sines

What a beautiful day on the water we had for the 7/13/26 Kids at Sea trip aboard the Endeavor! It was so flat and blue we could have been fishing on a lake. The captain and two deck hands were awesome with the kids. Volunteers Elizabeth, Mike, and Owen helped all of the kids and made sure they had a good time. None of the volunteers fished themselves which kept their attention and hands available for the kids.

Our returning fisher-kid, William, caught the first two fish of the day and didn't have to hang his head over the side once! His mom told me that he has announced to all of his family that he intends to save all birthday and other gift money so he can buy his own fishing pole and reel. He was a real champion this time and was very self-sufficient considering it was only his second time fishing.

We had a total of 18 kids, two of which were girls. The younger boys were more excited, less intent, and didn't want to touch the squid or their fish, and both girls were game from the start. Everyone caught their limit, enjoyed their peanut butter sandwiches the crew made (I was able to check with parents before we left that there were no peanut allergies), and I'm quite sure they slept well Monday night. It was such a good experience for this group of kids; CCWF really came through for them! And once again, thanks to CCWF from Charlie and I for giving us the privilege of going on the trip with the kids.

Thank you! to the Volunteers that did an invaluable service taking care of the kids and teaching them how to fish, Besides CCWF Volunteers Pam Sines, Charlie Nungaray and Elizabeth Cota, we had long time fishermen Owen Hackleman and Mike Lane, who was an outstanding deckhand on the sport fishing boats for many years. Also **Thank You** to Captain Brad League and his crew. Brad has been fishing local waters for over 5 decades. Besides this trip, we also thank the crews of the Black Pearl and the Flying Fish for their great jobs making these trips memorable for the kids.















2 Pictures above: William, thinking about the fish he's going to catch.

Congratulations to the 2026 Fishing Heritage Scholarship Recipients

Student	College	Major	Fisherman related to
Lyla Boughton-Proano	Colorado School of Mines	Engineering	Larry Stoffle
Reese Kelly	UC Santa Barbara	Environmental Science & Army ROTC	Becky Kelly
Cory Erskine	Cal Poly Maritime	Marine Transportation	self
Nicholas Cefalu	Georgetown University	Political Science	Fred Cefalu
Lindsey Giannini	Barry University	Nurse	Joe Giannini
Otis Kelly	Cal Poly, Humboldt	Geospatial Science	Self & Becka Kelly
Braxten Lintner	Cal Poly, SLO	Business	Brent Lintner
Isabella Giles	Cal Poly SLO	Economics	Al French
Devon Brebes	Cuesta	Elec. Engineering	Frank/Bruce Brebes
Keyton Brebes	Cuesta	Physics	Frank/Bruce Brebes

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
Alan Alward
On the passing of his
wife Barbara



2026 General Membership Meeting

This years meeting was at the Morro Bay Yacht Club again on Saturday morning, July 18. It's always a pleasant place on the waterfront to get together and CCWF provided brunch. Lenore gave a summary of CCWF activities this last year. Here's a list: Maintained Fishing Heritage Scholarship program – 14 people last year. Developed "Protect an Endangered Species" t-shirts and have them in stores in both local ports. They have a tag explaining the struggles of the fishermen and refers to our website. Revived Kids at Sea program sponsoring 3 trips last summer and 3 this summer, allowing kids 8-15 to fish for free. Organized First Aide and Safety classes for 10 fishermen, Developed a new fishing themed corn hole game and used it, along with Fish Prints, at the MB Maritime Family Fun Day. 2 fundraisers: Albacore Enchiladas and MB lighted boat parade. We offered support with Aloha and Fishermen's Relief Programs. Began work on fishery display signs in Port San Luis. Updated the coloring book with better graphics and printed out 100 that we are offering to the Kids at Sea Program. Sharon put out quarterly newsletter -the Pelorus that included Fishing Family Interviews. Maintained website, Facebook, and mail chimp to help fishermen sell off their boat. Also, long-time CCWF member Lori French gave a presentation about the Tribal MPA petitions on the Central Coast. Another speaker was Mandy Davis who told all about the REACT Alliance and its fact-finding with offshore wind farms. Out-going directors Lenore Ward and Tacy Lee were thanked for the invaluable work they have done as President and Treasurer. They were given cards, flowers and gift cards.

