

# **Bob and Darleen Panter's**

*Education begins 4:00.*

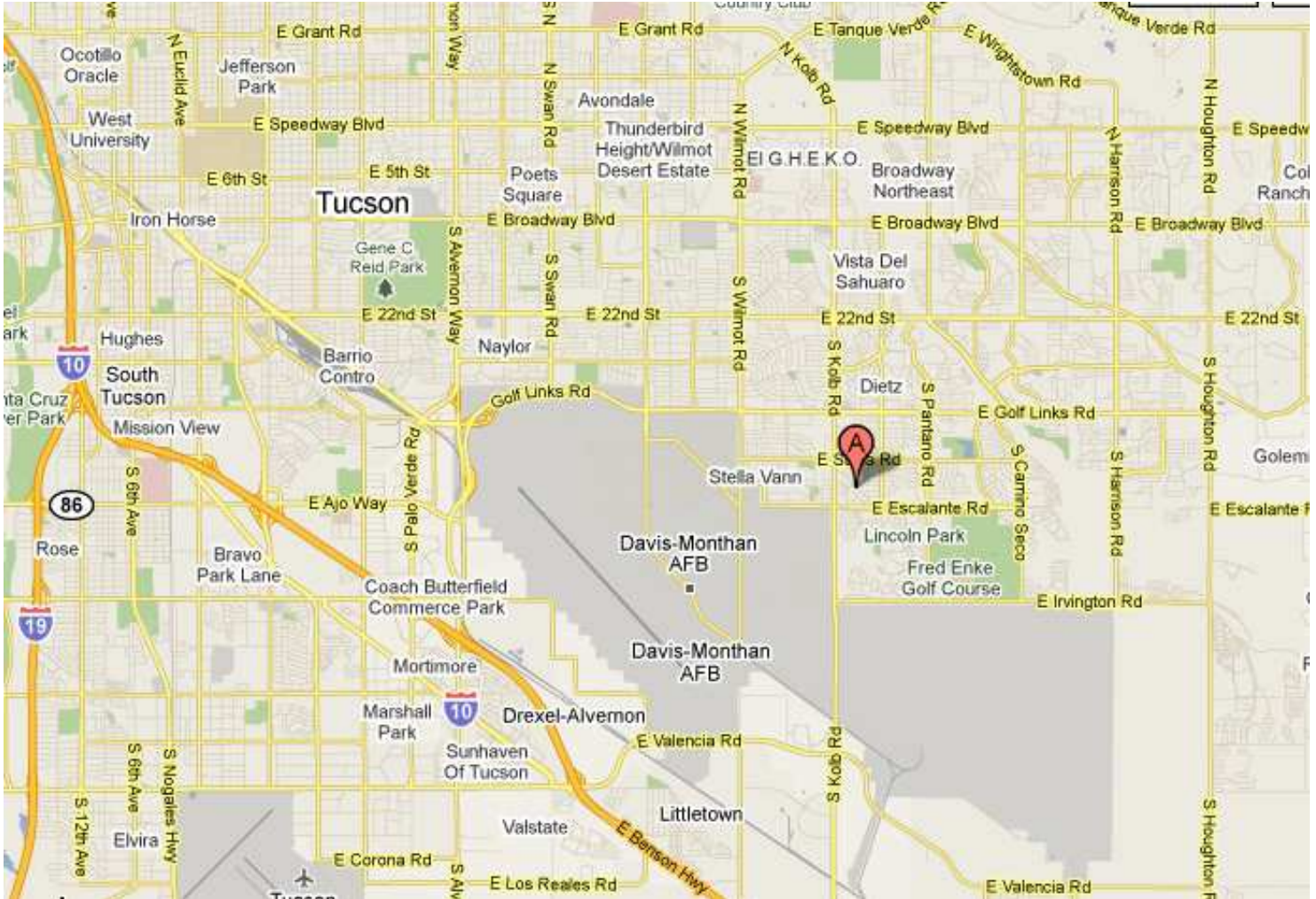


4905 N Via Entrada  
Tucson, AZ 85718  
Address Service Requested

**Bob & Darleen Panter**

3552 S Chesin

Phone: (520) 747-7278



**Bob and Darleen Panter's September 26**

3552 S Chesin

*Meeting begins at 4:00.*

From Golf Links, South on Kolb, East on Chesin to address.

