

Santa Cruz
Fly Fishermen
est. 1977



to promote, educate
and enjoy the sport
of fly fishing

Monthly Newsletter

www.santacruzflyfishermen.org

JANUARY

2018

THE PUBLIC IS INVITED TO THE
SANTA CRUZ
FLY FISHERMEN

WILD-CAUGHT SALMON FEED



FEATURING DISHES FROM
THE MONTEREY FISH HOUSE

\$40 PER PERSON \$25 (AGE 12 & UNDER)

TICKETS AVAILABLE:

NORTHBAY FORD
1999 SOQUEL AVE, SC
SEE CALI-MAIN SHOWROOM
CHECKS ONLY, PLEASE

BY MAIL:
JIM TOLONEN
P.O. BOX 1119
SOQUEL, CA 95073

SAT., JAN. 20, 2018 - 5:00 PM
PEACE UNITED CHURCH OF CHRIST

900 HIGH ST. SANTA CRUZ

INCREDIBLE RAFFLE PRIZES
PHENOMENAL AUCTION

WWW.SANTACRUZFLYFISHERMEN.ORG

NOTE: THIS EVENT IS B.Y.O. B.
(Bring your own wine or other spirits.)

Bait for Thought
Do It NOW!



Life, to me, is like fishing: you won't catch anything until you start, and every year you get older is another year the fish might slip through the net." -Alex Staniforth, *Icefall: The True Story of a Teenager on a Mission to the Top of the World*

CLUB MEETING

Date: Wednesday, January 3rd
Time: Open - 6:45 PM
Meeting - 7:00 PM
Place: Aptos Grange, 2555 Mar Vista Dr., Aptos

The Annual Slide Show Starring: YOU!

The Annual Slide Show will be presented by Rich Rubin and Michael McGannon. This yearly tradition dates back to when it really was a slide show, people actually took photos with film cameras and had the film developed and put on slide mounts, and the slides were shown on the big screen with a Kodak Carousel slide projector. Some of you younger members probably don't even know what that was.



Gradually, over time, most members gravitated toward digital cameras, shooting their "hero" photos of those big fish, and the beautiful scenery where the fish were caught, and the slide show became digital, too, with the slide show presenter composing the presentation on DVD, and showing it with a laptop and a digital projector. Thus it is that the "slide show" is now actually a digital visual feast, full of photos that you, the members, have taken over the past year, at club fishouts, club events, and on your own personal fishing trips.

This is the one club meeting all year long that you can't miss, because no other presentation better illustrates what the Santa Cruz Fly Fishermen is all about: educating, promoting and enjoying the sport of fly fishing! If you have friends that want to know what it is we fly fishermen do for fun, this is the perfect way to show them, so bring them, too!

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President's Line

Into the New Year We Go!

By President Tom Hogue

Dame Juliana Berners is credited with being the first woman to "angle for a fish", write about, and nurture this addition to her love for "hawking and hunting" way back in 1496. She was the influence of Isaak Walton, some 150 years later, writing and teaching others how to angle for fish as means of sport.

Every year, SCFF honors a club member who exemplifies their love of the sport and what has been our mission statement for over 40 years- To Promote, Education and Enjoy, fly fishing. This award used to be called the Dame Juliana Award. Today it is known as the John Steele Award and if you don't know John Steele, well, that will be a write-up for another day.

Since some of you can't make it to the club meeting, I need you to email me a club member who has made a difference in your own fly-fishing experience, who is dedicated to conservation efforts and one who loves to spread the word about the sport and the environment. This can be any club member. PLEASE send me their name and a sentence, or twelve, about them. I need it before the Annual Dinner - thogy@ecsrefining.com

At this writing it isn't yet Christmas, but somehow, it's also the New Year? The Annual Dinner/Fundraiser is right around the corner. Prizes for the raffle table and silent auction are some of the best ever. Even if your other half isn't all that interested in fly-fishing, there are prizes for all. We are going to have a blast and we are all excited about the opportunities to do some pretty awesome things in the coming year, as a result of this event. Please purchase your tickets sooner than later.

When "the Board" meets every third Wednesday of the month, we're always thinking of new fly fishing and environment projects. These meetings are a great way for YOU to get

involved. Even if you aren't a board member, but might be considering it -come join us and see all the work we do together and fun we have. Contact any one of your Board members if you're interested.

