

# **Surfcasting & Angling Club of WA (Inc)**

PO Box 2834 Malaga WA 6944 http://www.surfcasters.iinet.net.au

#### Club Committee for the Year 2008/2009

Vice President Peter Stoeckel Immediate Past President

Malcolm Harris

Treasurer Bev Grigo Field Day Officer Mark Hansen

Assistant Field Day Officer

Ian Cook

<u>Secretary</u> John Crompton

surfcast@iinet.net.au

**Dry Casting Officer** 

**POSITION** VACANT

Ass. Dry Casting Officer

**POSITION VACANT** 

**Property Officer** Vix Alexander

Reel Talk Editor Jennie Stoeckel

Recorder Ian Cook

Social Organiser Michelle Walker

Website Co-ordinator

Terry Fuller

**AAA Delegates** George Holman

Terry Fuller

Committee Person George Holman

Recfishwest Representative

Terry Fuller

## Life Members of the Club:

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

## **June 2009 Reel Talk Contents**

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

PO Box 2834 MALAGA WA 6944 Club Web Page: http://wwwsurcasters.iinet.au

Email: surfcast@iinet.net.au

### Minutes of General Meeting 13 May 2009

Venue:

Coolbinia West Perth Amateur Football and Sporting Club Rooms

**Time:** 2005 hrs

Vice President Presiding: Peter Stoeckel.

Members Present: 23 Members

Apologies: Trevor Stam, Greg Walker, Bob Henderson and Malcolm Head

Visitors: Pat Shinnick

**New Members:** None available.

**Previous Minutes:** 

As published in the May 2009 Reel Talk

Moved: Jim Strong Seconded: Allan Jones ...... Carried

Previous Committee Meeting: Held on 15 April 2009

Letter Shire of Dandaragan – Permission to access and Camp on Conventor Reach

Cervantes Beach

Terry Willison has quoted \$ 25.00 for a general Service of the Club's Generator Digital hour Meter to be purchased for the Generator estimated \$30.00

Vix - Purchased of First Aid Kit for the Club \$ 137.07c

#### Secretary's Report:

<u>AAA WA –</u> received a thank you letter for the use of the Laser at the Wallaroo SA National Championships.

<u>Peter Osborne</u> gives his congratulations to the AAAWA Surf Caters Team and said that the Surfcasters have a proud and successful history with the National Casting Championships

#### **Correspondence Out:**

Letter sent to the Shire of Dandaragan to book the Cervantes Field days in November 2009 & February 2010

Two Membership reminders sent to John Rose and Theo & Louise Van Niekerk Letter sent to Marcia Pekaar for an arrangement to return Club SCAC Property to the new Reel Talk Editor being Jennie Stoeckel

#### **Correspondence In:**

Kalbarri – Water Rates

Westpac – Cheque Book

National Bank - Mortgage return details

Seniors Recreation Council – Have a Go Day

BT Financial Quarterly Statement

Cancer Council – Bowl Cancer Awareness, \$200.00 Sponsorship to Host an Event <a href="City of Stirling">City of Stirling</a> - Newsletter for April with Club details included, Photo of the Surf Casters Team at Phillip Island, next will be the Team who attended the Wallaroo Event for the August Newsletter

<u>Healthway Sponsorship</u> of \$800.00 will be deposited into your clubs bank account by the middle of May.

Membership Fees received from John Rose

Cheque received from Theo Van Niekerk, for a week's holiday at Kalbarri Club House

Correspondence received from Marcia Pekaar on the Clubs Property

#### **Emails In/Out:**

Club enquiry - Stefan Wiklund

Enquiry on the use of an Alvey, William Kolesar handed over to Terry Fuller for advice

Club and Dry Casting enquiry - Gino & Jacqui Bird

Healthy Club Newsletter via Email

Yellow Pages online – Club details under the heading of Clubs-Angling

<u>Stirling Shire</u> - Application for Approval of a Temporary Outdoor Cooking Facility, plus

Requirements for use of temporary Food Premises, Do's and Don'ts

<u>Out Visi</u>t - Club's Committee to the City of Stirling for a Seminar on Committee Management Procedures

Treasure	er's Rep	ort: 13 <sup>th</sup>	May 2009
Beverley	Grigo re	ported a	s follows:

Bank Statement Balance 31/03/09:	
Bank Balance as at 13/05/09:	
Net current cash:	

#### Note:

No dry casting fees, BBQ funds or raffle ticket sale funds received so not included in the accounts.

Moved: George Holman Seconded: Sandra Wessels ......Carried

#### **Property Officer:**

Kalbarri is fully booked for June, July and August.

#### **Reel Talk Editor:**

Peter Stoeckel spoke on behalf of Jennie Stoeckel

The new reel Talk Editor will be Jennie Stoeckel, all reports to be in by the 23<sup>rd</sup> of each Month.

<u>Peter Stoeckel</u> thanked Marcia for all of her assistance on her past service on the Reel Talk.

Marcia reports of a complete new issue of the Reel Talk for May 2009.

### Field Day Officer:

40 metres of Fish was caught on the field day at Reef Beach

Certificates handed to Mark Hansen and Malcolm Harris

Boundaries for the June Field day, will be from Hutt River to Frustration Bay North of Kalbarri

#### Dry Casting Officer: For further details see report in Reel Talk

"<u>lan Cook</u> asked about the computer scoring system for dry casting. <u>Terry Fuller</u> explained the history and current state of the unfinished computer system he had developed."

Ian Cook gave a report for dry casting on Sunday 3 May

Terry Fuller got two bulls eyes in the single handed accuracy

Malcolm Harris got 5 casts over 120 m in the distance casting

#### **AAA Report:**

Debrief of the National Championships to be held at George's House on the 8 June at 2000 hrs (8.00pm)

<u>Pat Shinnick</u> gave the Members a general overall report of the Wallaroo National Championships and thanked all Club members who helped on the field and on the scoring

Jim Strong and Dick Suidak to be given a presentation at the AAA Delegates Meeting 19 May 2009, all Club Members are invited to attend

George gave a vote of thanks to Pat Shinnick for his attendance and the General run down of the Wallaroo Championships event.

#### Recorder:

Reef Beach was very good fishing on Friday but tapered out on Saturday and Sunday,

#### **Social Organizer:**

Mini Golf Day to be organized for a day out with the Club Members, Date and Time to be advised.

Thank you to <u>Mary Gildersleeves</u> for acquiring \$100 from Steggles Chickens, for the Presentation Night.

