

# REEL TALK



FEBRUARY 2023





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

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# **Club Committee for 2022/23**

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## **Website Coordinator**

*Peet Wessels*

## **Committee Persons**

*Gary Parkinson*

*Chris Stickells*



## **SCAC Life Members**

*Ian Cook, Bob Henderson, Terry Fuller, Mal Head, Peter Osborne*

## **Deceased life members:**

*Vic Davis, Doug Edward, Lloyd Dunn, Dudley Brown, Noel Knight, Les Shand, Ron Kildahl, Bob Klein, Jim Strong, Eric Parker, George Holman*

## **President's Report - February 2023**



We have some great field days coming up down south; March we are going to Reef Beach and April to Bluff Creek. Please consider doing one of these if you have not attended before; I enjoy fishing the south coast at this time of year so can recommend you try it.

Please also put some thought into our new fishing season starting in May. If you have any locations for us to try a field day at please let me know, as it is nice to try some new spots from time to time. We did try Dongara last year, with some mixed results.

If you are fishing please keep in mind the open competition; if you catch any eligible fish on your summer holidays please let us know. Just take a photo with a length and weight please and send it to Peet or myself.

***Martin Wearmouth; President***

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## ***February General Meeting***

**Wednesday 8<sup>th</sup> February**

**Croatian Club in Wishart Street Gwelup**

**Meal at 7.00pm with meeting at 8.00pm**

**Please RSVP to secretary by noon Sunday 5<sup>th</sup> February**

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## **February Birthdays**

Dean Stewart

28 February



## Fishing calendar 2022-2023

### Field day venues for 2022/2023

Dates	Venue	Boundaries
<b>4 - 5 February 2023</b> Full moon 6th	<b>Lancelin to Jurien Bay</b> Lines down 6am Saturday Lines up 9am Sunday	Lancelin to Jurien Bay and local as below at bottom of page
<b>4 - 6 March 2023</b> Long Weekend Full moon 7th	<b>Open – Reef Beach</b> Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
<b>8 – 10 April 2023</b> Easter Long weekend Full moon 6th	<b>Open - Bluff Creek area</b> Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
<b>Local boundaries are from Lancelin in the North to Preston Beach in the South</b> Lines Down on Standard weekends – Saturday 6.00am Lines up on Standard weekends – Sunday 9.00am Lines Down for long weekends and Rottnest – Saturday 6.00am Lines up for long weekends and Rottnest – Monday 9.00am <b>Sign-on / Weigh-in times, possible fish together spots and locations to be decided at the general meeting prior to the Field Day.</b>		

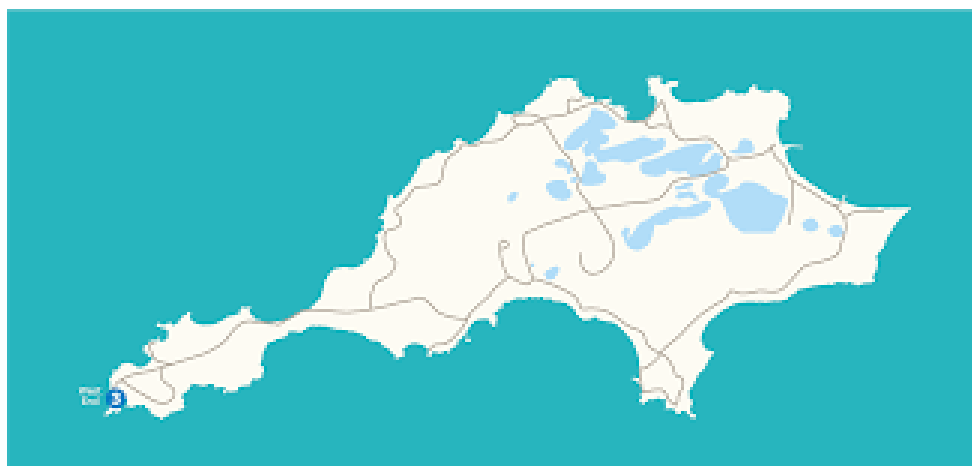
**Next field day is on the weekend of 4<sup>th</sup> to 5<sup>th</sup> February**  
**Boundaries: Lancelin to Jurien Bay and local**

***SAVE THE DATES – Rottnest 2023 weekends***

**Upcoming Rottnest trips:**

**Saturday 20<sup>th</sup> May to Monday 22<sup>nd</sup> May**

**Saturday 19<sup>th</sup> August to Monday 21<sup>st</sup> August**



## DRY CASTING REPORT

**9<sup>th</sup> January 2023**

Just about a perfect day for casting on this particular Monday but still no really long distances. 160m seems almost out of the question now for one reason or another. Someone suggested high humidity and old age was the other (I will call it an excuse).

