



Marine Rescue Port Macquarie

Radio Club News

MARCH 2025

INSIDE THIS ISSUE

- ✦ Our regular news and happenings
- ✦ Drummer Fishing
- ✦ Monk Fish Cooking



WELCOME

Welcome to the March issue of Port Macquarie's PM Radio Club Newsletter.

Weather & seas were fairly good for the early part of the month but not so much towards the end, with wind and swell creating poor conditions.

With cyclone "Alfred" rearing its ugly head we were also busy with training and preparation for setting up communications Control Centers, to support our Flood Boats with the expected floods in the Mid Coast & North Coast Areas.

There is still some confusion with membership renewals & payment of the annual \$40 contribution. All memberships are due for renewal and contributions payable, prior to a common date of JUNE 30th, each year.

Until next month

Visit us:

On the Web: <https://www.marinerescueportmacquarie.com.au>

On Facebook: <https://www.facebook.com/mrnswportmacquarie>

Or call in at the radio base:

2/15 Elliot Way, Port Macquarie

Ph: 02 5547 9100

Email: radioclub.portmacquarie@marinerescuensw.com.au

Name that fish...answers for last month



Banded Morwong or Red Moki

Red moki has firm, flaky flesh which is said to have a medium flavour, it is also said that it can be dry. Cooking methods which retain any moisture should be used such as poaching or baking in foil.



Australian Sawtail or Surgeon

When caught care should be used while handling this fish as it has a row of five or six dark sharp scutes near the tail fin. Said to be excellent eating!

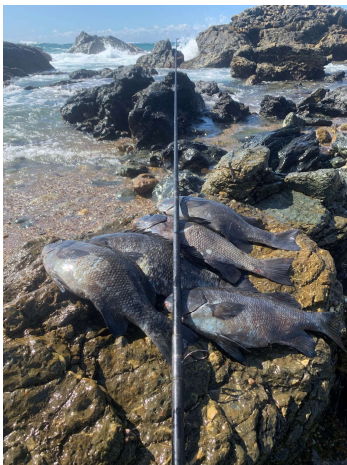
Name these Fish...



Ned Kellys Tips & Tricks

Drummer Fishing

Rock Blackfish also known as Drummer or Pigs are a great sporting fish to catch and are great eating as well.



How do we go about catching these hard fighting fish? They can be caught all year round, but they are more prolific in the cooler months of the year with winter being the prime time. As they are a strong fighting fish that frequent very

rugged topography, robust tackle is a necessity to ensure a successful fishing trip. A 3.5 to 4 metre rock or surf rod with a 10 to 15 kilo rating is ideal. A 5000 size spinning reel filled with 20 to 30 pound braid or monofilament will be ideal. If using braid, tie a Fluro leader that is almost the length of the rod. This is required to prevent the braid line from being cut on sharp rocks or being dragged under a ledge by a drummer. Terminal tackle should be kept to a minimum with just a strong hook and a running sinker that is allowed to sit on the hook. Drummer are a strong fish so hooks need to be at least double strength with size 1 or 1/0 being ideal. Sinker size will vary according to the conditions being fished but to improve bite and catch rates, fish as light as possible.

Drummer will eat a variety of baits. Cunjevoi is a favourite and can be sourced from rock

platforms. If you haven't got the time to source cunjevoi, prawns work very well with river prawns and banana prawns both being effective. Banana prawns can be peeled and cut in half resulting in two baits per prawn. Fresh bread rolled into a dough and pressed onto the hook is very effective. Other baits such as rock and hermit crabs and cabbage weed fished under a float will entice a drummer or two.

Where to target Drummer: they love 'washed out gutters' around rocky headlands. They are not particularly fond of sand so avoid fishing areas where there is a lot of sand that both covers food sources and becomes turbulent in rougher water. Look for areas where there is constant 'working water' producing nice white and foamy water. They love to lie around 'bommie's in a gutter so target this structure and they are often at the edges of gutters potentially right under your feet. Remember, the golden rule with drummer is to fish very snaggy areas and be prepared to lose some gear. A burley stream will often bring drummer to you. Crushed up bread or chicken pellets work a treat as burley. Throw a handful in at regular intervals to maintain a consistent flow.

After all the preliminary work is done and you've hooked a drummer (characterised by a strong surge towards snaggy structure), ensure your drag setting is set to prevent the fish from pulling a lot of line from your reel. The key is to prevent them from reaching cover, usually in the form of an underwater ledge or cave.

Drummer are predominantly a weed eater so it is important if you are keeping some to eat to bleed the fish as soon as it is caught. To enhance their eating quality, fillet, skin and debone the fish as well.

