Victorian company at forefront of refrigerated transport



L to R. Dominic, Rohan and Laurway at the Yarraville one stop workshop

Cox was working for a wholesalers and distributors develop a range of refrigerated large refrigeration trans- take great care of their refrig- transport systems from small 1 port company in the Victorian eration equipment" said tonne capacity vans through to country town of Bachus Rohan Marsh as a qualified motor and refrigeration mechanic. Southern Cross Mechanical All trades staff are trade quali-The company went out of Service has now become a part fied refrigeration mechanics business and Rohan was out of of the Victorian Transport through the technical "TAFE" work.

Cross Mechanical Service and refrigeration units. They ticeships. Specialised training embarked on a career servic- design maintenance pro- is not provided for transport ing the seafood industry. grammes suitable to HACP refrigeration by the TAFE sys-Although he was based in requirements which is critical tem, so this Bachus Marsh he was travel- to maintaining and delivering ling to Melbourne and to seafood at the right tempera- Around 200 hydrocarbon country Victoria servicing ture refrigeration vehicles. Today he still lives in Bachus Marsh but his business is located in Refrigeration uses hydrocarthe inner suburb of Yarraville, bon refrigeration technology a stones throw from the in the transport refrigeration 80% have been conversions of Melbourne Wholesale Fish and commercial refrigeration existing refrigerated vehicles, Market.

seafood wholesalers and dis- sceptical about the use of tributors. He installs, main- hydrocarbons, the refrigerants requirements are met. tains and services their trans- proved themselves by outperport vehicles . He finds peo- forming conventional HFC Word of mouth is proving very ple in the seafood industry refrigerants. Using a single powerful amongst their cusfriendly and always willing to compressor for refrigeration tomers, allowing the small share a good joke and a laugh. and/or split systems with air company to expand to five The thing that has impressed conditioning, the performance staff in order to meet the rising him the most however is their results were so good that demand. Emerging interest commitment to the industry hydrocarbons were the obvi- from the marine refrigeration and their maintenance of their ous way forward. refrigerated

even Years ago Rohan small they may be, both staff, Rohan has been able to

Refrigeration Network which colleges and hold Certificate 3 he set up with Dominic and qualifications combined with As a result he set up Southern they build custom made the standard four year appren-

> Victorian and air conditioning sectors.

"Regardless of how big or Hychill Australia support

5 tonne truck systems.

refrigeration transportation systems have been built as of Transport mid 2010, with around 20% of these being entirely new systems for new vehicles and involving a complete rebuild of all key components to The bulk of his work is with Although Rohan was initially ensure the system is correctly designed to ensure that safety

> sector promises to provide furtransport. Working closely with the ther expansion of the business.



Photo of the month

The long the short and the tall

You may very well ask, what do these three men have in common? Apart from the obvious, and their love for the colour blue, they are all involved with seafood. From left, Michael Canals of CQ Foods, Lee Grantworthy and Chris Collins, Executive Officer, VRFish all attended the free lecture given by the Australian Society for Fish Biology regarding climate change and its effect on seafood at the Melbourne Museum. Unfortunately these three gentlemen and maybe a few more were the only ones present from the seafood industry at such an important and informative lecture. Scientific data freely available is not always easy to come by. Such opportunities should not be missed regardless whether you agree or disagree with it.

FOR SALE

FOOD TRANSPORT TRUCK IN EXCELLENT CONDITION * 1983-84 ISUZU SBR 117,000 KM ONLY, * 5.7 LITRE 6 CYLINDER ENGINE, * 6 SPEED MANUAL.* 5 TON TARE, 10 TON GVM CAPACITY * 4-6 INCHES OF HEAVY INSULATION * REAR AND SIDE DOORS