Gary has definitely improved his distance casts, and as far as I am concerned it all comes down to practice. Bob had a bit of an accident so he could not cast, and we wish him a speedy recovery.

Mark and Mal keep plugging on with no great distances but very consistent.

There were two bullseyes on the day, one went to Mark in the SHA and the other to myself on the 60m target.

155.75m was the longest cast for the day by myself followed by Gary with 140.83. Both of these casts were in the 112gr event. 140.85m was the best in 56gr followed by Gary with 133.27m. In the art bait 129.07m was the best with 119.58m by Gary. Mark had a disastrous day in the DHA with only 67 but did well in the SHA with 28. Gary took out the honours with 147 in the DHA.

**Next casting day will be on Monday, 6<sup>th</sup> of February 2023.** If there is any change you will be notified.

See you all there,  
RON THOMAS D.C.O.



**Dry casting is held once a month at:**

**Perth Polo Club  
Meadow St  
Guildford WA 6055**

**Please contact Ron  
Thomas if you are  
interested in joining in**



# Drycasting Results - 9<sup>th</sup> January 2023

	B	D	E	F	G	H	I	J	K	L	M
1				DRYCASTING		DATE	9/1/23				
2											
3	VETS	DHA	H/C	SCORE			SHA	H/C	SCORE		TOTAL
4	GARY	147	0	147			18	5	23		170
5											
6	MAL	110	32	142			12	6	18		160
7											
8	RON	113	13	126			16	0	16		142
9											
10	MARK	67	38	105			28	7	35		140
11											
12											
13											
14	SENIORS										
15											
16											
17		56GR	H/C	SCORE	ART/BAIT	H/C	SCORE	112G	H/C	SCORE	TOTAL
18	GARY	133.27	21	154.27	119.33	13	132.33	140.83	20	160.83	1057.31
19		126.66	21	147.66	119.58	13	132.58	139.64	20	159.64	
20	MAL	88.98	57	145.98	—	—	—	95.16	53	148.16	884.55
21		89.25	57	146.25	86.51	39	125.51	105.65	53	158.65	
22	RON	137.37	0	137.37	123.37	0	123.37	155.75	0	155.75	977.71
23		140.85	0	140.85	129.07	0	129.07	149.30	0	149.30	
24	MARK	96.82	31	127.82	85.92	32	117.92	113.46	39	152.46	817.46
25		—	—	—	94.08	32	126.08	114.18	39	153.18	
26											
27											
28											
29											
30											
31											
32											

OVER ALL WINNER WITH H/CAP GARY 1057.31

# Surf Casters January Field Day 2023 – Sandy Cape

*By Martin Wearmouth*

My plan to go to Bluff Creek was derailed by the weather with 40kmh + easterly winds forecast for all of Saturday and Sunday. I spoke to Gary and Shane and we decided to head North to Sandy Cape instead; the weather forecast going north was much better although quite a bit hotter.

So we all met at Wilbinga at 7am on Friday and drove to Sandy Cape to find a campsite. On arrival we found a nice spot between 2 shady trees to set up the gazebo and stretcher tents; this did not take long and we sat and kept cool under the tree once done.



*Camp under the trees*

After lunch on Friday we headed out at 3pm to explore and find a fishing spot. I had not explored the tracks going north of Sandy Cape camp ground so we drove about 6km north; but with not much beach and mostly shallow reef and cliffs on the waters edge instead of beach, we headed south to a beach I had fished before which on arrival looked good so we setup the fishing rods and started fishing.

It was about 4.30pm and I got a couple of tailor but only small at about 32cm. By 5pm the bite was on with the tailor hitting the baits quickly once in the water but most only 30cm to 35cm in size, I quickly had 8 but as I was releasing the fish I kept fishing with my single handed rod first using a bait casting rig then switching to a lure, the wind was very light so this type of fishing was possible.

Catching them on the small fishing rod was a lot of fun; I did get a 38cm and 41cm Tailor and this tested the small rod. Shane was also using a lure and having a great time doing catch and release, Gary got 3 and then stopped not wanting to spoil his fishing during the field day on Saturday, he has before caught fish on the Friday then nothing on Saturday during the competition.

We packed up about 7pm and headed back to camp for dinner. The Sandy Cape camp ground had filled up over the afternoon and was now a lot fuller than when we arrived in the morning. We enjoyed a warm night and nice dinner before we all went to sleep hoping for some good fishing on the Saturday.





