

# REEL TALK

## SEPTEMBER 2024



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



Surf Casting and Angling Club of WA (Inc.)  
Reel Talk – September 2024

Cover picture –. Sunset at Radar Reef Rottneest, August 2024. By Wally Lukic

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**LIFE MEMBERS**

Ian Cook  
Bob Henderson

Terry Fuller

Mal Head  
Peter Osborne

**Deceased life members**

Dudley Brown  
George Holman  
Eric Parker

Vic Davis  
Bob Klein  
Les Shand

Lloyd Dunn  
Ron Kildahl  
Jim Strong

Doug Edward  
Noel Knight

CLUB COMMITTEE

September 2024 – August 2025

All club emails should be sent to [secretary@scac.net.au](mailto:secretary@scac.net.au) All correspondence by mail should be addressed to:

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

EXECUTIVE COMMITTEE

**President**

*Vacant*

**Vice President**

Mark Hansen  
0409 088 864  
[mhansen@iinet.net.au](mailto:mhansen@iinet.net.au)

**Treasurer**

Vince Tomazin  
0417 910 531  
[stptax@gmail.com](mailto:stptax@gmail.com)

**Secretary**

John Curtis  
0412 776 558  
[secretary@scac.net.au](mailto:secretary@scac.net.au)  
[jcurtis@iinet.net.au](mailto:jcurtis@iinet.net.au)

GENERAL COMMITTEE

**Field Day Officer**

Malcolm Harris  
0428 518 106  
[malcolm@urbanrenovations.net.au](mailto:malcolm@urbanrenovations.net.au)

**Assistant Field Day Officer**

*Vacant*

**Recorder**

Peet Wessels  
0407 160 795  
[peetwessels@gmail.com](mailto:peetwessels@gmail.com)

**Dry Casting Officer**

Bob Henderson  
0439 978 832  
[blhendo@live.com.au](mailto:blhendo@live.com.au)

**Assistant Dry Casting Officer**

Vince Tomazin  
0417 910 531  
[stptax@gmail.com](mailto:stptax@gmail.com)

**Committee Position 1**

Sandra Wessels  
0408 125 651  
[peetwessels@gmail.com](mailto:peetwessels@gmail.com)

**Committee Position 2**

Vince Iozzi  
0414 747 944  
[vinceiozzi1956@gmail.com](mailto:vinceiozzi1956@gmail.com)

NON-COMMITTEE POSITIONS

**Website Co-Ordinator**

Peet Wessels  
0407 160 795  
[peetwessels@gmail.com](mailto:peetwessels@gmail.com)

**Membership Co-Ordinator**

*Currently Vacant*

**Reel Talk Editor**

John Curtis  
0412 776 558

**Social Events Organiser**

Sandra Wessels  
0408 125 651

# SEPTEMBER GENERAL MEETING

Wednesday 11<sup>th</sup> of September

Location: Croatian Club in Wishart Street, Gwelup

Doors open no earlier than 6:45PM

Meal at 7.00PM with General Meeting at 8.00PM

Please RSVP to secretary for catering purposes by Noon On Monday 9<sup>th</sup>.September

## SPECIAL GENERAL MEETING

Following a Notice of Motion Moved , Seconded and Carried at the August General Meeting

## A SPECIAL GENERAL MEETING

has been called for September to discuss the winding up of the Club.

All members are asked to attend to vote on the motion.

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## September Birthdays



Morris Kolman	5/9
Elana Kolman	6/9
Dee Thomas	8/9
Peet Wessels	20/9
Sabby Pizzolante	27/9

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### COPYRIGHT

When you write copy you have the right to copyright the copy you write, if the copy is right. If however, your copy falls over, you must right your copy. If you write religious services you write rite, and have the right to copyright the rite you write.

Very conservative people write right copy, and have the right to copyright the right copy they write. A right wing cleric would write right rite, and has the right to copyright the right rite he has the right to write. His editor has the job of making the right rite copy right before the copyright can be right.

Should Jim Wright decide to write right rite, then Wright would write right rite, which Wright has the right to copyright. Duplicating that rite would copy Wright right rite, and violate copyright, which Wright would have the right to right.

Right?

Confused !- Who said the English language was easy to read, write and understand.

## Competition Year May 2024 – April 30, 2025.

Field day dates for the 2024 / 2025 Competition Year have been set and Long Weekends have been noted

DATE	VENUE	BOUNDARIES
21 <sup>st</sup> , 22 <sup>nd</sup> , & 23 <sup>rd</sup> September	Bowes River to Murchison River Mouth King's Birthday L W E	Mandurah to North Mole
October 12 <sup>th</sup> & 13 <sup>th</sup>	Yanchep to Moore River (incl. Moore River)	North Mole to Yanchep
November 16 <sup>th</sup> & 17 <sup>th</sup>	Cape to Cape Location to be decided at General Meeting	Mandurah to North Mole
December 14 <sup>th</sup> & 15 <sup>th</sup>	Preston to Dawesville Cut Including Peel Estuary	North Mole to Yanchep
January 25 <sup>th</sup> 26 <sup>th</sup> & 27 <sup>th</sup>	S Bend to Dongara	Mandurah to South Mole
February 15 <sup>th</sup> & 16 <sup>th</sup>	Cervantes to Jurien Bay	North Mole to Yanchep
March 1 <sup>st</sup> 2 <sup>nd</sup> & 3 <sup>rd</sup>	Reef Beach to Bremer Bay L W E	Mandurah to North Mole
April 19 <sup>th</sup> 20 <sup>th</sup> & 21 <sup>st</sup>	Bluff Creek	North Mole to Yanchep

### Standard weekends

Lines down    Saturday 0600  
Lines up        Sunday 0900

### Long weekends and Rottnest

Lines down    Saturday 0600  
Lines up        Monday 0900

### BILLY CAN BEER AND BACON DAMPER

#### Ingredients

2 Tbsp olive oil	3 cups selfraising flour
1 small red onion, halved, thinly sliced	2 teaspoons chopped fresh rosemary
2 middle bacon rashers, trimmed, cut into matchsticks	½ teaspoon sea salt
1 tablespoon Chilli Jam	280ml beer, at room temperature

#### Method

Grease and line the base only of a 1.5L billy can with baking paper. Heat 1 Tbsp of oil in a frying pan over medium-low heat. Add onion and cook, stirring, for 7 minutes or until soft. Stir in bacon for 6 minutes or until golden. Stir in the jam for 2 minutes or until lightly caramelised. Season. Transfer to a bowl to cool for 10 minutes.

Meanwhile, combine flour, rosemary and salt in a large bowl. Season with pepper. Make a well in the centre. Add beer and remaining oil. Stir to form a soft, sticky dough. Turn onto a lightly floured surface. Knead for 5 minutes or until smooth and elastic. Roll out dough to a 20 x 35cm rectangle. Spread with onion mixture. Roll up lengthways to form a sausage shape. Holding each end, twist dough to expose some onion mixture. Shape into a coil and place in prepared billy can. Set aside in a warm place for 30 minutes to rest.

Preheat enclosed barbecue on low. Place billy can on tray. Cook with hood down for 40 minutes or until golden and dough sounds hollow when tapped. Stand for 5 minutes. Remove from billy can and serve warm.

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## **ROTTNEST ISLAND FIELD DAY REPORT – AUGUST 2024**

Our weekend started off with the following members gathering at B-Shed and Hillary's boat harbour, the ferry terminals for our journey over to the Island; Mark Hansen, Vince Iozzi, Theo van Niekerk, Peet Wessels, Sandra Wessels, Oliver Wessels, Sabby Pizzolante, Ian Taggart, Martin Wearmouth, Paul Terpkos, Wally Lukic and Brad Zaknich. Everyone was in good spirits and very excited for the weekend ahead. The weather predictions for the weekend were excellent, sunny days with light easterly winds and a swell height of 1.2 meters.

After a quick and smooth ride over to the Island we soon gathered together for a delicious pizza feast. The pizzas just get better and better every time. Thanks to Sabby for once again supplying and preparing the pizzas for us.

Saturday morning 11 am the Quokka Hopper picked our gear up for transfer to the main bus stop where we all boarded the big bus. After the compulsory stop at the bakery, we set off to our favourite fishing stop at West End. Soon Ian, Brad and Theo disappeared down the hill towards Wilsons Bay.

Most of us went in the direction of Fish Hook Bay and took the track down to the Golden Rock. Mark Hansen went straight down the goat track in the direction of the Hansen rock.



Sabby preparing pizzas



Waiting for pizza



Quokka taking advantage of someone's coffee.

Fishing started slow as usual with everybody waiting for the 4 pm to 7 pm Radar Reef session. By 4 pm we were all geared up and ready for the much anticipated YTK run.

This was also the first time for Oliver my grandson to fish Radar Reef. It was a very proud moment for us when we first walked him out on the reef fully geared and ready for an action packed fishing session. He really enjoyed it and got straight into the skippy, where he caught and released 9 big Skippy on Saturday and another 4 big Skippy on Sunday evening. He was so stoked and apparently, he can't stop talking about the action packed adventure weekend!

We all had a great fishing session and most of us bagged out on some big Skippy. Normally we get some good Yellowtail in August but this year there were none.

Sunday morning, we woke up to another perfect fishing day with the best fishing conditions in years. Surely, I thought, today the fishing can't be as good as yesterday? Basically, the fishing was a repeat of the previous day with the Golden hour producing almost a big Skippy on every cast.

Over the years we had some fantastic Rotto Field days, this was another, and that's what make us want to return to this exceptional fishing venue, not just for the fishing but also for the great camaraderie and friendship between us all.

Thank you to everyone who participated in the weekend, I am sure you all enjoyed it, and for me I can't wait for the next Rotto adventure. Hope the next time I see you is with a bent fishing rod in the hand.

Tight Lines Peet Wessels, Acting Field Day Officer

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*Surfcasters fishing shoulder to shoulder at Radar Reef during the Golden hour. By Wally Lukic  
 From L to R: Martin Wearmouth, Sabby Pizzolante, Theo van Niekerk, Peet Wessels, Paul Terpkos, Vince Iozzi, Brad Zaknich, Mark Hansen,  
 Sandra Wessels and Oliver Wessels.*

Copies of this print are available from the Secretary upon request. Available in sizes A4, A3 and A2 on quality photographic paper



Ian Taggart fishing his favourite spot  
 Reel Talk



Paul Terpkos with a good skipper  
 AUGUST 2024



Grandad and grandson ready to go fishing..

### TOP 10 SCORES UP TO AUGUST

Top scores up to August		
Rank	Angler	Total points
1	Peet Wessels	715.5
2	Mark Hansen	629.3
3	Sandra Wessels	612.9
4	Vince Iozzi	426.5
5	Oliver Wessels	213.6

### SEPTEMBER FIELD DAY

September Field Day is on the 21<sup>st</sup> to the 23<sup>rd</sup> of September and is from Bowes River to the Murchison River mouth. This weekend is a long weekend celebrating the King's Birthday. The local Field Day is Mandurah to the North Mole. Malcolm Harris is Field Day Officer and needs to be advised of anyone intending to fish by 8:00PM on Thursday 20<sup>th</sup>. Log in at the September General Meeting or advise the FDO via email.

### AUGUST 2024 DRY CASTING REPORT

Geez, the casting area had more puddles than a drip tray and thick clumps of long grass everywhere for it was too wet to mow. It was a pain in the bum trying to set up a reasonable casting court and the Lord needed to help anyone who was out of court. After a short burst of rain, we eventually got our cast day completed. Unfortunately, Mal became unwell and headed home before we commenced.

With a burst of talent Mark took the honours in the Double Handed Accuracy, then gave Gary a run for his money in the Single Handed event, but Gary just won. "Sky Rocket Man" tried hard but needs to come down to earth! If he eventually achieves the distance his casts go skywards then we will have a strong competitor to deal with. It will happen one day.



The distance events had a few bust offs, and at days end we searched all over but could not find any rigs. Maybe because we did not want to traverse the big puddles or the long-wet grass clumps. With some luck I won the 56 g, Gary won the Artificial Bait and 112 g events.

Very happy to say "Well Done" to our day winner Mark, and a "thankyou" to our diligent score board operator Vince. PS. Bring your wellington boots next time??

DCO Bob Henderson

We pay to have the use of the polo grounds YET still the locals walk right through our casting area with total disregard. Arrogance and stupidity on display.

