

# SANDI ANGLING NEWS:-

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NEWSLETTER OF THE SANDRINGHAM ANGLER'S CLUB:-



**Issue #2 (October to December 2012)**

Sandringham Anglers' Club  
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Club meetings are held every Tuesday from 8:00pm, visitors are always welcome and new members are encouraged.

The club rooms are located at the end of Jetty Road, Sandringham and are licensed for the responsible serving of alcohol.

## Introduction:-

Welcome to the second edition of the Sandi Angling News. It's been a busy quarter since our last edition with some surprisingly nice spring weather seeing us enjoy lots of fishing action.

I am happy to report that on a recent snapper competition I hooked and landed a nice 3kg+ snapper on a soft plastic. This was caught on a dropshot rig with a 5" soft plastic minnow on the top hook and a silver whiting head on the bottom hook. The rod was left in the holder and allowed to sit just off the bottom. This was the exact rig that was as outlined in last editions **members rig**. I now eagerly look forward to trying out this latest rig at a future date.

I hope you enjoy this edition of the Sandi Angling news and get some useful tips and information out of it.

Thanks.....Ed.

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## Whats in this issue,

- ✚ Club Information (Pgs 2-3)
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## Presidents Report:-

First I would like to thank all the members who have put in extra efforts over the last couple of months.

The painting on the club rooms is coming along, the clubrooms are looking festive for Xmas , the website is looking great and the membership is on the rise.

There is still plenty to do and we can all help in some way so please help out where you can.

It is also pleasing to see the comps being well attended and plenty of great fish being weighed in

It is also great to see the pool tables and dart board getting a workout on Tuesday nights. We would love to see more members coming down on Tuesdays to give us regulars a challenge.

In closing I would like to wish all the members and their families a safe and Merry Christmas and new year.

Tight Lines

Jim Kavanagh

To assist in preparing this newsletter we value and encourage contributions from our members. If you've recently enjoyed yourself on a club fishing trip or even a great private fishing adventure, have any photos to share or have seen something worthy of a paddle nomination then please let someone on the committee know or email us on:

[info@sandringhamanglersclub.com](mailto:info@sandringhamanglersclub.com)



## Club Information:-

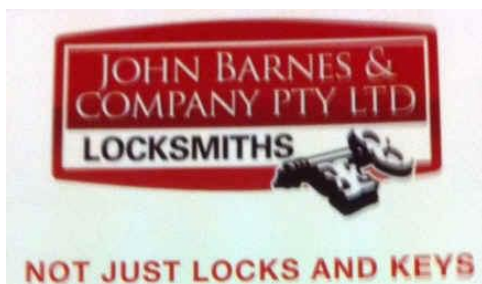
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### SPONSORS:-

Sandringham Anglers wishes to thank the following major sponsors for their support in 2012/2013.

**SOUTHERN  
SPORTFISHING**  
Black Rock  
(03) 9589 5666

*(Need some new fishing gear, a reel spooled or bait. What about help fixing a broken rod tip. Then why don't you drop in and say hi to Wayne at Southern Sportfishing).*



Interested in becoming a major sponsor for the club, then contact the club on (03) 9598 9664 or email [info@sandringhamanglersclub.com](mailto:info@sandringhamanglersclub.com)

### COMMITTEE:-

Sandringham Anglers Committee for 2012/2103 is:-

President:	Jim Kavanagh
Vice President:	David Oates
Treasurer:	Andre Vidovic
Secretary:	Dave Clark
Angling Secretary:	Ron Wilson
Boat Captain/ Property Officer:	Garry Meehan
Publicity Officer:	Garry Meehan
General Committee:	Steve Wilson
	Deb Wilson,
	Mark Hocking,
	David Buckingham

### Good Sports

The Sandringham Angling club is a level two good sports club.



This means that we are committed to:-

- ❖ Offering food and drink alternatives,
- ❖ Providing safe transport options,
- ❖ Conducting responsible events and functions.
- ❖ Meeting our liquor licensing requirements,
- ❖ Having RSA trained bar staff,
- ❖ Being smoke free.

We aim to provide you with a safer healthier and more family friendly club by managing alcohol responsibly.

If you want to know more or want to see how you can get involved speak to the committee or go to [www.goodsports.com.au](http://www.goodsports.com.au).

## Club Information:-

### Merchandise:-

Want to look your best and feel comfortable on your next fishing adventure? Why not support the fishing club and gear yourself up with some "Sandringham Anglers Club" merchandise.





