



The Conservation Minded Club

The Chum Bucket

MONTHLY NEWSLETTER



DECEMBER 2018 EDITION

Dear Members,

Hard to believe that we are already into the Christmas Season and although the fishing has been a bit slow and in many cases rather blown out, we are now looking forward to a time of rest, relaxation and good angling.

Our fishing calendar for the balance of December and running into 2019 certainly looks very attractive indeed. We are extremely grateful to have the amount of willing sponsors that always comes to the party and assist in many different facets. This list of sponsors is regrettably too long to mention in this News Letter. However, we urge you to support them wherever possible, as they are the life blood of our competitions.

As most of you are aware, our entertainment area has now been properly lit up (compliments of DIY Lighting and Zurches Electrical) and the ceiling is in. So, as can be seen in some of the attached pictures, our venue is looking fantastic. It is also incredibly popular and should anyone wish to make use of it, please ensure that you do the necessary booking via Denise.

I am also pleased to tell you that our Off-the-Hook Restaurant has also enjoyed increase in popularity and that our membership drive is paying off. Our Pub is now a very popular and desirable destination for anyone wanting and excellent meal (at reasonable prices) as well as a magnificent view over the Harbour.

Notwithstanding all of this, many of you will be aware of some challenges that will be coming our way with regards to the proposed Marine Preservation Areas. Our Chairman, Richard Donaldson, has researched and written extensively about it and an abridged version of his article was published in The Herald and is made mention of in this Edition.

Without further ado, on behalf of the committee, we wish you a fantastic and safe Holiday Season and most importantly – tight lines and remember that conservation remains key to sustainable fishing.

Regards,

Trevor Villet
PRO - PE Deep Sea Angling Club
Mobile: 082 450 4453



The Conservation Minded Club



WORD FROM THE CHAIRMAN

We are yet again on the doorstep of another festive holiday season. Our club has had a very successful calendar year with most of our major competitions and club events firmly behind us now.

Our club house and grounds has seen many improvements being made to it this year. Our venue has had ceilings and new down lights installed, our fish cleaning station was enlarged with a salt water pump installed. Due to the ongoing drought, additional rainwater tanks were installed and new wooden benches procured to replace the old dilapidated benches on and below our deck amongst others. I would like to thank the responsible committee portfolios, club members and sponsors that were involved with these projects.

I would also like to thank Denise and Elmaree for their dedication and hard work during the last 12 months. I must comment Denise Van Der Merwe for her exceptional dedication as she always goes the extra mile over and above what we expect from her. We can be very grateful to have someone as dedicated and passionate about our club as she is and who have done a wonderful job looking after the day to day running of our club.

Our club will be ending of the year with the ECMG Chairman's Yellowtail challenge scheduled for the 16th December. This will be followed by the Christmas Classic taking place from the 27th – 29th December. We urge our members and their crew to enter these wonderful holiday competitions. There will be some awesum prizes up for grabs in both of these competitions.

Our club restaurant (Off the Hook) will be open for Christmas lunch this year. Bookings are essential. Our doors will be open on new year's eve for those who would like to take their boats out to enjoy the midnight fireworks display from the pier, or who just want to have a "dop, chop en opskop" at the clubhouse venue to see the new year in.

I would like to extend our gratitude to all our valued sponsors who have supported so many of our club events and tournaments this past year despite the challenging economic climate. Your support is greatly appreciated. Please refer to the sponsor's honour page at the back of the newsletter. We appeal to all our members to support our sponsors in any way possible with future purchases or with services they do offer.

I wish all our members, their families' and friends of our club safe travels during this festive period. For those who will be remaining in PE, we hope to see you out on the water, or sharing a tale or two about the big one that got away at the Pedsac mahogany reef.

Regards,

Richard Donaldson
Chairman
Mobile: 072 2150 038



The Conservation Minded Club

UPCOMING FISHING COMPETITIONS



CHAIRMAN'S YELLOWTAIL CHALLENGE

SPONSORED BY EASTERN CAPE MOTOR GROUP.

Sunday, 17th December 2018. (Monday is a public holiday)

CHRISTMAS CLASSIC

SPONSORED BY GC DIESEL, WILLIAMS HUNT ISUZU

AND WESBANK MOTOR FINANCE.

27-29 DECEMBER 2018.

SUPER 6 LEAGUE 3

SPONSORED BY WILLIAMS HUNT AND ISUZU.

STEAK ROLLS ON THE ENTRY NIGHT SPONSORED BY PIETER KEMP FROM
ELMECH ELECTRICAL

26 JANUARY 2018.



Smoking in the clubhouse

We have been receiving numerous complaints from non-smoking members and the visiting public supporting our pub and restaurant about smoking in the clubhouse.

