

REEL TALK

MARCH 2023



Surf Casting and Angling Club of WA (Inc.)

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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 - March 2023

I write this as I am preparing for our March field day; as I have a week off after the field day a few of us are staying in the Bremer Bay area after the Reef Beach field day, and I will be exploring the area for a few days and doing some camping and fishing. So, I will not be at the March General meeting, but John Curtis will be taking care of the meeting.

At the March meeting we have a notice of motion to remove the fishing field day scoring. We spoke about this at our last meeting and it seems that most of the members are now wanting a social fishing experience rather than a competition with a winner as we have been doing, but if you have any ideas please contact me or attend the March meeting.

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

Martin Wearmouth; President

March General Meeting

Wednesday 8th March

Croatian Club in Wishart Street Gwelup

Meal at 7.00pm with meeting at 8.00pm

Please RSVP to secretary by noon Sunday 5th March

Please advise any apologies by Monday 6th March

March Birthdays

John Curtis	1 March
Steve Harrison	1 March
Klaus Schönwolf	21 March



Fishing calendar 2022-2023

Field day venues for 2022/2023

Dates	Venue	Boundaries
4 - 6 March 2023 Long Weekend Full moon 7th	Open – Reef Beach Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
8 – 10 April 2023 Easter Long weekend Full moon 6th	Open - Bluff Creek area Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
Local boundaries are from Lancelin in the North to Preston Beach in the South 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 Sign-on / Weigh-in times, possible fish together spots and locations to be decided at the general meeting prior to the Field Day.		

Next field day is on the weekend of 4th to 6th March
Venue: Reef Beach. Open anywhere in WA

SAVE THE DATES – Rottnest 2023 weekends

Upcoming Rottnest trips:

Saturday 20th May to
Monday 22nd May

Saturday 19th August to
Monday 21st August



New membership application

Dale Coates

Dale has attended our last two meetings, and has submitted an application for membership. Please provide any feedback you have on this application to a committee member.

SCAC FISHING FIELD DAY VENUES FOR 2023/2024

Field Day dates have been set using Solunar Times

DATE	VENUE	BOUNDARIES
20th – 22nd May 2023 New Moon 19 th	Rottnest Island and Open	Rottnest and Open. Please fish together for safety
10th & 11th June 2023 Full Moon 4 th	Dunsborough & Yallingup area	Open. Please fish together for safety
15th & 16th July 2023 New moon 18 th .	Margaret River to Busselton	Open. Please fish together for safety
19th – 21st August 2023 New moon 16 th	Rottnest Island and Open	Rottnest and Open. Please fish together for safety
23rd - 25th September 2023 L W E - Kings Birthday Full Moon 29 th	Bluff Creek	Open. Please fish together for safety
21st & 22nd October 2023 Full Moon 29 th	Preston beach	Open. Please fish together for safety
18th & 19th November 2023 New Moon 13 th - Full Moon 27 th	Hill River or Sandy Cape	Open. Please fish together for safety
9th & 10th December 2023 New Moon 13 th	Seabird	Open. Please fish together for safety
27th - 29th January 2024 L W E Australia Day Friday 26th Full Moon 26 th	S-Bend or Dongara	Open. Please fish together for safety
17th & 18th February 2024 New Moon 10 th	Moore River or Seabird	Open. Please fish together for safety
9th - 11th March 2024 Make our own L W E New Moon 10 th	Bremer Bay area	Open. Please fish together for safety
30th Mar – 1st Apr 2024 Easter L W E Full Moon 25 th	Bluff Creek	Open. Please fish together for safety

Boundaries are open but please fish together where possible for safety.

Standard weekends

Lines Down - Saturday 6.00am

Lines up - Sunday 9.00am

On long weekends and Rottnest

Lines down - Saturday 6.00am

Lines up - Monday 9.00am

Possible fish together spots and locations to be decided at the General Meeting prior to the Field Day.

DRY CASTING REPORT

6th February 2023

There are days when everything goes right at the start, and then it all comes to a halt when things start to go wrong, and it happened to me last Monday. 167 in the DHA which was my personal best and 36 in the SHA equalling my best. But then a break off in the 56g cast, and a bunch of grapes in the Art Bait. Oh well it happens, but there is always next month.

