7

DECEMBER 2020



Surf Casting and Angling Club of WA (Inc.)

PO Box 2834, Malaga WA 6944 ABN 29 925 237 020 Email: <u>secretary@scac.net.au</u> Club Web page: <u>http://www.scac.net.au</u>

December 2020 : Reel Talk Contents

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Club Committee for 2020-21

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<u>Vice President</u> Peter Osborne

<u>Secretary</u> John Curtis 0412 776 558 <u>secretary@scac.net.au</u>

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Committee Persons

Website Coordinator

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Chris Stickells

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Reel Talk Editor Victor Schilo

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<u>Assistant Drycasting</u> <u>Officer</u> Bob Henderson

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All club emails should be

sent to secretary@scac.net.au and

all correspondence posted by mail should be addressed to:

PO Box 2834, Malaga WA 6944

SCAC Life Members

George Holman, Eric Parker, Ian Cook, Bob Henderson, Terry Fuller, Mal Head, Peter Osborne

Deceased life members: Vic Davis, Doug Edward, Lloyd Dunn, Dudley Brown, Noel Knight, Les Shand, Ron Kildahl, Bob Klein, Jim Strong

President's Report - December 2020



December already, what a year 2020 has been let's hope 2021 goes better for everyone, I would like to wish all our members and their families a Merry Christmas and Happy New Year, If you go out fishing do not forget the open competition.

It has been great to see a couple of new members signing up in the last few months, please make sure to talk to anyone that shows an interest in fishing or casting about the club and invite them to come and try a club event and see if they may like to join, we need new members so we can see the club continue hopefully for many more years.

Martin Wearmouth; President

Field Da	ay Venues For 20	20/2021					
Dates	Venue	Boundaries					
12 - 13 December 2020	Lancelin to Greenhead	Lancelin to Greenhead and					
	Lines down 9.00 am Saturday	local as below at bottom of					
	Lines up 9 am Sunday	page					
Sunday 24 January and	Open	Open anywhere in WA					
Monday 25th January 2021	Lines down 6.00 am Sunday						
make own long weekend	Lines up 9 am Tuesday						
Australia Day is Tuesday 26th							
13 - 14 February 2021	Dunsborough to White Hills	Dunsborough to White Hills					
	Lines down 9.00 am Saturday	and local as below at bottom					
	Lines up 9 am Sunday	page					
27 Feb - 1 March 2021	Geraldton to Kalbarri	Geraldton to Kalbarri and local					
Long Weekend	Lines down 6 am Saturday	as below at bottom of page					
	Lines up 9 am Monday						
3 April – 5 April 2021	Bluff Creek and standard local	Cheynes and Bluff Creek area					
Easter Long weekend	Lines down 6 am Saturday	and local as below at bottom of					
	Lines up 9 am Monday	page					
	ancelin in the North to Point P and Rottnest – Saturday 6.00 a						
Lines up for long weekends an	•						
Lines Down on Standard week	-						
	•						
Lines up on Standard weekend	•	har Spots and locations are					
	here possible please fish toget	· · · · · ·					
to be decided at the General	Meeting prior to the Field Day						

December 2020 General Meeting

Wednesday 9 December 2020

Coolbinia Sports Clubroom; Wordsworth Avenue, Yokine. Agenda: Please notify the Secretary if you have any items for General business.

<u>Birthdays for December</u>

Justin Rose 14th; Christian Wearmouth 14th; Sandra Wessels 20th; Darcy Tomilinson 21st; Ron Thomas 27th Life Members



Mal Head 1st December



George Holman 12th December

Surf Casters November 2020 Jurien Bay field day report by Martin Wearmouth

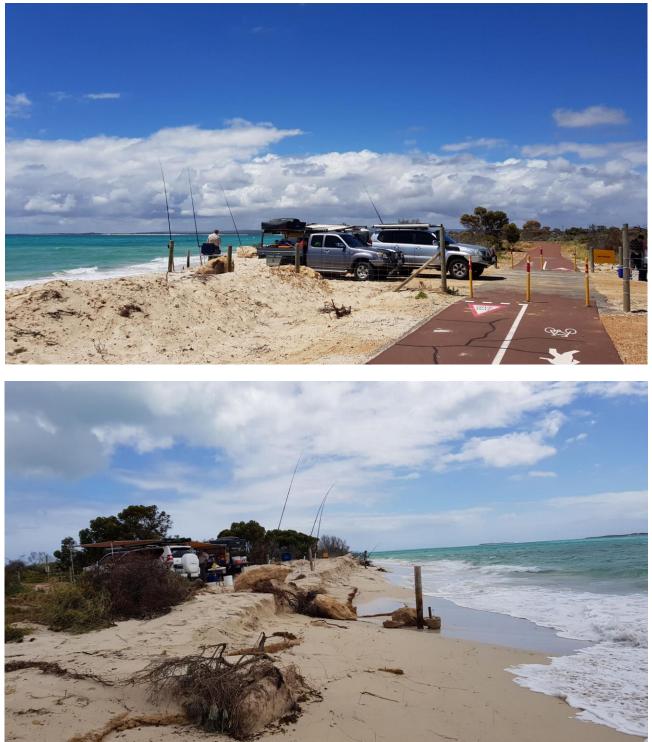


Fishing at Hill River

Leaving home with rain coming down and grey sky's I was not sure what the day had in store for us, the rain continued without stopping for 2 hours till I got to Cervantes where the cloud started to clear and some blue sky and white clouds where a welcome sight, Peet and Sandra met me in the car park at 9am and we deflated tyres and headed out to the River mouth at Hill River to start our field day.

