

THE SOUTHERN SPEARO

WINTER 2004



Welcome to the Winter 2004 Southern Freedivers Newsletter.

Much has happened over the last few months, culminating at our presentation night in June. Once again, a very enjoyable dinner, that saw many trophies and prizes handed out to our members. New member Aaron came away very satisfied with the most meritorious fish trophy (state record 1.6kg giant boarfish) and a Victorian Challenge mystery prize of a 5mm Picasso wetsuit.

Rob Torelli gave a great speech about our club, how far we have come and the progress we have made since the clubs inception ten years ago. Rob is a founding member and was awarded the Club Champion Trophy. The night was very well organised by Paul, Ziya and Rob Miler, with many awards and prizes going to various



Junior Club Champion - Jake Morris-Torelli

club members. For full results of Presentation Night, please refer to page 3 of the newsletter.

VICTORIAN TITLES

Congratulations to Warren Threlfall, the new Victorian Title holder for a well fought out victory at Phillip Island in March. Warren blew most of us out of the water with 12 species on the first day in very average conditions. This is the third time Warren has won our states most prestigious event, the first being 20 years ago. Well done Warren, and we hope to see more of you this season.

CLUB COMPETITIONS

Our club series of competitions finished in May at the Sorrento Boat Comp with Rob Torelli winning with an undefeated record throughout the season.

Special thanks to the boat owners for taking others out- these events would obviously not be possible without you. The club dives are always a great day out mixing with friends, and improving our diving through competition and the influence of the more experienced among us. Even if you never come close to winning, alot can be gained by just being involved.

This seasons first competition is due to be held on the 19th of September at Diamond Bay, see you all there.



Warren Threlfall

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VIC CHALLENGE

After six months, The Victorian Challenge has also concluded. Brett Illingworth has successfully defended his title from last year. Brett led the competition from start to finish having submitted most of his fish before the end of 2003. A lot of high quality fish were entered including Robs 9150gm kingfish, Pauls 1150gm snapper, and Bretts state record 3200gm salmon to name a few. Legendary Skindiving Equipment kindly donated a Picasso wetsuit and speargun as random prizes, and Blue Water Hunting International supplied ten of their latest DVDs for the category prizes. 2003/04 Results were as follows:-



Brett Illingworth - winner of the Vic Challenge, accepting his trophy at the Annual Spearfishing Presentation Night.

Brett Illingworth, 9 species, 83 points.
Aaron Crocombe, 8 species, 51.5 points.
Chris Monaghan, 7 species, 50.5 points.
Paul Dorfstatter, 6 species, 45 points.
Rob Torelli, 4 species, 36 points.
Frank DiMartino, 4 species, 25 points.
Scott Illingworth, 4 species, 24 points.
Jake Morris-Torelli, 4 species, 23 points.
Odi Charles, 4 species, 21 points.
Grant Temple, 2 species, 17 points.
Greg Ruby, 3 species, 17 points.
Drew Fenney, 1 specie, 10 points.
Justin Goss, 2 species, 10 points.
Joseph Bednarek, 1 specie, 9 points.
Russell Bennett, 1 specie, 7 points.
Hein Preller, 1 specie, 3 points.

The next Vic Challenge will begin on the 19th of September and conclude on the 22nd of May 2005. This time coinciding with the club competition series. Contact Chris Monaghan by phone or email for more details and a copy of the rules.

FISH CAKES WITH A DIFFERENCE

2 tbspoons chopped fresh lemongrass
3 cloves garlic, chopped
1 1/2 teaspoons chopped fresh ginger
1 1/2 teaspoons paprika
1/4 teaspoon ground cayenne pepper
1/3 cup chopped onion
1 teaspoon ground turmeric
1 teaspoon ground white pepper
1/2 cup thickened cream
500 gms fish fillets, skinned and all bones removed

2 large eggs, lightly beaten
2 cups bread crumbs
1 teaspoon salt
1/3 cup finely diced red capsicum
1/3 cup finely chopped red onion
2 tablespoons vegetable oil
1 tablespoon butter

The Steps

1. Combine the chopped lemongrass, garlic, ginger, paprika, cayenne pepper, onion, turmeric, white pepper, and cream in a food processor and mix to a paste. Scrape into a large bowl.

2. Rinse the fish fillets and dry with paper towels.

3. To the processor, add the fish and process until finely ground (but not mashed to a pulp), then transfer to the bowl with the lemongrass paste. Stir in the lightly beaten eggs, 1 1/4 cups of the bread crumbs, and salt and add the capsicum, red onion, and mix in well. Cover the bowl with plastic wrap, and put into the fridge for 2 hours.

4. Heat the oil and butter in a large frying pan over medium heat. Wet your hands and shape the fish mixture into cakes (the above quantities will make about 10 or 12 good sized fish cakes). Roll in the remaining bread crumbs and fry, in batches, until golden, crispy, and cooked through, (about 4 minutes per side). Drain on paper towels. Serve at once, accompanied by lemon wedges and a mixture of finely chopped onion and cucumber with a dash of balsamic vinegar. Source: www.marine.com

EDEN 3WAY

We had a strong contingent head up to Eden for the annual 3 way competition long weekend. Along with those competing, many other members made the trip to be part of the atmosphere, and to enjoy the great diving that is on offer at Eden.

