

Claret & Mallard Journal

Ballarat Fly Fishers' Club
February 2012



Incorporation Number A2007



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All correspondence should be addressed to:

The Secretary

Ballarat Fly Fisher's Club

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Ballarat Mail Centre

BALLARAT. VICTORIA 3354

Cover picture is BFFC members learning survival techniques in the pool. 2012.

Reminders.....



What's happening in February ?

Water Safety on January 19th was very successful. If you are interested in learning water survival techniques please contact Barry Kentish 0408 369 882. Next training session will probably be in March 2012

Cycle Classic - February 11-12th - we need volunteers to assist with club room management. Please contact Russell Fisher 0447213598 or Gerry Watt 0419103836

Have you moved ? Do we have your new address and/or phone number / email. Please contact Barry Kentish to change address/phone/mobile/email. Thanks

Committee meeting -
February 2nd starting at 7.30 pm.

Monthly Meeting -
February 9th starting at 8.00

Stan Burt trophy - Monday night - 6.00 - 10.00 pm . Lake Wendouree, Newlyn, Andersons, St. Georges, Cosgroves. Minimum size 35 cm. There have been quite a few good fish taken from Wendouree and Andersons.



Ballarat Fly Fishers' Club Inc.

Members' Monthly Meeting, December 7th 2011

MINUTES

Opening

President Gary McKay opened the meeting at 8:05 pm, called for apologies and made a special welcome to Jim Jackman.

Members Present G. Armstrong, D. Bandy, R. Baxter, B. Bennetts, F. Bluch, R. Bolton, A. Borg, C. Carland, C. Coltman, J. Cuscadden, G. Cook, C. Doody, G. Drew, D. Eason, R. Eldridge, G. Ferguson, R. Fisher, D. Flenley, C. Griffin, R. Haines, M. Harlock, B. Hughes, G. Hetherington, K. Howard, J. Jackman, S. Jeffrey, B. Kentish, H. Landman, A. Lowne, K. Mason, C. McKay, G. McKay, D. menon, D. Morcombe, Brian Nygaard, P. Patullo, I Penberthy, J. Porteous, S. Purcell, B. Reddick, J. Rothe, G. Sandman, A. Sarcevic, P. Smith, J. Stewart, A. Taylor, R. Thornton, A. Townsend, M Townsend, G. Watt, B. Whelan, S. Xanthoulakis.

Apologies

T. Adams, V. Barby, G. Cramer, R. Dodds, I. Hare, J. Hill, S. Kelly, S.Lock, J. Mason, N. Mason, N. May, J. Monteduro, Barry Nygaard, B. Pipkorn, G. Richmond, B. Sainty, M. Sorrell, K. Tatt, G. Watts.

Minutes

Minutes – circulated in the December journal - of the meeting held on Thursday 10 November 2011 were approved on a motion from A. Townsend, seconded by R. Bolton.

Carried

Business Arising from Minutes.

None



myflyfishingblog.com

Outward

Condolence card to Rod Stapleton on the passing of his wife, Jean

Email to Bendigo & District Fly fishers -Goldfields Trophy 2012

Inward correspondence was received and outward correspondence approved, on the motion from G. Ferguson, seconded by B. Hughes.

Carried

Business Arising from Correspondence.

Bryce Butler will be deleted from BFFC newsletter mailing list.

Spokes Cycle Classic - BFFC agreed to support Classic by opening Clubrooms on 11-12th February 2012

Journals Received

VFFA, Bairnsdale FFC



alaska-fly-fishing.net

Reports

Fishing Reports

Scott Xanthoulakis has been fishing the Swampy which produced lots of fish – approximately 200/250fish between three anglers. Locally Cosgroves Reservoir has produced fish to 1lb Brown and 2lb Rainbow trout. Craig Coltman reported that waters in Tasmania have produced excellent fishing. Cam Griffin has been successfully fishing Lake Wendouree – fish to 1.5 lb. Robert Haines has been successfully fishing Hepburn with mud-eye patterns. Graeme Ferguson reported that there are fish to 6lb being taken at Green Hill Lake.

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BDAA

Chis Doody reported that there had not been a meeting but alerted BFFC members to the DPI Fisheries Strategy.