Lenore and Tacy-Job well done!



New CCWF Board of Directors

President:
Becka Kelly bkelly@morrobayca.gov
Vice President:
Sharon Rowley srowley303@gmail.com
Treasurer:
Sheri Hafer somethingsfishy@charter.net
Secretary:
Tabby Stamback tabbystam@gmail.com
Director:
Lori French mbcrabber@gmail.com

COOKING WITH CCWF and FRIENDS

Tuscan Salmon from online recipes "bellyfull.net"

4 salmon fillets, about 6 oz each
Salt & pepper
2 tbsp. oil
3 tbsp. butter
3 cloves or minced garlic
1 1/2 cups halved cherry tomatoes
2 cups baby spinach
1/2 cup heavy cream
1/4 cup grated Parmesan
Little chopped parsley and basil
lemon

Season salmon with salt & pepper. Cook med high heat, in oil, skin side up 5 minutes. Flip over cook 2 more minutes. Put on a plate and turn heat down a little to medium. Melt 3 tablespoons butter in pan.
Add garlic, halved cherry tomatoes, a little salt & pepper.
Cook a couple of minutes.
Add spinach, cook until wilted.
Add cream, parmesan, parsley and basil.
Simmer for 3 minutes, not boil.
Add salmon back into skillet. Spoon sauce over top.
Cook another to 3 minutes.
Squeeze couple wedges lemon juice over top.

Pages From the Past

Fisherman Barbara Stickel has a Facebook page: **Salty History**. It's mostly her extensive research of west coast fishing, fishermen and boats, plus she invites anyone to post old pictures and their fishing stories. Salty History has become a treasure trove of the past. Barbara posted this San Luis Obispo Tribune article from 1990 by Michael Johansson, who interviewed local long time fisherman, Bill Blue. He is still very busy fishing today.

The wind that local fishermen call the 'Cayucos Killer' had been howling through the canyons across the white-capped waters of Estero Bay for most of the week.

The sea still reflected the black of the sky as Bill Blue and his two-man crew negotiated their early morning passage out of the narrow harbor entrance by the hulking black mass of Morro Rock and entered the wind tossed seas.

"We've had a few close calls at the harbor entrance when we couldn't get in and had to dock other places. Doing crab fishing, we're in and out of the harbor more than anybody else because we day fish; we are not gone for several days like most other fishermen," Blue said.

"We have to leave in the dark a lot of times when we can't see the conditions. There are times when you shouldn't go to sea in the dark. You hear the weather report and you know there are large swells from the radar," he said.

Blue, 34, has earned a healthy respect for the ocean's power from experience. Near the beginning of his fishing career, he had his own brush with catastrophe on the open seas.

Fourteen years ago, Blue went down in some big swells with five of his shipmates in a 60-foot fishing boat outside of Crescent City, near the mouth of the Klamath River. They were all successfully rescued by another fishing boat in the area.

As the first pink and salmon hues of morning light appear, Morro Rock has already receded into the coastal landscape. At times the strong winds cause the ocean waves to spritz the deck with its salty spray.

With the help of on-board radar and buoys to mark with trap locations, the crew begins the task of retrieving the crab traps they've set along contours of the ocean bottom. A diesel-powered pulley is used to assist them in hoisting up the day's catch. Then it's a matter of dumping the contents in the boat's hold, restocking the trap with some form of bait, such as fish heads, and lowering the traps back into ocean depths of 180 to 240 feet. This process is repeated several dozen times until all the traps have been checked for their catch and returned to the sea.

Bill Blue does what only a half dozen or so other fishermen do between Avila and Morro Bay. He crabs.