Here is a sample of what is available:-

	<p><b>Club Stickers:-</b> Sticker with the club logo and are approximately 20 cm x 25 cm Price:- \$5</p>
	<p><b>Cloth Badges:-</b> Badges are approximately 10cm x 10cm. Price:- \$6</p>

### Club Fishing Competitions:-

Want to have an enjoyable day out fishing with some friendly competition and some tall tales of ones that got away thrown in? Why not join us for one of our scheduled competitions. Don't worry if you don't own a boat as we can try and pair you up with a club member who has (space permitting). Alternatively you are more than welcome to try your luck off the shore. To join us on a trip just come down Tuesday night a week or two before the competition and put your name down on the nomination sheet, or else email us to let us know you are interested.

### Clothing:-

	<p><b>Club Polo Shirt:-</b> In club colours with logo. Price:- \$25 Material: 65% polyester 35% cotton <i>Various Sizes Available.</i></p>
	<p><b>Club Beanie:-</b> An Acrylic Beanie with club Logo Price:- \$25</p>
	<p><b>Club Bomber Jacket:</b> Beautifully Modelled by Dave this jacket comes In the club colours with embroidered logo. Price:- \$75  Made of Nylon Outer with a cotton inner lining.  <i>Various Sizes Available.</i></p>
	<p><b>Club Cap:-</b> An adjustable cap in blue embroidered with the club logo.  <i>Note: Cap is given as a free gift to all new members.</i></p>

*If you are interested in purchasing any of the above items then please come along to Tuesday club night and speak to a committee member.*

## Club Fishing Reports:-

13-14 October 2012

### Lake Eildon (Freshwater 3)

The prospect of bleak weather did nothing to dampen the relatively small but enthusiastic group of Sandy Anglers who ventured north to Lake Eildon recently. And as fate would have it, the conditions were nowhere near as bad as originally forecast, with cool but relatively calm (and for the most part, dry conditions being experienced for most of the weekend.



Two boats in Slapper and Haystac (on the Saturday at least) made the trip to an Eildon Lake that was lapping the edges at 100% of capacity, and some kayakers trying their luck and the odd member fishing the pondage. There was considerable interest in which method would prove most successful, especially after Ron W landed two beautiful 1.5kg+ brown trout on the Friday afternoon fishing with soft plastics in the pondage.

Andres won points for commitment, being out the door well before first light in an effort to entice a trout of two onto his line. He fished the pondage at Bourke St with Powerbait and soft plastics for no return. From his point of view the effort may have been slightly misplaced, and his only successful catch was actually from the Goulburn River during the afternoon session on soft plastics. Top marks for effort though Andres!

Dave C and JB – fishing on Slapper, set a fast early pace with reports coming in thick and fast of nice browns being taken “on-the-troll” during the morning session, and it looked as if it may be a case of “how far” for the intrepid duo. Ron W – fishing on Haystac - was on the board early snaring a nice sized brown on a mudeye not long after the sun had risen, but for the next 6 hours or so, no amount of enticement through bait or lure could snare a second fish. Just when Ron was making less than complimentary remarks about the merits of trolling,

within the space of ten minutes or so, both Ron and Phil landed a nice brown each on lead line and green and gold sparkling tassie devils.

At the weigh-in at the end of Day 1, Dave C held a nice lead, weighing in 5 trout, with Phil S being in second closely followed by Ron in third place.



Dave on the troll, early morning Eildon Lake

The Sunday morning session did nothing to alter the positions, with Dave C being the only member to catch a fish, thereby extending his lead and placing his win at Eildon beyond doubt. A special mention is given to Andres for his dedication and preparedness to “do the hard yards”, and a special acknowledgement also to Greg Stephens and Al Fairley for their participation with kayaks. Best fish was Phil’s brown weighing in at 1.128 kgs, but congratulations go to Dave C with a bag of 6 fish weighing in at 2.258kgs and giving him full points for the first freshwater competition on this year’s syllabus.

### 21 October 2012 – Jeff Worle Trophy Port Phillip Bay (Snapper 1)

Typical Melbourne spring weather saw 20 knot winds forecast for the Sunday and the competition was cancelled.

## Club Fishing Reports:-

### 28 October 2012 – Jeff Worle Trophy Port Phillip Bay (Back up Snapper 1)

The weather finally allowed us to have a lovely days fishing. Light wind and little swell made it relatively comfortable to launch and ride out to the morning spots.

Ron & Andres fishing off Willow at one of Ron's new marks in 19m, where quietly confident as they turned up to find some nice arches on the sounder. It didn't take long as Ron quickly had two big bites sadly missed but he turned his day around with two nice snapper in the space of 5 minutes. Pilchards where his bait of choice as the snapper seemed to be avoiding the squid baits. Ron soon bagged out with two more snapper in 2 minutes allowing him to select the biggest for the weigh in and the smaller one returned to fight another day. Andres got on the board with two fish in two casts. His first took a good solid fight to bring on board and would prove to be the fish of the day. The second took a soft plastic which had been left in the rod holder and was soon netted. Fishing went quiet for several hours and it wasn't until the last cast of the day that Andres netted his third snapper on a mullet bait. This allowed the willow crew to have an early finish and return to shore by 10am.

