



**January 2010**



THE OFFICIAL PUBLICATION OF  
**The Surf Casting and Angling Club of W.A. (Inc.)**

# REEL TALK

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IF NOT DELIVERED, PLEASE RETURN TO THE SURF CASTING AND ANGLING CLUB OF WA (INC.)  
P.O. BOX 2834, MALAGA WA 6944

## **Dry Casting food and drinks.**

The dry casting sausage sizzle will be available AFTER the main dry casting events have been run. Cool drinks will be available during the day.

Check here for arrangements for future months.

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## **Kalbarri House for rent**

The Club has a house in Kalbarri. The house is situated close to the river, beaches and town. It has two bedrooms and will sleep up to eight (max) in 1 double bed and 3 bunks, has reverse cycle air conditioning and ceiling fans to keep you cool in the summer months. Users need to bring their own linen, blankets and towels, tea towels, etc. It has a radio and television, stove with oven, microwave oven, crockery and cutlery and all cooking utensils, fridge and freezer. It does not have a washing machine, but there is a laundromat in town. Outside has a fish cleaning facility and a full width verandah. Rates are:

Public:-	Off season	\$250 per week	On season	\$390 per week	} all plus \$50
Club Members:-	Off season	\$160 per week	On Season	\$210 per week	} deposit/bond
Club Members:-	Short term	\$45 for one night	\$40 per night for two or more nights		} plus \$55 cleaning

Bookings taken for the school holidays go from Saturday to Saturday (leaving by 10am). Outside of school holidays it does not matter. The club has decided that cleaning will need to be paid for and is \$55 extra on the rates above for future new bookings. The club is now being charged GST on the cleaning.

Contact Property Officer Malcolm Head on 9276 4809 for more details and for bookings. Check in time is 1pm. Check out time is 10am. Keys can be picked up from Ray White, Shop 1, Kalbarri Arcade. If people arrive after hours, they leave a note on the door of their office with a map of how to get to the house and telling them where the key will be. If any work needs to be done in, on or around the house, please contact the Property Officer for approval. Members who are staying in the house are not allowed to authorise any repairs or services on the house without authority from the Property Officer, Treasurer or President.

***Malcolm Head, Property Officer***





# Surf Casting and Angling Club of W.A. (Inc.)

PO Box 2834  
Malaga W.A. 6944  
ABN 29 925 237 020

Club Web page:- <http://www.surfcasters.iinet.net.au> Email:- [surfcast@iinet.net.au](mailto:surfcast@iinet.net.au)

## **Club Committee for the Year 2009/2010**

### **President**

George Holman

### **Vice President**

Terry Fuller

### **Dry Casting Officer**

Allan Jones

[surfcast@iinet.net.au](mailto:surfcast@iinet.net.au)

### **Secretary**

John Crompton All club mail to  
PO Box 2834  
Malaga WA 6944

Club email [surfcast@iinet.net.au](mailto:surfcast@iinet.net.au)

### **Treasurer**

Terry Fuller

All club mail to  
PO Box 2834  
Malaga WA 6944

### **Assistant Dry Casting Officer**

Gary Gildersleeves

### **Property Officer**

Mal Head

### **Recorder**

Vince Iozzi

### **Reel Talk Editor**

Terry Fuller

### **Social Organiser**

John Crompton

### **Field Day Officer**

Vacant

### **Assistant Field Day Officer**

Vacant

Club email [surfcast@iinet.net.au](mailto:surfcast@iinet.net.au)

### **Committee Person**

Marcia Pekaar

### **Committee Person**

Peter Pekaar

### **Membership Coordinator**

John Crompton

### **Minutes Secretary**

Terry Fuller

### **A.A.A. Delegates**

George Holman  
Terry Fuller

Club email [surfcast@iinet.net.au](mailto:surfcast@iinet.net.au)

## **Life Members of the Club**

Jim Strong, Bob Klein, George Holman, Ric Parker, Ian Cook, Bob Henderson.

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## **Minutes of General meeting, 9 December 2009**

**Note:-** In accordance with decisions made at the July Committee meeting, these minutes are limited to records of decisions made and brief summaries of important points and discussions. Refer to end of minutes for a list of action points, marked by **AP#**.

**Venue:-** Coolbinia West Perth Amateur Football and Sporting Club room.  
Commenced 8:02 pm. Immediate Past President George Holman presiding.

**Present:-** 33 members.

**Apologies:-** Ian Cook, Eric Parker, Melvin Wee, Bev Grigo.

**Visitors:-** Daniel Jambanis, Ray Walker, John Curtis.

**Presentation:-** George Holman presented Jim Strong with a framed photograph of him being presented his Certificate of Appreciation from the National Australian Anglers Association. The picture was chosen and the frame was made by John Curtis. Thanks to John for a job well done.

**New Member:-** Sabby Pizzolante was welcomed into the club by George Holman and presented with his club membership pack.

**Personal statement:-** George Holman **moved** that he be allowed to read a statement to the members, seconded by Sandra Wessels and carried. George then read his statement.

Bob Henderson **moved** a vote of no confidence in the balance of the Committee of the Surf Casting and Angling Club and that all positions be declared vacant, and elections to form a new Committee to be held forthwith. Seconded by Peter Stoeckel. Voting was by secret ballot and the motion was carried.

**Election of Committee.** Nominations were called for all Committee positions. John Curtis and Ray Walker were appointed as scrutineers for the secret ballots. Members were requested to vote **yes** or **no** for all candidates. Results of all votes were announced to the members present.

<b>President</b>	Nominations George Holman, Greg Walker. George Holman elected.
<b>Vice President</b>	Nomination Terry Fuller, elected.
<b>Treasurer</b>	Nomination Terry Fuller, elected.
<b>Secretary</b>	Nomination John Crompton, elected.
<b>Field Day Organiser</b>	No nomination received.
<b>Dry Casting Organiser</b>	Nomination Allan Jones, elected.
<b>Social Organiser</b>	Nomination John Crompton, elected.
<b>Reel Talk Editor</b>	Nomination Terry Fuller, elected.
<b>Property Officer</b>	Nominations Mal Head, Vix Alexander. Mal Head elected.
<b>Ass Field Day Organiser</b>	No nomination received.
<b>Ass Dry Casting Organiser</b>	Nomination Gary Gildersleeves, elected.
<b>Recorder</b>	Nominations Vince Iozzi, Ian Cook. Vince Iozzi elected.
<b>Committee persons</b>	Nomination Marcia Pekaar, elected. Nomination, Peter Pekaar, elected.

**Minutes of previous meeting:-** Due to resignations, no minutes had been produced of the November General Meeting.

**Previous Committee meeting:-** No information.

<b><u>Correspondence In:-</u></b>	Printsmart	Overdue account for Reel Talk \$192. 58
	BT	Quarterly statement. Value at 1/10/09, \$6994.88
	Synergy	Account 16 November 2009, \$150.05
	Ray White Kalbarri	Details for period ending 01/12/09
	Westpac	Cheque book
	Gary Houghton	Membership application and nomination fee
	John Curtis	Membership application and nomination fee
	Ray Walker	Membership application and nomination fee
	Printsmart	Account for Reel Talk 3 December 2009, \$135.45
	Westpac	Cheque account statement 30 Oct to 30 Nov 2009

	R & D White	Tax Accountants, refund \$816.00
	Sheridan Badges	Badges for life members, \$148.31
	Government funding	Original receipts are required for expenditure on funding of \$4971
	Trevor Stam	Christmas card and best wishes
	Jim Strong	Christmas card and best wishes
<b><u>Correspondence Out:-</u></b>	Gary Houghton	Club information for membership
	Have a Go Day Newspaper	Payment of account \$269.50
	Healthy Club Funding	Unspent money of \$113.48 returned to organizers
<b><u>Emails In:-</u></b>	AAAWA	Invitation to State Dry Casting Championships
		debrief meeting

**Moved** Sandra Wessels seconded Mal Head that accounts received in correspondence be passed for payment, carried.

**Secretary's Report:-** No report.

**Treasurer's Report:-** No report.

**Property Officer:-** Moved Bob Henderson, seconded Allan Jones that the \$50 bond refund cheque be paid to J Zammit, carried.

**Field Day Officer:-** Mark Hansen reported on the Cervantes Field Day and winners of the 2009 length competition.

**Dry Casting Officer:-** Peter Pekaar gave some details of the December dry casting as covered in Reel Talk.

A 112 gram Open will be held in January.

**AAA Report:-** George Holman advised that a debrief of the AAA State Dry Casting event had been held on 8 December. Report is being prepared and will be distributed by AAAWA.

**Social Organiser:-** Greg Walker advised a \$2 error could be accounted for by an error in the amount shown on the receipt, \$276 instead of \$274.

Greg handed \$157 to the Treasurer for November plus detailed lists of phone call costs for October, and income and expenses for October and November.

**Recorder:-** No report.

**Reel Talk Editor:-** No report.

**Recfishwest Report:-** Terry Fuller showed last year's Recfishwest T shirt and advised that this year's one would feature a Tailor which was very appropriate for this Club,

**Notice of Motion:-** None.

**General Business:-** Bob Henderson advised he would be moving to Darwin for a few years and invited members to contact him if they were in the area.

Mark Hansen advised he would run the December field day at Moore River.

Some dates for January events were wrong in the December Reel Talk. Will be corrected in the January Reel Talk.

John Crompton showed car stickers available for \$2 each.

Peter Pekaar advised that Jim Strong's vinyl will be done in the new year. A busy bee needs to be organised to remove the carpets.