If any other members would like to add to the donations for the Presentation Night, Please contact <u>Michelle Walker 0407 037 725</u>

# Next General Meeting in June will be the cutoff date for Members to purchase their Trophy Night Tickets.

#### **Notices of Motion:**

#### Moved by Mark Hansen

I propose the changes in the competition Rules of **6.1 Points for Field Days** 

To delete the following:-

"Attendance on each Field day......2 points"

And replace it with the following:-

"Attendance on each local Field Day......2 point

Attendance on each away Field Day......3 points"

The reason for this is to encourage more participation on away Field days and to reward those that take the time, effort, expense and preparation to compete on the away FD venues with the full quotient of 2 sports person of the year points per Field Day. While those that choose to fish within the local Field Day boundaries don't have to expend the same amount of time, effort, expense and preparation to compete, so receive 1 sport person of the year point for their attendance per local Field Day

### **Topic for Discussion**

Moved by..... **Mark Hansen.** I propose that:-

"All members of the committee are required to have their own valid, current email address"

The reason for this is ease of cost effective, efficient communication and dissemination of information amongst all the committee members.

#### **General Business:**

"<u>Terry Fuller</u> asked about the "committee meeting" on 5 May as mentioned in the President's email about the club computer.

Committee members advised that members attended the "Clubs Forever" discussion on that night, but no special Committee meeting had been held.

The decision about the Club computer had been made at the previous month's normal Committee meeting."

**Instruction Period**: Lea Taylor - Fishing with Plastics and Lures

#### Raffle:

1<sup>st</sup> prize won by – Pat Shinnick 2<sup>nd</sup> prize won by – Pat Shinnick – 3<sup>rd</sup> prize won by – Peter Stoeckel

Meeting Closed: 2150 hrs



#### **June General Meeting**

**Where:** Yokine Bowling Club. 10 Woodsworth Avenue Yokine

When: Wednesday 10<sup>th</sup> June at 20:00 Hours

**Instruction:** Fishing with **Soft Plastics** by **Lee Taylor Pt 2** 

June Field Day

Where: Wagoe (Safari)
When: 30<sup>th</sup> May to 1<sup>st</sup> June

Sign on: Saturday 11:00 At Lucky Bay turn off.

**Lines down:** Saturday 12:00hrs

Weigh in: Monday 10:00 At Lucky Bay turn off.

Boundaries: Northern: Frustration Reef Murchison River
Southern: I Km south Port Gregory Jetty

July Field Day

Where: Capes (South)
When: 13<sup>th</sup> & 14<sup>th</sup> June

Sign on:Saturday 11:00 at car park at Busselton Jetty.Weigh in:Sunday 11:00 at car park at Busselton Jetty.

**Boundaries:** Northern: Busselton Jetty

Southern: Margaret River mouth.

**August Field Day** 

**Where: Rottnest Island When:** 15<sup>th</sup> & 16<sup>th</sup> August

Sign on:Saturday At ferry terminalWeigh in:Sunday To be advised.

**Boundaries:** Rottnest Island.

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**Local Field Day for June** 

**When:** 30<sup>th</sup> May to 1<sup>st</sup> June

**Sign on:** At the General Meeting or to the FDO by 18:00 on Thursday

**Lines down:** Saturday 12:00hrs

Weigh in: Monday 10:00hrs George Holman's House. Scales will be available on

his back patio. An adult member must witness weights. FD Money to be left with the scales in an envelope with your name and details written in the carbon copy FD book NO MONEY NO POINTS. Results to be phoned into

F.D Officer by 2000hrs Tuesday night.

**Boundaries:** Cape Peron to Mindarie Keys

Local Field Day for July

**When:** 13<sup>th</sup> & 14<sup>th</sup> July

**Sign on:** At the General Meeting or to the FDO by 1800 on Friday

**Lines down:** Saturday 07:00hrs

Weigh in: Sunday 12:00hrs George Holman's House. Scales will be available on

his back patio. An adult member must witness weights. FD Money to be left with the scales in an envelope with your name and details written in the carbon copy FD book <u>NO MONEY NO POINTS</u>. Results to be phoned into

F.D Officer by 2000hrs that night.

**Boundaries:** ASI Groyne to Two Rocks

# 2008/2009 Dry Casting Dates

All these events are held at Yokine Reserve, Wordsworth Avenue, Yokine. The day commences at 8:30am.

Sunday 7 <sup>th</sup> June 2009	Sunday 5 <sup>th</sup> July 2009
Sunday 2 <sup>nd</sup> August 2009	Sunday 13 <sup>th</sup> September 2009

# 2008/2009 General Meeting Dates

The meeting is held on the 2<sup>nd</sup> Wednesday of each month at Coolbinia West Perth Amateur Football and Sporting Club room, Wordsworth Avenue, Yokine. All meetings commence at 8:00pm.

Wednesday 10 <sup>th</sup> June 2009	Wednesday 8 <sup>th</sup> July 2009
Wednesday 12 <sup>th</sup> August 2009	Wednesday 10 <sup>th</sup> September 2009

# **Club Clothing**

Please phone John Crompton on 9249 6209 to purchase your Club clothing.

SURF CASTERS CLUB COLORS											
Shirts S/L 30.00	Shirts L/S \$ 30.00	Polo Jack	ets \$50.00 Each								
2 x 12	1 x Size 16	Heavy Jackets	Light Jackets								
2 x 14	3 x SIZE 24	2 - XL	2 - XL								
1x 16	1 x SIZE 26	2 - S	1 - XXL								



## FIELD DAY VENUES 2009/2010

DATE	VENUE	BOUNDARIES						
30 May-1 June LWE	Wagoe (Safari)	Port Gregory/Murchison River mouth						
11-12 July	Capes North	Margaret River/Busselton Jetty						
15-16 August	Rottnest Island	Rottnest Island						
26-28 September LWE	Emu Springs	As far as you can drive east or west along the coast						
10-11 October	Rottnest Island	Rottnest Island						
14-15 November	Cervantès	1km south of Cervantès jetty/100m north of Hill River mouth						
12-13 December	Seabird/ Moore River	Seabird settlement/as far as you can walk south of Moore River mouth						
16-17 January	Local	Floreat drain close boundaries + BBQ or pizzas						
13-14 February	Cervantès	1km south of Cervantès jetty/Jurien marina						
27 February-1 March LWE	Warren River	Donnelly River/Windy Harbour						
24-26 April LWE	Bluff Creek	As far as you can walk past Eastern Rocks/Cheynes Beach						

## **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.

29/	/	AAA E	vent																	
8	Dry Casting			11	Ge	eneral	Mee	Meeting 14 15 Field				Day	Day 18 Committee N					ting		
	June 2009 July 2009								August 2009											
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>1</u>	2	3	4	5	6	<u>7</u>			1	2	3	4	<u>5</u>	31					1	<u>2</u>
8	9	10	11	12	13	14	6	7	8	9	10	<u>11</u>	<u>12</u>	3	4	5	6	7	8	9
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	<u>15</u>	<u>16</u>
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30						27	28	29	30	31			24	25	26	27	28	29	30

#### **Dry Casting Results, 3 May 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.

These are the correct results for May. Please ignore the results published in the earlier version of the June Reel Talk on pages 10 and 11.

