

# REEL TALK



Mal's 69cm, 3kg Tailor

SURF CASTING AND ANGLING CLUB OF WA INC

December 2017

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## **Acknowledgement of Donors**

The club gratefully acknowledges the support from companies, organisations, club members and families for the donations towards our Presentation night and prizes for winners of our fishing and dry casting competitions.

Donors of prizes and giveaways for 2017/8

Club Members:

George Belin, Mal Head, Bob Henderson,  
Peter Osborne, Gary Parkinson, Victor Schilo,  
Shane Wignell

And

Sandra Wessels for the ladies gifts

Special Thanks

John Curtis

## **Company Sponsors:**

Alvey Australia

Australian Monofil (Platypus lines)

Barron Lures (Eric Parker)

Belmont City Medical Centre (Dr Sri Srigandan)

Bladon WA (Martin Wearmouth)

Central Seafoods

Halco Tackle

J M Gillies Agencies

Western Angler Magazine

*Thank you all.*

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# Surf Casting and Angling Club of WA (Inc.)

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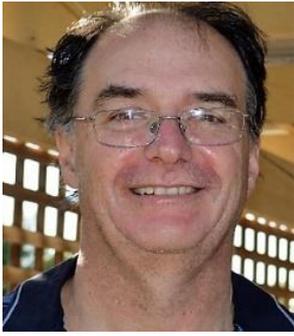
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## President's Report – DEcember 2017



As we move towards the end of the calendar year, it is time for members to think about suggestions for next year's Field Days. At the most recent committee meeting we spent a little time discussing some possible ideas for next year. We looked at last season's events, noting that attendances were in the main disappointing. Important exceptions included the Rottneest events with Bluff Creek, as always, proving popular.

We floated the possibility of considering scheduling 3 trips to Rottneest and a second Bluff Creek event. It is important members think about where they want to go for the fishing events and offer their suggestions. Our hope, as always, is to produce a schedule that will be inclusive of all members and lead to strong attendances.

Our next drycasting day will be the last at Mirrabooka. The Club will be joining the Beachcombers at the Guildford Polo grounds. Once again, thanks to our Drycasting Officers Ron Thomas and Bob Henderson, for liaising with the Beachcombers, enabling, what I am sure will be, a mutually beneficial arrangement.

*Like fishing, we do need a few more of us to start turning up and give drycasting a go.*

The Bunnings' fundraiser has proved a bit more of a chore year for Pat McKeown and Ron Thomas to organise with the number of available volunteers being less than previous years. Given the accumulated financial losses from the Kalbarri property, the funds from the few Bunning's events have been very important to us in recent times. With the property on the market and hopefully a sale in the not too distant future, we may not need to formally fundraise in the future.

As this is my last report prior to the end of the year, I would like to wish all members and their families an enjoyable and safe festive season. Perhaps, like me, some members might like to consider making more frequent attendances at Surfcaster events, a new year's resolution.

*Shane Wignell; President*

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### Quote for the month:



***“It is better to be defeated on principle than to win on lies”***

Arthur Augustus Calwell KCSG was an Australian politician. He represented the Division of Melbourne in the Australian House of Representatives for the Australian Labor Party from 1940–72, was the Minister for Information in the Curtin Government from 1943–45 and the inaugural Minister for Immigration in the Chifley Government from 1945–49, and was Leader of the Australian Labor Party and Leader of the Opposition from 1960–67.

*Arthur Calwell*

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### Membership Co-ordinators Report

The Membership enquires have gone away for Christmas.

The membership has had its highlights with new members and the Facebook page.

For those that have not looked it over take a look and see what your fellow members are up to. Looking over the membership we are a very strong and positive club that keeps going forward.

Congratulations to Tino who is having a red-hot run view his catches on the clubs Facebook page.

Martin is going to have shoulder surgery and will be out of action for a while.

Garry has his eye on Martins spot on the ladder

With that note have a joyous and happy Christmas.

May your hopes and dreams come true

*Stay well and Enjoy Life    Membership Coordinator Pat McKeown*

## Social Organisers Report December 2017



It's that time of year again when small and big kids get all excited it's called Christmas.

The time of year we all try and come together as a family to celebrate as a group and remember all the good things that have happened in our lives some over many years and others just starting out.

Ah the memories that come back just watching the children opening up their presents their excitement is very infectious and gives us all a smile and a sigh.

So as a club let's celebrate all the good things over the past year and the years before I am sure you all have special memories so sigh and smile.

The club's Christmas wrap up will be a pizza night (Just watch the smile on Vince's face when the boxes are opened up) Vince just "lova da pizza puts da grin on da face".

A big thank you to the ladies of the club who delighted us all with yummy cakes which made a real change from dry biscuits. Take a bow.



Ron once again came forward and donated fishing rods for the raffle which were keenly snapped up. Mark, you are really the honey man thanks for all your donations that spread a lot of joy on members toast

Finally, a thank you to all my fellow committee members for the support and guidance given to the club.

To the members of the club who have supported decisions taken on your behalf thank you.

Anybody on the sick list get well our thoughts are with you.

Merry Christmas Pat McKeown



### **Just a reminder of upcoming events.**

Thursday 7th December Social fish at Barker Bridge Guildford (Just by Lilac Park) 10am-2-3pm

**Please let me know if you are attending.**

Saturday the 9th December Bunnings Sausage Sizzle club Fund-raiser all day 0700-5pm. Still time to help by way of donation of drinks or yourself to assist

Wednesday the 13th December General Meeting followed by our Christmas wind up. Remember to bring along your \$4-5 dollar present non fishing and enjoy the pizza's

Don't forget Sunday Drycasting on the 3rd December. Roll up and make Ron's Christmas special.

*Remember fish Safely Social Organiser Pat McKeown*

## December General Meeting

**When** Wednesday 13 December commencing at 7.30pm  
**Where** Coolbinia West Perth Amateur Football and Sporting Club room

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## December Dry Casting

**When** **SUNDAY 3 December:** **Competition casting starts at 8:30am**  
**Where** Mirrabooka Regional Open Space.  
**Fees** \$10 per person, \$12 per family.  
**Events** Double handed accuracy, Single handed accuracy, 56 gram distance, Artificial Bait distance, 112 gram distance.