VRfish

Geoff Cramer is an apology for the meeting. It was noted that in Lake Wendouree the original dredger has been retired but current dredgers will continue operating until end of January. The Lake, due to dredging, has been maintain below full - lake is now returning to full. Water sources to the lake include Paul's wetland, and Class A water. Ballarat City Council has investigated a continuation of weed cutting program.

Rotary Raffle

Royce Baxter thanked all BFFC members who have helped to sell tickets in the Mall. Royce thanked Mel Harlock for his assistance with organizing the Rotary Raffle.

Oceania Championships

Oceania Championships were held in November 2011. BFFC congratulated Craig Coltman who won this competition. Craig reported that teams fished Eucumbene and Tantangra and Murrumbidgee river. Eucumbene was excellent fishing but Tantangra was more difficult. French nymphing was very successful. Craig used this technique to take up to 28 fish per session. This competition was Australia's best result with 8 anglers in top 10 . Australian teams were 1st and 2nd and NZ 3rd



sheridanmedia.com

Australian Championships

Brian Hughes reported that these championships were held over a very wet weekend. Rivers rose during the competition. Rivers fished well on the Saturday but after the rain these rivers were almost impossible to fish. The Mitta was very difficult. Rocky Valley dam was variable. There were 64 competitors overall. Winner was Jim Williams. Mixed results for BFFC.

These reported were received on a motion from David Bandy, seconded Brian Nygaard. **Carried**

Membership.

Nomination of new members

Mark Thurling nomination, nominated by Gary McKay, is under consideration by the Committee.

Upcoming events

Northern rivers trip – this has been postponed until 2012.

Stan Burt Monday night competition – at present leading fish is 1.45kg by Jim Bambridge

Christmas Breakup- Robert Haines has organized Santa for 7.00 pm. There will be a BBQ .



allsouthernchile.com

General Business

- Clubroom insect screen doors – Gary McKay will look for more quotes.
- Clubroom lounge suite – Gary McKay will get more quotes. Gary tabled prospective couch - 2 seater for \$1800
- Water safety training – Barry Kentish reported that first session will be 19th January - 8.00pm – 10.00pm
- Coffee Machine – Gary McKay has purchased coffee maker.
- March Eucumbene Trip - Chris Doody reported the trip will be March 24 to April 1st. 2012. Lake is fishing well and if oversubscribed there will be a ballot. Other dates are available for club members.
- Wastell venue 2012 – Gary McKay and Gerry Watt have visited Cairn Curran / Baringup. It was decided that Wastell 2012 will return to Cairn Curran
- 'One Fly' event - 28th & 29th April - Chris Doody reported that Craig Coltman will prepare rules and program. There will be a dinner on the Saturday night. This event may include a gear auction where the proceeds will assist Brian Hughes and Vern Barby competitive WFFC fishing in 2012.
- Anzac Weekend : 21st – 25th April 2012 – Gary McKay has booked site at Pritchards on the Glenelg River.
- Geoff Hetherington has donated fly tying gear to George Yeoman fly tying bench. BFFC thanked Geoff for his generosity.
- NZ trip presentations – these were sponsored by the caravan park in Rotorua. Winners were for heaviest fish - Shane Jeffrey – 9.47 lb; Ian Penberthy 8.6 lb, and 8.27 lb for Robert Haines. Secretary to write letter of thanks.
- Fly tying desk donated by Trevor Adams will be located at the Wacca McKay lodge – Lake Purrumbet.

One Minute Flies

Scott Xanthoulakis outline two of his favourite flies – the Dark Knight which he fished with success at the 2011 Macadam. The fly is black maribo with black dubbed body and black cock hackle. Scott also outlined the Sparkle Caddis pupae.

Fishing Fines

There were fines for phones, not using spell check, articles in magazines, lost boats in the fog, 'walking the dog' and killing the pig.

Close – President, Gary McKay declared the meeting closed at 9.20pm. He wished everyone a save and joyous Christmas and thanked members for organizing the Christmas BBQ which members enjoyed.



BFFC Kid's
Christmas
party -
December
2011

Ballarat Fly Fishers' Club Inc.

