



*The Conservation Minded Club*

# ***The Chum Bucket***

**MONTHLY NEWSLETTER**



**January 2016**

We all at Pedsac wish our members a happy and prosperous new year. May your reels be screaming and fish hatches filled with awesome catches this year.

We celebrated the New Year on a rather dreadful note with some prominent and long standing members passing away, large parts of our country gripped in one of the worst droughts in living memory as well as the negative political upheaval which caused our economy and Rand to spiral out of control towards the end of 2015. We can only pray that sensibility prevails and that all will change for the better, giving us hope for a drastic economic recovery during 2016.

Yellow tail and Miss Lucy was caught in abundance over December. Some boats caught decent Kob out at the islands over December as well. During the last three weeks, we saw some blue water washing into the bay bringing with it some Game Fish close inshore. Young Yellowfin Tuna (egg rolls) were landed in between some good catches of Yellowtail and Bonito's on the wild side. Many boats also spotted some Marlin chasing after the Bonito's close inshore.

We were graced with magnificent weather during the holidays, but the heat and humidity became overbearing at times. Water temperatures reached 25 degrees in and around our bay at times and the dreaded red tide regularly showing its presence, but thankfully never erupted into a full bloom.

We can expect fishing conditions to improve between January and March and I am sure we will see some good fish making it to the scales during this period.

## **Club Matters and News**

### **In Memoriam**

Two of our members suddenly passed away during December. It is with regret and great sadness that Doctor Trevor Vaughn and Dirkie Meyer passed away and we share our sincere condolences with their families and friends. Our thoughts are with you during these difficult times.

### **Members**

We welcome the following members to our club: Dion Bakker, Philip Krige, Morne Meyer, Leon Rahl, Andre Thyse, Jack von Molendorff and Neil Wallace. Welcome to all the new members – we hope your association with PEDSAC will be a long and happy one!

### **Annual Subs**

The annual subs were due on or before the 1<sup>st</sup> of January 2016. We understand that some members could not pay on time while being away on holiday and due to our offices being closed during the holiday break.

It is extremely important to notify Denise at [denise@pedsac.co.za](mailto:denise@pedsac.co.za) should any person need to make arrangements to settle their subs after the cut-off date. Please note that we prefer cash, EFT or card payments. Cheque payments are subjected to high bank charges and therefore we try and avoid accepting cheques.

### **Boat Surveys and COF's**

Please take note that boat COF's are valid for one calendar year from date of your last survey as stated on your survey slip, and not to the end of a calendar year. It is extremely important for members to adhere to the Merchant Shipping Act, Act no 57 (National Small Vessel Safety Regulations). Any person found guilty of launching their vessels and putting out to sea with an expired COF will face disciplinary action.

Keith Schmidt will be available by appointment to conduct boat surveys. Please contact Keith on 041-5816648 or 0721789806 to make suitable arrangements to have your vessel surveyed. Please ensure that your survey fees and 2016 subs are paid before booking your boat survey.

### **Christmas Classic**

The Christmas Classic was fished from the 27<sup>th</sup> – 30<sup>th</sup> December 2015. 14 Boats and 71 anglers entered the competition to fish for their share of prize money totalling R25K. Pierre Westerveld walked away with the R3K prize for top boat and R5K prize for top angler. We congratulate him and his crew for their tremendous effort during this competition.

Congratulations to all the individual species prize winners. We look forward to see you all back here in December 2016 again.

Last but not least, we would like to thank all the sponsors who helped us make this competition possible.

### **Junior Development**

The Junior Development Day held during September 2015, was a huge success and we have received many questions asking when the next one will be held.

We will do our best to pin a suitable date before the month of May and will send notification to all our members and other interested parties in advance to rally up the Juniors and be part of yet another successful day.

### **PEDSAC Steak Night**

Our next steak night will take place this Friday, 5<sup>th</sup> February 2016.

Tickets will cost R80, which includes your steak, sides and salad, with R20 of the entry going towards the attendance cash draw. Information will be sent out via sms and email shortly.

We are hoping to host a Music Trivia Night later in February; notifications will be sent out and tickets will be made available. We are looking forward to a festive evening with members and friends alike.

