

LURE

REEL NEWS FROM THE TAUTUKU FISHING CLUB



Tautuku Fishing Club Dunedin and Haast Inc. Monthly Newsletter

February 2013 | Issue 28

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& more!

Turtles @ Taieri Mouth! page 6

Last month it was Sealions at Tomahawk, now it's Turtles at Taieri...what next?!

Red tape and nuts...

Willy's speech raises more than a few questions and a few eyebrows most likely as well.

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You can lead a horse to water...

Associate Professor Chris Button shares some joint research into sudden cold water immersion.

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How to celebrate your Birthday in style!

What better way is there to celebrate your birthday than to go fishing? And better still, why not at Jacksons Bay, West Coast.

How is this for the perfect day fishing; waking up, not too hungover and having a lovely cooked breakfast with all the trimmings.

We put the Agent 99 in the water at 7.00am with Nathan, Chris, Ian and myself on board, heaps of food and drinks in the chilly. The weather was perfect, we headed out to Open Bay island and filled up our quota of crayfish, jubilation all round. We then headed off to Dickies Patch for a bottom fish, great catches of terakihi, sea perch, the odd blue cod and gurnard. Then an alfonsino! Nathan clocks up another species.

Having a good feed for the team on board, it was time to catch some albacore. We trolled for about 30 minutes and then one of the lines screamed out. In no time at all Chris had his first Albacore, excitement all round.

...continued page 3



President's CORNER

Hi,

Enjoyable salmon fishing in our city harbour during the end of January and early February. BUT with the sea increasing in temperature during the last few weeks; the salmon run has dropped off – waiting for a cool spell & a 'Leith river flush'. That will bring another influx of salmon to our waters. It's back to Blue Cod, Groper & Trumpeter fishing for most of us, while the weather is favourable.

NZ Sports Fishing, 'Minstrel' (Hiwi the Kiwi) shows are on in our City 18th – 22nd March; visiting various schools. School Itinerary is: 19th – Balaclava & George St Normal, 20th Elmgrove & Green Island, 21st Waikari & Fairfield, & 22nd Arthur Street School. If you are keen for your family to see a show; please get in touch with the 'Minstrel' direct – theminstrel@xtra.co.nz – easy as that.

Recently a three day gathering in Nelson 'paved' the way for a new body to represent New Zealand's recreational fishing sector. Around 1.2 million New Zealanders go fishing giving the country the biggest recreational sports group. The FISHinFuture Search event in Nelson drew 67 invited people from around New Zealand, representing the range of recreational fishing interests, along with scientists, environmentalists, Iwi, youth fishers, industry, national & local government officials and commercial fishing representatives. It was a privilege to be part of this process which I believe will be a landmark in the course of events relating to recreational fishing and beyond. I was impressed with the positive contributions made by all participants and the depth of knowledge, experience, wisdom and passion of all the stakeholders present. The youth group for instance were unfazed by the predominantly older profile of most participants and made important contributions, which was heartening for the future of recreational fishing. The youth fishers shared their experiences as

part of an increasingly educated youth population with a different outlook for moving forward with improvements. They emphasised the need for more science and research on recreational fishing issues and consideration of the socio-economic value recreational fishing has for us as a nation. The youth regarded recreational fishing as a privilege, and encourage more education to change perceptions. A shared theme by all, was the need and desire to have good communication channels with recreational fishers. Everyone had common ground when it came to looking out for the future of New Zealand's fisheries and marine environment. This was a meeting of diverse minds focussing wholly on creating a new path for our fishing future.

A steering committee has been formed to advance these common ground agreements, investigate what shape this new organisation may take, and will develop strategies to educate the public. I'm interested in any club member feedback and suggestions on achieving these common agreements. Check out www.fishinfuturesearch.co.nz for more details and ongoing progress.

News just in – CONGRATULATIONS to our 'Nationals Team' of Mike Archer, Russell Moylan & Wayne MacDonald in retaining the Hickey Sports Trophy for top 3 scoring Albacore and Russell Moylan winning the NZ Champion 'Meritorious' Albacore single fish award; plus the 1kg line class with a 6.435kg Albacore. 'Orca' owner - John Millar is so proud, as we ALL are. Well Done Guys! (Report in next Month's Lure issue) .

Our recent 'club work day', saw new club room improvements and general club needs covered. Many thanks to Dean Stiles, Nick Heaps, Warren Mathieson, Paul Fogerty, Pete Innes-Jones, Lester Mathieson, James Mathieson, Ron Johnston, Don White, & Leanne Mathieson. Much appreciated.