Well, the sea weed was a problem, we picked a spot that seemed to have less weed but it seemed quite a bit was sitting on the bottom so it was not possible to get the bait to hold in 1 spot on most casts, after half an hour I decided to try the river for some bream, I was getting some bites in the river but did not manage to hook any bream, after 1 hour I returned to the beach side and Peet had managed to catch some Herring and Whiting, Just as I got back he got a double header of a Herring and Tarwhine.

We fished the beach for a bit longer till 11.30am but no fish got caught and the sea weed was getting worse as the wind got stronger, It was decided to pack up and go the Jurien bay for a look to see if any spots there could be fished, I called Shane who was due to arrive soon only to find he had already let down his tyres and was only a minute away from arriving at the river, I also called Steve and he was in Cervantes so I told him to meet us in the Hill River car park, we got back to the car park at 12pm and pumped up the tyres.



We headed for Jurien bay and had a look at the south point to our surprise the point was gone, the winter storms had taken about 100 - 150m of beach away and even the small dunes and some vegetation was gone, So now you cannot drive onto the beach the road that used to run onto the beach was now the beach and the bike track was very close to be reclaimed by the waves. The water at South point looked nice with a lot less sea weed, we then went for a drive to the north side of Jurien bay to see the beach condition and found that beach was packed with sea weed.

We drove back to the South point and backed our cars up to the end of the road and started fishing, about 1.30pm, the sea weed was not too bad and the water looked good with a deep gutter but no fish got caught for a few hours, the baits where being stripped quickly by some small fish and blowfish, Just to make our day the

wind was building and was nearing 40kmh at 5pm lucky we had the cars close and could get out of the wind next to the cars.

Coming up to dusk Shane got a nice size whiting being the first fish for this location, Peet also got a good size Whiting, Over the next few hours it was hard fishing with the strong wind but we struggled on and all managed some fish, Steve tried a float with a mulie under it and on his first cast within 30 seconds got a nice Tailor, unfortunately this was his only one, Peet also got a Tailor after dark, Sandra caught a Pike.

As we could not camp in Jurien Bay we decided to drive home after fishing, Shane got soaked when a wave came up the bank and left about 7pm to keep warm on the drive home , Steve left about 8pm, Peet, Sandra and I left about 8.15pm

So not a great field day at all, we managed to get away from the sea weed but could not find the fish, It seems in the last few years the sea weed is getting worse, lest hope our December trip is much better.



Field day prizes for November														
Section Angler Species We														
Best scale fish	Peet Wessels	Tailor	0.64											
Best bag of scale fish	Peet Wessels		1.42											
Best shark														
Best bag including sharks														

		Species	Species	Species	Species	Species	Species	Total	No. of	No. of	F.D.	Atten	dance	
ANGLER		Tailor	Herring Australian	Whiting	Tarwhine	Trumpeter - Grunter	Pike	weight	Species	fish	points	Field Day	General Meeting	
	Number	1	1	2	1	1								
	Total weight	0.64	0.10	0.33	0.20	0.15		1.42	5	6	70.2	1	1	90.2
	Weight of best													
Sandra Wessels	Number		1				1							
	Total weight		0.10				0.18	0.28	2	2	24.8	1	1	44.8
	Weight of best													
	Number		1	1							24.2	1	1	
Shane Wignell	Total weight		0.10	0.12				0.22	2	2				44.2
	Weight of best													
	Number	1												
Sreve Harrison	Total weight	0.54						0.54	1	1	16.4	1	1	36.4
	Weight of best													
	Number				1									
Martin Wearmouth	Total weight				0.27			0.27	1	1	13.7	1	1	33.7
	Weight of best													

Top scores up to November

Rank	Angler	Total points										
1	Martin Wearmouth	1393.9										
2	Peet Wessels	960.0										
3	Ron Thomas	822.2										
4	Mark Hansen	767.6										
5	Vince Tomazin	664.8										
6	Sandra Wessels	514.2										
7	Theo Van Niekerk	302.4										
8	Shane Wignell	301.7										
9	Gary Parkinson	298.5										
10	Sabby Pizzolante	224.4										
11	Stuart Waterman	220.5										
12	Brad Zaknich (visitor)	161.2										
13	Chris Stickells	152.2										
14	David Wilding	59.0										
15	Alan Green	44.5										
16	Oliver Wessels	39.3										
17	Sreve Harrison	36.4										
18	Peter Osborne	33.0										
19	David Trainer	30.0										
20	Trinity Wessels	29.0										
21	Logan Wessels	21.8										
22	Sri Srigandan	20.0										
23	Grace Wessels	10.0										
24	lan Taggart	10.0										

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. The rules for this competition are the same as for the clubs open fishing competition, plus the fish must be caught on a popper lure and a single fish cannot win more than one Barron lure section

Heaviest Tailor on lure	No Entry
Heaviest Salmon on Lure	No Entry
Heaviest Scale fish on lure	No Entry