Results for the day	56 g	jram .		Artifici	al Bait		112	gram				Do	uble l	Hande	ed Ac	curac	у	Double Handed Accuracy				d Acc	curacy				
	Cast	Cast		Cast	Cast		Cast	Cast				Ta	arget	numb	er				Target distance				Day	Atten	dance	Total	
Seniors	1 (m)	2 (m)	Points	1 (m)	2 (m)	Points	1 (m)	2 (m)	Points	3	3	1	1	4	4	2	2	Points	L	S	L	S	Points	Total	DC	G M	Points
Malcolm Harris	132	0	13	128	120	25	158	165	32	7	17	11	14	10	2	6	22	89	9	7	1	8	25	184	10	10	204
Mark Hansen	97	0	10	87	0	9	132	141	27	14	10	13	11	15	21	23	5	112	2	9	3	6	20	178	10	10	198
Eric Parker	94	87	18	94	93	19	120	115	24	14	0	20	10	0	0	22	20	86	5	8	0	7	20	167	10	10	187
Ian Cook	135	138	27	0	113	11	139	150	29	0	22	18	0	0	11	10	18	79	4	6	0	7	17	163	10	10	183
Peter Pekaar	0	131	13	138	131	27	0	157	16	1	12	21	9	20	1	0	19	83	3	7	7	2	19	158	10	10	178
Greg Walker																									10	10	20
Veterans																											
George Holman	0	122	12	118	92	21	123	134	26	23	0	22	19	16	15	20	16	131	5	7	3	7	22	212	10	10	232
Allan Jones	118	111	23	103	105	21	120	120	24	21	0	21	24	24	9	17	22	138	8	6	5	8	27	233	10	10	253
Terry Fuller	84	87	17	83	74	16	99	106	21	19	10	5	7	12	0	12	13	78	8	10	0	10	28	160	10	10	180
John Crompton	97	91	19	84	69	15	64	93	16	2	6	17	11	12	14	6	18	86	0	0	0	0	0	136	10	10	156
Dean Stewart	50	29	8	75	62	14	78	72	15	17	0	14	18	0	20	16	0	85	5	0	6	2	13	135	10	10	155
Jim Strong	37	60	10	57	58	12	72	73	15	0	1	18	24	0	0	12	11	66	5	0	1	1	7	110	10	10	130
Trevor Stam	80	81	16	32	69	10	83	78	16	0	0	18	6	22	0	22	1	69	0	0	0	2	2	113	10		123
Eric Leigh							85	90	18										0	3	0	0	3	21	10		31
Geoff Raftis																									10		10
Ladies																											
Vix Alexander	104	97	20	0	0	0	104	103	21	0	9	15	23	0	13	24	18	102	9	1	0	5	15	158	10	10	178
Marcia Pekaar	89	93	18	85	87	17	100	96	20	15	6	6	9	21	12	0	18	87	0	0	0	8	8	150	10	10	170
Wendy Hansen	58	87	15	78	80	16	93	91	18	0	13	13	14	0	0	16	5	61	0	0	0	0	0	110	10	10	130
Michelle Walker	33	49	8	51	48	10	48	31	8	0	0	0	12	0	0	0	0	12	7	5	0	8	20	58	10	10	78
Juniors																							•				
Holly Walker	40	35	8	29	41	7	33	56	9	0	0	0	12	0	0	10	6	28	0	0	0	2	2	52	10	10	74

### Dry Casting Winners for 3 May 2009.

These are the correct results for May. Please ignore the results published in the earlier version of the June Reel Talk on pages 10 and 11.

These results have been prepared by Marcia and Peter Pekaar and Terry Fuller from the original hand written distances and scores recorded on the day.

Event	Seniors	winner	Veterans	s winner			
56 gram Score	27	Ian Cook	23	Allan Jones			
56 gram Distance	138	Ian Cook	122	George Holman			
Artificial Bait Score	27	Peter Pekaar	21	George Holman, Allan Jones			
Artificial Bait Distance	138	Peter Pekaar	118	George Holman			
112 gram Score	32	Malcolm Harris	26	George Holman			
112 gram Distance	165	Malcolm Harris	134	George Holman			
Double Handed Acc.	112	Mark Hansen	138	Allan Jones			
Single Handed Acc.	25	Malcolm Harris	28	Terry Fuller			
Section Highest Points	204	Malcolm Harris	253	Allan Jones			

Event	Ladies v	vinner	Junior w	rinner
56 gram Score	20	Vix Alexander	8	Holly Walker
56 gram Distance	104	Vix Alexander	40	Holly Walker
Artificial Bait Score	17	Marcia Pekaar	7	Holly Walker
Artificial Bait Distance	87	Marcia Pekaar	41	Holly Walker
112 gram Score	21	Vix Alexander	9	Holly Walker
112 gram Distance	104	Vix Alexander	56	Holly Walker
Double Handed Acc.	102	Vix Alexander	28	Holly Walker
Single Handed Acc.	20	Michelle Walker	2	Holly Walker
Section Highest Points	178	Vix Alexander	74	Holly Walker

Event	Overall	winner for May	Year's best up to May			
56 gram Score	27	Ian Cook	27	Ian Cook		
56 gram Distance	138	Ian Cook	138	Ian Cook		
Artificial Bait Score	27	Peter Pekaar	27	Peter Pekaar		
Artificial Bait Distance	138	Peter Pekaar	138	Peter Pekaar		
112 gram Score	32	Malcolm Harris	32	Malcolm Harris		
112 gram Distance	165	Malcolm Harris	165	Malcolm Harris		
Double Handed Acc.	138	Allan Jones	138	Allan Jones		
Single Handed Acc.	28	Terry Fuller	28	Terry Fuller		
Section Highest Points	253	Allan Jones	253	Allan Jones		

# Recfishwest report for Surfcasters General Meeting 13 May 2009

#### 1. Recreational consultative structures and Recfishwest

The Fisheries Minister wants only a limited number of groups to give him advice.

The Recreational Fishing Advisory Committee (RFAC) and Regional Recreational Fishing Advisory Committees (RRFAC) have been advised that RRFACs will not continue past 30 June 2009. RFAC will hold a planning day about their future on 18 May.

Recfishwest will be responsible for giving recreational fishing advice to the Minister, covering the whole State and including regional and country representation.

As you all know, WA is very big place with many very different fisheries, and recreational fishermen are a very diverse lot, some with strong opinions.

Recfishwest has considered what this will require of its Board structure, staff and funding to consult and inform regional WA fishermen and ensure they can have their ideas and problems heard.

A Strategic Planning Meeting of the Recfishwest Board was held on Saturday 9 May to finalise the Board structure and commence the changes required to the Constitution. I am on a small group set up to redraft the Constitution.

Subject to Constitution changes which need approval by Recfishwest members, the proposal is:-

- Four Regional Board members will be added, one for each of West and South Coast, Gascoyne and Pilbara/Kimberley regions. These Board members must live in those regions.
- The number of public Board members (almost all from metro in the past) reduces by 1 to 6; the number of Association Board members reduces by 1 to 5.

If accepted, the real change and real challenge for the 6 current Associations is that the 5 Board member positions will be open to other Associations (with eligibility rules still to be documented) and will be chosen by voting by ordinary Recfishwest members.