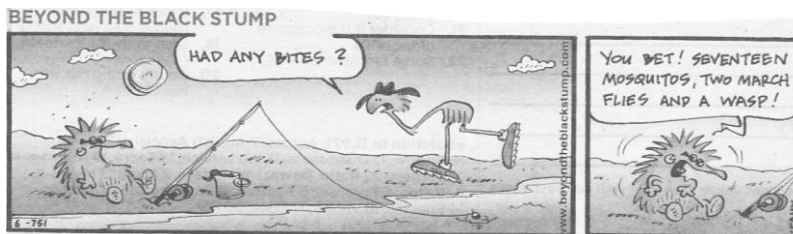
**DRYCASTING RESULTS 4 / 8 /2024.**

Name	DHA	H/C	SCORE	SHA	H/C	SCORE	TOTAL			
Gary Gildersleeves	146	0	146	22	3	25	171			
Bob Henderson	151	37	188	15	0	15	203			
Mark Hansen	150	48	198	18	7	25	223			
Vince Tomazin	25	91	116	12	22	34	150			
	<b>56 g</b>	<b>H/C</b>	<b>SCORE</b>	<b>ART/BAIT</b>	<b>H/C</b>	<b>SCORE</b>	<b>112 g</b>	<b>H/C</b>	<b>SCORE</b>	<b>TOTAL</b>
Gary Gildersleeves	115.16	2	117.16	108.93	5	113.93	127.16	6	133.16	
	B/O	2	0	105.47	5	110.47	123.04	6	129.04	603.76
Bob Henderson	117.81	14	131.81	100.74	17	117.74	B/O	18	0	
	119.98	14	133.98	B/O	17	0	127.39	18	145.39	428.98
Mark Hansen	76.52	35	111.52	84.12	34	118.12	86.95	42	128.95	
	73.97	35	108.97	86.02	34	120.02	96.97	42	138.97	727.55
Vince Tomazin	51.09	87	148.09	43.69	65	108.69	99.49	91	190.49	
	41.81	87	138.81	55.80	65	120.80	0	91	0	706.88

**TOTALS**

NAME	ACCURACY	DISTANCE	TOTAL
Gary Gildersleeves	171	603.76	774.76
Bob Henderson	203	428.98	631.98
Mark Hansen	223	727.55	950.55
Vince Tomazin	220	706.88	926.88

**WINNER ON HANDICAP**      **Mark Hansen**



**S C A C PRESENTATION NIGHT  
14<sup>TH</sup> JULY 2024**

**DRY CASTING**

**Recipient**

**Certificate**

**Veterans Dry Casting**

- Ron Thomas      Longest 56 g cast 128.27 m
- Gary Gildersleeves      Longest Artificial Bait cast 140.97 m
- Ron Thomas      Longest 112 g cast 163.30 m
- Gary Gildersleeves      Highest D H A Score 169
- Ron Thomas      Highest Single Handed Accuracy Score 35 points
- Bob Henderson      Overall Winner S H A.
- Mal Head      Overall Winner (with Handicap) - Veterans
- Most Bullseyes      Bob Henderson; Gary Gildersleeves – 4

**Senior Dry Casting**

- Chris Stickells Longest 56 g cast      Chris Stickells Highest Double Handed Accuracy Score
- Chris Stickells Longest Artificial Bait cast      Chris Stickells Highest Single Handed Accuracy Score
- Chris Stickells Longest 112 g cast      Chris Stickells Overall Winner (with Handicap)

## **FISHING**

### **Open Fishing Competition - Fish caught out of club competition.**

There were **no applications** received for these sections.

### **CLUB RECORD CERTIFICATES**

There were **no applications** received for new club records.

### **FIELD DAY SECTIONS**

Section 1A	Best Scale fish 1 <sup>st</sup> 6 months	George Matrakis	Mulloway 8.82 Kg
Section 1B	Best Scale fish 2 <sup>nd</sup> 6 months	Peet Wessels	Mulloway 2.4 Kg
Section 2	Most Meritorious Fish	Ron Thomas – Estuary Cod	3.82 Kg
Section 3	Best Shark	<b>No Application</b>	
Section 4	Best Mulloway	George Matrakis	8.82 Kg
Section 5	Best Tailor	Martin Wearmouth	1.64 Kg
Section 6	Best Salmon	<b>No Application</b>	
Section 7	Best Skipjack Trevally	Sandra Wessels	2.45 Kg
Section 8	Best Mackerel	<b>No Application</b>	
Section 9	Best Samsonfish Yellowtail Kingfish	<b>No Application</b>	
Section 10	Best Scale Fish other than above	Ron Thomas	Estuary Cod 3.82 Kg
Section 11	Section 11 – Best bag of scale fish	Sabby Pizzolante –	33.20 Kg
Section 12	Best Bag of Mulloway	<b>No Application</b>	
Section 13	Best Bag of Tailor	Malcolm Harris	3.95 Kg
Section 14	Best fish on a single handed rod	Mark Hansen	Tailor 0.60 Kg
Section 15	Best fish on a Fly Rod	<b>No Application</b>	
Section 16	Best Fish on a Single Handed Rod	Mark Hansen	Tailor 0.60 Kg
Section 17	Best Fish on Single Handed Rod using Hard Bodied Lure	<b>No Application</b>	
Section 18	Best Fish Caught Using A Drone	<b>No Application</b>	

### **CLUB PERPETUAL TROPHIES**

#### **DRY CASTING TROPHIES:**

##### **Veterans**

**Ron Kildahl Memorial Trophy - Veterans Single Handed Accuracy** Bob Henderson

**Jim Strong Trophy – Veterans Dry Casting Winner plus handicap.** Gary Gildersleeves

##### **Men's**

**Winner Men's Dry Casting - Perpetual Trophy** Chris Stickells

### **CLUB AWARDS**

**Basil Marsh Encouragement Award** **No Award**

**Hans Wytenburg Memorial Trophy (Bluff Creek)** Mark Hansen

**Ken Matthews Trophy Biggest Fish 1<sup>st</sup> 6 months** George Matrakis – Mulloway– 8.06 Kg

**Ken Matthews Trophy Biggest Fish 2<sup>nd</sup> 6 months** Peet Wessels – Mulloway – 2.54 Kg

**Club Person of the Year:** **No Award**

**Junior Club Champion** Oliver Wessels

**Field Day Officers Award** Peet Wessels 835 points

**Ladies Club Champion** Sandra Wessels 345.6 points

**Sportsperson of the Year – Fishing and Casting** Mark Hansen

Note: There are no photographs from the event as no one was prepared to take photographs.  
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## CAMP FIRE SANDWICH



Cook these tasty sandwiches on the side of a campfire until heated through or in the oven at 180°C for 5 - 10 mins.

### Ingredients

2 x 300g stone baked white batards	280g jar mixed chargrilled peppers, drained
4 slices Swiss cheese	2 tablespoons caramelised onion relish
½ cup sundried tomato strips	40g butter, melted
8 slices salami	

### Method

Cut each bread in half lengthways, being careful not to cut all the way through.

Fill the bread with cheese, salami, tomato strips, peppers and relish. Brush outside of bread with butter. Tie each sandwich with kitchen string to secure. Wrap each sandwich tightly in foil and refrigerate until ready to cook.

Preheat a covered barbecue on high. Place sandwiches on flat plate. Cook in covered barbecue using indirect heat, turning halfway during cooking, for 8 mins. Unwrap from foil and cut into slices to serve.

## HOW TO FISH WITH BAIT

Extracted from 'Let's Go Fishing' compiled by John Curtis for SCAC Members

Fishing with bait is a technique that has been around since the dawn of time and is still to this day one of the most common and productive forms of fishing available. Bait fishing generally allows anglers the luxury of relaxing and simply enjoying their surroundings whilst waiting for the fish to come to them and is not only an enjoyable method of fishing but also very productive provided a few key rules are followed.

### Rule Number 1 – Get the Right Bait!

Selecting the right bait to target your intended species with requires some knowledge from the angler with regard to what species of fish is going to be targeted and what it is most likely to be feeding upon at that time.

There are many different species of fish in our oceans which feed upon an enormous variety of marine organisms from crab crunching groper to weed sucking mullet. Learning as much about a species and its feeding habits is not only an educational and enjoyable pass time but it also enables anglers to become better adapted for targeting a particular species.

### Rule Number 2 – Fresh Is Best and Live Is Better!

Fishing with top quality fresh and live baits will improve results remarkably, not only will the quality of fish caught improve but also the numbers! Big, old, smart fish are less likely to be fooled by these irresistible morsels and offer anglers the opportunity to tangle with some real giants. Gathering these baits can also be great fun and provide not only an enjoyable but also educational activity for all.

Frozen bait which is often found packeted in tackle store freezers is also a great alternative provided it is in top quality condition. Most reputable tackle stores pride themselves on having a good supply of quality frozen baits to cater for an enormous variety of fishing styles and species. These frozen bait packages are designed for convenience and have become the more popular bait choice for most over the years.

Try to stay away from discoloured, freezer bitten bait packages that look as though they have been there for months as these nasty packages will give you no joy at all! Even if the bait does miraculously manage to remain attached to your hook after hitting the water a fish is more likely to die from food poisoning or laughter than anything else.

Average to poor quality baits will occasionally catch fish but if you want to catch better quality fish and more of them try using the best quality bait you can get your hands on!

Buy your bait from a recognized tackle store that has a big turnover of bait as it is the freshest available and is replaced regularly

### Rule Number 3 – Presentation Is the Key!

Presenting a bait as naturally as possible increases the chances of it being eaten considerably! There are a few things to take into account before this can be achieved.

- 1 The bait is fitted with the correct style and size of hook, this plays a key role in bait presentation. If the hook size used is too large a fish will generally see or feel the hook and reject the offering. A hook size that is too small often results in a missed hook up as the bait is pulled from the mouth of the fish upon striking. A hook size and style that is small enough to slightly conceal yet large enough to penetrate is ideal.
- 2 The leader, main line and rig are light enough to allow the bait to move naturally, this also plays a major role in presenting a bait as naturally as possible. A leader, main line and rig as light as possible should generally be selected for most styles of fishing including bait fishing. Big, old, smart fish will generally not be fooled by heavy leaders and large sinkers and swivels!
- 3 The bait is placed into the required location correctly, this is an aspect of bait fishing that most anglers unfortunately fail to take into consideration yet is also a crucial component to a baits presentation. It really is no use taking the time to prepare a nice looking bait and then simply casting it into the water and hoping it still looks the same there as it did in your hand. Take the time and experiment with different bait presentation styles until you find one that is most effective for you. Casting a bait through the air or dropping one down through the water column can also take its toll on a baits presentation, this needs to be taken into careful consideration to ensure a bait arrives at its desired destination fully intact and looking great. Casting lightly or slowing the baits descent through the water column are both fantastic methods of preventing bait damage and will greatly increase the chances of a bait looking as natural as possible on its arrival at the sea or river bed.
- 4 Water currents and their speed should also be taken into careful consideration when trying to present bait's as naturally as possible. More often than not the shape of a bait will determine its action in the water when current passes over it. Trimming the fins off large or whole, dead fish baits and slicing cut baits into triangle shaped pieces will generally prevent baits from spinning in current and allow them to appear far more natural to approaching fish. Water currents can also be a good thing and allow cleverly crafted dead baits to appear as if they are still alive! Removing the back bone and tail section of a whole, dead bait fish such as a small mackerel or mullet leaving the head and two fleshy fillets to waft enticingly in the current is a technique called butterflying and is a very popular method of presenting larger baits in current for species such as mulloway and big, pink snapper!

#### Rule Number 4 – Let the Fish Eat It!

Now you have a fresh, nicely presented bait and are confident it is in the right location and looking great the only thing left to do is let a fish find it and more importantly eat it! Many anglers make the mistake of winding in their nice, fresh baits only to find they are exactly the same as when they were sent out. Try to be patient and allow the fish to become comfortable with your offering. If you know the fish are there just wait for them to bite! Experimenting with different sizes and styles of baits is also a good method of determining exactly what the fish are in the mood for on a particular day.

When you do finally have a fish trying to eat your bait, let them eat it. Most novice anglers and some veterans too more often than not strike too early and simply pull the baited hook from the jaws of the fish. Try to allow the fish to feel as little resistance from you and your fishing outfit as possible during the initial stages of the fish taking a bait. Then once you are confident the fish has the bait down well and is moving off you should strike and set the hook.

Different styles of hooks such as the circle or wide gap are ideal for allowing fish to swallow baits down before striking but also ensure a healthy corner of the jaw styled hook up enabling anglers to release their fish upon capture if they wish.

#### Some Different Styles of Bait and Their Common Uses:

- **Mulies** - Commonly used as a whole or cut bait to target most carnivorous fish species.
- **White bait/blue sardines** – Commonly used as a whole bait designed to target small to medium sized carnivore species such as snook, tailor, skippy and herring.
- **Prawns** - Commonly used whole, live, peeled or cut baits to target an enormous variety of popular fish species.
- **Worms** - Commonly found in two main varieties the sand or beach worm and the blood worm are used land based as a whole, live or cut bait to target quality bread and butter estuarine and beach species such as bream, whiting and flathead.
- **Squid** - Commonly used as a whole and cut bait to target many of Australia's popular fish species.
- **Octopus** – Commonly used as a skinned and cut bait to target a large variety of popular demersal fish species.