Field Day Sections up to and including November													
	Section	Angler	Species	Weight									
1A	Best scale fish (1st six months)	0	0	0.00									
1B	Best scale fish (2nd six months)	0	0	0.00									
2	Most meritorious fish	0	0	0.00									
3	Best shark (4.5kg min)	0	0	0.00									
4	Best mulloway (2kg min)	0	0	0.00									
5	Best tailor (1kg min)	Peet Wessels	Reef Beach June 2020	3.00									
6	Best salmon (3kg min)	Vince Tomazin	Reef Beach Sept 2020	5.76									
7	Best skipjack trevally (0.5 kg min)	Vince Tomazin	Reef Beach June 2020	1.56									
8	Best mackerel (2kg min)	0	0	0.00									
9	Best yellowtail kingfish, samson or amberjack (4kg min)	0	0	0.00									
10	Best scale fish (Other than above)	0	0	0.00									
11	Best bag of scale fish	0	0	0.00									
12	Best bag of mulloway (2 fish min)	0	0	0.00									
13	Best bag of tailor (2 fish min)	Martin Wearmouth	Preston beach October 2020	2.61									
14	Best fish on single handed rod (max 4kg line)	Martin Wearmouth	Goatfish	0.90									
15	Best fish caught on fly rod	0	0	0.00									
16	Best fish on single handed rod, soft plastic lure (max 4kg line)	Mark Hansen	Whiting King George	0.24									
17	Best fish on single handed rod, hard body lure (max 4kg line)	0	0	0.00									
18	Best fish caught using a drone	Sri Srigandan	Salmon Western Australian	5.05									

Open fishing competition 2020/21

The Open Competition is for fish caught between 1 May 2020 and 30 April 2021, other than on Club gazetted Field days, Entries for the Open competition close **30 days after capture.** See Competition Rules Section 4.

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 kg	
4	Best salmon	3.5kg	Peet Wessels, 6kg Reef Beach 1/6/20
5	Best flathead	0.5 kg	
6	Best tailor	1.5 kg	
7	Best samson fish	5 kg	
8	Best fish on single handed rod maximum 4kg line class (Bait)	Legal size	
9	Best pink snapper	2 kg	
10	Best tarwhine	0.5 kg	
11	Best mackerel	4 kg	
12	Best skipjack trevally (southern)	1 kg	
13	Best trevally (northern)	2 kg	
14	Best snook or pike	0.5 kg	
15	Best black or yellow finned bream	0.6 kg	
16	Best scale fish other than sections 3-15	2 kg	
17	Best fish caught on fly rod.	Legal size	
18	Best fish caught using a soft plastic or hard body lure on a single handed rod (4kg line max.)	Legal size	
19	Best Fish caught by Drone	Legal size	



DRYCASTING – 2ND NOVEMBER 2020

I managed to get it wrong once again. The forecast was for westerly winds, so that's what I went by, but you guessed it, north easterlies and a head wind.

Apologies from Chas, and my chef had to work, which left us with 5 for the day and that included steve, our visitor, who seemed to enjoy himself, and i am sure we will see more of him.

As i stated before we had to battle a head wind all day which meant no long casts at all. 142m was the longest which only beat Steve by 7m. It looks as though we will have a bit more competition, won't we Steve.

Gary took out the honours in the DHA with 157, followed by Bob with 143. Bob won the SHA with 30, followed by me with 27. Steve's score in the DHA was 73 so we gave him a second chance and the improvement 26, one under the ton. Well done Steve.

Hope to see you all next month on the first Monday.

DCO Ron Thomas

			9	SURF C	ASTI	NG & /	ANGLI	NG CLI	JB						
	Dry casting results - 2nd November 2020														
		<u>56</u>	gram				<u>Artifi</u>	<u>cial Bait</u>				112gran	<u>n</u>		
	Cast	Cast	Total			Cast	Cast	Total			Cast	Cast	Total		
<u>Veterans</u>	1	2		%		1	2		%		1	2		%	
BOB HENDERSON	98.95	103.73	202.68	77.98		100.44	99.77	200.21	91.10		126.58	113.55	240.13	85.70	
GARY GILDERSLEEVE	117.00	123.00	240.00	92.33		105.30	0.00	105.30	47.91		127.90	131.68	259.58	92.64	
MAL HEAD	81.94	97.75	179.69	69.25		80.57	81.76	162.33	73.86		107.92	104.88	212.80	75.94	
RON THOMAS	131.36	128.57	259.93	100.00		114.31	105.47	219.78	100.00		137.63	142.58	280.21	100.00	
<u>Visitor</u>															
STEVE HARRISON	100.11	100.58	200.69	77.21		112.14	102.65	214.79	97.73		129.16	135.73	264.89	94.54	

