

REEL TALK

DECEMBER 2023



Official newsletter of the Surf Casting and Angling Club of WA (Inc)



Surf Casting and Angling Club of WA (Inc)

Reel Talk – December 2023 Contents

Cover picture – Mark Hansen, Bruce Davies and Bob ‘Hendo’ Henderson fishing at Chidley Point. Photo - Chris Stickells

Club committee details	3
Note from the editor; details of next meeting; birthdays	4
Competition field days calendar; note from the editor / FDO	5
Dry Casting report and results	6
Evolution	7
Field Day reports, results, photos and scores up until December	8
Social Organiser’s report – Christmas party	13
GUEST AUTHOR: Spooling Up	14
Blast from the Past	16
The Impact of Offshore Wind on Whales; Top Tips for a Healthy Silly Season	17
Christmas Poems	19

LIFE MEMBERS

Ian Cook
Bob Henderson

Terry Fuller
Mal Head

Peter Osborne

Deceased life members

Vic Davis
Doug Edward
Lloyd Dunn
Dudley Brown

Noel Knight
Les Shand
Ron Kildahl
Bob Klein

Jim Strong
Eric Parker
George Holman

CLUB COMMITTEE

September 2023 – August 2024

All club emails should be sent to secretary@scac.net.au and all correspondence posted by mail should be addressed:

Secretary
Surf Casting & Angling Club of WA (Inc.)
PO Box 2056
Marmion WA 6020

EXECUTIVE COMMITTEE

President

Ron Thomas
0407 630 053
dee.ron1946@gmail.com

Vice President

Mark Hansen
0409 088 864
mhansen@iinet.net.au

Treasurer

Vince Tomazin
0417 910 531
stptax@gmail.com

Secretary

John Curtis
0412 776 558
jcurtis@iinet.net.au

GENERAL COMMITTEE

Field Day Officer

Helen Carnell
0456005776
Helenfc99@gmail.com

Assistant Field Day Officer

Currently Vacant

Recorder

Peet Wessels
0407 160 795
peetwessels@gmail.com

Dry Casting Officer

Bob Henderson
0439 978 832
blhendo@live.com.au

Assistant Dry Casting Officer

Currently Vacant

Committee Position 1

Gary Parkinson
0400 573 028
gary.parkinson1054@gmail.com

Committee Position 2

Chris Stickells
0429 941 111
christopherstickells@gmail.com

NON-COMMITTEE POSITIONS

Website Co-Ordinator

Peet Wessels
0407 160 795
peetwessels@gmail.com

Membership Co-Ordinator

Currently Vacant

Reel Talk Editor and submissions

Helen Carnell
0456 005 776
Helenfc99@gmail.com

Social Events Organiser

Sandra Wessels
0408 125 651



Official newsletter of the Surf Casting and Angling Club of WA (Inc)

PRESIDENT'S REPORT

With different things that have happened in the club over the last two or three months, I find it hard to write a President's report without being blunt. There are one or two instances that have stuck in my gut for some time now. The one that really hurt was being accused of trying to break up the club. I cannot accept this as it was said without any thought or consideration for the want of a word. If I had not put my hand up for President, the club would, without doubt, have folded. I have spent many hours on the phone with committee members trying to work out what would be the best for the club and then this happens.

Is it all worth it? – I am ready to give up.

Ron Thomas; President

DECEMBER GENERAL MEETING

Please refer to page 12 for details

Address: Croatian Club in Wishart Street, Gwelup

Doors open no earlier than 6:45pm

Meal at 7.00pm with meeting at 8.00pm

Please RSVP to secretary for catering purposes by

NOON SUNDAY 6 DECEMBER

December birthdays



Mal Head	December 1
Bruce Davies	December 2
Christian Wearmouth	December 14
Logan Harvey	December 17
Sandra Wessels	December 20
Darcy Tomlinson	December 21
Brad Zaknich	December 25
Ron Thomas	December 27

FISHING CALENDAR

Competition year June 2023 – May 2024

Field day dates have **mostly** been set as the weekend immediately following each General Meeting
Long weekends have been noted