Although the enclosed deck area is our designated smoking area, the new Tobacco Control Act render this arrangement as non-compliant and will have some serious implications for all smokers and our establishment alike. We are currently looking at all the various options, including a possible enclosed smoking section that will be compliant with the latest legislation.

We do however appeal to all smokers to be conscientious when lighting up at the club and respect the non-smoking members and patrons who are sitting in the enclosed deck area having a meal and rather step outside onto the deck to light up.

Fishing industry engages with Minister Zokwana

The Minister of Agriculture, Forestry and Fisheries, Senzeni Zokwana, met with fishing industry leaders on Sunday to discuss strategic fisheries matters including the Small-Scale Fishing Policy (SSFP), the Fishing Rights Allocation Process (FRAP) for 2020, and transformation imperatives within the broader fishing industry.

Zokwana used the opportunity to emphasise the need to broaden participation of the historically disadvantaged individuals (HDIs) and historically disadvantaged companies (HDCs).



Members of the industry, in turn, emphasised their need for security of tenure and clear policy in order to support job security and creation. The industry noted that many black industrialists had invested significant capital in the years leading up to 2020 and these black industrialists wanted to understand how they would be treated in the rights allocation process.

The meeting also noted the challenges experienced in the previous rights allocation processes and highlighted that criteria for transformation remained murky.

Industry and the Department agreed to work with key partners to ensure that guidelines are strengthened for improving safety at sea and conditions of service of fishing workers, especially minimum requirements for work on board fishing vessels and in fishing establishing; conditions of service like sea going allowances, accommodation and food, occupational safety and health protection, and well as medical care and social security.

In charting a way forward, industry agreed to work with the Department to ensure that the FRAP 2020 process is successful, and will ensure they provide inputs and participate meaningfully in the process. The industry highlighted a need for certainty and continuous engagement amongst all stakeholders.



Ending Harmful Fisheries Subsidies Could Reverse Decline in



Healthy fisheries are critical to a healthy ocean but today many fish stocks are in decline due to a number of threats, including overfishing. One approach to curb overfishing is to reduce harmful fishing subsidies— Healthy payments from governments to the industry to keep boats on the water even when doing so doesn't make economic or fisheries management sense. Although not all subsidies are harmful, World Trade Organization (WTO) member countries now have a small window of opportunity to do something about those that are, by agreeing to binding WTO rules.

The Pew Charitable Trusts recently launched a project that aims to improve understanding among WTO members of the effects of these subsidies and to identify paths toward reform. Harmful subsidies lead to too many boats on the water and other unsustainable practices, threatening the livelihoods of coastal communities and global food security.

Fisheries subsidies, including the elimination of those that are harmful to fish stocks, was the topic of a recent event co-hosted by Pew and the Permanent Mission of Chile to the WTO on Sept. 25 at WTO headquarters in Geneva, Switzerland; the event was timed to coincide with the kick-off of fall fisheries subsidies negotiations among WTO members.

During a panel discussion, moderator Eduardo Gálvez, ambassador and permanent representative of Chile to the WTO, told the audience that the negotiations offered a chance to restore faith in the organization's ability to achieve change. Panelist [Ussif Rashid Sumaila](#), Ph.D., professor and director of the Fisheries Economics Research Unit at the University of British Columbia Fisheries Centre, shared results from multiple studies that show how harmful subsidies are driving unprofitable and unsustainable fishing activity, and detrimentally affecting livelihoods. The other panelist, Alejandro Jara, international trade lawyer and former deputy director-general of the WTO, said members must reach an agreement on subsidies. "It's not a matter of waiting for the right moment and for the political stars to align," Jara said. "The time [to negotiate] is now."

At a ministerial conference in Buenos Aires last December, WTO members declared their intent to negotiate and adopt an agreement on fisheries subsidies by the end of 2019—a move that would be in line with United Nations Sustainable Development Goal (SDG) 14, which covers conservation of the ocean and marine resources, including by eliminating certain forms of subsidies that contribute to overcapacity, overfishing and illegal, unreported, and unregulated fishing by 2020.

There is growing urgency among world leaders to meet the SDGs, and this month trade ministers from Australia, Brazil, Canada, Chile, the European Union, Japan, Kenya, Korea, Mexico, New Zealand, Norway, Singapore, and Switzerland met in Ottawa and [reaffirmed their commitment](#) to ending harmful subsidies.