There will no longer be a guarantee that current Associations will have direct representation on the Board. This change will give new Associations representing some other fishing groups an opportunity to be on the Board if eligible and if elected.

However I stress that the changes are designed to ensure ALL recreational fishermen, country and metro, have their needs and ideas included, and that Recfishwest and Board members always put the needs of the fish and fishery, the environment, and all fishermen including future generations ahead of any one group's current demands if these conflict.

Staff changes include a new Regional Policy Officer and extra Admin support.

Very busy times ahead!!

#### 2. Marine Bioregional Planning in Commonwealth waters of the South-west.

There will be an information session on 18 May about Marine Bioregional Planning in Commonwealth waters of the South-west Marine Region. Those are outside the 3 nautical mile State waters boundary. The session is designed to provide key stakeholders with an overview of progress made in the planning process, and discuss the next stage of planning which will lead to the completion of a Draft Plan.

The Department has identified seven large "Areas for Further Assessment" to focus the next stage of reserve design for the development of the draft network proposal. Some measures, other than marine reserves, will be included in the Draft Plan. A focus of the meeting will be the role of stakeholder input prior to and following the release of the Draft Marine Bioregional Plan.

#### 3. Recfishwest Membership

Recfishwest is the peak body representing the interests of recreational fishers in Western Australia. Last year when the organization was under threat, recreational fishers supported Recfishwest, but <u>we need you to continue that support.</u>

Decisions to be made in 2009 will affect future fishing opportunities for your children and grandchildren. Recfishwest intends meeting these challenges and assures you that we will be the most effective vehicle for getting your views heard in this crucial year.

Recfishwest is **your** public voice whenever decisions which affect our fisheries, or access to them, are being made. We want you to become a member of Recfishwest or to renew your membership. Membership costs only \$20 a year per person, \$40 for families and \$10 for seniors.

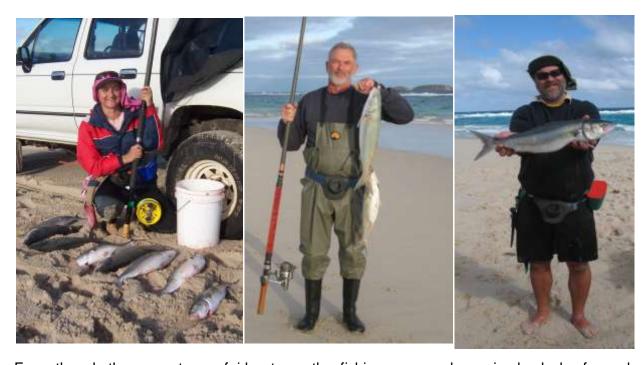
Please contact the office on (08) 9246 3366, email to <a href="recfish@recfishwest.org.au">recfish@recfishwest.org.au</a> or apply at the Recfishwest website, <a href="http://www.recfishwest.org.au/MembershipDet.htm">http://www.recfishwest.org.au/MembershipDet.htm</a> Together we can make a difference!!

This report has been prepared by Terry Fuller, your Recfishwest Board Member for the Australian Anglers Association working voluntarily on your behalf. Contact Terry on 9447 4545 or email terryfuller@iinet.net.au with any questions or comments.

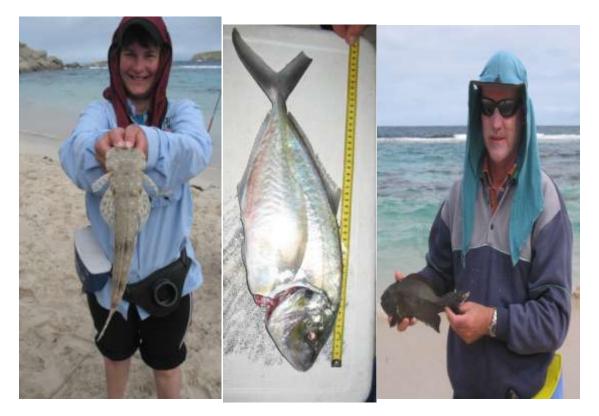
## Reef Beach to Bremer Bay Field Day Report 25-27 April 2009

A bit after 7.00am Friday saw a two car convoy [Mark and Wendy + DBdog, Malcolm and Vix + Cintadog] set off, from Perth, in a south easterly direction heading through the 470kms of parched pastoral landscape arriving at the Reef Beach track turn-off. The trip 'til then had taken six hours, another 30 minutes off slow driving over the rocky track the stunning vista of Reef Beach lay before us, five minutes later we found the campsite that was set up the day before by lan, Peet, Sandra, Melvin and Claudine. Everyone who attended this Field Day venue was at Reef Beach. The layout of the beach is moderately soft, very wide sand that is scalloped where there are breaks in the reef that runs parallel about 100 to60 metres off-shore for most of the 8kms that the beach spans before terminating at massive headlands at each end. A deep channel lies between the beach and the reef; this is where the fish are. The weatherfor Peet, Sandra, lan and Melvin and the fishing pre FD had been wonderful with salmon and skippy in abundance, Peet evencaught a kilo+ skippy, which will go into the open competition.

Most of the fishing was done east of the camp with some lovely skippy caught at the eastern headland and twin hook ups of salmon on "double headed white bait rigs" happened regularly. The salmon although numerous weren't massive, the heaviest being 2.328kg caught by Mark using soft plastic lures. The skippy were both numerous and large, Melvin had the privilege of landing the largest, a 1.346kg, well done!



Even though the current was fairly strong the fishing was made easier by lack of weed, moderate winds, small seas and low tides at dawn and dusk. The good weather prevailed during most of the daylight hours; we had a little overnight drizzle but nothing to worry about. The eastern end of the beach offered the most protection from the wind and currents, so still was the air that the hordes of hungry sand flies made a meal of any exposed flesh. Despite this some nice flathead, skippy and blackfish [and some crafty buff bream] were landed. A lot of other youngish 4Wdrivers were using the beach and getting bogged quite badly because of too much tyre pressure. So on the Sunday of I drove from the campsite to the various fishing spots and back to camp in 2wheel drive only, as an exercise in proving that a gentle accelerator foot, ground clearance and appropriate tyre pressure [front 16psi, back 20psi] are all you need in most circumstances on beach sand.



At the weigh in everyone had bags of fish to start the New Year's competition, the seven species were represented, mostly salmon and skippy. The Best Scale went to Mark Hansen for his 2.328kg salmon, Best Bag of Scale fish was won by Malcolm Harris with a bag of 15.436kg consisting of four species, Mal also took out this month's Length Comp 14.02metres made up of five species. The 11 species caught totalled up to 41.05metres. Four people fish at the local Field Day at Floreat and Alkimos resulting in two herring and two flathead.



The time had come to bid farewell to Reef Beachand start the long drive home, we went via the Brookton Highway which is rather scenic and devoid of traffic. This venue is particularly good for fishing and I'm sure we'll be back in the not too distant future.