* NEW TYRES, * NEW SHOCKERS, * RECENTLY PAINTED. **RING TONY ON: 0418 367 111**







For all your Barramundi needs CQ FOODS Mobile:0419 314 522

E: cqfoods@hotmail.com



The time has arrived

very important primary industry has sonable method for ensuring that everyone Hone. Meat & Livestock Australia col-lects about \$80 million a year from keting will bring our industry. theirs, the Lamb industry has turned their industry around from being on the verge of Before the General Election was called, the collapse to the thriving industry it is today due Minister for Agriculture, Fisheries and to theirs – what is it? It is a levy for promotion Forestry and Sustainable Population, the Hon and marketing which enables the industry to Tony Burke, MP wrote to many seafood busiplan its marketing strategies on both generic nesses asking them to communicate with his marketing and specific promotions. The levy department (Ms Alicia Glenn at Levies

is most efficient, cost effective, fair and rea- Revenue Service, DAFF; email

WHY CAN'T WE HAVE FISH FOR A CHANGE INSTEAD OF SEAL POP! BECAUSE I HATE SPITTING OUT Astanis'10

aliicia.glenn@daff.gov.au) whether they Such a clear vision for the marketing aspirasupport a seafood marketing and promotion tions of the industry would greatly enhance levy.

said "the shop is a unique concept that not

only sells Tassal salmon and cooking

Several key sectors have already made it known that they support the levy principle. In his letter the Minister proposed that the Identity, Peter Jecks commented on the levy Corporation (FRDC) be given the responsiconcept: "Why do multinational companies bility for implementing any levy arrangemaintenance in regards to promotional mar- most effective and efficient. keting like our competitors. A good marketer robust'

and the CEO Mr. Mark Ryan and over a Photo: L to R: Mr. Mark Ryan Tassal's CEO, Premier of

Tasmania, Mr. David Bartlett, and Tassal's Chairman Mr. Allan McCallum cutting the specially made cake with the products, but features information about Tassal's logo.iced on it.

> the effectiveness of all our participants investment in the CRC. "

Shark Bay & Carnarvon, Fishing Industry Fisheries Research & Development spend billions per year on advertising and ments agreed by the industry. This would marketing? The answer is simple - it works. require the FRDC to work together with the No company likes to spend money unless industry to develop a marketing and promothey see a return. It's time to pay for some tion capacity in whatever form would be

will tell you there is a need to spend up to The concept of FRDC administering a pro-10% on promotional / advertising activities. motion levy, and the legislative changes Why is this? To ensure the market remains needed to enable it to do so, have been examined numerous times in the past. Many in the industry supported the initiative back in In a letter to their members the Australian 2004 but the Government was not con-Seafood Cooperative Research Centre vinced. Seafood Experience Australia (SfdCRC) commented, "This is an opportu- (SEA) was established to foster initiatives to nity for the industry to sponsor a change that establish a Seafood Promotion Act and is has the potential to deliver significant bene- credited with getting this new arrangement. fits. Minister Burke's letter has provided an SEA is planning to have an industry meeting opportunity for the industry to once again in Melbourne early November to enable discuss how a levy might be implemented. focused discussions on the levy.

Illustration: Con Aslanis

QSIA welcomes promise of compensation

Port of Gladstone Oueensland.

The announcement follows the release of a ing place in Gladstone Harbour will have an report by the Coordinator-General acknowledging that there will be loss of fisheries habitat due to planned projects in the Gladstone region. The report also promises funding for research, habitat enhancement and compensation.

Oueensland Seafood Industry Association (OSIA) President Michael Gardner said his organisation had been working for the past 12 months to secure the best possible Gladstone region.

"This is an important win for the QSIA and the Port area. local fishing families who have worked so hard to highlight the potential impacts of proposed development projects to the attention of the Gladstone community and the Oueensland Government.," Mr Gardner said.

proposed by Gladstone Corporation (GPC) is driven by the emergence of the liquefied natural gas (LNG) industry. Proposed developments include dredging and reclamation of large areas of water that are currently very productive grounds for fresh local seafood such as mud crabs, threadfin and salmon.

These grounds will be lost to fishermen, and will be converted into dry land for port infrastructure.

he seafood industry has welcomed the "The Queensland Government has now promise of compensation for fishermen released the 'Western Basin Dredging and impacted by the new development in the Disposal Project Coordinator-General's report for an environmental impact statement. This document recognises that the projects takimpact on the marine habitats that supports the commercial fishing industry and that the industry has claims relating to habitat loss, habitat degradation and loss of access.