Code of Practice

Look after our fisheries

1. Take no more than your immediate needs.
2. Understand and observe all fishing regulations.
3. Support and encourage activities that restore and enhance fisheries and fish habits.

Protect the Environment

4. Remove all rubbish to prevent pollution and to protect wildlife.
5. Use established roads and tracks wherever possible.
6. Take care when boating and anchoring to avoid damaging sensitive areas.
7. Report environmental damage and pollution to the relevant authorities.

Respect the rights of others and treat fish humanely

8. Quickly and correctly return unwanted or illegal catch to the water.
9. Use only legal tackle, attend your gear and value your catch.
10. Obtain permission to enter land and respect the rights of all to use waterways.
11. Humanely kill any fish to be kept for the table.
12. BFFC encourages the use of barbless hooks to facilitate the safe release of fish.



Kid's Christmas party - Dec. 2011

Royce Baxter with a 9lb ++ fish from Eucumbene



The Dangers of Overheating in Older Adults



Why Overheating Is More Common in Seniors

Your brain sends special signals to your body when it begins to overheat. The signals prompt your body to release hormones that cause you to sweat. Think of sweating as your body's central air-conditioning system, cooling you down both at the skin surface and internally as your body temperature decreases.

But sometimes it gets too hot for this cooling mechanism to work, and it can become less efficient as you get older. A number of factors can put you at higher risk of overheating as you age, including:

- Decreased blood circulation
- Sweat glands that have become inefficient

Weakness or fever due to age-related illness (such as heart, lung, or kidney disease)

- A salt-restricted diet for high blood pressure
- Certain medications (such as heart and blood pressure drugs, sedatives, and tranquilizers)

Being overweight or underweight

Lifestyle factors that range from living in a hot home and overdressing to a lack of transportation

Knowing When Your Body Is Overheating

It's important to recognize symptoms of overheating as soon as possible. Heat-related illnesses range from muscle cramps, swelling, and dizziness to more serious problems such as heat exhaustion. The most severe outcome of overheating is heat stroke, a potentially life-threatening condition that may require emergency medical attention.

Symptoms of overheating may include:

- Sudden dizziness
- Thirst
- Headache
- Nausea
- Muscle spasms
- Cramps in your abdomen, arms, or legs
- Fatigue
- Swelling in your ankles
- Lack of coordination
- Cold, clammy skin

If you or someone you're with has any of the following signs or symptoms, you may have heat stroke and you should seek emergency medical care immediately:

- High body temperature
- Confusion
- Changes in behaviour
- Fainting or feeling like you're going to faint
- Staggering
- Strong, rapid pulse *or* slow, weak pulse
- Dry skin
- Flushed skin
- Lack of sweating despite the heat
- Coma

How to Keep From Getting Overheated

Take these steps to reduce your risk of overheating when the weather is warm.

- **Listen to the weather forecast.** Pay close attention to local weather reports, especially in the summer months, so that you know when it's too hot to go outside.
- **Stay in to stay cool.** When the weather is hot and humid, and when an air pollution alert is in effect, stay in a cool, air-conditioned environment.
- **Keep your home cool.** If your house or apartment doesn't have air-conditioning or fans, keep it as cool as possible in other ways:
 - Open your windows at night.
 - Open windows across the room from each other to create circulation (cross-ventilation).
 - Cover windows that are in direct sunlight, pull curtains shut, and close blinds in the heat of the day.
- **Avoid exercising in the heat.** Exercise indoors on hot days; if you want to exercise outdoors, wait until the weather cools down and never work out in the heat of the day.
- **Dress appropriately.** On warm days, wear cool, light-coloured clothes made of natural fabrics like cotton.
- **Drink plenty of liquids.** Increase your intake of water, fruit juices, vegetable juices, and other hydrating liquids on hot days.
- **Avoid caffeine and alcohol.** Caffeine and alcohol act as diuretics and cause your body to lose fluids, so limit these beverages, especially when the weather is warm.

Warmth can be welcoming, especially when you have aches and pains in your joints, but you need to protect yourself against the dangerous effects of hot weather. When it comes to hot weather, too much of a good thing can become a senior health hazard.