- **Maggots, Gents or Wogs** - Commonly used to target smaller, finicky species such as herring and garfish.
- **Mullet** - Commonly used as a popular bait when cut into strips pieces or used whole for a wide variety of popular fish species.
- **Ox heart, Red Meat** - Commonly used as a cut bait to target smaller species.
- **Tuna heads** - Commonly used a whole bait for crayfish and crab traps. Also make great large shark baits!
- **Bony herring** - Commonly used as a whole, live or cut bait throughout W.A to target larger estuary species such as mulloway and large bream.
- **Spleen** - Commonly used as a cut bait for crab traps.
- **Crabs** - Commonly used as a whole or pieces to target a large variety of ocean rock dwelling species.
- **Cockles** - Commonly used as to target a large variety of beach and rock species such as bream and whiting.
- **Bread/dough** - Commonly used to target mullet and pilch. Effective bait for herring when mixed with minced beef to form a thick paste which is moulded around the hook.
- **Artificial bait** - Commonly found in jars or packets artificial bait can be used to moderate effect on a wide variety of both salt and fresh water species.

### NATURAL BAIT

If the bait is attractive enough, fish will find a way to get it down their throats.

The bait you use, and the care you take of it, can be crucial to your fishing success. The best way to get on the right track about bait is to assume that the fish feels exactly the same way about food as you do. If you won't eat a ham sandwich that's been left lying in the sun until the bread is stiff as a board and the ham is a nice shade of green, why assume that a fish will eat a prawn that's been given the same treatment? After all, most fish eat food that is much fresher than anything you ever get to eat, because the fish eats most of its food while the food is still alive. There have been times when I have caught fish on bait that is so off, I have had to take a couple of deep breaths before handling it. But there have been many more times when the freshness of the bait in use has been the key to success.

Since you never know what sort of mood the fish are likely to be in when you go fishing, the safest approach is to make sure that you have on hand the bait that they are most likely to accept.

One tip to ensure that you are getting the best bait is to buy your bait from a shop that has a good turnover of stock. Certainly never buy your bait from a bait shop unless you know they are getting fresh stock that is in good shape. Bait that has sat in a freezer on the driveway of a service station is only purchased if you left your bait at home.

### UNIVERSAL BAITS

Having said so much about using local bait in preference to anything else, there are a number of baits that are truly universal in their appeal. One of the best universal baits available is the West Australian mulie. Prawns will also hold their own anywhere around the country.

Most of the bait fish come under the heading of universal baits, as the majority of them can be caught right around the country. Octopus and squid come into the same category, as do the mulie and most, but not all, of the garfish family. Garfish mounted on four and five hook rigs were once the hottest bait you could use. Fillets of garfish are also a superb bait for just about anything that eats other fish.

Now, unless you catch them yourself, garfish are prohibitively expensive to use as bait, and their place has been taken by the mulie. Mulies are one of the ocean's great bait fish, and are a vital link in the food chain. They can be fished whole or ganged on a large single hook for any of the larger food fish, and chunked or filleted they will account for anything that eats another fish. Lightly salted to firm them up a little, fine strips of mulies can be mounted on extra small linked hooks to take the smallest of predatory fish, such as whiting.

The whitebait is another of the truly universal baits, although they have never gained the acceptance with anglers that mulies have achieved. Frozen packets of these little fish are available anywhere and they also account for just about anything that eats other fish. They can either be fished on a single large hook, or a flight of tiny hooks ganged as you would for a pilchard bait.

The same can be said of the blue sardine or bluebait. I will use these fish as a preferred bait for most fishing situations. I recently has a trip down to Busselton and found a good supply of these baits in a local tackle store. I out-fished my companions and landed 6 species on this bait. I repeated this the following day with again 6 species. They are definitely my preferred small bait for both beach and boat fishing.

Mullet are one of the very best of all the fish baits, either fished live or as a strip bait. They do not keep all that well, and you are better off using the ones you catch for yourself than anything out of a fish shop. Certainly never buy

mullet from a bait shop unless you know the operator is getting fresh stock that is in good shape. Mullet don't freeze well at all.

Almost any of the fish with a high blood content make excellent strip baits, and this includes tailor, slimy mackerel and most of the tunas. If you don't use them fresh they are best salted before freezing.

If you are fishing regularly, it is sometimes a good idea to keep a brine bin going. A nappy bucket with a sealing lid is good for this. You simply take the fillets off any bait fish you catch as you go along, and toss in a handful of salt with each lot of fillets, making sure you get plenty of salt all over the first fillets that go in. The salt leaches the blood and moisture out of flesh and this soon turns into a very salty brine which preserves the fish and makes the flesh rather tough. Just ensure that you keep the bucket in a shaded storage area where it won't get too hot.

When you have a good supply of any kind of bait on hand it is a good idea to package it in small quantities before you try to freeze or store it. It is better to have to take two or three small packages out with you than to have to defrost a large amount of bait when you only need a small quantity. Trial and error will show you which baits can be frozen successfully, but all bait will handle freezing better if you freeze it in a saltwater solution. Plastic ice cream containers are ideal for this: you simply make a powerful salt and water mix in the container, then add your bait. If you are taking an Esky out with you, the bait blocks can provide some of your ice for the trip.

Anglers fishing from rock groynes or rock walls need to keep the weight down, and in their case the bait should be salted for a couple of hours before freezing. The bait lasts a lot longer after defrosting when you do this.

### HOME-MADE BAIT

Bream anglers are great innovators, and many of them use strange home-brewed concoctions to catch their fish. Plain flour dough is usually the basic binding ingredient, and such exotic elements as garlic sausage and cheddar cheese find their way into the mix.

Milk loaf bread is a popular item on the menu with bream, garfish and a number of other species. Chook gut goes through periods of popularity and is currently in vogue in some areas, as is chopped liver.

You can never completely eliminate anything as a bait until you have proven for yourself that fish won't eat it.

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### WHAT IS THE BEST COLOUR SUNGLASS LENS FOR FISHING?

Choosing the right sunglass lens colour can help you catch more fish.

Downloaded from Sportfishing Magazine August 2024; By Sam Hudson



Bajio Sigs, Rose Mirror

"The rose mirror lens colour is the ticket for daily needs. The lens helps see the snapper, emperors and trevally in contrast to the bottom. On sunny days, the lens cut glare so the surface roll and flash of prime targets or bait can be seen from a distance."



Costa Fantail PRO With Copper Silver Mirror

"When it comes to our rivers and creeks, you have to be ready for it all. A calm sunny morning can quickly give way to intermittent or heavy cloud cover. Sight fishing is our preferred game, and around here, copper lenses reign supreme. This lens colour fits with local water colour to make shapes pop. I also wear a frame that prevents peripheral light from creeping into the corners of your eyes that can skew your focus and obscure your vision."



Pelagic Navigator With Green Mirror

“The new Navigator frames are growing on me due to the light-blocking panels on the side of the frame. For the shallow waters I fish, green mirror/amber lenses or grey mirror/yellow lenses are the way to go. I keep both handy every time I’m out. On a typical sunny day, the green mirror/amber lens is my choice to reflect green light away from the eye.”

Check your local optometrist and your tackle store for a set of good quality sunglasses for summer. They will protect your eyes from harmful rays, glare and help spot fish in the surf. They are a worthwhile investment.

## **THE BEST 4x4 TOURING WAGONS FOR UNDER \$15,000**

Down loaded from Unsealed 4 x 4 August 24;

You have to admit, every man, child, woman and dog seems to be going crazy over dual-cab utes at the moment. And for good reason, too! But what if you prefer having your cargo safely stowed inside the cabin of a wagon while exploring? Well there’s good news. Thanks to the extra demand for modern dual-cabs, picking up a second-hand 4 x 4 wagon has never been easier.

### What’s the story?

So, you know you want a wagon but what do you look for if you have a budget of say \$15,000 burning a hole in your pocket? Before you get too excited, however, this is the price bracket where neglected or abused vehicles usually end up for a quick sale. It pays to take your time and find the right 4 x 4. Here are a few examples of 4 x 4s in the sub \$15,000 bracket, we would happily park in the Unsealed 4 x 4 garage.

### **TOYOTA 105-SERIES LANDCRUISER**

YEARS MADE: 1998-2007

EXPECT TO PAY: \$15,000+

WHO SHOULD BUY ONE: Everyone!

Okay, those that need a tough, reliable and low-frills tourer.

The 105-series Land Cruiser would have to be one of the most honest 4 x 4s on the used market. Following on from the success of the 80-series, which will go down in history as one of the most-loved 4 x 4s in Australia, Toyota have made a good thing better with the 105. What we love about it is the fact it is stripped back, but still looks appealing. There is plenty of room for the whole family; off-road capability is up there with the best of them, and electrical components are capped to the bare minimum making this one bush-ready tourer.

Think vinyl seats and floors, manual window winders, and part-time 4 x 4 with manual locking hubs but with coil springs on each corner, a super reliable diesel (or petrol if that’s your poison) engine. Bold prediction, but a 105 Series will be one of those 4 x 4s you wish you bought and held onto in a few years’ time. So if you find one today around \$15,000 and it hasn’t lived its life on a mine site, grab it!

### **NISSAN Y61 GU PATROL**

YEARS MADE: 1997- Current

EXPECT TO PAY: \$12,000 – \$15,000+

WHO SHOULD BUY ONE: If you have broken CV joints or diff centres in the past, buy a GU and never have the problem again.

We all know the GQ Patrol was a tough old thing, but the more modern GU is tougher again. Not only is the GU stronger than the GQ in terms of driveline components, but it rides, handles and just plain drives better too, thanks to the modern fixtures utilised. With a variety of engines to choose from, there are more GUs on the market than nearly any other 4 x 4. This means picking up the buy of the century is as easy as opening up the classifieds.

If you see a GU with the venerable 4.2L TD42 engine, make it yours! However for under \$15,000 you will more than likely come across plenty of RD28 (2.8 L) or ZD30 (3.0 L) turbo-diesel power plants. If petrol power is your thing, the TB45 and TB48 motors are reliable and powerful as the sun, but like a drink like a sailor. The good news is many will have been fitted with LPG conversions already, significantly reducing the running costs.

Pay close attention to off-road damage when shopping for a prospective GU, as it’s fair to say most have been used off-road. While they are plenty tough enough to take it, with the amount of vehicles on offer, why settle for something that has been potentially abused?

### **MITSUBISHI PAJERO THIRD GENERATION**

YEARS MADE: 2000-2006

EXPECT TO PAY: \$12,000+

WHO SHOULD BUY ONE: Keen long distance tourers, or those seeking a comfortable ride on-and off-road

In many ways the third generation Mitsubishi was ahead of its time. Utilising independent suspension on all four corners, and a monocoque chassis to offer a silky-smooth ride over undulating terrain, the Pajero offers unrivalled on-road and fast dirt road performance.

Basically the Pajero is as car-like as you can get a mid-size 4 x 4 wagon, and if your idea of 4 x 4 adventure is cresting sand dunes, driving extended distances on dirt and corrugations, or pottering around National Parks, the Pajero is hard to beat. Sure it lacks some of off-road ability in extreme situations, but there isn't much a third generation Pajero couldn't tackle with a decent set of tyres, a mild suspension lift and perhaps a diff lock or two. It just might have a wheel in the air while doing so.

As a side note, the 3.2L turbo-diesel engine powering the Gen III Pajero is our pick. Sure the petrol powered Pajero offers a more refined ride, but they are notoriously heavy on fuel, especially when towing. The diesels are powerful and economical – just what you want in a good touring vehicle.

### **TOYOTA PRADO 90-SERIES**

YEARS MADE: 1996-2002

EXPECT TO PAY: \$5000-\$15,000+

WHO SHOULD BUY ONE: Young families wanting to get outdoors without fuss

The 90-series Prado was doomed to be judged as 'soft' from day one, with Toyota's marketing campaign targeting those who wanted to 'survive the city'. The truth is while the Prado isn't and won't ever be a rock-crawler, it is a very capable thing if used within its means. The components used happen to be shared with other Toyotas such as the Hilux, meaning it's strong enough and easy to fix or upgrade if required. And while you might be able to find a more modern 120-series Prado in this price bracket, you would be better off looking for a neater 90-series, hopefully with some accessories already fitted.

Available with two different petrol engines and one turbo-diesel (2.7 L 3RZ, 3.4 L 5VZ-FE and the 3.0 L turbo-diesel 1KZ-TE engine) there are plenty of choices available on the used market. Both the petrol engines are known for being tough and long lasting. In fact Toyota even offers factory forced induction systems for these engines in the USA. The turbo-diesel engine on the other hand has a reputation for cracking heads. Ensure the cooling system on any potential 1KZ-TE you inspect is in top condition, and have a reputable mechanic inspect the vehicle before purchasing just for your own peace of mind.