### **Super 6**

The next Super 6 will take place on Saturday, 30<sup>th</sup> January 2016. Entries and Skippers briefing will take place on the Friday evening where a light meal will be served to all entrants.

The super 6 leagues is a club event open to all members to participate in. Non-club members are welcome to enter and participate by fishing on a club member's boat. Entry fees are R70 for adults and R30 for U/16 juniors.

## **Tuna Classic**

The Tuna Classic dates have been set for 28-30 April 2016. Registrations, Skippers Briefing and Opening Function will take place on the 27<sup>th</sup> April starting from 16:00 onwards.

More details on the event format and other information will be sent out via our communications closer to the date.

## **Chairman's Yellowtail Challenge**

The R10,000-00 One Fish Wonder Yellowtail Challenge was called off and postponed due to bad weather last year.

We will re-schedule this challenge at our next committee meeting and will advertise as soon as possible.

## **Photos of catches submitted**



**Wayne Gerber – Dorado.**



**Hennie Koen – 18kg Kob.**



**Anthon Botes – Young Yellowtail.**



**Pierre and Team "Big G" – Good haul of Yellowtail.**



**Steve and crew – 8-13kg Kob.**



**Roger Bouton – Nice Miss Lucy.**



**Mr & Mrs Van Tonder - Mr and Mrs Geelstert.**



**Kyle Murie – 14kg Steenbras (Speared)**



**Peter Dawson: Nice 18,2kg Yellowtail.**



**Poison Dwarf: Pair of Poenskop.**

### **Fishing and boating tips of the month.**

#### **Boats**

It is always wise to see to your boat after a busy holiday and repair all the niggly small items, polish and repair chips and scratches as well as ensuring that all your safety gear, life jackets and other items are all in order.

Inspect your life bait well pump, plumbing, deck wash pump and all associated gear.

Inspect your wheel bearings, re-pack with grease and set bearing contact pressures before securing the castle nut with a new split pin.

Check that your trailer lights are all working correctly. Spray the trailer 7-pin plug as well as your vehicle socket with Q20 or any other similar spray regularly.

Check your boat lights and ensure that the port, starboard, anchor lights and deck lights are all working.

#### **Tackle**

It is always wise to wash all your rods, reels, gaff and other gear with fresh water after every trip out to sea.

Service your reel regularly and inspect your rod runners and tips for damaged eyes. Rod tips are easy to replace yourself.

Check your tackle box and re-stock with all the necessary tackle required for your target species.

Ensure that you have a variety of soft monofilament, fluorocarbon coated monofilament leader line and pure Fluorocarbon leader line available. It is amazing how the selection of the right leader and leader thickness in different conditions can boost your chance of a decent catch.

#### **Getting your children involved**

Take your young kids to a nearby sheltered and productive reef.

Tackle them up with smaller hooks (2'O and 3'O), light rods and thinner line and you will be guaranteed hours of fun.

Make sure that your kids always wear their life jackets. Although it may be uncomfortable, set an example by wearing your lifejacket as well.

It is not always about catching the big fish. By keeping the young kids busy with smaller reef fish that can be released will ignite a lifelong passion for fishing, all while teaching them the benefits of releasing fish and only take what you can eat.

### **A Job on its own.**

***Story submitted by Graham Gradwell***

It is wonderful how, when we retrace the wanderings of our youth, we discover with joyous surprise that where we sowed the best parts of ourselves, perhaps invisible to others but tangible to us, a rich harvest of memories has sprung up.

Mine takes me back to the coastline with its white frill of surf, its scudding clouds and sudden sunbursts, so fleeting that you wonder if you have imagined them, transforming the lakes left by the retreating tide in the dimpled sand into thousands of gleaming mirrors. My sense of identity and my happiest times lie there.

### **Long line Fishing 1957**

It is almost impossible to describe the pleasure I derived from having my ritual lunch time breaks at Hastie's Sports, which were synonymous with fishing in Port Elizabeth back in those days.

Charles Elliot would stride into Hastie's straight from the harbour, like an actor with an appreciation of high theatre and timing, to deliver breaking news. On one such occasion, he told us about a long-liner which was under contract to Irvin & Johnston to catch Kingklip.