DATE	VENUE	BOUNDARIES
December 16 – 17	Open anywhere in WA New moon – December 13	Open – no boundaries. Please fish together for safety
January 13 – 14 Australia Day LWE Friday 26	Wilbinga / Guilderton and local Full moon – January 26	Local boundaries will be determined at the general meeting before the field day
February 17 – 18	Cervantes / Hill River and local New moon – February 10	Local boundaries will be determined at the general meeting before the field day
March 2 – 4 Labour Day LWE	Reef Beach and open New moon – March 10	Open – no boundaries. Please fish together for safety
March 30 – April 1 Easter LWE Anzac Day April 25	Bluff Creek and open Full moon – April 25	Open – no boundaries. Please fish together for safety

Standard weekends

Lines down Saturday 0600
Lines up Sunday 0900

Long weekends and Rottneest

Lines down Saturday 0600
Lines up Monday 0900

Suggested local boundaries

Cervantes to Jurien (LWE)
Cottesloe Groyne to Quinns Rocks
Floreat Groyne to Yanchep
Ledge Point to Wedge Island
Moore River mouth to Three Mile Reef
North Mole Fremantle to Two Rocks Marina
North side of Peel Estuary to North Mole Fremantle
Penguin Island to Mullaloo Point
Preston Beach to Mandurah Cut
Seabird to Lancelin

Seabird
South side of Mandurah Cut to South Mole Fremantle
South side of Mandurah Cut to north side of Bunbury Cut
Swan and Canning River upstream from railway bridge
Swan and Canning River including the inside (harbour side) of the North & South Moles Fremantle
Yanchep to Lancelin
Yanchep to Ledge Point

NOTE FROM THE EDITOR / FDO

In the July 2023 issue of Reel Talk, I published an article provided by John Curtis with some tips on how to take quality photographs of fish and scenery. Please review the article at your leisure; John has also kindly offered to print a 'brag photo' on photographic quality A3 paper. Any photos you would like to be considered for this 'brag photo' can be sent to either John or myself as an inclusion for future issues of Reel Talk. I'd also like to take this opportunity to say a big:

THANK YOU!!!

To everyone who has submitted field day reports, results, signed on and off, and provided photos. It makes my task so much easier when I have material, and without club member contributions, this would be a very boring publication! However, I need to highlight that as I may not be fishing with you, I cannot correctly caption any photos provided. Also, if I do not get accurate reports of field day bags, you do not get accurate scores. Lastly, one of the club rules explicitly states that members are NOT to fish alone wherever possible, for safety reasons.

Helen Carnell; Editor and Field Day Officer

DRY CASTING

November 6, 2023

It was quite overcast as we set up our casting court with no wind whatsoever. While having a bit of casting practice, our "Ronaldo" exerted too much wrist action on his single handed rod and it snapped at the reel mount. I loaned him my good spare rod but in competition he bombed out, blaming my rod was 6 inches too long for him to use. We all tried to console him with as many ribald comments we could bring up.

The lads were quite keen with some good scores in the double handed event but Gary won with 153 points. In the single hand event I was lucky to get away with a win with 28 points. Still no wind so the distance casting went ahead with Ron winning the 56 g with 136 m, the Art Bait with 120 m and the 112 g with 144 m. Gary was close with 142 m, then the wind turned up as we packed up.

With the handicap system the day's winner was Gary with 1001.21 points followed by Mal with 1001.11 points. This scoring system equals out the comp and gives closer end of year results.

There may not be many of us but it is a great when "everyone" chips in to assist and creates a good morning for one and all. The sausage sizzle and social banter afterwards ends an enjoyable event.

All are welcome to join us.

Bob 'Hendo' Henderson; Dry Casting Officer

Results

Name	DHA	H/C	SCORE	SHA	H/C	SCORE	TOTAL
VETERANS							
Gary Gildersleeves	153	0	153	24	5	29	182
Bob Henderson	150	10	160	28	1	29	189
Mal Head	129	35	164	23	9	32	196
Ron Thomas	124	18	142	14	0	14	156
Mark Hansen	137	29	166	17	3	20	186