At the Club meetings, we are now going to be giving 1 FREE RAFFLE TICKET TO EVERYONE who attends. With the kinds of prizes Jeff Goyert is putting his heart into, it's quite an opportunity to add something great to your fly fishing collection. And for those who might join us and are not fly fishing, there will be an extra raffle item, not always associated with fly fishing, but could also be quite yummy, even thirst quenching!

The January 3rd meeting is our Club Slide Show - DO NOT MISS THIS! It is really one of the most fun meetings and a terrific summary of excursions any club member has had during 2017.

I am excited about the direction we are heading and the opportunities 2018 has for us. Hangin' out with the folks at Coastal Watershed Council, Patagonia, NOAA, Resource Conservation District, Discretion and Pour Tap Room and many more, affords us the opportunity to help a lot of enthusiastic folks who are just now coming around to fly fishing.

We're gonna have fun, we're gonna restore some fisheries habitat, we're going to be teaching a lot of newcomers -young, younger, and older! We're gonna learn from some great experts who are infectiously passionate about our environment and the fish we love to bring to hand.

When you get this newsletter -copy and paste it to your email - send it to anyone and everyone you can think of! It's free! Happy New Year! - Prez!



FLY TYING CLASS

Date: Wednesday, January 10th

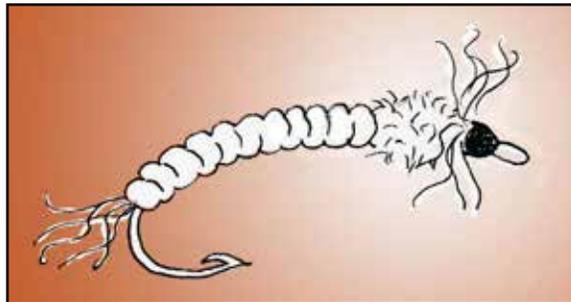
Time: Open - 6:45 p.m.

Class - 7:00 p.m.

Place: Aptos Grange Hall, 2555 Mar Vista, Aptos

Chironomid (red or root beer)

Instructor: Elaine Cook



Sign-up at the January club meeting or by calling Elaine at 688-1561 at least 24 hours in advance. If you sign-up and find you are unable to attend, cancellations are appreciated. All materials are provided other than thread, which is black 6/0. Some thread is available to beginners. For you more experienced tiers, bring your vise, tools, and light. Again, some are available for beginners.

If you struggled at the class in December, don't be discouraged. You will find this one much easier.

2017 Board of Directors

Officers

President	Tom Hogye	214-7578
Vice President	Milana Rawson	583-9370
Treasurer	Jim Tolonen	475-8859
Secretary	Roy Gunter	809-0316

Committee Heads

Raffle Coordinator	Jeff Goyert	234-0033
Membership	Bob Peterson	251-8655
Fishouts	John Cook	688-1561
Programs	Tim Loomis	426-4683
Conservation	Barry Burt	688-0187
News Editor	Kirk Mathew	724-6811
Webmaster	Pat Steele	476-0648
Fly Tying Master	Elaine Cook	688-1561
Annual Raffle	George Pike	423-2956
	John Steele	476-0648
Marketing/Publicity	Michael McGannon	688-3025
Annual Benefit Coordinator	Petar Ilic	475-0268
Facilities Coordinator	Steven Rawson	583-9370
Video Librarian	Mike DiCiano	688-1682

Members at Large

Kathy Powers	728-4130		
Dennis Davie	566-7447	Pablo Grabiell	562-652-3771

Board Meeting: The board meeting is usually held on the third Wednesday of the month at the home of John and Pat Steele, 331 Cabrillo Ave., Santa Cruz, at 7 PM. Club members will be notified of any changes of meeting dates and locations. Club members are all welcome and need to submit any agenda items to the President ahead of time

News: Members are encouraged to contribute news items. Submit copy to the editor, Kirk Mathew, 724-5611, k4mathew@sbcglobeal.net. Please see calendar for the deadline each month.