#### Mark Hansen

#### **Field Day Officer**

# <u>SURFCASTING & ANGLING CLUB</u>



# <u>OF WA (Inc)</u> ANNUAL DINNER & PRESENTATION NIGHT



at the

# GLENEAGLES BAR & RECEPTION CENTRE, HAMERSLEY GOLF COURSE

102 MARMION AVENUE, KARRINYUP (Heaps of Parking)

Pre-dinner Drinks Commence at 6.00 pm

**MENU** 

**ENTRÉE**: (served to your table) Pumpkin Soup

MAIN BUFFET: Roast Beef & Seasoned Leg of Lamb

Seasonal Vegetables Assorted Chef's Salads A Collation of Cold Meats

**DESSERT BUFFET:** Profiteroles Served with Chantilly Cream.

FINISH OFF YOUR EVENING WITH: Fresh Fruit & Assorted Cheese Mirror with

Crackers
Tea or Coffee







# PLEASE PURCHASE YOUR TICKETS BY NEXT GENERAL MEETING ( 10<sup>th</sup> June 2009)

Tickets: Adults \$50; 16 years old and under \$25 FAMILY & FRIENDS ARE WELCOME – THE MORE THE MERRIER

These are the wonderful businesses that have so far sponsored not only the presentation night but the Surfcasters Club itself. Please thank our sponsors by supporting their business!!!











Doug Krause

Unit 3/11 Alexander Drive

Malaga WA 6090















## Margaret River to Blackwood River Field Day 16&17 May 2009

The still air was filled with smoke as we drove down the Cowaramup Rd on our way to Gracetown, on the coast just north of Margaret River. This "Capes South" Field Day had seen us arrive on Friday afternoon at this little settlement .We met up with Sandra and Peet at the sign on at the mouth of the Margaret River, then Mal and Vix showed followed by Theo, Louise and Frank. Melvin rang in earlier saying he was going to be a bit late. Five of the seven competitors headed for Hamelin Bay while mark and Wendy took the very rough track to Bob's Hollow just near Contos. By the time we had carried the gear from the car down the limestone ravine, passed Bob's Hollow[cave], through the dunes, across the beach and over the granite rocks it was nearly 2pm. The granite rocks have three convenient rod holders cemented in along with a rusty old steel "eye" bolt lifeline if and guide rope to attach the sea gets rough.





The sea was

glassy, a slight off shore breeze made using a flick rod a doddle. The fish started slow until the burley had taken effect and the herring and skippy boiled around the soft plastics we were using on the surface. Around 7pm the fish went off the bite, while Wendy carried loads of gear back to the car, I cleaned the fish by torchlight at the beach. Meanwhile the group at Hamlin Bay had got onto some good size salmon, tailor and the odd annoying ray.

The next day we got to the weigh in area a little early so I thought I'd try and catch a whiting or wrasse at the mouth of the Margaret River, alas every fish was undersized and returned. By the time I'd got back to the car the weigh in paraphernalia had been set up, including the clubs new scales which are much more wind tolerant and have a large display. Hamelin Bay had been very productive as all the Field Day winners fished there.





Eight people weighed in seven species of fish. Theo Van Niekerk's 4.432kg salmon won best Scale Fish, while Best Bag of 9.830kg scale fish went to Malcolm Harris who just pipped Peet Wessels by 0.022kg! The Local FD had two fishers and one mini junior that fished at Floreat and Fremantle with one whiting to weigh in.

In the Length Competition 12 species were measured, totalling up at 39.76 metres. Malcolm Harris won the seniors with 9.85 metres of fish while, at Freo and a little help from Peter, Kailtin Stoeckel cleaned up the juniors with 1.06 metres, well done!



Normally we fish Rottnest in May but this Capes south Field Day has been a success in that good fish were caught and the weather was wonderful. Our next Field Day is Hutt River to Frustrations [just north of the Murchison River] over the June LWE and safari for the rest of the week, which should see some prized northerly species in the bag.

#### **Field Day Officer**

#### Mark Hansen

# Recorders Report for May 2008 – 2009

# **Open Competition Results including April 2009**

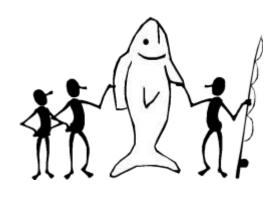
Section	For	Min Weight	Details
1.	Most Meritorious Capture	None	Winner chosen by the Committee, if the Committee considers meritorious enough.
2.	Best Shark	4.5 kg	
3.	Best Mulloway	5.0 kg	
4.	Best Salmon	3.5 kg	
5.	Best Dhufish	Legal size	
6.	Best Tailor	1.5 kg	John Crompton 1.575 kg Cervantes
7.	Best Samson Fish	1.5 kg	
8.	Best Fish on single handed rod, maximum 4kg line class	Legal size	Mal Harris Bluelined Emperor 1.3 kg Shelter Bay Shark Bay
9.	Best Pink Snapper	2.0 kg	
10.	Best Tarwhine	0.5 kg	
11.	Best Mackeral	4.0 kg	
12.	Best Skipjack Trevally (southern)	1.0 kg	Peet Wessels 1.23 kg Reef Beach
13.	Best Trevally (northern)	4.0 kg	
14.	Best Snook/Pike	0.5 kg	
15.	Best Black or Yellow fin Bream	0.6 kg	Ian Cook Black Bream 1.561 kg Frankland River Nornalup
16.	Best Scale fish other than sections 3 to 14	2.0 kg	George Holman Wagoe Morwong 4.0 kg
17.	Best Fish caught on Fly Rod.	Legal size	

	Field Day Sections up to and including April				
Section Angler Species Weig					
1A	Best Scale Fish (1st Six Months)	Ian Cook	Samson Fish	14.125	
1B	Best Scale Fish (2nd Six Months)	Mark Hansen	Salmon	2.328	
2	Most Meritous Fish	Ian Cook	Samson Fish	14.125	
3	Best Shark (4.5kg min)	Melvin Wee	Shark	6.755	
4	Best Mulloway (2.0kg min)				
5	Best Tailor (1.0kg min)	George Holman	Tailor	4.088	
6	Best Salmon (3kg min)	Mark Hansen	Salmon	3.842	
7	Best Skipjack Trevally (0.5 kg min)	Peet Wessels	Trevally, Skipjack	1.072	
8	Best Mackerel (2kg Min)				
9	Best Scale Fish (Other than above)	Ian Taggart	Samson Fish	12.145	
10	Best Bag Of Scale Fish	Ian Cook	Mixed Bag	29.296	
11	Best Bag Of Mulloway (2 Fish Min)				
12	Best Bag Of Tailor (2 Fish Min)	George Holman	Tailor	4.790	
13	Best Fish On S/H Rod 4kg b/s line (max)	Lea Taylor	Whiting, Yellowfin	0.382	
14	Best Fish Caught on Fly Rod				

Sportsperson Of The Year Sections for April			
Section	Angler	Species	Weight
Best Scale Fish	Mark Hansen	Salmon	2.328
Best Bag of Scale fish Malcolm Harris Mixed Bag 15.			