Gary did well in the DHA with 160, followed by Bob with 148. Mark had the lowest in the DHA but did well with 27 in the SHA.

Longest cast for the day was 155m followed by Bob with 140.56m beating Gary by 1 ½ metres. The longest in the 56g was 133.89m with Bob close behind with 132.40m. Gary threw the longest in the Art Bait with 119.92m.

One of the reasons we are not getting good distances (I am sure) is the condition of the oval. In winter it can be like a lake and so the atmosphere is heavy but just as things start to change in summer the sprinklers come on and right now they are on 22 hours a day for a week. That is my theory anyway.

Next casting day will be on Monday, 13th of March 2023 as the long weekend is on the first Monday. 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 - 6th February 2023

[illegible]

Surf Casters February Field Day 2023 – Ledge Point

By Martin Wearmouth

With a hot 40 degree day forecast I met Dave and Rob in the Ledge Point car park at 7.30am. After letting our tyres down we drove south along the beach; the water was clear and calm with a easterly wind already making it a warm morning. We drove about 6km and found a nice looking gutter where we set up the fishing rods.

First we got the awnings set up for some shade, setting up the 2 cars close so we had both awnings next to each other. It was cloudy at first and we even got some spots of rain but only for a few minutes. As the morning went on the cloud cleared and the easterly wind got stronger as the temperature climbed.



Beach setup at Ledge Point

Not too many bites in the morning and all I could catch was some blowies. As it heated up and the wind started to calm the insects came out; we had some flies biting us and bees and wasps looking for water. We went for a few swims to keep cool and sat in the shade enjoying the day.

Rob managed a herring about 9am, so we sent him out under a balloon pushed out by the easterly wind, it went out about 200m and Rob left it there over a reef and sand area hoping a big fish would come through. Nothing happened for an hour or so then I noticed the balloon was heading out further, so Rob grabbed the fishing rod to find whatever had taken the bait had gone under some reef and ended up breaking the line.

For the middle of the day no fish or even bites so we just kept cool. At 2.30pm a nice southerly wind came in cooling it all off; I hoped that would fire up the fish. The Southerly was around 25kmh with some stronger gusts. Soon after Gary and Malcolm joined us and started fishing; Gary had met Malcolm in the car park but it had not been planned, they just happened to arrive at the car park at the same time to let down their tyres.



Lines in the water

On the way along the beach due to the higher tide they had to go inland due to the waves cutting off the beach. As Gary came over a dune he dropped into a hole and got bogged, so Malcolm came to the rescue and pulled him out.

The insects were still everywhere and Dave got a bee in his mouth as it had fallen into his beer and when he had a drink it went into his mouth stinging him on the side of his tongue. After some ice and many bee jokes he was OK, although he had a pretty sore mouth and tongue. After that everyone was careful not to take a drink before making sure the bees had not already taken a drink too.



Freya having fun

The Southerly lasted about 3 hours then started to weaken as the sun went down, still not too many fish so we hoped for a good run at sunset. It took a while but as the sun went down we had a few more bites; I got my first Tailor at 7.50pm and only managed 1 more at 9pm. It was such a nice night, so we sat and watched the rods enjoying the beach and a nice still night.

After dark Malcolm caught a 9.6kg Port Jackson shark and Dave a 3.6kg Wobbegong, this was the only action we had before going to sleep about 11pm.

I slept well and woke about 5.30am, some sea weed had settled in front of us overnight but the water was clear and we fished for a few hours before we packed up at 8am, I caught a whiting and 2 sea Trumpeter so again the still and clear water not giving up any decent fish.



Sunset shot thanks to Malcolm

Q: What causes flooding?

A: A river getting too big for it's bridges

Q: What do you call a crate of ducks?

A: A box of quackers

Surf Casters February Field Day 2023 – Other submissions

Contributions by Ron, Mark, Gary and Lee

Ron - Wilbinga

Ron fished at Wilbinga and reported a very busy beach with a lot of people camping but he got a very good bag of fish including 11 Tailor, 35 Herring, 1 Skippy, 3 Pike and 17 Whiting.

Mark – Keane St Jetty and South Mole

Mark fished the Freshwater Bay (Keane St Jetty) from just before dawn to 8.00am and caught Whiting, Flathead, Black Bream and a lot of Blowies, then fished the south mole until 9.00am and caught a flounder.

