



March 2010



THE OFFICIAL PUBLICATION OF
The Surf Casting and Angling Club of W.A. (Inc.)

REEL TALK

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IF NOT DELIVERED, PLEASE RETURN TO THE SURF CASTING AND ANGLING CLUB OF WA (INC.)
P.O. BOX 2834, MALAGA WA 6944

Kalbarri House for rent

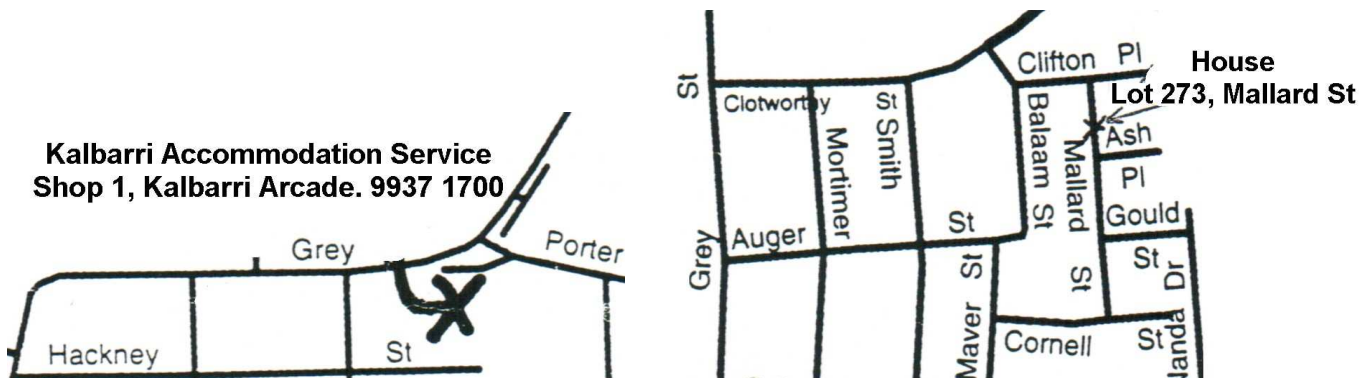
The Club has a house in Kalbarri. The house is situated close to the river, beaches and town. It has two bedrooms and will sleep up to eight (max) in 1 double bed and 3 bunks, has reverse cycle air conditioning and ceiling fans to keep you cool in the summer months. Users need to bring their own linen, blankets and towels, tea towels, etc. It has a radio and television, stove with oven, microwave oven, crockery and cutlery and all cooking utensils, fridge and freezer. It does not have a washing machine, but there is a laundromat in town. Outside has a fish cleaning facility and a full width verandah. Rates are:

Public:-	Off season	\$250 per week	On season	\$390 per week	} all plus \$50
Club Members:-	Off season	\$160 per week	On Season	\$210 per week	} deposit/bond
Club Members:-	Short term	\$45 for one night	\$40 per night for two or more		} plus \$55
			nights		} cleaning

Bookings taken for the school holidays go from Saturday to Saturday (leaving by 10am). Outside of school holidays it does not matter. The club has decided that cleaning will need to be paid for and is \$55 extra on the rates above for future new bookings. The club is now being charged GST on the cleaning.

Contact Property Officer Malcolm Head on 9276 4809 for more details and for bookings. Check in time is 1pm. Check out time is 10am. Keys can be picked up from Ray White, Shop 1, Kalbarri Arcade. If people arrive after hours, they leave a note on the door of their office with a map of how to get to the house and telling them where the key will be. If any work needs to be done in, on or around the house, please contact the Property Officer for approval. Members who are staying in the house are not allowed to authorise any repairs or services on the house without authority from the Property Officer, Treasurer or President.

Malcolm Head, Property Officer



Dry Casting food and drinks.

The dry casting sausage sizzle will be available AFTER the main dry casting events have been run. Cool drinks will be available during the day.

Check here for arrangements for future months.



Dehydration and heat stress = poor performance

Avoid heat stress and poor performance by adequate fluid replacement during your sport or activity.

- Exercise in hot or humid weather will result in additional fluid loss and increase the risk of dehydration.
- Even small degrees of dehydration will cause a decrease in exercise performance.
- Dehydration contributes to fatigue and may make you susceptible to cramps, heat stress and heat stroke.
- Players, umpires, coaches, officials and spectators can be affected by heat.
- Children are at much greater risk of heat stress.

Drink Up using the following measures

- Drink plenty of fluids.
- Don't wait to feel thirsty, thirst is a poor indicator of fluid needs.
- Although water replaces fluids, sports drinks (containing 4-8% carbohydrate and small amounts of electrolytes) provide:
 - Additional energy from carbohydrate which can delay fatigue and enhance performance, especially during prolonged events.
 - Salts (electrolytes) which aid the rehydration process.
- Flavoured drinks such as sports drinks and low concentration cordial, as a result of their taste, may encourage fluid consumption more than plain water.
- Cool fluids may be absorbed more rapidly than warmer fluids.

Your Drink Up routine

- Avoid starting exercise dehydrated. Drink plenty of fluids for several hours prior to exercise.
- If you are well hydrated you should be able to pass a good volume of clear urine in the hour before exercise.
- **Drink at least 500ml (2 cups) 1 hour before exercise.**
- **Drink at least 150ml every 15 minutes during exercise.**
- **During exercise take advantage of all breaks in play to drink up.**
- **After exercise drink liberally to ensure you are fully re-hydrated.**



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