They Work for You

Secretary of the Interior Ryan Zinke

Department of the Interior
Washington, D.C. 20240
<http://www.doi.gov/index.html>

Senator Dianne Feinstein

1 Post St., #2450; <http://feinstein.senate.gov/public>
San Francisco, CA 94104

Senator Kamala Harris

Washington D.C.
112 Hart Senate Office Building, Washington, DC 20510
Phone (202) 224-3553

Anna Eschoo, 14th District Congresswoman

698 Emerson St.; annagram@mail.house.gov
Palo Alto, CA 94301 (650) 323-2984

Jimmy Panetta, 20th District US House of Representatives

228 Cannon House Office Building
Washington, DC 20515
Phone: 202-225-2861

Governor Jerry Brown

Capitol Bldg., 1st Floor
Sacramento, CA 95814-<http://gov.ca.gov/home.php>

Senator Bill Monning, Assembly Dist. 17

701 Ocean St., #318-A, Santa Cruz, CA 95060
(831) 425-0401; <http://sd17.senate.ca.gov>

Assemblyman Mark Stone (D-Monterey Bay)

701 Ocean St, #318b, Santa Cruz, CA - (831) 425-1503
<http://asmc.org/members/a29/>
(Assemblyman Stone is Chair of the California Environmental Caucus)



Fishout Schedule

DATE	LOCATION	TARGET SPECIES	FISH MASTER
March 18 - 24	Pyramid Lake	Lahontun Cutthroat	Mike White - 706-5556
April 20 - 22	Roostercomb Ranch	Bass	Cecilia Stipes - 335-5727
April 28	Los Padres Reservoir	Trout	Roy Gunter - 809-0316
May 4 - 6	Roostercomb Ranch	Bass	Cecilia Stipes - 335-5727
May 20	Quail Hollow Ranch	Fly Fishing 101	Kevin Murdock - 688-4518
July 7 - 14	Green River	Trout	John Steele - 476-0648
July 22-16	Loreto Baja Sur	Dorado, salt water fish	Rich Hughett - 757-5709
Sept. 22 - 29	Mammoth Lakes	Trout	John Cook - 688-1561
Sept. 29 - Oct. 6	Mammoth Lakes	Trout	John Cook - 688-1561
TBA	Central Valley	Bass	Don Eaton - 336-2933

Fishouts are one of the most enjoyed activities our club offers. I highly recommend club members to attend and possibly organize one. If you are thinking about sponsoring a club fishout, please give me a call. Club fishouts can be structured in many ways from simple to involved. I will be glad to help you put one together. Call me, John Cook, at 688-1561.

Catchy Releases

CalTrout Helping Protect the McCloud River Redband Trout

California is home to 32 kinds of native salmon, steelhead, and trout. One, the Bull Trout, is extinct it was last seen on the McCloud River in 1975. There are now 31. The McCloud River redband trout was the Bull Trout's river-mate and is identified as a Species of Special Concern. The habitat for these small trout is limited to just four small, isolated tributaries upstream of the McCloud River's Middle Falls.

CalTrout found that the McCloud River redband trout are at a critical level of concern, meaning they may be extinct in 50 years if we allow present trends to continue. The threats they face are many. Given their small fragmented population and limited, isolated habitat they are very vulnerable to climate change. The threat of fire is high; it could easily wipe out one or more of their populations. The stocking of non-native rainbow trout also pose an ongoing, major threat through competition and hybridization.



CalTrout is committed to protecting this important species. We support the establishment of a McCloud River redband trout refuge and the use of a broodstock program to protect the species' genetic integrity. Protecting the Mt. Shasta area spring source waters and the cold, clean rivers they feed, such as the McCloud River and its tributaries will continue to be a top priority.

With your help, we can keep the McCloud River redband trout from going extinct.

DID YOU KNOW: The trout from above the impassable Middle Falls of the McCloud River have been genetically isolated for thousands of years and evolved into their own distinct fish known as McCloud River Redband Trout.

They are thought to be one of the oldest populations of Rainbow trout, called the "proto rainbow" by some fish biologists.

CalTrout's mission is to ensure there are abundant wild fish thriving in healthy waters for a better California.

