



**May 2015**

Dear Federation members and patrons,.

**CFSA 2015 Easter Shore Competition**

1. Sid Bennett (St Columb SAC ) L.S.D. 02.07.03lb + 3 B Rockling 01.10.00lb  
= 192.86% £42
2. Mark Bidgood (St Columb SAC ) L.S.D. 02.09.11lb + 3 B Rockling 01.02.02lb  
= 168.99% £25.20
3. Joe Gould ( Truro City SAC ) Plaice 01.06.04lb + 3 B Rockling 01.02.02lb  
= 149.09% £16.80

**Western Morning News Qualifiers**

- Mark Bidgood (St Columb SAC )
- Ian Bidgood (St Columb SAC )
- Derek Gould ( Truro City SAC )
- Joe Gould ( Truro City SAC )

**St Columb SAC Open fished 23rd/24th May 2015**

1. Roger Burt (St Columb SAC ) Bass 10.10.11lb, 213% £200 + £40 pool
2. Gary Sicolo (MBAS) Spotted Ray 05.01.13lb, 128%, Tackle + £26 pool
3. Jeff Constance ( Padstow & Dis SAC) Plaice 01.14.05lb, 108.51% Tackle + £13 pool
4. Andy Drysdale (Looe SAC ) Thornback Ray 09.03.06lb, 108.54%, Tackle
5. Chris Phillips ( Grenville Arms SAC ) Thornback Ray 08.13.06lb, 106%, Tackle
6. Ed Schliffke ( Padstow & Dis SAC) Bass 05.04.07lb, 105.41%, Tackle
7. Sid Bennett, (St Columb SAC) LSD, 02.12.02lb 104.9% Tackle
8. Sean Johns, (St Columb SAC) SmoothHound 07.11.07lb, 103%, Tackle

Club Winner - Ian Bidgood, LSD, 02.07.04lb 94%

Junior Winner - Ben Cole ( St Columb SAC ) LSD, 02.00.12lb, 77% - Tackle

79 Seniors + 2 OAP's + 3 Juniors Signed on for the Competition.

The host Club would like to convey their thanks to the Silver Ball Inn, St Columb, for sponsoring the first prize and, of course, all the anglers that entered for a once again well supported Open.

### **Mounts Bay AS V Camborne AA Tre-Pol-Pen Competition**

The first leg of this Competition which has been contested annually since 1948 was fished on ~Sunday 17th May and resulted in both teams weighing ten fish above the minimum CFSA weight.

The MBAS totalled 739.132% and the CAA 697.349%, so the MBAS take a narrow lead of 41.783% into the second leg to be fished on Sunday 5th July and all is still to fish for !!

Pool winners on the day were Robert Whipp (MBAS) with a Thin Lipped Mullet of 102.351% and another Thin Lipped Mullet of 02.03.07lb, 98.433% and Alan Rule (CAA) in third place with a LSD of 02.08.04lb worth 95.718%

### **CFSA Closed Boat Competition 1st/31st July 2015**

Please note that the entry for this competition is on a pre-entry basis and has to be with the CFSA Boat Recorder, Mr Ron Moody, by the 23rd June.

### **CFSA Junior Boat & Shore Festival 1st/31st August 2015**

Please note that the entry for this Competition is on a pre-entry basis and has to be with the CFSA Boat Recorder, Mr Ron Moody and CFSA Assistant Recorder, Mr Simon Toms, by the 20th July.

There is no charge for entry to this competition but there are two Infant and two Junior trophies to be won, so will all clubs please enter all their Juniors and infant members.

### **2015 CFSA Ladies Shore Competition 1st/31st August**

Please note that the entry for this competition is on a pre-entry basis and has to be with the CFSA Assistant Recorder, Mr Simon Toms, by the 20th July.

There is no charge for entry for this competition but there is a shield to be won, so will all clubs please enter all their lady members.

### **CFSA FOM Boat & Shore Finals**

Those clubs who have paid their entry fees for these competitions must ensure that they nominate four of their members to fish each competition.