I could hear my voice quivering with ill-concealed eagerness as I suggested going down to the harbour to take a closer look. It was the first long-liner I had ever seen. The crew allowed us to come aboard and showed us their catch of Kingklip, which made my eyes bulge in amazement as their cold-storage containers were packed to the brim. It was truly impressive.

After much discussion, Charles and I, along with a few others, decided that Long-lining was the future of fishing. We hustled into action contacting Bert Thomas who owned a charter deck boat named 'Ampere'.

Bert thought our plan was superb. I could see the future stretching ahead, with all its delightful challenges. A circle had closed, another opened as our team discussed the plan. The team, as my aging memory serves, was comprised of Les Mallon, Nate Barris, Charles Elliot, Graeme Tait, Arthur Sturgess, Dave Bickell, Jim Pendrich, Gunter Kickhofel and me. The skipper of the Spanish

Long-liner gave me box of hooks which were very similar to our 9826a mustard hooks. The only difference was the eye of his hooks was a lot bigger.

We were almost giddy with excitement and decided that Saturday would be a good day to launch out long-liner and as it was already Tuesday we would have to swing into action.

First on our list was long-line. Goodyear Tyre Company came to our rescue with two cobs of one quarter inch cord which they used for tyre and belt manufacture, amounting to about two miles of rope.

Bert Thomas borrowed two marker buoys from Irvin & Johnston. Both of the buoys had twelve foot Indian cane flagpoles. The tracers were made from Cuttyhunk fishing line and thin whip cord approximately one and a half meters long.

We agreed to meet on the Friday to make sure that we had everything we needed for a successful day's fishing. There was great excitement, high hopes and whoops of triumph over what we had managed to network and organise for the tools of our new trade. We decided that we should drop the line just past the Ruy banks where the water was approximately 90m deep.

The weather forecast for Saturday was very good with light and variable winds. We met at the harbour at 6am sharp. The early morning air was crisp and salty.

The sun was shimmering brightly just above the horizon. The 'Ampere' was not a fast boat and with top speed reaching about 10 knots, it was after 8am when we arrived at our spot.

We suddenly realised that we were faced with quite a problem. The rope was on the cob and all one mile of it had to be unravelled to tie the tracers at a spacing of approximately 2 metre intervals. The men launched into series of roars, sounding like demented donkeys, as discussions erupted on how to solve this problem.

The problem was eventually solved by stretching the rope on full length of the deck, approximately six inches apart, and tying the tracers on to the rope. Needless to say, this was an extremely arduous process.

The first 100 metres was the anchor line which was tied to the flag buoy with an anchor on the end of it. The rest of the line was let out and the last 100 metres were secured to the second float with an anchor. To sink the line we

Wrapped it in sheet lead crimped with pliers. The general decision was to leave the line down for two hours and to fish in the shallows of the bank.

Fishing in the shallows proved very successful. The first line came up with a Geelbek which thrilled the rest of us. We all grabbed our rods lurking in ambush as we dropped our lines and up came the Geelbek, followed by another and then a Yellowtail and so on, until we had enough fish on board for everyone.

Beaming with a sense of accomplishment, we made our way back to the long-line. We had to manually pull up the line and all stood on the starboard side of the boat and pulled the flag float and anchor, which proved to be a job on its own – especially as by that time we had all made for the cooler box of beers like homing pigeons.

As the hooks appeared with nothing on them and our despondency grew as hook after hook appeared bare even of bait, an enormous skate suddenly broke the surface! It was the largest skate I had ever seen. The line continued to yield surprises in the form of a string of stock fish heads. Their bodies had been targets for the sharks and our catch comprised of a measly total of eleven edible stock fish and a few spear eye sharks.

The last of our problems was what to do with the two miles of line, which we coiled, hooks and all, in the stern of the boat into a tangled mess. Bert Thomas told us not to worry as he would dispose of it, which quite a responsibility was considering the length and wet weight of the rope. Bert must have had a plan and still I wish I had asked him what it was.

Although it had been a fun day, we all agreed that the experience had put paid to our long-line fishing ambitions and that not one of us would try it again.

Irvin & Johnston were welcome to it and we would return to the shallows as we were still sailing erect, before the wind, with swelling canvas and fluttering streamers.

(Note – Graham Gradwell was one of Pedsac's original four founding members and was responsible for writing the very first constitution of our club. He was unfortunately transferred to Durban in 1959 before the very first inaugural club AGM could be held. He has since retired to Plettenberg Bay.