Well I better get my gear prepared for the Annual Otago Salmon Anglers competition here in Salmon City ! Should be FUN on the City harbour!

Tight lines.
Brett

...continued from front page

The next hour was slow, Ian couldn't wait to catch his and we soon found them, a bit of a give away when they are jumping everywhere, within an hour we had another six on board, all packed away on ice.

What next, we thought briefly about going home but decided a couple of bluenose groper were in order for Chris and Ian.

So out to our bluenose mark and a couple of hours later we had four magnificent bluenose on board, 8-12Kgs each and one massive ling.

We then decided to head home, for whitebait and crays for tea.



May I say, the beer and rum tasted extra good that night, chatting into the early hours.

**Murray Muir,
Club Captain**

CLUB SHOOT!

Sunday 28th April @ 2pm.

Smallbore Club Rooms,
South Dunedin.

Men's, Ladies & Youth Club
Awards.





Ladies Fishing Tournament in Niue!

8th to 15th June 2013

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For More information Contact:

manz@lovesfishing.co.nz / Ph 0211 900 205

nicky@lovesfishing.co.nz / Ph 021 704 476

www.divefishsnow.co.nz - search "Ladies Niue"

CURRENT LINES ISSUE 23rd February 2013

Great to see members using their PL Fuel Cards and therefore also supporting the NZ Sport Fishing Council and your clubs. I hear the Tutukaka Nauti Girls Competition went ahead after a bit of a swell (or was that 'choppy') start! Congratulations to all those who won PL Vouchers! We are pleased to advise that we have signed up with AA for Roadside Assist in conjunction with your fuel card (further details to follow) – feel free to ring 0800 42 83 83 and register your interest with us and we will advise further details of this offer in the very near future. From 'The Team' at Petroleum Logistics Ltd

Last week, NIWA and DoC scientists and Scott Tindale tagged two small mako sharks (about 155 cm long, 30 kg, nicknamed Heinrich and Gabi) near the Hen and Chickens Islands. We also tagged a 3.1 m, 160 kg hammerhead caught by Shana Hopper aboard "Gamekeeper", skipped by Gray Hopper. The two mako sharks have now moved south to the Mangawhai area but as they are very mobile they could easily move outside the area very quickly. We have not yet heard from the hammerhead's tag. We would like to alert anglers in the area about the presence of these sharks, and if anyone catches them we ask that they carefully release them again so that we can continue to monitor their movements. It would be helpful if anyone catching a tagged shark could provide us with a date, time and location of capture, along with a photograph if possible. The tags are coloured blue (but may gather some fouling over time) and are attached to the left side of the dorsal fin. We appreciate your support in helping us to understand more about the migrations of these sharks. Thanks very much Malcolm Francis, Principal Scientist, Coastal Group, National Institute of Water and Atmospheric Research Ltd. Also a similar sized Mako was fitted with a spot tag & released off the Manukau bar today (19-02-2013) Cheers, Scott Tindale.

First striped marlin recapture for the season - A striped marlin tagged off Cape Brett by Peter Moore from the vessel Headquarters on 23 Jan 2013 has been recaptured in the Nationals. It was recaptured, retagged and released on 17 Feb 2013 off Parengarenga. The angler was Pete Rowsell fishing on Allegria and they estimated the weight at about 115 kg. Therefore the fish had been at liberty for 25 days and it was recaptured 70 nmiles NW of the release location. Thanks to all concerned. From John Holdsworth – Blue Water Marine Research

2013 NZSFC NATIONALS results:

<http://www.nzsportfishing.org.nz/nationals/results13/>. This is the link to get you to see the results to all sections in detail. You can also see the total catch for each team in each club if you wish. There have been some amazing captures this year, the final results will be in the next issue.

Around the clubs update: Whakatane trailer boat Seawolf whilst trolling for skippies hooked and landed a 119 kg striped marlin on 8 kg line, just father and son on board.

Counties One Base turned up the goods with 12 marlin caught. The best was caught on "Shag" and went 133.4 kg with a close race as second place was 132.7 kg.

Just as the Nationals were due to start, the New Plymouth Club reported a 177.4 kg striped marlin caught from the vessel "Try Blu II". A good way to start the season.