Source <http://www.everydayhealth.com/senior-health/overheating-in-older-adults.aspx>

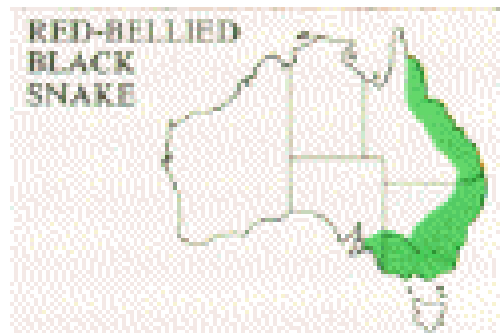
Australian Snake Bites - source <http://www.anaes.med.usyd.edu.au/venom/snakebite.html>

In Australia there are about 3,000 snake bites per year, of which 200 to 500 receive antivenom; on average one or two will prove fatal. About half the deaths are due to bites from the brown snake; the rest mostly from tiger snake, taipan and death adder. Some deaths are sudden, however in fact it is uncommon to die within four hours of a snake bite.

Struan Sutherland's 'Death from snake bite in Australia, 1981-1991' (The Medical Journal of Australia, December 1991, Volume 7, pages 740-46) contains some graphic descriptions of the 18 known fatal snake bites in that ten year period.

In 1906, the untreated death rates were as high as 40% to 50% for death adder and tiger snake bites! Improved supportive treatment and the availability of effective antivenoms has reduced this considerably.

Redbellied Black Snake *Pseudechis porphyriacus*



The redbellied black snake is found in all eastern non-arid areas. While the venom has neurotoxic, coagulopathic and myotoxic actions, it is not as potent as most, and no deaths after a redbellied black snake have yet been reported. Black or tiger antivenom may be used. Can 'jump' in the air if disturbed or chased. .

First Aid for Snake Bites:

Do NOT wash the area of the bite!

It is extremely important to retain traces of venom for use with venom identification kits!

Stop lymphatic spread - bandage firmly, splint and immobilise!

The "pressure-immobilisation" technique is currently recommended by the Australian Resuscitation Council, the Royal Australasian College of Surgeons and the Australian and New Zealand College of Anaesthetists.

The lymphatic system is responsible for systemic spread of most venoms. This can be reduced by the application of a firm bandage (as firm as you would put on a sprained ankle) over a folded pad placed over the bitten area. While firm, it should not be so tight that it stops blood flow to the limb or to congests the veins. Start bandaging directly over the bitten area, ensuring that the pressure over the bite is firm and even. If you have enough bandage you can extend towards more central parts of the body, to delay spread of any venom that has already started to move centrally. A pressure dressing should be applied even if the bite is on the victim's trunk or torso.

Immobility is best attained by application of a splint or sling, using a bandage or whatever to hand to absolutely minimise all limb movement, reassurance and immobilisation (eg, putting the patient on a stretcher). Where possible, bring transportation to the patient (rather than vice versa). Don't allow the victim to walk or move a limb. Walking should be prevented.

The pressure-immobilisation approach is simple, safe and will not cause iatrogenic tissue damage (ie, from incision, injection, freezing or arterial tourniquets - all of which are ineffective).

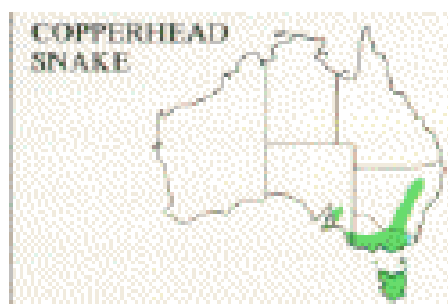
See the [AVRU site for more details](#) of bandaging techniques.

Bites to the head, neck, and back are a special problem - firm pressure should be applied locally if possible.

Removal of the bandage will be associated with rapid systemic spread. Hence ALWAYS wait until the patient is in a fully-equipped medical treatment area before bandage removal is attempted.

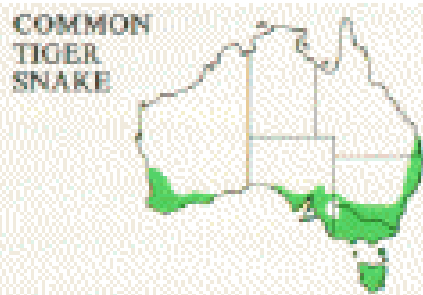
Do NOT cut or excise the area or apply an arterial tourniquet! Both these measures are ineffective and may make the situation worse.