Ron called a few of the SAC members over to the spot but as so often happens when Phil arrived on

Haystack the fishing had quietened and a hoard of small flathead had moved in.



*The winning Snapper (6.3kg)*

JB and Brendan on Redgum were fishing off Carrum and JB managed to bag out with Brendan landing a nice 4.2kg snapper.

Steve in his Kayak out off Ricketts point hit a purple patch and went wild with over a dozen fish and keeping his best three for weigh in. Al, Greg and Jimmy also fished out of their kayaks off Ricketts point for no return. It goes to show how it doesn't take much to be on a blinder or out of the major strike zone.



Smiles, drinks and snags (NOT the "sensitive new age guy" types) all round for the weigh in at the SAC clubhouse

## Club Fishing Reports:-

### 4 November 2012 – Club Memorial Trophy Port Phillip Bay (Snapper 2)

Another calm, swell free morning saw a good contingent of club boats and kayaks out for the sunrise attempting to catch snapper.

JB and Andres fishing on Redgum left Carrum before 4am to set up in 18m of water. They were fairly optimistic of catching a good haul as the sounder lit up full of promising arches.

Sadly the anticipated bite frenzy as the sun rose didn't arise and even the change of tide passed quietly by. JB did manage one small snapper early (2.8Kg) which would prove good enough for third on this tough fishing day. It was an extremely quiet day for Andres who only managed one bite all day. At nearly 6kg this proved to be the winning fish and would make it two snapper wins in a row. Both fish were caught on pilchard and whiting baits.

The same story was repeated on other boats as they saw plenty of action on the sounder but this was not followed up with action on the rods. Ron with Phil onboard tried all his usual haunts but could only manage to entice 1 snapper on board. Similarly Mark had a tough morning's work for only one smallish snapper.

For the kayak contingent Steve again showed his results from the first competition were not a fluke. He managed to find a good patch of feeding



A common sight to snapper fishos, a PPB sunrise

fish off Beaumaris and bagged out. With the most fish but only a total bag of 5.2kg he was cruelly relegated to 2<sup>nd</sup> position. Once again Jim, Greg and Al tried their luck in the kayaks off Beaumaris, but could not find the same feeding fish that Steve had and returned empty handed.

So with only 7 fish landed amongst 10 anglers it proved a very quiet and frustrating day. Maybe it can be attributed to the slightly cooler water (about 1 degree Celsius cooler when compared to the fortnight ago) making the fish go off the bite.

The lack of fish did not dampen the appetites or enthusiasm as everyone tucked into some drinks, and snags at the weigh in.



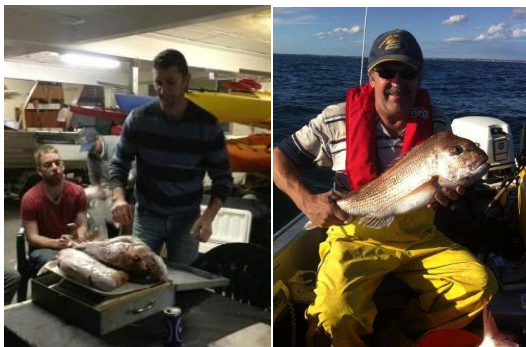
Helpful Tip #1:-  
Next time the fishing's slow, how about bringing a cardboard box and making the most of the hill out the back of the club house.

## Club Fishing Reports:-

### 17 November 2012, 76<sup>th</sup> Anniversary Twilight Comp:- Port Phillip Bay (Snapper 3)

Eleven club members went out in slightly swelly but otherwise pleasant fishing conditions for the twilight competition on Port Phillip Bay. This competition highlighted the fickle nature of snapper fishing. Today you were either in the right spot and bagged out or you were not and missed out.

The inner artificial reef off Carrum in 14m of water was the spot to be today. Mark and Dave fished here as did Paul and Andres. Coincidentally the two boats were anchored approximately 100m apart without realising it. The fishing at this spot was fast and hectic with multiple hook ups followed by long periods of quiet before it went hectic again. It appears that the schools of snapper were quickly moving through the area and feeding vigorously.