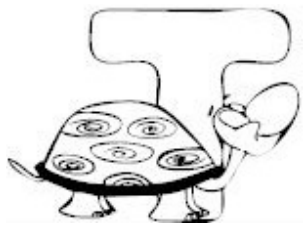
The Bay of Island Swordfish Club reports a blue marlin weighing 327 kg caught out wide. Well done. Kawhia One Base reported 2 weighed and 2 tagged with plenty dropped.

Tutukaka had a Broadbill landed from "Lil Grommet". These guys were mentioned last year for a black marlin. And speaking of black marlin, "Bosca" who was mention here for their big blue marlin weighed their first black marlin last week weighing in at 172 kg.

From Whangamata – their classic just over; top marlin 178.4 kg striped marlin caught on the last day 8 miles out in 60 m of water. Top snapper 11.62 kg, top kingfish 32.3 kg. The snapper and kingfish were caught on the first day, with 10 marlin in total. A great start to their season. Caught one day after the Classic, was a black marlin weighing 101 kg.

From Waihou Bay – the Nationals have done them proud again two blue marlin over 300 kgs and with the last day to go, a daytime broadbill on the trailer boat “Rocketman” weighing 143.6 kg. Just proves you don’t have to go far from home to get the big ones.

Regards,
NZSFC



Take care at the Taieri River Mouth!

With unusual weather patterns, river bar changes, and water flow changes over the last few weeks – it’s very important to take care at the Taieri River mouth.

Give way to the Turtles in our waters off the Taieri!

Yes the seas are very warm @ the moment, & turtles have been sighted along the Otago coast. A photo from a recent fishing trip off the Taieri taken by Pete Innes-Jones & Paul Fogerty shows these fine species in our waters. Other fisherman of recent days also reported to their amazement of turtles this ‘Far South’.

What Next!!



FISHinfuture SEARCH

Charting a new path for OUR fishing future!

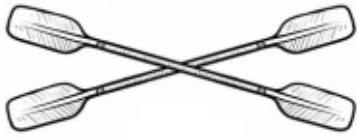


The FISHinFuture Search COMMON GROUND

Theme	Common ground statement
Sustainable fisheries	We ensure a healthy marine environment enjoyed by all.
Community buy-in and support	We all take pride in an abundant and healthy marine environment when our community extends Manaakitanga over our fisheries and oceans.
Unity across the recreational fishing sector	We believe in unity and inclusion within the recreational fishing community.
Equity of access	We strive to ensure equity of access through stakeholder engagement.
Education	We ensure New Zealanders understand and value our marine environment and it's resources so we can all be responsible for a better future.
Governance	We are a recognised representative and accountable body that promotes and protects responsible recreational fishing.
Sustainable funding	We create an independent and sustainable income stream to achieve our aspirations and meet our responsibilities.
Communication	We create a comprehensive strategy and a network to communicate with members, stakeholders, media and other interested parties.

Agreed to by all participants at the FISHinFuture Search event 14-16th February 2013.
See www.fishinfuturesearch.co.nz for more details.

KAYAK FISHING IN



OTAGO

Grant Ashton, Allan Millars
Hunting & Fishing, Dunedin

Around 6 months ago I purchased a Viking Kayak Profish 400 diamond package and set about installing a Garmin fish finder.

I then started practicing on the Otago harbour before setting out into the surf and finally attempting the likes of the Taieri Mouth bar. In the last couple of weeks it has finally started to pay dividends with fresh blue cod starting to become a regular addition to the table.

I have been using two rod setups; the first is the Shimano Stradic 2500 with 10lb braid on a 1-3 kg Ugly Stik Kayak rod, the other is a Shimano Stradic 5000 with 20lb braid on a 4-8kg Ugly Stik Kayak rod. These rods have an integrated graphite and glass blank which can handle some major point loading which can be so prevalent when you are that low to

the water, and the Stradic reels can really fight well above their weight with great drag systems and reliability.

The fish finder is a Garmin Echo 150 which is a dual beam, 200 watts RMS and a 4" greyscale screen valued at \$230 and this would have to be one of the most crucial pieces of equipment I have put on the boat as I would have spent hours bobbing on the ocean with a hit or miss chance of finding that rough ground where our cod are hanging out.

Over the next few weeks and months I am hoping to search out a few grouper holes as the confidence and skills grow.

I would thoroughly recommend kayak fishing to anyone that is looking for a fun new way of fishing that will also keep you fit.