The names of the four members nominated for the Boat competition should be with the CFSA Boat Recorder Mr Ron Moody, by the 20th August 2015.

The names of the four members nominated for the shore competition should be with the Asst Recorder Mr Simon Toms, by the 31st August 2015.

*It's up to you, the clubs, to ensure that this is implemented*

### **Mr Reg Perry - former President, Chairman, and Secretary of the CFSA**

Please find enclosed a copy of a letter received from CFSA life member, Mr Reg Perry.

### **Bass Regulations**

A new European regulation was introduced on the 25th March 2015 which means that people fishing recreationally for Bass in England and Wales shall not retain more than three specimens of Bass each per day (00.00hrs to 23.59hrs)

Further changes regarding the management of Bass are anticipated later in 2015, including an increase in the minimum landing size and new technical measures for netting.

### **CFSA Diary Dates 2015**

1st/31st July - Closed Boat Competition  
12th July - 1st leg K J Holman Memorial Cup  
1st / 31st August - Junior Festival Boat & Shore  
1st / 31st August - Ladies Shore Competition.  
27th September - FOM Shore Competition  
1st/30th September - FOM Boat Competition  
1st/31st October - Open Cash Back Boat Festival  
12th/13th December - Xmas Shore Competition

### **Club Diary Dates 2015**

13th/14th June - Camborne AA Open  
27th/28th June - Padstow & Dis Open  
11th/12th July - Grenville Arms SAC Open  
2nd August - Duchy League  
12th/13th September - Camborne AA Bass Open  
12th/13th September - Mawnan AC Open Boat Competition  
12th/13th September - Tintagel SAC Open  
10th/11th October - St Columb SAC Bass Open  
24th/25th October - Tintagel SAC Bass Open  
8th November - Mounts Bay AS Open

Until the next Shockleader, happy and safe fishing  
Regards



*Ralph*

Painting his way back  
to health after a stroke

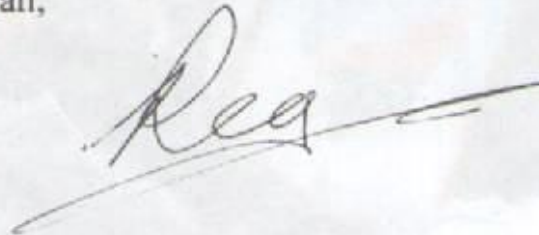
Reg Perry  
7 Henwood Crescent  
Newquay  
TR73HG

Dear Ralph,

Thank you so much for keeping me updated with happenings within the federation. At 89, I don't angle anymore and I also had a minor stroke last June. However life has to keep going and I have been painting pictures and donating them to The Cornwall Air Ambulance, the stroke department at St Austell Hospital and the speech therapy department at Newquay hospital. Attached are 2 notices of which I am particularly proud and it shows I am not completely useless.

Please remember me to all my old friends and assure them that even though I haven't been able to keep in touch I am often thinking of them.

Very best wishes to you all,



Reg Perry

# Painting his way back to health after stroke

By **Natasha Swift**

[nashna@staustelvoice.co.uk](mailto:nashna@staustelvoice.co.uk)

THEY SAY a picture paints a thousand words, but for 89-year-old stroke patient Reginald Perry there is only one word needed and that is "thanks" to the staff at St Austell Community Hospital who helped nurse him back to health.

Mr Perry came to the hospital having lost both his speech and ability to write following a stroke in June, but worked hard with the nurses to regain his skills.

During a one-to-one consultation to improve his speech, Mr Perry spoke about his love of painting, which he has been doing since he retired 30 years ago.

It then sparked an idea with Mr Perry's speech and language therapist, Melody Coop, who decided to use his hobby to help his recovery process.

She set him homework to paint landscapes so he could get used to putting words to the pictures.