1<sup>st</sup> and 2<sup>nd</sup> place winners Mark and Paul

Mark quickly bagged out and the constantly biting snapper gave him a good opportunity to continually upgrade his bag. This proved to be the winning tactic on the day as his 3 snapper totalled 10.4kg with his biggest and the biggest of the day at 4.07kg. Marks' fishing partner Dave managed to break his snapper duck with his first successful snapper catch. To show it wasn't a fluke he went on to bag out with a total of 5.4kg (biggest 2.2kg).

It was a welcome and successful return to competition for Paul whom, hadn't fished in a club competition all year. He had a fun and busy day boating 5 snapper and still managing to hook but lose approximately the

same number of fish. Paul took out 2<sup>nd</sup> place with a total bag of 7.8kg (biggest 3.6 kg). All fish were caught on pilchards or Silver Whiting. Andres trying for a clean sweep of victories in the snapper competitions also bagged out catching 4 snapper on the day, three on soft plastics and one on pilchard. This was only good enough for third position with a bag of 7.4 kg (biggest 3.78kg).



Unfortunately for other competitors who fished other areas it proved to be a quiet and frustrating day. On board "Slapper" Dave was fishing with JB off Carrum for no return. Later in the afternoon they ran into Paul who passed on the coordinates of the spot he had successfully fished earlier in the afternoon. As it so often seems to happen Dave and JB had no luck at the same spot that had hours earlier fired.

Phil, Ben and Alex fished out in 19m of water out from Beaumaris. This is a spot that Ron has been fishing of late which has produced some good fishing. Unfortunately today it did not fire as there was only one eligible snapper caught by the three anglers. Congratulations to Ben who was extremely happy to have caught and weighed in his first SAC competition snapper at 2.54 Kg

Avid kayakers, Greg and Jim once more tried fishing for snapper from the kayaks, this time at Greg's "Secret Spot" just out from Sandringham. Unfortunately they did not encounter any snapper, with Greg only managing some undersize pinkies earlier in the afternoon.

A nice relaxing late evening bbq back at the club house rounded off what has been a successful and enjoyable snapper season.



## Club Fishing Reports:-

### 2 December 2012 – Westernport & Outside. (Trailerboat 1).

Overcast and slightly threatening weather for the first Trailer boat competition at Westernport. The wind started as a slight southerly early but unfortunately blew up to a howling 25 Knot SSW. This forced the small contingent of boats fishing to stay close to shore in sheltered areas limiting fishing opportunities.

Mark and Andres were on the water by 7.30am with plans to catch fresh bait and then target gummy sharks. It was going to plan with the first yakka in the bait tank early when unfortunately it all went pear shaped. A slipping anchor had them drifting quickly towards the pier. Mark couldn't get the motor started so nervously watched the pylons zip past and the rods buckled in the rocket launchers as they bashed into the top of the pier resulting in a broken rocket launcher but thankfully no broken rods. After a mad and hectic 15 seconds of fruitless paddling they were through the pylons with minimal boat damage. The anchor was dropped and after 30 mins of effort not being able to restart the motor it was time to call for help. Thankfully Ron and Terry were able to lend a helping hand and provide a tow back to the Stony Point ramp.



Not the way you want to end a fishing comp

Ron and Terry went on to fish close in on a small channel edge in 7-8 metres of water between Hastings and Stony Point. The fishing was slow with lots of small flathead. Ron went on to win the competition with a real mixed bag of several whiting a leatherjacket, squid and a trevally. After motoring

around looking for whiting they finally found a small school but strong winds saw their anchor slip and by the time they motored back they could no longer locate the school. During this time Terry had managed to catch one eligible whiting.

Dave with Michael on board was the only other boat competing. They were fishing in a similar location to Ron and were also plagued by large quantities of small flathead but did not catch any eligible fish.

A big hats off to Greg. who braved the gusty conditions and set out for the day in his yak. Unfortunately his dedication was unrewarded



Gregs' new launching spot

and he did not catch any eligible fish. Not a regular fisher at Westernport he struggled to get enough lead onto his plastics and couldn't effectively reach the bottom to target the fish. A good learning experience he also found a new safe and convenient place to launch his kayak. Although reports are that it is a very muddy and long walk out at low tide.

The editor wishes to thank Phil Staindl once again for his contribution with club fishing reports and Steve, JB, Jim K and Greg for supplying the photos.

## Championship Ladder

The first half of the fishing season is over and the competition is hotting up with Andres racing from 7<sup>th</sup> position into the lead after a successful snapper season. Hot on his heels is the reigning champion Ron and there is a tight race further back in the pack with JB only one competition victory behind in third.

In the kayak section congratulations go out to Steve who has successfully fished all his snapper competitions from his kayak and caught some good quality fish. He is on 36 points has taken the lead from Dave Oates (22 points) with daylight to the rest.