Comfort, reliability and off-road ability (despite what the initial marketing campaign suggested) all in a sub \$15 k vehicle is pretty hard to beat. But if that's exactly what you're looking for then the Prado could be well worth a look.

### **HOW TO BUTTERFLY BAIT FISH**

Extracted from 'Let's Go Fishing' compiled by John Curtis for SCAC Members

You can use large mullet, poddy mullet, yellow tail scad, herring, tailor, in fact almost any small fish can be used.

Favourite dead baits are "butterflied" oily fish such as herring, salmon, mackerel, mullet and small bonito. Almost any bait fish will work.

Whether using a live or dead bait, run the circle hook up underneath its lower jaw and out the top of its head in front of the eyes to make sure it stays on the hook. Whenever I'm fishing heavy structure, I prefer to use a dead bait, since a live bait is more likely to become tangled.



Method 1: To "butterfly" a bait, cut off its tail, and from the tail end fillet along both sides of the backbone two thirds the way towards the head, while snapping out the backbone in the process. If the current's really fast, sew the gills shut with a rigging needle and waxed line.

Method 2: Another method is to use a 'fish boner' and remove the backbone by forcing the tool down the throat of the dead fish to remove its backbone. This will allow the bait to swim naturally in the current and present an effective bait.

**Note:** My fish boner is a 30cm piece of 10mm stainless steel scrap tube with the inside of one end sharpened with a cone shaped grinding stone and a wooden dowel handle fitted to the other end. I push it down the throat of the bait



and twist as it goes through the fish down to the tail. As the tail section is to be removed it doesn't matter how rough it is done but being careful makes for a better presented bait.

### THE BEST MACKEREL LIVE BAIT RIG

Increase your odds to score a mackerel by using two live baits on a single rig.

By Spud Woodward downloaded from Saltwater Sportsman July 2024 April 12, 2024

This mackerel fell victim to a four-hook double live bait rig.

Anglers targeting big kingfish and Spanish mackerel by slow-trolling live baits use specialized techniques to entice wary fish to strike. One popular and proven tactic involves presenting two live baits on a single terminal rig, which creates a larger profile and more action. These double bait rigs can be tied in two basic designs. And while the yellowtail is commonly used, this system works well with a variety of other baitfish. Both rig designs use extra-strong hooks and swivels, and employ haywire twists to make connections between lengths of single-strand wire. Skirts or coloured beads can be added for colour and flash.

#### Mackerel Double Bait Rig

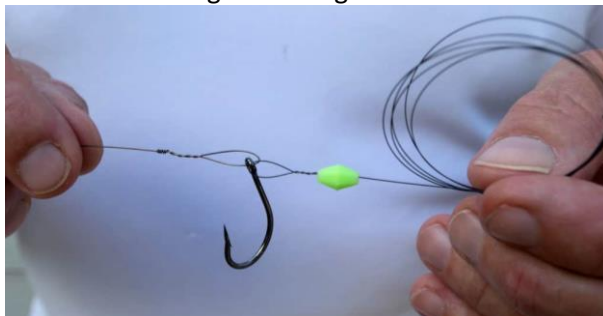
Here's the list of the materials needed:

- Pre-cut lengths of camo brown 58-pound-test (12-inch) and 38-pound-test (36-inch) fishing wire
- Owner 4 X strong Live Bait hooks, black nickel, size 4/0
- Owner Flyliner live-bait hooks, black chrome, size 1/0
- single barrel swivel, size 7
- three-way swivel, size 5
- Skirts or coloured beads if desired.
- DuBro E/Z twist tool for making haywire twist

This rig is built like a single-bait, two-hook rig but you add a second hook. Easy to build and tougher to tangle, the three-hook rig can also be used with small mackerel, large mahimahi, tuna or samsonfish - if you run short of terminal rigs built specifically for those baits.

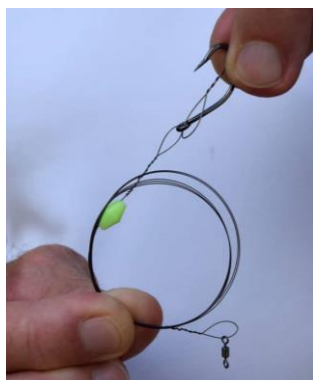
STEP 1: Haywire-twist a 4/0 Live Bait hook onto each end of a 12-inch section of 58-pound-test wire. Leave approximately 6 inches of wire between the hooks.

STEP 2: Connect another 12-inch length of 58-pound-test wire to the eye of one of those hooks and finish the opposite end of the wire with a live-bait hook — again leaving about 6 inches between the hooks.



Finish the opposite end of the second wire section with a live-bait hook.

STEP 3: Haywire-twist one end of a 36-inch length of 38-pound-test wire to the live-bait hook and finish the opposite end with a single barrel swivel.



Finish the terminal end with a single barrel swivel.

STEP 4: A finished rig before adding live baits. But now it's time to fish! Attach one bait to the live-bait hook by passing the point through the nostrils. Attach the second bait to the middle hook by passing a point of the hook through the nostrils. The last hook swings freely.

### **The Four-Hook Mackerel Rig**

This rig is a combination of two single-bait rigs attached to the mainline with a three-way swivel. The four-hook rig allows each bait more freedom of movement, somewhat eliminating a tiring tug-of-war between baitfish, but it does so at an increased risk of tangling.

Haywire-twist a live-bait hook onto a 12-inch section of 58-pound-test wire, leaving approximately 6 inches between the hooks. Connect one end of a 36-inch length of 38-pound-test wire to the live-bait hook and the opposite end to one eye of a three-way swivel. Repeat this process with another hook, but this time, remove 6 inches of the 36-inch length of wire before connecting it to the second eye of the three-way swivel.



A finished four-hook rig in action.

Attach baits to the two live-bait hooks by passing the points through their nostrils. Attach the trebles to the bait by passing one point through the skin just behind the dorsal fin. If the treble hooks swing freely, that increases the chances of tangling when the two baits swim together.

Although I always try to pick baits of equal size and friskiness, it's common for one baitfish to tire before the other, rendering the rig less effective and making it necessary to change out baits more often. However, this extra effort pays off when a mackerel skyrockets behind your boat with your handmade live bait rig in its mouth.

### **AUSTRALIAN HERRING WITH A CURRANT VINAIGRETTE**



Serves 6

#### **Ingredients:**

130 g dried currants.

50 ml verjuice,

¼ cup plain flour

sea salt and freshly ground black pepper

120 g unsalted butter, chopped

220 ml extra virgin olive oil

500 g Australian herring fillets, skin-on

(if unavailable, use Spanish mackerel or sardine fillets)

2 large red onions, finely chopped

finely grated zest of 3 lemons, plus ½ cup (125 ml) lemon juice

4 sprigs oregano

finely chopped flat-leaf parsley (optional), to serve

#### **Method:**

Place the currants in a small bowl and cover with the verjuice, then soak overnight (or microwave in a microwave-proof bowl on low for 5 minutes). Set aside.

Season the flour with salt and pepper. Melt 60 g of the butter in a frying pan over high heat and cook for 2-3 minutes until nut-brown, adding 1 tablespoon of the olive oil when the butter starts to bubble to prevent it from burning.

Lightly dust the fish with the seasoned flour, shaking off the excess, then immediately add them to the pan and seal for 30 seconds only on each side. Transfer the fish to a deep serving dish large enough to contain them in a single layer, then set aside.

Quickly wipe the pan clean with paper towel, then heat the remaining butter over high heat until nut-brown. Add 1 tablespoon of the olive oil to prevent burning, then add the onion and cook for 3 minutes. Add the lemon zest and juice, oregano and currant mixture (this will change the colour of the onion from pale to deep-pink or burgundy). Remove the pan from the heat and add the remaining olive oil to balance the vinaigrette.

Pour the hot currant vinaigrette over the fish in the serving dish and leave to stand for at least 15 minutes; this will complete the 'cooking'. Sprinkle with parsley, if you like, then serve at room temperature.

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### **METROPOLITAN FISHING:**

Summer is just around the corner and temperatures and daylight hours are increasing. This will have a direct impact on our fishing. It also has a direct impact on the breeding cycles of some fish and is often a trigger for some species to commence breeding. There are still a few longtail tuna around and several have also been taken in Cockburn Sound. Mackerel will be caught by boat anglers fishing offshore, as well as an occasional capture from land based platforms in Cockburn Sound.

Recent frontal system passing over Perth will also stir up the coastal waters and dedicated snapper anglers will continue to seek this species from the rock platforms and beaches. I was going back through my fishing records from looking at catches and catch rates for this time of the year and I noted that there had been a few snapper taken around this time. Reports indicate that there have been several good fish taken from the local beaches at Scarborough, Floreat and also Preston Beach and White Hills.

The other thing that stood out in my fishing records was the number and size of big tailor that have been taken from metropolitan beaches at this time of the year. Several locations on the northern beaches have produced fish in excess of a kilo, with an occasional fish over 2 kg and I am aware of one over 3.5 kg. Many of these fish have been taken on surface poppers when cast into the white water adjacent to reef formations. Many of our northern beaches have reef formations close to shore and with any sort of swell, the waves breaking over them produce plenty of white water which is ideal for fish to hide in.

Many anglers are put off when the seas and swells come up and conditions get rough. However, provided there is sufficient depth of water along a reef line and there is protection in the form of white water, the predators will be there. Heavy weather will dislodge food, making foragers more active and thus turning the predators on. This is where surface lures come into their own.

There are many locations around the metropolitan area that produce some excellent fishing for snapper from the rock groynes or jetties. Also don't forget that many of our metropolitan beaches also produce some very good snapper. Snapper are one of those fish that anyone who has picked up a fishing rod dreams about catching. Catching a trophy fish from a land based platform presents a real challenge. Those dreams often go along the lines of pulling in a large fish and taking some pictures for posterity. But you will be lucky if you catch a prize fish on your first few trips as snapper are very smart and fussy feeders, especially the big ones.

#### **Rod and Reel**

For shore based anglers a rod between 3 and 4 metres that is rated to 10 kg is adequate, A lot of manufacturers are over rating their rods and this leads anglers to use line that is far too heavy for the reel or the outfit. This leads to broken rods and damaged reels and disappointment for the angler. Heavier rods than this are an overkill and nowhere near as sensitive for those light picking bites.

For reels there are a plethora of good reels on the market that will suit. The choice of overhead or spinning reel is for the angler to decide. When it comes to spinning reels the choice is limited by what you are prepared to spend. Don't look at the price, check out the number of bearings, what they are made of and what type of material the drag is made from. Size wise it will need to carry 300 m of 8 - 10 kg line. Speed of retrieve is not of the essence in snapper fishing , but the quality of the main and pinion gear is. With spinning reels, generally the main gear and pinion gear are set at right angles to one another. This means that there are not too many teeth actually meshing together. Better quality reels have finer tolerances built into them and the gears are a lot smoother in their meshing. It is what the angler does with it that will see how long it will last. Spooling it up with heavy line will damage it and will also restrict casting distances.

If an outfit is balanced, and this doesn't mean that it sits on a pivot point, but that the line, reel and rod are matched, then you will have a good outfit. If an angler is using reasonable gear that is well maintained and serviced regularly, they can handle fish that are 5 times the breaking strain of the line.

### **Mono or Braid?**

While a well-balanced rod and reel spooled with either braid or mono is important to catch a good fish, it's what is at the end of the rig that is the most vital. With fish such as snapper or mulloway being such hard and strong fighters, you really need to have tough and strong terminal rigs to even be in with a chance. Whether you spool your reel with braid or mono depends on what you prefer and what sort of water depths you are fishing in. I have found that generally braid being thinner doesn't, tend to be impacted upon by wind and tide as much as nylon.

Braid is also good because it is very responsive and you can feel every single bump and hit. When fishing such depths use line around 8 -10 kg. Mono around 8 kg breaking strain is better to use when fishing in shallow water of 8 m or less, as it has stretch in the line for when that big fish takes off and you strike at it. I have found when fishing in shallow water using braid, as a fish runs and I go to strike the hook pulls out of the fish's mouth because the braid has minimal stretch. It is for this reason that I tend to use circle hooks and as a fish picks up the bait and starts to move off on a run I just put my hand onto the spool to slow it down a little. I don't strike at all.

The same tends to happen with braid when the fish is close and does a big dive for the bottom. If the angler isn't ready for this with the drag backed right off, then the fish inevitably gets away when the line breaks.

### **Terminal Tackle**

Once you have selected the right main line for your particular spot, the most important part of the set up now comes down to your terminal tackle.

#### **Swivels**

Choose a swivel that suits the line strengths you are using. I use black rolling swivels as they are well-constructed, small in size, there is less chance of a fish seeing it and are of exceptional strength for size.