*Very calm morning fishing*

We woke about 5am on Saturday and had some breakfast; Gary said he was not feeling well and was going to stay at camp and try to come fishing later. Shane and I headed back to the beach we had fished the afternoon before; we started fishing about 6am. With the sun up and a light wind it was great to be on the beach, my first fish was at 6.05am, a dart at .25kg on my single handed rod; a couple of Dart later my big fishing rod had a bite and I landed a 32cm Tailor.

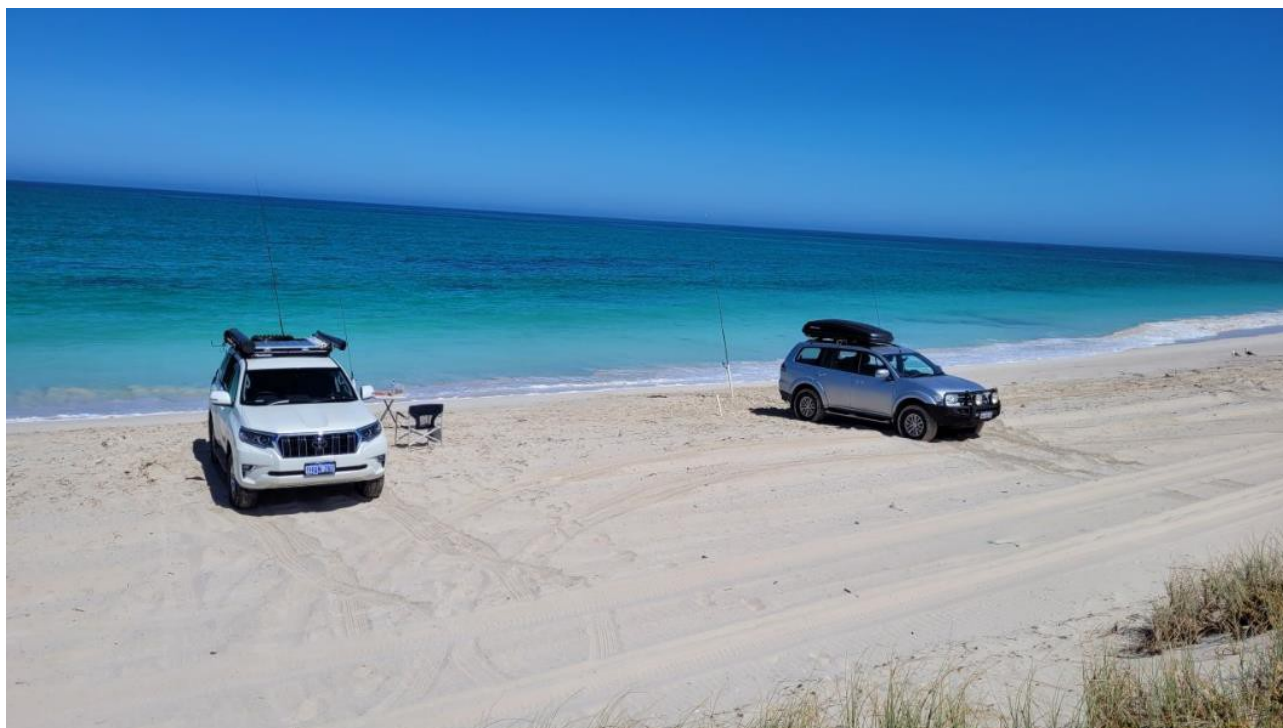
Over the morning I caught only 3 Tailor but 9 Dart, the wind kept dropping and this turned the fish off. With very clear water and not much swell the fish did not stay close to the beach; Shane had again been mostly fishing with a lure trying to get the tailor but only managed 1 at 36cm before we packed up about 10.30am as it was getting quite hot.



Gary had called about 9am while we where fishing and said he had a fever so was going to pack up and head home; once we got back Gary had gone. We sat in the shade and rested before making lunch; after lunch I had an afternoon nap and Shane went for a walk along the beach at the camp ground watching some people who got bogged get rescued by other beach goers.

We headed back out fishing at 4pm to the same spot. It did not take long; I had 3 tailor, 3 Dart, and a Flathead by 5pm, then the wind dropped and not too many bites after that. I got a nice 41cm Tailor at 6pm but then nothing till 7.15pm when I had a good bite. As I set the hook it was quite a bit of weight but I soon got that stingray feeling, after about 20 minutes I managed to get it to the beach and it was a large shovel nose around 2 meters long. It took maybe another 10 minutes to land him; due to the calm conditions I had no big waves to wash him up so Shane had to wait for the best moment to try to gaff him.