**Raffle:-** Not run.

**Meeting closed:-** Formal meeting closed at 10.02 pm.

**Instruction Period:-** This meeting was the Christmas meeting. Members had drinks and food.

<b>Action points from December 2009 General Meeting.</b>			
<b>No.</b>	<b>Action</b>	<b>By</b>	<b>Status</b>
None			

## Coming Club Events

### January Dry Casting

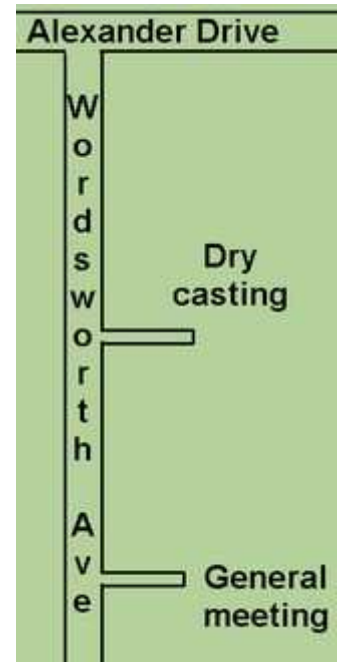
**When:-** Sunday 10 January 2010. **Note:-** Not the first Sunday. Competition casting starts 8:30am.

**Where:-** Yokine Reserve, Wordsworth Avenue

**Events:-** Double handed accuracy, Single handed accuracy, 56 gram distance, Artificial bait distance, 112 gram distance,  
**PLUS** 112 gram Open distance.

All casters please assist with the setting up the casting courts, targets, etc at the beginning of the day after setting up your own casting gear.

Please assist with the retrieval and packing up of the casting equipment at the end of the day's events.



### January General meeting

**When:-** Wednesday 13 January 2010, 8:00pm.

**Where:-** Coolbinia West Perth Amateur Football and Sporting Club room, off Wordsworth Avenue, Yokine, about 200 metres south east of the Yokine Bowling Club.

**Sign In:-** Please remember to have your name ticked on the attendance sheet. See Jim Strong or Dean Stewart.

**Instruction Period:-** The different types of reels available, features, advantages and disadvantages for different sorts of fishing.

### January Field Day

**When:-** Saturday 16 January.

**Where:-** Local, Floreat Drain, about 600 metres north of the Floreat Surf Club.

**Sign On:-** Saturday 3 pm at the Floreat Drain car park.

**Weigh in:-** Saturday 8:30 pm at the Floreat Drain car park, followed by BBQ and/or pizzas.

**Boundaries:-** Walking distance south and north.

<b><u>Tides for Fremantle</u></b>	Sat 16 Jan	0.63m at 2:08pm	1.01m at 9:34pm	<b><u>Sunset Moonset</u></b>	About 7:25pm at 245 deg About 8:00pm at 251 deg
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### Night cast, barbecue, and club get together 30 January

The club's regular night cast, barbecue and club get together will be held at George and Kaye Holman's, rear of 89 Clontarf Street, Sorrento on Saturday 30 January from 6 pm. Bring your own drinks and food, your favorite chair, etc. Tea and coffee provided.

After dark, join the fun and games with a single handed casting competition at a target with only a glow stick on the target and one (or more) on your casting weight to help you in the dark.

The night cast, BBQ and get together is always a great night. Don't miss it.

## January Committee meeting

**When:-** Wednesday 20 January 2010, 7:30pm.

**Where:-** Coolbinia West Perth Amateur Football and Sporting Club room.

## February Field Day

**When:-** Saturday/Sunday 13/14 February.

**Where:-** Cervantes

**Sign On:-** Saturday 11:00 am Hill River car park

**Weigh in:-** Sunday 11:00 am Hill River car park

**Boundaries:-** 1 km south of Cervantes jetty to Jurien Marina.

<b>Tides for Jurien</b>	Sat 13 Feb	0.98m at 9:08 pm		<b>Sunset</b>	About 7:10 pm at 254 deg
	Sun 14 Feb	0.47m at 5:22am	0.71m at 11:45am	<b>Moonset</b>	About 6:35 pm at 254 deg
				<b>Sunrise</b>	About 5:55 am at 105 deg
				<b>Moonrise</b>	About 5:55 am

## Local Field Day for February

**When:-** Saturday/Sunday 13/14 February.

**Sign On:** At the General Meeting or to the FDO by 18:00 on the day before the Field Day.

**Lines Down:-** Saturday 11am

**Weigh in:-** Sunday at 11 am at G Holman's house, rear of 89 Clontarf St. Sorrento. Scales will be available on his back patio. An adult member must witness weights. Field Day money to be left with the scales in an envelope with your name and details written in the carbon copy Field Day book. No money = no points. Results to be phoned to Field Day Officer by 8:00 pm that night.

**Boundaries:-** Penguin Island to north wall of the Two Rocks Marina, including the Swan and Canning Rivers.

<b>Tides for Fremantle</b>	Sat 13 Feb	0.68m at 11:46 am	1.00m at 9:04 pm	<b>Sunset</b>	About 7:10 pm at 254 deg
	Sun 14 Feb	0.48m at 5:16 am	0.71m at 11:47am	<b>Moonset</b>	About 6:35 pm at 254 deg
				<b>Sunrise</b>	About 5:55 am at 105 deg
				<b>Moonrise</b>	About 5:55 am

## Calendar for next three months

Here's a calendar showing the dates we will use for Dry Casting, General and Committee Meetings, and Field Days in the next three months.

<div>13</div>	AAA Event					<div>30</div>	BBQ & night cast										<div>10</div>	General Meeting					<div>13</div>	<div>14</div>	Field Day					<div>17</div>	Committee Meeting				
<div>7</div>	Dry Casting																																		
January 2010							February 2010							March 2010																					
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun															
				1	2	3	1	2	3	4	5	6	<div>7</div>	<div>1</div>	2	3	4	5	6	<div>7</div>															
4	5	6	7	8	9	<div>10</div>	8	9	<div>10</div>	11	12	<div>13</div>	<div>14</div>	8	9	<div>10</div>	11	12	<div>13</div>	<div>14</div>															
11	12	<div>13</div>	14	15	<div>16</div>	17	15	16	<div>17</div>	18	19	20	21	15	16	<div>17</div>	18	19	20	21															
18	19	<div>20</div>	21	22	23	24	22	23	24	25	26	<div>27</div>	<div>28</div>	22	23	24	25	26	27	28															
25	26	27	28	29	<div>30</div>	31								29	30	31																			



### **2009/2010 Dry Casting dates**

All are at Yokine Reserve, Wordsworth Avenue, Yokine, with competition starting 8:30am.

Sunday 10 January 2010

Sunday 7 February 2010

Sunday 7 March 2010

Sunday 4 April 2010

### **2009/2010 Field Day dates, venues and boundaries**

The following is the list of Field Day dates, venues and boundaries for the remainder of the year.

<b>Dates</b>	<b>Venue</b>	<b>Boundaries and more details</b>
16 January 2010	Local	Walking distance from Floreat Drain. BBQ or pizzas afterwards
13-14 February 2010	Cervantes	1km south of Cervantes jetty to Jurien Marina
27 February-1 March 2010 LWE	Warren River	Donnelly River/Windy Harbour
13-14 March 2010	Jurien	AAAWA State Rock and Beach Fishing Championships, Jurien (Cervantes to Green Head).
24-26 April 2010 LWE	Bluff Creek	As far as you can walk past Eastern Rocks to Cheynes Beach

### **AAAWA State Rock and Beach Fishing Championships**

The 2009/10 State Rock and Beach Fishing Championships will be held at Jurien Bay on Saturday and Sunday 13/14 March 2010. Boundaries are from the Cervantes jetty to the Greenhead jetty including the jetties.

Briefing, weigh-in and presentations will be at Jurien Bay Tourist Caravan Park. Registration times from 11am to 12am, briefing at 12 noon on Saturday. Lines down at 1pm. Weigh in commences at 10am sharp on Sunday. All bags must be in weigh-in area by 10am. Presentations to commence after weigh-in (approximately 11am).

Nomination forms and a briefing sheet are on the AAWA website <http://www.aaawa.iinet.net.au> and some will be available at the General Meeting. Please consider nominating yourself as an individual and as a SCAC team member for this event.

AAAWA Delegate, Terry Fuller

### **2009/2010 General Meeting dates**

All at Coolbinia West Perth Amateur Football and Sporting Club room, Wordsworth Avenue, Yokine. Meeting starts 8:00pm.

Wednesday 13 January 2010

Wednesday 10 February 2010

Wednesday 10 March 2010

Wednesday 14 April 2010

### **Presentation night in 2010**

This Presentation night will be the culmination of the Club's 2009/2010 competition year.

A booking has been made for Saturday 26 June 2010 at the Gleneagles Reception Centre, Marmion Avenue Karrinyup, where the Presentation night was held in 2009.

Social Organiser, John Crompton

## **Wanted – Field Day Organiser and Assistant**

No one nominated for the Committee positions of Field Day Organiser and Assistant Field Day Organiser. Organising and running the fishing field days are some of the most important activities of the club.

Please consider nominating yourself if you can help, or nominate someone else who would be prepared to do the jobs.

Until the club has people elected to these positions, club members will have to pitch in and help run these events.

Please contact the Secretary for a list of responsibilities for these committee positions so you know exactly what would be required to be done for the club.

## **President's report**

We have just witnessed the roughest patch the club has ever gone through, with the Executive resigning, members dismissing the remainder of the Committee and requesting new elections for Committee, something that has never happened before.

You, the members, have made some decisions and the Club now has a new basic Committee which has a big job ahead of it, requiring everyone to work together. As President, I thank you the members for your support. I look forward to working with new Committee members Vince Iozzi, Mal Head, Gary Gildersleeves, and Marcia and Peter Pekaar. Most positions are filled but we still need a Field Day Organiser and Assistant FDO.

It was good to see a long standing member in John Lee at the meeting. John puts articles in our Reel Talk every now and then and we look forward to the next one.