NAME	56g	H/C	SCORE	ART. BAIT	H/C	SCORE	112g	H/C	SCORE	TOTAL
VETERANS										
Gary G	124.94	11		109.40	9		138.85	15		
	123.73	11	270.67	109.89	9	237.29	142.40	15	311.25	1001.21
Bob H	113.76	12		-	15		133.23	15		
	113.72	12	251.48	110.04	15	140.04	136.78	15	300.01	880.53
Mal H	91.31	50		77.34	39		92.74	52		
	94.35	50	285.66	73.24	39	228.58	94.13	52	290.87	1001.11
Ron T	131.78	0		120.30	0		142.30	0		
	136.73	0	268.51	111.72	0	232.02	144.25	0	286.55	961.08
Mark H	97.8	32		80.02	34		104.93	41		
	94.35	32	256.15	80.28	34	228.30	110.64	41	297.57	968.02

Overall Winner with Handicap: Gary Gildersleeves 1001.21

Dry casting is held once a month at:

Perth Polo Club
Meadow St
Guildford WA 6055

Please contact Bob Henderson if you are interested in joining in



Evolution



© JimBentonGDcomics.com

FIELD DAY

Chidley Point, November 11 – 12



Sunset view from Chidley Point

I met Mark at Chidley Point around 6pm and the parking area was full so had to wait a half hour for someone to leave. Finally, I set up as Mark walked the shallows tossing his rubber tail lures, catching undersized trumpeter, blowies and bream. I waited till the sun hit the skyline before tossing out a bait and it didn't take long to hook up an undersized tailor, which went back out as a live bait. It later died of exhaustion as nothing went near it. Mark had some fun catching undersized tailor, Bruce turned up and shared the same experience. Chris arrived and stayed a short while but had no luck. Fortunately, skill arose and I hauled in a massive "legal sized" flathead which measured 35cm, outshining Bruce's 24cm monster. We even had cobbler swimming past our feet. The best bit was watching "Dougie" avidly trying to out fish Mark.

With the party boats cruising past and blaring out 'doof doof' music, the wind died down, the tide turned to flow out and the fishing shut down. We sat and chatted for a while, packed up then headed home. A pleasant evening with mates.

Cheers

Bob Hendo

Other reports

As submitted to John Curtis and Helen Carnell

Mark Hansen fished Chidley Point from 1600 to 1930 with Bruce Davies, Bob Henderson, and Chris Stickells, and caught several blowfish, one trumpeter, one herring and some undersize tailor on plastic lures with 4lb line. Bob caught a tailor and a 35cm flathead weighing 27.6g.

Gary Parkinson fished Preston Beach with no catch to report. Malcolm Harris also fished Preston Beach, on Saturday afternoon, catching one tailor weighed in at 0.6kg and two herring weighing in at a total of 0.3kg.

Results

NAME	KG	SPECIES	NUMBER CAUGHT	FIELD DAY SCORE
Mark Hansen	0	4	4	44
Malcolm Harris	0.9	2	3	32
Bob Henderson	.03	2	2	22.3
Bruce Davies	0	2	2	22
Chris Stickells	0	1	1	11
Gary Parkinson	0	0	0	0

Top scores up to December

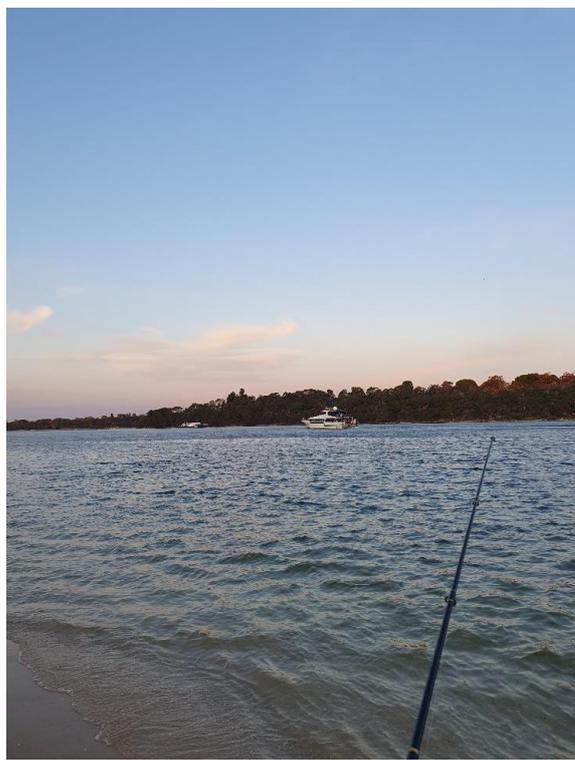
Rank	Angler	Total points
1	Peet Wessels	659.5
2	David Wessels	652
3	Sandra Wessels	587.5
4	Martin Wearmouth	524.1
5	Mark Hansen	509.8
6	Sabby Pizzolante	482.5
7	Vince Tomazin	374
8	Malcolm Harris	308.5
9	Ron Thomas	296.26
10	Oliver Wessels	133.5
11	George Matrakis	121.4
12	Brad Zaknich	90
13	Bob Henderson	22.3
14	Bruce Davies	22
15	Chris Stickells	11