Mr. Gradwell recently made contact with us and sent us an update on the club history and how the club was formally chartered in the late 1950's. We will endeavour ourselves to set the record straight and update our historical records to reflect the additional information received from Mr. Gradwell as per the story below.)

### **How Pedsac was formed.**

***Story submitted by Graham Gradwell (Edited).***

I have been a fishing enthusiast all my life. Last night while browsing through the Pedsac website, I came across the history of the club and was surprised to read about the humble beginnings of the club and how the club was founded on the 'MV Ampere'. Many discussions did take place on the MV Ampere, but would like to correct the facts and set the records straight.

The regular weekly members on board the 'MV Ampere' were Graham Tait, Jim Kendrick, Arthur Sturgess, Gunter Kickhofel, Dave Bickell, Natie Barris, Anton Brooker, Charles Elliot and myself, and were later joined by Les Mallon.

Les Mallon arrived in Port Elizabeth in 1957 as the manager of Fuchsware Appliances. We were good friends and it was Les Mallon who started Pedsac as he believed that Port Elizabeth was in dire need of an organised deep-sea fishing club.

Several of us used to meet at Hastie's Sports Shop at lunchtime to discuss fishing. It was in fact at one of these lunchtime breaks that Les Mallon suggested that Port Elizabeth should have a deep sea club and he felt that we should all pull together in order to form one. I remember all of those who were present that day. We discussed how we would go about formalising Pedsac. The people present were Jimmy Hastie, Anton Brooker, Derek Longworth, George Swallow, David Levine (from Johannesburg), myself and Les Mallon.

After many hours of discussions I was given the task of obtaining constitutions from as many deep sea angling clubs as possible. My secretary at the time typed out the first constitution, which was ready for printing in 1959. Les was meticulous and wanted everything in order before calling an Annual General Meeting. Sadly I could not attend the first meeting as I was transferred to Durban.

The first four members of Pedsac were Les Mallon, George Swallow, Anton Brooker and me. George Swallow helped Les Mallon set up the club.

George eventually resigned due to ill health and during Ernie Burmeister's Chairmanship, he made George an honorary life member. George unfortunately passed away a week later.

Returning to Port Elizabeth from Mosselbay in the nineties, with Al Spaeth and Cedric Riley, we started discussing Pedsac. I told them that I had a carbon copy of the first constitution along with a brief history of Pedsac. Cedric was the safety officer for the club at that time and he asked if I would be kind enough to give the club the carbon copy so that he could frame it for the club house. I happily agreed and gave it to him for that purpose. Months later I asked him if he had framed it to which he replied that he unfortunately had misplaced it.

### **Post-December health tip.**

With January, comes the normal New Year resolutions, and most often, lose 10kg's, join the gym, eat healthy / go on a diet usually tops the list of resolutions for most.

It is also one of my new year's resolutions to lose a few pounds around the waist and have been looking at common diet mistakes on the internet and chatting to nutritionists and health experts about this matter in preparation of this big task.

The most common mistake we all make is to fall for the latest fad diets consisting of the miracle wonder shakes, diet pills, artificial sweeteners and diet sodas. I will explain why these diets don't work as follows:

The one common item on the menu we all must avoid, is diet sodas, prepared and processed foods, Soya Milk and all other items containing items using the word artificial.

Our bodies are naturally programmed to easily digest natural foods. The problem with all the health shakes, diet sodas, soy milks and other processed food stuffs is that they are full of chemicals. The body do not recognise chemicals and do not know what to do with it, so it starts storing it as fat.

Even whole grain health breads are now deemed to be a no-no, as they are filled with chemicals to enhance shelf life and add artificial vitamins.

Most diet sodas and artificial sweeteners contain an artificial sweetener ingredient called Aspartame. This chemical has been found to cause anxiety, high blood pressure, and metabolic abnormalities, Migraines, Fatigue, Lymphoma and most importantly causing Diabetes amongst other.

The other problem with the fad diets is that they are very expensive, often deprive the body of much needed nutrition to operate healthy, is time consuming and always ends up in a disappointment with failure and more weight gain again.