#### **Leader**

The next part of the equation is what trace or leader material to use. Using a heavy piece of mono of the same type as your main line works but it is not invisible in water, which can be a hindrance especially when fishing in shallow, clear water. For fishing in shallow water a fluorocarbon leader is a better choice, as it is almost invisible in the water and most importantly, not visible to the fish. I generally use 60 lb fluorocarbon leader with 8 - 10 kg main line. It will handle a good sized fish. If fishing around rocks, it also has good abrasion resistance and minimizes break offs where it rubs against rocks.

The strength of your leader will also depend on whether you are using braid or mono. Try and use the lightest leader possible but make sure it's still strong enough to hold that big fish, as fish do have quite abrasive mouths and during a long tussle they can wear a thinner leader down.

If the leader isn't strong enough or is worn it will simply break and the fish will be gone. The other point with leader is how long to make it.

Having a long leader is especially useful when lightly floating baits down the water column when fishing from a boat. The longer the leader, the less chance of the fish seeing where it is connected to the swivel and main line. This also gives you more stretch once again for those powerful runs that the big snapper always do.

When fishing in deep water a paternoster rig is generally employed, as this allows the angler to get the bait to the bottom quicker than the floater rig. If you are using mono as your trace and not getting any bites but you can see fish on the sounder, then try a fluorocarbon leader. As always in fishing if you try a certain method and it is not working, try another option or presentation.

#### **Hooks**

Hooks are probably the most vital parts of your terminal tackle. A good sharp strong hook is just so important when trying to lure a snapper. When that trophy fish bites you really want them to bite into a hook that is constructed strong enough to withstand the pressure that will be exerted on it. Of course the other vital part of this equation is that the hook is sharp enough to penetrate the hard bony mouth of a fish.

There are a myriad of hooks on the market that come in many different shapes and sizes. Hooks such as your standard Beak (Suicide) patterns work very well and are the most popular for fishing for larger species. Circle hooks are another type that are quite effective as you don't need to strike at the fish, as they are designed to hook the fish themselves. If you do strike while using a circle hook, you inevitably end up missing the fish so these hooks can make things a bit easier.

The other type of hook used is the ganged hook. They are generally linked together into a set of four or long enough to suit the length of bait being used. In the past sets of 4/0 ganged hooks were my preference for fishing and I used them for quite a while. I started experimenting with differing rigs, firstly with a single hook rig and after a while started using a snooded rig consisting of two hooks spaced about 125 mm apart.

Using a rig like this takes away all the metal of a ganged rig and allows the bait to float naturally in the water column rather than it being so stiff when using a gang of four gang hooks. The two hooks can also be set and hidden better in the offering as the big fish are smart, they will only attack bait that looks as natural as possible.

Another good thing about this rig is that the final hook can be threaded through the bait several times before it is set. This allows the inspecting fish a few goes at it and the bait is not easily ripped from the hooks. The top hook is set at the top of the bait and guides the bait as it descends in the water column naturally. I use a circle on the bottom and a 'J' hook above in this rig.

#### **Knots:**

Knot tying is a very important part of your rig. You can have all the right lines and tackle you like but without a strong knot holding it all together, forget it. A well-tied, strong holding knot makes all the difference when fighting that big snapper. If the knot is even that little bit suspect you will only find out how bad it is when a big fish is connected. The last thing an angler wants is to lose that fish of a lifetime for the sake of a badly tied knot.

The knot I use for tying main line and trace to swivels is a Centauri knot. For the two hook snooded rig the top hook is wound around the shaft (snelled) and the bottom hook again uses the Centauri knot. I have been using these knots for quite a while now and have had no problem with breakage.

Recently I have been experimenting with using the nail knot. I read a New Zealand commercial fishing article detailing their research into various rigs and knots. The article reported that if using a nail knot to attach the hook to the leader it caught 47% more fish regardless of the style. It also reported circle hooks to be more effective on set lines than 'J' hooks. This research was conducted over a full fishing season and involved over 200 000 hooks. By passing the line through the eye of the hook when tying the nail knot it causes the hook to stand out at an angle away from the line and gave a better hook up rate.

When tying hooks the main thing to remember is to wet the knot when tightening as this helps to eliminate friction in the line and keep it at its stated strength. As the Centauri is really a hitch rather than a knot it has a breaking strength close to 100%.

Tying leaders to braid or nylon I use an FG knot. Occasionally I will use a PR knot but I don't always carry the bobbin with me and I can now tie FG knots fairly quickly and consistently.

#### **Baits**

Fresh bait will out do any offering that is frozen, but if you can't get access to fresh bait then the next best thing is fresh frozen. Live bait will generally beat any offering of dead bait but big fish are sometimes fussy and hard to predict. Sometimes they will just smash an offering of mulies and then suddenly those same baits won't even get a touch and your live bait will get punished, which is why it's so important to have a variety of live and dead baits. My favourite baits for fishing for snapper and mullet are garfish, small fresh mullet and herring. Fresh garfish tend to be the best when fishing in shallow water. The next best is small whole mullet or herring when used as live bait or fresh dead bait. I will take a little time to prepare these baits and use a butterfly bait where I cut from the tail towards the head on both sides of the bait removing the backbone and leave two flaps floating free. The hook is put through the bottom of the head with the barb showing out of the top of the head. This split tail bait method work very well either from the beach or out in a boat, shallow or deep water.

Herring is the fall back bait if fresh garfish or small mullet can't be located. Fillets or whole herring and blue mackerel are also excellent baits.

Also don't forget the old favourite baits of pilchards and squid. Pilchards certainly work well but they can be a one hit wonder and are probably in my opinion more suited to deep water fishing. Squid is also a big fish favourite and will not be knocked back by a hungry snapper or mullet when offered. This includes live squid. When using squid baits I prefer to use a snelled hook rig rather than a ganged hook arrangement. Other baits that are just as effective are whole cuttlefish, whole mullet fillets, mullet strips and even fillets of tailor cut into strips. Make sure you use baits that are local to the places you are fishing. The fresher the bait the better. Soft plastics also are another option.

#### **Presentation**

The next important factor in your hunt for a personal best fish is how to present this fresh bait that you have acquired. There are many ways to rig a bait and the choice you make will come down to experimentation and experience. The most important thing about baiting up that I have learnt is to try different ways if the fish aren't biting on the ones that I know work. It just might be the difference between bringing home that whopper snapper or nothing at all. To allow a bait to be presented naturally remember to use only sufficient weight to get the bait into the strike zone.

## Experimenting is the key

The most important thing to remember when chasing a big fish is to experiment with each part of the process. This will help you to find the right lines and rigs that suit the areas you fish in. It is also imperative you buy the best quality gear that you can afford. This will give you a better chance of landing that trophy fish.

## FISH AND SEAFOOD CHOWDER

A winter warmer

### Ingredients

#### For the spice paste:

1 stalk of lemongrass, roughly chopped  
2 kaffir lime leaves  
2 cloves garlic  
1 chili, seeds included or not  
30mm chunk of galangal, peeled  
30mm root of ginger, peeled  
Zest of 1 lime  
Splash of coconut cream to blend  
(open a 400 g tin and save the rest)  
Small bunch of coriander

#### For the chowder:

Two dozen cockles, quickly cooked in white wine and shelled  
(save the cooking liquid for the stock)  
1 dozen mussels, scrubbed and bearded  
Fillets from 2 or 3 medium white fish, skinned and roughly chopped  
Meat picked from the fish heads and frames,  
cooked in the leftover stock  
8 potatoes, cooked in the fish stock  
1 onion, diced  
1 carrot, diced  
2 stalks of celery, diced  
30g knob of butter  
25g flour

### Method

#### For the spice paste:

Mix all of the above in a food processor till a paste consistency. Add a little more coconut if needed.

#### For the chowder:

In a heavy bottomed pot cook off the onion, carrot and celery in a good splash of olive oil with a pinch of salt, on medium heat. After 2 minutes add the blended spice paste, and cook for a further 3 minutes. Now add the butter, and once that has melted, the flour. This will form a roux, or the base for thickening the sauce, and the consistency should be sticky, but not too dry. You can now start pouring in the stock, a cup at a time, and stirring constantly as the chowder begins to thicken. Once the soup base has the desired consistency, add the potatoes, fish, mussels and cockles, and cook gently for a few minutes until the white fish has just cooked through. Finally squeeze in half a lemon, season generously with black pepper, adjust salt if necessary (although with the saltiness of the shellfish, not much additional salt should be needed).

Serve with a sprinkling of chopped coriander and large chunks of warm, buttered white bread.

## WARNING ON IMPORTED SEAFOOD

By Dr Ben Diggles

If you care for our marine environment, **DO NOT** use any supermarket bought frozen seafood as bait.

The massive 1995 and 1998 pilchard kills along Australia's southern coastline were due to a herpesvirus which probably arrived in Australia in imported pilchards. Upon reading an article in Fishing World December 2022 edition, on frozen bait, I was struck by how times have changed.

Twenty to thirty years ago around 80% of the seafood you could buy in the shops was locally produced in Australia. However, today, due to globalisation of trade, around 80% of seafood in supermarkets is most likely imported from various international locations. This situation has several consequences, particularly for biosecurity. Products which have been cooked are generally OK and pose little biosecurity risk because the high temperatures tend to kill or inactivate microbial disease agents like bacteria and viruses. However, if the product is uncooked, the chilling or freezing process tends to preserve, not kill, microbial disease agents.

These preserved microbes may remain viable after long periods of freezing, and even after one or two freeze thaw cycles, which makes them a biosecurity threat at their destination. Indeed, it is widely accepted that frozen imported seafood has caused several disease incursions into Australian waters in the past. The huge pilchard kills that occurred along Australia's entire southern coastline in 1995 and 1998 were probably due to a herpesvirus that was introduced into Australia with frozen pilchards imported to feed tuna in South Australia.

More recently, the incursion of White Spot Syndrome Virus (WSSV) into South East Queensland followed a biosecurity breach at the international border where greedy unscrupulous seafood importers circumvented

quarantine regulations liberating thousands of tonnes of heavily infected frozen prawns into Australian supermarkets.

Having diseased imported uncooked prawns on retail sale is one thing, but it gets worse. From there, surveys have shown that between 20 and 25% of recreational anglers in SE Queensland use supermarket bought frozen uncooked prawns as bait. This means they were placing the infected imported prawns directly into our local waterways. In the case of Moreton Bay it appears that this is the most likely process by which white spot disease outbreaks emerged in not only aquaculture prawns, but also wild prawns and crabs sampled along the Logan River and in Moreton Bay. Clearly these poignant lessons show that use of any frozen imported seafood as bait is potentially dangerous for our environment, fisheries and aquaculture industries. This is due to risks from not only WSSV, but several other known and new/emerging diseases of fish and crustaceans that we do not have in Australia at present.

What makes things difficult for recreational anglers is that the consumer is seldom, if ever, properly informed that the product sold in the supermarket is only intended for human consumption and should not be used as bait. Also, country of origin labelling at the retail point of sale in supermarkets is notoriously unreliable and can depend on which staff are rostered on for any given day.

Current biosecurity risk analysis by the Australian Federal Government is also technically inadequate – unfortunately we can't rely on them to keep out a range of new aquaculture diseases which continue to emerge overseas. The contrast between the situation with imported seafood and the rapid Federal Government response to the recent foot and mouth outbreaks in Indonesia is stark.

All of these factors mean that, if you can take home just one message from all of this, it is please do not use any supermarket bought frozen seafood as bait. Purchase your bait from local bait suppliers, or even better, collect your own before or during your fishing trip.

### ESCABECHE OF AUSTRALIAN SALMON

Escabeche is a traditional Spanish and Portuguese sauce, a hot vinegar and wine marinade, used to cover fried seafood and poultry (traditionally partridge) which is then generally served cold. Escabeche can be eaten at room temperature as soon as the marinade has cooled, but is best refrigerated until cold; it can be kept covered in the fridge for up to 3 days. Any oily fish is delicious prepared this way – as are mussels.

#### Ingredients:

400 g Australian Salmon fillets, skin off, bones removed	1 sprig thyme
Plain flour, for dusting	½ cup sherry vinegar
Salt flakes & freshly ground black pepper, to taste	½ cup dry white wine
150 ml extra virgin olive oil, plus extra for drizzling	½ cup water
1 red onion, finely sliced	1 teaspoon black peppercorns
1 clove garlic, chopped	1 bay leaf
2 tablespoons chopped flat-leaf parsley	Crusty bread, for serving

#### Method:

Cut central bloodline and any bones out of fillets, and slice fish into large bite-sized pieces.

Add salt and pepper to flour and dust fish well in seasoned flour, shaking off excess.

Heat a frying pan, add 50 ml of the oil and, when hot, add fish and cook for a couple of minutes each side, until well coloured and cooked through. Remove and drain on paper towel.

Heat remaining oil in a frying pan, add onion and 1 teaspoon of salt and cook for a few minutes, until translucent.