Peet Wessels; Recorder

Photos



Mark Hansen fishing in the shallows at Chidley Point



One of the many party and leisure boats cruising past



View of the river looking South from the top carpark at Chidley Point. Photo – Chris Stickells



View of the river looking towards Perth from the top carpark at Chidley Point. Photo – Chris Stickells



Sunset at Preston Beach. Photo – Malcolm Harris



A faithful fishing companion. Photo - Malcolm Harris



Malcolm's field day bag from Preston Beach. Photo - Malcolm Harris



Hendo's 35cm flathead from Chidley Point. Photo - Bob 'Hendo' Henderson

SOCIAL ORGANISER'S REPORT

It's beginning to look a lot like

CHRISTMAS!!!

Our social organiser, Sandra Wessels, would like to extend an invitation to

ALL CLUB MEMBERS

to join us at our December general meeting for

A FREE meal, paid from club funds

ONE FREE drink per member, paid from club funds

Secret Santa gift exchange

Christmas fun and fellowship with other club members

Wednesday December 13 2023

Venue and time as per monthly general meeting

Details of time and venue can be found on page 4 of this publication

Please RSVP to secretary for catering purposes by **NOON SUNDAY 6 DECEMBER**

Please bring any games you think would be enjoyed by the club

SECRET SANTA REQUIREMENTS

One wrapped gift per person participating in Secret Santa, value between \$10 - \$20

NO FISHING GEAR

NO CHOCOLATE

Looking forward to seeing you there!

Helen Carnell; Editor - on behalf of Sandra Wessels; Social Organiser

SPOOLING UP

Sam Omari Nov 23 - Fishing World Magazine

Article provided by John Curtis

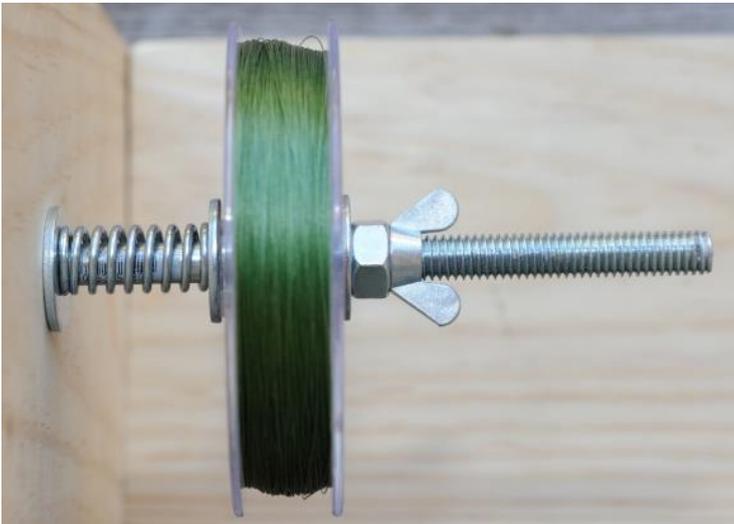
If you have ever tried replacing the line on all of your reels at the end of a long season you will soon realise that it can be an arduous task. There's more to spooling a reel than meets the eye and it's not a matter of simply tying the line onto the spool and winding; spool knots need to be secure, line needs to be tensioned and the amount of line accurately metred to avoid inefficiencies and issues when casting. I often spool my reels on my own and have found a few tips and gadgets that makes the job of spooling one or many reels less of a chore.