With momentum building, Pew will support WTO members over the next 13 months to secure a robust agreement by the agreed-upon WTO deadline. Pew is funding the continuation of Sumaila's ground-breaking research to estimate fisheries subsidies around the world by type, category, amount, and how much each contributes to fishing capacity. Pew is also funding research led by Christopher Costello, Ph.D., professor of natural resource economics at the University of California Santa Barbara's Bren School of Environmental Science and Management, to model the likely effects of proposed reform measures. The study will illustrate the impact subsidies reform could have on global fisheries.

WTO members have fleeting opportunity to leave a lasting and positive imprint on our ocean and all who depend on healthy fisheries. As Jara said, the time to end harmful subsidies is now.



The decline of fishing in Algoa Bay over the last 35 years.

Author – Richard Donaldson.

Contributions – Al Spaeth.

A lot has been said and many different opinions and theories have been raised on the collapse of our endangered in-shore bottom fish species, including that of the African Jack-ass Penguins unique to our stretch of coastline.

The imminent closure of the new Greater Addo MPA early next year is a prime example of conservation going wrong. Declaring wholesale MPA's, only treats the symptom caused by many years of poor fisheries management and not the cause of the disease that has led to the inherent problem. The general consensus by knowledgeable anglers is that by closing off such a huge area stretching all the way from Coega to Cape Padrone, is not much thought was put into the immediate economic and recreational impact that this would have on the ocean driven economy. MPA's situated far enough away from major cities and tourist destinations will be a far better option as it will be out of reach for most deep sea boats, and therefore better protected without affecting the local Ocean Driven Marine Economy that encompasses the recreational, commercial and tourism (Whale & Dolphin / Penguin / Bird watching / Charter fishing) sectors.

The start of the major decline

Until the early 80's, the Algoa Bay basin and surrounding marine areas was regarded as one of the most productive and diverse line fisheries in South Africa. Our off-shore areas stretching from the Canyons in the east to St. Francis bay in the west was also known to be the richest Yellow Fin Tuna fisheries in the world. So what went wrong so quickly? We can speculate as much as we want to, but the following coincidences do play a major part in the major decline of our fisheries since then.

The impact of messing with the marine food chain

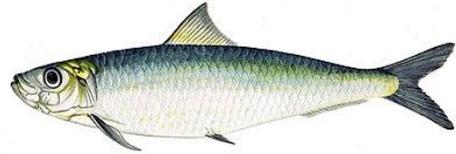
At the time our bottom fish and other popular pelagic species started its sharp decline, happened to coincide with the rise of the Eastern Cape commercial squid industry as well as with the Pilchard industry relocating from the West Coast to Mosselbay and Port Elizabeth due to the total collapse of the West Coast Pilchard stocks in the early 1980's.



If you are asking what this has got to do with the decline in the abundance of line fish, then the following theory should help you to understand the underlying problems better. Fish stocks can only sustain their biomass through prolific breeding if enough food is available for it to do so. With a healthy food chain in place, most fish species are fairly resilient against fishing pressure, and it is mostly the slowest growing species that does suffer from uncontrolled over-fishing.

Chokka and pilchard stocks did not disappear from our local waters overnight, but suffered a gradual decline in biomass since the mid 80's when the chokka industry shifted towards using bigger and better equipped boats that could stay out for 3 weeks at a time catching 20 tons per trip.

The Pilchard boats also started taking out huge quantities of Pilchard from Algoa Bay around that time, and with this onslaught on a vital part of the Algoa Bay food chain, so did the biomass of line fish decline. Fishermen, fish, penguins and birds were



competing for their share of the bounty and there will always be one eventual winner....man. Over last 10 years, we have seen a tremendous decline in the total catch effort by both the chokka and pilchard industry, resulting in the chokka industry imposing a self regulated 3-month closed season on top of the regulatory 1 month closed season each year. DAFF resorted to cutting the Pilchard quota for our region as well. Although there has been improvements in chokka catches over the past year, technology still gives the fleets of chokka boats the upper hand to make back what they lost due to the lengthened closed seasons.

The Penguins

The African Jack-Ass Penguin population started their sharp decline around the same time the Pilchard Industry started to focus their efforts in Mosselbay and Port Elizabeth. At that time, some traditional Western Cape Pilchard Boats re-focused their efforts on Anchovies as they could not get pilchard quotas in the Southern and Eastern Cape. So how does this affect the Penguins? Anchovy is a highly migratory pelagic fish species. A huge increase in the fishing pressure on Anchovy occurred in the Western Cape, mainly to produce fishmeal and other by-products for the animal feed and export industries. This relentless fishing pressure affected the migration of Anchovy reaching the Algoa Bay region in sufficient numbers, and thereby altering another vital part of the Algoa Bay basin food chain. Anchovy forms a very important part of the Penguins diet, with pilchard playing a lesser role. You take away their staple food source; you take away the penguin's ability to sustain their population and their ability to breed in sufficient numbers. This is a major contributing factor leading to an annual decline of their population size in Algoa Bay, and is mainly due to a major shortage of their available staple food which used to occur abundantly in close proximity to their breeding grounds of the St. Croix and Bird Island complexes.