To avoid a yo-yo diet effect, a healthy diet consisting of natural foods and moderate exercise will be the safest and most natural way to a healthy body while losing weight naturally.

- Eat natural foods which do not contain chemical enhancements and artificial sweeteners.
- Have five smaller meals per day instead of 2 or 3 large meals. This helps to speed up your metabolism.
- Do not mix carbohydrates and starch in the same meal. This will help with healthy digestion as the body struggles to digest both carbohydrates and starches at the same time.

- Limit natural fat intake, do not cut it out. Your body still needs it.
- Eat foods that are rich with Omega 3 fats.
- Avoid all margarines, even the “healthy” margarines are only one molecule different from plastic. Replace it with butter. It is far healthier, tastes better and contains Omega 3 fats.
- Avoid all breads with a long shelf life, including the so-called whole wheat breads. Buy fresh bread with natural ingredients and no chemical enhancers from your bakery if you have to, and keep your intake to a minimum.
- You can never eat enough vegetables.
- Make your own healthy salad dressing rather than buying the chemical laden variants from the shop. Even the health dressings are most of the time not so healthy.
- Limit bottled fruit juices from the shop. They contain chemicals to prolong shelf life.
- Avoid flavour enhancers such as MSG.
- Avoid artificial sweeteners.
- Don't count calories. Why bother. You can safely consume up to 2000 calories on a wholesome natural diet spread over 5 smaller meals.

A healthy and balanced diet and exercise regime is recommended. The truth is that a healthy body requires an 80% healthy and sensible diet and a 20% exercise mix to operate optimally.

Go to [www.beyonddiet.com](http://www.beyonddiet.com) to learn more about this fascinating method of naturally losing weight without starving yourself.

### **Recipe of the month.**

With summer here and many Saturdays and Sunday's spent around the braai fires, I thought it would be fitting to submit a firm old favourite amongst the potjie enthusiasts.

To my mind, there is very few dishes that can beat a well prepared oxtail curry pot.

The nice part of a potjie recipe is that you can always adjust and tweak the basic ingredients to suit your own taste.



The most important ingredient you need for an oxtail potjie is time and patience, it's not a piece of meat that is going to be tender in half an hour or so, try four or more hours more than likely. I guess you can use normal curry powder, but I prefer to make a spice mix consisting of 2 tsp garam masala, 1 tsp cumin powder, 1 tsp coriander powder, 1 tsp ground turmeric, ½ tsp ginger powder, ¼ tsp cloves, ¼ tsp cardamom and ½ tsp dried chili flakes.

The rest of the ingredients are:

1. 1kg oxtail pieces
2. 3 Tbls corn starch (maizena)

3. 2 tsp Worchester sauce
4. 1 medium onion chopped
5. 70g tomato paste (1 small tin)
6. 1L beef stock
7. 10 small onions (pickle onions)
8. 12 baby potatoes peeled.
9. Oil for frying the meat and onions
10. Salt
11. Pepper

Heat your potjie over open flames with a little oil inside. Dust the meat with the corn starch, shake off any excess, fry the meat a couple of pieces at a time until brown, remove each batch when brown, when all of the meat are brown, put back in the pot add the Worchestire sauce and fry another two minutes or so. Remove the meat and remove the oil from the pan, leaving only enough to fry your onions.

Add the chopped onions and the spice mixture and fry until the onion are soft, add the tomato paste and fry another minute. Put the meat back in the pot and mix with the onion and spices until it completely covers the meat, flavor with salt and pepper. Add the beef stock and bring to the boil, after a couple of minutes remove some of the coals to reduce the heat. Simmer until the meat is soft but not falling from the bone; add the baby onions and potatoes simmer for about half an hour until soft.

Serve an a bed of rice, that's suggestion is easy, what to drink with it is not, some say beer, some say a semi-sweet wine, I'm not going to make any suggestions, red wine taste good with anything

### **Closing**

Please feel free to mail any photo's of any significant or good catches to [denise@pedsac.co.za](mailto:denise@pedsac.co.za) or [richard@lmcservices.co.za](mailto:richard@lmcservices.co.za) and we will post them on our website and Facebook pages. All members are welcome to send us contributions for the next news letter and this can be mailed to the same email addresses provided.

Tight Lines

Richard Donaldson.