The report also notes that GPC has committed to a contribution of \$5 million to support Department of Employment, Economic Development & Innovation (DEEDI) initiatives for future research and studies and/or appropriate works for fish habitat rehabilitation outcome for commercial fishers in the and enhancement. A further contribution of up to \$5 million over 10 years to support fish habitat enhancement projects within the Gladstone

In addition, a condition of development approval is that GPC must mitigate all reasonable financial losses to existing commercial fishing operators attributable to the maritime development in the Western Basin of the Port The multi-million-dollar port developments of Gladstone. This is to cover temporary Ports and permanent loss of access to fishing areas and marine fish habitat. GPC must meet any costs associated with the investigation, negotiation and administration of any compensation package, including all costs incurred by DEEDI in the management of development of any compensation package.

> The QSIA will continuing to represent its members and to work with DEEDI and ensure that a transparent process is established which allows the commercial fishing sector to secure appropriate compensation.

Commonwealth vessels. The Association has

previously proposed that the profit from

Commonwealth snapper catches be returned

to Victoria and used to fund snapper research.

This would have ensured the sustainable fishery

continues and proven that Commonwealth ves-

sels were not targeting. The Association's latest

proposal under which Commonwealth vessels

working the fishery outside Port Phillip Bay

would be subject to a maximum catch per trip.

This would protect fish as they came into the

Not worth it

Illegal Shark Bay snapper haul nets \$83,000 in fines and court costs

auota.

commercial fisherman caught in pos- The hefty fine, the offender will now have to session of more than 1,348 kilograms pay, dwarfs any financial gain he might have A of pink snapper over his licensed made had he gone undetected. allowable quota was hit with \$83,073.90 in fines and costs at Geraldton Magistrates "Pink snapper is a limited natural resource Court.

The man from Kalbarri, was caught in pos- this fish for the future - commercial fishers session of the illicit haul of fish by Fisheries who get greedy are effectively stealing from Officers in Kalbarri in July 2007.

He had embarked on the fishing trip from Carnarvon, some 400 kilometres north of Kalbarri three days before, in what was described as a deliberate attempt to avoid his contravention being detected.

Fisheries officers recovered a laptop comput- of entitlement left to be fished in his licences? er from the man several days later, which he had denied having in his possession when initially apprehended and questioned.

Forensic computer experts were able to retrieve data, which had been hastily wiped off the laptop by the offender and which gave fishing excursion coordinates critical to his conviction. "We will put in sustained effort to wiped by Mr Lake from his laptop. secure convictions even if that entails using IT forensics and we will ensure we recover our costs from offenders in doing so" said Department of Fisheries' Gascoyne Region Acting Compliance Manager, Peter Johnsen.

Peter Johnsen believes the case was a signifi- excess of fish taken. cant victory against illegal fishing activity in the Shark Bay area and sent out a strong message to anyone thinking of trying to buck commercial fishing rules.

current total fishing mortality (State, Helper, speech in April to the Seafood Commonwealth and recreational)is sustainable and that the stock is healthy.

DPI's proposal will force all Commonwealth vessels taking snapper as un-avoidable bycatch in Commonwealth waters to throw the fish away at sea. Only a very small amount own". "Together with industry we have got could be landed.

This would result in 10 tonnes of unavoidable by-catch off Portland and another 10 tonnes off Lakes Entrance being discarded at sea. All will be dead. The rule will not reduce catches because they are unavoidable. It will only mean that fish that is already caught is thrown away dead. This is a terrible waste and a loss the ports servicing the fishing grounds outto Victoria as a community.

The dumping of snapper is at odds with the by-catch throughout the rest of the State. Victorian Minister for Fisheries, the Hon. Joe

Industry Awards in which he stated, "the Victorian Government will continue to support industry in delivering the message that Victorians want access to locally caught high quality seafood and that not all Victorians have the opportunity to catch their the balance right in our resource allocation and believe that there is no need for further mandatory closures and cutbacks without the support of the industry".

and the rules around commercial fishing are

there in place to ensure everyone can enjoy

Western Australians and have to pay the

appropriate penalty" said Mr. Johnsen

The court heard how the offender would have

been well aware that he was near the upper

limit of his quota, as a day before his voyage

he had handed in records for another catch

clearly showing there was only 139 kilograms

After pleading guilty to the offences,

\$67,400 for the volume of fish in his posses-

sion, a \$7,000 fine for the breaching of the

licence quotas and \$8,673.90 in costs, includ-

ing \$5,911.90 for the cost of recovering data

The offender also forfeited \$9,164.82 as the

proceeds of the sale of the fish. Magistrate

Sharrat also ordered that the quota for the

fishing licences, which the offender had

leased, be reduced to compensate for the

Magistrate Sharrat observed the offender

would also likely have to pay substantial costs

to the licence holder to compensate him for

the reduction in licence entitlement.