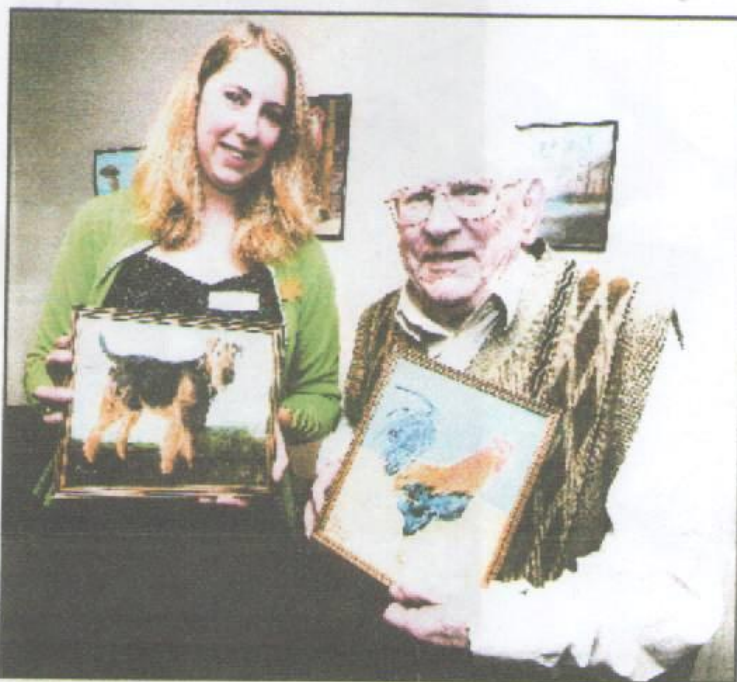
He then used the paintings to overcome the problems he had been having with word-finding for places.

Mr Perry said Melody's method to help him recover had made him feel like his old self.

He said they had not only helped him find his words but meant he was also able to pick up a paintbrush again and hold a pen – something he had been unable to do following his stroke.

He started off by doing simple pictures of the beach and slowly began building up to attempt to create some of the pieces he had mastered before having a stroke.

Mr Perry, who turns 90 next month, said the painting was not only therapeutic but had helped him to use his



**ART THERAPY:** Reginald Perry and therapist Melody Coop

By: Noya Williams

hands again and he could now write a shopping list, letters and Christmas cards.

On Wednesday he donated 10 of his paintings to the hospital to thank the Speech and Language Therapist

Department.

They will take pride of place on the walls of the waiting room at the hospital.

To thank Melody for helping him back to his old self, Mr Perry also

donated a picture of her dog which he gave to her as a gift.

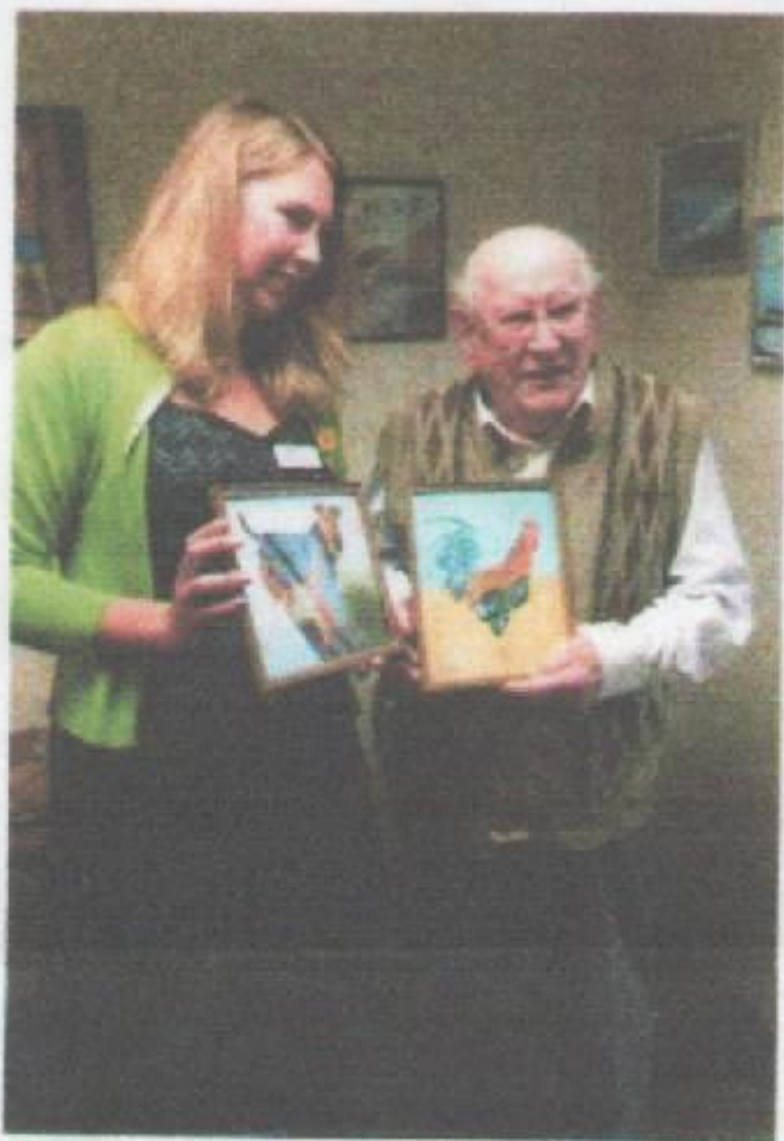
Melody said the paintings would let other patients see that it was possible to return to activities and hobbies after having a stroke.

