

REEL TALK

MARCH 2024



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



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Reel Talk – March 2024 Contents

Cover picture – Back on the beach again at Hill River. Photo courtesy of Malcolm Harris.

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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:

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NOTE FROM THE EDITOR / FDO

I NEED YOUR HELP



Firstly, I would like to thank everyone who has stepped up into new positions in the club, and to people who are submitting their results and material for this publication.

I am running extremely low on material – anything you have to submit will be greatly appreciated. Old stories, photos particularly, articles that you find in the paper, your favourite recipes – it all helps to make this an interesting read for you.

Also, a quick note regarding dry casting – as this Monday is a public holiday, the next dry casting session is scheduled for **Monday 11 March starting at 0800.**

Helen Carnell; Editor / Field Day Officer

MARCH GENERAL MEETING

Wednesday 13 March, 2024

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 9 MARCH



March birthdays

John Curtis	March 1
Klaus Schonwolf	March 21
Maureen Wignell	March 22
Rita Pizzolante	March 25
Jason Zerella	March 30

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
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

SOLUNAR TIMES UNTIL END APRIL 2024

MONTH	DATE	PREDICTION	MOON UP	MOON DOWN	PHASE
March	Sat 2	Poor	03:26	15:50	Waxing
<i>Labour Day LWE</i>	Sun 3	Poor	04:15	16:42	1 st quarter 4 th Mar
<i>Equinox Wed 20th</i>	Mon 4	Poor	05:09	17:38	20 th – Waning
March / April	Sat Mar 30	Poor	02:12	14:37	Waxing
<i>Easter LWE</i>	Sun Mar 31	Poor	03:03	15:31	1 st quarter 2 nd Apr
	Mon Apr 1	Poor	03:59	16:28	
<i>ANZAC Day LWE</i>	Thurs 25	Best	-	11:45	New moon 24 th Apr
	Fri 26	Fair	00:09	12:34	Waxing
	Sat 27	Fair	01:00	13:27	1 st quarter 1 st May
	Sun 28	Poor	01:54	14:23	

Why did the motorbike crash?
It was two tired

DRY CASTING

February 5, 2024

It was great to see fellow Club members, Vince Tomazin and Vince Iozzi, turn up to have a go at casting. Fellow visitors John Devitt and old Club member Geof Raftis also came to join us. As there was a slight "swirling breeze" we started with the d/Handed event first. Gary won the first event convincingly (144 points) but Ron trounced us all in the s/handed event (35 points). "New boys", those two Vince's, tossed around like two Harry Potter trainees waving their wands, but can be excused for they were using their fishing gear. Room for improvement lads?

The wind had settled down for the distance events and Ron belted down some good casts, 158 m in 112 g, 127 m in a/bait, 140 m in 56 gram, winning all events. The eventual winner for the day was Gary (using handicap system), but only just won by 0.12 of a point from Ron in the old system scoring.

Now, those two "Vinces". Both used their fishing gear compared to our competition gear, so they were at a bit of a disadvantage, they also had limited idea of "casting on an oval", no experience and "clueless". Novices we say, but they listened to the advice given, persevered, and showed signs of improvement in the future (maybe small). No promises? They got our praises for turning up and having a go. Sitting around having a chin wag and a sausage at the end of the day, they said they enjoyed themselves so what more can we ask.

Do you remember how I commented on the unfortunate accident Ron had with his old s/handed rod, it snapped at the reel mount and when I loaned him my spare rod, complained about it not being as good as his one. Well, he has hidden away for a couple of events but turns up today with some fancy skinny wand, all aglow with bright binding, and it actually worked. Guess some "professional rod builder" gave him a hand!

Cheers

Bob 'Hendo' Henderson; Dry Casting Officer

Results

Name	DHA	H/C	SCORE	SHA	H/C	SCORE	TOTAL
VETERANS							
Bob Henderson	109	10	119	22	28	50	169
Gary Gildersleeves	144	0	144	25	24	49	193
Mal Head	122	35	157	11	23	34	191
Mark Hansen	76	29	105	9	17	26	131
Ron Thomas	111	18	129	35	14	49	178
UNCATEGORISED							
Vince Iozzi	19		19	0		0	19
Geoff Raftis	96		96	4		4	100
Vince Tomazin	27		27	8		8	35

NAME	56g	H/C	SCORE	ART. BAIT	H/C	SCORE	112g	H/C	SCORE	TOTAL
VETERANS										
Bob H	130.47	12	275.87	118.23	15	267.61	136.96	15	311.54	1024.02
	121.40	12		119.38	15		144.58	15		
Gary G	136.86	11	296.94	119.36	9	257.30	138.55	15	310.81	1058.05
	138.08	11		119.94	9		142.26	15		
Mal H	90.72	50	281.52	76.92	39	236.87	93.20	52	297.92	1007.31
	90.80	50		81.95	39		100.72	52		
Mark H	0	32	64	76.86	34	226.90	113.72	41	293.42	715.32
	0	32		82.04	34		97.70	41		
Ron T	137.46	0	277.66	127.78	0	255.17	158.70	0	307.10	1017.93
	140.20	0		127.39	0		148.40	0		