Tight lines everyone



Cooking the Catch

with Shane Dayball, Head Chef at the Westport Club.

Monk Fish

This month's special is the Monk Fish. An ugly looking fish, one that only a mother could love, yet don't let the look of it deter you from a purchase. Often described as a poor man's lobster, mild and sweet in flavour, yet firm and dense in texture, similar to lobster meat.

I've decided to pair this up with a strong flavoured sauce and a little Italian twist, I'm calling it Monk fish with Puttanesca sauce, potato gratin & steamed greens.

I'm sure we all have our own recipes for potato bake and I've added a little Italian twist to it by throwing in some garlic, bacon or pancetta, rosemary, capers and a dash of white wine with cream, some left over cheeses and any steamed greens that you may have on hand. I love buttered asparagus with this dish. The sauce is quite simple yet packs a punch full of flavour.

Fry off some diced onion, garlic, anchovies (optional), capers, a little chilli and or olives, add in a tin of diced tomatoes, or fresh over ripe tomatoes if on hand to use up.

Reduce down to concentrate the flavour and cook the tomatoes out. Finally season with salt, pepper and fresh basil, shredded or whole leaves. I'm opting to finish this dish off with some crispy bacon pieces, rendered down to add some crunch, further texture and a little saltiness.

Cooking your monk fish skinless fillets is rather simple, just grill or panfry a few minutes on each side, depending on the thickness of your fillets. If rather thick I would score & season, putting some slices through the meat to help break down the firm strong muscular flesh.

Here are a few photos of the dish I just served out, available here at Westport over the next few days.

Until next time – Enjoy!



Shane Dayball
Head Chef
THE WESTPORT CLUB
25 Buller Street, Port Macquarie

Statistics

Month	Vessels Logged On	POB	Radio Calls	Search & Rescue Assists	Vessel Assists	Value of Assisted Vessels	Volunteer Hours (24/7)
Dec 2024	460	1208	360	0	7	\$372,000	1203
Jan 2025	232	738	367	1	8	\$180,000	1372
Feb 2025	301	738	309	1	11	\$310,000	1372

App Log On/Log Off

The Marine Rescue NSW app can be downloaded free from the App Store for iOS devices and Google Play for Android devices. Search for 'Marine Rescue NSW'.

Please remember to Log Off.

Not a Radio Club member yet? Join the club at:

<https://www.marinerescueportmacquarie.com.au/pm-radio-club-member-new-membership-application/>

or drop into the radio base.

Charts

Fully laminated 30cm X 15cm charts which provide detail of the river and popular fishing spots off Port Macquarie including GPS coordinates are available from Town Beach Radio Room, between the hours of 0800 & 1600, at a cost of \$10.

This Month's Dad's Joke

Money talks – Mine always says goodbye! 🤔😂

A quick reminder to turn your clock back one hour on Sunday morning 6 April.

Until our next issue:

HAPPY BOATING & STAY SAFE ON THE WATER

Ron Francis

Radio Club Officer

Stop litter
in its tracks...

On land and sea,
put it in the bin
and keep our
waterways clean.

STOW IT
DON'T THROW IT



The dirty facts about litter



There is more microplastic in the ocean than there are **stars in the milky way**¹.

Up to **90%** of seabirds have eaten plastic².

If a turtle eats just one piece of plastic, it will have a **1 in 5 chance** of dying³.

Coral can ingest microplastic and may then **starve to death** as their digestive tracts fill up with plastic⁴.

By 2050 there will be more plastic by weight in the ocean than fish⁵.

There are up to **236,000 tons** of microplastics in the oceans⁶.

The Great Pacific garbage patch is now **double the size of NSW**, and growing rapidly⁷.

75% of beach rubbish is made of plastic⁸.

It is estimated that **1.32 billion cigarettes** are littered in NSW each year⁹.

Apple cores and banana peels take around **1-2 months** to decompose. While decomposing, food waste creates a breeding ground for insects and rats¹⁰.

In December 2020, along one stretch of shoreline of an estuary in Sydney we found an average of **one disposable mask every four metres**¹¹.

SOURCE

1. United Nations
2. Proceedings of the National Academy of Sciences (PNAS)
3. Sea Turtle Scientific Report
4. Marine Biology Scientific Report
5. Ellen MacArthur Foundation
6. IOPScience
7. Great Pacific Garbage Patch Scientific Report
8. Tangaroa Blue Foundation
9. NSW Environment Protection Authority
10. Keep Australia Beautiful WA
11. Key Littered Items Study, NSW EPA



HEY TOSSER!
Put it in the bin.