Gary – Ledge Point

Well another great fishing weekend, went to Ledge to catch up with the guys. While airing down ran into Malcolm the new member, thank goodness. I went up the sand dune straight into a hole... but less of that. The fishing wasn't the greatest but boy did we have fun. I am glad I didn't miss it - Dave got stung on the tongue by a bee. My primary school teacher would have been proud of me. We came up with so many "b" words - beautiful, behave, be good... they just kept coming! I would have got an "a". Thanks guys, can't wait for the next one .

Lee – Floreat Beach, Wednesday February 15

I caught 3 Tailors this Wednesday evening on Floreat Beach, and released a big ray. The bigger one is 57cm and 1.8kg.



Surf Casters February Field Day 2023 – Photos

Contributions by Martin unless otherwise specified



Rob with his Herring



Dave keeping cool



Gary with a Herring



Malcolm and Freya. Good dog!



Everyone enjoying the day and some shade



The full setup



Sunset from the beach

Surf Casters February Field Day 2023 Fishing results

ANGLER		Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	No. of Species	No. of fish	F.D. points	Attendance	Total points
		Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	Species	Species				Field Day	General Meeting
	Number	11	35	17	1	3									5	67	267.0	1	1
Ron Thomas	Total weight	6.49	6.20	1.15	0.63	0.63													
	Weight of best	0.82																	
Malcolm Harris	Number	2	3												5	8	173.2	1	1
	Total weight	1.00	0.60																
	Weight of best																		
Mark Hansen	Number			2											5	6	65.0	1	1
	Total weight			0.36															
	Weight of best																		
David Wilding	Number														2	2	58.4	1	
	Total weight																		
	Weight of best																		
Marin Wearmouth	Number	2		1											3	5	46.0	1	1
	Total weight	0.60		0.10															
	Weight of best																		
Gary Parkinson	Number		2												1	2	16.0	1	1
	Total weight		0.40																
	Weight of best																		
Robert Wilding	Number		1												1	1	13.0	1	
	Total weight		0.20																
	Weight of best																		

Field day prizes for February

Section	Angler	Species	Weight
Best scale fish	Ron Thomas	Tailor	0.82
Best bag of scale fish	Ron Thomas		15.00
Best shark	Malcolm Harris	Shark Port Jackson	9.22
Best bag including sharks	Malcolm Harris		11.52

Top scores up to February		
Rank	Angler	Total points
1	Martin Wearmouth	1751.8
2	Ron Thomas	1625.0
3	Peet Wessels	1027.9
4	Mark Hansen	970.5
5	Alan Green	497.5
6	Vince Tomazin	494.3
7	David Wessels	465.8
8	Theo Van Niekerk	436.3
9	Gary Parkinson	422.7
10	Sandra Wessels	250.8
11	Tino Baiardo	239.4
12	Brad Zaknich	209.3
13	Malcolm Harris	193.2
14	Sabby Pizzolante	191.5
15	Geoff Raftis	179.5
16	David Wilding	149.9
17	Norm Vojdinoski	119.0
18	Robert Wilding	110.5
19	George Matrakis	95.3
20	Ian Taggart	90.2
21	Stuart Waterman	90.0
22	Dom Zangari	78.5
23	Morris Kolman	73.6
24	Shane Wignell	45.3
25	Oliver Wessels	38.3
26	Paul Terpkos	22.3

Q: What did the fish say to the chips?

A: What are you so cut up about?

Look at the battering they gave me!

Field Day Sections up to and including February

	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 mullet (2kg min)	Martin Wearmouth	Mullet	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	Estuary Cod	4.46
11	Best bag of scale fish	Martin Wearmouth	Sandy Cape Jan 23	42.85
12	Best bag of mullet (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	Mullet	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 Mulloway	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	

If you want to go fishing, use a lure.

If you want to catch a fish, use the freshest bait.

Dom's Binningup camping trip - February 2023



I thought I'd share with you our camping experience at Binningup caravan park.

Our weekend was more intended to be camping, as we were with friends, rather than fishing, but I packed 2 flick rods and reels and my collection of lures. Our friend was a novice with lures so thought we'd give him a go.