**Important Notices:** Please contact Brent VanKoeving at 780-3980 or Bob Panter if you are interested in hosting a meeting. We are looking for hosts for 2011.

Going forward the newsletter will be distributed via e-mail only, unless requested otherwise. If you do not presently get the newsletter electronically, or if you wish to continue receiving it via snail mail, you must contact Brent VanKoeving at 780-3980 or [bvankoeving@longrealty.com](mailto:bvankoeving@longrealty.com).

## SAKA, Inc Club Officers

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<b>AKCA Representative</b>	Debby Young <a href="mailto:debbyt@akca.org">debbyt@akca.org</a> (520) 682-7697
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<b>Librarian</b>	Jeanmarie Schiller <a href="mailto:crankyjean@msn.com">crankyjean@msn.com</a> (520) 299-1876

Editor's Note: Articles published herein are intended for the enjoyment of all and come from a variety of sources. The articles are not intended to replace veterinary advice. Pond owners, and not the club, are responsible for the health of their koi, water changes, what to do, and how to treat their pond. Reasonable effort is made to review these articles for accuracy before including them in the newsletter.

September is a month of transition for your pond. It will go from warm water to cooler water. As the nights get longer and the days shorter your water will start to cool off. How about that! Your koi will love this. They will become a little more active and still love to eat. Please check your water balance. This way you will know how healthy your koi are.

Show time is right around the corner. This marks our 31<sup>st</sup>. Show. What a thrill. There are only a hand full of koi organizations that can say that. Please tell everyone you know about our show, auction and raffle. Most of all be proud of your koi and see which ones you are going to bring to the show for everyone to see.

We have a great association. The best in the country, but with all of your support we can be the best ever.

For the love of Koi,

**Bob Panter**, President SAKA, Inc.

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**Club Meetings**

**Hosting Meetings:** For those wishing to host an upcoming business/education meeting, the club will reimburse the host up to \$50 (with receipts) toward food/beverage for the meeting. **We would like to see your pond!** Please contact Bob Panter if you are interested in hosting a meeting.

**Club Announcements**

**August Business Meeting Minutes**

Date & Location: August 22, 2010, at Barbara and Rick Shook's, in Hereford, AZ.

Call to Order: Meeting called to order by Bob Panter at 2:36 PM.

Minutes: Motion made to accept and second the July 2010 Minutes as read.

Number of members in attendance: 8 members.

Treasurer's Report: Current checking account balance: \$7826.89. Our current membership is at 53 members. Martha Cover reported that the bill for getting all the information to the right government offices for our non-profit status was \$175 and has been paid.

AKCA: There was no AKCA Report.

Correspondence: A group of people would like to organize to promote a Japanese Garden. Jean-Marie will keep us updated.

2010 Show and Auction Committee: "Meet the Judges" dinner will be at the Panter's, catered by P.F.Chang. The Show and Vendor Packet was passed around for viewing. The awards are in the process of being made. The Judges are staying at the Holiday Inn and rooms are available at \$79 per night. If you have anything for the raffle, please contact one of the officers. Jean-Marie is in the process of getting the sumo wrestlers exhibition and samurai sword exhibition set up for part of the entertainment along with the T-Rex Museum. Domino's has been finalized as the vendor for that weekend. All information and registration forms will be available on the SAKA web site.