DEATH by a thousand regulations

Speech by Willy Leferink, Federated Farmers Dairy chairperson, to Federated Farmers 2013 Dairy Council at the Copthorne Bay of Islands Hotel, Paihia

I would first like to thank the farms we have visited this week and the fantastic hospitality afforded by Federated Farmers Northland.

I know all farmers, not just dairy, are struggling right here in Northland and in other areas due to the lack of rain.

That is why it amazes me the environmental NGO's aren't more enthusiastic backers for water storage. South Canterbury's Opuha Dam wins recreationally, environmentally and agriculturally.

And if you want to slash nutrient loss from farms, it is as simple as keeping pasture growing.

But we need water for grass and crops to grow.

We are also being told to prepare for climate change so water storage is our number one adaption tool as well as an environmental one.

That's why, on 31 May 2014, when we look back on the 2013/14 season, 90 percent of New Zealand's dairy cattle will have been excluded from waterways and 100 percent excluded from wetlands.

We are so close to 100 percent exclusion of dairy cattle. I say dairy cattle because not all cattle are dairy, especially the ones you see walking in streams on television.

The Sustainable Dairying Water Accord, released yesterday [19 February], picks up on this and takes

into account the irrigation and fertiliser sectors too.

I am proud of the progress dairy farmers have made and the next step will be common standards for industry good practice.

My question is if we are doing that, what are the rule makers doing about deficient town sewerage schemes?

One danger we have is creating the impression through the media that it is all down to dairy. It isn't. We need councils to step up and improve waste water plants struggling to meet the demands of 1.6 million households and almost 500,000 businesses.

Given urban wastewater mostly ends up in rivers or the sea, we need the whole community to take ownership with us.

We also need our non-dairy colleagues in the primary industries to step up too.

And if you want results Lake Rotorua provides it. This is the 'third way' to improve water quality and it works.

Lake Rotorua's improvement was in part due to farmers fencing and planting. This was dairy and drystock aided by expert advice from the likes of DairyNZ. The Lake's improvement was in part due to councils getting on top of sewerage and partly due to the whole community taking ownership.

It was basically due to every one.

My challenge to the mainstream media is to use that "see it for yourself" skill I know you have and get out on-farm to talk to us.

Do not talk to someone who 'thinks they know what we do', but talk to real dairy farmers who do. We will help you so just pick up the phone.

Aside from the odd rat bag you will find we are good people who care for the land because this is where we and our kids live.

That "see it for yourself" applies to those creating rules. Last year I told you the starting point for water quality benchmarks was pre-human New Zealand.

I was wrong. I have to admit that I made a mistake.

You see 'our' water quality standards aren't ours they are Canada's.

Yes that is right, Canada. The fresh water standards Canada has for its native fish and wildlife is ours too. We seem to care more for Rainbow Trout than for our own native fish, which seem to be viewed as a source of food for introduced trout.

The silence from some fresh water ecologists on this is **deafening**.

We have Canada's standards because it was thought developing New Zealand standards would be too

expensive. It also seems to assume water is water but is it?

They seem to be figuring things out in the Hawke's Bay where the council there is doing fantastic core council work.

From what I have heard it has the potential to turn our entire conversation on water and properly focus things on the protection of our native fish and not something that isn't even native to our Hemisphere.

All water is not the same because our water is not Canada's or even Australia's. New Zealand water needs New Zealand standards.

You see Canada's standards impact water quality and quantity here; both big parts of the regulation industry.

The regulators say themselves that they are charged by law to do this. The regulation industry is one of the fastest growing in New Zealand but doesn't create a lot of value, solutions or exports.

Don't get me wrong. I am all for sensible regulation. I want to ensure the car I drive is safe and that the food I eat won't put me into hospital. I also want to make sure my community will still be there in 100 years time.

It is the weight, depth and the lack of cohesion around regulation I am talking about.

New Zealand has the dubious distinction of being the fastest regulator in the west. We fail to think issues through properly. Maybe we are lacking an upper house or maybe we need Parliament to sit for four years instead of three.

Whatever it is, upwards of 9,000 pages of new legislation are created each year meaning Parliament passes six pieces of legislation in an average 'sitting week.'

We are being hammered by bureaucrats.

I mentioned Rotorua a few minutes ago because the media coverage has missed its real improvement. We hear about job losses but we never hear about jobs created. We hear about poor water but we never hear or see of water quality improvements.

Last year, water testing by Bay of Plenty Regional Council returned average water quality for Lake Rotorua.

In the time it has taken to get there average means excellent.