								<u>S</u>	URF C	ASTING	6 & <i>A</i>	ANG	ilin	GC	LUI	<u>B</u>				
	Dry casting results - 2nd November 2020																			
	Double Handed Accuracy											Si	ngle	Han	ded	Accurac	<u>y</u>	<u>Total</u>	Attendance	<u>Total</u>
					Tar	get n	uml	<u>əer</u>					Ta	rget	: dist	ance			D/Casting	Points
Veterans	3	3	<u>1</u>	<u>1</u>	4	4	2	2	<u>Total</u>	<u>%</u>		1st	2nd	1st	2nd	Total	<u>%</u>	<u>%</u>		
BOB HENDERSON	21	18	19	17	11	21	17	19	143	91.08		8	7	9	6	30	100.00	445.86	10	455.86
GARY GILDERSLEEVE	22	16	19	22	19	17	21	21	157	100.00		6	7	6	0	19	63.33	396.21	10	406.21
MAL HEAD	3	10	22	12	5	0	17	21	90	57.32		5	1	5	4	15	50.00	326.37	10	336.37
RON THOMAS	19	19	6	16	16	16	24	22	138	88.00		5	6	9	7	27	90.00	478.00	10	488.00
<u>Visitor</u>																				
STEVE HARRISON	0	0	24	20	13	0	2	14	73	46.50		0	4	7	1	12	40.00	355.98	10	365.98

		VETERANS BEST CASTS FOR THE YEAR 2020 - 2021													
											_				
LON	GEST	56 G	RAM						148.69			RON	тноі	MAS	
LON	LONGEST ARTIFICIAL BAIT								132.69			RON	тноі	MAS	
LON	LONGEST 112G								161.55			RON	тноі	MAS	
HIGH	HEST	DOUE	BLE H	ANDE	D AC	CURA	ACY		157			GAR	Y GILI	DERSL	.EEVE
HIGH	HEST	SINGI	LE HA	NDE) acc	URA	СҮ		35			BOB HENDERSON			
		S	ENIC	ORS	B	EST (CAST	<u>S FOR THE YEAR 2020 - 2021</u>							
LON	GEST	56 G	RAM						97.80			MAR	кна	NSEN	
LON	GEST	ARTII	FICIA	l bai	Т				97.16			MAR	кна	NSEN	
LON	LONGEST 112G								121.35			MARK HANSEN			
HIGH	HEST	DOUE	BLE H	ANDE	D AC	CUR	ACY		135			MARK HANSEN			
HIGH	HEST	SING	LE HA	NDE	D ACC	URA	CY		29			MARK HANSEN			

Mushrooms for Spot

She wanted to serve her guests mushroom-smothered steak, but she had no mushrooms and no time to buy them.

Her husband suggested, "Why don't you go pick some of the mushrooms that are growing wild down by the stream? "No --- some wild mushrooms are poisonous."

"Well, I see squirrels eating them and they're OK." So, she picked a bunch and washed, sliced and sautéed them for her dinner. Then she went out on the back porch and gave Spot, their dog, a double handful. Spot ate every bit. All morning long, she watched the dog. The wild mushrooms had not affected him after a few hours, so she decided to use them.

The meal was a great success. After everyone had finished, her daughter came in and whispered in her ear, "Mum, Spot is dead."

Trying to keep her head about her, she left the room as quickly as possible, called the doctor and told him what had happened. The doctor said, "That's bad, but I think we can take care of it. I'll call for an ambulance and I'll be there as quickly as I can. We'll give everyone enemas and we'll pump out their stomachs and everything will be fine. Just keep them calm." Before long they started to hear the sirens as the ambulance tore down the road. The Paramedics and the doctor had their suitcases, syringes, and a stomach pump. One by one, they took each person into the bathroom, gave them an enema, and pumped out their stomach.

Well after midnight, after the last one was done the doctor came out and said, "Everything will be okay now," and with that he left. The hosts and the guests were all weak and knackered and were sitting around in the living room when the daughter came in and said to her mum..... "I can't believe that guy!" "What guy?" "You know --- the bastard who ran over Spot ---- he didn't even slow down."

SMALL BOAT FISHING CAN BE DANGEROUS

One angler got just about the ultimate hard ride in his mate's aluminium dinghy out from Mindarie a few years ago. We'll leave out the names to save the individuals receiving any unwanted attention, but the gist of it is that the skipper came out of this little incident unscathed, but the same can't be said for his passenger.

They were in 12m of water out behind the Alkimos, (a shipwreck that is a popular fishing spot north of Perth) in the company of a 20m cray boat, when one of those precipitous-looking walls of water appeared where it shouldn't and captured everyone's immediate attention.

Both craft spun towards it and headed up the hill, backing off at the top. Unfortunately for our angler, he was in the bow with nothing to hang on to, and he was launched skyward. The best thing that could have happened at this stage would have been for him to land in the water. He didn't.

For your future reference, if you fly into the air and subsequently land badly in a carpeted aluminium boat, you could have these things happen to you:

You lose a lot of skin everywhere you slide on the carpet; You break your jaw in three places; You lose five teeth out of said broken jaw; You break your nose; You fracture your nasal cavity (that's really going to hurt); You collect a chest full of broken ribs; You fracture a kneecap; You break your arm (at the elbow); You remain conscious, so you know all about it;

And if you're really unlucky, you lose a rod and reel overboard at the same time.

Yes, that was the definitive grand slam. He got the lot. The cray boat guys rang ahead for an ambulance, and then flattened the water for the dinghy pair to get back to Mindarie behind them.

Thanks guys. Our angler spent a bit of time in hospital getting a paint and panel job done.

I don't know if you've ever bled a tuna in a boat, but if you have, you'd appreciate the skipper's description: he said it looked like somebody had just necked four 20kg yellowfin at once in the dinghy.

A story to keep in mind the next time you head out just about anywhere with a big ground swell running.