I sat down for a while to catch my breath after we released the shovel nose. What a work out that was! But with no wind now it was a nice night to be on the beach; a few other fishers had also come out, and we had about 6 or 7 groups all lined up near us enjoying the sunset with a line in the water.



*View of fishing from the beach*

At 7.45pm I had a good bite on my single handed rod and pulled in a Mulloway, 69cm and 2.92kg. That was a nice way to finish the night; we fished until 8.30pm but nothing else was caught. Once back at camp we sat and had dinner and then went to bed; after a big day's fishing it did not take long to fall asleep.

We woke again about 5am and had some breakfast before heading back to our fishing spot at 6am. With nearly no wind and swell the water was crystal clear. Not too many bites; I did catch 3 Dart and 1 Tailor. I was trying for some Herring and managed to hook 2 but they both spat the hook before I could get them in. Shane again had been using the lure and managed a couple of hits but no hook ups, so we packed up and returned to camp about 9am.





*A popular spot*

We had planned on 3 nights but decided to head home a day early on Sunday, so we packed up camp and left Sandy Cape about 10.30am with a stop at the Jurien Bay bakery for some fresh pies before we headed back along Indian Ocean drive towards home.

Well, as a plan B, Sandy Cape worked OK but the fishing spots are limited and often when I visit it has a lot of sea weed in the bay we fished, as it is surrounded by a lot of reef and weed banks. It does not take much to make it unfishable, so if you plan to fish here it's probably best done during summer.



*Sunset*



## Surf Casters January Field Day 2023 – Other locations

*Contributions by Vince, Mark and Geoff*

### **Vince - Hill River**

I turned up at 5.30am, Saturday morning at Hill River. Allan & Ron were there already, having arrived the day before. Ron indicated things were a bit slow. That continued on during the day, although both Ron & Allan did do quite well with a number of species including tailor. Again, tailor proved elusive for me. Great weather and by late afternoon we all decided to pull up stumps and leave. Still a great day out.

### **Mark – Local**

I fished the south mole from 2.00pm to sun down on Saturday. Not brilliant fishing but at least there was a slight sea breeze to help cool a stifling day.

### **Geoff – Jurien Bay**

I fished at Jurien Bay and managed 4 tailor, a herring, a whiting and a blow fish, but enjoyed a great sunset as shown by the photos below.



## Surf Casters January Field Day 2023 – Photos

*Contributions by Martin unless otherwise specified*



*Fishing at Hill River. Courtesy of Vince*



*Shane with his tailor*



*Alan with one of his tailor*



*Martin with one of his tailor*





*Martin with a dart*



*Vince Iozzi's festive season feed*



# Surf Casters January Field Day 2023 Fishing results

ANGLER		Species Tailor	Species Dart all	Species Herring Australian	Species Whiting	Species Butterfish Western	Species Trumpeter - Grunter striped	Species Toadfish weeping, Blowie	Species Mulloway	Species Ray White-spotted Guitarfish	Species Trevally Silver Skippy	Species Flathead (all species)	Species Wrasse Brown Spotted	Total weight	No. of Species	No. of fish	F.D. points	Attendance Field Day	General Meeting	Total points
Martin Wearmouth	Number	7	11						1	1		1		42.75	5	21	498.5	1	1	518.5
	Total weight Weight of best	2.80	2.17						2.63	35.00		0.15								
Ron Thomas	Number	8		5	1	4	1							5.04	5	19	119.4	1	1	139.4
	Total weight Weight of best	3.10		0.77	0.10	0.75	0.32													
Alan Green	Number	4	4			2								3.40	3	10	74.0	1	1	94.0
	Total weight Weight of best	1.75	1.03			0.62														
Vince Tomazin	Number		1	3							1	2		1.80	4	7	65.0	1	1	85.0
	Total weight Weight of best		0.31	0.61							0.30	0.58								
Geoff Rafis	Number	4		1	1			1						1.70	4	7	64.0	1	1	84.0
	Total weight Weight of best	1.40		0.15	0.10			0.05												
Mark Hansen	Number						1	4					2	0.70	3	7	44.0	1	1	64.0
	Total weight Weight of best						0.20	0.20					0.30							
Shane Wignell	Number	1						1						0.33	2	2	25.3	1	1	45.3
	Total weight Weight of best	0.28						0.05												

Field day prizes for January			
	Section	Angler	Species
Best scale fish		Martin Wearmouth	Mulloway
Best bag of scale fish		Martin Wearmouth	
Best shark			
Best bag including sharks			