But here's the rub. The original modelling said getting Lake Rotorua to "average" would take decades but it got there last year. That was thanks to farmers, councils, communities and especially, DairyNZ.

Rotorua makes me leery when in the South Island I know of a lake, Te Waihora, where the Selwyn Waihora zone committee is moving to restrict farming but improvements won't be measurable until 2072.

There are primary school students now who will later graduate from university, have a career and retire

well before then. Where is the money back guarantee or the money to pay for its improvement? We are talking inter-generational timeframes.

There was a time, not long ago, when bank managers would not lend money to farmers above the main road in the Selwyn Waihora zone. This may soon be repeated as farming to the new regulation is nearly impossible and does not attract the confidence needed to be bankable.

Regional council work around the NPS on fresh water management is like putting the cart before the horse. Kneejerk interim measures risks screwing up the economy so those young people water is supposedly being improved for, may swim in it 'one day' while on holiday from Australia.

One of the reasons is perhaps size of local government. **It is huge.**

To service 4.4 million New Zealanders, local government employs 18,370 people in regulatory and administrative roles alone. That is up on 13,630 people in 2002.

This figure does not include the advisors or consultants working for the likes of Boffa Miskell, Opus and any number who have carved out a nice little earner in the public sector. One paid by those trying to earn a crust while trying to create real jobs.

Frankly, they need to be added to the headcount.

Being an immigrant here is New Zealand exchanging its 'No.8 wire can do spirit' for the RMA and its legion of lawyers, bureaucrats and consultants?

In recent times we have moved from enabling private enterprise to regulations the public sector loves with a vengeance; controlling and blocking innovators at every turn.

Central government must provide better process guidance to local government because we are being regulated out of business. It is so bad that even local officials are starting to lose the plot creating expensive legal battles at the applicant's expense.

Yet it isn't fair just to stick it to local government.

Our beloved Parliament creates regulations it passes down to local government to implement. Local government becomes the fall-guy without considering who created the Act or regulation in the first place.

There are no set of principles governing the allocation of regulatory functions between the various levels of government. Can I suggest that if we are to have some regulation we start right there.

As local government powers come from Parliament, it is its responsibility to ensure new powers are appropriately allocated and resourced.

Thanks to our government, Taranaki Regional Council is staring down the barrel of rates increases of up to nine percent that councillors resent through submissions as we do.

Government needs to ask first if regulation is needed because much of what we do at Federated Farmers is warding off unnecessary regulation.

Radical, eh? I say it because I am

alarmed at the way regulation is the default option instead of education or voluntary means, exactly what the Sustainable Dairying Water Accord is trying to be.

We have fallen out of trusting communities but fallen in love with expensive lawyers who weave their magic needing an army of bureaucrats and consultants to interpret.

Five thousand bureaucrats in less than a decade.

All of this breeds a climate devoid of common sense. A consent hanging in a cowshed does not make a farmer better compliant than not having the most recent version up. Yet that is a matter of 'minor non-compliance'.

This is nuts.

As is being lectured to by some council officers that we are bad, we are polluters and that we are the problem without giving us the hard evidence as to why. The problem we pointed out in one case was that their data was nine years out of date.

This is no way to make for a better environment or better relations. It is bullying. They have the power and we don't when we need to be working together.

But thinking we can solve all environmental issues by measuring nitrates alone is dreaming when we must deal with phosphates and sediment first.

These are two things which come from our cities as well as our farms and have a huge impact on water in our streams, rivers, lakes and lagoons. Ten years ago our most

polluted waterways were in the urban areas. Nothing has changed in ten years except that more voters now live in urban areas.

We are not opposed to regulation. It needs to be at the right level. It needs to be clear, realistic and achievable,

It must enable rather than stifle innovation or individuality.

We are being squashed under the weight of regulation and it is easier to do less than it is to do something.

Ever increasing pressure for environmental improvement is breeding rules-based regulation that excuses deficient councils who happen to create the rules in the first place.



It is one rule for us but another for them. It would be a brave government who enters this space and admits more regulation is having less and less benefit. I have never seen it done other than in a revolution.

An economy is no paint by numbers exercise, otherwise, we would have a Steve Jobs running every corner dairy.

Federated Farmers first solution is to make sure the Resource

Management Act has real economic tests in it. Thanks to our experience in Horizons on the dreadful One Plan, that work is now underway in Government. Yet the RMA desperately needs compensation provisions to ensure quality protection as opposed to quantity.