Magistrate Sharrat ordered the man to pay

The Association calls on fisheries Victoria to act reasonably and agree a trip limit only on Commonwealth trawlers landing snapper to side PortPhillip Bay. This would end allegations of targeting and allow genuine snapper



SETFIA calls for common sense in snapper management

isheries in Australia are either managed by the State or the Commonwealth. Snapper are managed by Victoria. Unfortunately snapper are unaware of the agreement and cross jurisdictional boundaries.

The South East Trawl Fishing Industry Association (SETFIA) represents Commonwealth licensed trawlers in southeast Australia. SETFIA accepts that Commonwealth licensed vessels have no right to target snapper. Commonwealth fisheries are managed under strict quotas and Commonwealth trawlers have their own quota species to target. While targeting these Commonwealth species snapper is sometimes caught as an unavoidable bycatch.

The Association is disappointed that DPI Fisheries have not accepted any of the Association's proposals that would ensure snapper were not being targeting by

SEAFOOD NEWS DEADLINES Contributors and advertisers please note that all materials for publication in Seafood News must reach us by the 25th of each month. L______

essed in it by its editor or contributors. sponsibility on o shers will not be held liable for any loss, damage or expenses inc w any persons or organisations relying on the information published i seafood News. No material appearing in this publication may be reproduced without the prior writen permission of the editor. Seafood News is edited and bublished by A. Argyropoulos. Contributors: Con Cosmas, Con Aslanis Roy Palmer Peter C. Poulos. All contributors have no claim to ownership o Seafood News, or financial rewards from it.

SEAFOOD NEWS 2

SEPTEMBER 2010

In Brief

PIPI POACHERS FACING CHARGES

Albans area of Melbourne, are likely legitimate recreational activity within the Park, provided each collector takes no more clothes Fisheries operation at Venus Bay than 2 litres of pipi in the shell. Victoria.

lecting an illegal volume of pipis on a section

Fisheries Officers seized a total of approxi- take, pipis" Mr Courtney said. mately 75 litres of pipi in the shell along with back packs and hand held digging implements. The group allegedly collecting the pipis progressively loaded them into packs which were hidden in sand dunes. It will be claimed the group also attempted to hide in the sand dunes when approached by plain clothes Fisheries Officers. Gippsland Fisheries Operations Manager, Liptrap Coastal Park.

our men and a woman, all from the St Peter Courtney, said pipi collection was a

"People collecting pipis are only allowed to It will be alleged they were engaged in col- use their hands and feet and may not use any form of digging implements. "Unless of beach in the Cape Liptrap Coastal Park. exempt, a current recreational fishing licence is required by people taking, or attempting to

> All of the pipis were returned to the water apart from a sample kept for Departmental investigative purposes. Fishers are reminded that the reduced per person pipi catch limit of 2 litres with shells or half a litre without shells remains in place between Point Smythe and Arch Rock within the Cape

Country of origin labelling

t their industry conference on the and fish and chip shops. Gold Coast, Australian prawn and barramundi farmers called on all political parties to support better country-of-

Farmers and industry have vowed to unite and pass a motion of support demanding that labelling for cooked seafood.

President Nick Moore said while there were markets, the system was let down by the fake Rolex watches from Asia. glaring omission of labelling at restaurants

"It's time our politicians sorted this out, now is the time for politicians to deliver improved origin labelling for the seafood industry. country-of-origin labelling for cooked seafood," he said.