Bob Henderson told us that he and Leonie will be leaving WA on 27 December to head over east to Canberra and up the east coast and eventually to Darwin for April. Wishing Bob and Leonie a safe and enjoyable trip from all the Surfcasters.

Jim Strong was presented with a framed photo of him being presented with his "Certificate of Appreciation" which I am sure he will treasure. Jim wishes all members season's greetings.

A new member in Sabby Pizzolante was welcomed into our club and I hope we can satisfy your quest for fishing knowledge and comradery.

We have three new nominations from John Curtis, Ray Walker and Gary Houghton. Great to see.

Prior to the meeting I witnessed the arrival of a Nissan Patrol with two spare wheels on the back driven by Peter Iozzi with Daniel Jambanis in the passenger seat. Looks like the trip to Emu Springs a few months ago meant there had to be an upgrade in transport!

Please give some thought to the proposed safari to Quobba/Cape Cuvier area and we will make a firm decision at the January General meeting. The recommended dates are 22-29 May 2010.

The AAA State Rock and Beach fishing championships will be held on 13/14 March at Jurien, boundaries Cervantes to Green Head. It would be good to see a good representation of Surfcasters participating. State events need numbers to strengthen the Anglers Association.

Our January Instruction period will be on the different types of reels, their good and bad points, and what sort of fishing they are most suited for. If you decide to do the trip to Quobba, this will be a good start for your planning.

Kaye and I have made 89 Clontarf Street available for a barbecue with a night cast on Saturday 30 January. Just bring yourselves and food and drink. The barbecues will be available along with good company. Start 6 to 6:30 until whatever. A single handed rod and reel and glowstick will make the night even more interesting.

Kaye and I take this opportunity to wish you all, and our Committee, the best for Christmas and the New Year. May 2010 be the start of great comradery, fishing and casting.

President, George Holman

## **Australian Anglers Association of WA report**

There was a good roll up of delegates present at the December meeting chaired by President Pat Shinnick.

Jason Pember and Don Cox reported on the recent State Estuary Championships held late November with an attendance of over seventy competitors representing all divisions. Fish were a bit on the scarce side mainly due to the proliferation of blowfish. Most sections saw results and some good fish were weighed in. Congratulations to Jason and Don for a job well done.

A meeting of the boating division was to be held to make further arrangements for the State Boating Championships to be held on 27 March 2010 at Mandurah.

Pat tabled a debrief report on the State Drycasting Championships held on 25 October at Yokine Reserve. The report is available on the AAWA website. The oval has been booked for the 2010 Championships on 31 October 2010.

Terry Fuller gave an informative Recfishwest report particularly mentioning the reopening of demersal fishing in the West Coast region from 16 December and some of the new regulations now available from Dept of Fisheries. It is now compulsory for boats to carry a release weight when line fishing for demersal fish.

Our patron Jim Strong tabled a card wishing all clubs and members best wishes for the festive season and a fulfilling and harmonious 2010.

Pat Shinnick as President of the Association expressed his compliments of the season and was looking forward to a good participation in the Association activities for 2010.

AAA Delegate, George Holman

## **Treasurer's report**

Past Treasurer Bev Grigo has been very busy with her strata management work, resident meetings and Annual General meetings and the statutory reporting required for all those.

As newly elected Treasurer, I have those feelings of *deja vu*, having previously taken over the Club Treasurer's job at short notice a number of times.

As many of you know, I have a Recfishwest Board meeting in Waterman on the late afternoon of the Club General meeting night. I need to leave that RFW meeting before it finishes to get to the club meeting. But I cannot get to the club meeting much more than 5 or 10 minutes before it starts, depending on traffic.

Therefore I would appreciate some help and understanding with requests for payments. Please email me or phone me details as soon as you know and well before the meeting wherever possible. I would rather get a couple of messages spread out, than the lot all at the last moment.

I will prepare a Treasurer's report up to the Wednesday morning of the meeting which will include all payments needed that I know about, and will include having cheques prepared, and I will add any payment requests handed to me before the meeting starts.

ALL requests for refunds to club members MUST be in writing with receipts and/or adequate details or lists of expenses. A guide to claiming expenses and a form have been prepared. Contact the Treasurer or Secretary for copies.

During my report, I will give one last chance and ask for any extra payments needed so that they can be included in the one approval for payment motion. Anything raised after that MAY have to wait until a later meeting.

Cash received before or during the meeting will be counted and receipts issued.

Treasurer, Terry Fuller

## **Reel Talk Editor's report**

Some things have changed since the last Reel Talk I did in mid 2006, eg the recent introduction of some colour pages, but lots have stayed the same.

Printing of the Reel Talk is one of the major ongoing expenses of the Club, along with insurance, meeting room fees and Dry Casting venue hire costs.

A simple fact is that the more pages in each issue, the more it costs to print. Many people like colour, larger fonts and well spaced paragraphs or "white space" but these all add to the number of pages. One challenge is to lay out the content to get good use of the pages but without making it too expensive to print.

The Reel Talk is also posted on the Club website in colour, so all images used in Reel Talk will be in colour, even if the printed version is not.

I will need to do some research of past issues and printing costs to guide me in the layout to use in future, including which pages to print in colour for posting to members. Any comments are welcome on this first issue of mine.

I have contacted the printers and have been told I should allow 7 days for them to set up, send proof copies, print and deliver the Reel Talk. They also close down over Christmas and New Year which means this issue would have to be finalised by 16 December which would be a very difficult timetable and too short notice for some reports.

Alternative printing arrangements need to be made for this January issue so that it can reach members early in the new year, and this may not include any colour pages.

Reel Talk Editor, Terry Fuller

## **New member applications**

Applications for membership have been received and will come before the next Committee meeting. If any member has any reason why any of the applications should not be accepted, please contact a Committee member and state the reason.

John Curtis,  
Gary Houghton,  
Raymond (Ray) Walker, 1 / 81 Mary Street, Como, WA 6152

Secretary and Membership Coordinator, John Crompton

## **New member acceptances**

The following applications for membership have been accepted, and will be invited to the next General Meeting to be welcomed into the Club.

None during December.

## **Please bear with the new Committee**

The new committee is up and working, but there is lots to do.

Please bear with us while the new people learn their jobs and what needs to be done.

Please let us know what you, the members, want to be done so that it can be fitted into the program for the immediate, short term and longer term.

Minutes Secretary, Terry Fuller

## **Visitors at Committee meetings**

Club members who wish to see what's involved in Committee work may attend Committee meetings by invitation as visitors and observers and at the discretion of the President. Please contact the President or the Secretary well prior to the meeting to arrange your invitation.

## **Publicity for Committee work**

The Committee runs many things about the club on behalf of you the members. But the members own the club and you have the final say on what is done or is not done.

One view is that if the case for a committee decision is a good case, then there should never be any difficulty convincing the members that the decision was the correct one.

Ultimately though, there may be some different views and then the decision of the majority of the club members should be used.

The important work of the committee and decisions are summarized to the members in a verbal report normally given at the General Meeting and included in those minutes.

For some time all club meetings have been taped or electronically recorded to help with writing the minutes so that they accurately record what was actually said and decided.

In accordance with standard practices, recent and future minutes are usually limited to records of the decisions made and brief summaries of important points and discussions. Some reports given at Committee meetings may also be published as separate articles in Reel Talk.

Minutes of Committee meetings have rarely, if ever, been provided to members in the past.

The Committee has decided it will give members much better access to the work of committee, including access to the minutes of Committee meetings and recordings of meetings. In some cases some sensitive discussions or decisions may need to be removed, but these should be rare. Examples could be a discussion of details protected by law or by need for personal privacy, or information provided "in confidence" for limited use pending decisions and announcements by others, for example Government Ministers.

Minutes Secretary, Terry Fuller

## **The website:- a reference source of Club information**

The existing Club website <http://www.surfcasters.iinet.net.au> has a lot of club information and reference material on it. Examples are the Constitution, Competition Rules, past Reel Talks, etc, etc. These are freely available to everyone, the public and members.

Every organisation faces the question:- How does it store all the current and past information needed by Club Members and Committee in a place where everyone who needs it can get access to it, know that they are using the very latest version, and that everyone is actually using the same version?

A paper copy can be kept of everything, but that raises questions for this Club:- Kept where? Who keeps it all up to date? And how do other people get access and get a copy? This is an enormous amount of work, and often does not deliver as has been demonstrated many times.

Email has made it possible to send electronic copies to other people. That then introduces questions about keeping the versions up to date, how can people find out if the version they have is the latest one, size of files and email limitations, etc.

**A central store.** Many organisations have moved to keeping electronic copies in one central place, where the latest version is always available. Then different and extra questions come up. How do people get access? Who should have access? How is access controlled? And more.

These are stored on what is effectively a private website which is or may not be visible or accessible to unauthorised people or the public who may access other parts of the website. Passwords and/or some sort of encryption can be used for security if and where required.

The good news is that it's all been done before, there's little new and most of the problems have been sorted out. The bad news is that someone has to do it – and that's more work for the website coordinator.

**A start has already been made.** I joined the Committee in June 2009 and took on the job of "Minutes Secretary" to help the real Secretary, John Crompton.

The General and Committee meetings are recorded electronically to help with the preparation of the minutes of the meetings. These recordings are made available to Committee members. Some were emailed, but some email services cannot accept the sizes of those files, and it is not good practice to send very large files via email, because that can "lock up" people's emails.

For some months I have placed these recordings and the various draft and final versions of the minutes on a private part of the Club website. Then Committee members can access that page and download and print whatever they want at any time to suit themselves. Paper copies are provided to those Committee members without Internet access.

As additional security, I have password encrypted the private part of the page so that even if an unauthorised person accessed the page, they still cannot access the Club material. All Committee members had been given the password, which will be changed from time to time.