Field Day Prizes for April			
Section	Angler	Species	Weight
Best Scale Fish	Mark Hansen	Salmon	2.328
Best Bag of Scale fish	Malcolm Harris	Mixed Bag	15.436

Top Ten up to April			
Rank	Angler	Total Points	
1	Malcolm Harris	1918.7	
2	Peet Wessels	1384.8	
3	Sandra Wessels	1193.8	
4	Mark Hansen	1055.0	
5	George Holman	990.9	
6	Lea Taylor	926.0	
7	Vix Alexander	911.8	
8	Ian Cook	843.9	
9	Melvin Wee	774.0	
10	Wendy Hansen	446.5	



## **Barron Lure Competition 2008 - 2009**

Heaviest Tailor Mark Hansen Heaviest Salmon Mark Hansen

Peet Wessels caught a nice Grand Masters Skipjack Trevally of 1.23kg on the Friday at Reef Beach prior to the April field day. The fish also goes into section 12 of the open competition.

# <u>2008 – 2009 Competition Year</u> <u>Masters and Grand Masters Fish</u>

<u>Masters</u>		kg
Mal Harris	Skipjack Trevally	0.728
	Tailor	2.304
	Flathead	0.712
	Snook	1.052
Vix Alexander	Skipjack Trevally	0.715
Melvin Wee	Shark	10.580
Theo	Skipjack Trevally	0.990
Dave Maxted	Tarwhine	0.678
	Tailor	1.502

Lea Taylor	Salmon	3.640
Mark Hansen	Salmon	3.842
	Yellowtail Kingfish	3.936
Peet Wessels	Tailor	1.326
Sandra Wessels	Tailor	1.704
George Holman	Skipjack Trevally	0.635
Melvin Wee	Flathead	0.712
Peter Osborne	Yellowtail Kingfish	3.200
Grand Masters		kg
Mal Harris	Skipjack Trevally	1.024
Mai Hailis	Onipjack Hevally	1.024
wai riams	Snook	1.600
Melvin Wee	• • • • • • • • • • • • • • • • • • • •	_
	Snook	1.600
Melvin Wee	Snook Snook	1.600 1.686
Melvin Wee Ian Cook	Snook Snook Sampson Fish	1.600 1.686 14.125
Melvin Wee Ian Cook George Holman	Snook Snook Sampson Fish Tailor	1.600 1.686 14.125 4.088
Melvin Wee Ian Cook George Holman Ian Taggart	Snook Snook Sampson Fish Tailor Sampson Fish	1.600 1.686 14.125 4.088 12.145

Salmon

Ian Cook

# 2008 - 2009 Competition Year

3.646

	Field Day Sections Up to May				
	Section	Angler	Species	Weigh t	
1 A	Best Scale Fish (1st Six Months)	Theo Van Niekerk	Salmon	4.432	
1 B	Best Scale Fish (2nd Six Months)				
2	Most Meritous Fish				
3	Best Shark (4.5kg min)				
4	Best Mulloway (2.0kg min)				
5	Best Tailor (1.0kg min)				
6	Best Salmon (3kg min)	Theo Van Niekerk	Salmon	4.432	
7	Best Skipjack Trevally (0.5 kg min)	Peet Wessels	Trevally, Skipjack	0.570	
8	Best Mackerel (2kg Min)				
9	Best Scale Fish (Other than above)				
10	Best Bag Of Scale Fish	Malcolm Harris	Mixed Bag	9.830	
11	Best Bag Of Mulloway (2 Fish Min)				
12	Best Bag Of Tailor (2 Fish Min)	Theo Van Niekerk	Tailor	6.130	
13	Best Fish On S/H Rod 4kg b/s line (max)				
14	Best Fish Caught on Fly Rod				

Sportsperson Of The Year Sections for May				
Section	Angler	Species	Weigh t	
Best Scale Fish	Theo Van Niekerk	Salmon	4.432	
Best Bag of Scale fish	Malcolm Harris	Mixed Bag	9.830	

Field Day Prizes for May			
Section	Angler	Species	Weigh t
Best Scale Fish	Theo Van Niekerk	Salmon	4.432
Best Bag of Scale fish	Malcolm Harris	Mixed Bag	9.830

Top Ten up to May			
Rank	Angler	Total Points	
1	Peet Wessels	208.1	
2	Malcolm Harris	188.3	
3	Sandra Wessels	163.0	
4	Theo Van Niekerk	146.2	
5	Mark Hansen	111.4	
6	Wendy Hansen	67.7	
7	Vix Alexander	64.6	
8	Melvin Wee	50.0	
9	George Holman	30.1	
10	Peter Stoeckel	20.0	



Masters Fish for May			
Angler	Species	Weight	
Peet Wessels	Tailor	1.058	
Theo Van Niekerk	Salmon	4.432	

The year started off well for Masters Fish. Peet Wessels captured a Tailor of 1.058kg. Theo Van Kiekerk landed an excellent Australian Salmon of 4.432. This is one of the largest salmon caught in the last couple years.

Malcolm Harris has set a good target to beat with a bag of 9.8 kg. The rest of us will have to buck up and unitise Wagoes full potential to produce good catches.

Tight Lines Cookie

### **Editor's Notes**

Well, the first Reel Talk for me is done – hopefully without too many errors! Firstly, I would like to thank Marcia for all her help with the information that was sent to me. It saved a lot of time not having to work out tables, etc! So thank you Marcia for helping me retain some sanity!

As you will have noticed, the committee has decided to trial the Reel Talk with colour. The magazine will look much more interesting and vibrant with colour. Please let the committee know your thoughts on these changes.

The most important item to take note of this month is the Annual Dinner & Presentation Night. This is always a great evening and Michelle has worked hard to ensure that the new venue will be fantastic. So please show your support by purchasing your tickets as soon as possible.

Please send any articles and stories for the Reel Talk by the 23<sup>rd</sup> of each month. This will ensure that you will receive your magazine in time for Dry Casting.

Email: jenspirit@bigpond.com

Jennie



# Social Organiser's Report

We wish to give our sincere thanks to the following people and companies for their kind donations toward the Presentation Night 2009.

- George and Kaye Holman 1.8lt Thermos, Thermos cups and \$50.00
- Dave Maxted for donating a Jarvis Walker Backpack which was the raffle prize he won at the March 2009 General meeting
- Jennie Stoeckel for securing a donation of 4 rods and 1 reel from TACKLE SHACK in Malaga (value \$575.00); two 1 year subscriptions for West Australian Fishing Magazine plus 15 magazines for spot prizes; one 1 year subscription from Western Angler Magazine; hair products from TRIM FOR HIM & HER in Ballajura
- Mary Gildersleeves for getting a donation from Steggles Chicken to the value of \$100.00
- Morris Kolman for a donation of a 50lt Eskee

Please contact Michelle with trophy and/or prize donations. If you have any perpetual trophies, please contact Michelle to arrange their return ASAP.

