

# W O M E N I N R E C F I S H I N G

"BRINGING WOMEN TOGETHER WITHIN THE RECREATIONAL FISHING COMMUNITY"

## WHAT'S BEEN HAPPENING?



*"Minister Pulford releasing trout at the Lake Pakenham event, celebrating 6 Million fish being stocked in Victoria."*

### 6 Millionth fish stocking

We have hit a new record! On 19 April we celebrated stocking our 6 millionth fish at Lake Pakenham. Over six million native and salmonid fish have now been stocked over the last 12 months into Victorian waterways to enhance recreational fishing opportunities for all anglers. These fish will significantly improve freshwater fishing opportunities in over 200 lakes and rivers to make inland fishing even better.

### Corio Bay now net free!

On 1 April, Corio Bay was closed to all netting. Removing commercial netting from the bay by 2022 is a key commitment of our Target One Million plan, of which Corio Bay is the second phase. We're excited about the impact this milestone will have on the recreational fishing community on the Bellarine Peninsula, with more snapper, flathead, King George whiting and calamari to go around.

## INDUSTRY PROFILE

**Name:** Jacinta Early

**Organisation:** Fishcare

**Position:** Regional Fishcare Facilitator

### How long have you been involved in the fishing industry?

I've been with Fishcare Victoria since the start of 2015.

### What got you into the industry?

I've always been passionate about the marine environment since I was a child. I completed a university degree in Marine Ecology and wrote a fisheries study which was where I got my first taste of the industry. I started working for Fishcare after living in New York, USA on a Tallship where I saw first hand the positive effects people who fish could have on the environment.

### What do you love about your job?

I love seeing children become passionate about fishing and the aquatic environment. The joy they get when they do their first correct cast or when they get their first catch! Even better when I watch them correct and teach their parents how to fish as well.





Image from WIRF member, Catherine Weidle



Image from WIRF member, Kelly Downie

## FEATURED FISH

### Freshwater: Redfin

**Best Bait:** Earthworms, yabbies, scrubworms

**Technique:** When using a lure allow it to sink down towards the bottom before beginning to wind in. Wind in slowly and twitch the rod every now and then to make the lure look more enticing

**Hot Spots:** Lake Eildon, Rocklands Reservoir, Waranga Basin, Lake Hume, Lake Purrumbete, Loddon River, Lake Eppalock

**Bag Limit:** No limit. Anglers are encouraged not to return redfin back to the water.

### Saltwater: Southern bluefin tuna

**Technique:** Trolling and actively looking for fish breaking the surface and feeding

**Hot Spots:** Portland, Warrnambool, Apollo Bay, Port Fairy

**Bag Limit:** A combined total limit of 2 southern bluefin less than 160 kg in any other form.

## HOT SPOTS THIS MONTH

**Brown Trout:** Eildon Pondage  
Goulburn River and Lake  
Purrumbete

**Calamari:** Blairgowrie and Tyabb  
Bank

**Garfish:** Seaford Pier

**Gummy Shark:** Western Entrance

**Tuna:** Portland

**Whiting:** Corio Bay

[www.talkingfishing.com.au](http://www.talkingfishing.com.au)  
@TalkingFishing





## MONTHLY RECIPE

### Seared Sesame Tuna with Ponzu Sauce

Recipe by: Masterchef finalist, Sam Goodwin

Instagram: @samgoodwinau



#### Ingredients:

- 2 x 150g portion Tuna, trimmed
- ½ cup Sesame seeds (regular and/or black)
- Salt flakes
- 200g cherry tomatoes, quartered
- 4 mint leaves, finely shredded
- 1 tsp extra virgin olive oil
- 2 radishes, finely sliced
- Long red chilli, for garnish
- Spring onion, for garnish

#### Avocado & Wasabi

##### Mousse:

- 2 avocados, ripe
- ½ clove garlic
- 1 tbsp Kewpie mayonnaise
- ½ lime, juice of
- ½ tsp wasabi (optional)
- Salt flakes

##### Ponzu Sauce:

- 2 tbsp soy sauce
- 3 tsp lime juice
- 1 tsp mirin
- 1 tsp rice wine vinegar

#### Method:

1. To prepare tuna, place sesame seeds & large pinch of salt flakes into shallow dish. Roll all four sides of tuna in seeds to cover generously.
2. Heat small amount of oil in frying pan over high heat. When pan is hot, sear tuna for 30-40 seconds on each side (longer if desired). Remove tuna immediately & place in fridge/freezer for 10 minutes to stop cooking process.
3. Meanwhile, to make Avocado & Wasabi Mousse, place all ingredients into food processor or blender, and blitz to smooth aerated texture. Pass through sieve if necessary. Set aside.
4. To make Ponzu sauce, combine all ingredients in small bowl. Set aside.
5. To season tomatoes, place in bowl & toss with olive oil, shredded mint, & salt flakes.
6. Remove tuna from fridge/freezer, using a sharp knife slice tuna into 3-5mm slices.
7. To serve, arrange tuna on share plate with tomatoes, and avocado & wasabi mousse. Dress with ponzu & garnish with radish, chilli, & spring onion. Alternatively transform this dish into a main course with soba noodles & mixed lettuce leaves.

## UPCOMING EVENTS

### Snobs Creek Hatchery Open Day

Location: 455 Goulburn Valley Highway, Eildon 3713

Date: Sunday June 3rd, 2018

Time: 10:00am - 2:00pm



## Fishcare Safety Tips

- Never go fishing on your own, and always try to go fishing with an adult. There is safety in numbers and one person can always come to the other person's aid if a dangerous situation develops.
- Always let someone at home know where you are going fishing and approximately what time you will be back. Then if something goes wrong, there is a much better chance that help will arrive in the right place and at the right time. Take a charged mobile phone to keep in contact if you have phone coverage.
- Always wear an approved life jacket when in a boat or fishing from rocks.
- Learn to swim. Seeing that fishing involves being on or near the water, it makes very good sense to be able to swim.
- Be careful with sharp knives and hooks.
- Be careful and sensible at all times. No fish is worth putting your well being in danger.

## Fishing Beaches

- Keep an eye on the tide and make sure that your tackle box and other equipment are well clear of the highest point that incoming waves may reach.
- Don't wade out on beaches that have large waves or strong rips

## Fishing Lakes, Rivers and Streams

- Fishing lakes, rivers and streams
- Try to avoid steep and unstable banks.
- Keep well back from the edge of fast flowing rivers.
- Avoid wading in and crossing rivers and streams.
- Keep an eye out for snakes when you are near inland waterways.

[www.fishcare.org.au](http://www.fishcare.org.au)

## WIN WIN WIN!

We're giving away a \$50 voucher to the local tackle shop of your choice!

Refer a friend to be entered to win - Tell a friend about the group, get them to join and tell them to refer your name in the "How did you hear about this group" section.

Both of your names will then be entered into the draw. The winner will be selected at random and will be announced in June's newsletter.

### Suggestions?

**If you have any topics or ideas that you would love to see in future newsletters, please feel free to send an email to [belinda.yim@vfa.vic.gov.au](mailto:belinda.yim@vfa.vic.gov.au)**

## MONTHLY MEME

When it's your wedding day but the fish are biting.