For some, it was a new way of working in this electronic age. All Committee members need to do is keep the password and the page link and then they have online, on demand access to lots of guaranteed up to date information they need to do their job.

It is now time for a similar approach to be used for storing lots of the information which is used by Club members. Members without Internet access can and will be handed or posted paper copies as at present.

Watch for more information on this in coming months.

Website Editor, Terry Fuller

### **West Coast fishing rules**

December 16 marks the reopening of West Coast demersal fishing and some changes to the fishing categories and bag limit rules which will affect this club.

See the full details which were included in the Recfishwest report in the October Reel Talk.

Recfishwest Board Member, Terry Fuller

### **Deadline for Reel Talk articles and reports**

The Reel Talk is published and posted so that it gets to the members some days before the first event held in the coming calendar month.

Some months this gets tight due to the timing of club events in the current month and early in the next month and the length of time the printers need.

The editor would really appreciate getting items a long time before the deadline, particularly if they have to be typed in, scanned, reformatted, etc.

Items received electronically can be put into the magazine in a very short time, subject to space.

The absolute deadline for items for inclusion in the February 2010 Reel Talk is Wednesday, 20 January.

Reel Talk Editor, Terry Fuller

### **Member's stories, photos, tips, etc wanted**

Do you have any new stories, photos, tips, news items, etc, etc, to share with other club members? Please send them in to the Reel Talk Editor.

Reel Talk Editor, Terry Fuller

## **Refunds for reduced costs for Rottnest Field Days**

Below is a summary of the amounts owing to members who took part in the August and/or October Rottnest Field Days. These refunds are due to the cancellation of the Friday ferry and associated accommodation costs, free transport in October and other fee changes.

Can members please let Ian Cook, Rottnest Field Day Coordinator, know by 10 January 2010 if they wish to get a refund or use the money as deposit for the May 2010 Rottnest Field Day. Phone 9401 9461 or email [iancook@inet.net.au](mailto:iancook@inet.net.au)

Mark Hansen	\$67	Theo Van Niekirk	\$22	Wendy Hansen	\$67
Louise Van Niekirk	\$22	Ian Cook	\$47	Ian Taggart	\$50
Pete Wessels	\$67	Lea Taylor	\$50	Sandra Wessels	\$67
Josh Lucocq	\$64	Peter Osborne	\$52	Bev Grigo	\$86
Greg Keet	\$47				

## **Jim Strong's Certificate of Appreciation**

Jim Strong was presented with a framed *Certificate of Appreciation* from the National Australian Anglers Association at the AAWA Delegates meeting in November.



*Jim Strong and AAWA Vice President George Homan.*

Jim brought the framed certificate along to the December club dry casting and proudly showed it to club members.

AAWA Vice President George Holman spoke of Jim's long service to the Australian Anglers Association at both State and National levels.

At the December general meeting, Jim was presented with a framed photograph of him being presented his Certificate of Appreciation.

Well done Jim. Congratulations from the members and committee of the club. Enjoy your well deserved recognition.

Reel Talk Editor, Terry Fuller

## **Happy birthday**

Some member's birthdays have previously been listed in the Reel Talk. Only the day of the month is listed, not the year of birth, so no one will know how young you are.

Some members definitely do not want their birthdays to be listed. To respect people's privacy, birthdays should not be listed unless the club can be sure the member will allow their birthday to be published.

Please contact the Secretary if you wish or will allow for your birthday (the day and month only, not the year) to be listed. Only people who have advised the Secretary will be listed.

John Lee, 9 January, Andy Thorgersen 26 January.

Reel Talk Editor, Terry Fuller

## **Get well Morris and Ray**

Morris Kolman had an ankle operation in November and new member Ray Walker had one in December. We hope that things go OK and you are both back on your feet soon.

Secretary and Membership Coordinator, John Crompton



## Club shirts and polo jackets

Please contact the Secretary, John Crompton on 9249 6209 to purchase any of the following:

Shirts, short or long sleeve

\$30.00

Polo jackets

\$50.00

Membership Coordinator, John Crompton

## How to tie a Uniknot

The Uniknot is a very versatile knot which can be used for nearly every knot needed by shore fishermen. It is simple and very strong for both monofilament and "braid" lines, and best of all can be tied in the dark after a bit of practice.

You will find lots of different diagrams about the Uniknot. Some of these can be very confusing. Yet it is really so easy when you are shown, and it's a lot easier to show than to write about.

For braid, double over about 300 to 400 mm of line and use this doubled section in all parts of the knot to prevent slippage. Monofilament line can also be doubled.

A guide to the minimum number of turns in the loop is:- **Monofilament** under 10 kg, 4 to 7 turns, with the more turns for lighter line. **Monofilament** over 10 kg, 4 turns. **Braid**, 7 to 10 turns of line in the loop. Experiment and see the effect of more turns on the knot for the lines you use.

The steps, for a right handed person, are:- (reverse for a left handed person.)

Pass the line through the eye of the hook, etc and lay the line end back along the main line.



Make a loop below the main line. Have the line end pointing in a general direction of back along the main line.

Hold the hook in the palm of your left hand, and use the thumb and index finger of your left hand to hold and lock the main line and the part of the loop which crosses the main line.



1. Open the loop with second finger of right hand.



2. Use right index finger to feed the end through for each turn.





3. Use right index finger and thumb to take the end around for the next turn.



4. The second turn completed.

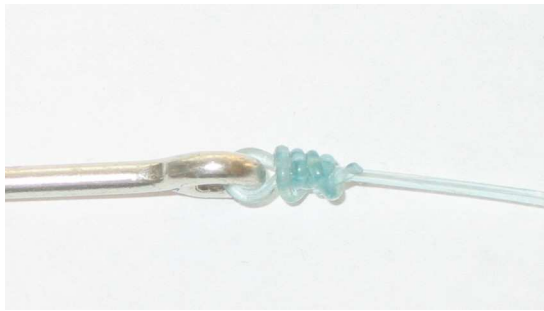
Lubricate the knot and all the line between the knot and the hook. Use water or your saliva.

SLOWLY pull the end of the line to tighten the knot, slide it down to the hook and pull tight.

Trim off the end, and it's all done.



*The knot before tightening.*



*A finished 4 turn knot in heavy monofilament.*



*The knot tightened ready for trimming.*

Reel Talk Editor, Terry Fuller

## **Ganging hooks**

What are "ganged" hooks"? It's fishing jargon for a set of 2 or more hooks where the point of one hook is passed through the eye of another hook to make a set which will hold a whole fish like a mulie or a whitebait or a strip of fish.

WA fishing regulations say that a line may have a maximum of three hooks per line, but are silent about any rules or descriptions for ganged hooks. This Club has a limit of two hooks or gangs of hooks per line, where a gang of hooks is considered as one hook so long as the gang fits into a single bait. The principle is that there is only one bait and is intended to catch only one fish at a time.

Hooks for ganging need to have the round eye of a suitable diameter to both hold the other hook and allow reasonable free movement to let the bait to be put on easily and prevent the gang locking in a position which puts the hook at the wrong angle and allows the hook to straighten under fishing pressure.

Hook parts and names are:- Eye - the ring where the line is tied to the hook. Shank - the part of the hook from the eye to the start of the bend. Bend - the curved part around to the point. Point - the sharp end of the hook. Barb - the part of the hook which stops the hook falling out of the bait. Gape - the distance between the point and the shank of the hook. The size of a hook, eg a 5/0, is a measure of the gape.

Two types of hooks have commonly been used for many years for ganged hooks in WA, the Mustad "Limerick" now called "Saltwater" type 8260D and the "Tarpon" now called "Allrounder" type 7766D. Other more recent hook types and other brands are also suitable, but these two demonstrate many of the principles and differences.

Limerick hooks are made with round wire, with the point parallel to the shank. Tarpon hooks are shorter, made with forged or flattened wire to give more resistance to straightening, and the point is turned inwards towards the shank. This can leave the point buried in the bait which is OK for soft baits like thawed mulies but can lead to missed hookups if used with tough baits like fresh herring.

Both these hook types have straight, unbent eyes. Eyes that are bent towards the shank about 20 to 30 degrees can make it easier to feed the hooks into the bait.

The steps to making a gang:-

Bend the eyes of the hooks towards the shank. 2 out of 3 for 3 hook rigs or 3 out of 4 for 4 hook rigs.

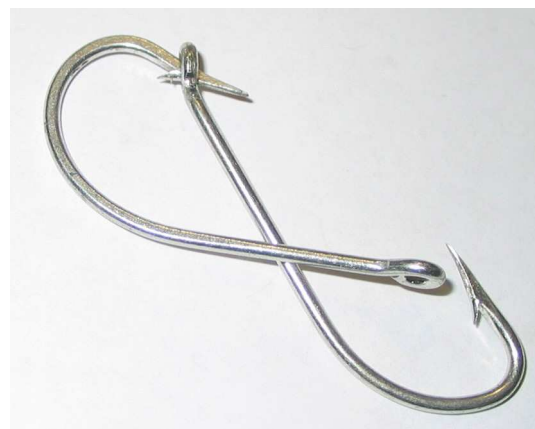
Use a pair of pliers, hold the eye, bend the eye slowly, making sure the hand holding the pliers will not go into the point if the hook breaks – some will break.



Use a pair of wire cutters to "cut" into the opening of the eye to open the eyes of all the hooks with bent eyes.

Put the point of a hook into the eye and rotate the hook until the barb goes through the opening in the eye.

The hook with the unbent, unopened eye is used at the line end of the gang.



Close the eyes slowly and steadily using a strong pair of pliers, placed so that the open end of the eye moves back to its original position and the eye keeps the original diameter and shape as much as possible.

Right top:- a gang of Tarpon hooks.

Right bottom:- a gang of Limerick hooks.

Both are made with the same sized hooks.

