



The Conservation Minded Club

The Chum Bucket

MONTHLY NEWSLETTER



February 2016

2016 got off to a surprisingly brisk start. The Pedsac calendar is jam-packed with social and fishing events right up to June ensuring to keep our members interested and busy for the next few months.

The fishing has been quite poor due to the persistent easterly winds making fishing conditions uncomfortable and the bay coastline milky and dirty at times.

Some Geelbek arrived in our bay in this past week and big shoals were first spotted by divers off white sands and the bell buoy area. Let's hope they will stay around long enough for us to make a few decent catches.

Club Matters

Members

We warmly welcome Shane Webb and Rudi Mybergh to Pedsac and we sincerely hope your association with PEDSAC will be a long and happy one!

All new members are invited to our monthly steak night where they will be capped and receive their access tag and a copy of the club house rules / constitution.

Annual Subs

The annual subs were due on or before the 1st of January 2016 and were then extended to the 31st January. 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 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

Please note that an additional R20 will be charged for any payment made by cheque as banks charges for banking cheques are exorbitantly high.

We encourage all members to make all payments by cash, card or payment by EFT.

Super 6

Super 6 round 3 took place on Saturday, 30th January. 21 Boats entered and we were fortunate to fish despite some easterly winds during the preceding days.

Fishing was generally poor with the fish only coming on the bite in the afternoon, but by then the easterly wind picked up again and some boats made a hasty retreat back to the club house and drop a line on Mahogany Reef.

Double Up, skippered by Neal Murison took top honours and walked away with top boat, top angler and some species prizes.

Super 6 round 4 will take place on Saturday, 27th February 2016. Entries and Skippers briefing will take place on the Friday evening where a light meal will be served to all entrants.

Chairman's R10,000-00 Yellowtail Challenge

We have rescheduled the challenge and will be fished on the 12th of March 2016. This is a one fish wonder competition with the largest Yellowtail weighed winning the lucky angler R10,000-00 in cold hard cash. All anglers are welcome to enter and tickets will cost R100 / angler which can be purchased from the Pedsac bar. A mandatory skippers briefing will be held on the Friday evening starting at 19:00 before the competition day. Fishing will take place from 6am and all boats must return and have their fish at the scales before 3pm that afternoon. Prize giving will be held at 4pm.

Algoa Bay Tuna Classic

The Tuna Classic will take place from the 28th to the 30th April 2016. Registration and skipper briefing will take place before the opening function on the 27th April starting at 19:00. We are looking forward to exciting cash and other prizes and hope to see all the familiar faces back at our annual main event again. Details to follow soon.

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, 5th 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.

Photos submitted



Cliff Donaldson – Geelbek.



Heatseeker making haste



Orca's off Willows.



James Fencham with "Aunty" Lucy.



Nice Geelbek caught on Big John this past Wednesday

Fishing – Our drug of choice

Article submitted by Wayne Gerber.

Like most of you fisherman , fishing is my passion and from the very early years it was so, I believe I was about 3 years old the fist time I picked up a rod , I have been hooked ever since.

So when Richard asked me to write something informative and educational to pass on to the fellow members regarding my passion I felt and feel honoured , I don't know if it will make good reading or if you will find it informative but will give it my best shot.

I've been pondering what would be the most informative and educational thing I could pass on from my personal experience in fishing....difficult one indeed..... but then I just need to think back to the treacherous sea conditions I've navigated through and that would be the first experience I believe I could share which might be educational and informative.

ALWAYS BE PREPARED...and rather err on the side of safety and be conservative than to err the other way.

My first bit of advice and this from 21 years of owning a boat and 36 years of deep sea fishing would be always to make sure you are rather over prepared from a safety point of view and this will allow you to really enjoy your fishing experience.

Simple rules , make sure your boat is seaworthy and when I say seaworthy , a lot of people would rather chance there arm knowing full well there boat or motor has a defect and or problem but still temp fate by going to sea.

These mistake or chance can end up costing someone life so always make sure from a boat point of view that everything is shipshape and that you always have sufficient fuel plus reserves.

Don't cut corners to get your skippers ticket without having the necessary experience as you are only fooling yourself and again it can end up costing you dearly.