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## **COMING FIELD DAY EVENTS**

**Members please take note of the new sign on and weigh in times**

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### **DECEMBER**

**FIELD DAY VENUE** Floreat to Lancelin  
**WHEN** 16 – 17 December 2017  
**SIGN ON** Saturday, 09h00 Location to be decided on at GM  
**LINES DOWN** Saturday, 09h30  
**BOUNDARIES** Floreat to Lancelin  
**WEIGH IN** Sunday, 10h00 Location to be decided on at GM

**FIELD DAY VENUE** **Local**  
**WHEN** 16 – 17 December 2017  
**SIGN ON** At the General meeting or phone FDO before Thursday evening.  
**LINES DOWN** Saturday, 09h30  
**BOUNDARIES** Floreat to Lancelin  
**WEIGH IN** Sunday, 10h00 Floreat car park

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### **JANUARY 2018**

**FIELD DAY VENUE** **Local – Swan and Canning Rivers**  
**WHEN** 13 – 14 January 2018  
**SIGN ON** At the General meeting or phone FDO before Thursday evening.  
**LINES DOWN** Saturday, 09h30  
**BOUNDARIES** From E shed up to all of the river systems  
**WEIGH IN** Sunday, 10h00 Point Walter Car Park

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### **FEBRUARY 2018**

**FIELD DAY VENUE** **Preston to White Hills**  
**WHEN** 17 – 18 February 2018  
**SIGN ON** Saturday, 09h00 Preston beach car park  
**LINES DOWN** Saturday, 09h30  
**BOUNDARIES** Preston south beach to White Hills beach entry  
**WEIGH IN** Sunday, 10h00 Preston beach car park

**FIELD DAY VENUE** **Local**  
**WHEN** 17 – 18 February 2018  
**SIGN ON** At the General meeting or phone FDO before Thursday evening.  
**LINES DOWN** Saturday, 09h30  
**BOUNDARIES** Standard boundaries  
**WEIGH IN** Sunday, 10h00 Floreat car park

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**SOLUNAR PREDICTIONS, SUN RISE / SUNSET TIMES AND TIDES FOR  
SATURDAY 16<sup>th</sup> AND SUNDAY 17<sup>th</sup> OF DECEMBER 2017  
FOR FLOREAT TO LANCELIN FIELD DAY**

**FLOREAT (SOUTH)  
SOLUNAR PREDICTIONS:**

DAY / DATE	PREDICTION	PREDICTED PRIME TIMES		MOON PHASE
SAT 16 DEC	FAIR	09:09 – 11:15	22:02 – 00:02	LAST QUARTER +5
SUN 17 DEC	FAIR	10:35 – 12:09	22:48 – 00:46	LAST QUARTER +6

These are the predicted MAJOR Solunar periods and have been adjusted to Perth area.  
For minor periods add approximately 6 hours 45 minutes.

**SUNRISE AND SUNSET TIMES:**

DAY / DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
SAT 16 DEC	05:05	19:19	03:46	17:30
SUN 17 DEC	05:06	19:20	04:24	18:22

**PREDICTED TIDES.**

DAY / DATE	TIME AND PREDICTED HEIGHT							
SAT 16 DEC	05:25	0.51	20:05	1.07				
SUN 17 DEC	05:33	0.48	20:27	1.09				

**NOTE:** These are the predicted tides for Floreat.  
*There may be some variation due to wind strength and direction.*

**FOR LANCELIN (NORTH)  
SOLUNAR PREDICTIONS:**

DAY / DATE	PREDICTION	PREDICTED PRIME TIMES		MOON PHASE
SAT 16 DEC	FAIR	09:12 – 11:18	22:05 – 00:05	LAST QUARTER +5
SUN 17 DEC	FAIR	10:38 – 12:12	22:51 – 00:49	LAST QUARTER +6

These are the predicted MAJOR Solunar periods and have been adjusted to the Lancelin area.  
For minor periods add approximately 6 hours 45 minutes.

**SUNRISE AND SUNSET TIMES:**

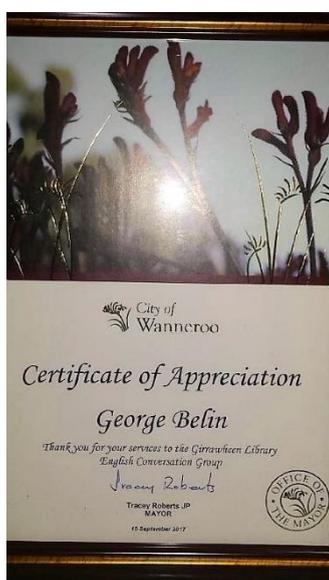
DAY / DATE	SUNRISE	SUNSET	MOONRISE	MOONSET
SAT 16 DEC	05:08	19:22	03:48	17:31
SUN 17 DEC	05:09	19:23	04:27	18:25

**PREDICTED TIDES.**

DAY / DATE	TIME AND PREDICTED HEIGHT							
SAT 11 NOV	05:24	0.51	20:04	1.07				
SUN 12 NOV	05:32	0.48	20:26	1.09				

**NOTE:** These are the predicted tides for Lancelin.  
*There may be some variation due to wind strength and direction.*

**Volunteers recognised for outstanding service:**



Volunteers from the City of Wanneroo Library Service were recently acknowledged with an appreciation dinner and certificate.

One of the recipients was none other than our Secretary George Belin.

*“The City would not be the welcoming and friendly place it is without the efforts of our invaluable volunteers.”*  
Mayor Tracey Roberts said.

**Congratulations George**

## Kalbarri report from Mal Head



On arrival at the Kalbarri House everything looked lovely and clean. In fact, I thought that someone had repainted the inside walls.

The yard was tidy, the trees at the front have been cut back and are now safe.

Well done to the Committee: “you are doing a great job; best Committee this Club has ever had.”

Fishing was not as good as previous trips but still OK. Managed to land a 69cm, 3kg Tailor.

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## Surf Caster November 2017 Preston Beach field day - 12th and 13th November

4 Surf Casters signed on for the November field day:

Peter Osborne, Shane Wignell, Sarah Wignell & Martin Wearmouth.

Peter Osborne and I met at the Preston car park at about 10am and headed north along the beach. Conditions were hot with light winds, the beach driving was easy with plenty of beach to drive on, the sea weed was there but only in a few spots with plenty of clear beach to choose from.

Peter and I started fishing about 11km north for a short time, until some sea weed moved in and we decided to move on. The next spot was 13km north and the water had no sea weed, the beach here was very wide and had a good gutter to cast into. It was not till early afternoon the first tailor was caught, then 2 small sharks.

Shane and Sarah arrived about 2.30pm and in the next few hours, the fish were scarce with only a couple of tailor, herring and whiting being caught. Peter did hook a big sting ray that he managed to break off.

Shane and Sarah decided to leave about 8pm and nothing was caught after that. Some sea weed came through and made fishing very hard so we went to bed early hoping to find some fish in the morning.



All set up and ready to fish

The wind had really picked up overnight, when we got up it was about 25-30 knots SW, this seemed to turn the tailor on, Peter managed to catch 5 good tailor between 6am and 7am, I only got a flathead, I did have a few good tailor bites but could not seem to get the hooks to stick that morning. After 7am it went quiet again, so we packed up at 8am and headed for the car park for the weigh in.



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## ***Preston Beach - Field Day Nov 2017***

*Peter O's story*

On the Friday, I packed the car and headed to our holiday house at Yunderup for an overnight sleep and to allow making a comfortable start (i.e. - a bit of sleep-in) before heading to Preston.