Moore added that it was about protecting an all sides of politics support a system of clear Australian icon. "Unclear labelling dilutes our unique Australian icons. We get fake, cheap and imported didgeridoos and Australian Prawn Farmers' Association boomerangs and now we are getting barramundi that is not Australian. We have laws current requirements for labelling in super- in this country that make it illegal to sell

DPI and CSIRO team up for sustainable seafood

forces at the Queen Victoria Market the day. ,Melbourne,to promote the importance of sustainable seafood

The initiative was part of CSIRO's National Science week and included presentations on King George Whiting research by Dr Paul Hamer and a panel session on Victorian sustainable seafood. The panel discussion fisheries science, the seafood retail market these species from Victoria. and consumer challenges.

Fisheries Victoria's Marine Discovery Centre staff and their education trailers were on hand to engage the community and were



Tictoria's DPI and CSIRO joined kept busy with scores of visitors throughout

Seafood is healthy with high omega-3 content and fresh fish is an important part of a healthy diet. Most Victorian's choose to buy fresh fish. There are many sustainable seafood choices for consumers to enjoy, including snapper, bream, garfish, King George whiting and calamari. Consumers included discussions on fishery management, can make guilt free choices by eating any of

> World class research into commercial fishing in Victoria ensures the industry is closely monitored and well managed.



Continued from page 1 Tassal's Kew Salmon shop

Tassal's CEO Mr. Mark Ryan said that the company saw itself as a pioneer in aquaculture with a commitment in sustainability and very passionate in building a positive brand.

Similar sentiments were also expressed by Mr. Dale Williams, Chief of Sales and Marketing who said that the shop was part of "brand building ,education and awareness of the health benefits of salmon.

The Kew shop has a virtual salmon pond and touch screens, a presentation kitchen where visitors can watch chefs preparing salmon. On the night three of Melbourne's top chefs Gabriel Gate, Shane Delia and Sam Chen, were on hand and demonstrated their culinary magic in the magnificent Siemens Cooking Studio at the heart of the shop.

'salmon kibbeh neya with smoked corn foam" and "salmon and feta doughnuts with spiced new Kew Salmon Shop. walnut praline". Gate impressed all with

smoked salmon parcels with Tassal Creole surprise and golden salmon cubes with dukkah and herbs. Sam Chen had the guests literally eating out of his hand with his nigiri, sushi and sushimi gastronomic masterpieces.

Apart from the Siemens Cooking Studio the shop also boasts a retail section a deli area and a cafe

Tassal's Salmon Shop Business Manager, Mr David Forrest said "we're thrilled to be here. We wanted to give everyone time to settle into our new Kew home before hosting this cocktail celebration, which is a real milestone in our journey to the mainland".

Premier Bartlett in his speech went on to say that "this new shop does much more than simply promote and sell Tasmanian salmon. It promotes Tasmania as a leader in high quality produce and the perfect place to grow those

Guests were delighted by Delia's creation of Regular cooking presentations and private salmon cooking classes will be held at Tassal's

Labor recognises seafood industry provides jobs

ciated aquaculture operators. It recognises that the seafood industry provides over 16,000 job, the vast majority of which are in regional coastal communities

The Gillard Government in its fishing and The Federal Labor Government it said has seafood statement said that certain decisions improved certainty for the fishing industry by made by the Labor Government were necessary reducing the number of commercially harvestto ensure future generations of fishers and asso- ed stocks where the status of the stock was unknown and that government and industry have demonstrated how they can work together to put in place rebuilding strategies that restore the state of fish stocks.

After 46 years Tony Nicholaides bids "yiasou" to the seafood industry

Continued from page 4



L to R Stan Papazisis from Jack Frost, Tim Yotis from Yotis Bros, and behind him Tony Nicholaides from VSFD in 1985

Maidstone filleting local gummy shark or Rig MWFM should have lobbied the State shark from New Zealand and King George Government in a more forcefully and unified whiting. Much of his supply was sourced from manner. Why they didn't do so he thinks is Tasmania and sold whole to wholesalers or filleted to retailers.

decided to retire and dedicate some time to himself. "All my life I have been dedicating seafood in years to come. "Today we all come time for others, now its time for me to dedicate to one spot at a certain time to buy our seafood. some time to myself " said Tony.