Fixing the line to the spool

The first step in the spooling process is to tie the line to the spool. Some overhead and bait cast reels have a lug on the spool that you can tie to directly making the process easier. Regular spin and overhead or centrepin reels without a lug need the line tied directly to the spool with the line secured so it does not spin on the spool. To do this, I start off by wrapping the line around a few times then tying off with a uni knot that is tightly snugged down. For added security I use some electrical tape to tape down the knot and wraps of line. I see many people recommending the use of tape first however I have found that a few winds with a tightened uni knot is difficult to turn and once you tape it down, you still get the advantage of the newly wound line bedding into the tape whilst the tightened knot tied directly to the spool will be further secured by the tape that is now under a reasonable amount of pressure from the line wound on top.

Solo spooling



One of the most frustrating rigging tasks to complete on your own is spooling a reel. Having a friend holding the spool is ideal but if help is not available, there are a number of ways to combat the frustration so solo spooling. Threading some twine or rope through the spool then tying off to the handles of a bucket is a simple method that I have used many times over the years. Filling the bucket with water gives the added advantage of adding a slight amount of tension to prevent an overrun on the spool and also allows line that might be hygroscopic an opportunity to react to the water before touching the reel. A screwdriver through the spool and then secured in a vice is another easy method of solo spooling. Specific line

spooling devices are the best option as they not only hold the spool of line but can be adjusted for tension. If you don't have a line spooling device, you can still tension the spool in a number of ways. The two methods I've relied on over the years are to place some masking tape on a screwdriver as close to the handle as possible and build it up to thick enough so that the spool needs to be forced on. You then stick the screwdriver horizontally into a vice leave a few millimetres so that the spool doesn't touch the vice but also can't fall of the tape. The second method is to use a cloth gardening glove and tension the line with your hand. You can add a reasonable amount of tension simply by running the line through your fingers and clenching your hand your hand or pinching the line between your index finger and thumb for added tension.

Top shotting and amount of line required

Top shotting line has been around for years and involves having a base line that is well below the spool's maximum capacity that is topped up by another line, the "top shot". The challenge with top shotting is knowing how much base line and top shot will optimally fit on the spool. The easiest way is to first tie on the top shot then finish off by attaching the base line using an FG knot or similar and final winding on the base line till the spool is filled. Many spin reels have two spools so it's easy enough to do this on one spool then wind it onto the spare spool so that the top shot is at the top again. If you only have a single spool, you then need to reverse the line twice before being able to wind the base line back on the reel first. The easiest way I've found to do this is with a couple of spare empty line spools that I force onto a Phillips head screwdriver that with masking tape near the handle to tension shim and the spool. Placing the screwdriver into a drill (hence the Phillips head), you can quickly wind the reel off the reel and onto the spool. Repeat the process with another spool to reverse the line so that the baseline is wound on first and the top shot wound last. Whether you're top shotting or filling with a single line, you generally want to fill your line so that it's within a couple of millimetres of the spool lip.



Recording line



I have multiple outfits with identical reels making it tough to differentiate which line class is on which reel. Using a sliver of masking tape and a fine permanent marker is a simple yet effective method. Secure the tape to the underside of the spool or to the reel seat. The key point here is to use a consistent naming convention or to add units of measure to make it easy to remember. I

always use pounds when recoding line so my three identical 2500 reels have markings for 6 and 8 and 10 lb line.

Helpful DIY tools

You can easily make a couple of DIY tools that will help with the line spooling and despooling processes. A simple line spooler can be made using some timber, a long bolt, some hex nuts, wing nuts, washers and a spring. The basic idea is the timber makes an L shaped frame with the horizontal side used a base to secure to a bench and the vertical side used for holding the spool. Drill a hole in the horizontal size, thread the bolt on the secure it with a hex nut. Place the spring onto the bolt, then a washer, then place the spool onto the bolt. You then place another washer and a wing nut on the bolt and tighten till it pushes the screw onto the spring. Adjust the tension by tightening or loosening the wing nut then finally thread on a hex nut to lock it all into place. The easiest and most effective way to unspool a reel is to drill a hole through a one litre water or soft drink bottle cap then place a bolt through the underside of the cap. You secure the bolt to the cap with a hex nut threaded on from the top side of the cap. Screw this onto any old bottle, fasten the line to the bottle with a knot or some tape and use a drill to spin the bottle and unspool the reel. You can then simply throw the entire bottle and old line into the recycling bin and keep the lid for next time!