Old Business: Bob Panter reported that while fixing the trailer damage, it was found that the trailer axle was broken. The final bill was \$1503 instead of the \$850 agreed on. The \$850 has been paid and the rest will be negotiated since that was not the price agreed upon. The new liability insurance for the Club has been taken care of and now the Club is again covered for all our special events.

New Business: Bob Panter put forward the idea to get a building donated to the Club for our storage and a grant for educational purposes. The motion was made and seconded to have him pursue the matter.

Adjournment: The meeting adjourned at 3:56 PM.

Educational Talk: There was a discussion on the Shook's pond as there was no educational speaker attending.

Lynn Riley  
Secretary

## Featured Articles

### KOI NUTRITION

There are many good (and bad) koi feeds available to the Koi Keeper. In general, a good koi food for growth will contain from 32 to 38 percent protein. Protein is the major energy source for koi. This protein should be derived primarily from fish meal, and fish meal should be the first ingredient listed in the contents label. Several less desirable fish foods list plant or animal protein sources as the major ingredient.

Koi food should be sealed and stored in a cool, dark, dry place in order to preserve freshness. Old food that is not cared for can become rancid. You should be able to tell if food is rancid by the smell. Fish that are fed a diet of rancid food often results in fatty liver and/or liver cancer. "If in doubt, throw it out." For maximum growth, koi should be fed at least 4 times per day in warm water temperatures. Koi have no stomach and digest their food in about 4 hours. Feed only what they will eat in a few minutes because excess food left in the pond will increase ammonia content of the water.

In the fall, reduce the amount fed as the temperature goes lower. Feed until water temperature reaches 50 degrees. When the water temperature approaches 50° F. stop feeding, since at that temperature a koi's digestive system is shut down. Normally they will not eat at this temperature, but if they do, it is unhealthy for them, since the food will not digest and will just decay in their intestines.

In the Spring, start feeding sparingly when water temperature has been above 50 degrees for a few days. When water temperature reaches about 60 degrees, increase feeding to what they will eat in about 5 minutes. The amount of feed should be increased accordingly as water temperature rises. As you can see, it is important to be able to determine your pond water temperature, so if you don't have a pond thermometer, you should get one. There are good digital thermometers with water probes on the market for around \$30. In koi ponds, feeding, water treatments, and medical treatments are all temperature related. For instance, antibiotic treatment of koi in water below 55 degrees has absolutely no effect, since the koi's blood circulation system is at a virtual standstill.

Below are some questions and answers related to koi nutrition:

- When Koi Pellets are made they float – how is this done at manufacturing level? Answer: Manufacturers can make koi feed float or sink by juggling the pressure/moisture/heat ratio of the feed in the manufacturing process. If the specific gravity of the food is less than water, the food will float.
- Some commercial koi foods have red and green pellets in the same packaging – what is the difference between these two different colored pellets? Answer: Color is the only difference.
- When feeding koi the floating pellets are swept away to the surface skimmer before all the koi collection can finish them – what can be done to avoid this during feeding time? Answer: To avoid this, one may (1) Feed less food at one time in order for the fish to consume the food more quickly and possibly feed a lesser amount several times per day, (2) Turn off the skimmer during feeding, and (3) put the food inside a floating ring to prevent the food from going into the skimmer.
- Which ingredient/ingredients commonly found in koi food can go rancid if the food is old? Answer: Fats and oils.
- How can you determine old food without a laboratory test? Answer: Old food can be determined by manufacturing dates on the package. (Note: Not all manufacturers put dates on their packages.) Sometimes old food can be determined by smell (rancid) or by sight (webs, mold, etc.).
- Which part of the food formula produces growth in koi? Answer: Protein is the main ingredient for promoting growth in the koi. In the best foods, this protein is derived from fish meal or other fish products.
- Why do koi not grow much in winter – if at all? Answer: In winter the water is cold (below 50 degrees F.), koi metabolism is low and they do not eat. This inhibits their growth.
- Are vitamins in koi food essential? Answer: Yes. Without sufficient vitamins, protein will not function to its full potential.
- Koi food can be dampened and fed to all size koi – but why is it bad to let the pellets float or stay in water for a long time before being eaten? Answer: Uneaten food will dissolve and pollute the mechanical and biological filters, as well as increasing ammonia levels in the pond water.
- Do koi grow to a large size only in a deep pond? Answer: No, They have been known to grow to tremendous size in small, shallow areas.
- At what age do koi stop growing? Answer: Growth slows dramatically at about age 5 – 7 years. Many koi may continue growing to 10 to 12 years, but by a much slower rate. Maximum growth is achieved during the first three years of age.
- Should koi food have a smell? Answer: Koi food can have a good and a bad smell. The good smell is the scent of warm fish meal. This food is fresh and should be used. The bad smell is a rancid smell due to the food being old or having been subjected to moisture and/or sunlight. This food is spoiled and should be discarded.