Top scores up to January		
Rank	Angler	Total points
1	Martin Wearmouth	1685.8
2	Ron Thomas	1338.0
3	Peet Wessels	1027.9
4	Mark Hansen	885.5
5	Alan Green	497.5
6	Vince Tomazin	494.3
7	David Wessels	465.8
8	Theo Van Niekerk	436.3
9	Gary Parkinson	386.7
10	Sandra Wessels	250.8
11	Tino Baiardo	239.4
12	Brad Zaknich	209.3
13	Sabby Pizzolante	191.5
14	Geoff Raftis	179.5
15	Norm Vojdinoski	119.0
16	George Matrakis	95.3
17	Ian Taggart	90.2
18	Stuart Waterman	90.0
19	Robert Wilding	87.5
20	David Wilding	81.5
21	Dom Zangari	78.5
22	Morris Kolman	73.6
23	Shane Wignell	45.3
24	Oliver Wessels	38.3
25	Paul Terpkos	22.3

Field Day Sections up to and including January				
	Section	Angler	Species	Weight
1A	Best scale fish (1st six months)	Ron Thomas	Gold Spot Trevally	8.06
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)	Peet Wessels	Shark Wobbegongs	12.00
4	Best mulloay (2kg min)	Martin Wearmouth	Mulloay	2.63
5	Best tailor (1kg min)	David Wessels	Tailor	1.80
6	Best salmon (3kg min)	Alan Green	Salmon Western Australian	4.44
7	Best skipjack trevally (0.5 kg min)	Mark Hansen	Trevally Silver Skippy	1.96
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)	Ron Thomas	Estury Cod	4.46
11	Best bag of scale fish	Martin Wearmouth	Sandy Cape Jan 23	42.85
12	Best bag of mulloay (2 fish min)	0	0	0.00
13	Best bag of tailor (2 fish min)	Ron Thomas	Wilbinga October 2022	9.85
14	Best fish on single handed rod (max 4kg line)	Martin Wearmouth	Mulloay	2.63
15	Best fish caught on fly rod	0	0	0.00
16	Best fish on single handed rod, soft plastic lure (max 4kg line)	0	0	0.00
17	Best fish on single handed rod, hard body lure (max 4kg line)	0	0	0.00
18	Best fish caught using a drone	0	0	0.00

## Open fishing competition 2022/23

The Open Competition is for fish caught between 1 May 2022 and 30 April 2023, 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 Mulloay	2 kg	
4	Best Salmon	3.5kg	
5	Best Dhufish	2 kg	
6	Best Tailor	1 kg	
7	Best Samson fish	1.5 kg	
8	Best fish on single handed rod maximum 4kg line class (Bait)	Legal size	
9	Best Pink snapper	2 kg	3.1kg Vince Tomazin, Dirk Hartog Island 12/9/2022.
10	Best Tarwhine	0.5 kg	
11	Best Mackerel	4 kg	20 kg Greg Harvey, Dirk Hartog Island 15/9/2022.
12	Best Skipjack trevally (southern)	0.5 kg	
13	Best Trevally (northern)	4 kg	
14	Best Flathead	0.5 kg	
15	Best Black or Yellow finned Bream	0.5 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	



## **New recreational rules come into effect for demersal fishing**

New recreational fishing rules to protect the sustainability of demersal scalefish stocks from Kalbarri to Augusta come into effect from Wednesday (1 February).

The measures have been introduced across the recreational, commercial and charter sectors to achieve the 50 per cent reduction in the total catch required to recover these popular species, including pink snapper, dhufish and baldchin groper.

For recreational fishers, the existing two-month fishing closure period has been extended by four months. This will be supported by a range of new measures including a boat limit of four demersal scalefish, gear restrictions and the removal of size limits for WA dhufish, baldchin groper and breaksea cod which have high post-release mortality rates.

Recreational fishing from boats and spearfishing for demersal scalefish will be prohibited in the West Coast Bioregion from:

- 1 February to 31 March (inclusive)
- 1 August to 15 December (excluding September-October school holidays)

Land-based line fishing for demersal scalefish or fishing on a licensed charter boat will be permitted all year round.

There will also be increased spawning protection and the implementation of the Abrolhos Islands wilderness fishing area regulations to support the recovery.

The State Government is also investing \$10 million to further assist the sustainability of resource including an extensive education and awareness program, plus expanding the juvenile pink snapper stocking and the state-wide Fish Aggregating Device (FADs) programs.

Department of Primary Industries and Regional Development Aquatic Resource Management Director Nathan Harrison said the changes provided a balance between the fishing experience and the management needed to secure the sustainability of these demersal scalefish into the future.

“The timing of the seasonal closures for recreational fishing have been scheduled to allow families to fish for demersal scalefish during all school holiday periods,” Mr Harrison said.