Overall Winner with Handicap: Gary Gildersleeves 1058.05



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

FIELD DAY

Cervantes / Hill River and local, February 17 – 18, 2024

Hill River is my fishing spot when fishing the Cervantes field days. As we are no longer able to camp there anymore I though a day trip was in order. So how to maximize the day; it was an early start and a late finish. So with that in mind I sent the alarm for 12.30am and was away by 1.30am Saturday morning. Allowing three hours to Hill River beach and 30mins for set up, I could have line in the water as the light was coming up. As we know the field day does not start until 6.00am so maybe a decent fish in the interim would give Peet something to go into the recorders report. However, in the past I have never been very successful fishing Hill River in the mornings but this time, maybe.... well no.

I think Fraya (the dog) had more fun than me, chasing the seagulls and the bubbles in the waves, so by 9.00am I'd had enough of feeding the blowies and decided to pack up and go for a drive to while away the hours before the afternoon session.

First stop was the Jurien Bay bakery and the coffee shop next door, a coffee for me a sausage roll for Fraya. It's been a few years since I last visited Jurien and I was surprised by the development, the camping ground looked full with lots of people enjoying what was a beautiful morning with very little breeze and crystal-clear water.

On to Sandy Cape which has again seen quite a bit of development lately in the main camping area. From there we then drove south along the myriad of tracks out to North Point where there are a couple of radar hut ruins left over from WW2. Just north of the ruins is a beautiful beach with reef very close to shore, it looked so fishy but frustratingly that particular beach was within a no fishing section of the marine park. Nothing to do but to pull out the shade and deck chair and soak up the serenity.

One can only take so much serenity when there is fishing to be done so back to Hill River for the afternoon session via the Jurien bakery of course. About 3.00pm we were back at the same spot however the wind had strengthened to about 25 knots and just standing on the beach was a proving to be a challenge. Back to the vehicle and wait hoping that the wind would drop. By around 6.00pm it had dropped enough to set up again and with high hopes back to business.

The blowies had disappeared which was a relief, but were replaced by a number of undersize tarwhine and flathead but at least they were among the target species. A couple more herring showed up along with two nice size sand whiting and at last a chopper tailor. Well that means that the tailor are here, YES... but no and that was the extent of the fishing for the weekend. By that time it was about 9.00pm so time to pack up and head home.

Not many fish in the esky to show for the weekend but very enjoyable none the less, visited some beautiful places north, saw a bit of WW2 history and soaked up a beautiful beach scene.

It was fresh herring and sand whiting on the menu a couple of days later to cap off another very enjoyable trip.

Hope see you on the beach next time.

Malcolm Harris; Assistant Field Day Officer

Mark Hansen fished for 3 hours on Saturday evening alongside Bob Henderson at Rous Head with soft plastics, casting into the breeze on the river side and reporting a western blue devil, a blowie, a butterfish, a wrasse, a sand whiting, a black bream and a pike. Nice bag!

Martin Wearmouth fished with Vince Tomazin on Saturday afternoon at Grant Street, Cottesloe, reporting one skippy with Vince catching nothing.

Helen Carnell; Field Day Officer

Photos



Soaking up the serenity at Sandy Cape beach. Courtesy of Malcolm Harris.



Whiling away the time waiting for the wind to drop at Hill River. Courtesy of Malcolm Harris.



Catch of the day. Courtesy of Malcolm Harris.

Results

PLEASE NOTE: Corrections may be required for scores from previous months – these will be in a future edition.

NAME	KG	SPECIES	NUMBER CAUGHT	FIELD DAY SCORE
Mark Hansen	0	7	9	79
Malcolm Harris	0.9	3	6	45
Martin Wearmouth	.5	1	1	16

Top scores up to February

Rank	Angler	Total points
1	Peet Wessels	834.5
2	Mark Hansen	689.8
3	David Wessels	652
4	Sandra Wessels	645.5
5	Martin Wearmouth	540.1
6	Sabby Pizzolante	482.5
7	Malcolm Harris	475.8 (TBC)
8	Vince Tomazin	374
9	Ron Thomas	296.26
10	Oliver Wessels	133.5
11	George Matrakis	121.4
12	Brad Zaknich	90
13	Bob Henderson	58.3
14	Bruce Davies	22
15	Chris Stickells	11

ROTTNEST FIELD DAYS 2024

The scheduled dates for club field days on Rottnest for 2024 are:

June 22 – 23

August 3 – 4

The cost for each is \$170 per attendee, which includes accommodation, bus transportation, and ferry crates. Members can travel in a group to Rottnest or make their own way over. Details of club and group arrangements will be organised closer to the dates. Please contact Peet Wessels to book your spot and pay the deposit.

Peet Wessels; Recorder and Rottnest co-ordinator

Southern Garfish Fishery Reopening

The southern garfish metro fishery is reopening on 1 March

Article provided by John Curtis

From Friday 1 March, recreational fishers will have access to southern garfish in the Perth metro area. The prohibition on taking southern garfish will be lifted after a 7 year closure, which was put in place after research identified a high risk to the sustainability of the Cockburn Sound stock. Reducing fishing pressure over this time has helped boost southern garfish stocks and will now provide additional opportunities to fish.