Note the different length of the gangs.



Check the hook points are needle sharp, touch up with a fine file or diamond “file” if necessary.

Hooks sizes recommended for bait. To fit mulies:- 3 or 4 size 3/0 to 6/0 hooks depending on the size of the bait. To fit whitebait and bluebait:- 3 or 4 size 1 to 4 hooks depending on the size of the bait. 4 hook rigs can allow a hook in the tail and one in the eye of the bait. A 3 hook rig may need some of the tail to be cut off.

Hooks sizes recommended for fish targeted:- Good sized fish like salmon can be caught easily on any of these gangs provided skill is used and the fish is not rushed. But the same fish could easily straighten any Limerick hooks 4/0 or smaller if they are held against a strong backwash or when they really want to run and take line. It is all up to the angler.

Reel Talk Editor, Terry Fuller

### **Wanted - aluminium cans**

Wanted - Aluminium cans. Please bring them along to the General Meeting or to Mal Head's home, but not to Dry Casting. Mal saves them up and takes them to the recyclers when he has enough, and the price is right, and donates all the proceeds to the Club.

### **Bring a friend to a Club activity**

Please bring a friend (a friend, relative, workmate neighbour or acquaintance) to a General meeting, to Dry Casting or to a Club fishing Field day.

Let them know what the Club does, let them find out for themselves some of the benefits of being a club member, particularly getting the all those fishing and casting tips from experienced club members.

Reel Talk Editor, Terry Fuller

### **What do you do?**

What do you do when someone nearby is pulling fish out nearly every cast when you are not catching much?

Could it be he's just a lucky fisher, maybe he has that special “secret” bait or berley or lure, maybe he's an experienced fisherman, or maybe he is really tuned in to how to catch fish?

Some answers for you:- watch carefully and ask. Often it's just the combination of where he is casting, the rig, the bait or lure and the presentation he's using at the time. If you ask, usually he'll be happy to tell you some or all of the “secrets”, which are often not really secrets at all, but just the particular combination the fish are biting on at the time.

And even if he does not share everything with you, you still have your eyes and can see some of what he is doing differently to you.

In the words of prospective club member John Curtis:- “*Look and Learn.*” It's really worth it, and can make a big difference to your catch and your enjoyment of fishing.

## Dry Casting results, 1 November 2009

These results have been prepared from the original hand written distances and scores recorded on the day. Marcia and Peter Pekaar copied the scores from the score sheets into an electronic format, adjusted the distance scores for the 20 metre measurement setback, and cross checked all final figures against the original score sheets.

Terry Fuller used his computer system to process the results to calculate the points, add all together, sort into final score order, extract the section winners and year's best as shown on the second page, and progressive scores for use at the end of the competition year.

Results for the day	56 gram			Artificial Bait			112 gram			Double Handed Accuracy									Single Handed Accuracy					Day Total	Attendance		Total Points
	Cast	Cast	Points	Cast	Cast	Points	Cast	Cast	Points	Target number								Target distance			Points	D C	G M				
	1 (m)	2 (m)		1 (m)	2 (m)		1 (m)	2 (m)		Points	3	3	1	1	4	4	2	2	L	S					L	S	
Seniors																											
Peter Pekaar	105	114	22	111	112	22	131	125	26	0	16	23	17	20	13	19	21	129	0	4	6	9	19	218	10	10	238
Malcolm Harris	119	123	24	100	107	21	138	134	27	20	9	17	17	2	0	0	20	85	0	7	6	3	16	173	10	10	193
Andrew Pekaar	95	115	21	103	106	21	122	123	25	20	0	21	21	5	0	13	19	99	0	0	0	2	2	168	10	0	178
Jeff Hewton	0	102	10	0	100	10	0	135	14	18	6	20	20	0	9	18	7	98	0	0	5	3	8	140	10	0	150
Eric Parker	89	93	18	79	84	16	102	0	10	12	18	19	17	0	0	0	9	75	0	9	0	2	11	130	10	10	150
Mark Hansen	0	88	9	0	0	0	105	0	11	0	5	4	12	17	0	16	17	71	0	0	0	5	5	96	10	10	116
Michael Goldenberg	55	66	12	64	61	13	87	71	16	0	7	0	22	0	0	11	0	40	6	0	0	5	11	92	10	0	102
Charles Faure	63	39	10	0	0	0	84	86	17	0	0	9	0	0	0	22	12	43	0	2	0	3	5	75	10	10	95
Greg Walker																									10	10	20
Veterans																											
Bob Henderson	107	104	21	94	103	20	122	126	25	14	12	21	20	4	22	19	21	133	0	9	5	8	22	221	10	10	241
Allan Jones	105	89	19	97	108	21	120	111	23	21	14	18	22	19	15	0	20	129	6	9	3	8	26	218	10	10	238
George Holman	102	100	20	97	109	21	125	128	25	17	7	20	16	19	12	12	21	124	6	6	7	7	26	216	10	10	236
Terry Fuller	83	88	17	86	79	17	98	102	20	11	15	14	9	22	10	16	6	103	5	9	9	3	26	183	10	10	203
Trevor Stam	18	68	9	10	0	1	30	40	7	14	9	0	2	11	0	4	0	40	0	0	0	3	3	60	10	10	80
Wilf Core	59	62	12	0	53	5	64	70	13	0	11	0	15	0	0	0	0	26						56	10	0	66
Ladies																											
Vix Alexander	93	96	19	87	84	17	0	106	11	22	21	12	16	0	6	11	17	105	0	0	7	4	11	163	10	10	183
Marcia Pekaar	65	73	14	63	58	12	82	73	16	6	0	4	9	2	10	24	14	69	0	2	8	6	16	127	10	10	147
Michelle Walker	2	41	4	42	46	9	47	51	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23	10	10	43
Juniors																											
Holly Walker	42	50	9	31	42	7	46	43	9	10	0	0	0	0	0	0	0	10	0	0	0	0	0	35	10	10	55

## **Dry Casting winners for 1 November 2009**

<b>Event</b>	<b>Seniors winner</b>		<b>Veterans winner</b>	
56 gram Score	24	Malcolm Harris	21	Bob Henderson
56 gram Distance	123	Malcolm Harris	107	Bob Henderson
Artificial Bait Score	22	Peter Pekaar	21	Allan Jones, George Holman
Artificial Bait Distance	112	Peter Pekaar	109	George Holman
112 gram Score	27	Malcolm Harris	25	Bob Henderson, George Holman
112 gram Distance	138	Malcolm Harris	128	George Holman
Double Handed Accuracy	129	Peter Pekaar	133	Bob Henderson
Single Handed Accuracy	19	Peter Pekaar	26	Allan Jones, George Holman, Terry Fuller
Section Highest Points	238	Peter Pekaar	241	Bob Henderson

<b>Event</b>	<b>Ladies winner</b>		<b>Junior winner</b>	
56 gram Score	19	Vix Alexander	9	Holly Walker
56 gram Distance	96	Vix Alexander	50	Holly Walker
Artificial Bait Score	17	Vix Alexander	7	Holly Walker
Artificial Bait Distance	87	Vix Alexander	42	Holly Walker
112 gram Score	16	Marcia Pekaar	9	Holly Walker
112 gram Distance	106	Vix Alexander	46	Holly Walker
Double Handed Accuracy	105	Vix Alexander	10	Holly Walker
Single Handed Accuracy	16	Marcia Pekaar		
Section Highest Points	183	Vix Alexander	55	Holly Walker

<b>Event</b>	<b>Overall winner for November</b>		<b>Year's best up to November</b>	
56 gram Score	24	Malcolm Harris	30	Ian Cook, Malcolm Harris
56 gram Distance	123	Malcolm Harris	155	Ian Cook
Artificial Bait Score	22	Peter Pekaar	30	Peter Pekaar, Malcolm Harris
Artificial Bait Distance	112	Peter Pekaar	149	Peter Pekaar
112 gram Score	27	Malcolm Harris	35	Peter Pekaar
112 gram Distance	138	Malcolm Harris	179	Malcolm Harris
Double Handed Accuracy	133	Bob Henderson	169	Malcolm Head, Gary Gildersleeves
Single Handed Accuracy	26	Allan Jones, George Holman, Terry Fuller	29	George Holman
Section Highest Points	241	Bob Henderson	283	Bob Henderson

## **Single handed open, November 2009**

<b>Men</b>	<b>Cast 1</b>	<b>Cast 2</b>	<b>Best cast (metres)</b>
Peter Pekaar	68.53	76.83	76.83
George Holman	63.19	66.70	66.70
Mal Harris	56.96	55.85	56.96
Charles Faure	52.48	47.83	52.48
Michael Goldenberg	43.50	46.56	46.56

<b>Ladies</b>	<b>Cast 1</b>	<b>Cast 2</b>	<b>Best cast (metres)</b>
Marcia Pekaar	44.83	40.87	44.83
Vix Alexander	41.00	41.16	41.16
Michelle Walker	14.70	40.70	40.70

## **December Dry Casting report**

Our last Club Dry Cast was on 6 December 2009. Unfortunately, a combination of south easterly winds and high barometric pressure had a negative effect, keeping distances down. At least the morning was fine and clear, but it did heat up rather quickly, as most members will agree.

It was good to see the return of some familiar faces to casting. Jennie Stoeckel has lost none of her abilities after a lengthy break. She competed in the last State Championships, representing the Surfcasters, and at our last Club event. It is great to see more ladies offering support to their Club and to Dry Casting.

It seems Geoff Raftis has not lost any of his ability either, throwing down a few good casts, even though he is recovering from shoulder surgery.

Jim Strong was keen to show us his Certificate of Appreciation which he received from the AAAWA for years of hard work. Thank you to George Holman for organising this and providing us with some history of Jimmy's involvement over the years with AAAWA.