The NGO's need to understand that if we impoverish ourselves then any attempt to improve the environment will fail. This is not some cold economic statement but realism. History shows us that when economies unwind it is the environment that suffers the most.

Perhaps the best way to wrap up is something Andrew Hoggard wrote late last year.

Philosophically, Federated Farmers wants government at all levels focused on solutions rather than finding problems to grow the regulation industry ever larger.

Andrew said the non-regulatory approach to nutrient management has not been pushed hard enough by farmers or by our industry.

He is right, so the Sustainable Dairying Water Accord is a step in the right direction. This is what we need the mainstream media to grasp and to understand.

The Clean Streams Accord was primarily about getting streams fenced and on that score it has worked with us being close to 100 percent.

This is real money, real sweat and real labour but absolutely no regulation.

The next push was for better effluent

management farmers now see as recycling nutrients. Recycling, whether it is AgRecovery or nutrients, is a good thing.

To tackle non-compliance the whole industry got together and voluntarily produced Farm Dairy Effluent Design Standards and a design code of practice. The word here is voluntary.

This has been backed by industry-funded education for farmers, effluent pond designers and engineers. Something must be working because full compliance is trending upwards, despite some councils changing the rules without warning.

and hopefully, their children too.

Farmers are investing in the environment supported by DairyNZ, the dairy companies and the wider industry. If this all fails then okay, by all means, go the regulated way, but give farmers a chance first.

Farm limits should be the tool of last resort. Not the first and Lake Rotorua proves exactly what I am saying.

But better water quality is a community team effort. No one can do it individually but with the Sustainable Dairying Water Accord dairy has firmly put its arm up to be part of the collective solution



Andrew's point is that these have all come from within the dairy industry and not due to council rules or government regulations.

No one in their right mind deliberately pollutes because our farms are our homes and a place for our children

Thank you.

For more information:

**Willy Leferink,
Federated Farmers Dairy
chairperson, 021 796 037**

SMALL FAMILY REUNION

30 descendants of the Smaill Family attended a reunion at the Club to honour Alexander Smaill who commissioned the building of our 1870's two-story stone Club / Home; previously called 'Glencairn Homestead'.

88 Year old Catherine Wintrup (nee Smaill) of Christchurch, unveiled a commemorative plaque of the historic connection with the Tomahawk and Smaill Beach area.

The family have donated a Trophy for the heaviest Salmon caught by a 'Senior' Club Member in the Otago Harbour, to recognise this historic occasion. Catherine recorded fond memories of living in this grand historic building up to her teens, when her father William Smaill died, and the farm was sold. She said that William Smaill was a keen fisherman & hunter.



“This is so fitting that the homestead is now used as a Fishing Club”.

Family members arrived from throughout New Zealand and Australia for this happy occasion.

Letters to the Editor

"Looks like they enjoy the fishing in the South!"

Selwyn Hodder, Information Officer, NZ Federation of Freshwater Anglers (Inc).

"Great Newsletter, Brett – the picture is a classic and the fish were handsome!!"

Mick Reece, Parks & Recreation Services Manager, Dunedin City Council.

"Nice shooting Mr President, those 2 salmon", "My favourite lunch filling"

Peter Lampp, Sports Editor, Manawatu Standard.

"What a fantastic Fishing Club Newsletter. The Graphics are so professional"

Wilma McCorkindale, Reporter, D Scene.

"Fascinating and very interesting publication"

Gerard McCombie, DCC, Water Production Manager.

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How humans respond following sudden cold water immersion (abridged)

Chris Button¹, James Croft, Sam Lucas & James Cotter

University of Otago

1. E-mail: chris.button@otago.ac.nz. Tel: +64 03 479 9122

Suddenly falling into cold lakes, rivers, and oceans is associated with many drowning and near-drowning incidents in New Zealand. The physical responses (e.g., heart rate and breathing responses) to sudden cold-water immersion (i.e., cold shock) have been well researched, yet we know little about the subsequent physical behaviours of humans experiencing this response. For example: Are skilled swimmers affected by cold shock to the same extent as non-skilled swimmers? How does cold shock influence brain blood flow and the capacity to make crucial decisions, such as whether to attempt to swim to safety?