<b>Boat Captains Ladder (31<sup>st</sup> December 2012)</b>		
1 <sup>st</sup>	Redgum	127
2 <sup>nd</sup>	Willow	102
3 <sup>rd</sup>	White Lightning	57
4 <sup>th</sup>	Slapper	55
5 <sup>th</sup>	Haystac	52

In the Gunboat competition we see a tight race with Redgum out in front but quickly catching is Willow. With both captains good whiting fisherman it will be tight and hard fought second half of the season

<b>Championship Ladder-(Top 15) (31<sup>st</sup> December 2012)</b>		
1 <sup>st</sup>	Andre V	102
2 <sup>nd</sup>	Ron W	100
3 <sup>rd</sup>	JB	84
4 <sup>th</sup>	Steve W	57
5 <sup>th</sup>	Phil S	53
6 <sup>th</sup>	Dave C	45
7 <sup>th</sup>	Mark H	41
8 <sup>th</sup>	Dave O	38
9 <sup>th</sup>	Dave B	29
10 <sup>th</sup>	Terry B	26
11 <sup>th</sup>	Paul L	20
12 <sup>th</sup>	Greg S	16
=13 <sup>th</sup>	Ben S	15
=13 <sup>th</sup>	Brendan D	15
15 <sup>th</sup>	Jim K	14

Next year sees the start of the whiting and trailer boat competitions which will see some movement in the leader boards. Good luck to all and tight lines.

## Upcoming Competitions:-

The summer quarter of the syllabus sees the start of whiting season and 5 more competitions scheduled

### Upcoming Competitions (January – March 2013)

Date	Event Type	Location	Competition Type and Weigh In
Jan 13	Whiting 1	Port Phillip Bay	Heaviest Bag 10. Weigh in SAC 1pm
Jan 19/20	(Chris Bouyer Memorial) Trailer Boat 3	Apollo Bay or Portland	Heaviest Bag 10 Weigh In Sat 5pm, Sun (12pm)
Feb 10	Whiting 2	Westernport	Heaviest Bag 10. Weigh In 3pm Hastings Ramp
Feb 23/24	Trailerboat 4	Port Albert / Port Welshpool	Heaviest Bag 10 Weigh In Port Albert Boat Ramp Sat 5pm Sun 12pm
March 3	Whiting 3	Westernport	Heaviest Bag 10 Weigh in Hastings Ramp 2pm
Mar 9 -16	Estuary, Surf, Ocean	Mallacoota	Social Fishing week (no points/weigh ins).

Don't forget the upcoming Mallacoota social fishing week. This is always a thoroughly relaxing and enjoyable week of social fishing in some of Victorias best estuary waters.

## Old Wives Tales

### Mal de Mer..

“.....when you're seasick, you start off worrying that you might die, and then, after a while, you start to worry that you won't die.....!”



Is this you? Do you suffer horribly from the dreaded *Mal de Mer*? What can you do to try and avoid seasickness from spoiling your next fishing adventure?

**Who can get Seasickness:-** Virtually anyone can be subject to sea sickness. Women seem to be more susceptible to seasickness than men and children are more susceptible than adults. It appears that the older you get, the more resistant you become. Babies under the age of about two seem to be immune

**What is Sea sickness & What Causes it:-** Sea sickness is a type of motion sickness. Scientists describe motion sickness as a conflict between the body's senses. The body's sense of spatial orientation (or where your body is in space) is regulated by complex interaction of the 4 following mechanisms:

- The inner ears monitor the directions of motion, such as turning or side-to-side, and up-and- down motions.
- Our eyes observe where our body is in relation to its surroundings as well as the direction of motion.
- Skin pressure receptors such as those located in the feet and seat sense in what direction the gravitational pull affects our body.
- Muscle and joint sensory neural receptors report which parts of the body are in motion and in which relative direction.

All these sensory data will be processed in the central nervous system (brain and spinal cord), which enables us to balance, move and position ourselves properly. The symptoms of motion sickness appear when the brain receives conflicting messages from the above 4 systems about the body's orientation in space. These conflicts come about when the boat rocks back and forth and side

to side, causing changes to the body's velocity. Another cause of sea sickness is visual disorientation. It's when your body senses you are moving, but your eyes see no movement.

The type of motion also has an impact. The worst motion is one with about a five second cycle of repetition. This might be why some people get sick on big ships but not on small boats.

**What are the Symptoms:-** The first tell tale signs of the onset of seasickness are lethargy and a slight drowsiness (yawning), salivating sweating and a general feeling of discomfort. These symptoms then increase, the face becomes paler, perhaps even greenish. The person begins to feel nauseous. Any attempt to concentrate on a task will worsen the symptoms. The nauseous feeling eventually becomes uncontrollable, and leads to sometimes violent vomiting.