Reel News

*Vote for John Steele Award

Because not everyone comes to the club meetings (and those of you who don't have no idea what you're missing!), the SCFF wants to extend the balloting to e-mails this year, so we get a better sampling of who has been helpful to our fellow members over the past year. The John Steele Award, formerly the Dame Juliana Award, recognizes an individual who has gone out of his or her way to assist you. If someone has been kind, stopped to help you select a fly, let you step into a fishing hole to try your luck, told you about a special place to fish, given you tips on how to improve your cast, or any one of a number of little helpful deeds that has enhanced your fishing experience and to you, has embodied the club motto, "to promote, educate and enjoy the sport of fly fishing," please cast your vote, either at the club meeting, or by e-mail by sending the name or names of your choice to Tom Hogye, thogy@ecsrefining.com. Please do this ASAP, as the award will be conferred on the winner at the January 20th fund raiser!

* Pour Tap Room – Feb. 8th – 6:00 PM-9:00 PM

The Santa Cruz Fly Fishermen and the Coastal Watershed Council are having a cross-promotional event at Pour Tap Room, 110 Cooper St., Santa Cruz, Thursday February 8th, from 6:00 PM until 9:00 PM. We will have information materials available to the public about our club, and the Coastal Watershed Council will also have information about conservation of our local watershed, all in a friendly, casual setting, so come represent us, enjoy a brew or two, and socialize with folks!

4 *Santa Cruz Fly Fishermen*

* Wrapping up Fly Tying for 2017 and planning for 2018

Each year various Club Members share their knowledge and expertise by teaching our fly tying classes. Many thanks this year go to Greg Foy, Tom Eckert, Mark Traugott, and George Pike.

We have a great assortment of flies to be tied this coming year. The popular "Popper Class" will be March 10th & 11th, and takes the place of the usual 2nd Wednesday class in March. We won't be having ConFab this year so the "Blind Fly Tying Contest" is being planned for the Quail Hollow event, May 20th. The fly to be tied is a secret as always.

One of the missions of our club is "To Educate" which we do through club activities and outreach to our community. Many fly tying activities are being planned for 2018. Lots of club members demonstrate and teach fly tying at these events. Would you like to share your knowledge this year? Give me a call. (688-1561).



MONTHLY RAFFLE

Happy New Year!

By Monthly Raffle Director Jeff Goyert

NEW YEARS SPECIAL! EVERY MEETING ATTENDEE GETS ONE FREE RAFFLE TICKET!! (of course, you can buy more tickets; \$1 each or 6 for five bucks)

Something a little different for a nice small water setup. We have an 8 foot 4 inch 3 weight by V-Access. This four-piece rod is perfect for those small Sierra creeks and streams. Matched with this rod is a RH Aikelen ZF-75 reel. Add backing and a floating line you will be ready to go. Included is cloth covered hard rod case and Steve Abel reel case.

Next, we have a clever Travel Tool Kit by Feather-Craft, all the basics you need to tie flies on the go. This velcro-close pouch includes a bullet bobbin, bobbin threader, rotating hackle pliers, brass dub-

bing needle, whip finisher, angled tweezers, and both trout and spring scissors. A great "stow and go" kit for travel or club meeting tying events.

How many "roach clip" style hemostats have we all lost clipped to some part of our vest to only disappear in to the pocket water when we need one most.

Loon Outdoors has come out with a nifty set of hemostats with a built-in carabiner clip; say goodbye to disappearing hemostats. The Rogue Quickdraw hemostats will crimp the heaviest barbs, clip light or heavy leaders, has an eye clearing needle, locking handle, and is made of surgical quality stainless steel. Oversize thumb and finger holes can accommodate large

or gloved hands. This versatile tool will always be there when you need it.



Cast of Thousands

Wanted:

4/5 Battenkill Reel

I gave my favorite old Battenkill 4/5 reel to my daughter and am looking for a replacement.

Anyone have one in a drawer, not being fished?