Contact Michelle on Mobile: 0407 037 725 or email: gregwalkercontract@bigpond.com

#### Surf Casting and Angling Club website report to General Meeting, 13 May 2009.

Since the April General Meeting, I have

- added the May Reel Talk,
- added the entry form and the rules for length competition thanks to Mark Hansen, and
- updated the list of Committee members since 2005.

I thought that last one would be an easy job, but in fact it turned out to take a lot longer because of the Committee changes. Can members please let me know if there are any errors in the version on the website.

Several times I have said that the latest version of the Club's Competition Rules was the April 2006 version. I have been wrong. In fact there IS a later version, dated 5 June 2006.

I prepared that version while I was Secretary, but for some reason I didn't get around to putting it on the website before I lost access when I stepped down from those jobs.

I was reminded about this while looking at emails and found an email I had sent to lan Cook in February 2007 when he had asked me for a Word copy so he could update the rules, and I told him then I hadn't put it on the website.

I have now put this version on the website, but because it's nearly 3 years out of date, I have added a note saying that it is not up to date because some rules have been changed.

I have not received any guidance or directions from the Committee about the website, or any updates of content since the April meeting.

There have been nearly 20,000 hits on pages on the website in the 3 months since mid February.

There is a large amount of statistics and information about the use of the website which I can supply to the Committee and which may help with decisions on future directions for the website and contents.

Terry Fuller, SCAC Website Coordinator









### **Rottnest Island Participants**

#### Money received

August 2009	\$	October 2009	\$	
1. Mark Hansen	150	Mark Hansen		
<ol><li>Wendy Hansen</li></ol>	150	Wendy Hansen		
3. Ian Cook	150	Ian Cook		
4. Mal Harris	75	Peter Osborne	200	
<ol><li>Vix Alexander</li></ol>	75	Sandra Wessel	50	
<ol><li>Pete Wessels</li></ol>	50	Pete Wessels	90	
7. Sandra Wessels	90	Vix Alexander	75	
<ol><li>Ian Taggart</li></ol>	70	Mal Harris	75	
9. Lea Taylor	150	Bev Grigo	170	
10. Josh Lucqoc	150	Greg Keet	170	
11. Greg Keet	170	Theo Van Niekirk	?	
12. Bev Grego	170	Louise Van Niekirk	?	
13. Theo Van Niekirk	?			
14. Louse Van Niekirk	?			

Cost is \$170 per head for both field days.

Payment in full is required before the July general meeting for the August field day. Deposits for the October field day are required by the July GM and full payment by the September general meeting. We have more members wishing to go than berths so if you do not get in on time your spot will be reallocated

Ferry and transport details whilst on the Island will be available at the June general meeting. If anyone would like details on gear, food, fishing equipment and fishing methods let me know and I will give a brief talk on the subject at the July and September general meetings.

This is your invitation for a fun evening, congratulating your friends, excellent food and socialising.

SCAC Annual Dinner/Presentation Night

Saturday 27th June 2009

Please contact Michelle Walker on

0407 037 725 to purchase your tickets.

Michelle will be available at Dry Casting,

Sunday 7th June and at the

General meeting, Wednesday 10th June.

Tickets MUST be purchased on or BEFORE 10<sup>th</sup> June 2009



# SENIORS RECREATION COUNCIL OF WA (INC)

Department of Sport and Recreation Western Australian Government

C/- PO Box 329, Leederville WA 6007
Telephone: (08) 9492 9773 Facsimile: (08) 9492 9775
Email: infe@srcwa.asn.au Web: srcwa.asn.au ABN 56 858 017 854

# HEALTHY AGEING THROUGH ACTIVITY

PATRONS: His Excellency Dr Ken Michael AC, Governor of WA and Mrs Michael

Proudly supported by

# APPLICATION FORM























# "SRC HAVE A GO DAY 2009"

WEDNESDAY 28th OCTOBER 2009, 8.30am to 3.00pm

Please return the Application Form promptly to secure your position. All participants will be listed in order of applications received. Covered & powered display areas will be limited, those simply requiring a table & chairs (no cover/power) will have no difficulty being accommodated. Please list names of any groups sharing your space. SRC reserves the right to deny access to any entity (commercial or otherwise) who has not been previously approved.

Please accept this Application Form

For participation in the 2009 SRC Have A Go Day at Burswood Park

DESCRIPTION OF ACTIVITY

Table & C	hairs req	uired
-----------	-----------	-------

Power Required

NAME OF CLUB/GROUP: CONTACT PERSON:

ADDRESS OF CONTACT:

PHONE:

EMAIL:

Please return this form to DAWN YATES

PO Box 329, LEEDERVILLE WA 6903

As Soon As Possible to secure your position

This is a great day for everybody. There is so much information to be found at these expos – maybe our club should be part of this again???

Please put your point of view towards a committee member concerning this event. And don't forget – for the Surfcasters to participate in this event there will be volunteers needed!

# **AAAWA Report by Pat Shinnick**

I wish to give a small report on the AAAWA Team that did participate and did very well at Walleroo.

Also wish to comment on what is perceived from my perspective of your club SCAC, in that I have had 2 valued mentors in Jim Strong and George Holman, who have both worked extremely hard with little or no reward.

The AAAWA did organise this event with other team's from around Australia and thanks to George Holman and Bob Henderson, both from the SCAC, also other members from the SCAC who from all reports can hold their heads high, in the efforts not only in the competition but also after the events and setting up of the events, some of those members had the organisers emotionally embrace and thank the WA team members for their obvious enthused attitude and assistance with comments like, if you had not helped us this would of failed.

#### **Positives**

- Group working together and planning. I did attend some of these meetings, and even with some testosterone levels quite high things progressed well.
- Bob Henderson making bookings of accommodation.
- Bev Grigo arranging air fares.
- Ian Cook arranging bus transport and rod transport.
- Marcia Pekaar setting up bank account and handling all financial transactions in a very efficient manner.
- The Pekaars making available fares, accommodation, bus and rod transport for John Crompton, provided gratis, I personally was overwhelmed at the team spirit shown here
- Bob Henderson as State Captain arranging T-shirts and handling all issues at Walleroo relating to the convention doing his job!!
- Alan Jones, Gary Gildersleeves, Bob Henderson and George Holman helping lay down the dry casting courts prior to casting day.
- Surf Casting and Angling Club making their laser measurer and special target reflector available for the National casting event.
- AAAWA making their handheld CB radios available for the National casting event.
- WA casters helping out during the casting and measuring the casts.
- A very heartfelt response from the National Casting Officer, John Nichols expressing his appreciation to the WA contingent for their invaluable help with running the events.
- Representing the State of WA, representing AAAWA, representing WA clubs and all members.
- The successes of our teams and individuals were our reward.
- All went to this event as a TEAM member.
- Team Members enjoyed social atmosphere and making life long friendships.

