

Committee Report . . .



SUNSHINE COMMITTEE

Jane Kearney
Chairwoman



The purpose of Sunshine Committee is to let RISAA members know that we care about them. Even though our Association has thousands of members, we care about every one of them.

GETTING WELL

Dave Preble's wife Meredith has been recently hospitalized. We hope she is feeling better and can be at home.

Rene Blanchette was in a car accident last month. I know we all wish him a speedy recovery so he can get back to fishing.

Mitch Riffkin fell and broke a rib the day before Take-A-Kid-Fishing Day. He was planning to help out, and was disappointed to miss the event. Heal quickly, Mitch.

Speaking of ribs, **Bob Woodard** broke two ribs at work. Ouch! Get well soon, Bob, and get back to the important things in life- fishing.

Palmer Herrington has been hospitalized again for a blood infection in his legs. We hope this will be the end of that problem. He needs to fish!

Lynn Medeiros had leg surgery last month, and will be on crutches for awhile. We missed you at the June meeting.



Mitch Riffkin

CONDOLENCES

John Henderson, Jr. lost his father, John Henderson, Sr. recently. Our deepest sympathies go out to him and his family.

CONGRATULATIONS

Steven Katkowski has graduated from Chariho High School in June, and was a member of the R.I. Honor Society. He will be attending URI in the fall, majoring in Fisheries Science and Aquaculture. Way to go, Steve!

And congratulations to all of our graduates out there. May you have a bright and successful future.



Steve Katkowski

Congratulations to JUNIOR MEMBERS with July birthdays



Tommy Bernache	James LeBlanc	Ethen Roach
Sean Bristow	Ella Lewis	Nolan Roach
Sydney Cardoza	Andrea Masse	Brian Schofield
Andrew Coloccio	Ian McCurry	Cameron Toppa
Emily Cournoyer	Autumn McKenzie	Carson Toppa
Evan DeMendonca	Charlie Newman	James Waugh
Joshua Flaherty	Fredy Norin	Devon White
Emily Geoffroy	Evan Pagano	Berrik Woods
Bridget Huxley	Jacob Peters	J. Byron Woods
Katherine Huxley	John Picard	Joseph Woods
Steve Katkowski	Ben Roach	

Cooking Your Catch



by **Sandie Gelineau**

We printed this recipe a few years ago, but it's worth repeating for all those who have joined since then.

Jamestown Fish and Pasta Combo

Easy, hearty and low cholesterol

INGREDIENTS

- 1 lb fish fillets (cod, haddock or sole) cut into 2-in pieces
- 1 10-ounce can baby clams
- 1 tablespoon olive oil
- 1 cup onion, chopped
- 1 garlic clove, minced
- 1 16-oz can Italian plum tomatoes
- 2 cups clam-tomato juice cocktail
- 1 cup parsley, chopped
- 1 tsp dried basil
- 1 tsp lemon peel, shredded
- 1 tsp Cayenne pepper
- 1 cup pasta, small-size, such as bows, shells or capellini
- 1/2 cup white wine

PREPARATION

1. In a 3-quart saucepan saute' onions and garlic in oil until soft
2. Add undrained tomatoes with juice, breaking up with a spoon. Stir in the clam-tomato juice, parsley, lemon peel, basil and Cayenne. Cover and simmer for 25 minutes
3. Add the seafood and pasta. Cook for 8 to 10 minutes until fish flakes and pasta is cooked. Pour in the white wine and simmer for a few minutes to blend flavors. Serve in deep soup plates.

Got a recipe to share or request for a certain recipe?
Contact Sandie at sandie@risaa.org

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