Now what next....Mmmmm....educational fishingthere is always someone who know better, where the fish are biting, what fish are biting and on and on. Fishing is pretty simple and in our waters there are three simple rigs (TRACES) that I use 90% of the time, I'm not saying everyone will agree but these are what work for me.

I break them up into three categories and the one might overlap with the other but I'm sure you catch my drift. These categories are reef fishing (Red Roman's, Basterman, Dageraad, Miss Lucy, Scotsman and Poenskop or black mussel cracker being the most predominant), shoal fish (cob , cape salmon-geelbek), some of you might view it differently but I classify cape yellow tail as pelagic and makes up the third category.

Category One



Category one

I use 3.5mt leader 80lb which I attach with an FG knot to the 50lb braid , at the end of the leader I tie a 3way power swivel , I don't use a normal three way swivel as I see them as a weak point and a waste of money unless you replace it with a new one each trip, onto the bottom of the swivel I put 400mm sinker snoot of 50lb nylon and on the side arm of the swivel I use 80lb fluorocarbon to the hook about 500mm long. Important to note however that although you can decide on the length of the snoots to suite your own preference the sinker snoot must always be shorter the the hook snoot for reef fish.(I only use circle hooks as I find that you don't break off as much using them as well as not hurting the fish to much). Hook size 4-5 o circle and sinker 6-8 ounce tear drop dependant on depth and current and area being fished. (East London for example requires significantly heavier sinkers.

Preferred bait is fresh sea cat, chokka or some fresh mackerel

Category 2

SEE PIC ABOVE FOR GEELBECK -CAPE SALMON



Category two

I use the same as before being 3.5mt again but this time 120lb nylon attached to the braid with a FG knot. The bottom sinker snoot being 1mt long of 50lb nylon and the and the side hook snoot being 750mm long this being fluorocarbon The hook size would be a 12-14 o circle hook .

The sinker again being 6-8 ounce dependant on the depth and current and area fished. .Note in this case that the sinker snoot is always longer than the hook snoot and that the length of the snoots are significantly longer than when fishing on the reef fish. The addition length allows for the free flowing movement of the bait which I have found the cob and geelbek to prefer. Let me just again remind you that these are my preferred methods and everyone may not agree.

PS. Also note that if you are fishing IGFA rules there would be different rules that would apply to maximum leader length based on the line class you are fishing with.

Category 3



Category three

The length of and breaking strain of the leader remains the same as the previous category, but the configuration this time changes significantly. The sinker I use is now either a barrel sinker with two holes drilled in it to which I attach the leader to one end and the hook snoot to the other end or a sinker I buy in Cape Town which has a swivel on a nylon rope threaded through it and then crimped so that there is a small section sticking out the bottom, see the pictures below.

For the hook snoot at the bottom I again use 120lb fluorocarbon and the hook a 12 o owner circle hook. The weight of the sinker is dependent on sea and current conditions or how fast I would like it to descend in the water column as these fish when shoaling feed on the surface and then a very light sinker will surface. (The same rig can be used on geelbek when shoaling).



Well these are the basic rule of thumb I use and these are my methods, many people may disagree but I sincerely hope that this might help some of you in achieving more success.

My last words in closing is that the more the effort the better the results will be, I also believe that for better success one needs to find new reef areas to work and these are further away from port as the areas close to port have been over fished , this however does not mean that good quality fish don't move in on these reef systems from time to time.

I REMEMBER AN OLD, "SAYING FAIR WEATHER NEVER MADE A GOOD SAILOR".

Tight lines Wayne Gerber

Recipes of the month.

Having **great braai recipes** on the menu is always important, especially if you're planning to take top 'Braai Master' honours.

1. Sticky sweet and sour pork chops

This super-easy marinade guarantees tender, tasty pork chops, complete with the yummy sticky caramelized bits that everyone loves. Try it with this roasted garlic potato salad and you won't look back.

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Ingredients

- 6 250 gram pork chops (or equivalent thereof)
- 1/2 cup balsamic vinegar
- 1/2 cup olive oil
- 2 tsp chopped rosemary
- 3 tsp honey
- 3 tsp soya sauce
- 2 tsp chutney (Wellington's Mild fruit chutney is a great one)

Cooking instructions

Whisk the liquid ingredients together with a fork.