“It is important to note that you can still fish from your boat for non-demersal species in the West Coast Bioregion during the closure periods.

“There are plenty of other quality line fishing experiences for non-demersal species that can still be enjoyed year-round such as fishing for tuna, herring or whiting.

“The expansion of the FAD program will also provide more opportunities to switch your fishing activities towards pelagic species such as mahi mahi, tuna and billfish.”

Mr Harrison said fisheries education and compliance officers had been out in the community making sure fishers know and understand the new rules.

"If you are not sure about the new rules, you are encouraged to check the updated recreational fishing guide online or with your local fisheries officer before you head out fishing," he said.

"The management changes are not permanent but they are necessary to allow the stocks to recover to sustainable levels.

"We will be monitoring the impact of these management changes on stock levels and catches as we all work towards achieving the 2030 recovery timeframe."

Further information on the new rules can be found at [wa.gov.au/demersalrecovery](https://www.wa.gov.au/demersalrecovery) or in the updated [recreational fishing guide](#).

**Media contact:**

Megan Broad / Katrina Bowers, media liaison +61 (0)8 9368 3937

## THE POST CHRISTMAS BUDGET BLUES

*By Vince Tomazin*

Are you still struggling to get your budgets in order after the festive season? Then our club treasurer has this advice for you:

### Retirement and Centrelink

I have been seeing a fair chunk of older taxpayers (55-65) lately. The common theme is they are not getting advice on how to maximise their income with a combination of pension / super / tax . I have the same generic advice: Make an appointment with the Financial Planner of the Super Fund which they are a member of, and / or make an appointment with a Centrelink Planner.

You only have to qualify for \$1 pension to have access to all the other Centrelink benefits (cheaper prescription drugs etc.)

Disclaimer - General advice only

### Story

Had a new client present himself for a 2022 tax return. noticed he had been on income protection insurance for 6 months, so I asked an innocent question, 'What happened to you?'

He had been bashed in Midland by 2 drug addicts who broke his leg. Still has pain now. On top of that his wife left him and took the children (4) to Albany and all the furniture etc.

Moral of the story. Sometimes we get all worked up about stuff going wrong within our lives. There is always someone else worse off than you.



# RESTORING OYSTER REEFS WITH SOUND

*By Chris Stickells*



Recently I became aware of a project to restore oyster reefs using sound. This project and study suggests that playing naturally occurring sounds through under water speakers can dramatically increase the recruitment of spat to the reefs. Researchers from the university of Adelaide played a mix of naturally occurring sounds, such as snapping shrimp, to create what they call 'highways of sound' to guide the spat to these reefs. In the natural world, sound is used by the young to find safe homes.

These sound highways are silenced following destruction of habitats. In the field, it was discovered that we can re-create these lost sound highways using already existing technology, and use it to attract and guide baby oyster to the sites where they settle and begin their new life.

This was found to be a cost effective way to assist them and plug gaps in the current restoration work.

Coastal regions from around the world are scrabbling to rebuild these reefs to improve fish stocks, protect against coastal damage, filter water and sediment, and improve biodiversity. But in the natural world, they may struggle due to ocean noise from man-made activity drowning out the natural world.

Australia once had a coast line filled with these reefs, but they were dredged for food and for their shells which were then burned in a kiln to make lime for cement. Nutrient runoff from agriculture pollution and coastal development may have also played a role in the decline of these reefs.

I believe these reefs are now listed as functionally extinct with only a few reefs remaining. This has left the sea floor sandy, barren and silent.

Many efforts are underway around Australia, and indeed the world to restore these important ecosystems.

Source info <https://phys.org/news/2022-08-snappy-solution-oyster-reefs.html>



# *Blast From The Past*

## **BELOW THE BELT**

*By Bob "Hendo" Henderson*

My good mate Wayne wanted to know if I would join him for a week's holiday at the Club's house in Kalbarri so we ventured forth and had a pleasant trip getting there. On arrival I was impressed with the house's cleanliness, and how well equipped it was and the facilities provided. Only the double-gee plague around the back of the house was of concern, because you brought them inside and it was perilous to walk around bare footed. On the downside I must notify the Club's property officer of a pending massive financial claim I intend to lodge due to the physical mental and emotional pain I have endured due to faulty workmanship within the Club's house.

You see, it happened like this:

On partaking in the use of the ablutions during the wee small hours I raised the toilet bowl lid and seat, unzipped and withdrew a bodily private part in anticipation of clearing one's bladder. I had to kneel for I was a little unsteady on my feet. To maintain proper control, I released my grip on the toilet seat and lid, BUT it snapped back down in a rat trap action, catching my private bodily part 30% from the furthest distance. The crushing blow caused excruciating pain, which resulted in the emittance of a blood-curdling scream, awakening Wayne who rushed to my assistance.