### What to do to avoid seasickness:-

Interestingly, almost all the different cures described below have been shown to work with some people, while not working with others. This may be the placebo affect at work, such that when you tell a person that something will cure them, some people are cured, no matter what it is you give them.

## Old Wives Tales:-

Whichever remedy you choose to use, remember that there is no solid evidence that one method is decisively better than the other. The best advice is to find something that works for you, and make it your solution.

Here are several suggestions you can do to help avoid seasickness:-

- Have a positive attitude. The fear of being sick is a powerful magnifying factor that can make you very much more likely to become sick.
- Ensure you have proper nutrition and hydration before and during the voyage. Eat light meals prior to your trip,- avoid spicy, greasy or rich foods or any foods you know might give you an upset stomach. You definitely don't want to have a lot of food and liquid sloshing around in your stomach.
- Get adequate amount of sleep before the trip and indulge in alcohol in moderation. (A tough one for some in the angling club on those weekends away).
- Minimizing movement. Try and get as close to the boat's center of motion as possible. This is in the middle of the boat, close to the waterline. This will minimize the pronounced movements of the boat.
- Minimizing visual disorientation. Focus your eyes at a distant point, preferably the unmoving horizon. Don't face backwards. This aggravates the feeling of visual disorientation. If you're unable to look at a far-away and hopefully unmoving point of reference, then closing your eyes might be better than staring at close-by things and adding to the sense of spatial confusion. If nothing else, closing your eyes might help you to relax. Definitely try to avoid reading.
- On board get some cool fresh air and avoid strong smells in general such as engine and petrol fumes.
- Try to avoid other travelers who may also be seasick. There's nothing like the powerful combination of sight, sound, and smell of another passenger vomiting to get you going as well.

You might want to consider some **"Special" foods** that are believed to help alleviate the symptoms or even prevent seasickness. These might include:-

**Ginger:-** Perhaps the most common food many people claim works well for them is ginger root. Whether you eat pure ginger root, crystallized ginger, ginger tablets, ginger tea, or ginger cookies, ginger seems to help calm people's stomachs and reduce their susceptibility to sea-sickness.

You only need to take a very little. Best of all, there are no side-effects from taking ginger. You should take ginger *prior* to experiencing sickness.

**Soda Crackers:-** are recommended by some people. They soak up any excess liquid in your stomach and it is believed that the alkaline soda in the crackers neutralizes excess stomach acid. This suggestion may be a myth as the small amount of alkali in the cracker is surely dwarfed by the amount of acid in your stomach.

**Coca-Cola:-** Some people suggest that Coca-Cola is helpful, although it contains caffeine, which some people suggest is harmful, and of course it is also a liquid, and you don't want too much liquid sloshing around in your stomach.

**Bitters:-** Another liquid that supposedly has near miraculous powers is bitters. Take a tablespoon or two, mixed in half a glass of water.

**Other Foods:-** what about also trying mint, citrus, apricot juice, carrot juice, unroasted pumpkin or squash seeds, parsley or peppermint tea.



**A sure cure for seasickness is to sit under a tree –  
.....Spike Milligan**

## Old Wives Tales:-

Prefer to place your faith in modern medicine then how about considering **medications**.

There are two types of medications that can be taken. The first group are based on anti-histamines. Best known in the form of Dramamine and its various related products (such as Benadryl). These medications reduce the dizziness and the nausea associated with seasickness. Dramamine is available in both a regular (with dimenhydrinate as its active ingredient) and a less-drowsy formulation (with meclizine as the active ingredient). A key feature of these medications is that it takes time for them to be absorbed and to take effect. You should start taking them two hours before you need them.

Side-effects of these medications usually consist of some degree of sleepiness, ranging from mild drowsiness to severe sleepiness and lethargy, sedation and dry mouth.

The second type of Drugs used for motion sickness include antimuscarinics (e.g., hyoscine [scopolamine]). Of these, hyoscine is generally accepted as the industry standard.

**The Patch:-** The active ingredient in the patch is scopolamine (the same drug that is used, in larger doses, as a 'truth serum'). The chemical is absorbed through the skin. The Transderm-Scop patch is placed behind your ear, and worn for up to 72 hours at a time. For best results, put a patch on at least four hours before you'll need it. The Patch is highly effective, but you may experience side-effects, ranging from minor things like a dry mouth, to more unpleasant things such as sedation, difficulty urinating, and blurred vision. Some people have reported hallucinations, and of course, worst of all, there's always a danger someone might get those secret snapper marks out of you.