Although Tony has enjoyed his time in the industry he also leaves it partly disillusioned and slightly bitter. He particularly saddened by the extra time, extra delivery vehicles, extra the fact that Melbourne will be left without a drivers, etc. Eventually the consumer will have central wholesale fish market similar to the pre- to pay. sent one in Footscray Road that has been there since 1955. He is disillusioned with the Victorian Government for not taking a more caring role with the city's wholesale fish mar- enjoying Melbourne's sunny weather. We wish ket as Sydney has done with the Sydney Fish him all the best in his retirement years.

For the next twenty years Tony stayed at Market. He says that the current tenants of the because of individuals egos and financial considerations.

After forty six years in the industry Tony has The repercussions of losing a central fish market he thinks will impact on the price of If in future seafood retailers need to go to different locations to purchase their supplies or wholesalers are forced to deliver their seafood to retailers, then someone will have to pay for

> When we last spoke to Tony he was riding his pushbike along the Brighton seafront and

LEOURNE CONVENTION EXERTION CENTR AUSTRALIA 7 GO NOVEMBER 2014

International Seafood & Health Conference The Wonders and Opportunities of Our Oceans Exhibition

Melbourne Conference & Exhibition Centre November 6 to 10

Booths on Sale Now





Seafood Twice per Week Quiz - will be two quizzes on line, one for public and one for professionals. Each online quiz will have 10 winners (based on accuracy and speed) and all of them will come to the The Wonders and Opportunities of our Ocean Exhibition to take part in two 2 live quizzes. The Public quiz will be on Sunday 7 November and Professionals on Monday 8 November. One winner from each section will be declared and he/she will win a major prize of a genuine pearl necklace and earring set.



Seafood Twice per week video - is being done by Conway TV and will feature Frank Camorra (MoVida see www.movida.com.au and http://www.masterchef.com.au/guest-chef-frank-camorra.htm) talking about eating seafood twice per week and showing some good basic seafood recipes with a Spanish influence (why not as the Spanish eat 3 times as much fish as we do). The aim will be to promote Victorian fish



Public Forum about Seafood & Health Mon 8 Nov Melbourne Convention Centre 6.30-8.30pm Public will be able to apply for tickets - see www.seafoodhealthconference.com

To get a flavor of the discussions listen to this http://thekojonnamdishow.org/audio-player?nid=17429 - Capt Joe Hibbeln and Tom Brenna (both are confirmed speakers at the Conference) were on the Kojo Nnamdi Radio Show – as it gives you a flavor of what we will be discussing at the Forum. Six speakers with a personality interviewer will discuss overall nutrition, heart, mental health, etc. It will be a rare situation to get all of these experts together in Melbourne at the same time so this will be a celebration of that knowledge and experience



Latest Research – Seafood & Hearing Increased intakes of omega-3 essential fatty acids, and the fish that provide them, may reduce the risk of age-related hearing loss, says a new study from the University of Sydney. At least two servings of fish per week was associated with a 42% reduction in the risk of hearing loss in over 50-year-olds, compared with people who average less than one serving per week, according to findings published in the American Journal of Clinical Nutrition. Similar reductions were observed with intakes of long-chain omega-3 fatty acids, with increasing intakes associated with 14%

reductions in the risk of age-related hearing loss (presbycusis). "Dietary intervention with omega-3 polyunsaturated fatty acids could prevent or delay the development of age-related hearing loss," wrote the researchers, led by Paul Mitchell.

Hearing loss is the most common sensory disorder in the western world, affecting more than 36 million people. Mitchell and his co-workers analyzed data from 2,956 participants of the Blue Mountains Hearing Study. Dietary intakes of fish, and the omega-3s they contain, were recorded using food-frequency questionnaires.

Results showed an inverse association between total and long-chain omega-3 intakes and hearing loss, while increasing fish intakes also indicated a reduction in the risk of presbycusis, said the researchers.

Other micronutrients have been linked to reducing the risk of age-related hearing loss. In 2007 scientists from Wageningen University reported that folic acid (Oysters and other shellfish) supplements delayed age-related hearing loss in the low frequency region in a study of 728 men and women between the ages of 50 and 70 (Annals of Internal Medicine 146:1-9, 2007). Thanks to American Journal of Clinical Nutrition Published online ahead of print for this information.