Add garlic, bay and thyme and cook for about 5 minutes until onion is soft but not coloured. Add vinegar, wine, water and peppercorns and bring to the boil, simmer for 20 minutes, covered. Remove from heat and stir in half the parsley.

Place a layer of fish in a non-reactive dish, pour over some of the marinade, add another layer of fish and more marinade and continue until all fish and marinade are used. Cover and refrigerate until cold.

Remove fish from the marinade and arrange on a plate with the onions. Spoon some of the marinade over the top, add a drizzle of olive oil, sprinkle with remaining parsley and serve with plenty of crusty bread.

#### Alternative Species:

Australian Herring, Australian Sardine, Bonito, Mackerel, Mullet, Tuna.

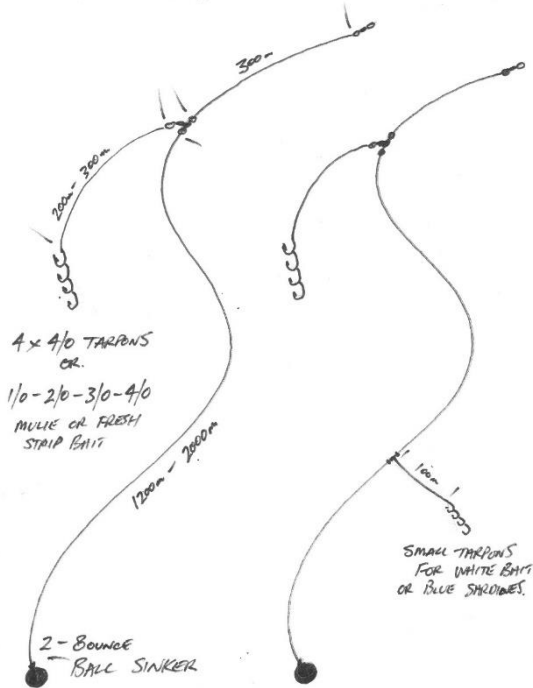
I asked my llama if his cousin wanted to go camping. Thrilled, he ran off screaming,

“Alpaca tent!”.

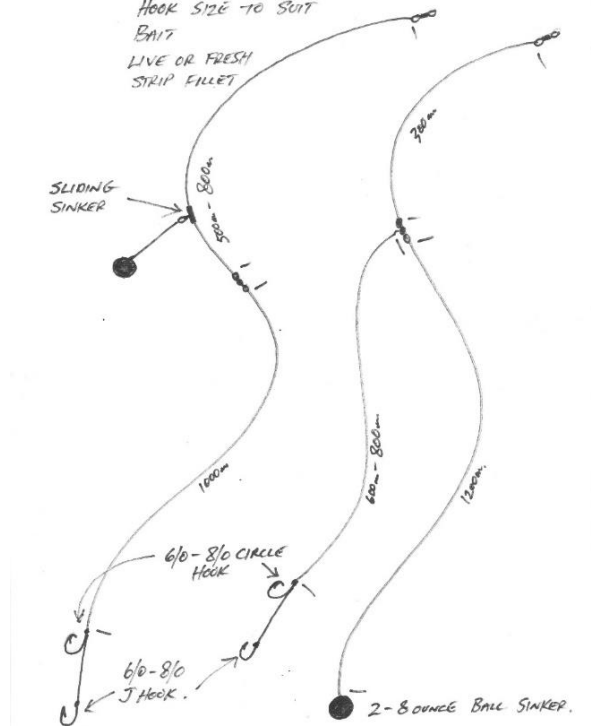
## General Purpose Beach Rigs:

An improvement on standard beach fishing rigs that are very effective.

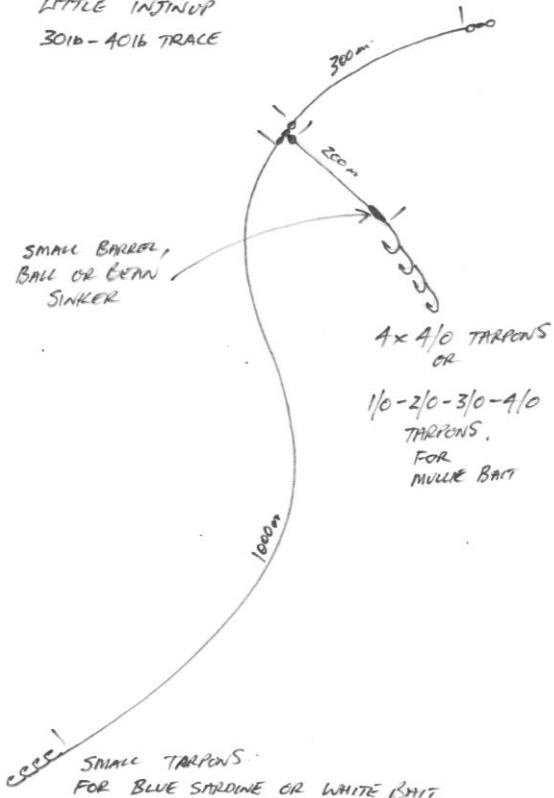
STANDARD BEACH & ROCK RIG  
LARGE & SMALL FISH.  
40lb - 70lb TRACE



STANDARD MULLOWAY BEACH RIG.  
50-70lb TRACE  
HOOK SIZE TO SUIT  
BAIT  
LIVE OR FRESH  
STRIP FILLET



ORIGINAL INJIE RIG  
DESIGNED TO FISH  
LITTLE INJINUP  
30lb - 40lb TRACE



### Notes:

Gangs of 4/0 Tarpon hooks are used as indicated, however they can be substituted out for a gang of 1/0, 2/0, 3/0 and a 4/0 with the 1/0 as the bottom hook of the gang and the 4/0 as the top hook.

Ball sinkers are used in lieu of standard dump or star sinkers. If a split pin is put through the ball sinker it can be turned into a very effective sinker.

All three rigs are very effective for smaller fish such as herring, skippy, tarwhine or smaller salmon. They will also take fish such as mulloway, samsonfish, and big tailor.

Where circle and 'J' hooks are used on rigs the circle hook is used above the 'J' hook.

Tarpon hooks can be changed to O'Shaughnessy hooks (Mustad Pattern 34007). These hooks are stainless steel and are very sharp out of the box and don't have issues with plating and interaction with salt water when they are sharpened.

These rigs are also an effective rig for use from the rocks or from the beach and would also be useable at Rottneest Island chasing yellowtail kingfish.

If used for larger fish such as mulloway and samsonfish the circle hook is the one that catches the fish. When using the variable sized rig it will catch all manner of smaller species.

### Note:

Ball sinkers are a very effective sinker when fishing in heavy surf as they tend to bury in the sand and 'hold' bottom better.



## WHAT IS A CATCH CAN, AND WHY WOULD YOU NEED ONE?

Downloaded from Unsealed 4 x 4 By Evan Spence



A good quality oil catch can, and modern common-rail turbo-diesel engines are a match made in heaven. While there are many opinions out there on the internet, from what I have seen with my own eyes, I'm convinced that a (I'll say it again – good quality) catch can kit is well worth the asking price.

They are relatively cheap, in kit form are easy to install for the home DIYer. They provide peace of mind that harmful carbon-filled sludge isn't filling your vehicle's vital components, such as the intake, EGR and intercooler to name a few.

Internal combustion engines by design create positive crankcase pressure. This adds what is known as blow-by into the engine's crankcase. With modern vehicles, due to complex emission systems, this blow-by can't simply be vented to the atmosphere like in the bad old days. GQ Patrol owners, I'm looking at you...

The modern solution is to feed these harmful blow-by gases that contain such friendly by products as vaporised oil, NOx, hydrocarbons, carbon monoxide and as mentioned below water condensation, back into your engine to be burnt a second time.



This sounds awesome in theory. However, as a mechanic mate once eloquently told me, it's mechanically the equivalent of breathing in your own farts. Not ideal for the longevity of your engine. This is why people fit catch cans to modern turbo-diesel engines. They filter and store as much of these oily diesel farts as possible, instead of feeding them back into your engine.

### It's not just oil

Something else I've noticed is the amount of condensation catch cans retain in cooler weather. This is especially noticeable with vehicles that did loads of stop-start driving, not allowing the engine to get hot enough to burn the condensation off.

The contents of the catch can would look absolutely putrid. More like a jar of mayonnaise that had been left in the sun. I'd rather see this gloop (that's the technical term) captured in a catch can instead of being fed through your engine's intake system.

### So, what does a catch can do?

As the name suggests, a catch can is a device that essentially acts as a bucket with a filter to collect and retain oil vapours instead of sending them back into your intake. They connect to your vehicle's crankcase and filter blow-by gases which will turn to thick sludge over time. This chokes the intake of your four-wheel drive's engine. Not pretty stuff. This is why many people recommend fitting a catch can to prevent this issue.

This is especially true with brand-new vehicles. Fitting a catch can from day one will give your engine the best chance of living a long healthy life. Think of it as preventing artery-blocking cholesterol build-up by eating healthily from an early age.



### How can you pick a quality catch can?

In kit form, you want to see a complete fitting solution including but not limited to solid mounting brackets, quality hose clamps and sturdy oil-resistant hoses that are large enough in diameter to not impede flow and are form-fitting for a factory-looking fit.



Another extremely important design element of a good catch can is an integrated pressure relief valve. This will open up if excessive crankcase pressure is experienced, or more commonly if the filter becomes blocked. I'd not recommend ever running a catch can that doesn't have a pressure relief valve. The best players in the industry include them for a reason.

Another key feature you want to see in a quality catch can, because let's be honest a water bottle could be used as a catch can – but it will do a terrible job of it – is an internal filter that is easy to inspect, and cost-effective to replace when the time comes.

### Do you need to maintain them?

The best way to think of the filter inside a catch can is as a towel. A towel will absorb water, but has a limit. Once the towel has soaked up as much water as possible, it will begin to drain off the towel.

Most manufacturers recommend changing the filter out every 40,000km as a guide. Replacement filters will cost roughly between \$80 – \$180 depending on the brand. I'd also have your mechanic check the condition of the filter (or check yourself, it's not a hard job), clean out the catch can and drain the oil from the unit every service to keep on top of things.

Speaking of draining, good catch can kits will come with a clear piece of hose and a drain valve. This is so you can monitor how much oil has entered the catch can, as well as be able to drain the catch can quickly and easily.

If you are thinking about fitting a catch can to your off-roader, check out some of the offerings from Ryco. They have kits to suit specific vehicles, universal catch cans as well as a huge range of filtration solutions.

<https://rycofilters.com.au/catch-cans>

## **BERLEY**

The use of berley sometimes has a good deal to do with how well your bait works. Contrary to what most anglers would like to believe, fish are not always hungry. This leaves you with two options. Either you can go to the trouble of working out just when fish will be actively feeding, and only fish at those times, or you can come up with a system to make fish feed when they are not hungry. In the latter case, berley is the answer.

Once you get a few fish darting around snapping up berley scraps, this activity alone will prod other fish into action. Once they are all on the job and starting to compete, much of the selectivity will go out of their attitude towards food.

The relationship of berley to bait varies greatly from fish to fish. You can berley bream on wheat and catch them on prawns, but if you are berleying yellowfin with pilchard chunks you may need a pilchard on the hook to get a strike. Sensitivity in fish varies a great deal from species to species, and any given species may vary greatly in behaviour from place to place. Whatever the situation, your bait will work best for you if the fish are stimulated by the presence of burley of some kind.

## **BURLEY**

### **The Recipe:**

In a heat proof container large enough to mix your requirements for the fishing trip place the dry ingredients comprising 2 parts pollard and 1 part bran (also add additional dry ingredients – see note below)

Mix these ingredients thoroughly ensuring that you don't leave any pollard or bran in the 'corners' where it isn't being mixed thoroughly.

When fully mixed, slowly add **BOILING WATER** and stir it with a wooden spoon or similar. Keep adding water until the mix has reached a thick porridge like consistency.

Add **3 - 4 tablespoons** of your preferred oil to the mix and stir in. More oil is not necessary and is generally wasted and drifts away on the tide or wind. Store in suitable closed containers, such as ice cream containers, in freezer. Take sufficient for your needs out fishing with you.

For beach fishing it is recommended that you only use berley in a cage or float for the first three (3) casts, then every third cast. You are not feeding the fish – just attracting them to your baits!

#### **Added ingredients.**

For skippy (in WA a small member of the trevally family and caught on the east coast under various names) add 2 - 3 heaped tablespoons of instant mashed potato mix to the dry ingredients. The potato content has some effect on the trevally and gets them excited and they bite at almost anything.

For oil to be added to the mix use whale oil, tuna oil, mulie or pilchard oil, cod liver oil or any general natural fish oil. **DO NOT** use vegetable or mineral based oils.

Another additive that is recommended is fish sauce. This is the same product that is used in Asian cooking and is made from fermented fish. It works a treat in a berley mix. Use it sparingly as it is concentrated. It works.