Thanks, Tom Pelikan 831-601-8270 tbpelikan@comcast.net

Found:

Tools and thread at the November Fly Tying Class

Call Elaine if you are missing yours. 688-1561

FOR SALE:

Mad River Canoe 14 ft. Tahoe model

Oars included; Great condition

\$350.00 - Contact Joe Bigas

831-476-2711; bigas@surfnetc.com



Miscellaneous Gear:

1. 12 wt., 9 ft., 4 piece Albright fly rod - \$200

2. Ryall 2-3 wt. fly reel - \$100

3. Tioga 7 wt. reel w/intermediate line - \$100

4. SOSpenders life saver wader suspenders - \$50

Call John at 831-476-0648; owlspad@me.com

FOR SALE:

Dave Scadden 2018 Detonator Lo Pro pontoon boat

Used once. \$600

Minn Kota 30 lb electric motor, and two light batteries: \$100

Robert 408-335-8000; lbtrout@comcast.net

MEMBERSHIP NOTES

Membership Update

By Membership Director Bob Peterson

Membership renewal is at 66 percent of the fiscal year 2017, at 100, including 27 new members and 70 pre-dinner sales. The January meeting is usually where we pick up the balance of membership renewals, so bring your checkbook or your VISA credit card. Thank you for those members who have prepaid.



LifeLines

Winter Safe Driving Tips From <http://exchange.aaa.com/>



AAA recommends the following winter driving tips:

Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.

Never warm up a vehicle in an enclosed area, such as a garage.

Make certain your tires are properly inflated.

Never mix radial tires with other tire types.

Keep your gas tank at least half full to avoid gas line freeze-up.

If possible, avoid using your parking brake in cold, rainy and snowy weather.

Do not use cruise control when driving on any slippery surface (wet, ice, sand).

Always look and steer where you want to go.

Use your seat belt every time you get into your vehicle.

Tips for long-distance winter trips:

Watch weather reports prior to a long-distance drive or before driving in isolated areas. Delay trips when especially bad weather is expected. If you must leave, let others know your route, destination and estimated time of arrival.

Always make sure your vehicle is in peak operating condition by having it inspected by an AAA Approved Auto Repair facility.

Keep at least half a tank of gasoline in your vehicle at all times.

Pack a cellular telephone with your local AAA's telephone number, plus blankets, gloves, hats, food, water and any needed medication in your vehicle.

If you become snow-bound, stay with your vehicle. It provides temporary shelter and makes it easier for rescuers to locate you.

Don't try to walk in a severe storm. It's easy to lose sight of your vehicle in blowing snow and become lost.

Don't over exert yourself if you try to push or dig your vehicle out of the snow.

Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress. At night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.

Make sure the exhaust pipe isn't clogged with snow, ice or mud.

A blocked exhaust could cause deadly carbon monoxide gas to leak into the passenger compartment with the engine running.

Use whatever is available to insulate your body from the cold.

This could include floor mats, newspapers or paper maps.

If possible run the engine and heater just long enough to remove the chill and to conserve gasoline.

Tips for driving in the snow:

Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. And take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.

Drive slowly. Everything takes longer on snow-covered roads.

Accelerating, stopping, turning – nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly.

The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. This increased margin of safety will provide the longer distance needed if you have to stop.

Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.

Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.

Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top.

As you reach the crest of the hill, reduce your speed and proceed down hill as slowly as possible.

Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors.

GEARING UP

Pyramid Lake Fishout-Mar. 18th-24th 2018

Fishmaster: Mike White - (831) 706-5556

The Pyramid Lake fishout is one of the best-attended fishouts the club has, and for a good reason. Large fish cruise parallel to the shore in easy casting distance from shore. Cost for the week including meals and lodging and is around \$300+ per person depending on the number in attendance. You need not fish all six days as there may be openings (usually later in the week.) Contact Mike for more details (831) 706-5556, to check on openings, or be put on a waiting list. First come first served.

You can also make your own arrangements either by bringing your own RV (Crosby's Lodge has hook-ups and sells permits to park on the any of the beaches along the lake) or staying in Reno. Reno is 45 minutes away. Call Crosby's lodge to inquire about last minute cancellations in their cabins as well (775) 476-0400 and check out their website to see what the cabins look like at www.crosbylodge.com. The General Store in Sutcliff offers meals on selected nights only to those who call in before 2:00 PM. Check at the General Store for details.

Equipment: 6-9 weight rods with hi-speed, hi-D shooting heads or fast sink integrated lines to fish the bottom in 6 to 9 feet of water, and a floating line for indicator fishing. You should bring a stripping basket and a ladder that will accommodate it. A ladder helps to get you up out of the cold water and enable you to cast out to where the fish are. You can still catch fish without one but not with near as much consistency.

