

New Member  
**Welcome Committee**

**Capt. Ed Kearney, Chairman**



The purpose of the Welcome Committee is to contact new members, welcome them to the Association and answer any questions they may have about RISAA and its activities.

**Welcome new members  
 who joined last month!**

**Eddie Doherty**  
 Mattapoisett, MA

**Joseph McDowell**  
 Portsmouth, RI

**Celeste  
 Ferendo-Canfield**  
 Tiverton, RI

**Capt. Seth Megargle**  
 Waterford, CT

**George Hagan**  
 Warwick, RI

**John Migliori**  
 Newport, RI

**Steven Keefer**  
 Exeter, RI

**Glenn Morin**  
 Wakefield, RI

**Marc Lamson**  
 Narragansett, RI

**John Pidlipchak**  
 Orange, CT

**Andrew Larose**  
 Warwick, RI

**Dylan Slaiger**  
 Providence, RI

**There are no strangers in RISAA  
 ONLY FRIENDS you haven't met yet**

**Share the Wealth!**  
**BRING A FRIEND TO  
 THE NEXT MEETING**



**RISAA members can bring a first-time guest  
 to the monthly seminars, at no charge**

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**Cod vs Haddock**

Since local New England cod is not as plentiful as it used to be, I've noticed more haddock entries in the Yearlong Tournament than cod. So what's the difference between the two? Do they taste the same? I researched this online and found the following:

*Haddock and cod are two quite different fish. However, they can be used interchangeably in many fish recipes. So if you want to substitute one for the other you can easily do so. When cooked, many people can't easily tell them apart. Even large food producers and supermarkets get them mixed up.*

*The main points where they may be treated differently are in long term storage. Haddock is not usually salted where cod is. Haddock can easily be dried or smoked.*

*The textures are different too: cod has a fuller flake with more of a "wet" look, while haddock has a finer flake and slightly more drier look.*



**Lemon Garlic  
 Haddock**

**INGREDIENTS**

- 2 minced garlic cloves
- Pinch of salt and pepper
- 1 teaspoon olive oil
- 2 4-ounce fillets of haddock
- 1 tablespoon lemon juice
- Garnish of green onion

**DIRECTIONS**

- Preheat the oven to 350 degrees.
  - Use a fork to mash the garlic as much as possible after mincing.
  - In a small bowl, mix together the garlic, olive oil, lemon juice, salt and pepper.
  - Line a baking sheet with parchment or foil and place the haddock on top. Divide the lemon garlic mixture ovetop of both of the pieces of fish.
  - Bake the fish for 20-25 minutes, until you can stick a fork into the fish and twist it and it is flaky.
  - Garnish the fish with green onion and serve.
- Serves 2

Got a recipe to share or request for a certain recipe?  
 Contact Sandie at [sandie@risaa.org](mailto:sandie@risaa.org)