Latest Research - Seafood & Lungs, Uturus & Heart - Two new studies from Europe report that individuals who ate 2 servings of fatty fish a week were significantly less likely to develop heart failure or acute coronary syndrome, which includes heart attack and chest pain, when compared with similar individuals who ate no fish. Fatty fish include salmon, rainbow trout, sardines, mackerel, herring, anchovies and tuna. Thanks to John Sackton and Seafood.com and International Business Times for this information.

In the first study that took place in Sweden, for 9 years investigators tracked the health of more than 36,000 men and women between the ages of 48 and 83 who had no history of heart failure. After 9 years, those who ate fatty fish—up to 2 servings a week were 30 percent less likely to develop heart failure or die from heart disease compared with individuals who did not eat fish.

In the second study, researchers in Denmark monitored the health events of more than 54,000 men and women between the ages of 50 and 64 for an average of 7.6 years. The participants had no history of acute coronary syndrome. The investigators observed that fatty fish consumption of 12 g/day or more was linked to a 30 percent lower adjusted hazard ratio for acute coronary syndrome in men, but not women. There were only one third as many female acute coronary syndrome patients.

"If confirmed in larger studies, these results could have far-reaching effects on the health of preschool and school-aged children who are frequently exposed to respiratory illnesses," said Joyce Nettleton, editor of the PUFA Newsletter and Fats of Life.

Higher intakes of seafood omega-3 fatty acids may also benefit premenopausal women, a U.S. epidemiological study showed. The investigators of the study focused on the fatty acid intakes of nearly 1,000 women who had a confirmed diagnosis of endometriosis. Women with higher intakes of seafood omega-3 fatty acids were significantly less likely to develop endometriosis, having a 22 percent lower chance of the condition, the study showed.

"These findings are especially intriguing because the treatment options for endometriosis are limited and often undesirable. If proven effective in controlled intervention trials, omega-3s would offer a non-invasive treatment without side effects,' Nettleton

John and Joyce will be in Melbourne for the International Seafood & Health Conference 6-10 November.



PLATINUM

SPONSORS















New Zealand Seafood. The greatest meal on Earth

MEDIA PARTNERS





ASSOCIATED SUPPORTERS







SUPPORTERS



CONFERENCE HOSTS





For more information contact: ConferencePlus Ph:+61 3 9330 2813 Email: seafoodhealth@conference-

SEPTEMBER 2010

Barramundi, fresh, never frozen

small family farm in the northern National Team won a Gold Medal in the hot Richards family, the founders of Barramundi in Food Asia's Battle of the Lion Humpty Doo Barramundi, is producing bar- in Singapore. ramundi that is in great demand throughout the country.

"Our fish are grown in the pristine tidal Adelaide River giving our fish has a distinctive silver colour and clean saltwater taste, and is always supplied fresh and never frozen " says Managing Director Bob Richards who chefs through our support of the 2010 Nestle helped establish the farm eighteen years ago.

This small family enterprise wa established in 1993, and continues to be a pioneer in Australia's fledgling barramund farming industry winnin awards for i outstandin quality produce and innovative

General Manager Dan Richards is passionate When asked about the popularity of his fish, about producing quality barramundi for Bob Richards replies; "The advantage of our Australian restaurants.

nership with the Australian Culinary management. This gives Australia's top Federation to support some of Australia's top chefs the confidence that the product they are chefs as they compete around the world. This using will give them the edge they need in year the Australian Culinary Federation the

Australian wilderness owned by the meal category featuring Humpty Doo

"To be able to work closely with Australia's master chefs and come out on top with a Gold Medal at Food Asia was an honor for waters of the Northern Territory's mighty us, and we are very proud to be a part of it," says Dan enthusiastically.

> "We are also investing in developing junior Golden Chef's Hat. Our newest plate sized barramundi product is being used in all state and national



Barramundi prepared as bush tucker production systems. in September.

farmed produce is that we can control all of the quality factors to ensure optimum salt Humpty Doo Barramundi has formed a part- water quality, diet, fish size and cold chain kitchen every time

Marisa's Recipes www.allthingssicilianandmore.blogspot.com

PESCE IN BRODETTO CON CAPPERI

(Fish, poached in broth with capers)

Flathead

Flathead is one of my favourite fish. It is also a very marketable fish – it tastes great, has compact, white flesh and a low oil content. I also like its versatility. Flathead is sold as fillets (with or without skin) as well as whole fish and it comes in various sizes (390g to 1.5kg). I have cooked flathead every possible way - steamed, poached, baked, braised and fried. It can also be minced to make terrines and fish cakes. And flathead is plentiful. There are about forty species of flathead caught around the Australian coast, so it is not surprising that flathead are popular in fish shops.