A record field of 99 divers competed with NSW diver Paul Riorden winning the day with 22 species. Greg Ruby performed well with 17 species, finishing 28th.

1st	P Rosso	1475
2nd	L Hadju	1269
3rd	G Pfrengle	1099
4th	R Vanzino	1044
5th	R Torelli	1009
5th	J Rae	1009
7th	A Carey	984
8th	B Johnson	968
9th	I Puckeridge	948
10th	S Trippe	946
28th	G Ruby	757
29th	P Fahey	755
31st	A Crocombe	752
51st	F DiMartino	645
69th	D Torelli	568
75th	P Dorfstatter	530
79th	G Temple	493
93rd	J Morris-Torelli	253.

PRESENTATION NIGHT AWARDS

A Grade 1st	Rob Torelli
2nd	Frank DiMartino
3rd	Chris Monaghan
B Grade 1st	Ziya Mustafa
2nd	Josef Bednarek
3rd	Aaron Crocombe
C Grade 1st	Grant Temple
2nd	Greg Ruby
3rd	Hein Preller
Junior 1st	Jake Morris -Torelli
2nd	Scott Illingworth
3rd	Matt Horne
Pairs Champions	Greg Ruby & Paul Tiepo
Heaviest Fish	Rob Torelli (Conga Eel)
Most Meritorious Fish	Aaron Crocombe (Giant Boarfish)



GEAR 4 SALE

Kayak sit on top, Cayman/Dagger, excellent for river and bay, plastic, 3 metres long, 26 kilograms with backrest, \$650 ONO, Contact Russell Bennett 0408 326 343.

Pony tank on back pack with first and second stage reg. and contents gauge. All near new. In test. Great for in boats to free anchors or for cray dives. \$500 ono. Mick Malady 0419 509 062.

Riffe Competitor 4. Excellent condition "MUCH LOVED" has shot 47kg G.T, 16kg dog tooth tuna, 18kg jewfish and many kingies. Price: \$280 (cash only) Not neg. Ring Paul Dorfstatter on 0412 586 431.

Pictured to left - winners of the Pairs Competition at Aireys Inlet, Paul Tiepo and Greg Ruby, taken at the Annual Spearfishing Presentation Night.

Blue Water Hunting International

Producers of spearfishing videos and guided spearfishing expeditions. Supplier of select spearfishing equipment. 10% discount to all Southern Freedivers' club members. **Expert advice at the right price!** Call Rob Torelli on (03) 5985 4662 or 0417 559 985.

THE GREEN FACTOR

Care for the environment is not something all spearos constantly think about. The public also has a negative perception on spearfishing. Some people perceive spearfishing as an easy form of fishing plundering and raping natural resources. But nothing could be further from the truth – spearfishing is the most selective form of fishing and it is up to us to market it in this way.

With the current move towards protecting the marine environment it is important that we air our view and prove that we are a responsible group that has respect for the environment. I see our lack of action as a contributing factor that marine reserves are declared where we can not fish. This happened in Victoria with many marine reserves proclaimed that make the diving

alternatives for us smaller. A classic example is the protection of the grey nurse shark in NSW / QLD where reefs are closed for spearos. We do not spear this shark but we are excluded from the areas they are to “protect the shark”.

I am not sure how to improve the image of spearfishing and to gain greater access to diving areas. Maybe we are just not a group that speaks up and promotes our rights for areas to dive. The marine reserve at Ricketts Point is another example. The effect of spearos in this area is negligible, but with this area now closed it limits our diving possibilities greatly in this area. For the line fishermen it is easy – they just drive a bit on and cast their lines. We can not dive in those areas as it is too deep or too dirty. As far as I know we did not ask for special treatment with these reserves. It

would be sensible to consider future strategies on how to best protect our diving areas.

Happy diving
Hein Preller

Last club meeting we elected our new committee members:

President: Ziya Mustafa
Vice President: Hein Preller
Treasurer: Russell Bennett
Social Secretary: Rob Miler
Dive Convenor: Paul Dorfstatter
Newsletter Editor: Chris Monaghan
Weigh Master: Frank DiMartino
Records Officer: Greg Ruby
Good luck to all.

The National Underwater Fishing Titles will be held in Victoria from the 16th to the 22nd of January. The Southern Freedivers will be hosting the event. See the next edition of “The Southern Spearo” for details or contact Paul on 0412 586 431. Don't forget, the Christmas party at Ziya's house on the 14th of November. BYO drinks, Gifts for children under 12 years of age. Contact Ziya more info. As usual, many Southern Freedivers will be heading to Eden over Melbourne Cup weekend. Details, contact Rob Miler.

If anyone would like to contribute to our newsletter with stories, pictures, recipes, gear for sale, useful information, advertising (diving or nondiving products/services), or anything else please do so by contacting the editor. Also, if anyone would rather receive their newsletter in a .pdf file via email to save the club some money, and to get it in full colour let me know.