Other Pelagic and Game Fish species

In-shore Pelagic and Game fish followed a similar trend as numbers of Kob and Geelbek declined dramatically, with Yellow fin Tuna only declining in numbers from the mid 1990's. Kob and Geelbek was more vulnerable to fishing pressure in those days as they were taken

out in huge numbers by the commercial line fish industry back then. A very large fleet of Deck and Commercial Ski-Boats operated from PE and the surrounding areas during the 1970's and 80's, with the fleet gradually reducing in numbers from the 90's as fish became more scarce and much harder to find in order to viably sustain the small scale fishing industry.

I'm sure many are burning to ask how the Chokka and Pilchard industry affected our once abundant tuna stocks.

Big long line fleets have always operated off the Eastern Cape coast, they seemed to be very resilient to the commercial fishing effort that took place in our off-shore waters.

Tuna are voracious predators that spawn in huge numbers. They grow to very big sizes in a matter of 2-4 years, with an 80kg plus Tuna estimated to be only 5-6 years old. So what went wrong then? Tuna travel vast distances to find food. The decline of their once abundance numbers off our coast happens to coincide with the chokka and pilchard industry reaching its peak with the subsequent decline in the biomass as an abundant food source. This abundance of food is what brought vast numbers of Tuna, Marlin, Swordfish and Dorado to the rich waters off Port Elizabeth.

After Chokka complete their last spawn cycle, they die. When chokka had a healthy population biomass up to the early 80's, vast numbers of the dying chokka washed along the bottom towards the continental shelf where game fish feasted on them. Game fish, and especially Tuna came into the Bay at certain times of the year to feast on the abundance of bait fish and squid, with lots of young tuna up to 45kg being caught trawling back from the Ryi Banks or Islands after a good day's bottom fishing. This phenomenon happens very rarely these days. Once again the process repeats itself as we see a decline in Tuna biomass due to the food chain being altered and the commercial long lining for these species starts having a negative effect on the few Tuna that still travels to our waters to feast on their historical food source.

Our Reef Fish

The decimation of the chokka biomass also affected our reef fish as less was available for more to compete over. Newly hatched squid made a good feast for most of our traditional line fish, but as the number in biomass declined, so did that of line fish due to an increase in competition for a common food source. Less food meant that less fish made it to adulthood, and thereby putting them at greater risk to fishing pressure. Once the tipping point was reached, over-fishing had a definitive effect on their sustainability. With the decline in the catches of Kob, Geelbek and 74's in the late 80's and 90's, commercial line fisheries turned their attention more and more to our reef species in order to make a living. Red Steenbras, Black Musselcracker, Daggeraad, Red Roman and Carpenters came in for a hiding 2nd to none when Kob and Geelbek was not around.



As a result, 74's was subjected to a total ban due to the uncontrolled overfishing of this very slow growing species along the Eastern Cape, Border, Wild Coast and Natal areas.

Carpenters and Red Roman was subjected to stricter quotas for the commercial industry while Red Steenbras and Black Musselcracker were removed from the commercial allowable catch. (In theory)

Red Steenbras and Poenskop are amongst the slowest growing bottom species, and are therefore very susceptible to over-fishing. It is generally accepted that Red Steenbras and Poenskop spawn mostly off the Wild Coast and Natal waters, where the currents transport the larva down the coast to the greater Agulhas banks. The Agulhas banks acts as a nursery for these species, where these fish start their journey back up the coast as they grow older, Some fish do remain residential along many areas of the coast, while others follow a very slow migration route lasting over several years towards Natal as they grow older, with some even migrating back down the coast as found with tagged fish being re-caught.



These fish can live for well over 60 years and it is for this reason that the biggest Poenskop and Coppers are mainly found from the Southern Border region up to Natal.

But let's get back to Algoa Bay. Mankind's onslaught on the food chain has affected vulnerable and slow growing fish to sustain their populations and ability to spawn in sufficient numbers. Less food was available for the young fish to grow once they reach a size where their diet changes to what other bigger fish are competing for.

Once a critical tipping point is reached and the food chain contributes to the population's decline, the total fishing effort starts having a major impact and poorly managed and uncontrolled over-fishing accelerates the decline in the species biomass even further.