Flies: Woolly buggers in black, white, purple, olive, midge, caddis and mayfly nymphs to name a few. If as in years past the Con-fab in February is offering the opportunity to see how some of the best Pyramid patterns are made plan to attend and bring a vise

and tie some yourself. Flies may also available from club member Jim Hall who ties some very good flies specific to Pyramid cut-throat as well as other species at reasonable cost. His number is (831) 713-6835. There is a general store with provisions as well as tackle and an assortment of flies.

How to get there: Take US 80 to Reno-Sparks, take the Pyramid Blvd. off ramp and go north about 35 miles. Crosby Lodge is at Sutcliff, near the Ranger Station.

If you have any questions about equipment or how to get there, check the "Gearing up" columns in the March 2007-2009 archives on our great club website, or call Mike White at (831) 706-5556.

If you are considering going to Pyramid again this year with the club and you have not already done so, please contact the person who is booking the trailer you stayed in last year. Trailer-masters, if your trailer has gaps or cancellations, you can call Mike so

he can pass the names of members who don't have lodging to fill the empty spots.

Fishing, Camping, and New Ladder Regulation:

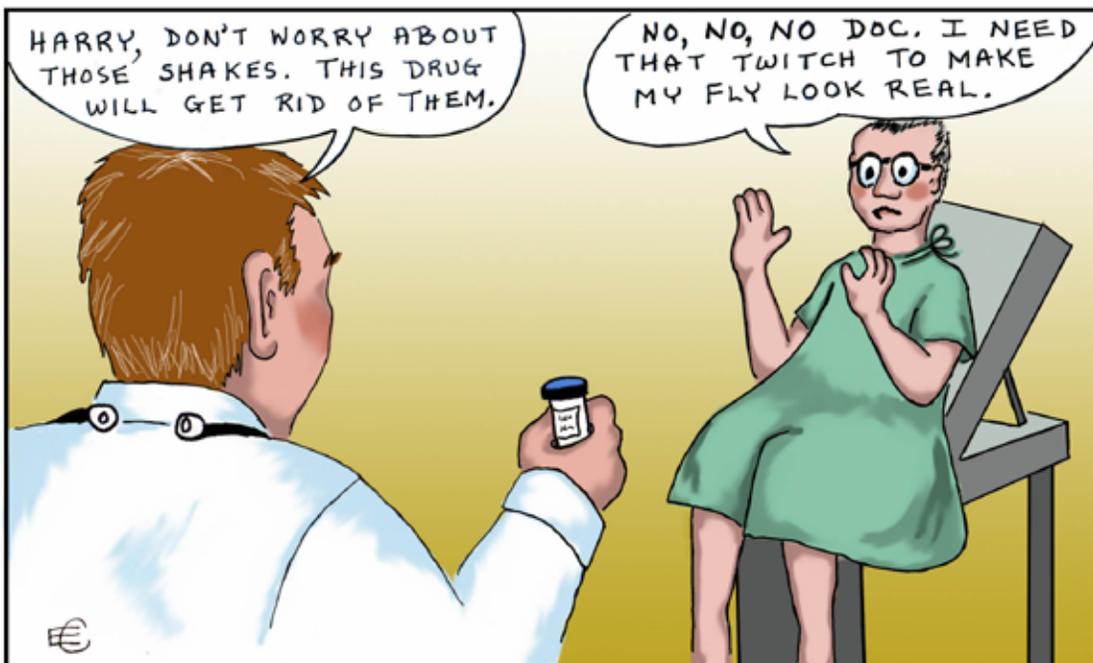
Fishing and camping permits can be purchased online prior to the fish-out. We would highly recommend doing this. Go to www.plpt.nsn.us to obtain your licenses. There is also an RV Park available at (775) 476-1155.

As with any great fishery there are always a long list of rules and regulations. We would recommend you review them on the website above. Suffice to say those of us who have been going to Pyramid Lake for many years are a good source of information as well. We will help inform and guide all newcomers.

15.6 USE OF LADDERS, ETC. Any ladders, milk crates, boxes or other objects used in the water as a fishing aid must be occupied or closely attended (i.e. remain in the area) by fishermen at all times.