While fishing only 20 meters from Martin, the following will pretty much mirror his field day report, hence this is my perspective of how events unfolded.

On joining Martin at the Preston Beach carpark about 10:00 am, for sign-on, we let down tires and decided to try some 12 km north along the beach. We noted some evidence of weed washed up on the beach while beach driving. The wind was ok and looked good for Tailor fishing.

On arriving at our planned spot, we set up and started fishing. While not obvious from shore there was heavy weed deep down further out, within in casting range and thus this spot proved unfishable. Hence, we quickly gave it away and again headed further north. Stopped and talked to some fisho's that had arrived there Friday night but had only managed some rays that evening and Saturday morning. They had clear water in front of them, so we had seen good looking water 500 m south of them. We backtracked accordingly and shortly after midday started serious fishing.

Fishing started slow but later in the afternoon, Martin had some action, i.e. a nearly 1 m Bronze Whaler Shark, followed shortly by another of about the same size. After photos he did a length measurement than a release, and he then landed a couple of Tailor,

I was getting frustrated as no bites - with a couple of sharks coming I thought my chances for getting one was high but was not to be. Mid-afternoon I tangled with a ray.

Got it to the wave break and felt it bust off - though my leader had failed, or the hooks had pulled. When reeled in had my complete terminal rig, but had a tangle of line and odd swivel caught up. My guess someone else had hooked the animal, using much lighter line resulting in a breakoff and the ray had been attracted to my bait and the bunch of grapes lie had tangled in my rig. The extra pressure I put on the fish in trying to slide it up the beach this lighter line broke and enabled me to retrieve all my gear.

Late afternoon I finally I managed to land one lonely chopper Tailor, at last a start. With 15 to 18 K winds from the SW, a few whitecaps, a minor bit of weed and sun fading it appeared conditions where we anticipated a Tailor run. Again, was not to be for either of us. We had initially agreed we would retire at 10:00 pm, but with weed getting more prolific thus making fishing tougher we both retired before 9:30 pm.



Both of us rolled out of our beds at the first sign of daylight at 4:30 am. Immediately discovered there was a strong southerly blowing. I later estimated between 30 and 40 k wind whipping up the ocean and making tough fishing conditions.

After a couple of casts using a 4 oz. sinker and having the terminal gear and bait being washed back to the beach, I changed to a 6 oz. sinker - this held. Initially I used only my one long rod that gives a good distance cast. With this rod I had rigged up with two sets of ganged hooks for small mulie baits.



Both of us had set up our car awnings with a comfortable chair and set back and watched our set rods. For the first hour, nothing happened so I decided to try my standard Tailor rod. This doesn't cast as far but it wasn't long before this set rod started to bounce and taking the rod out of the tube rod holder my favourite tailor rod bent double.

The fish had hooked itself. Dragging it up the beach realized I had a 1.0 kg Tailor. Fishing closer in, over the next hour or so, managed to get another four between three-quarter and one kilogram. I now had a good feed of fish. I even landed a Herring on ganged set of hooks with the trailing hook being a 3/0. I did recast my long rod with the two baits closer to shore, but the Tailor only liked my old favourite rod.

Beside me Martin was getting frustrated at not finding any of these quality Tailor. He did manage to get a great little flathead on a top hook. He fishes with a small circle hook and squid bait rigged on a top swivel above the rig for his mulie bait.

As Gary Parkinson knows from past experience with us, fishing within a few metres of friends with similar gear, same bait and not even getting any bites while they are pulling in fish is frustrating.

I experienced this on Saturday afternoon and roles reversed on Sunday morning, where Martin had the same feeling of frustration

While not the most successful field day at Preston, but certainly not the worst, we both had fish and with a repeat of the previous month's field day of success with Sharks, Martin again enjoyed the tussle with two Sharks.

I enjoyed catching the quality Tailor on Sunday morning under hard fishing conditions. Hope to see you at the beach on Local beaches for the December field day and trust we have a few more participants.

### Field day results for November 2017:

ANGLER		Total weight	No. of Species	No. of fish	F.D. points	Attendance			Total points
						Field Day	Local	General Meeting	
Sarah Wignell	Number	0.85	1	2	18.5	1		1	38.5
	Total weight								
	Weight of best								
Shane Wignell	Number	0.51	2	2	25.1	1		1	45.1
	Total weight								
	Weight of best								
Peter Osborne	Number	3.79	2	7	57.9	1		1	77.9
	Total weight								
	Weight of best								
Martin Wearmouth	Number	10.05	4	6	140.5	1		1	160.5
	Total weight								
	Weight of best								

### Field day fished weighed in for November 2017:

ANGLER		Species	Species	Species	Species	Species
		Tailor	Herring, Australian	Whiting (other than listed)	Flathead (all species)	Shark
Sarah Wignell	Number	2				
	Total weight	0.85				
	Weight of best					
Shane Wignell	Number	1	1			
	Total weight	0.42	0.09			
	Weight of best					
Peter Osborne	Number	6	1			
	Total weight	3.70	0.09			
	Weight of best	0.94				
Martin Wearmouth	Number	2		1	1	2
	Total weight	0.79		0.06	0.20	9.00
	Weight of best					

### Top Fishing Field day points up to end November 2017:

Top scores up to November		
Rank	Angler	Total points
1	Martin Wearmouth	932.5
2	Peter Osborne	797.5
3	Peet Wessels	599.2
4	Sandra Wessels	568.3
5	Theo Van Niekerk	490.3
6	Mark Hansen	319.2
7	Gary Parkinson	294.5
8	Mark Nurse	247.6
9	Brad Zaknich	227.9
10	Vincent Tomazin	216.1
11	Sabby Pizzolante	187.9
12	Ian Taggart	181.6
13	Paul Terpkos	116.5
14	Pat McKeown	60.0
15	Justin Rose	54.8
16	Shane Wignell	45.1
17	Sarah Wignell	38.5
18	Dean Stewart	20.0

### Fishing Field day competition section up to end November 2017:

Section		Angler	Species	Weight
1A	Best scale fish (1st six months)	Sandra Wessels	Yellowtail Kingfish	8.20
1B	Best scale fish (2nd six months)	0	0	0.00
2	Most meritorious fish	Sandra Wessels	Yellowtail Kingfish	8.20
3	Best shark (4.5kg min)	Peter Osborne	Shark	5.29
4	Best mulloway (2kg min)	0	0	0.00
5	Best tailor (1kg min)	Martin Wearmouth	Tailor	1.98
6	Best salmon (3kg min)	0	0	0.00
7	Best skipjack trevally (0.5 kg min)	Theo Van Niekerk	Skipjack Trevally	1.74
8	Best mackerel (2kg min)	0	0	0.00
9	Best yellowtail kingfish, samson or amberjack (4kg min)	Sandra Wessels	Yellowtail Kingfish	8.20
10	Best scale fish (Other than above)	Peter Osborne	Westralian Dhufish	2.75
11	Best bag of scale fish	Sandra Wessels	Mixed bag	26.08
12	Best bag of mulloway (2 fish min)	0	0	0.00
13	Best bag of tailor (2 fish min)	Martin Wearmouth	Tailor	3.91
14	Best fish on single handed rod (max 4kg line)	0	0	0.00
15	Best fish caught on fly rod	0	0	0.00
16	Best fish on single handed rod, soft plastic lure (max 4kg line)	0	0	0.00
17	Best fish on single handed rod, hard body lure (max 4kg line)	0	0	0.00