Put the chops into a large, sealable bag, and pour the marinade on top, reserving about a 1/4 cup for basting. Squish 'em around so that everything's coated, and then rest the bag in a big bowl in the fridge for at least an hour, turning occasionally to make sure that everyone's had their turn in the marinade. (It's really, really better to do this overnight, to let the flavours truly saturate the meat.)

When you've got medium hot coals (or a heated grill) place your chops on the heat, and make sure to baste them frequently as you braai them until cooked through and slightly caramelized.

2. Braaied rump steak with garlic butter

This recipe works especially well when you are doing a braai for numerous people with a variety of meats. Steak is a very unique animal and needs to be braai on extremely hot coals, searing the outside, but keeping the inside medium rare and juicy.



I solve this problem by braaiing the steaks when the time for doing so is perfect, just after the fire burned out and when the coals are at their hottest, and then serving it as hors d'oeuvres.

Ingredients

Serves 6

- 600g steak
- One tube of garlic butter (you could make your own but store-bought tubes are easier)

Make a very hot fire. Remove steak from fridge and bring to room temperature at least 20 minutes before the braai. Rinse excess blood from the meat under cold water and pat dry with paper towel. There is no need for spices or marinade before putting the meat onto the fire. Braai the steaks on very hot coals for about six to eight minutes, turning halfway through. When you take it off the braai, let it rest for a few minutes before slicing into thick strips. Season with salt and pepper, slice the garlic butter and place between steak strips so it melts.

3. The perfect braai broodjies

The **braai broodjie** (braai toasted sandwich) is arguably the highlight of any braai experience. Many South Africans braai meat simply as an excuse to also have braai broodjies. The traditional braai broodjie is done by making a sandwich with cheese (I prefer aged cheddar), tomato, onion, chutney, salt and pepper with butter on the outside. Braai this sandwich in a closed grid over very mild coals until the outsides are golden brown and the cheese is melted.



If you're having a breakfast braai then bake some eggs sunny side up in a pan on the braai or stove, and when your braai broodjies are finished gently pull them open and insert one egg into each. You now have a breakfast braai broodjie.

In addition to braai broodjies, boerewors rolls are one of the true classics of the South African braai; a fresh piece of braai boerewors in a hotdog roll.

The boerewors braai broodjie gives you the best of both worlds. Whilst braaiing your braai broodjies, braai some thin boerewors as well.

When both are done, gently pull each braai broodjie open and insert a few short pieces of boerewors into each.

Your guests will not be disappointed, you will not be disappointed, and your life might have just changed.

Cooking instructions

To make a **braai broodjie**, prepare a sandwich with sliced cheese, sliced tomato and onion, chutney and season. Butter the outside. Braai in a closed grid over mild coals until golden brown.

To make **breakfast braai broodjies**, fry eggs sunny-side up in a pan on the braai. When the braai broodjies are finished gently open them and insert an egg into each one.

The **boerewors braai broodjie** gives you the best of both boerie rolls and braai broodjies. While braaiing your braai broodjies, braai some thin boerewors. When both are done, gently open each braai broodjie open and insert a few pieces of boerewors.

4. The best damn potato salad ever

Although a braai is ostensibly about the meat, it's the quality of the side-dishes that makes a braai into a feast. Everyone's got their favourite twist on a potato salad recipe: some folks are passionate about the inclusion of hard-boiled eggs (shudder) while others say that the key is roasting the potatoes, not boiling them. This recipe's secret weapon is nutty, buttery, roasted garlic, and it's a life-changing addition.



I like to keep this veggie-friendly, especially when it's just an accompaniment to piles of sticky-sweet pork chops, garlic-butter steak, or lamb curry sosaties: but if the thought of pig less potato salad hurts your soul, you *could* add bacon.

Ingredients

- 1 kg of potatoes
- 1/3 cup mayonnaise
- 1/2 cup sour cream
- 2 tsp chopped chives
- 2 heads of garlic
- 3 tsp olive oil

Method

Peel the papery outer layers of each garlic head, leaving the individual cloves intact, and slice off the top of each head of garlic, and about a quarter-centimetre of each clove.

Drizzle the garlic with olive oil, trying to ensure that it goes between the cloves. Wrap the garlic heads in tin-foil and roast them at 180 degrees for 45 – 60 minutes. While that's going, cut potatoes into quarters and boil until soft, approximately 30 minutes.

Once your garlic is browned and sticky (like in photo below), let it cool slightly and then carefully remove each clove, add to a bowl, and mash them with a fork.