**The Band:-** How about trying acupressure. One field of study believes that pressure applied to the P6 or nei kuan point will reduce the sensation of nausea from any/all causes. This point is located about an inch up the inside of your arm from the crease between your hand and arm. Pressure is most commonly applied to this point via a band of some type. Studies have tended to confirm that bands can definitely help reduce seasickness, although there has been quite a variation in displayed effectiveness. This might be due to how accurately people place the bands on the appropriate pressure point. The more pressure the better, it seems. There are now three different styles of bands, Regular acupressure bands, Magnetic acupressure bands (with an inbuilt

magnet) and Electric acupressure bands which is worn in the same place as a regular band, but a battery delivers a pulsed mild electric shock to your arm (you adjust the level until your fingers mildly tingle) which supposedly helps to calm your stomach.

**Aromatherapy:-** Want to try a new world cure then how about creating a 'good aroma' surrounding yourself to ward off the symptoms. Oils of mandarin, peppermint, spearmint and lavender are recommended, both added to boiling water and, after diluting with massage oil, rubbed into hands and feet. Effects are said to last for 24 to 48 hours.

So the next time someone comes onto your boat wearing a band, with a patch behind their ear, smelling of ginger and clutching at a packet of soda crackers and a bottle of coke then please be sympathetic, or at least grateful for the extra berley.

Tight Lines.....Ed

Desperate to cure your sickness? Would you consider these?

### **Artificial Horizon Glasses**



These glasses work by providing an artificial horizon in the field of view at both the front and side. Anyone who has felt the effects of seasickness will appreciate these spectacles. They are blue in colour and have clear vision lenses -can be worn over existing spectacles too. Only £45

## A Taste of the Sea.

Speak to many anglers and the reply when asked about the eating qualities of the humble Australian Salmon is that it is only good enough for the cat and dog or at best the in laws.

Having caught my first decent salmon this year I thought I would try it for myself and the result was surprisingly tasty. It even managed to get the thumbs up from the missus.

### Preparation:-

- ❖ After catching **Immediately** despatch and bleed salmon
- ❖ Place on ice or preferably sea water ice slurry.
- ❖ Gut , fillet and then skin the fillets
- ❖ Remove any of the red flesh visible on the top of the fillet.

### Ingredients:-

- ❖ One salmon, filleted.
- ❖ Plain Flour.
- ❖ Salt and Pepper
- ❖ Paprika.
- ❖ Mixed herbs such as Parsley (preferably fresh not dried

### Method:-

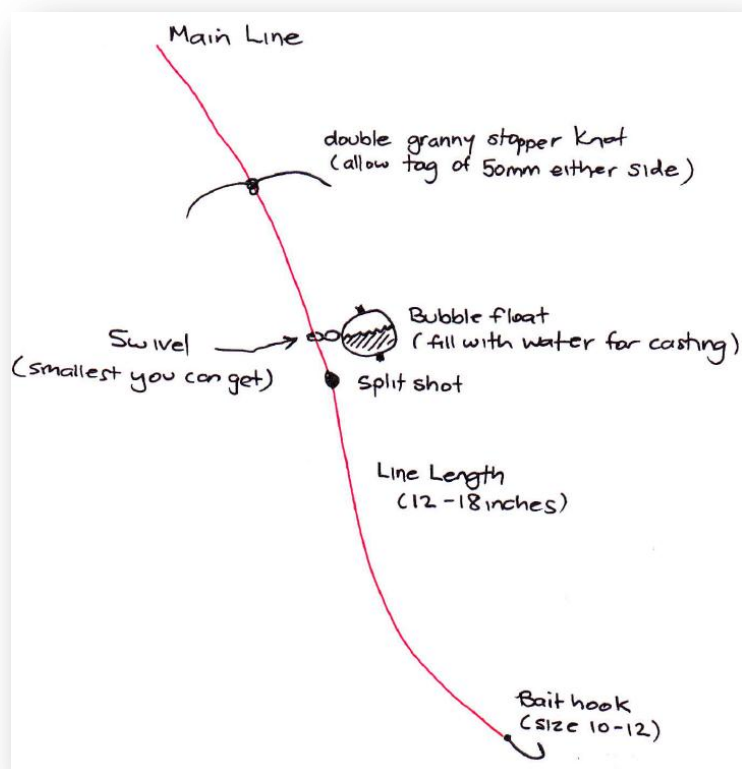
- ❖ Mix flour, salt, pepper, paprika and herb mix into a medium sized Ziploc bag.
- ❖ Place fillets into bag and shake until fillets are thoroughly coated.
- ❖ Dunk fillets into milk.
- ❖ Put fillets onto hot oiled frypan.
- ❖ After a few minutes turn fillets and cook on other side
- ❖ Squeeze some lemon juice over the top and serve.