#### Sportsperson of the year sections for November

Section	Angler	Species	Weight
Best scale fish	Peter Osborne	Tailor	0.94
Best bag of scale fish	Peter Osborne	Mixed bag	3.79
Best shark	Martin Wearmouth	Shark	4.50
Best bag including sharks	Martin Wearmouth	Mixed bag	10.04

### SURF CASTING & ANGLING CLUB Drycasting results - 5th November 2017

	56 gram				Artificial Bait				112gram			
	Cast	Cast	Total	%	Cast	Cast	Total	%	Cast	Cast	Total	%
<b>Veterans</b>	<b>1</b>	<b>2</b>		<b>%</b>	<b>1</b>	<b>2</b>		<b>%</b>	<b>1</b>	<b>2</b>		<b>%</b>
ALAN JONES	101.6 8	92.49	194.1 7	75.88	86.75	85.73	172.4 8	73.47	102.5 4	98.54	201.0 8	100.0 0
BOB HENDERSON	DNC		0.00	0.00	DNC		0.00	0.00	DNC		0.00	0.00
RON THOMAS	122.4 0	133.4 8	255.8 8	100.0 0	116.7 7	118.0 0	234.7 7	100.0 0	OUT	145.7 1	145.7 1	72.52
JOHN CROMPTON	94.76	99.42	194.1 8	75.89	77.92	85.01	162.9 3	69.40	91.08	92.48	183.5 6	91.36
DEAN STEWART	71.70	81.03	152.7 3	59.69	86.60	64.56	151.1 6	64.39	B/O	83.37	83.37	41.50
PETER OSBORNE	83.49	79.59	163.0 8	63.73	76.27	81.11	157.3 8	67.04	91.50	93.91	185.4 1	92.30
<b>Seniors</b>												
MARK HANSON	OUT	OUT	0.00	0.00	DNC	DNC	0.00	0.00	B/O	DNC	0.00	0.00

	<u>Double Handed Accuracy</u>										<u>Single Handed Accuracy</u>						<u>Tota</u>	<u>Atte</u>	<u>Tota</u>
	<u>Target number</u>												<u>Target distance</u>						
	<u>3</u>	<u>3</u>	<u>1</u>	<u>1</u>	<u>4</u>	<u>4</u>	<u>2</u>	<u>2</u>	<u>Total</u>	<u>%</u>	<u>L</u>	<u>S</u>	<u>L</u>	<u>S</u>	<u>Total</u>	<u>%</u>	<u>%</u>	<u>Poin</u>	
<b>Veterans</b>																			
ALAN JONES	2	2		2			1		59.5										
	0	5	6	2	0	6	5	6	100	2	0	2	7	2	11	31.4	340.	350.	
BOB HENDERSO N	2	2	2	2	1	1	2	2	100.										
	1	2	4	1	9	6	3	2	168	00	1	8	7	9	25	71.4	171.	181.	
RON THOMAS	2	1	1	2	1	2	2	2	94.6										
	0	8	8	0	2	5	5	1	159	4	8	9	8	#	35	100.	467.	477.	
JOHN CROMPTON			1	1	1	1	1	1	50.6										
	3	0	8	0	0	9	6	9	85	0	0	7	0	0	7	20.0	307.	317.	
DEAN STEWART			2	2				1	48.2										
	5	0	2	1	7	3	9	4	81	1	4	9	5	3	21	60.0	273.	283.	
PETER OSBORNE		2	1	2			1	1	46.4										
	4	1	0	2	0	0	2	9	78	3	6	6	0	6	18	51.4	320.	330.	
<b>Seniors</b>																			
MARK HANSON	1	1	1	1		2	2	1	100.										
	3	9	8	5	3	1	0	8	127	00	0	2	4	8	14	100.	100.	110.	

**Veterans: Best Casts for the year 2017 - 2018**

Longest 56 Gram	139.82M	Ron Thomas
Longest Artificial Bait	125.01M	Ron Thomas
Longest 112 Gram	162.33M	Ron Thomas
Highest Double Handed Accuracy	168	Bob Henderson
Highest Single Handed Accuracy	33	Ron Thomas

**Seniors: Best Casts for the year 2017 - 2018**

Longest 56 Gram	102.91M	Mark Hansen
Longest Artificial Bait	115.43M	Jeff Hewton
Longest 112 Gram	135.14M	Jeff Hewton
Highest Double Handed Accuracy	134	Mark Hansen
Highest Single Handed Accuracy	25	Mark Hansen

**Birthdays for December**

George Holman 12<sup>th</sup>; Justin Rose 14<sup>th</sup>; Christian Wearmouth 14<sup>th</sup>;  
Sandra Wessels 20<sup>th</sup>; Darcy Tomlinson 21<sup>st</sup>; Ron Thomas 27<sup>th</sup>;

*We wish you all the best for your special day*



**Twilight Beach Esperance**

## *Recreational anglers and skin cancer:*

Did you know that your risk of sunburn and UV damage is increased on the water? That's because UV will reach you from the sun and from reflections off the water. Be sure to slip, slop, slap, seek and slide!

It's not just regular tanners or sunbakers who are at risk of skin cancer. Your skin is like a memory bank – it remembers all the sunburns, all the tans and all the time you spent exposed to the sun's ultraviolet (UV) radiation, without sun protection. Every time you expose your skin to UV radiation, changes take place in the structure and function of your skin cells. You can't always see the damage, but it is irreversible and will worsen with every exposure.

Over time, this skin damage can result in premature ageing, eye damage, sunspots, and at worst, skin cancer. Once a skin cancer has developed, the damaged cells can spread through the bloodstream to other areas of the body. One of the best barriers between your skin and the sun is clothing, so try to cover as much skin as possible. Long pants and shirts with a collar and long sleeves are best.

### **What to look for when choosing sun protective clothing**

Not all clothing fabric is equal. Look for a swing tag with a high ultraviolet protection factor (UPF) rating to be sure. The UPF rating provides information on how much UV radiation will pass through unstretched, dry material.