After suffering from a stroke last year, Reginald was referred to speech and language therapy in June 2014 to address some difficulties with word-finding and writing.

Working alongside Speech and Language Therapist, Melody Coop, Reginald was given frequent therapy and homework to complete. During this time, Melody discovered Reginald was a keen painter of 30 years and so included his hobby in his homework, such as describing pictures and paintings and practicing simple landscape paintings, alongside shopping list and card writing, and even sending an email.

**Reginald commented:** "I've always found painting very therapeutic and following my stroke I couldn't paint. I found all of Melody's advice and support very helpful in getting me back to my old self. None of this would have been possible if it wasn't for Melody."

**Melody added:** "Reginald was a very involved patient and was very proactive in following out all of the homework and exercises I suggested. He has been a delight to work with."



## Brighter waiting room thanks to Speech and Language Therapy patient!

04 March 2015

The waiting room at our St Austell Community Hospital Speech and Language Therapy Department is looking brighter thanks to 89 year old Reginald Perry from Newquay.

After suffering from a stroke last year, Reginald was referred to speech and language therapy in June 2014 to address some difficulties with word finding and writing.

Working alongside Speech and Language Therapist, Melody Coop, Reginald was given frequent therapy and homework to complete. During this time, Melody discovered Reginald was a keen painter, of 30 years and so included his hobby in his homework, such as describing pictures and paintings and practicing simple landscape paintings, alongside shopping list and card writing, and even sending an email!

**Reginald commented:** "I've always found painting very therapeutic and following my stroke I couldn't paint, I found all of Melody's advice and support very helpful in getting me back to my old self. None of this would have been possible if it wasn't for Melody."

**Melody added:** "Reginald was a very motivated patient and was very proactive in following out all of the homework and exercises I suggested. He has been a delight to work with."

# WEST CORNWALL ANGLING

ALEXANDRA RD. PENZANCE - JUST OFF THE PROMENADE

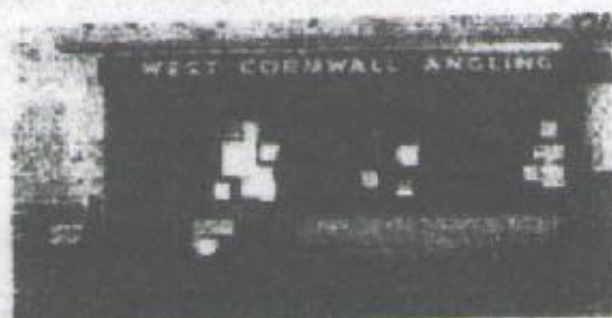
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9:00 - 4:00pm

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