Blast from the Past

THE AIS GROYNE

Bob 'Hendo' Henderson

Hey, you know how we all believe those fishing stories in the paper, don't you? Well, the report of snapper being caught off the AIS groyne roped us in and enticed us to have a go over the weekend. Best after a blow they said but the weather was fine so we'll still have a go anyway.

Pete Stoeckel and his boys joined me and we arrived at the groyne about 1pm to observe 25 to 30 vehicles all over the groyne. A vacant spot was the platforms on top of the rocks partway out onto the groyne so we parked close and set up for an evening's fishing. Keith Derbyshire and Dave Redwood joined us over the next few hours. Inclement weather was approaching so tarps were placed over the platform to shield our gear and us.

We berleyed up and tried all sorts of baits and rigs trying to catch something but to no avail. A few short bursts of rain and wind didn't bother us.

Just on dusk the call went out 'I'm on' and Dave dragged in a pink snapper. The length was amazing - 3 bloody inches. The gang of hooks was longer. Dave displayed his fish with pride, boasting that at least he can catch something. His requests for photos and measurements were replied with the usual answers. Begrudgingly he returned the fish to the water. As nobody was catching anything, we stopped and enjoyed a meal and warm drink.

The sun disappeared and the wind increased in velocity, then the rain bucketed down. The tarp flapped crazily when the wind hit gale force. True to form, my line went taunt and after a heavy tussle I purged the usual huge clump of weed onto the rocks, maintaining my reputation. Untangling the weed, a tarwhine flapped wearily from my hooks that had pinned it fair up the Khyber pass. The pained look in its eyes captured a spot in my heart. At least it was bigger than some one's snapper and it was released promptly.

In between showers Pete's boys scrambled all over the rocks, fiddled with their fishing gear and had fun before we called a halt for fear of hurting themselves. The rain and wind increased as we huddled under the tarps.

With rods out anticipating some action we braved the weather. Dave caught a tarwhine the same size as mine, Keith was empty-handed and Pete brought in a bit of weed. About 10pm Dave and Keith called it a day and headed for home. Only the brave kept going (should read donkeys) as the velocity of the wind went up a notch and was accompanied by torrential rain. The platform shook as tarps disintegrated and rain drenched everything, although the boys were tucked away and kept dry.

Quite a few of the other fishermen had well and truly departed leaving only the few brave-hearts.

The midnight and wee hours were spent huddled up tossing and turning and being miserable.

I'm sure a mini tornado hit us during the night as the platform was in a lot different position when daylight came upon us. Still, I did crack up when from under a soggy blanket Pete called out, "Did the earth move for you last night?"

No, we didn't share the blanket.

By 6:30am we were both how could you say "intoxicated off" so as the sky displayed a dash of blue we decamped and headed home for some warm clothing and a hot drink.

Who said "fishing's fun"? I bet it was some sod that sits and watches Rex Hunt on TV and does all his fishing from his lounge chair. My fish fingers were as close as I got to a fish feed that day.

Apologies to our field day officer who foolishly anticipated us coming to the weigh in with something to display. He should know better.

Till next time

HENDO

The Impact of Offshore Wind on Whales

Lindsay McDougall, Presenter, ABCListen
Article and link provided by Chris Stickells

One of the major concerns about offshore wind farms is how they may impact whale migration.

Information spread on social media contains a variety claims about potential harms... but what does the science say?

Jeff Weir has been the Executive Director of the Dolphin Research Institute in Victoria for over 25 years, and in 2019 was given an Order of Australia for his lifetime contribution to Marine Conservation efforts.

He joined Lindsay McDougall on Drive to explain what we know about how wind farms impact whales.