In addition to the above you can add ornamental glitter as used by kids to decorate cards and drawings etc. In a berley mix it gives the impression of small baitfish scales and reflects light just as the remnants of a school of bait fish that has been chopped up by a predator. It works well in a very liquid berley and dissipates slowly. The oils and the finely minced fish product in a liquid berley will provide scent to attract fish the glitter just adds to the impression that something has just had a good feed on baitfish.

Take home all old bait and put it through a blender and mince it up very fine then dry it a little on a tray covered with baking paper in the oven at around 80 °C to remove the moisture. When fully dry, pack it in plastic bags and freeze it. Place a couple of small handfuls of this in a dry berley and mix it through before adding water.

The discarded bait generally comprises of mulies, blue sardines, whitebait, squid and octopus etc. Crush up all crab, crayfish and prawn shells in a similar manner and add them to the mix as well - particularly good for berleying offshore.

If you are on good terms with your butcher you may ask him to collect all the shavings from the meat saw and add this to the berley.

As well if you are very friendly with the local fish shop proprietor you can obtain all the skimmings from the cooking vat and add them to the berley as well. Nowadays most fish shops are using a vegetable oil to cook in and all the skimmings contain a lot of this oil which makes a good additive to your berley.

Another item that can be added to your berley mix is a product called 'Fluorescein' a fluorescent tracer. It is a product that is used in several industries as a tracer. When in a bottle it is generally a brown liquid, but when a little (3 - 5 ml) is added to a berley mix with some water it goes fluorescent green. When used from a boat it gives a clear indicator as to where your berley is drifting. It can be just mixed with a little fish berley oil to float on the surface to give an indication of drift.

#### **DO NOT**

**DO NOT EVER, NEVER, ADD BREAD** or yeast products to your berley if you **are not** going to use it immediately.

The yeast will re-activate and you will have a great growth of mould develop. This growth thrives in warm moist climates and is guaranteed to make even the strongest stomach dry reach with its smell. Don't do it.

If you get a little rash in adding water or the berley mix is not thick enough, add plain flour. This will thicken the berley to the required consistency. You should be able to pick up a handful and squeeze it into a ball and have it stay together so that it can be thrown / cast either free or in a cage or sinker and not break up or fall out.

The secret behind this mix is the hot water. Bran and pollard are starch products and as starch cells are heated they expand and burst (somewhat akin to popcorn - same principle)

If like me you had to help make the gravy every Sunday to go with the roast and this worked on the same principle. When the starch cell has burst it then increases its surface area and also makes it more receptive to the oil in your berley. It will absorb more and take it down when the berley sinks.

#### **CAMPFIRE ETIQUETTE - TIPS TO HAVE YOU DOING IT LIKE A PRO**

Down loaded from Unsealed 4 x 4 August 24; By Scott Mason



A campfire can be one of the greatest experiences in our travels. Sitting around one at the end of the day, staring into the mesmerising licking of flames and up at the stars... it just does not get any better.

But sadly, some people do it wrong, and it really grates on all of us when that happens. And then there are bad campers who ruin the ambience with loud music, pluming dense smoke, rubbish and sheer disregard for the real dangers sour the experience. There is nothing worse than returning to a favourite campsite to see multiple fire-scars, littered rubbish or even evidence of a campfire gone out of control.

Well let's help put an end to that. These reminder tips are your guide to becoming a doyen of campfires, a seasoned expert who does the right thing every time; and ensuring our camps stay pristine for years to come.

#### Fire ban = no fires

Simple, right? Yet some still get it wrong. Don't be that idiot. Check local conditions before heading out on your trip (call the local Parks office) and if in doubt do not light fires... and do in the fools who do.

#### Gathering timber

Generally our National Parks are no-go zones when it comes to collecting firewood. Unless specifically stated, you can bet the kids on it being outlawed. That means you need to plan beforehand and bring your own wood. Heavy fines apply in most Parks, and in some cases you can even be fined for carrying a chainsaw.

#### Fire-scars

Most campsites have established fire pits so there is no need to create a new one. If everyone created a new fire-scar we would very soon be visiting pockmarked barren wastelands with no grass whatsoever. Just don't do it.

#### Huts

No rules carved in stone here, but generally the hut associations and Parks do not approve people staying in any hut unless it is an emergency. It is a bitter pill to swallow, especially when you see somebody else doing it; but be the bigger person. An unspoken agreement here is at play, for sure. Respect the wishes of the people who donate their time and money toward maintaining our high country huts - they are legends. If you have to use one, then make sure you leave timber and tinned food when you depart (for those who may need it in an emergency).

#### Coal management and fire size

You only need a fire that is big enough to keep warm, not a raging inferno that spits coals and ash into the neighbouring states. Nobody likes to walk around a blackened and scarred landscape except volcanologists – so keep it reasonable and occasionally clean up the fire surrounds during your stay. When you leave ensure the area is clean and tidy for the next visitor.

#### Kids and fire

Kids and fire means rules. Talk with them beforehand; make rules and create non-negotiable boundaries. Nothing will ruin your trip and their life quicker than a medivac flight to the burns unit. Set it out, right from the start. Make them understand the dangers and make things as safe as you possibly can around the campfire.

#### Use the noggin

If the wind has just started howling and your fire is throwing embers into the bush, then take measures. Move a car to use as a wind-block (if minor); dial the fire right down; or simply extinguish it. Your night will get a whole lot worse if you have just triggered a bushfire... nobody will thank you for that and you may even die. Use your discretion and make the right decisions.

#### Keep the area clear

Mother Nature will throw dried leaves, grass and bark around the campfire. Before you start it - sweep all the debris away to keep the fire contained. Flying embers can easily ignite the fire surrounds and get out of hand very quickly. Not only that, but you will also be reducing trip hazards and the likelihood of falling accidentally into the fire. This includes protruding rocks and even your own timber stack (which can become difficult to see in the dark).

#### Fire blanket and extinguisher

A fire blanket can be used to safely smother a small unwanted outbreak around the fire or on the stove. Likewise extinguishers can not only save your car, but can also be used to douse a fire... they're pretty damn handy, so why not pack 'em?

#### Rubbish tip

The campfire is not this. Paper and cardboard? Yes, sure. But anything other than that does not have a place in the campfire. The \$20 camp chair that just broke should not see its demise in the flames, nor should that beer stubby or empty braised beef tin. Even if you reach above 1200°C, that stuff will only melt into the pit. It will never disappear. It will just morph into one crappy hard lump. Put rubbish into your rubbish bag and take it away with you.

#### Bottle lids

The outdoor equivalent of stepping on a LEGO brick is stepping on a twist-top cap. It hurts. Apparently, for some people, they are so small they cannot be carried back home and hence need to pepper the campsite? Nope; take them home with you.

### A fire means you need appropriate first-aid

Band-Aids and Savlon are not going to cut the mustard when dealing with a burn. Nope, you need to get properly provisioned for burns and have what you need on-hand. Cold flushing water, bandages and an evacuation plan are needed for serious stuff. As a bare minimum you should use a Jelonet dressing (available at pharmacies), then a non-stick dressing, followed by a crepe bandage to reduce the chance of infection and further damage until treated by a professional. If you are not prepared, then a clean tea-towel doused in constant flowing clean cold water is essential. Cold treatment is a must to mitigate the burning.



Jelonet dressings should be part of your first-aid kit.  
The most important treatment though is cool flowing water to mitigate the burn.



Don't throw rubbish into your campfire... except paper and cardboard.

### Aerosol cans

These just do not have a place anywhere near a fire... ever. They are more evil than both of The Conjuring movies combined, but for real.

### Fire and music

Just because you are having an awesome time around the fire does not mean you can turn the volume dial up to 10. Celine Dion, Pan Pipes Unleashed, Dire Straits, Billy Ray Cyrus or Acca-Dacca; it does not matter, your music taste really sucks to everyone else around you.

### Know your wood

The best burning timbers are the properly dried hardwoods. If it's wet, green or throwing a heap of smoke, then your fire is inefficient and possibly smoking out the campground. Buy or select good timber for the fire. Soft woods are also a common mistake; they are great for starting a fire but will burn out quickly and will only throw quick bursts of heat. Hardwood is popular for a reason. Learn to buy it or recognise it. You will love the difference.

### Fires in the sand

Woe betide the fool who covers a fire with sand!

It just keeps on cooking. Yep, sand is a great insulator of heat, and just because the flames and hot timbers have gone below the surface that does not mean much with sand – it is like an underground oven. Maoris call it a Hangi and it is how they cook some foods (very well, too).

Many adults, and children in particular, have been hospitalised due to stepping on an apparently clean part of beach which has concealed a previous fire. Beach fires need solid dousing to take away the heat, just like any other fires.

### Hot bums

Placing hot coals from the fire under your camp chair may feel great on a cold night, but it does nothing for the campsite. All it does is kill the underlying grass and leave a large blackened mess... a great way to ruin the fire surrounds.

### Tending the fire

If you plan on leaving the fire, say for a walk or a drive, then see last point below. Conditions can change at any moment and so can that fire.

### Put that fire out

Use water. Lots of it.

The heat generated in the bottom of the fire-pit (known as the hearth) is the dangerous factor here. Three elements are needed for fire: heat, fuel and oxygen. The oxygen is still there, as is the fuel (in the form unspent coals), but many assume that the heat is gone because there is no flame. Wrong. The heat is still there - and all it takes is a bit more breeze or a random flicker of flame and the fire is well and truly alive again. Even a random leaf blowing down onto the hearth can re-ignite the system.

It is essential to get rid of the HEAT. Douse that fire in lots of water and if it no longer hisses and throws up steam, then it is safe. Only then is it safe

An adventurer was paddling on a river in winter. Feeling cold, he lit a fire in his boat, only to discover that **you can't have your kayak and heat it too...**

## WEATHER

It's 6 am, mid-winter, and even the sun is struggling to rise after a bone chilling night. Only an angler knows that strange mix of pain and excitement, even a little regret, that comes with fishing at this time of year. To make matters worse, this particular day had a strong wind warning and high likelihood of heavy rain.

After a short walk we started fishing. The wind was howling and the frequent squalls made things wet and uncomfortable. Terrible fishing conditions, right? Wrong! While the fishing wasn't red hot, we caught a few fish, learnt a few things and had a great time. The only regret on a day like this would've been staying at home.

As anglers, no other outside influence plays more of a key role on your success than weather.

But does weather actually play a large role in the behaviour of fish, or the fisherman?

### **The weather, the fish, or me?**

Weather, like a lot of things in fishing, is an inexact science. Just like lure colour, moon phases, tide changes, etc., it's difficult to really judge your success when there are so many other influences on fish behaviour.

The above example is a good one. Wind makes it difficult to cast and control line and rain makes it tricky to concentrate. And many people would simply stay at home and that's a sure bet you won't catch anything!

However, with a distinct lack of other anglers around and more surface disturbance from the wind, the fish were noticeably less wary. Wind also plays a big part in moving food around and a switched-on angler will take this into account when choosing their location and casting direction.

### **Atmospheric pressure**

Changes in barometer is another big factor for many fisho's, particularly in freshwater. The general rule of thumb is a high barometer or rising pressure is good, while a falling barometer or low barometer is bad. Anything over 1010 is usually considered fair, while 1020 and higher, for some fisho's, means drop everything and go fishing.

### **But just how true is this?**

The impact of atmospheric pressure on fish changes every time a fish moves up and down in the water column. In other words, a fish moving up and down a metre or so will have the same effect as a sudden rise or fall in the barometer. Divers know for every 10 metres you descend under water, the pressure increases one atmosphere, or 1000 hPa.

So while we're paying close attention to our smart watches and synoptic charts looking for signs of a high pressure system, the fish are just getting on with business. While fish may be impacted, perhaps it's other outside influences that have more effect on your success rate.

A good example is freshwater fishing at the height of summer. A well-known peak time to catch fish is during the build-up to a storm. The barometer is rising and just about to crash. The air is muggy and the insects are thick. During these times fish aren't fussy and will generally smash anything that lands on top within seconds. Is it changes in the barometer for the fish, or are the insects and other food items for the fish more active around this time? After the storm hits and the rain begins to fall, a noticeable change in temperature takes place with a chill in the air. The fish go quiet and it usually takes another warm spell to again get them firing. Perhaps it's the sudden cold and changes to water temperature from air and rain. Maybe it's the lack of food now the insects are gone. Whatever the reason, there's no doubt we see a decline in action.

However, while the above example is true, there are a few fisho's who would rather take any opportunity to chase fish and record some fantastic catches in the most miserable low pressure systems.

## Offshore winds

Saltwater anglers pay less attention to changes in barometer and more to wind and surface sea temperatures. Paying attention to wind is a safety measure and sensible boaters know their limits. Offshore anglers shouldn't attempt to fish dangerous seas and estuary anglers in small boats and kayaks also need to be cautious and aware of their small boat's capabilities.