Any fabric rated above UPF15 provides good protection against UV radiation, but UPF50+ is recommended. Sun-protective clothing provides protection by absorbing and reflecting UV radiation that strikes the surface of the fabric, and by covering as much of the body as possible. Most fabrics will however provide some protection from the sun regardless of if they are UPF rated or not. Try to choose fabric structures, colours and other characteristics that increase protection including:

- **Fabric structure:** The tighter the fabric structure, whether knitted or woven, the better the sun protection. As the fibres of tightly woven fabrics are closer together, less UV radiation is able to pass through to the skin. Tightly woven, lightweight natural fabrics such as linen, cotton or hemp will also help keep you cooler than synthetic fibre equivalents.
- **Tension:** If a fabric is stretched, it will be less protective. This is common in knitted or elasticised fabrics. Take care to select the correct size for the wearer or, if wearing extensible fabrics, choose fabric structures and colours that provide greater protection to offset the effect of the stretch.
- **Layering:** Layering of fabrics and garments is an effective way of increasing protection from UV.
- **Colour:** Many dyes absorb UV radiation. Darker colours (black, navy and dark red) of the same fabric type will absorb more UV radiation than light pastel shades (white, sky blue and light green). Choose darker colours if possible.
- **Moisture content:** Fabrics offer less protection from UV radiation when wet. How much less protection will depend on the type of fabric and the amount of moisture it absorbs. To reduce the effect of the moisture, take dry clothes to change into or if dipping in and out of the water, choose a fabric that provides effective protection from UV and that will dry quickly.
- **Caring for your clothes:** Washing new clothes can improve their sun protection, especially when made of natural fibres such as cotton, by shrinking gaps in the structure. However, old, threadbare or faded clothes may offer decreased protection over time.
- **UV absorbers:** Some clothing is treated so it can absorb more UV radiation. Check the clothing label to see if your clothes have been treated and ensure you follow the care instructions.

Never just rely on clothing alone for sun protection. During the daily sun protection times (when the UV Index is 3 and above), combine sun-protective clothing with SPF30 or higher sunscreen, a broad-brimmed hat that protects the face, head, neck and ears, shade and sunglasses.

For further information go to <http://www.sunsmart.com.au/>

*Thanks to John Curtis for forwarding the article.*

## *Seven things you can do to prevent theft*



Anyone who has had anything stolen from them knows that sinking feeling in the pit of the stomach. That wrenching disappointment, which soon turns to anger and anguish.

It doesn't matter how big or small the item, the thought of someone taking what you've worked hard for is infuriating. We all invest significant sums into our touring setups, so if you aren't adequately insured, you could lose much more than simply the value of the vehicle.

*Here are some tips to help get on the front foot and prevent your pride and joy going missing.*

1. **Park Aware:** Believe it or not, many thefts are born from opportunity. Yes, we've all watched *Gone with the Wind* and seen the affable characters scope out vehicles to be stolen to save the day, but this would be the minority. It pays to have a think about where you park your prized possession. During the day, make sure it's in a secured location or at very worst, somewhere where it is in plain view of the public. At night, if you can't get your rig into a garage or a carport, consider parking it in with another vehicle or put it behind a gate in a backyard where thieves may feel less comfortable trying getting to it.
2. **Lock it up:** If you are parking your vehicle anywhere, even out the front of your house, lock it up. As mentioned above, most thefts are born from opportunity, so an open door might be just what a would-be thief needs to be enticed. Interestingly, many insurance policies out there will not cover you if your vehicle was unlocked when stolen, so hit that button and lock her up.
3. **Let there be light:** Judicious use of sensor lighting is a good deterrent for theft from overnight parking. The options range from inexpensive all-in-one units through to separate sensor and light units that can be placed to suit your needs. Just make sure any electrical work is done by a licensed tradesman!
4. **I can see you:** It seems everyone has cameras around their properties these days. There are differing community views regarding CCTV, but there's no doubt that they can be a useful deterrent and a valuable source of information when apprehending would be thieves. We've heard of cameras that have motion sensors and will notify you of activity directly to your phone! What's more you can actually talk through the camera, no matter where you are! Imagine the look on a would-be thief's face when you tell them to get out from the other side of the city!
5. **Immobilise:** Almost all newer vehicles these days have some form of engine immobilisation built in. Usually these systems work in the form of a transponder in the key, which interacts with your on-board ECU. The addition of this has seen a significant reduction in theft over the years. Unfortunately, the criminals have caught on and it's not uncommon for the more sophisticated thief to have master codes that can be used to trick the ECU into allowing ignition. This becomes all the more tricky when many new cars can be accessed without a key. A quality aftermarket immobiliser can be installed at various points in your vehicle's vital systems, such as ignition and fuel pump. Many of these systems can be run simultaneously with an alarm system or have a proximity sensor, where unless you have the transponder in the car the immobiliser won't disarm.
6. **Alarms and GPS Tracking:** These go hand in hand with immobilisation, but the advancements in GPS technology warrant a separate section. Obviously alarming the vehicle where unwanted entry is notified either by sirens or notification to your phone is a great thing to have, particularly where you need to leave your vehicle unattended for long durations in less desirable locations. GPS tracking is an interesting one that has been around for some years but lately has become much more accessible to the masses. Do your research and ensure it's exactly what you need though. The higher end systems will allow you to turn the vehicle off remotely, helping law enforcement locate the vehicle and the perpetrators of the theft.
7. **Dash Cam:** A bit of an outsider and definitely not fool proof, but we've certainly noticed parked cars at night that have a red or blue flashing light emitting from the dashcam. Yes, a thief could pretty easily remove and destroy the camera if they really wanted to take the vehicle – I guess it's a risk the thief would need to take. In the meantime, it may be a deterrent to amateurs.

Unfortunately, sometimes despite all of your best efforts, the worst will happen. This is where having the right coverage is absolutely imperative. If your vehicle were to get stolen today, how much would your payout be? Would that payout be enough to rebuild?