INGREDIENTS

fish, large, fleshy, whole (estimate 1.5kg for 4 people)

flat leaf parsley, 1 cup, cut finely

capers, 1/2 cup (preferably the salted variety, washed and pre-soaked for about 30 minutes) white wine, 1 cup

extra virgin olive oil, ¹/₂ cup for the cooking

garlic, 2-4, cloves chopped not too finely

salt and freshly ground pepper

potatoes, estimate 1-2 per person, cut into small cubes – they will cook at the same time as the fish, or use pre cooked potatoes

fish stock, 1-1.5 litres or water extra virgin olive oil, your best oil - to drizzle on the cooked fish when serving.

PROCESSES

Clean the fish: scale, gut and wipe dry (preferably get your fish monger to do it for you). Slash shallow cuts (using a sharp knife) in the fish skin

Heat oil in a pan which will hold all of the ingredients, add garlic and stir it around over moderate heat for about 20-40 seconds before adding the capers and heating through.

Position the fish in the pan, bring up the heat, add wine and evaporate for a few minutes. Add the potatoes, parsley, seasoning and the stock.

Cover and braise the fish and potatoes on a gentle heat until cooked.

Serve the fish with no bones (lift the flesh off the bone – it should come off easily). Ensure that each person has a share of potato, chunks of boneless fish and broth. Drizzle some of your best extra virgin olive oil and freshly ground black pepper on top before serving. I also like to sprinkle a little fresh mint on top, for colour and flavour. Serve with thin slices of oven-toasted bread (optional and especially if you do not include potatoes).

After 46 years Tony Nicholaides bids "yiasou" to the seafood industry

"All my life I have been dedicating time to others now its time for me"

ntonios (Tony) Nicholaides island of Samos in 1947, in

ematician Pythagoras.



Tony Nicholaides, with hook in hand, unloading scallops 1978

at number 2 South Wharf, Melbourne". ronment.

Since then and for the next forty six years he was born on the Greek has dedicated himself to the seafood industry.

the mountain village of He stayed with Harkon Trading until 1970 Pyrgos which is located at when he left and went to work with P.K Oyster the centre of the island. As Supply at the Melbourne Wholesale Fish a young boy he attended Primary school there Market (MWFM) until the end of 1976. In and then The Pythagorian Gymnasium. The 1977 with two other partners, Con Volanis and school is named after the ancient Greek math- Steve Skliros, they formed VSFD Industries which was located at inside the MWFM

towards the city end.

The enterprise proved be very successful. rom the mid 1970's to the end of the 1980's and with three scallop boats of their own and eight others supplying them VSFD was doing well. At the time they employed thirty women to split oysters and the business branched out to selling other species seafood such as shark and prawns.

During those years scal-

He arrived in Melbourne Australia on the 4th lops were harvested from Port Phillip Bay and May 1964 and although he did not come from Lakes Entrance. There was a pocketful supply a family with a seafood tradition, went straight of them from both areas. Today Port Phillip into the seafood industry. "I had the good for- Bay is closed to scallop fishing. Tony sees this tunate to be employed by Harkon Trading as a positive step taken by the Victorian which was owned by Con Geralis and located Government which protects the marine envi-



y Nicholaides, left, with his VSFD partners Con Volanis and Steve Sklir

for the marine environment.

After 18 years the business was sold to Dinos Toumazos from the Fish Factory of South

Tony believes that in the 1970' and 1980's Australia. His two partners left the industry many in the scallop industry were more con- and Tony branched out on his own. He purcerned with making money rather than caring chased a property in the Melbourne suburb of Maidstone and set up E.A. Nicholaides Nominees.

Continued on page 5

extra large illet barranundi will eature on he menu of Nestle the olden Chef's Hat wards dinin Melbourne

for