We arrived at Binningup Friday afternoon, set up camp and settled in for the night with dinner from the general store and a few quiet drinks. Saturday morning saw me wake up early, so I headed to the beach for a sneaky fish before our friends arose from bed. I headed to the northern car park and set off on the very short walk to the beach. An hour later there was no fish to be found so I headed back to camp.

After a breakfast feast cooked on the BBQ we all headed down to the beach, the guys with rods and lures, the girls enjoying the sun and sand catching up with all that's been happening. This time we headed south. It was fairly weedy and no bites so after half an hour we moved a little further along.

After about an hour there was still no fish but I spotted a small pod of dolphins and then bingo.. I was on. I reeled in a 43cm tailor on my recently purchased Shimano sonic lure 9 foot rod. The reel was a Daiwa AIRD 4000 spinning reel with 15 pound braid. I was pretty excited because this was the whole reason I bought this rod. It was about midday so I was a little surprised with my catch. I passed over my setup to my mate in the hope that it would catch something too and I filleted the tailor to go with dinner that night.



Dean continued enjoying the experience but a few casts later I watched as one of my favourite lures went flying through the air. Rookie mistake and the end of fishing for the day. Looks like a trip to BCF to replace 2 lost lures but another fisherman in the making.

All in all, a great weekend had by all.

Blast From The Past

ONE BORN EVERY DAY

By Bob "Hendo" Henderson

After spending a few weeks in Kalbarri with Roy and Nita then Wayne and Rhonda, I headed north for Broome but my first stop was the Fortescue River. I had arranged to meet up with another group and spend a few days dingy fishing within the area before heading back home to Broome. For some reason they cancelled their trip and had no way of contacting me so I wasted a day waiting at the Fortescue River turn off for them. When they didn't turn up I decided to head for the river mouth and wait and see if they arrived later.

I ran into a couple who were heading back from the river and asked them how was the track in. "No worries" they yelled as they drove past. With my mind at ease I ventured on and the track was good through to the river crossing. "Looks Good" thought I but decided to walk it anyway. Three quarters of the way and no problems as it ALL looked fine so I returned to the Range and trailer and set forth.

Crossed almost to the other side and approached the opposite bank when all of a sudden the Rangie's nose went down and water rushed up over the bonnet. The bloody thing stalled on me and the realisation of being stuck shoved me into action. I opened the door and water rushed in then started to wash my tapes, papers and lollies out and down the river. Thoughts of crocodiles and losing the Rangie urged me on as I flipped the bonnet, sprayed the ignition with dewatering fluid and raced back inside to start up. The old girl fired up but would not move as the trailer was holding it back. Out again and released the trailer then with a cough and a splutter the "beast" got out onto the bank with water pouring out from the insides of the vehicle that washed away everything.

Trembling with fear because of the near disaster I waded the river's edge and collected as much of my soggy stuff I could find. Anger at my stupidity jumped in and I tossed my crap into the back of the car then waded out and tied a rope to the trailer and towed it up onto the bank. Absolutely peeved I connected the trailer up and proceeded on to the campsite alongside the river, cursing at my stupidity for not walking the entire river.

Dragged all the soggy carpets out of the vehicle and spread them out to dry. Checked out the Rangie then attempted to salvage soggy tapes, papers and lollies but had to chuck most of it away when I realised that the river water was salty. The high tide mark in my camera indicated a drowning had taken place.

As the sun went down I was attacked by hordes of mozzies that took more out of me. With no one else about the night was long and lonely and by sunrise I was ready to get the hell out of there. The trip out took a slightly different track (yep I walked right over the river) and I headed back towards the Fortescue River roadhouse to regroup just in case my friends were running a bit late. A phone call told me they weren't coming. More drying out and a hot shower at the roadhouse followed by a huge dribbly hamburger put me in a better mood.

The next morning when I went to start the vehicle the starter motor blew up in a cloud of smoke and flame. Blew it apart is the best description. Spoke to the roadhouse proprietor about my situation and he suggested I join him in his trip to Karratha an noon. Out came the starter and into town we went where he dropped me off near the wrecking yards and I searched for a secondhand replacement but to no avail. The only option was the Auto Electricians but I knew I was in trouble. \$450 later I had a reconditioned unit in my hand ready to return to the roadhouse.