So if you are hankering for a fish feed but haven't caught any snapper or flathead recently, then why don't you give the humble salmon a chance. It may even surprise you as it did me.

## Members Rig:-(Running Bubble)

Thanks to Ron Wilson for supplying this edition's "Members rig". A rig he's kept secret for 20 years, on which he's caught many trout using mud eyes as bait.

Using the bubble float allows the rig to be cast a good distance (especially with the additional weight of the water) but as the line and stopper knot slips through the float swivel the fish feels no resistance as it takes the bait.



### Method:-

- Rig any bait on your bottom dropper (incl. Mud-eye, worms) or how about trying some, bread dough, powerbait or even a scented soft plastic.
- Allow the float to drift with wind, current whilst letting out or bringing in any slack line.
- Wait till the float is fully submerged, take up any slack line and strike to set the hook.

## Club Happenings:-

### Paddle Nominations:-

At last we have some worthy competition for the Paddle Awards. The first nomination goes to our illustrious president who gets a mention for outstanding efforts in angling. After fishing in seven club competitions this season our new president has failed to weigh in a single eligible fish. Has our leader succumbed to the pressures of high office?

Also getting a nomination is Mark who has recently been plagued by a series of mechanical failures. Unfortunately these have all occurred on competition days with plenty of witnesses. Firstly was the failure of his boats steering system that was only discovered early one morning at the ramp. This meant he and Dave were left high and dry without a line getting wet. Apparently Dave gained an opportunity to expand his vocabulary with an exposure to some new expletives. Next was an engine failure at Westernport, which this time left Mark and Andres high and wet. Thanks go out to Ron and Terry whom gave up the some of their fishing time to tow the boat back to the ramp. We hope that Mark has now used up all his bad luck or maybe he should check the boats glove box in case someone has left a stray banana in there.

### Social Calender:-

#### **Pool competition:-**

First round of the pool competition has been completed with eight competitors taking part in a knock out style competition. The final saw Greg take on JB, with the veteran showing that age has not diminished his pool skills with a close victory. Congratulations to JB who now

leads the pool comp and we look forward to the rematch in round two.

It's not too late to join in the pool comp, just put your name on the list on club night.

#### **Working Bee:-**

Another Weekend working bee has come and gone. Whilst it was satisfying to see a majority of the allocated tasks completed (especially the painting) the turn out was disappointing. To remain a pleasant and functioning environment the club rooms need to be regularly maintained and working bees



are the best way to achieve that. So for the next working bee it would be greatly appreciated if you could spare a few hours and come down to give us a helping hand.

We have also recently trialled having a working bee during a Tuesday club night. Club rooms were opened early and 10 members attended and forged on with rust removal and painting tasks. After the works all were treated to a tasty BBQ. Thanks to all those members who attended.

ALPHA LAST  
PAINT THAT OUTPERFORMS

Once again our thanks go out to Alphaslast for providing the primer for the metal exteriors of the clubrooms. Check them out at [www.alphalast.com.au](http://www.alphalast.com.au)

## Club Happenings:-

### Christmas Function:-

This year we will be trialling something new and holding the Christmas party on a Tuesday night (11<sup>th</sup> December). The club rooms will be open from 5.30pm and a light meal and finger food will be provided from 7pm. The bar will be open for business as usual and there will be some great prizes up for grabs as raffles will be held during the night. If you can help with some of the catering on the night please speak to someone on the committee. We hope to see you all there.

### Members Fishing Trips:-

Dave C sent through this photo of a snapper he caught on a recent weekday fishing trip. He bravely battled a local seal and came out on top (mostly). At 50cm it would have still been eligible for weigh in on comp day, (if not a touch light). Well done Dave.



*If you persevere you can succeed.*

### New Members

A big warm welcome aboard to the following new members:-

**Peter Wilson, Dave Hunt and Michael Schuh**

It's good to see them already as regulars at club nights and even joining us at some of our fishing competitions.

### In Remembrance

Our thoughts and condolences go out to Brendan Drew whose father passed away on the 29<sup>th</sup> November.

### Those that are hurt.

We would like to welcome back Terry. Its good to see him getting better and back out on the water catching fish after his nasty broken elbow.

### Gift Ideas

Stuck on ideas for Christmas presents for that special someone. If they love fishing then why not consider some of these:-



*You can find them on the net.*

I would like to finish this edition of the newsletter by wishing all club members and their families the best of the season's wishes and hope you have a prosperous New Year. We hope to see you all in the 3<sup>rd</sup> Edition mid March 2013.....Ed.