*Extract from Club 4 x 4 Magazine*

## New Engel SB-30G Drawer Fridge 30 Litre

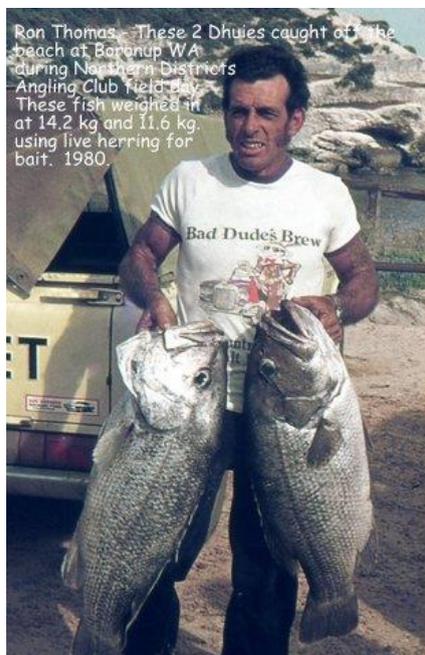


*Great compact way to have a fridge on board*

## Send in your old Fishing Photos



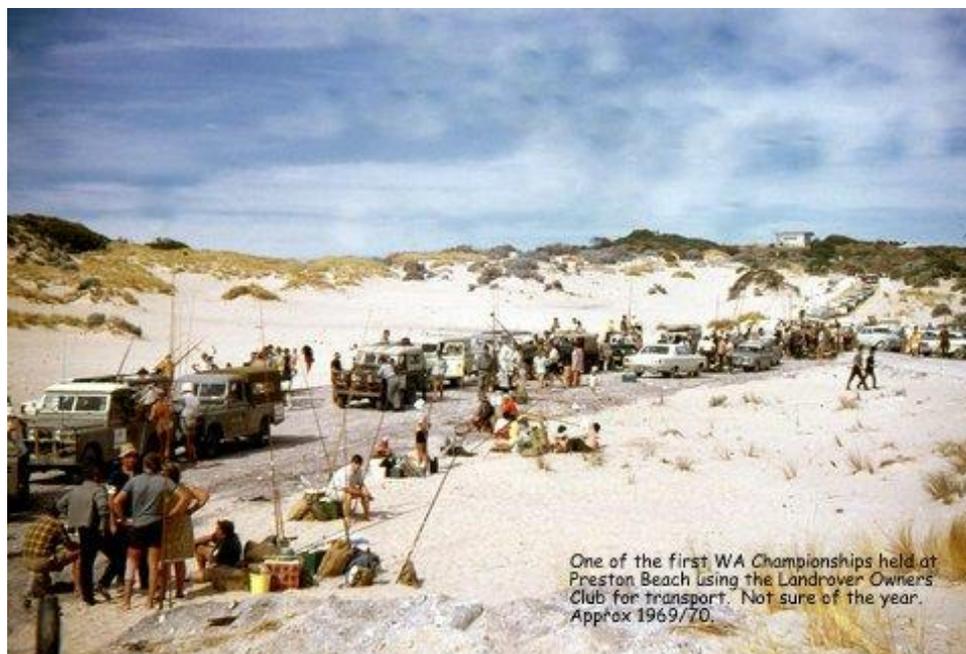
Dee Thomas - 2 Barra caught at East Alligator River, NT. 1973



Ron Thomas - These 2 Dhufies caught off the beach at Boranup WA during Northern Districts Angling Club field day. These fish weighed in at 14.2 kg and 11.6 kg, using live herring for bait. 1980.



Dee Thomas - 52lb Mackerel caught offshore from Point Samson WA - 1972



One of the first WA Championships held at Preston Beach using the Landrover Owners Club for transport. Not sure of the year. Approx 1969/70.

# Sunday Times Column



## Plans to close the Canal Rocks boat ramp

*Published: Monday, 13 November 2017 14:32*

Recfishwest, the peak body for recreational fishing in WA, has hit out at plans to close the Canal Rocks boat ramp.

For many years this ramp has provided important access to the waters off this area, not just for anglers but also for marine rescue groups.

However, the, the Department of Biodiversity, Conservation and Attractions (DBCA) recently announced it was considering closing the ramp, citing safety concerns.

This has angered many sections of the local community and resulted in a large public rally being held at the ramp last month.

Recfishwest operations manager Leyland Campbell said the peak body had written to the Environment Minister urging him to reconsider the decision.

He said Recfishwest was disappointed other options were not being considered and will advocate to have the ramp remain open.

"The Department of Biodiversity, Conservations and Attractions claim this ramp doesn't meet Australian Standards (exposure to waves greater than 20cm) however the standards they are choosing to apply are for boat ramps within marinas, not oceanic ramps," he said.

"If the government applied this standard to all oceanic boat ramps in Western Australia then over 90 per cent of these ramps would be closed.

"This is simply not acceptable and cannot go unchallenged."

He said it was up to boat owners to assess and accept any risk associated with launching at Canal Rocks.

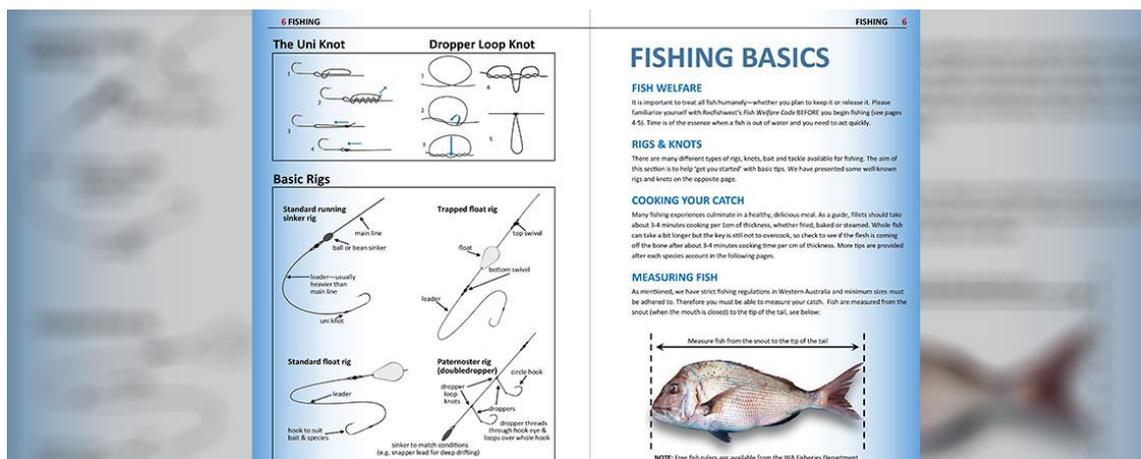
Local fisher Glenn Wakelam can't believe the ramp is being considered for closure.

"This is such a popular ramp during the summer months – on a nice day it is not unusual to find over 20 trailers in the carpark," he said.

"Canal Rocks boat ramp has been used by the public for decades and the wave height has not changed over that time."

"People aren't stupid, if the swell is too big, they don't use the ramp."

## There is plenty of great info in the new Rottnest Island Fish Book.



A new publication is the perfect handbook for those who like to fish around Rottnest Island. The product of many years of marine research around the popular holiday destination by Dr Glen Whisson and Alexandra Hoschke, The Rottnest Island Fish Book was recently launched at Rotto.

Reading the book brought back many fond memories of school holidays at Rottnest when I was a kid, pedalling the bike up and down dale to get to the various bays, always looking for the mythical ‘secret’ spot where the fishing would be best.

I never did find one spot that ticked every box, although legendary fishing writer Ross Cusack and a few of his confidantes have one which they guard closely on the south side of the island, but I never found many bad spots either.

I haven’t fished Rotto for some years now, but as a kid we used to stay at Bathurst Point and I did a lot of fishing from the rocks there, catching countless herring, as well as squid, skippy and the odd big king george and silver bream.

If I was bored, I would berley up big buff bream and try to stop them on light gear – which usually meant straightened hooks or busted line.

Other spots around the island that I used to fish included the main jetty, Little Armstrong Bay, Henrietta Rocks and Fish Hook Bay (we used to catch the bus to that end of the island for the day), to name but a few locations I tried with success.

When I was a few years older, we started visiting Rottnest to target salmon from the shore around West End, which was great fun and often led to some unstoppable hook-ups that I can only assume were yellowtail kingfish.