Although we cannot deny that with the advent of advanced GPS systems, side scanning and powerful fish finder's, including satellite monitoring of ocean currents, sea surface temperatures and surface blooms, most fish species are at a distinct disadvantage and extremely vulnerable to targeted fishing, but we cannot for one minute believe that the average recreational angler could decimate the numbers to the extent as many marine fisheries scientists claims. Fish in Algoa Bay were far more resilient than in other places along our coast and survived in vast numbers until the early 1980's, at a time when there were no bag limits enforced, and much more fish were taken out by many more anglers fishing back in those days. In some cases overfishing was a major contributor and Kob, Geelbek, 74's, Red Steenbras and Poenskop was centre to this due to the commercial value of these fish.



How does our Estuaries affect our Sea Species

Our rivers and estuaries play a major role in some of our sea species. Estuaries play a major role as nurseries for many species. Dusky Kob, Steenbras, Grunter, Garrick, Wave Garrick, some Rock Cod species, Breams, Stumpnose and many more seek shelter in our tidal rivers and estuaries. They remain there until they are big and strong enough to fend for themselves in the open oceans. Many shrimp, prawn and crab species are also dependant on marine tidal systems during some part of their life cycle. But now, uncontrolled pollution and silting as a result of dams preventing sufficient flow of fresh water needed to flush

rivers open and keep them deep, as well as poorly planned infra-structural developments and bridges prevents the natural tidal flow and is wrecking havoc on their ecology.

The Swartkops river is a prime example. It was a once mighty and deep river where people use to catch Poenskop and even Red Roman near the mouth in the tidal zone, long before the Settlers Bridge was built. The area between Amsterdamhoek and Swartkops use to be a wide swath of water, with the main river flowing past Amsterdamhoek. Then in the late 1800's a single lane road and train bridge was built. With much of the river diverted through Swartkops and land reclaimed for the road and train line. This affected the healthy tidal movement needed to keep the river deep and wide in the upper reaches between the Swartkops village and Red House. The pollution from the Uitenhage industrial complex and Motherwell spillways have poisoned the ecology and river sediment with waste, raw sewerage, heavy metals and other nasty minerals over many years since then, even more so over the last 20 years.

The same can be said of most of our other rivers where restriction of natural tidal flow has resulted in major silting of those rivers since the construction of bridges necessitating the narrowing of the rivers to keep the cost of bridge construction down. The N2 bridge over the Knysna Estuary (Narrowing of river and filling in over the flood plain), Swartkops, Keurbooms, Sundays, Bushman's and Kariega Rivers (Big Pylons affecting flow and narrowed in some place to keep bridge construction costs down) to name a few.

The St. Lucia lakes use to be a natural open sea system, until some genius decided that it will be a good idea to bulldoze the estuary mouth close, resulting in a huge ecological disaster that prevented Dusky Kob, Grunter and many other species from reaching their natural spawning grounds, and turning the St Lucia lakes into an unnatural ecological disaster.

How can we fix this

I am not a Marine Biologist or fisheries expert, and I am speaking purely from the heart based on studying and reading various publications and articles written about many of these problems. These shared ideas are based on what many astute and knowledgeable anglers have witnessed and experienced over the years and who have seen first-hand what affect poor fisheries management and changes to our environment has contributed to the current state of our in-shore and off-shore fisheries.

Declaring wholesale MPA's will have a minimal effect in turning the tide on the destruction of our fisheries. It would only really be beneficial to residential species and slow migrating species such as Rock Cod, Poenskop, Daggeraad and a few other species.

To really target the problem, we first have to put right what damage mankind has done to the ecology. First and foremost, we need to better manage and place emphasis in restoring the marine food chain.

We need to restore the vital estuaries that act as important spawning and nursery grounds for so many marine and other species.

We have to better manage the Pilchard and anchovy industry by reducing the total allowable catch to ensure a healthy balance between marine species and human kind competing for the same food source.

The chokka industry needs to be overhauled and better managed with the industry being granted yearly quotas that will allow the biomass to recover sufficiently to levels that can sustain the marine food chain requirement first and foremost.

We only have to look at how Canada and the USA manage their commercial stocks through very strict quota systems and closed seasons. These countries enjoy some of the best fishing found anywhere in the world as a result.



How do we manage our fishing habits and the impact it has on our fish stock?

For starters, we will have to look at implementing closed seasons for vulnerable fish that enter estuaries to spawn. Different pelagic species and species of Kob spawn in different areas and different seasons of the year, so closed seasons must be regional to suit that particular migrating species.