On extracting the severely bruised and throbbing body part my fellow "mate" assisted me by wrapping the damaged goods in a beach towel then guided me towards the lounge seating. Fighting extreme pain and dizzy spells I departed the ablution room knocking my funny bone on the doorjamb then stepped on some double-gees causing me to twist and wrench my ankle.

Collapsing onto the sofa with tears welling unashamedly and the pain reaching its peak, my fellow border insisted on viewing my personal injury. Laughing uncontrollably (and making snide remarks) he extracted the double-gees in a twisting motion causing more pain. His rough handling of my damaged ankle had me climbing the wall. His foolish prompt action of dumping ice on my damaged private parts without informing me first was another blow below the belt.

NOW, due to this personal grievous bodily harm that I have endured I have been unable to enjoy the pleasures of fishing that I came here for. The joy of relaxation has been limited and the gratification of mixed company has had to be avoided. Due to the nature of injury, I have had to resort to using the rear lawns for my ablutions much to the disgust of one neighbour. My fear of a recurring accident has placed fear in my mind when visiting any other ablution unit.

After settlement of my personal injury claim may I recommend that the Club engage a competent plumber to lower the cistern to an accepted level so no other may endure the pain that I have been dealt with.

To be caught short is one thing but what happened to me is ridiculous. I'm still hurting although Dencarub application does help, giving quite a warm sensation. Photos of damage are pending to correct exposure.

Many fellow club members tell me I am no longer the same pleasant person and should get a hold of myself and pull myself together.

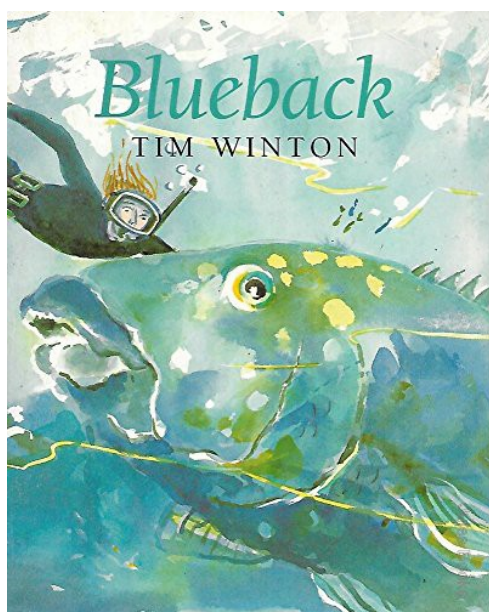
Damaged goods...

HENDO

# MOVIE REVIEW: BLUEBACK

*By Helen Carnell*

With the proliferation of home theatre rooms and the availability of big screen TVs in domestic homes these days, it's not often one would go out to the cinemas. However, at my particular insistence, Chris took me to see this movie: Blueback.



Some background here; Blueback is a novel for school-aged children (from primary into the teenage years) written by local WA author Tim Winton, born in Karrinyup. Having been exposed to the joys of reading for pleasure from a young age, I often received books as presents, and this was one of many – I still have my original copy. So when I noticed it had been made into a movie, well... I was a woman on a mission.

So, at my insistence, we saw the movie together at the cinema in Karrinyup. And, I was not disappointed.

Filmed in Bremer Bay and Exmouth, and an entirely Australian production including the soundtrack which featured original compositions by Australian musicians, it showed off our beautiful coastline while telling a moving story about a child who made friends with a

blue grouper and the influence it had on her life. It also demonstrated the extents to which some conservationists will go to make sure this marine biodiversity is protected for future generations, which were successful, as well as the effect that has on the generations to come who witness such dedication.

All in all, while not a blockbuster, I found this was a thoroughly enjoyable, beautifully filmed, and moving film. Having been out for about a month, cinemas are starting to close their seasons, so have a look and support another local industry!

## RECIPES

### SPICY BBQ FISH WITH MANGO SALAD

#### Ingredients

4 white flesh fillets (about 100g each)  
2 tsp ground coriander  
1 tsp ground cumin  
1 tsp ground turmeric  
2 mangoes, peeled and cut along core into two large cheeks  
olive or canola oil spray  
100 g baby spinach leaves  
1 avocado, peeled, seeded and diced  
½ cup coriander leaves, chopped  
juice of 1 lime  
½ cup natural yoghurt  
lemon wedges, to serve



#### Method

1. Add the ground coriander, ground cumin and ground turmeric into a shallow dish

- and mix well. Add fish fillets and turn to coat.
2. Preheat BBQ grill to high. Lightly spray mango cheeks with oil. Cook until lightly charred on each side and set aside.
  3. Lightly spray the fish fillets with oil. Barbecue for 3 - 4 minutes on each side until cooked through.
  4. For the salad, slice mango and combine in a bowl with spinach, avocado, coriander and lime juice.
  5. Serve fish with mango salad, yoghurt and lemon wedges.