These were the days before internet and I really just made it up as I went, often guided by word of mouth from other fishos I’d encounter along the way.

A lot of guesswork would have been taken out of my Rottnest efforts if I’d had a resource like at my disposal like this new book.

This book, which was partly funded by a community grant from Recfishwest, is born of the pair’s passion for the island and is targeted at beginner and intermediate fishers who are also interested in the marine environment.

Marine scientists and advanced fishers, as well as snorkelers and divers, will also enjoy it as it has the most comprehensive photographic guide of fish found at Rottnest ever produced, covering more than 250 species. It also includes fishing advice and cooking tips for common Rotto species, and snorkelling maps for around the island.

There are also articles in it on the importance of marine habitats like coral and seagrass, an insight into grey nurse sharks, and a look at the types of tropical fish species which turn up at Rotto.

With 420 colour photographs, including many stunning underwater shots, packed into 176 pages, it’s a great investment for anyone who wants to know more about fish and fishing around Rottnest.

[Grab a copy of the new Rottnest Island Fish Book NOW](#)

*Sunday Times Published: Monday, 13 November 2017*



## Getting to grips with footwear

Published: Wednesday, 16 August 2017

*Of all the kit the land-based angler might own, footwear is right up there in order of importance.*

*The keen land-based angler will likely have to negotiate all manner of terrain underfoot from deep, soft beach sand to sharp, treacherous rocks.*

*Being able to do so in a safe and sure-footed manner is paramount to the land-based angler's success. Let's take a look at the evolution of the shore angler's footwear from the early days right through to today.*

### HOME-MADE IMPROVISATION

*Back in the days before commercially-made reef boots, anglers had to improvise and make their own. Some of us can remember old photographs of keen rockhoppers with sneakers modified with pieces of metal screwed underneath. These were no doubt very effective on the slippery lower ledges and were a favourite of NSW rock anglers in particular. Generally, the angler attached sections of metal channel to the sole of the shoe so that the exposed edges of the channel faced downwards.*

*Another approach favoured by old school rockhoppers was to install their own grip studs into the soles of their shoes, boots or sandals. The studs themselves usually took the form of short metal tek-screws. No doubt the angler would lose plenty of screws during an outing but more could simply be added before the next expedition. If the screw length was too long the angler got an unpleasant surprise when putting their fishing shoes on! Interestingly this approach is still used by fly anglers looking for more grip from their wading boots in slippery or icy river conditions.*

### COMMERCIAL INNOVATION

*Eventually someone decided there might be a market for a commercially-made solution. Enter the reef sandal. I can remember my father having a pair of hard plastic reef sandals. These were constructed of a hard brown plastic material which sacrificed comfort in favour of durability. The whole sandal from the straps to the sole was made of the same hard brown plastic.*

*The soles had stud-like protrusions formed into the plastic which provided the much-needed foothold. Many anglers chose to buy sandals a couple of sizes too big and fit the sandals over thin shoes or wetsuit booties. This improved comfort considerably as compared to hard plastic rubbing directly on the feet. The sandals were also ideal for wearing over the popular waders of the day which lacked formed boots at the bottom of the leg section. The 'go-to' brand of sandal in these early pioneering days of rock fishing was Talisman from New Zealand. Later the brand changed to Kay-Dee, still produced across the ditch in the Land of the Long White Cloud. They owed their popularity to their simple design and affordability.*

*In terms of drawbacks the previously mentioned discomfort, unless worn over something, was one. The metal buckles would succumb to corrosion and eventually fail. Being a sandal there was little to no protection for the feet unless they were worn over shoes. They might have assisted with underfoot grip, but that was about it.*

## STUDED BOOTS

*The next quantum leap for shore angling footwear was the introduction of the rock boot with integrated metal spikes/studs in the soles. Australian company Mirage had been busy since 1976 producing various products for the watersports enthusiast including footwear such as wetsuit booties.*

They adapted their knowledge in this arena to develop the Rock Hopper boot. It didn't take long for Rock Hoppers to gain a reputation as a must-have accessory for all keen shore anglers. The Rock Hopper boot included a hard wearing rubber sole with metal spikes moulded into it.

*The upper part of the boot was constructed of neoprene with a tough wetsuit style zipper running up the side to assist with taking them on and off. The sides were high enough to provide ankle support and protection, which was a major drawback with the earlier sandals. The toe and heel areas were reinforced with a heavy duty rubber to really protect the wearer's feet from bumps and scrapes. In short, Rock Hoppers were the solution anglers were looking for. As good as they are Rock Hopper Boots do have some drawbacks for some people.*

Rock Hoppers can be uncomfortable for wearers with wide feet. I've had to purchase a size too big then wear thin socks with them to stop the rubbing I tend to get across the tops of my toes. Another issue is being able to keep the zippers up.

My zippers always end up half undone within a few minutes. Other anglers I've spoken to have the same issue. One friend even got his wife to sew velcro straps onto the boots' ankle section so that when fastened the zips couldn't undo.

*Long-term users of Rock Hoppers will probably agree the boots tend to lose their metal spikes pretty easily. This seems to be worse for heavier individuals. I've certainly observed that the last couple of pairs haven't lasted as well as the earlier versions I purchased. Perhaps the factory of origin has changed in recent times? Despite these drawbacks shore anglers still love Rock Hopper boots.*

## LATEST SOLUTION

*In my quest for the perfect foot solution and needing replacement reef boots I recently came across an update by Mirage I thought might work better for me. Called the Rock Gripper Shoe these differ in a few ways to the Rock Hopper boot. Firstly the shoes are a low cut and don't extend up the lower leg. Therefore they don't have any zips to constantly come undone. For a secure fit these Rock Grippers have a velcro strap which tensions across the top of the foot.*

*Secondly the Rock Grippers are a bit softer and more flexible so they mould to the shape of the wearer's foot a lot more than the Rock Hopper boots. This allows for a huge increase in wearer comfort while still providing an adequate degree of rigidity and overall foot protection. The Rock Grippers still have the same thick rubber sole with metal spikes moulded into the rubber so they grip the same as Rock Hoppers.*

*In practice these Rock Grippers have worked out well. I can leave them on for longer periods without any rubbing or discomfort and the velcro straps are a big improvement over the zips. The only disappointment is that after a week on and off Rottnest reefs they have lost at least half of their metal spikes from the soles. I think the quality of the rubber soles has to be improved but other than that I love them.*

Captions:

*From right to left: Kay-Dee reef sandals from New Zealand, Mirage Rock Hopper boots and Mirage Rock Gripper shoes.*

*Rock Hopper sole on the right with metal spikes almost completely worn down but still in place. Rock Gripper sole on the left with many spikes missing.*



# Why Caravans crash

4X4EARTH 



## Why Caravans Crash

We talked to Mike Clayton from Clayton's Towing. Started 45 years ago on the Sunshine Coast, Clayton's now has 15 depots and 100 staff.