For recreational anglers we need to spend more time educating our anglers on slot size fishing, meaning that the very small sizes and the bigger prime breeding stock sizes has to be released, with only a pre-determined slot size between the small and large allowed to be kept for a fry. Canada and the USA turned their once depleted line fisheries around by introducing closed seasons and slot size fishing. Today, it is one of the most healthy and successful turn-around stories in the world. It was largely driven by recreational anglers who formed the CCA (Gulf Coast Conservation Movement) in 1977, and successfully petitioned the government to remove certain critical species from the commercial industry. Their fish are different, but they faced exactly the same challenges. Read their story at www.joincca.org/our-story/

On the other side of the globe, the Australian Fisheries Department also turned to more robust and better fisheries management. The constructed hatcheries to breed endangered stock and returning the fingerlings to the wild. The Australian Mulloway (Same genetic species as our Dusky Kob / Dagga Salmon) also collapsed many years ago due to exactly the same reasons our Kob numbers declined, but the Australians acted and imposed strict bag limits and closed seasons, as well as setting up breeding centres along their coast where

wild Mulloway is caught and introduced to the breeding stations as parent stock. The fingerlings are reared in their millions, and returned to the wild each year.

The same can be done to many of our vulnerable species, but cost would be a huge factor though, but not impossible to implement though. Kob is already being reared in land-based hatcheries in East London for human consumption. Instead of our fishing license fees disappearing down a rabbit hole, it should rather be used to fund meaningful efforts to help restore our once pristine fisheries so that we can then see where our money is wisely and meaningfully spent.

Policing

Policing of the fisheries is another area that is lacking far behind international standards. We currently have a system that leans more towards a reactive system that is more concerned in catching the person after breaking the law instead of doing pro-active preventative policing and providing educational programs to help change the mindset of children and those involved in the industry. More emphasis and resources must be placed on eliminating poaching of persons using gillnets in rivers and estuaries, and the poaching of vulnerable red data and banned marine species, including policing trawlers and other fishing vessels operating illegally in our waters.

Proper policing on our estuaries is almost non-existent, and every year when the Dusky Kob return to our estuaries to feed and spawn, they get taken out in vast numbers by unscrupulous anglers trawling with lures near the river mouths during early morning and late afternoon week days, or using life bait at night time when shoals enter the rivers when there are not so many eyes to see what is happening. Gill netting further up the rivers also poses a huge problem for Kob, Grunter, Steenbras and Garrick.

In conclusion

Ultimately it will take a huge effort and sacrifice from all stakeholders to turn things around. No single solution will yield the desired results. A sensible mixture of protected MPA's placed along sensible and well protected areas along the coast that is not in close proximity to major cities and towns, sensible management of the food chain and an urgent overhaul of the commercial industry needs to take place. Recreational anglers need to be educated on responsible angling practices.

It is hart warming to see our younger anglers embracing catch and release practices, which bodes well for our bottom fish species future.

Too much is at stake and we have very limited time to fix the destruction caused over the last few decades.