Recent research conducted in the UK suggests that the cold shock response can be altered with regular cold water immersion (i.e., habituation) combined with mental skills training. For obvious logistical and ethical reasons it is difficult to conduct realistic research on human behaviour in emergency situations. Water Safety New Zealand recognised a unique opportunity to recreate some of the factors common to near drowning incidents in a safe, controlled fashion at the University of Otago, which has the Southern Hemisphere's only aquatic flume (see 1st photo below). The flume provides a 10 x 3 m channel through which water flow, speed and temperature can be sensitively manipulated (0.3-5.0 m/s, 5-35 °C) to simulate different aquatic environments common to New Zealand's coasts and rivers.

In 2011, Water Safety New Zealand and researchers at the School of Physical Education, University of Otago set out to answer the following research questions:

- 1) Does swimming competency influence the physiological or behavioural responses following sudden cold water immersion?
- 2) Are behavioural responses to cold water immersion strongly related to disruption in breathing and changes in brain blood flow?
- 3) Can human behavioural responses following cold water immersion be improved by training and habituation?

To answer these questions, the research team recruited adults considered either skilled or unskilled at swimming and immersed them suddenly into the swimming flume at two water temperatures (10 and 27 °C). The task required them to tread water for 2½ minutes and then attempt to swim 200 m at a pre-set speed relative to their ability. A range of physiological, biomechanical and psychological variables were monitored including: breathing rate, brain blood flow, anxiety, treading water technique, and duration in the water (see 2nd photo below).

They found that everyone experienced a form of cold shock when dropped into cold water (10 °C). People typically gasped and then suddenly started to breath much faster (up ~46%) which resulted in them taking almost one breath every second. Everyone showed some degree of cold shock regardless of swimming ability, but the skilled swimmers appeared to have shorter, less severe reactions to the cold water.

On average, people were unable to swim at a set speed for as far (46 m vs 70 m), or for as long (72 sec vs 111 sec), in the cold water (10 °C) compared to warmer water (27 °C).

Cold water immersion decreased the amount of blood flowing into the brain (see middle data graph) and this decrease was the same for both swimming ability groups. The reduced brain blood flow was due to the over breathing (i.e., hyperventilation) observed during the cold water immersion, but this did not appear to compromise decision making ability.

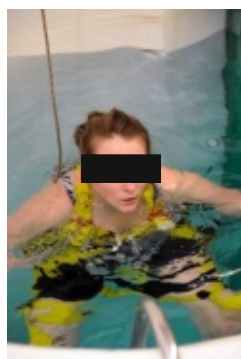
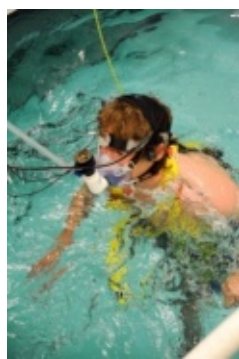
Following a modest behavioural intervention combining habituation and training (10 x 3 minute immersions in 15 °C water) our study participants were able to suppress the cold-shock response, swim further and feel less exertion (see 3rd photo below). Therefore, we believe that such targeted habituation training may improve survival prospects in a real life emergency scenario such as an overturned boat.

Practical implications

- Sudden immersion in cold water can incapacitate you quickly. Take precautions to avoid accidentally falling in the water when fishing (i.e. fish from a safe , secure location, wear appropriate clothing and footwear, etc.)
- If suddenly immersed in cold water, initially hold your breath for 5-7 seconds to avoid inhaling water while experiencing cold shock
- Expect your breathing rate to increase rapidly and then to subside after 2 to 3 minutes
- Float first using whatever means are available and plan the best course of action for the situation (e.g., stay and wait for help vs. swim to safety)
- Use breathing control strategies and mental skills (i.e., positive thinking) to combat the tendency to hyperventilate and panic
- Your limbs get cold first, leading to numbness and less coordinated, inefficient movements
- Clothing and footwear (e.g., waders) can potentially be both assistive (i.e., provide buoyancy, reduce heat loss) as well as a hindrance (i.e., get caught, tangled). Depending on the immersion situation it MAY be beneficial to remove some items of clothing in the water (see the Hypothetical Scenario below)

Long-term implications

- Provided you have no serious heart or breathing problems, try to habituate to cold-water immersion under safe, controlled situations
- Learn how to tread water effectively and associated survival skills; not just how to swim



Photos left to right:

- The aquatic flume at University of Otago, Dunedin
- A subject in the cold water with various physiological monitoring equipment
- Regular cold water immersions lead to a strong and rapid habituation

Where to next?