- How should koi food be stored? Answer: Koi food should be stored in small sealed containers in a cool, dry, dark area.
- Why is freshly made food so important? Answer: Freshly made food is important because it contains essential vitamins and minerals necessary for good koi nutrition. As food gets older, these vitamins and minerals lose much of their potency.
- Why is feeding stopped at very low water temperatures? Answer: Koi metabolism slows down drastically in cold water, and they eat very little. When they do eat, the food does not digest properly. Koi in cold water can go for months without food, and should not be fed until the water temperature rises consistently above 50 degrees F.
- Is it better to feed koi several times a day or once a day - why? Answer: In water temperatures above 60 degrees. it is better to feed koi several times a day because they have no stomach for storing food, but have a "straight gut". They digest their food in about four hours and then will be ready for more. Frequent feeding promotes faster growth.

Any questions about this article should be directed to Don Harrawood, Koi Health Advisor at: [dharrowo@elp.rr.com](mailto:dharrowo@elp.rr.com)

*Don Harrawood*

[Incredibly Edible Aquatics](#)

[From akca.org](#)

*\*by Anne "Kelly" Billing via Pond Keeper*

I met a gentleman last summer who, after witnessing a large pond installation, wondered why anyone would go to such great lengths for some colorful fish and beautiful flowers. To a few, you plant trees for an orchard, and you plow the land for a vegetable garden.

He had entertained the thought of having a pond on more than one occasion the sparkling sun dancing on the water, the rising mist on a cool morning. It would be something, but it had to produce more than sheer beauty in return.

I understood completely, for he was very much like my own grandfather, and I was happy to share some practical possibilities. There are many plants, both common and unusual, found in ponds and wet places that are edible. He inspired me to take my limited knowledge and learn more.

What follows is a list of some wonderfully edible aquatic plants and how you would prepare and eat them.

**LOTUS (*Nelumbo* sp.)** My favorite part of this almost entirely edible plant are the seeds. When they are still green, but firm, the flavor resembles a cross between raw sweet corn and young peas. They may be eaten peeled or whole. As the seeds mature, they develop a slight mahogany color on top. These peeled seeds split easily in half to reveal the young, green, bitter leaves (remove) and have a very nutty flavor.

I was given a recipe for Chinese Sticky Rice and Lotus Seeds as follows: Toss cooked rice and peeled seeds. Place single servings in the center of fresh cut lotus leaves. Fold the leaves similar to a small package with the ends wrapped under. Steam for 10- 15 minutes until leaves become tender. Unfold and serve using the leaf as your platter.

Lotus tubers, shaped like bananas and harvested in the fall or spring, are said to be comparable to a sweet potato when baked. Cut crosswise, they reveal a beautiful pattern inside. I recall having seen sliced lotus tubers baked on a cookie sheet then dipped immediately into confectioners sugar, making a lovely candied delicacy. This may require some experimentation, since I don't recall the baking time and temperature.