#### **Negatives**

- The mischievous complaints from some individuals on return designed to belittle those who worked the hardest.
- The trivial nature of these complaints which do damage and discourage people coming forward and working positively.
- People need to remember to say "thank you" to those who should be thanked and not look for fault particularly when they have helped with their time and expense.
- When we lose good hard working office bearers there has to be a reason, and

telling people what to do doesn't help!

Unfortunately due to issues that had happened during and after the event things have soured, and relationships within the team that participated have been destroyed.

Unfortunately others who had nothing to do with the event nor the organising of the event have decided to have their input, which created unnecessary upheaval. I need the SCAC Committee whom some did thankfully and actively participate in the event to understand that this event was solely a AAAWA team and all issues that were not able to be addressed, straight away were to be addressed and hopefully resolved at a debrief, every time a debrief was mentioned more poison was released from within outside circles, so the debriefing was constantly delayed whilst thoughts were gathered, I use the analogy of a snail, in what was happening as soon as our head started to protrude after all the negative someone added more negatives and we went back into our shell. I have seen first hand the overbearing nature of some people in clubs, who may not have a good outlook in overall situations and may not have had to deal with too many difficult situations, or if they did anger and brute force, was the answer. The Debrief will be held and after tonight's meeting and at the delegates meeting a decision will be made as to when.

#### **Drycasting and Convention 2009 Walleroo Summary**

- Workers are hard to find and need to be complimented assisted and thanked. The future of the Association and Clubs depends on them as they make it all happen.
- We join clubs and the Association to enjoy the comradery, friendship and the activities which they provide and to learn.
- All workers give of their time and energy in an honorary capacity, something we should all remember, and assist them as much as possible.
- Thank you achieves
- · Criticism destroys.

As the president of the AAAWA, I need to audit clubs to ensure that all are compliant with the rules and regulations of the association and the act, as we receive funding from the Sports and Recreational council where as I do indicate that we in fact do comply and show that all clubs are running and being run well.

The AAAWA does receive all the correspondence from all clubs regarding meetings and newsletters, and I am disturbed to see that the SCAC, has since the 2008 AGM had 8 vacancies some of them via resignations.

Something is wrong and hopefully any issue that may have compounded this for you has been addressed.

I know you only have a few month tenure before the next AGM but hopefully all issues will be resolved prior to the next committee being formed, and my advice here after reading your minutes is to have agendas at meetings stick to them and do not make decisions outside committee meetings, this will only cause dissention amongst members, then if members wish to discuss further issues from meetings have them put them in writing and address the committee correctly, and discussed correctly at meetings, ensuring fair hearings are done.

I appreciate that you have all allowed me the opportunity to give both appreciation for a job well done and also advice and proactive criticism.

I invite anyone after the meeting to contact me if you consider that you are able to assist in any matters raised tonight, both at the AA and Club levels Once again as the President of the AAAWA I thank you for the opportunity to address you all.

Pat Shinnick



# HAPPY BIRTHDAY!!!

The following members celebrate their birthday in June



Mike Traynier	1 <sup>st</sup> June
Mark Hansen	2 <sup>nd</sup> June
Julia Taylor	_4 <sup>th</sup> June
Geoff Raftis	13 <sup>th</sup> June
Dave Maxted	16 <sup>th</sup> June
Keith Heaney	18 <sup>th</sup> June
Morgan Keet	28 <sup>th</sup> June



# SportSafe Tips

Always warm up and stretch before training and the game. This helps minimise the risk of tearing cold muscles.

A regular and consistent cool down regime, that includes light activities such as walking or light jogging and static stretching will help promote recovery, improve flexibility and reduce the risk of injury.

For soft tissue injuries (i.e. sprains, strains and bruises) remember to follow the RICER regime:

Rest the injured player and the injured body part. Further activity will aggravate the injury.

Apply ice for 20 mins every 2 hours. Do not apply ice directly to the skin as ice burns can occur. Wrap ice in a towel or something similar,

**OMPRESSION** 

Apply a firm compression bandage above and below the injury site to reduce swelling.

LEVATION

Raise the injured area above the level of the heart to reduce swelling and pain.

Early referral to a sports physician or sports physiotherapist will provide specific diagnosis and an appropriate rehabilitation program.

If you do sustain an injury, avoid heat, alcohol, additional exercise and massage in the first 48 - 72 hours.

If you have an existing injury you should gradually return to training under the direction of a doctor or physiotherapist. Injured athletes should not return to competition or playing unless fully recovered. As a general guide, injured athletes should be able to complete one full training session at full pace prior to returning to competitive game situations.

If there's protective gear for your sport - WEAR IT. Make sure it fits well. If you play a contact/ collision sport, always wear a mouth guard fitted by a dentist.

Be SportSafe by conducting regular safety inspections of playing areas and equipment

Be Blood Aware get immunised against Hepatitis A & B; If an athlete is bleeding - stop the bleeding, dress the wound, clean up the blood; Wear latex gloves whilst handling blood or blood products; Don't share equipment (drink bottles, mouth guards, towels etc.)

Drink Plenty of Fluids before, during and after training or playing. Thirst is not a good indicator of hydration.

EDUCATION IS THE KEY! Encourage club members to be SportSafe and attend SMA Injury Prevention Workshop or Sport First Aid/Sports Trainers Course.

For more information:

Sports Medicine Australia

Website: www.smawa.asn.au Email: info@smawa.asn.com.au

Phone: (08) 9285 8033

# **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	\$250 per week	On season	\$390 per	all plus \$50
	season			week	
Club Members:-	Off	\$160 per week	On Season	\$210 per	deposit /
	season			week	bond
Club Members:-	Short	\$45 for one	\$40 per night for two or		plus \$55.00
	term	night	more nights		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 \$55.00 extra on the rates above for future new bookings. The club is now being charged GST on the cleaning.

Contact Property Officer Vix Alexander at <a href="mailto:info@circa.net.au">info@circa.net.au</a> 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.

Vix Alexander, Property Officer

## **CLUB ADVERTISING**

\$ 1.00
\$ 4.00
\$ 5.50
\$ 2.50
\$ 2.00
\$ 1.00

## TROPHY RETURNS

Please make sure you return all perpetual trophies on or before the June 2009

General Meeting.

Thank you!

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# **TROPHY NIGHT 2009**

The Surf Casting & Angling Club Trophy Night for 2009 will be held on *Saturday, 27 June 2009* at the Gleneagles Bar & Reception Centre located at 102 Marmion Avenue, Karrinyup at the Hamersley Golf Course.

Our presentation night is an enjoyable function for all Members to get together and have a great time.

It is also great to encourage the involvement of members who are hoping to improve their fishing and/or dry casting skills.

All members are urged to come along with friends and family, support your club, socialise with fellow club members, and

There will be raffles, spot prizes & door prizes Don't forget the fun sliders game.

cheer on the achievements of those members winning awards.

The cost will be \$50 for adults and \$25 for children 16 yrs or younger