"Depending on the time of year, we fish from Point Arguello to San Simeon," Blue said. "

It's kind of confusing to some people. They want to know, 'How do you fish for crabs?' We don't fish for crabs; we trap them," he said.

"Sometimes someone will tamper with the traps, but everyone knows everyone here and it's not a real problem. There are certain ethics among the fishermen. But anytime you leave something unattended in the ocean, you're going to have problems with it. People sometimes are just curious, and are not trying to be malicious," Blue said.

"A couple of years ago while fishing in Santa Cruz, I was fishing where the salmon showed up and I lost $10,000 worth of traps during a two-month period," Blue said. "The salmon fishers got mad when their lines would get caught in my gear, and they would trash my equipment. Also seismic boats for oil exploration come into the area snagging into the buoys that mark the traps," he added, "but the slowdown in lease sales has taken away the activity. Offshore oil drilling and fishing don't go too well together. It's always been a fact that they (the oil companies) have a lot more clout and power. But we do have a common interest with most people of the area for the quality of air and things like that," Blue said.

Blue keeps a careful eye on the changing fish population. "We've seen declines and increases in the numbers of fish. A lot of it goes in cycles. What happens is a lot of money will be made in a certain type of fishing, so everybody starts to do it," said Blue.

According to Sandy Owen, a marine biologist for the California Department of Fish and Game, the total commercial fish catch brought into Morro Bay has stayed at or near the 10-million-pound level for the past few years. Sixty percent of the 1989 total was divided evenly between rockfish, Dover sole and hard heads.

The rock crab, which Blue fishes, accounts for approximately 250,000 pounds of catch brought in by all boats to Morro Bay harbor last year. "We sell the rock crab claws in the fish market here, but most of what we catch we transport by truck and market it live in Los Angeles ourselves. There is only so much market and there is a large Asian ethnic market in Los Angeles, particularly in the summertime when the people get out more."

Having grown up in Whittier, Blue moved here in 1973 while attending Cuesta College. "I would come down to the waterfront in the afternoons and watch the boats unload their catch. I got to know one of the guys that worked on the docks," Blue said.

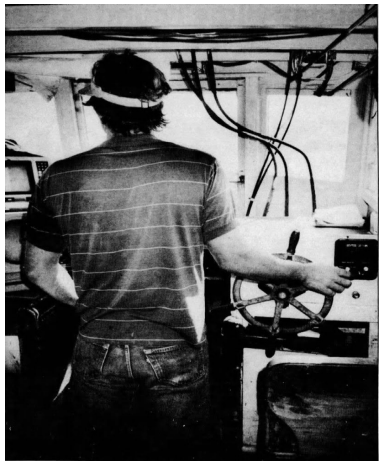
"After a couple of months, that same guy from the docks flagged me down on Morro Bay Boulevard and asked me if I was still looking for a job. I dropped my wife off at school, went back to the waterfront, and I've been fishing ever since," Blue said.