## THAI FISH CAKES WITH CRUNCHY SALAD



### Ingredients

400 g firm white boneless fish fillet, roughly chopped  
 1 clove garlic, peeled and quartered  
 4 stems fresh coriander, roots discarded  
 1 tbsp red curry paste  
 1 tbsp lemon or lime juice  
 1 egg  
 150 g green beans, trimmed, cut into 1cm rounds

½ small red capsicum, seeded and diced  
 olive or canola oil spray, to serve  
 lemon or lime wedges  
 ½ small red capsicum, seeded and sliced into strips  
 1 continental or 2 large Lebanese cucumber, halved lengthways  
 2 cups bean sprouts  
 1 cup coriander stalks and leaves, chopped, extra  
 ½ cup mint leaves, torn  
 1 red chilli, seeded and thinly sliced (optional)  
 1 tbs lemon or lime juice, extra  
 1 ½ tbsp sweet chilli sauce  
 1 tsp fish sauce

### Method

1. Place fish, garlic, coriander, curry paste, juice and egg into a blender or food processor. Process until the mixture is well combined and is a smooth paste consistency.
2. Transfer to a large bowl with diced red capsicum and the green beans. Mix until well combined.
3. With damp hands, using 2 tablespoons of mixture at a time, shape mixture into 12 balls. Flatten into 1cm thick patties.
4. Spray a large non-stick frypan with oil and place over medium heat. Place 6 fish cakes evenly around the pan. Cook for 3 - 4 minutes then flip and brown on reverse side for a further 2 - 3 minutes until cooked through. Transfer to a plate and repeat with remaining mixture.
5. Begin to prepare salad by adding remaining ½ red capsicum, thinly sliced, to a large bowl. Using a teaspoon, discard seeds from cucumber. Slice thinly on the diagonal and add to capsicum along with bean sprouts, extra coriander, mint and chilli.
6. To make the dressing, combine extra juice, sweet chilli and fish sauce in a cup and pour over salad just before serving.
7. Divide fish cakes and salad among serving plates.
8. Serve with lemon or lime wedges, if desired.



### Hint

Fish cakes can be steamed in the microwave rather than browned in a pan. Place fish cakes around the outer edge of a large microwave-safe plate lined with non-stick baking paper. Cook, uncovered, on MEDIUM (50%) for 12-15 minutes or until firm and cooked through.

## DEEP-FRIED SQUID RINGS WITH YUZU DRESSING

### Ingredients:

Vegetable oil, for deep-frying  
75 g plain flour  
4 medium squid, cleaned, quills and beaks removed, sliced into 1 cm rings  
2 free-range eggs  
75 g Japanese panko breadcrumbs

### To serve

4 spring onions, chopped  
2 tbsp fresh mint  
2 tbsp fresh coriander  
1 red chilli, sliced  
2 limes, juiced  
4 tbsp coriander cress  
salt and freshly ground black pepper



### Method:

1. Heat the oil in a deep fat fryer to 190° C. Alternatively, heat the oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it. (**CAUTION:** hot oil can be dangerous. Do not leave unattended.)
2. Sprinkle the flour onto a plate and season, to taste, with salt and freshly ground black pepper. Dredge the squid rings in the seasoned flour until completely coated, shaking off any excess.
3. Beat the eggs in a bowl, then sprinkle the Japanese panko breadcrumbs onto a separate plate. Dip each floured squid ring first in the beaten egg, then dredge it in the panko breadcrumbs until completely coated.
4. Carefully lower the coated squid rings, in batches, into the hot oil. Fry for 2-3 minutes, or until crisp and golden-brown. Remove from the oil using a slotted spoon and set aside to drain on kitchen paper. Keep warm. Repeat the process with the remaining coated squid rings.
5. To serve, place the squid with black bean sauce on a serving plate and garnish with the strips of spring onion and red chilli. Divide the deep-fried squid equally among four serving plates. Top with the onions, herbs, chilli and lime juice. Drizzle over the yuzu dressing. Dress with the coriander cress. Serve immediately.

### Recipe Tips

This recipe makes more dressing than you will need, but it can be stored in the fridge in an airtight container for up to two days. Use it in sandwiches and salads.