Watch the full video here:

https://www.abc.net.au/listen/programs/illawarra-drive/jeff-weir-whales/103003770?fbclid=IwAR22Gx58RNbSUwo6pvFOGf_LN46a_fxnxUykwu7Nd6CJkg5cMGL9ZjrPiPc

TOP TIPS FOR A HEALTHY SILLY SEASON

Steven Litas

Article provided by John Curtis

With the year coming to a close, the team would like to wish you all a Merry Christmas and a Happy New Year. We have had an amazing year of wonderful community support, and hope your year was filled with happiness and good health. As the holiday season draws closer, it is finally time to relax, catch up with friends and family, and celebrate together - which we all know means plenty of food and drink to be shared! Although it's the time to kick back and relax, you should still keep your health in mind to ensure you can truly enjoy this special time of year. From healthy digestion to sun safety, here are our top tips for a safe and healthy silly season.

1. Prevent Indigestion

The holiday season is prime time for feasting with family and friends. With a true abundance of good food, you need to be careful you aren't indulging too much. Overeating or eating too quickly can often lead to negative health effects such as indigestion, acid reflux and heavy bloating which can quickly ruin your Christmas lunch plans.

Here are a few small things you can do to reduce your risk of experiencing indigestion:

1. Be conscious of your portion sizes

With so many good options on the table, a spoonful of this and a spoonful of that can quickly lead to one big plate of food. We recommend taking a step back to consider the overall meal size or try using a smaller plate to limit serving too much food at once.

2. Consider what you're drinking

Carbonated drinks (both soft drinks and alcoholic) can cause bloating of the stomach, which may lead to symptoms of acid reflux. Alcohol is also known to irritate the lining of the oesophagus and the gut so try pairing your meal with a lower-alcohol option.

3. Stop eating when you're full

Despite the temptation, it is important to acknowledge when your body is telling you that you've had enough. Don't fret about leaving food on your plate. If there's a dish you are really sad to miss out on, ask to get a serve wrapped up to take home and enjoy later.

4. Eat slower

The excitement of the holiday season and having so many good food options to try means you may be eating faster than you realise. Food is enjoyed more when consumed slowly, so take your time, relax, and eat slower for a happier tummy.

2. Stay Hydrated

As the summer heat is now out in full force, it's important to remember to stay hydrated throughout your day. The average adult woman needs roughly 8 cups (around 2L) of water a day, whilst adult men need about 10 cups (around 2.5L) of water a day. Our bodies get one-fifth of the water we need from food and the rest from drinking fluids so especially on those warm days - it's important to keep up your water intake.

3. Drink Responsibly

There is plenty to celebrate at this time of year, and with that, often comes plenty of drinking. Although it's easy to get carried away, you shouldn't be drinking more than 4 standard drinks a day and no more than 10 standard drinks a week.

What is a standard drink?

A standard drink contains 10 grams of pure alcohol. It is important to note that the type of alcohol makes no difference. 10 grams of alcohol is 10 grams of alcohol whether it is in beer, wine or spirits. It doesn't matter whether it is mixed with soft drink, fruit juice, water or ice.

What is a standard drink?

Australian Government
National Health and Medical Research Council

Drink Type	Volume	Alcohol Content
Light Beer	425 ml	2.7% alc/vol
Mid Strength Beer	375 ml	3.5% alc/vol
Full Strength Beer	285 ml	4.9% alc/vol
Regular Cider	285 ml	4.9% alc/vol
Sparkling Wine	100 ml	13% alc/vol
Wine	100 ml	13% alc/vol
Fortified Wine (e.g. sherry, port)	60 ml	20% alc/vol
Spirits (e.g. vodka, gin, rum, whiskey)	30 ml	40% alc/vol

The standard drink is defined in the Australia and New Zealand Food Standards Code.

NHMRC www.nhmrc.gov.au/alcohol BUILDING A HEALTHY AUSTRALIA

Other important things to keep in mind to ensure you're celebrating in a responsible way is to always eat before you drink and ensure you're drinking plenty of water. Try to have one glass of water to match each alcoholic beverage. And for the safety of yourself, your family, and the greater community, never drink and drive.