We would like to extend and develop the cold water habituation project to ascertain the relative benefit for children, in combination with learn to swim education. Also we are currently examining research on the decision making of young adults to identify why this group is over-represented in drowning statistics. Finally we are in the middle of an interesting project examining the perception of swimming capability in open water. For more information about any of these research studies, please contact Associate Professor Chris Button (chris.button@otago.ac.nz).

Blue Cod – Cate Bardwell 3.135kg.

Ladies – Sarah Hutton 4.220kg Groper.

Sea Perch – Nathan Pitcher 1.235kg.

Junior – Jorja Hutton 8.795kg Salmon.

Salmon – Grant Hutton 9.50kg.

Skippers Points – Non Game Fish.

Groper – Nathan Pitcher 7.890kg

Alan Clearwater 1 Pt.

Grant Hutton 5 Pts.

Trumpeter – Murray Muir 3.610kg.

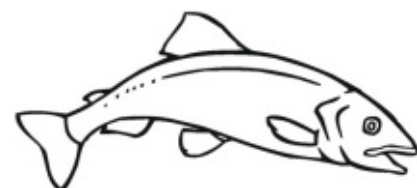
Nathan Pitcher 6 Pts.

Barracouta – Nathan Pitcher 3.575kg.

Provisional Points – Non Game Fish.

Grant Hutton 3Pts.

Nathan Pitcher 5 Pts.



Results of the Salmon and Barracouta Hunt Sunday 3rd February 2013

Three boats entered, the day was a bit windy but certain parts of the harbour were quite nice for a leisurely troll around especially when the sun was out.

Results for the Heaviest Barracouta

Nathan Pitcher	2.295 Kg,	Cate Bardwell	2.125 Kg
Grant Hutton	1.840 Kg,	Murray Muir	1.565 Kg
Jorja Hutton	1.065 Kg		

It was disappointing to see young Jorja Hutton not being able to beat her Dad again and claim bragging rights. Next time Jorja!

Only one salmon weighed in and I have to say it was excitement all round on board Agent 99 when we had this salmon on board.

Even more excitement when it measured 47cm. Just over legal.

It is Cates first salmon and I was pretty happy knowing a shout of a bottle of gin went with it. (Looking forward to the hangover). Gutted and weighed in at 1.055 Kg. Nice one Cate.

Next competition Ladies Day competition: date to follow

More Salmon Released !

Early February, 300 juvenile salmon were released into the 'waterways' of the Dunedin Harbour.

These were salmon that were saved at the Sawyers Bay Salmon Hatchery, from last years smolt numbers, for a University of Otago 'study exercise'.

Thanks to the volunteers of the Otago Salmon Anglers, Hens Jacks & Sprats Supporters Club & the Dunedin Community Salmon Trust Inc; a successful release of these 'older' salmon were made.



All helps towards making Dunedin the Salmon City!



Good Ol' Fish & Chips

EXTRA! EXTRA!

Fish n' Chips have been a staple friday night classic since records began and there's no reason you can't make them yourself with some of your own catch while using up the extra potatoes from the garden.

You don't need a deep fryer either, just shallow fry in preferred oil.

INGREDIENTS

Fillets of your preferred catch as required.
Potatoes - enough to feed the troops

225 grams of self raising flour
1 egg, lightly whisked
375mls of your favourite beer, chilled

METHOD

Preheat oven to 190 degrees celcius.

Peel and cut the potato into chip size, boil in salted water until just tender. Place in a bowl of iced water until completely cooled.

Drain and toss in 2 tablespoons of oil with salt and pepper to taste in a baking dish and place in oven. Cook for 40 minutes checking after 20 minutes turning once to ensure even crispness.

Batter: While chips are cooking, place flour in a bowl, add the egg and stir to combine. Gradually whisk in the beer to make a smooth batter, season



with salt and pepper. Cover with cling film and place in the refrigerator for 30 minutes to rest.

Fill a large saucepan with preferred oil to deep fry.

Coat pieces of fish, one at a time in batter, drain off excess.

Fry for 3-4 minutes or until golden brown and cooked, drain onto a plate lined with paper towel. Repeat in batches the remaining fish and batter.

Serve the fish and chips seasoned with salt and garnish with grated lemon zest, fennel fronds and tartare sauce.

And, of course, don't forget the tomato sauce!



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Mosgiel 9053

P: +64 (0)3 4898404
F: +64 (0)3 4890470

Office:
16 Gow St
Mosgiel 9024

Website: www.pwengineering.co.nz