Add your sour cream, chives and mayonnaise to the roasted garlic paste, and mix well.

Once the potatoes have cooled slightly, pour the roasted garlic mayo-mix over the top and mix well. Season to taste.

Serve in a pretty bowl, with some chives for garnish if you're fancy.

Health tips of the month.

Sourced from HEALTH24

Copy your cat: Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain.

Don't skip breakfast. Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fibre breakfast cereal, low-fat milk or yoghurt, whole wheat toast, and a boiled egg.

Neurobics for your mind. Get your brain fizzing with energy. American researchers coined the term 'neurobics' for tasks which activate the brain's own biochemical pathways and to bring new pathways online that can help to strengthen or preserve brain circuits.

Brush your teeth with your 'other' hand, take a new route to work or choose your clothes based on sense of touch rather than sight. People with mental agility tend to have lower rates of Alzheimer's disease and age-related mental decline.

Get smelly. Garlic, onions, spring onions and leeks all contain stuff that's good for you. A study at the Child's Health Institute in Cape Town found that eating raw garlic helped fight serious childhood infections. Heat destroys these properties, so eat yours raw, wash it down with fruit juice or, if you're a sissy, have it in tablet form.

Knock one back. A glass of red wine a day is good for you. A number of studies have found this, but a recent one found that the polyphenols (a type of antioxidant) in green tea, red wine and olives may also help protect you against breast cancer. It's thought that the antioxidants help protect you from environmental carcinogens such as passive tobacco smoke.

Bone up daily. Get your daily calcium by popping a tab, chugging milk or eating yoghurt. It'll keep your bones strong. Remember that your bone density declines after the age of 30. You need at least 200 milligrams daily, which you should combine with magnesium, or it simply won't be absorbed.

Curry favour. Hot, spicy foods containing chillies or cayenne pepper trigger endorphins, the feel-good hormones. Endorphins have a powerful, almost narcotic, effect and make you feel good after exercising. But go easy on the lamb, pork and mutton and the high-fat, creamy dishes served in many Indian restaurants.

Cut out herbs before ops. Some herbal supplements – from the popular St John's Wort and ginkgo biloba to garlic, ginger, ginseng and feverfew – can cause increased bleeding during surgery, warn surgeons. It may be wise to stop taking all medication, including herbal supplements, at least two weeks before surgery, and inform your surgeon about your herbal use.

I say tomato. Tomato is a superstar in the fruit and veggie pantheon. Tomatoes contain lycopene, a powerful cancer fighter. They're also rich in vitamin C. The good news is that cooked tomatoes are also nutritious, so use them in pasta, soups and casseroles, as well as in salads.

The British Thoracic Society says that tomatoes and apples can reduce your risk of asthma and chronic lung diseases. Both contain the antioxidant quercetin. To enjoy the benefits, eat five apples a week or a tomato every other day.

Eat your stress away. Prevent low blood sugar as it stresses you out. Eat regular and small healthy meals and keep fruit and veggies handy. Herbal teas will also soothe your frazzled nerves.

Eating unrefined carbohydrates, nuts and bananas boosts the formation of serotonin, another feel-good drug. Small amounts of protein containing the amino acid tryptamine can give you a boost when stress tires you out.

Load up on vitamin C. We need at least 90 mg of vitamin C per day and the best way to get this is by eating at least five servings of fresh fruit and vegetables every day. So hit the oranges and guavas!

Pure water. Don't have soft drinks or energy drinks while you're exercising. Stay properly hydrated by drinking enough water during your workout (just don't overdo things, as drinking too much water can also be dangerous).

While you might need energy drinks for long-distance running, in shorter exercise sessions in the gym, your body will burn the glucose from the soft drink first, before starting to burn body fat. Same goes for eating sweets.

GI, Jane. Carbohydrates with a high glycaemic index, such as bread, sugar, honey and grain-based food will give instant energy and accelerate your metabolism. If you're trying to burn fat, stick to beans, rice, pasta, lentils, peas, soya beans and oat bran, all of which have a low GI count.

Mindful living. You've probably heard the old adage that life's too short to stuff a mushroom. But perhaps you should consider the opposite: that life's simply too short NOT to focus on the simple tasks. By slowing down and concentrating on basic things, you'll clear your mind of everything that worries you.