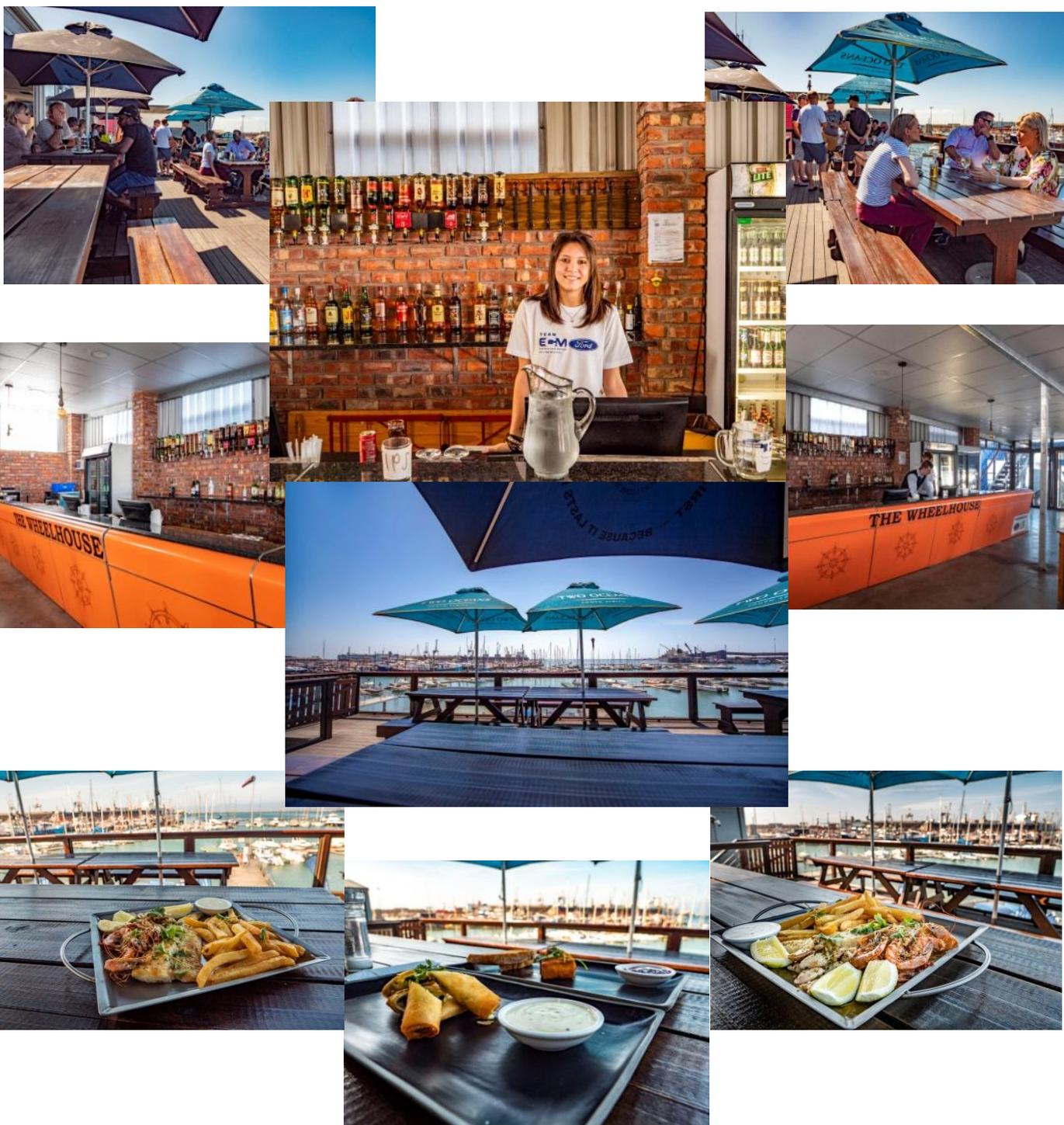


RESTAURANT TIMES OVER FESTIVE SEASON

Bar and restaurant will be open for **LUNCH** from the 10th December until the 7th January – open times 10h30 (bar) and restaurant 12h00.

Keith will be doing last boat inspections before he goes on leave on the 14th December – **by appointment only**. Contact 041-5816648 o/h.

Proof of Payment for 2019 subs and boat fees will have to be produced before inspection.



PICS OF OUR NEW VENUE!!!



Reminder from Admin – Payment of annual subs:

Membership renewal fees are due before or by the 1st January 2019.

Grace will be given to members until the end of January, as many will be away or on leave during December. Should a member wish to terminate his membership, a written letter of resignation must be sent via email to denise@pedsac.co.za by the 31st December 2018.

If no notification received it will be accepted that membership will continue, and the invoice generated must be paid by the due date, including any outstanding fees on the account.

Failure to do this will result in access to the club being suspended until such time fees are settled.

New Years Eve party... The venue will be open, kids welcome... Jumping castle and music.....

More details will be sent to members via email and whatsapp.



RECIPES OF THE MONTH

With the festive holiday upon us, we thought that we might share a few ideas with you starting with a delicious pork belly roast for the lazy Sunday lunch, or even as an addition to your Christmas spread. Ending off, we will give the campers and holiday makers some ideas for quick and easy meals to prepare.

Slow roasted pork belly with crispy crackling

Packed full of flavour and deliciously tender, a slow cooked meal is one of life's simple pleasures. The long cooking time is definitely worth it, especially when it comes to slow roasted shredded pork with a crispy crackling. This family favourite is versatile and the cooked meat can be enjoyed on its own or shredded on sandwiches, pizzas or salads.



Ingredients

Prep and cooking time: 5 hours | Serves: 4

- 1,2 – 1,5kg pork belly, bone in and skin scored
- 10g rosemary
- 10g thyme
- 3 cloves garlic, peeled
- 5g black peppercorns
- 50g sea salt
- 1 onion, roughly chopped
- 250ml white wine

Method

1. Place the rosemary, thyme, garlic, black pepper and sea salt into a blender and blend until fine. Rub a generous amount of salt mixture all over the pork. Allow to cure for a minimum of 1 hour and a maximum of 12 hours.
2. Rinse the pork belly well under cold water and place in a deep roasting dish with white wine and onion. Cover with tinfoil and place in a preheated oven at 120°C for 4 – 5 hours. The meat is cooked when completely soft and falling off the bone.
3. Once cooked, remove from oven and turn up the heat to 200°C. Remove tinfoil and roast for 30 minutes, or until skin is golden brown and crispy. Serve warm. This is the perfect time to add pre-cooked potatoes and some onion garnish to the dish to grill with the pork belly to absorb the pork belly flavours into the potato.