SOUTHWEST SALTWATER ESTUARY FISHING

When rainfall was dished out, Western Australia was left out of the major carve up, and the resultant lack of rivers means Western Australian anglers and tourists are not well off in terms of saltwater river fishing. There are a few good ones and some fine nurseries, but basically, the rivers should be considered estuaries. Despite being the wettest part of the State, many of the rivers flow for only part of the year. Also some of the estuaries have sandbars closing it of to the sea for a part or all of the year.

The predominant fish in most of the saltwater river sections are black bream. They live all their lives in the brackish water, move down towards the mouths of the rivers in winter, when the freshwater flow is greatest. Another angling species is mulloway. Some huge specimens travel well up stream in summer and fish of 15 Kg's are not an uncommon capture within sight of the CBD. Cobbler, or estuary catfish are caught on blood worms in the rivers and, when the salt reaches up river, chopper tailor are often caught. Flathead and flounder are regularly caught towards Fremantle, although they don't like the fresh water when it comes down. They will take a whole river prawn, a whitebait on a gang of hooks and small lures.

River prawns are drag netted from November to March and king prawns dab netted in April/May and sometimes June. Blue manna crabs are caught in the rivers, more often in summer. Mullet are not an important angling species in our rivers even though good populations exist.

Yellowtail and trumpeter are often hooked and when the river is particularly salty blue mackerel, herring, tarwhine and skippy are no surprise, especially near river mouths. Small sharks (in particular, metre-long Swan River whalers (or more correctly, Zambesi bull sharks) attract interest if spotted but, though common, are rarely seen.

Fishing Locations

The Swan and Canning Rivers have black bream (Belmont, Maylands jetties, Garratt Road Bridge-well up the Swan River; in winter, as far south as Nedlands, Claremont, Freshwater Bay; the Narrows Bridge and Canning Bridge are top black-bream locations) flathead, flounder (East Fremantle, Rocky Bay, Blackwell Reach in summer; flathead further upstream in summer) tailor (Nedlands, Claremont, Mosman Bay, summer evenings for trollers; limited jetty access in this area) mulloway (Blackwell Reach, Mosman Bay, November/December; well up towards Belmont in January, February, March) river prawns (drag netting along the river near Kwinana Freeway, Deep Water Point - Applecross, Nedlands, Claremont, Heathcote, etc, in November, December, January then gradually towards Peppermint Grove as the season progresses) cobbler (towards the old Swan Brewery), king prawns (Rocky Bay and East Fremantle late April early May, as they head to sea on dark nights and run out tides).

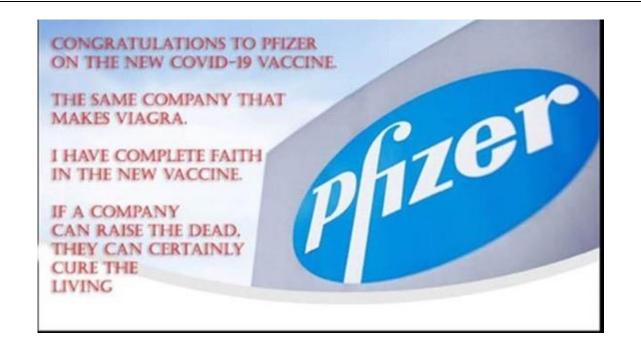
At Mandurah, the Serpentine and Canning rivers produce bream (well up river), mulloway, mullet, river prawns, cobbler and blue crabs. Whiting have become a major angling species in the estuary and many anglers are specifically targeting this species on lures. The Channel (at Mandurah itself), particularly near the bridge, has garfish, chopper tailor, herring, cobbler, mulloway, yellowtail, king prawns and crabs in season.

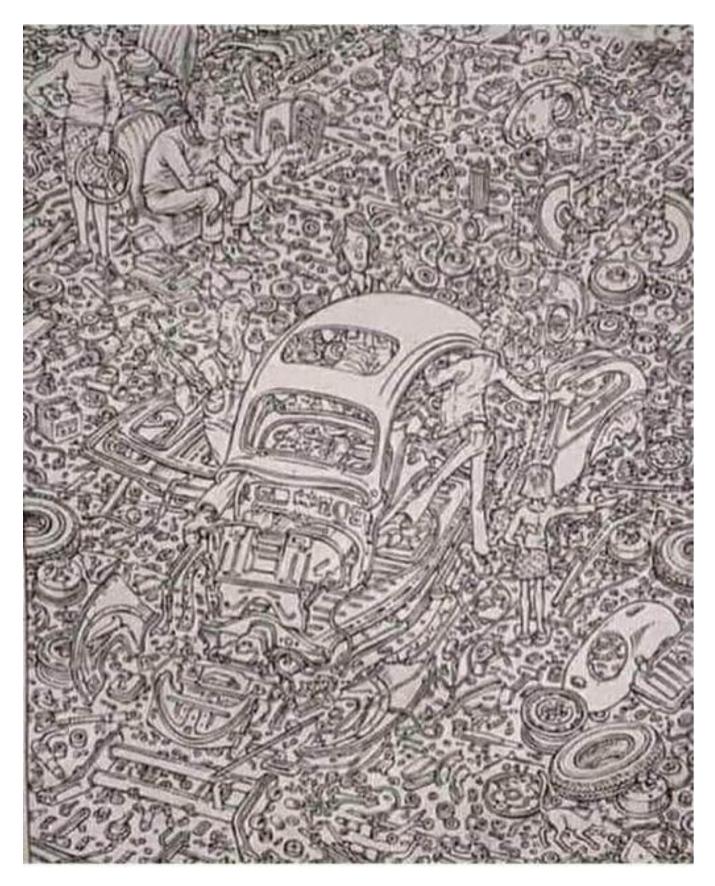
Collie River (Bunbury), with the superb Leschenault Estuary is a favourite spot for black bream and mulloway. Margaret River offers limited fishing for black bream. The Blackwood River has excellent black-bream fishing, cobbler and some mulloway. In the Donnelly, the salt areas have mulloway, large black bream, mullet, sometimes trevally, herring, flathead and others.