As usual, the Veterans led the way in D/H Accuracy scores with Mal Head top scoring with 148 points. Allan Jones and Dean Stewart shared second position with 126 points. Allan Jones and George Holman tied for first with 29 points in S/H Accuracy, and Terry Fuller was a close second. Congratulations, Allan Jones, for scoring the only bull's eye for the day.

Most of us know that Trevor Stam likes to practise, and with a D/H Accuracy score of 123 points and most casts around or over the 100m mark, it shows that practice does pay off. Well done, Trevor.

Vix Alexander's 129 points in D/H Accuracy was the day's second highest score overall and the Ladies' highest score. Marcia Pekaar's 19 points in S/H Accuracy won that event in the Ladies' Division.

The straightest centre cast, as judged by most onlookers, went to Wendy Hansen whose best cast was approximately 100mm off centre. Good casting, Wendy.

### **Sections Winners**

Seniors:	Mal Harris	213 points
Veterans:	Allan Jones	241 points
Ladies:	Vix Alexander	207 points
Juniors:	Holly Walker	70 points
Mini Juniors:	Kaitlin Stoeckel	46 points

### **Thanks to:**

- Bob Henderson for putting out the flags
- Marcia Pekaar for collecting the fees and organising attendance sheets
- Greg & Michelle Walker for organising the barbecue and drinks
- George Holman for retrieving the flags after casting
- All members who helped during the day to make it such a success

In January, the Seniors will be doing Accuracy first then Distance. The Veterans will be doing Distance first then Accuracy. The groups will be determined by the numbers attending.

After our regular casting, we will be having a 112g Open. If possible, I would like to see plenty of members there to support this event, please.

Peter Pekaar

## Dry Casting results, 6 December 2009

These results have been prepared from the original hand written distances and scores recorded on the day. Marcia and Peter Pekaar copied the scores from the score sheets into an electronic format, adjusted the distance scores for the 20 metre measurement setback, and cross checked all final figures against the original score sheets.

Terry Fuller used his computer system to process the results to calculate the points, add all together, sort into final score order, extract the section winners and year's best as shown on the second page, and progressive scores for use at the end of the competition year.

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	Cast	Cast		Cast	Cast		Cast	Cast		Target number									Target distance				D C		G M		
	1 (m)	2 (m)		Points	1 (m)		2 (m)	Points		1 (m)	2 (m)	Points	3	3	1	1	4		4	2	2					Points	
Seniors																											
Malcolm Harris	133	141	27	127	130	26	158	150	31	9	21	14	7	19	0	11	22	103	7	7	0	2	16	203	10	10	223
Peter Pekaar	113	122	24	136	129	27	155	158	31	0	6	15	20	11	16	12	4	84	4	7	0	5	16	182	10	10	202
Peter Stoeckel	102	93	20	94	98	19	122	125	25	11	0	15	0	2	0	11	17	56	0	5	5	4	14	134	10	10	154
Mark Hansen	96	103	20	96	0	10	102	116	22	1	9	8	16	16	0	4	0	54	0	0	7	8	15	121	10	10	141
Greg Walker																									10	10	20
Veterans																											
Allan Jones	124	127	25	111	114	23	136	143	28	13	11	23	23	5	13	13	25	126	9	7	7	6	29	231	10	10	251
Malcolm Head	107	115	22	105	107	21	132	131	26	6	20	18	24	15	19	23	23	148	0	4	4	2	10	227	10	10	247
George Holman	140	0	14	0	131	13	151	139	29	0	6	16	23	21	20	11	20	117	8	8	7	6	29	202	10	10	222
Terry Fuller	101	99	20	90	92	18	107	101	21	12	20	16	19	0	0	20	23	110	6	5	4	8	23	192	10	10	212
Dean Stewart	99	0	10	89	98	19	102	98	20	15	15	20	10	10	13	22	21	126	0	2	0	8	10	185	10	10	205
Trevor Stam	96	91	19	80	0	8	107	101	21	17	15	13	21	7	23	13	14	123	5	0	1	8	14	185	10	10	205
Geoff Raftis	113	93	21	106	100	21	78	114	19	12	4	16	12	0	9	16	1	70	0	0	0	7	7	138	10	10	158
John Crompton	97	96	19	92	91	18	99	97	20	0	16	9	16	0	0	2	15	58	0	6	0	4	10	125	10	10	145
Bob Henderson									0	20	20	11	20	0	6	7	17	101	4	8	0	3	15	116	10	10	136
Jim Strong																			0	4	0	7	11	11	10	10	31
Ladies																											
Vix Alexander	106	73	18	98	87	19	111	112	22	16	23	24	19	20	0	15	12	129	4	0	5	0	9	197	10	10	217
Marcia Pekaar	82	79	16	77	78	16	85	81	17	0	0	24	18	20	0	20	19	101	3	1	7	8	19	169	10	10	189
Wendy Hansen	88	91	18	82	80	16	95	97	19	0	18	13	15	0	1	0	13	60	0	0	0	2	2	115	10	10	135
Jennie Stoeckel	46	48	9	45	30	8	48	43	9	16	14	8	8	16	0	10	3	75	0	1	0	0	1	102	10	10	122
Juniors																											
Holly Walker	38	28	7	33	42	8	54	38	9	0	3	23	0	0	0	0	12	38	0	4	0	0	4	66	10	10	86
MiniJuniors																											
Kaitlin Stoeckel	33	32	7	33	33	7	38	29	7	7	8	0	0					15	0	0	0	0	0	36	10		46

## **Dry Casting winners for 6 December 2009**

Event	Seniors winner		Veterans winner	
56 gram Score	27	Malcolm Harris	25	Allan Jones
56 gram Distance	141	Malcolm Harris	140	George Holman
Artificial Bait Score	27	Peter Pekaar	23	Allan Jones
Artificial Bait Distance	136	Peter Pekaar	131	George Holman
112 gram Score	31	Malcolm Harris, Peter Pekaar	29	George Holman
112 gram Distance	158	Malcolm Harris, Peter Pekaar	151	George Holman
Double Handed Accuracy	103	Malcolm Harris	148	Malcolm Head
Single Handed Accuracy	16	Malcolm Harris, Peter Pekaar	29	Allan Jones, George Holman
Section Highest Points	223	Malcolm Harris	251	Allan Jones

Event	Ladies winner		Junior winner		Mini Junior winner	
56 gram Score	18	Vix Alexander, Wendy Hansen	7	Holly Walker	7	Kaitlin Stoeckel
56 gram Distance	106	Vix Alexander	38	Holly Walker	33	Kaitlin Stoeckel
Artificial Bait Score	19	Vix Alexander	8	Holly Walker	7	Kaitlin Stoeckel
Artificial Bait Distance	98	Vix Alexander	42	Holly Walker	33	Kaitlin Stoeckel
112 gram Score	22	Vix Alexander	9	Holly Walker	7	Kaitlin Stoeckel
112 gram Distance	112	Vix Alexander	54	Holly Walker	38	Kaitlin Stoeckel
Double Handed Accuracy	129	Vix Alexander	38	Holly Walker	15	Kaitlin Stoeckel
Single Handed Accuracy	19	Marcia Pekaar	4	Holly Walker		
Section Highest Points	217	Vix Alexander	86	Holly Walker	46	Kaitlin Stoeckel

Event	Overall winner for December		Year's best up to December	
56 gram Score	27	Malcolm Harris	30	Ian Cook, Malcolm Harris
56 gram Distance	141	Malcolm Harris	155	Ian Cook
Artificial Bait Score	27	Peter Pekaar	30	Peter Pekaar, Malcolm Harris
Artificial Bait Distance	136	Peter Pekaar	149	Peter Pekaar
112 gram Score	31	Malcolm Harris, Peter Pekaar	35	Peter Pekaar
112 gram Distance	158	Malcolm Harris, Peter Pekaar	179	Malcolm Harris
Double Handed Accuracy	148	Malcolm Head	169	Malcolm Head, Gary Gildersleeves
Single Handed Accuracy	29	Allan Jones, George Holman	29	Allan Jones, George Holman
Section Highest Points	251	Allan Jones	283	Bob Henderson

## **Dry Casting top scores for 2009/10**

Total scores up to and including December casting. Only the best 11 months out of 12 will count at the end of the competition year.

Name	Points	Rank	Name	Points	Rank	Name	Points	Rank
George Holman	1952	1	Trevor Stam	899	14	Jim Strong	181	27
Allan Jones	1911	2	Gary	775	15	Andrew Pekaar	178	28
Peter Pekaar	1717	3	Bob Henderson	660	16	Greg Walker	130	29
Terry Fuller	1623	4	Peter Stoeckel	593	17	Jennie Stoeckel	122	30
Marcia Pekaar	1489	5	Jeff Hewton	586	18	Michael Goldenberg	102	31
Mark Hansen	1305	6	Holly Walker	566	19	Gino Bird	97	32
Malcolm Harris	1302	7	Ian Cook	555	20	Andrew	69	33
Malcolm Head	1220	8	Rhys Jones	537	21	Wilf Core	66	34
John Crompton	1153	9	Michelle Walker	327	22	Kevin Frampton	35	35
Vix Alexander	1148	10	Charles Faure	308	23	Eric Leigh	31	36
Dean Stewart	958	11	Terry Willison	224	24	Matt Dillon	31	37
Wendy Hansen	945	12	Kaitlin Stoeckel	194	25			
Eric Parker	909	13	Geoff Raftis	192	26			



## **New competitions or changes to rules**

The Club's Competition Rules for 2010/11 will be decided at, or more preferably, before the April General Meeting.

The rules and the competitions are actually the result of many years of trial and error, experience and refinement, and they work because they actually do the job they are designed to do as decided by the majority of the members. That doesn't mean they are right, or are fixed forever and can't be changed.