4. Prevent Sun Damage

Christmas time for Aussies often means plenty of time spent at the beach, or Christmas lunches spent outdoors. However, Australia has one of the highest rates of skin cancer in the world with each year almost 2000 Australians die from this disease that is almost entirely preventable. Fortunately, being sun smart is an effective way to reduce the risks of developing skin cancer.

It may be hard to associate a family lunch with the need to be sun smart but it should always be on your mind anytime you intend to leave the home during daylight hours. Here's a quick refresher on sun safety so you can enjoy your family BBQ or Boxing Day beach trip with peace of mind.

1. Apply and re-apply SPF

Sunscreen needs to be applied 20 minutes before going outdoors. Use a generous amount of sunscreen - you need at least one tablespoon per limb, one for the front of the body, one for the back of the body

and one for the head. Many Australians apply too little sunscreen and often forget to reapply. You should reapply after swimming, sweating or towel drying. Sunscreen should be reapplied every two hours, especially if you're spending time outdoors.

2. *Limit Sun Exposure*

Staying in the shade is the smart way to enjoy the summer weather while limiting the risk to your skin. If you're setting up for a day at the beach, remember to bring a tent or umbrella to create a shaded area where you can sit. Don't spend an extended period of time in the sun. For very fair-skinned people, UV (ultraviolet) radiation can be harmful after just 10 minutes. Particularly during peak UV times in the middle of the day, try to keep out of the sun as much as possible.

3. *Cover Up*

Wear sun-smart clothing to protect your skin from the sun's rays. This includes:

- Hats (ideally broad-brimmed for greater protection)
- Long-sleeved shirts or over shirts
- Collared shirts to protect the back of your neck
- Sun glasses to protect your eyes from UV rays

5. **Take Care of Your Mental Health**

Although the holiday season is seen as a time of joy, it can take a mental toll on a lot of people. This can sometimes come from the pressure of seeing friends and family, being overwhelmed with too many plans without leaving enough time to recharge, or feeling isolated and lonely. It can cause stress, anxiety and depression for a lot of people so during this time it's important to be gentle, patient and kind. Here are some practical tips, you can use to possibly minimise these feelings.

1. *Acknowledge your feelings*

It's OK to take some time to cry and express your feelings. You can't force yourself to be joyful just because it's the holiday season.

2. *Reach out*

If you feel lonely or sad, seek out community through your loved ones or those who care about you. Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays. This also goes both ways, remember to reach out to your friends who may be struggling at this time of year.

3. *Don't abandon healthy habits*

Be aware of letting the holidays become a free-for-all or interrupting the stability you have from an established routine. It is okay to set any boundaries you need for yourself.

4. *Seek professional help if need be*

Despite your best efforts you may find yourself feeling persistently sad or anxious. If these feelings last for a while, talk to your doctor or a mental health professional.

The holiday season is a time to spread love and joy with those who matter to you, but that shouldn't mean compromising our health.

We hope with these quick tips you can be sure to truly relax, recharge, and celebrate this holiday season.

CHRISTMAS POEMS

Santa Haiku

Kelly Roper

Hoof sounds on the roof,
As reindeer lightly touch down.
Santa has arrived.

'Twas the Night Before Christmas

Clement Clarke Moore

'Twas the night before Christmas, when all through
the house

Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care,
In hopes that St. Nicholas soon would be there.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap,
Had just settled down for a long winter's nap,

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below,
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,
I knew in a moment it must be St. Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by
name;

"Now, DASHER! now, DANCER! now, PRANCER and
VIXEN!
On, COMET! on CUPID! on, DONNER and BLITZEN!
To the top of the porch! to the top of the wall!
Now dash away! dash away! dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and
soot;
A bundle of toys he had flung on his back,
And he looked like a peddler just opening his pack.

His eyes -- how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;
He had a broad face and a little round belly,
That shook, when he laughed like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;

He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,

**HAPPY CHRISTMAS TO ALL,
AND TO ALL A GOOD-NIGHT!**

Ode to My Christmas Nutcracker

Kelly Roper

Each year when Christmas rolls around
I get my nutcracker out.
And each time that he cracks a nut,
it makes me want to shout,
"Oh thank you Mr. Nutcracker for
Shelling my nuts for me.
Now all I need is a glass of eggnog,
and I'll eat them by my Christmas tree!"