This dish is the perfect addition to a festive feast, bound to be popular with adults and children alike.

Superfast Holiday Recipes

All worthy of the holiday table and ready in a flash. Whether you need a quick dish to round out a holiday menu, you're throwing together a last-minute meal for visiting guests, or you need a quick meal for a casual evening at home, delicious flavour and appealing presentation doesn't have to go out the window just because you're pressed for time.

All the dishes in this holiday collection can be ready in 20 minutes or less, so you have more time for a little holiday cheer.

1. Seared Hake with Lemon-Olive White Beans



Here's a lovely way to incorporate more fish into your diet. Beautifully browned Hake or Kingklip fillets nestle into a brothy bean mixture for an elegant, speedy dinner. Castelvetrano olives are meaty, buttery, and lower in sodium than many other olives. They pair particularly well with Hake

and creamy white beans, but if you can't find them, you can use any olive you like. Serve with a simple side salad, a chunk of crusty whole-grain bread, and a glass of wine.

Ingredients

- 4 (6-oz.) sustainable skinless hake fillets (Or any similar firm white fish)
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 3 tablespoons extra-virgin olive oil, divided
- 5 garlic cloves, sliced
- 2 teaspoons fresh thyme leaves
- 8 cherry tomatoes, quartered (about 1/2 cup)
- 2/3 cup unsalted chicken stock
- 1 (15-oz.) can unsalted cannellini beans, rinsed and drained
- 5 ounces fresh baby spinach
- 2 tablespoons fresh lemon juice
- 1 ounce pitted Castelvetrano olives, quartered (about 1/3 cup)

How to Make It

Step 1

Heat a large non-stick skillet over medium-high. Sprinkle fish with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add 1 tablespoon oil to skillet; swirl to coat. Add fish; cook to desired degree of doneness, about 3 minutes on each side for medium. Remove fish from pan; discard drippings. (Do not wipe skillet clean.) Lightly tent fish with foil to keep warm.

Step 2

Heat remaining 2 tablespoons oil in skillet over medium-high. Add garlic; cook, stirring often, until light golden brown, about 1 minute. Stir in thyme and tomatoes; cook, stirring often, until heated through, about 1 minute. Add stock and beans; bring to a simmer. Add spinach in batches, and cook, tossing gently, until spinach is wilted after each addition. Stir in lemon juice, olives, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper.

Divide bean mixture among 4 shallow bowls; nestle 1 fillet into each bowl and enjoy.

2. Coriander-Crusted Pork Tenderloin with Roasted Potatoes



Crushed whole spices create a beautiful crust on seared and roasted pork tenderloin. You don't need a spice grinder or mortar and pestle; place the peppercorns and coriander seeds in a zip-lock bag and crush gently with a small, heavy skillet until very coarsely ground. Refrigerated potatoes are par cooked, saving you oven time. Coat and sear the pork while the oven preheats. Make the yogurt sauce while the pork and potatoes bake.

Ingredients

- 1 tablespoon black peppercorns
- 1 tablespoon coriander seeds
- 1 teaspoon kosher salt, divided
- 1 tablespoon Dijon mustard
- 1 (1-lb.) pork tenderloin, trimmed
- 3 tablespoons olive oil, divided
- 1 pound refrigerated potato wedges (such as Simply Potatoes)
- 1/2 cup plain whole-milk yogurt (not Greek-style)
- 2 tablespoons chopped fresh cilantro
- 1/2 teaspoon grated lime rind
- 1 teaspoon fresh lime juice

How to Make It

Step 1

Preheat oven to 240°C.

Step 2

Crush peppercorns and coriander seeds with a mortar and pestle or small heavy skillet until coarsely ground. Combine with 3/4 teaspoon salt in a small bowl. Spread mustard evenly over pork; coat with spice mixture.

Step 3

Heat 2 tablespoons oil in a large non-stick skillet over medium-high. Add pork; cook 5 minutes, turning to brown on all sides. Place pork and potatoes on a parchment paper-lined baking sheet; drizzle with drippings from skillet. Bake at 240°C for 10 to 12 minutes or until a meat thermometer inserted in centre of pork registers +63°C. Let pork stand 5 minutes. Cut across the grain into slices.

Step 4

Combine remaining 1/4 teaspoon salt, remaining 1 tablespoon oil, yogurt, cilantro, rind, and juice in a bowl;

Serve with pork and potatoes. A good white wine goes nicely with this dish.



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What really matters is that each and every sponsor forms a vital link in the success that enables our club to offer the some of the biggest and most diverse spread of tournaments to our members and visiting anglers compared to most clubs in South Africa.

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