The young leaves can be collected prior to uncurling and steamed like spinach. The mature leaves can be cut with 12" - 18" stems. Pierce the very center of the leaf, fill with wine, and hold overhead to draw the wine through the stem. This is believed (by the Japanese) to extract the life-giving juices from the lotus. I don't know about that. but it's sure to liven up any pond-side party!

Speaking of parties, my four-year old daughter, Colleen, and I have found that these leaves make spectacular party hats when placed upside down on your head.

**WATER MINT (*Mentha aquatica*)** A mild herb plant with a delightful fragrance, water mint, is not nearly as pungent as most of the other mints I have tasted. It can be harvested almost year-round and can be added fresh to fruit salads and used to garnish cakes, platters, and cold drinks. Fresh or dried, it flavors jellies, sauces, and dressings.

My favorite is to add one whole lemon (squeezed) and a fistful of fresh mint (crushed in hand) to two quarts of warm water or brewed tea. Ice and serve. There is nothing more refreshing on a hot summer day.

**WATER CRESS (*Nasturtium officinale*)** This is a plant that is highly under used, considering it can be found in most cool running streams throughout the United States. A fresh bunch purchased at the grocery store is easily rooted and cultivated as well. When collecting, cut only the foliage above water, as most underwater growth has sprouted roots, and they are not as palatable as the leaves. Aside from cress sandwiches, for which it is commonly known, water cress can be added in quantity to a multitude of dishes and salads, including tossed, tuna, potato, and egg. They all benefit from the zesty flavor it provides.

Water cress makes an excellent steamed green vegetable in place of spinach, kale, or Swiss chard. It can also be added last to all kinds of stir-fried dishes. Remember to never cook longer than until the leaves are just softened, or the valuable vitamins and minerals it is rich in will be lost.

A combination of water cress, parsley, chive, and water chestnuts chopped and added to sour cream creates a delicious dip. The same combination mixed with butter will make a tasty topping for steamed green vegetable.

**WATER CELERY (*Umbelliferae oenanthe. javanica*)** The young leaves are milder than the mature ones, but both are suitable for use in all types of salad. The distinct celery flavor makes this an excellent addition to soups, baked meats, and stuffing for poultry. The leaves can be dried and brewed for tea. The tea can be used as a remedy for an upset stomach although I haven't tried it.

This is one of the more vigorous aquatic plants, and it is a pleasure to know that the regular trimmings it requires will not need to be wasted.

**ARROWHEAD, DUCK POTATO, WAPATOO (*Sagittaria latifolia*)** Found coast-to-coast in wet areas, ponds and streams. arrowhead was a staple food for the American Indians. The Indians would wade in the cold, shallow water during fall and spring to dislodge the tubers from the mud with their toes. They quickly float to the top for collection. For the water gardener, they can be sifted from the mud in the pot, saving a few for the following year's crop. Braving the cold water barefoot seems like something I wouldn't want to do all the time, but something I'm sure I would like to experience at least once.

Try some *Sagittaria* Salad. It's easy, quick, and something a little different: One quart of tubers boiled and peeled. Add mayonnaise, diced hard-boiled egg, onions, and pickles to taste, enjoy

All of these plants are easily grown in your backyard pond, except water cress, which is better suited to a stream or lightly shaded area. They are all versatile and easy to prepare, making them an excellent starting place for turning your water garden into a source of food and nourishment.



There are an endless number of plants that are not only edible, but extremely nutritious and great fun for the entire family to collect and prepare. For more information on edibles, try the following books. In them you will find recipes for cattails, bulrushes, marsh marigolds, wild callas, bog cranberries, and more! Bon Appetite!

## Should Your Koi Be Eating This Food? or Food for Thought!

by Robert Cirillo

Reprinted from [KOI USA](#)

I saw a gentleman throwing stones into a pond. When I questioned his actions, he said he was feeding his fish. He was serious. He was feeding pebble hard pellets to Koi and assumed that because it was sold as premium food he was doing the right thing. WRONG!