The Warren River has fewer mulloway and bream than in the Donnelly but the Warren is more noted for its freshwater fishing upstream and beach fishing at its mouth. The Frankland and Deep rivers flow into the picturesque estuary at Walpole and are both very good for black bream, with estuary species (tailor, flathead, mulloway, etc), often going well up river.

The Kalgan river near Albany is a beautiful river which provides some excellent black-bream fishing following re-stocking by recreational anglers. Big gleaming bronze fish to 2 kilos can be taken by casting towards shore from a dinghy, or from accessible shore spots. Nippers and whole fresh prawns are often best fished towards the banks.

All provide anglers with the opportunity to enjoy the scenery of the South-West while also enjoying fishing for a wide variety of fish





They say if you can find 7 persons & a cat in the picture, your brain is in top condition.

6 is OK.

2 or 3 means the mind needs to refresh.

Good Advice

A FRIENDLY REMINDER TO ALL

For those of us who have become a tad paranoid. A voice of reason, health, happiness and safety.



Dr Henry is the Provincial Health Officer for British Columbia, and is the first woman in this position. She is also an associate professor at the University of British Columbia. She has a background in epidemiology and is a specialist in public health and preventive medicine. She is also from PEI.

The Wisdom of Dr Bonnie Henry

Province Health Officer Dr. Bonnie Henry, Photograph By PROVINCE OF BRITISH COLUMBIA

1. We may have to live with COVID-19 for months or years. Let's not deny it or panic. Let's not make our lives useless. Let's learn to live with this fact.

2. You can't destroy COVID-19 viruses that have penetrated cell walls, by drinking gallons of hot water you'll just go to the bathroom more often.

3. Washing hands and maintaining a two-meter physical distance is the best method for your protection.

4. If you don't have a COVID-19 patient at home, there's no need to disinfect the surfaces at your house.

5. Packaged cargo, gas pumps, shopping carts and ATMs do not cause infection. If you wash your hands, live your life as usual.

6. COVID-19 is not a food infection. It is associated with drops of infection like the 'flu. There is no demonstrated risk that COVID-19 is transmitted by food.

7. You can lose your sense of smell with a lot of allergies and viral infections. This is only a non-specific symptom of COVID-19.

8. Once at home, you don't need to change your clothes urgently and go shower! Purity is a virtue, paranoia is not!

9. The COVID-19 virus doesn't hang in the air for long. This is a respiratory droplet infection that requires close contact.

10. The air is clean, you can walk through the gardens and through parks (just keeping your physical protection distance).

11. It is sufficient to use normal soap against COVID-19, not antibacterial soap. This is a virus, not a bacteria.

12. You don't have to worry about your food orders. But you can heat it all up in the microwave, if you wish.

13. The chances of bringing COVID-19 home with your shoes is like being struck by lightning twice in a day. I've been working against viruses for 20 years — drop infections don't spread like that!

14. You can't be protected from the virus by taking vinegar, sugarcane juice and ginger! These are for immunity not a cure.

15. Wearing a mask for long periods interferes with your breathing and oxygen levels. Wear it only in crowds.

16. Wearing gloves is also a bad idea; the virus can accumulate into the glove and be easily transmitted if you touch your face. Better just to wash your hands regularly. Immunity is greatly weakened by always staying in a sterile environment. Even if you eat immune boosting foods, please go out of your house regularly to any park/beach. Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/spicy/sugary food and aerated drinks.

Be smart and stay informed! Live life sensibly and to the fullest. Be Kind, be Calm and be Safe. Sincerely,

Bonnie Henry

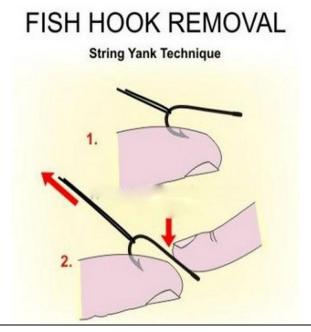
Dr Bonnie Henry

HOOK REMOVAL - STRING YANK

If in any doubt about the injury, cut the line from the hook, sterilize the wound and firmly bandage it to prevent movement and **SEEK MEDICAL ASSISTANCE** for removal of the hook.

Wrap a line such as a piece of monofilament fishing line around the bend of the hook. Get a good grip on the line. The involved skin area should be well stabilized against a flat surface as the shank of the fishhook is depressed against the skin. Continue to depress the eye of the hook, taking care to keep the shank parallel to the underlying skin.