Why aren't the rules changed? A simplistic answer is "Some rules have actually been changed, others haven't because no one has seriously proposed anything different."

If any member thinks some changes are needed to the rules or the competitions, that member should think them through, discuss them with people both inside and outside the club who know about the topics, and then put in some detailed suggestions.

There are plenty of good ideas out there. There are plenty of possible alternatives to what we do or extras we could do. The challenge for anybody who wants changes or extras is:-

- Write down the ideas so that the members can think about them. Make it clear if these ideas are for changes to replace something we do now, or ideas for extras which will be done as well as what we do now, trials of something new, or whatever.
- Explain the five topics of how, when, what, where and why in as much details as are needed to sell the idea to the members.
- Write out the positives of the proposal, admit and write out the negatives of the proposal and how these can be minimised, draft up or copy some starting rules which might be used, explain how it will (not just might) attract and keep new members if that is the reason for or a benefit of the change, and anything else to convince the other members.

If it's worth doing, it's worth doing properly, and it's worth doing it properly the first time if at all possible. It isn't really very hard, it just has to be done. There are people in the club able and prepared to give help if it is needed.

If it's all left to the last few weeks, there's a very good chance it won't succeed. If an idea is put up and rejected because it wasn't explained or researched well enough, it is often much harder to put it up again and get it accepted the next time.

It's January already. If anyone wants changes for next competition year, then NOW is the time to get working so that all the work and questions and revisions can be over and done with before the April 2010 General Meeting comes along. The members can just vote on the changes after being fully informed and having time to read about, question and discuss and understand any proposals.

If the majority of the club members agree, then the rule or competition changes will happen. If the majority of the club members don't agree, then that's democracy in the club, or the idea wasn't thought through or sold well enough, or it was too rushed.

Details of all proposed changes to the Competition Rules should always be sent out to members in Reel Talk before the meeting, so that members know that some changes are proposed, and they can think about the proposed changes before the meeting and before voting.

That does NOT mean that the meeting is prevented from agreeing to a rule somewhat different to what was written in the Reel Talk, because motions and wording can be amended at the meeting provided the members who are present agree with the changes.

Reel Talk Editor, Terry Fuller

## **Club Competition Rules and Club Constitution**

Printed copies of the Club's current Fishing and Dry Casting Competition Rules and Club Constitution are available.

The latest printed version of the Competition Rules is dated 5 June 2006. Some rules have been changed since that version but have not been recorded or included in that version. Updating that is a priority job for the Committee.

The current legal version of the Constitution as registered with the Department of Commerce is dated 30 September 2009 to identify it, but the contents are from an unknown much earlier time.

The Club Constitution is very old and has many problems. New laws for Incorporated Associations now have different requirements. Department of Commerce provides a sample constitution which will make it easier to meet these requirements.

If you have any earlier versions, please mark them as out of date if you want to keep them for future reference, or throw them away and get a current version.

Contact the Secretary for a copy or see the club's web site for the online versions. See <http://www.surfcasters.iinet.net.au/ClubRulesMain.html>

Reel Talk Editor, Terry Fuller

### **AAAWA State Championships during 2010/11**

State Rock and Beach Fishing Championships Sat/Sun/Mon 5, 6, 7 March 2011, Cheynes Beach Caravan Park. Boundaries Bremer River mouth to Albany Harbour jetty.

State Boating Championships, Saturday 26 March 2011, Marmion Angling Club.

State Estuary Championships, 27/28 November 2011 Swan and Canning rivers and Cockburn Sound.

State Dry Casting Championships, Yokine Reserve, Sunday 31 October 2010.

AAAWA Delegate, Terry Fuller

### **Safari for 2010/11**

The October General Meeting agreed that a Safari be arranged for the Quobba/Cape Cuvier area in May - June 2010. One recommendation is for 22-29 May 2010. This period does not conflict with any Club activities in the draft calendar below.

Reel Talk Editor, Terry Fuller

### **Suggestions for field days for 2010/11**

It's January already. Preferably **before** the April General Meeting, we need to set the fishing Field Day venues, boundaries and dates for the May 2010 to April 2011 club competition year. Drycasting dates can be shifted to avoid field days, subject to the Yokine Reserve not already being booked by someone else.

We would like to publish a possible list, or at least a list of the suggestions, in the February Reel Talk, have some discussion at the February General Meeting, and then finalise the list at the February Committee meeting for the March Reel Talk, to be voted on by the members at the March General Meeting. That gives us a month spare to sort out any difficulties and means we are not forced to make a decision at the last minute at the April General Meeting.

Anything is possible, different / new venues, different formats, different rules, whatever, if the members will support them by going on those Field Days. If you have any ideas, please put your suggestions in to the Committee, and list the venues on the loose leaf form included.

**DO IT NOW, PLEASE!!!** The current Competition Rules are available from the Secretary or see the club's web site <http://www.surfcasters.iinet.net.au> for the online versions.

We don't want to have all the discussions and all the changes at the last minute at the April General Meeting. That's not the way to make good decisions.

Reel Talk Editor, Terry Fuller

## Draft calendar for 2010/11

Spot any mistake(s), please. I need people to read and check all these dates. Please tell me if you find anything wrong or if **you think** something's wrong.

29	AAA Event	22	Safari	26	Presentation Night			
7	Dry Casting	10	General Meeting	13	14	Field Day	17	Committee Meeting

### **Draft SCAC event calendar 2010/11 - Draft version dated 17 December 2009.** **Dates still have to be confirmed.**

May 2010							June 2010							July 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	<b>2</b>		1	2	3	4	<b>5</b>	<b>6</b>				1	2	3	<b>4</b>
3	4	5	6	7	8	9	<b>7</b>	8	<b>9</b>	10	11	12	<b>13</b>	5	6	7	8	9	10	11
10	11	<b>12</b>	13	14	<b>15</b>	<b>16</b>	14	15	<b>16</b>	17	18	19	20	12	13	<b>14</b>	15	16	<b>17</b>	<b>18</b>
17	18	<b>19</b>	20	21	<b>22</b>	<b>23</b>	21	22	23	24	25	<b>26</b>	27	19	20	<b>21</b>	22	23	24	25
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	30	28	29	30					26	27	28	29	30	31	
August 2010							September 2010							October 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31					<b>1</b>			1	2	3	4	5					1	2	<b>3</b>
2	3	4	5	6	7	8	6	7	<b>8</b>	9	10	11	<b>12</b>	4	5	6	7	8	9	10
9	10	<b>11</b>	12	13	<b>14</b>	<b>15</b>	13	14	<b>15</b>	16	17	18	19	11	12	<b>13</b>	14	15	<b>16</b>	<b>17</b>
16	17	<b>18</b>	19	20	21	22	20	21	22	23	24	<b>25</b>	<b>26</b>	18	19	<b>20</b>	21	22	23	24
23	24	25	26	27	28	29	<b>27</b>	28	29	30				25	26	27	28	29	30	
November 2010							December 2010							January 2011						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	<b>7</b>			1	2	3	4	<b>5</b>	31					1	<b>2</b>
8	9	<b>10</b>	11	12	<b>13</b>	<b>14</b>	6	7	<b>8</b>	9	10	<b>11</b>	<b>12</b>	3	4	5	6	7	8	9
15	16	<b>17</b>	18	19	20	21	13	14	<b>15</b>	16	17	18	19	10	11	<b>12</b>	13	14	<b>15</b>	<b>16</b>
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	<b>19</b>	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30
February 2011							March 2011							April 2011						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	<b>6</b>		1	2	3	4	<b>5</b>	<b>6</b>					1	2	<b>3</b>
7	8	<b>9</b>	10	11	<b>12</b>	<b>13</b>	<b>7</b>	8	<b>9</b>	10	11	12	<b>13</b>	4	5	6	7	8	9	10
14	15	<b>16</b>	17	18	19	20	14	15	<b>16</b>	17	18	19	20	11	12	<b>13</b>	14	15	16	17
21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	<b>20</b>	21	22	23	24
28							28	29	30	31				25	26	27	28	29	30	

**WA public holidays**, from Department of Commerce website.

Foundation Day	Monday 7 June 2010	Queen’s Birthday	Mon 27 September 2010
New Year holiday	Mon 3 January 2011	Australia Day	Wed 26 January 2011
Labor Day	Monday 7 March 2011	Anzac Day	Monday 25 April 2011
Easter	Friday 22 April - Monday 25 April 2011		
Anzac Day and Easter Monday both fall on Monday 25 April. A special public holiday will be proclaimed for Tuesday 26 April.			

**WA school holidays** for Primary and Secondary students in Government schools in WA are:- (from <http://www.eddept.wa.edu.au/termdates/> )

Sat 3 July to Mon 19 July 2010	Sat 25 September to Mon 11 October 2010
Sat 18 Dec 2010 to Tue 1 February 2011	Fri 22 April - Sun 8 May 2011

Reel Talk Editor, Terry Fuller

### **Drycasting dates proposed for 2010/11**

These are mostly the first Sunday of the month, except Fathers' Day, or when the Field Day is on then due to a long weekend, or when the Yokine Reserve cannot be booked.

2 May 2010	13 June 2010 (Note 1)	4 July 2010
1 August 2010	12 September 2010 (Note 2)	3 October 2010
7 November 2010	5 December 2010	2 January 2011 (Note 3)
6 February 2011	13 March 2011 (Note 1)	3 April 2011

**Note 1.** Assumes Field Day is on long weekend. **Note 2.** September avoids Fathers' Day.

**Note 3.** May need to shift to 9 January if the City of Stirling uses Yokine Reserve for a New Year carnival as in 2009.

Reel Talk Editor, Terry Fuller

### **General Meeting dates proposed for 2010/11**

These are all on the standard second Wednesday of the month.