Have a listen to this podcast if you've ever towed a caravan. There are a lot of factors that you need to consider when planning your trip and those factors can change between the start of your trip to the end so knowing how to drive with a caravan is really important. Please share with anyone who tows a caravan.

Mike drives a FJ Cruiser, goes offroad and tows a caravan – on top of that, he and his crew have seen a lot of caravan crashes. They are often one of the first people drivers talk to after having a crash while towing a caravan, so he is in a unique place to talk about some of the reasons why caravans crash. Clayton's Towing has seen a lot of unusual crashes including a boat recovery off the beach, the sinkhole and aircraft crashes. We will talk about how they have worked to use a winch for a boat off the beach and the technical difficulties they've faced with it.

Caravan crashes create a lot of mayhem on the roads and tend to get more publicity. We will discuss towball weight, the weight of vehicles, electric braking and caravan wobbles. Towball weight can either be too light or too heavy and the weight on the towball can change during a trip, so a good understanding of what towball weight is and how it effects the towing performance is essential!

Vehicle weight – just because a car or ute is rated to 2.5 ton, doesn't mean that you should tow that amount! Some vehicles, especially utes can be quite light when towing a large caravan. Electric brakes also need to be adjusted for different driving. Highway driving needs more brakes than city driving. A lot of people think that when the caravan starts to wobble you should speed up, but Mike has seen many people who have sped up and it has only made things worse. You might be better off using the caravan brakes to straighten out the caravan and pull it straight, rather than speeding up. Be cautious on windy roads, especially when going downhill.

Mike isn't an engineer, but his wisdom is based on years of experience in dealing with caravan crashes. Please share this with anyone who tows a caravan so that we can help more people get to their holiday and return safe and sound.

*Article from 4X4 Earth*

# You sleep better when you're camping: Study

SAM PURCELL FEBRUARY 6, 2017 NEWS

A recent study has shown what we all know deep down: You sleep better when you're camping. The University of Colorado has done the legwork, and some camping, so show the science of why you sleep so well when you're out in the bush.

Your sleeping patterns are largely controlled by something called a Circadian Rhythm. It's a kind of internal clock of chemicals: melatonin is your sleep chemical, and cortisol makes you more 'awake'.



You sleep better when you're camping – It's official

This circadian rhythm is affected significantly by outside circumstances: light and temperature. Dark surroundings will bring on a release of melatonin, and brightness will do the opposite.

The problem with our modern lives is that we are seriously affecting our internal clock with the use of electrical devices and lights, reducing the quality and quantity of sleep we are getting. Sleep poorly, and not only will you be worse at work or school. You can have knock-on effects with your health, like mood disorders, obesity and diabetes.

This study took five individuals and measured their internal clock, via their melatonin rhythm, before and after a six-day winter camping trip without any electrical devices or lights. They also monitored how they were sleeping.

The participant's melatonin levels, which is your natural 'sleepiness' came on earlier and lasted longer when camping, meaning they slept on average two hours longer each day. On top of that, they moved much less during their sleep, indicating better quality as well.

It's official: camping is better for your health. If you're feeling a big flat-out and flustered start packing the car and find yourself a nice camping spot. But leave your electrical devices at home.

## Any interest in 2018 Esperance Fishing Safari??

It has been some years since the Club had a Fishing Safari at Esperance. Peet Wessels has suggested that we look at Esperance as a location.

**ROCK FISHING** Esperance has a magnificent coastline and rock fishing is a popular activity. However, rock fishing poses significant dangers because of slippery rocks and rogue waves

**ROSSITER TO STOCKYARD CREEK 4WD ONLY.** Species: Salmon, skippy, herring, sand whiting, salmon trout, flathead, gummy shark.

### **CAPE LE GRAND, HELLFIRE BAY, THISTLE COVE, LUCKY BAY & ROSSITER**

Access to all areas by car. All places within the national park. Species: Salmon, skippy, herring, sand whiting, salmon trout, flathead, gummy shark, snook, gardie, groper.

**DUNNS ROCK & VICTORIA HARBOUR** Species: Salmon, skippy, herring, sand whiting, salmon trout, flathead, gummy shark, shark, rock varieties around headlands.

**WHARTON BEACH** Accessible by car. 4WD beach areas. Species: salmon, skippy, herring, salmon trout, flathead, gummy shark. Rock varieties around headlands and yellow eyed mullet in small bays.

**DUKE OF ORLEANS BAY** Accessible by car. Picnic area provided. Narrow strip of land leads to an island where most fishing is done. Species: herring, skippy, snook, gardie, flathead, sand whiting, groper and rock varieties.

**MEMBINUP** Accessible by car at most times. 4WD beach area. Species: salmon, skippy, herring, salmon trout, flathead, gummy shark. Rock varieties are found around headland.

**ALEXANDER BAY** Predominantly 4WD. Species: salmon, skippy, herring, salmon trout, sand whiting, king george whiting, gummy shark & rock varieties.

**BLACKBOY CREEK & TAGON HARBOUR** Access to Thomas River by car. To Tagon – 4WD. Species: salmon, skippy, herring, salmon trout, sand whiting, gummy shark & rock varieties.

**CAPE ARID** 4WD required. Species: salmon, skippy, herring, salmon trout, sand whiting, gummy shark & rock varieties.

**POISON CREEK** 4WD access only. Species: salmon, skippy, herring, salmon trout, gummy shark, shark, tailer, & rock varieties including groper.

**POINT MALCOLM to ISRAELITE BAY** 4WD access only. Species: salmon, skippy, herring, salmon trout, flathead, sand whiting and king george whiting, gummy shark, gardie, sea mullet, mulloway & rock varieties.

**WEST BEACH, BLUE HAVEN, SALMON BEACH, FOURTH BEACH, OBSERVATORY POINT & NINE MILE** Along the Great Ocean Drive. Access by car. Species: salmon, skippy, herring, salmon trout, sand whiting, yellow eyed mullet, gummy shark, flathead & rock varieties.

**ELEVEN MILE, THIRTEEN MILE & PLUM PUDDING** Accessible by car most of the year except Plum Pudding which is 4WD. Species: salmon, skippy, herring, salmon trout, tailer, gummy shark, rock varieties & flathead.

**WARRINUP** Access by car most of the year. Species: salmon, skippy, salmon trout, tailer, sand whiting, gummy shark, shark & rock varieties.

**YOUNG RIVER** Access 4WD through private property. Species: salmon, skippy, herring, salmon trout, sand whiting, gummy shark, shark, tailer. Estuary fishing includes most of the above trapped in river plus black bream.

**MARGARET COVE** Access by car but would recommend 4WD. Species: salmon, skippy, herring, salmon trout, gummy shark & rock varieties.

**MUNGLINUP** Several miles of open beach, small bays and rock headlands. Access by car. Species: salmon, skippy, herring, salmon trout, sand whiting, tailer, gummy shark, flathead & rock varieties.