Copperhead *Austrelaps superbis*



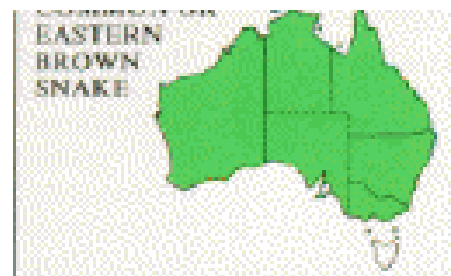
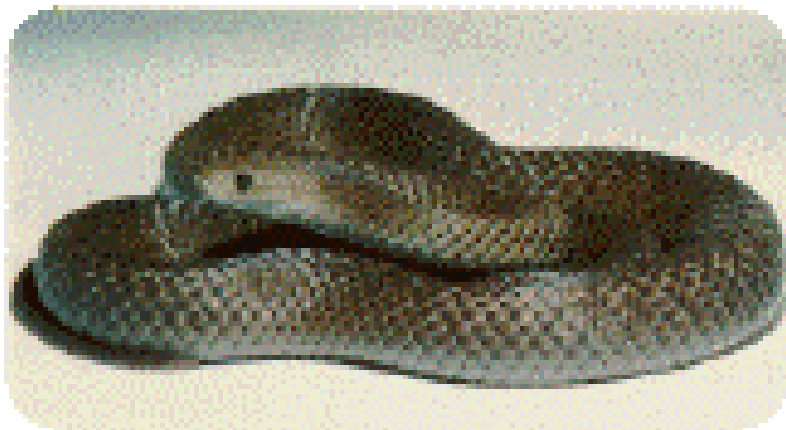
The copperhead is found in Tasmania, Victoria, and the western plains of NSW. Its venom has neurotoxic, coagulopathic and myotoxic actions, however, despite its large venom output, bites are rarely fatal. Use tiger snake antivenom. [Copperhead - *Austrelaps superbis* \(29K jpeg\)](#)

Tiger Snake *Notechis scutatus*



The tiger snake lives in the temperate southern areas of Australia. The characteristic stripes are not seen all year round, and there is a totally black variant found around the Flinders Ranges area of South Australia. As well as neurotoxicity and coagulopathy, rhabdomyolysis (due to Notexin in the venom) is very likely if treatment is delayed. Untreated mortality is about 45%. Some more pictures: [Eastern Tiger Snake - *Notechis scutatis* \(32K jpeg\)](#), [Black Tiger Snake - *Notechis ater* \(40K jpeg\)](#)

Common or Eastern Brown Snake *Pseudonaja textilis*



The Brown Snake may be found all over Australia. It has extremely potent venom, and although the quantity of venom injected is usually small, this snake causes more snakebite deaths in Australia than any other. Sudden and relatively early deaths have been recorded. Its venom causes severe coagulation disturbances, neurotoxicity, and occasionally nephrotoxicity (by a direct action of the venom), but not rhabdomyolysis. The Gwardir is also known as the Western Brown snake, and the Dugite is a spotted brown snake found in Western Australia. All need brown snake antivenom.

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Or browse our website at www.ballaratflyfishers.org.au

Christmas 2011



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Calendar

**Club monthly meeting is second Thursday of the month.
Committee meeting is the first Thursday of the month.**

BFFC Calendar is available on the club's webpage. Go to www.ballaratflyfishers.org.au and follow the links to the calendar.

Feb. 3-12 Tassie trip

Feb 11-12 Spoke Cycle Classic

Feb 14-18 Commonwealth FF Championships

March 10-12 Tasmania 2011/12 Round 2 Central Tasmania

March 24 - Apr 1 Eucumbene trip

Also Stan Burt Competition every Monday 6.00pm to 10.00pm.



Ballarat Fly Fishers thank the following sponsors for their continued support

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Web: www.innovatorods.com

Email: mayfly@bigpond.net.au



2011 Wastell Trophy winner Lynton Reid & Gary McKay (President BFFC)

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Phone: 03 9899 0034 **Fax:** 03 9899 0302