I was supposed to be picked up about 5pm but near 7pm the lift turned up AND he was stonkered. A few drinks with friends he said. No Way hazzay said I and demanded to drive which he gladly accepted. Bloody sod sat in the passenger seat and snored the whole way back then had the hide to charge me full rates for a campspot overnight. I was out of there at daylight.

Finally made it back to my humble abode at the caravan park in Broome and spent the next few days rectifying water damage to the Rangie, happy to be "home".

Walk all waterways is now my motto. Better still, get your passenger to do it (crops ???)

Cheers

HENDO

March: The season of March flies

The flowering of the Marri heralds the arrival of March flies which can be annoyingly persistent and deliver a painful bite. Although they do not carry disease, the bite can cause an allergic reaction. March flies are in the Order Diptera (two winged flies) and the Family Tabanidae, and there are over 200 species in Australia. As with most biting insects, only the females need a bloodmeal to obtain the protein required to produce eggs. They have strong piercing mouthparts to puncture the skin and mop up the blood with spongy mouthparts. The males feed exclusively on nectar, in the South West primarily from Marri blossom. They can also be a serious pest to livestock which gives them their alternative name of horse flies.



The lifecycle may take months or years however the adult stage generally lasts three to four weeks. They breed in damp leaf litter and rot holes in trees, and the maggot larvae are quite aggressive as well as efficient predators and can bite if handled. The prey is usually the larvae of other insects, however they are also known to be cannibalistic. They have sharp mandibles (mouthparts) and inject their prey with venom. The venom immobilises the prey almost instantly and helps to liquefy the tissues, which are then sucked out, leaving just an empty skin.

Q: What's cute, furry, and gets driven around?

A: A Toy-otter

Q: Why did the motorbike crash?

A: It was two tired

FATIGUE MANAGEMENT AND ROAD SAFETY

Driving can be a high risk activity that many people perform daily. Driving is a complex mental and physical task that requires sustained levels of concentration and skill to maintain maximum performance. No responsible driver can afford to be fatigued.

This paper was prepared for a seminar for mine workers working remotely and driving long distances during their daily activities. However I feel that it is also applicable to club members when travelling distances on fishing trips. The paper has been modified slightly from the original, however the aim of the paper is to provide you with the information required to be a better driver, taking less risks when on the road.

What Is Fatigue

There are several factors that are considered to be fatigue. These include:

- Loss of alertness;
- Drowsy driving; and
- Falling asleep at the wheel.

Any of these things can happen to you when you are 'fatigued', and they lead to poor judgement, slower reactions and decreased driving skill levels.

If you are a driver and you become drowsy you can drift into 'micro-sleep', which is a brief nap that lasts around 3 to 5 seconds. At 100 km per hour that's 100 metres of travel and plenty of time to run into a tree.

The following is a list of some of the factors that indicate fatigue. You may be fatigued if you:

- have trouble keeping your head up;
- have wandering, disconnected thoughts;
- eyes close for a moment or go out of focus;
- eyelids droop;
- can't stop yawning;
- find that you can't remember driving the last few kilometres;
- drift over the centre line or on to the gravel at the side of the road;
- miss a road sign;
- miss your exit;
- miss a gear;
- start to see things that are not there;
- brake too late; or
- find you have slowed unintentionally.

Factors Influencing Your Fatigue Levels

- Organisational Factors - Plan the journey (allowing time for rest breaks)
- Sleep - The quality and duration of sleep will affect the amount of time it takes to become fatigued. (Continuous sleep for 7 or more hours prior to driving is great)
- Alcohol - Too much alcohol affects a person's natural sleep patterns
- Food - High fat and sugar foods reduce the alerting chemicals in the body. Low fat protein foods help you to stay alert
- Water - If the body is dehydrated it will slow down in an attempt to conserve energy, and this increases fatigue
- Caffeine - Caffeine should only be consumed when you are feeling tired as the body becomes tolerant to caffeine

Body Clock Factors

- Working or fishing when you would normally be asleep.
- Sleeping when you would normally be awake. (e.g. when away on fishing trips and sleeping during the day to fish at night.)

Sleep Factors

- Sleep, or lack of it is also a concern;
- Getting less than normal sleep.
- Getting poor sleep.

Work Factors

There are several factors that also influence fatigue associated with work. These include:

- Working very long hours for a period prior to driving.
- No time to recover from work or get a decent 7 hours of uninterrupted sleep prior to travelling.