Southern garfish is a delicious bread and butter species for recreational fishers, and they're part of the statewide mixed species finfish bag limit, set at 30 per person per day.

This result shows the importance of recreational and commercial fishers working together to ensure sustainability of our shared fish stocks. Fishers can help monitor the ongoing health of the southern garfish stock by donating fish frames through the [Send us your skeletons program](#). Boat and shore-based recreational catch and effort information will be collected via the recreational statewide survey and the 2024/25 shore-based [Metropolitan Monitoring Program](#).

More information about the reopening of this fishery is available in the [Media Release](#).

Media Release:

Fisheries Management Success Has Garfish Back On The Perth Menu

Perth's recreational fishers will soon be back in action to catch southern garfish from Lancelin to Myalup, with stocks recovering to sustainable limits. The current abundance of the species will enable the 2017 closure to be lifted and fishing for 'gardies' can resume along the metro coast from Friday, March 1.

A combination of fishing and environmental pressures led to the need to introduce a closure back in 2017. With this recovery, we are able to resume fishing with recreational catches to be monitored through the recreational Statewide survey and the Metropolitan Monitoring Program.

Southern garfish is part of the Statewide mixed species bag limit of 30 per person per day. Other species in the mixed species bag limit are finfish like whiting, mullet, blue mackerel, western butterfish, yellowtail scad, western striped grunter, banded sweep and other species not specifically listed, excluding baitfish and feral freshwater species.

Recreational fishers can also help the fishery research effort to monitor the ongoing health of the species by donating southern garfish fish frames through the Department of Primary Industries and Regional Development's (DPIRD's) [Send us your skeletons](#) program.

Commercial fishing of garfish will also resume which will be subject to catch limits and fishers will provide information and biological samples to support sustainability of southern garfish into the future.

Comments attributed to Fisheries Minister Don Punch:

"This is great news for recreational fishers who've not been able to fish for southern garfish in metropolitan waters for seven years while the fishery was managed to allow stock recovery.

"This is a really encouraging result and demonstrates the importance and success of taking action to rebuild our fisheries to sustainable levels.

"Fishing for southern garfish will provide a highly accessible recreational fishing opportunity, with the species being well suited to both land and boat-based fishing, so I am sure fishers will be pleased to target this species again.

"DPIRD has a proven record in the recovery of fish stocks as seen in the herring fishery, and now in helping southern garfish rebound.

Murdoch University Studies Fish Exercise

Research finds exercise regimen for fish could help satisfy world's growing hunger for seafood

*ABC Kimberley, Eddie Williams
Article provided by Chris Stickells*

"Bodybuilding fish" could have a key role in boosting the world's seafood supply, with new research showing that exercise can help fish grow to marketable sizes much faster.

Key points:

- An exercise training regime helps fish grow faster, according to the new analysis
- Fish experienced the most benefits if they were swum at a speed of two body lengths per second
- Researchers are now looking to work with the aquaculture industry to help meet growing demand for fish

Already, aquaculture is the world's fastest growing agri-food sector, producing more than half of all fish for human consumption.

But with the world's population tipped to reach 8.5 billion by 2030, a Murdoch University study has found that keeping fish fitter could help speed up supply to meet growing demand.

Like 'going for a mild jog'

Researchers collated data from 69 studies on 31 species, finding fish that were exercised saw a 10 per cent increase in growth.

Report co-author Daniel Gomez Isaza said exercising fish by creating a water flow was a simple and cost-effective strategy.

"A lot of fish, when placed against the flow, they have this response that they immediately swim against a water flow," he said.

"They're sort of like bodybuilding fish that can put on weight so fast."

Dr Gomez Isaza said fish experienced the most benefits if they were swum all day at a speed of two body lengths per second.

"It's equivalent to, for example, us going for a mild jog," he said.

"It might seem cruel to exercise fish, but it is actually a form of enrichment for the fish as well.

"Not only are they growing faster, they're in better condition.

"They can also, for example, tolerate disease more efficiently."

Dr Gomez Isaza said the effect was "quite consistent" across different species, and didn't require producers to spend more on food for the fish.

"You go for a run, you get tired and you need to eat more. This is somewhat the case for fish as well," he said.

"They do eat more food, but ... they're equally efficient at converting this food into mass gain.

"So at the end, you're not actually feeding the fish any more than you would if they were in still waters."

Scaling up for industry

The next step is to work with the aquaculture industry to test the exercise regime on a larger scale.

"In aquaculture, of course, you can have big tanks, you can have raceways, or you can have pond aquaculture, so it probably might depend on what type of fish farming is done," Dr Gomez Isaza said.

"If we think about a tank, you can easily put water flow to generate a water speed.

"So we're looking to reach out to different aquaculture industries to see how we can upscale this to test it on bigger fish.

"It's just quite a simple and neat solution to this massive, massive problem."