Beyond the safety factor, wind can play an important role in the movements of fish. The Leeuwin Current which moves north/south each year and the prevailing wind during summer is from the south west. While common sense would suggest the south west wind actually slows the current travel south, a phenomenon known as Ekman Transport \*(See Note below) actually sees the wind push the warm currents in a south east direction. This explains why after an extended run of summer south west winds, we see a cooling of sea surface temperature. It also explains, to an extent, the abnormally high sea surface temperatures we experienced close to shore last summer. While the warmer water is usually quite a distance away from the coast, last season we saw a change in wind push the warm water up against the west coast and bring with it a lot of gamefish. Again, there are so many variables and influences on this, but it's food for thought when planning your fishing next season.

## Rock fishing

Bad weather often means we can't get out fishing. As mentioned above, safety concerns should be a priority. However, once the bad weather subsides and it's safe to get out, there is some fantastic fishing to experience. Rock fishers are well aware of the influence big swells have on fish such as snapper, mulloway and groper. The big swells and crashing waves bash against the rocks and dislodge weed, barnacles and crustaceans. The fish have a field day gorging themselves on the available food. It's the best time to hit the rocks and take advantage of all that natural berley in the churned up water.

Again, it's a case of the big seas dislodging weed from the nearby rocks and the swell and current pushing it into the nearby gutters. It's a perfect example of fishes using bad weather to their advantage. When the seas subside, it's business as usual with the fish moving back to their rock platforms and the whiting and bream again make themselves available along the beach's gutters. Windy conditions, large waves and big swells also make fish feel safe. There's no doubt fish will respond better because they're not so spooky as they would be in clear calm water.

## Mulloway:

Mulloway aren't afraid of bad weather either. The traditional method of catching mulloway during a flood shows they have no problem feeding in times of muddy and turbulent water. It's unlikely the fish actually prefer feeding during these times and plenty of mulloway are caught in clear water. However, the baitfish are affected by the large volumes of water and begin emptying out of creeks and river mouths and the hungry mulloway are never far behind. Try and understand the movements of bait and how flood conditions move them around a system and you'll experience some great fishing in otherwise ordinary conditions.

## Whiting and bream

Clear water and timid fish, such as whiting and bream, don't mix. Add shallow water to the equation and catching these species can be tough. One tactic is to fish in low light when the fish feel safer to move around and feed. You can also try lighter tackle. Thin lines, small lures and sensitive rods will work, too.

## Just go!

The subject of weather is an endless reason for debate. Bad weather can have a positive impact on some fish, while other species prefer calmer conditions.

Whatever the answer, one thing is for certain, bad weather affects fisho's more than fish.

If you can handle the cold, the wet and don't mind casting against some wind, don't use bad weather as an excuse for not catching any fish! Learn to understand how weather influences fish and get out there and enjoy it.

\* Ekman Transport piles up surface water in some areas of the ocean and removes water from other areas, producing variations in the Sea Surface Height (SSH). This causes the ocean surface to slope gradually. A sloping ocean surface generates water pressure gradients across ocean surfaces. Winds are the main source of energy for ocean circulation, and Ekman transport is a component of wind-driven ocean current.

High and Low pressure systems can also produce variations in SSH. A high pressure system in the southern Pacific Ocean was laser measured from space and a depression in the SSH was found to be over 200m deep

I went to buy a camouflage tent the other day. - **I couldn't find any.**

I don't feel old. I don't feel anything until noon. Then it's time for my nap. - Bob Hope

## BE HEALTHY - GO FISHING

Reasons to go fishing;

- Less Stress.
- In the Outdoors - Vitamin D from the sun, clean fresh air, exercise.
- Anyone can participate - no real skill required, although some fishermen would disagree with this.
- Provides good healthy source of food for the table

From research conducted by Curtin University.

### EAT MORE FISH.

A study on the effects of omega-3 fatty acids on the body

Fatty fish -- salmon, sardines, mackerel, herring etc. -- contain large quantities of omega-3 fatty acids, fats more and more recognized for their positive effects on general health. However, particular attention should be paid to the way we prepare these fish to preserve their beneficial properties.

Omega-3 fatty acids are essential fats that our bodies are incapable of producing and that must therefore come from our diet. Unlike other types of fats that are commonly found in our foods, there are fewer food sources of omega-3 fatty acids and it is important to know them well to ensure we have an adequate intake.

Vegetable origin omega-3 fatty acids:

These short-chain omega-3 fatty acids are mainly found in flax seeds, chia seeds and certain nuts (especially walnuts), and have several beneficial functions, such as their anti-inflammatory action. People who have a diet rich in these fats have a much lower risk of suffering from cardiovascular diseases.

Animal omega-3 fatty acids:

Eicosapentaenoic (EPA) and docosahexanoic (DHA) acids are the main fatty acids of the long-chain omega-3 variety. These are mainly found in fatty fish (salmon, sardines, mackerel). However, contrary to beliefs, seafood (shrimps, scallops) contains fewer quantities of EPA and DHA and cannot be considered a good source of omega-3.

It is important to choose the best sources of long-chain omega-3 fatty acids because an impressive number of studies have shown that these fats have protective effects against various disorders, such as cardiovascular diseases, diabetes, rheumatoid arthritis, loss of cognitive functions and certain types of cancer (breast cancer, colon cancer).

Moreover, the low prevalence of cardiovascular diseases observed among certain populations, including the Inuit and Japanese, is largely due to their high consumption of fish or marine mammals and thus of long-chain omega-3 fatty acids.

Japanese ingest, on average, almost 1 g of EPA and DHA per day and have a coronary heart disease mortality rate almost 90% lower than that of inhabitants of regions where people eat less fish, such as North America. According to certain studies, the protective effect of these fats can even be observed with smaller quantities. A modest consumption of 250 mg to 500 mg of EPA and DHA per day, which is equivalent to about half a serving of salmon, reduces by about 40% the mortality rate due to heart diseases.

Although adding fatty fish to the menu is a simple way to increase our intake of long-chain omega-3 fatty acids, we must keep in mind that these fats are fragile and can be destroyed during high-temperature cooking processes, such as frying.

A recent study showed that people who consumed two servings per week of fatty fish cooked conventionally had an omega-3 fatty acid blood level two times higher than those who didn't eat fish. People who consumed fried fish showed no increase of their omega-3 fatty acid blood level.

## 8 FISHY FACTS

Healthy eating

Scientific studies show that one or two servings of fish a week can reduce your chances of getting heart disease. Check out our guide on the best the sea has to offer. With one bite, you'll be hooked!

### 1 Salmon



Oily fish such as salmon is one of the best sources of omega-3 fatty acids, which experts suggest may reduce the risk of heart disease, stroke, dementia and depression. Salmon is great poached, stir-fried, baked or grilled. Use Australian salmon from Tasmania.

## **2 Tuna**

For the best flavour and nutrient retention, serve grilled tuna rare in the centre. Like salmon, tuna contains essential omega-3 fatty acids, which are important for your overall health and wellbeing, as well as being a low-fat nutrient dense option. Again be aware of inferior imported fish.

## **3 Flathead**

Flathead fillets are great for crumbing and frying, even fussy little ones love their mild, sweet flavour. White fish is low in fat, low in calories and an excellent source of protein. Check the source and buy only Australian fish. Be aware of overseas imported fish.

## **4 Barramundi**

Usually sold in fillets and cutlets, barramundi has a firm, moist, white-pinkish flesh. It's great steamed, fried, baked or barbecued. Again be aware of cheap imported fish from south-east Asia which is often sold labelled as Australian.

## **5 Swordfish**

Sold in steaks, swordfish is known as the most 'meat-like' of fish, and has a slightly sweet taste. The flesh is quite dense and pink to off-white in colour. It's great barbecued, braised, pan-fried or stir-fried. Be aware of imported fish and only use Australian product.

## **6 Anchovies**

These tiny fish are loaded with flavour and are a good source of niacin (vitamin B3). Eating just one or two provides valuable omega-3s.

## **7 Sardines**

Sardines are high in calcium - a 100 g can contains as much calcium as 450 ml milk. They're also one of the few good food sources of vitamin D. Also available fresh from Mendolia Seafoods, Fremantle (canned and fresh) where they are caught.

## **8 Canned fish**

A source of protein, minerals and vitamins, canned sardines, salmon and mackerel have particularly high levels of valuable omega-3 fatty acids. They're handy for school or work lunches, too. A lot of canned fish is caught in Australian waters and canned in south east Asia and then imported back into Australia. Environmentally unsound due to the distances transported.

Catching your own seafood also has multiple health benefits as well as you are out in the fresh air, exercising, and also it is a stress reducer. Curtin University has conducted a lot of research which indicates that fishing and eating fish is a great benefit to your health.

## **CONSUMPTION OF FISH AND ALZHEIMER'S DISEASE**

(This is an extract from a research paper from Curtin University prepared by the Centre of Excellence Science Seafood & Health (CESSH) Curtin Innovation Research Institute.)

Alzheimer's Disease (AD) has been described as 'one of the most disabling and burdensome health conditions worldwide' and is responsible for approximately 70% of dementia in the elderly. Based on the current prevalence of AD, an aging world population and the associated projected health care requirements, it is estimated that by 2050, the prevalence of AD will reach 104 million with around 43% requiring ongoing health care. If the onset of AD can be reduced by as little as one year, the prevalence could be reduced by 10%. There is substantial commonality in research findings to date around the positive influence of seafood consumption in reducing the risk of dementia and AD.

Alzheimer's Disease (AD) has been described as 'one of the most disabling and burdensome health conditions worldwide'<sup>1</sup> and is responsible for approximately 70% of dementia in the elderly. The progressive cognitive decline that is symptomatic of AD leaves sufferers with a high degree of dependence. The subsequent level of care required influences quality of life of patients and their families, and presents a growing challenge for the health care systems of many countries.

In 2006, the global prevalence of AD was estimated as 26.6 million accounting for between 20 and 40% of the population aged over 85 years. Based on the current prevalence of AD, an aging world population and the associated projected health care requirements, it is estimated that by 2050, the prevalence of AD will quadruple. If the onset of AD could be delayed by just one year the 2050 predictions could be reduced by 9.2 million. With around 43% of those with AD requiring hospital or nursing home level care, a reduction in incidence or delay to onset of the disease

would have significant cost savings to the health care system. There is increasing substantiation that modifiable lifestyle changes may hold one of the keys to modulate predictions for the future.

A positive link between seafood consumption and cognition has been well established with the reduced risk of dementia thought to be associated with marine long chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Post mortem examinations have revealed that the brains of persons with AD contain less DHA in the grey matter of the frontal lobe and hippocampus. It has also been consistently established by large population based studies linking fish consumption and / or plasma fatty acids that omega-3 fatty acids retard cognitive decline over time. Studies that have contributed to this precept investigate levels of fish or DHA consumption and compare these with biological levels over extended periods of time in order to establish AD risk. Static measurements of blood or brain DHA have not revealed a significant relationship.

Research into AD is problematic. Onset of AD is typically diagnosed in older subjects. The complex interplay between dietary fatty acids can be difficult to quantify in human studies. Retrospective human studies are imperfect and long term controlled longitudinal studies are improbable, however controlled research using animal models has been offered as a potential solution<sup>5</sup>. One such study suggested that high omega-3 fatty acids were beneficial in correcting high levels of brain omega-6 fatty acids in normal subjects thus reducing the potential of damage to the brain. Although this study did not find that the consumption of omega-3 fatty acids had a positive effect on cognition, it should be noted that supplements rather than whole fish were used. The belief that consumption of fish as a whole food, beyond the omega-3 content of fish, has significant positive impact on human health is gaining momentum in scientific literature. Research conducted on a cohort of 815 participants aged 65 to 94 years found that consumption of fish more than once per week was associated with a 60% decrease in the risk of AD. Of note was that a link was identified between dietary intake of DHA and a reduced risk of AD.

Recent research has revealed that a dietary pattern high in fish, nuts, salad dressings, poultry, tomatoes, fruit, cruciferous and dark green leafy vegetables has been strongly associated with a lower risk of AD. This dietary pattern had a nutrient profile characterized by relatively lower saturated fat, higher polyunsaturated fat, vitamin E and folate. The study found that this dietary coupled with other healthful behaviours such exercise, low alcohol consumption and avoidance of smoking may add to the positive effect of a healthy diet on AD onset times.

Further research is required to establish stronger links between fish consumption and mental health, cognition, dementia and AD. Evidence that seafood consumption has a therapeutic effect on general mental health would form the basis of a powerful campaign promoting the consumption of seafood within a healthy dietary pattern. There is substantial commonality in research findings to date around the positive influence of seafood consumption in reducing the risk of dementia and AD. The solidification of this relationship and subsequent promotion of the evidence in order to induce an increase in consumption of seafood within a healthy diet has the potential to significantly reduce the human and public health burden of AD for the future.