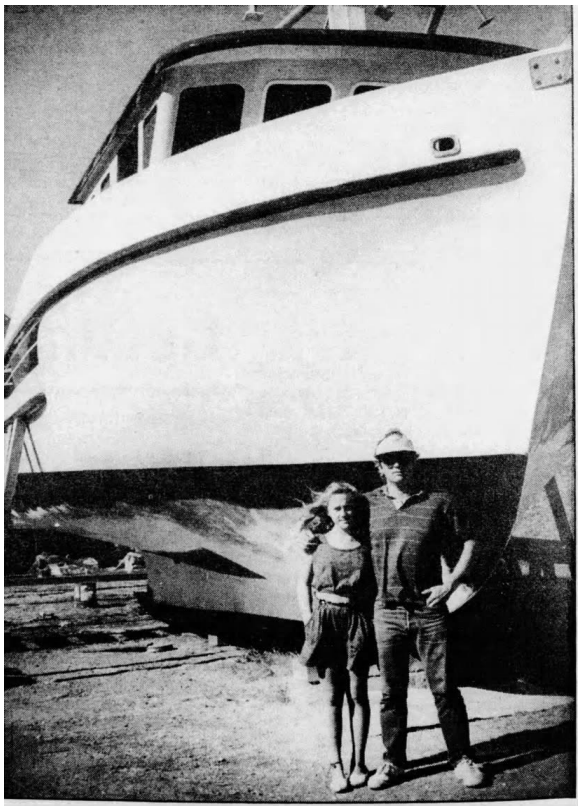
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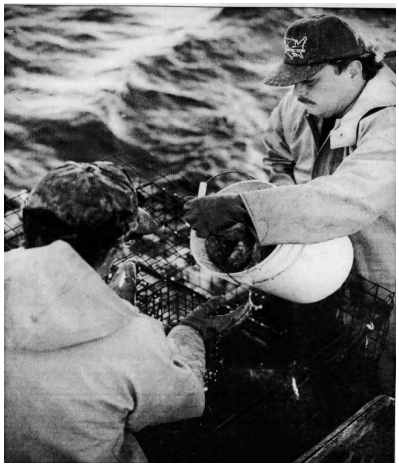
Pages From the Past continued

"I started working on Fred Cefalu's boat fishing for crabs here out of Morro Bay. After working for Cefalu for a couple of years, I went to work for Al French on and off for a couple of years, "said Blue.
"When I worked for Al, his sons, John and Jeff, who, today, fish out of Morro Bay, were still in school," said Blue. "Working with those two guys (Cefalu and French) gave me a real good perspective of the right way to do things. They're both well thought of and respected. I was real fortunate to get a job with them when I first started; it made a big difference the way things ended up for me," Blue added.
Blue bought his 1928 vintage fishing boat, the *Henriette*, the same boat that he has used for the past 13 years, from the encouragement he received from Al French.
"I was working for Al at the time," Blue said. "He said, 'If you're going to do something, you've just got to jump in with both feet and go for it, otherwise you'll never do it."
Al French was killed in a tragic accident when his boat capsized after it was hit by a large wave at the Morro Bay harbor entrance in 1987.
After 16 years of having plied his trade on the open sea, Blue is about to see another of his dreams come true. This month he will begin fishing in his custom-made boat, *Amanda*, named after his 11-year- old daughter.
"I'm designing the boat to suit my needs for what I want to do for the rest of my life. We started building the boat in October of 1987 and after a great deal of difficulty and delays in obtaining financing, it's finally going to be launched this month," Blue said.
"It's a boat that will last rest of my life, the rest of my boys' lives, and even their kids' lives. You can't go out and buy a boat that's built like this. It's extremely heavily constructed," Blue said.
With the much larger *Amanda* being launched, Blue will be able to do several kinds of fishing at the same time, expanding beyond the crab trapping that he has done for the last 16 years.
But when asked if he wants his young boys, Jonathon, 7, and Scott, 3, to become fishermen, Blue said he hopes they will get their education and pursue another career. He sees fishing as a hard life, especially with the tougher regulations that have been imposed. However, "if they'd like to, it's here for them to do."
But as for himself, "I couldn't imagine doing anything else," he said. "I like what I do."
San Luis Obispo Tribune, December 8, 1990, p. 78, col. 1.









Pictures from the SLO Tribune 1990 article.

Picture on Left:
Bill with crewman Ken Kunkel (Ken on right)

Blue with his pride and joy: his daughter, Amanda, and the new fishing boat he named after the 11-year-old girl."

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Sat. - Sun. 6:00-12:00

August 10, 2026 Kids at Sea trip aboard the Flying Fish out of Patriot Sport Fishing at Port San Luis











This trip had a little rough weather, but everyone took home a limit of fish. The crew took care of the kids well and served them a big lunch of hamburgers and all the snacks they wanted. Thank you to the volunteers helping the kids and for the photos, Pam Sines and Charlie Nungaray. They reported the crew was "top notch."

Captain Wayne Blicha in the background helping