Let's start by asking ourselves where Koi in nature (since the only means of digestion is an intestinal tract and they do not have stomachs) consume this substance? I can't think of any. Can you? Where in nature would a Koi swallow a gritty rough, extremely dry substance to sustain life? Just imagine what damage is taking place on both ends of this equation, not withstanding scarring the intestinal walls. All food should be moistened before feeding if they are hard and dehydrated. Improper digestion of foods can lead to disastrous results.

Let's now ask ourselves exactly what goes into these foods. How are they manufactured? What are the ingredients? Does the label give a realistic picture of contents? Can I feel good about my Koi's diet?

### Manufacturing

Ingredients are either heated, irradiated, cooked homogenized, hydrogenated, sterilized mummified, fortified, with color enhancers and preservatives added and then packaged. Many manufacturers use several of the above processes along with the flattening or rounding or extruding of the ingredients to obtain a uniform shape. All of the above steps destroy most nutrients and add unwanted saturated fats or dangerous carcinogens. The hydrogenation process and preservatives alone bring many negative side effects. When you add vitamin destruction, there really isn't much left. Tossing all of this into a clear container adds insult to injury since light destroys water soluble vitamins. Look to see how many manufacturers package their foods incorrectly.

### Ingredients

First consideration should be whether or not ingredients are pharmaceutical grade or animal grade. The former must pass standards for human consumption. The latter has standards less strict and imposing. The former takes into consideration purity and negative substances. The latter passes on many negative compounds. The manufacturer decides which road to take.

Protein (with all amino acids, which are their building blocks), proper lipids (which are fats that must be unsaturated), proper carbohydrates (derived from plant material) and proper fiber (which should be water soluble) must be fundamentally correct if any Koi are to exist or flourish.

**A)** Protein from insects, earthworms larvae, etc. is desired for Koi. Our fish do not consume crab by-products or meat by-products laced with preservatives in their natural habitat. We are dealing with a fish, without a stomach. From the beginning to the end, digestion of food is quick and should be easily absorbed and manufactured into new cells. If the feces sinks proper absorption is not occurring. If hydrogen is added to protein, a saturated negative altered by-product, which prevents cells from absorbing nutrients, occurs. PLEASE READ THE LABEL CAREFULLY BEFORE FEEDING.

**B)** Lipids, fats that are unsaturated are the only fats Koi should obtain. Fats not only supply needed energy, but are the catalyst by which all nutrients are distributed to cells. Hydrogenated fat becomes super saturated,

causing cell damage, mutation and total blockage of nutrients. The only reason to add hydrogen to a fat is to extend shelf life. It does not benefit the Koi's life in any way,. Fats from animal sources are harmful, unless they are omega 3 essential fatty acids. None of the labels, to my knowledge mention omega 3. Fat, from plant material, as long as they are not saturated due to processing are fine. AGAIN, PLEASE READ THE LABEL.

**C)** Carbohydrates all convert into sugar. This is how all animals, including fish, derive their major source of energy for movement and mental functions. Excessive carbohydrates or improper carbohydrates become fat. Excessive fat, however, When going into a dormant winter cycle many be helpful. During an active cycle, excessive carbohydrates leading to excessive fat are not warranted. Carbohydrates derived from basic plant forms are preferred. They break down quickly, aiding digestion and place less demand on the liver. Grain carbohydrates break down slower, have a tendency to convert to unnecessary fat, and place an unwanted load on the liver. Feeding Koi cereals was never a good idea. In a natural environment a Koi would eat plant material e.g. algae, pond grass. etc. There is not much grain here. Most, if not all, carbohydrates in manufactured foods are derived solely from wheat, which is inexpensive and readily available. Grain must be balanced with green vegetation to be acceptable. Does any food manufacturer balance its carbohydrate mix? PLEASE READ LABEL CAREFULLY.