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FLY OF THE MONTH

Morrisons Criss X Chironomid

Submitted by Elaine Cook

This midge pattern looks like just the thing for Pyramid Lake and these beautiful Lahontan Cutthroat. Use in still-water under an indicator where there are large trout. It can be tied in three color variations; black thread and body with red and silver wire, black thread and red body with red and white wire, and light olive thread and body with red and green wire.

Hook: TMC 200R, Daiichi 1270, Dai-Riki 270, MFC 7002, sizes 10 - 12
Bead: White metal, use tungsten if fast sink is desired
Thread: 6/0, colors as indicated above
Body: 6/0 thread, colors as indicated above
Rib: Medium thickness wire, 2 strands, see colors above



1. Crimp barb.
2. Feed bead onto hook, small opening first.
3. Attach body thread behind bead. Using touching wraps, cover shank to part way around bend of hook. (see picture) Using touching wraps, return thread to behind bead.
4. Position wires on top of shank, one end into bead opening, the other extending beyond rear of hook. With touching wraps, cover wire to part way around hook bend them back to bead.
5. If body is too thin, (see picture) with touching wraps, wrap to rear and back again. Repeat if needed.
6. Spiral one wire forward (not the red wire) in about 8 wraps. Make 2 wire wraps behind bead. Twist to cut excess wire.
7. Build up a slightly tapered collar with body thread. Leave thread hanging behind bead.
8. Spiral red wire forward in opposite direction. When completing 7th wrap, make touching wraps up to bead. Twist wire to cut.
9. If making the fly with red body, tie off body thread and attach black thread behind bead.
10. Wrap narrow collar behind bead.
11. Whip finish, cut thread.
12. Apply generous coat of Zap-A-Gap or Super Glue or Sally Hansen "Hard as Nails".

RECIPE OF THE MONTH

Roast Cod with Artichokes

From www.fishrecipes.net

Ingredients:

1 pound Yukon gold potatoes, thinly sliced
1 9 -ounce box frozen artichoke hearts, thawed
1/2 cup pitted kalamata olives
1 tablespoon fresh rosemary leaves
1/4 cup extra-virgin olive oil
Kosher salt and freshly ground pepper
4 6 -ounce cod fillets
Juice of 1/2 lemon, plus wedges for serving
1 tablespoon chopped fresh parsley

Directions:

1. Preheat the oven to 450 degrees F. Combine the potato slices, artichokes, olives, rosemary, 2 tablespoons olive oil, 1 teaspoon salt and a few grinds of pepper in a large bowl. Spread the mixture evenly on a parchment-lined baking sheet; bake until the vegetables are tender and lightly browned, about 20 minutes.
2. Brush the fish with 1 tablespoon olive oil and season with 1 teaspoon salt and a few grinds of pepper. Remove the baking sheet from the oven and set the fish on top of the vegetables. Return to the oven and continue baking until the fish is opaque and the vegetables are golden brown, about 10 minutes.
3. Drizzle the fish with the lemon juice and the remaining 1 tablespoon olive oil. Sprinkle with the parsley and serve with lemon wedges.

Per serving: Calories 373; Fat 17 g (Saturated 2 g); Cholesterol 52 mg; Sodium 1,219 mg; Carbohydrate 24 g; Fiber 5 g; Protein 30 g



JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2 Full Moon ☉	3 Club Meeting Aptos Grange 7 PM	4	5	6
7	8 Last Qtr. ☾	9	10 Fly Tying Class Aptos Grange 7 PM	11	12	13
14	15 Martin Luther King Jr. Day	16	17 New Moon ●	18	19	20 Annual Fund Raiser Peace United Church 5 PM
21 Newsletter Deadline	22	23	24 1st Qtr. ☽	25	26	27
28	29	30	31 Full Moon ☉			

FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day	3
4	5	6	7 Last Qtr ☾	8 Pour Tap Room 110 Cooper St. 6-9 PM	9	10
11	12	13	14 Fly Tying 7 PM Aptos Grange Ash Wednesday Valentine's Day	15 New Moon ●	16	17
18	19 Presidents' Day	20	21 Board Meeting 7 PM Steele home	22	23 1st Qtr ☽	24
25	26	27	28			