A firm, quick jerk is then applied parallel to the shank while continuing to exert pressure on the eye of the hook. Ensure that the hook has only penetrated skin and has not caught any ligaments or tendons. When hook is out sterilize and bandage wound to prevent infection.



COMMONLY CAUGHT RECREATIONAL FISH SPECIES IN W. A.

Western Australia has many untouched areas of scenic beauty. It has a coastline of almost 12,400km and boasts some of the best fishing on offer anywhere in the world. This fishing can vary from quiet freshwater fishing in the streams of the South-West to game-fishing for the billfish off shore along the continental shelf.

The golden beaches stretching into the horizon are a surf angler's dream come true. The coastal gorges, high platforms and low, flat reefs will please the rock hopper and offer him the challenge of exciting fishing. It has been said that Western Australia offers the angling tourist a holiday of fishing unparalleled anywhere else in the world.

The average family man can charter a boat and bend his back against some of the fastest game-fish or just enjoy bouncing a sinker along the bottom of the ocean in pursuit of delectable fish such as the Westralian Jewfish. The list of species that anglers are likely to encounter forms an impressive list.

Anglers should always be aware of their surroundings and, in particular, the water. Watch tide times and heights, particularly in the north-west. It is surprising how far and fast water can move on a rising tide.

Commonly caught Western Australian Fish Species Herring:

This is the bread and butter species for most Perth anglers. This small member of the sea perch family inhabits the inshore coastal waters of the southern half of the State and has a penchant for the larvae of the blow-fly. Most successful herring anglers use 'wogs' as the main bait for herring. Other good baits include prawn pieces, blue sardines and white bait. Best months are April through August, but they can generally be caught all year round along the metropolitan beaches.

Salmon:

Literally thousands of tonnes of this fish are taken each year along the southern and south-western coastline. Salmon are the larger cousins of the herring and in W A waters grow to around 8kg, providing top sport-fishing action for anglers. April through to late July are the best times in the Perth metropolitan area. They are considered a great sport fish and really throw out a challenge to the angler using light tackle.

Tailor:

This fish is caught from Esperance in the south through to Shark Bay in the north, where specimens of world record class have been taken. November to May is the prime time for this fish and they make excellent eating if bled promptly upon capture.

Small boat anglers often find them close to reefs offshore or in the sheltered waters of estuaries. Due to declining numbers in recent years the Fisheries Department have instituted a bag limit for the species. This is reviewed regularly and a check with a local tackle shop will provide you with the details of current size and bag restrictions.

Snapper:

This distinctive fish is found along most offshore reefs during the winter months. It can be caught from the south coast right up into Shark Bay and will grow to a maximum size of approximately 15kg. They are regularly caught from the rocks in northern areas, adjacent to reefs.

In Shark Bay the rules for taking snapper are different. For the latest information refer to the Fisheries Department web site.

In Cockburn Sound many small boat anglers braving bad winter weather in search of this highly respected table fish. Due to increased pressure on this species and the reduction in spawning numbers, there are restrictions on catch numbers and sizes. These vary with location so a check with a Fisheries WA office or the local tackle shop will provide the current size and bag limits.

Westralian Dhufish:

This fish is taken regularly by bottom fishing anglers from Esperance in the south to Carnarvon in the north. It is the most sought-after species by WA boat anglers and captures of fish up to 24 Kg are not uncommon. As a table fish it is excellent, with firm white flesh and a sweet taste. Once again size and bag limit restrictions apply to this species.

Mulloway:

This fish is found throughout the state. In the north-west, a sub-species occurs. Mulloway can be caught in estuaries, from the beach, rocks and by boat anglers. They can grow to in excess of 45kg., but the average mulloway caught from the beach weighs in at 10 to 12kg.

Spanish Mackerel:

This lively game-fish has got many an angler's adrenalin pumping. These fish are caught around Rottnest Island during the summer and in northern waters from early December through to late August. Spanish Mackerel have firm flesh with very few bones and are prized table fish. For a gournet delight, try one cut into cutlets and barbecued with a little unsweetened pineapple juice added just before removal from the BBQ plate.

Barramundi:

Every serious angler dreams of landing a barramundi of giant proportions. In the north-west of Western Australia, you have every chance of doing just that. The streams that flow down to the Indian Ocean are short and fast. It is at the mouth of these rivers that the barramundi congregate to breed in November and December. A stocking program as been implemented in Lake Kununurra in the Kimberly adjacent to the town of Kununurra where the initial stocked fish have attained lengths of 1 m or more.

They are prized by anglers not only for their distinctive taste but because of their spectacular fighting ability and willingness to take a bait, lure or fly.

Trevally:

From the small southern skipjack trevally to the big hard slugging bruisers of the north, the trevally has earned a reputation for being a dirty fighter with a "never say die" attitude.

Southern trevally vary from 1 to 10 Kg, whilst their northern counterparts can attain weights in excess of 40kg.

Ever tried to stop a runaway locomotive? If you can land a fish in excess of 30kg, you are entitled to boast a little!

Samsonfish:

These hard sluggers are mainly found in the south of the State, with a close relative, the Yellowtail kingfish. Another relative the Amberjack is found in waters from Rottnest Island north. It doesn't matter which one you catch, they all fight hard and long, and if you are lucky enough to hook one, be prepared to lose some tackle.