Really concentrate on sensations and experiences again: observe the rough texture of a strawberry's skin as you touch it, and taste the sweet-sour juice as you bite into the fruit; when your partner strokes your hand, pay careful attention to the sensation on your skin; and learn to really focus on simple tasks while doing them, whether it's flowering plants or ironing your clothes.

The secret of stretching. When you stretch, ease your body into position until you feel the stretch and hold it for about 25 seconds. Breathe deeply to help your body move oxygen-rich blood to those sore muscles. Don't bounce or force yourself into an uncomfortable position.

Do your weights workout first. Experts say weight training should be done first, because it's a higher intensity exercise compared to cardio. Your body is better able to handle weight training early in the workout because you're fresh and you have the energy you need to work it.

Conversely, cardiovascular exercise should be the last thing you do at the gym, because it helps your body recover by increasing blood flow to the muscles, and flushing out lactic acid, which builds up in the muscles while you're weight training. It's the lactic acid that makes your muscles feel stiff and sore.

Burn fat during intervals. To improve your fitness quickly and lose weight, harness the joys of interval training. Set the treadmill or step machine on the interval programme, where your speed and workload varies from minute to minute.

Build up gradually, every minute and return to the starting speed. Repeat this routine. Not only will it be less monotonous, but you can train for a shorter time and achieve greater results.

Your dirtiest foot forward. If your ankles, knees, and hips ache from running on pavement, head for the dirt. Soft trails or graded roads are a lot easier on your joints than the hard stuff. Also, dirt surfaces tend to be uneven, forcing you to slow down a bit and focus on where to put your feet – great for agility and concentration.

Burn the boredom, blast the lard. Rev up your metabolism by alternating your speed and intensity during aerobic workouts. Not only should you alternate your routine to prevent burnout or boredom, but to give your body a jolt.

If you normally walk at 6.5km/h on the treadmill or take 15 minutes to walk a km, up the pace by going at 8km/h for a minute or so during your workout. Do this every five minutes or so. Each time you work out, increase your bouts of speed in small increments.

Cool off without a beer. Don't eat carbohydrates for at least an hour after exercise. This will force your body to break down body fat, rather than using the food you ingest. Stick to fruit and fluids during that hour, but avoid beer.

Stop fuming. Don't smoke and if you smoke already, do everything in your power to quit. Don't buy into that my-granny-smoked-and-lived-to-be-90 crud – not even the tobacco giants believe it. Apart from the well-known risks of heart disease and cancer, orthopaedic surgeons have found that smoking accelerates bone density loss and constricts blood flow. So you could live to be a 90-year-old amputee who smells of stale tobacco smoke. Unsexy.

Beat the sneezes. There are more than 240 allergens, some rare and others very common. If you're a sneezer due to pollen: close your car's windows while driving, rather switch on the internal fan (drawing in air from the outside), and avoid being outdoors between 5am and 10 am when pollen counts are at their highest; stick to holidays in areas with low pollen counts, such as the seaside and stay away from freshly cut grass.

Asthma-friendly sports. Swimming is the most asthma-friendly sport of all, but cycling, canoeing, fishing, sailing and walking are also good, according to the experts.

Asthma need not hinder peak performance in sport. 1% of the US Olympic team were asthmatics – and between them they won 41 medals.

Deep heat. Sun rays can burn even through thick glass, and under water. Up to 35% of UVB rays and 85% of UVA rays penetrate thick glass, while 50% of UVB rays and 75% of UVA rays penetrate a meter of water and wet cotton clothing.

Which means you'll need sunscreen while driving your car on holiday, and water resistant block if you're swimming.

Strong people go for help. Ask for assistance. Gnashing your teeth in the dark will not get you extra brownie points. It is a sign of strength to ask for assistance and people will respect you for it. If there is a relationship problem, the one who refuses to go for help is

Sugar-coated. More than three million South Africans suffer from type 2 diabetes, and the incidence is increasing – with new patients getting younger. New studies show this type of diabetes is often part of a metabolic syndrome (X Syndrome), which includes high blood pressure and other risk factors for heart disease.

More than 80% of type 2 diabetics die of heart disease, so make sure you control your glucose levels, and watch your blood pressure and cholesterol counts.

Closing

Please feel free to mail any photo's of any significant or good catches to denise@pedsac.co.za or 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.