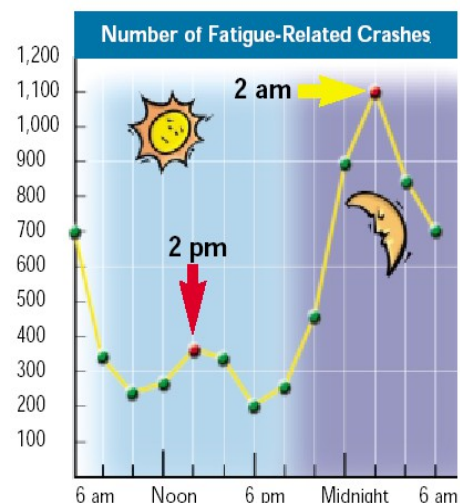
Health Factors

These are other factors that may influence fatigue;

- Medical sleep problems.(e.g. sleep apnoea)
- General health and lifestyle issues.

High Risk Fatigue Times

- Although there are fewer drivers on the road between midnight and 6 am, statistics show they are much more likely to have a crash.
- Your body clock turns down alertness after lunch (the siesta period), there is also a small increase in road crash rates at this time too.
- Not surprisingly the crashes at night and during the siesta period are more likely to be single vehicle crashes.



FATIGUE

Here are some facts relating to fatigue:

- Drivers who get less than 6 hours sleep experienced 4 times as many dangerous situations while they were driving.
- Getting enough sleep is essential to safety; and you should aim to get 7 ½ continuous hours of sleep.
- If you get less than 7 ½ hours' sleep each night you will build up a 'sleep debt'. Each day you go with less than 7 ½ hours' sleep, the more fatigued you will be and the more unsafe on the road you will become.

Take every opportunity on your fishing trip for a good long night of sleep. And prepare for a long trip by making sure you have fully repaid any sleep debt from previous travel.

Avoid Fatigue

Fatigue can be avoided by simply following a set of guidelines designed to help prevent it.

- Plan your trips carefully to provide adequate time for sleep, rest and food.
- Prepare well in advance of departure time so that you get the rest you need.
- Be realistic about how much sleep you need to be a safe driver and make sure you get it.
- Start your journey without sleep debt.

- Understand your own body clock and know when you are likely to be at your least alert (e.g. between 1 am and 6 am).
- Take regular power naps (at least 20 minutes).
- Keep your cab at a comfortable temperature, but not too warm. An overheated cab can make you drowsy. It's better to wear extra clothes.
- Get fresh air into your cab. Smoke and stale air can contribute to drowsiness.
- Listen to music, talk-back radio or talking books or chat on your CB radio.
- Play mental games, such as calculating distances.
- Take regular breaks (say every 2 hours) to stretch, walk and check your vehicle.
- Learn to recognise the signs of sleepiness and pull over as soon as possible for a short nap.
- Eat sensibly and exercise regularly.
- Drink plenty of water.
- Never drink alcohol when driving.
- Use caffeine only when you need it.

Share this information with your fishing mates so they can support you and understand your need to get adequate sleep. If you think you have something wrong with your sleep patterns or your general health, seek medical advice.

Guidance On How to Minimize Fatigue

There are several things that can be done to assist with fatigue reduction:

- A solo driver should have the opportunity for at least 7 hours of continuous uninterrupted sleep in a 24 hour period;
- Minimise driving when the solo driver does not have the opportunity for at least 7 hours of continuous, unbroken sleep in a 24 hour period;
- Work schedules need to be flexible to allow for a short break for sleep prior to driving;
- Minimise very early departures to give drivers the maximum opportunity to sleep in preparation for the trip.

From the Encyclopedia of Alternative Facts

By Brian Bilston

Frankenstein was the monster's name.
There's no such thing as climate change.
A solero is a type of hat.
The planet is not round but flat.

Six is the legal drinking age.
Women are paid an equal wage.
Elvis was influenced by Take That.
The planet is not round but flat.

Achilles had a dodgy knee.
Terror comes from refugees.
Insomnia affects most cats.
The planet is not round but flat.

There are no fascists on the rise.
A politician never lies.
It's impossible to change a fact.
The planet is not round but flat.