They all have a habit of finding the most convenient snag and, with a bit of skill, remove the line and bait in one fell swoop. They grow to an amazing 50kg but the average size is 20 to 25kg, still big enough to let you know you've had a fight.

Tuna:

Whether it is a large southern bluefin, a yellowfin, longtail or a striped tuna, you'll find they all have similar characteristics. This magnificent gamefish just keeps on going. Sport and game fishermen catch them throughout the State. In the north, the longtail is the more dominant of the species.

Try them Japanese-style, as sushi or sashimi. When you get them to the table - you could be in for a pleasant surprise.

Sharks:

Often maligned by such films as Jaws, the shark is a worthy adversary of the angler. In Western Australian waters we have a large selection of sharks including the wobbegong, whalers, makos, hammerhead, grey nurse,(or sandbar whaler) tiger The Great White, Grey Nurse and Speartooth shark are protected species and cannot be taken.

In the West Coast Bio-Region whaler sharks with an interdorsal length of over 700 mm cannot be taken. Common whaler sharks include dusky, bronze whaler, Zambesi bull shark and tiger shark. Refer to the Fisheries Department web site for further details at <u>www.fish.wa.gov.au</u>

In some locations sharks can be a nuisance to the serious angler seeking specimen fish. However some anglers also target them for the challenge that they present.

Marlin:

Western Australian waters abound with plenty of world-recognised gamefish. A visitor does not have to travel long distances to catch a potential world record. Marlin are regularly caught at Rottnest Trench, 45km west of Perth behind Rottnest Island, and at Exmouth in the north.

Charter boat operators and anglers from Western Australia's game-fishing clubs regularly work the popular game-fishing grounds located close off shore. When compared to other world renowned game-fishing locations, Perth waters produce a very high catch rate in relation to the hours fished.

Sailfish:

These are the needle-nosed speedsters of the ocean and are caught all year round in the north-west. The best time for sailfish is from early August through to late November. At this time of the year the north-west towns of Exmouth, Dampier and Broome hold light tackle game-fishing competitions which concentrate on Tag and Release or Catch and Release.

Trout:

The majority of Western Australian trout are "home-grown". Brown and rainbow are bred in the Pemberton Trout Hatchery, operated by the WA Fisheries. Fingerlings from the hatchery are used to stock several rivers, streams and impoundments in the south west as well as some private waters.

They are very selective fish and will often refuse all offerings. They can, however, be taken by anglers fishing with fly, bait or lures and provide excellent sport on light tackle. The best times for fishing for this species is from August to November and from February to April as ambient water temperatures drop and the water flow starts to pick up with winter rains.

Emperors (snappers)

This is the generic name for the popular range of species of fish which are caught from Kalbarri north by both beach and boat anglers. It is a reef dwelling species which includes the Spangled Emperor (Nor'west Snapper) Red throat emperor, long-nosed emperor and many more. They are highly-prized as table fish and

southern anglers travel northwards in search of them during holiday breaks. They have a delicate firm flesh that freezes well.

Bag and size limits are applicable to the species. Fisheries WA has produced a species recognition brochure to enable anglers to readily identify members of this species. This will help recreational anglers determine the species so that size and bag limits can be adhered to.

Whiting:

Several species of whiting are caught along our coastline. The most sought after member being the Spotted or King George. It is mostly captured by anglers fishing from small boats just off-shore, but shore-based anglers fishing in the reef holes of Rottnest Island or along the south coast often catch them as well.

Yellow-fin or Sand Whiting are common throughout the State. These small fish are highly prized as an eating fish and are eagerly sought after by anglers of all agers.

Tarwhine:

This small fish is often taken by anglers fishing for other species such as herring and tailor. It has a fine white flesh and is an excellent table fish, particularly when baked whole.

Redfin Perch:

To some anglers this introduced species is a nuisance. They have thrived in the rivers of the south-west of the State and are readily taken by anglers using a fly, lure or bait.

In some of the water storage dams they have reached almost plague proportions and, as a consequence, are relatively small in size. There is no bag and size limit for this fish and they are not to be returned to the water. Despatch them humanely and dispose of them.

Garfish:

These slender fish are caught in large numbers in the southern half of the State. They are a sweet tasting fish that is specifically sought by anglers who use a small float or "blob" with plenty of ground bait or berley. Small hooks are a distinct asset due to the very small mouth of the fish. There are restrictions on fishing for this species between Lancelin and Myalup near Bunbury.

Flathead:

There are 16 species of flathead species encountered in Western Australia waters. They don't grow to the same size as their counterparts in the Eastern States, however this doesn't detract from their fighting ability as they are tough adversaries.

They are found in shallow bays and estuaries along the southern and south-western coastline as well as in deep water offshore. There are several northern species which provide great sport on light tackle. They readily take a bait, lure or saltwater fly.

Flounder:

These fish are found along the southern half of Western Australia in the sheltered bays and estuaries. They grow to approximately 1.5kg and are considered prime table fare. The flesh is firm and white and cooks well.

Crustaceans:

Western Australia is famous for its seafood. Rock lobsters, crabs, prawns, cherabin and marron are all caught by amateur anglers.

Recreational anglers require a licence for the capture of some of these species. There are severe fines and penalties for non-compliance with the licensing, size and bag limit regulations.

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