**D)** Fiber should only be derived from undigested plant material occurring naturally in the digestive tract and never intentionally added to increase fiber content. Plant material contains a water soluble fiber and is the only type acceptable for Koi. Gritty, fibrous materials are dangerous and not warranted. PLEASE READ LABEL.

An aspect that has not been mentioned is electrolytes. Electrolytes are simply minerals. Minerals are essential for all electrical nerve functions, formation of skeletal material and maintenance of a proper immune system. An imbalance of any mineral leads to negative results. Simply adding minerals to food is not enough. If one mineral is not balanced properly with all the others, a lack of absorption of one or several can occur, and this leads to poor health; even death. Minerals are as essential to life as water. Without food many creatures can exist, but dwindle away over a long period of time. Without water death is guaranteed and without minerals death is also guaranteed.

### **Finally the Label**

Unfortunately, the label and complete packaging of the manufactured product receives most of the manufacturer's budget. Yes, the outside costs more than the inside! More time is focused on the look, appeal and image than anything else. One manufacturer can come out with many different labels boosting different results but the contents are basically the same.

They will add selling point remarks on the label such as: fortified with stabilized vitamin C (even though stabilized vitamin C is not absorbed by fish); contains synthetic vitamin E, (except only 20%, if that much, of the synthetic vitamin C is utilized); contains color enhancers, which is fine as long as your fish have red or orange, if they contain any white pigmentation this becomes muted gray and less intense. PLEASE READ LABEL CAREFULLY.

What then would be the best approach when purchasing food for Koi. Mix and match. Do not become locked into one company, one food, or one set of ingredients. This assures, no matter what, a balance can be obtained. But, never, never, obtain a food that contains negative substances, e.g. hydrogenated ingredients saturated fats, synthetic substances, high fiber content, unnecessary coloring and preservatives. Remember to moisten foods that are hard and dehydrated. Preventing a problem is easier than fixing one.

If proteins, fats, carbohydrates, and fiber are all correct, then adding vitamins and minerals at our own discretion at the time of feeding assures proper nutritional balance. We spend more time with the technological end of Koi keeping, such as complicated filters, vortexes, oxygenators and bottom drains, then we do with the most important aspect - feeding. Many of us pick up a bowl of Koi food, empty it into a pond on our way to work and never consider what the ramifications are to this simple task. Not only should we maintain the best

diet, but we should also watch while they are feeding to inspect closely for unnatural habits. You know your fish. Remember they do communicate! You simply have to know how to "read" them.

Please read labels carefully. Your Koi's future is in your hands. You are what you eat. It's that simple.

FACT: Whether human, bird, dog or fish, the more a food is touched by man, processed by man, and handled by man, the more dangerous, negative and non beneficial it becomes.

FACT: The lower we all eat of the food chain, the healthier we all become.

### Kawarigoi Korner



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If you have suggestions for the newsletter or items to be included in Karawagoi Corner or the Calendar, Please contact Brent VanKoeving at 520.780.3980 or [bvankoeving@longrealty.com](mailto:bvankoeving@longrealty.com).

### Upcoming SAKA Education and Business Meetings

Date	Location
September 26, 2010	Host: Bob and Darleen Panter
October 24, 2010	Host: Rich Timerhoff
November	No Meeting See you at the Show
December	Host: Jeanmarie Schiller

### Shows, Pond Tours and Seminars

Event	Dates/Location/Links
<p><b>31st Annual SAKA, Inc. Koi Show and Auction</b></p>	<p><b>November 12-14, 2010</b></p>



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<http://www.sakoia.org>  
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Today's Date: \_\_\_\_\_

# of Koi \_\_\_\_\_

Years Keeping Koi: \_\_\_\_\_

Pond size: \_\_\_\_\_

Would you like to host a meeting?  
 \_\_\_\_\_

Would you like to serve on a committee?

\_\_\_ If yes which one?  
 \_\_\_\_\_

**Make Checks payable to: SAKA, Inc.**

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