12 May 2010	9 June 2010	14 July 2010
11 August 2010	8 September 2010	13 October 2010
10 November 2010	8 December 2010	12 January 2011
9 February 2011	9 March 2011	13 April 2011

Reel Talk Editor, Terry Fuller

### **Seabird to Moore River December Field Day report**

Held on 12/13 December 2009. Hot weather, light winds, morning low tide, evening high tide, plenty of weed. 18 signed on, including 3 visitors. 14 fished the away venue and 4 fished local. 5 species weighed in.

In the Length competition, 95 fish of 15 species were entered and measured a total of 30.39 metres. Peet Wessels won this month with 8.32 metres of fish measured.

### **Field day and Sportsperson of the Year section winners for December 2009**

Best scale fish	Peet Wessels	Tailor	0.984 kg
Best bag of scale fish	Sandra Wessels	Mixed bag	2.49 kg

Mark Hansen, acting FDO for December Field Day

### **December Local Field Day report**

Having not fished lately in Club events, we were keen to participate on the December Field Day, albeit the local part of the competition. George indicated at the General Meeting he was going to fish at Floreat with new member, Vince Iozzi, and his friend, Brian. So this gave us an opportunity to fish with our new members.

We arrived at around 6pm and the conditions looked pretty good. Rising tide combined with a reasonable south-south-westerly made the afternoon look promising. George, Vince, and Brian were already there so we set up 50m to their left and started fishing. We got no bites

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with our first few casts, but at least our baits came back intact – great, no pickers or blowies which have made river fishing trips unbearable.

Another group of anglers arrived and was watching us as Marcia landed the first fish. With an empty beach 500m+ to our left and right, where did they decide to fish? Yep, you guessed it, right between us. By then, the tailor started to come on the bite and so did the tangles, which meant one of us (usually me) would have to stop fishing so that the tangles could be sorted out between either George or Marcia and the other group. I declined the offer of friendly advice on how to deal with the situation, from John and Jenny Curtis, who happened to stroll past on their evening beach walk.

With the sun setting, the plan was go to back to George's for the weigh in and order pizzas for tea. However, Vince had planned ahead and brought along freshly made rolls & biscuits for all of us to enjoy. This was topped off with fruit mince pies and coffee from Kaye Holman. A big thank you to Kaye Holman and Lisa Iozzi for their contribution to the evening.

Whilst we were unable to participate in the gazetted Moore River/Seabird Field Day with the rest of the Club Members, it certainly was enjoyable to fish locally, even it was only for a couple of hours. The sunset alone made it all worthwhile.

The next Club Field Day is on **Saturday, 16 January 2010** at the Floreat Drain and details are available elsewhere in this edition of the Reel Talk. We hope to see a large turnout of members and friends at this Field Day. This is a great opportunity for some of our *unpublished members* to put a few paragraphs together for the February Reel Talk. Should this event prove popular, other local field days could be considered. Members are invited to give their feedback and suggestions for future locations at General Meetings.

Peter Pekaar

### **Total Length of Fish competition 2009**

Angler	Field Days Fished	Total Metres	Placed	Angler	Field Days Fished	Total Metres	Placed
Malcolm Harris	11	105.16	1	Charles Faure	3	5.58	15
Peet Wessels	11	89.51	2	Daniel Jambanis	1	4.45	16
Sandra Wessels	11	69.44	3	Peter Iozzi	1	3.09	17
Mark Hansen	11	49.23	* 4	Kaitlin Stoeckel	5	2.50	1
George Holman	10	35.46	5	Peter Stoeckel	9	2.14	18
Lea Taylor	5	22.82	** 6	Ian Taggart	1	1.82	19
Theo Van Niekerk	4	18.03	7	Peter Pekaar	1	1.42	20
Peter Osborne	2	17.59	8	John Crompton	5	1.41	21
Greg Keet	3	14.99	9	Andrew Pekaar	1	1.11	22
Ian Cook	6	14.37	10	Sabatino Pizzolante	1	0.71	23
David Maxted	5	13.91	11	Marcia Pekaar	1	0.51	24
Vix Alexander	10	12.20	12	Greg Walker	5	0.24	25
Melvin Wee	7	8.94	13	Morris Kolman	3	0.09	26
Wendy Hansen	11	6.66	* 14				

\* Fish caught only on lures.

\*\* Fish caught mostly on lures.

33 people fished across 11 months. Grand total length 503.38 metres. Six people not placed on the above table caught 0 metres of fish and may wish to remain unnamed.

Mark Hansen, FDO for 2008/9/10

### **Field Day sections up to December 2009.**

1A	Best Scale Fish (1st Six Months)	Peet Wessels	Yellowtail Kingfish	6.118 kg
1B	Best Scale Fish (2nd Six Months)			
2	Most Meritorious Fish	To be awarded by Committee		

3	Best Shark (4.5kg min)			
4	Best Mulloway (2.0kg min)			
5	Best Tailor (1.0kg min)	David Maxted	Tailor	1.684 kg
6	Best Salmon (3kg min)	Theo Van Niekerk	Salmon	4.432 kg
7	Best Skipjack Trevally (0.5 kg min)	Ian Cook	Skipjack Trevally	1.044 kg
8	Best Mackerel (2kg Min)			
9	Best Scale Fish (Other than above)	Greg Keet	Yellowtail Kingfish	5.816 kg
10	Best Bag Of Scale Fish	Malcolm Harris	Mixed Bag	14.124 kg
11	Best Bag Of Mulloway (2 Fish Min)			
12	Best Bag Of Tailor (2 Fish Min)	George Holman	Tailor	5.434 kg
13	Best Fish On S/H Rod 4kg b/s line (max)	Mark Hansen	Flathead	0.566 kg
14	Best Fish Caught on Fly Rod			

### **Open competition**

These are the details of the Open competition sections up to November 2009. Entries for the Open competition close 30 days after capture.

Section	For	Minimum weight	Entry
1	Most Meritorious Capture	None	To be awarded by Committee
2	Best Shark	4.5 kg	
3	Best Mulloway	5.0 kg	
4	Best Salmon	3.5 kg	
5	Best Dhufish	Legal size	
6	Best Tailor	1.5 kg	Mal Head, Kalbarri, 2.62 kg
7	Best Samson Fish	1.5 kg	
8	Best Fish on single handed rod maximum 4kg line class	Legal size	
9	Best Pink Snapper	2.0 kg	
10	Best Tarwhine	0.5 kg	
11	Best Mackerel	4.0 kg	
12	Best Skipjack Trevally (southern)	1.0 kg	
13	Best Trevally (northern)	4.0 kg	
14	Best Snook/Pike	0.5 kg	
15	Best Black or Yellow finned Bream	0.6 kg	
16	Best Scale fish other than sections 3 - 15	2.0 kg	
17	Best Fish caught on Fly Rod.	Legal size	

### **Barron Lure competition**

The Barron Lure competition is sponsored by Eric Parker, who donates the trophies. Try Eric's poppers, you will not be disappointed.

Heaviest Tailor on Lure.                      George Holman                      2.3 kg caught at Wagoie.

Heaviest Salmon on Lure.

Heaviest Scale Fish on Lure.                      Peet Wessels                      6.118 kg Yellow Tailed Kingfish at Rottnest

Reel Talk Editor, Terry Fuller

### **Your suggestions for 2010/11 Field Day dates, venues and boundaries**

Please fill out and send to:- Secretary, SCAC, PO Box 2834, Malaga 6944, or hand to John Crompton at any Club event. The target is before the January Committee meeting, Wednesday 20 January 2010, but really we want it as soon as possible, please. **DO IT NOW, PLEASE !!**

<b>Your Name</b>		<b>Date</b>	
------------------	--	-------------	--

<b>Month</b>	<b>Suggested venue</b>	<b>Dates</b>	<b>Boundaries, your reasons and more details</b>
May 2010		May 15/16 or	
June 2010		June 5/6/7 LWE or	
July 2010		July 17/18 or	
August 2010		Aug 14/15 or	
September 2010		Sept 25/26/27 LWE or	
October 2010		Oct 16/17 or	
November 2010		Nov 13/14 or	
December 2010		Dec 11/12 or	
January 2011		Jan 15/16 or	
February 2011		Feb 12/13 or	
March 2011		March 5/6/7 LWE or	AAAWA State Rock and Beach, Cheynes Beach, Bremer River mouth to Albany Harbour jetty, or
April 2011		Apr 16/17 or Apr 22 to 26 or	





**SMARTPLAY**

# DRINK

Beat the heat

# UP

## Dehydration and heat stress = poor performance

Avoid heat stress and poor performance by adequate fluid replacement during your sport or activity.

- Exercise in hot or humid weather will result in additional fluid loss and increase the risk of dehydration.
- Even small degrees of dehydration will cause a decrease in exercise performance.
- Dehydration contributes to fatigue and may make you susceptible to cramps, heat stress and heat stroke.
- Players, umpires, coaches, officials and spectators can be affected by heat.
- Children are at much greater risk of heat stress.

## Drink Up using the following measures

- Drink plenty of fluids.
- Don't wait to feel thirsty, thirst is a poor indicator of fluid needs.
- Although water replaces fluids, sports drinks (containing 4-8% carbohydrate and small amounts of electrolytes) provide:
  - Additional energy from carbohydrate which can delay fatigue and enhance performance, especially during prolonged events.
  - Salts (electrolytes) which aid the rehydration process.
- Flavoured drinks such as sports drinks and low concentration cordial, as a result of their taste, may encourage fluid consumption more than plain water.
- Cool fluids may be absorbed more rapidly than warmer fluids.

## Your Drink Up routine

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise.
- If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise.
- Drink at least 500ml (2 cups) 1 hour before exercise.
- Drink at least 150ml every 15 minutes during exercise.
- During exercise take advantage of all breaks in play to drink up.
- After exercise drink liberally to ensure you are fully re-hydrated.





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